

# Alcohol Statistics – Scotland

Last Updated January 2021

## Alcohol and death

In 2018, alcohol mortality in Scotland increased by 1% compared with the previous year, with 1,136 alcohol-specific deaths in 2018, up from 1,120 in 2017. This represents an average of 22 deaths per week, and it is still more than three times the number of alcohol-specific deaths in the early 1980s. The number of alcohol-specific deaths was more than twice as high among men than women in 2018, in Scotland.

Alcohol-related morbidity and mortality are not evenly distributed throughout the population and the burden is greatest among those living in the most deprived areas.

(Scottish Alcohol Survey, 2019)

## How much do people drink?

In 2019, 30% of adults had drunk 1-2 times in the last week. 32% of men and 27% of women had drunk 1-2 times in the last week. The average number of units consumed in a week was 12.

In 2008, 25% of men in Scotland drank around 4 units a week and 21% of women drank around 3 units a week.

(Scottish Health Survey, 2019; Scottish Health Survey 2010)

Following a significant decrease in prevalence of hazardous or harmful drinking between 2003 and 2013, prevalence for all adults has remained relatively stable. In 2003, it was 34%, it dropped to 25% in 2013 and in 2019 had dropped again to 24% and has remained relatively stable. The highest prevalence of hazardous or harmful drinking for men was among those aged 55–64 and for women among those aged 45–54.

(Scottish Alcohol Survey, 2019)

## Young people and alcohol

The proportion of pupils who have ever had an alcoholic drink has decreased again since 2013. Less than a third of 13-year-old pupils have ever had an alcoholic drink, while two-thirds of 15-year-olds had ever had one. This is the lowest rate since the survey began. However, there has been an increase in the proportion of 13-year-olds who reported being drunk in the past week.

26% of 16-24-year-olds (in 2019) said they had drunk 1-2 times in the last week. In 2010, only 4% of 16-24-year-olds said they had drunk anything in the last week.

(The Scottish Government, 2020)

## Alcohol and the family

Among all children in 2017/2019 combined:

17% were living with at least one parent who exhibited hazardous, harmful drinking behaviour or had a possible alcohol dependence.

2% were living with at least one parent who exhibited harmful drinking behaviour or who had a possible alcohol dependence.

83% did not live in a household with a parent who exhibited hazardous, harmful drinking behaviour or who had a possible alcohol dependence.

(Scottish Health Survey, 2019)

## Alcohol and Hospital

In 2018/19, there were an estimated 38,685 stays in hospital for alcohol related conditions. In 2009/10, there were 39,345 admissions, so that number has remained fairly stable.

The Net Ingredient Cost (NIC) of alcohol-related prescription items in 2019 was £1.1bn. In 2010 it was £95 million.

(Public Health Scotland, 2020; Information Services Division Scotland, 2011/12)

## Effects on Others

Harmful alcohol use carries considerable economic costs; in 2010 the Scottish Government estimated that the excessive consumption of alcohol in Scotland costs £3.6 billion a year, equivalent to £900 per adult. This was estimated to include £267 million to the NHS, £209 million to social care services and £727 million to the justice system.

(Public Health Scotland, 2019)

In academic analysis done in 2012, by the University of Aberdeen, indicates that the cost of alcohol to Scotland is 7.2bn, with 20% of the most deprived suffering from 40% of the harms.

(Institute for Alcohol Studies, 2020)

# Tobacco Statistics - Scotland

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## Smoking and death

13,500 (a quarter of all) deaths were recorded in Scotland as due to smoking in 2010. In 2018, 9,360 (16%) of deaths were attributed to smoking. This is quite a reduction in numbers.

(Scottish Health Survey, 2010; Public Health Scotland, 2019)

## How much do people smoke?

In 2010, 25% of adults were current smokers - 26% of men and 25% of women. In 2019, only 17% of people smoked, which is the lowest recorded level in Scotland. Smoking is more prevalent in the 24-54 age group and lowest among those over 75.

(Scottish Health Survey 2010; Scottish Health Survey, 2019)

## Smoking and money

It has been estimated that the cost to society in Scotland from smoking is £1.1bn annually. This includes lost productivity due to premature deaths, smoking breaks and absenteeism, as well as the cost to NHS Scotland of £323m.

In 2015/16, the UK government earned 9.5bn in revenue from tobacco duties (excluding VAT).

(Action on Smoking & Health Scotland, 2020)

## Smoking and cancer

Smoking-attributable deaths due to cancer (4,724) accounted for 29% of all cancer deaths in Scotland in 2018.

Of all deaths for men due to cancer in 2018, there were 2,825 (33%) estimated to be due to smoking (202 deaths per 100,000 population), while the equivalent number for women was 1,899 (24%) (108 deaths per 100,000 population).

(Public Health Scotland, 2020)

### Smoking and pregnancy

Babies born to mothers who smoke are lighter by between 162 and 226 grams. 14.4% of mothers are smokers at the time of booking their first appointment.

(Public Health Scotland, 2020)

### Young people and smoking

On average, 36 children under 16 start smoking in Scotland every day.

7% of 15-year-olds and 2% of 13-year-olds are regular smokers. This is the lowest level since numbers began to be recorded.

In 2013, 2% of 13-year-olds smoked which is down from a peak of 8% in 1998. Also, in 2013, 9% of 15-year-olds smoked, which is down from a peak of 29% in 1996.

(Action on Smoking & Health Scotland, 2020)

# Illegal Drugs Statistics – Scotland

Updated January 2021

## General statistics

In 2017/18, 7.4% of respondents (aged 16 years and over) had used illicit drugs during the previous year, compared with 6.0% in 2014/15.

Higher levels of drug misuse were reported among males than females. In 2017/18, 9.4% of males aged 16 and over reported illicit drug use in the previous year, compared to 5.5% of females.

Individuals aged 16-24 were most likely to report using drugs in the last year (19.2%), compared with 12.3% of those aged 25-44, 3.4% of 45-59-year-olds and 0.5% of those aged 60 or older.

In 2017/18, the most commonly reported illicit drug used within the last year was cannabis (6.6% of adults, 5.0% in 2014/15), followed by cocaine (1.8%, same as in 2014/15) and ecstasy (1.2%, 1.3% in 2014/15).

Among adults who had used illicit drugs in the last month, 83.7% said that it was very easy or fairly easy to get hold of the drug they used most often.

Among adults who had used more than one illicit drug in the last year, 44.5% had taken more than one drug at the same time.

Among adults who had used illicit drugs at some point in their lives, 64.0% reported that their first drug used was cannabis.

(ScotPHO, 2020)

There are no more up-to-date data for illegal drug use as the SCJS has not provided access to the data tables. Below is a table showing the percentage of people who said they had used the drug in the last year from the Scottish Health Survey in 2014/15 and 2010/11.

<b>Drug</b>	<b>2014-15</b>	<b>2010/11</b>
Solvents	0.0%	0.2%
Cannabis	5.0%	5.6%
LSD	0.2%	0.2%
Magic Mushrooms	0.2%	0.3%
Amphetamines	0.4%	0.9%
Ecstasy	1.3%	1.4%
Cocaine	0.1%	1.9%
Crack	0.1%	1.8%
Heroin	0.2%	0.2%
Tranx and barbs	0.5%	1.0%

<b>Drug</b>	<b>2014-15</b>	<b>2010/11</b>
Steroids	0.0%	0.1%
GHB	0.4%	n/a
Alkyl nitrates	0.6%	0.6%
Khat	n/a	0.1%
Ketamine	0.2%	0.3%