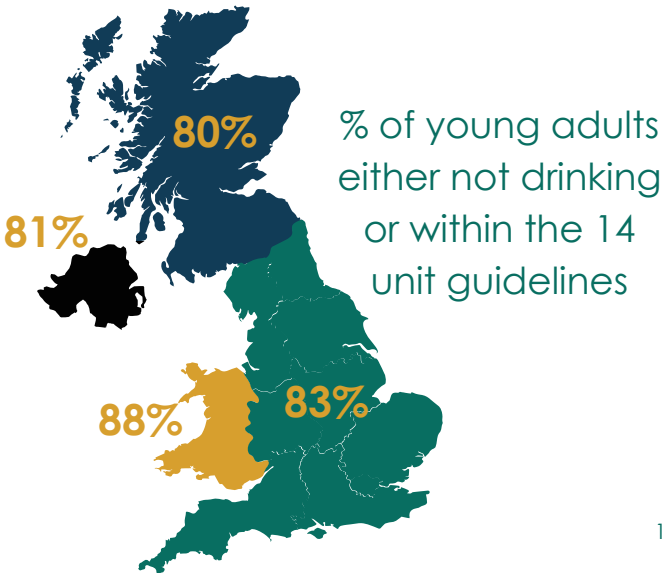
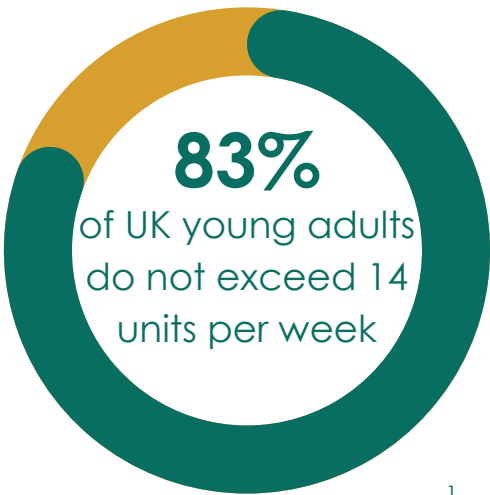


Young adult drinking patterns in the UK



- The moderate majority of young adults (16-24) in the UK do not exceed low risk drinking guidelines.
- There have been over a decade of falls in harmful drinking patterns.
- Only 1% of young adults consume alcohol on five or more days.

Responsible drinking is the norm across the UK



Over a decade of falls

Majority of young adults have 'low-risk' drinking behaviour, according to the Alcohol Use Disorders Identification Test (AUDIT)

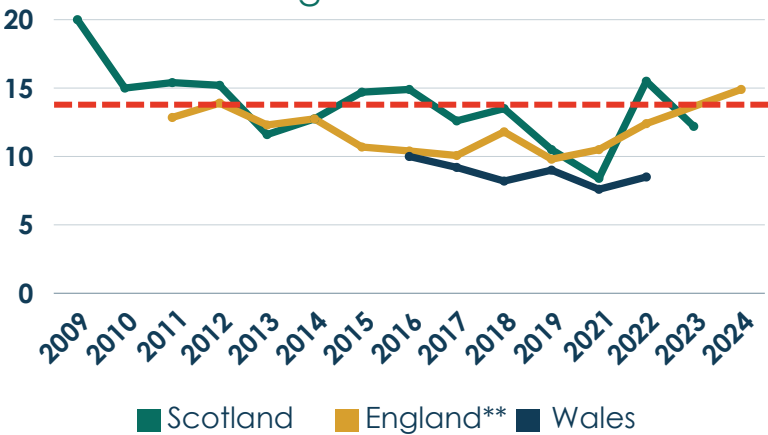
83%

2

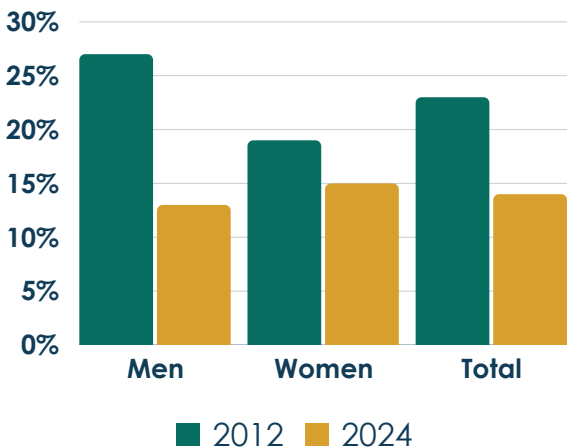
35% of young adults are non-drinkers



Weekly unit intake in Scotland and Wales below CMO guidelines



Binge drinking* down 39% since 2012



Sources: 1. Health Survey for England, Jan 2026/ Scottish Health Survey, Dec 2025/ National Survey for Wales, Aug 2025 / Health Survey Northern Ireland, Nov 2025; 2. Health Survey for England, Jan 2026; 3. 35% - Health Survey for England 2024, Jan 2026 / 22 - Scottish Health Survey, Oct 2025 / National Survey for Wales, July 2023 / 16% - Health Survey Northern Ireland, Dec 2023. *Binge defined as over 8(m)/6(f) units in one sitting. **Revised data with a different methodology for England in 2022, explaining relative increase in units.