European Status report on Alcohol and Health

Dr Lars Moller
Regional Advisor a.i.
WHO Regional Office for Europe
Main killers in the WHO European Region

Projected deaths by cause in WHO European Region, all ages, 2005

Deaths in EURO due to selected risk factors in 2004

- Unsafe sex
- Urban outdoor air pollution
- Low fruit/vegetables
- Alcohol use
- High blood glucose
- High cholesterol
- Physical inactivity
- Overweight/obesity
- Tobacco use
- High blood pressure

thousands

0 1000 2000 3000
Disability adjusted life years lost due to risk factors in EURO in 2004 (total)

- Tobacco use
- Alcohol use
- Overweight/obesity
- High blood pressure
- High cholesterol
- Physical inactivity
- High blood glucose
- Low fruit/vegetables
- Illicit drug use
- Suboptimal breastfeeding

thousands
## Disability adjusted life years lost due to risk factors in EURO in 2004

<table>
<thead>
<tr>
<th>Position</th>
<th>Risk Factor</th>
<th>High Income European Countries</th>
<th>Low Income European Countries</th>
<th>Total European Countries</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Tobacco use</td>
<td></td>
<td></td>
<td>Tobacco</td>
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<tr>
<td>2</td>
<td>Blood pressure</td>
<td></td>
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<td>Blood pressure</td>
</tr>
<tr>
<td>3</td>
<td>Alcohol use</td>
<td></td>
<td></td>
<td>Tobacco</td>
</tr>
<tr>
<td>4</td>
<td>Overweight/obesity</td>
<td></td>
<td></td>
<td>Overweight/obesity</td>
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<tr>
<td>5</td>
<td>High blood glucose</td>
<td></td>
<td></td>
<td>High blood glucose</td>
</tr>
<tr>
<td>6</td>
<td>Physical inactivity</td>
<td></td>
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<td>Physical inactivity</td>
</tr>
<tr>
<td>7</td>
<td>High cholesterol</td>
<td></td>
<td></td>
<td>High blood glucose</td>
</tr>
<tr>
<td>8</td>
<td>Illicit drug use</td>
<td></td>
<td></td>
<td>Illicit drug use</td>
</tr>
<tr>
<td>9</td>
<td>Low fruit/vegetable</td>
<td></td>
<td>Suboptimal breastfeeding.</td>
<td>Low fruit/vegetables</td>
</tr>
<tr>
<td>10</td>
<td>Unsafe sex</td>
<td></td>
<td>Unsafe sex</td>
<td>Unsafe sex</td>
</tr>
</tbody>
</table>

Source: Global Health Risks, WHO 2009
Deaths age 15-29 in EURO due to selected risk factors in 2004

- Alcohol use
- Occupational risks
- Illicit drug use
- Unsafe sex
- Physical inactivity
- Low fruit/vegetables
- High blood glucose
- Child sexual abuse
- Unsafe health care inj.
- Unsafe water/sanitation
- Unmet contracep. needs
- Iron deficiency
- Occupational risks
- Physical inactivity
- High blood glucose
- Illicit drug use
- Unsafe sex
- Alcohol use

Men vs. Women
Alcohol consumption (2004)

- Two main dimensions affect health:
  - Average of volume
  - Patterns of drinking especially binge drinking
- Estimated 618,000 deaths attributable to alcohol a year in Europe (2004).
- Estimated 17 mio years lost due to disability and death (DALY) a year in Europe (2004).
- In Europe, 6.5% of deaths and 11.4% of DALY’s were attributed to alcohol use.
- Globally 3.8% of deaths and 4.6% of DALY’s were attributed to alcohol use.
European Alcohol Information System (EAIS) – the history

• Was established in 2002
  – Measure alcohol consumption, health determinants and alcohol policies throughout the region
  – Provide countries with information to make comparisons and support the development of a national health policy on alcohol

• Follow and evaluate the Second European Alcohol Action Plan

• Follow and evaluate the progress of the declaration from the Ministerial Conference in Stockholm, 2001
Problems with EAIS

- Difficulties to have reliable data on consumption
- Not possible to collect information for trend analysis
- Not covering all aspects mentioned in the Framework for Alcohol Policies adopted in 2005
- Use different programmes for data presentation
- Data not always consistent with data from other sources like Global Alcohol Database
- Data not comparable with alcohol data from other regions
- Different stakeholders use different surveys and put extra work load on Member States
The EC/WHO project

- Project started January 2008 and lasted for 27 months.
- One of the objectives is to update the European Alcohol Information System and ensure its compatibility with the Commission database on alcohol.
How to develop a new alcohol database

- Questionnaire developed 2008
- Translated into Russian, Spanish, French
- Sent to Member States (February-April) (WHO Counterparts and EC Committee members)
- Data reviewed when received – clarification emails to almost all
- Data entered into SPSS database
- Data ready for use late 2009
Average alcohol consumption in Europe - twice the world average
Total alcohol consumption in Europe
(litres of pure alcohol)
Total adult alcohol consumption in 48 WHO European Member States, 2005
Abstainers (15+) during the last 12 months (2005 – men)
Abstainers (15+) during the last 12 months (2005 - women)
Alcohol consumption (recorded + unrecorded) (men 15+, average 2002-2005), drinkers only
Alcohol consumption (recorded + unrecorded)
(women 15+, average 2002-2005), drinkers only
Mortality due to liver cirrhosis in Europe, men (35 countries)

![Graph showing standardized mortality rate over years for different groups (Eur-A, Eur-B, Eur-C)].
Mortality due to liver cirrhosis in Europe, women (35 countries)

- Eur-A (n=19)
- Eur-B (n=7)
- Eur-C (n=9)
Alcohol and non-alcohol related mortality due to road traffic accidents among men, 2000-2005.

![Graph showing standardized mortality rate for different regions (Eur-A, Eur-B, Eur-C) over the years 2000 to 2005.](image-url)
Alcohol and non-alcohol related mortality due to road traffic accidents among women, 2000-2005.
Alcohol and non-alcohol related mortality due to road traffic accidents among men, 2000-2005.
Alcohol and non-alcohol related mortality due to road traffic accidents among women, 2000-2005.
Mortality due to poisoning among men, 2000-2005.

![Graph showing mortality rates for different regions (Eur-A, Eur-B, Eur-C) from 2000 to 2005.](image-url)
Mortality due to poisoning among women, 2000-2005.
Percentage of countries with a written national alcohol policy.
Trends in the price of beer compared with the consumer price index over past five years.

- Increase: 45.24%
- Decrease: 28.57%
- Stable: 26.19%
Trends in the price of wine compared with the consumer price index over past five years.
Trends in the price of spirits compared with the consumer price index over past five years.

- Increase: 40.48%
- Decrease: 33.33%
- Stable: 26.19%
National maximum legal blood alcohol concentration level for the general population.
Minimum age limits for off-premise purchase of beer
Minimum age limits for off-premise purchase of wine

- No age limit: 65.22%
- 16: 17.39%
- 17: 10.87%
- 18: 4.35%
- 20: 2.17%
Minimum age limits for on-premise purchase of spirits
European Status report on Alcohol and Health

Foreword
Acknowledgements
The geographical scope of the report
Summary
1. Alcohol and Health in a European perspective
   The impact of alcohol on individual health
   The impact of alcohol on societal health
   Effective alcohol policies
   Response of the health sector
   Overview of effectiveness and cost–effectiveness
2. Alcohol consumption in Europe
3. Alcohol related harm
   Liver cirrhosis
   Alcohol related liver diseases
   Non-specific indicators
4. Alcohol policies and responses
   Presence of written national alcohol policy
   Price and tax
   Awareness raising
   Drink–driving
   Advertising
   Warning labels
   Availability
   Monitoring and evaluation
5. Conclusion
   The current status, trends and differences in alcohol and health in the European Region
   WHO instruments
6. Country profiles
Thank you

Dr Lars Moller
MOLLERL@WHO.INT
WWW.EURO.WHO.INT