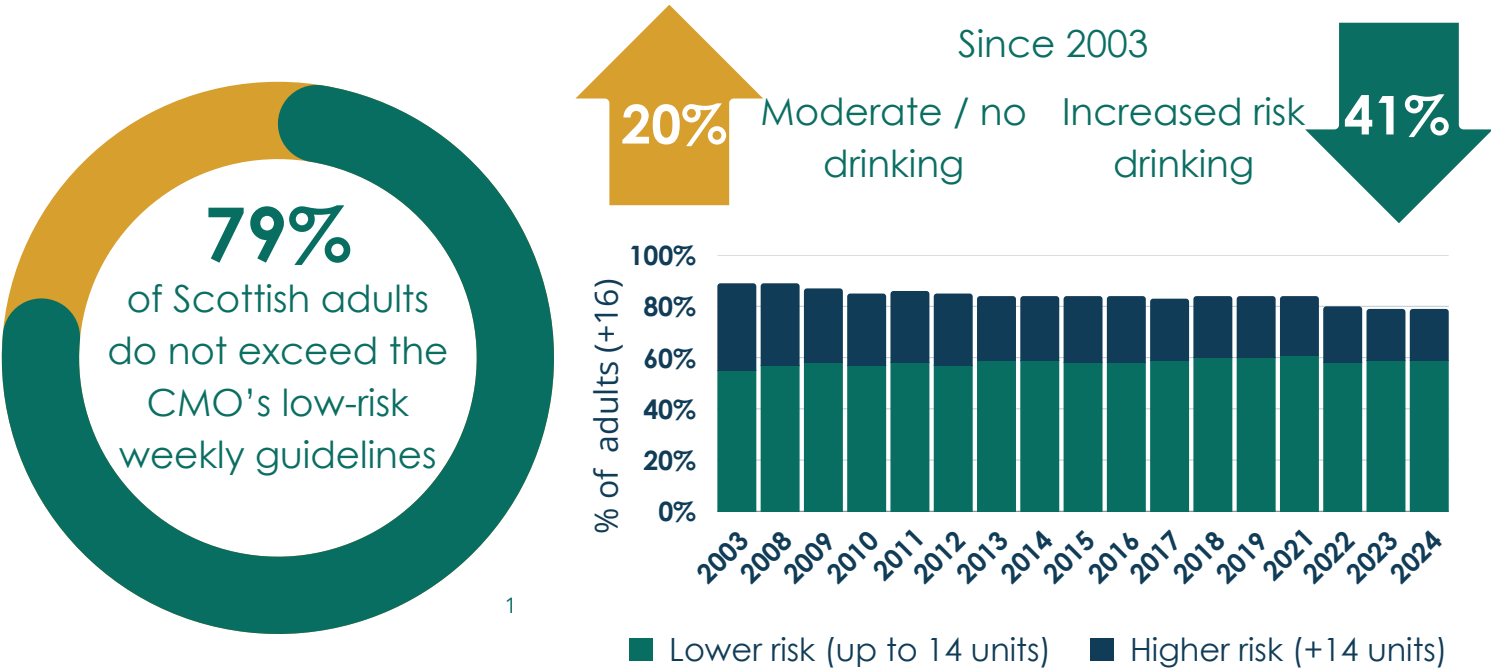


Alcohol trends in Scotland

August 2026



- The moderate majority in Scotland do not exceed the Government's low-risk weekly guidelines.
- There has been over a decade of falls in average weekly unit intake, 'higher risk' drinking, binge drinking and alcohol-related crime.



Over a decade of falls



Average units per week intake is now lowest on record

1



Estimated alcohol-related violent crime fallen by over half in Scotland since 2008/09*

2



Binge drinking** among Scottish drinkers has fallen by 35% since 2014.

1



Alcohol related hospital admissions at **lowest rate ever recorded**, and almost a quarter lower than 2014/15

3

Sources: 1. Scottish Health Survey, October 2025; 2. Scottish Crime and Justice Survey 2024/25, March 2026; 3. Public Health Scotland, January 2026;

*as a proportion of violent crime. **drinking over 6-8 units in a single session