

# 2020 ANNUAL ALCOHOL POLL

## ATTITUDES & BEHAVIOURS

### SUMMARY OF KEY FINDINGS



## ABOUT THE POLL

The Annual Alcohol Poll 2020: Attitudes and Behaviours (the Poll) was conducted by YouGov Galaxy on behalf of the Foundation for Alcohol Research and Education (FARE). A total of 2,264 Australians aged 18 years and over were surveyed online between 20 January and 1 February 2020. The Poll has been conducted over the past 11 years.

This summary presents some of the key findings of the Poll.

## ALCOHOL USE

- More than one in five Australians (21%) did not drink alcohol in the past 12 months, including 6% who have never had alcohol before.
- 17% of Australians drank more than ten standard drinks per week, which is more than the recommended amount from the National Health and Medical Research Council (NHMRC) Draft Australian Guidelines to Reduce Health Risks from Drinking Alcohol (the Guidelines).
- More than a quarter (28%) of Australians who drink alcohol report drinking to get drunk at least once a month.
- 19% of Australians say that someone has expressed concern about their drinking or suggested they cut down in the past year. Men are much more likely to report this than women (23% vs 14%).

## ALCOHOL USE IN THE HOME

- Of Australians who drink alcohol, 73% drink most frequently in the home (either their home or someone else's), 15% at pubs, bars or clubs and 8% at restaurants.
- The home is the most frequent place to drink alcohol for all age groups (62% for people aged 18-24, 61% for 25-34 years, 74% for 35-49 years and 80% for 50 years and over).
- Of Australians who drink alcohol, 67% report drinking the largest quantity of alcohol in a single occasion at home.

## DELIVERY OF ALCOHOL TO THE HOME

- 15% of Australians reported having used alcohol home delivery in the past 12 months.
- Of the people who had ordered alcohol home delivery in the past 12 months:
  - 23% had alcohol delivered at least weekly
  - almost half (44%) received their order within two hours
  - 38% reported that their ID was checked on delivery
  - 25% report that alcohol was left unattended at their door.
- Of the people who received an alcohol delivery within two hours:
  - 70% of these people drank more than four standard drinks that day
  - 38% drank 11 or more standard drinks that day.

## AWARENESS OF ALCOHOL USE RISKS

- More than one in three Australians (35%) are unaware of the Guidelines to reduce health risks from drinking alcohol.
- Almost half (49%) of Australians are unaware that alcohol use can cause cancer
  - for those who were aware of the link between alcohol and cancer, 57% said this motivated them to drink less.

## EXPERIENCE OF ALCOHOL HARM

- 40% of Australians have been affected by alcohol-fuelled violence in the past, including:
  - personally themselves (18%)
  - a friend (21%)
  - a family member (18%).
- 28% of parents or guardians with children under the age of 18 years report that their child has been harmed or put at risk of harm because of someone else's drinking.

## SUPPORT FOR ALCOHOL POLICIES

- 77% of Australians agree that more needs to be done to reduce the harm caused by alcohol in Australia.
- 88% of Australians say that proof-of-age should be verified in order to purchase alcohol online.
- 86% of Australians say that alcohol advertising should not be shown to children on social media.

A full copy of FARE's 2020 Annual Alcohol Poll is available at [www.fare.org.au/Poll2020](http://www.fare.org.au/Poll2020)