

**160** Karunaratne, KGNS; Wickramasinghe, K; Katulanda, P; Mahesh, JG; Rathnapala, DAV; Constantine, GR; **Sheriff, MHR**

Alcohol consumption among adults in Sri Lanka - prevalence, pattern and underlying factors; Abstract; Sri Lanka Medical Association - 121st Annual Scientific Sessions ; 2008\_.27pp

Abstract : Background: Excessive alcohol consumption is a preventable cause of mortality and morbidity. Objectives: To determine the prevalence and patterns of alcohol consumption among different sociodemographic groups in Sri Lanka. Design, setting and methods: We recruited a nationally representative sample of 4532 individuals over 18

years by a multi-stage cluster sampling technique in 7 out of 9 provinces in Sri Lanka. Data collected using an interviewer -administrated-questionnaire. Results: Among 4532 adults, 39.6% were males. The prevalence of current drinking and past drinking among males and females were 46.9% vs. 1%, ( $p<0.001$ ) and 22.3% vs. 0.7% ( $p<0.001$ ) respectively. Among males, majority (34.3%) drank  $\leq 3$  units of alcohol per week, while 2.3%, 2.5%, 2.2%, 1%, and 4.6% drank 4-7, 8-14, 15-21, 22-35,  $>36$  units per week respectively. Highest drinking (23.2%) was in 30-39 age group and lowest (10.5%) in  $\geq 70$  age group. Prevalence was highest in the plantation sector (66%) followed by the urban (54.7%) and the rural (43.5%) sectors ( $p<0.001$ ). More males who only had school education drank (47.5%) compared to those with higher education (34.2%),  $p<0.001$ . Prevalence was highest (58.3%) in the highest income group and lowest (43.0%) in the lowest. Drinking was low among those with known hypertension (35.8% vs. 48.6%,  $p=0.003$ ), known diabetes (44.4% vs. 47.3,  $p=0.602$ ) and known ischaemic heart disease (31.7 vs. 47.6,  $p=0.08$ ) compared to those without these conditions. Conclusions: Alcohol consumption was predominantly seen among males and associated with the area of residence, level of education and income. Prevalence was less among those with hypertension.