

Problem alcohol use in the Irish population: review of current data

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Patterns of drinking

Alcohol consumption in Ireland

- In 2014 alcohol consumption per adult was 11 litres

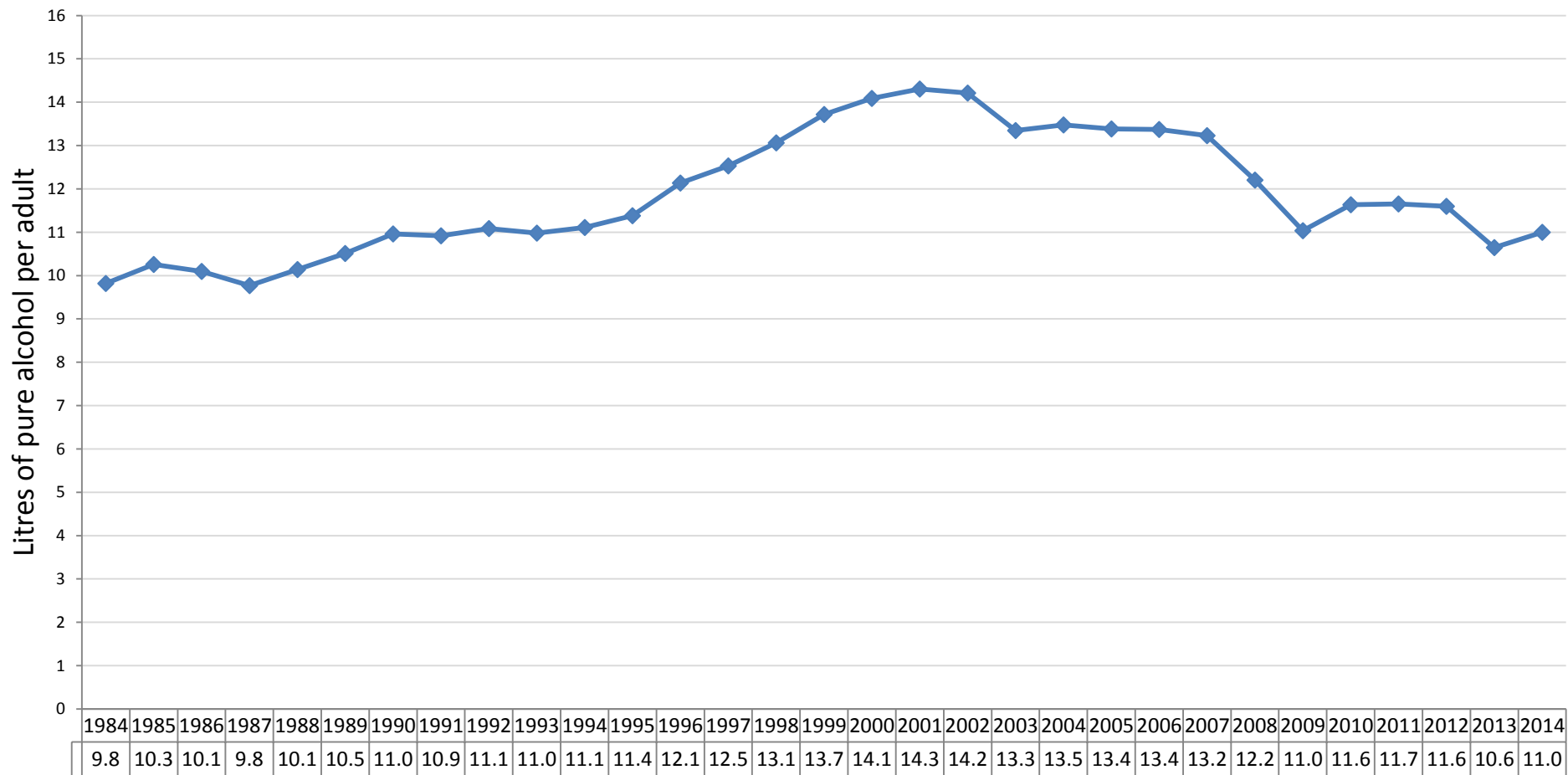
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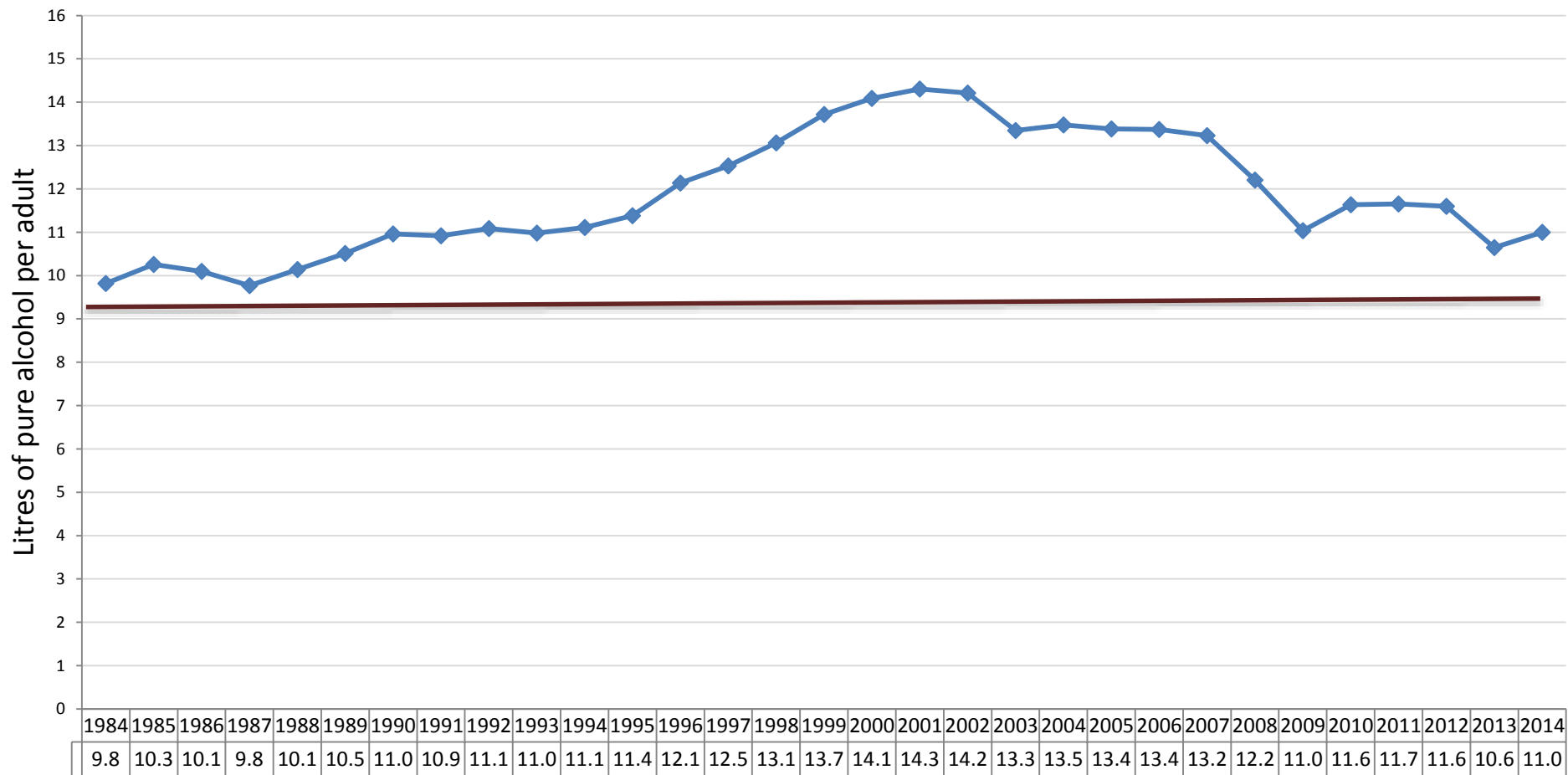
Alcohol consumption in Ireland

- In 2014 alcohol consumption per adult (15 yrs+) was 11 litres
 - 29 litres of vodka, or 116 bottles of wine, or 445 pints of beer
- Beer accounted for 47%, wine 27%, spirits 18%, cider 7%
- In 2012 Ireland had the fourth highest alcohol consumption level among 36 OECD countries

Alcohol consumption 1984-2014

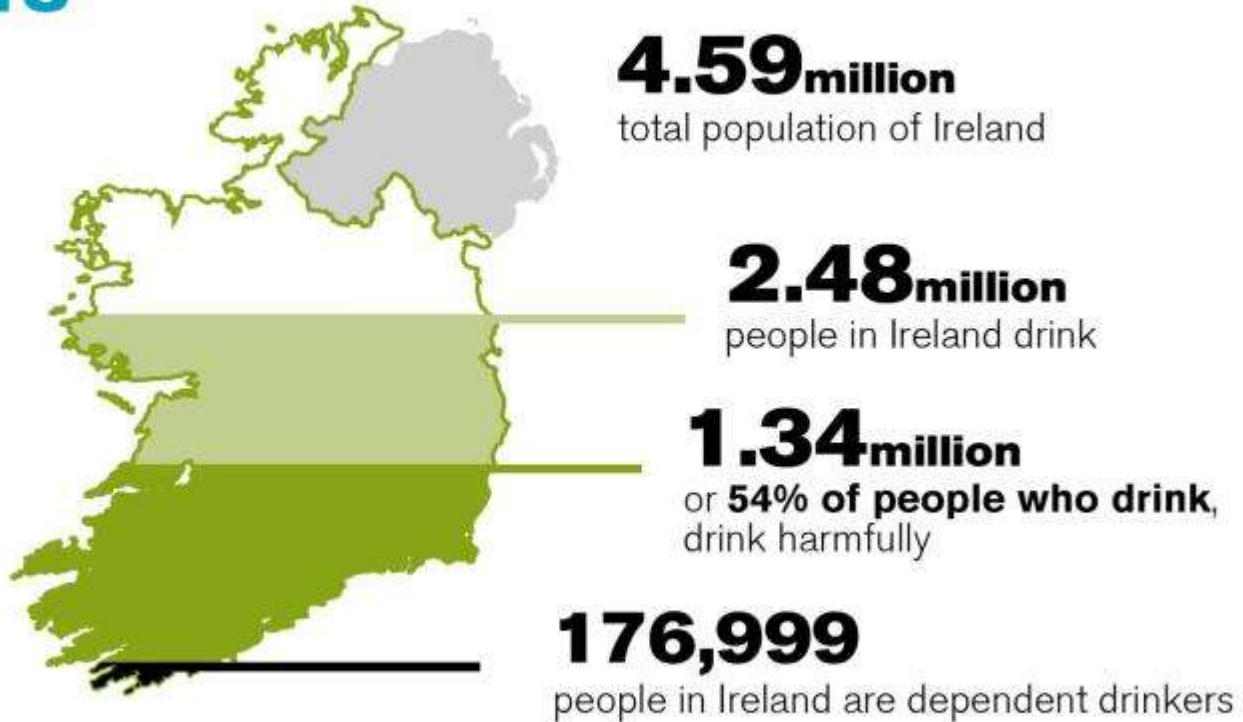


Alcohol consumption 1984-2014



National Alcohol Diary Survey 2013

HARM FROM OUR DRINKING IN 2013



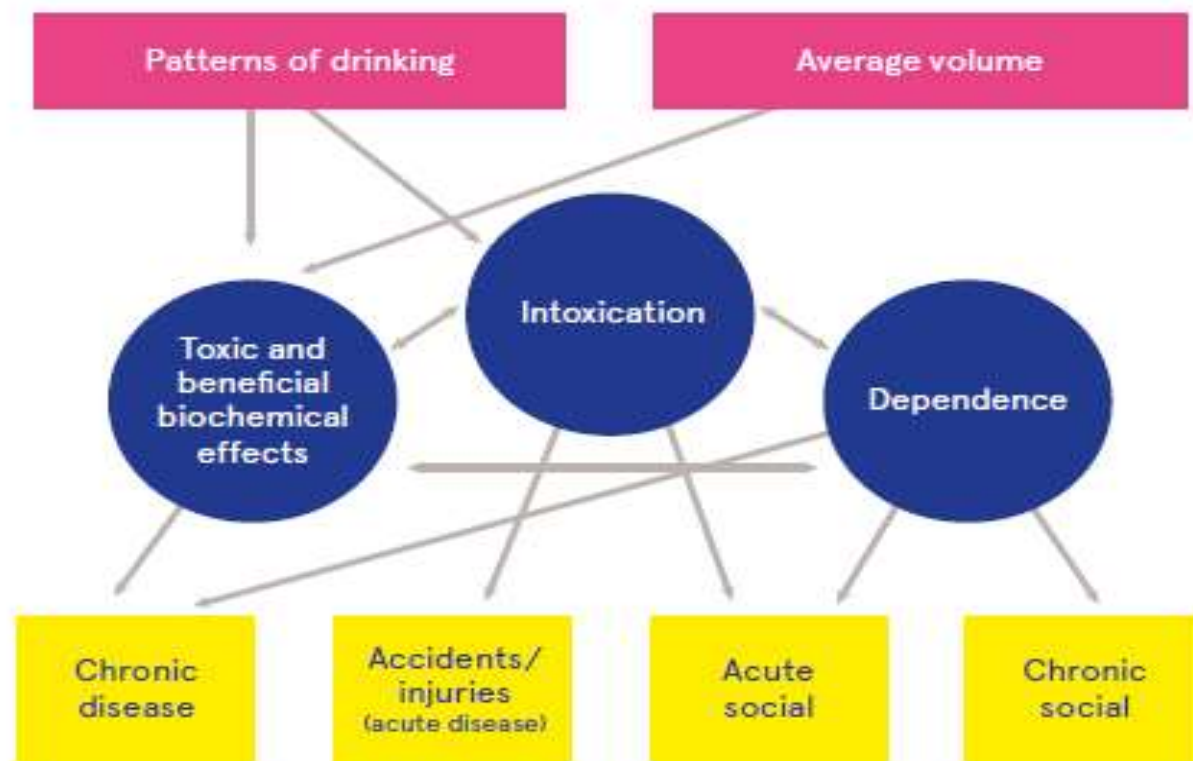
SOURCE: HEALTH RESEARCH BOARD – NATIONAL ALCOHOL DIARY SURVEY 2013.

National Alcohol Diary Survey 2013

- Harmful drinking patterns the norm in Ireland
 - At least 75% of all alcohol consumed as part of a binge drinking session
 - 54% classified as harmful drinkers using World Health Organization AUDIT-C
 - 7% classified as dependent drinkers
- Those aged 18-24 years most likely to have a harmful drinking pattern

Alcohol-related harm

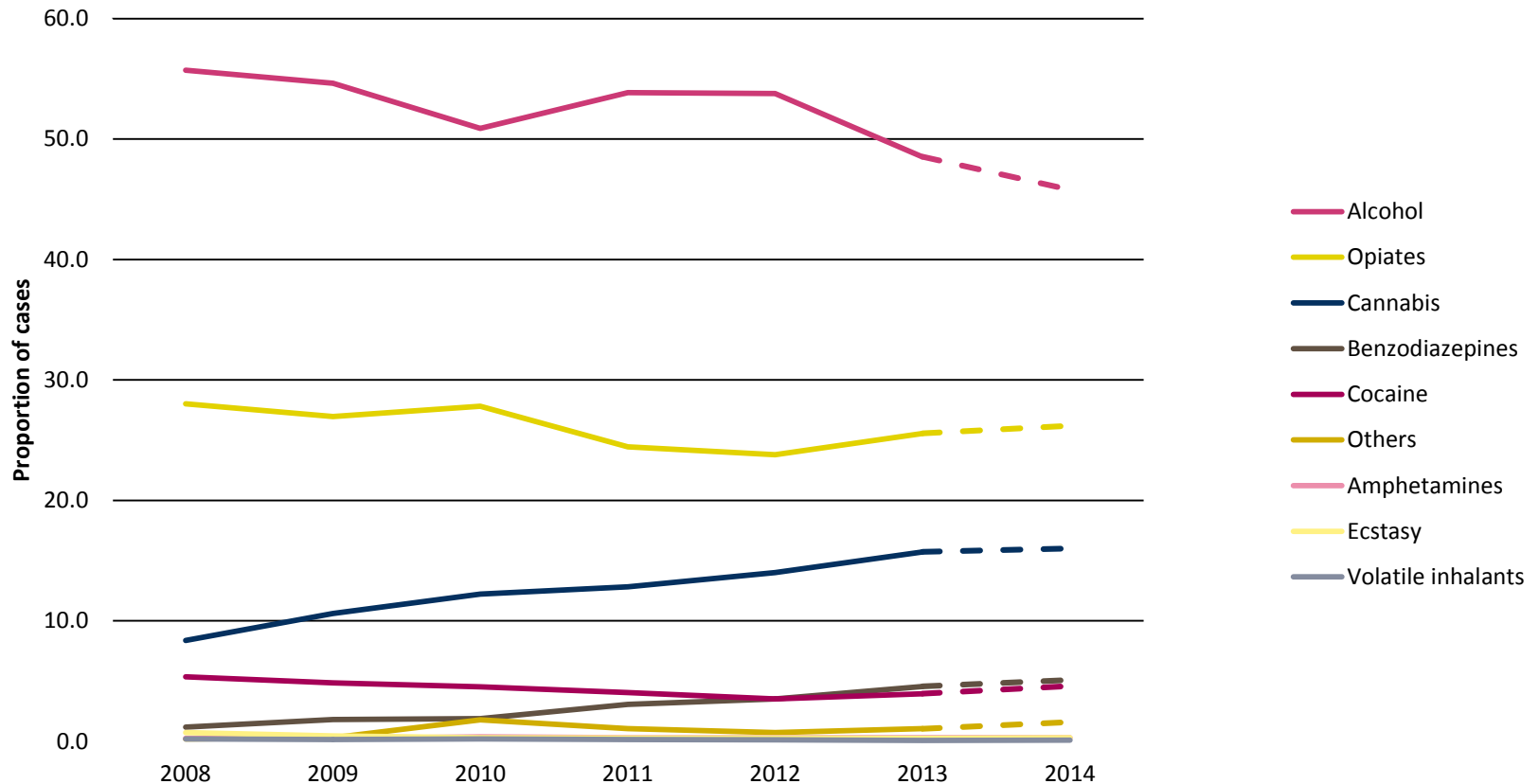
Alcohol consumption, harm and consequences



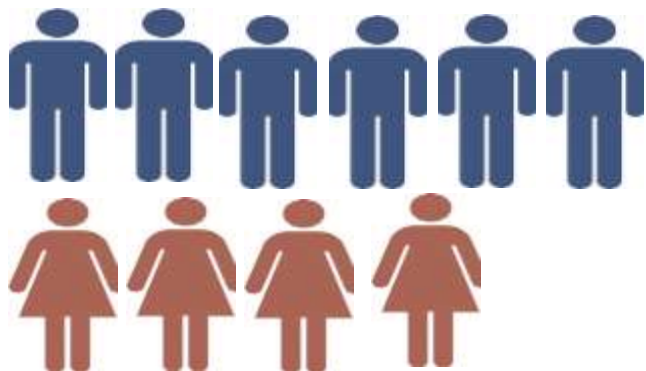
Source Mongan and Long 2016

Alcohol treatment data

National trends in treated problem alcohol and other drug use, NDTRS 2008 to 2014



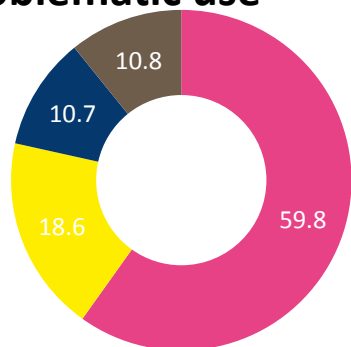
National: Characteristics of cases treated for problem alcohol use, NDTRS 2014 (preliminary)



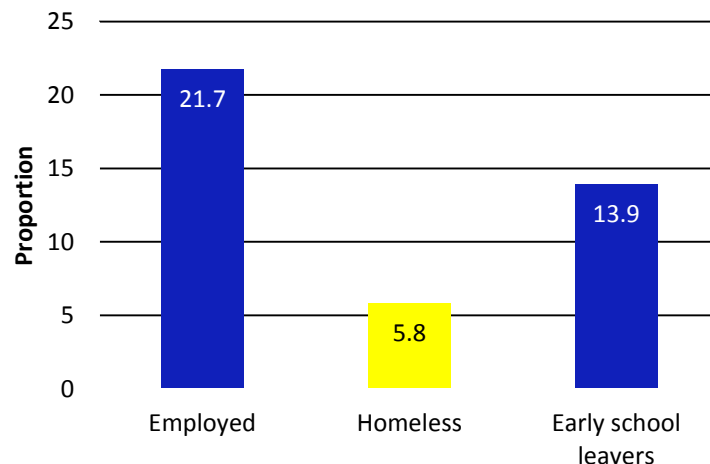
Median age in treatment **40 (20 to 63)**

Median age first used alcohol **16 (12 to 22)**

Problematic use



- Dependant drinker
- Harmful drinker
- Not known
- Hazardous drinker



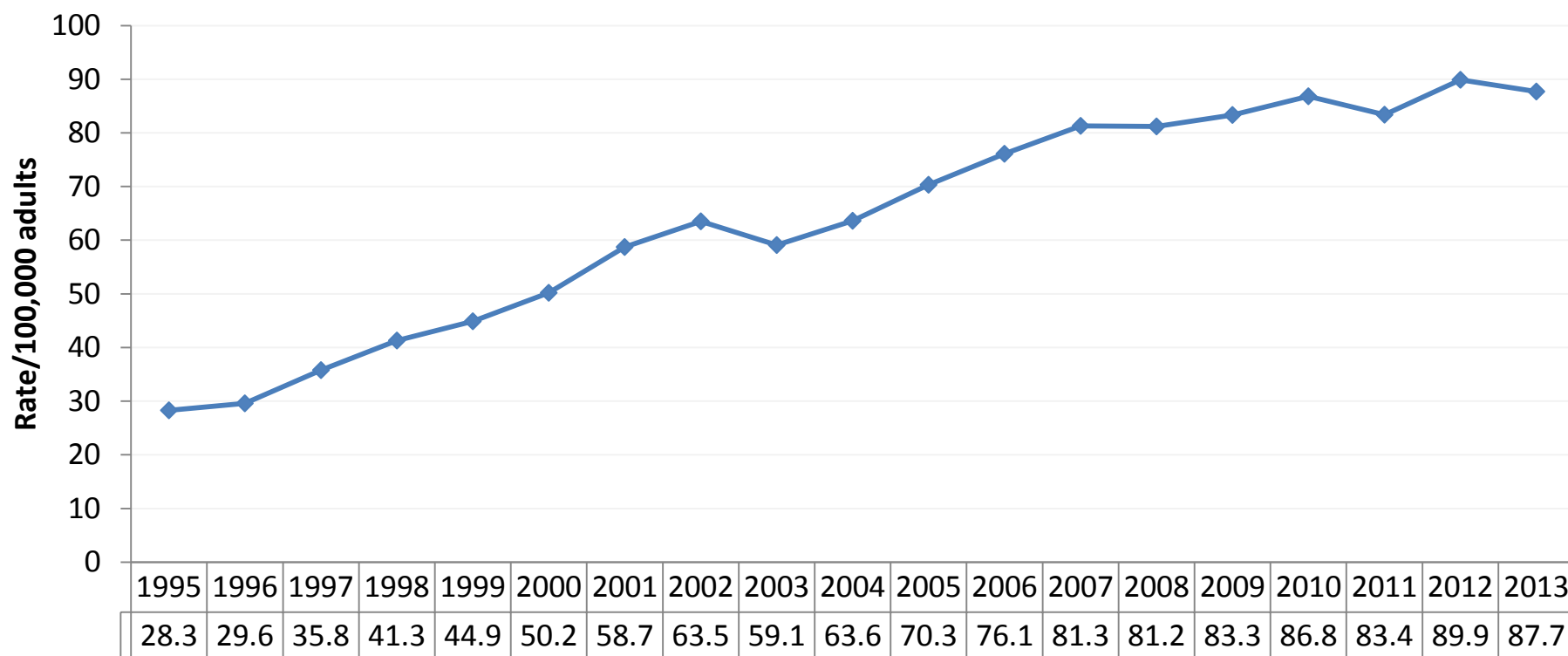
Alcohol-related hospitalisation

Alcohol-related hospitalisations

- Number of hospital discharges with a totally attributable alcohol condition rose by 82% between 1995 and 2013, from 9,420 to 17,120
- The mean length of stay increased from 6 days in 1995 to 10 days in 2013, which suggests that patients with alcohol-related diagnoses are becoming more complex in terms of their illness
- The number of people discharged whose condition was partially attributed to alcohol increased from 52,491 in 2007 to 57,110 in 2011.

Alcoholic liver disease

Threefold increase between 1995 and 2013



Cost of alcohol-related hospitalisations

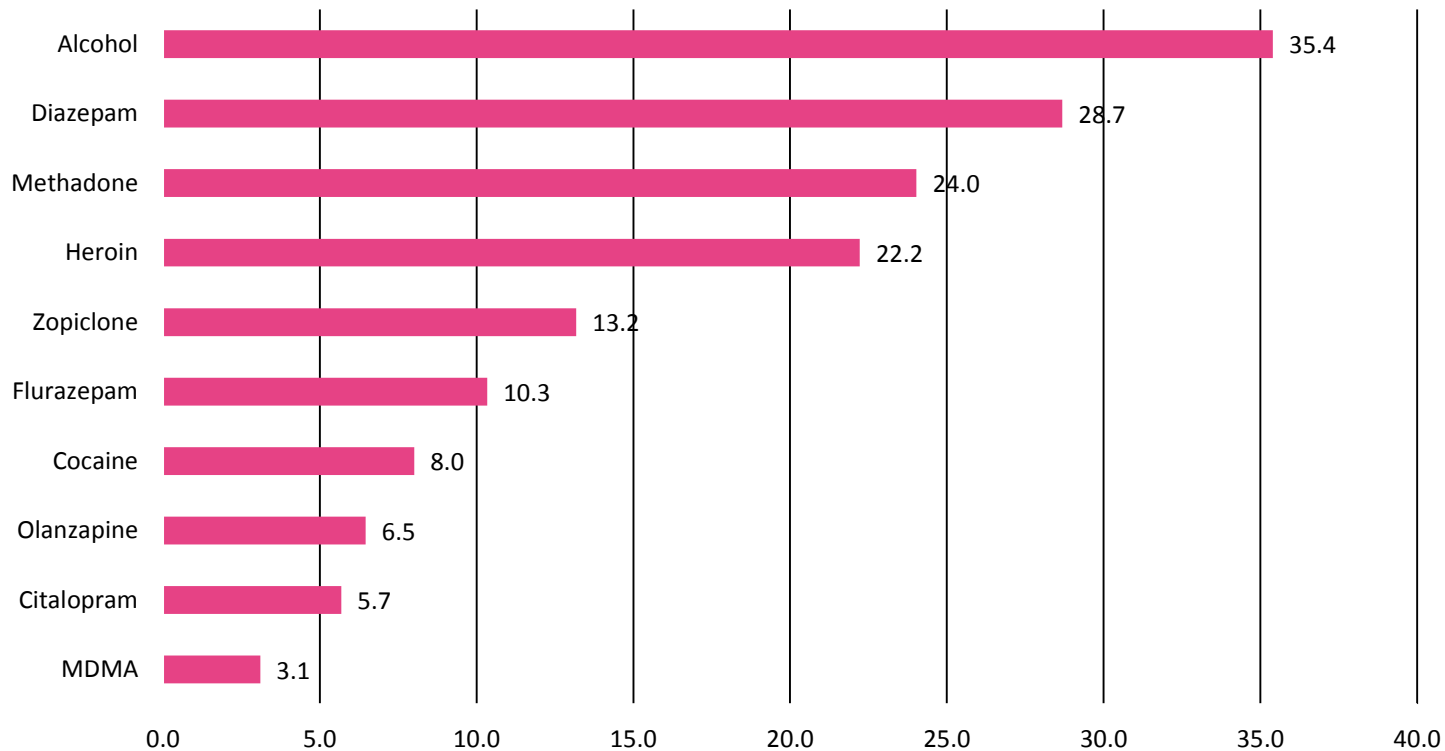
- In 2013, totally attributable alcohol-related discharges accounted for 3.6% of all bed days that year; compared to 1.7% of bed days in 1995
- Total cost of all alcohol-related discharges in 2012 was €1.5 billion - 11% of all public healthcare expenditure
- Excludes the cost associated with emergency department cases, GP visits, psychiatric admissions and alcohol treatment services

Alcohol-related mortality

Alcohol-related mortality

- In 2013, there were 1,055 alcohol-related deaths, which is an average of 88 deaths per month or 3 deaths per day
- 73% were aged under 65 years
- From 2008–2013, medical causes accounted for 69% of alcohol-related deaths, poisonings accounted for 16% and traumatic causes for 15%
- People aged under 35 years were most likely to have a poisoning or trauma cause of death while older people were more likely to die from medical causes

Poisoning deaths: main drugs in 2014



Conclusion

- Alcohol consumption in Ireland is high and harmful drinking patterns are common
- National data can measure the harm of problem alcohol use
 - Burden on health services
 - Financial costs to society
 - Burden on people of working age
- Many evidence based policy and public health interventions can help to reduce the harm of problem alcohol use



Research. Evidence. Action.

Alcohol and the workplace

- Unemployed people twice as likely as employed people to be alcohol dependent
- Among those unemployed, 1.4% reported they lost their job as a result of their alcohol consumption; this equates to 5,315 people on the Live Register
- 4.2% of those employed missed days from work due to their alcohol use in the 12 months prior to the survey
- The estimated cost of alcohol-related absenteeism was €41,290,805 in 2013

<http://www.drugsandalcohol.ie/25697/>

Alcohol in Ireland - Getting the Measure of it!
National Conference



Regional Drug & Alcohol Task Forces

The Heritage, Killenard, Laois. 06.10.16, 9am - 4.30pm.