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# Alcoholism & Treatment Statistics by Profession

Written by: [Editorial Staff](#) Updated Sep 27, 2023

Over half of all Americans, both adults and adolescents, report being current consumers of alcohol, according to the Substance Abuse and Mental Health Services Administration (SAMHSA). In 2014, there were 139.7 million current alcohol consumers: 23 percent were reported to be binge drinkers, meaning they consumed more than four alcoholic beverages in one two-hour period, and 6.2 percent were classified as heavy drinkers, meaning they drank at least two alcoholic beverages every day of the week. In the past year, about 17 million current alcohol consumers were considered to have an alcohol use disorder, meaning they struggled with addiction to alcohol. This represents about 6.4 percent of the population.


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## Alcohol Abuse Is a Serious Problem in the US

[The National Institute on Alcoholism and Alcohol Abuse \(NIAAA\)](#) reported that the 2015 National Survey on Drug Use and Health (NSDUH) found that 26.9 percent of adults, ages 18 and older, reported binge drinking at least once per month, and 7 percent reported heavy alcohol consumption in the past month.

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alcohol abuse or dependence. In general, more men than women abuse alcohol, but that gap is closing, as the number of female problem drinkers has increased more than any other group since 2001. Adolescent alcohol abuse has declined, but adult alcohol abuse is on the rise.


## Alcohol Abuse Statistics

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## Professions with the Highest Rates of Alcohol Abuse

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- **Lawyers:** Some reports suggest as many as one in five attorneys struggles with problem drinking, including binge and heavy drinking. This is twice the national rate.
- **Nurses and other healthcare professionals:** About 4 percent of healthcare and social assistance professionals, including doctors, nurses, social workers, counselors, and case managers, reported heavy alcohol consumption in the prior month. A 2014 study found that 15.3 percent of physicians, specifically, struggled with alcohol abuse or dependence. A 2012 survey found that, in a self-reported survey of alcohol consumption patterns, over 15 percent of surgeons who responded had scores consistent with alcohol abuse or dependence.
- **Mining:** These workers showed the highest rates of heavy alcohol use, with 17.5 percent of those in the mining industry reporting past-month heavy drinking.
- **Construction:** In the month prior to the survey, 16.5 percent of those working in the construction field drank heavily.
- **Hospitality and food services:** Among those working in hotels, restaurants, bars, and related locales, 11.8 percent drank heavily in the prior month.
- **Arts and entertainment:** Among entertainers, artists, and those working in recreational industries, 11.5 percent reported drinking heavily in the prior month.
- **Management:** About 9 percent of white-collar professionals in management positions reported heavy consumption of alcohol in the past month.
- **Real estate:** About 5 percent of individuals working in real estate, leasing, and rental professions reported struggling with heavy alcohol consumption in the month before the survey.
- **Finance and insurance:** Among people who work in the financial and insurance sectors, 7.4 percent reported drinking heavily in the prior month.
- **Educational services:** Among teachers, school administrators, professors, tutors, substitute teachers, and others in the education field, 4.7 percent reported heavily abusing alcohol in the month before the survey.



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## Understanding Problem Drinking

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- 12 ounces of beer, or one bottle
- 5 ounces of wine
- 1.5 ounces of liquor or spirits, which is about one shot

## BAC

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## Binge Drinking


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## Alcohol Use Disorder

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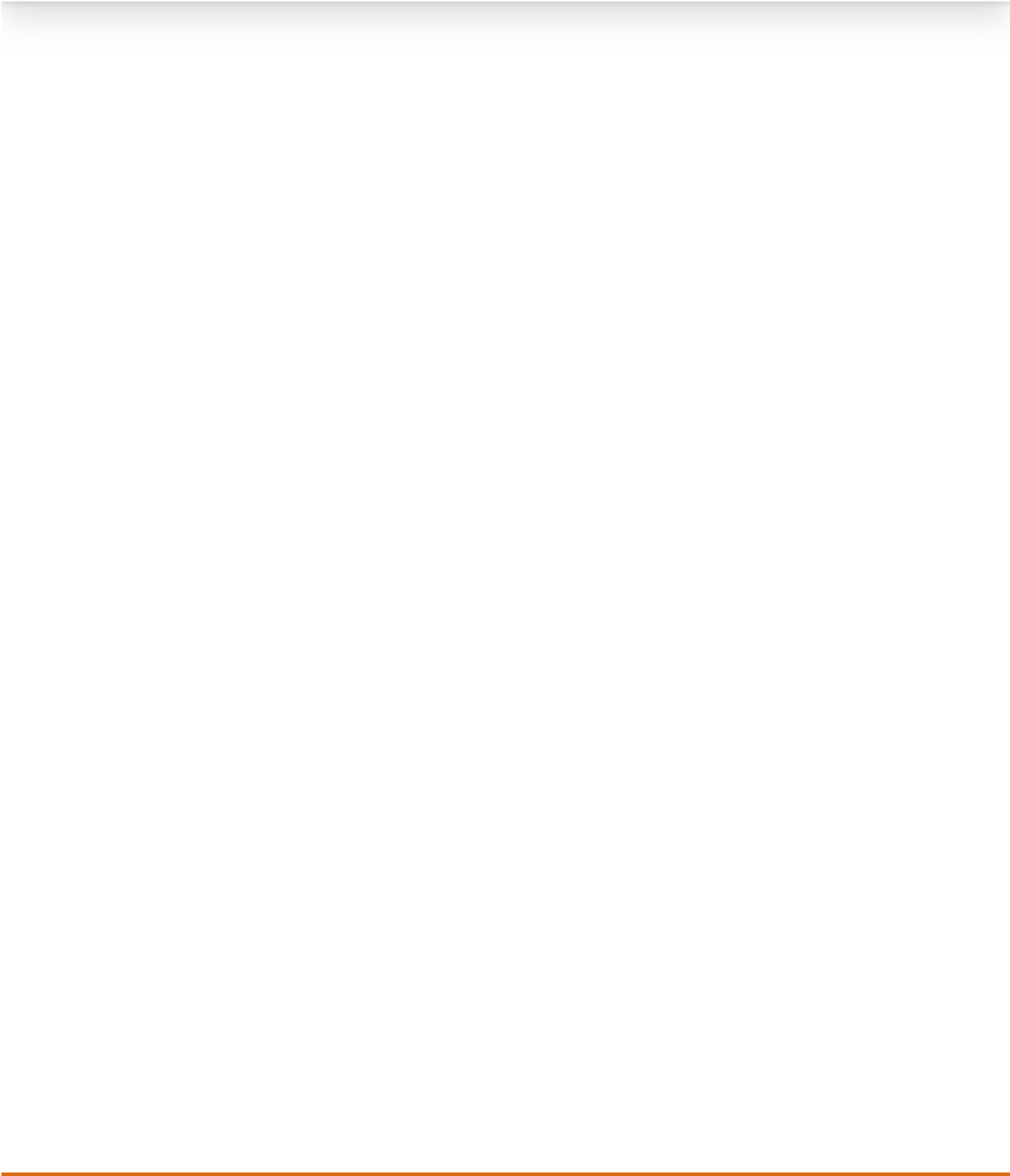
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## Niche Addictions

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