

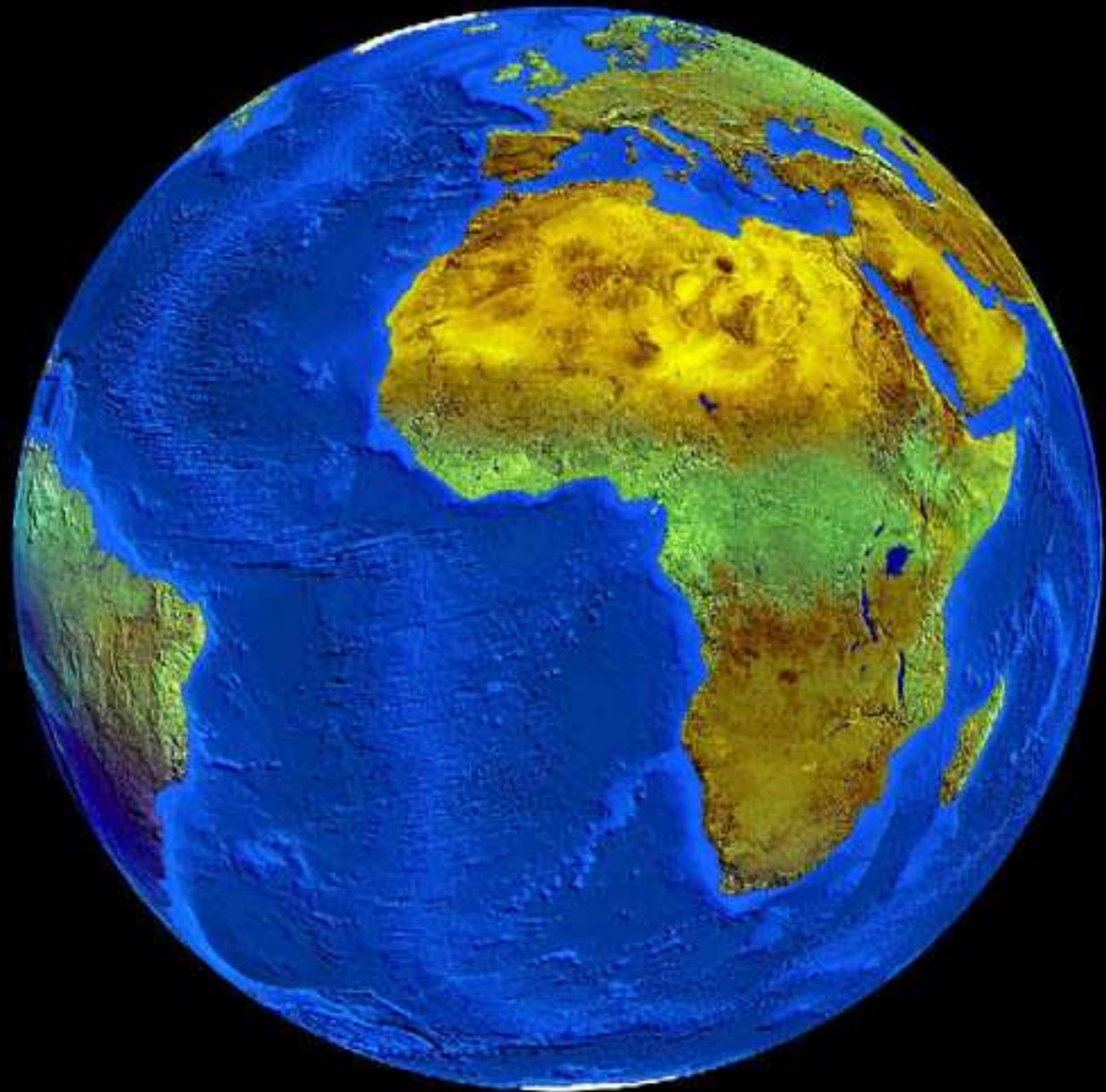


Alcohol drinking patterns in 20 African countries WHO - WHS data

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Africa – diversity

- Need to keep in mind the tremendous diversity in national and societal contexts in which the African populations unfolds:
 - 54 countries
 - Far more diverse than e.g. Europe in terms of language, social organisation, cultural expression, environment
(374 ethno-linguistic groups in Nigeria alone.)

Development Context of Populations in Africa

- **Economic stagnation**

- In most countries, economic growth over the last decade did not outstrip population growth
- 23 countries are poorer than they were in 1975

Sources: UNDP (2002 a,b,c; 2004)

- **HIV / AIDS..**

- 25.4 million people living with HIV (64% of world total)
- 2.3 million deaths in 2004 alone; > 12 million AIDS orphans

Sources: UNAIDS, 2004; ILO, 2004

- **Worst human development indicators in the world**

- Lowest primary school enrollment (only 60% of children)
- Only 50% of the population have access to improved water sources
- 20 worst performing health systems globally are in SSA

Sources: UNDP, 2004; WHO, 2000

Transitions and Contrasts



World Health Surveys (WHS)

- <http://www.who.int/healthinfo/survey/en/index.html>
- **World Health Organization (WHO)**
 - **Multi-Country Studies;**
Measurement and Health Information Systems

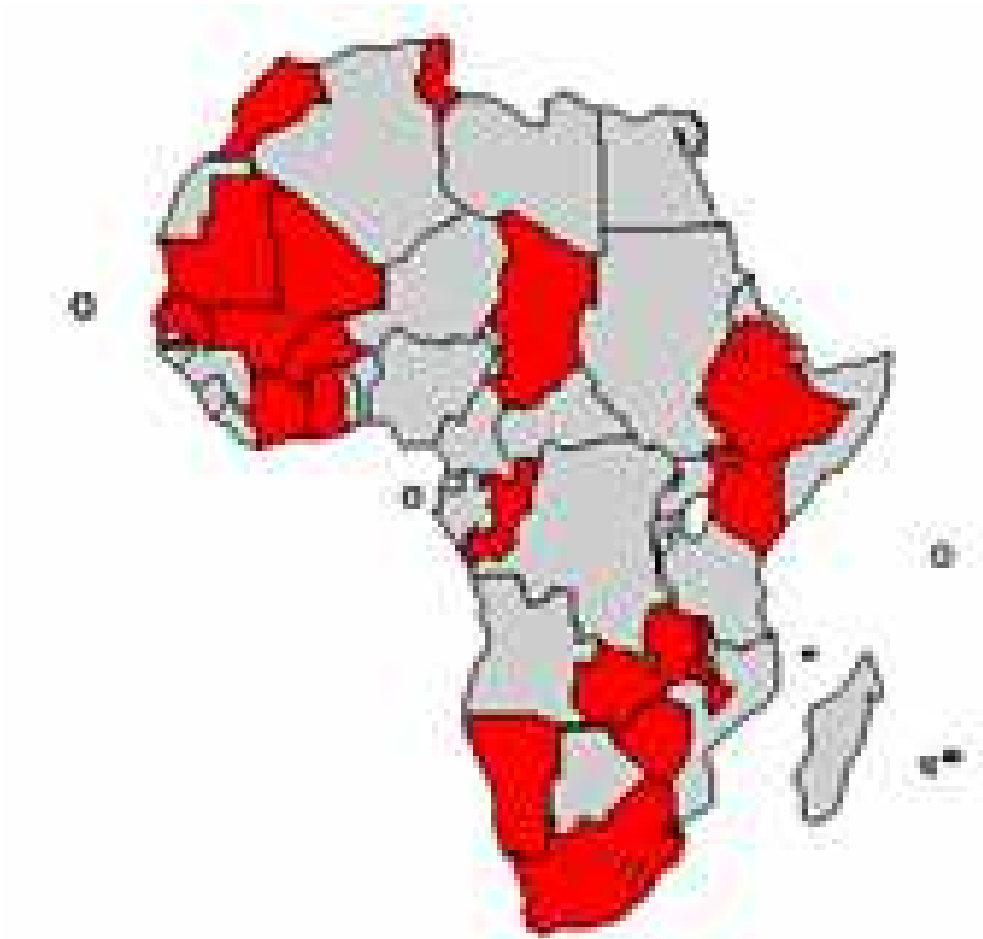
WHS 2002-2003

- WHS study conducted by the WHO and local collaborative partners in 70 countries throughout all world regions in 2002-2003; includes data from 20 African countries.
- Wide range of data; including Sociodemographics, mental health and **alcohol consumption**.

WHS data

– 20 African countries

Burkina Faso
Chad
Comoros
Congo
Côte d'Ivoire
Ethiopia
Ghana
Kenya
Malawi
Mali
Mauritania
Mauritius
Morocco
Namibia
Senegal
South Africa
Swaziland
Tunisia
Zambia
Zimbabwe

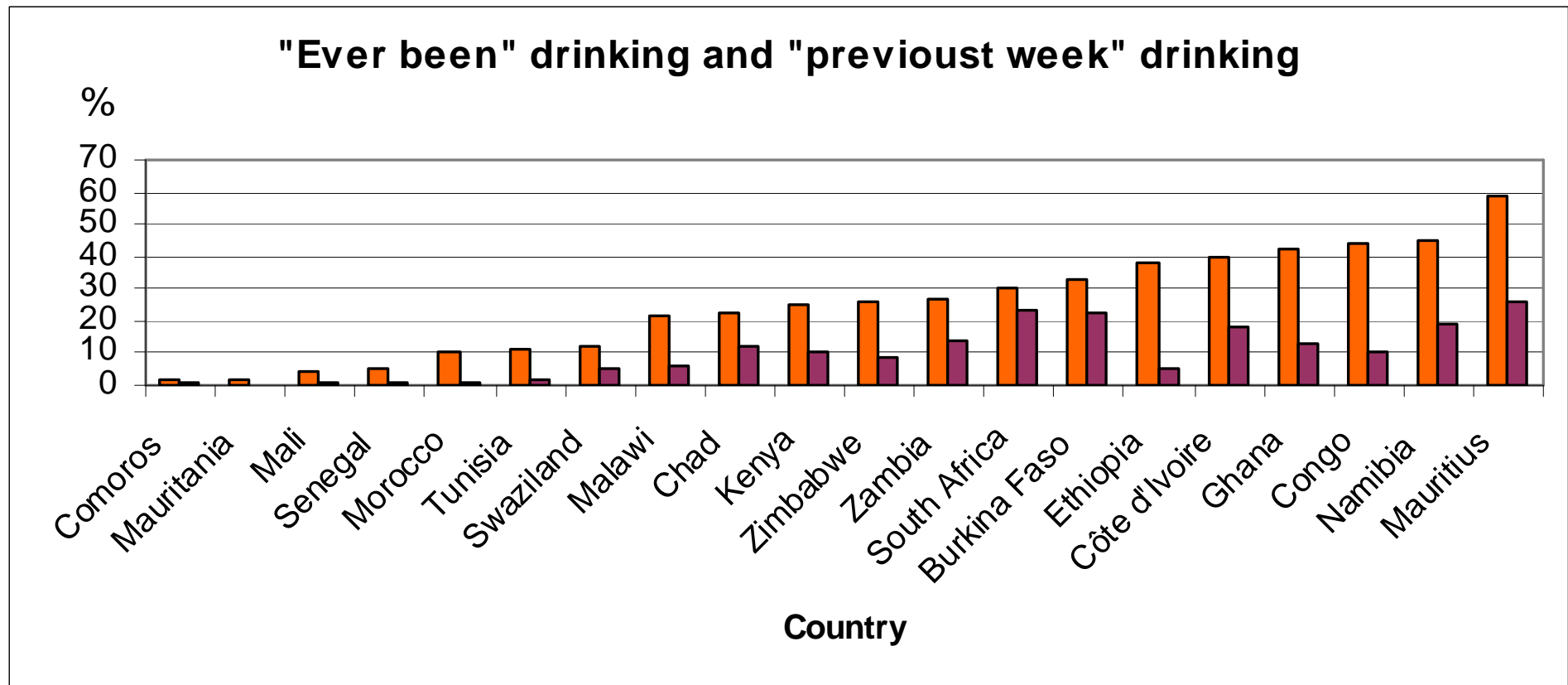


Dataset

- Individual self-reported data (acquired by structured face-to face interviews) from 77.165 adult Africans (18+ years) from the 20 different countries.
- Patterns of drinking; grouped according to:
 - Lifetime abstainer
 - Ever exposed to alcohol
 - Heavy drinkers (5 or more std. alcohol units, twice or more previous week) or 15 units or more per week

These datasets are the first such comparable data from Africa

% of “ever been drinking” versus “previous week drinking”



Ever been drinking
Previous week drinking

Selected age-group patterns “Ever drinking alcohol”



Drinking patterns

- South Africa, Namibia, Mauritius, Swaziland, Zambia and Zimbabwe: } Southern African
 - Weekend bingeing dominates

More than **3 times** as many drink 5 units or more over weekends than weekdays

- Burkina Faso, Chad, Congo, Cote 'd Ivoire
Ethiopia, Ghana, Kenya and Malawi:
 - More regular drinking throughout the week

Summary of Results

3 Countries with least consumption

• Life-time abstinence	%		
– Comoros	97.9	}	Never tasted alcohol
– Mauritania	89.0		
– Mali	88.9		
• Heavy drinking			
- Comoros	0.1	}	5 or more units 2 or more times previous week
- Mauritania	0.0		
- Mali	0.2		

Country level; Muslim affiliation: Mauritania 100%, Comoros 98%, Mali 90%

3 Countries with most heavy drinking

	%	
• Heavy drinking		
– Chad	14.3	} 5 or more units 2 or more times previous week
– South Africa	10.6	
– Burkina Faso	10.2	
• Life time abstinence		
– Chad	73.2	} Never tasted alcohol
– South Africa	70.7	
– Burkina Faso	66.8	

Country level; Muslim affiliation: Chad 51%, Burkina Faso 50%, South Africa 1.5 %

African drinking patterns

- Men are more often current drinkers and heavy drinkers.
- Life-time abstinence is by far dominating among women.
- A Southern African pattern of weekend binge drinking.
- A Northern African, Muslim dominated, pattern of abstinence.
- Approximately 10 % of the entire study population, adult Africans, have consumed alcohol the previous week.
- A tendency of two distinct groups; abstinence or heavy drinking.
- Adult and older men more often drink than teenagers

BUT: Great diversity

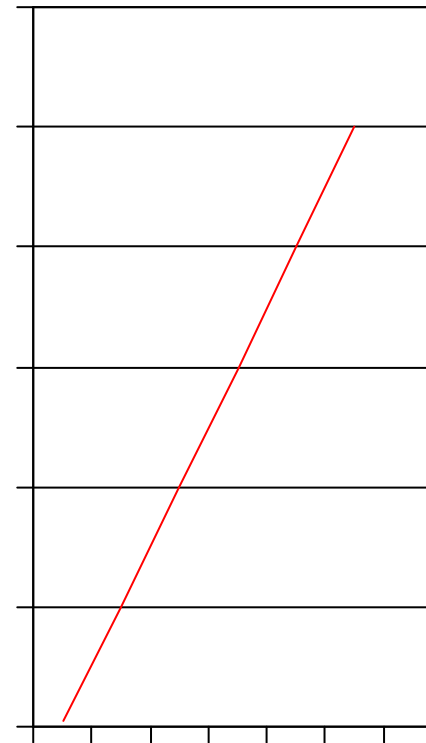
Factors contributing to increased alcohol availability and consumption in Africa

- Globalisation and economic growth
- Intense marketing and targeted market expansion by alcohol industry (with little resistance)
- International trade agreements favour alcohol trade globally as any other commodity
- Alcohol industry promotes job-creation and tax income increases to developing countries
- Limited resources in public health systems in Africa to priorities alcohol harm reduction.

Populations and alcohol

- Increasing alcohol intake in populations results in:
 - Motor vehicle accidents
 - Violence and Crime
 - Domestic and social problems
 - Health problems

Negative effects



Direct and strong dose-response relationship

Volume

L per capita

Population level harm reduction

People who are used to:

- ✓ Buy alcohol at low prices
 - ✓ Access alcohol outlets 24h a day
 - ✓ Drink and drive (home)
 - ✓ Enjoy sponsorships for sport events (adverts)
 - ✓ Drink in public
 - ✓ Make much money on alcohol sales
- Will most likely fight against restrictions on alcohol availability and price increases

Public Preventive actions Proven to be effective in the West

- Taxation (price increase in African countries)
- Restrictions on availability; opening hours and no. of outlets
- Ban on advertising
- Legislation and law enforcement, i.e. to reduce road accident casualties; no drink and drive!
 - Breathalyzers
 - Police road blocks
- Health education and general public campaigns?
 - Less effective, but often main preventive action employed
Supported by the Alcohol industry, as it is known to have less impact

Alcohol and public health in Africa

Starting points

- Good quality local research to inform policy makers with culture sensitive knowledge
- Partnerships with religious communities, community chiefs, women groups etc.
- Gender specific interventions?
- Implement restrictions
 - Prepare for strong objections from the alcohol industry and the general public when restrictions are to be implemented

Alcohol consumption

	Rec. litres	Unrec. litres	Total litres	Prop. drinker	L. per drinker
Africa	3.11	2.82	5.93	0.43	14.21
West Eur+US	9.62	1.28	10.90	0.78	14.00
East Eur.	6.97	4.44	11.42	0.75	15.09