

Alcohol trends and related harm in the ACT

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Alcohol drinking status, proportion of the population aged 14 years and over by sex, ACT, 2004

	ACT			Australia		
	<u>Males</u>	<u>Females</u>	<u>Persons</u>	<u>Males</u>	<u>Females</u>	<u>Persons</u>
Daily	10.9	7.4	9.1	12	5.8	8.9
Weekly	55.8	39.5	47.4	47.6	35	41.2
<i>Regular</i>	66.7	46.9	56.5	59.6	40.8	50.1
Risky/high risk short term	40.7	32.2	36.3	40.3	30.7	35.4
Risky/high risk long term	7.6	10.1	8.9	10.1	9.6	9.9

Regular drinker: consumed alcohol on at least one day in the previous week.

Risky/high risk – short term: Males= >7 drinks in any one occasion.

Females=>5 drinks in any one occasion.

Risky/high risk – long term: Males= 29 or more standard drinks per week.

Females= 15 or more standard drinks in any one week.

Source: AIHW, 2005, 2004 National Drug Strategy Household Survey

Alcohol consumption patterns by proportion of persons aged 18 years and over, by age group, ACT, 2005

	Non-drinker	< once a week	Regular drinker
18 to 24 years	15.4	42.3	42.3
25 to 44 years	15.5	28.8	55.7
45 to 64 years	17.9	15.9	66.6
65 years and over	19.5	15.0	65.5

Source: ACT Health, General Health Survey, 2005

Trends in drinking status, 1998-2004, ACT



Trends in alcohol use for ACT secondary school students (12-17 years), 1996 -2005

	1996	1999	2002	2005
% Drank at least a few sips of alcohol in lifetime	89.7	90.2	89.8	89.6
% Current drinkers (drank in last 7 days) [#]	29.1	32.9	31.2	26.3
% Harmful drinkers ^{(a)#}	6.9	8.6	8.5	5.8
Mean no. drinks consumed in last 7 days	7	7	8	6

Data source: 1996, 1999, 2002 & 2005 ASSAD. Confidential unit record files, ACT Health.

Denotes statistically significant difference ($p < 0.05$), between 2002 & 2005.

(a) Harmful drinkers:

Females = 5+ drinks on any one day in last 7 days;

Males = 7+ drinks on any one day in last 7 days.

Current drinking and harmful drinking status, secondary school students, ACT & Australia, 2005

	ACT	Australia
Current drinker (drank in last 7 days)	26.3	29.0
Harmful drinker	5.8	9.0

Source: Australian Government Department of Health and Ageing, Australian Secondary Students use of Alcohol, 2005

ACT Health, The results of the 2005 ACT Secondary Student Drug and Health Risk Survey

Harmful drinkers:

Females = 5+ drinks on any one day in last 7 days;

Males = 7+ drinks on any one day in last 7 days.

Alcoholic drink preferences for students who had ever tried alcohol, by sex & age group, 2005

	Males	Females	Persons	12-15 years	16-17 years
% Premixed spirits	17.4	39.7	28.2	24.1	35.4
% Spirits	26.3	25.6	26.0	26.4	25.3
% Ordinary beer	33.9	8.0	21.4	20.7	22.7
% Wine	16.9	12.6	14.8	17.4	10.3

Data source: 2005 ASSAD. Confidential unit record file, ACT Health.

Alcohol related mortality in the ACT

- 1997-2005, 135 deaths directly due to alcohol use (1.2% of ACT all cause mortality)
- Average of 15 deaths per year in the ACT due to alcohol
- Nearly 80% of these deaths were for males
- Main age-group was 40 to 49 years
- Main causes of death were: liver disease (78%), alcohol related to dependency syndrome (16%) and alcoholic cardiomyopathy (7%)
- An additional 120 deaths were recorded related to alcohol use and were mainly circulatory system disorders, cancer, suicide and respiratory system disease

ACT alcohol related (AR) emergency department presentations for ACT residents, selected characteristics, 2005-06 to 2006-07

<i>Total number</i>	
<i>2005-06 AR presentations</i>	<i>560</i>
<i>Total number</i>	
<i>2006-07 AR presentations</i>	<i>553</i>
<i>% aged under 25 years</i>	<i>43%</i>
<i>% of all ED presentations</i>	<i>0.55%</i>
Primary Diagnoses	%
Acute intoxication	51.0
Toxic effects	14.7
Alcohol dependency	13.8
Alcoholic liver disease	10.0
Other conditions	10.0
All AR presentations	100.0

Alcohol related ACT resident hospitalisations in the ACT

- In 2006-07, there were 293 hospitalisations directly due to alcohol use (0.3% of all hospitalisations)
- The main diagnoses were: toxic effects of alcohol (39%); liver disease (32%), and; alcohol related mental conditions (25%)
- 60% were for males, main age-group 35-54 years
- There was an additional 1012 hospitalisations involving alcohol related secondary diagnoses (1% of all hospitalisations)
- The main diagnoses for these were: Injury and poisoning (35%); other mental conditions (19%) and; digestive system disorders (11%)
- Two –thirds were male, main age-group was under 30 years
- Injuries and poisonings were primarily related to self-harm, falls and assault related events



Alcohol consumption patterns summary

- **People in the ACT drink at similar levels to Australia with ACT females slightly more likely to drink than Australian females**
- **ACT females are at greater long-term risk of harm from risky drinking compared to males and ACT males are at greater short-term risk of harm compared to females**
- **Trends in drinking prevalence have been stable between 1998 and 2004**
- **Older adults drink more frequently than younger adults**
- **There has been a decrease in alcohol use for ACT secondary students**

Alcohol related harm summary

- **Main causes of AR mortality were, liver disease, alcohol dependency syndrome & cardiomyopathy**
- **The profile for AR mortality in the ACT are males aged 40-49 years**
- **Acute intoxication and toxic effects make up two-thirds of alcohol related ED presentations and mainly younger people are affected**
- **For people admitted to hospital, toxic effects and liver disease are the main reasons and mainly mid-age male adults are affected**
- **Main reason for alcohol secondary diagnoses is injury & poisoning**