

Alcohol trends in England

August 2026



- The moderate majority of English adults drink within the CMO lower-risk guidelines.
- Over a decade of falls in underage drinking and alcohol-related violent crime.

A moderate majority

4 in 5

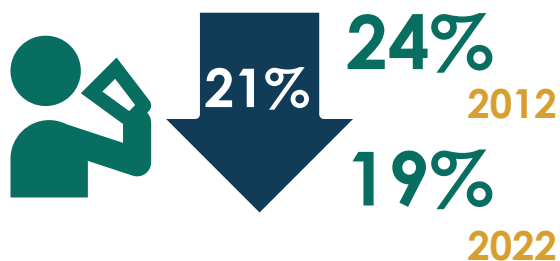
79% of English adults do not exceed the CMO's recommended lower-risk guideline of 14 units per week

Average weekly unit intake

12.8 units



Fall in 16-24-year olds drinking above the CMO low-risk guidelines



Fell further to 17% in 2024 under new methodology - lowest on record



Decline in proportion of those saying that people being drunk or rowdy in public is a big problem in their area

2

Low risk drinking

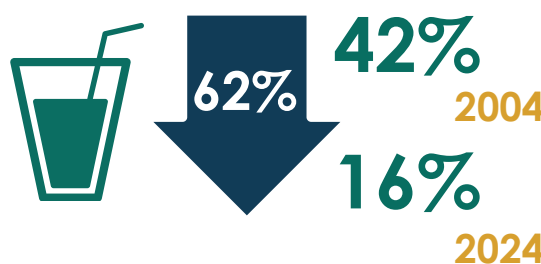
9 in 10

89% of adults have 'low risk' drinking behaviour, according to the Alcohol Use Disorders Identification Test (AUDIT) which screens for 'problematic' alcohol use

2%
Classed as 'higher risk' or possible alcohol dependence



Fall in proportion of 13 - 15 year olds who ever had an alcoholic drink



Alcohol-related violent crime incidents down by 40% since 2014/15

3