

# Alcohol Use in the Americas and Results of Alcohol and COVID-19 Regional Survey

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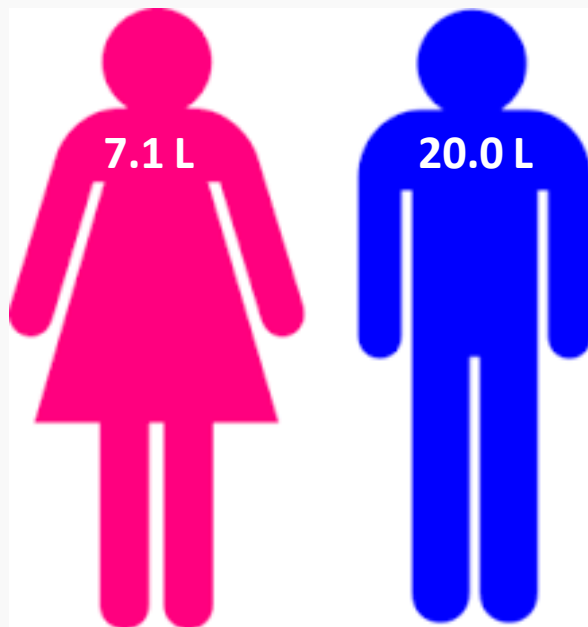


**PAHO**

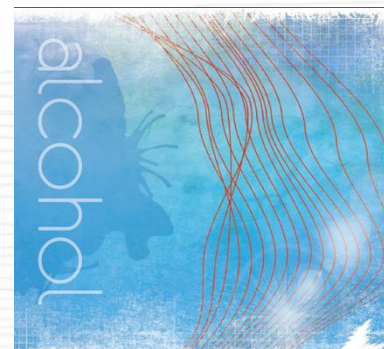
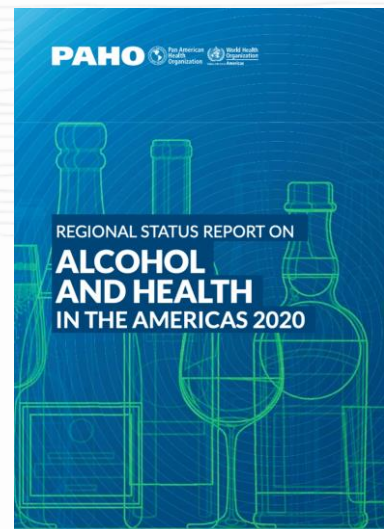
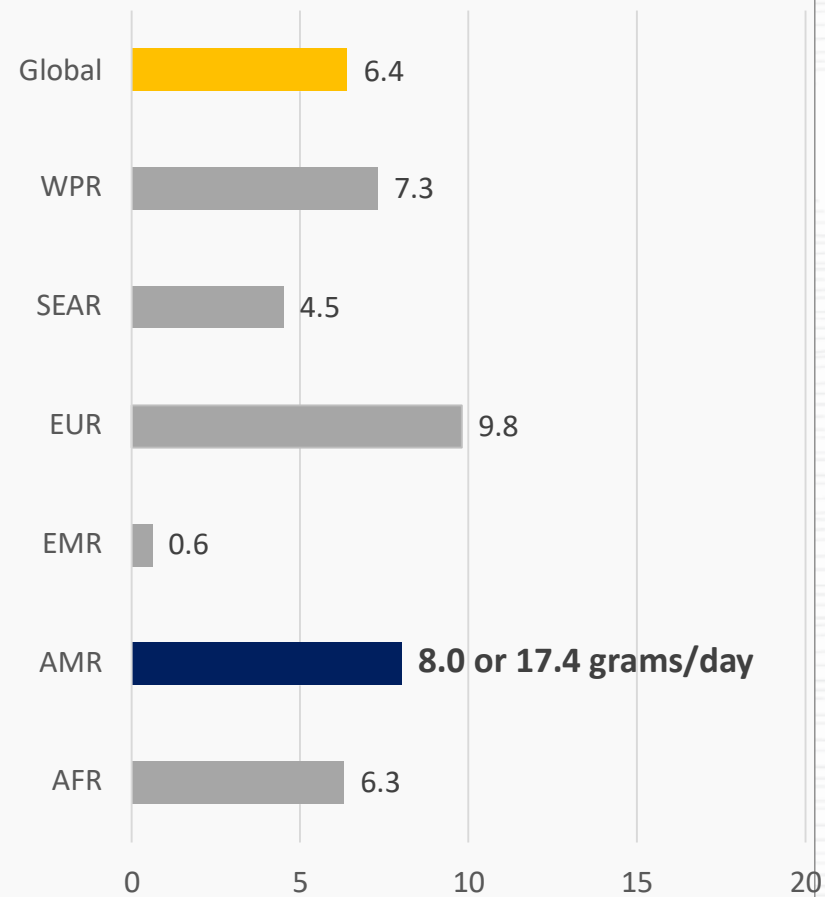
# LEVELS OF CONSUMPTION

Total alcohol per capita consumption (APC) **among drinkers** (all drinkers and by gender, aged 15+ years, in liters of pure alcohol), 2016.

AMERICAS: 15.1 L or  
32.8 grams/day



Total alcohol per capita consumption (APC) in the general population (aged 15+ years, in liters of pure alcohol), 2016.



Global status report  
on alcohol and health  
2018



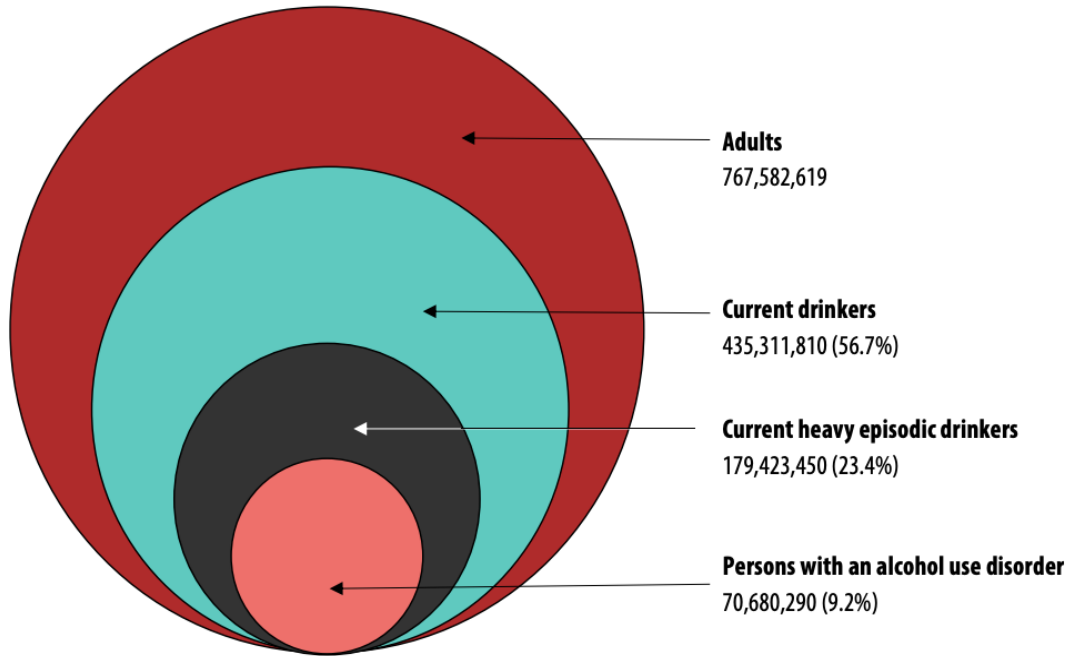
Pan American  
Health  
Organization



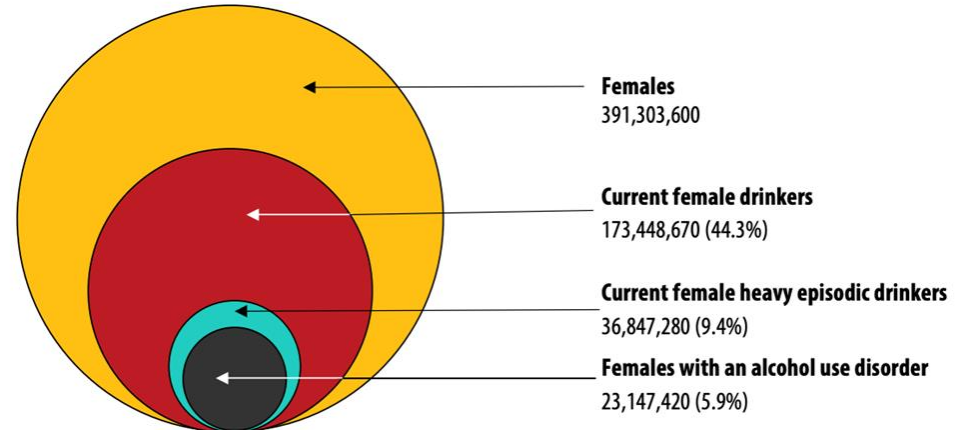
World Health  
Organization  
REGIONAL OFFICE FOR THE  
Americas

# Drinking status of adults (aged 15+) who lived in the Americas in 2016

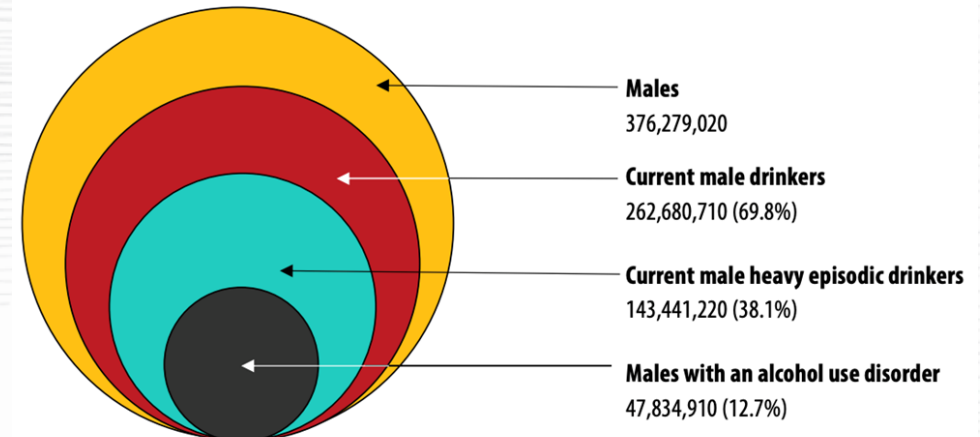
**Adults aged 15+**



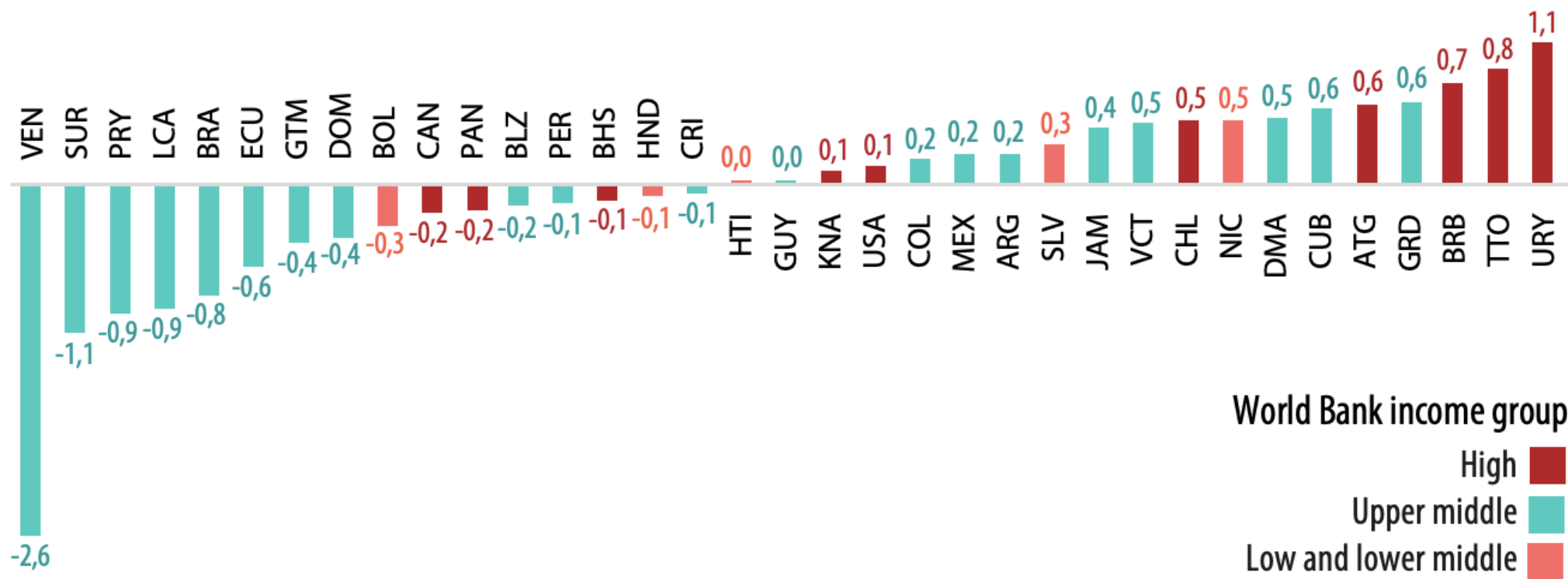
**Females aged 15+**



**Males aged 15+**



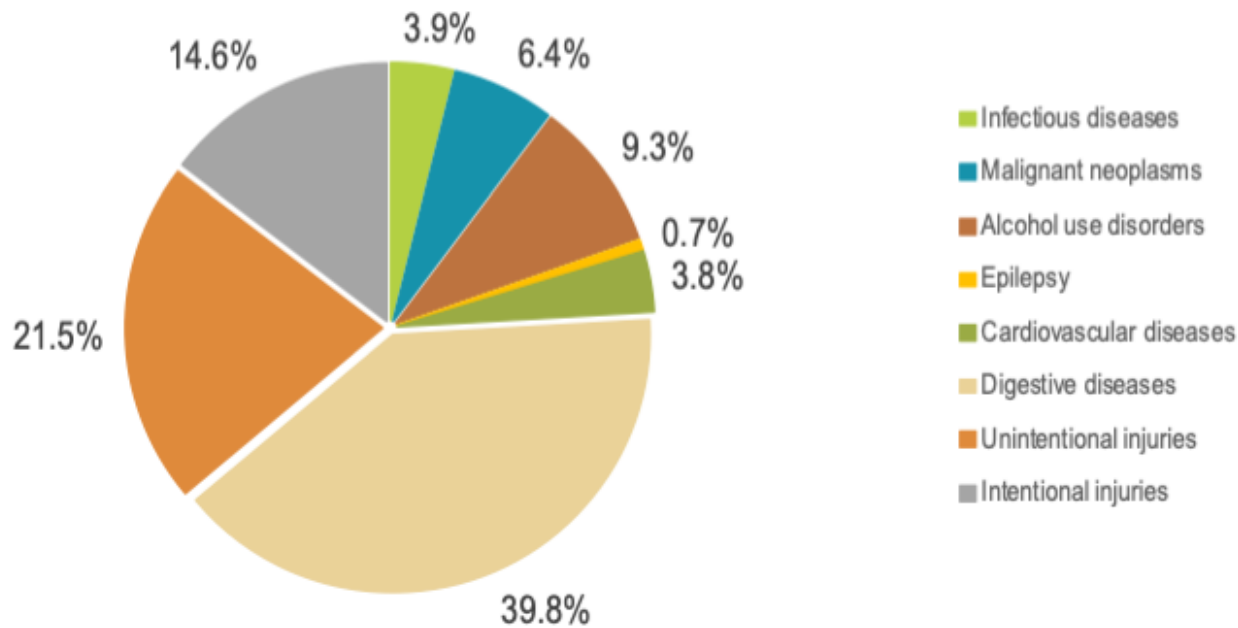
# Changes in recorded adult (15+ years; in liters of pure alcohol) alcohol per capita consumption (APC) from 2010 to 2016 in the Americas, by country and World Bank income group



# Deaths Attributable to Alcohol in 2016 in the Americas, by cause

Total DEATHS: 379,000; 5.5% of All DEATHS

% of all AA deaths



% of all deaths

3.1% of all communicable, maternal, perinatal, and nutritional condition deaths

3.6% of all NCD deaths

23.6% of all injury deaths



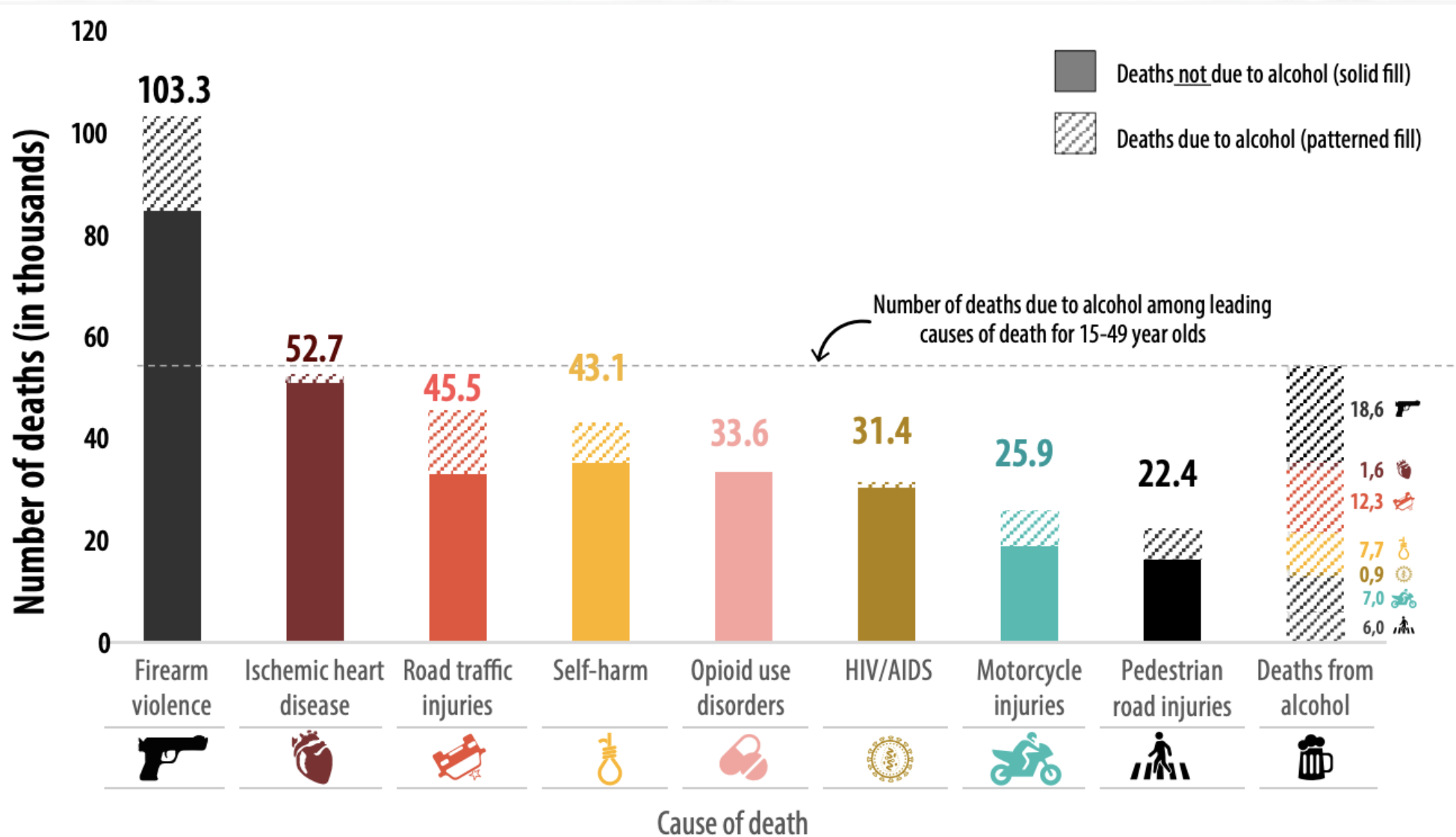
Pan American Health Organization



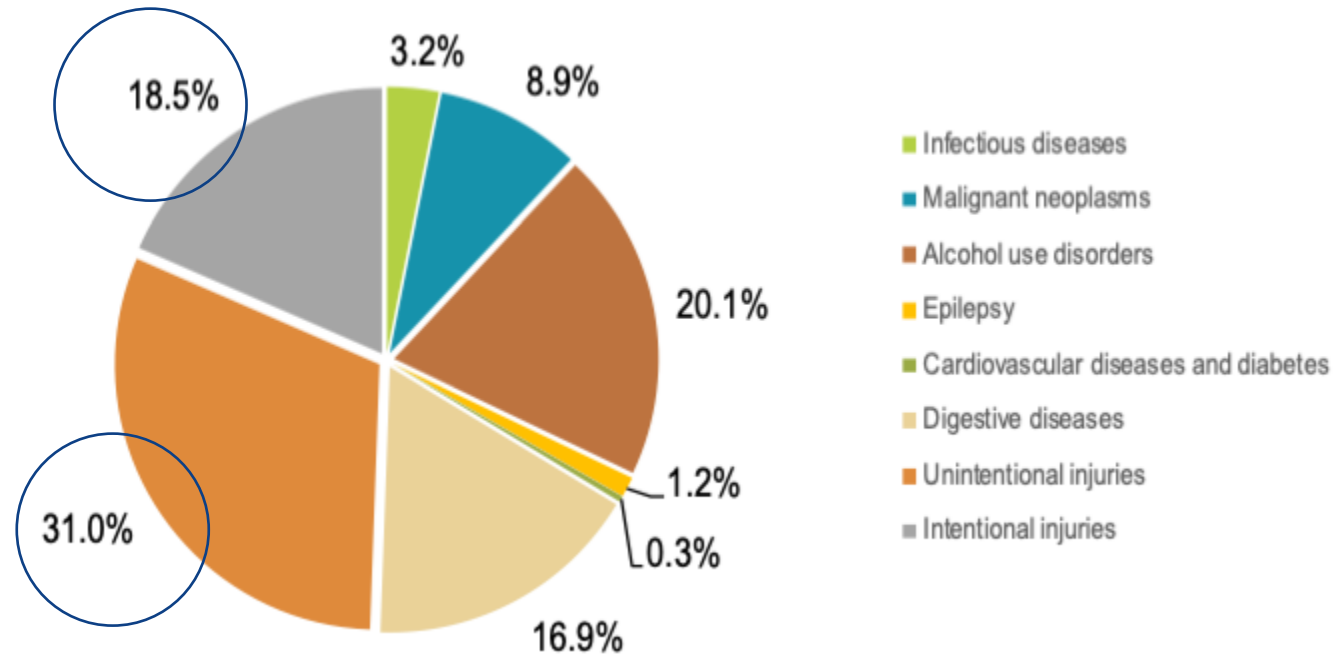
World Health Organization

REGIONAL OFFICE FOR THE Americas

# Alcohol use as a risk factor for seven of the eight leading causes of death among 15-49-year-olds in the Americas in 2016



# Alcohol-attributable DALYs - 2016



18,901,659 DALYs; 6.7% of all DALYs



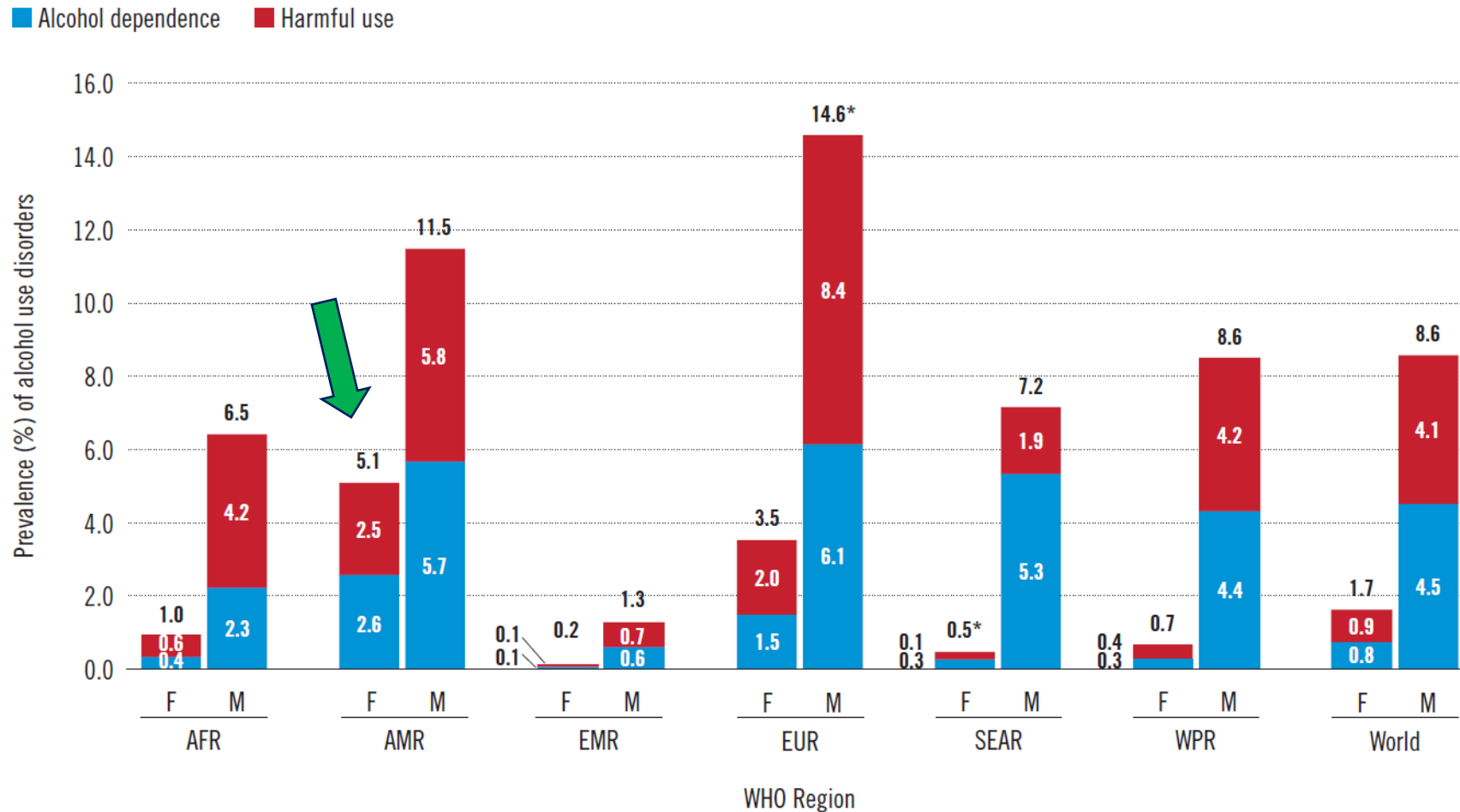
Pan American  
Health  
Organization



World Health  
Organization

REGIONAL OFFICE FOR THE Americas

# Prevalence (in %) of alcohol use disorders (AUDs), by sex, and by WHO region and the world, 2016



# Regional Survey on Alcohol and COVID-19



- Standardized and anonymous online survey using Qualtrics software was developed in 4 languages: English, Spanish, Portuguese and French
- Disseminated through PAHO's Communication platforms
  - Facebook, Twitter, the Pan American Network for Alcohol and Public Health (PANNAPH), the Healthy Caribbean Coalition, the Healthy Coalition of Latin America, as well as through advisors from the Noncommunicable and Mental Health Department, and individual contacts
- Data collection: 22 May – 30 June 2020
- 33 countries, including those over 18 years of age who consented and reported to have **NOT** left their country since MARCH 15<sup>th</sup>, 2020
- **Non probabilistic SAMPLE**

# Areas Covered in the Questionnaire



- **DEMOGRAPHICS**: country and city, age, race/ethnicity, gender identity, sexual orientation, education, earnings, marital status
- **COVID-19 RELATED QUESTIONS**: current living conditions, N of people in the household, N with a disability, employment status, precautionary measures taken in daily life, worries/concerns, changes in work/school situation, respondent or known individual by respondent being tested for COVID-19 (positive/negative/sick/death)
- **ALCOHOL CONSUMPTION IN 2019**: average quantity and frequency, drinking during weekdays and weekends, places, types of beverages, heavy episodic drinking occasions, ever sought help
- **ALCOHOL CONSUMPTION DURING THE PANDEMIC**: average quantity and frequency, drinking during weekdays and weekends, places, types of beverages, heavy episodic drinking occasions, tried to seek help
- **MENTAL HEALTH IMPACTS IN THE LAST 14 DAYS**: including negative emotional symptoms and feelings during the pandemic

PAHO/WHO

# Total number of valid responses (from 23,058)

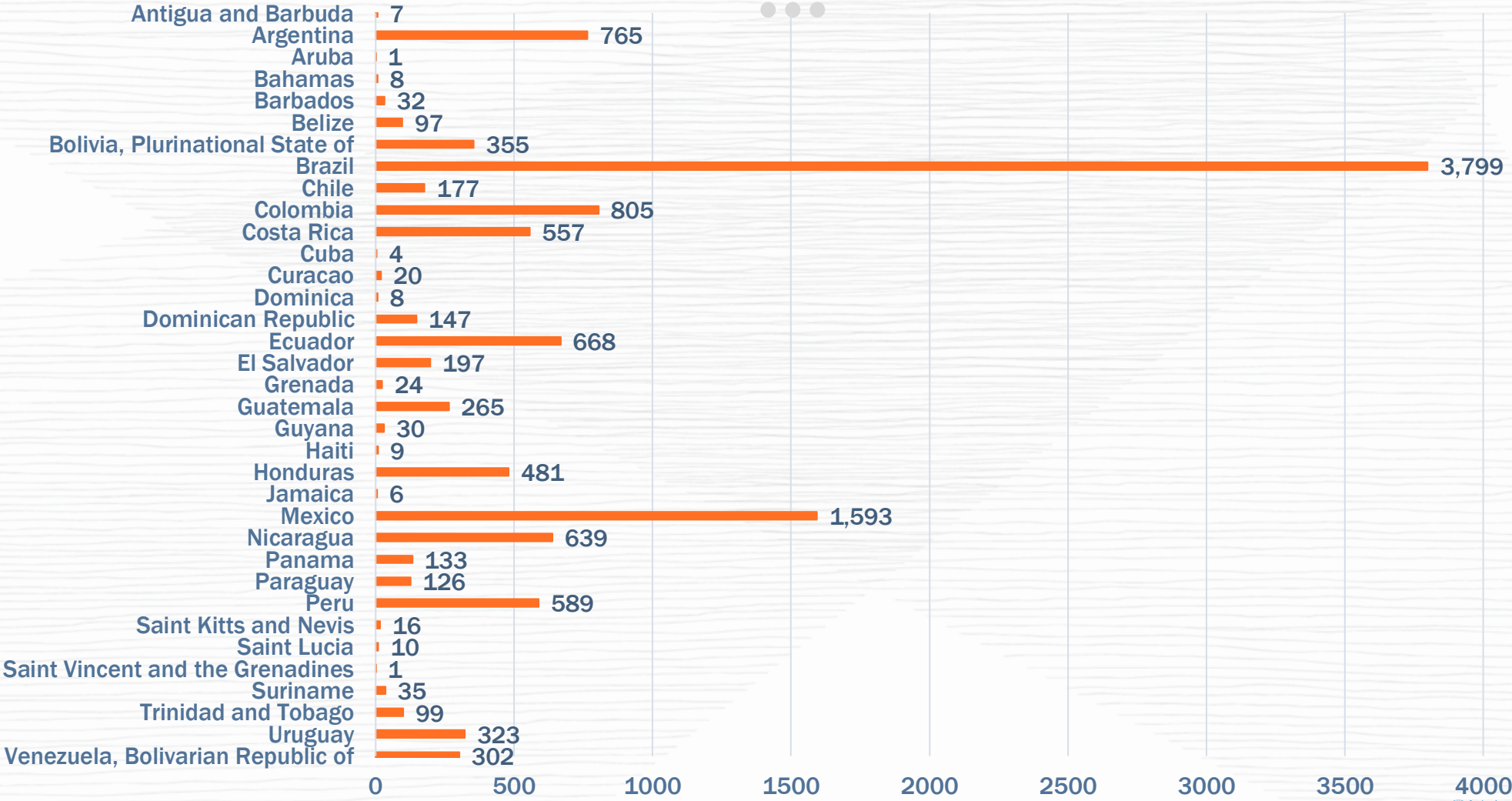
REGION

12,328

NON LATIN CARIBBEAN

403

# Number of respondents by country



# Survey Respondents



Female: **65.5%**  
Male: **34.0%**



18 - 29: **29.5%**  
30 - 39: **29.4%**  
40 - 49: **20.7%**  
50 - 59: **13.3%**  
60+: **7.1%**

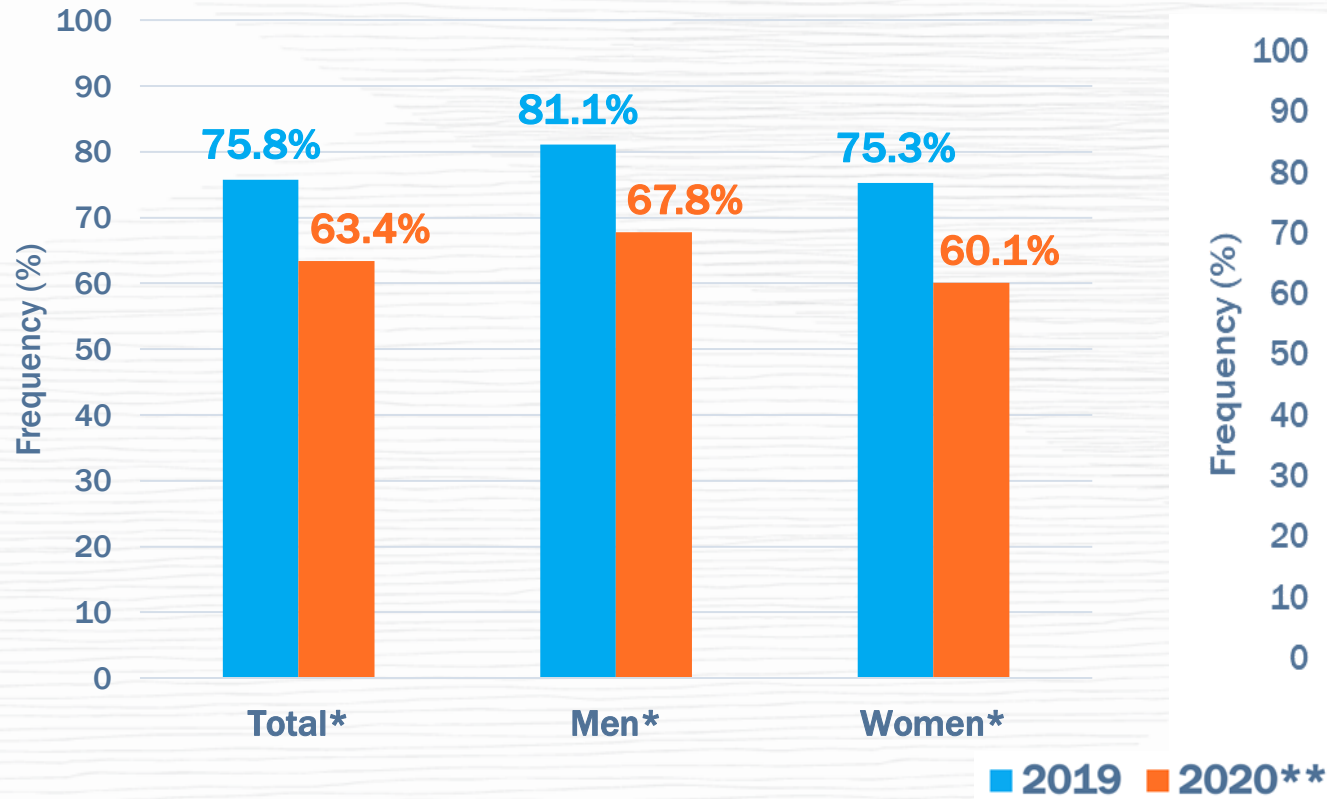


White: **41.7%**  
Black: **4.2%**  
Indigenous: **1.5%**  
Mixed/Other/Not sure: **52.6%**

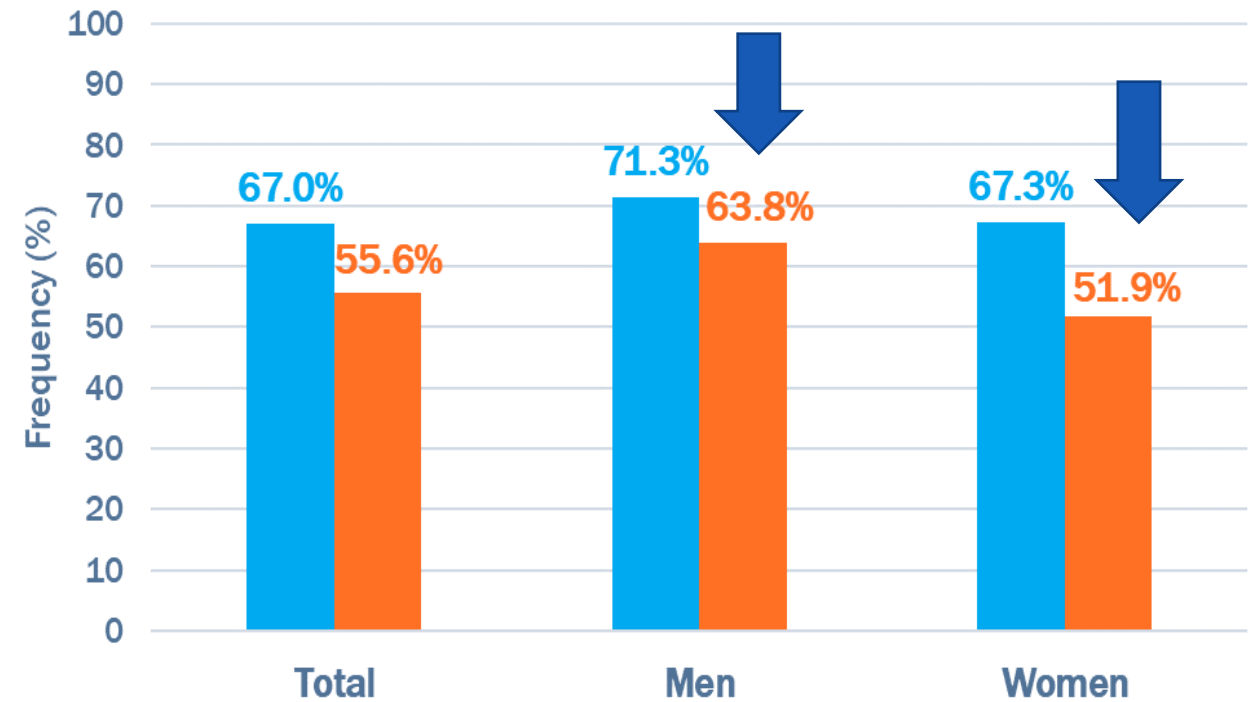
# Prevalence of Drinking by Sex in 2019 and 2020



REGION



NON LATIN CARIBBEAN



\* Chi-square tests between years (2019 vs. 2020) and between genders were significant for the total sample;  $P < 0.001$

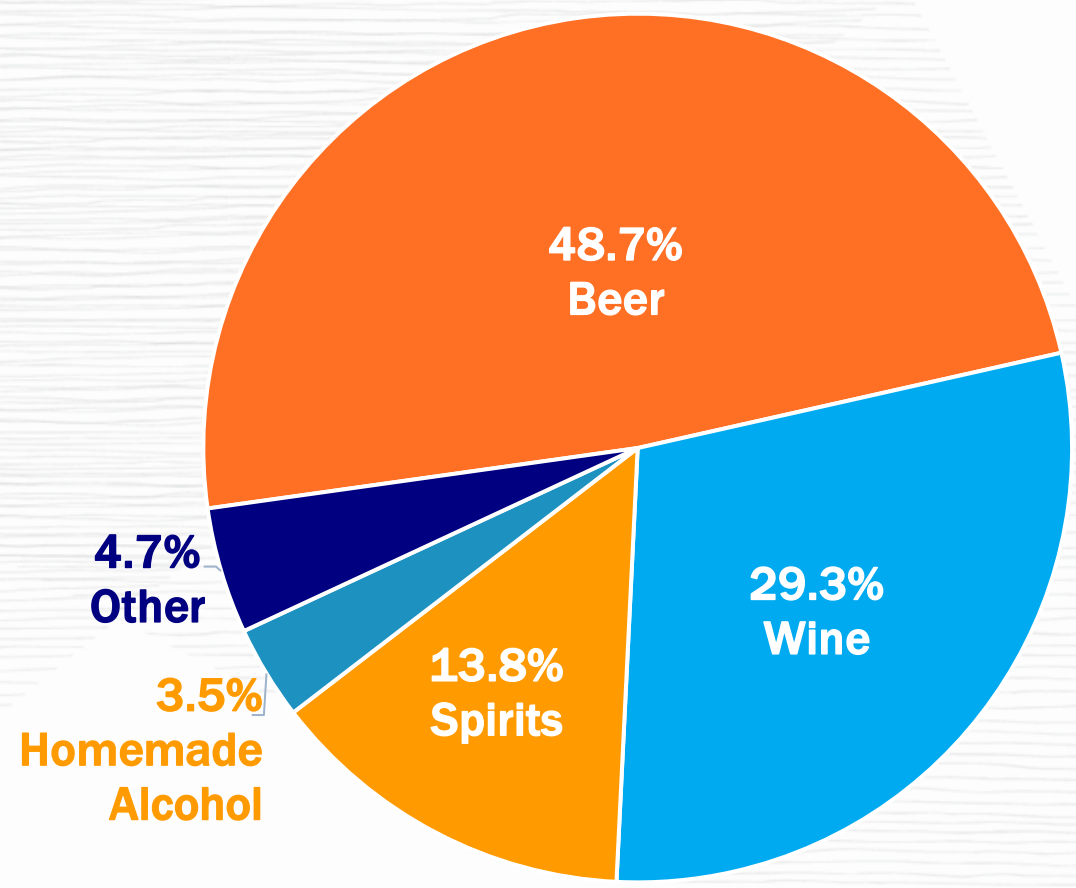
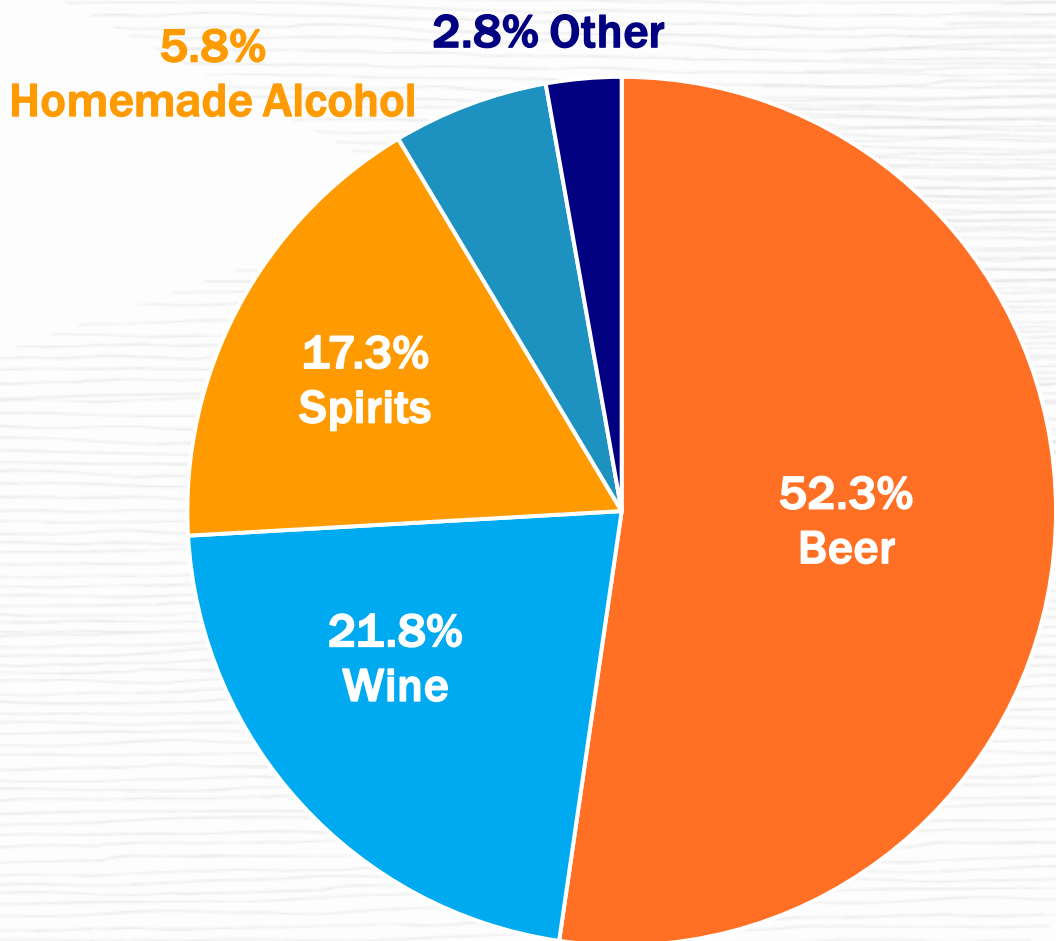
\*\* From March to June 2020, during the pandemic.

# Beverage Type Most Consumed in the Region

2019



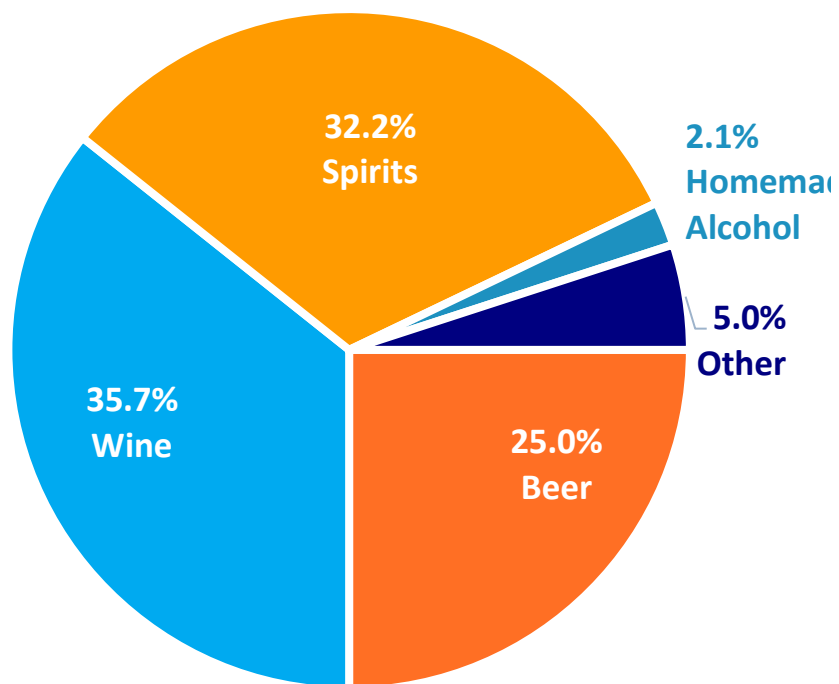
2020\*



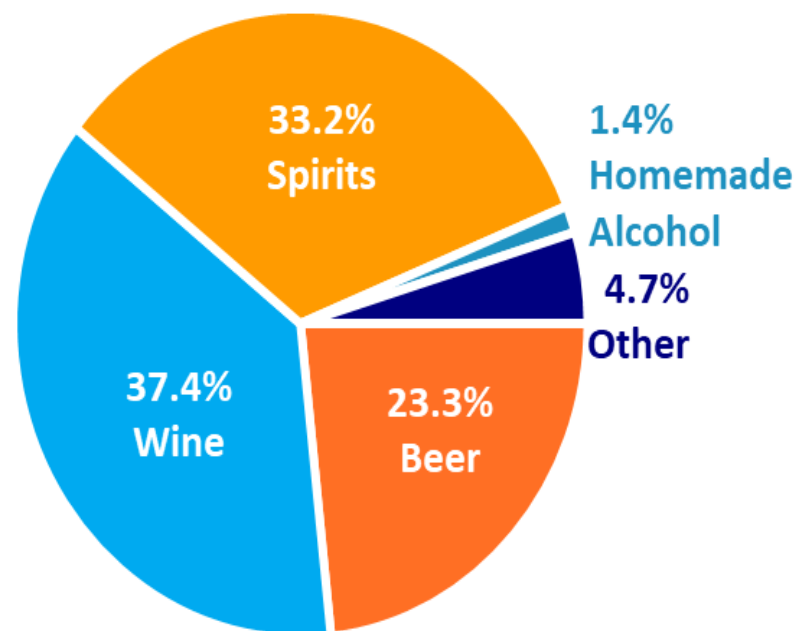
\* From March to June 2020, during the pandemic.

# Beverage Type Most Consumed by Sex, NON LATIN CARIBBEAN

2019

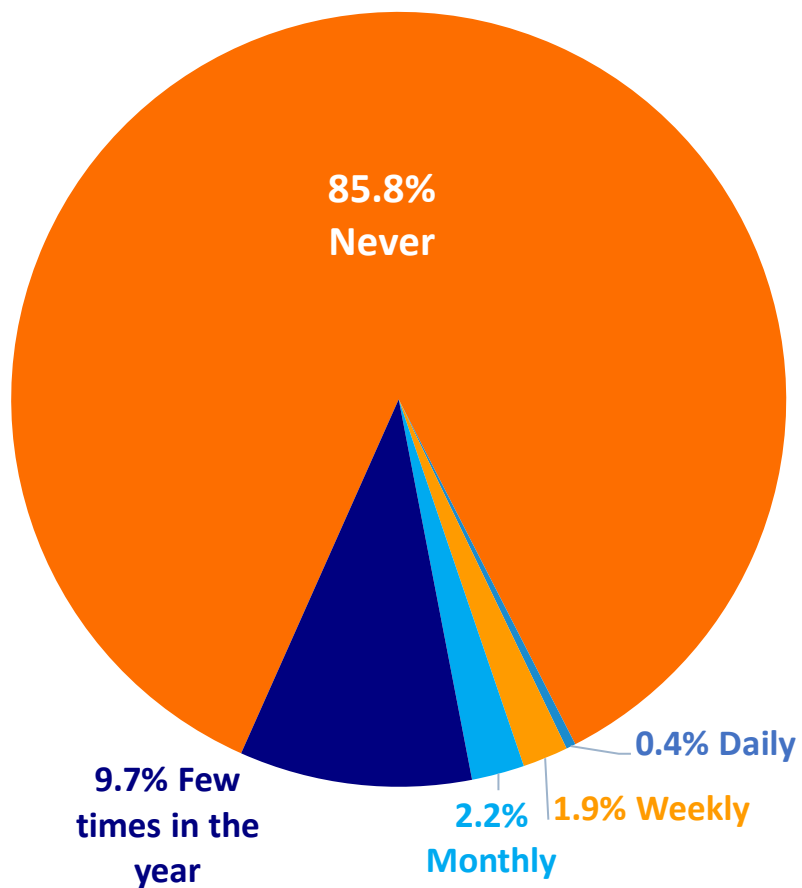


2020

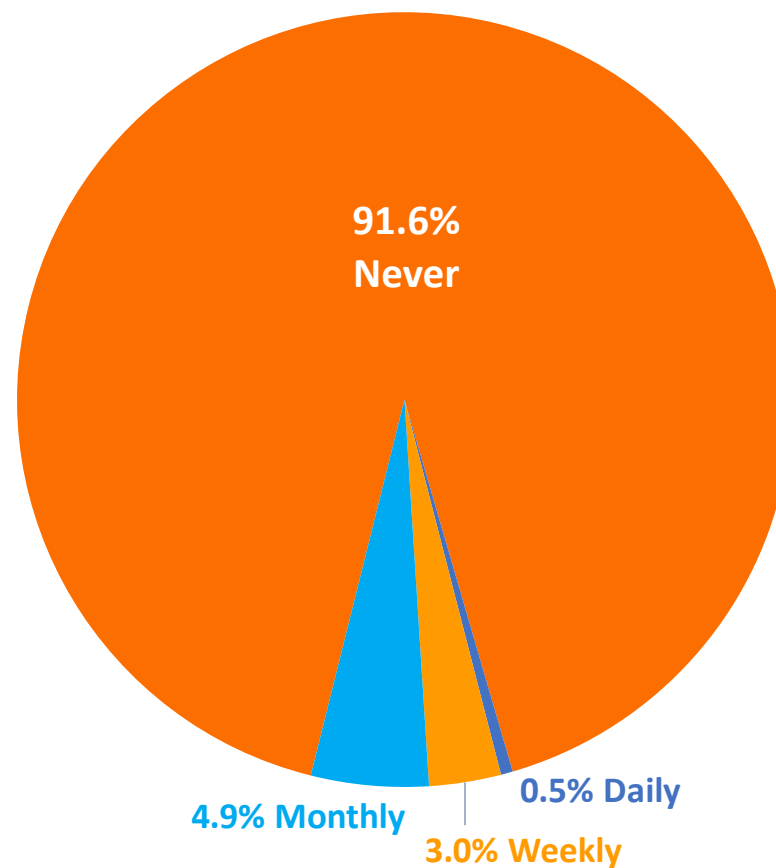


# Informal or Illicit Alcohol Consumption in the Region

2019



2020\*



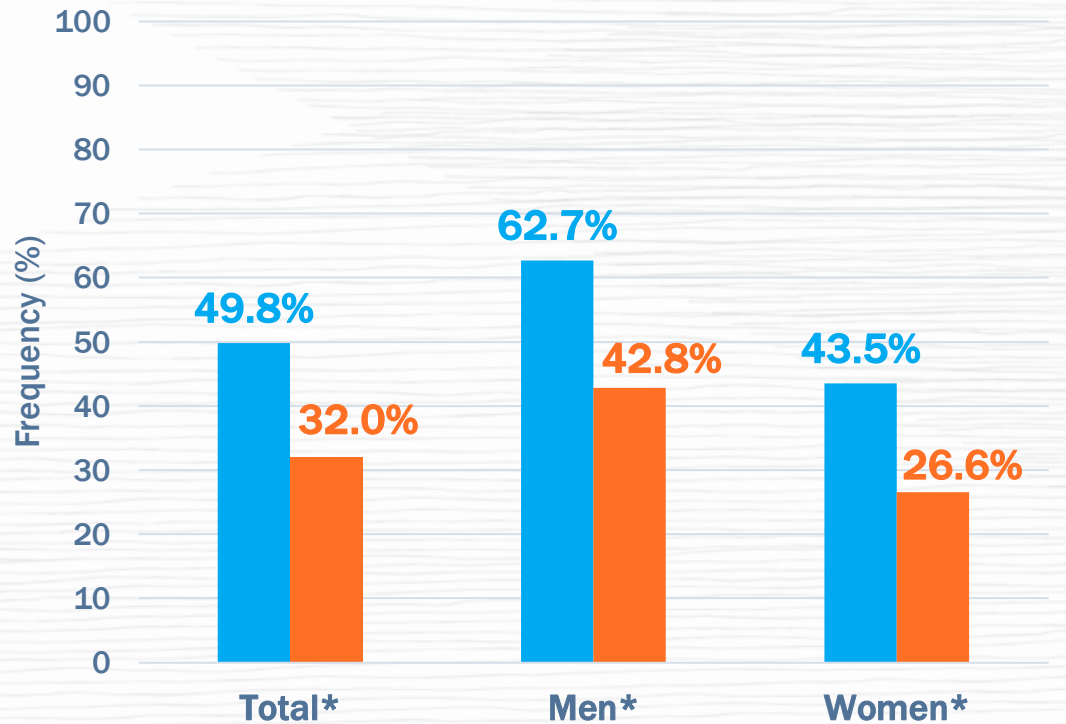
\* From March to June 2020, during the pandemic; The category 'Few times in the year' is not available for the year 2020 - during the pandemic.

# Prevalence of Heavy Episodic Drinking (HED) by Sex, 2019 and 2020

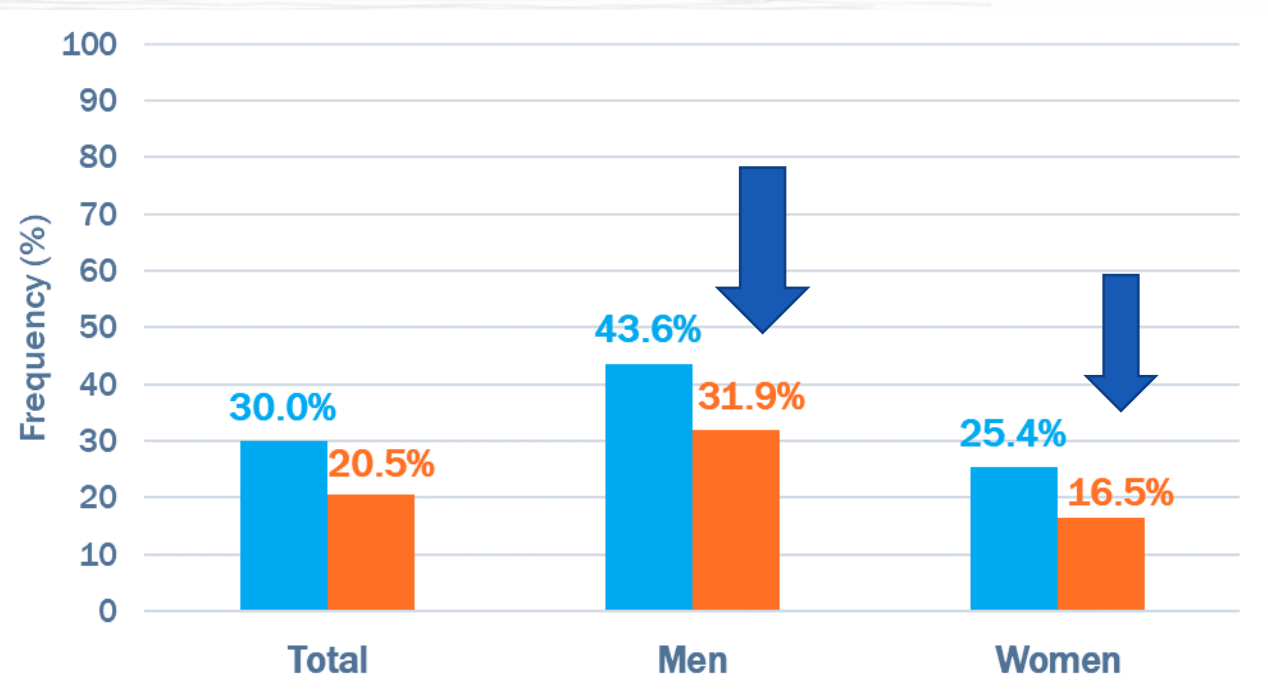
PAHO/WHO



## REGION



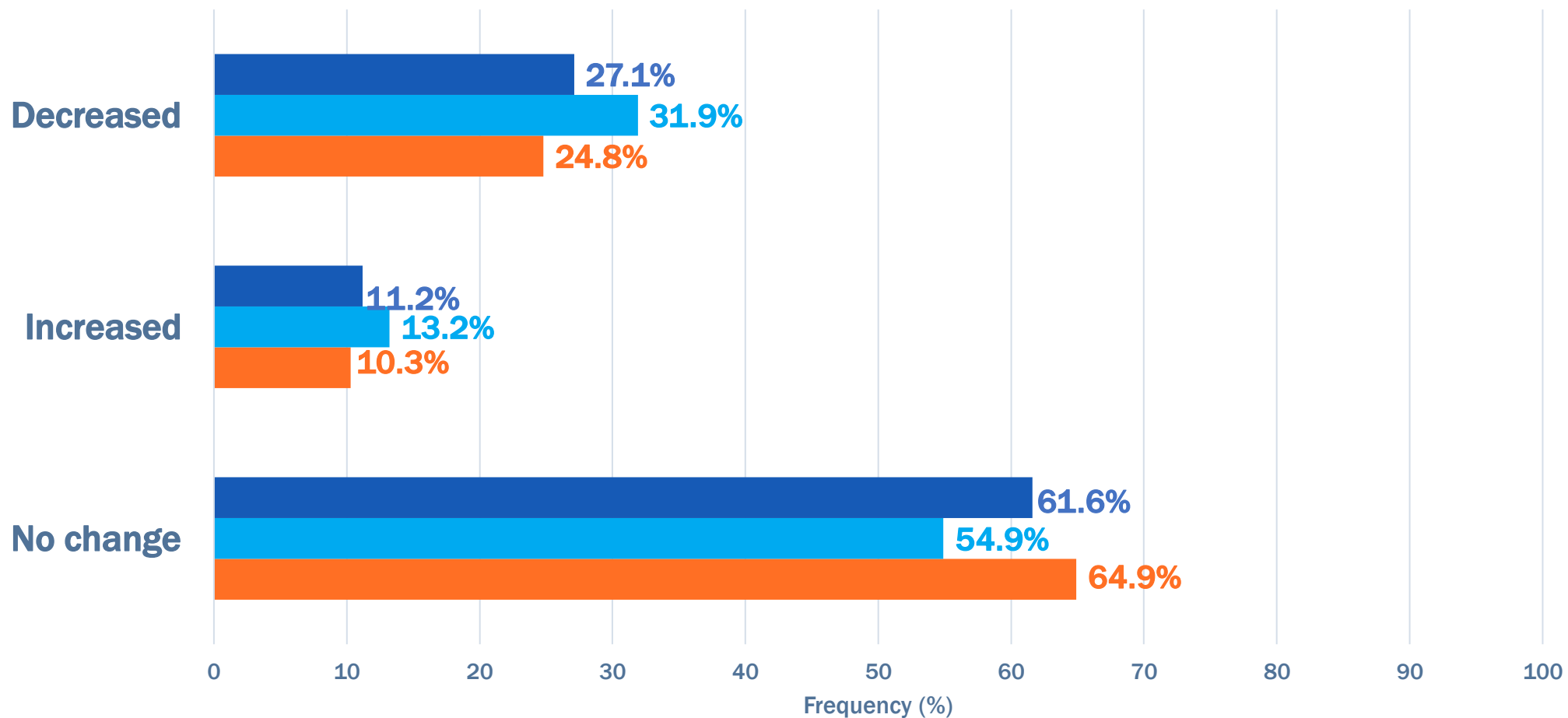
## NON-LATIN CARIBBEAN



\* Chi-square tests between years (2019 vs. 2020) and between genders were significant for the total sample;  $P < 0.001$

\*\* From March to June 2020, during the pandemic.

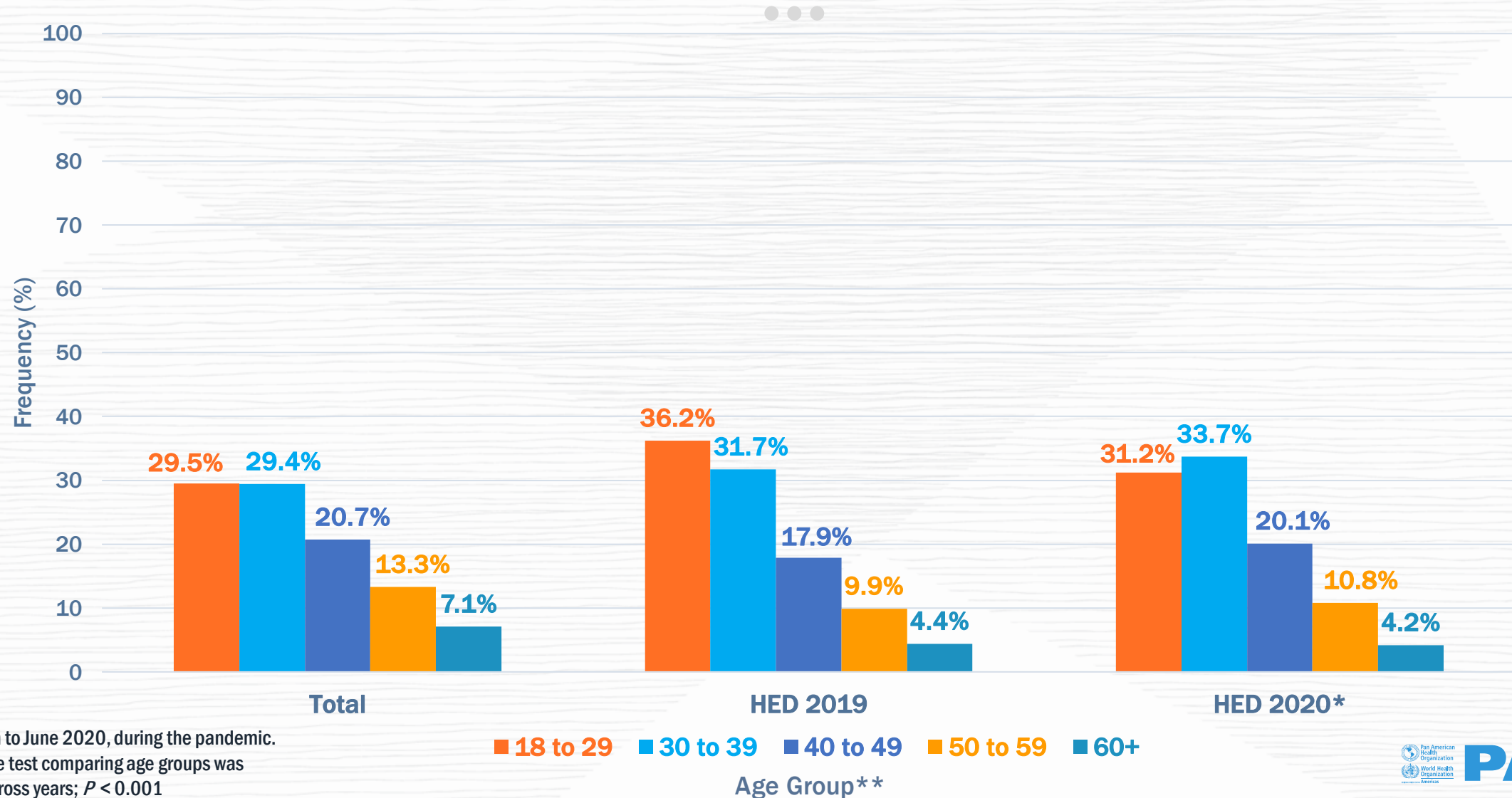
# Change in Frequency of HED in the Region, by Sex, from 2019 to 2020\*



■ Total ■ Men\*\* ■ Women\*\*

\* From March to June 2020, during the pandemic.  
 \*\* Chi-square test between the change in frequency of HED and genders was significant;  $P < 0.001$

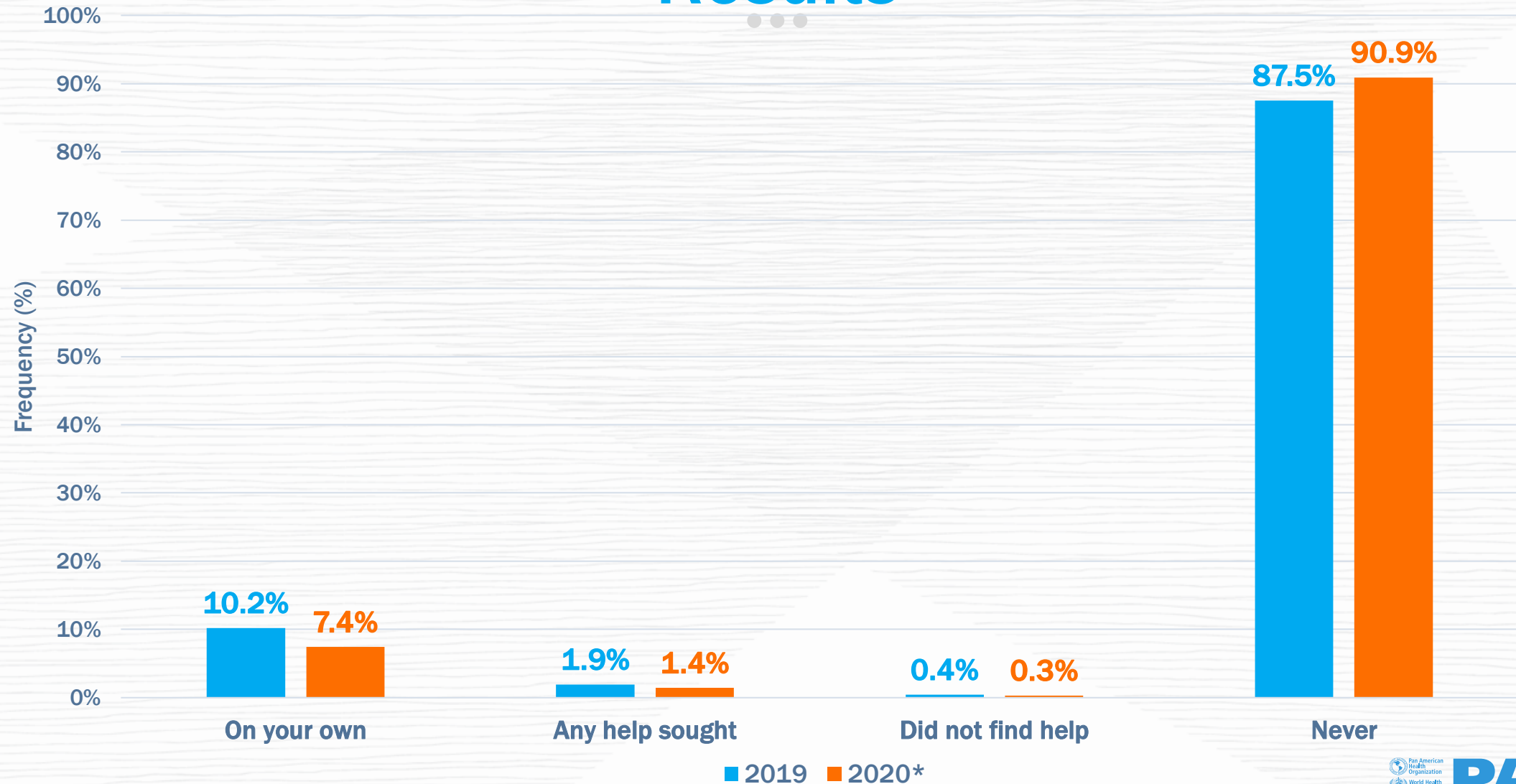
# Prevalence of HED by Age Group in the Region



\* From March to June 2020, during the pandemic.

\*\* Chi-square test comparing age groups was significant across years;  $P < 0.001$

# PAHO/WHO Help Seeking Behavior to Reduce Drinking, Regional Results



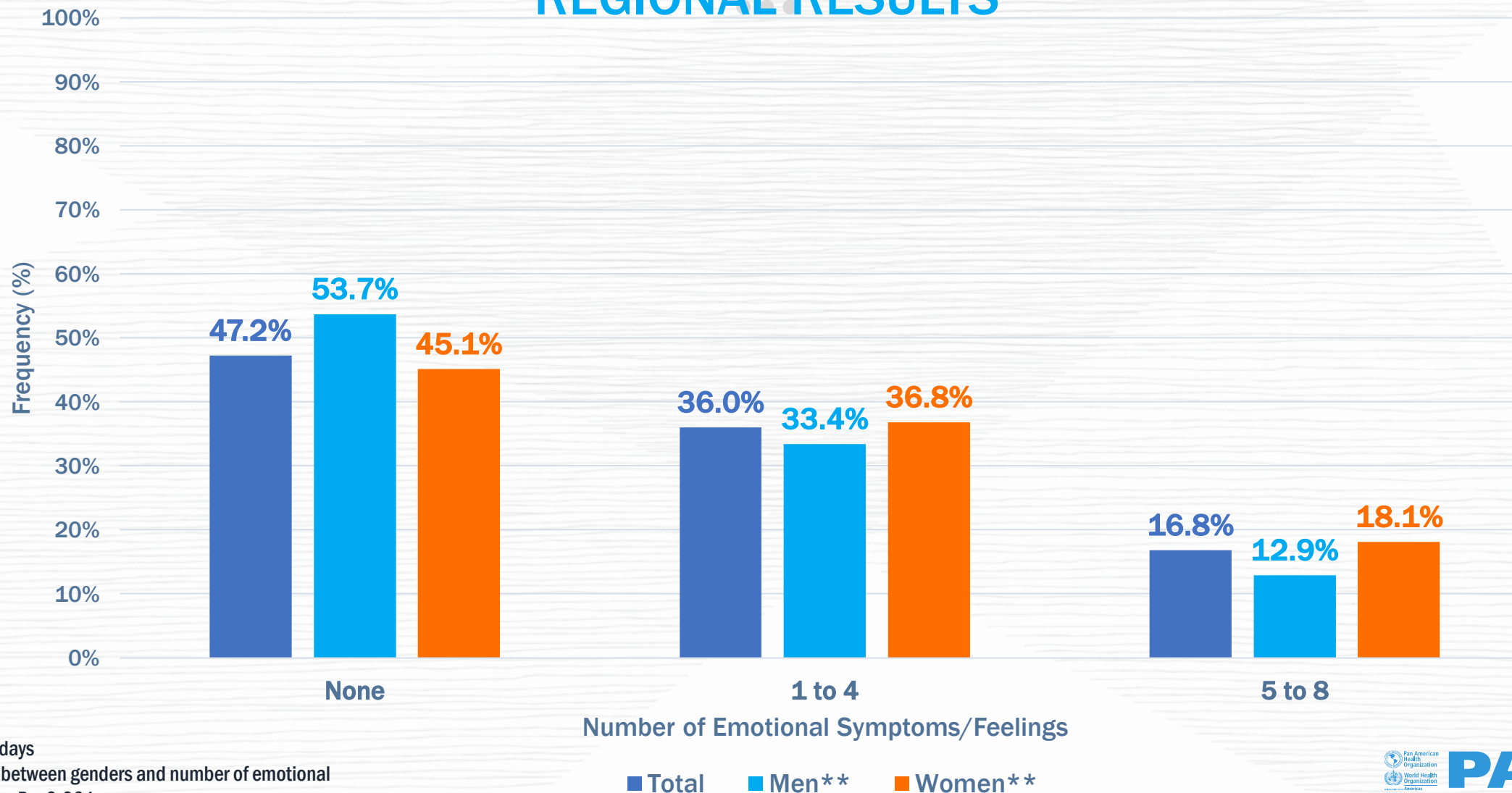
\* From March to June 2020, during the pandemic.

# Mental Health Impacts (GAD-7) + Sleep

- Feeling nervous, anxious or on edge
- Not being able to stop or control worrying
- Worrying too much about different things
- Trouble relaxing
- Being so restless that it's hard to sit still
- Becoming easily annoyed or irritable
- Feeling afraid as if something awful might happen
- Having trouble falling asleep

\* Over the past 14 days

# Prevalence of Distress Symptoms/Feelings (over half of the days or nearly every day\*) REGIONAL RESULTS

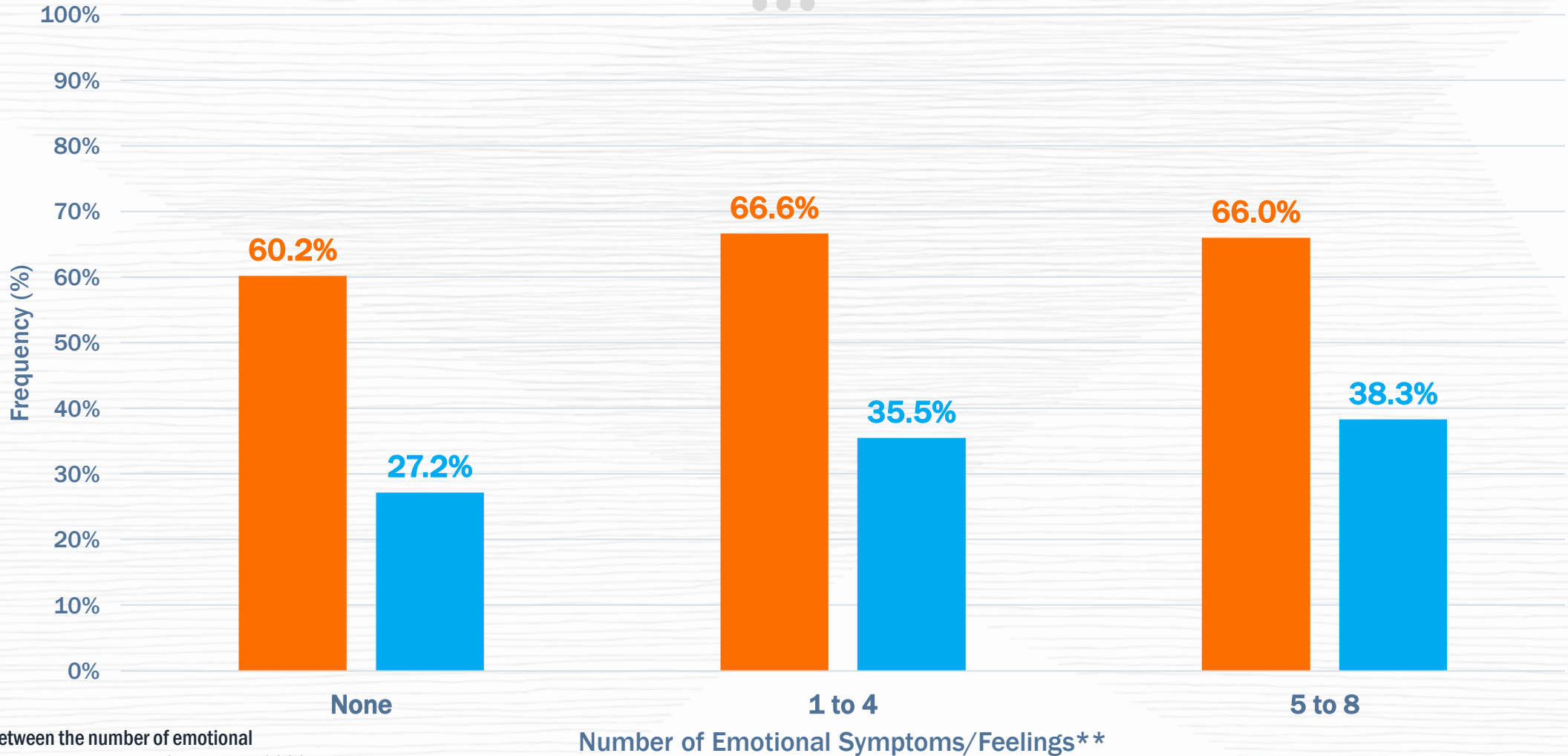


\* Over the past 14 days

\*\* Chi-square test between genders and number of emotional symptoms/feelings;  $P < 0.001$

# REGIONAL RESULTS

## Number of Emotional Symptoms/Feelings and Drinking\*



\* Chi-square test between the number of emotional symptoms/feelings and (a) prevalence of drinking in 2020;  $P < 0.001$ ; (b) prevalence of HED in 2020;  $P < 0.001$

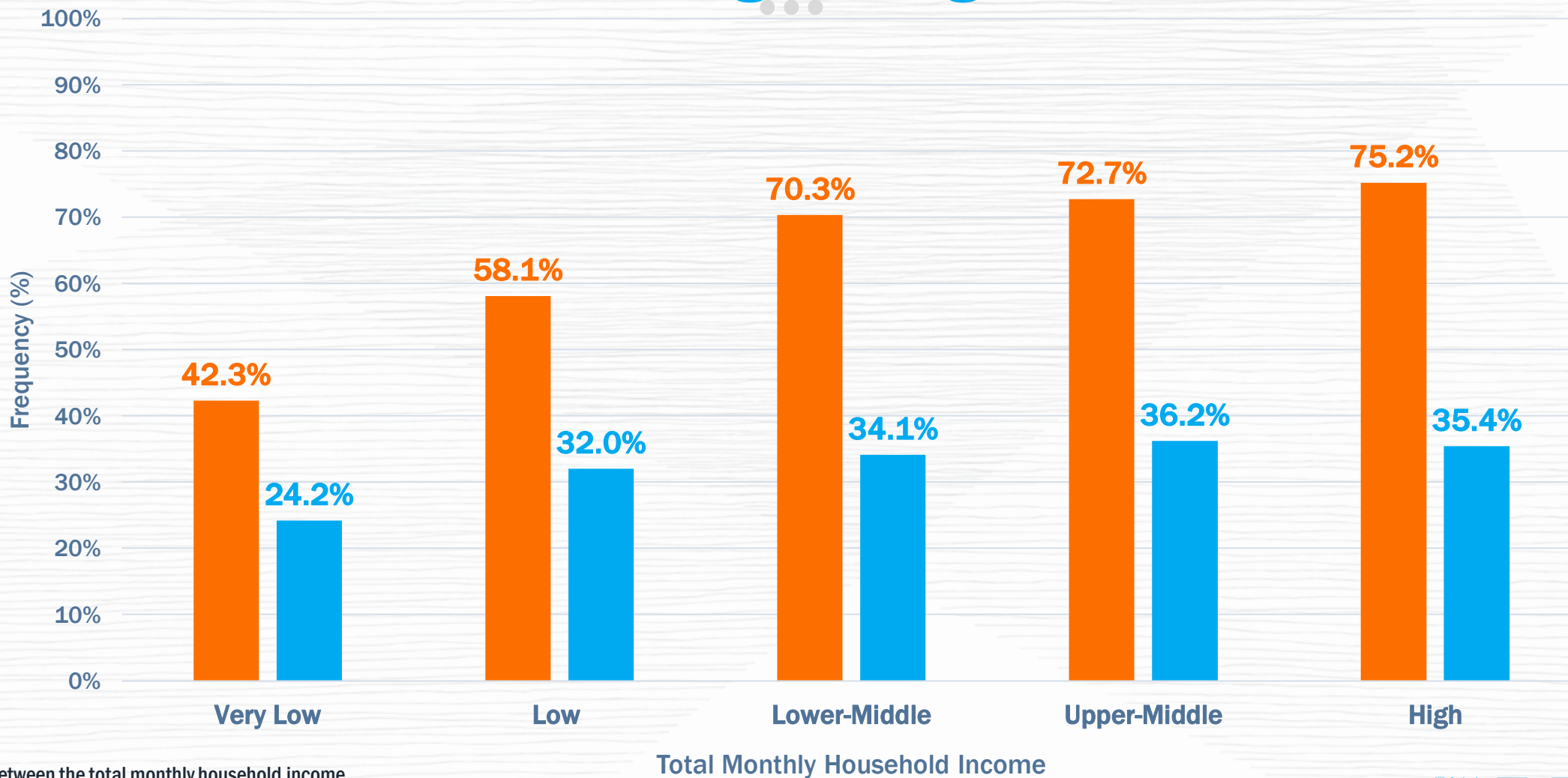
\*\* Over the past 14 days

■ Prevalence of Drinking

■ Heavy Episodic Drinking

# REGIONAL RESULTS

## Income and Drinking during the Pandemic\*

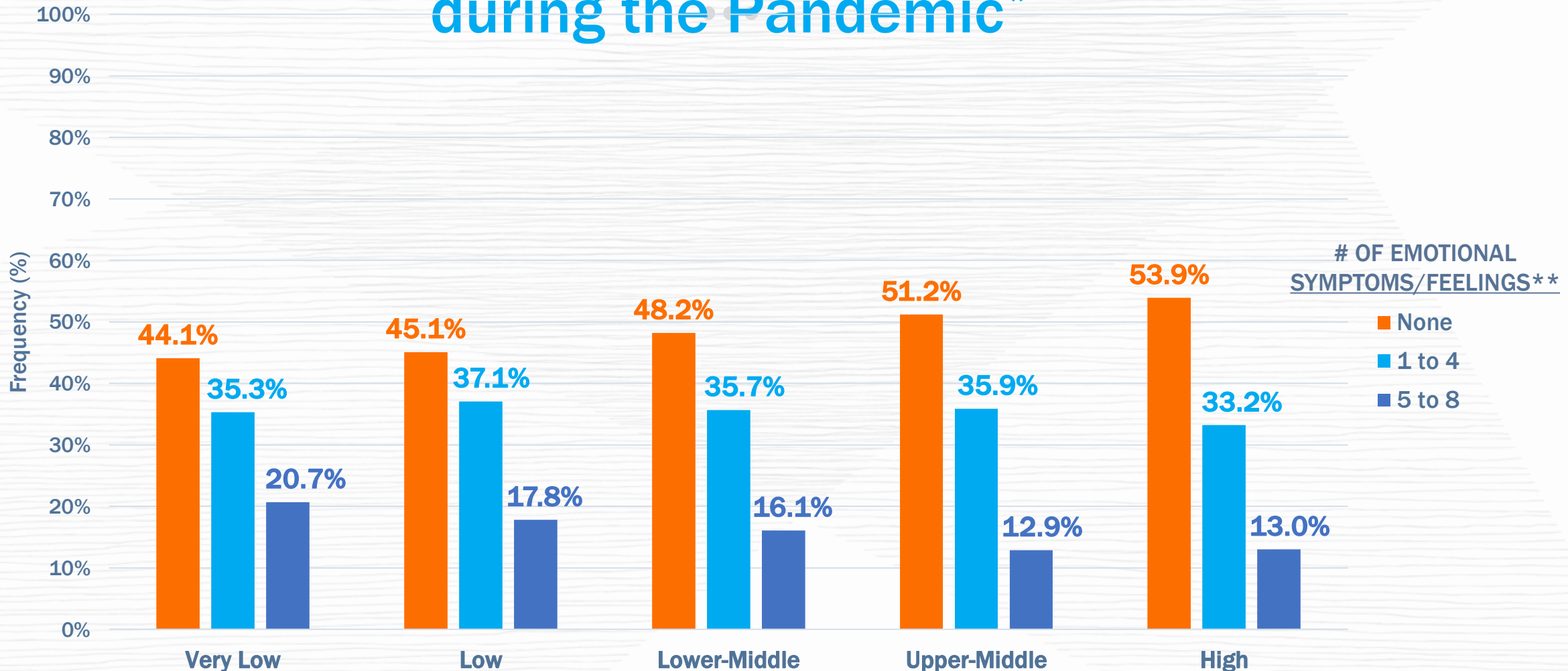


\* Chi-square test between the total monthly household income and (a) prevalence of drinking in 2020;  $P < 0.001$ ; (b) prevalence of HED in 2020;  $P < 0.001$

■ Prevalence of Drinking ■ Heavy Episodic Drinking

# REGIONAL RESULTS

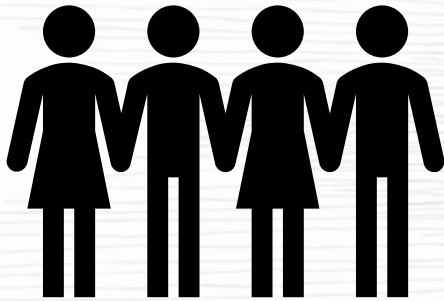
## Income and Number of Emotional Symptoms/Feelings during the Pandemic\*



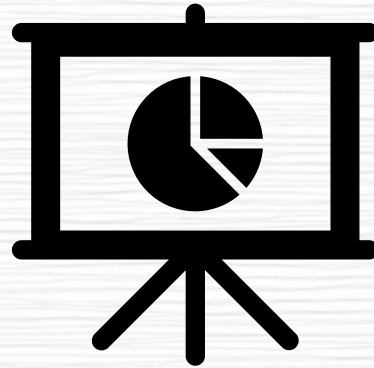
\* Chi-square test between the total monthly household income and number of emotional symptoms/feelings;  $P < 0.001$

\*\* Over the past 14 days

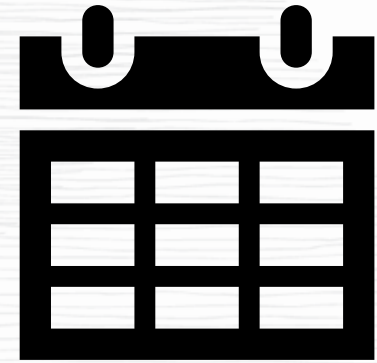
# Limitations



**Small sample size for most countries did not enable for a full analysis of their sample**



**Self-selected respondents and may not represent current situation thus results cannot be generalized**



**Only the first 4 months of the pandemic (March to June)**

PAHO/WHO  
**SUMMARY**

- Despite low participation of Caribbean countries, results still indicate that a third of men reported HED during the pandemic and most respondents drank alcohol
- Drinking was related to higher income and reducing drinking was associated with lower income
- Lower income was associated with more distress
- Negative feelings/anxiety were associated with drinking and with an increase in frequency of HED (data not shown)
- In the Region, during the pandemic, there was a shift towards stronger beverages and increase in illicit alcohol consumption
- Help seeking behavior is very low, before and during the pandemic
- It is of great concern the high prevalence of drinking in the presence of children

# Acknowledgements



- **The regional survey would not have been possible without the contributions of the following individuals:**
  - **Maristela Monteiro, Department of Noncommunicable Diseases and Mental Health (NMH) of the Pan American Health Organization (PAHO)**
  - **Zila M. Sanchez, Department of Preventive Medicine of Universidade Federal de São Paulo (UNIFESP)**
  - **Ivneet Sohi, Pan American Health Organization (PAHO)**
  - **Juliana Valente, Department of Preventive Medicine of Universidade Federal de São Paulo (UNIFESP)**
  - **Rodrigo Garcia-Cerde, Department of Preventive Medicine of Universidade Federal de São Paulo (UNIFESP)**
  - **Rachael Falade, Pan American Health Organization (PAHO)**



THANK  
YOU!