

Alcohol Use Falls in Spain, But Alcohol Use Disorder Persists, Oasis Premium Recovery Says

As alcohol consumption in Spain hits historic lows, Oasis Premium Recovery examines why alcohol use disorder remains widespread and often unseen.

MARBELLA, ANDALUSIA, SPAIN, August 10, 2026 /EINPresswire.com/ -- Spain is drinking less than it has in decades. Weekly alcohol consumption has nearly halved since 2006, according to the country's own health ministry. On paper, it looks like a public health victory. But addiction specialists say the headline number is hiding a more complicated story, and [Oasis Premium Recovery](#), a residential treatment center located in Marbella, Spain, is calling attention to the gap between a falling national average and a problem that hasn't gone anywhere.



A private ensuite living room at Oasis Premium Recovery, designed to support comfort and personalized care during treatment.

“

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Silvia Cárdenas

The numbers behind the trend come from Spain's Ministry of Health, using data from the National Health Survey of Spain: the share of people drinking at least once a week dropped from 48.4 percent in 2006 to 31.1 percent in 2023, with the steepest decline among younger Spaniards. That's a real shift.

But the same report flags something the topline figure doesn't capture: intensive drinking episodes are still

common, and the drop hasn't been even across social groups or genders. Spain also holds an unusual distinction in Europe: it's among the countries with the highest share of people who don't drink at all, yet it ranks second in Europe for daily drinking, behind only Portugal. Both

things are true at once.

"A national trend toward less drinking is genuinely good news, but averages flatten out a lot of different realities," said Silvia Cárdenas, Centre Manager at Oasis Premium Recovery. "The tricky part is that when the story everyone hears is 'Spain drinks less now,' it gets easier for someone with a real [alcohol use disorder](#) to assume their own drinking isn't the problem, just because it doesn't stand out against a national number that keeps dropping."

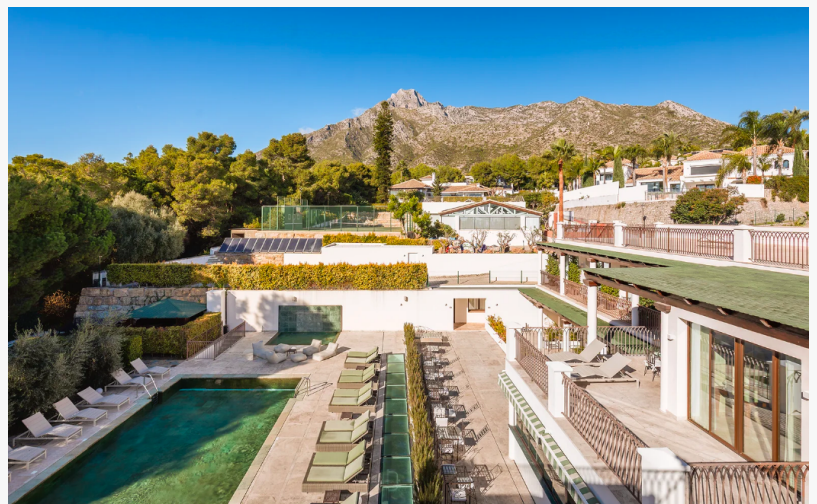
That's the pattern public health researchers keep pointing to: a falling average doesn't mean falling risk for everyone. Recent Spanish medical research backs this up, finding that while overall consumption is trending down, rates of risky drinking have stayed stubbornly high in certain segments of the adult population.

Oasis Premium Recovery says it sees this play out in its own intake conversations. A common thread among new patients: months, sometimes years, spent trying to "cut back" or moderate before recognizing that what they needed wasn't a lighter drinking habit but [structured treatment](#). The center is careful to draw a clear line here: occasional or moderate drinking and alcohol use disorder are not the same thing clinically, and a cultural shift toward drinking less, however welcome, isn't a substitute for treatment when someone actually meets the criteria for a disorder.

Whether the drop in average consumption eventually shows up as a drop in alcohol use disorder rates specifically is still an open question, one that will take more years of data to answer.

About Oasis Premium Recovery

Oasis Premium Recovery is a residential addiction treatment center located in Marbella, Spain, built around individualized, patient-centered care. Rather than a one-size-fits-all program, treatment plans are tailored to each patient's clinical history, personal circumstances, and recovery goals, with adjustments made throughout their stay as needs evolve. The center has built a reputation as one of Europe's top-rated addiction treatment providers, reflected in a 4.9-star rating on Google from patients and families.



The exterior of Oasis Premium Recovery's residential treatment center in Spain, set in a private, tranquil environment.



Logo of Oasis Premium Recovery

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