

Youth drinking patterns in the UK

- The vast majority of young adults (16-24) in the UK do not exceed low risk drinking guidelines
- Harmful drinking patterns have fallen significantly among those aged 16-24 in the last decade
- Only 1% of young adults consume alcohol on five or more days

84% of UK young adults do not exceed 14 units per week



Source: NHS Digital

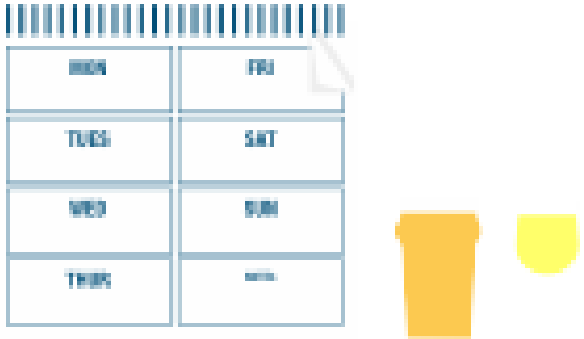
A similar pattern of responsible drinking can be seen across the UK:



- Scotland: **73%**
- Wales: **86%**
- Northern Ireland: **74%**

Sources: Scottish Government: Welsh Government: NI Department of Health

Since 2007, the number of young adults drinking on five or more days has declined by **83%**



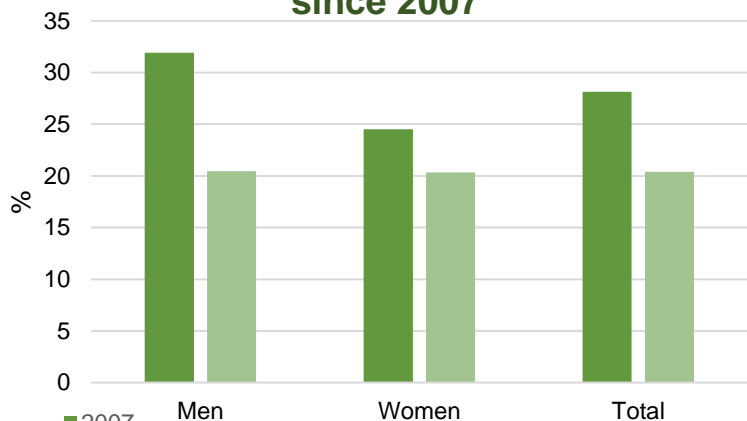
Source: ONS

23% of young adults are teetotal



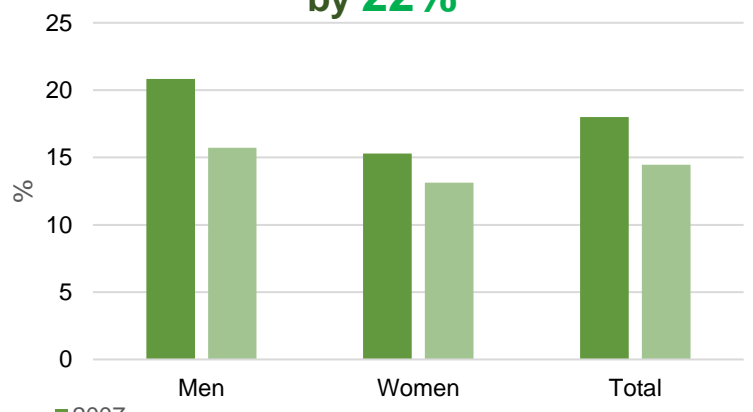
Source: ONS

Binge drinking has fallen by **28%** since 2007



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

Heavy binge drinking has decline by **22%**



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