

**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.



Washington Residents Affected by Liver Disease



Hilary H.

Hilary advocates to raise awareness and help dispel negative stigma around liver disease in America. In 2023, Hilary was diagnosed with hepatitis C after receiving four blood transfusions during the birth of her second child. She hopes that by sharing her story, others will understand there are many different ways you can develop liver disease.



Ruthanne L.

Ruthanne advocates for advancing early education, patient support, and screening as steatotic (fatty) liver disease continues to rise and drive the growing need for liver transplantation—something she witnesses firsthand through her work in organ donation and transplantation. This mission is also deeply personal as her sister died from cholangiocarcinoma (liver cancer) that metastasized. Earlier detection may have expanded treatment options and improved her chance of survival.

State Statistics

1,207

Washington residents died of liver disease/cirrhosis in 2023

233

liver transplants were performed in Washington in 2025

189

people are on the liver transplant waitlist

13

Washingtonians died while on the liver transplant waitlist in 2025

8.8%

of adults in Washington have diabetes

31.6%

of adults in Washington are obese

17.1%

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).