



Ministry of Health
Republic of Latvia

Recent developments in the field of Alcohol use and policy in Latvia

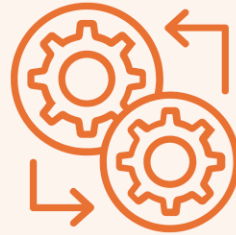
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Arta Hermane

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13.11.2025

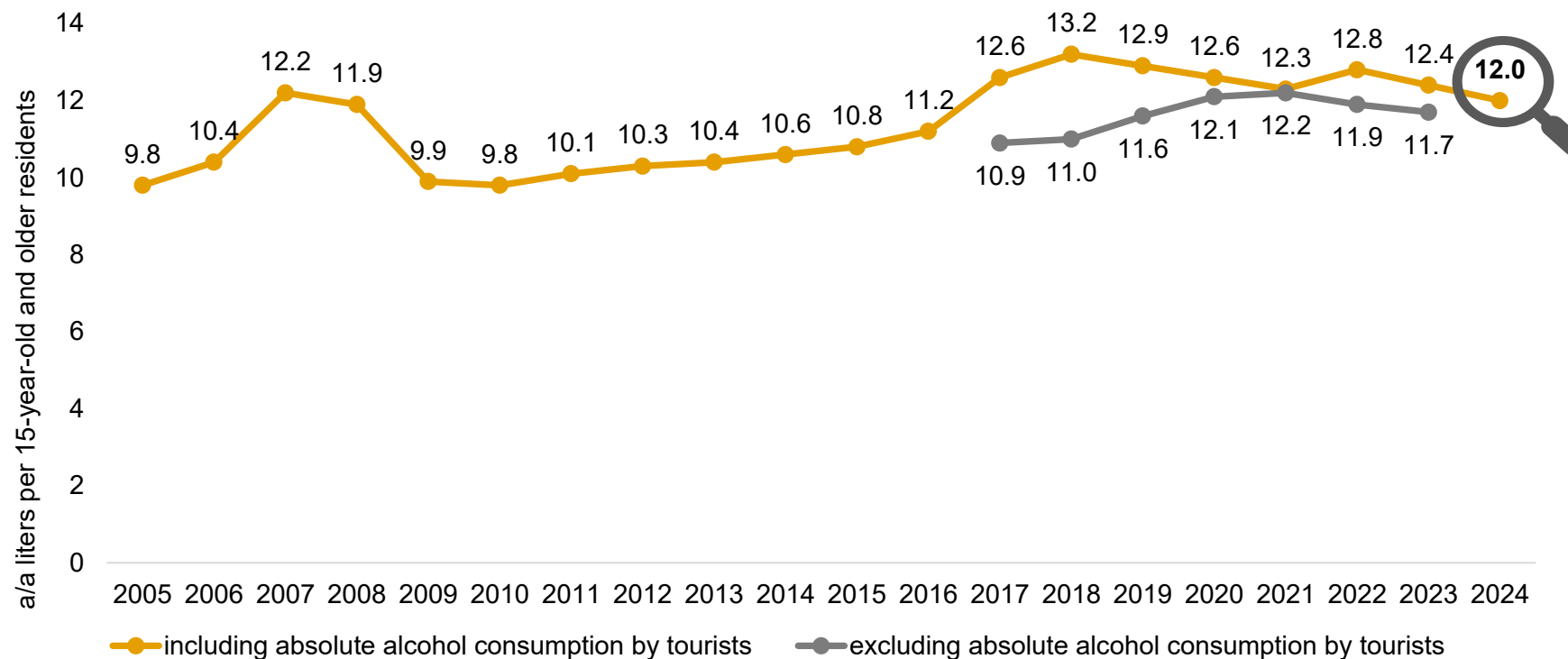


Data

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Registered absolute alcohol consumption* in liters per capita aged 15 and older, 2005-2024

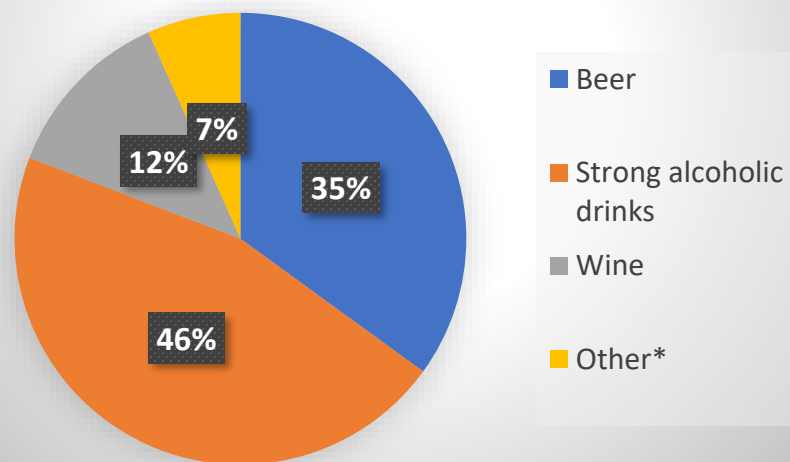


*Based on official State Revenue Service data on the circulation of alcoholic beverages released for consumption in Latvia, excluding unregistered alcohol consumption

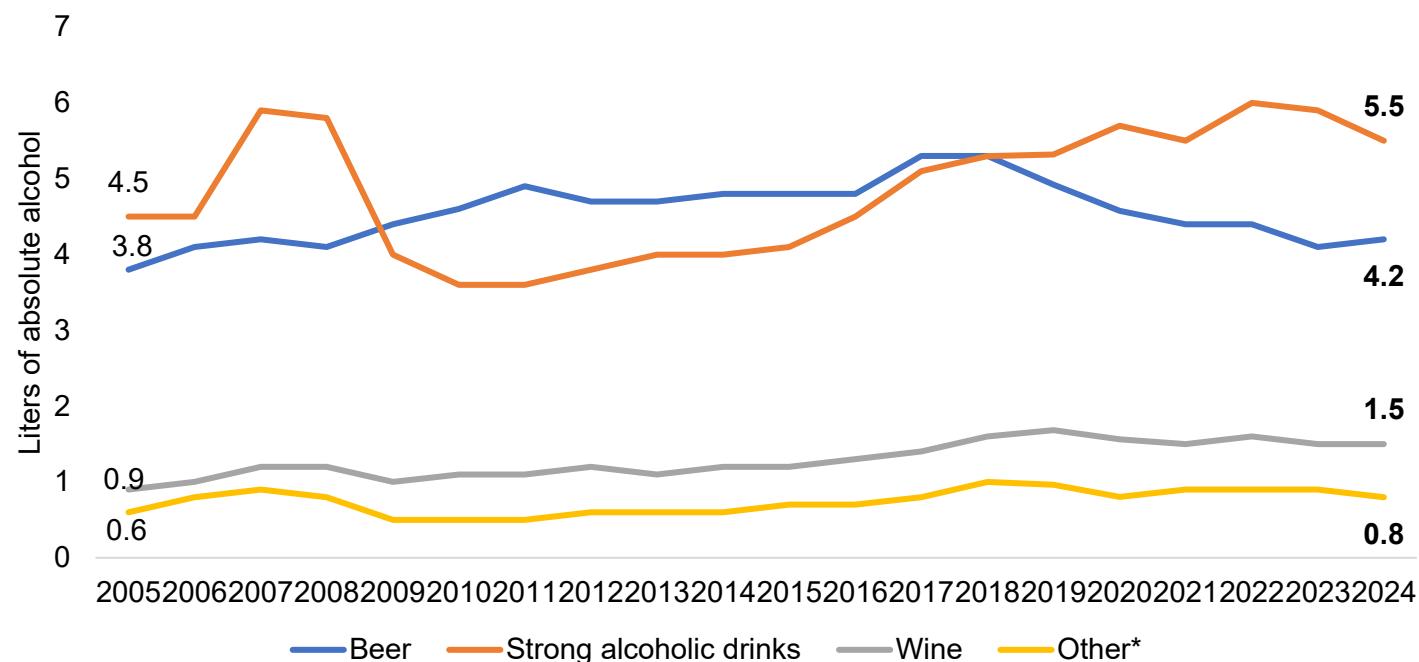
Source: Center for Disease Prevention and Control, 2024

Registered absolute alcohol consumption per capita aged 15 and older, by type of beverage, 2005-2024

Registered absolute alcohol consumption by type of beverage per capita aged 15 and older in 2024



Registered absolute alcohol consumption in liters in 2005-2024, per capita aged 15 and older, by type of beverage

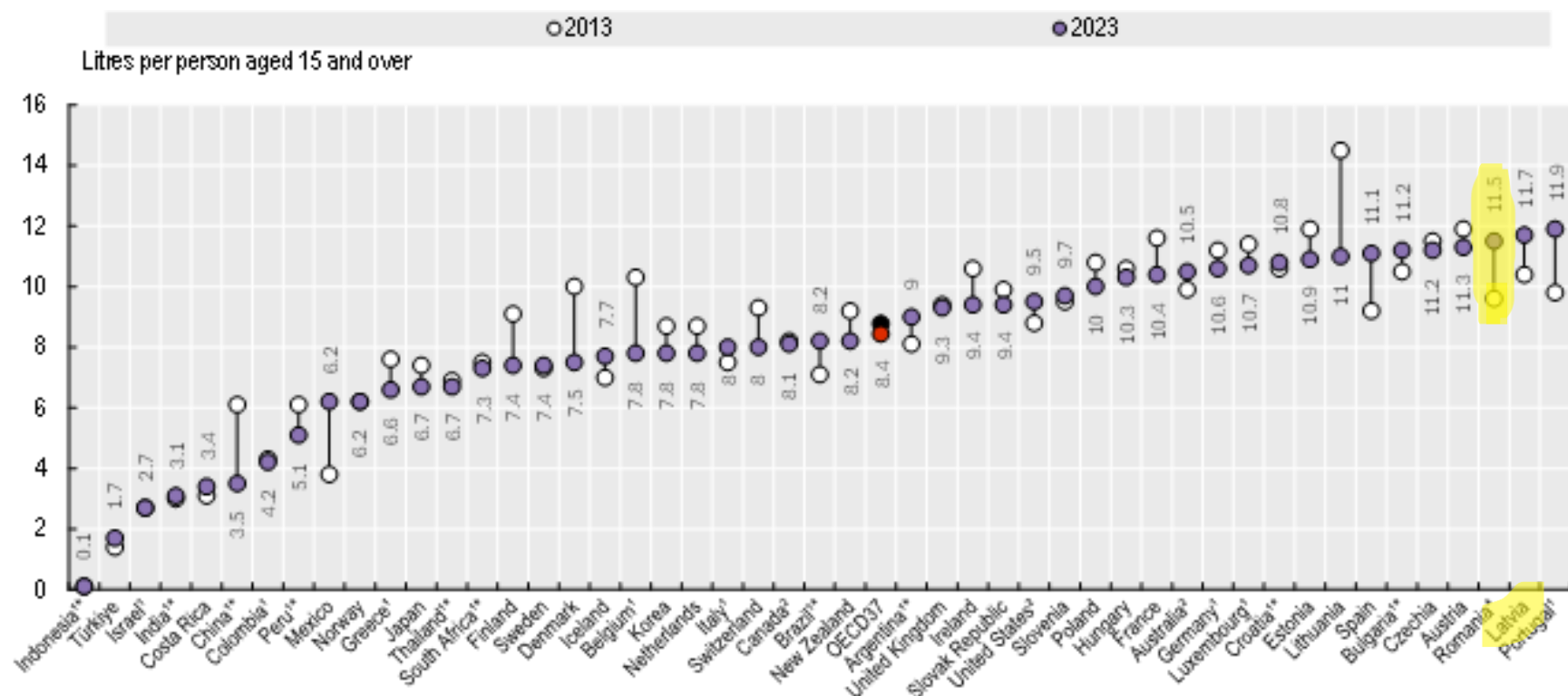


*Others – alcoholic cocktails, other fermented beverages

Source: CDPC calculations based on State Revenue Service data on the circulation of alcoholic beverages released for consumption in Latvia

Total alcohol consumption per capita among people aged 15 and older in Organization for Economic Co-operation and Development countries*

Figure 4.10. Overall alcohol consumption among people aged 15 and over, 2023 and 2013 (or nearest year)

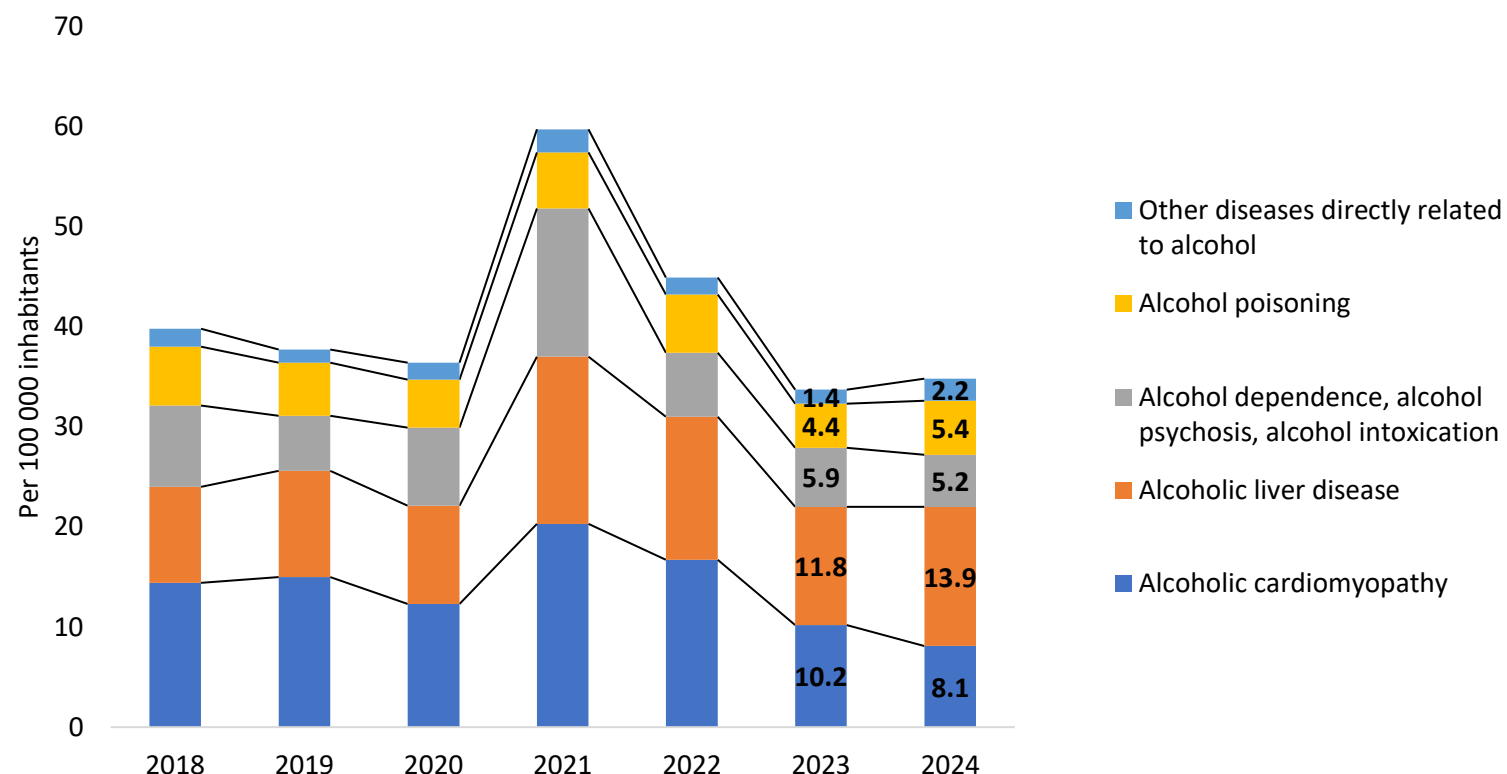


Latest data from 2020. 2. Latest data from 2022.
(Accession/partner country).
Source: OECD Health Statistics 2025.

*Unpublished data

Mortality from diseases directly related to alcohol consumption among people aged 15 and older per 100 000 population, 2018–2024

	Number of deaths (15+)
2017	630
2018	647
2019	606
2020	580
2021	944
2022	712
2023	535
2024	550



*Other diseases directly related to alcohol consumption: Alcoholic encephalopathy, Alcoholic epilepsy, Alcoholic polyneuropathy, Alcoholic pancreatitis.

Source: Latvian population mortality database, CDPC

Mortality from external causes indirectly related to alcohol consumption among people aged 15 and older per 100 000 population, 2018–2024

V01–V99 – Transport accidents

W00–W19 – Falls

W20–W49 – Exposure to inanimate mechanical forces (e.g. struck by or against object, crushed, etc.)

W65–W74 – Accidental drowning and submersion

W75–W84 – Other accidental threats to breathing (e.g. suffocation, choking, accidental hanging)

X00–X09 – Exposure to smoke, fire and flames

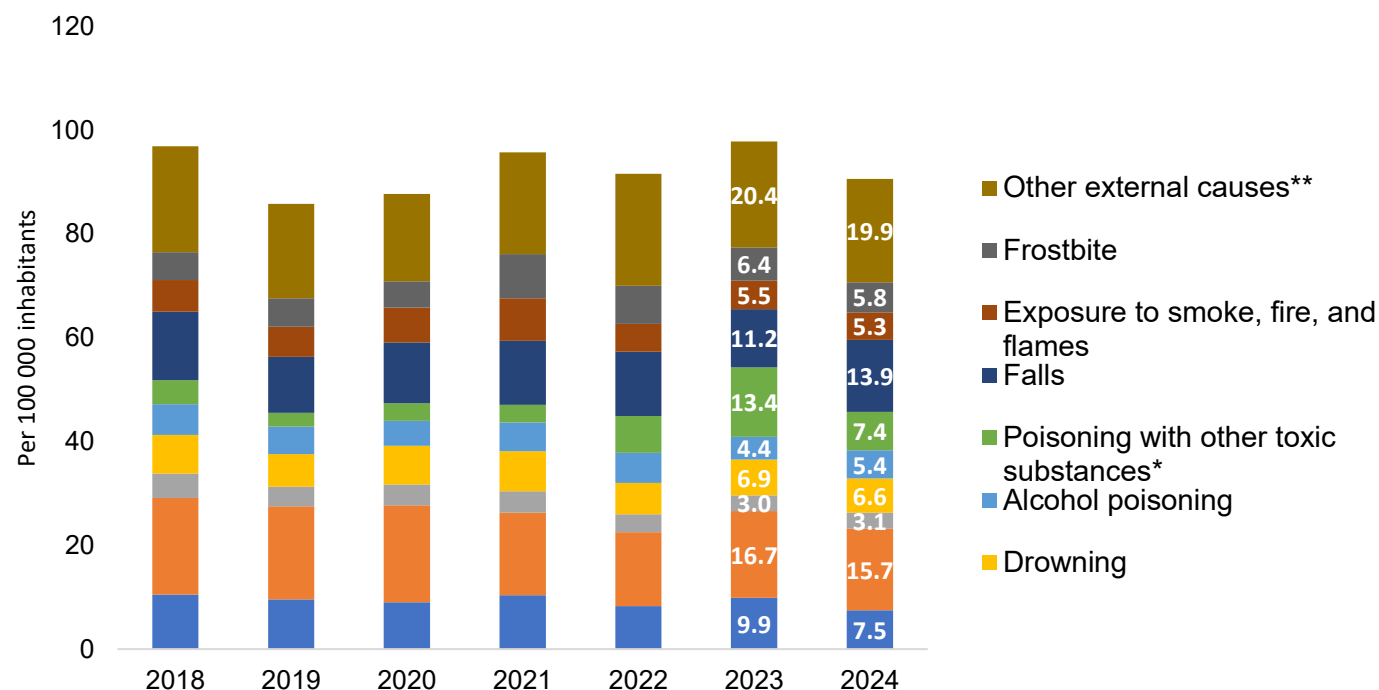
X31 – Exposure to excessive natural cold (includes hypothermia, frostbite, etc.)

X40–X49 – Accidental poisoning by and exposure to noxious substances

X45; Y15 – Accidental poisoning by and exposure to alcohol / Poisoning by and exposure to alcohol, undetermined intent

X60–X84 – Intentional self-harm (suicide and self-inflicted injury)

X85–Y09 – Assault (homicide and injuries inflicted by another person)



*Poisoning with other toxic substances: accidental poisoning with medicines, narcotic or hallucinogenic substances, biological substances, solvents, gases, fungi, etc.

**Other external causes of death: mechanical force, suffocation, drowning, electric shock, etc.

Source: Database of causes of death among Latvian residents, CDPC

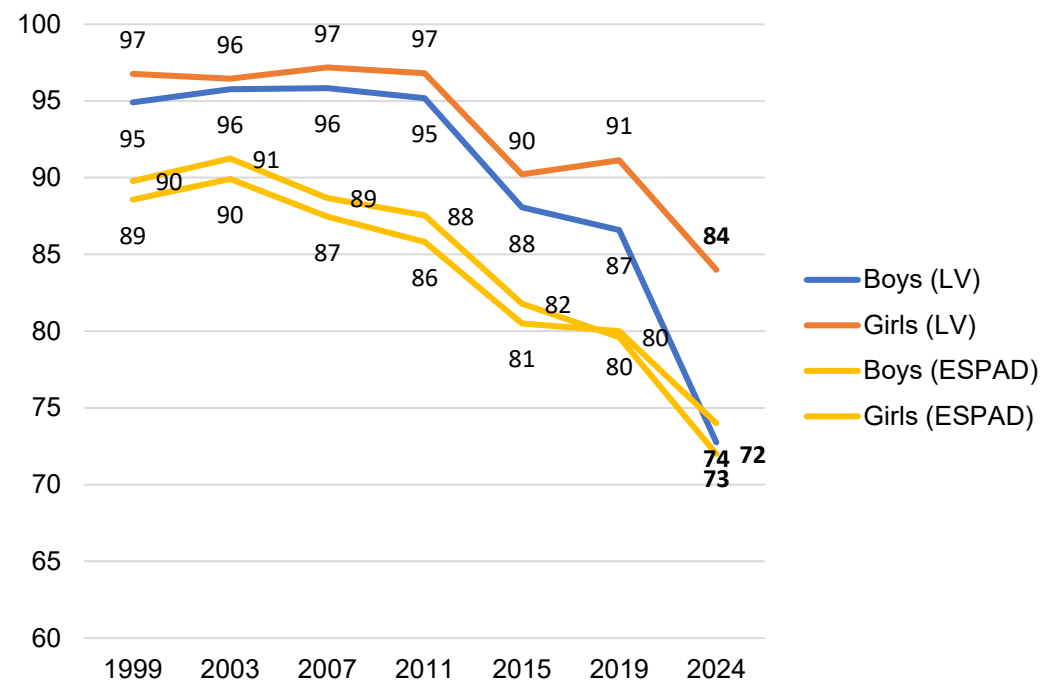
40% of Latvian schoolchildren have started drinking alcoholic beverages (even just one glass) or have tried them at an early age (13 years old or younger).



Of all Latvian schoolchildren, **78%** have tried alcohol at least once in their lives.

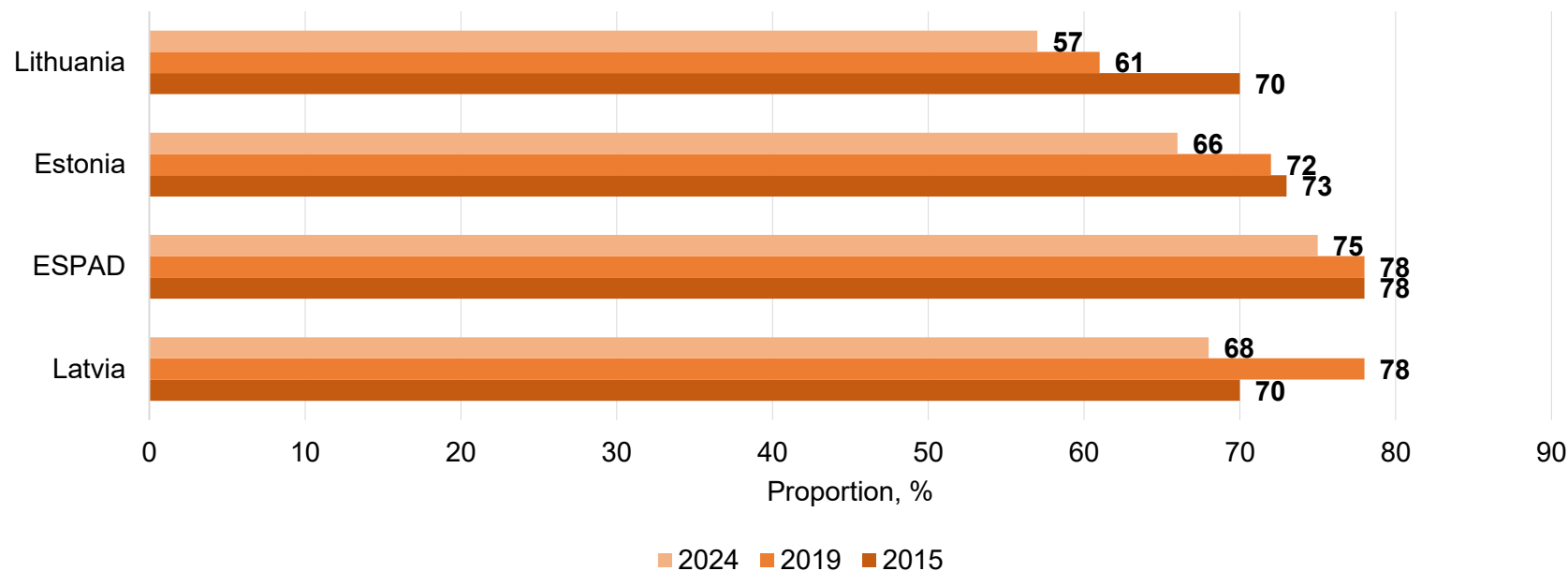


Trends in alcohol experimentation among 15- to 16-year-old boys and girls in Latvia and comparison with the average for ESPAD member countries, 1999–2024 (%)



Data from the European School Survey Project on Alcohol and Other Drugs (ESPAD) 2024 Report. Retrieved from: <https://www.espad.org/espad-report-2024>

Assessment of the availability* of alcoholic beverages among 15- to 16-year-old students in the Baltic States and the average indicator in ESPAD member states (%)



*Alcohol is fairly easy or very easy to obtain

Data from the European School Survey Project on Alcohol and Other Drugs (ESPAD) 2024 Report. Retrieved from: <https://www.espad.org/espad-report-2024>



Recent developments in the field of Alcohol policy in Latvia

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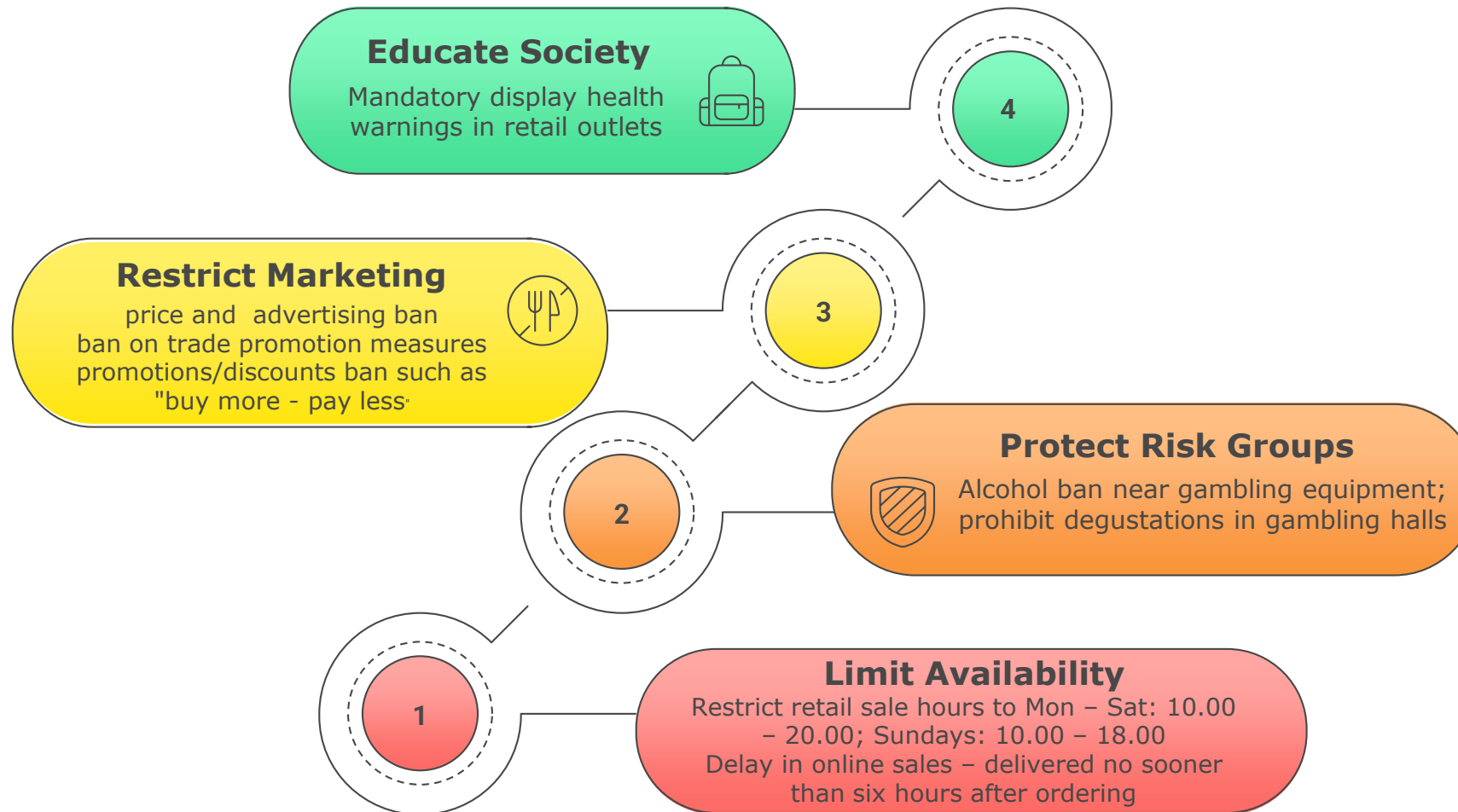
Senior expert of Mental Health, Addiction Prevention and Integrated Care
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Amendments to the Alcohol Circulation Law



- The amendments to the Alcohol Circulation Law entered into force **on August 1, 2025**.
- These changes introduce **new restrictions and requirements** aimed at protecting public health and reducing the availability of alcohol.

Implementing Alcohol Regulation



What was not included in the adopted Bill!



Mandatory requirements for labelling of alcoholic beverages:

- information on the energy value, nutritional value and list of ingredients;
- pictograms warning against drinking and driving and drinking during pregnancy;

Main objections – labelling requirements

The proposed labelling regulation is not in line with the EU level regulation on labelling of alcoholic beverages (grapevine and aromatized wine products)



- The labelling of grapevine products and aromatized wine products is harmonized in EU through Regulation No 1307/2013 and Regulation No 251/2014 meaning **that Latvian legislation needs to comply with those rules.**
- The energy value may be expressed by using the symbol 'E' and, if the nutrition declaration and the list of ingredients are made available by electronic means, there cannot be any collection or tracking of user data and there cannot be any marketing information.
- The Latvian proposal – wording in the Bill was not harmonized with the EU regulation, we don't use symbol «E» and ingredients could be available by electronic means like QR code, but no restrictions for data collection and tracking



Solution - incorporate EU rules for grapevine products and aromatized wine products into national regulation or **exclude grapevine products and aromatized wine products** from national regulation

EU COM feedback on health-warning pictograms (Art. 45, Reg. (EU) No 1169/2011)

What COM requests

- Latvia should follow the Article 45 notification procedure for health-warning pictograms.

Gap in the current Bill

- No technical specifications (format, size, placement, etc.) are set for the pictogram.
- The Bill does not state that pictograms used in other EU Member States are acceptable.
- Under Reg. 1169/2011, Latvia must show that warnings are justified on public-health grounds and are accurate, clear, easy to understand, and not misleading.

Why specs aren't in the Bill today

- In Latvia, such technical requirements are typically set in secondary legislation (Cabinet Regulations), not in the primary Law.

The approved Bill includes

By 31 October 2026, Ministry of Health in collaboration with WHO experts, will assess the restrictions' economic impact and alignment with the public interest.



Future Alcohol control policy initiatives in Latvia



- **Restrict sales at petrol stations** — limit product range and hours, require a separate counter/area, and ban promotions.
- **Raise the minimum purchase age to 20** — align with tobacco/nicotine products.
- **Make alcohol non-visible at point of sale** — no open display on the shop floor; keep behind the counter or in closed cabinets (display ban similar to tobacco).
- **Introduce mandatory labelling and health warnings** — ingredient list and nutrition incl. energy (kJ/kcal) per 100 ml and per serving; standardized health-warning text and pictograms with specified size, format and placement, notified under Art. 45 of Reg. (EU) 1169/2011.



Developement of addiction support services

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Development of addiction support services

Since 7th of May, 2024, a helpline is available for people who need support in dealing with their addiction disorders



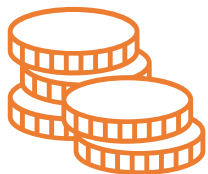
Citizens will be counselled by:

- ☑ quitting smoking (since 2016)
- ☑ alcohol, substance abuse problems (since 2024)
- ☑ gambling and codependency (since 2024)

The service available every day from 09.00 -22.00

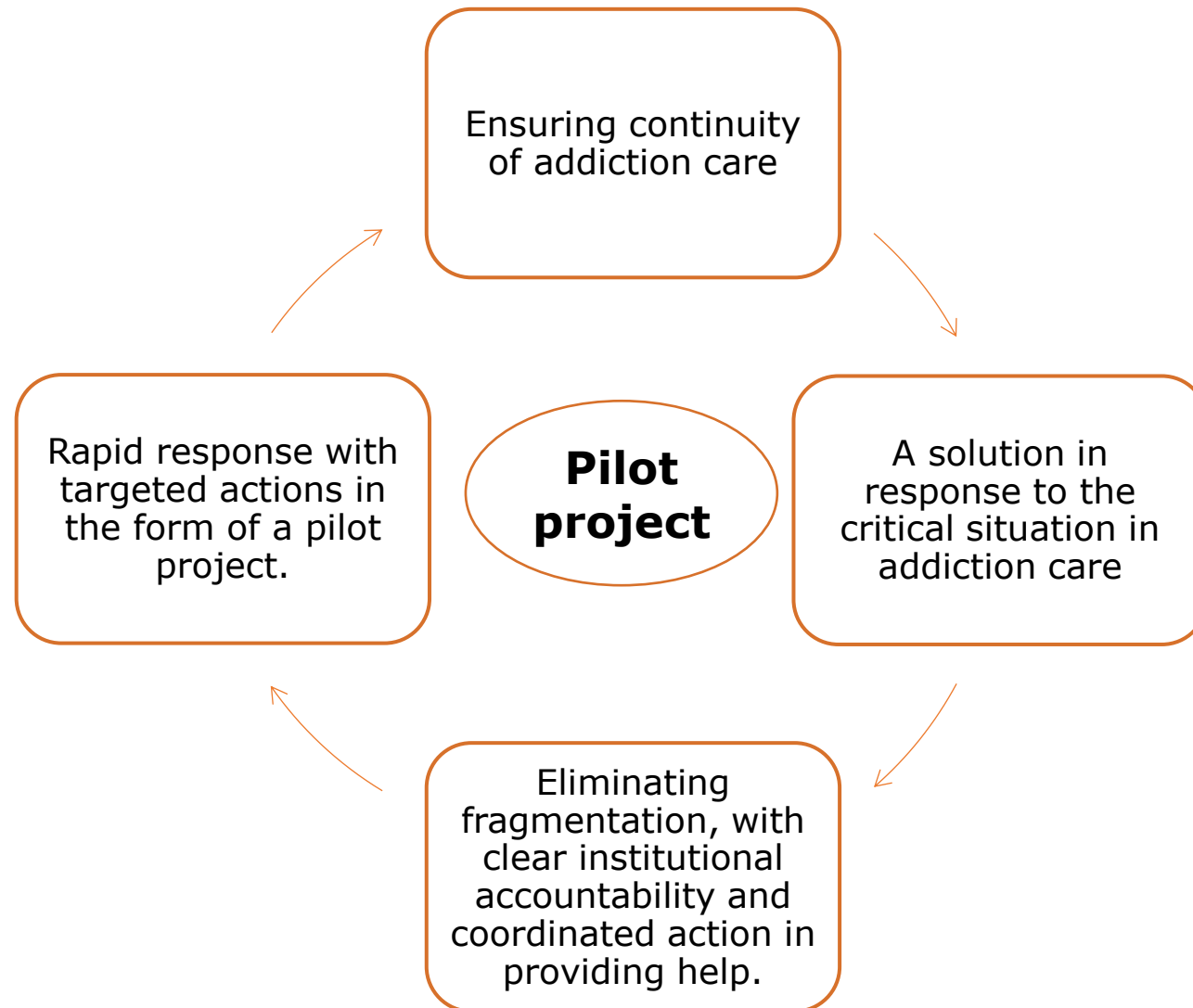
In force from 5th of June, 2025
(Previous Mo-Fr 9:00-18:00)

Available health care services for adults with substance abuse

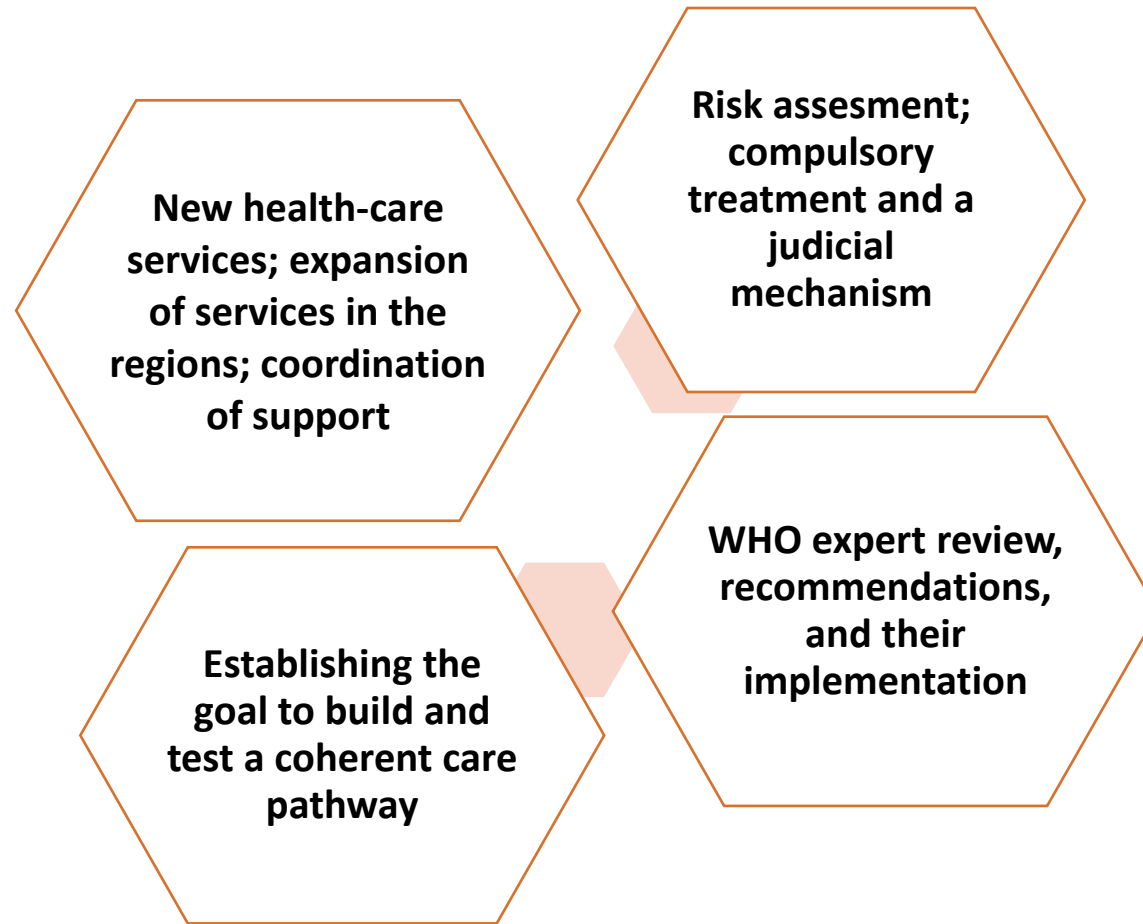


- Since 1st of January, 2025, addiction treatment services are more accessible to adults
- Patients receiving treatment for substance abuse (including drug addiction) exempted from co-payments
- Regulation aligned with psychiatric profile

Improving service access for minors with harmful substance use - pilot



Solutions for improving the accessibility of services and support measures





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Republic of Latvia

Thank You!

13.11.2025.