

More about the alcohol habits of young people in Denmark 2014

Report published by the Danish Cancer Society and TrygFonden, September 2015.

Danish title: "Mere om unges alkoholvaner i Danmark 2014 – en kortlægning"

Summary

Binge drinking among 15-25-year-olds

Two out of three young people aged 15-25 have drunk more than five units of alcohol on one occasion (binge drinking) at least once during the past month.

Young people's knowledge about the alcohol consumption of Danish young people

The majority of young people aged 15-25 believe that Danish young people drink more than they actually do. According to a report from the Danish alcohol awareness campaign "Fuld af liv", around 20% of young people aged 15-20 drink more than the safe limits of seven alcohol units per week for women and 14 units per week for men as recommended by the Danish Health and Medicines Authority. However, if young people aged 15-25 are asked, 58% think that over 50% of young people aged 15-20 drink in excess of these safe limits.

Experienced pressure to drink

42% of young people aged 15-25 have experienced being pressurised to drink alcohol and 34% have experienced this more than once. Only 55% of those who have been pressurised more than once are always able to refuse when they are pressurised to drink alcohol. 30% of young people aged 15-25 have themselves been involved in pressurising others to drink alcohol.

Popularity, parties and alcohol

The majority of young people aged 15-25 agree or strongly agree with the statement that alcohol makes it easier to be part of the group (76%), and that alcohol makes parties more fun (75%). At the same time, the majority disagree or strongly disagree that drinking alcohol gives status among friends (72%), and that the most popular people in their friendship groups are the ones who drink most (70%). An equal number of respondents disagree (45%) and agree (46%) with the statement that people who do not drink are often left out.

Young people's knowledge of the link between alcohol and cancer

44% of young people aged 15-25 believe that alcohol can increase the risk of cancer.