

# Summary

Alcohol, narcotics, doping, tobacco, and gambling (ANDTG) can cause both poor health and social issues. Use can also affect friends and family negatively. Addiction issues are behind a large part of these negative effects. To raise awareness of and prevent negative consequences, it is important to track both use and addiction over time.

The purpose of this report is to map ANDTG use and associated addiction issues among adults in Sweden in 2025 using data from CAN's survey Habits and Consequences. To cast light on current trends, the results are compared with those of the corresponding surveys in 2013, 2017, and 2021. The results are based on responses from a total of 45,580 people (aged 18–84 years), who responded to questions on ANDTG habits and associated addiction issues in a combined pen-and-paper and web survey.

The report shows that use of ANDTG is common in Sweden, but that there are large differences in levels between the different kinds of ANDTG. Alcohol and gambling occur in a majority of the adult population, snus in a significant proportion, whereas cigarettes and narcotics are used by a smaller proportion. Doping is very rare. The trends also differ. Use of and addiction to alcohol, cigarettes and, to some extent, narcotics have decreased. Snus, e-cigarettes, and problematic gambling have increased.

There are also significant differences in ANDTG use between different groups. Men generally use more alcohol, narcotics, snus, and doping agents, and gamble more than women. There are also some exceptions, where levels are equal or higher among women: non-medical prescription drug use, cigarettes, white snus (nicotine pouches) and e-cigarettes. As regards age differences, those aged under 50 years generally use more ANDTG than those aged over 50 years, excepting regular consumption of alcohol, non-medical prescription drug use, daily smoking, use of tobacco snuff, and gambling.

Significant differences in current ANDTG trends are seen between different ANDTG areas and groups. Levels of use of and addiction to alcohol, cigarettes, and to some extent, narcotics, are decreasing, whereas those for snus, e-cigarettes, and problematic gambling for money are increasing. Alcohol is decreasing mainly among men and among those below 65 years. Total narcotics use is decreasing in particular among women and young adults (aged 18–29 years), and smoking is decreasing in all groups. Snus and e-cigarettes are increasing primarily among women and young adults, whereas the proportion of problem gamblers is increasing in particular among young adult men.

In summary, the report shows that ANDTG use is widespread in Sweden and that both levels and development vary greatly between different areas and groups. The results indicate the need for a granular and knowledge-based ANDTG policy that takes account of the fact that developments are moving in different directions and that there are large differences between different groups. The results also show that there is a need for more knowledge to better understand the reasons for gender and age differences in use and addiction, as well as the differences in current trends.

*Below, some of the most important findings of the report in each area are summarized.*

## **Alcohol: fewer people are drinking alcohol regularly and fewer have alcohol addiction issues**

In 2025, 85 percent of the population aged 18–84 years had drunk alcohol within the last year. It was slightly more common among men than women. Differences between age groups were small, with the highest proportion in the age group 50–64 years and the lowest in the age group 65–84 years. Since 2013, the proportion drinking alcohol has decreased from 89 to 85 percent, but the decrease is seen only among people aged under 50 years.

Thirty-nine percent of adult Swedes drink alcohol at least once per week. It is more common among men than women and increases with age, with the highest proportion in the age group 65–84 years and the lowest among 18–29-year-olds. Since 2013, the proportion drinking every week has decreased from 48 to 39 percent, but the decrease occurred only among those aged under 65 years. It is most common to drink alcohol 1–3 times per week (35 percent), followed by 1–3 times per month (26 percent), and a few times per year (20 percent). It is least common to drink 4 times or more per week (5 percent). Men drink more often than women and older people drink more often than younger people. On average, ten percent of the age group 65–84 years drinks at least four times per week, whereas this is seen among between three and five percent in other age groups. Between 2013 and 2025, the most frequent drinking has decreased in all age group.

Just over half (53 percent) of all adults have engaged in heavy episodic drinking (HED) in the past year, meaning they consumed, on a single occasion, an amount of alcohol equivalent to a bottle of wine in pure alcohol. HED is more common among men (62%) than among women (44%). The most common frequency of HED is once or a few times per year (34%), whereas more regular HED (at least once per month) is reported by 19 percent. Young adults and men are the groups that indulge in HED most.

In 2025, every tenth adult Swede fulfilled the criteria for at least mild alcohol use disorder (AUD): 12 percent of men and 9 percent of women. The rate is highest among 18–29-year-olds (20%) and decreases with age, declining to about six percent among 65–84-year-olds. The age pattern is seen among both women and men, but men generally have a higher proportion with AUD. The exception is the youngest age group, where the proportion with AUD is the same among men and women.

The majority of those with AUD have mild AUD (7.7%), whereas moderate and severe AUD are seen among 1.9% and 0.8%, respectively. The occurrence of AUD generally followed the pattern of alcohol habits: higher among men than among women, and with a clearer decrease among men. The age pattern mainly reflects differences in heavy episodic drinking.

## **Narcotics: use and the proportion with addiction decrease slightly**

In 2025, eight percent of the population had used narcotics in the last 12 months. It was more common among men (9%) than among women (7%). Men in the age group 18–29 years was the group where narcotics use was most common (16%), followed by women in the same age group (11%). Total narcotics use in the population has decreased slightly since 2017, but the decrease is significant only among women. A decrease has occurred in all age groups, except in the oldest age group (65–84 years), where the level has been stable at around six percent. However, the decline is only significant among women aged 18–29.

Less than three percent of the adult population had used cannabis in 2025 and use was more common among men and young adults. There has not been any significant change since 2013, among either women or men. Admittedly, a significant increase was observed in the 30–84 age group, but this increase occurred between 2013 and 2017, and since then the level has remained unchanged. Most who use cannabis do so less often than once per month, whereas around a quarter use at least once per week.

Less than two percent had used other narcotics (amphetamine, cocaine, ecstasy/MDMA, hallucinogens, heroin) in 2025. This was most common among men and young adults. Use was largely unchanged over time, but use of cocaine, ecstasy/MDMA, and hallucinogens was higher in 2025 than in 2013. The increase, however, occurred between 2013 and 2017 and use has remained unchanged since then. Other narcotics were used more seldom than cannabis and fewer than ten percent of users reported weekly use.

Non-medical prescription drug use was reported by five percent of the adult population in 2025. Unlike for cannabis and other narcotics, there were no differences between men and women or between different age groups here. Analgesics were most common, followed by sedatives, with central stimulants being least common. No significant changes have occurred since 2017. Frequent

use (at least once per week) was much more common for non-medical prescription drug use than for cannabis and other narcotics. Among women with experience of non-prescribed use, 48 percent reported use weekly or more often, compared with 39 percent among men.

In total, 1.2 percent of the adult population met the criteria for at least substance use disorder in 2025. It was more common among men (1.5%) than among women (1%). The proportion was largest in the age group 18–29 years (3.4%), with the clear majority being men across most age groups. The proportion has decreased significantly, from 1.8 percent in 2017 to 1.2 percent in 2025. The decrease is seen only among women.

## **Doping: use of hormonal doping agents is rare and levels are unchanged**

In 2025, 0.6 percent of the population (around 48,500 people) reported having at some point used hormonal doping agents, a level that has been relatively unchanged over time. Use occurs almost only among men (1.2%).

The total annual prevalence for use of hormonal doping agents has been stable at 0.1 percent during the entire measurement period 2013–2025.

## **Tobacco and nicotine: continued decrease of smoking but more use of snus and new nicotine products**

In 2025, seven percent of the population smoked cigarettes, of which less than four percent did so daily and slightly more than three percent sporadically. Smoking was somewhat more common among men and young people, because of higher levels of sporadic smokers in these groups. Daily smoking was most common in the age group 50–64 years and least common in the age group 18–29 years. During the period 2013–2025, the proportion smoking has been halved among both women and men, and in all age groups. The decrease is greater for daily smoking, which dropped by 62 percent, whereas sporadic smoking dropped by 36 percent. Smoking has decreased the most among women aged 18–29, where it fell from 19 to 6 percent. An estimate of cigarette addiction shows that addiction is stronger among daily smokers than among sporadic smokers and slightly stronger among women and older people.

In 2025, 18 percent of the adult population used snus, most of them daily (15%). More men (25%) than women (10%) used snus, and it was more common among younger people. In the age group 18–29 years, 29 percent used snus and it was more common among men (36%). During the period 2013–2025, the proportion of snus users has increased from 13 percent to 18 percent. The increase was largest between 2021 and 2025 and has mainly occurred among younger people and

among women. The proportion of daily snuff users among women in the age group 18–29 years increased from 6 percent to 17 percent between 2017 and 2025. An estimate of addiction showed that men with daily snuff use had a stronger addiction than women and that daily snuff users estimated their addiction as slightly stronger than daily smokers.

Brown snus was still most common overall (50%), followed by white snus (44%), with six percent using both brown and white snus. The differences were large between groups: women used mainly white snus (74%) and men mainly brown snus (62%). In the age group 18–29 years, white snus dominated (67%), especially among women (93%). This applied only to daily use; there were no differences for sporadic use.

In 2025, 2.7 percent of the population aged 18–84 years reported vaping. The majority were sporadic users (2.1%), whereas daily use was rare (0.6%). Vaping was most common among women and in the age group 18–29 years. Of all respondents, 3.9 percent reported having vaped in the past but having quit, whereas 93 percent reported never having vaped. Almost all those vaping use vapes with nicotine.

Since 2017, the proportion of vapers has increased from 1.6 percent to 2.7 percent in 2025. The increase is seen mainly among women (1.3% to 3.1%) and only in the younger age groups, 18–29 years and 30–49 years. There, the proportions have increased from 3 percent to 6.5 percent and from 1.4 percent to 3.1 percent, respectively. The largest increase was among women aged 18–29 years (1.7% to 7.7%).

## **Gambling: the proportion with gambling problems increases among young adults**

In 2025, 59 percent of the adult population reported gambling in the last 12 months, with this being somewhat more common among men than women and among older people than younger people.

The proportion with some level of gambling problems or risk of gambling problems was estimated at six percent in 2025. The proportion was higher among men (9%) than among women (3%). The highest proportion was seen in the age group 18–29 years, where it was estimated at eleven percent in total: 19 percent among men and three percent among women. In the population as a whole, the proportion increased between 2021 and 2025, from four percent to six percent, and the increase was seen in both women and men. It is seen in all age groups but is clearest among young adult men (18–29 years), where the proportion increased from 11 to 19 percent.