

Sunderland Adult Health & Lifestyle Survey 2017

Topic Profile: Drinking Alcohol

About Drinking Alcohol

Alcohol has been part of our culture for centuries. Many people drink sensibly but in recent years alcohol misuse has become a serious public health problem. Alcohol causes or contributes to a range of health problems including liver disease, some cancers, pancreatitis, heart disease, stroke, and depression. In 2016, there were 152 deaths in persons of all ages in Sunderland from alcohol-related conditions; this gives a mortality rate that is 1.5 times the England rate. Over the same time period, alcohol-related conditions resulted in 2,250 years of life lost in Sunderland.

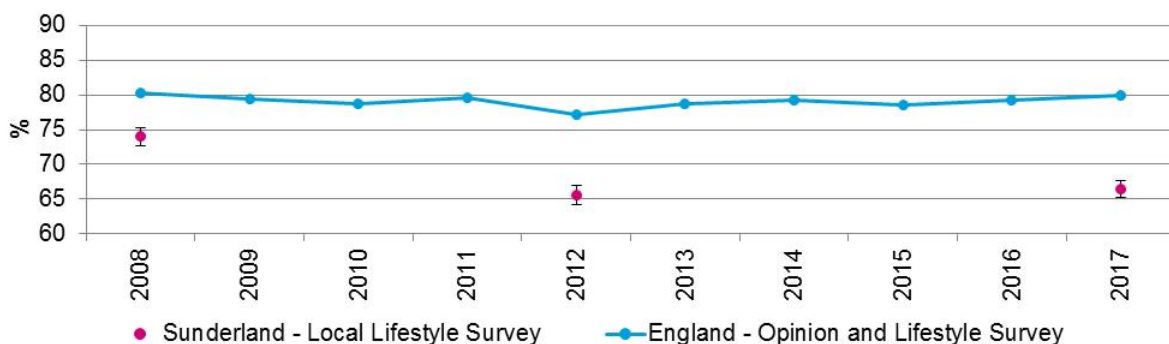
Prevalence of Drinking in Sunderland

Based on our survey of 5,571 adults aged 18 and over (a 2.5% sample of the Sunderland adult population):

- 33.6% of Sunderland adults do not drink alcohol;
- 66.4% of Sunderland adults do currently drink alcohol;
- Men are more likely than women to be a current drinker and less likely to be abstinent.



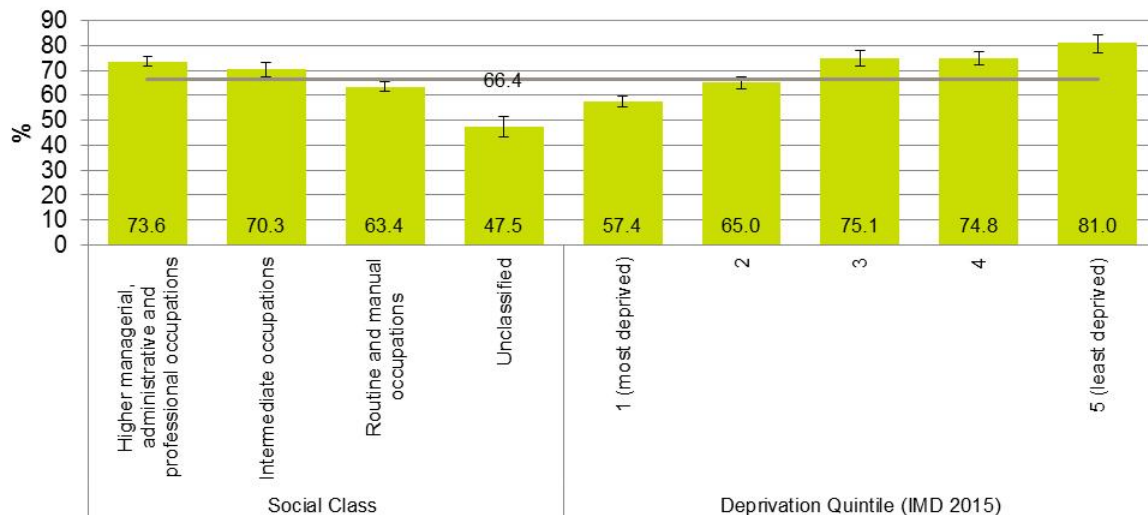
Comparing the results of our local survey with the results for England from the Opinion and Lifestyle Survey conducted by the Office for National Statistics shows that overall drinking prevalence in Sunderland is lower than for England. Prevalence for England has been steady at around 80%, prevalence for Sunderland fell from 74% in 2008 to 66% in 2012 and remains at 66% in 2017.



Patterns of Drinking in Sunderland

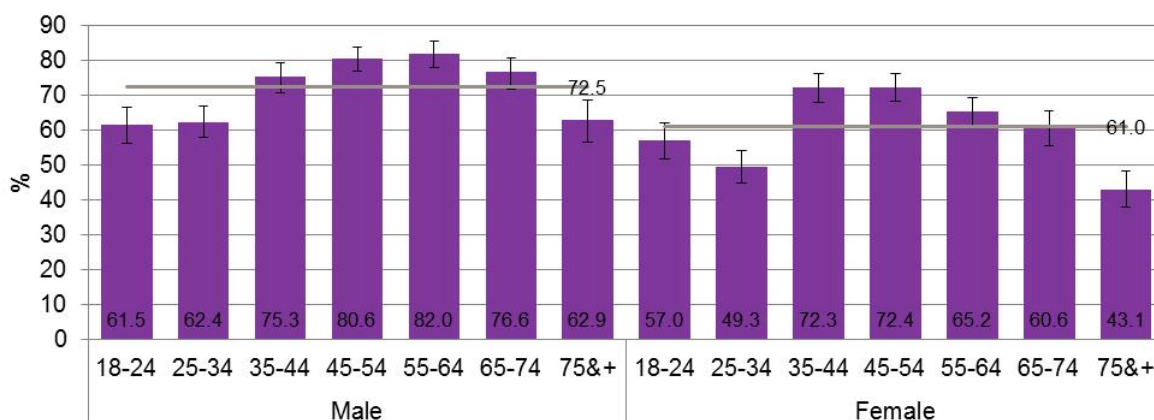
In our survey, 66.4% of adults aged 18 and over are current drinkers; based on 2016 mid-year population estimates this would mean that in Sunderland we have around 148,600 adults aged 18 and over who drink alcohol. Prevalence of drinking in adult males is 72.5% and prevalence of drinking in adult females is 61.0%.

By social class and deprivation status



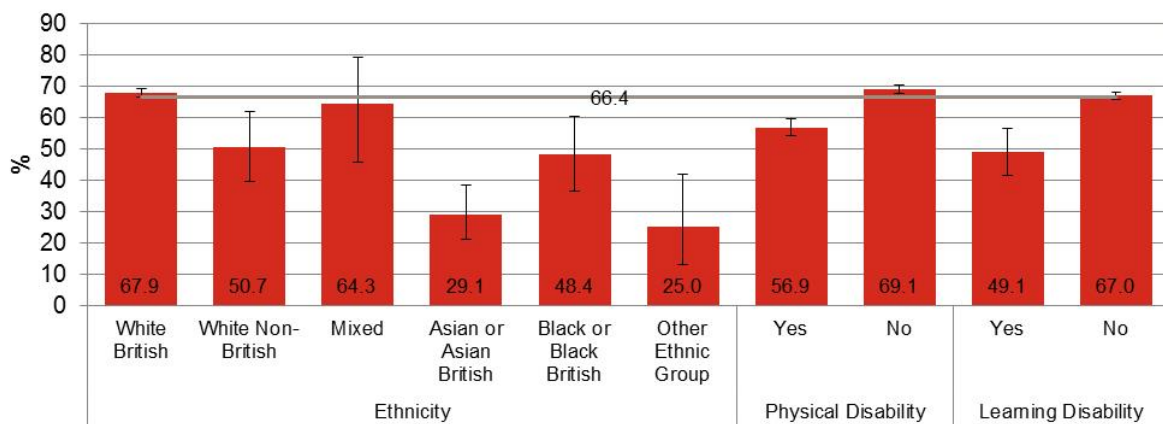
- Adults in higher managerial, administrative and professional occupations reported significantly higher drinking prevalence (73.6%) than the Sunderland average (66.4%), whilst adults who have never worked or are long term unemployed (the “unclassified group”) (47.5%) reported significantly lower drinking prevalence than the Sunderland average (66.4%).
- Adults who live in areas within Sunderland that are among the most disadvantaged fifth of all areas across England (Quintile 1) (57.4%) reported significantly lower drinking prevalence than the Sunderland average (66.4%); 38% of the Sunderland population lives within these areas.
- Adults who live in areas of Sunderland that fall into Quintile 3 (75.1%), Quintile 4 (74.8%) and Quintile 5 (81.0%) report significantly higher drinking prevalence than the Sunderland average (66.4%).

By age and gender



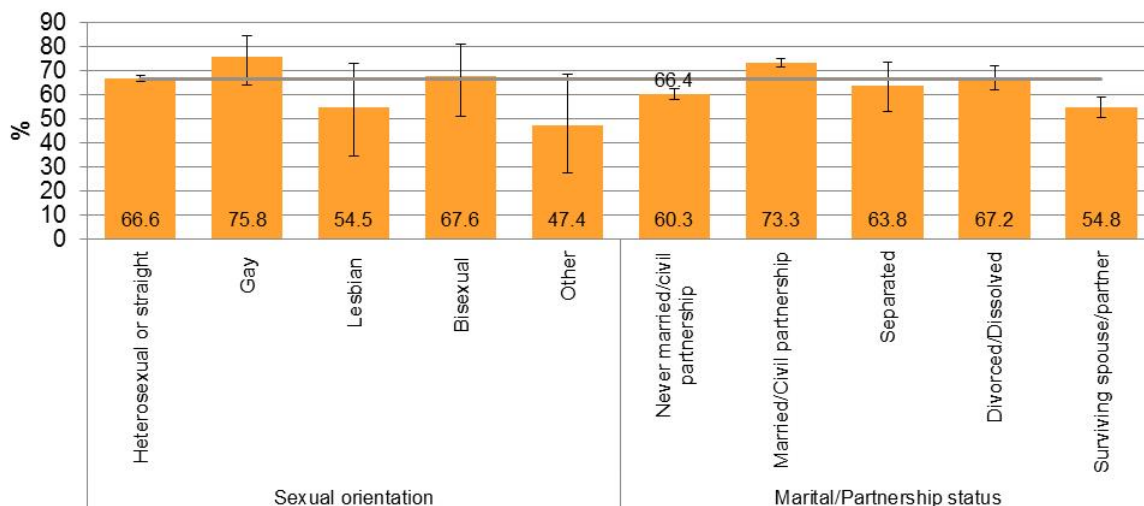
- Generally the prevalence of drinking is higher for males than for females.
- In males, drinking prevalence is highest in 55-64 and 45-54 age groups; in females drinking prevalence is highest in 45-54 and 35-44 age groups.
- Males aged 55-64 (82.0%) and 45-54 (80.6%) reported significantly higher drinking prevalence than the average for Sunderland males (72.5%), whilst males aged 18-24 (61.5%), 25-34 (62.4%) and 75 and over (62.9%) reported significantly lower drinking prevalence than the average for Sunderland males (72.5%).
- Females aged 45-54 (72.4%) and 35-44 (72.3%) reported significantly higher drinking prevalence than the average for Sunderland females (61.0%), whilst females aged 25-34 (49.3%) and 75 and over (43.1%) reported significantly lower drinking prevalence than the average for Sunderland females (61.0%).

By ethnicity or disability status



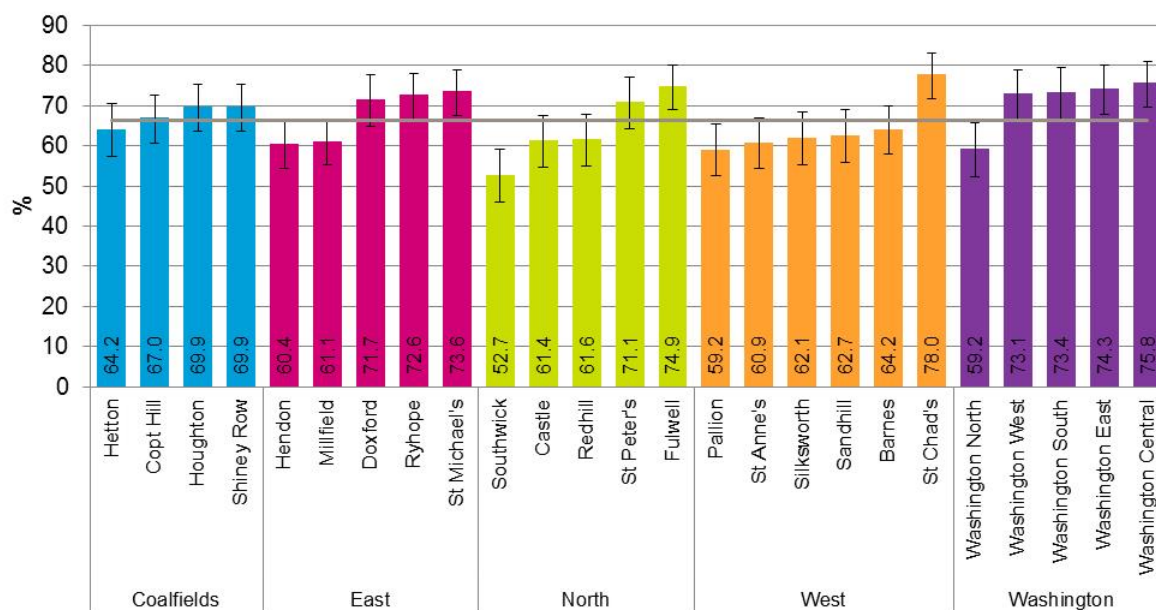
- Adults from Other Ethnic (25.0%), Asian or Asian British (29.1%), Black or Black British (48.4%), and White Non British (50.7%) groups reported significantly lower drinking prevalence than the Sunderland average (66.4%).
- Adults with a physical disability (56.9%) reported significantly lower drinking prevalence than those without a physical disability (69.1%).
- Adults with a learning disability (49.1%) reported significantly lower drinking prevalence than those without a learning disability (67.0%).

By sexual orientation or partnership status



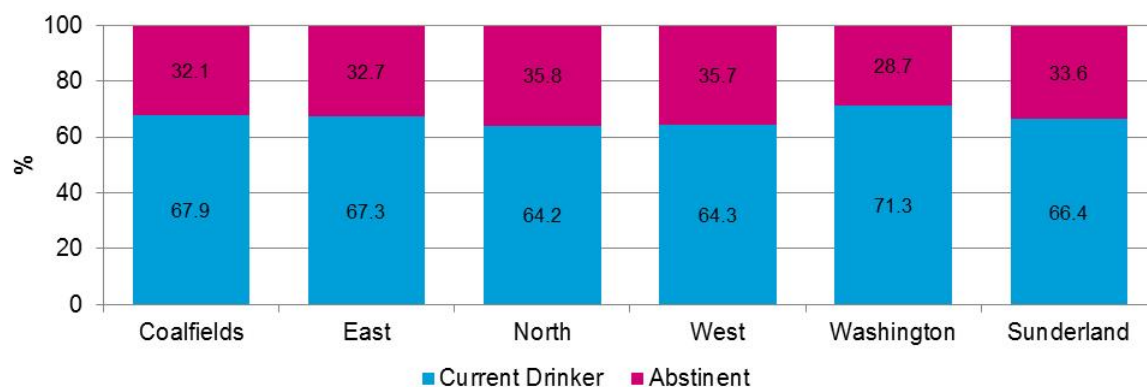
- There is no statistically significant variation by sexual orientation in the prevalence of drinking alcohol.
- Adults who are a surviving spouse (widow or widower) or civil partner (54.8%) or who have never been married or in a registered civil partnership (60.3%) reported significantly lower drinking prevalence than the Sunderland average (66.4%), whilst adults who are married or in a registered civil partnership (73.3%) reported significantly higher drinking prevalence than the Sunderland average (66.4%).

By ward



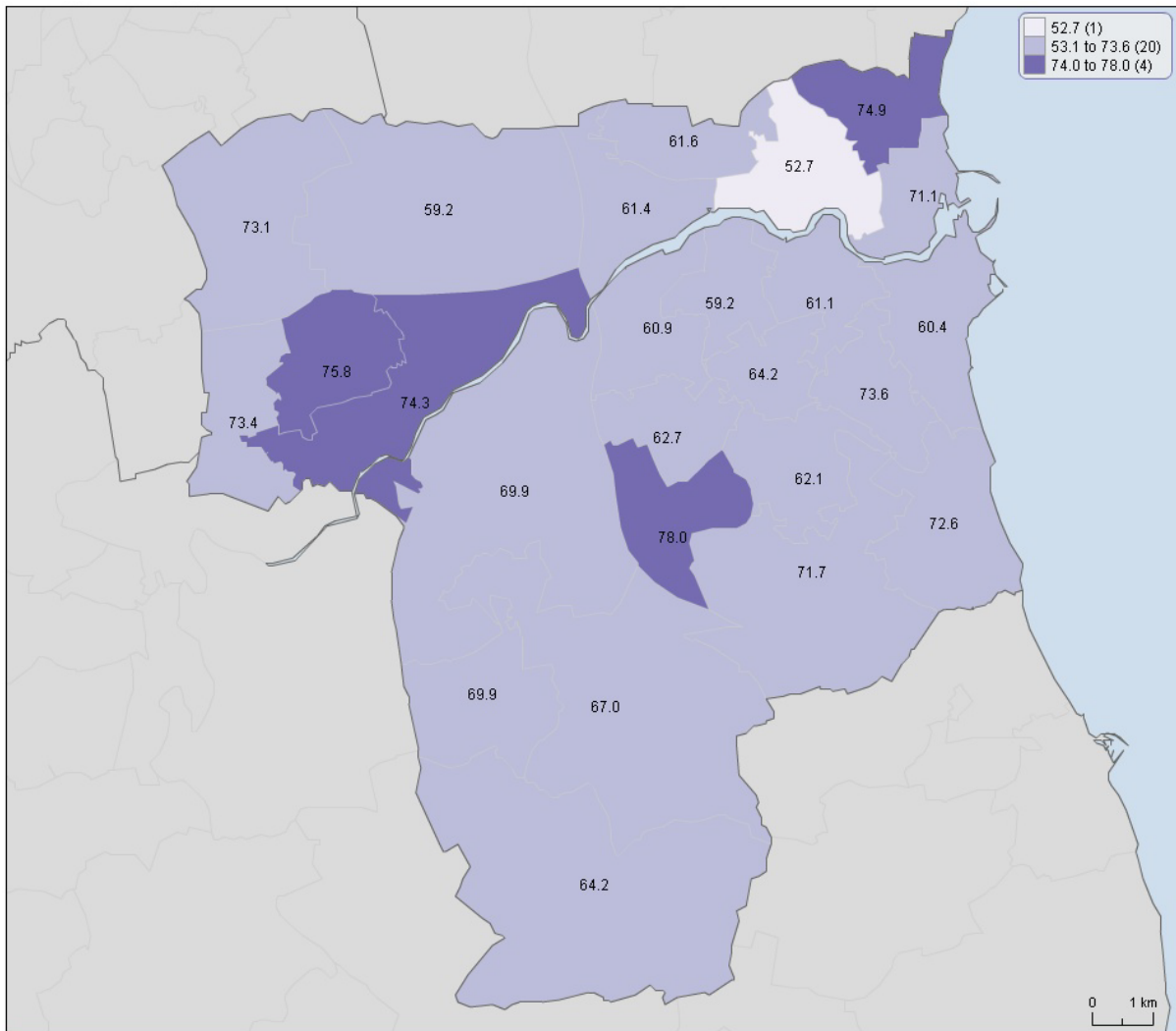
- Adults living in St Chad's (78.0%), Washington Central (75.8%), Fulwell (74.9%) and Washington East (74.3%) report significantly higher drinking prevalence than the Sunderland average (66.4%).
- Adults living in Southwick (52.7%) report significantly lower drinking prevalence than the Sunderland average (66.4%).

By area



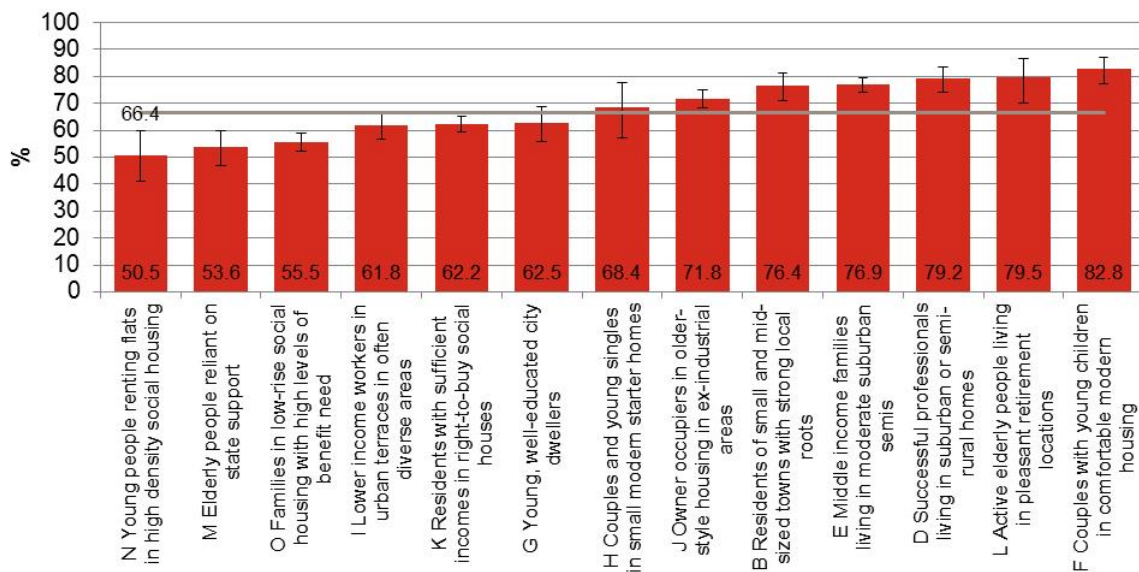
- When summarised at area level, adults living in the Washington area (71.3%) report significantly higher drinking prevalence than the Sunderland average (66.4%).

Map showing drinking prevalence (%) for Sunderland wards



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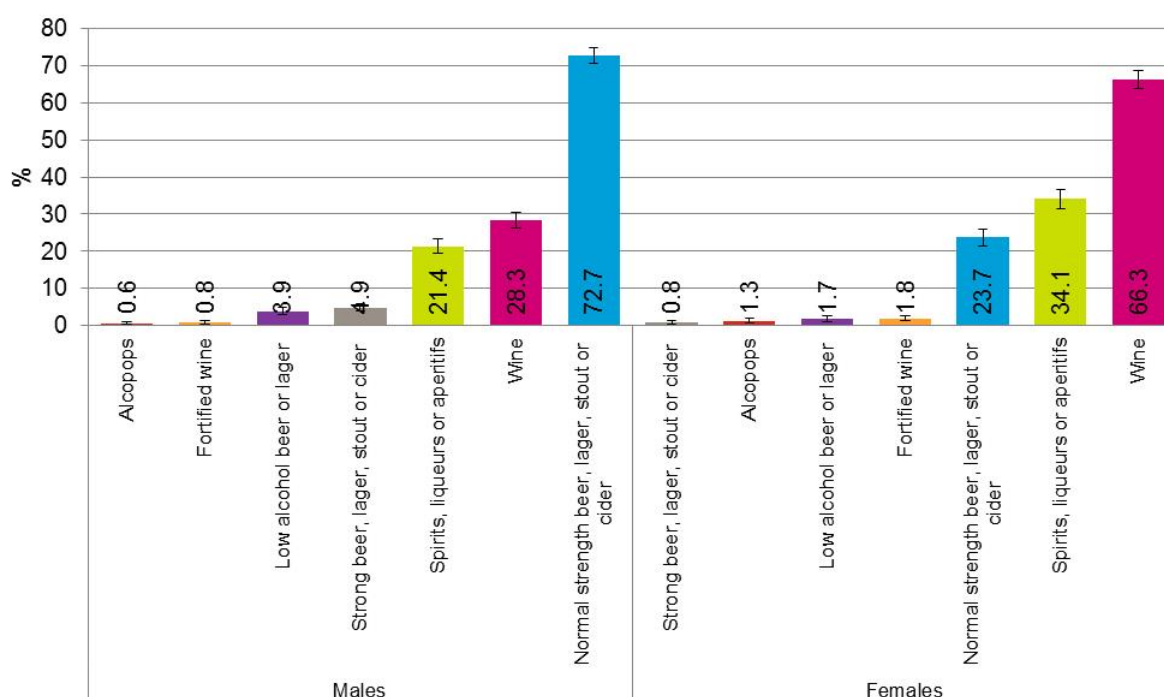
By Mosaic® group



- When considering population groups with similar social and demographic characteristics (Mosaic® groups), group F (82.8%), group L (79.5%), group D (79.2%), group E (76.9%), group B (76.4%) and group J (71.8%) report significantly higher drinking prevalence than the Sunderland average (66.4%).
- When considering population groups with similar social and demographic characteristics (Mosaic® groups), group N (50.5%), group M (53.6%), group O (55.5%), and group K (62.2%) report significantly lower drinking prevalence than the Sunderland average (66.4%).

Who drinks what?

Within our survey sample, anyone who said that they drink alcohol on at least one day in a typical week was asked what kind of alcohol they drink. When asked about this:



- Males were most likely to report drinking normal strength beer, lager, stout or cider (72.7%), followed by wine (28.3%), followed by spirits, liqueurs or aperitifs (21.4%).
- Less than 5% of males who drink alcohol at least once in a typical week reported drinking strong beer, lager, stout or cider (4.9%) or low alcohol beer or lager (3.9%).
- Less than 1% of males who drink alcohol at least once in a typical week reported drinking fortified wines such as port or sherry (0.8%) or alcopops (0.6%).
- Females were most likely to report drinking wine (66.3%), followed by spirits, liqueurs or aperitifs (34.1%), followed by normal strength beer, lager, stout or cider (23.7%).
- Less than 2% of females who drink alcohol at least once in a typical week reported drinking fortified wines such as port or sherry (1.8%), low alcohol beer or lager (1.7%), alcopops (1.3%) or strong beer, lager, stout or cider (0.8%).

Risks associated with drinking alcohol

New guidelines on alcohol consumption make it clear that the risks start from any level of regular drinking and increase with the amount being consumed. There is no “safe” level of drinking, but to keep health risks from alcohol low:

- Men and women are advised not to drink more than 14 units a week on a regular basis;
- Drinking should be spread over three or more days if you regularly drink as much as 14 units a week;
- Try to have several drink-free days each week;
- Anyone who is pregnant or is thinking about becoming pregnant should not drink alcohol at all.

The best way to reduce risks is to reduce both alcohol consumption and drinking frequency.

Consumption of alcohol in Sunderland

In our survey we asked about the amount of alcohol consumed in a typical week. Units of alcohol were calculated by asking how much of different types of alcohol were consumed. The graphic below, produced by [drinkaware](#), shows what one unit of alcohol looks like for a range of different alcoholic beverages.

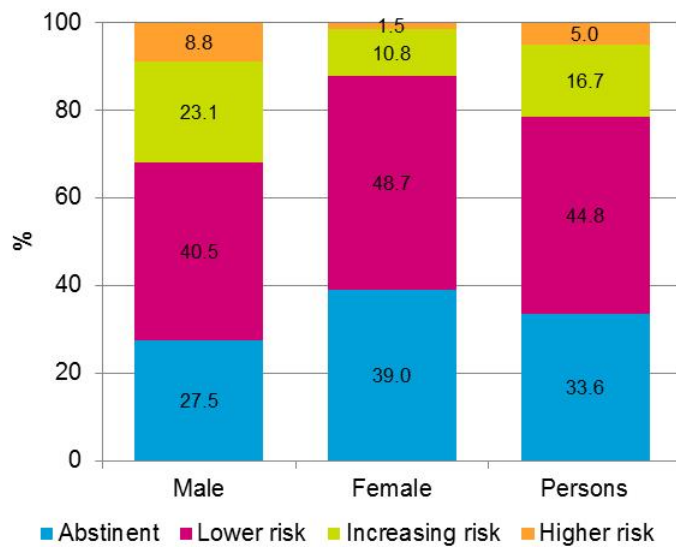


Based on the new guidelines for alcohol consumption we then classified our population as follows in order to help us assess the health harms from alcohol use:

- Abstinent – these are adults who told us that they do not drink at all nowadays.
- Lower Risk Drinkers – these are adults who told us that they drink up to 14 units of alcohol in a typical week, including occasional drinkers.
- Increasing Risk Drinkers – these are adults who told us that they drink between 14 units and 35 units of alcohol in a typical week.
- Higher Risk Drinkers – these are adults who told us that they drink more than 35 units of alcohol in a typical week.

Based on our survey of 5,571 adults aged 18 and over (a 2.5% sample of the Sunderland adult population):

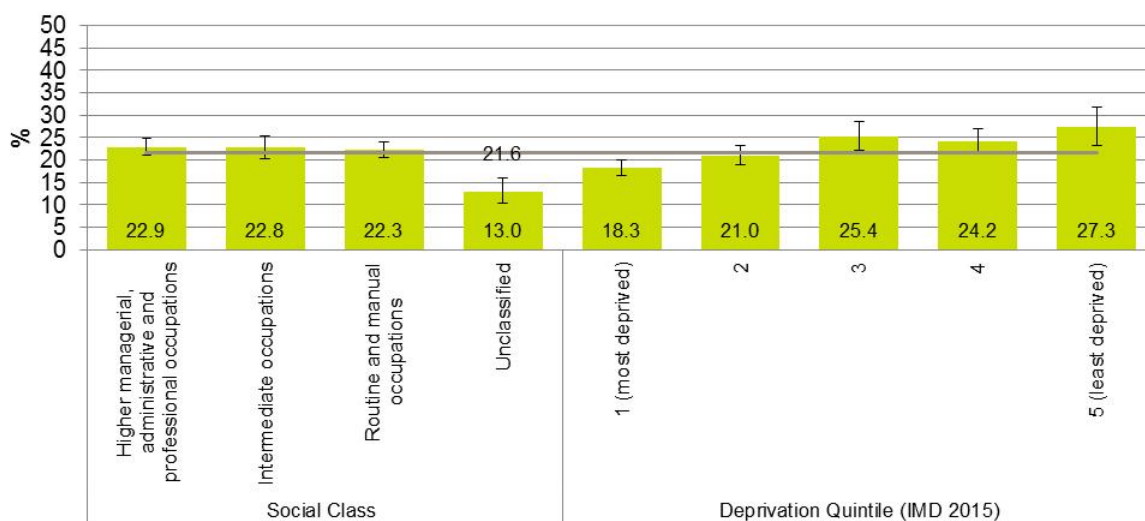
- 33.6% reported that they do not drink alcohol and were classified as abstinent.
- 44.8% reported drinking within guideline amounts and were classified as lower risk drinkers.
- 16.7% reported drinking above guideline amounts and were classified as increasing risk drinkers.
- 5.0% reported drinking above guideline amounts and were classified as higher risk drinkers.
- Women are more likely than men to be abstinent or lower risk drinkers, whilst men are more likely than women to be increasing or higher risk drinkers.



Prevalence of drinking above guideline amounts in Sunderland

In our survey, 21.6% of adults aged 18 reported drinking more than the recommended 14 units in a typical week; based on 2016 mid-year population estimates this would mean that in Sunderland we have around 48,600 drinkers aged 18 and over who drink more than the recommended weekly levels of alcohol consumption. This includes 37,400 who are at increasing risk and 11,200 who are at higher risk.

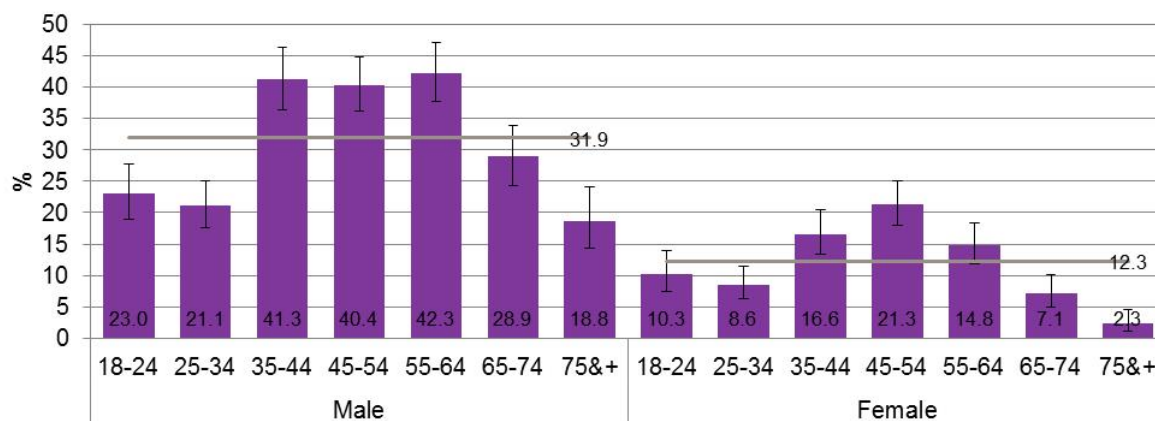
By social class and deprivation status



- Adults who have never worked or are long term unemployed (13.0%) are significantly less likely to drink more than the recommended 14 units of alcohol in a typical week than the Sunderland average (21.6%).

- Adults who live in areas within Sunderland that are among the most disadvantaged fifth of all areas across England (Quintile 1) (18.3%) are significantly less likely to drink more than the recommended 14 units of alcohol in a typical week than the Sunderland average (21.6%).
- Adults who live in areas of Sunderland that fall into the least disadvantaged fifth of all areas across England (Quintile 5) (27.3%) are significantly more likely to drink more than the recommended 14 units of alcohol in a typical week than the Sunderland average (21.6%).

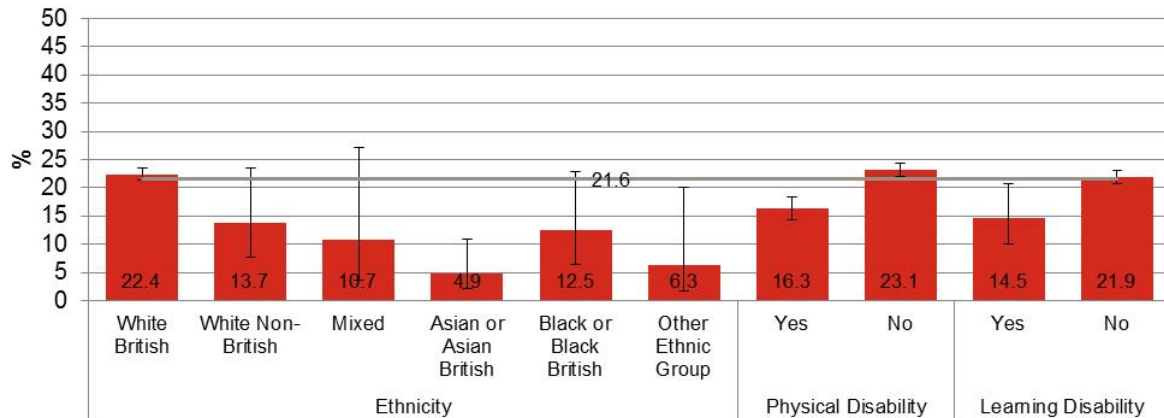
By age and gender



- Generally males are more likely than females to drink more than the recommended 14 units of alcohol in a typical week.
- Generally prevalence of drinking more than the recommended 14 units of alcohol in a typical week is higher in the middle (35-44, 45-54 and 55-64) age groups.
- Males aged 55-64 (42.3%), 35-44 (41.3%) and 45-54 (40.4%) were significantly more likely to drink more than the recommended 14 units of alcohol in a typical week than the average for Sunderland males (31.9%), whilst males aged 18-24 (23.0%), 25-34 (21.1%) and 75 and over (18.8%) were significantly less likely to drink more than the recommended 14 units of alcohol in a typical week than the average for Sunderland males (31.9%).
- Females aged 45-54 (21.3%) were significantly more likely to drink more than the recommended 14 units of alcohol in a typical week than the average for Sunderland females (12.3%), whilst females aged 65-74 (7.1%) and 75 and over (2.3%) were significantly less likely to drink more than the recommended 14 units of alcohol in a typical week than the average for Sunderland females (12.3%).

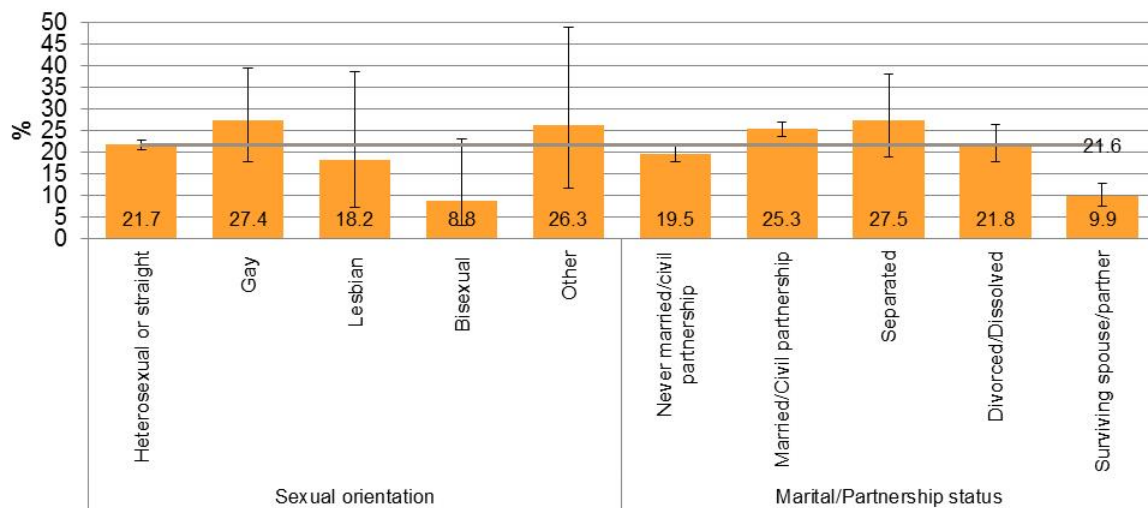
By ethnicity or disability status

- Adults from Asian or Asian British (4.9%) and Other Ethnic (6.3%) groups were significantly less likely to drink more than the recommended 14 units of alcohol in a typical week than the Sunderland average (21.6%).
- Adults from White British (22.4%) were most likely to drink more than the recommended 14 units of alcohol in a typical week.
- Adults with a physical disability (16.3%) were significantly less likely than those without a physical disability (23.1%) to drink more than the recommended 14 units of alcohol in a typical week.



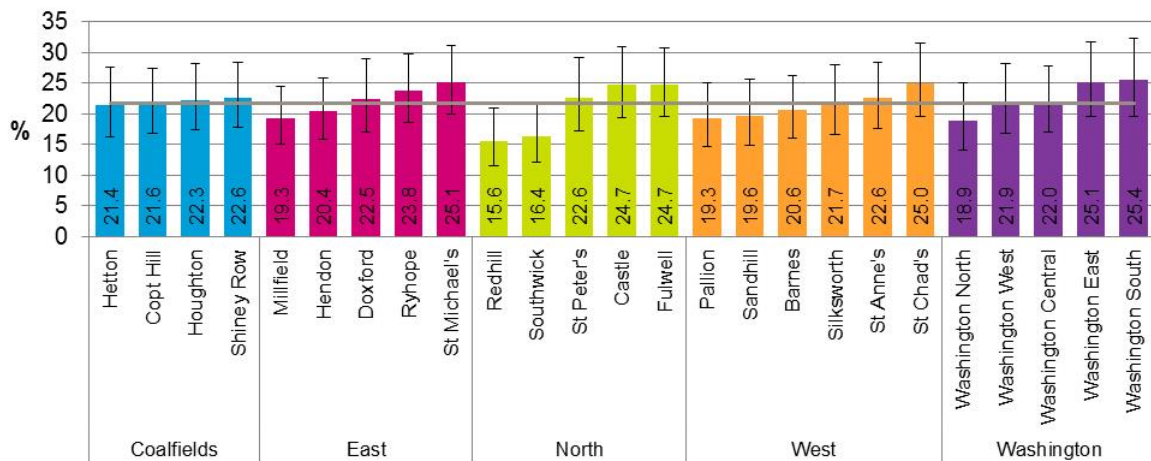
- Adults with a learning disability (14.5%) were significantly less likely than those without a learning disability (21.9%) to drink more than the recommended 14 units of alcohol in a typical week.

By sexual orientation or partnership status

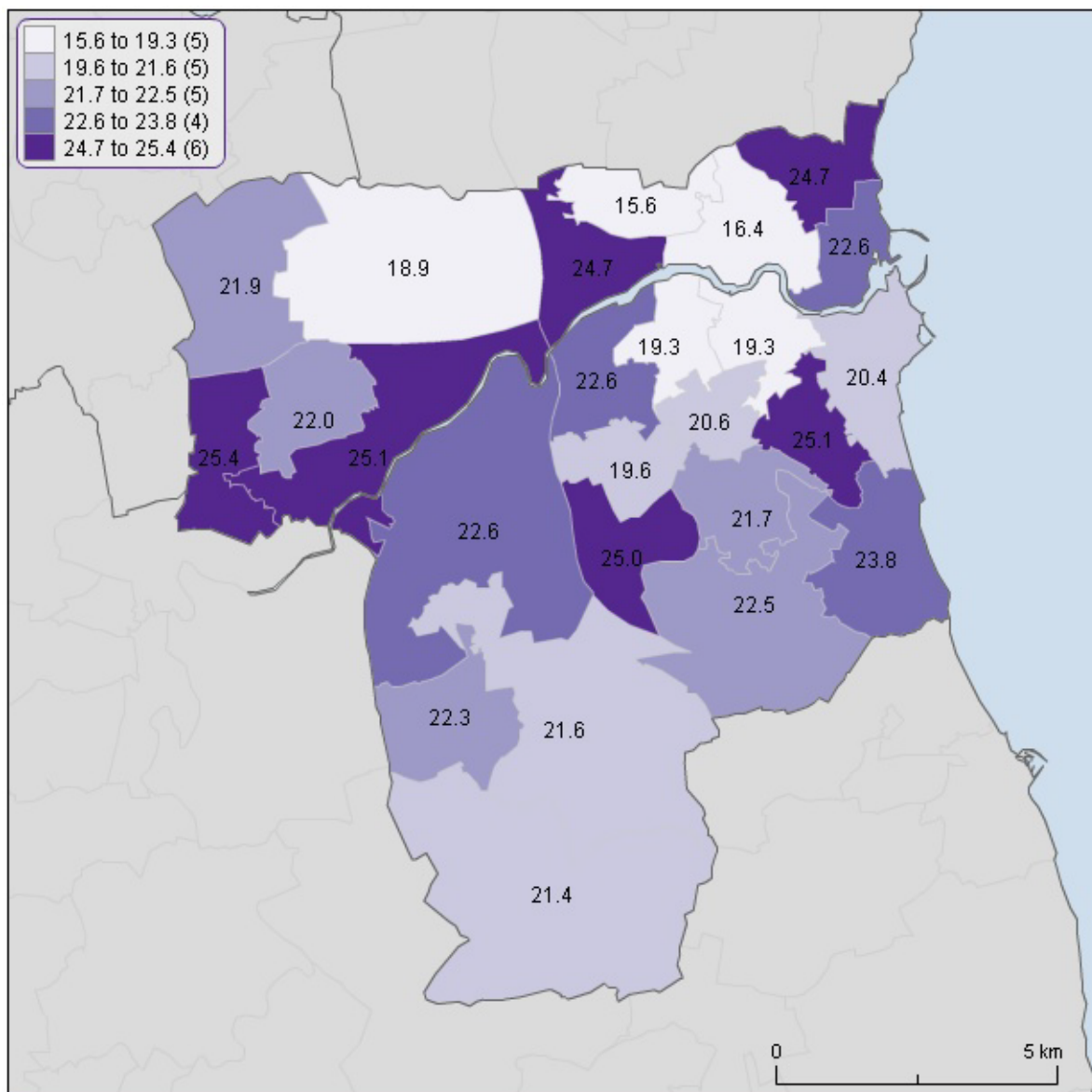


- There is no statistically significant variation by sexual orientation in the percentage of adults who drink more than the recommended 14 units of alcohol in a typical week.
- Adults who identify their sexual orientation as gay (27.4%) were most likely to drink more than the recommended 14 units of alcohol in a typical week; this was not statistically significant.
- Adults who are married or in a registered civil partnership (25.3%) were significantly more likely to drink more than the recommended 14 units of alcohol in a typical week than the Sunderland average (21.6%) whilst adults who are a surviving spouse (widow or widower) or civil partner (9.9%) were significantly less likely to drink more than the recommended 14 units of alcohol in a typical week than the Sunderland average (21.6%).
- Adults who are separated (27.5%) were most likely to drink more than the recommended 14 units of alcohol in a typical week; this was not statistically significant.

By ward



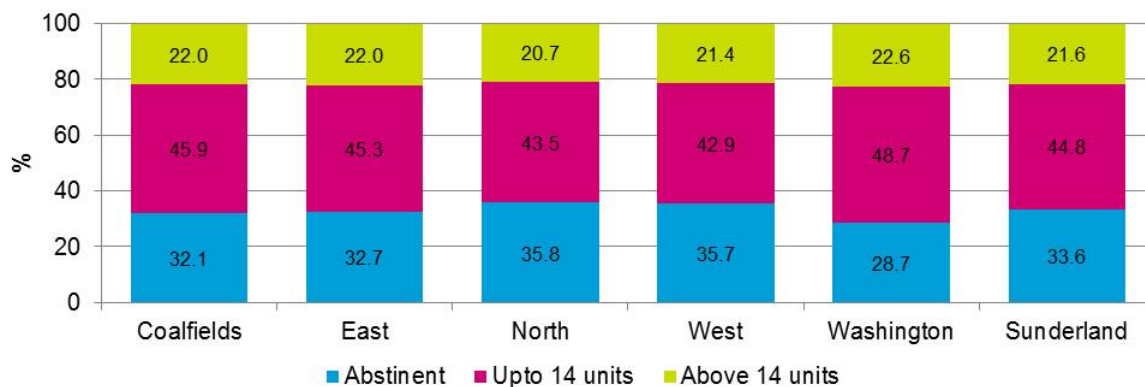
Map showing prevalence (%) drinking > 14 units/week for Sunderland wards



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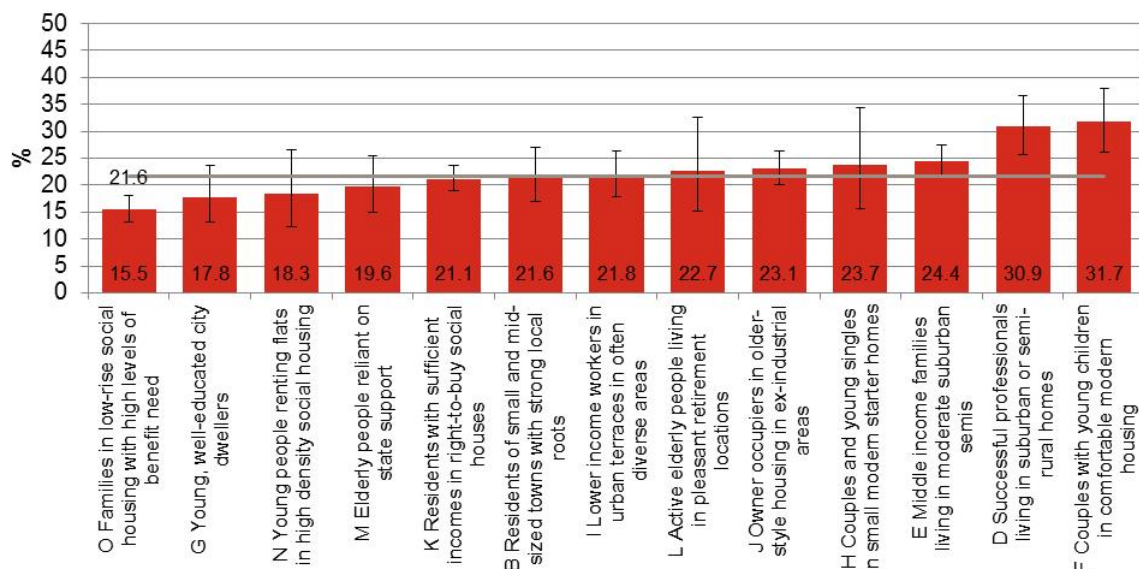
- There were no wards with significantly higher prevalence of drinking more than the recommended 14 units of alcohol in a typical week than the Sunderland average (21.6%).
- Wards with the highest prevalence of drinking more than the recommended 14 units of alcohol in a typical week were: Washington South (25.4%), Washington East (25.1%), St Michael's (25.1%), St Chad's (25.0%), Fulwell (24.7%) and Castle (24.7%).
- Wards with the lowest prevalence of drinking more than the recommended 14 units of alcohol in a typical week were: Redhill (15.6%), Southwick (16.4%), Washington North (18.9%), Millfield (19.3%) and Pallion (19.3%).

By area



- When summarised at area level, there is no statistically significant variation in the percentage of adults drinking more than the recommended 14 units of alcohol in a typical week.

By Mosaic® group



- When considering population groups with similar social and demographic characteristics (Mosaic® groups), group O (15.5%) reports significantly lower prevalence of drinking more than the recommended 14 units of alcohol in a typical week than the Sunderland average (21.6%).

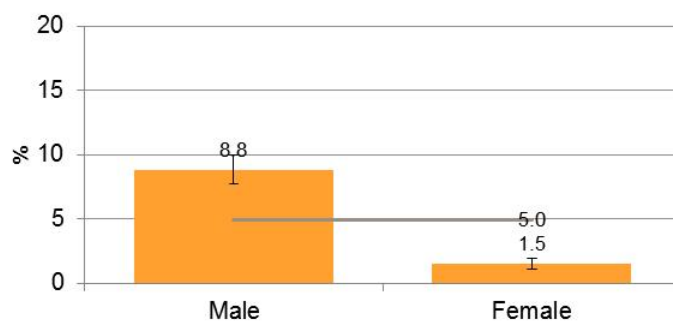
- When considering population groups with similar social and demographic characteristics (Mosaic® groups), group F (31.7%) and group D (30.9%) report significantly higher prevalence of drinking more than the recommended 14 units of alcohol in a typical week than the Sunderland average (21.6%).

Prevalence of higher risk drinking

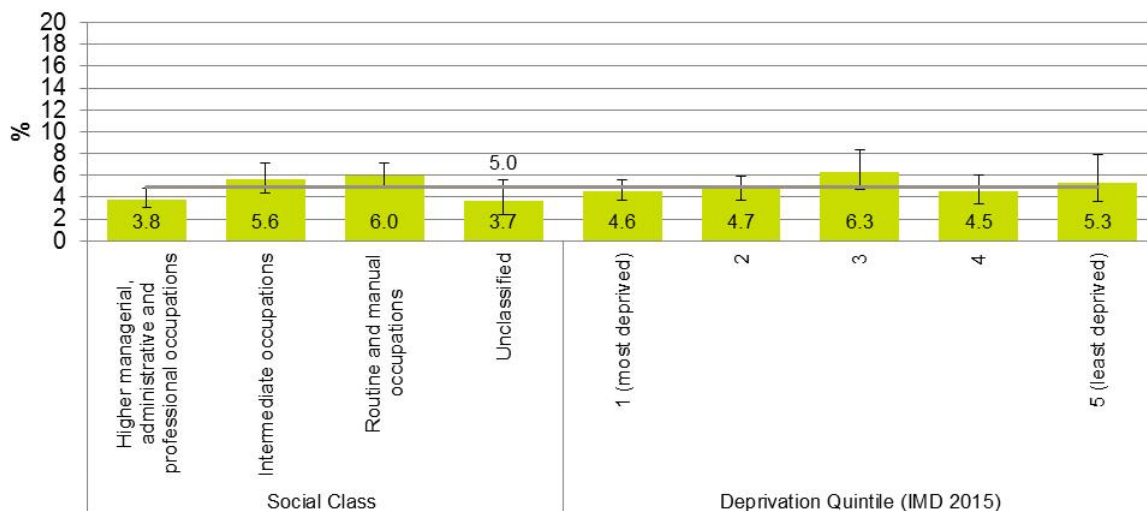
In our survey, 5.0% of adults aged 18 reported drinking more than 35 units of alcohol in a typical week; these are higher risk drinkers. Based on 2016 mid-year population estimates this would mean that in Sunderland we have around 11,200 drinkers aged 18 and over who are at higher risk.

Based on our survey of 5,571 adults aged 18 and over (a 2.5% sample of the Sunderland adult population):

- 5.0% of Sunderland adults reported drinking more than 35 units of alcohol in a typical week.
- Males (8.8%) were significantly more likely than females (1.5%) to report drinking more than 35 units of alcohol in a typical week.
- There are an estimated 11,200 higher risk drinkers in Sunderland including 9,500 males and 1,700 females.



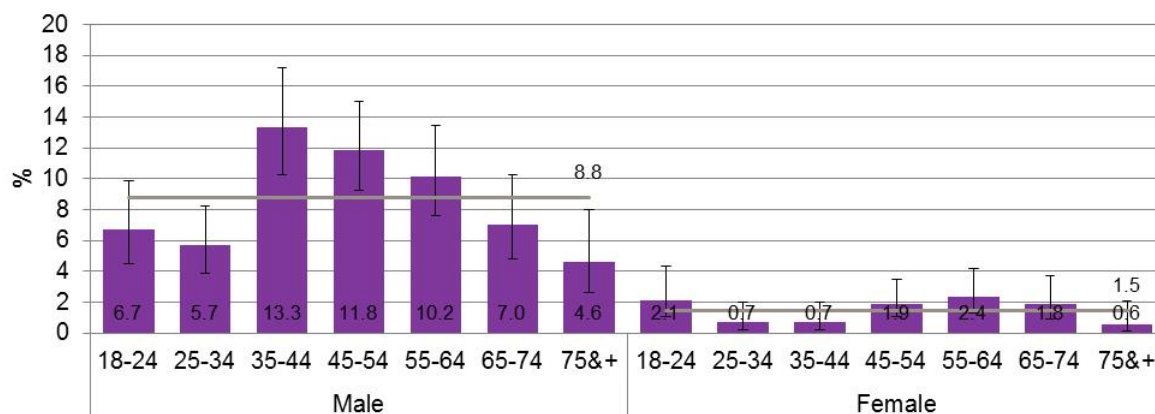
By social class and deprivation status



- There is no statistically significant variation in the percentage of adults drinking more than 35 units of alcohol in a typical week by either social class or deprivation quintile.
- Adults in routine and manual occupations (6.0%) were most likely to report drinking more than 35 units of alcohol in a typical week, whilst adults who have never worked or are long term unemployed (3.7%) were least likely to report drinking more than 35 units of alcohol in a typical week.

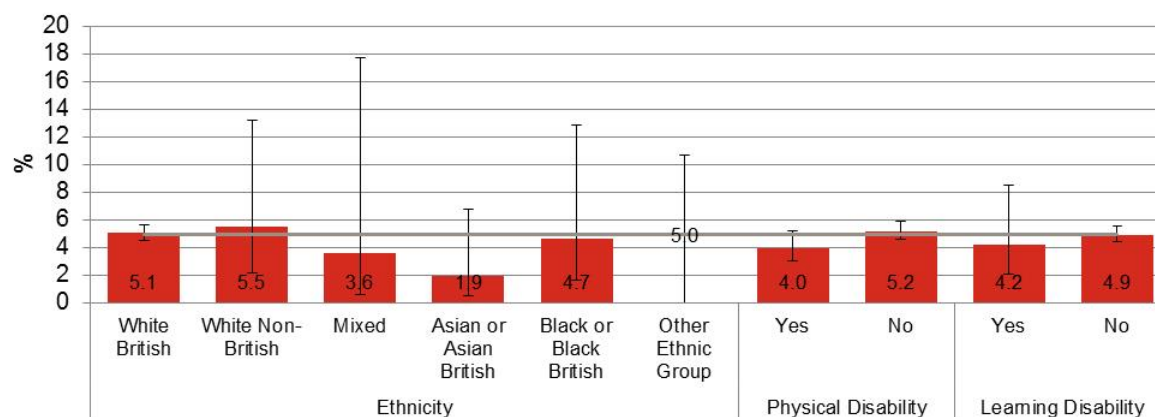
- Adults who live in areas of Sunderland that fall into Quintile 3 (6.3%) were most likely to report drinking more than 35 units of alcohol in a typical week, whilst adults living in areas of Sunderland that fall into Quintile 4 (4.5%) were least likely to report drinking more than 35 units of alcohol in a typical week.

By age and gender



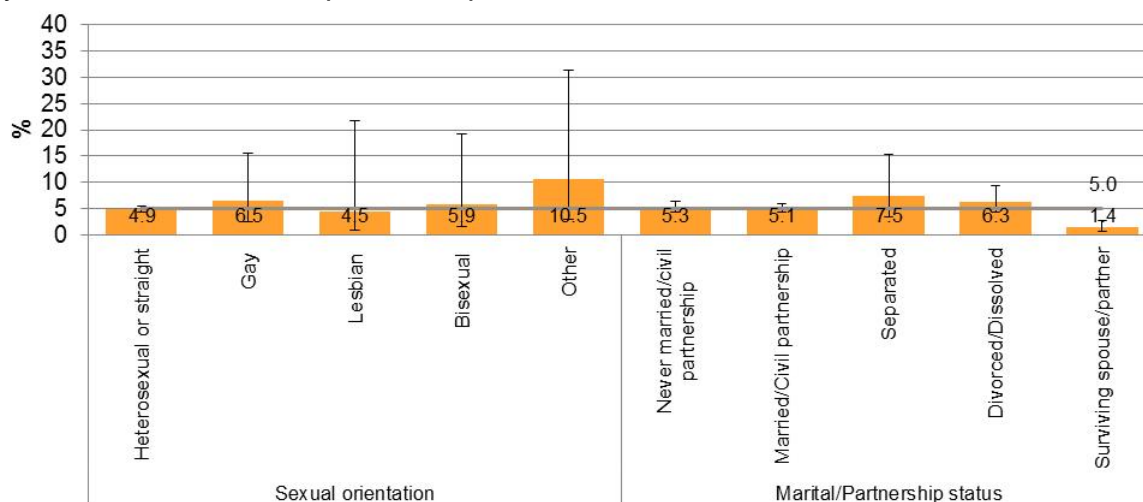
- Generally males are more likely than females to drink more than 35 units of alcohol in a typical week.
- Generally prevalence of drinking more than 35 units of alcohol in a typical week is higher in the middle (35-44, 45-54 and 55-64) age groups for males.
- Males aged 35-44 (13.3%) were significantly more likely to drink more than 35 units of alcohol in a typical week than the average for Sunderland males (8.8%).
- There is no statistically significant variation in the percentage of females drinking more than 35 units of alcohol in a typical week by age group.

By ethnicity or disability status



- There is no statistically significant variation in the percentage of adults drinking more than 35 units of alcohol in a typical week by either ethnicity or by disability status.
- Adults from White Non-British (5.5%) and White British (5.1%) groups were most likely to report drinking more than 35 units of alcohol in a typical week, whilst adults from Other Ethnic (0.0%) and Asian or Asian British (1.9%) groups were least likely to report drinking more than 35 units of alcohol in a typical week; none of these was statistically significant when compared to the Sunderland average (5.0%).

By sexual orientation or partnership status



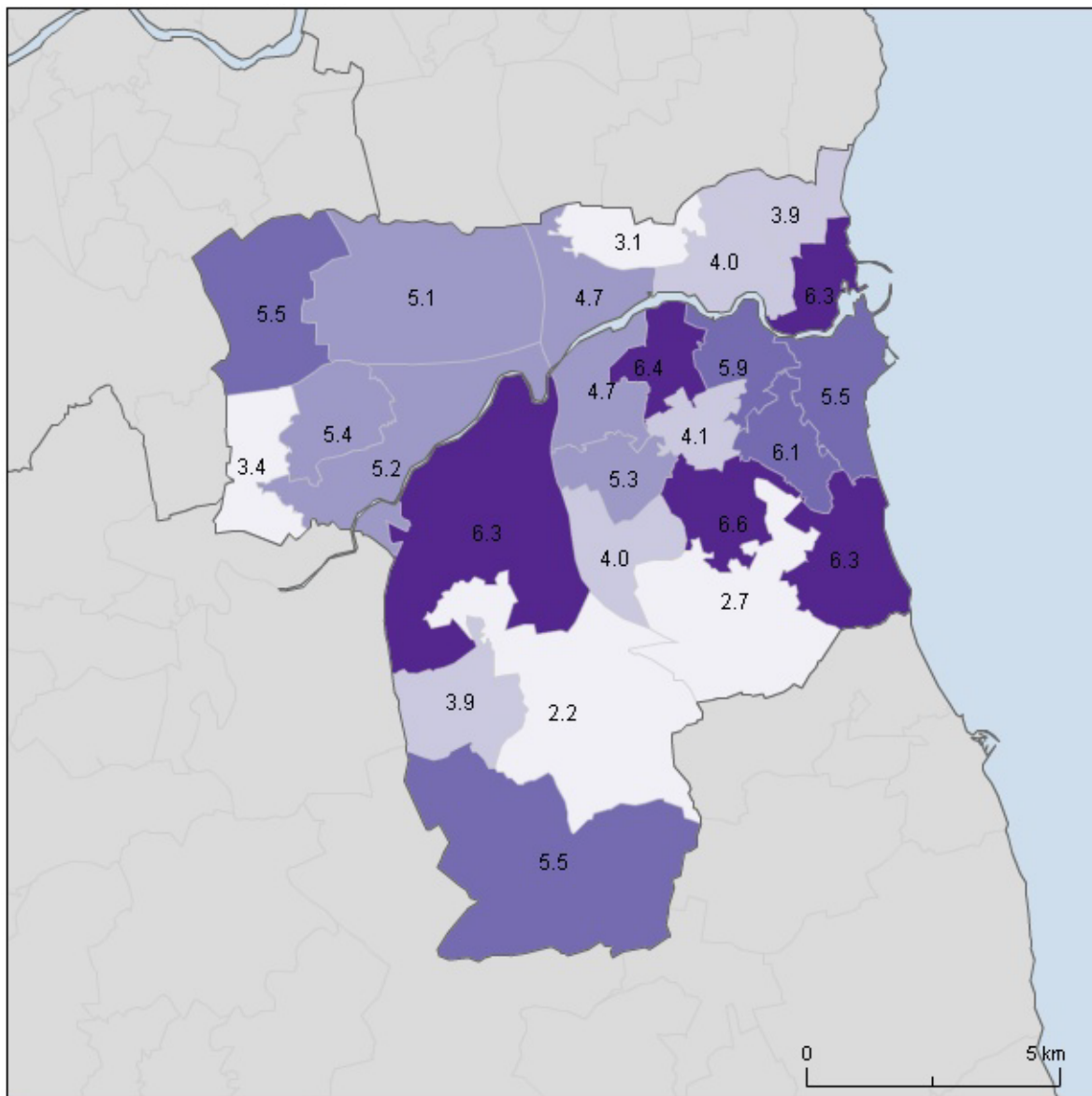
- There is no statistically significant variation in the percentage of adults drinking more than 35 units of alcohol in a typical week by sexual orientation.
- Adults who are a surviving spouse (widow or widower) or civil partner (1.4%) were significantly less likely to drink more than 35 units of alcohol in a typical week than the Sunderland average (5.0%).
- Adults who are separated (7.5%) were most likely to drink more than 35 units of alcohol in a typical week; this was not statistically significant.

By ward



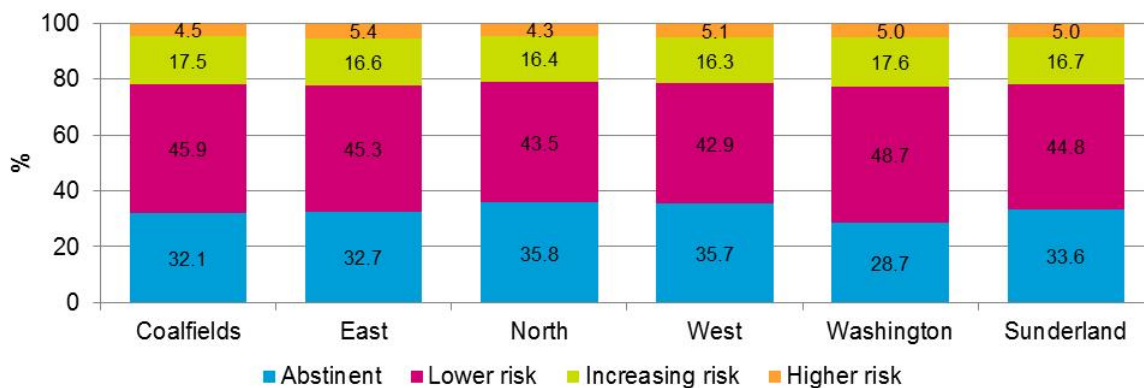
- There were no wards with significantly higher or significantly lower prevalence of drinking more than 35 units of alcohol in a typical week than the Sunderland average (5.0%).
- Wards with the highest prevalence of drinking more than 35 units of alcohol in a typical week were: Silksworth (6.6%), Pallion (6.4%), St Peter's (6.3%), Ryhope (6.3%), and Shiney Row (6.3%).
- Wards with the lowest prevalence of drinking more than 35 units of alcohol in a typical week were: Copt Hill (2.2%), Doxford (2.7%), Redhill (3.1%), and Washington South (3.4%).

Map showing prevalence (%) drinking > 35 units/week for Sunderland wards



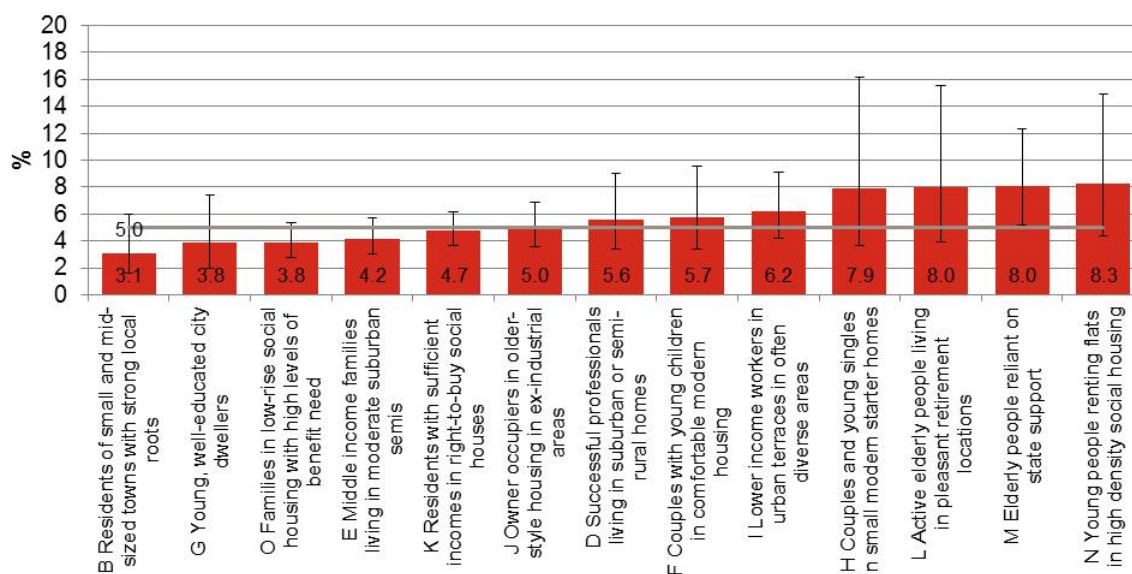
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By area



- When summarised at area level, there is no statistically significant variation in the percentage of adults drinking more than 35 units of alcohol in a typical week.

By Mosaic® group



- When considering population groups with similar social and demographic characteristics (Mosaic® groups), there is no statistically significant variation in the percentage of adults drinking more than 35 units of alcohol in a typical week.
- Adults from group N (8.3%), group M (8.0%), group L (8.0%) were most likely to report drinking more than 35 units of alcohol in a typical week.
- Adults from group B (3.1%), group G (3.8%) and group O (3.8%) were least likely to report drinking more than 35 units of alcohol in a typical week.

Prevalence of binge drinking

Drinking too much, too quickly on a single occasion (binge drinking) can lead to health risks, even for people who are drinking within weekly guideline amounts. Health harms from binge drinking can include:

- accidents resulting in injury, causing death in some cases;
- possible alcohol poisoning;
- misjudging risky situations; or
- losing self-control.

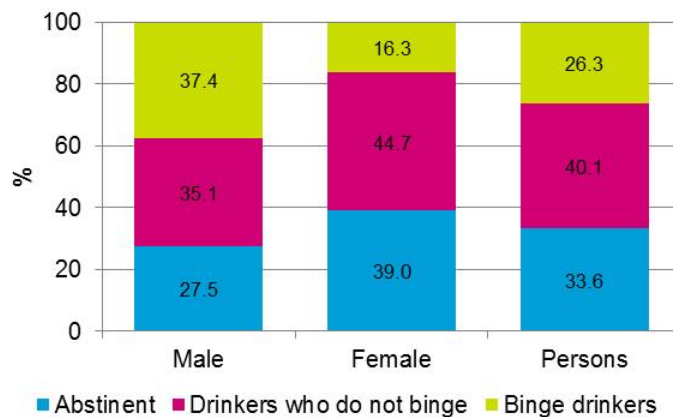
In our survey we asked about the amount of alcohol consumed on the heaviest drinking day. Units of alcohol were calculated by asking how much of different types of alcohol were consumed on that day.

Based on the new guidelines for alcohol consumption we then classified our population as follows in order to help us assess the health harms from alcohol use:

- Abstinent – these are adults who told us that they do not drink at all nowadays.
- Drinkers who do not binge – these are adults who told us that they drink up to 6 units of alcohol on their heaviest drinking day.
- Binge Drinkers – these are adults who told us that they drink more than 6 units of alcohol on their heaviest drinking day.

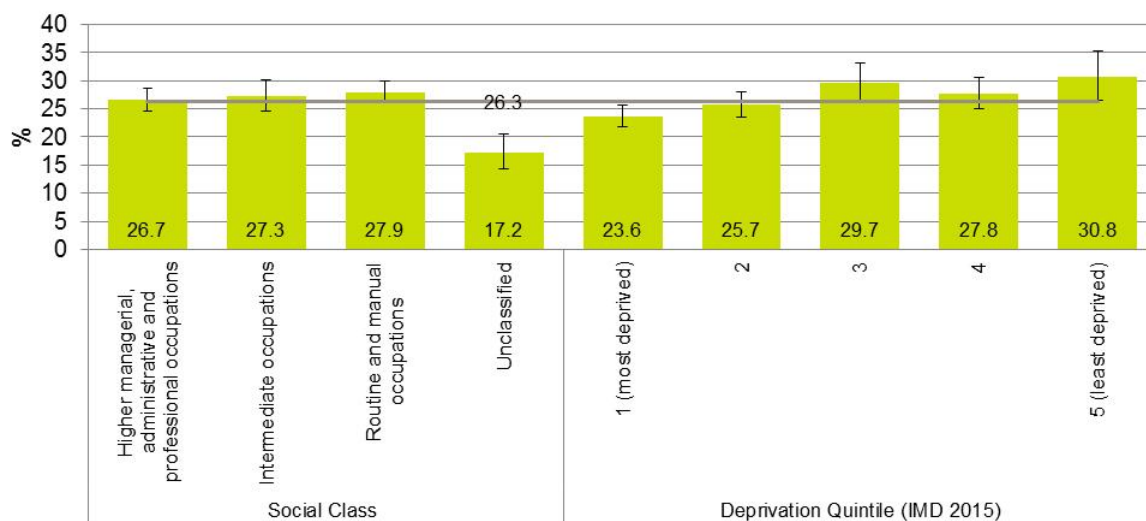
Based on our survey of 5,571 adults aged 18 and over (a 2.5% sample of the Sunderland adult population):

- 33.6% reported that they do not drink alcohol.
- 40.1% reported that they drink up to 6 units on their heaviest drinking day and were classified as drinkers who do not binge.
- 26.3% reported that they drink more than 6 units on their heaviest drinking day and were classified as binge drinkers.
- Males (37.4%) are significantly more likely than females (16.3%) to binge drink.



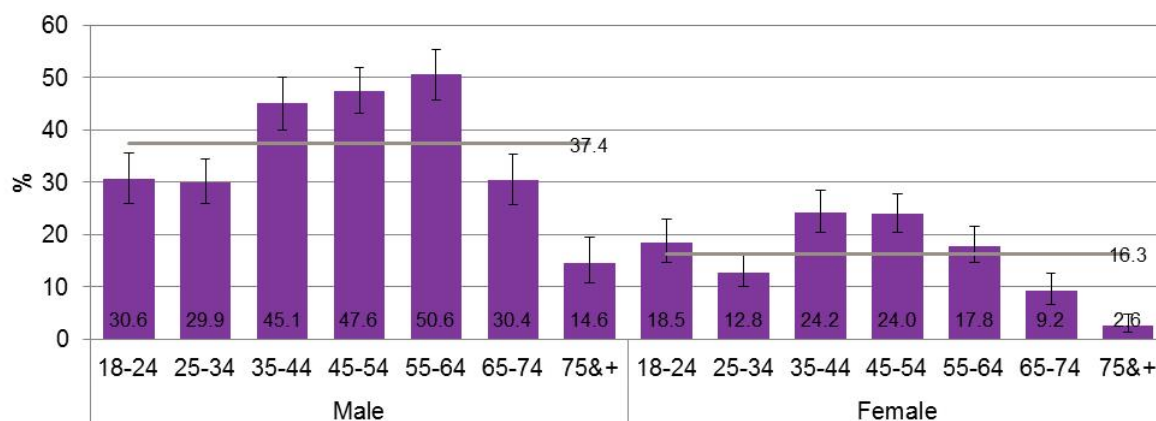
In our survey, 26.3% of adults aged 18 and over reported binge drinking. Based on 2016 mid-year population estimates this would mean that in Sunderland we have around 59,000 binge drinkers aged 18 and over. This includes 40,100 males and 18,900 females.

By social class and deprivation status



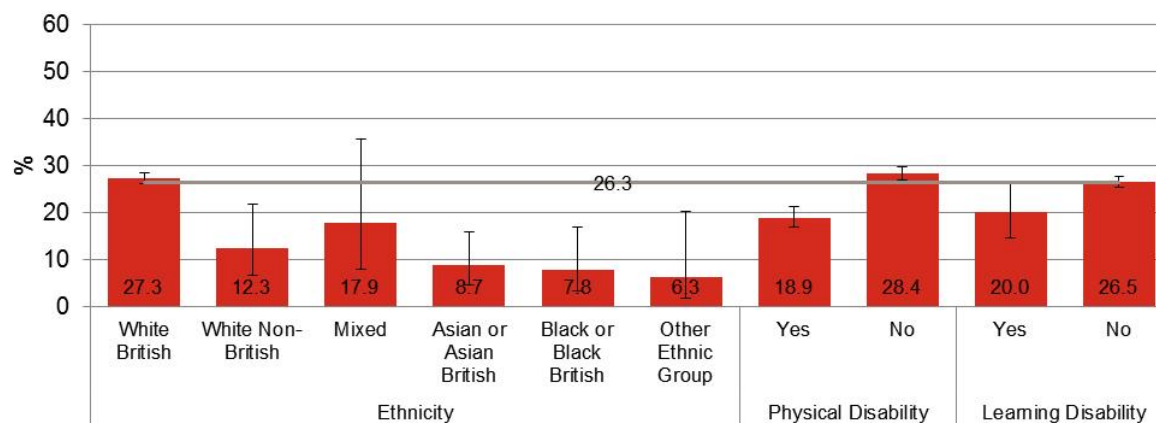
- Adults who have never worked or are long term unemployed (17.2%) are significantly less likely to binge drink than the Sunderland average (26.3%).
- Adults in routine and manual occupations (27.9%) were most likely to report binge drinking.
- There is no statistically significant variation in the percentage of adults binge drinking by deprivation profile.
- Adults who live in areas of Sunderland that fall into Quintile 5 (30.8%) were most likely to report binge drinking, whilst adults living in areas of Sunderland that fall into Quintile 1 (23.6%) were least likely to report binge drinking.

By age and gender



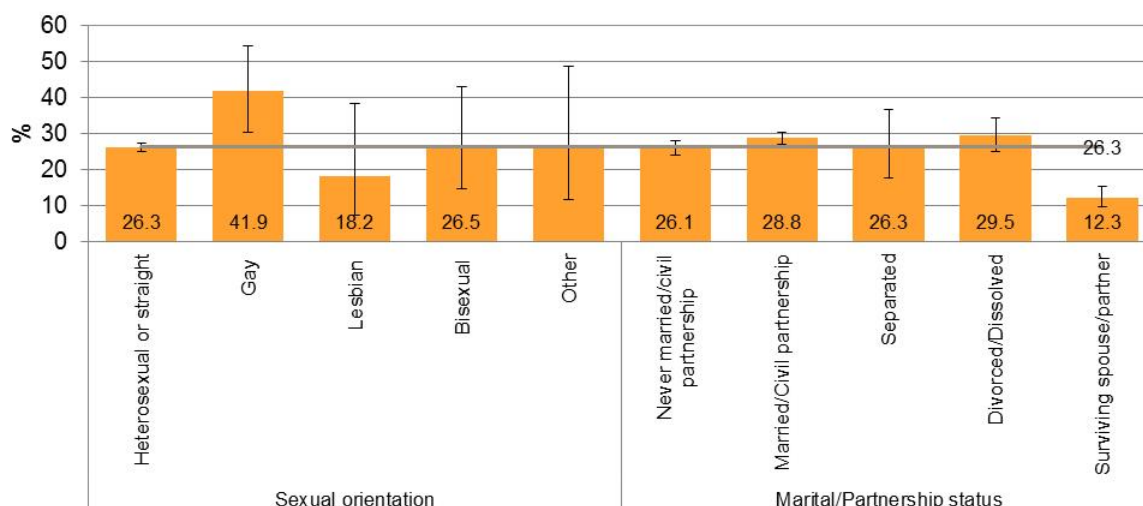
- Generally males are more likely than females to binge drink.
- Generally prevalence of binge drinking is higher in the middle (35-44, 45-54 and 55-64) age groups for males.
- Males aged 55-64 (50.6%), 45-54 (47.6%) and 35-44 (45.1%) were significantly more likely to binge drink than the average for Sunderland males (37.4%), whilst males aged 75 and over (14.6%), 25-34 (29.9%) and 65-74 (30.4%) were significantly less likely to binge drink than the average for Sunderland males (37.4%).
- Females aged 35-44 (24.2%) and 45-54 (24.0%) were significantly more likely to binge drink than the average for Sunderland females (16.3%), whilst females aged 75 and over (2.6%) and 65-74 (9.2%) were significantly less likely to binge drink than the average for Sunderland females (16.3%).

By ethnicity or disability status



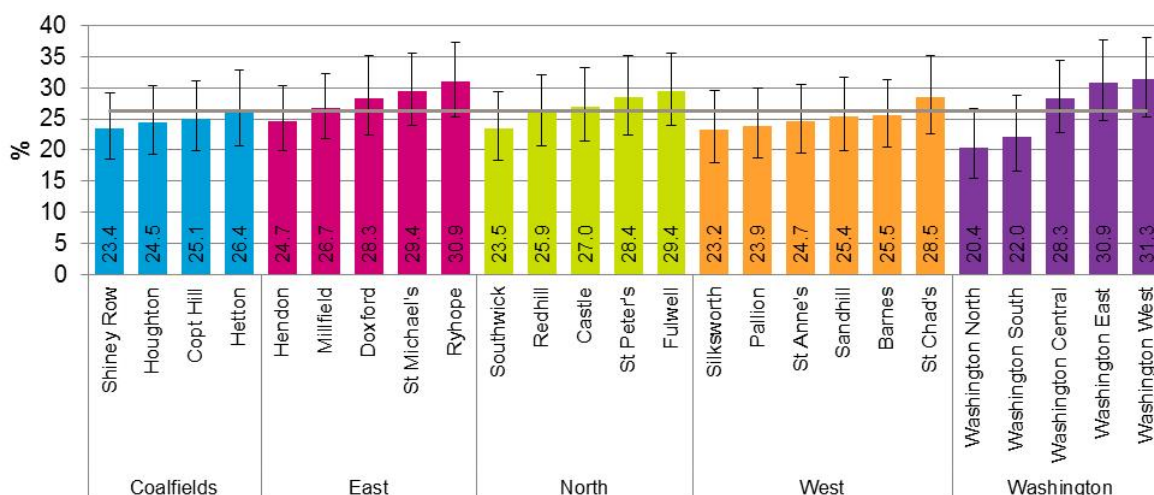
- Adults from Other Ethnic (6.3%), Black or Black British (7.8%), Asian or Asian British (8.7%) and White Non-British (12.3%) were significantly less likely to report binge drinking than the Sunderland average (26.3%).
- Adults from White British (27.3%) groups were most likely to report binge drinking.
- Adults with a physical disability (18.9%) were significantly less likely than those without a physical disability (28.4%) to binge drink.
- Adults with a learning disability (20.0%) were significantly less likely than those without a learning disability (26.5%) to binge drink.

By sexual orientation or partnership status



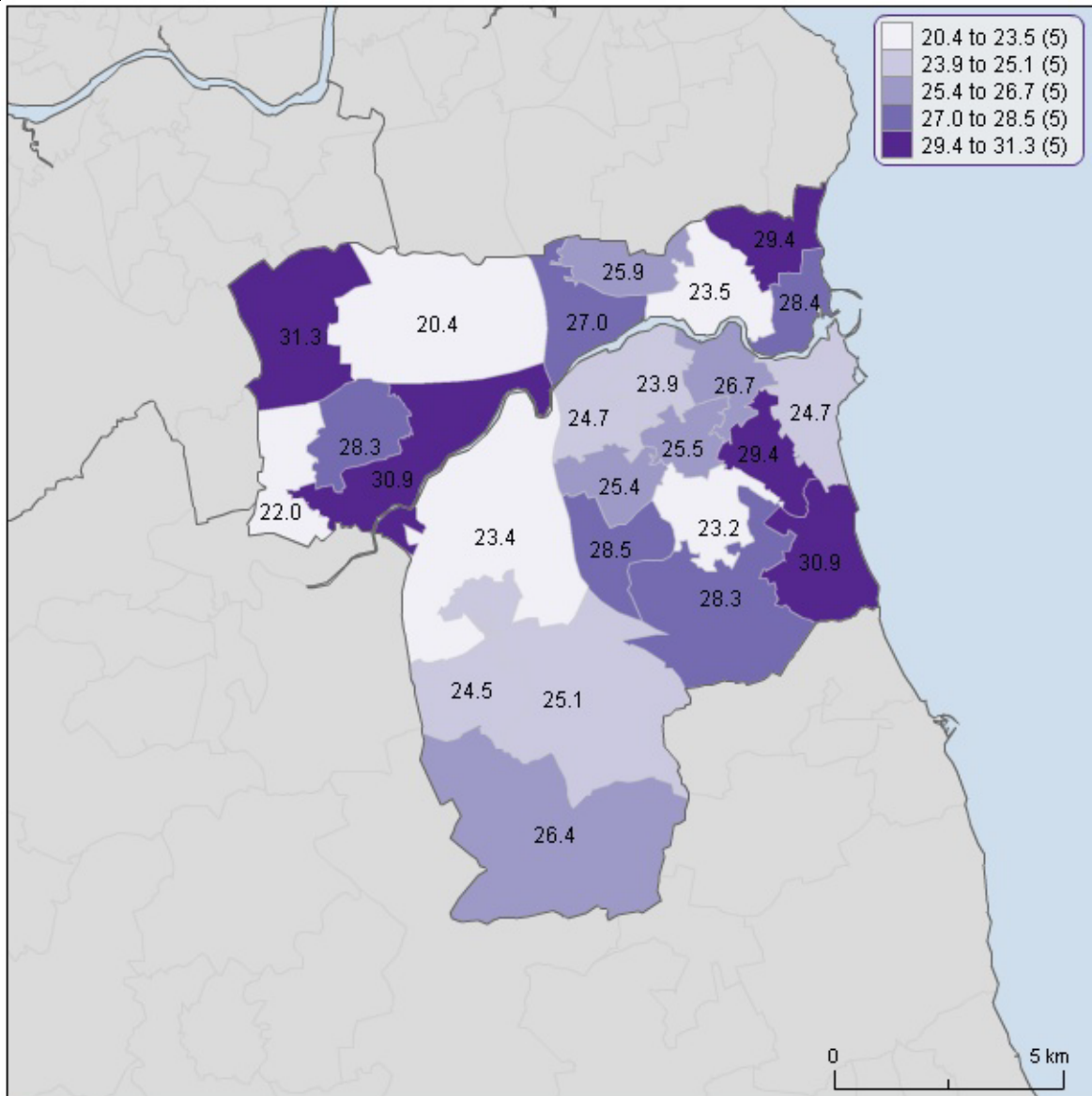
- Adults who identify their sexual orientation as gay (41.9%) were significantly more likely to report binge drinking than the Sunderland average (26.3%).
- Adults who are a surviving spouse (widow or widower) or civil partner (12.3%) were significantly less likely to binge drink than the Sunderland average (26.3%).

By ward



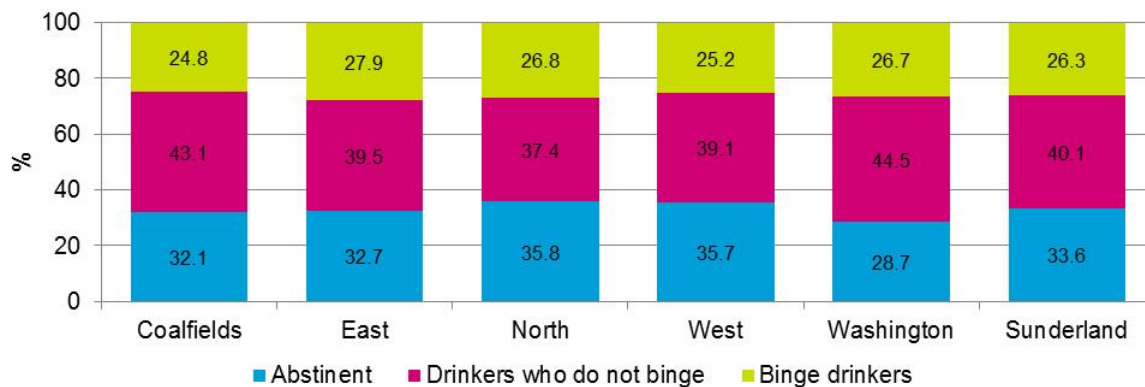
- There were no wards with significantly higher or significantly lower prevalence of binge drinking than the Sunderland average (26.3%).
- Wards with the highest prevalence of binge drinking were: Washington West (31.1%), Ryhope (30.9%), Washington East (30.9%), St Michael's (29.4%), and Fulwell (29.4%).
- Wards with the lowest prevalence of binge drinking were: Washington North (20.4%), Washington South (22.0%), Silksworth (23.2%), Shiney Row (23.4%), and Southwick (23.5%).

Map showing prevalence (%) of binge drinking for Sunderland wards



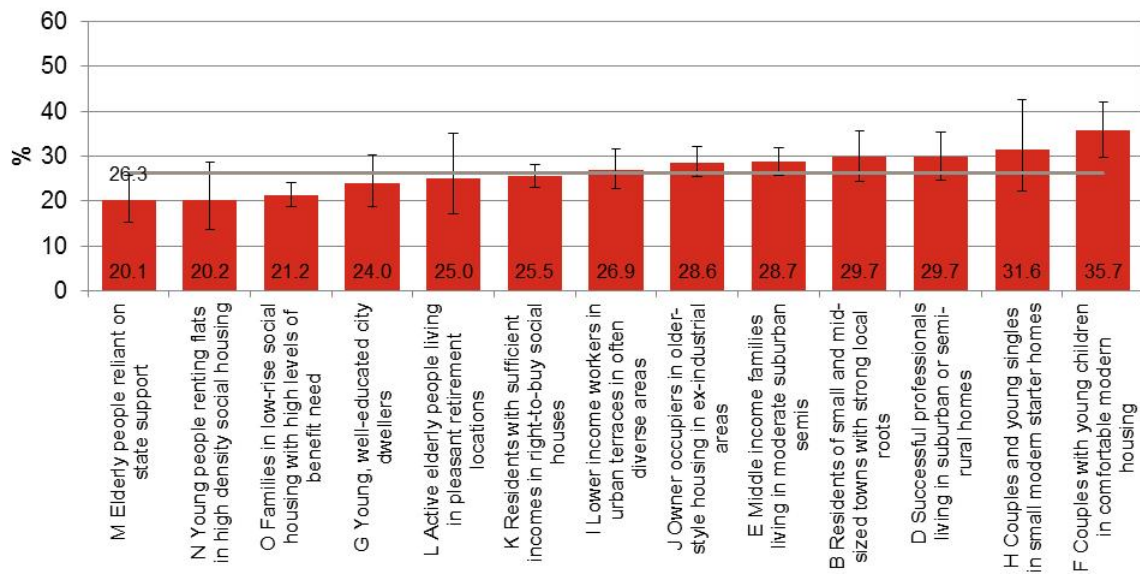
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By area



- When summarised at area level, there is no statistically significant variation in the percentage of adults who binge drink.

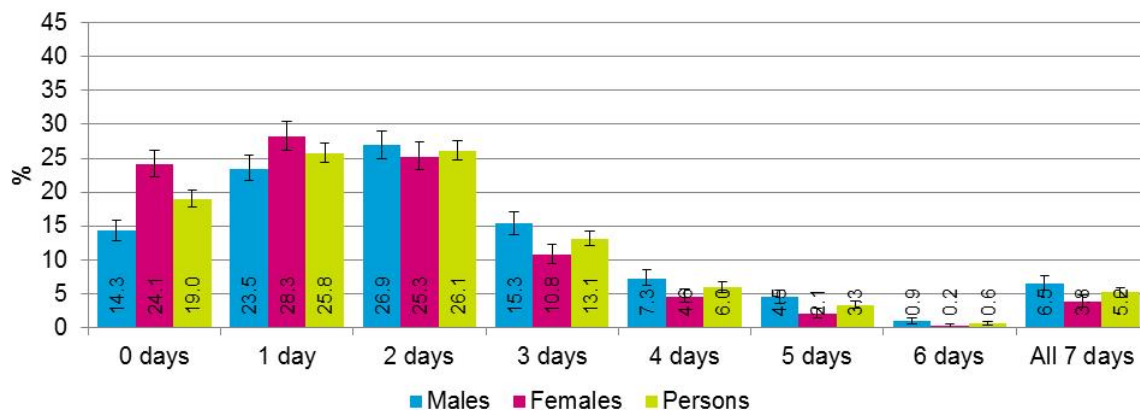
By Mosaic® group



- When considering population groups with similar social and demographic characteristics (Mosaic® groups), adults from group F (35.7%) were significantly more likely to report binge drinking than the Sunderland average (26.3%).
- When considering population groups with similar social and demographic characteristics (Mosaic® groups), adults from group O (21.2%) were significantly less likely to report binge drinking than the Sunderland average (26.3%).

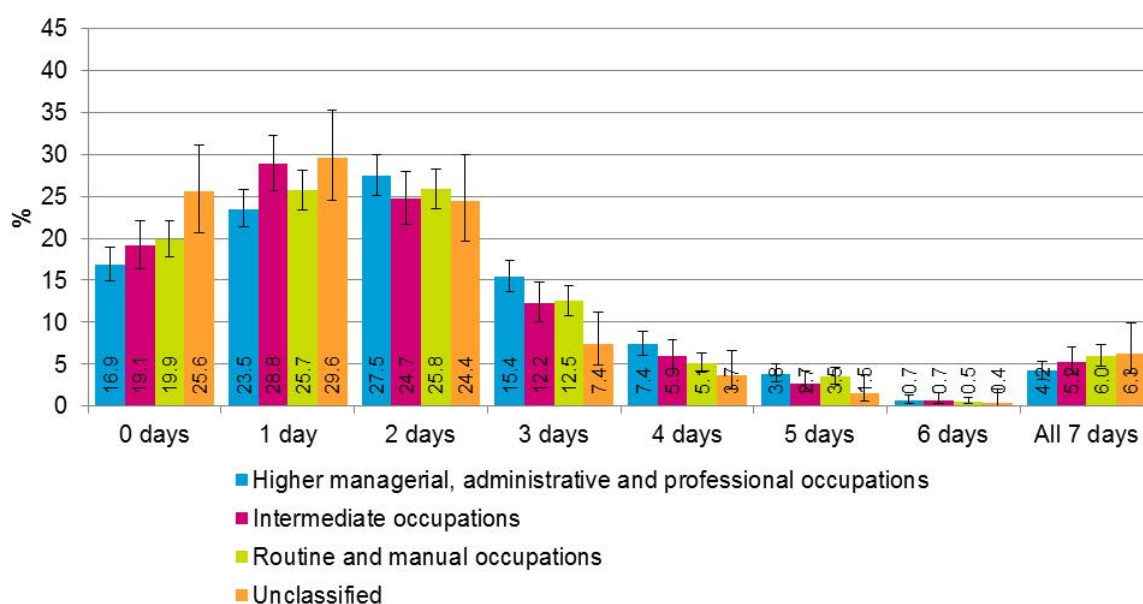
Drinking frequency

Within our survey sample, anyone who identified themselves as being a current drinker was asked about the number of days of drinking alcohol in a typical week.



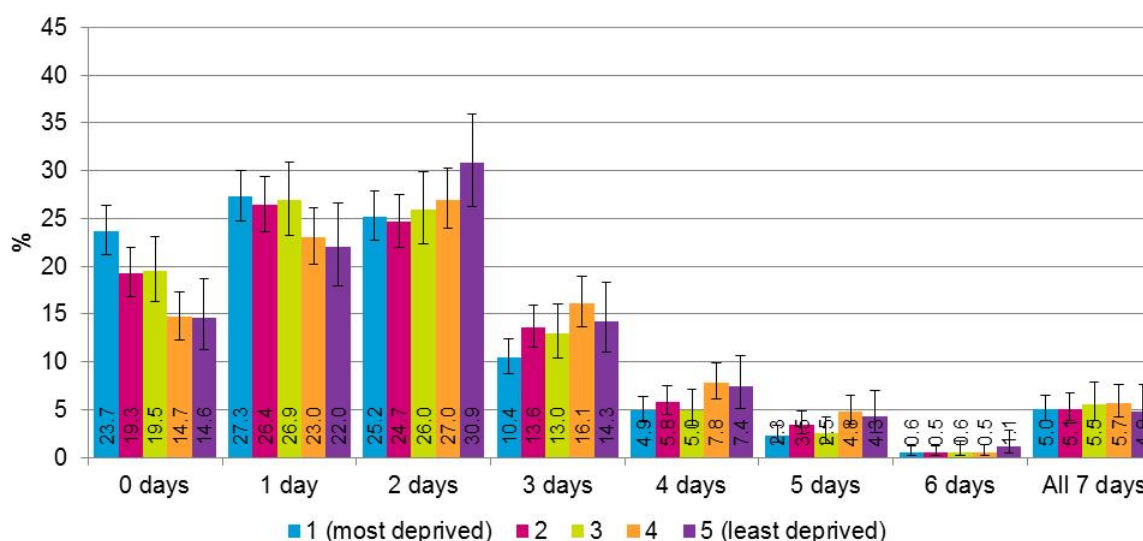
- Females (24.1%) are significantly more likely than males (14.3%) to be occasional drinkers, i.e., to report drinking alcohol on no days in a typical week.
- Females (28.3%) were most likely to report drinking alcohol on 1 day in a typical week, whilst males (26.9%) were most likely to report drinking alcohol on 2 days in a typical week.
- Overall about 5.2% of Sunderland adults report drinking alcohol every day in a typical week.
- Males (6.5%) are significantly more likely than females (3.8%) to report drinking alcohol every day in a typical week.

By social class



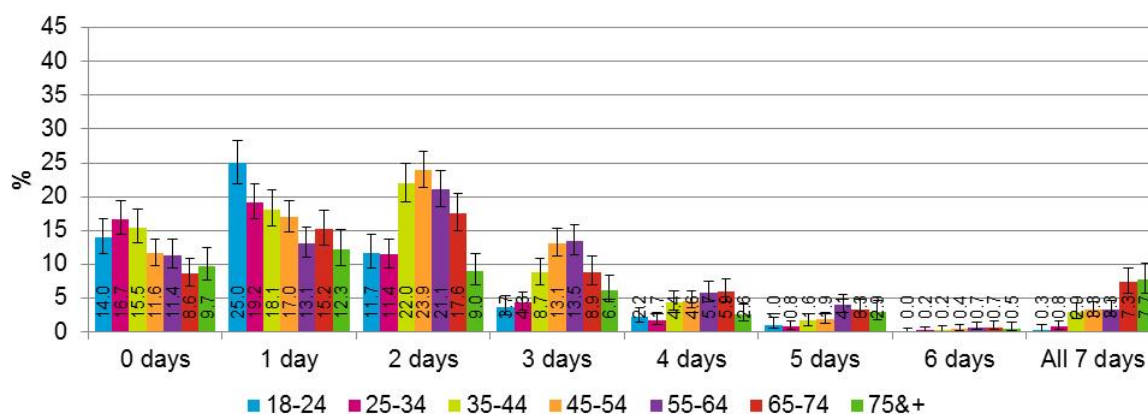
- Adult drinkers who have never worked or are long term unemployed (25.6%) are significantly more likely to be occasional drinkers than the Sunderland average (19.0%).
- Adult drinkers in intermediate occupations (28.8%) and adult drinkers who have never worked or are long term unemployed (29.6%) are most likely to report drinking alcohol on 1 day in a typical week, whilst adult drinkers in higher managerial, administrative and professional occupations (27.5%) and adult drinkers in routine and manual occupations (25.8%) were most likely to report drinking alcohol on 2 days in a typical week.
- Whilst the percentage of adults drinking alcohol every day in a typical week increases from 4.2% in higher managerial, administrative and professional occupations, to 5.2% in intermediate occupations, to 6.0% in routine and manual occupations, and to 6.3% in those who have never worked or are long term unemployed, none of these differences are statistically significant.

By deprivation status



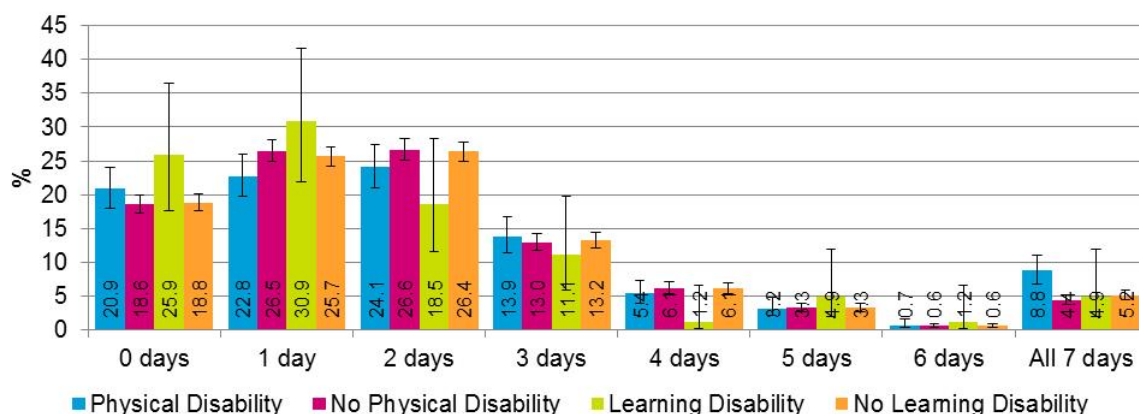
- Adult drinkers who live in areas within Sunderland that are among the most disadvantaged fifth of all areas across England (Quintile 1) (23.7%) are significantly more likely to be occasional drinkers than the Sunderland average (19.0%), whilst adults that live in areas of Sunderland that fall into Quintile 4 (14.7%) are significantly less likely to be occasional drinkers than the Sunderland average (19.0%).
- Adults who live in areas of Sunderland that fall into Quintile 1 (27.3%), Quintile 3 (26.9%) and Quintile 2 (26.4%) were most likely to report drinking alcohol on 1 day in a typical week, whilst adults who live in areas of Sunderland that are among the least disadvantaged fifth of all areas across England (Quintile 5) (30.9%) and those that fall into Quintile 4 (27.0%) were most likely to report drinking alcohol on 2 days in a typical week.
- There were no significant differences between the deprivation quintiles in the percentage of adults who report drinking alcohol every day in a typical week.

By age



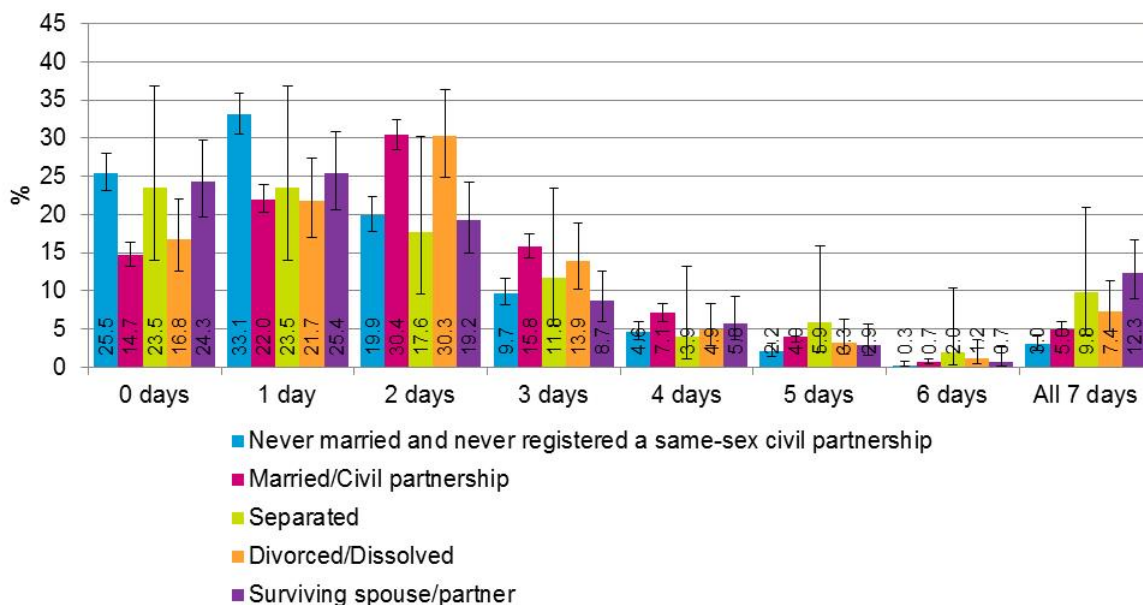
- Persons aged 65-74 (8.6%), 75 and over (9.7%), 55-64 (11.4%), 45-54 (11.6%) and 18-24 (14.0%) were significantly less likely to be occasional drinkers than the Sunderland average (19.0%).
- Persons aged 18-24 (25.0%), 25-34 (19.2%) and 75 and over (12.3%) were most likely to report drinking alcohol on 1 day in a typical week, whilst persons aged 45-54 (23.9%), 35-44 (22.0%), 55-64 (21.1%) and 65-74 (17.6%) were most likely to report drinking alcohol on 2 days in a typical week.
- Persons 18-24 (0.3%), 25-34 (0.8%), and 35-44 (2.9%) were significantly less likely to drink alcohol every day in a typical week than the Sunderland average (5.2%).

By disability status



- Adult drinkers with a physical disability (20.9%) are not significantly more or less likely than those without a physical disability (18.6%) to be an occasional drinker.
- Adult drinkers with a learning disability (25.9%) are not significantly more or less likely than those without a learning disability (18.8%) to be an occasional drinker.
- Adult drinkers with a learning disability (30.9%) were most likely to report drinking alcohol on 1 day in a typical week, whilst adult drinkers without a learning disability (26.4%), adult drinkers without a physical disability (26.6%) and adult drinkers with a physical disability (24.1%) were most likely to report drinking alcohol on 2 days in a typical week.
- Adult drinkers with a physical disability (8.8%) were significantly more likely to drink alcohol every day in a typical week than the Sunderland average (5.2%).

By partnership status

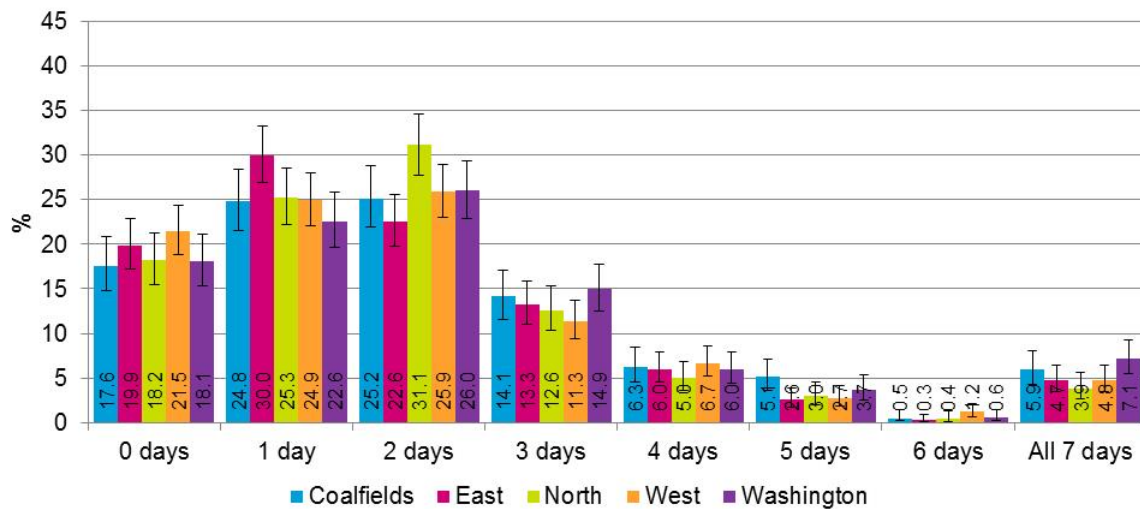


- Adult drinkers who have never been married or in a registered civil partnership (25.5%) were significantly more likely to be occasional drinkers than the Sunderland average (19.0%), whilst adult drinkers who are married or in a registered civil partnership (14.7%) were significantly less likely to be occasional drinkers than the Sunderland average (19.0%).
- Adult drinkers who have never been married or in a registered civil partnership (33.1%), who are separated (23.5%), and who are a surviving spouse (widow or

widower) or civil partner (25.4%) are most likely to report drinking alcohol on 1 day in a typical week, whilst adult drinkers who are married or in a registered civil partnership (30.4%) and who are divorced or have had their civil partnership dissolved (30.3%) were most likely to report drinking alcohol on 2 days in a typical week.

- Adult drinkers who have never been married or in a registered civil partnership (3.0%) were significantly less likely to drink alcohol every day in a typical week than the Sunderland average (5.2%), whilst adult drinkers who are a surviving spouse (widow or widower) or civil partner (12.3%) were significantly more likely to drink alcohol every day in a typical week than the Sunderland average (5.2%).

By area



- When summarised at area level, there is no statistically significant variation in the percentage of adult drinkers who are occasional drinkers.
- Adult drinkers from Sunderland East (30.0%) are most likely to report drinking alcohol on 1 day in a typical week, whilst adult drinkers from Coalfields (25.2%), Sunderland North (31.1%), Sunderland West (25.9%) and Washington (26.0%) were most likely to report drinking alcohol on 2 days in a typical week.
- When summarised at area level, there is no statistically significant variation in the percentage of adult drinkers who drink alcohol every day in a typical week.

Frequency of alcohol free days

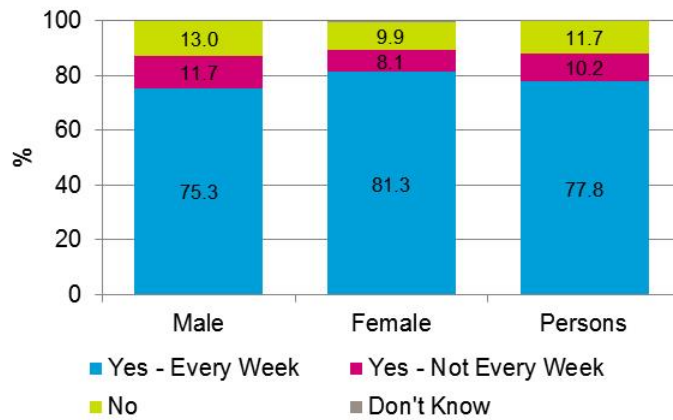
People who drink alcohol every day or nearly every day have a higher risk of liver disease, compared to people who drink less frequently. It is therefore recommended that those who drink regularly should have two or three alcohol free days each week to allow the liver time to recover from the effects of alcohol.

In our survey, anyone who identified themselves as drinking alcohol on at least 2 days in a typical week was asked whether and how often they have two or more consecutive days of not drinking alcohol.

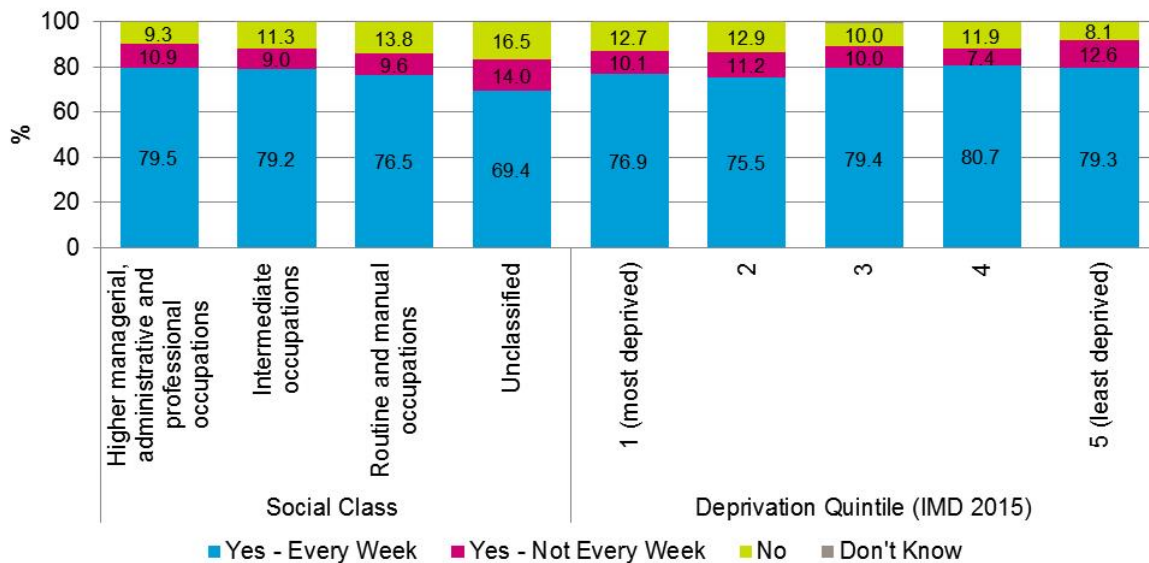
The good news is that the majority of regular drinkers have, or try to have, at least two consecutive alcohol free days each week!

Within our survey sample of 5,571 adults aged 18 and over (a 2.5% sample of the Sunderland adult population), of those who said they drink on at least 2 days in a typical week:

- 77.8% reported that they have at least two consecutive alcohol free days every week.
- 10.2% reported that they try to have at least two consecutive alcohol free days, but do not achieve this every week.
- 11.7% reported that they do not have at least two consecutive alcohol free days each week.
- 0.3% said they did not know.
- Females (81.3%) were significantly more likely than males (75.3%) to have at least two consecutive alcohol free days every week.

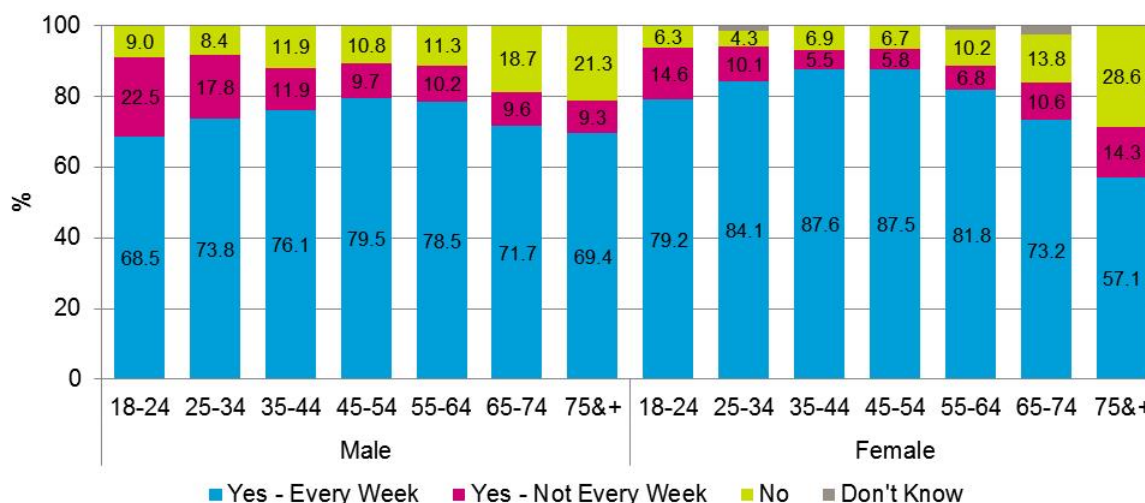


By social class and deprivation status



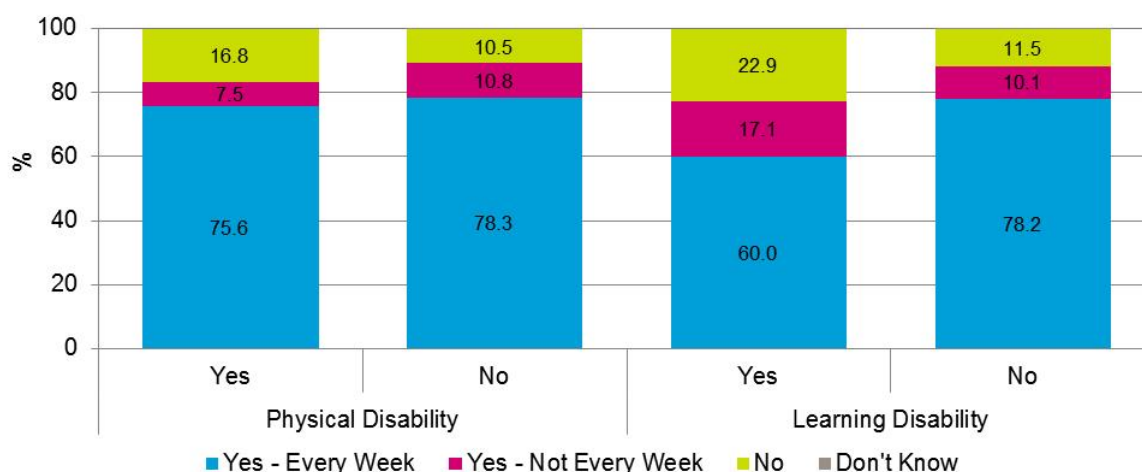
- Adult drinkers in higher managerial, administrative and professional occupations (79.5%) were most likely to report having at least two consecutive alcohol free days every week, whilst adult drinkers who have never worked or are long term unemployed (69.4%) were least likely to report having at least two consecutive alcohol free days every week; neither group was significantly different from the Sunderland average (77.8%).
- Adult drinkers who live in areas of Sunderland that fall into the more deprived Quintile 2 (12.9%) and Quintile 1 (12.7%) were more likely to report not having at least two consecutive alcohol free days each week than those living in the less deprived Quintile 4 (11.9%), Quintile 3 (10.0%) or Quintile 5 (8.1%).
- No quintile was significantly different from the Sunderland average (11.7%).

By age and gender



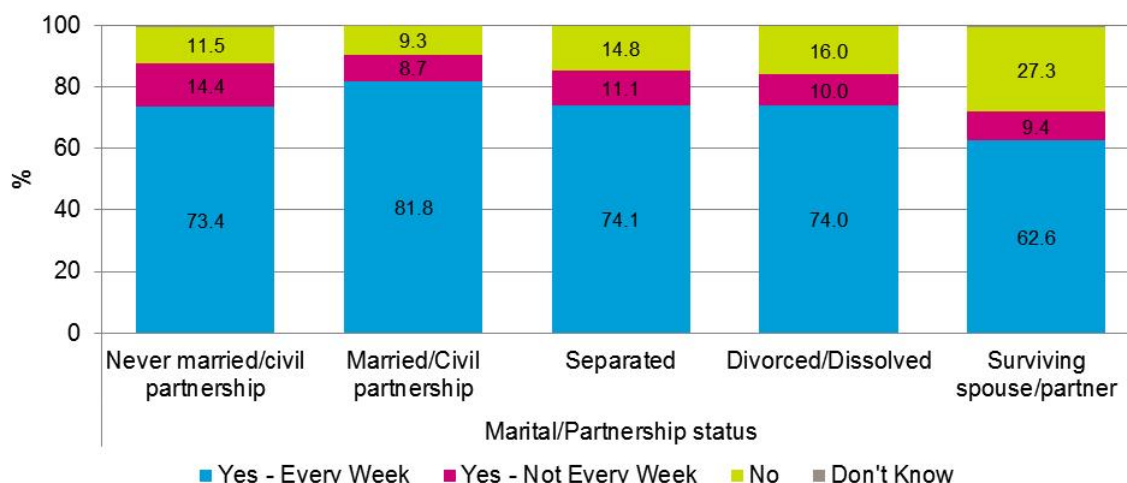
- Female drinkers aged 75 and over (57.1%) were significantly less likely to report having at least two consecutive alcohol free days every week than the Sunderland average for females (81.3%); there were no significant differences by age group for males compared to the Sunderland average for males (75.3%).
- Female drinkers aged 75 and over (28.6%) were significantly more likely to report not having at least two consecutive alcohol free days every week than the Sunderland average for females (9.9%); there were no significant differences by age group for males compared to the Sunderland average for males (13.0%).
- In general, the percentage of drinkers who reported not having at least two consecutive alcohol free days every week increased with age.

By disability status



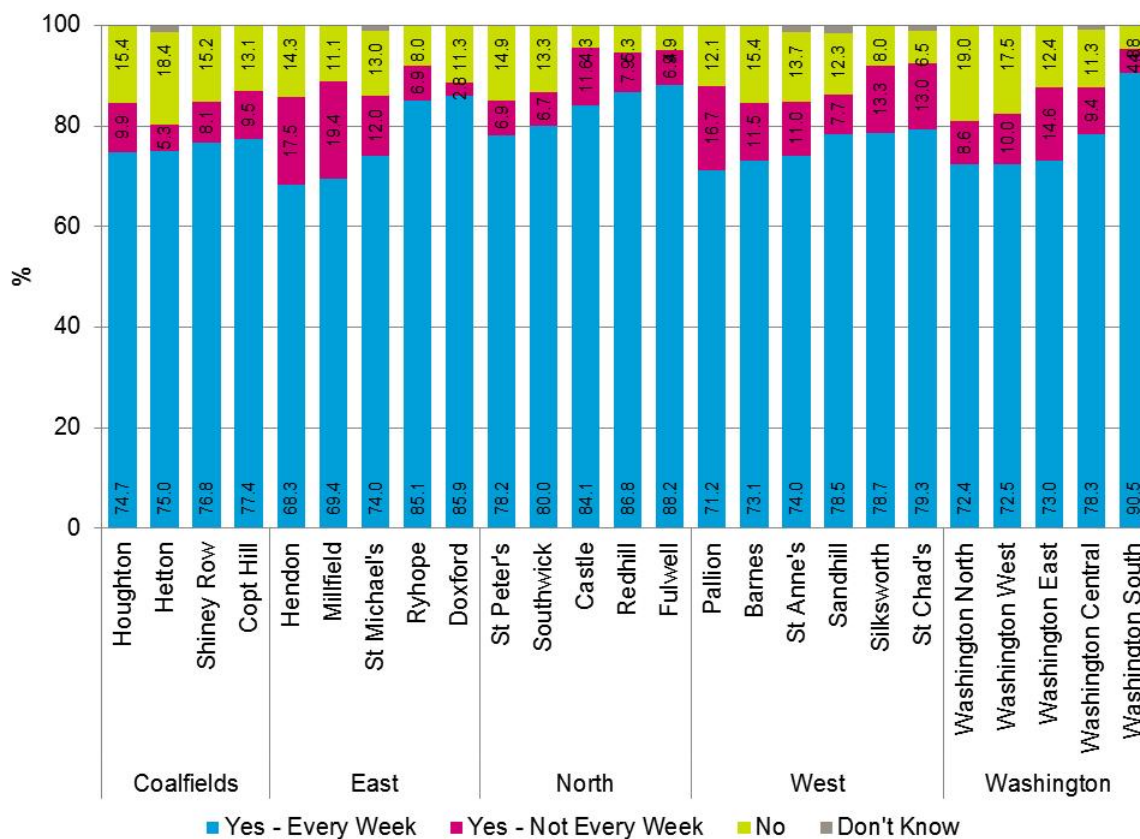
- Adult drinkers without a learning disability (78.2%) are significantly more likely than those with a learning disability (60.0%) to have at least two consecutive alcohol free days every week.
- Adult drinkers with a physical disability (16.8%) are significantly more likely than those without a physical disability to report not having at least two consecutive alcohol free days every week.

By partnership status

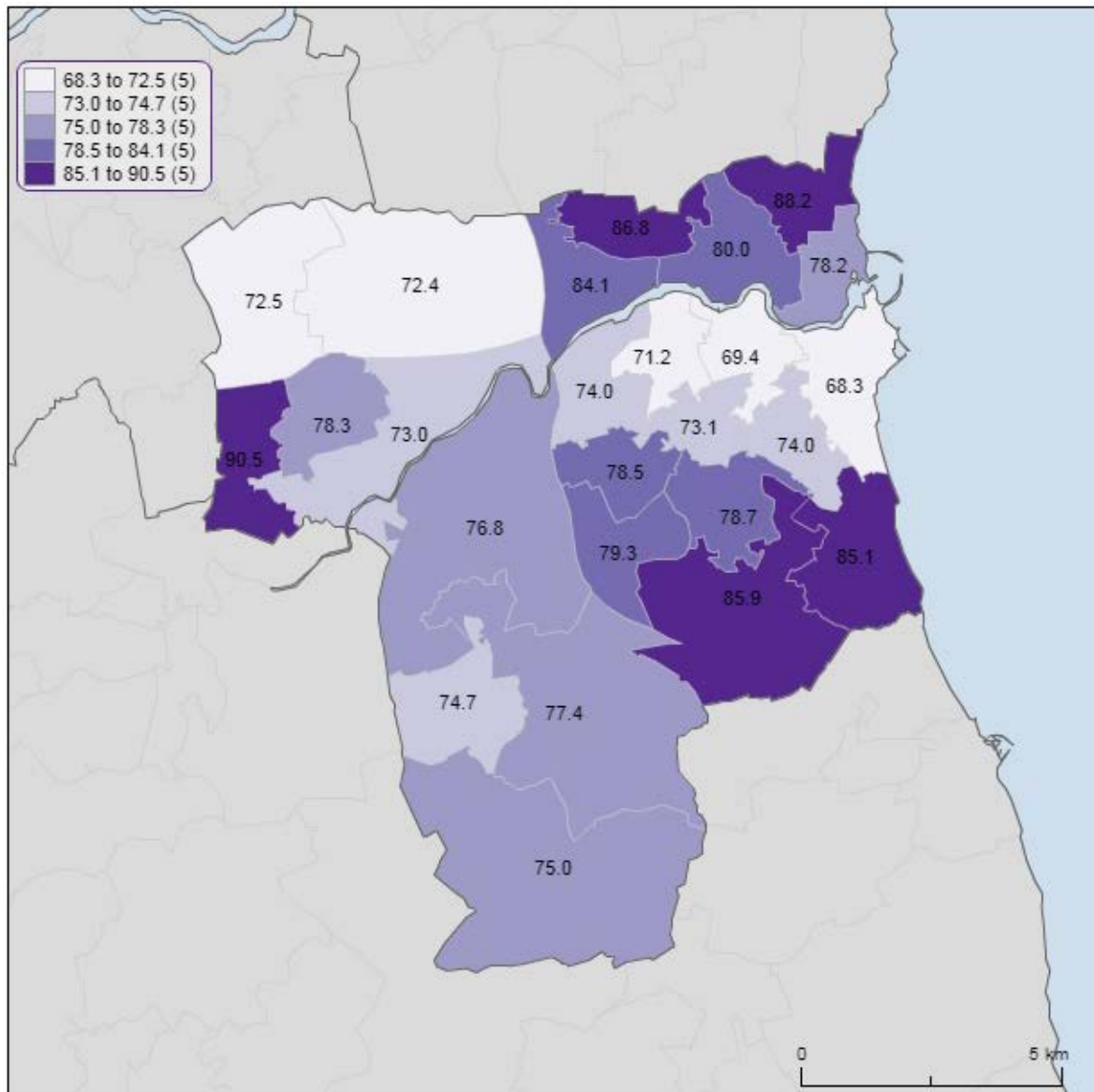


- Adults drinkers who are married or in a registered civil partnership (81.8%) were significantly more likely to report having at least two consecutive alcohol free days every week than the Sunderland average (77.8%), whilst adult drinkers who are a surviving spouse (widow or widower) or civil partner (62.6%) were significantly less likely to report having at least two consecutive alcohol free days every week than the Sunderland average (77.8%).
- Adult drinkers who are a surviving spouse (widow or widower) or civil partner (27.3%) were significantly more likely to report not having at least two consecutive alcohol free days every week than the Sunderland average (11.7%).

By ward



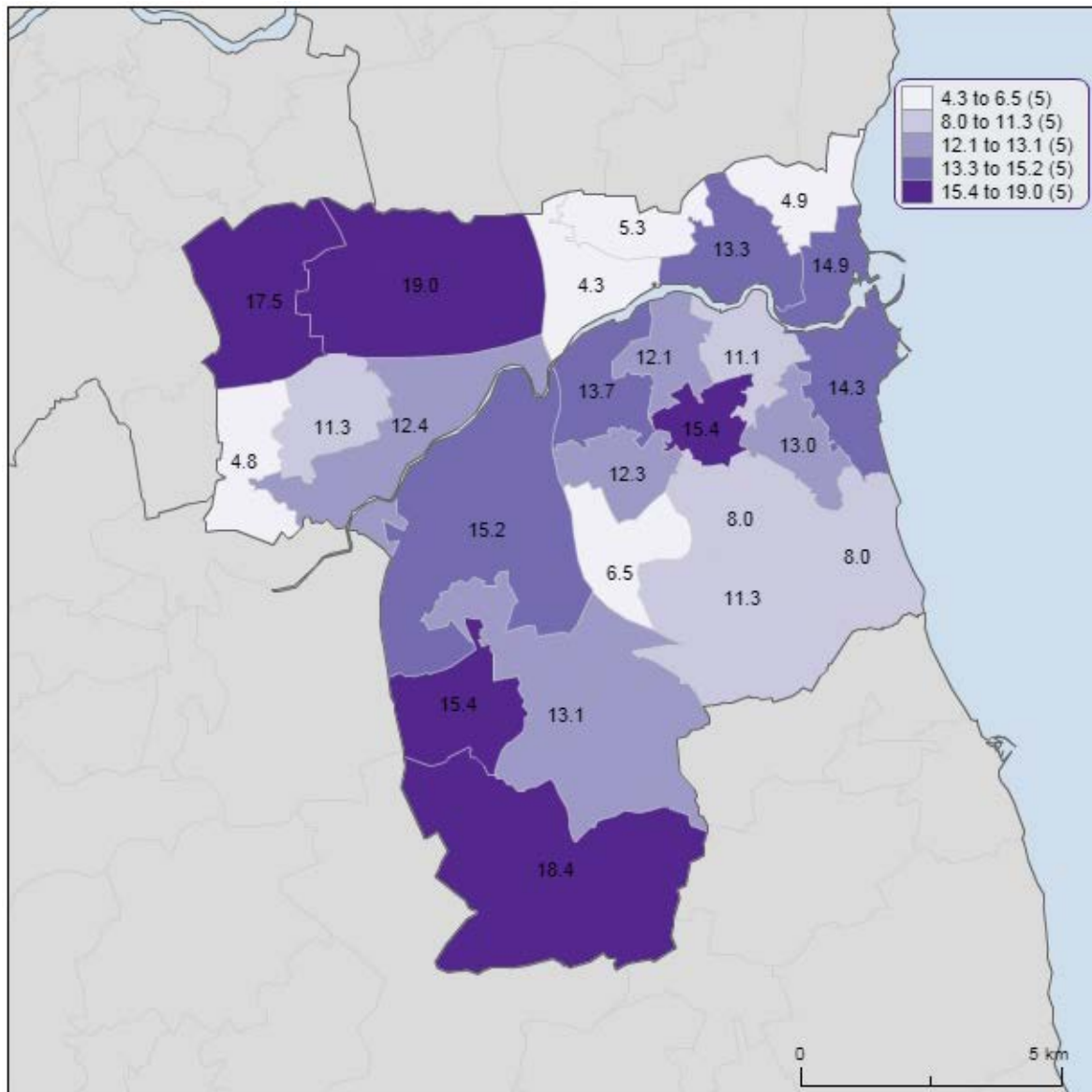
Map showing prevalence (%) of drinkers (drinking on at least 2 days per week) who report having 2 or more consecutive alcohol free days each week for Sunderland wards



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 - This map was generated with some user imported data

- Adult drinkers living in Washington South (90.5%) and Fulwell (88.2%) were significantly more likely to report having at least two consecutive alcohol free days every week than the Sunderland average (77.8%).
- Wards with the highest percentage of adult drinkers reporting at least two consecutive alcohol free days every week were: Washington South (90.5%), Fulwell (88.2%), Redhill (86.8%), Doxford (85.9%) and Ryhope (85.1%).
- Wards with the lowest percentage of adult drinkers reporting at least two consecutive alcohol free days every week were: Hendon (68.3%), Millfield (69.4%), Pallion (71.2%), Washington North (72.4%), and Washington West (72.5%).

Map showing prevalence (%) of drinkers (drinking on at least 2 days per week) who report not having 2 or more consecutive alcohol free days each week for Sunderland wards



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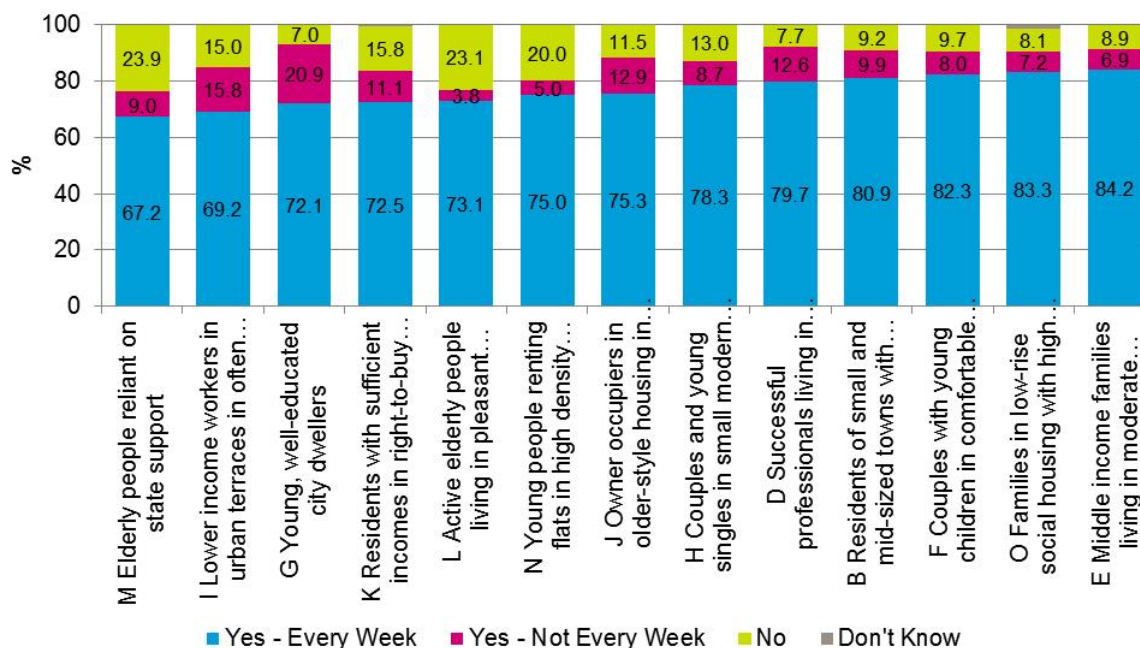
- There was no significant variation between wards for the percentages of adult drinkers reporting not having at least two consecutive alcohol free days every week, compared to the Sunderland average (11.7%).
- Wards with the highest percentage of adult drinkers reporting not having at least two consecutive alcohol free days every week were: Washington North (19.0%), Hetton (18.4%), Washington West (17.5%), Barnes (15.4%), and Houghton (15.4%).
- Wards with the lowest percentage of adult drinkers reporting not having at least two consecutive alcohol free days every week were: Castle (4.3%), Washington South (4.8%), Fulwell (4.9%), Redhill (5.3%) and St Chad's (6.5%).

By area



- When summarised at area level, adult drinkers who live in Sunderland North (83.8%) are significantly more likely to report having at least two consecutive alcohol free days every week than the Sunderland average (77.8%).

By Mosaic® group



- When considering population groups with similar social and demographic characteristics (Mosaic® groups), adult drinkers from group E (84.2%) were significantly more likely to report having at least two consecutive alcohol free days every week than the Sunderland average (77.8%).
- When considering population groups with similar social and demographic characteristics (Mosaic® groups), adult drinkers from group M (23.9%) and group L (23.1%) were significantly more likely to report not having at least two consecutive alcohol free days every week than the Sunderland average (11.7%).