



# Ethiopia STEPS Survey 2015

## Alcohol Consumption Fact Sheet

The WHO STEPwise approach to surveillance (STEPS) is a simple, standardized method for collecting, analyzing and disseminating data on non-communicable diseases (NCDs) and risk factors. Data are collected on the established risk factors and NCD conditions that determine the major NCD burden, including harmful use of alcohol, tobacco use, unhealthy diet, insufficient physical activity, overweight and obesity, raised blood pressure, raised blood glucose, and abnormal blood lipids. Data from STEPS surveys can be used by countries to help monitor progress in meeting the global voluntary targets related to specific risk factors such as alcohol, tobacco, diet and physical inactivity. The alcohol consumption indicators from STEPS can be used to evaluate and monitor existing health intervention programs in the country.

The STEPS survey on NCD risk factors in Ethiopia was carried out from April to June, 2015. The STEPS survey in Ethiopia was a population-based survey of adults aged 15-69 years. A multi stage cluster sampling design was used to produce representative data for the country. Survey information was collected electronically using handheld devices. The survey was implemented by the Ethiopian Public Health Institute. A total of 9,801 adults participated in the Ethiopia STEPS survey. The overall response rate was 95.7%. A repeat survey is planned for 2020 that depends on the availability of funds.

### Highlights

#### Alcohol Consumption

- Among all study participants, half (51 %) (5465 adults) were lifetime abstainers.
- Nearly half (47%) of men and one-third (34%) of women, and 41% overall (3502 adults) were current consumers of alcohol, in any form.
- Among the study participants, 47% urban and 39% rural residents of both sexes had consumed alcohol in the past 30 days prior the survey.

#### Mean number of drinking occasions and standard drinks

- Current drinkers had a mean number of 6 drinking occasions in the last 30 days prior the survey.
- Mean numbers of standard drinks per drinking occasion were 4 and 2 for men and women, respectively.

#### Cessation of drinking due to health reasons

- Among the ever drinkers, three in ten (29 %) had stopped drinking alcohol in the last 12 months prior the survey.
- Three in ten (29 %) of rural and 27% of urban ever drinkers had stopped drinking alcohol in the last 12 months prior the survey.

#### Failing to do what was normally expected

- Among the past 12-month drinkers, 4.5 % had a frequency of monthly or more frequently failing to do what was normally expected from them in the last 12 months prior the survey.

Data presented in this fact sheet relate only to selected alcohol consumption indicators. Additional information on alcohol or other NCD risk factors from the survey is available from sources listed below.

For additional information, please contact:

WHO STEPS Team [Steps@who.int]

STEPS country focal point name: Abebe Bekele Belayneh; email: abebe1277belay@gmail.com; 0112-13-35-72

\*Alcohol consumption questions were drawn from the Alcohol Questions for Surveys (AQS)

<http://www.who.int/alcohol/publications/surveillance/tqs/en/>

Results for adults aged 15-69 years	Overall % (95% CI)	Males % (95% CI)	Females % (95% CI)
<b>Alcohol Consumption</b>			
<b>Abstainers</b>			
Life-time abstainers	50.6 (47.3 – 54.0)	45.1 (41.4 – 48.8)	57.3 (53.8 – 60.9)
Among alcohol consumers, abstainers for the last 12 months prior the survey	5.1 (4.0 – 6.2)	5.1 (3.9 – 6.3)	5.2 (3.9 – 6.5)
<b>Consumers</b>			
Current alcohol consumers in the past 30 days prior the survey	40.7 (37.4 – 43.9)	46.6 (43.0 – 50.2)	33.5 (30.3 – 36.7)
Heavy episodic drinkers ( 6 or more drinks on any occasion in the past 30 days)	12.4 (11.0 – 13.7)	20.5 (18.2 – 22.7)	2.7 (2.0 – 3.3)
Mean number of drinking occasions in the past 30 days prior the survey	5.5 (4.9 – 6.2)	6.3 (**)	4.3 (3.7 – 4.9)
Mean number of standard drinks <sup>1</sup> in the past 30 days prior the survey	3.5 (3.4 – 3.7)	4.3 (**)	2.3 (2.1 – 2.4)
Mean number of times with six or more drinks during a single occasion in the past 30 days prior the survey	1.1 (0.9 – 1.2)	1.6 (**)	0.2 (0.1 – 0.2)
Mean number of standard drinks consumed on average per day in the past 7 days among current drinkers	1.2 (1.1-1.3)	1.6 (**)	0.6 (0.5-0.7)
<b>Cessation of drinking alcohol due to health reasons</b>			
Among the ever drinkers who had stopped drinking	28.5 (21.1 – 36.0)	30.3 (19.9 – 40.7)	26.5 (18.7 – 34.3)
<b>Failing to do what was normally expected</b>			
Monthly or more frequently failing to do what was normally expected in the last 12 month	4.5 (3.2-5.7)	6.6 (4.7-8.6)	1.1 (0.4-1.7)

*\*\*The confidence interval of mean number of drinking occasions/standard drinks were not calculated due to the presence of high geographical variations, so that the extreme values affected the calculation of the interval estimation of the mean number of drinking occasions/standard drinks.*

*<sup>1</sup>One standard drink = 'Tella' (1 glass 'borde' or 'cheka' or 'korefe' or 'filter' or 'tsewa') or 'Tej' (1/2 'Berele') or 'Areke' (1 'melkiya') or regular Beer (330 ml beer or 1 bottle) or Draft (1 Single), or Spirits (30 ml of Whisky or Gin or Uzo, or Vodka, Balezaf or Ment or Appriative etc....) or wine (120ml) which is generally defined as net alcohol content of a standard drink is approximately 10g of ethanol.*