

Statistical bulletin

# Adult drinking habits in Great Britain: 2014

Annual data on alcohol consumption by adults, including changes in drinking patterns in recent years and data for those who do not drink.



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## Table of contents

1. [Main points](#)
2. [2.5 million people drank more than 14 units of alcohol on their heaviest drinking day](#)
3. [Almost 1 in 5 higher earners drank alcohol on at least 5 days a week](#)
4. [Higher percentage of drinkers in Wales and Scotland drink over the recommended weekly amount in one day](#)
5. [Wine is the most popular choice of alcohol](#)
6. [Other characteristics of drinkers](#)
7. [Background information](#)
8. [Background notes](#)

# 1 . Main points

28.9 million people report that they had drunk alcohol in the week before interview.

2.5 million people drink more than 14 units of alcohol on their heaviest drinking day.

Almost 1 in 5 higher earners drink alcohol on at least 5 days a week.

Young people are less likely to have consumed alcohol in the last week than those who are older.

A higher percentage of drinkers in Wales and Scotland drink over the recommended weekly amount in one day.

Wine is the most popular choice of alcohol.

## 2 . 2.5 million people drank more than 14 units of alcohol on their heaviest drinking day

In Great Britain in 2014, there were 28.9 million people who reported that they drank alcohol in the week before being interviewed for the Opinions and Lifestyle Survey. This equates to 58% of the population.

Focusing on those who drank alcohol, 12.9 million (45%) drank more than 4.67 units (around 2 pints of 4% beer or 2 medium (175 millilitre) glasses of 13% wine) on their heaviest drinking day. This is a third of the recommended weekly limit - the value you would drink if you drank 14 units spread evenly over 3 days. Of these, 2.5 million (9%) drank more units in one day than the weekly recommended amount of 14 units (6 pints of beer or 1.4 bottles of 13% wine).

Young people were less likely to have consumed alcohol; less than half (48%) of those aged 16 to 24 reported drinking alcohol in the previous week, compared with 66% of those aged 45 to 64.

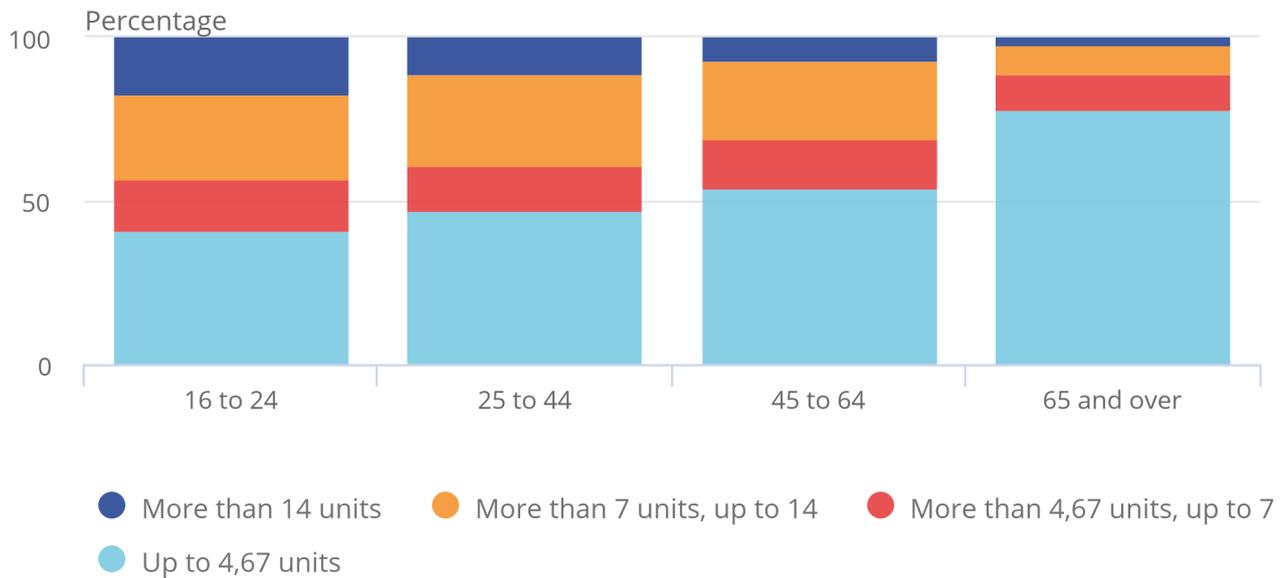
While overall being less likely to drink alcohol, young drinkers were more likely than any other age group to consume more than the weekly recommended limit in one day. Among 16 to 24 year old drinkers, 17% consumed more than 14 units compared with 2% of those aged 65 and over.

**Figure 1: Percentage who drank each unit group on heaviest drinking day by age group, 2014**

Great Britain

Figure 1: Percentage who drank each unit group on heaviest drinking day by age group, 2014

Great Britain



Source: Opinions and Lifestyle Survey, Office for National Statistics

Men were more likely than women to drink alcohol, as well as consuming higher amounts. In the week previous to the survey, 64% of men had drunk alcohol, with over half (52%) drinking more than 4.67 units on their heaviest drinking day. In comparison, 53% of women had drunk alcohol in the previous week, with only 37% of those drinking more than 4.67 units on the heaviest day. Men were 3 times more likely to have drunk over 14 units on their heaviest drinking day, 12% of men compared with 4% of women.

### 3 . Almost 1 in 5 higher earners drank alcohol on at least 5 days a week

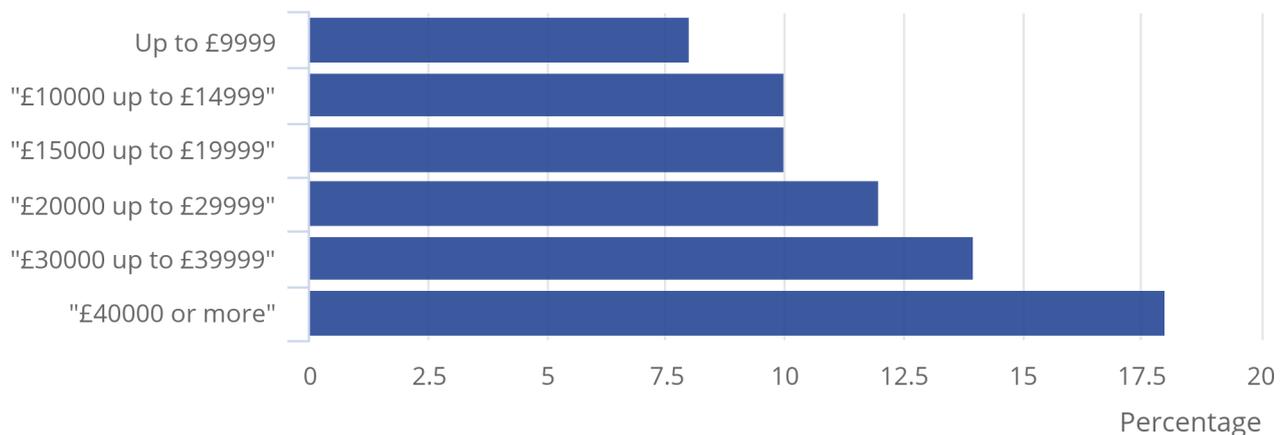
Focusing on frequent drinkers, those who drink on at least 5 days of the week, individuals with an annual income of £40,000 and over were more than twice as likely (18%) to be frequent drinkers compared with those with an annual income less than £10,000 (8%).

**Figure 2: Percentage of those who had drunk at least 5 days in the last week, by income, 2014**

Great Britain

Figure 2: Percentage of those who had drunk at least 5 days in the last week, by income, 2014

Great Britain



Source: Opinions and Lifestyle Survey, Office for National Statistics

Notes:

1. Gross annual personal income includes all personal income before deductions for tax, National Insurance etc. It relates to income that is directly received (such as pay, benefits or interest from savings), and does not include income received through a third party (such as a spouse or partner).
2. The 'up to £9,999.99' group does not include those with no personal income.

Almost 4 out of every 5 people (78%) in the highest income band (income of £40,000 or more) said they had drunk alcohol in the last week and alcohol consumption generally falls as income falls. Almost 3 in 10 (29%) people in the lowest income band classed themselves as teetotal (that is, they do not drink alcohol at all), compared with less than 1 in 10 (9%) for the highest income band.

The difference in percentage of those who had drunk alcohol in the previous week could be due to the characteristics of those in each income group. For example, overall women were less likely to drink alcohol in the previous week than men, but they were also the majority (67%) of regular drinkers in the lowest income group. As the income bands rise, one sees the proportion of male drinkers rise and female drinkers fall. In the £40,000 and over income band, 77% of those who stated they had drunk alcohol in the last week were men.

The age demographic of each income group may also partially explain the differences, as the higher income bands have a smaller amount of those aged 16 to 24, who are less likely to have drunk in the previous week. In each income group above £15,000, over 70% were aged between 25 and 64.

## 4 . Higher percentage of drinkers in Wales and Scotland drink over the recommended weekly amount in one day

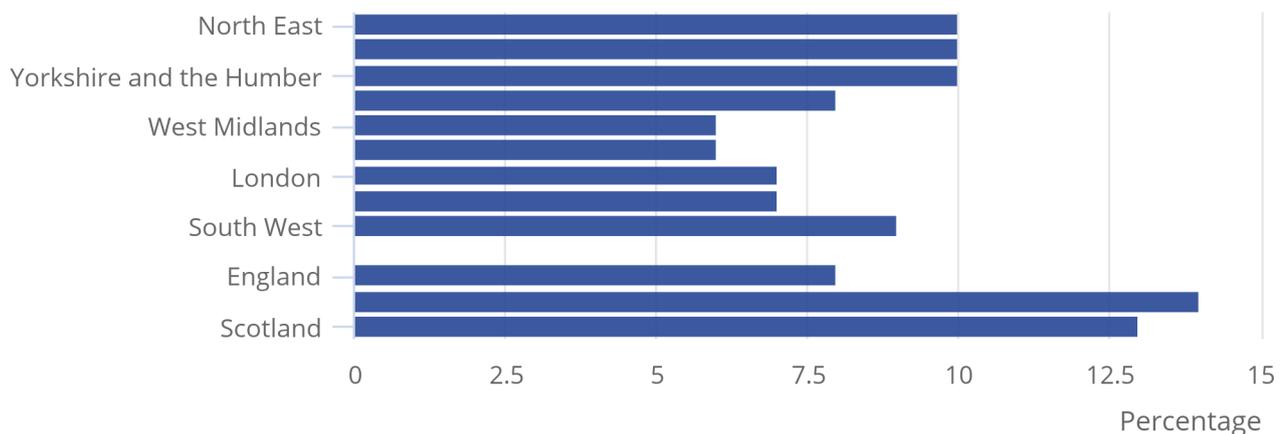
London had the lowest percentage of people who had drunk alcohol in the previous week (51%), followed by Wales (53%). The highest percentages were in the South East (62%) and the South West (62%). The percentage of people that had drunk their weekly limit in one day was highest for Wales (14%) and Scotland (13%). For each region in England, up to 1 in 10 people had drunk more than 14 units in one day.

**Figure 3: Percentage of people stating they drank more than 14 units in one day, by region and country, 2014**

Great Britain

Figure 3: Percentage of people stating they drank more than 14 units in one day, by region and country, 2014

Great Britain



Source: Opinions and Lifestyle Survey, Office for National Statistics

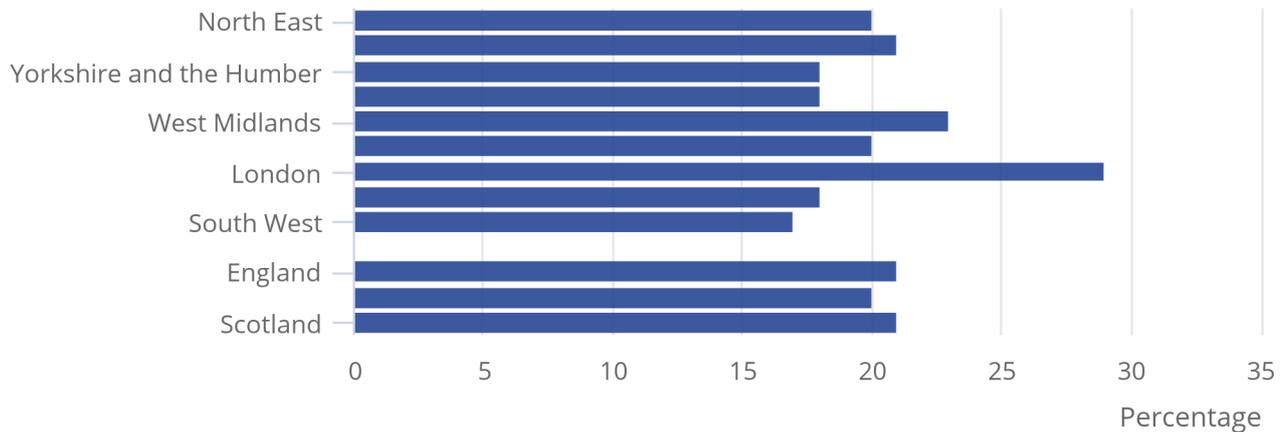
Across the regions of England and countries of Great Britain, London is the only area where over a quarter of people described themselves as teetotal. The lowest percentage of teetotalers was in the South West, where only 17% of people stated that they did not drink at all.

**Figure 4: Percentage of people stating they were teetotal by region and country, 2014**

Great Britain

Figure 4: Percentage of people stating they were teetotal by region and country, 2014

Great Britain



Source: Opinions and Lifestyle Survey, Office for National Statistics

According to the 2011 Census, [London and West Midlands were the most ethnically diverse areas](#), and this could be a reason why these regions have the highest percentage of people stating they were teetotal. Those who classify themselves as White were more likely to report drinking in the previous week (61%) than other ethnic groups, while 7 in 10 people who stated they were Asian or Asian British were teetotal, compared with 16% of those who said they were White.

## 5 . Wine is the most popular choice of alcohol

Just under half (47%) of people who had drunk alcohol in the week before interview chose to drink wine (including champagne) on their heaviest drinking day. This was followed by normal strength beer / stout / lager / cider (40%). The least popular drink was alcopops with less than 1%. Respondents of the survey were able to list more than one drink when asked what they chose to drink on their heaviest drinking day.

When analysing choice of alcohol by units consumed, the most popular choice of drink for those drinking up to 4.67 units was wine or champagne. The most popular drink for those who had drunk over 14 units on their heaviest drinking day was normal strength beer / stout / lager / cider.

## 6 . Other characteristics of drinkers

The data that relates to the discussions in this bulletin can be found in the datasets. As well as the points discussed, there are also tables available on:

- Drinking frequency in the week before interview, by sex and age, Great Britain, 2005 to 2014
- Proportion of the population who drank the stated amounts of alcohol on their heaviest drinking day in the week before interview, by sex and age, Great Britain, 2005 to 2014
- Drinking habits and economic activity, Great Britain, 2014
- Drinking habits, by level of education, Great Britain, 2014
- Drinking habits by socio-economic classification, Great Britain, 2014
- Drinking habits by age and whether person lives alone, Great Britain, 2014
- Drinking habits, by sex and whether dependent children live in the household, Great Britain, 2014
- Drinking in pregnancy, Great Britain, 2014
- Drinking habits and cigarette smoking, Great Britain, 2014

## 7 . Background information

On 8 January 2016, the government released new proposed [guidance on alcohol consumption](#). These guidelines recommend that adults do not regularly drink more than 14 units in a week, with these units being spread over at least 3 days. According to the [Drinkaware](#) website, 14 units of alcohol is the equivalent of 6 pints of 4% beer, 6 medium (175 millilitre) glasses of 13% wine or 14 standard measure (25 millilitre) glasses of a 40% spirit.

The Opinions and Lifestyle Survey asks those who drank in the previous week how much they drank on their heaviest drinking day. For 2014, new tables were created in line with these guidelines. The unit breakdown has been broken down into the following categories:

### Up to 4.67 units

This value is a third of the recommended weekly limit. This is the value you would drink if you drank 14 units spread evenly over three days.

### More than 4.67 and up to 7 units

Evidence in the new guidelines suggests that the risk of accident or injury increases when drinking this amount of units over 3-6 hours.

### More than 7 and up to 14 units

Up to the level that men and women are advised not to regularly drink in a week.

## More than 14 units

The equivalent of drinking more than the low risk guidelines recommend for regular drinking in a week, in one day.

# 8. Background notes

## 1. The Opinions and Lifestyle Survey

The data in this report were collected on the [Opinions and Lifestyle Survey \(OPN\)](#) - an omnibus survey run by the Office for National Statistics. The survey is run monthly and is open for both government and non-government organisations to run questions.

The OPN is currently the only randomised probability sample omnibus survey in Great Britain and provides a fast, reliable and flexible service to customers.

More information on the survey and survey methodology can be found in the [Opinions and Lifestyle Survey Information Guide](#).

## 2. How to commission a module on the survey

You can enquire about purchasing modules of questions by emailing the survey manager at [opinions@ons.gsi.gov.uk](mailto:opinions@ons.gsi.gov.uk).

## 3. Comparability

This report provides information on the alcohol consumption habits of adults in Great Britain, and follows on from the series of releases from the General Household Survey (GHS) and General Lifestyle Survey (GLF).

The OPN and GHS/GLF provide comparable results. However there are some differences in the design and content of the surveys. More information can be found in the '[Opinions and Lifestyle Survey, Smoking Habits Amongst Adults, 2014](#)' publication.

In 2006, some changes were introduced to the methodology used to estimate alcohol consumption. The assumed number of units for "normal strength beer, stout, lager, or cider", "strong beer, stout, lager or cider" and "wine" categories changed. The 2005 estimates produced in this report have been recalculated and based on the same alcohol content assumptions as later estimates.

The methodology for estimating wine consumption also changed in 2006. From 2006, respondents were asked about wine glass size, from a choice of small (125 millilitre), medium (175 millilitre) or large (250 millilitre). Previously it was assumed that 175 millilitre glasses had been used. The 2005 estimates do not, therefore, account for these potential differences in wine glass size.

## 4. Coherence

There are a number of other sources of alcohol consumption data. Some of these have been listed below, together with a brief explanation of their comparability with the OPN.

Health Survey for England (Health and Social Care Information Centre), Welsh Health Survey (Welsh government) and Scottish Health Survey (Scottish government)

There are some differences in the approach to data collection between these surveys. One difference is in the collection modes used to collect drinking data on these surveys.

The Opinions and Lifestyle Survey collects data using Computer Assisted Personal Interviewing (CAPI). This is the main method used on the Health Survey for England (HSE) and Scottish Health Survey (SHeS). However, on HSE and SHeS, paper booklets are used to collect alcohol consumption data for 16 and 17 year olds and in certain cases those aged 18 to 24 (18 to 19 for SHeS).

The main collection mode for the Welsh Health Survey (WHS) is paper questionnaire.

Alcohol consumption data collected using CAPI tend to be lower than those using paper questionnaires. More information about these differences can be found in '[An Analysis of Mode Effects Using Data From the Health Survey for England 2006 and the Boost Survey for London](#)'.

More information on each of these surveys, and the data collected, can be found on the [Health and Social Care Information Centre](#), [Welsh government](#) and [Scottish government](#) websites.

## 5. Reliability

It is likely that the estimates underestimate drinking levels to some extent. Social surveys consistently produce estimates of alcohol consumption that are lower than the levels indicated by alcohol sales data. This is likely to be because people either consciously or unconsciously underestimate their alcohol consumption.

## 6. Approach to statistical significance

Where estimates for different populations have been described as different throughout this commentary, they have been tested and found to be significantly different at 5% significance level ( $p < 0.05$ ).

95% confidence intervals for each table value have been supplied as a separate table. Where historical data have been provided, confidence intervals have been supplied for the last 2 years (2013 and 2014).

## 7. Assumed levels of alcohol in beverages

Table 1 shows the assumed number of units for each measure of each drink type collected on the Opinions and Lifestyle Survey.

**Table 1: Assumed alcohol content of drinks and measures collected on the Opinions and Lifestyle Survey**

Type of drink	Measure	Assumed units of alcohol
Normal strength beer, stout, lager or cider	Half-pint	1
Normal strength beer, stout, lager or cider	Pint	2
Normal strength beer, stout, lager or cider	Small can	1.5
Normal strength beer, stout, lager or cider	Large can	2
Normal strength beer, stout, lager or cider	Bottle	1.5

Normal strength beer, stout, lager or cider	Schooner	1.3 <sup>1</sup>
Strong beer, stout, lager or cider	Half-pint	2
Strong beer, stout, lager or cider	Pint	4
Strong beer, stout, lager or cider	Small can	2
Strong beer, stout, lager or cider	Large can	3
Strong beer, stout, lager or cider	Bottle	2
Strong beer, stout, lager or cider	Schooner	2.7 <sup>2</sup>
Spirits or liqueurs	Standard 25ml measure	1
Sherry or martini	Glass	1
Wine (including champagne and babycham)	Small glass (125ml)	1.5
Wine (including champagne and babycham)	Medium glass (175ml)	2
Wine (including champagne and babycham)	Large glass (250ml)	3
Wine (including champagne and babycham)	Bottle	9
Wine (including champagne and babycham)	Unknown glass size	2
Alcopops	Small can	1.5
Alcopops	Standard bottle	1.5
Alcopops	Large bottle	3.5

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Source: Office for National Statistics

Notes:

1. A schooner is 2/3 of a pint. When people said that they drank normal strength beer, stout, lager or cider in schooners, a value of 4/3 (4 divided by 3) units was used for each schooner that was consumed.

2. A schooner is 2/3 of a pint. When people said that they drank normal strength beer, stout, lager or cider in schooners, a value of 8/3 (8 divided by 3) units was used for each schooner that was consumed

## Index of tables

Table	Title
1	<a href="#">Drinking frequency in the week before interview, by sex and age, Great Britain, 2005-2013</a>
2a	<a href="#">Proportion of adults who drank the stated amounts of alcohol on their heaviest drinking day in the week before interview, by sex and age, Great Britain, 2005-2013</a>
2b	<a href="#">Proportion of adults who drank alcohol in the week before interview who drank the stated levels of alcohol on their heaviest drinking day, by sex and age, Great Britain, 2005-2013</a>
3	<a href="#">Proportion of adults who are teetotallers, by sex and age, Great Britain, 2005-2013</a>
4	<a href="#">Drinking habits and economic activity, Great Britain, 2013</a>
5	<a href="#">Drinking habits and income, Great Britain, 2013</a>
6	<a href="#">Drinking habits, by level of education, Great Britain, 2013</a>
7	<a href="#">Drinking habits, by socio-economic classification, Great Britain, 2013</a>
8	<a href="#">Drinking habits, by relationship status, Great Britain, 2013</a>
9	<a href="#">Drinking habits, by age and whether person lives alone, Great Britain, 2013</a>
10	<a href="#">Drinking habits, by sex and whether dependent children live in the household, Great Britain, 2013</a>
11	<a href="#">Drinking habits, by region, Great Britain, 2013</a>
12	<a href="#">Drinking in pregnancy, Great Britain, 2013</a>
13	<a href="#">Types of drink consumed on heaviest drinking day in the week before interview, by binge-drinking status, Great Britain, 2013</a>
14	<a href="#">Drinking habits and cigarette smoking, Great Britain, 2013</a>

# 1 Drinking frequency in the week before interview, by sex and age, Great Britain, 2005-2013

	All persons aged 16 and over															Percentages
	Men					Women					All persons					
	16 to 24	25 to 44	45 to 64	65 and over	All aged 16 and over	16 to 24	25 to 44	45 to 64	65 and over	All aged 16 and over	16 to 24	25 to 44	45 to 64	65 and over	All aged 16 and over	
<b>Proportion who drank alcohol in the last week</b>																
2005 <sup>1,2</sup>	64	74	77	66	72	56	62	61	43	57	60	68	69	54	64	
2006 <sup>2,3</sup>	60	73	76	67	71	53	60	61	44	56	56	66	68	54	63	
2007 <sup>3</sup>	64	74	76	67	72	54	61	61	45	57	59	67	68	55	64	
2008 <sup>3</sup>	62	72	74	66	70	52	59	60	43	55	57	65	67	53	62	
2009 <sup>3</sup>	55	70	72	66	68	51	59	59	43	54	53	64	65	53	61	
2010 <sup>3</sup>	49	69	73	65	67	46	56	60	43	53	47	62	66	53	60	
2011 <sup>3</sup>	52	67	72	63	66	50	56	60	42	54	50	61	66	52	59	
2012	50	63	71	63	64	48	50	59	45	52	49	57	65	53	58	
2013	49	63	71	65	64	43	52	58	47	52	46	58	65	56	58	
Weighted base 2013 (000s)	3,408	8,261	7,660	4,731	24,060	3,317	8,188	7,958	5,654	25,116	6,724	16,449	15,619	10,385	49,176	
Unweighted sample 2013	420	1,560	1,850	1,560	5,390	490	2,060	2,120	2,010	6,680	910	3,630	3,970	3,570	12,070	
<b>Proportion who drank alcohol on five or more days in the last week</b>																
2005 <sup>1,2</sup>	10	18	28	26	22	5	11	17	14	13	7	14	22	19	17	
2006 <sup>2,3</sup>	8	17	26	27	21	3	9	15	15	11	6	13	20	20	16	
2007 <sup>3</sup>	9	18	27	29	22	4	11	15	15	12	6	15	21	21	17	
2008 <sup>3</sup>	6	14	24	27	19	2	9	15	15	11	4	11	19	20	15	
2009 <sup>3</sup>	7	13	23	27	18	2	7	14	14	10	4	10	18	20	14	
2010 <sup>3</sup>	5	12	20	26	17	2	7	13	14	10	4	9	16	19	13	
2011 <sup>3</sup>	4	11	21	24	16	3	6	12	13	9	4	8	17	18	13	
2012	5	9	18	23	14	2	5	11	14	9	3	7	14	18	11	
2013	2	8	17	24	13	2	5	10	13	8	2	6	14	18	11	
Weighted base 2013 (000s)	3,408	8,261	7,660	4,730	24,058	3,317	8,188	7,958	5,654	25,116	6,724	16,449	15,619	10,383	49,175	
Unweighted sample 2013	420	1,560	1,850	1,560	5,390	490	2,060	2,120	2,010	6,680	910	3,630	3,970	3,570	12,070	

Source: Opinions and Lifestyle Survey, General Lifestyle Survey and General Household Survey; Office for National Statistics

- 1 Estimates prior to 2006 cover a fiscal year rather than a calendar year.
- 2 Estimates for 2005 and 2006 both include the period 1 January 2006 to 31 March 2006 as a result of a change in survey year from a fiscal year to a calendar year.
- 3 Estimates for 2006 to 2011 include longitudinal data.

**2a Proportion of adults who drank the stated amounts of alcohol on their heaviest drinking day in the week before interview, by sex and age, Great Britain, 2005-2013<sup>1 2</sup>**

	All persons aged 16 and over										Percentages				
	Men					Women					All persons				
	16 to 24	25 to 44	45 to 64	65 and over	All aged 16 and over	16 to 24	25 to 44	45 to 64	65 and over	All aged 16 and over	16 to 24	25 to 44	45 to 64	65 and over	All aged 16 and over
<b>Exceeded 4/3 units on heaviest drinking day in the last week<sup>3</sup></b>															
2005 <sup>4 5</sup>	46	48	42	21	41	41	41	37	12	33	44	45	39	15	37
2006 <sup>5 6</sup>	42	48	42	21	40	39	40	35	14	33	40	44	39	17	36
2007 <sup>5</sup>	44	48	44	23	41	40	43	35	14	34	42	45	40	18	37
2008 <sup>5</sup>	42	41	40	21	37	37	38	35	13	32	39	40	38	16	34
2009 <sup>5</sup>	36	44	41	20	37	37	36	32	11	29	36	40	36	15	33
2010 <sup>5</sup>	34	41	40	22	36	31	35	32	11	28	33	38	36	16	32
2011 <sup>5</sup>	32	39	38	20	34	31	34	33	12	28	31	36	36	15	31
2012	30	40	37	20	34	30	29	30	13	26	30	34	33	16	30
2013	30	36	40	23	34	28	31	30	13	26	29	34	35	18	30
Weighted base 2013 (000s)	3,403	8,253	7,652	4,729	24,037	3,314	8,174	7,953	5,654	25,094	6,717	16,427	15,605	10,383	49,131
Unweighted sample 2013	410	1,560	1,850	1,560	5,390	490	2,060	2,120	2,010	6,680	900	3,620	3,970	3,570	12,060
<b>Exceeded 8/6 units on heaviest drinking day in the last week<sup>3 7</sup></b>															
2005 <sup>4 5</sup>	32	30	21	6	23	27	20	12	2	15	29	25	16	4	18
2006 <sup>5 6</sup>	30	31	21	7	23	25	21	12	2	15	27	25	16	4	18
2007 <sup>5</sup>	32	31	24	8	24	24	22	13	3	15	28	26	18	5	20
2008 <sup>5</sup>	30	26	21	7	21	23	20	13	2	14	27	23	17	4	17
2009 <sup>5</sup>	24	27	21	5	20	24	19	11	2	13	24	23	16	3	16
2010 <sup>5</sup>	24	25	20	7	19	17	19	11	2	13	20	22	15	4	16
2011 <sup>5</sup>	22	24	19	6	18	18	16	12	2	12	20	20	15	4	15
2012	22	24	19	7	19	17	14	11	3	11	19	19	15	4	15
2013	21	23	20	8	19	16	16	12	2	12	18	19	16	5	15
Weighted base 2013 (000s)	3,403	8,253	7,652	4,729	24,037	3,314	8,174	7,953	5,654	25,094	6,717	16,427	15,605	10,383	49,131
Unweighted sample 2013	410	1,560	1,850	1,560	5,390	490	2,060	2,120	2,010	6,680	900	3,620	3,970	3,570	12,060
<b>Exceeded 12/9 units on heaviest drinking day in the last week<sup>3</sup></b>															
2005 <sup>4 5</sup>	21	17	9	2	12	18	13	6	1	9	20	15	8	1	11
2006 <sup>5 6</sup>	20	17	10	2	12	17	13	7	1	9	18	15	8	1	11
2007 <sup>5</sup>	21	18	12	2	13	15	15	8	1	10	18	16	10	2	11
2008 <sup>5</sup>	20	15	9	2	11	17	13	7	1	9	18	14	8	1	10
2009 <sup>5</sup>	14	14	9	1	10	17	11	5	1	7	16	12	7	1	9
2010 <sup>5</sup>	16	15	8	2	10	12	11	5	1	7	14	12	6	1	8
2011 <sup>5</sup>	13	13	9	2	9	12	9	6	1	6	12	11	7	1	8
2012	13	13	9	3	10	13	7	6	1	6	13	10	7	2	8
2013	15	13	9	2	10	12	9	5	1	6	13	11	7	2	8
Weighted base 2013 (000s)	3,403	8,253	7,652	4,729	24,037	3,314	8,174	7,953	5,654	25,094	6,717	16,427	15,605	10,383	49,131
Unweighted sample 2013	410	1,560	1,850	1,560	5,390	490	2,060	2,120	2,010	6,680	900	3,620	3,970	3,570	12,060

Source: Opinions and Lifestyle Survey, General Lifestyle Survey and General Household Survey; Office for National Statistics

- 1 Estimates in Table 2a will differ from the estimates in Table 2b. This is because Table 2a uses the entire population as the base, whereas Table 2b uses those who drank alcohol in the last week as the base.
- 2 Where a person drank equally heavily on two or more days, the heaviest day relates to the most recent of these days.
- 3 The stated number of units differs for men and women. For example 4/3 units means 4 units for men, and 3 units for women.
- 4 Estimates prior to 2006 cover a fiscal year rather than a calendar year.
- 5 Estimates for 2005 and 2006 both include the period 1 January 2006 to 31 March 2006 as a result of a change in survey year from a fiscal year to a calendar year.
- 6 Estimates for 2006 to 2011 include longitudinal data.
- 7 The Government's Alcohol Strategy defines binge drinkers as men who report exceeding eight units of alcohol on their heaviest drinking day in the week before interview, and women who report exceeding six units.

**2b Proportion of adults who drank alcohol in the week before interview who drank the stated levels of alcohol on their heaviest drinking day, by sex and age, Great Britain, 2005-2013<sup>1 2</sup>**

	All persons aged 16 and over who drank alcohol in the last week										Percentages				
	Men					Women					All persons				
	16 to 24	25 to 44	45 to 64	65 and over	All aged 16 and over	16 to 24	25 to 44	45 to 64	65 and over	All aged 16 and over	16 to 24	25 to 44	45 to 64	65 and over	All aged 16 and over
<b>Exceeded 4/3 units<sup>3</sup> on heaviest drinking day in the last week</b>															
2005 <sup>4 5</sup>	72	65	55	31	56	74	67	60	27	59	73	66	57	29	57
2006 <sup>5 6</sup>	70	66	56	31	56	73	66	59	33	59	72	66	57	32	57
2007 <sup>6</sup>	69	64	58	34	57	75	70	58	32	60	72	67	58	33	58
2008 <sup>6</sup>	68	57	54	32	53	71	65	59	30	57	69	61	57	31	55
2009 <sup>6</sup>	65	62	58	31	55	73	61	54	26	54	69	62	56	29	54
2010 <sup>6</sup>	71	59	55	33	53	68	62	54	26	53	69	60	54	30	53
2011 <sup>6</sup>	62	58	53	32	51	63	60	55	27	53	62	59	54	30	52
2012	61	63	53	32	53	63	57	51	29	50	62	60	52	31	52
2013	61	57	56	35	53	65	60	51	28	51	63	59	54	32	52
Weighted base 2013 (000s)	1,672	5,170	5,449	3,094	15,385	1,431	4,269	4,649	2,681	13,030	3,103	9,438	10,098	5,776	28,415
Unweighted sample 2013	210	1,000	1,330	1,010	3,560	210	1,090	1,230	930	3,450	410	2,090	2,560	1,940	7,000
<b>Exceeded 8/6<sup>3</sup> units on heaviest drinking day in the last week</b>															
2005 <sup>4 5</sup>	50	40	27	9	31	48	32	20	5	26	49	36	24	8	29
2006 <sup>5 6</sup>	50	42	28	10	32	47	35	20	5	26	48	39	24	8	29
2007 <sup>6</sup>	50	41	32	12	34	46	36	21	6	27	48	39	27	10	31
2008 <sup>6</sup>	48	36	28	11	30	45	34	22	5	26	47	35	25	8	28
2009 <sup>6</sup>	45	39	30	8	30	48	32	19	4	24	46	35	25	6	27
2010 <sup>6</sup>	49	36	27	10	29	37	34	19	5	24	43	35	23	8	26
2011 <sup>6</sup>	42	36	26	9	28	37	29	20	5	22	40	33	23	8	25
2012	43	38	26	10	29	35	27	19	6	21	39	33	23	8	26
2013	43	36	28	13	29	37	30	21	4	22	40	34	25	9	26
Weighted base 2013 (000s)	1,672	5,170	5,449	3,094	15,385	1,431	4,269	4,649	2,681	13,030	3,103	9,438	10,098	5,776	28,415
Unweighted sample 2013	210	1,000	1,330	1,010	3,560	210	1,090	1,230	930	3,450	410	2,090	2,560	1,940	7,000
<b>Exceeded 12/9<sup>3</sup> units on heaviest drinking day in the last week</b>															
2005 <sup>4 5</sup>	34	23	12	3	17	33	21	10	2	16	33	22	11	2	16
2006 <sup>5 6</sup>	34	24	13	3	17	32	22	11	2	16	33	23	12	3	17
2007 <sup>6</sup>	33	24	15	3	18	28	24	13	2	17	31	24	14	3	18
2008 <sup>6</sup>	32	20	12	3	16	32	22	11	2	16	32	21	12	3	16
2009 <sup>6</sup>	26	19	13	2	14	34	19	9	1	14	30	19	11	2	14
2010 <sup>6</sup>	34	21	11	3	15	27	19	8	2	12	30	20	10	2	14
2011 <sup>6</sup>	25	20	12	4	14	24	17	10	1	12	25	18	11	3	13
2012	26	21	12	4	15	28	15	10	2	12	27	18	11	3	14
2013	30	21	13	4	16	28	17	8	2	12	29	19	11	3	14
Weighted base 2013 (000s)	1,672	5,170	5,449	3,094	15,385	1,431	4,269	4,649	2,681	13,030	3,103	9,438	10,098	5,776	28,415
Unweighted sample 2013	210	1,000	1,330	1,010	3,560	210	1,090	1,230	930	3,450	410	2,090	2,560	1,940	7,000

Source: Opinions and Lifestyle Survey, General Lifestyle Survey and General Household Survey; Office for National Statistics

- 1 Estimates in Table 2a will differ from the estimates in Table 2b. This is because Table 2a uses the entire population as the base, whereas Table 2b uses those who drank alcohol in the last week as the base.
- 2 Where a person drank equally heavily on two or more days, the heaviest day relates to the most recent of these days.
- 3 The stated number of units differs for men and women. For example 4/3 units means 4 units for men, and 3 units for women.
- 4 Estimates prior to 2006 cover a fiscal year rather than a calendar year.
- 5 Estimates for 2005 and 2006 both include the period 1 January 2006 to 31 March 2006 as a result of a change in survey year from a fiscal year to a calendar year.
- 6 Estimates for 2006 to 2011 include longitudinal data.
- 7 The Government's Alcohol Strategy defines binge drinkers as men who report exceeding eight units of alcohol on their heaviest drinking day in the week before interview, and women who report exceeding six units.

### 3 Proportion of adults who are teetotallers, by sex and age, Great Britain, 2005-2013 <sup>1</sup>

	All persons aged 16 and over															Percentages
	Men					Women					All persons					
	16 to 24	25 to 44	45 to 64	65 and over	All aged 16 and over	16 to 24	25 to 44	45 to 64	65 and over	All aged 16 and over	16 to 24	25 to 44	45 to 64	65 and over	All aged 16 and over	
2005 <sup>2,3</sup>	17	12	11	19	14	20	18	20	37	23	19	15	16	29	19	
2006 <sup>3,4</sup>	19	11	11	17	13	22	19	20	36	23	21	15	16	27	19	
2007 <sup>4</sup>	19	11	12	18	14	23	19	21	35	24	21	15	17	27	19	
2008 <sup>4</sup>	19	12	13	20	15	23	20	20	38	24	21	16	17	30	20	
2009 <sup>4</sup>	22	14	15	20	16	24	20	21	38	25	23	17	18	30	21	
2010 <sup>4</sup>	26	15	13	20	17	27	22	20	37	25	27	19	17	30	21	
2011 <sup>4</sup>	23	15	12	21	16	22	21	20	38	25	23	18	16	30	21	
2012	23	18	16	21	19	25	25	22	35	26	24	21	19	29	22	
2013	25	16	15	21	18	30	24	18	31	25	27	20	17	27	21	
Weighted base 2013 (000s)	3,408	8,261	7,660	4,731	24,060	3,317	8,188	7,958	5,654	25,116	6,724	16,449	15,619	10,385	49,176	
Unweighted sample 2013	420	1,560	1,850	1,560	5,390	490	2,060	2,120	2,010	6,680	910	3,630	3,970	3,570	12,070	

Source: Opinions and Lifestyle Survey, General Lifestyle Survey and General Household Survey; Office for National Statistics

- 1 Teetotallers are those who said that they do not drink alcohol at all.
- 2 Estimates prior to 2006 cover a fiscal year rather than a calendar year.
- 3 Estimates for 2005 and 2006 both include the period 1 January 2006 to 31 March 2006 as a result of a change in survey year from a fiscal year to a calendar year.
- 4 Estimates for 2006 to 2011 include longitudinal data.

## 4 Drinking habits and economic activity, Great Britain, 2013

All persons aged 16 and over	Men			Women			All persons			Percentages
	In employment	ILO unemployed <sup>1</sup>	Economically inactive <sup>1</sup>	In employment	ILO unemployed <sup>1</sup>	Economically inactive <sup>1</sup>	In employment	ILO unemployed <sup>1</sup>	Economically inactive <sup>1</sup>	
<b>As a proportion of the whole population</b>										
Teetotal <sup>2</sup>	13	23	28	17	35	34	15	28	31	
Drank in the last week	68	52	58	59	40	44	64	47	50	
Drank on at least five days in the last week	12	7	18	7	7	10	9	7	13	
On heaviest <sup>3</sup> drinking day in the last week...										
...exceeded 4/3 units <sup>4</sup>	39	31	23	34	23	16	37	28	19	
...exceeded 8/6 units <sup>4 5</sup>	23	20	10	16	14	5	20	17	7	
...exceeded 12/9 units <sup>4</sup>	13	11	4	8	10	3	11	10	4	
Weighted base (000s) for...										
Teetotal	15,278	1,662	7,120	13,767	1,175	10,174	29,045	2,837	17,294	
Drank in the last week	15,278	1,662	7,120	13,767	1,175	10,174	29,045	2,837	17,294	
Drank on at least five days in the last week	15,278	1,662	7,118	13,767	1,175	10,174	29,045	2,837	17,293	
Units on heaviest drinking day in the last week	15,255	1,662	7,120	13,750	1,175	10,169	29,005	2,837	17,289	
Unweighted sample for...										
Teetotal	3,040	330	2,020	3,310	300	3,080	6,350	620	5,100	
Drank in the last week	3,040	330	2,020	3,310	300	3,080	6,350	620	5,100	
Drank on at least five days in the last week	3,040	330	2,020	3,310	300	3,080	6,350	620	5,100	
Units on heaviest drinking day in the last week	3,040	330	2,020	3,310	300	3,080	6,340	620	5,100	
<b>As a proportion of those who drank alcohol in the last week</b>										
On heaviest <sup>3</sup> drinking day in the last week...										
...exceeded 4/3 units <sup>4</sup>	57	59	40	58	58	37	57	59	39	
...exceeded 8/6 units <sup>4 5</sup>	33	38	17	27	35	12	31	37	15	
...exceeded 12/9 units <sup>4</sup>	18	21	7	14	24	7	16	22	7	
Weighted base (000s)	10,408	860	4,117	8,116	474	4,440	18,524	1,334	8,557	
Unweighted sample	2,150	180	1,230	1,980	130	1,330	4,140	310	2,560	

Source: Opinions and Lifestyle Survey, Office for National Statistics

- 1 International Labour Organisation (ILO) definitions of economic activity have been used. Unemployed people are those who are not in work, but are looking for work. Economically inactive people are those who are neither in work nor looking for work, such as retired people and students.
- 2 Teetotallers are those who said that they do not drink alcohol at all.
- 3 The heaviest drinking day in the last week is the day on which the most alcohol was drunk. When equal amounts of alcohol were consumed on two or more days, respondents were asked about the most recent of these days.
- 4 The stated number of units differs for men and women. For example 4/3 units means 4 units for men, and 3 units for women.
- 5 The Government's Alcohol Strategy defines binge drinkers as men who report exceeding eight units of alcohol on their heaviest drinking day in the week before interview, and women who report exceeding six units.

## 5 Drinking habits and income, Great Britain, 2013

All persons aged 16 and over

	Gross annual personal income <sup>1</sup>					
	Up to £9,999.99 <sup>2</sup>	£10,000 up to £14,999.99	£15,000 up to £19,999.99	£20,000 up to £29,999.99	£30,000 up to £39,999.99	£40,000 or more
<b>As a proportion of the whole population</b>						
Teetotal <sup>3</sup>	29	24	18	13	11	8
Drank in the last week	48	52	62	68	73	78
Drank on at least five days in the last week	8	9	11	11	15	18
On heaviest <sup>4</sup> drinking day in the last week...						
...exceeded 4/3 units <sup>5</sup>	24	25	31	37	40	43
...exceeded 8/6 units <sup>5 6</sup>	12	12	16	20	22	22
...exceeded 12/9 units <sup>5</sup>	7	7	9	10	12	10
Weighted base (000s) for...						
Teetotal	13,171	7,947	5,900	7,189	3,987	4,903
Drank in the last week	13,171	7,947	5,900	7,189	3,987	4,903
Drank on at least five days in the last week	13,169	7,947	5,900	7,189	3,987	4,903
Units on heaviest drinking day in the last week	13,163	7,945	5,893	7,182	3,987	4,895
Unweighted sample for...						
Teetotal	3,360	2,200	1,500	1,770	920	1,100
Drank in the last week	3,360	2,200	1,500	1,770	920	1,100
Drank on at least five days in the last week	3,360	2,200	1,500	1,770	920	1,100
Units on heaviest drinking day in the last week	3,360	2,200	1,490	1,770	920	1,100
<b>As a proportion of those who drank alcohol in the last week</b>						
On heaviest <sup>4</sup> drinking day in the last week...						
...exceeded 4/3 units <sup>5</sup>	51	49	50	55	54	56
...exceeded 8/6 units <sup>5 6</sup>	24	23	26	30	30	28
...exceeded 12/9 units <sup>5</sup>	14	13	14	15	17	13
Weighted base (000s)	6,262	4,093	3,643	4,847	2,906	3,804
Unweighted sample	1,570	1,150	920	1,210	660	860

Source: Opinions and Lifestyle Survey, Office for National Statistics

- Gross annual personal income includes all personal income before deductions for tax, National Insurance etc. It relates to income that is directly received (such as pay, benefits or interest from savings), and does not include income received through a third party (such as a spouse or partner).
- The 'up to £9,999.99' group does not include those with no personal income.
- Teetotallers are those who said that they do not drink alcohol at all.
- The heaviest drinking day in the last week is the day on which the most alcohol was drunk. When equal amounts of alcohol were consumed on two or more days, respondents were asked about the most recent of these days.
- The stated number of units differs for men and women. For example 4/3 units means 4 units for men, and 3 units for women.
- The Government's Alcohol Strategy defines binge drinkers as men who report exceeding eight units of alcohol on their heaviest drinking day in the week before interview, and women who report exceeding six units.

## 6 Drinking habits, by level of educational, Great Britain, 2013

All persons aged 16 and over

	Highest achieved qualification level							
	Degree (or equivalent)	Higher education (below degree level)	A-Levels or Highers	ONC or National Level BTEC	O-Level or GCSE equivalent (grade A-C)	GSCE (grade D-G), CSE (grade 2-5) or Standard Grade (level 4-6)	Other qualifications <sup>1</sup>	No formal qualifications
<b>As a proportion of the whole population</b>								
Teetotal <sup>2</sup>	16	13	19	18	19	25	21	37
Drank in the last week	68	66	58	62	58	46	57	42
Drank on at least five days in the last week	13	12	10	10	9	7	11	10
On heaviest <sup>3</sup> drinking day in the last week...								
...exceeded 4/3 units <sup>4</sup>	34	35	32	31	32	27	29	19
...exceeded 8/6 units <sup>4 5</sup>	16	18	19	16	16	15	15	9
...exceeded 12/9 units <sup>4</sup>	8	10	11	9	10	8	8	4
Weighted base (000s) for...								
Teetotal	11,867	5,045	4,736	2,283	8,744	1,908	6,034	8,553
Drank in the last week	11,867	5,045	4,736	2,283	8,744	1,908	6,034	8,553
Drank on at least five days in the last week	11,867	5,045	4,736	2,283	8,744	1,908	6,034	8,552
Units on heaviest drinking day in the last week	11,852	5,045	4,736	2,278	8,729	1,908	6,026	8,551
Unweighted sample for...								
Teetotal	2,740	1,220	980	520	2,020	430	1,570	2,590
Drank in the last week	2,740	1,220	980	520	2,020	430	1,570	2,590
Drank on at least five days in the last week	2,740	1,220	980	520	2,020	430	1,570	2,590
Units on heaviest drinking day in the last week	2,740	1,220	980	510	2,020	430	1,570	2,590
<b>As a proportion of those who drank alcohol in the last week</b>								
On heaviest <sup>3</sup> drinking day in the last week...								
...exceeded 4/3 units <sup>4</sup>	51	53	56	50	56	59	51	44
...exceeded 8/6 units <sup>4 5</sup>	24	28	33	26	29	32	26	20
...exceeded 12/9 units <sup>4</sup>	11	15	20	14	17	18	14	10
Weighted base (000s)	8,020	3,339	2,730	1,403	5,027	885	3,404	3,607
Unweighted sample	1,880	800	590	320	1,190	220	880	1,130

Source: Opinions and Lifestyle Survey, Office for National Statistics

- 1 Includes foreign qualifications below degree levels.
- 2 Teetotallers are those who said that they do not drink alcohol at all.
- 3 The heaviest drinking day in the last week is the day on which the most alcohol was drunk. When equal amounts of alcohol were consumed on two or more days, respondents were asked about the most recent of these days.
- 4 The stated number of units differs for men and women. For example 4/3 units means 4 units for men, and 3 units for women.
- 5 The Government's Alcohol Strategy defines binge drinkers as men who report exceeding eight units of alcohol on their heaviest drinking day in the week before interview, and women who report exceeding six units.

## 7 Drinking habits, by socio-economic classification, Great Britain, 2013

All persons aged 16 and over	Percentages		
	Managerial and professional occupations	Intermediate occupations	Routine and manual occupations
<b>As a proportion of the whole population</b>			
Teetotal <sup>1</sup>	12	17	20
Drank in the last week	70	61	56
Drank on at least five days in the last week	13	11	8
On heaviest <sup>2</sup> drinking day in the last week...			
...exceeded 4/3 units <sup>3</sup>	38	34	32
...exceeded 8/6 units <sup>3,4</sup>	19	16	17
...exceeded 12/9 units <sup>3</sup>	9	9	10
Weighted base (000s) for...			
Teetotal	14,255	8,503	11,903
Drank in the last week	14,255	8,503	11,903
Drank on at least five days in the last week	14,255	8,503	11,903
Units on heaviest drinking day in the last week	14,238	8,495	11,885
Unweighted sample for...			
Teetotal	3,330	2,000	2,800
Drank in the last week	3,330	2,000	2,800
Drank on at least five days in the last week	3,330	2,000	2,800
Units on heaviest drinking day in the last week	3,330	2,000	2,790
<b>As a proportion of those who drank alcohol in the last week</b>			
On heaviest <sup>2</sup> drinking day in the last week...			
...exceeded 4/3 units <sup>3</sup>	54	55	57
...exceeded 8/6 units <sup>3,4</sup>	27	27	31
...exceeded 12/9 units <sup>3</sup>	13	14	18
Weighted base (000s)	9,993	5,220	6,675
Unweighted sample	2,340	1,270	1,570

Source: Opinions and Lifestyle Survey, Office for National Statistics

- 1 Teetotallers are those who said that they do not drink alcohol at all.
- 2 The heaviest drinking day in the last week is the day on which the most alcohol was drunk. When equal amounts of alcohol were consumed on two or more days, respondents were asked about the most recent of these days.
- 3 The stated number of units differs for men and women. For example 4/3 units means 4 units for men, and 3 units for women.
- 4 The Government's Alcohol Strategy defines binge drinkers as men who report exceeding eight units of alcohol on their heaviest drinking day in the week before interview, and women who report exceeding six units.

## 8 Drinking habits, by relationship status, Great Britain, 2013

All persons aged 16 and over	Percentages			
	Single	Married <sup>1</sup>	Cohabiting	Widowed / Divorced / Separated
<b>As a proportion of the whole population</b>				
Teetotal <sup>2</sup>	24	20	13	28
Drank in the last week	52	62	64	49
Drank on at least five days in the last week	5	13	9	11
On heaviest <sup>3</sup> drinking day in the last week...				
...exceeded 4/3 units <sup>4</sup>	32	29	38	23
...exceeded 8/6 units <sup>4 5</sup>	20	13	21	10
...exceeded 12/9 units <sup>4</sup>	14	6	10	5
Weighted base (000s) for...				
Teetotal	11,492	24,938	5,725	7,022
Drank in the last week	11,492	24,938	5,725	7,022
Drank on at least five days in the last week	11,490	24,938	5,725	7,022
Units on heaviest drinking day in the last week	11,478	24,925	5,714	7,015
Unweighted sample for...				
Teetotal	2,480	5,460	1,150	2,990
Drank in the last week	2,480	5,460	1,150	2,990
Drank on at least five days in the last week	2,480	5,460	1,150	2,990
Units on heaviest drinking day in the last week	2,480	5,450	1,150	2,990
<b>As a proportion of those who drank alcohol in the last week</b>				
On heaviest <sup>3</sup> drinking day in the last week...				
...exceeded 4/3 units <sup>4</sup>	63	47	59	46
...exceeded 8/6 units <sup>4 5</sup>	38	21	33	20
...exceeded 12/9 units <sup>4</sup>	27	10	16	9
Weighted base (000s)	5,912	15,402	3,643	3,458
Unweighted sample	1,310	3,440	740	1,510

Source: Opinions and Lifestyle Survey, Office for National Statistics

- 1 The group 'married' includes those in same-sex Civil Partnerships.
- 2 Teetotallers are those who said that they do not drink alcohol at all.
- 3 The heaviest drinking day in the last week is the day on which the most alcohol was drunk. When equal amounts of alcohol were consumed on two or more days, respondents were asked about the most recent of these days.
- 4 The stated number of units differs for men and women. For example 4/3 units means 4 units for men, and 3 units for women.
- 5 The Government's Alcohol Strategy defines binge drinkers as men who report exceeding eight units of alcohol on their heaviest drinking day in the week before interview, and women who report exceeding six units.

## 9 Drinking habits, by age and whether person lives alone, Great Britain, 2013

All persons aged 16 to 70

Percentages

	16 to 24		25 to 44		45 to 64		65 to 70		All aged 16 to 70	
	Lives alone	Lives with others	Lives alone	Lives with others						
<b>As a proportion of the whole population</b>										
Teetotal <sup>1</sup>	20	27	15	21	19	16	25	17	19	20
Drank in the last week	51	46	64	57	60	66	56	68	60	59
Drank on at least five days in the last week	1	2	8	6	12	14	17	23	12	10
On heaviest <sup>2</sup> drinking day in the last week...										
...exceeded 4/3 units <sup>3</sup>	36	29	45	33	36	35	24	29	36	32
...exceeded 8/6 units <sup>3,4</sup>	19	18	28	18	18	16	7	10	19	17
...exceeded 12/9 units <sup>3</sup>	16	13	17	10	9	7	2	4	10	9
Weighted base (000s) for...										
Teetotal	217	6,507	1,378	15,071	2,310	13,309	959	3,002	4,864	37,889
Drank in the last week	217	6,507	1,378	15,071	2,310	13,309	959	3,002	4,864	37,889
Drank on at least five days in the last week	217	6,507	1,378	15,071	2,310	13,309	959	3,002	4,864	37,889
Units on heaviest drinking day in the last week	217	6,499	1,378	15,049	2,307	13,298	957	3,002	4,860	37,848
Unweighted sample for...										
Teetotal	80	830	550	3,080	1,120	2,850	530	830	2,280	7,590
Drank in the last week	80	830	550	3,080	1,120	2,850	530	830	2,280	7,590
Drank on at least five days in the last week	80	830	550	3,080	1,120	2,850	530	830	2,280	7,590
Units on heaviest drinking day in the last week	80	830	550	3,070	1,120	2,850	530	830	2,270	7,580
<b>As a proportion of those who drank alcohol in the last week</b>										
On heaviest <sup>2</sup> drinking day in the last week...										
...exceeded 4/3 units <sup>3</sup>	71	62	70	57	59	53	43	43	60	55
...exceeded 8/6 units <sup>3,4</sup>	38	40	44	32	29	24	12	15	31	29
...exceeded 12/9 units <sup>3</sup>	32	29	27	18	14	10	3	5	17	15
Weighted base (000s)	110	2,992	881	8,557	1,391	8,707	539	2,028	2,922	22,284
Unweighted sample	40	380	350	1,740	670	1,890	300	560	1,360	4,570

Source: Opinions and Lifestyle Survey, Office for National Statistics

- 1 Teetotallers are those who said that they do not drink alcohol at all.
- 2 The heaviest drinking day in the last week is the day on which the most alcohol was drunk. When equal amounts of alcohol were consumed on two or more days, respondents were asked about the most recent of these days.
- 3 The stated number of units differs for men and women. For example 4/3 units means 4 units for men, and 3 units for women.

## 10 Drinking habits, by sex and whether dependent children live in the household, Great Britain, 2013<sup>1</sup>

	All persons aged 16 to 60						Percentages	
	Men		Women		All persons			
	Live with dependent children <sup>1</sup>	Do not live with dependent children <sup>1</sup>	Live with dependent children <sup>1</sup>	Do not live with dependent children <sup>1</sup>	Live with dependent children <sup>1</sup>	Do not live with dependent children <sup>1</sup>		
<b>As a proportion of the whole population</b>								
Teetotal <sup>2</sup>	18	17	27	20	23	19		
Drank in the last week	61	64	50	56	55	60		
Drank on at least five days in the last week	10	10	4	7	7	9		
On heaviest <sup>3</sup> drinking day in the last week...								
...exceeded 4/3 units <sup>4</sup>	31	39	28	32	29	36		
...exceeded 8/6 units <sup>4,5</sup>	17	24	14	15	15	20		
...exceeded 12/9 units <sup>4</sup>	9	14	7	9	8	12		
Weighted base (000s) for...								
Teetotal	5,959	11,984	7,315	10,819	13,274	22,804		
Drank in the last week	5,959	11,984	7,315	10,819	13,274	22,804		
Drank on at least five days in the last week	5,959	11,984	7,315	10,819	13,274	22,804		
Units on heaviest drinking day in the last week	5,946	11,977	7,305	10,807	13,251	22,784		
Unweighted sample for...								
Teetotal	1,080	2,350	1,860	2,380	2,940	4,720		
Drank in the last week	1,080	2,350	1,860	2,380	2,940	4,720		
Drank on at least five days in the last week	1,080	2,350	1,860	2,380	2,940	4,720		
Units on heaviest drinking day in the last week	1,080	2,350	1,860	2,370	2,940	4,720		
<b>As a proportion of those who drank alcohol in the last week</b>								
On heaviest <sup>3</sup> drinking day in the last week...								
...exceeded 4/3 units <sup>4</sup>	51	61	57	58	54	60		
...exceeded 8/6 units <sup>4,5</sup>	29	38	28	28	28	33		
...exceeded 12/9 units <sup>4</sup>	15	22	14	16	14	19		
Weighted base (000s)	3,593	7,664	3,639	6,012	7,233	13,675		
Unweighted sample	670	1,570	930	1,360	1,600	2,940		

Source: Opinions and Lifestyle Survey, Office for National Statistics

- 1 Persons aged 16 and over have not been classed as dependent children.
- 2 Teetotallers are those who said that they do not drink alcohol at all.
- 3 The heaviest drinking day in the last week is the day on which the most alcohol was drunk. When equal amounts of alcohol were consumed on two or more days, respondents were asked about the most recent of these days.
- 4 The stated number of units differs for men and women. For example 4/3 units means 4 units for men, and 3 units for women.

## 11 Drinking habits, by region, Great Britain, 2013

All persons aged 16 and over

Percentages

	North East	North West	Yorkshire and The Humber	East Midlands	West Midlands	East of England	London	South East	South West	England	Wales	Scotland	Great Britain
<b>As a proportion of the whole population</b>													
Teetotal <sup>1</sup>	17	19	20	20	25	20	32	18	15	21	22	21	21
Drank in the last week	59	58	61	58	54	62	49	62	63	58	56	56	58
Drank on at least five days in the last week	10	10	10	10	10	11	10	13	14	11	11	6	11
On heaviest <sup>2</sup> drinking day in the last week...													
...exceeded 4/3 units <sup>3</sup>	37	33	32	30	25	29	24	29	31	29	30	35	30
...exceeded 8/6 units <sup>3,4</sup>	21	19	18	13	12	14	12	14	14	15	14	20	15
...exceeded 12/9 units <sup>3</sup>	13	10	10	8	6	6	6	7	6	8	6	13	8
Weighted base (000s) for...													
Teetotal	2,145	5,583	4,338	3,646	4,364	4,780	6,358	6,906	4,323	42,442	2,456	4,278	49,176
Drank in the last week	2,145	5,583	4,338	3,646	4,364	4,780	6,358	6,906	4,323	42,442	2,456	4,278	49,176
Drank on at least five days in the last week	2,145	5,583	4,338	3,646	4,362	4,780	6,358	6,906	4,323	42,441	2,456	4,278	49,175
Units on heaviest drinking day in the last week	2,135	5,583	4,326	3,638	4,364	4,780	6,356	6,898	4,323	42,402	2,456	4,273	49,131
Unweighted sample for...													
Teetotal	550	1,570	1,220	960	1,050	1,160	1,070	1,700	1,070	10,350	630	1,090	12,070
Drank in the last week	550	1,570	1,220	960	1,050	1,160	1,070	1,700	1,070	10,350	630	1,090	12,070
Drank on at least five days in the last week	550	1,570	1,220	960	1,050	1,160	1,070	1,700	1,070	10,350	630	1,090	12,070
Units on heaviest drinking day in the last week	550	1,570	1,220	960	1,050	1,160	1,070	1,690	1,070	10,340	630	1,090	12,060
<b>As a proportion of those who drank alcohol in the last week</b>													
On heaviest <sup>2</sup> drinking day in the last week...													
...exceeded 4/3 units <sup>3</sup>	64	57	53	51	46	47	49	47	50	51	53	64	52
...exceeded 8/6 units <sup>3,4</sup>	36	32	30	23	22	22	24	22	23	25	24	36	26
...exceeded 12/9 units <sup>3</sup>	21	18	17	14	12	11	13	11	9	13	10	23	14
Weighted base (000s)	1,246	3,222	2,621	2,092	2,372	2,953	3,133	4,290	2,729	24,658	1,373	2,384	28,415
Unweighted sample	320	920	720	550	570	710	530	1,050	670	6,050	360	590	7,000

Source: Opinions and Lifestyle Survey, Office for National Statistics

- 1 Teetotallers are those who said that they do not drink alcohol at all.
- 2 The heaviest drinking day in the last week is the day on which the most alcohol was drunk. When equal amounts of alcohol were consumed on two or more days, respondents were asked about the most recent of these days.
- 3 The stated number of units differs for men and women. For example 4/3 units means 4 units for men, and 3 units for women.
- 4 The Government's Alcohol Strategy defines binge drinkers as men who report exceeding eight units of alcohol on their heaviest drinking day in the week before interview, and women who report exceeding six units.

## 12 Drinking in pregnancy, Great Britain, 2013

All women aged 16-49	Percentages	
	Pregnant	Not pregnant / unsure
<b>As a proportion of the whole population</b>		
Teetotal <sup>1</sup>	72	22
Drank alcohol in the last week	9	53
Weighted base (000s) for...		
Teetotal	460	13,096
Drank in the last week	460	13,096
Unweighted sample for...		
Teetotal	110	2,930
Drank in the last week	110	2,930

Source: Opinions and Lifestyle Survey, Office for National Statistics

1 Teetotallers are those who said that they do not drink alcohol at all.

### 13 Types of drink consumed on heaviest drinking day in the week before interview, by binge-drinking status, Great Britain, 2013<sup>1 2 3 4</sup>

All persons aged 16 and over	Percentages														
	Men					Women					All persons				
	16 to 24	25 to 44	45 to 64	65 and over	All aged 16 and over	16 to 24	25 to 44	45 to 64	65 and over	All aged 16 and over	16 to 24	25 to 44	45 to 64	65 and over	All aged 16 and over
<b>Binge drinkers (exceeded 8/6 units on heaviest drinking day in the week before interview)<sup>1 2 3</sup></b>															
Normal strength beer / stout / lager / cider <sup>4</sup>	67	65	66	57	65	23	24	18	18	22	49	48	47	47	48
Strong beer / stout / lager / cider	23	17	17	9	17	17	7	3	5	8	21	13	11	8	13
Spirits or liqueurs	51	34	18	22	30	58	27	23	22	31	54	31	20	22	30
Sherry or martini	2	0	2	0	1	2	1	2	0	1	2	0	2	0	1
Wine / champagne	11	34	37	46	33	45	69	82	79	70	25	49	54	53	47
Alcopops	19	3	0	0	4	15	3	0	0	4	18	3	0	0	4
Weighted base 2013 (000s)	712	1,883	1,527	391	4,513	524	1,279	975	120	2,898	1,236	3,163	2,501	511	7,411
Unweighted sample 2013	90	370	390	130	980	70	350	260	40	720	160	720	650	170	1,700
<b>Other drinkers (did not exceed 8/6 units on heaviest drinking day in the week before interview)<sup>1 2 3</sup></b>															
Normal strength beer / stout / lager / cider <sup>4</sup>	70	62	57	41	56	20	21	16	9	16	46	42	37	26	37
Strong beer / stout / lager / cider	4	4	4	3	4	4	3	1	1	2	4	3	3	2	3
Spirits or liqueurs	23	12	14	22	16	43	17	18	22	21	33	14	16	22	18
Sherry or martini	0	0	1	2	1	3	1	2	7	3	1	1	1	5	2
Wine / champagne	7	29	34	42	32	32	60	66	66	61	19	44	50	54	46
Alcopops	1	0	0	0	0	8	1	1	0	1	4	1	1	0	1
Weighted base 2013 (000s)	960	3,286	3,922	2,703	10,872	907	2,989	3,675	2,562	10,133	1,867	6,276	7,597	5,264	21,004
Unweighted sample 2013	120	630	940	880	2,570	130	740	970	890	2,730	250	1,370	1,910	1,770	5,300

Source: Opinions and Lifestyle Survey, Office for National Statistics

- 1 In line with the Government's Alcohol Strategy, men are considered to have binged if they drank more than eight units of alcohol on their heaviest drinking day in the week before interview, and women if they drank more than six units.
- 2 The stated number of units differs for men and women. For example 8/6 units means 8 units for men, and 6 units for women.
- 3 If someone drank equally heavily on more than one day, they were asked about the most recent of these days.
- 4 Does not include shandy that has been pre-packaged, such as cans or bottles of shandy.

## 14 Drinking habits and cigarette smoking, Great Britain, 2013

All persons aged 16 and over		Percentages					
	Never smoked cigarettes <sup>1</sup>	Ex-smoker <sup>2</sup>	All non-smokers <sup>3</sup>	Light smoker <sup>4</sup>	Moderate smoker <sup>5</sup>	Heavy smoker <sup>6</sup>	All cigarette smokers <sup>7</sup>
<b>As a proportion of the whole population</b>							
Teetotal <sup>8</sup>	24	17	22	20	20	19	20
Drank in the last week	55	66	58	59	55	60	58
Drank on at least five days in the last week	8	17	11	9	11	16	11
On heaviest <sup>9</sup> drinking day in the last week...							
...exceeded 4/3 units <sup>10</sup>	26	32	28	38	36	43	38
...exceeded 8/6 units <sup>10 11</sup>	12	15	13	24	22	27	24
...exceeded 12/9 units <sup>10</sup>	6	7	7	16	12	17	14
Weighted base (000s) for...							
Teetotal	28,561	11,191	39,759	3,412	3,949	1,994	9,403
Drank in the last week	28,561	11,191	39,759	3,412	3,949	1,994	9,403
Drank on at least five days in the last week	28,561	11,191	39,759	3,411	3,949	1,994	9,401
Units on heaviest drinking day in the last week	28,540	11,189	39,736	3,404	3,944	1,985	9,381
Unweighted sample for...							
Teetotal	6,620	3,070	9,690	830	1,000	540	2,380
Drank in the last week	6,620	3,070	9,690	830	1,000	540	2,380
Drank on at least five days in the last week	6,620	3,070	9,690	830	1,000	540	2,380
Units on heaviest drinking day in the last week	6,620	3,060	9,680	830	1,000	540	2,380
<b>As a proportion of those who drank alcohol in the last week</b>							
On heaviest <sup>9</sup> drinking day in the last week...							
...exceeded 4/3 units <sup>10</sup>	48	49	48	65	65	73	67
...exceeded 8/6 units <sup>10 11</sup>	22	23	22	41	39	45	41
...exceeded 12/9 units <sup>10</sup>	12	10	11	27	22	28	25
Weighted base (000s)	15,621	7,384	23,005	2,006	2,175	1,182	5,396
Unweighted sample	3,670	1,980	5,650	480	540	320	1,350

Source: Opinions and Lifestyle Survey, Office for National Statistics

- 1 The group 'never smoked cigarettes' contains people who said that they do not smoke cigarettes nowadays, and have never smoked cigarettes regularly.
- 2 The group 'ex-smoker' contains those who said that they do not smoke cigarettes nowadays, but have smoked cigarettes regularly in the past.
- 3 The group 'non-smokers' contains a small number of people who could not be allocated to either of the 'never smoked cigarettes' or 'ex-smoker' groups. These people said that they do not smoke cigarettes nowadays, but could not say whether they had ever smoked cigarettes regularly in the past.
- 4 Light smokers are those who smoke on average fewer than 10 cigarettes per day.
- 5 Moderate smokers are those who smoke 10 or more cigarettes per day on average, but fewer than 20 cigarettes per day.
- 6 Heavy smokers are those who smoke 20 or more cigarettes per day.
- 7 The group 'all cigarette smokers' contains a small number of people who said that they smoke cigarettes, but who did not say how many cigarettes they smoke.
- 8 Teetotalers are those who said that they do not drink alcohol at all.
- 9 The heaviest drinking day in the last week is the day on which the most alcohol was drunk. When equal amounts of alcohol were consumed on two or more days, respondents were asked about the most recent of these days.
- 10 The stated number of units differs for men and women. For example 4/3 units means 4 units for men, and 3 units for women.
- 11 The Government's Alcohol Strategy defines binge drinkers as men who report exceeding eight units of alcohol on their heaviest drinking day in the week before interview, and women who report exceeding six units.