

**PREVALENCE OF LIVER DISEASE
STATE FACT SHEET**

American Liver Foundation (ALF) Liver Life Advocates—Raising Awareness, Advancing Change™, represents more than 100 million Americans affected by liver disease.



Minnesota Residents Affected by Liver Disease



William H.

Bill advocates to raise awareness around the risks of alcohol use and help those affected by alcohol-associated liver disease recover, heal and overcome negative stigma. Bill silently developed alcohol-associated liver disease from more than three decades of alcohol use disorder. After finding himself in need of a lifesaving liver transplant, he's dedicated his second chance to ensuring others understand their risk.



Jennifer P.

Jennifer advocates to raise awareness about how important a healthy diet and exercise routine is for maintaining good liver health. Jennifer was diagnosed with hemochromatosis, a rare, hereditary liver disease, in 2008. A routine biopsy 11 years later revealed she also had metabolic dysfunction-associated steatotic liver disease (MASLD). Jennifer knew she had to make changes after a follow-up scan revealed her condition had progressed to "severe" in just 14 months. She has since lost 40 pounds and reversed her MASLD.

State Statistics

843

Minnesota residents died from liver disease/ cirrhosis in 2023

297

liver transplants were performed in Minnesota in 2025

186

people are on the liver transplant waitlist

11

Minnesotans died while on the liver transplant waitlist in 2025

9%

of adults in Minnesota have diabetes

33.6%

of adults in Minnesota are obese

19.9%

of adults have no leisurely physical activity

ALF 2026 Legislative Priorities

- Support Living Donors: Advance the Living Donor Protection Act and the Expanding Support for Living Organ Donors Act to protect donors and reduce financial barriers
- Ensure Patient Access: Pass the Safe Step Act, Treat and Reduce Obesity Act, and HELP Copays Act to improve access and affordability
- Pediatric Screening: Advance the Ian Kalvinskis Pediatric Liver Cancer Early Detection and Screening Act for earlier diagnosis
- CDC Efforts: Strengthen liver disease surveillance and prevention

ALF is a national community of patients, caregivers and medical professionals dedicated to helping people improve their liver health. Providing guidance and life-saving resources, we are a beacon for the 100 million Americans affected by liver disease. We advocate for patients and families, fund medical research and educate the public about liver wellness and disease prevention. We bring people together through our educational programs and events and create a network of support that lasts a lifetime. ALF is the largest organization focused on all liver diseases and the trusted voice for patients and families living with liver disease. For more information visit liverfoundation.org or call 1-800-GO-LIVER (800-465-4837).