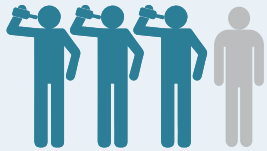


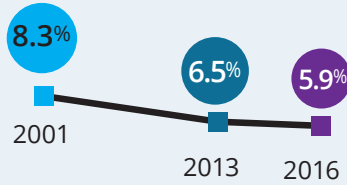


## Alcohol consumption

In 2016, **3 in 4**  
 (77%) drank alcohol  
 in the past 12 months



The proportion drinking  
 daily continued to decline



## Drink preferences

12-17 year olds:  
 Pre-mixed spirits **40%**



Adult males: Beer **33%**

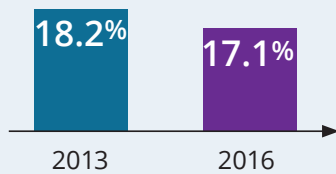


Adult females: Wine **51%**

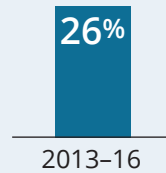


## Alcohol risk

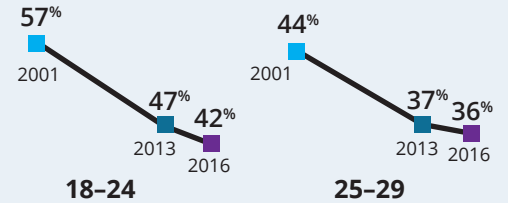
Decline in drinking in excess of  
 lifetime risk guidelines



...but those exceeding single  
 occasion risk guidelines (at least  
 monthly) remained stable

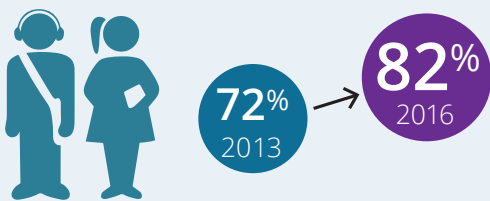


Young adults were less likely to drink  
 5+ standard drinks on a single occasion  
 at least monthly



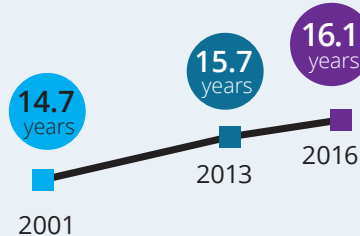
## Improvements in young people

More teenagers aged 12-17 abstained in 2016



Younger people are delaying drinking

average age of 14-24 year olds trying alcohol for the first time increased



## Consumed 11 or more standard drinks

Around **1 in 7**  
 (15.4%) had **11+ drinks** on a  
**single drinking occasion** in  
 the past 12 months



Young adults aged 18-24  
 were the most likely age  
 group to drink 11+



**1 in 14**  
 (7.1%) had done so at  
 least monthly



At least yearly **29%**

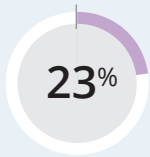


At least monthly **15.3%**

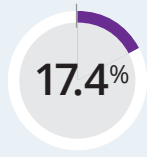


## Alcohol related harm

Recent drinkers undertaking **risky activities** while under the influence of alcohol continues to decline

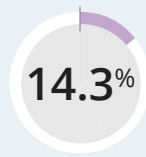


2007

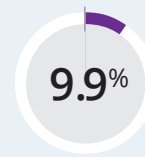


2016

Driving a vehicle was the most common activity undertaken also declining since 2007

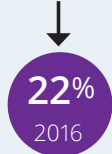


2007



2016

Fewer people were victims of an **alcohol-related incident** (verbally abused, physically abused or being put in fear) in 2016



In comparison to low-risk drinkers, **single occasion risky drinkers** (at least monthly) were:

**7.5 times** as likely to **miss work** due to their alcohol use



**8.1 times** as likely to **injure themselves or someone else** in the last 12 months



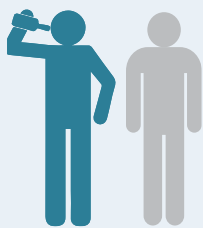
**3.4 times** as likely to be **physically abused**



**3.4 times** as likely to **drive a vehicle while under the influence of alcohol.**



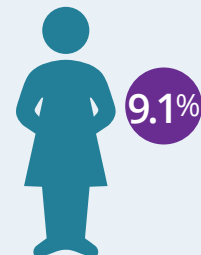
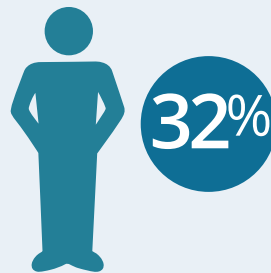
### Drinking reduction



About **1 in 2** recent drinkers had undertaken moderating behaviour (such as reducing the number of days they drank). Concern for their health was the main reason for doing this.

### Perceptions of health effects of alcohol

**More males than females** thought they could drink 3 or more drinks every day without putting their health at risk



**Note:** findings relate to people aged 14 or older unless specified. An adult is a person aged 18 or older.

All data presented in this chapter are available in the alcohol tables  
<<http://www.aihw.gov.au/reports/illicit-use-of-drugs/ndshs-2016-detailed/data>>.