In 2018, 15.1% of Idahoans reported binge drinking and 6.7% reported heavy drinking\(^1\).

Men reported significantly higher rates of binge drinking than women.

Binge drinking was significantly more prevalent among adults aged 25-34 compared to the overall prevalence among all adults.

1 Binge drinking is defined as 5+ drinks per occasion for males, and 4+ drinks per occasion for females. Heavy drinking is defined as 15+ drinks per week for males, and 8+ drinks per week for females in the past 30 days.
In 2018, 14.7% of Idahoans were smokers, and 4.4% were smokeless tobacco users.

Smoking was associated with education, income, and marital status. 

Smokeless tobacco use was more prevalent among men than women.

Both smoking and smokeless tobacco use were less common among those 65 years of age and older.

2 The “Unmarried” group includes adults who are divorced, widowed, separated, never married, or part of an unmarried couple.
In 2018, 9.5% of Idahoans used marijuana. Marijuana use was associated with sex, income, and marital status.

Among Idaho marijuana users, smoking was the most common method of cannabis administration.
30.0% of marijuana users in Idaho reported strictly medical marijuana use, 32.2% reported using for strictly non-medical (e.g. recreational) reasons, and 37.8% reported using for both medical and non-medical reasons.

Rates of marijuana use varied across public health districts. The Panhandle & North Central Districts\(^3\) had significantly higher rates of marijuana use than the South Central or Eastern Districts. The Southwest and Central Districts also had higher rates of marijuana use than the Eastern District.

\(^3\) The Panhandle and North Central Public Health districts were combined due to small sample size.