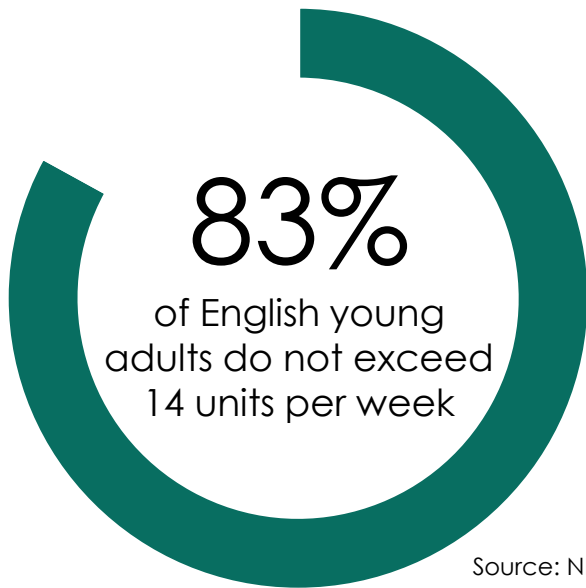


Young adult drinking patterns in the UK

- 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



Source: NHS Digital

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



- Scotland: **78%**
- Wales: **85%**
- 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%** to **1%**



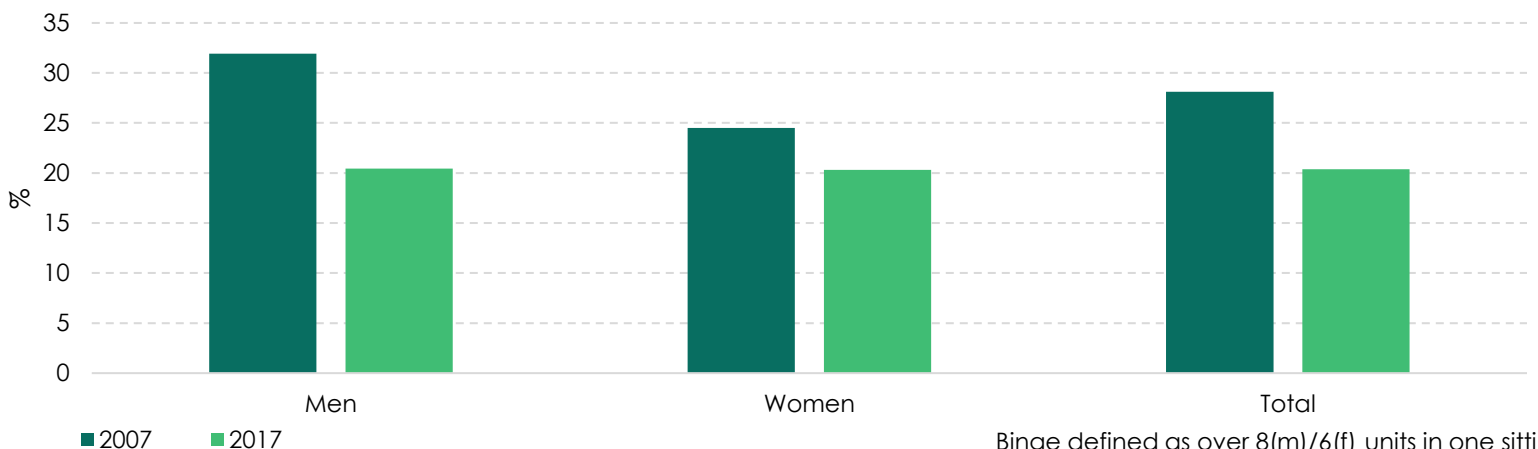
Source: ONS

24% of young adults are teetotal



Source: ONS

Binge drinking British 16-24 year olds has fallen by **28%** since 2007



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