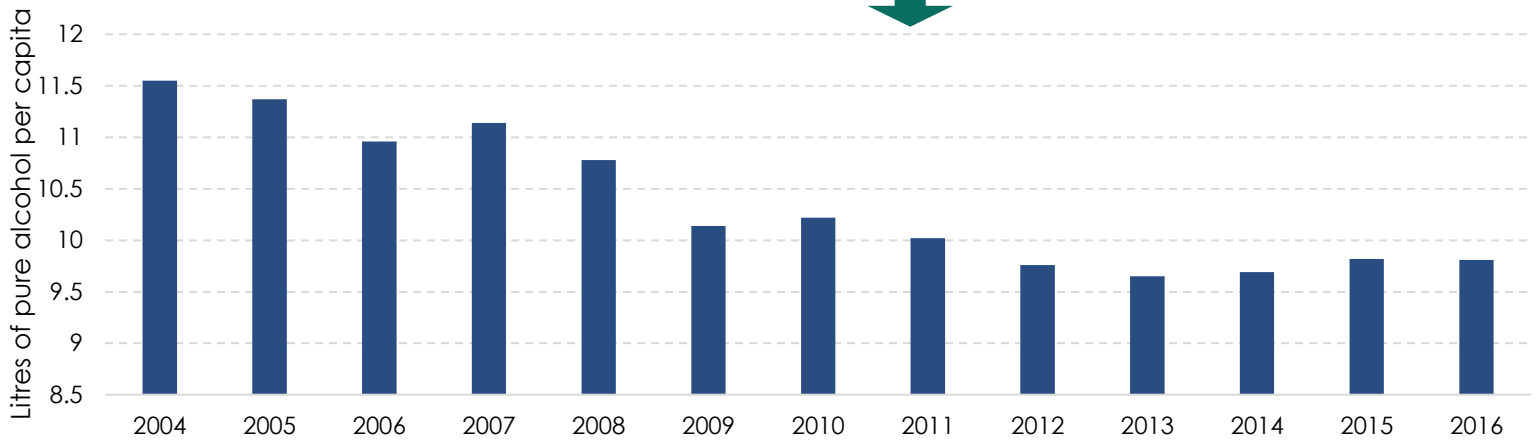


Alcohol consumption and drinking patterns in the UK

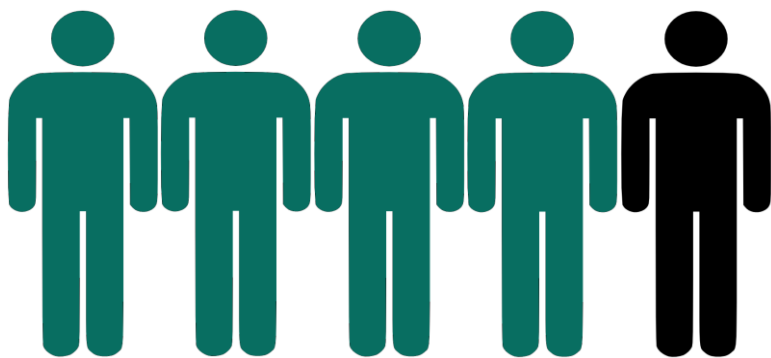
- The UK drinks less than 30 years ago, and alcohol consumption has fallen further in the last decade.
- The vast majority of adults do not exceed low risk drinking guidelines.
- Drinking patterns indicating increased risk, such as binge drinking, are in decline.

UK annual alcohol consumption **↓ 15% since 2004**



Source: WHO

78% of adults do not exceed the CMO's recommended lower-risk guideline of 14 units per week



(14 units are equivalent to about 6 pints of beer/cider; 6 175ml glasses of wine or 14 single measures of spirits)

Source: NHS Digital

Proportion of People who drank on five or more days **↓ 41% since 2007**

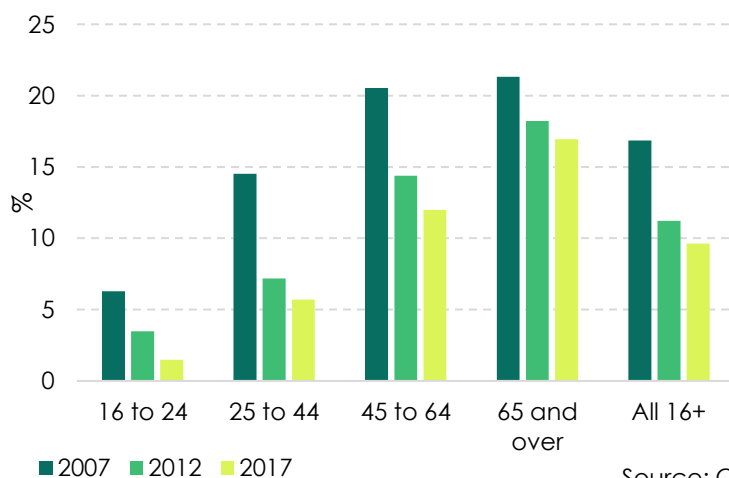
Binge drinking **↓ 20% since 2007**

Heavy binge drinking **↓ 18% since 2007**



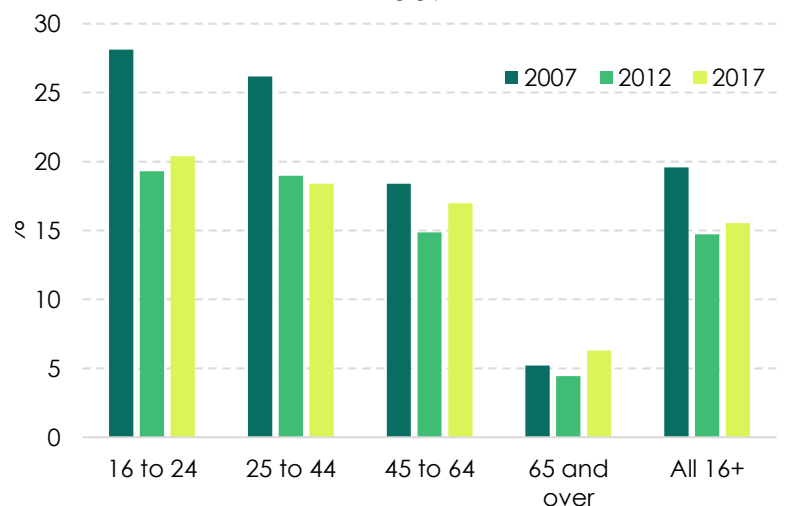
Source: ONS

Proportion of people who drank on five or more days in the last week has fallen **41%** since 2007



Source: ONS

Binge drinking has fallen **20%** since 2007



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