Alcohol use and associated factors among older adults in Northern Thailand

Supa Pengpid, Dr.PH, Univ. of Limpopo
Karl Peltzer, PhD,
Human Sciences Research Council
Penprapa Siviroj, Dr.PH, Chiang Mai Univ.
Alcohol-related global burden of disease

Alcohol-attributable mortality

- 0.35 to 1.00
- 1.00 to 4.00
- 4.00 to 6.00
- 6.00 to 8.00
- 8.00 to 20.00
Alcohol use data of older adults

- Japan: 47% men, 10.1% women
- US: 16% men, 4 % women
- Brazil: 12 %
- Tanzania: men 4.3%, 6% women
- Thailand (2004) 13%
Factors associated with alcohol use in older adults

- higher or lower education and income;
- better health status;
- male sex;
- younger age;
- smoking;
- being divorced, separated, or single,
- self-reported depressive symptoms,
- and religious involvement
Aim

O to assess the prevalence of alcohol use and associated factors in older adults in Northern Thailand.
Methods

- Design: Cross-sectional
- Sample size: N=2273
- Setting: Chiang Mai, Chiang Rai and Phisanulok (in Northern Thailand)
Sampling procedures

- A multistage sampling
- Provinces, districts, sub-districts, villages or town blocks and households
- Probability sampling proportional to size
- Final sampling unit was the household.
Measures

- The individual questionnaire
- Demographic characteristics,
- Prevalence and barriers of alcohol consumption.
- Response rate 97.5%
Men: 40.7%
Women: 59.3%

50-59 years: 59.8%
50-69 years: 23.3%
70 and older: 16.9%
Chiang Rai: 45.8%
Phitsanulok: 36%
Chiang Mai: 18.5%

Outside municipality area: 86.1%
Inside municipality area: 13.9%
Alcohol use

- Life time drinkers: 64%
- Daily drinker: 25.20%
- Drinking and driving: 13.10%
Barriers for alcohol use

- Health and religious: 57.6
- Financial: 56.1
- Moral: 38.6
- Far form shops: 6.6
Barrier for alcohol use for daily drinkers

![Graph showing barrier scores for financial, general, and moral aspects]

- Financial: 34.8
- General: 30.8
- Moral: 20.2
Factors: Daily alcohol use

- Male (Odds Ratio (OR)=1.94, CI= 1.31-2.88),
- Lower education (OR=0.50, CI=0.26-0.95),
- Personal income (OR=1.84, CI=1.16-2.91)
- Lack of moral barriers (OR=0.60, CI=0.45-0.78)
- but not age
Factors: Drinking and driving

- being male (OR=3.41, CI=1.94-5.99),
- personal income (OR=2.35, CI=1.28-4.33)
- physical barriers (OR=1.94, CI=1.14-3.30)
Conclusion

- High rates of alcohol consumption among men and women aged 50 years and older in Northern Thailand that puts them at risk of morbidity.
- Exposure to financial strain and moral barriers place some groups of older adults at decreased risk for unhealthy drinking.
Thank you!