

# 7. Alcohol

While moderate alcohol consumption (one or two drinks a day) reduces the risk of CVD, at high levels of intake – particularly in ‘binges’ – the risk of CVD is increased.

The World Health Report 2002 estimates that over 9% of all disease burden in developed countries is caused by alcohol consumption and that 2% of CHD and almost 5% of stroke in men in developed countries is due to alcohol. However, the impact of alcohol consumption in women in developed countries is estimated to be positive – if no alcohol were consumed, there would be a 3% increase in CHD and a 16% increase in stroke<sup>1</sup>.

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’<sup>2</sup>. 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 recommendations on sensible drinking are now based on these daily benchmarks<sup>3</sup>. 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 week<sup>4</sup> (Table 7.1)

## *Public health targets*

The 2004 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 UK<sup>5</sup>. *The Alcohol Harm Reduction Strategy for England*, published in 2004, did not, however, include such targets<sup>3</sup>. Currently in the UK only Scotland has targets for limiting alcohol consumption (Table 7.1).

## *Overall levels of alcohol consumption*

The General Household Survey 2006 uses an updated method for calculating the number of alcoholic units consumed. The estimates using the updated method are intended to reflect the trend towards larger measures and stronger alcoholic drinks, especially wine. The alcohol consumption estimates derived using the updated method do not reflect a real change in drinking among the adult population. In some cases results using both the updated and original methods are shown.

In Britain in 2006, the updated method shows 40% of men and 33% of women consumed 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).

## *Age and sex differences*

The updated method of calculating units of alcohol consumed resulted in a narrowing of the gap between men and women. In 2006, men were still more likely than women to exceed the daily recommended levels of alcohol consumption (Table 7.2), and one and a half times as likely to binge drink<sup>6</sup> (Table 7.2 and Table 7.3).

In 2006, alcohol consumption was higher in younger age groups, for example 42% of men and 39% of women aged 16 to 24 drank more than the recommended daily benchmarks, compared with only 21% of men and 14% of women aged 65 and over (Table 7.2 and Figures 7.2a and 7.2b).

Similar patterns are evident for binge drinking. The prevalence of binge drinking was highest in the 16 to 24 years age group, with 30% of young men and 25% 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 per year in 1900 to around 4 litres after the Second World War. From the late 1950s to the end of the century alcohol consumption increased steadily, more than doubling overall from around four to ten litres per person per year<sup>5</sup>.

Evidence about temporal trends in binge drinking are short-term as the General Household Survey has only included questions about the maximum daily amount consumed since 1998. Between 1998 and 2006, there have only been small fluctuations in the patterns of binge drinking in both men and women (Table 7.3 and Figure 7.3).

Trend data from the General Household Survey show that the average weekly consumption of alcohol remained reasonably stable between 1998 and 2006 for both men and women (Table 7.4).

## *Young people and drinking*

In 2006, 21% of boys and 20% of girls aged 11 to 15 years consumed an alcoholic drink in the last week. This has been constant since 1988 (Table 7.5).

## *National and regional differences*

On a regional basis, using the updated method for estimating units consumed, the proportions consuming more than the recommended daily level of alcohol in 2006 were lowest in London and highest in Yorkshire and the Humber for men, and lowest in London and highest in Yorkshire and the Humber and the North West for women. For example, while 40% of women in Yorkshire and the Humber and the North West consumed more than three units on the heaviest drinking day of the week compared to 27% of women in London (Table 7.6 and Figures 7.6a and 7.6b).

## *Socio-economic differences*

For both men and women in 2005, those in managerial and professional households were the most likely to drink and the most likely to drink on five or more days a week. This socio-economic gradient was also found in the amount of alcohol drunk with the exception of binge drinking where between 21% and 24% of all men exceeded the daily benchmarks for binge drinking (Table 7.7).

## *Ethnic differences*

Levels of alcohol consumption vary considerably with ethnicity. With the exception of the Irish, adults from each minority ethnic group were 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 7.8 and Figures 7.8a and 7.8b).

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. About 56% of Irish men and over one third (36%) of Irish women exceeded guidelines for the heaviest drinking day (Table 7.8 and Figures 7.8a and 7.8b).

### *International differences*

Levels of alcohol consumption in the UK in 2003 were about average for the European Union, and slightly higher than the European region average (Table 7.9 and Figure 7.9). In the EU as a whole, consumption of alcoholic drinks has steadily declined since 1980, but in the UK there has been no strong evidence of decline<sup>7</sup>.

1. World Health Organization (2002) *The World Health Report 2002. Reducing Risks, Promoting Healthy Life*. World Health Organization: Geneva.
2. Department of Health (1995) *Sensible Drinking. The Report of an Inter-Departmental Working Group*. DH: London.
3. 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/work\\_areas/alcohol\\_misuse/index.asp](http://www.strategy.gov.uk/work_areas/alcohol_misuse/index.asp).
4. 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.
5. The Academy of Medical Sciences (2004) *Calling time: the nation's drinking as a major health issue*. Academy of Medical Sciences: London.
6. 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.
7. World Health Organization (2006) *European Health For All statistical database*. See [www.euro.who.int/hfad](http://www.euro.who.int/hfad)

*Table 7.1 Alcohol targets and recommendations for the United Kingdom*

<b>Recommendations for the United Kingdom</b>	
Safe level – men	No more than 4 units per day / 21 units per week
Safe level – women	No more than 3 units per day / 14 units per week
Benchmark for heavy drinking – men	8 units per day
Benchmark for heavy drinking – women	6 units per day
<b>England<sup>1</sup></b>	No target set
<b>Scotland<sup>2</sup></b>	
Alcohol related hospital admissions	Reduce alcohol-related hospital admissions by 2011
<b>Wales<sup>3</sup></b>	No target set
<b>Northern Ireland<sup>4</sup></b>	No target set

1. The Government's Strategy Unit has recently published an 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](http://www.strategy.gov.uk)

2. The Scottish Executive (2008) Spending Review 2007, The Scottish Executive: Edinburgh. <http://www.scotland.gov.uk>

3. 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/](http://www.cmo.wales.gov.uk/)

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, adults aged 16 and over, 2006, Great Britain*

<i>Maximum daily alcohol consumption</i>	All ages %	16-24 %	25-44 %	45-64 %	65+ %
<b>MEN</b>					
Drank nothing last week	29	40	27	24	33
Up to 4 units	31	18	25	33	46
5-8 units	17	12	17	21	14
More than 8 units	23	30	31	21	7
<b>% exceeding 4 units</b>	<b>40</b>	<b>42</b>	<b>48</b>	<b>42</b>	<b>21</b>
<i>Weighted base (000s)</i>	19,918	2,586	7,046	6,450	3,836
<i>Unweighted base</i>	7,675	774	2,464	2,670	1,767
<b>WOMEN</b>					
Drank nothing last week	44	47	40	40	56
Up to 3 units	23	14	20	25	30
4-6 units	18	14	19	23	12
More than 6 units	15	25	21	12	2
<b>% exceeding 3 units</b>	<b>33</b>	<b>39</b>	<b>40</b>	<b>35</b>	<b>14</b>
<i>Weighted base (000s)</i>	22,740	2,859	7,877	7,096	4,908
<i>Unweighted base</i>	9,013	943	3,007	3,014	2,049

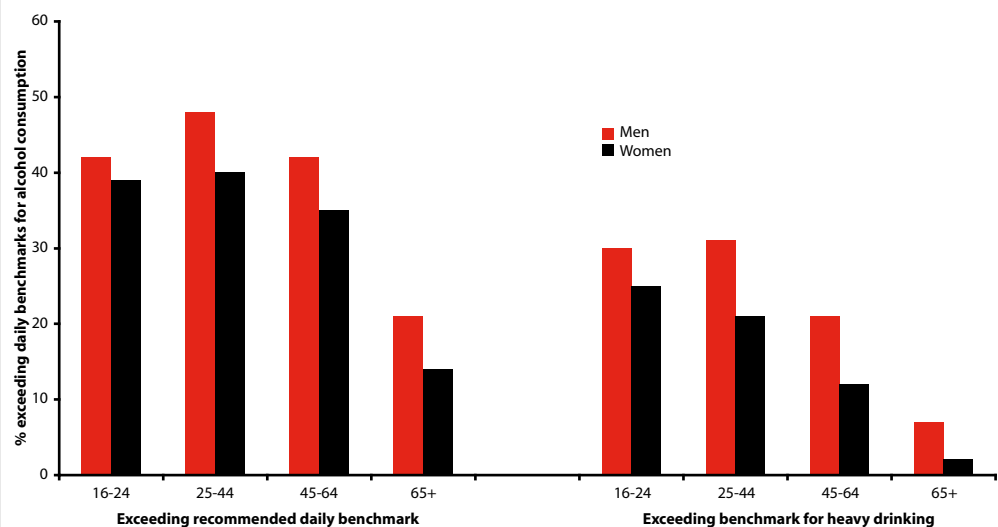
*Notes:* Alcohol consumption levels are based on the number of units of alcohol consumed on the heaviest day during the previous week, the "maximum daily" amount.

The method of calculating units of alcohol consumed was updated for GHS 2006; see source for details.

*Source:* Office for National Statistics (2008) *Smoking and drinking among adults, 2006: General Household Survey 2006.*

Office for National Statistics: London. See [www.ons.gov.uk/gbs](http://www.ons.gov.uk/gbs)

**Figure 7.2** *Percentage exceeding daily benchmarks for alcohol consumption by sex and age, adults aged 16 and over, 2006, Great Britain*



*Note:* Recommended daily benchmark is 4 units for men and 3 units for women. Benchmark for heavy drinking is 8 units for men and 6 units for women.

**Table 7.3** *Percentage of adults aged 16 and over consuming more alcohol than the recommended daily maximum by sex and age, 1998 to 2006, Great Britain*

<i>Maximum daily alcohol consumption</i>	1998	2000	2001	2002	2003	2004	2005	2006 original method	2006 updated method
	%	%	%	%	%	%	%	%	%
<b>MEN</b>									
<b>More than 4 units</b>									
16-24	52	50	50	49	51	47	42	39	42
25-44	48	45	49	46	47	48	42	42	48
45-64	37	38	37	38	41	37	35	33	42
65+	16	16	18	16	19	20	16	14	21
<i>% exceeding recommended daily maximum</i>	39	39	40	38	40	39	35	33	40
<b>More than 8 units</b>									
16-24	39	37	37	35	37	32	30	27	30
25-44	29	27	30	28	30	31	25	25	31
45-64	17	17	17	18	20	18	16	15	21
65+	4	5	5	5	6	7	4	4	7
<i>% exceeding daily benchmark for heavy drinking</i>	22	21	22	21	23	22	19	18	23
<i>Weighted base (000s)</i>	19,174	20,369	19,911	19,534	19,161	19,538	19,479	19,918	19,918
<i>Unweighted base</i>	6,561	6,598	7,054	6,828	8,087	6,862	10,028	7,674	7,674
<b>WOMEN</b>									
<b>More than 3 units</b>									
16-24	42	42	40	42	40	39	36	34	39
25-44	28	31	31	31	30	28	26	27	40
45-64	17	19	19	19	20	20	18	17	35
65+	4	4	5	5	4	5	4	4	14
<i>% exceeding recommended daily maximum</i>	21	23	23	23	23	22	20	20	33
<b>More than 6 units</b>									
16-24	24	27	27	28	23	24	22	20	25
25-44	11	13	14	13	13	13	11	12	21
45-64	5	5	5	5	5	6	4	4	12
65+	1	1	1	1	1	1	1	0	2
<i>% exceeding daily benchmark for heavy drinking</i>	8	10	10	10	9	9	8	8	15
<i>Weighted base (000s)</i>	21,625	22,054	21,985	22,202	21,788	22,343	22,299	22,740	22,740
<i>Unweighted base</i>	7,821	7,491	8,299	7,942	9,304	8,012	11,617	9,013	9,013

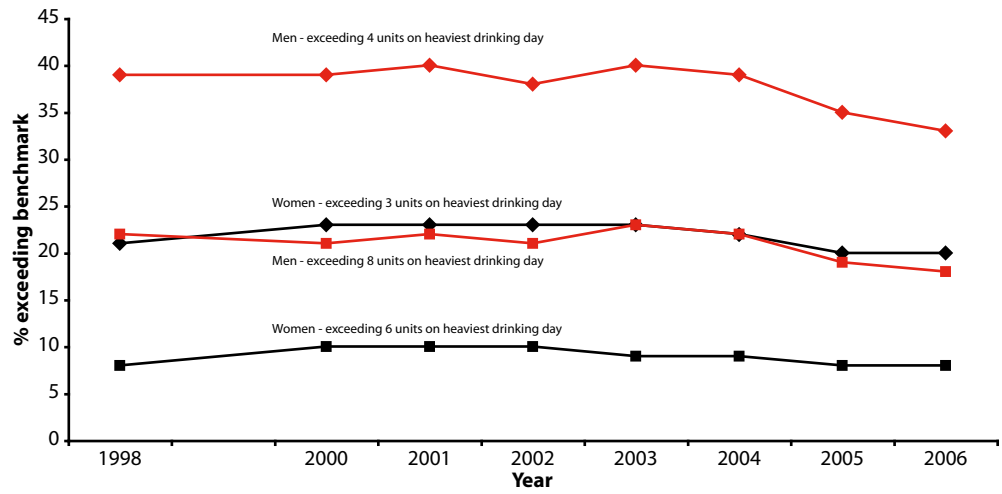
*Notes:* Alcohol consumption levels are based on the number of units of alcohol consumed on the heaviest day during the previous week, the "maximum daily" amount.

Estimates for 2006 are given using original and updated GHS methods; see source for details.

2005 data includes last quarter of 2004/5 data due to survey change from financial to calendar year.

*Source:* Office for National Statistics (2008) *Smoking and drinking among adults. General Household Survey 2006*. Office for National Statistics: London, and previous years. See [www.ons.gov.uk/ghs](http://www.ons.gov.uk/ghs)

Figure 7.3 Percentage consuming more alcohol than the recommended daily maximum, adults aged 16 and over, 1998 to 2006, Great Britain



**Table 7.4 Weekly alcohol consumption by sex and age, 1992 to 2006, Great Britain**

Age	Average weekly alcohol consumption (units)												
	Unweighted data						Weighted data						
	1992	1994	1996	1998	2000	2001	2002	2005	2006	2006 original method	2006 updated method	Weighted base 2006 (000s)	Unweighted base 2006
<b>MEN</b>													
16-24	19.1	17.4	20.3	23.6	25.9	24.8	21.5	18.2	16.4	18.6	18.6	2,607	781
25-44	18.2	17.5	17.6	16.5	17.1	18.4	18.7	16.2	15.6	19.7	19.7	7,057	2,468
45-64	15.6	15.5	15.6	17.3	17.4	16.1	17.5	17.7	16.0	20.8	20.8	6,450	2,671
65+	9.7	10.0	11.0	10.7	10.6	10.8	10.7	10.4	10.4	13.5	13.5	3,836	1,767
<b>Total</b>	<b>15.9</b>	<b>15.4</b>	<b>16.0</b>	<b>16.4</b>	<b>17.1</b>	<b>17.2</b>	<b>17.2</b>	<b>15.8</b>	<b>14.8</b>	<b>18.7</b>	<b>18.7</b>	<b>19,950</b>	<b>7,687</b>
<b>WOMEN</b>													
16-24	7.3	7.7	9.5	10.6	11.0	14.1	14.1	10.9	9.0	10.8	10.8	2,863	944
25-44	6.3	6.2	7.2	7.1	7.1	8.3	8.4	7.1	6.8	10.1	10.1	7,875	3,006
45-64	5.3	5.3	5.9	6.4	6.4	6.8	6.7	6.3	6.2	9.8	9.8	7,095	3,014
65+	2.7	3.2	3.5	3.3	3.2	3.6	3.8	3.5	3.5	5.1	5.1	4,911	2,050
<b>Total</b>	<b>5.4</b>	<b>5.4</b>	<b>6.3</b>	<b>6.4</b>	<b>6.5</b>	<b>7.1</b>	<b>7.6</b>	<b>6.5</b>	<b>6.2</b>	<b>9.0</b>	<b>9.0</b>	<b>22,744</b>	<b>9,014</b>

Notes: 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.

Estimates for 2006 are given using original and updated GHS methods; see source for details.

2005 data includes last quarter of 2004/5 data due to survey change from financial to calendar year.

Source: Office for National Statistics (2008) Smoking and drinking among adults: General Household Survey 2006. Office for National Statistics: London, and previous years. See [www.ons.gov.uk/gls](http://www.ons.gov.uk/gls)

**Table 7.5** *Percentage of children aged 11 to 15 years who drank alcohol in the last week, by sex and age, 1988 to 2006, England*

	1988	1990	1992	1994	1996	1998	1999	2000	2001	2002	2003	2004	2005	2006
	%	%	%	%	%	%	%	%	%	%	%	%	%	%
<b>BOYS</b>														
11 years	7	8	8	8	7	4	7	5	8	7	8	5	4	5
12 years	12	9	13	10	12	14	10	11	14	12	12	11	7	8
13 years	20	17	15	22	27	16	16	18	22	20	22	17	18	16
14 years	25	32	32	34	37	28	28	34	35	34	32	32	31	29
15 years	45	42	49	52	50	48	48	51	54	49	49	44	46	40
All ages	24	22	24	26	27	23	22	25	28	25	26	23	22	21
<b>GIRLS</b>														
11 years	4	4	5	4	6	2	4	5	4	4	5	3	2	2
12 years	7	6	7	9	9	6	8	9	11	9	9	9	9	7
13 years	11	19	11	16	22	14	17	19	22	21	19	19	18	15
14 years	19	32	25	26	35	29	28	31	35	34	34	33	33	30
15 years	36	39	40	48	55	40	41	45	50	45	48	46	45	41
All ages	17	20	17	22	26	18	20	23	25	23	24	23	23	20
<i>Bases</i>														
<b>Boys</b>														
11 years	227	309	284	266	269	285	882	612	814	866	894	861	735	600
12 years	279	340	335	307	296	336	1,017	740	930	1,003	1,052	1,024	957	818
13 years	312	312	351	304	275	293	947	737	937	1,035	1,084	1,007	977	765
14 years	306	300	310	306	297	597	921	750	898	950	1,017	977	938	805
15 years	348	358	366	326	295	745	1,049	796	1,032	1,107	1,157	1,078	1,002	869
All ages	1,473	1,623	1,652	1,509	1,432	2,256	4,816	3,635	4,611	4,961	5,204	4,947	4,609	3,857
<b>Girls</b>														
11 years	225	289	304	231	266	291	881	564	800	798	856	820	728	636
12 years	312	277	354	304	272	365	896	681	967	978	1,076	923	887	829
13 years	296	290	333	326	277	383	925	696	956	935	1,057	941	919	826
14 years	311	298	298	309	285	657	933	691	942	946	983	917	953	767
15 years	374	302	317	341	291	666	923	764	956	1,012	1,114	1,024	972	978
All ages	1,518	1,459	1,614	1,511	1,391	2,362	4,558	3,396	4,621	4,669	5,086	4,625	4,459	4,036

Notes: Children in secondary school years 7 to 11, mostly aged 11 to 15.

Source: Department of Health (2007). *Smoking, Drinking and Drug Use among Young People in England in 2006*. The Information Centre: Leeds.

*Table 7.6 Alcohol consumption by sex, country of Great Britain and Government Office Region of England, adults aged 16 and over, 2006, Great Britain*

	<i>Drinking last week</i>		<i>Units consumed - updated method</i>		<i>Weighted base (000s)</i>	<i>Unweighted base</i>
	<i>Drank last week</i>	<i>Drank on 5 or more days last week</i>	<i>Drank more than 4 units on at least one day</i>	<i>Drank more than 8 units on at least one day</i>		
	<i>%</i>	<i>%</i>	<i>%</i>	<i>%</i>		
<b>MEN</b>						
North East	70	19	43	21	803	310
North West	76	20	47	31	2,216	899
Yorkshire and the Humber	77	21	48	29	1,794	718
East Midlands	72	24	41	23	1,703	688
West Midlands	68	21	37	19	1,745	676
East of England	73	20	37	20	1,987	785
London	62	19	35	21	2,239	662
South East	72	23	37	20	2,858	1,115
South West	76	24	39	21	1,819	743
England	72	21	40	23	17,162	6,596
Wales	69	23	42	22	1,024	411
Scotland	67	14	40	23	1,732	667
Great Britain	71	21	40	23	19,918	7,674
	<i>Drank last week</i>	<i>Drank on 5 or more days last week</i>	<i>Drank more than 3 units on at least one day</i>	<i>Drank more than 6 units on at least one day</i>	<i>Weighted base (000s)</i>	<i>Unweighted base</i>
	<i>%</i>	<i>%</i>	<i>%</i>	<i>%</i>		
<b>WOMEN</b>						
North East	53	11	33	11	915	367
North West	60	10	40	20	2,668	1,110
Yorkshire and the Humber	62	14	40	23	1,977	818
East Midlands	58	14	32	14	1,749	741
West Midlands	52	11	29	13	1,932	773
East of England	57	11	30	12	2,200	907
London	46	7	27	11	2,656	796
South East	59	14	32	15	3,237	1,302
South West	59	15	34	16	2,126	884
England	57	12	33	15	19,465	7,698
Wales	53	11	34	12	1,152	477
Scotland	52	9	33	14	2,124	838
Great Britain	56	11	33	15	22,741	9,013

*Notes: 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.*

*Estimates for units consumed are given using original and updated GHS methods; see source for details.*

*Source: Office for National Statistics (2008) Smoking and drinking among adults. General Household Survey 2006. Office for National Statistics: London.*

Figure 7.6a Percentage of men consuming more alcohol than the recommended daily maximum (four units) by region, 2006, Great Britain

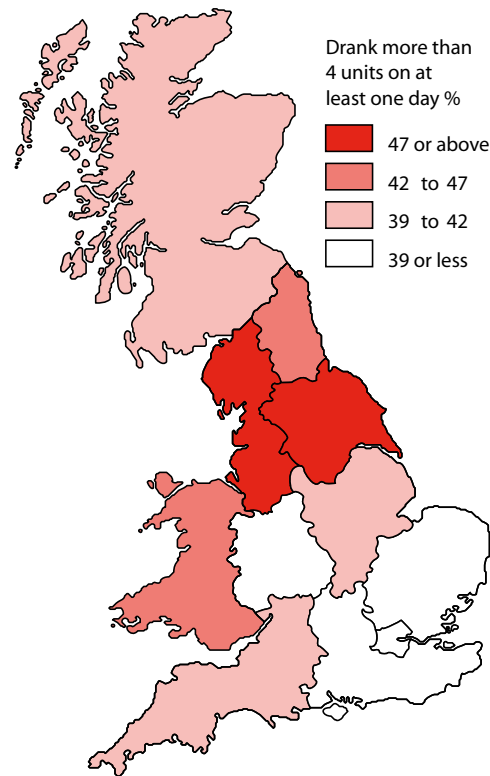
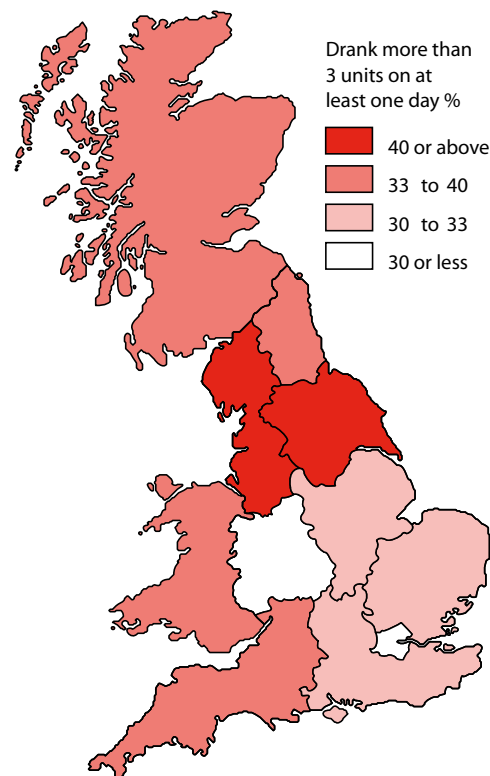


Figure 7.6b Percentage of women consuming more alcohol than the recommended daily maximum (three units) by region, 2006, Great Britain



Adults aged 16 and over.

Figure 7.6c Percentage of men exceeding daily benchmark for heavy drinking (eight units) by region, 2006, Great Britain

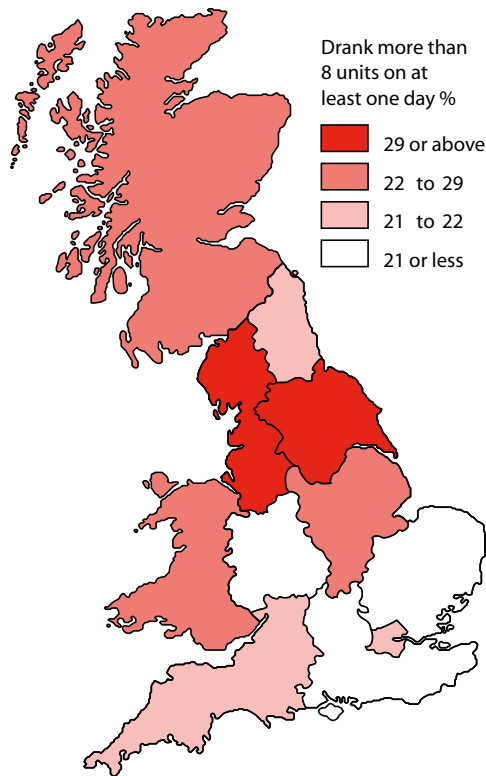
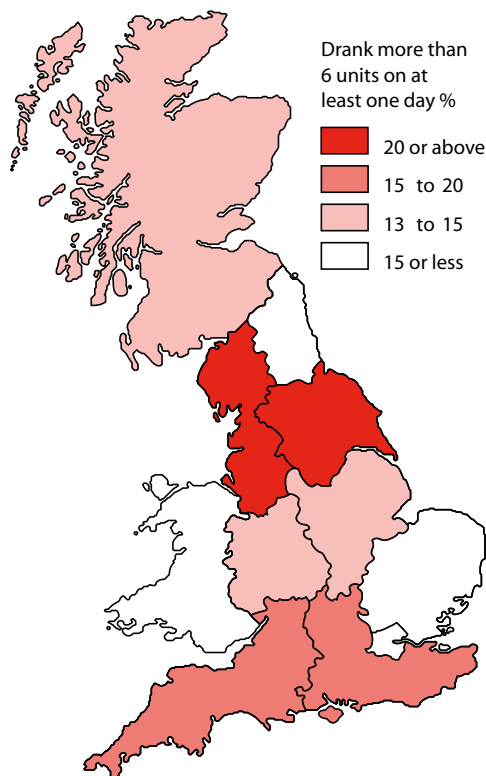


Figure 7.6d Percentage of women exceeding daily benchmark for heavy drinking (six units) by region, 2006, Great Britain



Adults aged 16 and over.

*Table 7.7 Alcohol consumption by sex and socio-economic classification, adults aged 16 and over, 2006, Great Britain*

	<i>Drinking last week</i>		<i>Units consumed - updated method</i>		<i>Weighted base (000s)</i>	<i>Unweighted base</i>
	<i>Drank last week</i>	<i>Drank on 5 or more days last week</i>	<i>Drank more than 4 units on at least one day</i>	<i>Drank more than 8 units on at least one day</i>		
	<i>%</i>	<i>%</i>	<i>%</i>	<i>%</i>		
<b>MEN</b>						
<b>Managerial and professional</b>	79	25	44	24		
Large employers and higher managerial	84	30	47	27	1,763	731
Higher professional	79	24	42	21	2,062	830
Lower managerial and professional	76	23	44	24	4,598	1,828
<b>Intermediate</b>	71	23	41	23		
Intermediate	73	21	41	22	1,390	526
Small employers and own account	71	24	41	23	2,138	814
<b>Routine and manual</b>	64	15	35	21		
Lower supervisory and technical	70	16	38	24	2,383	900
Semi routine	62	14	33	18	2,231	836
Routine	61	16	35	22	2,490	930
<b>Total</b>	<b>71</b>	<b>21</b>	<b>40</b>	<b>23</b>	<b>19,917</b>	<b>7,674</b>
	<i>Drank last week</i>	<i>Drank on 5 or more days last week</i>	<i>Drank more than 3 units on at least one day</i>	<i>Drank more than 6 units on at least one day</i>	<i>Weighted base (000s)</i>	<i>Unweighted base</i>
	<i>%</i>	<i>%</i>	<i>%</i>	<i>%</i>		
<b>WOMEN</b>						
<b>Managerial and professional</b>	66	15	40	17		
Large employers and higher managerial	72	18	47	19	1,821	770
Higher professional	67	16	41	16	1,916	805
Lower managerial and professional	63	14	37	17	5,273	2,153
<b>Intermediate</b>	55	12	32	13		
Intermediate	55	11	30	13	2,268	877
Small employers and own account	56	13	34	14	2,046	810
<b>Routine and manual</b>	47	8	26	12		
Lower supervisory and technical	53	9	30	13	2,234	866
Semi routine	46	8	26	13	3,179	1,247
Routine	42	6	23	11	2,829	1,072
<b>Total</b>	<b>56</b>	<b>11</b>	<b>33</b>	<b>15</b>	<b>22,739</b>	<b>9,013</b>

*Notes: 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".*

*Estimates for units consumed are given using original and updated GHS methods; see source for details.*

*Data are weighted for non-response.*

*Source: Office for National Statistics (2006). Smoking and drinking among adults, 2005. General Household Survey 2005. Office for National Statistics: London. See [www.ons.gov.uk/ghs](http://www.ons.gov.uk/ghs)*

**Table 7.8** *Alcohol consumption by sex and ethnic group, adults aged 16 and over, 2004, England*

<i>Alcohol consumed on the heaviest drinking day</i>	General population	Black Caribbean	Black African	Indian	Pakistani	Bangladeshi	Chinese	Irish
	%	%	%	%	%	%	%	%
<b>MEN</b>								
None	24	40	62	53	93	99	52	20
Under 2 units	13	12	8	11	1	0	14	10
Up to 4 units	55	72	83	77	96	99	81	44
More than 4, up to 8 units	20	16	10	13	1	0	9	25
More than 8 units	25	12	7	9	3	0	10	32
<b>% exceeding 4 units</b>	<b>45</b>	<b>28</b>	<b>17</b>	<b>22</b>	<b>4</b>	<b>1</b>	<b>19</b>	<b>56</b>
<i>Unweighted base</i>	2,829	397	369	531	416	395	337	490
<i>Weighted base</i>	45,229	465	357	873	406	172	147	1,751
<b>WOMEN</b>								
None	39	53	74	79	97	99	68	33
Under 2 units	18	17	11	8	1	0	15	18
Up to 3 units	70	81	92	92	98	99	88	64
More than 3, up to 6 units	16	12	5	4	0	0	8	20
More than 6 units	14	6	2	4	1	0	4	16
<b>% exceeding 3 units</b>	<b>30</b>	<b>18</b>	<b>7</b>	<b>8</b>	<b>1</b>	<b>1</b>	<b>12</b>	<b>36</b>
<i>Unweighted base</i>	3,745	618	446	618	495	448	364	642
<i>Weighted base</i>	47,623	641	454	1,043	488	194	158	2,329

Notes: Numbers may not add due to rounding.

Source: Department of Health (2005) *Health Survey for England 2004*. The Information Centre: London  
See <http://www.ic.nhs.uk/pubs/healthsurvey2004ethnicfull>

Figure 7.8a Alcohol consumption by ethnic group, men aged 16 and over, 2004, England

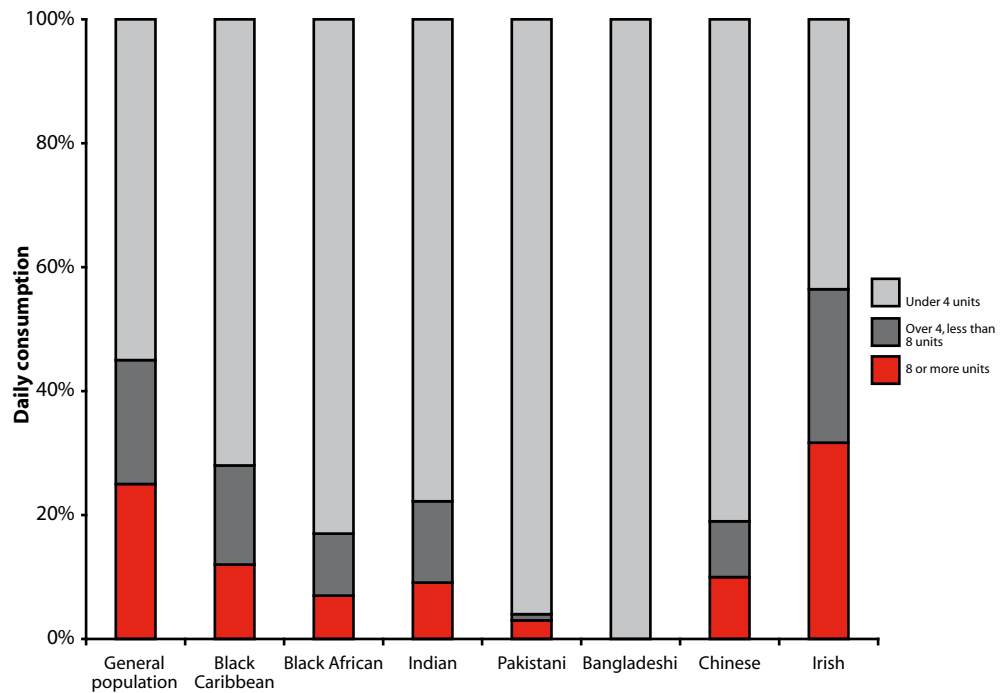
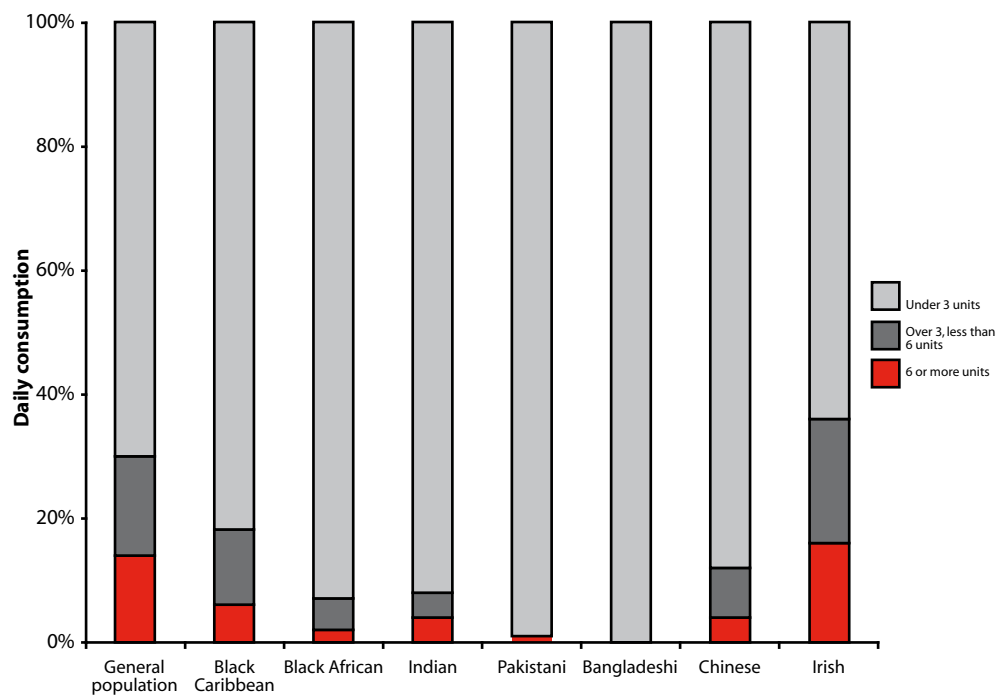


Figure 7.8b Alcohol consumption by ethnic group, women aged 16 and over, 2004, England



**Table 7.9** *Alcohol consumption by country, adults aged 15 and over, 2003, Europe*

*Litres pure alcohol per person per year*

Albania	1.7	Lithuania	8.6
Armenia	1.1	Luxembourg	14.6
Austria	10.5	FYR Macedonia *	1.9
Azerbaijan	3.1	Malta	5.4
Belarus	4.8	Netherlands	7.8
Belgium	8.9	Norway	4.8
Bosnia and Herzegovina	8.3	Poland	6.7
Bulgaria	5.0	Portugal	9.4
Croatia	10.3	Republic of Moldova *	10.2
Cyprus	9.0	Romania	7.4
Czech Republic	13.7	Russia	8.9
Denmark	9.8	Serbia and Montenegro *	6.8
Estonia	9.7	Slovakia	9.5
Finland	7.7	Slovenia	9.9
France	10.0	Spain	10.0
Georgia	1.3	Sweden	5.6
Germany	10.7	Switzerland	9.4
Greece	7.7	Tajikistan	0.3
Hungary	11.6	Turkey	1.0
Iceland	5.5	Turkmenistan	0.7
Ireland	10.6	Ukraine	5.2
Israel	1.7	United Kingdom	9.3
Italy	7.6	Uzbekistan	1.0
Kazakhstan	2.2	Europe average	8.8
Kyrgyzstan	2.4	EU-15 average	9.4
Latvia	8.4	EU-25 average	9.3

Notes: \* data for these countries are for 2002.

Source: World Health Organization (2006) *European Health for All statistical database*.  
<http://www.euro.who.int/hfad> (accessed 12 January 2007)

Figure 7.9 Alcohol consumption by country, adults aged 15 and over, 2003, Europe

