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## Brief Report: Epidemiological Survey on Addiction 2021

### Volume: (Problematic) Alcohol Consumption and Episodic Binge Drinking by Gender and Age in 2021

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## Introduction

The data presented below are based on the Epidemiological Survey on Addiction (ESA) 2021. A detailed description of the methodology of the study can be found in Rauschert et al. (2022). Results on the prevalence of alcohol consumption and problematic alcohol consumption according to AUDIT in 2021 are presented and discussed for the total sample in Rauschert et al. (2022).

## Definitions and calculation bases

**Prevalence of alcohol consumption:** surveyed using a beverage-specific quantity-frequency index (beer, wine/sparkling wine, spirits, mixed drinks containing alcohol); classification into consumption groups:

- Life-long abstinent: no alcohol consumption ever in life
- Abstinent only last 12 months: ever consumed alcohol, but not in the last 12 months
- Only last 30 days abstinent: alcohol consumed in the last 12 months but not in the last 30 days
- Low-risk consumption: alcohol consumption in the past 30 days with amounts averaging >0-24 g (men) or >0-12 g (women) of pure alcohol per day
- Risky consumption: alcohol consumption in the past 30 days with amounts averaging >24-60 g (men) or >12-40 g (women) of pure alcohol per day.
- Hazardous/high consumption: alcohol consumption in the past 30 days with amounts averaging >60 g (men) or >40 g (women) of pure alcohol per day.

**Drinking quantity:** Average quantity of individual beverages consumed in liters per week for the period of the last 30 days; alcohol contents used as a basis (according to Bühringer et al., 2000):

- Beer: 4.8 % by volume; equivalent to 38.1 g of pure alcohol per liter
- Wine/sparkling wine: 11.0% by volume; corresponds to 87.3 g of pure alcohol per liter
- Spirits: 33.0 % by volume; equivalent to 262.0 g of pure alcohol per liter
- Mixed drinks containing alcohol: 0.04 liters of spirits at 33.0% by volume; assuming an average cocktail glass size of 0.4 liters, this corresponds to 26.2 g of pure alcohol per liter

**Episodic binge drinking:** consumption of five or more alcoholic beverages in one day.

**Average age of onset:** Average age when at least one glass of alcohol was drunk for the first time.

**Problematic consumption:** Problematic alcohol consumption in the last 12 months according to the criteria of the Alcohol Use Disorder Identification Test (AUDIT; Babor et al., 1989), collected with the German version of Rist et al. (2003). Problematic alcohol consumption is assumed from a threshold value of 8 points (Conigrave et al., 1995; Saunders et al., 1993).

## Literature

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Table 1: Prevalence of alcohol consumption (abstinence and categories of average amounts of alcohol per day) (percent) (total population)

	Age groups							
	Total	18-20 years	21-24 years	25-29 years	30-39 years	40-49 years	50-59 years	60-64 years
<b>Total (n)</b>	<b>8558</b>	<b>954</b>	<b>1048</b>	<b>1095</b>	<b>1563</b>	<b>1496</b>	<b>1508</b>	<b>894</b>
Life long abstinent	4,9	13,5	10,1	4,9	4,2	5,1	2,3	2,7
Only last 12 months abstinent	11,2	8,2	8,3	8,2	13,5	10,4	12,0	13,5
Only last 30 days abstinent	15,0	18,1	15,1	14,6	15,6	14,6	13,9	16,0
Low-risk consumption <sup>1)</sup>	54,1	45,9	49,4	59,1	53,9	55,8	54,0	51,9
Risky Consumption <sup>2)</sup>	14,8	14,3	17,1	13,3	12,8	14,1	17,8	15,9
<b>Men (n)</b>	<b>3745</b>	<b>414</b>	<b>487</b>	<b>492</b>	<b>670</b>	<b>618</b>	<b>653</b>	<b>411</b>
Life long abstinent	4,4	12,8	8,7	5,1	3,5	4,9	2,5	0,6
Only last 12 months abstinent	9,7	9,6	7,3	7,1	9,0	8,5	11,7	15,3
Only last 30 days abstinent	12,3	18,4	15,9	10,2	12,8	11,5	11,4	12,0
Low-risk consumption <sup>1)</sup>	58,3	47,7	52,7	65,5	61,3	60,4	54,5	54,6
Risky Consumption <sup>2)</sup>	15,2	11,5	15,5	12,1	13,3	14,8	20,0	17,5
<b>Women (n)</b>	<b>4801</b>	<b>538</b>	<b>559</b>	<b>597</b>	<b>891</b>	<b>878</b>	<b>855</b>	<b>483</b>
Life long abstinent	5,5	14,4	11,7	4,5	4,9	5,4	2,2	4,7
Only last 12 months abstinent	12,8	6,7	9,4	9,5	18,4	12,4	12,2	11,9
Only last 30 days abstinent	17,8	17,8	14,0	19,3	18,5	17,7	16,5	19,8
Low-risk consumption <sup>1)</sup>	49,6	43,7	45,8	52,0	45,9	51,2	53,5	49,3
Risky Consumption <sup>2)</sup>	14,3	17,4	19,0	14,8	12,4	13,3	15,6	14,3

n for the complete sample.

<sup>1)</sup> last 30 days: men >0-24g, women >0-12g.

<sup>2)</sup> last 30 days: men >24g, women >12g.

Table 2: Prevalence of drinking and amount for different types of beverages in the past 30 days (total population)

		Total	Age groups						
			18-20 years	21-24 years	25-29 years	30-39 years	40-49 years	50-59 years	60-64 years
<b>Total</b>									
Beer	% <sup>1)</sup>	51,2	42,0	52,1	58,4	51,4	51,1	52,2	47,0
	Liter <sup>2)</sup>	1,8	1,7	1,9	1,5	1,8	1,8	2,0	2,0
Wine/ sparkling	% <sup>1)</sup>	45,1	34,4	42,2	45,5	41,8	45,8	51,7	46,3
	Liter <sup>2)</sup>	0,5	0,4	0,4	0,4	0,4	0,5	0,6	0,6
Spirits <sup>3)</sup>	% <sup>1)</sup>	29,1	39,1	38,7	33,6	29,5	25,0	29,7	23,8
	Liter <sup>2)</sup>	0,05	0,10	0,06	0,06	0,05	0,05	0,04	0,05
Mixed drinks	% <sup>1)</sup>	22,6	41,6	38,9	30,7	23,5	19,7	16,5	11,7
	Liter <sup>2)</sup>	0,5	0,8	0,7	0,6	0,5	0,4	0,6	0,3
<b>Men</b>									
Beer	% <sup>1)</sup>	67,0	49,9	62,2	72,2	68,1	68,4	70,2	62,8
	Liter <sup>2)</sup>	2,3	2,2	2,3	1,9	2,3	2,2	2,5	2,5
Wine/ sparkling wine	% <sup>1)</sup>	37,7	22,8	32,1	38,6	34,6	39,7	44,4	38,5
	Liter <sup>2)</sup>	0,5	0,3	0,4	0,3	0,3	0,5	0,6	0,7
Spirits <sup>3)</sup>	% <sup>1)</sup>	35,0	38,9	44,4	36,8	38,9	30,1	37,6	26,9
	Liter <sup>2)</sup>	0,06	0,11	0,07	0,07	0,05	0,06	0,05	0,05
Mixed drinks	% <sup>1)</sup>	21,2	38,0	38,3	29,7	26,2	15,7	13,5	10,5
	Liter <sup>2)</sup>	0,6	0,9	0,8	0,6	0,5	0,5	0,7	0,4
<b>Women</b>									
Beer	% <sup>1)</sup>	35,1	33,6	41,2	44,0	33,7	34,0	34,1	31,5
	Liter <sup>2)</sup>	0,9	0,9	1,3	0,9	0,8	0,8	0,8	0,8
Wine/ sparkling wine	% <sup>1)</sup>	52,8	46,7	53,5	53,5	49,3	52,0	59,0	54,0
	Liter <sup>2)</sup>	0,5	0,4	0,5	0,5	0,5	0,6	0,6	0,6
Spirits <sup>3)</sup>	% <sup>1)</sup>	23,1	39,4	32,5	30,7	19,6	20,0	21,7	20,7
	Liter <sup>2)</sup>	0,04	0,08	0,05	0,04	0,03	0,04	0,03	0,05
Mixed drinks	% <sup>1)</sup>	24,0	45,4	39,6	31,9	20,4	23,7	19,6	12,8
	Liter <sup>2)</sup>	0,4	0,7	0,6	0,5	0,4	0,3	0,4	0,3

<sup>1)</sup> Proportion consuming the beverage (at least one glass in the past 30 days), relative to the complete sample.

<sup>2)</sup> Mean value in liters per week, based on consumers of the respective beverage.

<sup>3)</sup> Due to the high alcohol content of spirits, the amount consumed is indicated to two decimal places.

Table 3: Prevalence of different frequencies of episodic binge drinking in the past 30 days (total population) (percent)

	Age groups							
	Total	18-20 years	21-24 years	25-29 years	30-39 years	40-49 years	50-59 years	60-64 years
<b>Total (n)</b>	<b>8941</b>	<b>1014</b>	<b>1091</b>	<b>1134</b>	<b>1628</b>	<b>1568</b>	<b>1578</b>	<b>928</b>
0 times	76,6	65,2	62,7	67,4	76,5	79,5	80,2	85,2
1 to 3 times	14,2	19,6	22,1	22,4	14,5	12,5	11,6	7,3
4 times or more	9,3	15,2	15,2	10,3	9,0	8,0	8,2	7,5
<b>Men (n)</b>	<b>3886</b>	<b>437</b>	<b>507</b>	<b>507</b>	<b>689</b>	<b>645</b>	<b>677</b>	<b>424</b>
0 times	68,7	64,6	52,8	58,5	67,4	71,2	74,1	78,9
1 to 3 times	18,2	16,9	24,9	27,8	19,3	17,6	14,8	10,4
4 times or more	13,0	18,5	22,3	13,7	13,3	11,3	11,0	10,7
<b>Women (n)</b>	<b>5043</b>	<b>575</b>	<b>582</b>	<b>621</b>	<b>937</b>	<b>923</b>	<b>901</b>	<b>504</b>
0 times	84,5	65,7	73,6	76,3	86,0	88,0	86,3	91,3
1 to 3 times	10,1	22,6	19,0	16,9	9,5	7,4	8,3	4,3
4 times or more	5,4	11,7	7,4	6,8	4,5	4,6	5,3	4,4

n for the total sample.

Episodic binge drinking: five or more alcoholic drinks in one day.

Table 4: Prevalence of different frequencies of episodic binge drinking in the past 30 days (percent) (consumers)

	Age groups							
	Total	18-20 years	21-24 years	25-29 years	30-39 years	40-49 years	50-59 years	60-64 years
<b>Total (n)</b>	<b>6481</b>	<b>667</b>	<b>768</b>	<b>861</b>	<b>1134</b>	<b>1160</b>	<b>1215</b>	<b>676</b>
0 times	66,7	44,3	45,2	55,5	65,6	71,3	73,3	78,9
1 to 3 times	20,2	31,3	32,5	30,5	21,2	17,5	15,8	10,6
4 times or more	13,1	24,4	22,4	14,0	13,2	11,2	10,9	10,5
<b>Men (n)</b>	<b>2964</b>	<b>282</b>	<b>363</b>	<b>408</b>	<b>539</b>	<b>511</b>	<b>540</b>	<b>321</b>
0 times	58,1	41,8	32,3	47,0	56,9	61,9	65,9	71,8
1 to 3 times	24,5	27,7	35,7	35,5	25,4	23,3	19,5	14,3
4 times or more	17,4	30,5	32,0	17,5	17,7	14,9	14,6	13,9
<b>Women (n)</b>	<b>3508</b>	<b>383</b>	<b>404</b>	<b>449</b>	<b>593</b>	<b>649</b>	<b>675</b>	<b>355</b>
0 times	76,7	46,4	60,1	65,1	76,9	82,1	81,4	86,5
1 to 3 times	15,2	35,2	28,8	24,9	15,6	10,9	11,8	6,7
4 times or more	8,2	18,4	11,2	10,0	7,5	7,0	6,9	6,8

n for alcohol consumers

Episodic binge drinking: five or more alcoholic drinks in one day.

Table 5: Prevalence of different frequencies of episodic binge drinking in the past 30 days by category of use (average amounts of alcohol per day) (percent) (total population)

	<b>Total</b>	<b>Low-risk consumption <sup>1)</sup></b>	<b>Risky consumption <sup>2)</sup></b>	<b>Dangerous/high consumption <sup>3)</sup></b>
<b>Total (n)</b>	<b>8486</b>	<b>4686</b>	<b>1155</b>	<b>199</b>
0 times	77,1	75,9	37,4	14,5
1 to 3 times	13,9	18,7	27,8	10,1
4 times or more	9,1	5,4	34,7	75,4
<b>Men (n)</b>	<b>3728</b>	<b>2237</b>	<b>474</b>	<b>100</b>
0 times	69,6	68,2	25,1	9,4
1 to 3 times	17,7	24,2	26,4	9,1
4 times or more	12,8	7,6	48,5	81,5
<b>Women (n)</b>	<b>4758</b>	<b>2449</b>	<b>681</b>	<b>99</b>
0 times	84,9	85,3	50,2	22,4
1 to 3 times	9,9	12,0	29,3	11,8
4 times or more	5,2	2,7	20,5	65,8

n for the complete sample.

Episodic binge drinking: five or more alcoholic drinks in one day.

<sup>1)</sup> Men: >0-24g, Women: >0-12g.

<sup>2)</sup> Men: >24-60g, Women: >12-40g.

<sup>3)</sup> Men: >60g, Women: >40g.



Table 6: Average age at first consumption (years) (total population)

	Total	Age groups						
		18-20 years	21-24 years	25-29 years	30-39 years	40-49 years	50-59 years	60-64 years
Total	15,0	13,1	13,7	14,5	14,8	15,2	15,8	15,8
Men	15,0	13,2	14,1	14,5	15,1	15,2	15,5	15,5
Women	15,1	13,1	13,3	14,6	14,5	15,3	16,2	16,1

Table 7: Prevalence of problematic alcohol use in the past 12 months by AUDIT<sup>1)</sup> (percent) (total population)

	Total	Age groups						
		18-20 years	21-24 years	25-29 years	30-39 years	40-49 years	50-59 years	60-64 years
<b>Total (n)</b>	<b>8978</b>	<b>1021</b>	<b>1099</b>	<b>1142</b>	<b>1633</b>	<b>1570</b>	<b>1579</b>	<b>934</b>
Problematic consumption <sup>1)</sup>	17,6	29,4	30,3	24,5	19,1	15,0	13,1	9,5
<b>Men (n)</b>	<b>3893</b>	<b>437</b>	<b>509</b>	<b>508</b>	<b>692</b>	<b>645</b>	<b>673</b>	<b>429</b>
Problematic consumption <sup>1)</sup>	25,0	31,2	37,9	34,0	27,7	22,3	19,4	15,2
<b>Women (n)</b>	<b>5073</b>	<b>582</b>	<b>588</b>	<b>628</b>	<b>939</b>	<b>925</b>	<b>906</b>	<b>505</b>
Problematic consumption <sup>1)</sup>	10,1	27,7	21,8	14,8	10,0	7,5	6,7	3,9

n for the complete sample.

<sup>1)</sup> Problematic use according to Alcohol Use Disorder Identification Test (AUDIT); threshold  $\geq 8$  points.

Table 8: Prevalence of problematic alcohol use in the past 12 months by AUDIT<sup>1)</sup> (users) (percent)

	Total	Age groups						
		18-20 years	21-24 years	25-29 years	30-39 years	40-49 years	50-59 years	60-64 years
<b>Total (n)</b>	<b>6534</b>	<b>674</b>	<b>779</b>	<b>872</b>	<b>1142</b>	<b>1165</b>	<b>1217</b>	<b>685</b>
Problematic consumption <sup>1)</sup>	24,0	45,6	42,8	32,5	26,2	19,8	17,4	13,1
<b>Men (n)</b>	<b>2976</b>	<b>282</b>	<b>366</b>	<b>410</b>	<b>542</b>	<b>512</b>	<b>537</b>	<b>327</b>
Problematic consumption <sup>1)</sup>	32,3	49,0	53,5	42,1	34,7	28,3	25,1	19,7
<b>Women (n)</b>	<b>3549</b>	<b>390</b>	<b>412</b>	<b>458</b>	<b>598</b>	<b>653</b>	<b>680</b>	<b>358</b>
Problematic consumption <sup>1)</sup>	14,4	42,6	30,6	21,4	15,2	9,9	9,1	6,0

n for alcohol consumers.

<sup>1)</sup> Problematic use according to Alcohol Use Disorder Identification Test (AUDIT); threshold  $\geq 8$  points.