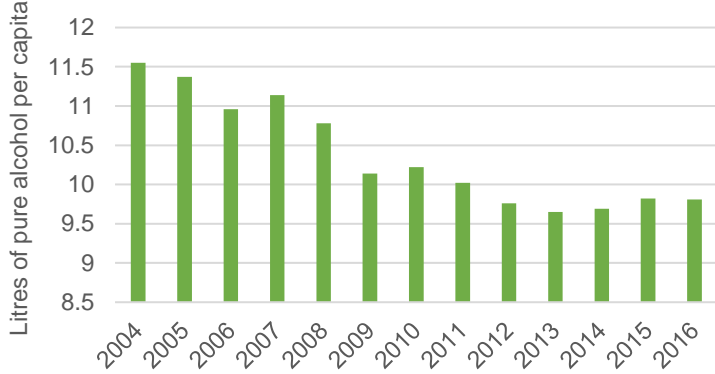


Alcohol-consumption and drinking patterns in the UK

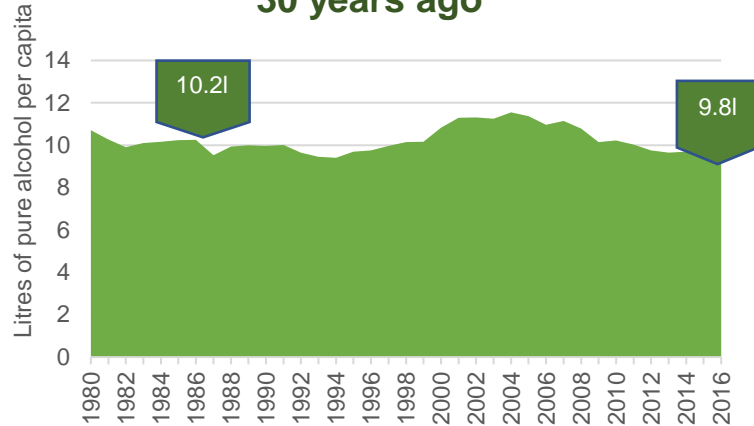
- Alcohol consumption has fallen in the last decade and the UK drinks less than 30 years ago
- The vast majority of adults do not exceed low risk drinking guidelines
- 'Increased risk' drinking patterns, such as binge drinking, are in decline

UK annual alcohol consumption has fallen 15% since 2004



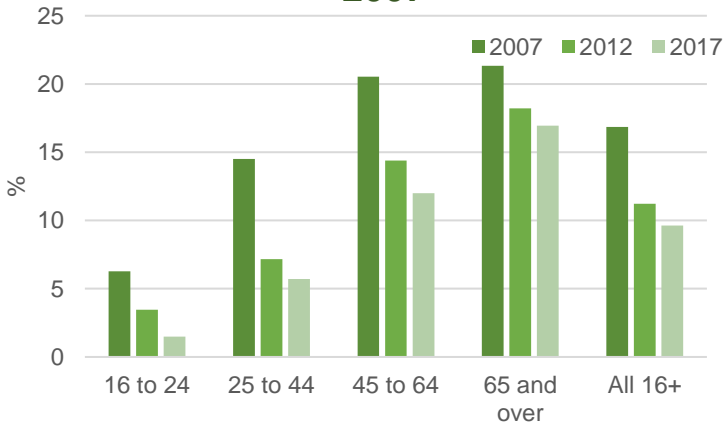
Source: WHO

We drink less alcohol than we did 30 years ago



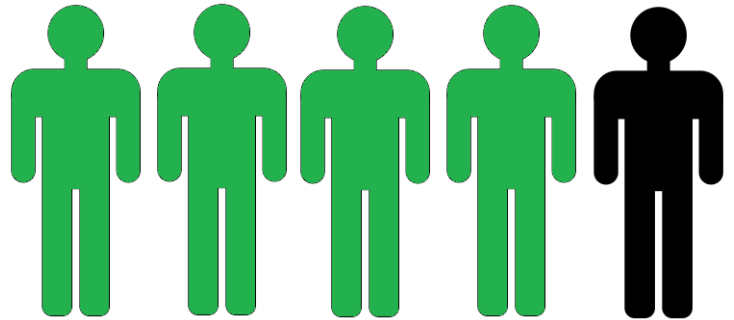
Source: WHO

The proportion of people who drank on five or more days in the last week has fallen 41% since 2007



Source: ONS

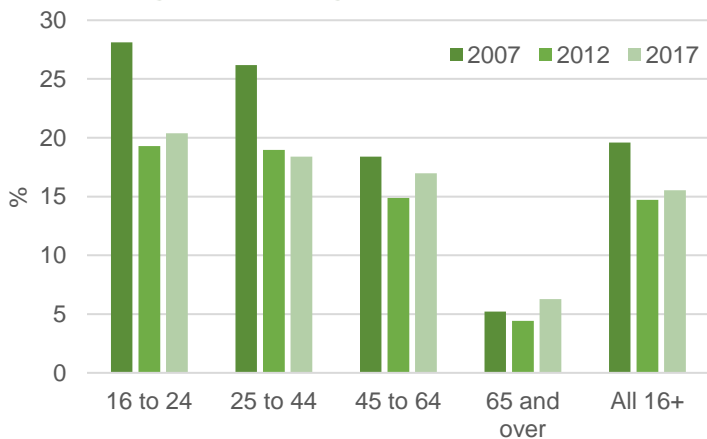
79% of adults do not exceed the CMO's recommended lower-risk guideline of 14 units per week



(14 units are equivalent to about 6 pints of beer/cider; 6 175ml glasses of wine or 14 single measures of spirits)

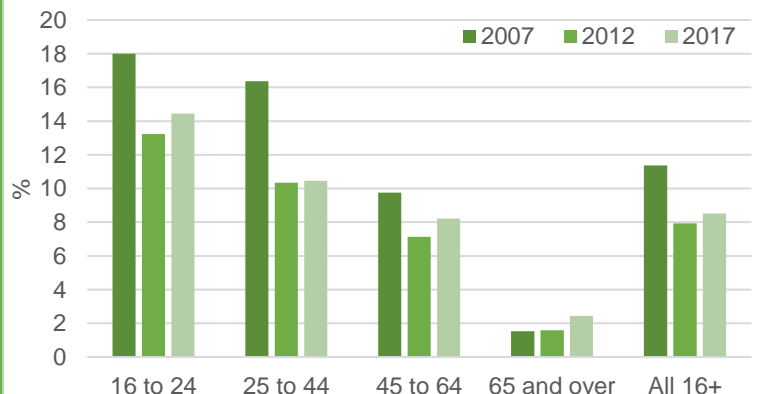
Source: NHS Digital

Binge drinking has fallen 20%



Binge defined as over 8(m)/6(f) units in one sitting
Source: ONS

Heavy binge drinking has fallen 18%



Heavy binge defined as over 12(m)/8(f) units in one sitting
Source: ONS