

Poll says drinking frequency on the rise

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The number of people in the United States who drink alcohol is holding steady but a Gallup Poll says the frequency of alcohol consumption is rising.

The poll also found that beer has returned to the top spot as the beverage of choice, reports WebMD, after being tied with wine last year as the drink of choice.

The poll said alcohol users are imbibing more frequently and drinking more drinks each week compared with a decade ago.

The poll of 1,007 respondents 18 years and older done July 6-9, found 64 percent drink alcoholic beverages. The percentage has changed little from the average of 63 percent since 1939.

But the latest survey showed the frequency of drinking has risen in the past 10 years. The poll also showed those who drink alcohol report drinking an average of 4.5 drinks per week, compared with 2.8 drinks in 1996.

Researchers think the increase may be partly due to studies suggesting that drinking in moderation, especially wine, may promote better health.

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