

# Spot Survey July 2013

## Alcohol

05/11/2013

Research and Information

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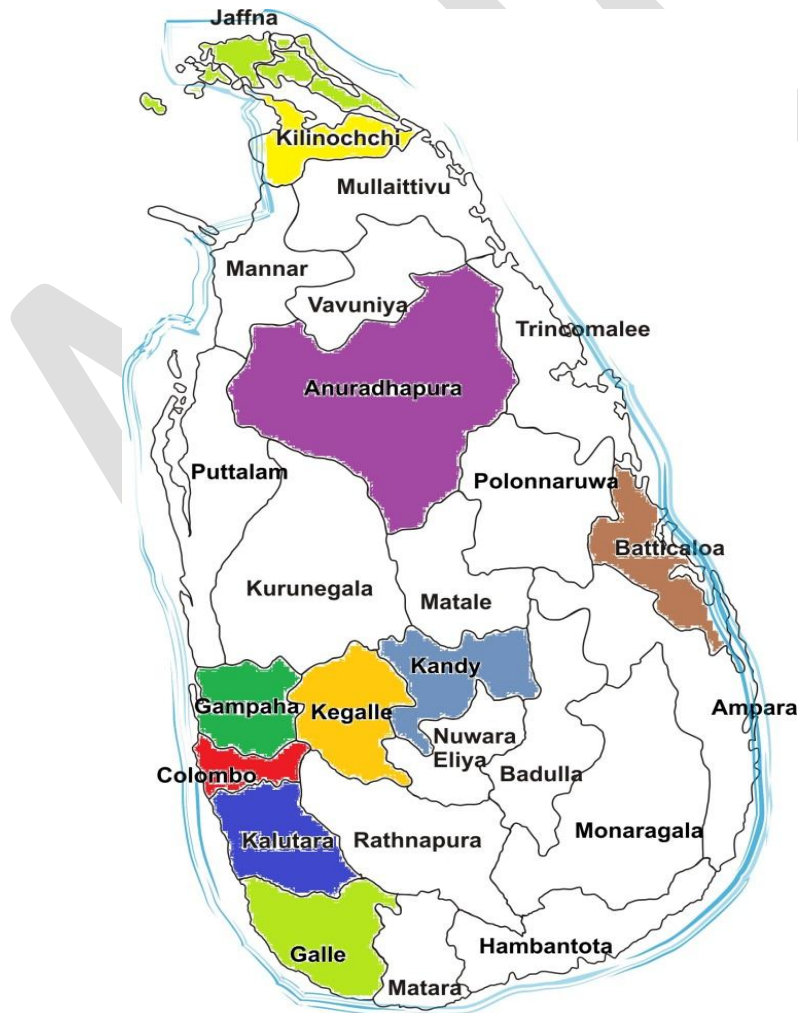
# 1. INTRODUCTION

## 1.1 RATIONALE

The Spot Survey on alcohol trends has been conducted biannually since 1998. This survey helps to monitor and identify the prevailing trends and patterns related to alcohol use. It also identifies the prevailing attitudes with regard to alcohol. The survey contributes to the literature, as there is no such study conducted in Sri Lanka to determine the trends in alcohol consumption.

The survey was focused on the following districts; Colombo, Gampaha, Galle, Kegalle, Anuradhapura, Jaffna, Batticaloa, Kandy, Kaluthara & Kilinochchi.

In this report, we concentrate on the results of the survey conducted in December 2012. In addition, a comparative analysis of results obtained this year with results obtained in December 2012 is also included.



## 1.2 OBJECTIVES

The objectives of the spot survey are as follows:

### 1. Primary Objectives:

- To determine the prevailing trends in alcohol consumption.
- To compare the alcohol consumption trends with the previous years.

### 2. Secondary Objectives:

- To determine the prevailing alcohol trends according to age groups, districts etc.
- To identify the prevailing attitudes and reasons for alcohol use.
- To determine the initiation age and causes for initiation of alcohol use.

## 2. METHODOLOGY

Interviewer administered questionnaire was used to collect the information. The questions asked were straightforward and easy to comprehend.

In order to carry out the survey, the Research and Evaluation Programme trained field investigators with appropriate research techniques. SPSS software was used for analyzing the data.

The survey was conducted over a period of one month and covered a total number of 2,465 respondents who were males of the age fifteen and above.

## LIMITATIONS

Some respondents did not have time to respond to all the questions, or they vaguely answered.

**However, the reader of this report should not generalize the prevalence rates given in this report to national level without conducting a validation study.**

## DEMOGRAPHIC INFORMATION

DEMOGRAPHIC INFORMATION												
		District										Total
		Colombo	Gampaha	Galle	Kegalle	Anuradhapura	Kandy	Batticaloa	Jaffna	Kaluthara	Kilinochchi	
Age Category	15-24 Years	101	99	99	109	69	94	103	95	110	109	988
		40.4%	39.0%	39.9%	42.6%	27.9%	41.8%	41.9%	37.7%	46.6%	43.4%	40.1%
	25-39 Years	102	89	89	95	116	91	86	105	75	87	935
		40.8%	35.0%	35.9%	37.1%	47.0%	40.4%	35.0%	41.7%	31.8%	34.7%	37.9%
	>=40 Years	47	66	60	52	62	40	57	52	51	55	542
		18.8%	26.0%	23.2%	20.3%	25.1%	17.8%	23.2%	20.6%	21.9%	21.9%	22.0%
Total		250	254	248	256	247	225	246	252	236	251	2465
		100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%

Table 1: Sample of the survey – by district and age

The age distribution of the sample population is shown in Table 1. 40.1% of the sample population comprised of the age range 15-24 years, 37.9% of the sample population comprised of the age range 25-39 years and 22.0% in the age range of 40 and above years. The age of the sample population ranged from 15 years to 80 years and mean age was 31.53 years.

The level of education is shown in Table 2. The majority of the respondents have reached education beyond GCE O/L (76.8%).

Education		
	Frequency	Percentage
No education	26	1.1%
1-5 grade	64	2.8%
6-10 grade	316	13.7%
O/L	856	37.2%
A/L	792	34.4%
Graduate	133	5.8%
Diploma	99	4.3%
Professional Training	12	.5%
Postgraduate	2	.1%
<b>Total</b>	<b>2300</b>	<b>100%</b>

Table 2: Sample of the survey – by highest level of education

The occupation classification is shown in Table 3.

<b>Occupation</b>	<b>Frequency</b>	<b>(%)</b>
Legislators	47	2.2
Professionals	57	2.7
Technical associate professionals	86	4.0
Clerks	61	2.9
Service worker and market service workers	423	19.8
Skilled agricultural and fishery workers	41	1.9
Craft and related workers	104	4.9
Plant and machine operators and assemblers	280	13.1
Elementary occupations	428	20.0
Forces / Police	134	6.3
Students	407	19.1
Retired	30	1.4
Foreign employed	1	.0
Unemployed	36	1.7
<b>Total</b>	<b>2135</b>	<b>100.0</b>

*Table 3: Sample of the survey – by occupation*

### 3.0 RESULTS AND FINDINGS

#### 3.1 CURRENT USERS

Current Users were identified based on their alcohol use within the previous month. According to the responses, it was found that 36.5% used alcohol within last month while 63.5% did not use alcohol. This is shown in Figure 1. (N=2,465)

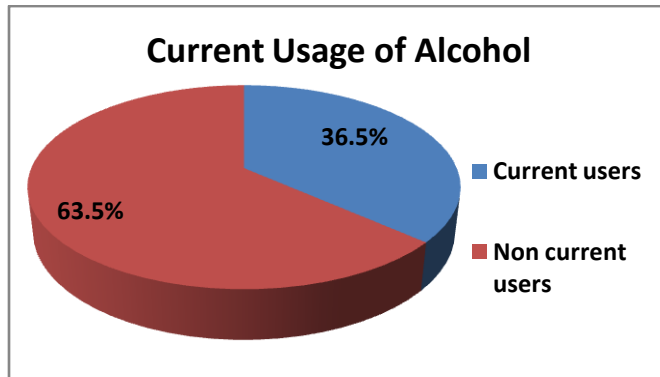


Figure 1: Current Usage of Alcohol

##### 3.1.1 CURRENT ALCOHOL USAGE BY AGE

The current alcohol use was further analyzed according to the age distribution. According to the responses, the highest response on current alcohol use was from the age category of 40 years and above (43.2%). The lowest current usage is recorded from the age category of 15-24 years (26.7%). This is shown in Figure 2.

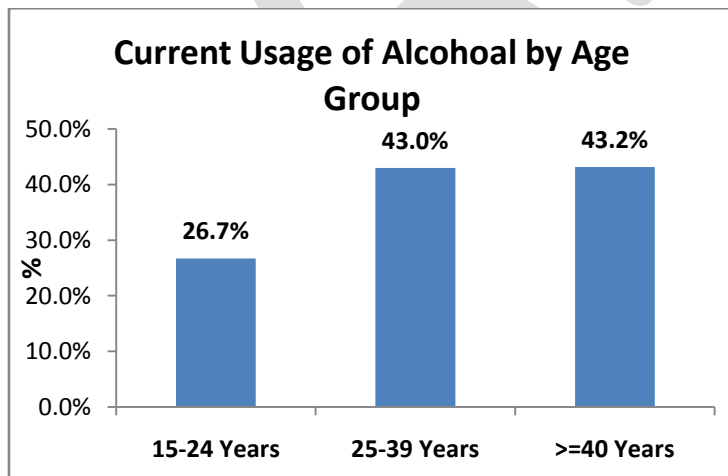


Figure 2: Alcohol prevalence by age group



### 3.1.2 CURRENT ALCOHOL USAGE BY DISTRICT

The current alcohol use was further analyzed based on district. The highest percentage of current alcohol users was recorded from Kandy (44.9%) while the lowest percentage was from Kaluthara (29.2%). This is shown in Figure 3.

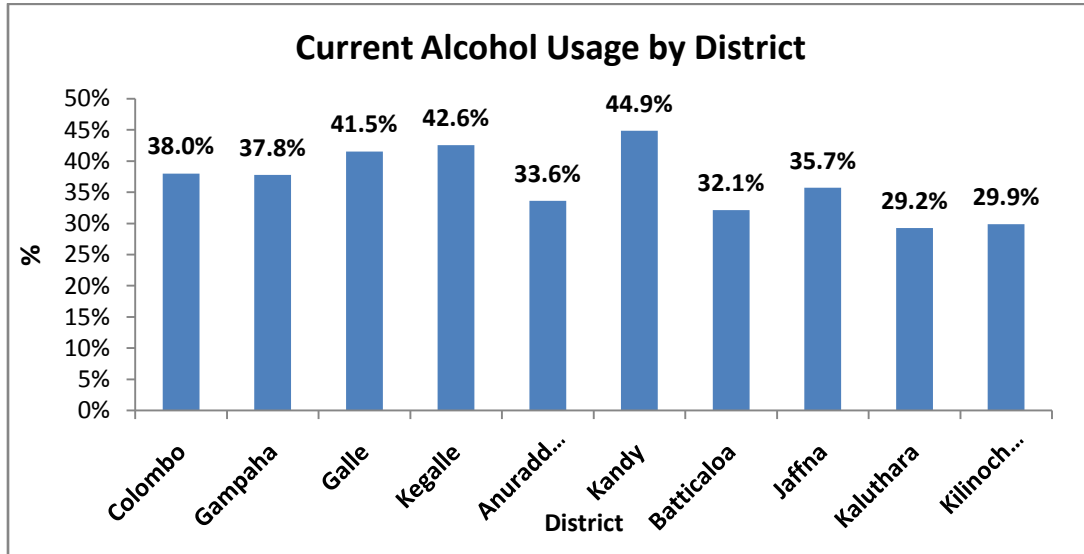


Figure 3: Alcohol prevalence by districts

### 3.2 Alcohol Frequency

#### 3.2.1 FREQUENCY OF ALCOHOL USE

The current alcohol users were analysed based on the frequency of usage; daily, monthly and special occasion basis. The highest percentage of alcohol users were consuming few times a month (45.8%) while the lowest percentage was daily users (17.9%). This is shown in Figure 4.

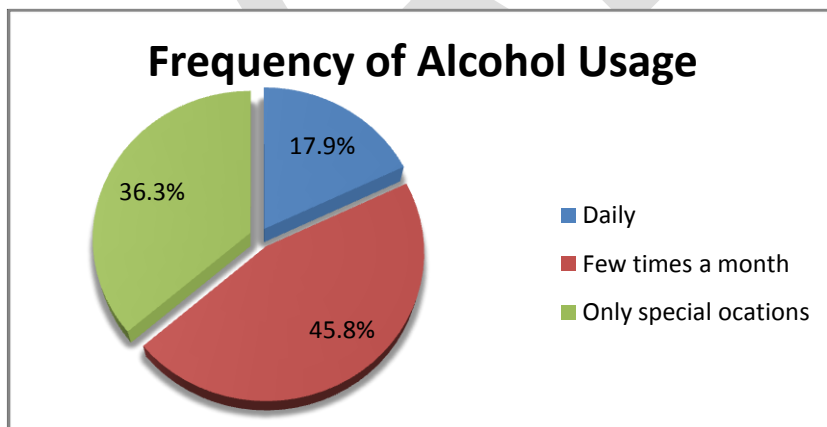


Figure 4: Frequency of alcohol use

### 3.2.2 FREQUENCY OF ALCOHOL USE BY AGE

The frequency of alcohol use was analysed further according to the age group. It was identified that individuals in the age range of 40 and above, used alcohol highly on daily basis (28.3%) while few in the age range of 15-24 used alcohol on daily basis (8.8%). The highest percentage of monthly alcohol users was the 49.6% in the age range of 15-24. The lowest percentage of monthly users was in the age range of 40 and above (40.8%). On special occasions, the age range of 15-24 alcohol highly (41.6%) than the other age ranges. This is shown in Figure 5.

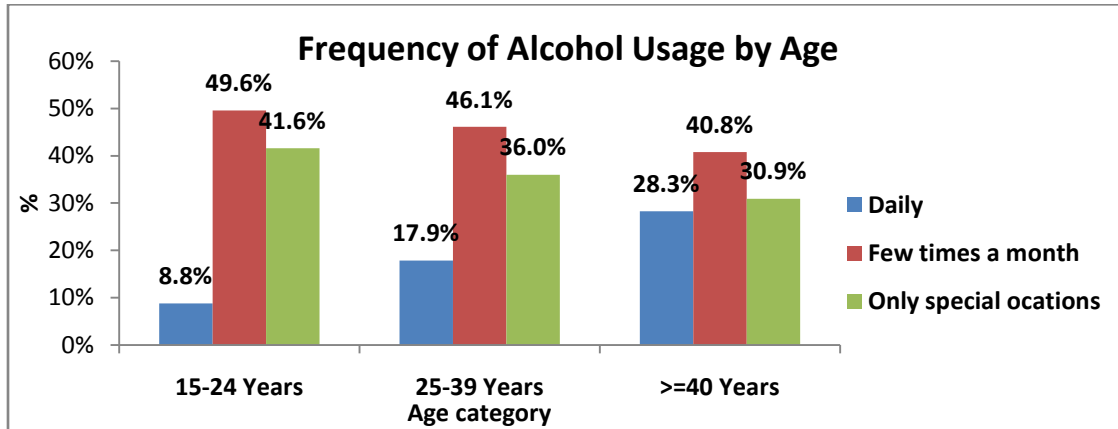


Figure 5: frequency of alcohol use by age group

### 3.2.3 FREQUENCY OF ALCOHOL USE DISTRICT BASIS

The frequency of alcohol use was analysed according to districts. The highest percentage of daily alcohol users was from Kilinochchi district (40.0%) while the lowest percentage of daily alcohol users was from Galle district (4.9%). The highest percentage of alcohol users at the special occasions was from Galle district (56.9%) while lowest was reported from Jaffna (12.1%). This is shown in Figure 6.

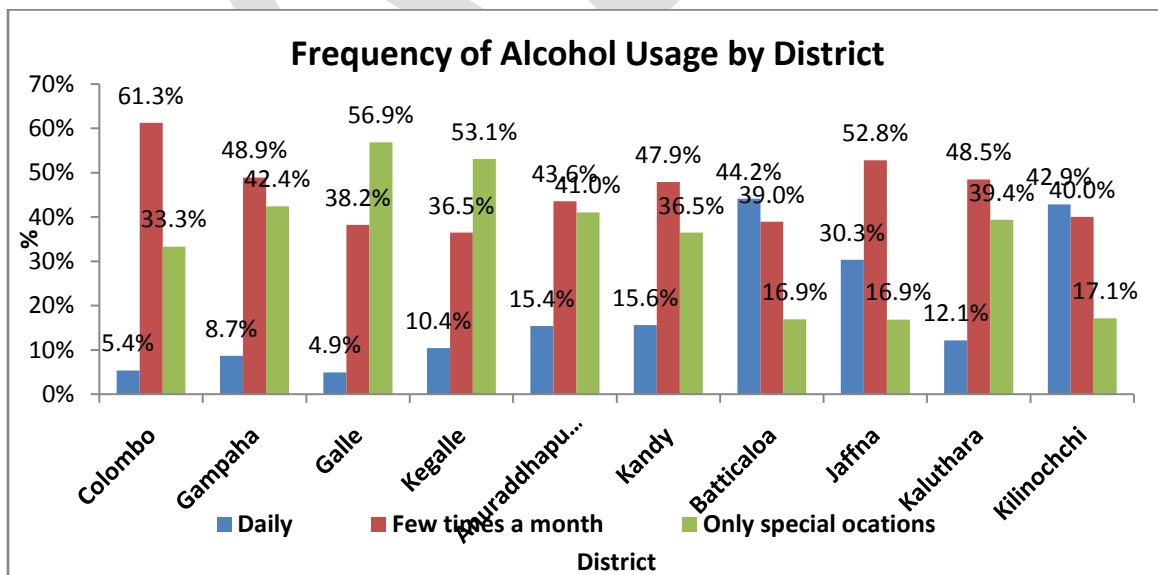


Figure 6: Frequency of alcohol use by district

### 3.2.4 CHANGE OF ALCOHOL USAGE

Further questions were asked of current alcohol users regarding their alcohol usage compared to the last year.

#### QUANTITY OF ALCOHOL CONSUMED

From the respondents 50.2% has reduced their quantity of alcohol used compared to the last year and 0.8% of them have already stopped using alcohol.

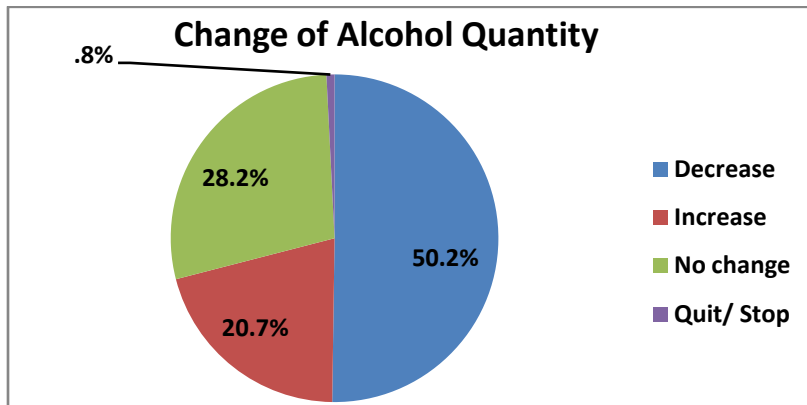


Figure 7: Change of Alcohol Quantity

#### FREQUENCY OF ALCOHOL CONSUMED

Further questions were asked about the frequency of alcohol usage compared to the last year. From the respondents 46.9% has reduced their alcohol consumption compared to the last year and 21.2% stated that their frequency of usage has increased compared to the last year.

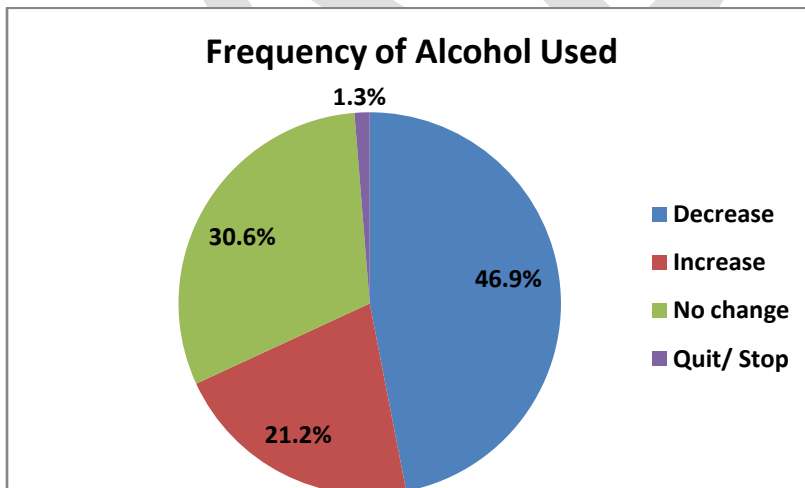


Figure 8: Frequency of Alcohol Use

### 3.3 REASONS FOR ALCOHOL USE

The survey also emphasized on the reasons for alcohol use. Almost all the current users mentioned that they use alcohol for fun, happy & enjoyment. The second highest reason was to socialize with friends (27.0%).

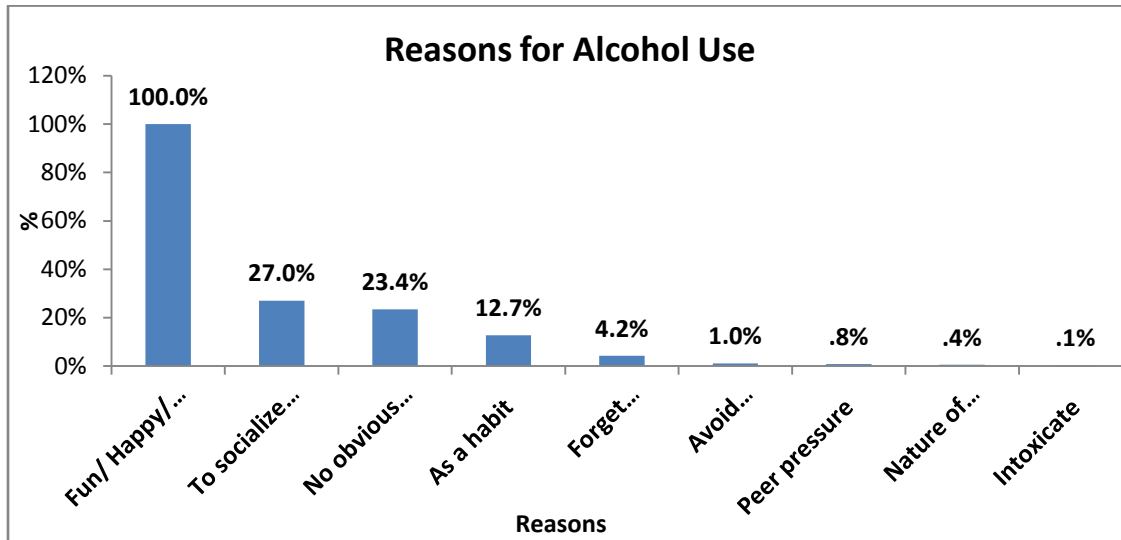


Figure 9: Reasons for alcohol use

The reasons for alcohol use by age groups are shown in Figure 10. In all age categories the main reason for alcohol use was for fun/enjoyment.

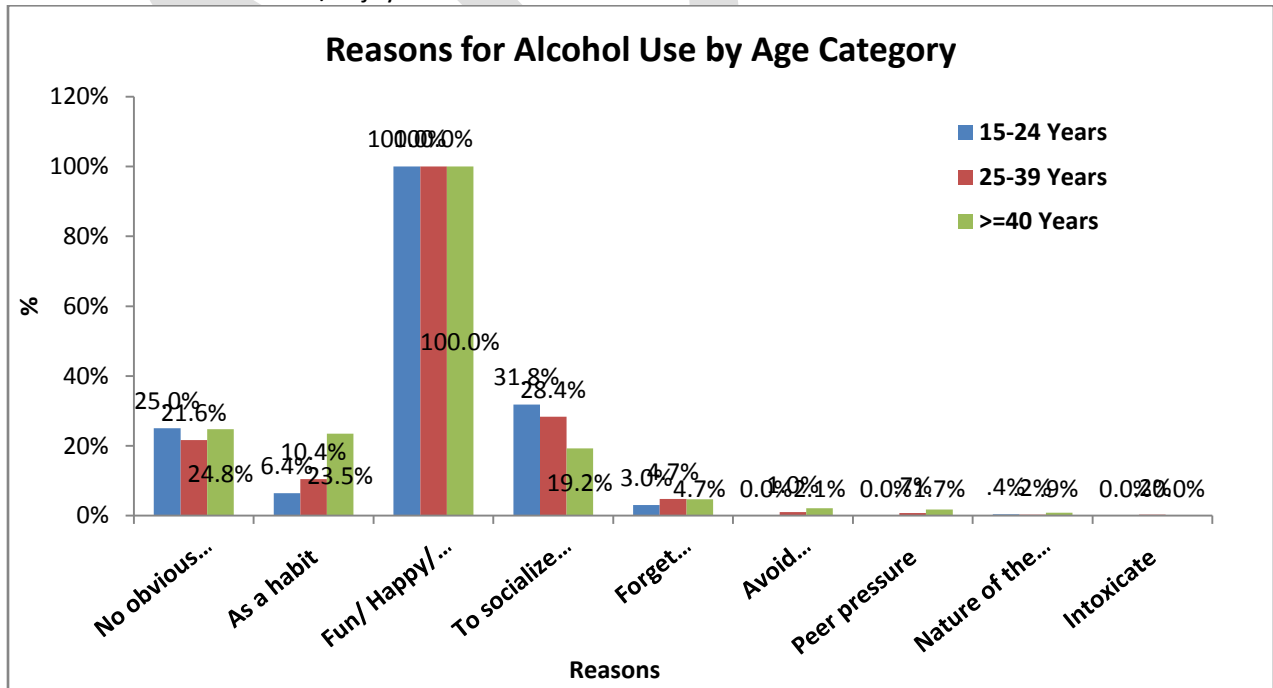


Figure 10: Reasons for alcohol use by age group

### 3.4 TYPE OF ALCOHOL USED

Questions were asked on the specific alcohol type used by the current alcohol users. The responses were as follows: The most common type of alcohol used was Arrack (71.7%), while the lowest usage was on illicit alcohol. Other alcohol such as toddy, whisky, and brandy use was recorded at a minimum (3.8%).

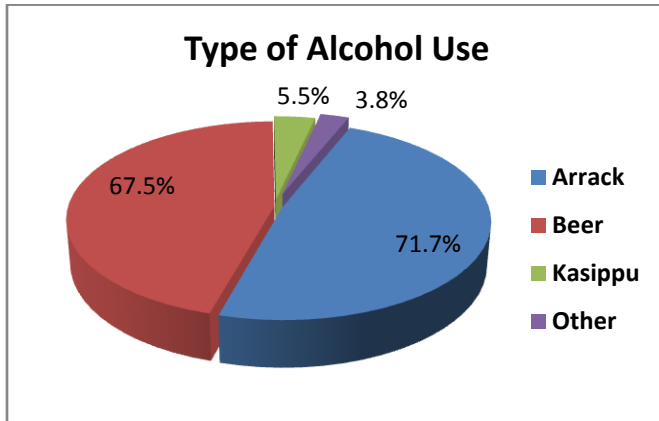


Figure 11: Type of alcohol use

The type of alcohol consumed was further analysed with respect to age (Figure 12). Majority of the adults' age ranged 40 and above use 'Arrack' (85.2%) while 'Beer' was used mainly by youth aged 15 to 24 (74.0%).

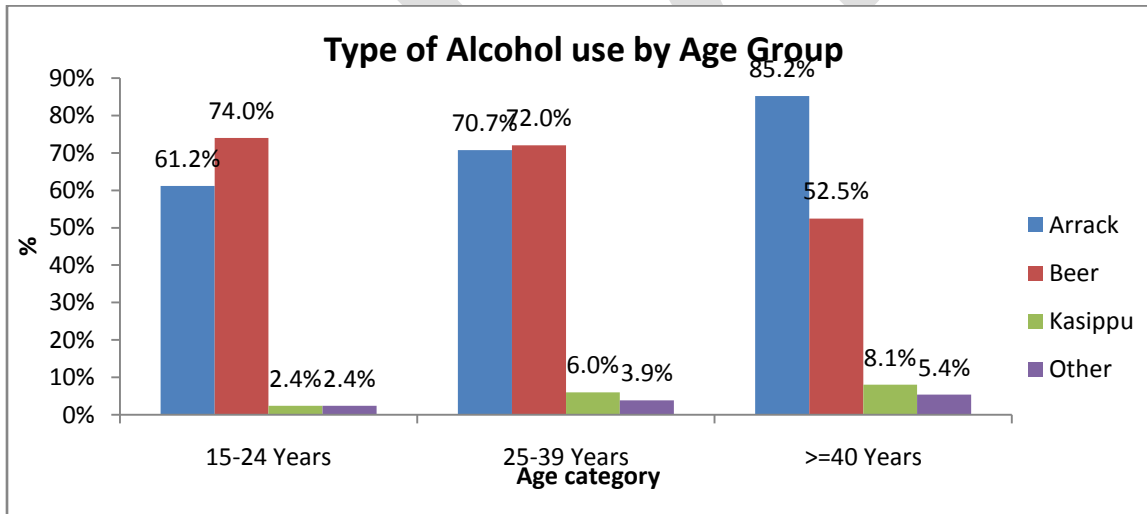


Figure 12: Type of alcohol use by age group

The type of alcohol used was analysed according to the districts. This is shown in Figure 13. Colombo (78.5%),Gampaha (87.0%),Batticaloa (87.7) and Galle (75.0%) districts have relatively high usage of Arrack whereas Batticaloa (80.0%) and Anuradhapura (78.2%) districts have relatively high usage of Beer.

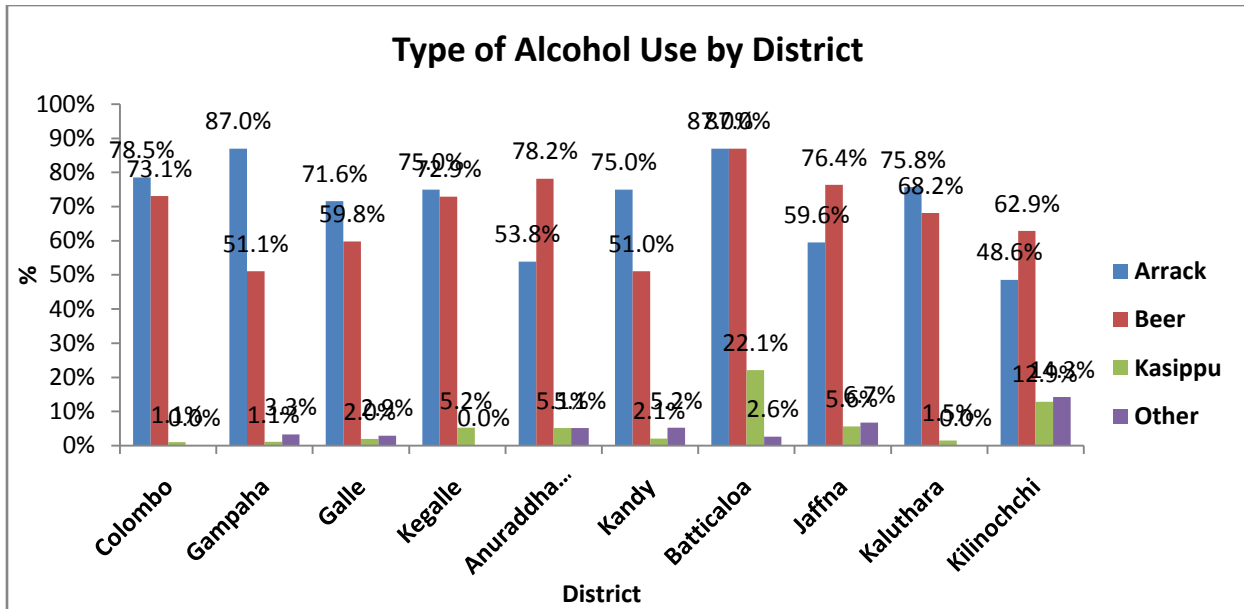


Figure 13: Type of alcohol use by district

The data was also analysed on the reasons of alcohol use by type of alcohol. Among the reasons given for use of alcohol, happiness and forget problems were the major reasons for all the type of alcohol. Beer has been consumed more due to associate with friends & due to intoxicate. This is shown in Figure 14.

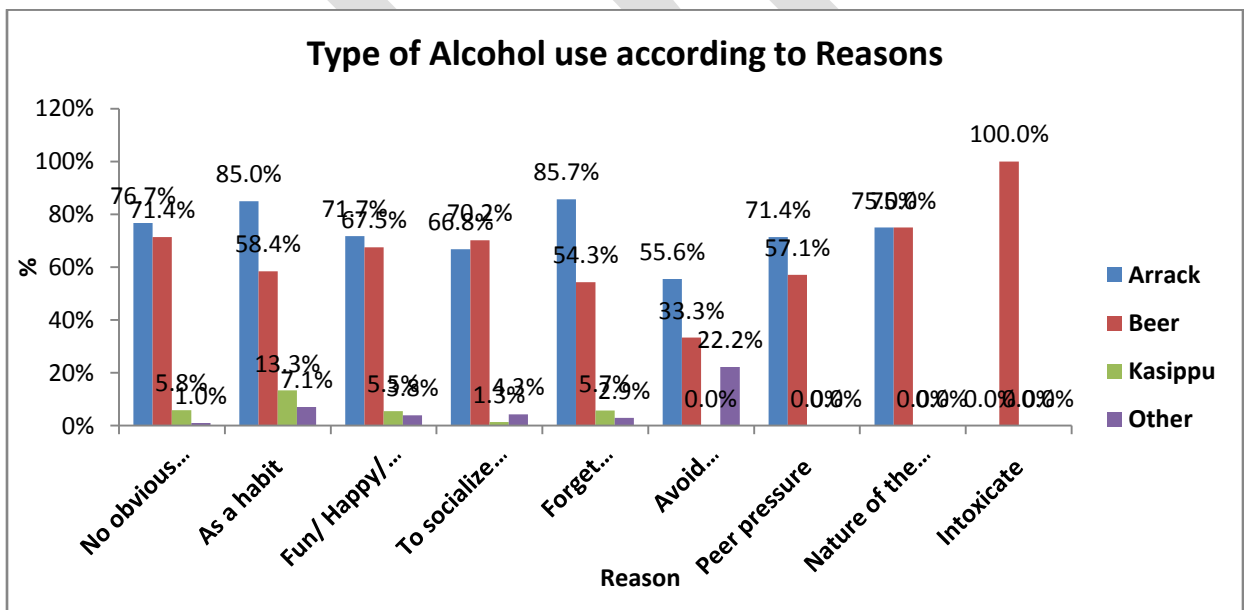


Figure 14: Reasons for alcohol use by type of alcohol

### 3.5 ATTEMPT TO QUIT ALCOHOL USE

In depth questions were asked of current alcohol users who have attempted to quit the use of alcohol.

Out of the current alcohol users 43.4% have tried quitting alcohol use and other 56.6% of current users have not even tried to quit from alcohol usage due to some reasons. This is shown in *figure 15*.

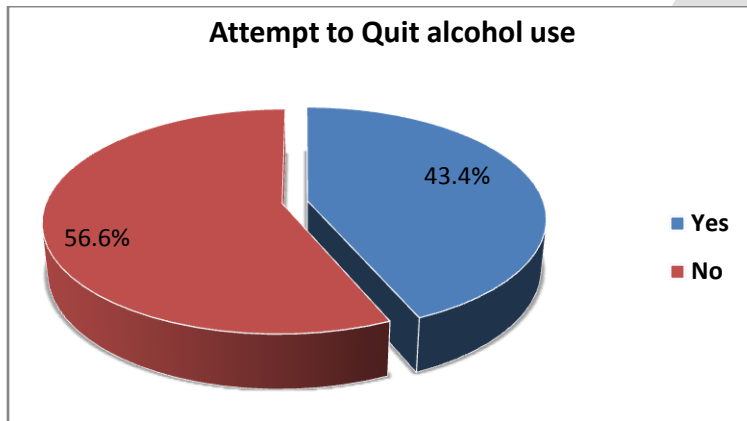


Figure 15: Attempt to quit alcohol use

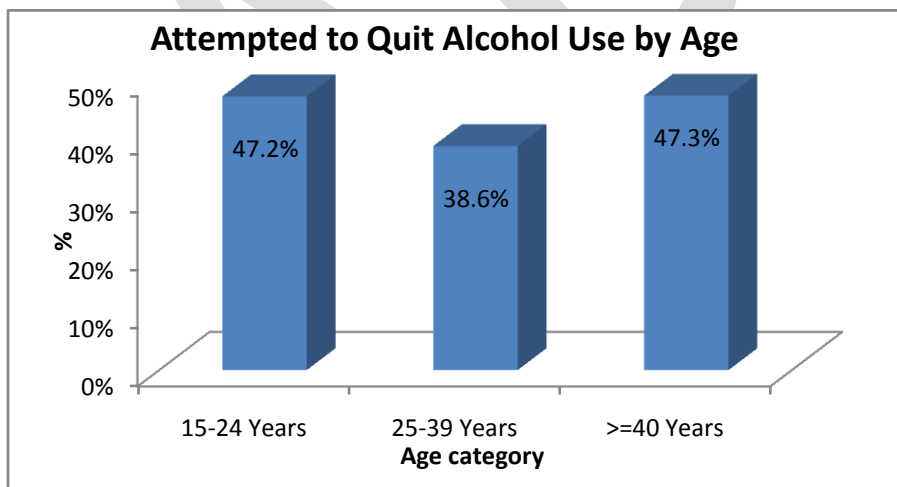


Figure 16: Attempted to quit alcohol use by age

### Reasons for attempting to quit alcohol

Further questions were asked about the reasons for attempting to quit. 23.2% of the people have attempted to quit alcohol use because of financial problems and price of alcohol. 20.6% of them have attempted to quit because of health hazards. This is shown in *figure 17*.

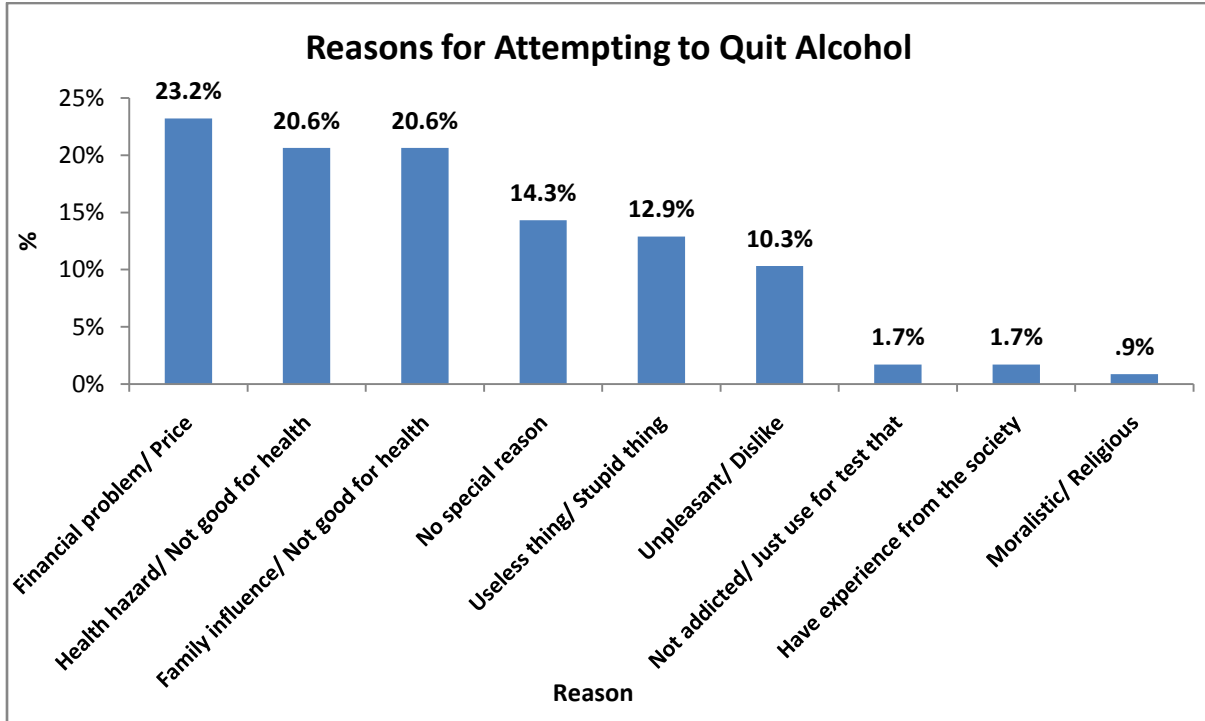


Figure 17: Reasons for attempting to quit alcohol

### Reasons for not attempting to quit alcohol

Further questions were asked about the reasons for not attempting to quit from those who responded saying they didn't attempt to quit. 37.5% of the people have not attempted to quit alcohol use because they think that they are not addicted to alcohol and due to occasional usage. 20.7% of them could not give a reason for not attempting to quit. This is shown in *figure 18*.



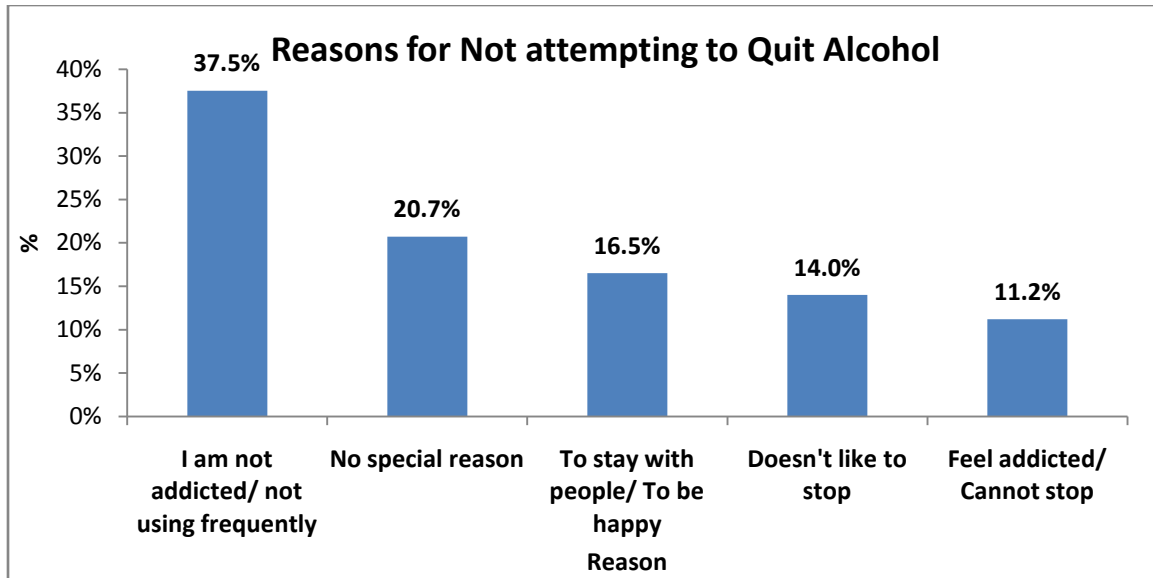


Figure 18: Reasons for not attempting to quit alcohol

### 3.6 EVER USERS OF ALCOHOL

Questions were asked whether the respondents have ever used alcohol in their life until now. According to the respondents, 58.8% have ever used alcohol while 41.2% did not. This is shown in Figure 19.

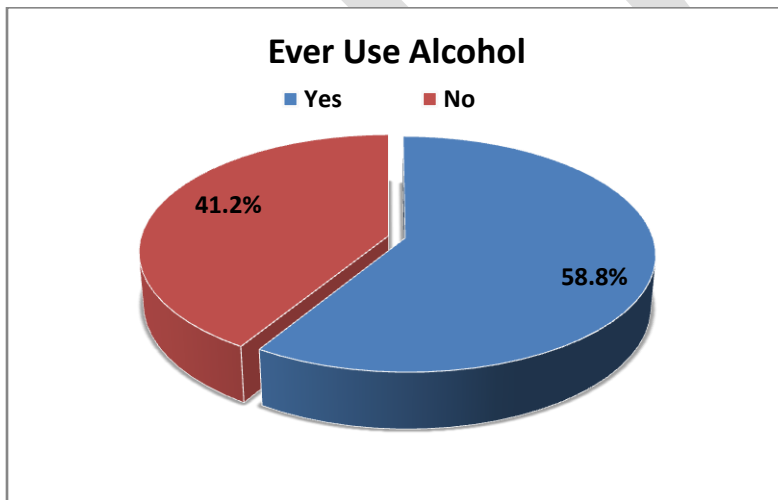


Figure 19: Ever use of alcohol

On further studying the prevalence of ever users of alcohol according to the age distribution, it was found that the highest percentage of respondents having used alcohol at any point in their lifetime was found to be among those belonging to the age group 40 and above (69.1%). This is shown in Figure 20.

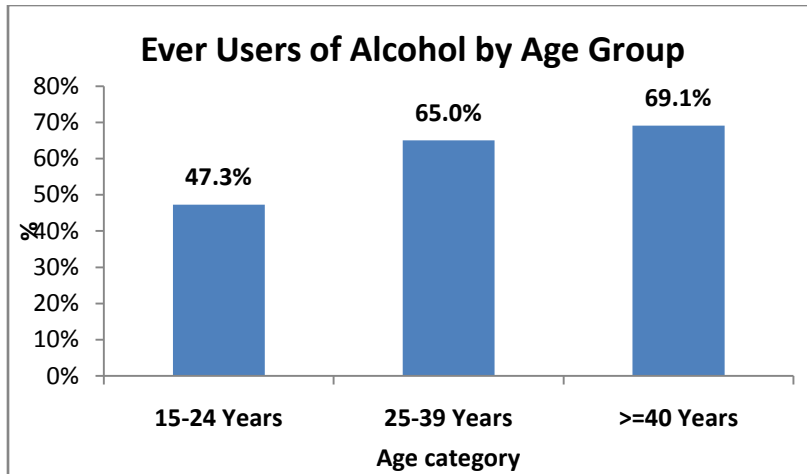


Figure 20: Ever use alcohol by age group

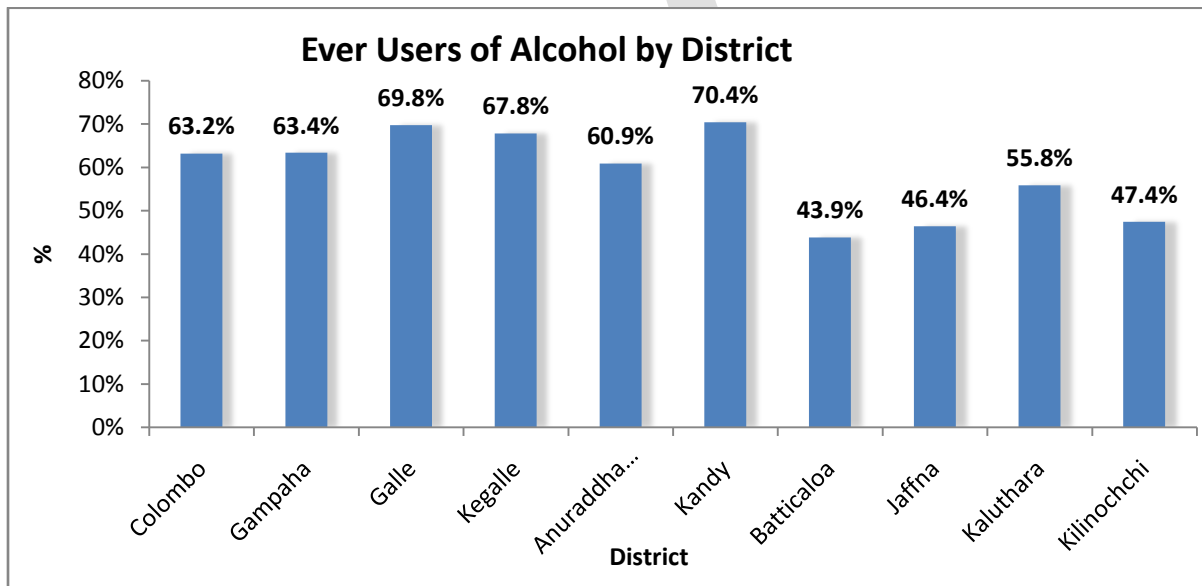


Figure 21: Ever use alcohol by district

### 3.7 INITIATION OF ALCOHOL USE

Initiation is a main concern of the survey. With the ever users of alcohol, the question which needs to be addressed next is the age of initiation.

#### AGE INITIATION OF ALCOHOL USE

Among the respondents, the highest percentage of respondents has initiated alcohol in the age range of 16-20 years (56.9%). This is shown in Figure 22.

Mean	20.70
Std. Error of Mean	.150
Median	20.00
Mode	18
Std. Deviation	5.266
Variance	27.734
Range	55
Minimum	7
Maximum	62

Table 4: Initiation of alcohol

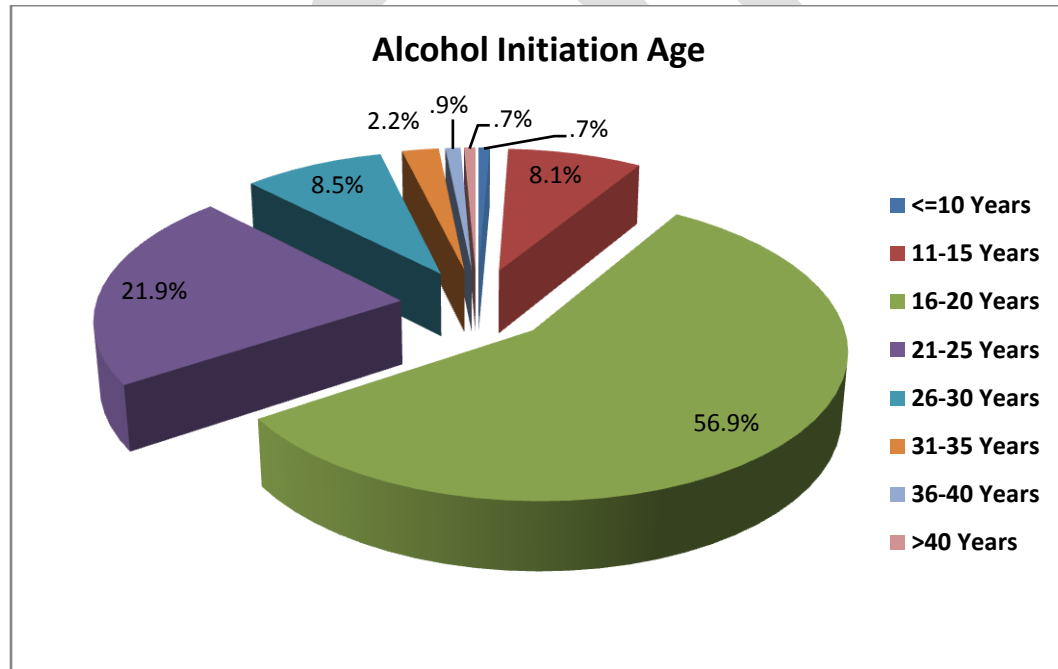


Figure 22: Initiation of alcohol use

## OCCASION OF ALCOHOL INITIATION

Apart from the age of initiation, questions were asked on the occasion in which alcohol use was initiated. The majority of the respondents stated that they initiated alcohol at parties (46.0%).

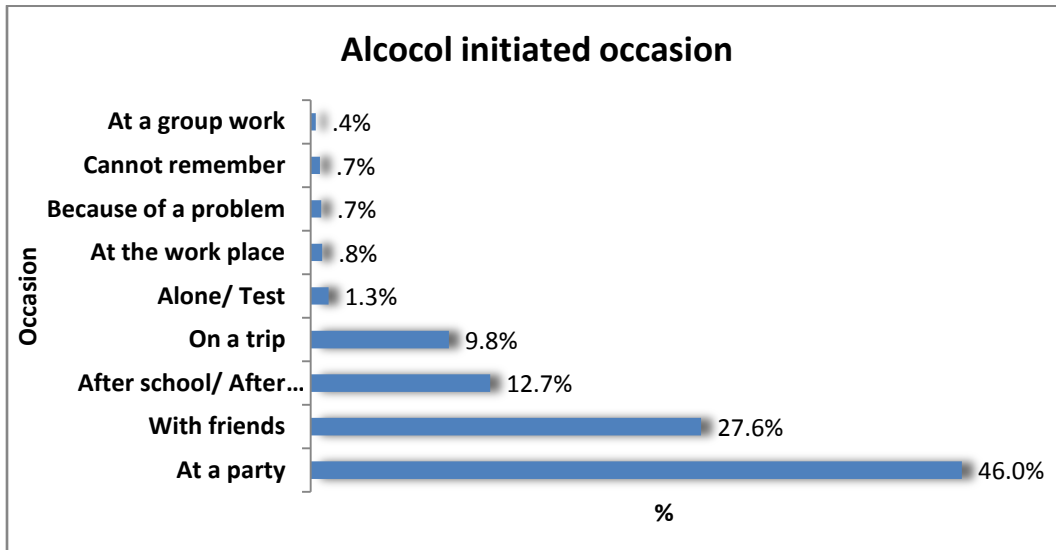


Figure 23: Occasions in which initiation of alcohol use

## TYPE OF ALCOHOL USED AT INITIATION

Questions were further asked regarding the specific alcohol type used at initiation of alcohol use. The responses were as follows: The most common type of alcohol at initiation was Beer (56.5%), while the lowest type of alcohol used was Kasippu (1.5%).

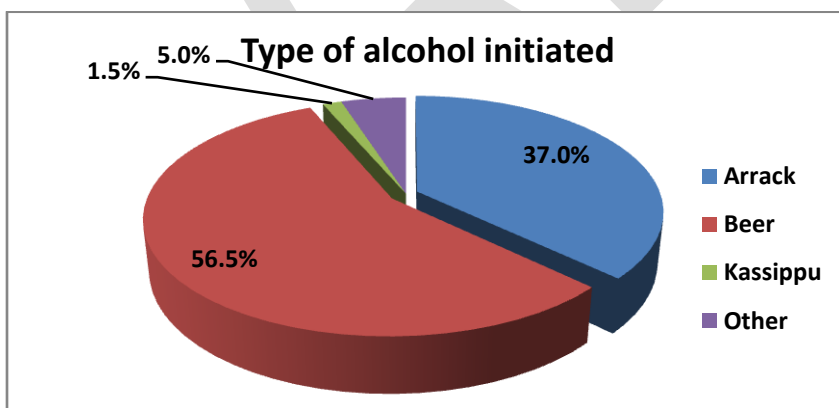


Figure 24: Type of alcohol use at initiation

The responses were also analysed according to the age range with the type of alcohol. This is shown in Figures 25. Beer was the most common type of alcohol used at initiation in age groups 15-24 and 25-39. Arrack was the common type used at initiation in the age range of 40.

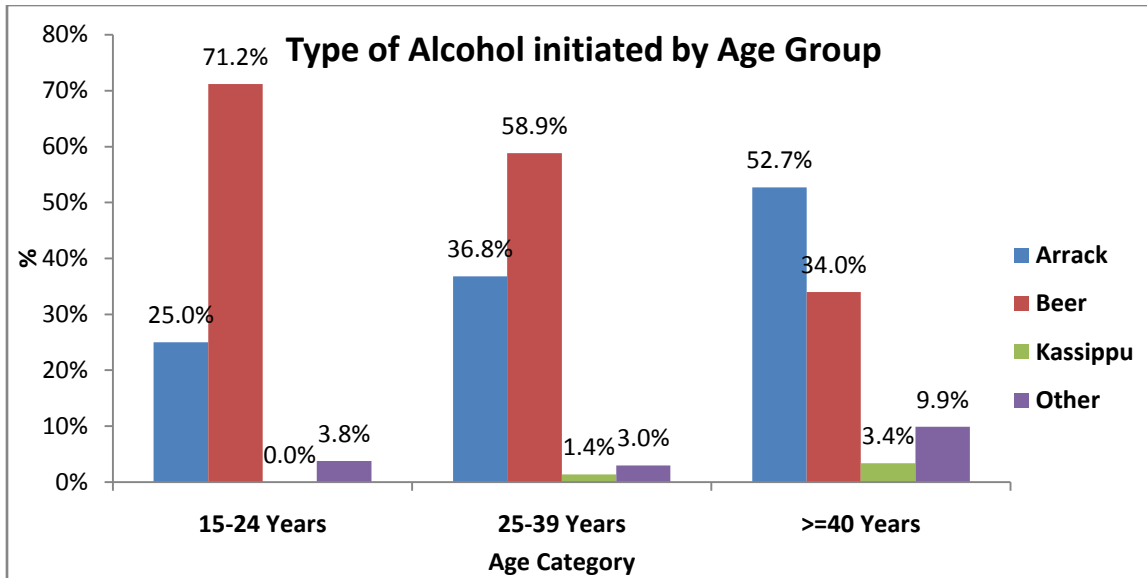


Figure 25: Type of alcohol initiate by age group

### 3.8 NEVER USERS OF ALCOHOL

In depth questions were asked of respondents who have never used alcohol (41.2% of respondent in Figure19) regarding the reasons for not consuming alcohol. The most frequent reason for never using alcohol was due to dislike and unpleasant (26.0%) and due to fear of potential health hazards (22.3%). This is shown in Figure 26.

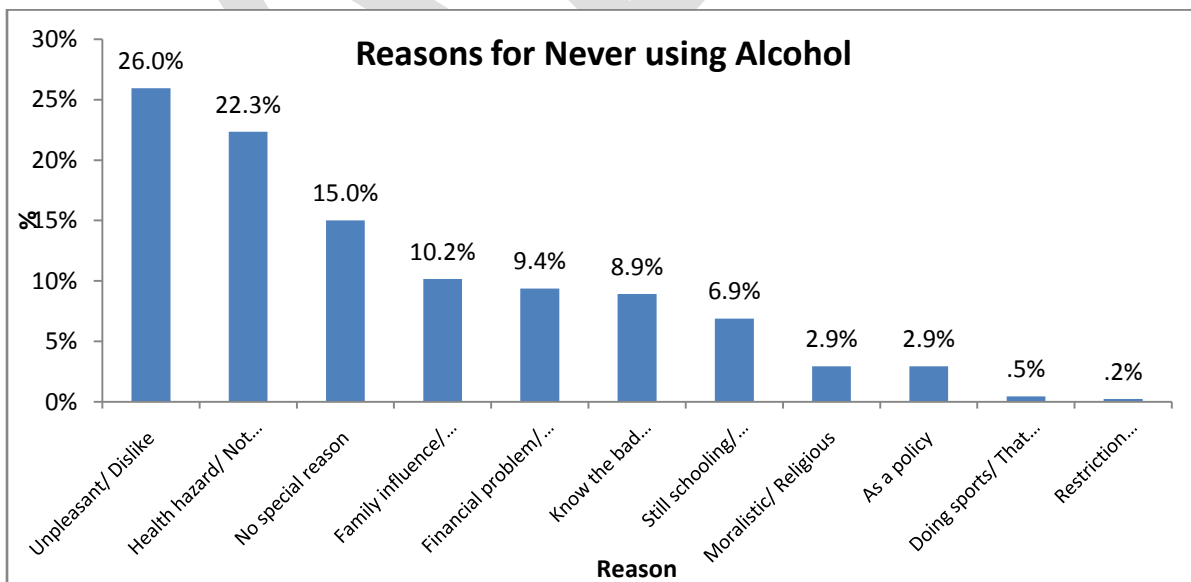


Figure 26 Reasons for never use of alcohol

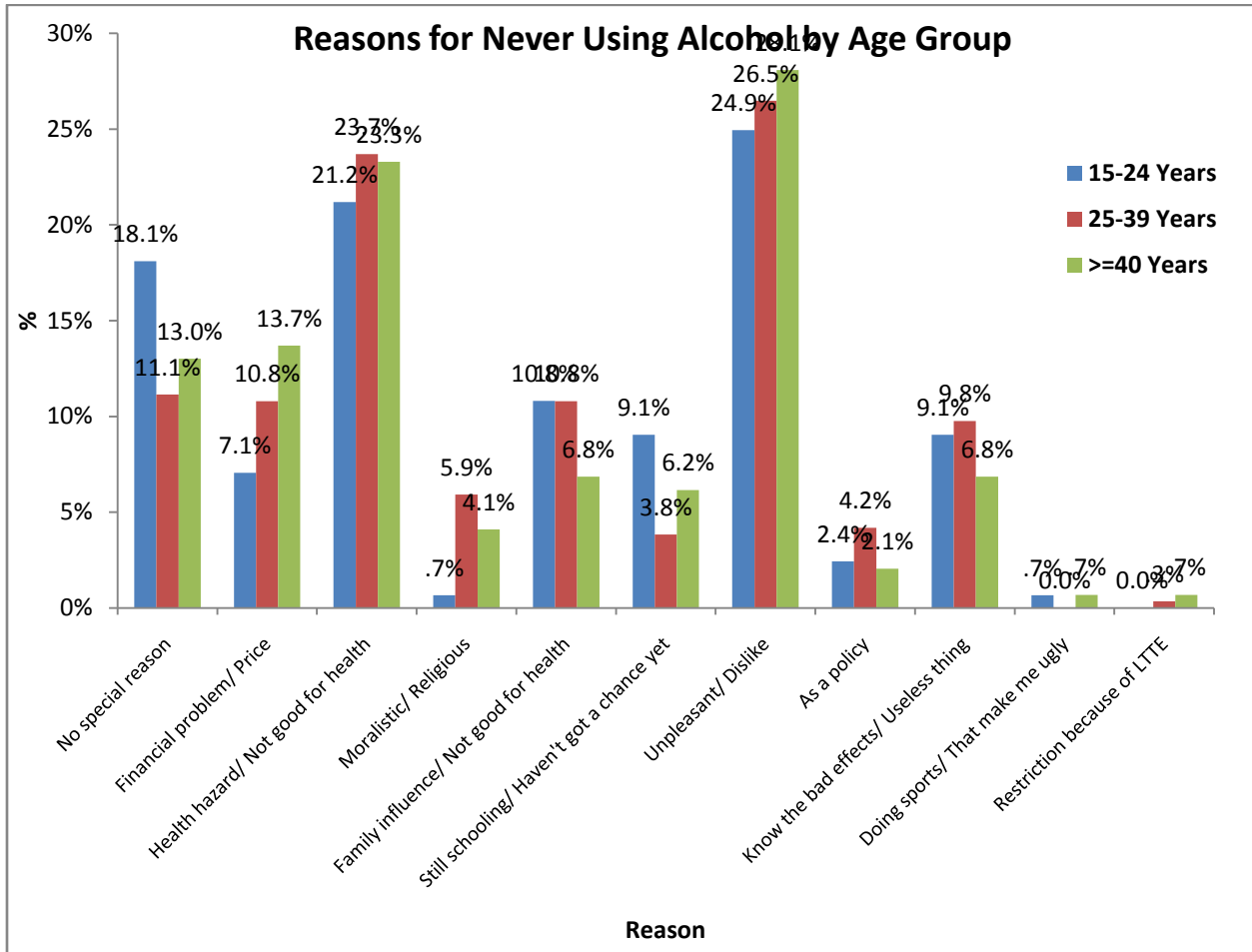


Figure 27: Reasons for never use of alcohol by age group

#### 4.0 COMPARISONS OF RESULTS WITH THE 2012 SPOT SURVEY

In comparison with the results of the July 2012 and July 2013 spot surveys, the alcohol use has increased by 2.5% in comparison to the previous year. This is shown in Figure 28.

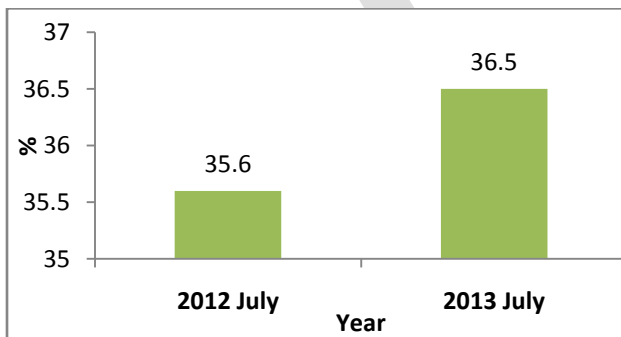


Figure 28: Comparison of alcohol use

## 5.0 THE TREND OF ALCOHOL USE 2000-2012

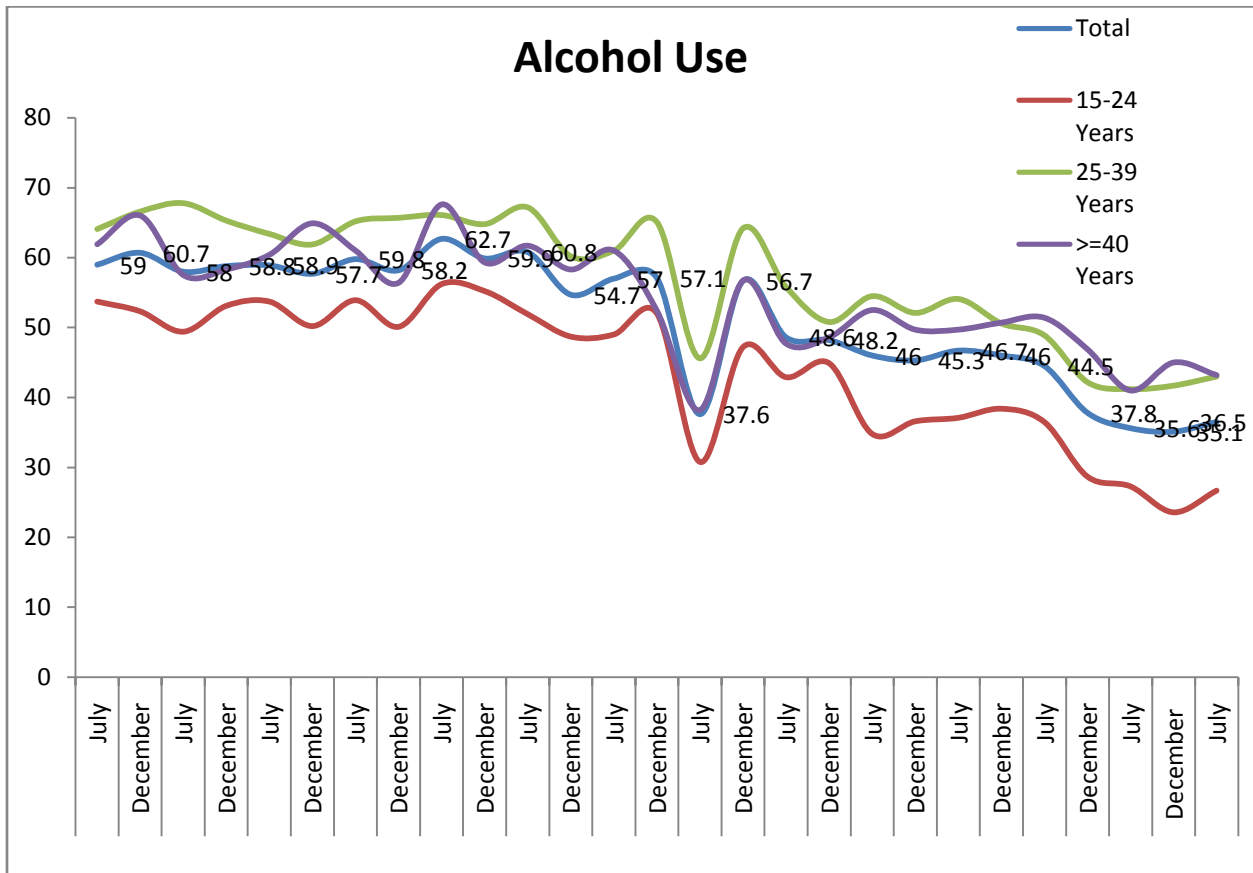


Figure29: The trend of alcohol use

The percentage of alcohol users from year 2000 to July 2012 obtained from biannual spot surveys is shown in Figure 29. An overall decreasing trend in alcohol use can be observed.

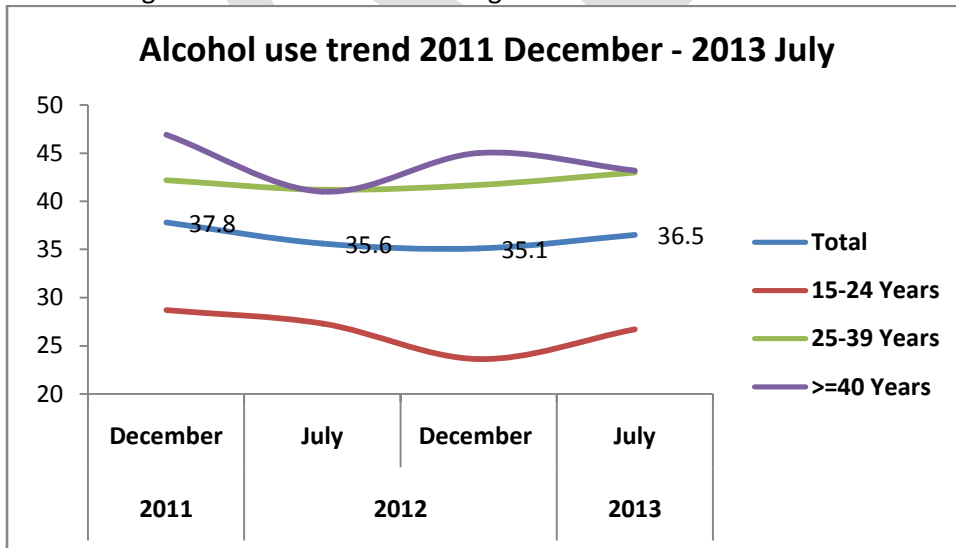


Figure30: The trend of alcohol use 2011-2013