

## Summary

Alcohol consumption in Sweden began a downward trend in 2004, the same year that questions on alcohol habits were first included in the Monitor surveys. The results of this report show that the trend is due to decreased consumption among men, whereas women's consumption has been relatively unchanged. Despite this, men still drank almost twice as large volumes as women in 2023 (90 percent more). Men's consumption consists mainly of beer (53 percent of consumption), whereas wine dominates among women (63 percent).

Over time, consumption in different age groups has grown more similar. This is in part because it has decreased in the group that drinks the most (17–29-year-olds), in part because it has increased in the age group that traditionally drinks the least (65–84-year-olds). Twenty years ago, the youngest group drank more than twice as much as the oldest group. In 2023, their volume was only 19 percent larger.

Thus, both gender and age differences have decreased over time. In addition, there are also geographical equalisation tendencies. This is mainly because the consumed volume has decreased in the groups of regions and municipalities where it has been largest. Still, alcohol consumption remains highest in urban areas.

This year's report includes a specific analysis of nicotine usage in relation to alcohol habits. First, it can be concluded that nicotine use, for both genders, is almost twice as common among those who drink alcohol as among those who do not. If cigarettes, e-cigarettes (vaping), snuff (in total) and white snuff are analysed separately, it becomes apparent that use of all nicotine products is more common among alcohol consumers. This is particularly clear as regards use of white snuff (2.4 times as common).

Alcohol consumers were divided into ten equal-sized groups by consumption volume. This revealed that the proportion using nicotine products increases more or less in tandem with increasing alcohol consumption. For snuff use (including white snuff), the increase was fairly linear, whereas this pattern was clear only for the higher consumption groups as regards smoking (including vaping). Thus, the new nicotine products followed the same pattern as the respective traditional tobacco product. As snuff use is more common than smoking, the overall picture is that nicotine use increases relatively linearly with the extent of alcohol consumption.

In the decile with the highest alcohol consumption, almost half (44 percent) used nicotine daily. Relative to all respondents, this is 4.5 percent, or 370,000 people in the age range in question (17–84 years). Daily cigarette smoking com-

bined with being in the decile that drinks most is likely to be the riskiest combination of alcohol and nicotine use. This consumption pattern was reported by 0,9 percent of the respondents.