ALCOHOL CONSUMPTION
IN MALAYSIA

NHMS 2011 DATA

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violece & injury prevention programme)
Disease Control Division
MOH
ACKNOWLEDGEMENT

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WHO estimates about 2 billion people worldwide consuming alcohol beverages and 76.3 million with diagnosed alcohol use disorders
(WHO, 2004, Global status report on alcohol and health)
Objectives;

- Identify the prevalence of alcohol consumption
- Determine the socio-demographic characteristics of the current drinkers
- Identify the drinking pattern
- Identify the types of drinkers (low risk, risky and high risk)
METHODOLOGY

- Target population; 13 years old and above
- Sampling; 2 stage stratified sampling
- Alcohol use screening; face to face interview
- Drinking pattern; pre-design self administered Q
- Drinking risk; self administered Alcohol Use Disorder Identification Test (AUDIT)
ALCOHOL CONSUMPTION

myinsuranceexpert.com
PREVALENCE OF ALCOHOL CONSUMPTION

◆ *non-drinker = 81.7% (CI; 80.3% to 83.1%)
  (*respondent who never consume alcoholic beverages in their life time)

◆ *ever drinker = 17.8% (CI; 16.4% to 19.2%)
  (*respondent who had history of consuming alcoholic beverages at least once in their life time)

◆ *current drinker = 11.6% (CI; 10.5% to 12.7%)
  (*respondent who still consuming alcoholic beverages for the past 12 months)

◆ *the ex-drinker = 6.1% (CI; 5.5% to 6.7%)
  (*respondent who had stopped drinking alcoholic beverages for the past 12 months)

Alcohol drink in this context encompassed any drink containing alcohol/ethanol
Who's been drinking the most?
Top alcohol consuming countries on a World Map

blog.mapsofworld.com
PREVALENCE OF CURRENT DRINKER BY STATE

<table>
<thead>
<tr>
<th>State</th>
<th>Prevalence (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Johor</td>
<td>12.5</td>
</tr>
<tr>
<td>Kedah</td>
<td>5.9</td>
</tr>
<tr>
<td>Kelantan</td>
<td>0.3</td>
</tr>
<tr>
<td>Melaka</td>
<td>8.9</td>
</tr>
<tr>
<td>Negeri Sembilan</td>
<td>8.9</td>
</tr>
<tr>
<td>Pahang</td>
<td>4.2</td>
</tr>
<tr>
<td>Penang</td>
<td>14.2</td>
</tr>
<tr>
<td>Perak</td>
<td>13.1</td>
</tr>
<tr>
<td>Perlis</td>
<td>11.8</td>
</tr>
<tr>
<td>Selangor</td>
<td></td>
</tr>
<tr>
<td>Terengganu</td>
<td>16.4</td>
</tr>
<tr>
<td>Sabah/Labuan</td>
<td>17.8</td>
</tr>
<tr>
<td>Sarawak</td>
<td>19.3</td>
</tr>
<tr>
<td>WP KL</td>
<td></td>
</tr>
<tr>
<td>WP Putrajaya</td>
<td>0.7</td>
</tr>
</tbody>
</table>
PREVALENCE OF CURRENT DRINKER BY STRATA
PREVALENCE OF CURRENT DRINKER BY GENDER
PREVALENCE OF CURRENT DRINKER BY ETHNICITY

<table>
<thead>
<tr>
<th>Ethnicity</th>
<th>Prevalence (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Malay</td>
<td>0.9</td>
</tr>
<tr>
<td>Chinese</td>
<td>27.5</td>
</tr>
<tr>
<td>Indian</td>
<td>18.8</td>
</tr>
<tr>
<td>Other Bumi</td>
<td>20.3</td>
</tr>
<tr>
<td>Others</td>
<td>11.3</td>
</tr>
</tbody>
</table>
PREVALENCE OF CURRENT DRINKER BY AGE GROUP

Prevalence (%) vs Age Group

- 13-14: 1.6%
- 15-19: 6.9%
- 20-24: 15.7%
- 25-29: 13.7%
- 30-34: 14.7%
- 35-39: 14.3%
- 40-44: 13.9%
- 45-49: 12.4%
- 50-54: 11%
- 55-59: 9.7%
- 60-64: 9.8%
- 65-69: 8.4%
- 70-74: 5.4%
- 75+: 4.9%
DRINKING PATTERN

WOMEN
80% heavy drinkers

MEN
50% heavy drinkers

article.wn.com
• Shandy; alcohol content less than 2%
• Beer, Ale, Lager, Stout; alcohol content > 2% but <10%
• Wine, Tuak, Bahar, Todi, Lihing; alcohol content 7-15%
• Spirit, Brandy, Langkau, Montoku, Gin, Samsu; alcohol content >30%
AGE STARTING TO DRINK

Mean Age Starting to Drink by Strata

- National: 20.7
- Urban: 20.8
- Rural: 20.4
Mean Age Starting to Drink by Gender

National
Male
Female

Prevalence (%)

23
22.5
22
21.5
21
20.5
20
19.5
19
18.5

Gender

20.7
20.3
21.9
ALCOHOL USE AND RISK

INJURY

DEPRESSION

LIVER DAMAGE

CANCER

what’s your poison?
The Alcohol Use Disorder Identification Test (AUDIT)

<table>
<thead>
<tr>
<th>Domain</th>
<th>Q</th>
<th>Content</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hazardous use</td>
<td>1</td>
<td>Frequency of drinking</td>
</tr>
<tr>
<td></td>
<td>2</td>
<td>typical quantity</td>
</tr>
<tr>
<td></td>
<td>3</td>
<td>Frequency of heavy drinking</td>
</tr>
<tr>
<td>Dependence</td>
<td>4</td>
<td>Impaired control</td>
</tr>
<tr>
<td></td>
<td>5</td>
<td>Increase salience</td>
</tr>
<tr>
<td></td>
<td>6</td>
<td>Morning drinking</td>
</tr>
<tr>
<td>Harmful use</td>
<td>7</td>
<td>Guilt after drinking</td>
</tr>
<tr>
<td></td>
<td>8</td>
<td>Blackouts</td>
</tr>
<tr>
<td></td>
<td>9</td>
<td>Alcohol related injury</td>
</tr>
<tr>
<td></td>
<td>10</td>
<td>Others concerned about drinking</td>
</tr>
</tbody>
</table>

- AUDIT is a 10-item scale designed by WHO
- Screening tool at PHC
- Detect current hazardous drinking based on alcohol intake, dependence symptoms and adverse effect
- Tool in epidemiology research
- AUDIT-BM cross-culturally adapted and validated 2011
- Limitation; psychometric evaluation study
- Score 1-7 = low risk drinking
- Score 8-19 = risky (hazardous & harmful consumption)
- Score ≥ 20 = high risk
Among the current drinkers, binge drinking was 50.2% (CI: 46.9%-53.5%)

Binge drinking common;
- rural (53%, CI: 47.3%, 58.7%)
- men (53.5%, CI: 49.8%, 57.2%)
- Malays (62.9%, CI: 49.6%, 74.5%), other bumiputeras (62.8%, CI: 56.7%, 68.4%)
- age 30-34 years old (57.1%, CI: 49.3%, 64.5%)

*Binge drinking=consumption of ≥ 6 standard drink on one occasion
**AUDIT’s Score**

- **Low risk** = respondent who consumed alcohol according to low risk guideline and is generally indicated when the AUDIT score is between 1–7.

- **Risky** = respondent who consumed alcohol in excess of low risk guideline and is generally indicated when the AUDIT score is between 8 – 19.

- **High risk** = respondent who consumed alcohol beyond the low risk guideline and is generally indicated when the AUDIT score is 20 or above.
## Adverse drinking consequences

<table>
<thead>
<tr>
<th>Drinking Problems</th>
<th>Prevalence among current drinkers</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>National</td>
</tr>
<tr>
<td>Feeling of remorse/guilt after drinking</td>
<td>13.1%</td>
</tr>
<tr>
<td></td>
<td>(CI: 11.0, 15.5)</td>
</tr>
<tr>
<td>Blackout</td>
<td>15.7%</td>
</tr>
<tr>
<td></td>
<td>(CI: 13.1, 18.8)</td>
</tr>
<tr>
<td>Injury to self or others</td>
<td>3.7%</td>
</tr>
<tr>
<td></td>
<td>(CI: 2.7, 5.0)</td>
</tr>
<tr>
<td>Advise on drinking</td>
<td>27.3%</td>
</tr>
<tr>
<td></td>
<td>(CI: 24.4-30.3)</td>
</tr>
</tbody>
</table>
## Risk based on drinking pattern

<table>
<thead>
<tr>
<th>AUDIT SCORE</th>
<th>MALAYSIA</th>
<th>*GLOBAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Past year abstainers</td>
<td>0</td>
<td>88.3%</td>
</tr>
<tr>
<td>Low risk drinkers</td>
<td>1-7</td>
<td>9%</td>
</tr>
<tr>
<td>Risky drinkers</td>
<td>8-19</td>
<td>2.4%</td>
</tr>
<tr>
<td>High risk drinkers</td>
<td>≥ 20</td>
<td>0.2%</td>
</tr>
</tbody>
</table>

*WHO 2001; Brief intervention for hazardous and harmful drinking (The drinkers’ pyramid)*
DISCUSSION

- Malaysia was grouped under low consumption with high percentage of past year abstainers

- NHMS 2011 findings similar to NHMS 2006;
  - Socio-demographic of the drinkers (state, strata, ethnicity, gender)
  - Drinking pattern (types of beverages mostly consumed, age starting to drink alcohol)
  - Majority practicing low risk drinking pattern

- Increasing prevalence of current drinkers (11.1% (2006) vs 11.6% (2011))
Information on the prevalence of consumption and pattern of drinking among aged group 13 years old and above
highlighted the drinking pattern for formulation of policy and strategies to reduce alcohol-related harm
highlighted the risky population for prevention and harm minimization program
LIVE HEALTHY WITHOUT ALCOHOL