

4.2.2 ALCOHOL USE

During the survey, the respondents were asked about alcohol use. Those who reported that they had never used alcohol during their life, were classified as lifetime abstainers. The other categories consisted of those who reported using alcohol during past 30 days, 12 months and those who had ever consumed alcohol.

KEY FINDINGS

- **15.9%** adults had used alcohol in the past 12 months.
- Mean age of initiation of alcohol use was **22.2** years.
- **5.9%** were engaged in heavy episodic drinking.

Alcohol use

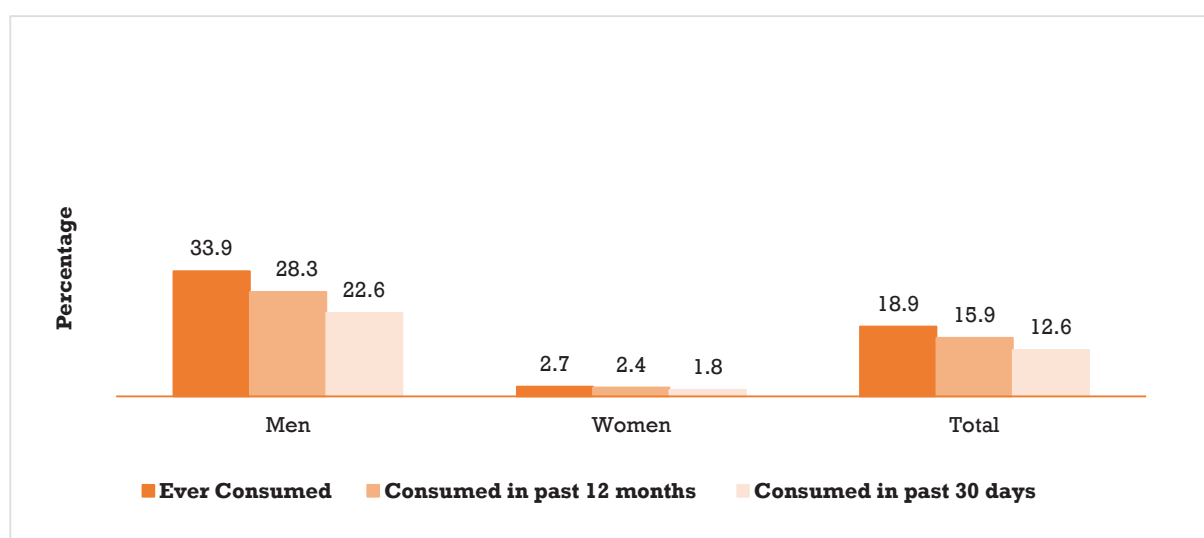


Figure 4.2.2.1 Alcohol use by gender (Percentage)

Overall, 18.9% of the respondents had ever consumed alcohol, while 15.9% and 12.6% were alcohol users in the past 12 months and 30 days respectively (*Figure 4.2.2.1*). The age wise distribution of alcohol use showed that, 19.2% in 45-69 years and 18.7% in 18-44 years had ever consumed alcohol; 16.4% in the 18-44 years and 14.7% among the 45-69 years consumed alcohol in the past 12 months; and 12.8% in 18-44 years and 12.0% among 45-69 years consumed in past 30 days. (*Annexure table 4.2.2.1a and b*)

81.1% were lifetime abstainers (82.8% urban and 80.2% rural areas; 66.1% men and 97.3% women) (*Annexure table 4.2.2.1a*), with a higher percentage in the 18-44 years age group. (*Annexure table 4.2.2.1b*)

Behavioural patterns among alcohol users in the past 12 months

The current alcohol users (those who used alcohol in the past 12 months) were asked about their behaviour patterns on how often they found that they were unable to stop drinking once started, failed to do what was

normally expected due to drinking and how often they needed alcohol as the first drink in the morning. The responses to these questions at daily/almost daily have been presented as percentages by area of residence and gender in the *table 4.2.2.1*.

Table 4.2.2.1 Patterns of alcohol use in the past 12 months* daily or almost daily by area of residence and gender (Percentage)

18 - 69 Years	Urban			Rural			Total		
	Men	Women	Combined	Men	Women	Combined	Men	Women	Combined
Daily or almost daily									
Unable to stop drinking once started	6.6	0.2	6.4	4.8	6.2	4.9	5.3	5.2	5.3
Failed to do routine activities due to drinking	2.9	0.0	2.8	1.4	3.3	1.5	1.9	2.8	1.9
Needed drink first in the morning	1.1	0.0	1.1	1.8	3.3	1.9	1.6	2.8	1.7

*Among those who consumed alcohol in the past 12 months

Among those who used alcohol in the past 12 months, 5.3% (6.4% urban and 5.3% men) reported being unable to stop drinking; 1.9% (2.8% urban and 2.8% women) failed to do routine activities due to drinking and 1.7% (1.9% rural and 2.8% women) needed a drink first in the morning, daily or almost daily (*Table 4.2.2.1*). The age group distribution showed that the proportions increased from 18-44 to 45-69 years. (*Annexure table 4.2.2.2b*)

Quantity of alcohol use in the past 30 days

The survey respondents, who reported consuming alcohol in the past 30 days were asked about the number of standard drinks consumed per drinking occasion in past 30 days. The responses are presented in *tables 4.2.2.2, 4.2.2.3 and figure 4.2.2.2* by mean and percentages.

Table 4.2.2.2 Number of standard drinks* consumed in one drinking occasion in the past 30 days by area of residence and gender (Mean)

18 - 69 Years	Urban			Rural			Total		
	Men	Women	Combined	Men	Women	Combined	Men	Women	Combined
Among alcohol consumers in the past 30 days									
No. of standard drinks in one drinking occasion	5.0	2.1	5.0	5.5	5.2	5.4	5.3	4.9	5.3
Maximum number of standard drinks in one drinking occasion	5.6	1.8	5.5	6.7	5.9	6.6	6.3	5.6	6.3

*One standard drink equivalent to 10 grams of alcohol

Table 4.2.2.2 shows that, an average of 5.3 standard drinks were consumed in one drinking occasion reaching up to a maximum of 6.3 standard drinks. This was higher in the rural areas and men. The age-wise results

showed that the mean number of standard drinks and maximum number of standard drinks increased with increasing age. (*Annexure table 4.2.2.4b*)

Table 4.2.2.3 Maximum number of standard drinks* consumed in one drinking occasion by area of residence and gender (Percentage)**

18 - 69 Years	Urban			Rural			Total		
	Men	Women	Combined	Men	Women	Combined	Men	Women	Combined
<3 standard drinks	18.3	74.6	19.4	16.4	19.4	16.6	16.9	23.8	17.4
3–5 standard drinks	34.7	22.3	34.4	38.6	50.9	39.7	37.4	48.6	38.2
≥6 standard drinks	47.0	3.1	46.2	45.0	29.7	43.7	45.7	27.6	44.4

*One standard drink equivalent to 10 grams of alcohol ** Among alcohol consumers in past 30 days

Table 4.2.2.3 shows, the percentage of those who consumed <3, 3-5 and ≥6 standard drinks in one drinking occasion in the past 30 days. Among those who consumed alcohol in the past 30 days, 44.4% consumed ≥6 standard drinks (46.2% urban, 43.7% rural; and 45.7% men, 27.6% women). It was observed that higher proportion of rural women (29.7%) reported consuming ≥6 standard drinks on a single drinking occasion than the women from urban areas (3.1%), while 74.6% of urban women consumed less than 3 standard drinks (single drinking occasion) than rural women (19.4%). (*Table 4.2.2.3*)

The age-wise distribution showed that, those who consumed <3 and ≥6 standard drinks decreased with increasing age, while those who consumed 3-5 standard drinks at one single occasion increased with age [35.4% (18-44 years) and 44.8% (45-69 years)]. (*Annexure table 4.2.2.5b*)

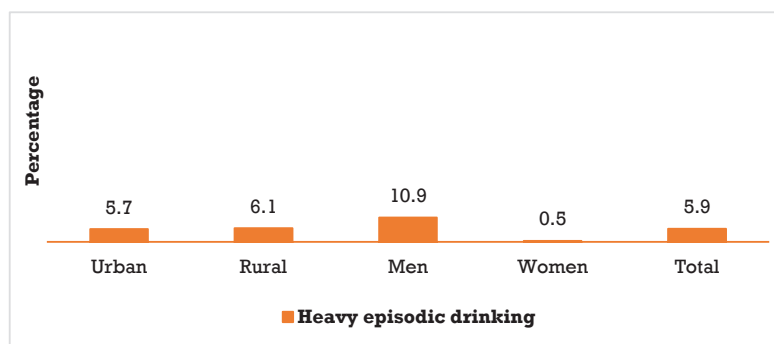


Figure 4.2.2.2 Adults who engaged in heavy episodic drinking in past 30 days by area of residence and gender (Percentage)

Heavy episodic drinking is consumption of ≥6 standard drinks [1 standard drink = 10g of pure alcohol (ethanol) and hence, ≥6 standard drinks is equivalent to 60 grams of pure alcohol] in a single drinking occasion.

5.9% of adults were engaged in heavy episodic drinking in the past 30 days, 5.7% urban, 6.1% rural, 10.9% men and 0.5% women. (*Figure 4.2.2.2*)

Only 0.8% of rural and 0.01% of urban women indulged in ≥ 6 standard drinks in a single drinking occasion in the past 30 days. This was similar even across age groups. (*Annexure table 4.2.2.6a and b*)

Unauthorized source of alcohol used in the past 7 days

Respondents were also questioned on the consumption of alcohol obtained from sources other than authorized shops like smuggled (untaxed, from another country), home-brewed, illegally-brewed and other untaxed alcohol in the country during the past 7 days. Only those respondents who reported a 'yes' to the listed unauthorized sources have been presented in *table 4.2.2.4*.

Table 4.2.2.4 Consumption of alcohol from unauthorized sources in past 7 days by area of residence and gender (Percentage)

18 - 69 years	Urban			Rural			Total		
	Men	Women	Combined	Men	Women	Combined	Men	Women	Combined
Unauthorized sources	11.4	9.0	11.4	23.6	24.8	23.7	19.8	23.4	20.1
Smuggled	3.9	9.6	4.0	2.9	0.0	2.6	3.0	0.3	2.8
Home-brewed	34.3	31.7	34.3	46.7	92.4	50.9	44.5	90.3	48.1
Illegally-brewed	13.5	0.0	13.3	22.3	0.0	20.3	20.7	0.0	19.1
Other untaxed alcohol	8.3	22.1	8.5	15.3	10.8	14.9	14.1	11.2	13.9

It was observed that 20.1% adults consumed alcohol obtained from unauthorized sources in the past 7 days with a higher proportion from the rural areas (23.7%) and women (23.4%). Among the unauthorized sources, 48.1% used home-brewed alcohol, especially women (90.3%), while none reported drinking alcohol which was not intended for drinking. The alcohol use from unauthorized sources in the past 7 days was reported to be high among the older age group. (*Annexure table 4.2.2.7b*)

Age of initiation of alcohol use

The mean age of initiation of alcohol use was 22.2 years. (22.9 years urban and 21.9 years rural; 22.2 years men and 21.1 years women). It was observed that the youngest to start were the urban women at 20.8 years (urban men began at 23.0 years). Across the age groups, younger adults (18-44 years) reported earlier age of initiation of alcohol (21.1 years). (*Annexure table 4.2.2.8a and b*)