



FACTS SHEET ON ALCOHOL

STATISTICS - UK

- 1.** There is an ongoing downward trend in alcohol consumption amongst those aged under 16. However, by the age of 17, half of all girls and almost two thirds of boy's report drinking alcohol every week.
- 2.** 13% of 11-year-olds reported having had an alcoholic drink
- 3.** 36% of 13-year-olds reported having had an alcoholic drink
- 4.** 65% of 15-year-olds reported having had an alcoholic drink
- 5.** 42% of girls aged 11 to 15 reported having had an alcoholic drink compared to 39% of boys.
- 6.** The proportion of 15-year-olds who reported usually drinking at least once a month was 36%. 14% of these usually drank at least weekly.
- 7.** Young white populations are much more likely to drink than those from a Black and Minority Ethnic group background.
- 8.** Young people in the least deprived areas are more likely to drink and more likely to drink regularly at the age of 15.
- 9.** Girls are more likely to be admitted to hospital for alcohol-specific reasons than boys and are admitted at younger ages.
- 10.** Pupils who live with people who drank alcohol were more likely to drink alcohol themselves.
- 11.** 23% of young people thought that it was OK to drink alcohol once a week, and 9% thought it was OK to get drunk once a week.
- 12.** Levels of alcohol consumption among United Kingdom (UK) youth are higher than the European average
- 13.** Even taking account of the tax benefits from the alcohol industry, the total cost of harm from alcohol is £27 billion a year, with the NHS alone facing bills of 3.5 billion.



STATISTICS – WORLDWIDE

- Alcohol leads to 33 million deaths worldwide per year.
- 22.5 % of suicides.
- 22% of interpersonal violence.
- 15% of traffic injuries.
- 7% of the world's population aged 15 years and older, lived with alcohol use disorders.
- 1 in 4 deaths in young people (20-24 years) is caused by alcohol.
- Prevalence of weekly drinking and drunkenness are very low at age 11 but increase significantly by 15 for boys and girls in almost all countries and regions.
- Overall, weekly alcohol consumption is more common in boys, with the gender gap widening among older adolescents.
- Association of alcohol use with family affluence is not consistent across countries and regions.

Reach source - World Health Organization

LIFESTYLE FACTS

As drinking alcohol can lower inhibitions, it's also more likely that teenagers might engage in risky behaviour and can result in things like getting into fights, drink-driving or having unprotected sex.

Nearly one in ten boys and more than one in eight girls say they had unprotected sex after drinking alcohol.

Young people who drink alcohol are more likely to fall behind in schoolwork, miss school or truant.

After drinking alcohol, they had experienced at least one of the following:

- had an argument
- were sick (vomited)
- had a fight
- stayed off school
- tried drugs
- had an injury that needed to be seen by a doctor
- were taken home by the police or
- were in trouble with the police.



ATTITUDE FACTS

The most commonly held beliefs among young people were that people of their own age drank to

- look cool in front of their friends (74%).
- their friends pressured them into it (66%)
- to be more sociable with friends (62%),
- because it gave them a rush or a buzz (62%).

Large proportion of young people (77%) considered their parents to be a source of helpful information about drinking alcohol.

HEALTH FACTS

Risks associated with teenage drinking include the possibility of acute alcohol poisoning. This can cause low blood sugar, seizures, greater chance of accidental injury, or ending up in vulnerable or dangerous situations.

All of these contribute to underage drinkers being admitted to hospital as emergencies, which can happen after drinking very modest amounts of alcohol, by adult standards.

Drinking in adolescence can damage the brain and long-term memory.

Young people who drink are more likely not to use a condom, have sex at a younger age, become pregnant, and catch sexually transmitted infections.

And at an age when appearance and self-image can feel all-important, alcohol can also result in bad skin, bad breath (due to the smell of the drink lingering on breath) and weight gain.

Sources



NHS Digital 2022



Public Health England



Drinkaware