

2026 U.S. Divorce Statistics Fact Sheet

Current rates, marriage-duration trends, demographic patterns, and state comparisons

Statistic	Latest finding
Current U.S. divorce rate	2.4 divorces per 1,000 people (CDC provisional 2023 data).
Refined divorce rate	14.2 divorces per 1,000 married women in 2024.
Trend since 1980	The refined rate fell from 22.6 in 1980 to 14.2 in 2024.
Ever-married adults	About one-third of ever-married Americans have experienced divorce.
Median marriage length	A marriage ending in divorce lasted a median of 12 years in 2023.
Divorces in first decade	40% occurred within the first 10 years of marriage.
Long marriages	22% involved marriages lasting at least 25 years.
Gray divorce	Nearly 40% of divorces involve someone age 50 or older.
First-divorce rate, women	13.4 per 1,000 women in a first marriage in 2023.
First-divorce rate, men	11.5 per 1,000 men in a first marriage in 2023.
Women initiating divorce	69% in a longitudinal study of heterosexual couples; not a court-filing census.
Most cited major contributor	Lack of commitment, followed by infidelity and excessive conflict in a peer-reviewed study.
Highest state rate	Oklahoma: 20.7 divorces per 1,000 married women in 2024.
Lowest state rate	Maine: 10.0 divorces per 1,000 married women in 2024.

How to interpret these numbers

Divorce statistics use different denominators. A crude rate measures divorces per 1,000 people in the total population, while a refined rate measures divorces among married people who are at risk of divorce. Annual rates, lifetime projections, and the share of ever-married adults who have divorced answer different questions and should not be treated as interchangeable.

Source notes

Primary sources include the Centers for Disease Control and Prevention; U.S. Census Bureau American Community Survey; National Center for Family & Marriage Research at Bowling Green State University; Pew Research Center; and peer-reviewed relationship research. Data reflect the latest figures incorporated into Modern Family Law's divorce statistics guide as of July 2026.

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