

Highland Alcohol Profile

March 2026

There are **1,244 places to buy alcohol** in Highland:

922 on-sales premises
(pubs and restaurants)

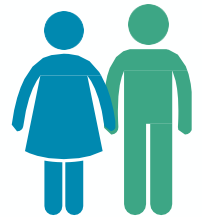


322 off-sales premises
(supermarkets and shops)

Scottish Liquor Licensing Statistics 2021-22.

In Highland, **20% of people** drink above the Chief Medical Officers' low-risk guidelines.

This includes **14% of women** and **27% of men**.



This compares to **20% of people** in Scotland who drink above the guidelines.

Scottish Health Survey.



Parental drinking was a concern identified for **15% of children** on the child protection register in Highland.

Children's Social Work Statistics 2022-23.

There were **1,197 alcohol-related hospital admissions** in Highland in 2024-25.

Alcohol related hospital statistics 2024-25.

The admission rate was lower than for Scotland as a whole.

Alcohol related hospital statistics 2024-25.

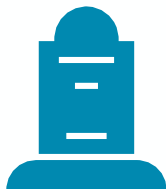


In Highland, **62 people** died because of alcohol in 2024, from conditions solely caused by alcohol.

Alcohol-specific deaths 2024 (NRS, 2025).

The death rate was higher than Scotland as a whole.

Alcohol-specific deaths 2024 (NRS, 2025).



The **true number** of alcohol deaths is **over twice as high** when including conditions such as cancer and cardiovascular diseases.

Public Health Scotland.

39% of 13-year-olds and **72% of 15-year-olds** in Highland have drunk alcohol.

Of those who have ever drunk alcohol, **52% of 13-year-olds** and **72% of 15-year-olds** have been drunk.



Scottish Schools Adolescent Lifestyle and Substance Use Survey 2018.

Every year, alcohol costs Highland **£84.85m** or **£383 per person**.

This includes:

Health Service	£10.40m
Social Care	£8.51m
Crime	£33.11m
Productive Capacity	£32.83m



The Societal Cost of Alcohol Misuse in Scotland for 2007.

For full references and methods, visit www.alcohol-focus-scotland.org.uk/harm-profiles/

About Alcohol Focus Scotland

Alcohol Focus Scotland (AFS) is the national charity working to prevent and reduce alcohol harm.

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