



Summary

The consumption of alcohol has decreased by more than a fifth since 2004. The decrease has been more or less gradual. One group that has clearly decreased consumption is men. The volumes among women have been relatively stable during the same period. Despite this, gender differences remain large. In 2024, men's annual consumption was 80 percent higher than women's.

Another group that has decreased consumption is urban dwellers. The consumption remains higher in metropolitan municipalities, but 20 years ago, people living in such areas drank about 20 percent more than people living in other types of municipalities. Today, the difference is around 11 percent. If the consumption is reported by county, metropolitan counties are above the national average, whereas counties in northern Sweden are below it. The differences have decreased between counties as well.

Yet another category that has reported decreased consumption is the age group 17–29 years. Since 2004, the volume has decreased by more than a third in this group. Twenty years ago, consumption in the young adult group was more than double that in the age group 65–84 years, which has traditionally been the group with the lowest consumption. Now, the difference in volume between these two age groups is practically eliminated.

The levelling out between young and old adults is due not only to the younger people decreasing their consumption, but also to today's older people having increased their consumption by over 30 percent as compared with in 2004. A result of this development is that the age differences in alcohol consumption volume have never been so small in the history of the Monitor surveys.

This age-related change in alcohol habits has meant, among other things, that people who are currently in their seventies drink almost 20 percent more than people in their thirties. Twenty years ago, the relationship was the opposite. However, it should be stated that older people drink more often and with a more even distribution than younger people, meaning that their alcohol habits are less focused on intoxication.

Another clear group difference is that Swedish-born people with parents born in the country drink significantly more alcohol than those born outside the country. Their consumption is also higher compared with that among Swedish-born people with parents born outside the country. Questions on country of birth have not been posed each year, meaning that it is not possible to determine if there has been any change in alcohol habits over time in relation thereto. In summary, the sociodemographic measures that can be followed over time in the Monitor surveys (gender, age, place of residence) indicate gradual and continually decreasing differences in alcohol habits between groups in the population.