

2.5 million People busts a week's limit in a day.

Almost 14% (one in seven) adults admitted that they drink 14 units of alcohol in a day. This is equivalent to around five pints of larger.

The ONS figures show that 58% of people drink alcohol in a typical week.

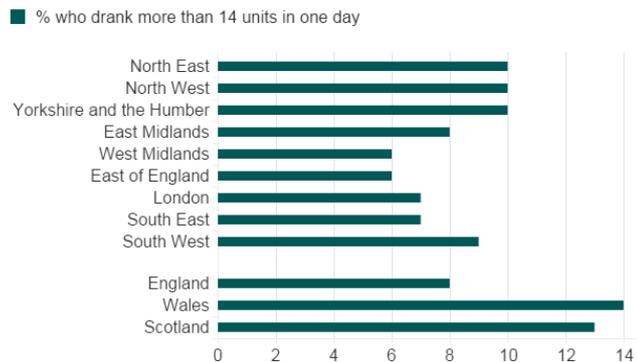
A majority of alcohol drinkers were men. The age group 25 to 44 years old. However, 45 to 64 years old are close to the mark.

Alcohol is linked to over 60 medical conditions including Cancer, diabetes and high blood pressure.

A spokesperson from the Portman Group who represents the drinking industry said "The most of the majority of adults drink sensibly: part of a decade-long improvement in our relationship with alcohol in this country. Underage-drinking is an alcohol-related crime and drink driving are also sustained decline"

The recommended alcohol limit for men and women:
14 units of alcohol is equivalent to:
-6 pints of beer (4% strength)
-7 glasses of wine (11.5% strength)
14 shots of spirits (40% strength)

Heavy drinking by region and country



Source: Office for National Statistics

BBC

However, there is an increasing number of young people who are turning teetotal. Researcher have found that 42 per cent of British teenagers have not had any alcohol in the past week.

The survey by Office for National static also revealed the difference over alcohol use in different social groups and genders.

The survey showed that 18 per cent of people who is earning £40,000 or more, Drink alcohol 5 or more days a week. The highest statics rates of binge-drinking (defined as drowning 14 units of alcohol in a day) were recorded in Wales at 14 units a day, followed by Scotland with around 13 units. There isn't a current alcohol limit as everyone is different. On the other hand, if someone is pregnant then they shouldn't drink at all as it would harm the baby before it's born. However, for driving there is a limit in which police check.

The maximum micrograms per 100 millimetres of breath is 30, The maximum of milligrams of blood per 100 millimetres of blood is 80 and the maximum milligrams for urine per 100 milligrams is 107.

The way alcohol effect everyone depends on the weight, age, age, sex, metabolism (the way of using body), the type of alcohol and the stress levels at the time.