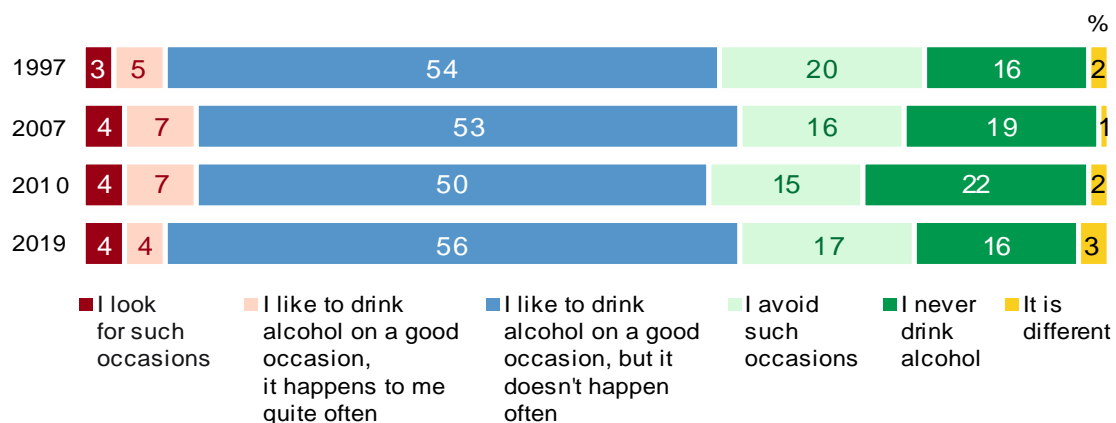


## Alcohol consumption

Over half of Poles (56%) declare that they drink alcohol occasionally, less than a tenth consume it frequently (8%), and a third avoid alcohol or does not take it at all (34%). Compared to the 2010 study, the percentage of people declaring frequent drinking has slightly decreased, and the number of teetotalers has also dropped.

**Almost every person sometimes has the opportunity to drink alcohol. What do you do on such occasions?**



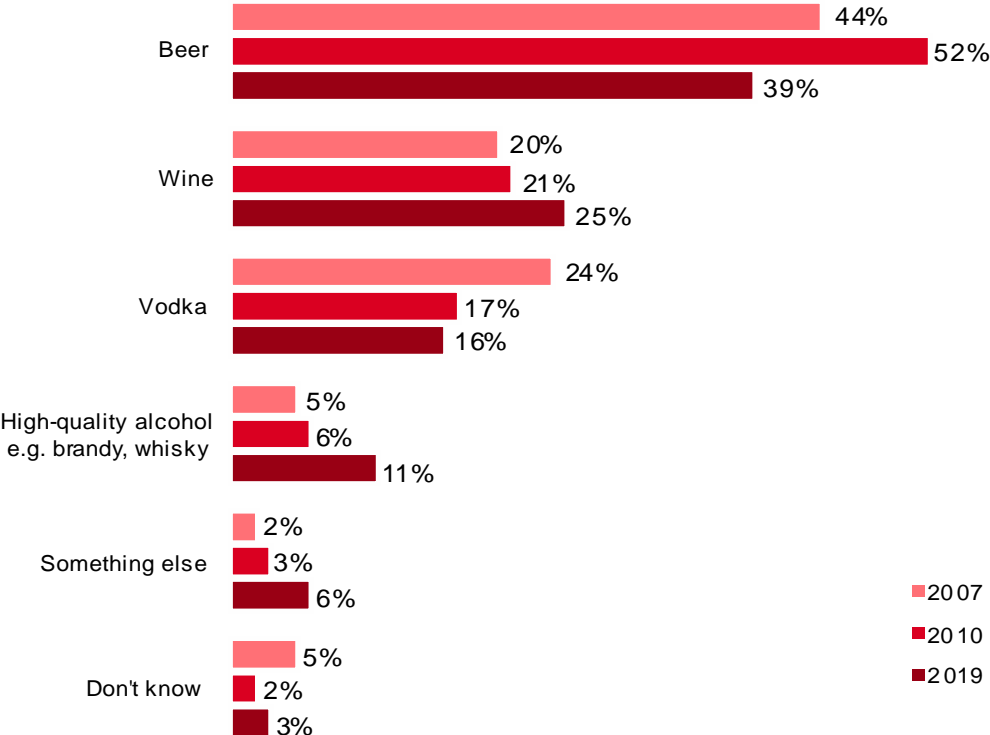
The declared frequency of alcohol consumption varies significantly depending on the basic socio-demographic characteristics. Women avoid alcohol twice as often as men: the percentage of teetotalers among men is 10%, while among women it is 21%. It is worth

adding, however, that over the years alcohol consumption among women increases; in 2010, almost a third of women declared never drinking alcohol (30%). In age groups, alcohol is most often consumed by those aged 25-34: only 7% of them are teetotal, two-thirds (65%) use alcohol occasionally, and almost a tenth (9%) do it often.

Beer is most commonly consumed, but its share has significantly decreased since 2010. At that time, every second person among alcohol drinkers (52%) admitted that they most often enjoyed beer. Currently, 39% of drinkers select beer. Wine comes second (25%) and vodka third (16%). The percentage of people choosing wine has been growing since 2007, while the largest increase concerns high-quality alcohols, e.g. brandy or whisky. Currently every ninth drinker (11%) declares selecting this type of drink. The category of "something different" than the listed alcohols also increased to 6%, i.e. by 3 percentage points. Perhaps it covers cider or radler and shandy, i.e. mixes of beer and lemonade.

**What kind of alcoholic drink do you take most often?**

*Responses of people who drink alcohol*

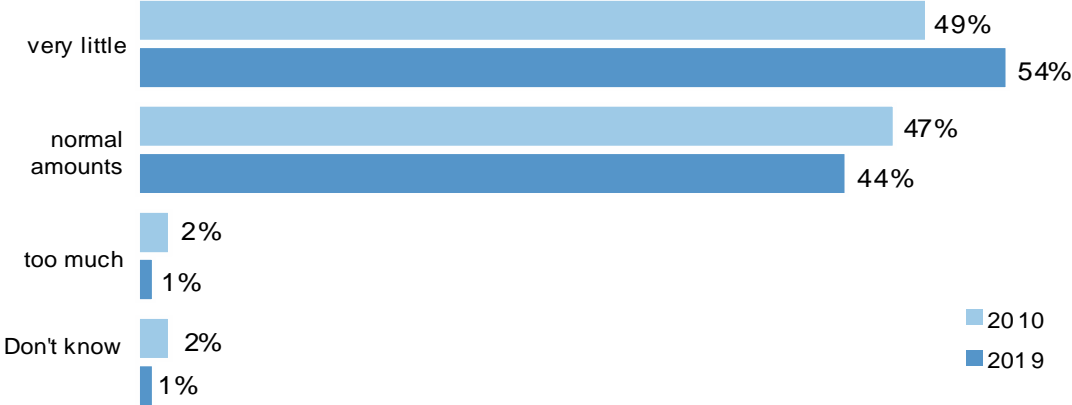


Most drinkers are convinced that they drink very little (54%) or normal amounts (44%). Only very few (1%) think that they consume too much alcohol (1%). Compared to 2010, the

proportion of respondents who believe that they drink very small amounts has increased by 5 percentage points.

**In your own opinion, do you drink:**

*Answers of respondents who drink alcohol*



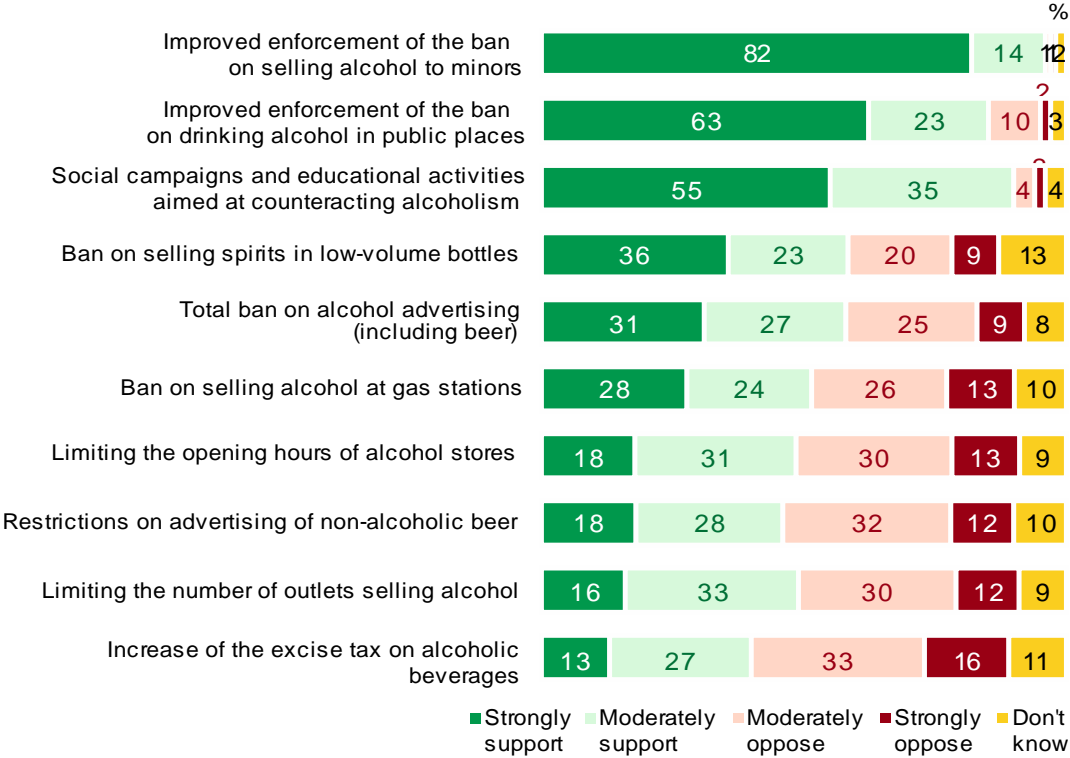
Despite the widespread belief among Poles that they drink safely, the vast majority of respondents believe that alcohol abuse is a very large (43%) or rather large (48%) problem in Poland.

Based on declarations, alcohol in Poland is quite easily available. Almost half of respondents (47%) believe that alcohol prices in Poland are rather low. More than a quarter (28%) claim that there is at least one 24-hour liquor store in their vicinity.

Poles see the need to introduce restrictions or more effective enforcement of existing regulations related to the distribution and consumption of alcohol. Among the solutions that can limit alcohol consumption and prevent its abuse, there is almost unanimous approval (96%) of more effective enforcement of the ban on selling alcohol to minors. Respondents see the need for more effective enforcement of the ban on drinking alcohol in public places (86%). Support for social campaigns and educational activities that are aimed at counteracting alcoholism is almost universal (90%). The majority of respondents (59%) would like a total ban on the sale of hard alcohol in low-volume bottles. Slightly fewer people (58%) support a total ban on alcohol advertising. Over half (52%) are in favour of a ban on selling alcohol at gas stations. In terms of limiting the opening hours of alcohol stores, more people (49%) are in favour of this idea than against it (43%). Opinions are similar as regards limiting the number of outlets selling alcohol: 49% of respondents

support this idea, and 42% oppose the restrictions. Opinions among Poles are divided regarding the introduction of restrictions on advertising non-alcoholic beer: 44% of people are against it, and 46% see the need for such a solution. The only idea to which the plurality are opposed is the increase of the excise duty on alcoholic beverages, which results in a rise in prices: 40% of respondents support such a solution and 49% oppose it.

**Do you support to the following solutions?**



More information about this topic can be found in CBOS report in Polish: “Alcohol Consumption in Poland” and “Opinions on Sale of Alcohol”, 2019. Fieldwork for national sample: October 2019, N=965. The random address sample is representative for adult population of Poland.