

Trend Survey on **Alcohol**

December 2014

Research and Evaluation Programme

Alcohol and Drug Information Centre

www.adicsrilanka.org

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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 consumption. It also identifies the prevailing attitudes with regard with 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 ten districts in this time; Colombo, Gampaha, Galle, Kegalle, Anuradhapura, Jaffna, Batticaloa and Kandy were compulsory districts while Monaragala & Trincomalee were selected in routing base.

In this report, we concentrate on the results of the survey conducted in December 2014. In addition, a comparative analysis of results obtained this year with results obtained in December 2013 is also included.



1.2 OBJECTIVES

The objectives of the spot survey are as follows:

1. Primary Objectives:

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

2. Secondary Objectives:

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

2. METHOD

Sample size is 250 male above 15 years from each district. Sample population selects using non random, accidental sample. This time total number of respondent for the survey was 2,454. Structured interview employed to collect data and questionnaire is use as a tool. The survey completed during one month and carries out every July and December. Data was analyzed using statistical package for social science (SPSS 20).

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.

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

	Colombo	Gampaha	Galle	Kegalle	Anuradhapura	Kandy	Batticaloa	Jaffna	Monaragala	Trincomalee	Total
15-24	102 41.0%	110 43.5%	102 42.0%	94 39.5%	109 42.2%	108 42.0%	102 42.7%	105 42.7%	61 31.8%	104 42.1%	997 41.2%
25-39	87 34.9%	79 31.2%	76 31.3%	80 33.6%	93 36.0%	87 33.9%	87 36.4%	87 35.4%	99 51.6%	87 35.2%	862 35.6%
>=40	60 24.1%	64 25.3%	65 26.7%	64 26.9%	56 21.7%	62 24.1%	50 20.9%	54 22.0%	32 16.7%	56 22.7%	563 23.2%
Total	249 100.0%	253 100.0%	243 100.0%	238 100.0%	258 100.0%	257 100.0%	239 100.0%	246 100.0%	192 100.0%	247 100.0%	2422 100.0%

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

The age distribution of the sample population is shown in *Table 1*. 41.2% of the sample population comprised of the age range 15-24 years, 35.6% of the sample population comprised of the age range 25-39 years and 23.2% in the age range of 40 and above years.

The level of education is shown in *Table 2*. Only 46.9% of respondents had education after A/L. Majority of the respondents (53.1) had their education levels below O/L.

Level of education				
	Frequency	Percent	Valid Percent	Cumulative Percent
No proper education	33	1.3	1.4	1.4
1-5 grade	90	3.7	3.7	5.1
6-10 grade	326	13.3	13.4	18.5
O/L	843	34.4	34.6	53.1
A/L	878	35.8	36.1	89.2
Diploma	116	4.7	4.8	94.0
Graduate	115	4.7	4.7	98.7
Poster graduate	23	.9	.9	99.6
Professional training	9	.4	.4	100.0
Total	2433	99.1	100.0	
Total	2454	100.0		

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

The occupation classification is shown in Table 3.

Occupation	Frequency	(%)
Legislators, Senior Officials and Managers	105	4.8
Professionals	124	5.7
Technical and Associate Professionals	34	1.5
Clerks	47	2.1
Service worker and market service workers	233	10.7
Skilled agricultural and fishery workers	83	3.8
Craft and related workers	79	7.1
Plant and machine operators and assemblers	326	15
Elementary occupations	129	5.9
Forces / Police	89	4.1
Politicians	3	0.1
Businessmen	338	15.5
Students	389	17.8
Retired	23	1.1
Foreign employed	8	0.4
Unemployed	96	4.4
Total	2106	100.0

Table 3: Sample of the survey – by occupation

3 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 34.9% used alcohol within last month while 65.1% did not use alcohol. This is shown in Figure 1 (N=2,413).

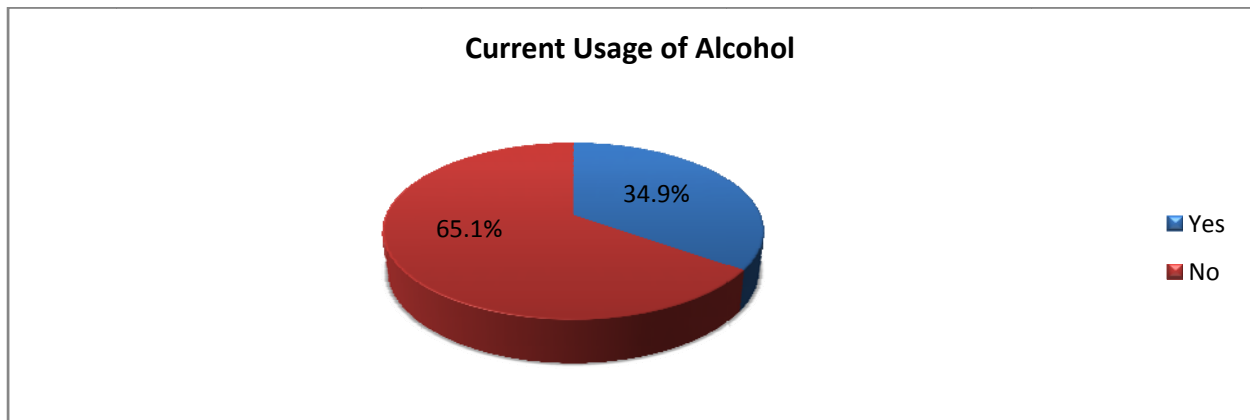


Figure 1: Current Usage of Alcohol

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 (46.7%). The lowest current usage is recorded from the age category of 15-24 years (23.2%). This is shown in Figure 2.

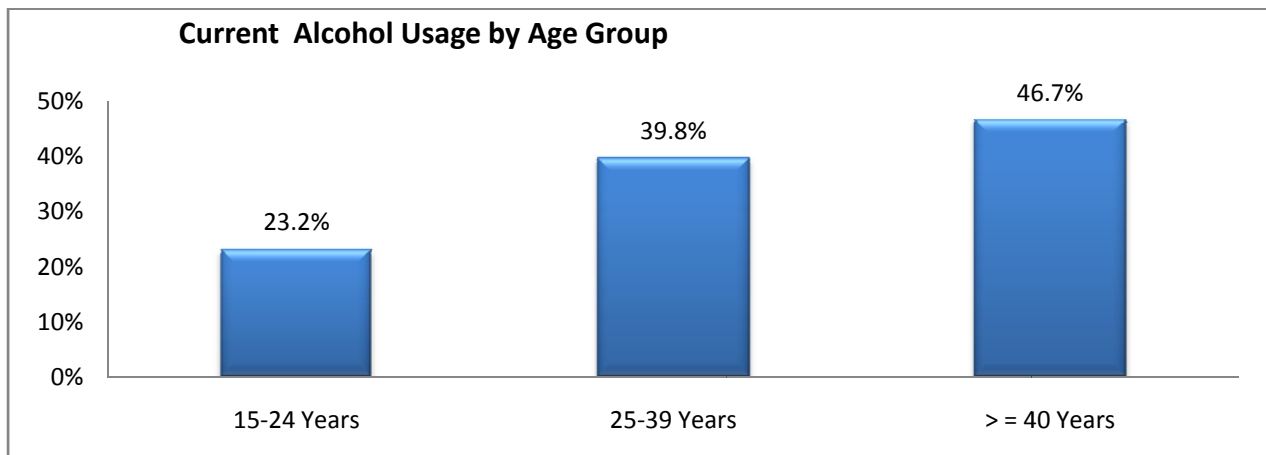


Figure 2: Current Alcohol Usage by Age Group

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 Moneragala (59.3%) while the lowest percentage was from Trincomalee (21.5%). This is shown in Figure 3.

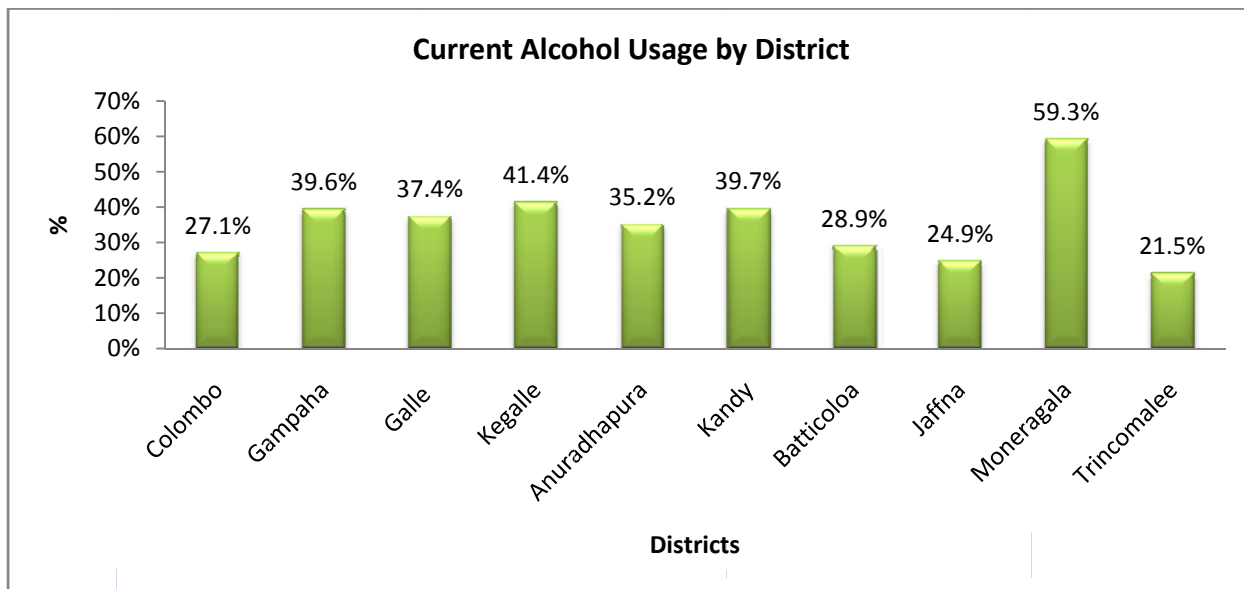


Figure 3: Current Alcohol Usage by District

3.2 Frequency of Alcohol Use

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 (48.4%) while the lowest percentage was daily users (19.3%). This is shown in Figure 4.

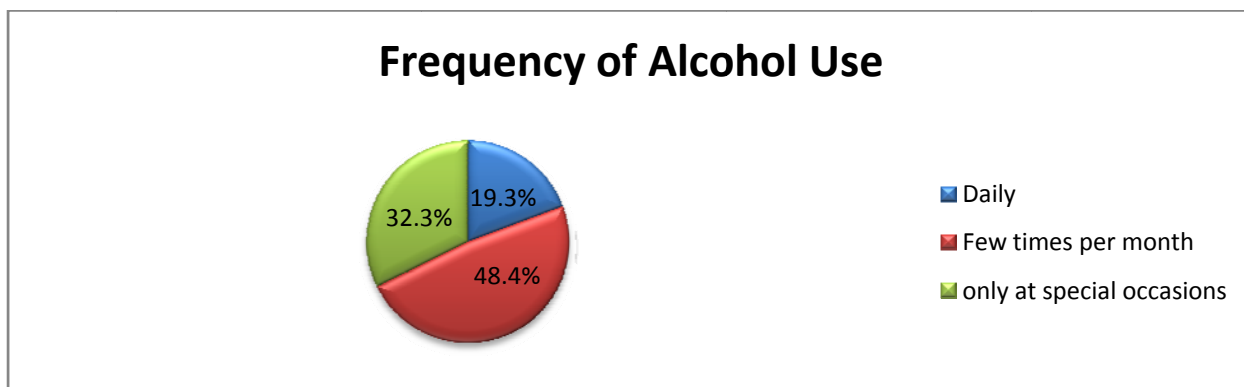


Figure 4: Frequency of alcohol use

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. The highest percentage of daily alcohol users was the 34.9% in the age range of >=40. The lowest percentage of daily users was in the age range of 15-24 (17.1%). This is shown in Figure 5.

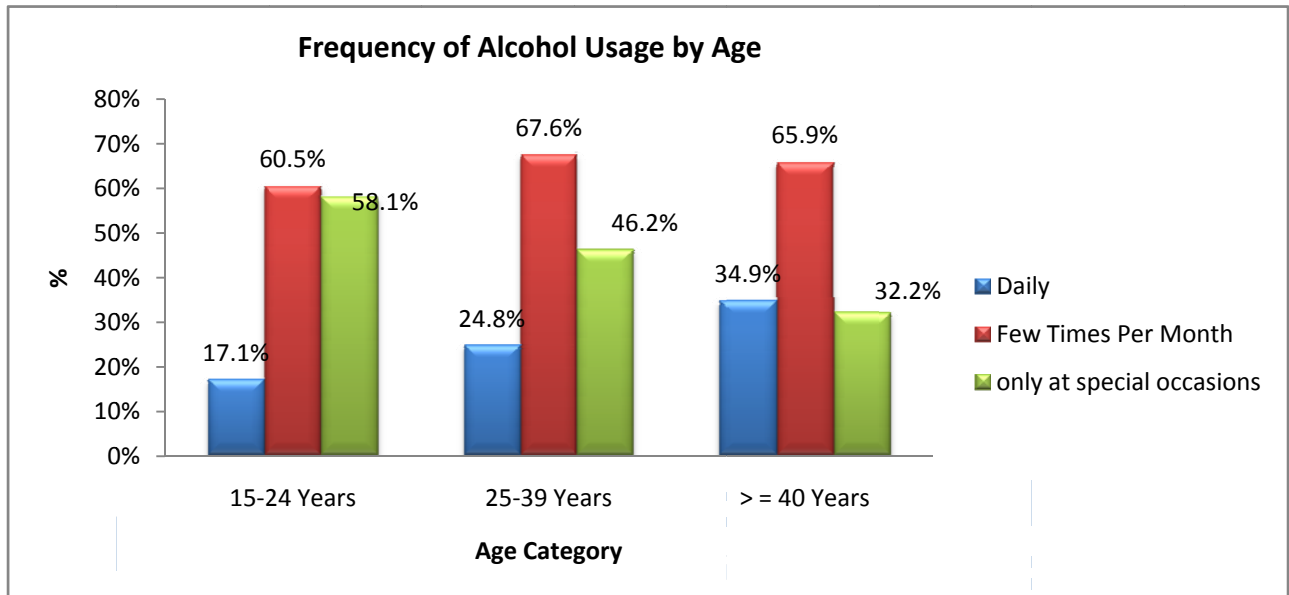


Figure 5: frequency of alcohol use by age group

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 Jaffna district (47.9%) while the lowest percentage of daily alcohol users was from Anuradhapura district (11.1%). The highest percentage of alcohol users at the special occasions was from Gampaha district (67.0%) while lowest was reported from Jaffna (18.8%). This is shown in Figure 6

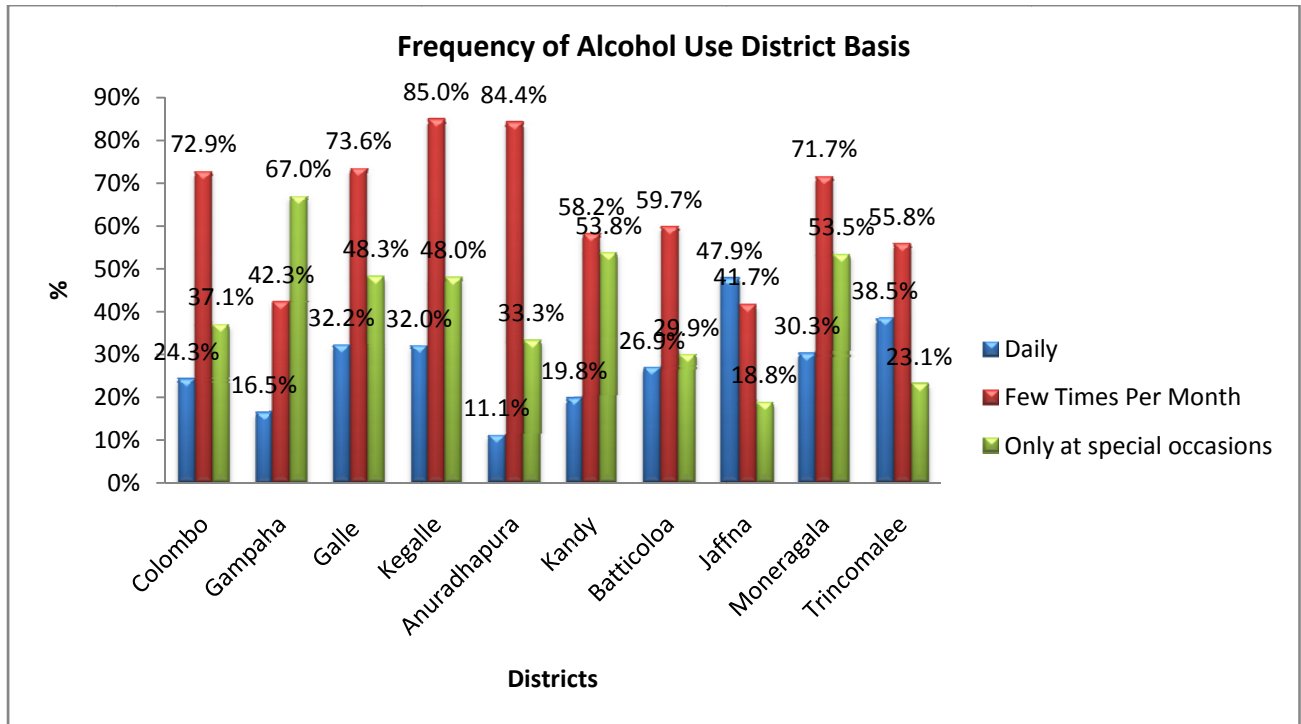


Figure 6: Frequency of alcohol use by district basis

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3.3 REASONS FOR ALCOHOL USE

3.3.1 Reasons for alcohol use

The survey also emphasized on the reasons for alcohol use. Majority of the current users believe that using alcohol make them fun, happy & enjoyment (28.2 %). The second highest reason was to socialize with friends (27.9%).

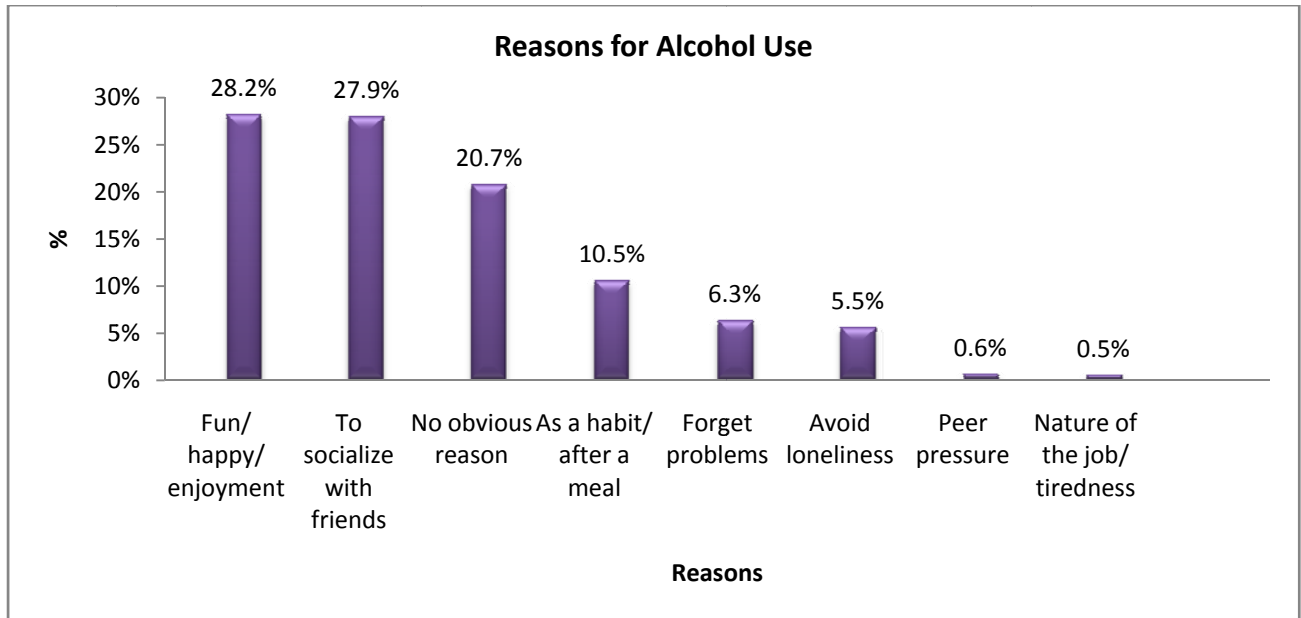


Figure 7: Reasons for alcohol use

3.3.2 Reasons for alcohol use by age group

The reasons for alcohol use by age groups are shown in Figure 8. In all age categories the main reason for alcohol use was for fun/enjoyment.

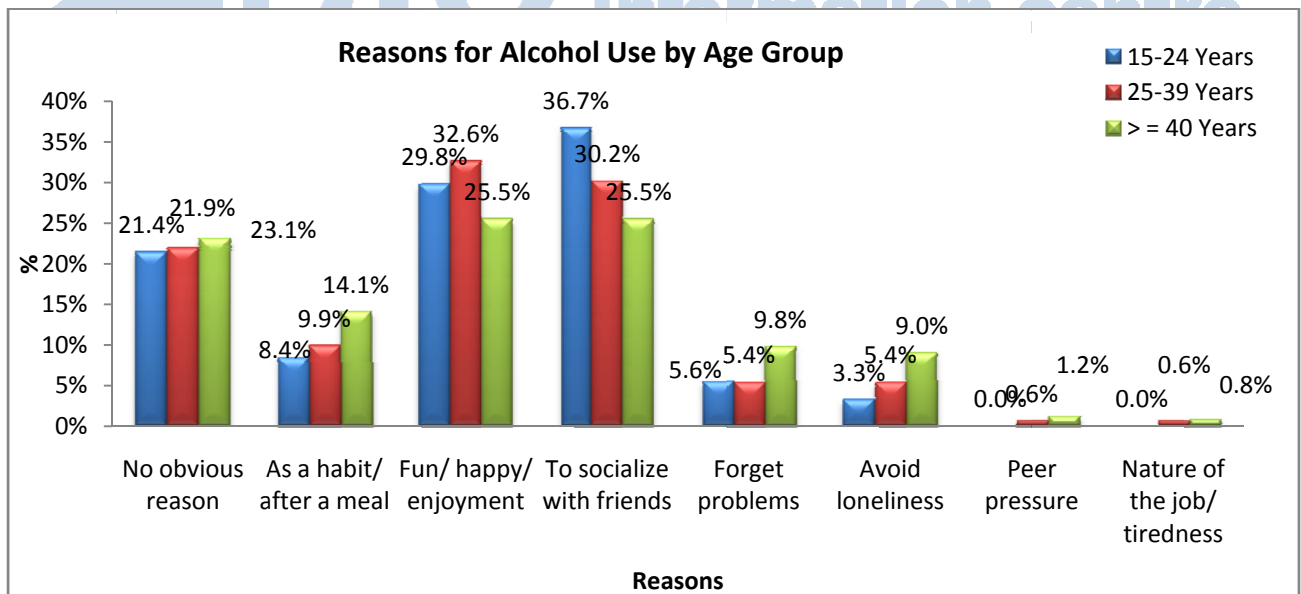


Figure 8: Reasons for alcohol use by age group

3.4 TYPE OF ALCOHOL USED

3.4.1 Type of alcohol

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 (49.1%), while the lowest usage was (2.7%) on illicit alcohol (Kasippu). Other alcohol such as toddy, whisky, and brandy use was recorded as 3.8%.

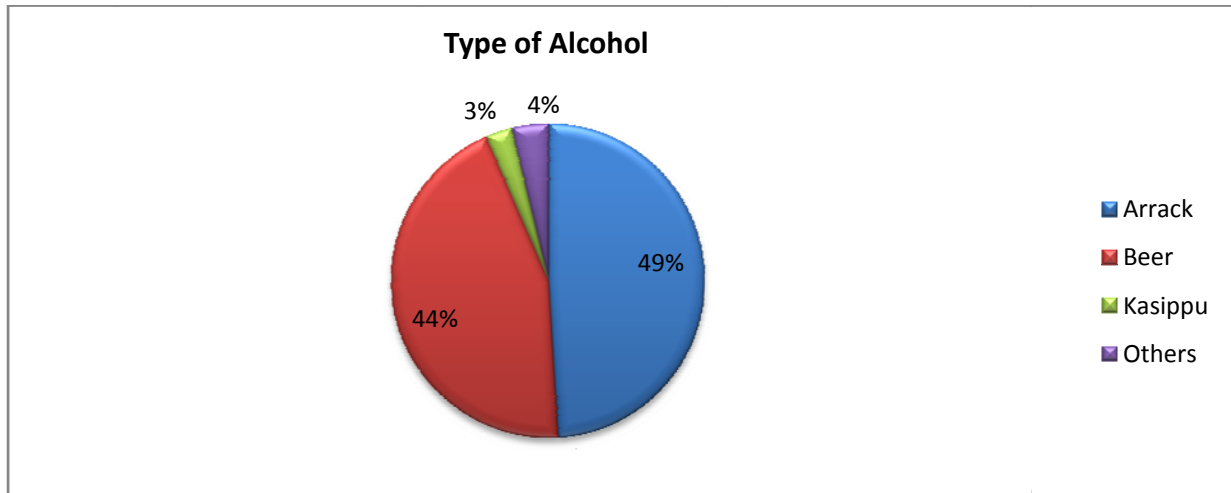


Figure 9: Type of alcohol use

3.4.2 Type of alcohol by age category

The type of alcohol consumed was further analysed with respect to age (Figure 10). Majority of the adults' age ranged 40 and above use 'Arrack' (78 %) while 'Beer' was used mainly by youth aged 15 to 24 (73.1%).

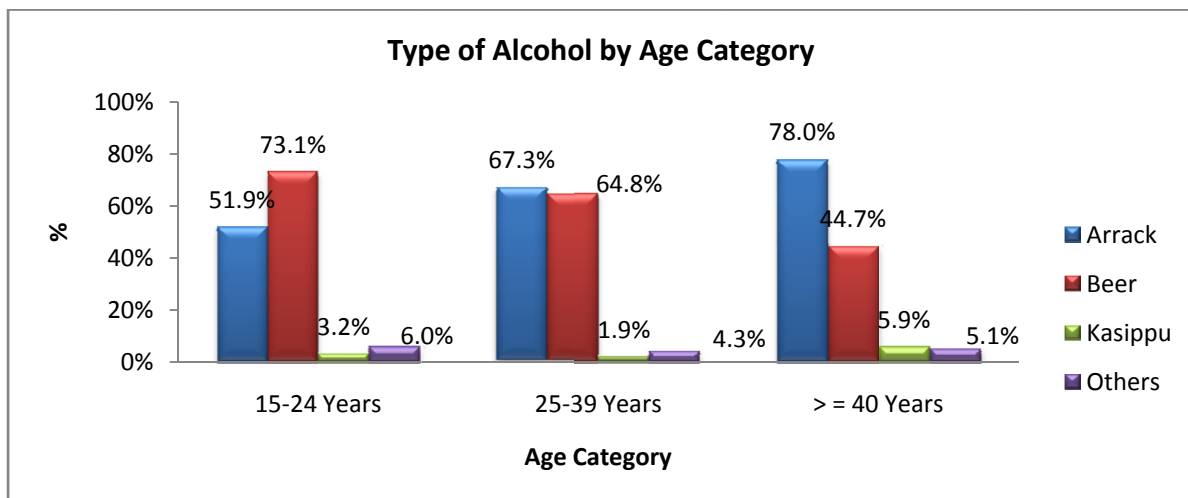


Figure 10: Type of alcohol use by age category

3.4.3 Type of alcohol by district

The type of alcohol used was analysed according to the districts. This is shown in Figure 11. Galle (83.7%), Gampaha (79.6%) , Moneragala (76.5%), Kegalle (76%), and Colombo (74.3%) districts have relatively high usage of Arrack whereas Kegalle (75%) and Anuradhapura(67.8%) districts have relatively high usage of Beer.

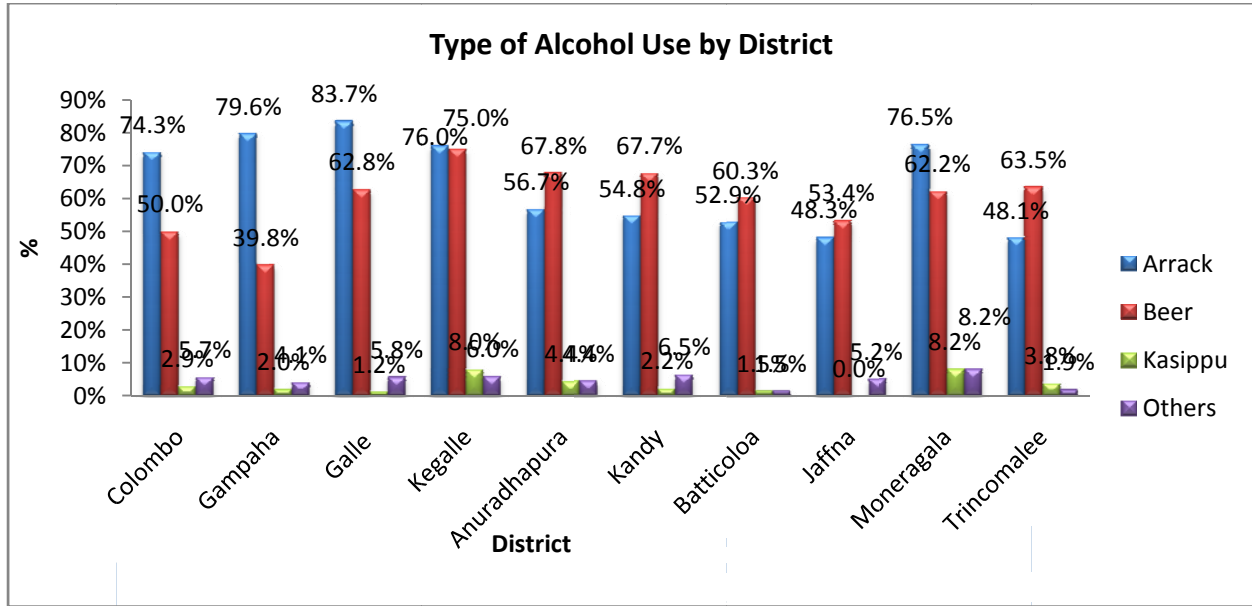


Figure 11: Type of alcohol use by district

3.5 REASONS OF ALCOHOL USE BY TYPE OF ALCOHOL

The data was also analysed on the reasons of alcohol use by type of alcohol. Happiness and to be socialize with friends were the major reasons of using arrack, beer, and other drugs (Vine, Brandi, Wisky). This is shown in Figure 12,13,14,15

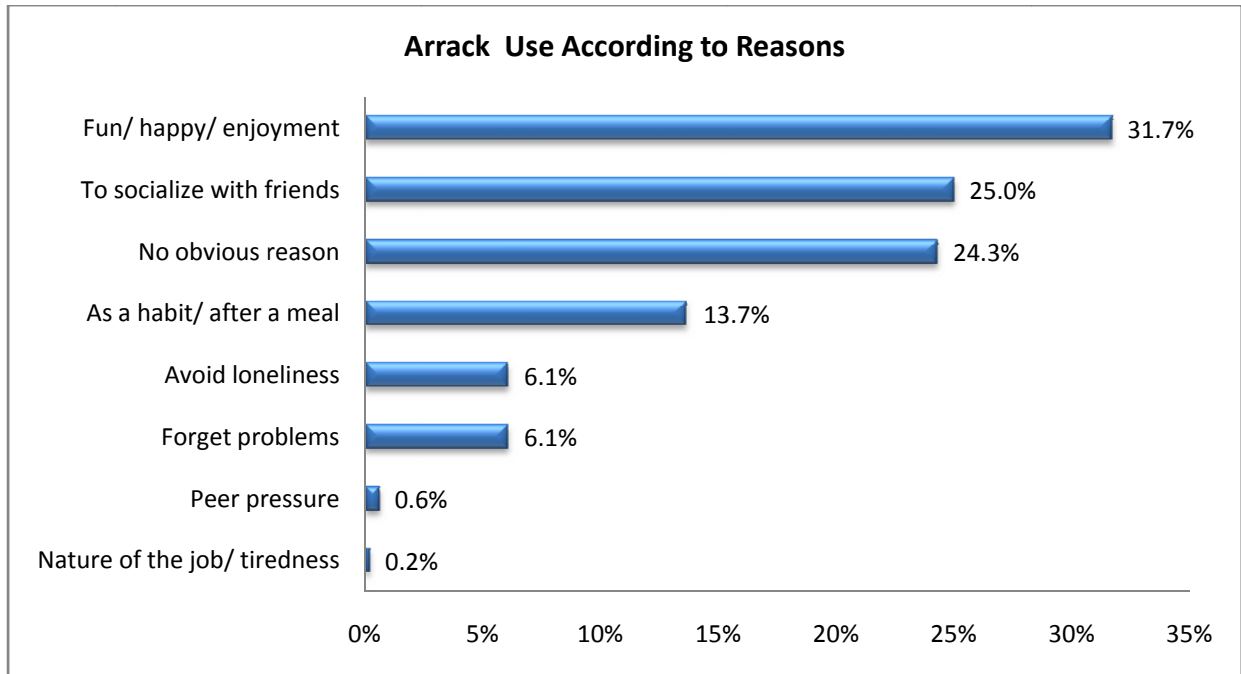


Figure 12: Arrack Use According to Reasons

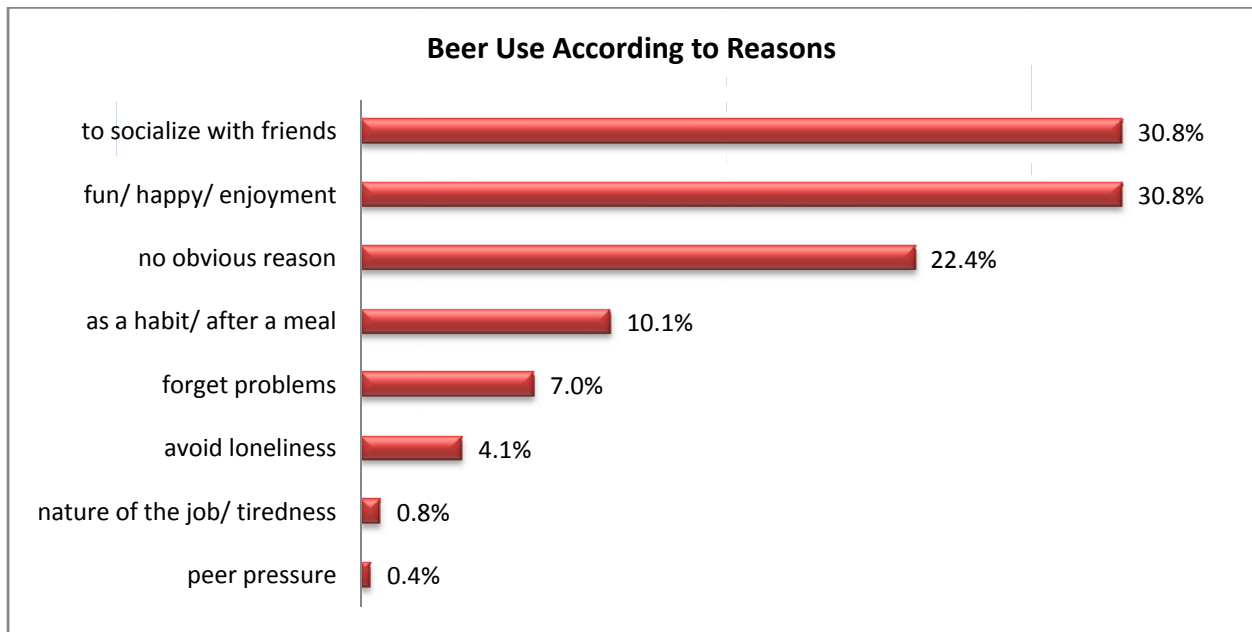


Figure 13: Beer Use According to Reasons

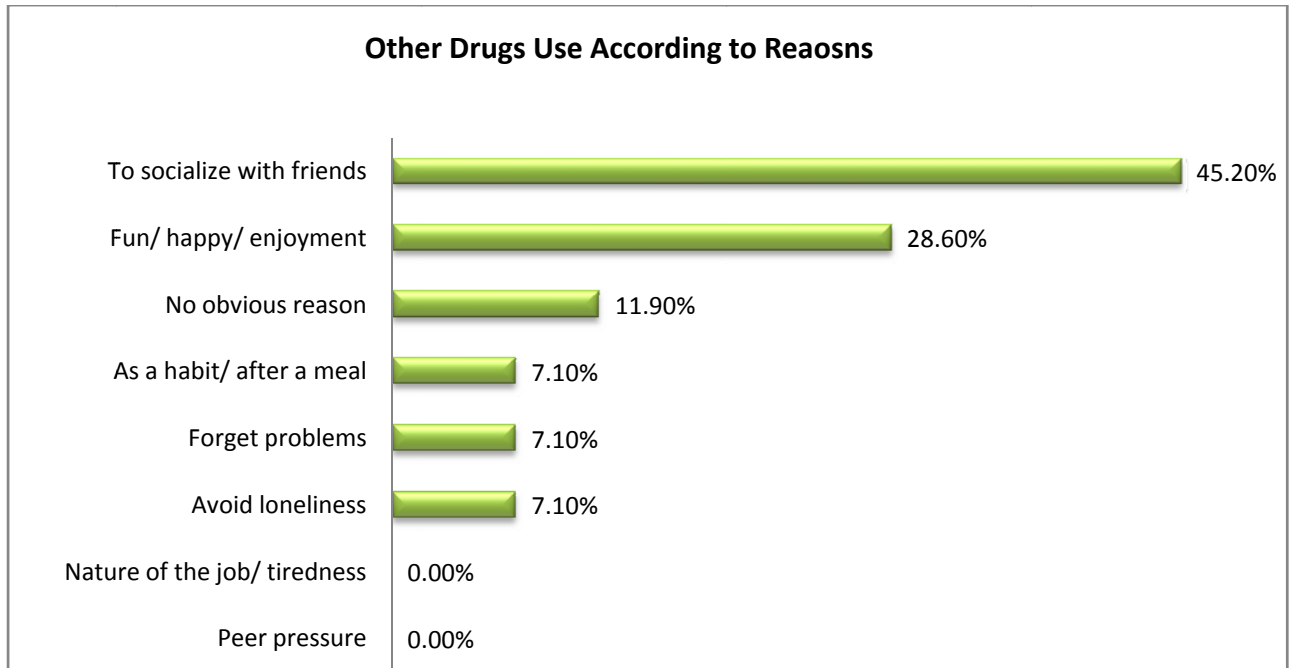


Figure 14: Other Drugs Use According to Reasons

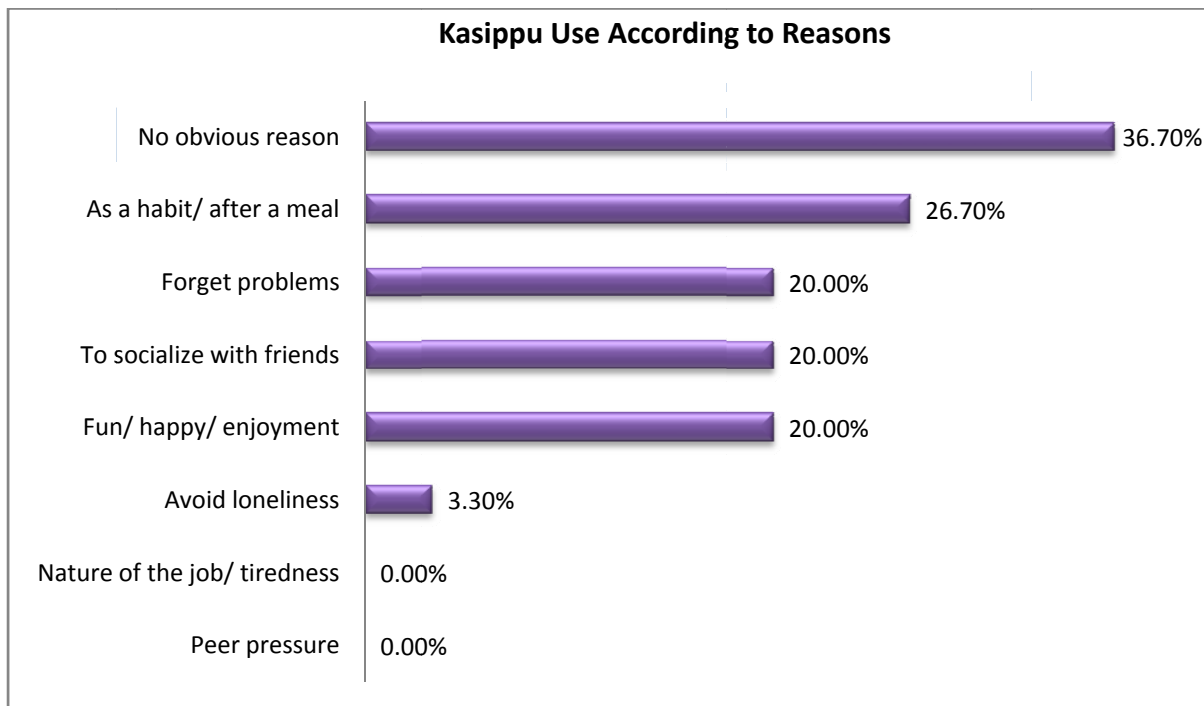


Figure 15: Kasippu Use According to Reasons

3.6 MONTHLY EXPENDITURE ON ALCOHOL

Question was asked regarding the monthly expenditure on alcohol. On average, the daily users spend Rs. 115.30 per day and Rs 3459.11 per month on alcohol. Minimum expenditure on alcohol per month was Rs. 100.00 while maximum expenditure was Rs.50,000.00.

3.7 ATTEMPT TO QUIT ALCOHOL USE

3.7.1 Attempt to quit alcohol use

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

Out of the current alcohol users 48.1% have tried quitting alcohol use and other 51.9% of current users have not even tried to quit from alcohol. This is shown in *figure 13*.

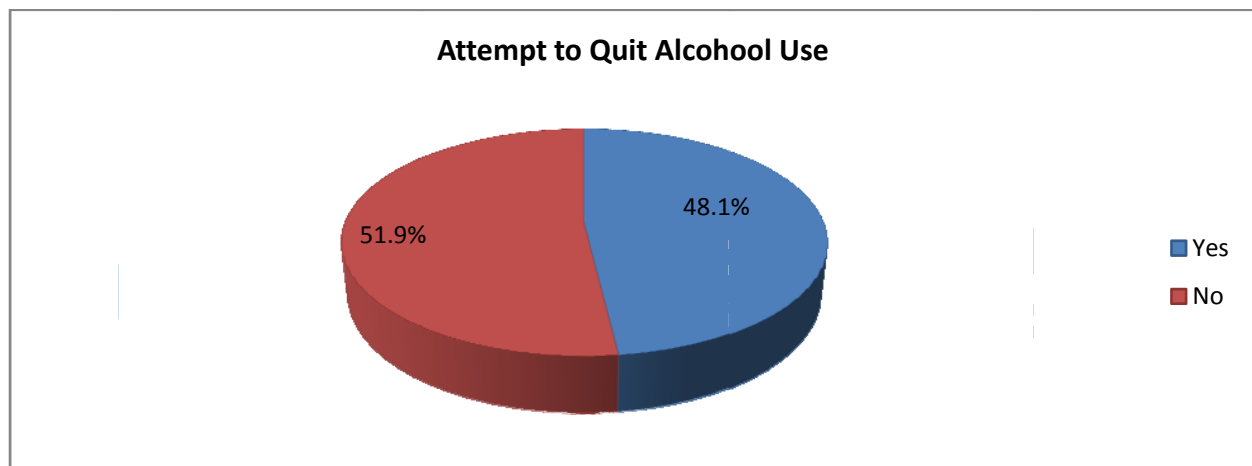


Figure 16: Attempt to quit alcohol use

3.7.2 Attempt to quit alcohol use by age

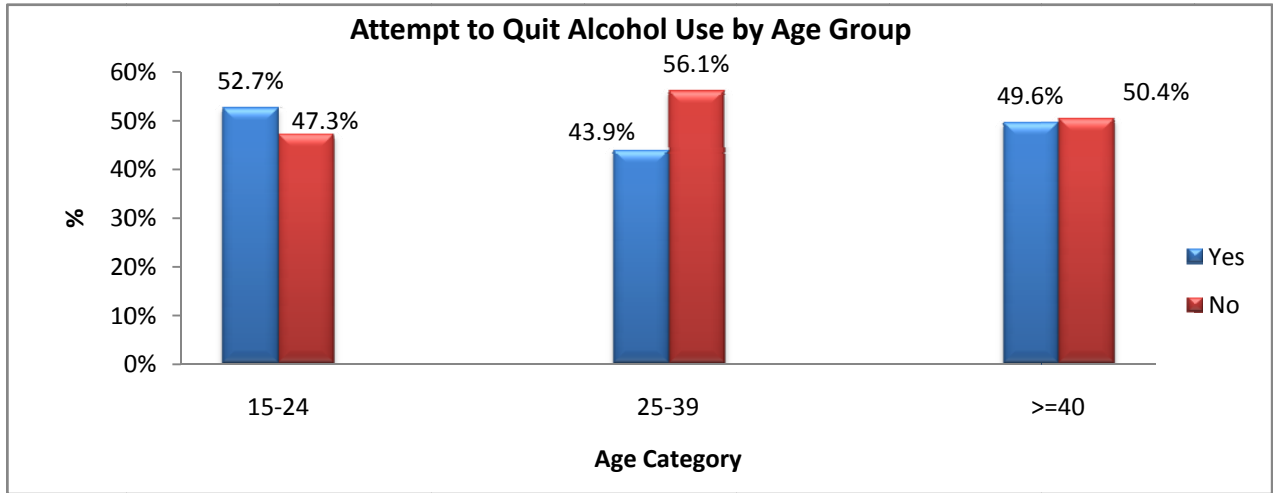


Figure 17: Attempt to alcohol use by age group

3.7.3 Reasons for attempting to quit alcohol

Further questions were asked about the reasons for attempting to quit. 20.5% of the people have attempted to quit alcohol use because of Financial Problems and price of alcohol. 11.5% of have attempted to quit because of dislike. This is shown in shown in *figure 15*.

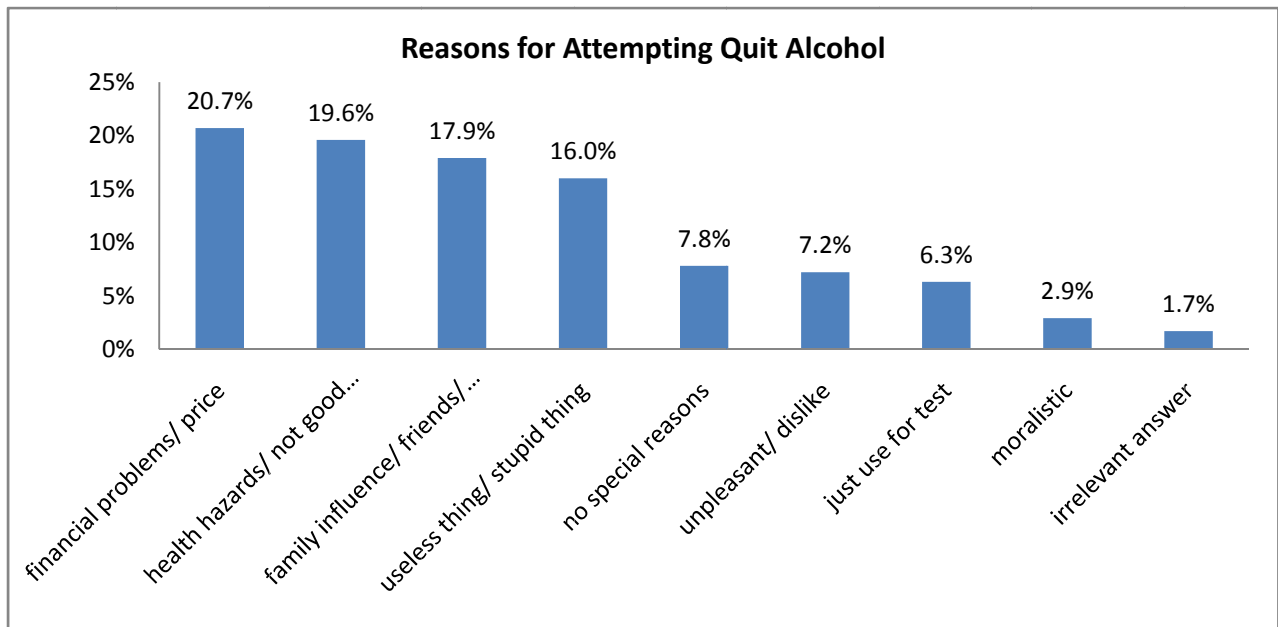


Figure 18: Reasons for attempting quit alcohol

3.7.4 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. 33.5% of the people have not attempted to quit alcohol use because they think that they are not addicted to alcohol and can stop any time. This is shown in *figure 16*.

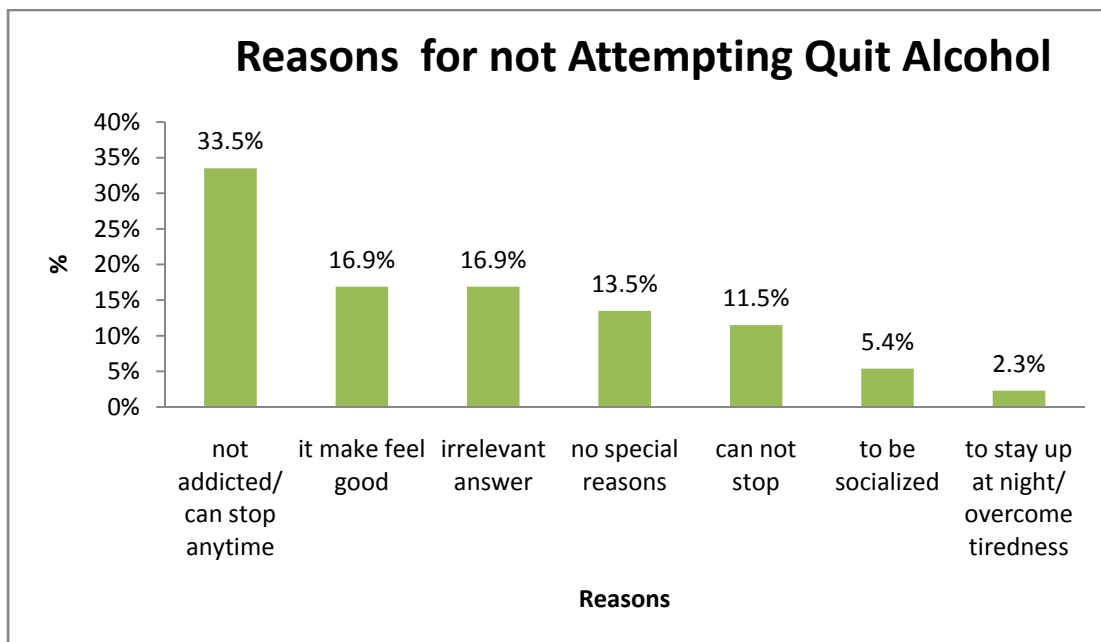


Figure 19: Reasons for not attempting to quit alcohol

4 EVER USERS OF ALCOHOL

4.1 Ever users of alcohol

Questions were asked whether the respondents have ever used alcohol in their life until now. According to the respondents, 53.5% have ever used alcohol while 46.5% did not. This is shown in *Figure 17*.

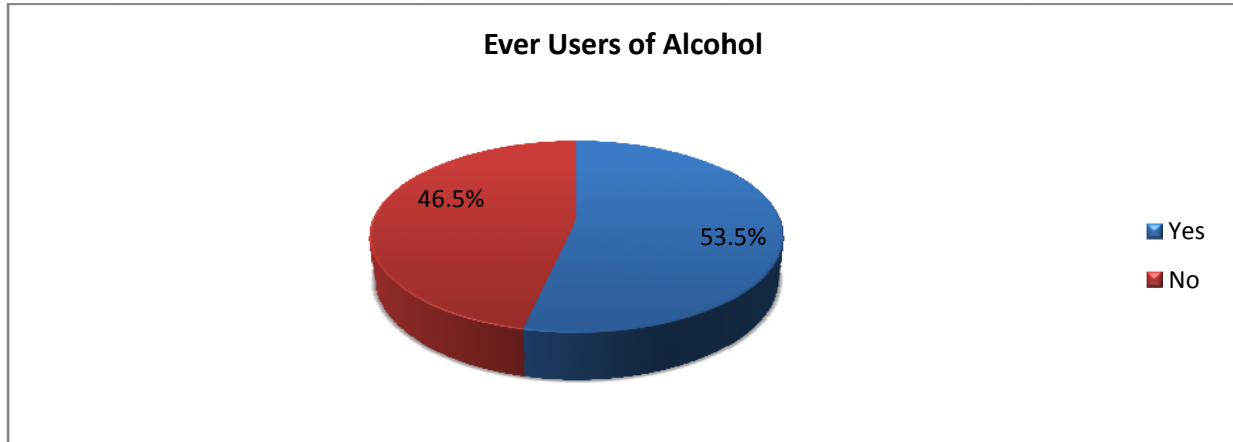


Figure 20: Ever use of alcohol

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4.2 Ever users of alcohol by age category

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 (68.2%). This is shown in *Figure 18*.

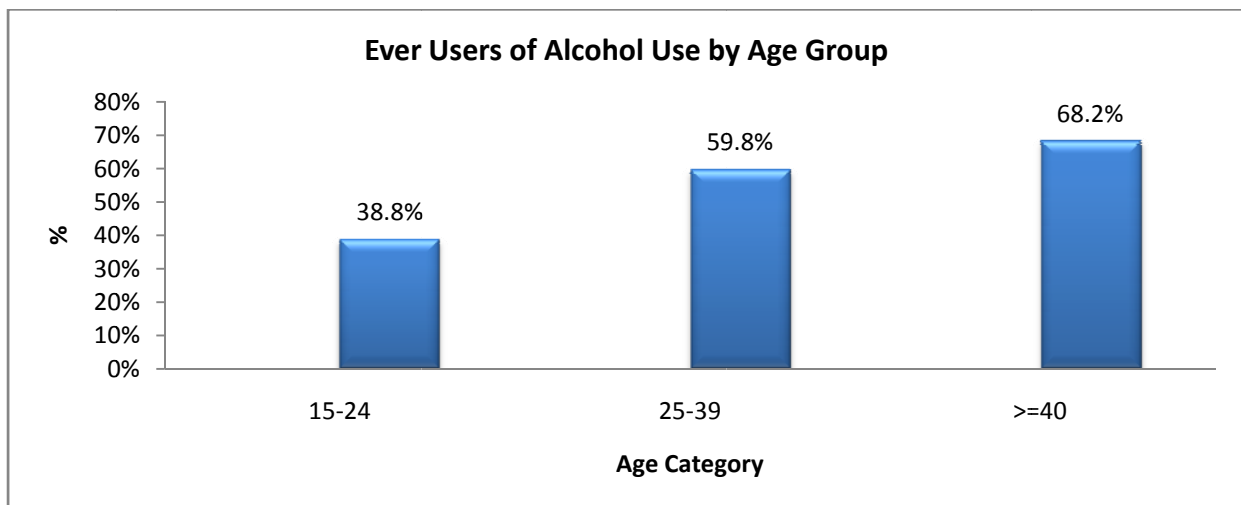


Figure 21: Ever use alcohol by age group

4.3 Ever users of alcohol by district

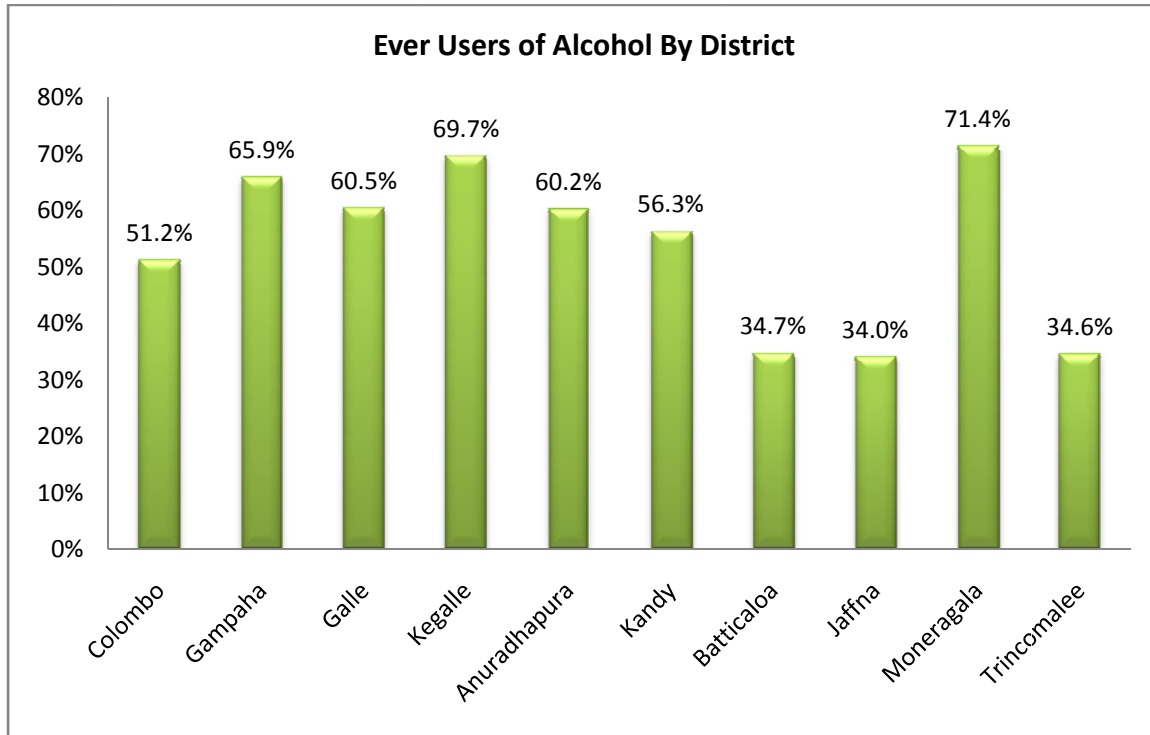


Figure 22: Ever users alcohol by district



5 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.

5.1 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 23. Most of them have initiated at the age of 18 years. Minimum age for alcohol initiation was 10 year while maximum age was 61.

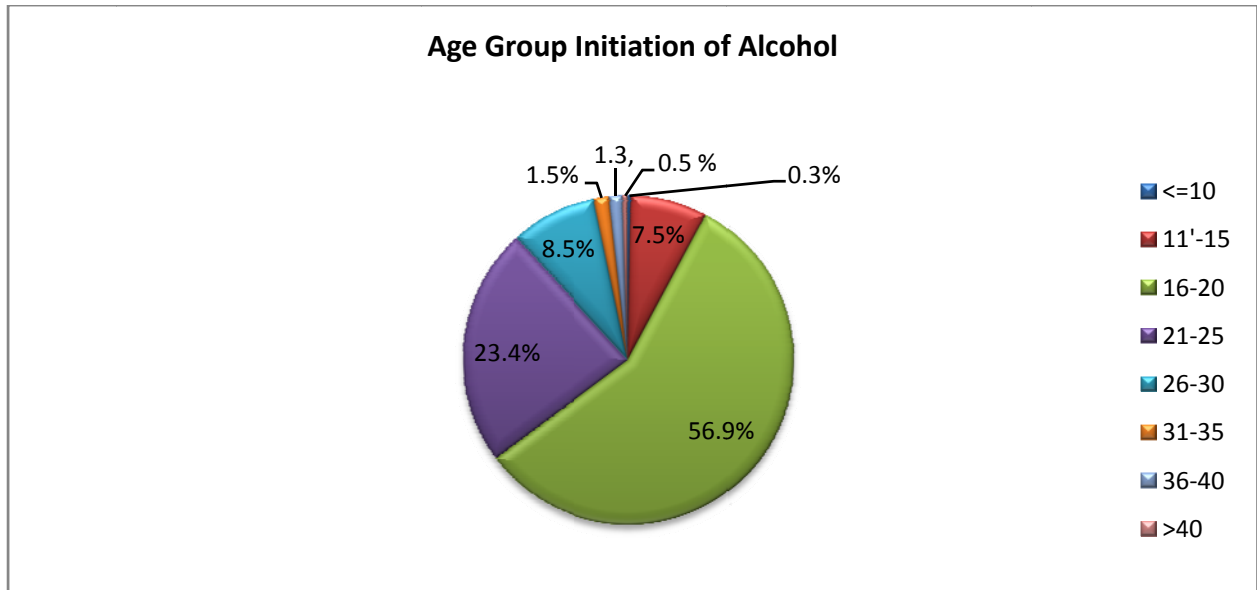


Figure 23: Age Group Initiation of Alcohol

5.2 OCCASION AT 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 gathering with friends (39.8%).

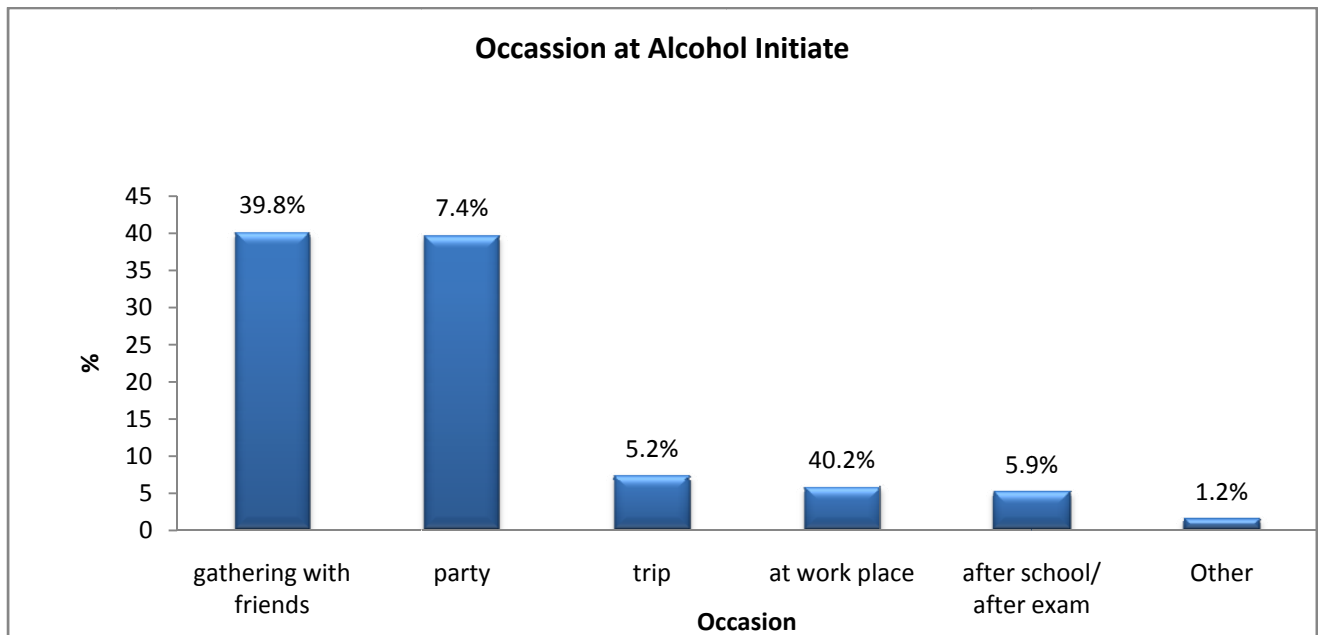


Figure 24: Occasions at alcohol initiate

5.3 TYPE OF ALCOHOL USED AT INITIATION

5.3.1 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 (56.3%), while the lowest type of alcohol used was Kasippu (2.5%).

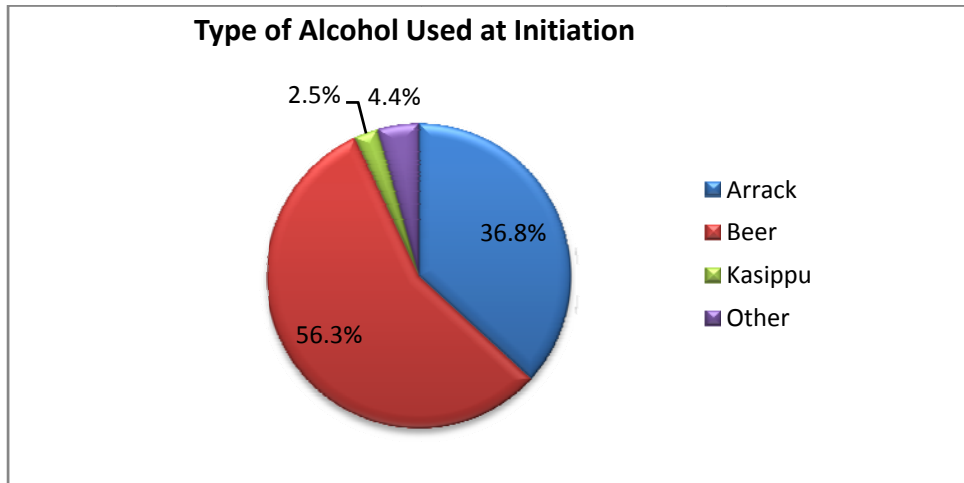


Figure 25: Type of alcohol used at initiation



5.3.2 Type of alcohol use by age category

The responses were also analysed according to the age range with the type of alcohol. This is shown in Figures 26. 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.

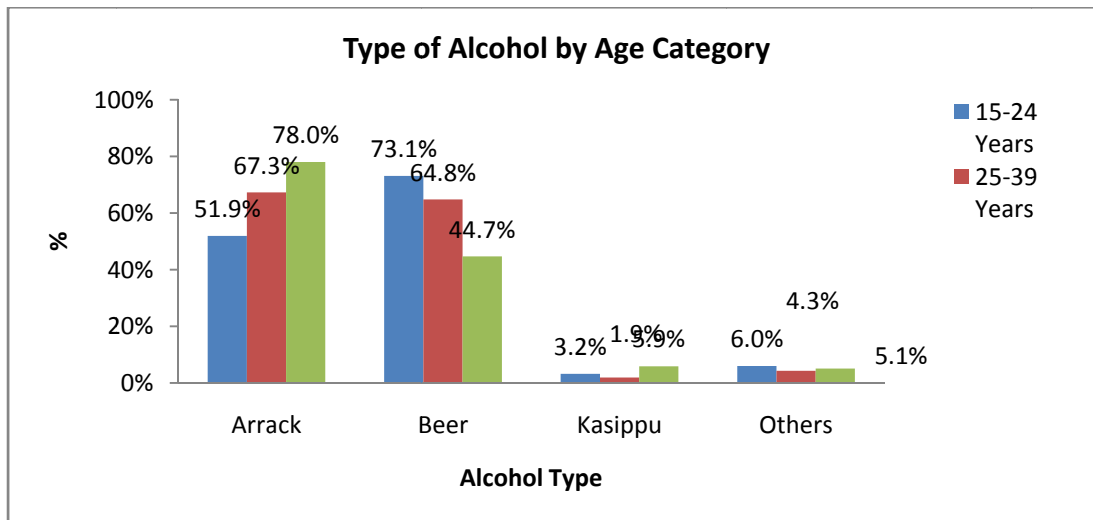


Figure 26: Type of alcohol use by age category

6 NEVER USERS OF ALCOHOL

6.1 Never use of alcohol

In depth questions were asked of respondents who have never used alcohol (65.1%) of respondent in Figure17 regarding the reasons for not consuming alcohol. The most frequent reason for never using alcohol was due to dislike and unpleasant (33.1%) and due to fear of potential health hazards (15.14%). *This is shown in Figure 24.*

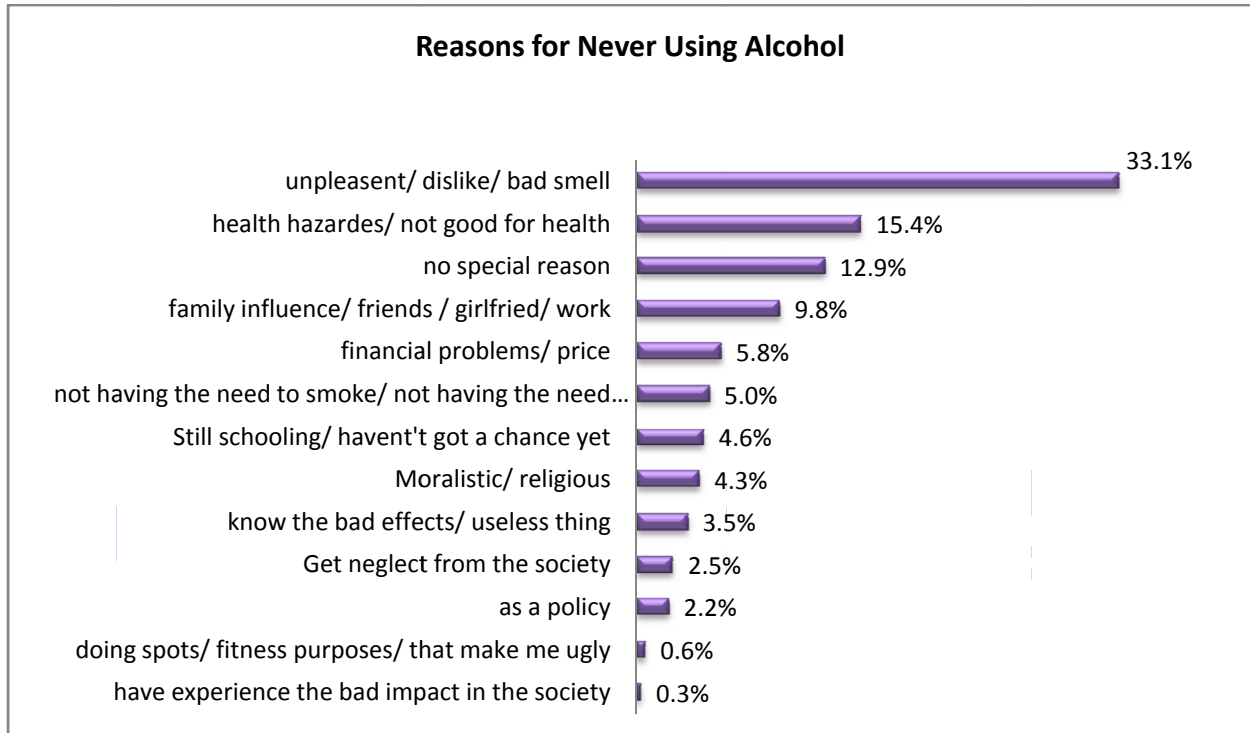


Figure 27: Reasons for never using alcohol

6.2 Never use of alcohol by age category

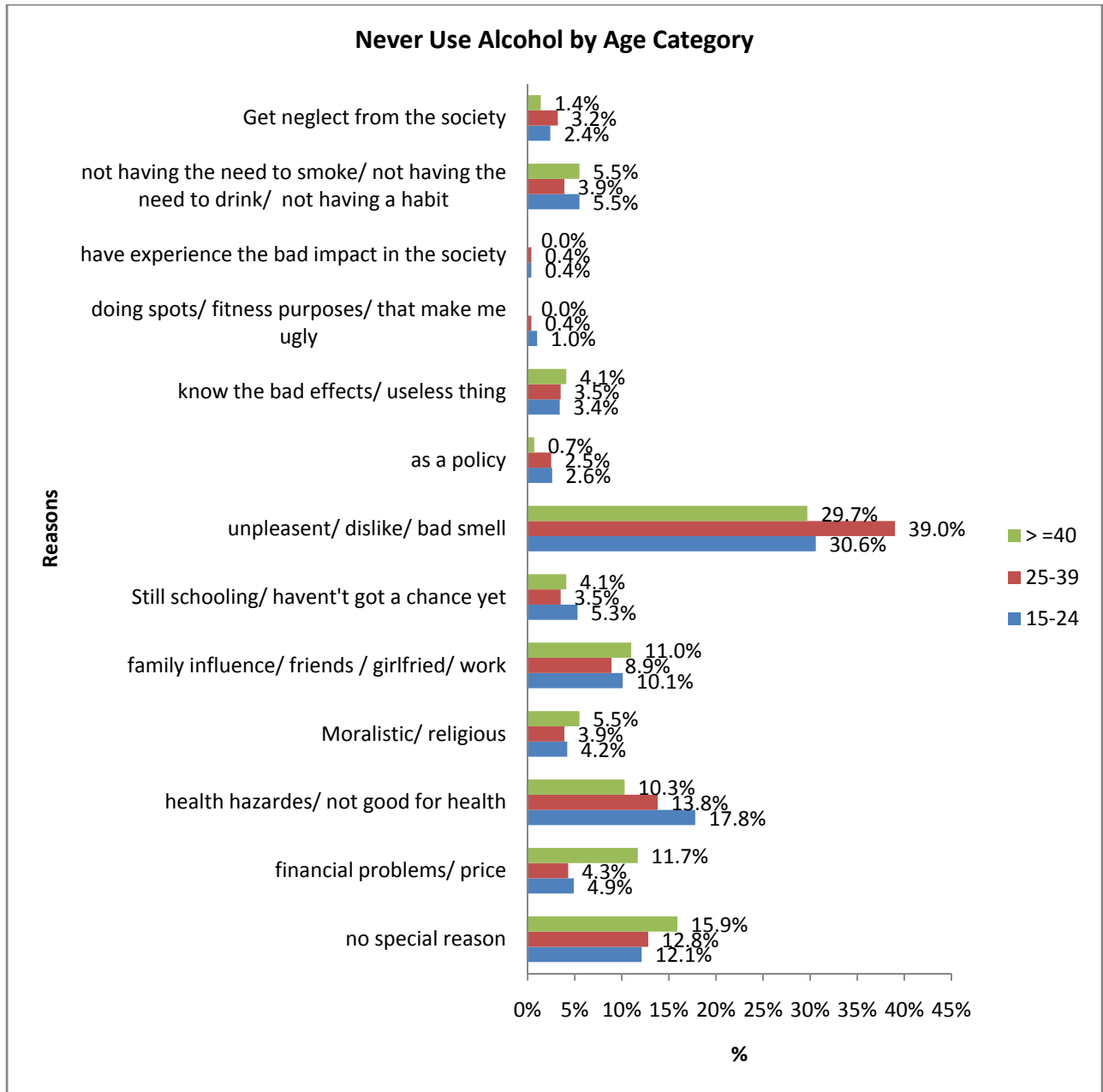


Figure 28: Reasons for never use of alcohol by age group

7. COMPARISONS OF RESULTS WITH THE 2013 SPOT SURVEY

In comparison with the results of the December 2013 and December 2014 spot surveys, the alcohol use has reduced by 2.0% in comparison to the previous year. This is shown in Figure 26.

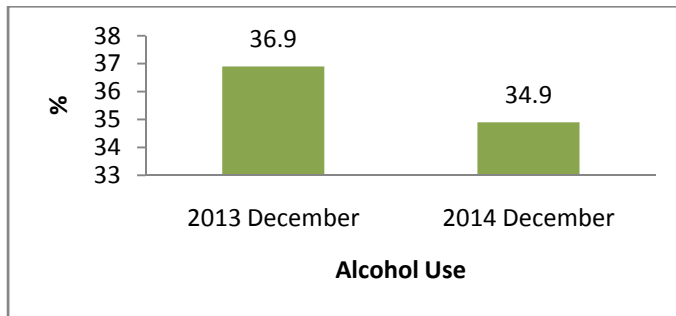


Figure 29: Comparison of alcohol use

8. THE TREND OF ALCOHOL USE 2000-2013

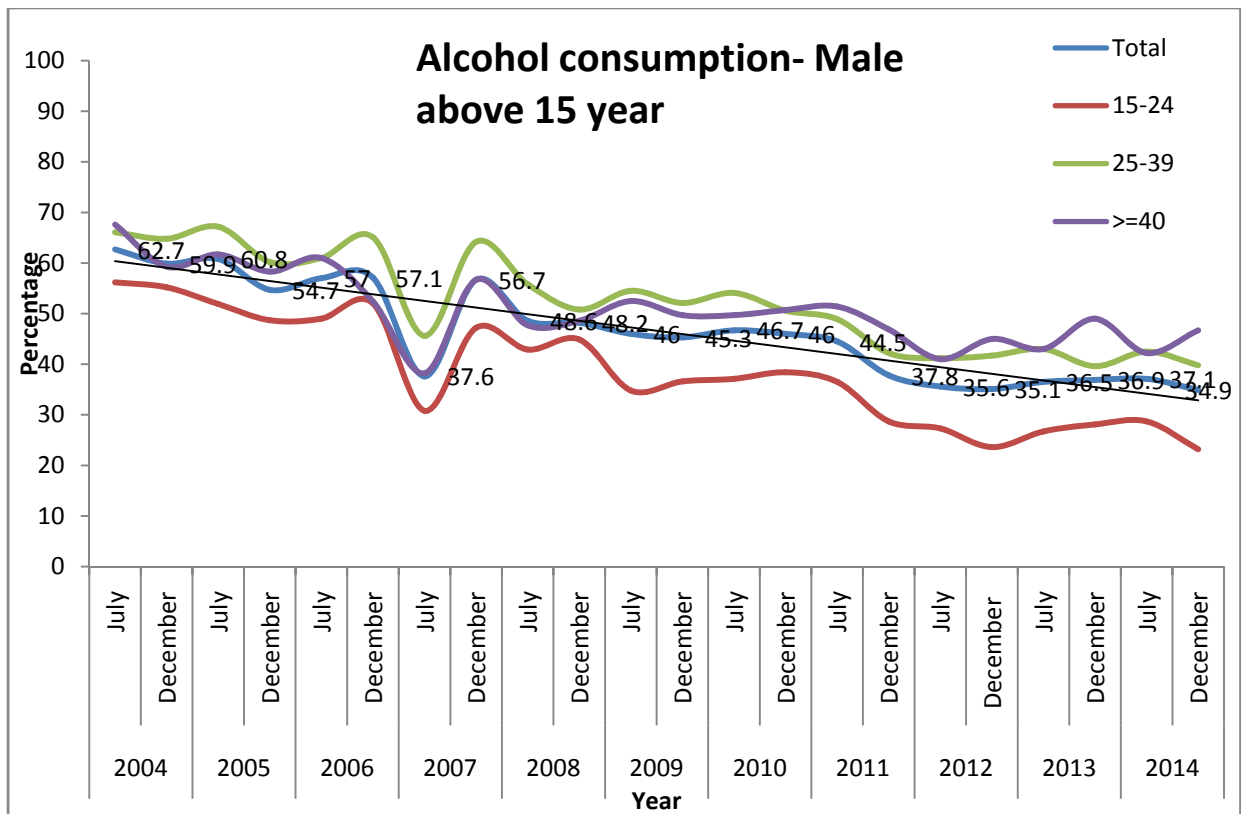


Figure 30: the trend of alcohol use

The percentage of alcohol users from year 2000 to December 2014 obtained from biannual spot surveys is shown in Figure 27. An overall decreasing trend in alcohol use can be observed.