

7. Alcohol

Moderate alcohol consumption (one or two drinks per day) is associated with a reduced risk of CHD. However, at high levels of intake - particularly in 'binges' - the risk of CHD is increased. It is therefore difficult to make estimates of the numbers of deaths from CHD which are due to the level of alcohol consumption in the UK or of the numbers of deaths which could be avoided if levels of alcohol consumption were to alter.

The Government currently advises that 'regular consumption of between three and four units a day by men' and 'between two and three units a day by women of all ages will not lead to any significant health risk'¹. Consuming in excess of four units on the heaviest drinking day of the week in men, or over three units in women, is not advised, and the Government's recommendations on sensible drinking are now based on these daily benchmarks².

This advice is consistent with previous advice, based on weekly alcohol consumption: that men should drink less than 21 units a week and women less than 14 units a week³.

Overall levels of alcohol consumption

38% of men and 23% of women in Britain consume more alcohol than the recommended daily benchmarks, that is more than four units on the heaviest drinking day of the week for men and more than three for women (Table 7.2).

27% of men and 17% of women in Britain consume more than the weekly recommended levels of alcohol, that is 21 units a week for men and 14 units a week for women (Table 7.4).

Age and sex differences

Overall men are more than one and a half times as likely as women to exceed the daily and weekly recommended levels of alcohol consumption (Table 7.2 and Table 7.4), and over twice as likely to binge drink⁴ (Table 7.2).

Alcohol consumption is higher in younger age groups, for example 49% of men and 42% of women aged 16-24 drink more than the recommended daily benchmarks, compared with only 16% of men and 5% of women aged 65 or over (Table 7.2 and Figs 7.2a and 7.2b).

In every age group men are more likely to exceed the weekly recommended drinking level than women. This excess of male heavy drinking is smallest in those aged 16-24 years and increases steadily with age (Table 7.4).

Similar patterns are evident for binge drinking. The prevalence of binge drinking is highest in the 16-24 years age group, with 35% of young men and 28% of young women drinking heavily on at least one day a week (Table 7.2).

Temporal trends

In the first half of the twentieth century per capita alcohol consumption in the UK fell rapidly, from around 11 litres in 1900 to around 4 litres after the Second World War. From the late 1950's to the end of the century alcohol consumption increased steadily, doubling overall from around four to eight litres per person per year⁵.

More recent trend data from the General Household Survey show that in the last 10 years the percentage of adults consuming more than the recommended weekly level of alcohol remained stable in men, but increased by over 50% in women. In young women (aged 16-24) the proportion drinking in excess of weekly guidelines doubled in a decade (Table and Fig 7.4).

Evidence about temporal trends in binge drinking is more short-term, as the General Household Survey has only included questions about the maximum daily amount drunk since 1998. Between 1998 and 2002, while there was no increase in binge drinking in men, in women under 45 the proportion consuming more than 6 units on at least one day increased by over 15% (Table 7.3).

Regional differences

On a regional basis the proportions consuming more than the recommended daily level of alcohol are lowest in the East of England in men, and in London and the East Midlands in women, and highest in the North East and Scotland in men and the North East and Wales in women (Figs 7.5a and 7.5b). For example, in 2002 while 32% of women in the North East consumed more than 3 units on the heaviest drinking day of the week, only 18% of women in London and the East Midlands consumed more than the recommended sensible daily level (Table 7.5).

Socio-economic differences

Among both men and women, those in managerial and professional households are the most likely to drink and most likely to drink on five or more days a week. For example, in 2002 in Britain, 77% of women in large employer/higher managerial households drank alcohol, with 22% drinking on five or more days a week. This compares with only 45% and 7% respectively of women in routine occupation households (Table 7.6).

However, the amount of alcohol drunk is largely independent of socio-economic group. Apart from men and women in large employer/higher managerial households, who were more likely to exceed the daily recommended benchmarks, there were no clear patterns according to social class in 2002. Drinking heavily does not vary by social class: in all socio-economic classes in 2002, about one in ten women and one in five men exceeded the daily benchmarks for binge drinking (Table 7.6).

Ethnic differences

Levels of alcohol consumption vary considerably with ethnicity (Table 7.7 and Figs 7.7a and 7.7b).

Adults from all minority ethnic groups, with the exception of the Irish, are less likely to drink alcohol than the general population. Very low proportions of Bangladeshi (less than 5%) and Pakistani (less than 10%) adults ever drink alcohol. Women are more likely than men to be non-drinkers in all ethnic groups (Table 7.7 and Figs 7.7a and 7.7b).

With the exception of the Irish, the proportion of men and women who drink more than the recommended weekly level of alcohol is much lower in all ethnic minority groups compared to the general population (Table 7.7 and Figs 7.7a and 7.7b).

Irish men and women are more likely than those in the general population to drink more than the recommended daily level of alcohol on the heaviest drinking day in a typical week. Almost three-quarters (74%) of Irish men and over half (56%) of Irish women exceeded guidelines for the heaviest drinking day⁶.

International differences

Levels of alcohol consumption in the UK are below both the European and the European Union (EU) average (Fig 7.7). However, while in the EU as a whole consumption of alcoholic drinks has steadily declined since 1980, in the UK there has been no decline (Table 7.7). Alcohol consumption is now 15% below the EU average compared to 50% below in 1980.

Public health targets

A recent report by the Academy of Medical Sciences, *Calling Time: The Nation's drinking as a major health issue*, presented strong evidence that the overall national consumption of alcohol is a major determinant of national alcohol related harm, and recommended the introduction of targets by Government to reduce per capita alcohol consumption in the UK⁵. The new Alcohol Harm Reduction Strategy for England did not, however, include such targets⁷. Currently in the UK only Scotland has targets for limiting alcohol consumption (Table 7.1).

1. Department of Health (1995) *Sensible Drinking. The Report of an Inter-Departmental Working Group*. DH: London.
2. These guidelines were restated in March 2004 in the Government's alcohol harm reduction strategy for England, published by the Cabinet Office. Prime Minister's Strategy Unit (2004) *Alcohol harm reduction strategy for England*. Cabinet Office: London. See www.strategy.gov.uk/files/pdf/al04SU.pdf
3. In recognition of the dangers of excessive drinking in a single session, the sensible drinking recommendations were changed in 1995 to focus on daily rather than weekly guideline.
4. The General Household Survey defines heavy drinking, or binge drinking, as more than 8 units in one day for men and more than 6 units in one day for women. While people vary in their susceptibility to the effect of alcohol, these thresholds for heavy drinking were chosen as those likely to lead to intoxication.
5. The Academy of Medical Sciences (2004) *Calling time: the nation's drinking as a major health issue*. Academy of Medical Sciences: London. See www.acmedsci.ac.uk/p_callingtime.pdf
6. See Table 5.9 p14: Joint Health Surveys Unit (2001) *The Health Survey for England. The Health of Minority ethnic groups 1999*. The Stationery Office: London.
7. Cabinet Office. Prime Minister's Strategy Unit (2004) *Alcohol harm reduction strategy for England*. Cabinet Office: London. See www.strategy.gov.uk/files/pdf/al04SU.pdf

Table 7.1 Alcohol targets for the United Kingdom

England¹	No target set
Wales²	No target set
Scotland³	
Men – <i>Headline Target</i>	To reduce the proportion of men aged 16-64 exceeding the weekly limit of 21 units of alcohol from 33% to 31% between 1995 and 2005 and to 29% by 2010
Women – <i>Headline Target</i>	To reduce the proportion of women aged 16-64 exceeding the weekly limit of 14 units of alcohol from 13% to 12% between 1995 and 2005 and to 11% by 2010
Young people – <i>Second Rank Target</i>	To reduce the frequency and level of drinking from 20% of 12-15 year olds to 18% between 1995 and 2005 and to 16% by 2010
Northern Ireland⁴	No target set

1. The Government's Strategy Unit has recently published a alcohol strategy for England. This did not recommend the introduction of public health targets for alcohol consumption. Strategy Unit (2004) Alcohol Harm Reduction Strategy for England. Cabinet Office: London. See www.strategy.gov.uk/output/Page3669.asp
2. The Welsh Assembly Government is currently developing new determinants of health indicators. The first stage of this work is underway and includes a focus on CHD. See the Chief Medical Officer Wales website, www.cmo.wales.gov.uk/content/work/health-gain-targets/determinants-of-health-e.htm
3. The Scottish Office (1999) Towards a Healthier Scotland. HMSO: Edinburgh.
4. The Department of Health, Social Services and Public Safety in Northern Ireland is currently developing a target for the next 6 years aimed at reducing the number of people who binge drink.

Table 7.2 Alcohol consumption by sex and age, 2002, Great Britain

<i>Maximum daily alcohol consumption</i>	All ages	16-24	25-44	45-64	65 & over
	%	%	%	%	%
MEN					
Drank nothing last week	27	32	24	24	33
Up to 4 units	35	20	30	38	50
5-8 units	17	13	18	20	11
More than 8 units	21	35	28	18	5
% exceeding 4 units	38	49	46	38	16
<i>Weighted base (000's)</i>	<i>19,534</i>	<i>2,485</i>	<i>7,154</i>	<i>6,236</i>	<i>3,659</i>
<i>Unweighted sample</i>	<i>6,827</i>	<i>772</i>	<i>2,363</i>	<i>2,294</i>	<i>1,398</i>
WOMEN					
Drank nothing last week	41	40	35	38	54
Up to 3 units	36	18	34	43	41
4-6 units	13	14	17	14	4
More than 6 units	10	28	13	5	1
% exceeding 3 units	23	42	31	19	5
<i>Weighted base (000's)</i>	<i>22,202</i>	<i>2,704</i>	<i>7,977</i>	<i>6,700</i>	<i>4,822</i>
<i>Unweighted sample</i>	<i>7,938</i>	<i>896</i>	<i>2,778</i>	<i>2,571</i>	<i>1,693</i>

Adults aged 16 and over.

Alcohol consumption levels are based on the number of units of alcohol consumed on the heaviest day during the previous week, the "maximum daily" amount.

Source: Office for National Statistics (2004) *Living in Britain: Results from the General Household Survey 2002*. The Stationery Office: London.

Fig 7.2a *Percentage exceeding daily benchmarks for alcohol consumption by age, men, 2002, Great Britain*

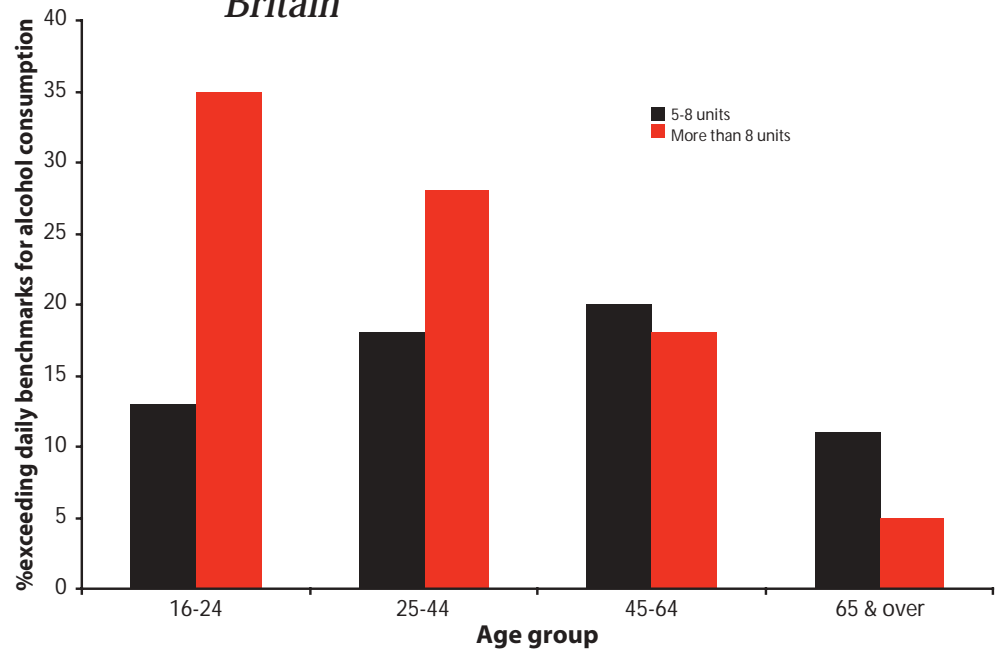


Fig 7.2b *Percentage exceeding daily benchmarks for alcohol consumption by age, women, 2002, Great Britain*

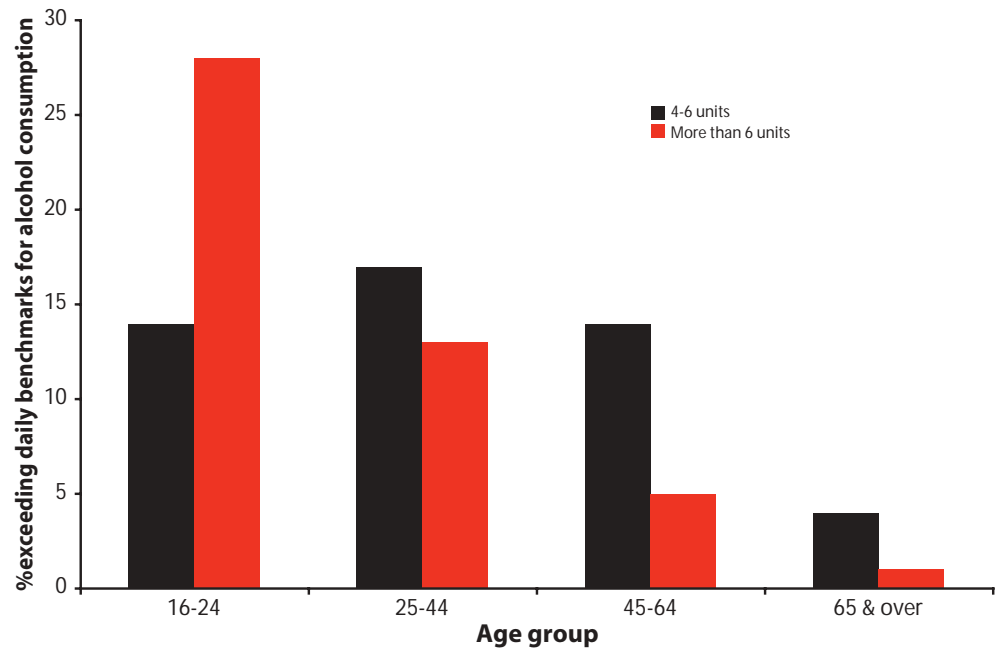


Table 7.3 Percentage consuming more alcohol than the recommended daily maximum by sex and age, 1998 - 2002, Great Britain

<i>Maximum daily alcohol consumption</i>	1998	2000	2001	2002
	%	%	%	%
MEN				
More than 4 units				
16-24	52	50	50	49
25-44	48	45	49	46
45-64	37	38	37	38
65 and over	16	16	18	16
% exceeding recommended daily maximum	39	39	40	38
More than 8 units				
16-24	39	37	37	35
25-44	29	27	30	28
45-64	17	17	17	18
65 and over	4	5	5	5
% exceeding daily benchmark for heavy drinking	22	21	22	21
<i>Weighted base (000's)</i>	<i>19,174</i>	<i>20,369</i>	<i>191,911</i>	<i>19,534</i>
<i>Unweighted sample</i>	<i>6,561</i>	<i>6,598</i>	<i>7,054</i>	<i>6,828</i>
WOMEN				
More than 3 units				
16-24	42	42	40	42
25-44	28	31	31	31
45-64	17	19	19	19
65 and over	4	4	5	5
% exceeding recommended daily maximum	21	23	23	23
More than 6 units				
16-24	24	27	27	28
25-44	11	13	14	13
45-64	5	5	5	5
65 and over	1	1	1	1
% exceeding daily benchmark for heavy drinking	8	10	10	10
<i>Weighted base (000's)</i>	<i>21,625</i>	<i>22,054</i>	<i>21,985</i>	<i>22,202</i>
<i>Unweighted sample</i>	<i>7,821</i>	<i>7,491</i>	<i>8,299</i>	<i>7,942</i>

Source: Office for National Statistics (2004) *Living in Britain: Results from the General Household Survey 2002*. The Stationery Office: London.

Table 7.4 Weekly alcohol consumption by sex and age, 1988 - 2002, Great Britain

Weekly alcohol consumption	Unweighted data					Weighted data				Weighted base 2002 (000's)	Unweighted sample 2002
	1988	1992	1994	1996	1998	1998	2000	2001	2002		
	%	%	%	%	%	%	%	%	%		
MEN											
More than 21 units											
16-24	31	32	29	35	36	38	41	40	37	2,471	767
25-44	34	31	30	30	27	28	30	30	29	7,160	2,365
45-64	24	25	27	26	30	30	28	26	28	6,243	2,296
65 and over	13	15	17	18	16	16	17	15	15	3,662	1,399
% exceeding 21 units per week	26	26	27	27	27	28	29	28	27	19,536	6,827
More than 50 units											
16-24	10	9	9	10	13	14	14	15	12	2,471	767
25-44	9	8	7	6	6	6	7	7	8	7,160	2,365
45-64	6	6	6	5	6	6	7	7	8	6,243	2,296
65 and over	2	2	3	3	3	3	3	2	3	3,662	1,399
% exceeding 50 units per week	7	6	6	6	6	7	7	7	7	19,536	6,827
WOMEN											
More than 14 units											
16-24	15	17	19	22	25	25	33	32	33	2,708	897
25-44	14	14	15	16	16	16	19	17	19	7,988	2,782
45-64	9	11	12	13	16	15	14	14	14	6,700	2,571
65 and over	4	5	7	7	6	6	7	6	7	4,824	1,694
% exceeding 14 units per week	10	11	13	14	15	15	17	15	17	22,220	7,944
More than 35 units											
16-24	3	4	4	5	6	7	9	10	10	2,708	897
25-44	2	2	2	2	2	2	3	3	3	7,988	2,782
45-64	1	1	2	2	2	2	2	2	2	6,700	2,571
65 and over	0	0	1	1	1	1	1	1	1	4,824	1,694
% exceeding 35 units per week	2	2	2	2	2	2	3	3	3	22,220	7,944

Source: Office for National Statistics (2004) Living in Britain: Results from the General Household Survey 2002. The Stationery Office: London.

Fig 7.4 Percentage consuming more alcohol than the recommended weekly maximum (21 units for men and 14 units for women), and percentage of weekly heavy drinkers (over 50 units for men and 35 units for women) by sex, 1988-2002, Great Britain

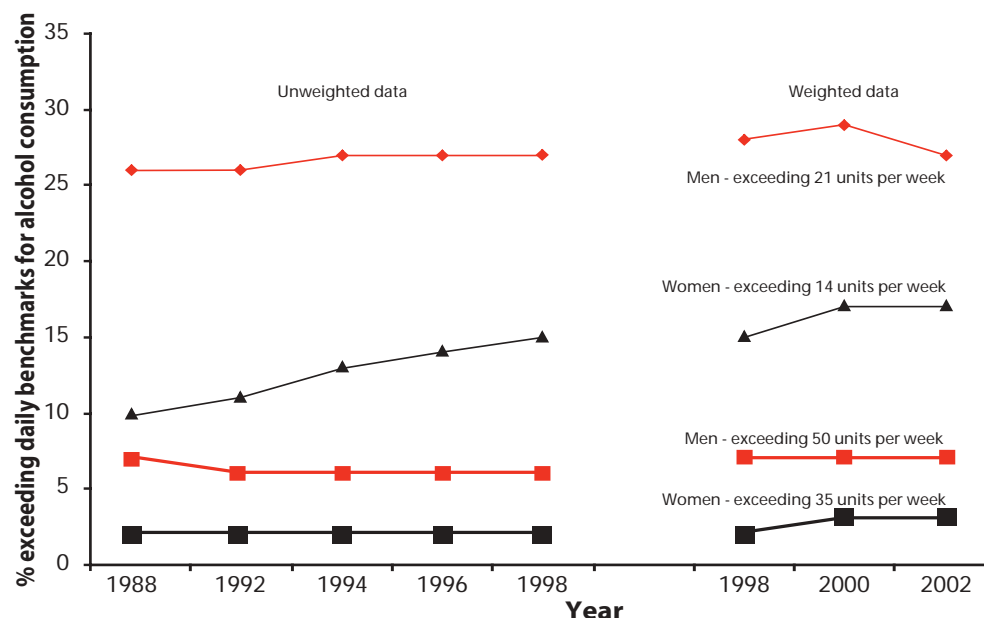


Table 7.5 Alcohol consumption by sex, country of Great Britain and Government Office Region in England, 2002, Great Britain

Drinking last week

		Drank last week	Drank on 5 or more days last week	Drank 5 to 8 units on at least one day	Drank more than 8 units on at least one day	% drinking more than the recommended daily maximum	<i>Weighted base (000's)</i>	<i>Unweighted sample</i>
MEN								
North East	%	74	19	20	29	49	857	294
North West	%	71	20	18	24	42	2,242	794
Yorkshire and the Humber	%	76	22	18	26	44	1,717	593
East Midlands	%	76	25	19	22	41	1,395	510
West Midlands	%	73	22	18	18	36	1,736	608
East of England	%	74	24	16	15	31	1,820	665
London	%	68	19	13	19	32	2,427	750
South East	%	74	27	16	17	33	2,841	1,051
South West	%	78	25	16	21	37	1,748	642
England	%	73	23	16	21	37	16,782	5,907
Wales	%	74	19	16	26	42	969	348
Scotland	%	75	17	18	26	44	1,783	572
Great Britain	%	74	22	17	21	38	19,534	6,827

		Drank last week	Drank on 5 or more days last week	Drank 4 to 6 units on at least one day	Drank more than 6 units on at least one day	% drinking more than the recommended daily maximum	<i>Weighted base (000's)</i>	<i>Unweighted sample</i>
WOMEN								
North East	%	63	13	15	17	32	1,145	400
North West	%	59	11	16	11	27	2,689	969
Yorkshire and the Humber	%	64	12	12	14	26	1,959	693
East Midlands	%	56	14	10	8	18	1,584	589
West Midlands	%	56	14	11	8	19	1,989	705
East of England	%	60	18	13	6	19	1,946	731
London	%	52	11	10	8	18	2,738	885
South East	%	62	14	14	8	22	3,160	1,189
South West	%	66	18	14	9	23	1,938	724
England	%	60	14	12	10	22	19,148	6,885
Wales	%	63	13	14	15	29	1,109	406
Scotland	%	56	9	14	12	26	1,946	647
Great Britain	%	59	13	13	10	23	22,202	7,938

Adults aged 16 and over:

Alcohol consumption levels are based on the number of units of alcohol consumed on the heaviest drinking day during the previous week, the "maximum daily amount":

Data are weighted for non-response. The weighted base is the base for percentages.

Source: Office for National Statistics (2004) *Living in Britain: Results from the General Household Survey 2002*. The Stationery Office: London.

Fig 7.5a *Percentage of men consuming more alcohol than the recommended daily maximum (four units) by region, 2002, Great Britain*

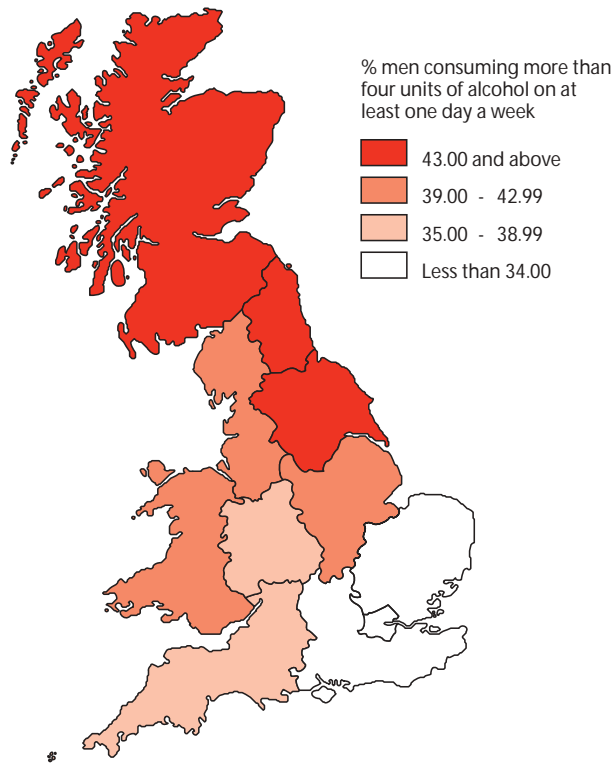


Fig 7.5b *Percentage of women consuming more alcohol than the recommended daily maximum (three units) by region, 2002, Great Britain*

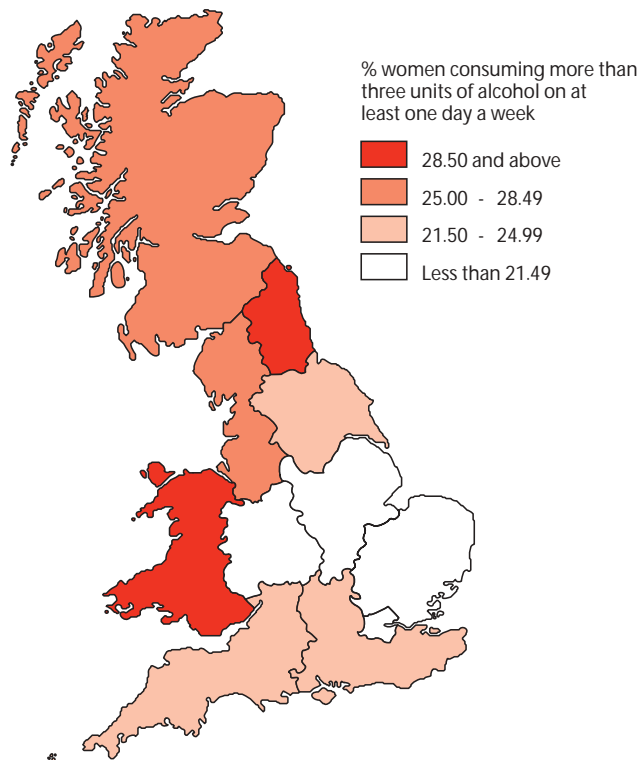


Fig 7.5c *Percentage of men exceeding daily benchmark for heavy drinking (eight units) by region, 2002, Great Britain*

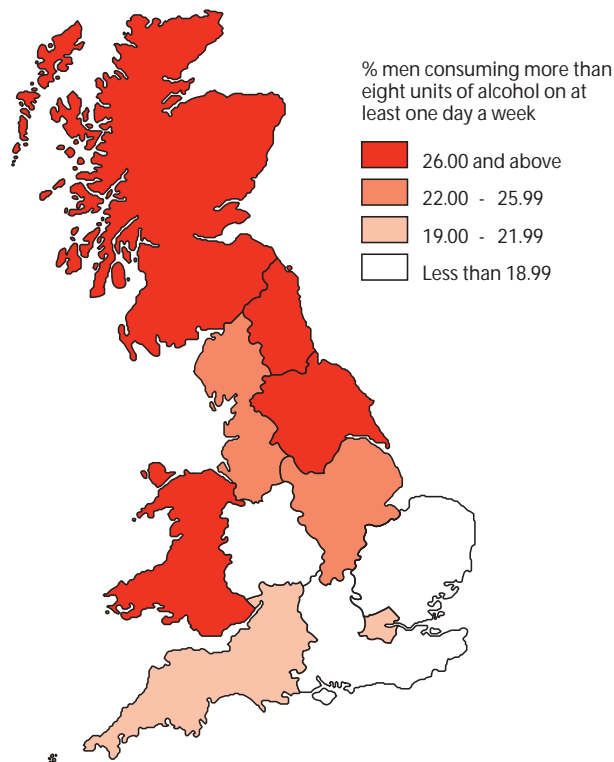


Fig 7.5d *Percentage of women exceeding daily benchmark for heavy drinking (six units) by region, 2002, Great Britain*

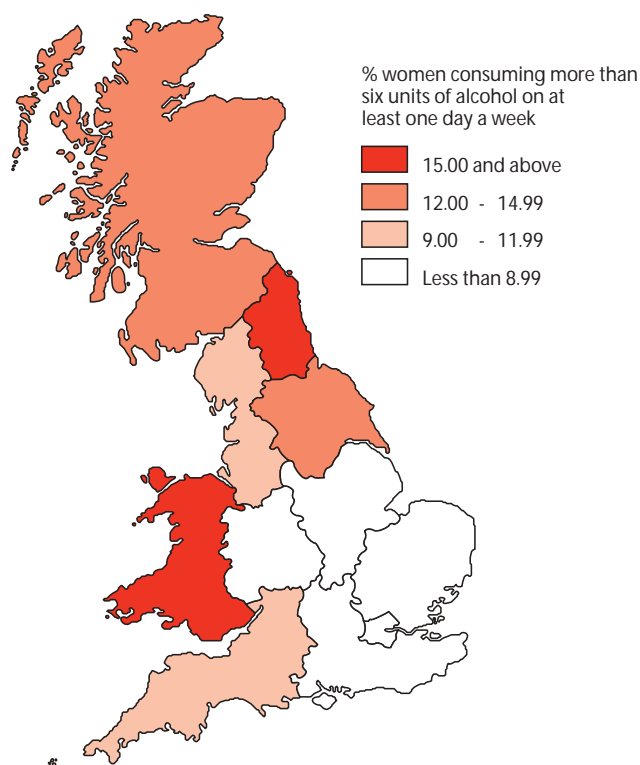


Table 7.6 Alcohol consumption by sex and socio-economic classification, 2002, Great Britain

	Drank last week	Drinking last week				Drank more than 8 units on at least one day	% drinking more than the recommended daily maximum	Weighted base (000's)	Unweighted sample
		Drank on 5 or more days last week	Drank 5 to 8 units on at least one day	Drank 6 to 8 units on at least one day	Drank 4 to 6 units on at least one day				
MEN									
Managerial and professional	81	28	18	22	40	7,755	2,803		
Large employers and higher managerial	89	31	20	23	43	1,261	469		
Higher professional	79	28	18	20	38	1,872	679		
Lower managerial and professional	80	27	18	22	40	4,622	1,655		
Intermediate	71	21	16	21	37	3,365	1,176		
Intermediate	72	19	17	20	37	1,285	443		
Small employers and own account	70	22	16	21	37	2,080	733		
Routine and manual	69	17	16	21	37	7,543	2,589		
Lower supervisory and technical	73	21	16	23	39	2,734	935		
Semi routine	69	15	16	22	38	2,245	777		
Routine	64	15	17	18	35	2,564	877		
Total*	74	22	17	21	38	19,464	6,807		
WOMEN									
Managerial and professional	70	18	14	10	24	8,057	2,976		
Large employers and higher managerial	77	22	22	10	32	1,270	479		
Higher professional	72	20	14	8	22	1,625	608		
Lower managerial and professional	68	17	12	11	23	5,162	1,889		
Intermediate	60	13	14	8	22	4,102	1,473		
Intermediate	59	11	13	9	22	2,148	758		
Small employers and own account	61	15	14	8	22	1,954	715		
Routine and manual	51	9	13	9	22	8,755	3,068		
Lower supervisory and technical	57	12	15	9	24	2,623	918		
Semi routine	51	9	12	10	22	3,157	1,114		
Routine	45	7	11	8	19	2,975	1,036		
Total*	59	13	13	10	23	22,049	7,887		

Adults aged 16 and over.

Alcohol consumption levels are based on the number of units of alcohol consumed on the heaviest drinking day during the previous week, the "maximum daily amount".

Data are weighted for non-response. The weighted base is the base for percentages.

* From April 2001 the National Statistics Socio-economic classification (NS-SEC) was introduced for all official statistics and surveys. It has replaced Social Class based on Occupation and Socio-economic Groups (SEC). Persons whose household reference person was a full-time student, had an inadequately described occupation, had never worked or was long term unemployed are not shown as separate categories but are included in the figure for all persons.

Source: Office for National Statistics (2004) Living in Britain: Results from the General Household Survey 2002. The Stationery Office: London.

Table 7.7 Alcohol consumption by sex and ethnic group, 1999, England

<i>Alcohol consumption level (units per week)</i>	General population %	Black Caribbean %	Indian %	Pakistani %	Bangladeshi %	Chinese %	Irish %
MEN							
Non-drinker	7	13	33	90	96	30	5
Very low (under 1 unit)	8	11	11	2	1	20	5
Low (1-10 units)	34	41	28	4	2	35	33
Moderate (11-21 units)	22	18	14	1	1	12	23
Fairly high (22-35 units)	16	10	7	0	-	3	16
High (36-50 units)	7	3	3	1	-	0	7
Very high (51 units or more)	7	4	3	1	1	0	11
% exceeding 21 units per week*	30	18	13	2	1	3	34
<i>Base</i>	<i>3,516</i>	<i>525</i>	<i>612</i>	<i>601</i>	<i>512</i>	<i>293</i>	<i>531</i>
WOMEN							
Non-drinker	13	18	63	97	99	41	10
Very low (under 1 unit)	18	22	17	1	1	29	14
Low (1-7 units)	35	41	13	1	1	22	38
Moderate (8-14 units)	18	10	5	1	-	4	18
Fairly high (15-21 units)	4	1	0	-	2	7	8
High (22-35 units)	6	2	1	0	-	1	8
Very high (36 units or more)	2	2	1	0	-	1	4
% exceeding 14 units per week*	16	8	2	0	-	4	19
<i>Base</i>	<i>4,201</i>	<i>726</i>	<i>645</i>	<i>631</i>	<i>540</i>	<i>358</i>	<i>701</i>

Adults aged 16 and over.

Age-standardised percentages (standardised risk ratios x percentage in general population).

Source: Joint Health Surveys Unit (2001) Health Survey for England. The Health of Minority Ethnic Groups 1999. The Stationery Office: London.

Fig 7.7a *Alcohol consumption by ethnic group, men, 1999, England*

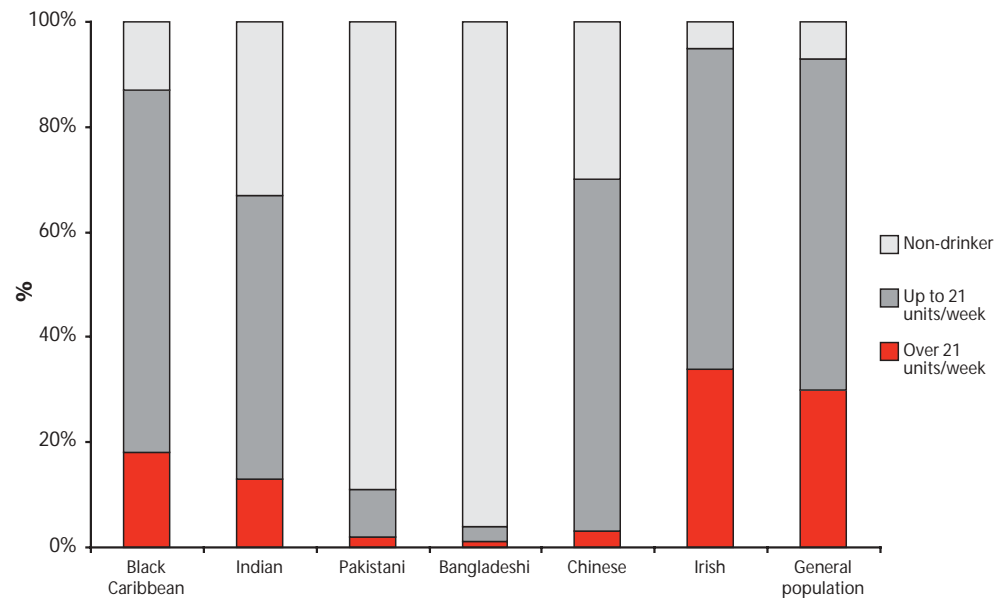


Fig 7.7b *Alcohol consumption by ethnic group, women, 1999, England*

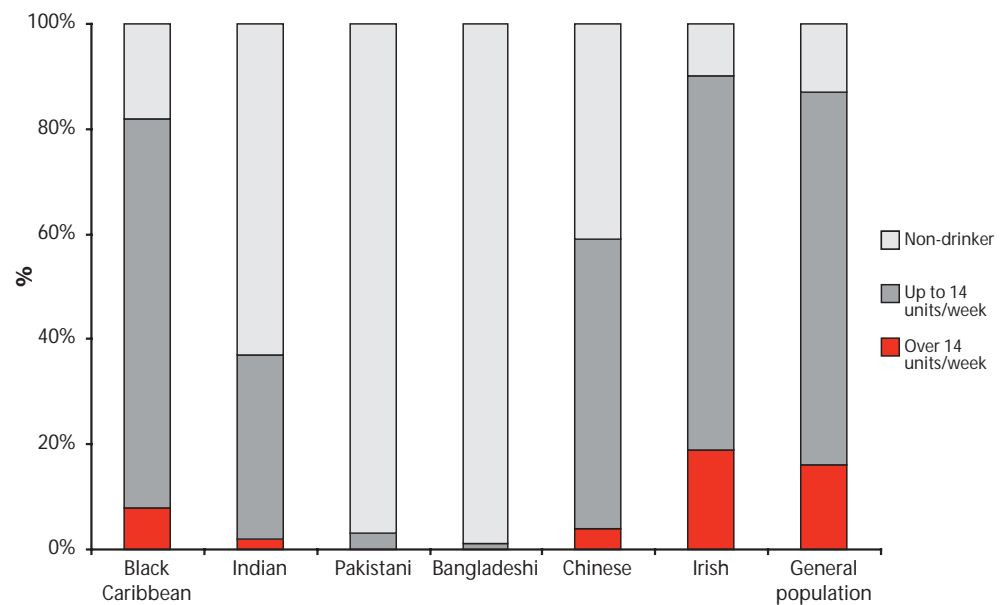


Table 7.8 *Alcohol consumption by country, adults aged 15 years and above, 1970-2000, Europe*

<i>litres pure alcohol per person per year</i>	1970	1972	1974	1976	1978	1980	1982	1984	1986	1988	1990	1992	1994	1996	1998	1999	2000
Albania	1.7	1.5	1.5	1.2	1.6	1.4	1.4	1.5	1.3	1.6	2.0	1.4	2.6	3.5	1.5	2.1	
Armenia											3.6	2.6	4.1	2.6	1.4	2.0	
Austria	14.2	15.8	15.3	14.7	13.8	14.1	14.1	14.0	13.9	14.0	14.4	13.9	13.6	13.4	12.8	12.8	
Belarus						13.2	12.7	12.7	7.6	4.6	7.9	8.7	9.9	10.5	11.7	12.7	13.0
Belgium	12.1	12.8	13.2	13.4	13.3	14.0	13.7	13.4	12.8	12.4	12.4	11.9	11.4	11.2	10.9	10.7	
Bosnia and Herzegovina										10.0	10.6	9.1	7.4	9.7	7.9	7.4	7.4
Bulgaria	9.0	9.8	10.9	11.6	11.9	11.3	11.8	11.9	11.9	11.7	11.9	10.6	10.2	9.7	8.5	8.2	
Croatia											21.6	13.0	13.0	12.3	14.8	13.0	13.7
Czech Republic	13.6	14.1	14.4	15.0	15.4	15.5	15.9	15.4	14.5	14.3	15.7	15.9	15.4	15.3	15.5	15.3	
Denmark	9.1	9.7	10.3	11.6	10.7	11.5	12.2	12.3	12.2	12.1	12.0	12.1	12.4	12.6	12.1	12.0	
Estonia											17.8	15.6	13.7	10.4	12.9	10.5	
Finland	5.8	6.7	8.3	8.0	7.8	7.8	7.8	8.0	8.4	9.0	9.5	9.1	8.5	9.0	9.8	10.2	
France	33.9	31.6	38.5	33.0	28.3	33.3	33.7	30.3	27.7	24.6	22.6	25.0	21.4	20.3	20.1	19.9	
Georgia													5.8	7.6	5.6	5.2	4.3
Germany	15.0	15.7	15.4	17.0	16.1	16.2	15.3	14.9	14.4	14.5	14.7	14.9	14.1	13.4	13.0	13.0	
Greece	8.3	9.0	8.8	8.3	9.4	10.0	11.0	11.6	11.9	12.1	11.5	10.4	9.1	9.5	9.1	9.7	
Hungary	13.5	13.8	13.7	15.6	16.8	17.4	17.0	17.0	16.6	15.2	16.1	15.0	14.0	13.0	12.9	12.2	
Iceland	4.6	5.0	5.3	4.8	4.9	5.2	5.1	5.6	5.6	5.7	5.1	4.7	4.6	4.8	5.5	5.4	
Ireland	9.38	10.62	12.1	11.94	12.17	11.53	10.47	10.2	10.4	10.7	11.6	12.3	12.9	14.6	16.0	16.5	
Israel	4.7	5.2	5.0	5.2	4.0	3.4	3.0	3.1	2.8	2.7	2.1	2.0	2.5	1.9	1.9		
Italy	25.2	24.7	24.8	23.3	20.9	22.4	20.6	20.8	21.9	22.3	18.0	17.8	13.6	15.7	13.3	12.3	
Kazakhstan										9.9	10.6	9.3	8.0	2.6	3.5	2.9	2.8
Kyrgyzstan									3.6	3.4	4.4	2.3	3.1	3.3	3.6	3.6	3.6
Latvia						13.2	12.6	12.6	7.9	6.4	7.1	7.1	10.0	8.7	9.0	9.7	
Lithuania								13.0	8.0	7.1	6.5	5.5		11.8	10.8	11.3	11.6
Luxembourg	16.2	16.6	18.0	17.4	16.2	16.8	17.0	19.2	17.8	18.0	18.4	18.7	18.7	17.7	20.2	18.5	
Malta					5.8	5.4	4.9	5.1	5.3	6.6	5.3	5.9	7.2	6.4	5.9	6.5	
Netherlands	7.4	8.6	10.3	10.4	11.2	11.4	10.5	10.3	10.1	9.7	9.7	10.0	9.6	9.8	9.8	9.9	
Norway	4.7	5.2	5.6	5.7	5.2	6.0	4.9	5.0	5.3	5.4	5.3	4.9	5.0	5.3	5.2	5.6	
Poland	7.4	8.6	8.7	10.7	10.9	11.6	8.5	8.8	9.7	9.5	8.3	8.3	8.4	8.0	8.3	8.4	
Portugal	23.0	24.8	25.0	30.0	20.4	23.6	23.4	23.1	21.4	18.6	22.5	21.6	20.1	20.4	18.8	18.8	
Republic of Moldova											10.6	11.3	17.1	17.9	19.3	15.4	17.4
Romania	9.4	9.8	11.3	12.7	13.6	13.4	13.8	13.9	12.7	11.1	9.5	9.3	9.0	11.8	8.1	8.7	
Russian Federation						13.4		13.4	6.7	5.7	7.1	6.6	8.7	9.3	9.9	10.8	
Slovakia	12.7	13.5	13.4	13.7	13.8	14.9	15.1	14.3	13.2	12.7	13.5	12.5	13.0	12.8	12.1	12.4	
Slovenia							16.8	14.9	15.5	13.8	12.8	16.3	15.3	16.2	12.4	11.8	11.4
Spain	21.5	23.4	27.1	25.7	27.5	29.3	27.7	26.4	27.6	22.8	24.8	23.2	16.9	19.1	18.4	21.0	
Sweden	7.7	8.0	8.4	8.7	8.1	7.7	7.4	7.0	7.4	7.4	7.5	7.6	7.8	7.0	7.0	7.1	
Switzerland	14.9	15.3	15.5	14.2	14.6	14.7	15.2	14.9	14.5	14.5	14.3	13.5	12.9	12.5	12.4	12.5	
Tajikistan												2.5	1.4	1.8	1.4	1.2	1.6
FYR Macedonia						2.6	2.8	6.0	4.2	3.9	4.3	4.8					
Turkey	0.9	1.0	1.1	1.2	1.3	1.3	1.2	1.1	1.1	1.3	1.4	1.4	1.5	1.6	1.6	1.6	
Turkmenistan												0.7	1.9	1.9	1.9	1.8	0.8
Ukraine											5.9	5.8	4.4	2.9	4.1	3.9	
United Kingdom	7.9	8.6	9.8	10.3	10.4	10.3	9.5	9.9	10.0	10.3	10.4	9.7	9.9	9.7	9.7	9.9	
Uzbekistan												1.5	1.5	1.0	1.1	1.0	1.0
Yugoslavia									6.7	6.2	8.9	10.6	12.8	10.1	8.2	9.1	
<i>Europe average</i>									13.3	12.5	12.5	12.3	11.5	11.6	11.4	11.6	
<i>EU average</i>	18.1	18.4	20.1	19.5	18.1	19.5	18.7	18.1	17.8	17.0	16.4	16.4	14.3	14.5	13.9	13.9	

Source: World Health Organization (2002) *European Health for All* statistical database. <http://www.who.dk/hfadb>

Fig 7.8 Alcohol consumption by country, adults aged 15 and above, 1999, Europe

