

Newly at risk? Using Health Survey for England data to retrospectively explore the characteristics of newly defined at-risk drinkers following the change to the UK low risk drinking guidelines

PHILIPPA CASE

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BACKGROUND

- Why focus on alcohol?
- Alcohol guidelines



BACKGROUND

- What has changed?



- So what?

RESEARCH OBJECTIVES

- To establish the number of additional males in England who have been drinking at increasing risk levels over the past 5 years according to the new low risk drinking guidelines.

How many men are affected?

- To establish whether this group of newly defined increasing risk male drinkers are distinct from those men who were
 - previously defined lower risk drinkers, and
 - previously defined increasing or higher risk drinkers.

What kind of men are affected and can we target these men specifically?

METHODS

Health Survey for England (HSE):

- Annual, nationally representative, cross-sectional survey using a clustered, stratified multi-stage sampling design to select a random sample of private households in England.

METHODS

Measures:

Average weekly alcohol consumption, regrouped:

- non-drinkers (0 units/wk)
- lower risk drinkers (≤ 14 units/wk)
- newly defined increasing risk drinkers (>14 to ≤ 21 units/wk)
- increasing/higher risk drinkers (>21 units/wk)
- age; socioeconomic classification; marital status; geographical region; ethnicity; smoking status, physical health.

METHODS

Sample:

- Obj 1: All men aged 16+ (including non-drinkers) excluding men with missing data from HSE 2011 - 2015. (Annual n=3487-3790)
- Obj 2: All male drinkers aged 16+ excluding men with missing data from HSE 2015. (n=2982)

Statistical analyses:

- Obj 1: Annual population prevalence estimates for newly defined increasing risk male drinkers (>14 to ≤21 units p/wk) were calculated.
- Obj 2: Multinomial logistic regression used to assess which risk factors were significantly associated with men being newly defined increasing risk drinkers.

RESULTS

Obj 1: Number of additional males in England who have been drinking at increasing risk levels over the past 5 years according to the new low risk drinking guidelines

Year	Population prevalence estimate	% male population
2011	2,322,896	11.2
2012	2,261,788	10.8
2013	2,256,825	10.6
2014	2,182,401	10.2
2015	2,365,984	11.0

RESULTS

Obj 2: To establish whether this group of newly defined increasing risk male drinkers are distinct from lower risk drinkers and increasing or higher risk drinkers

Percentage of men per alcohol risk group using 2015 data (N=2982)

Risk Group	Percentage of men
Lower risk	63
Newly defined increasing risk	13
Increasing / higher risk	24

RESULTS

Obj 2: To establish whether this group of newly defined increasing risk male drinkers are distinct from lower risk drinkers and increasing or higher risk drinkers

	Lower risk (≤14 units per week) ^a RRR (95% CI)
Age 16+ in 10-year age bands	
16-24	1.00 (reference category)
55-64	0.43 (0.21-0.87)
NS SEC	
Routine and Manual	1.00 (reference category)
Managerial and Professional	0.61 (0.45-0.83)
Government Office Regions	
South East	1.00 (reference category)
North East	0.47 (0.29-0.77)
North West	0.56 (0.38-0.82)
West Midlands	0.52 (0.32-0.83)
South West	0.57 (0.36-0.91)
Cigarette Smoking Status	
Never Smoked	1.00 (reference category)
Ex-Regular Smoker	0.62 (0.46-0.83)
Current Cigarette Smoker	0.56 (0.39-0.81)

^a Outcome reference category was newly defined increasing risk (14-21 unit/week)

RESULTS

Obj 2: To establish whether this group of newly defined increasing risk male drinkers are distinct from lower risk drinkers and increasing or higher risk drinkers

Compared to newly defined increasing risk drinkers, increasing/higher risk drinkers are significantly more likely to be ex-regular smokers compared to never smokers (RR 1.42, CI 1.01-1.99)

^a Outcome reference category was newly defined increasing risk (14-21 unit/week)

CONCLUSIONS

How many men affected?

- Over 2 million men each year
- 10% to 11% of the male population of England

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CONCLUSIONS

What kind of men are affected?

- Compared to **lower risk drinkers**, **newly defined increasing risk drinkers** more likely to be:
 - Aged **55 - 64**
 - Working in professional or managerial occupations
 - Ex-regular or current cigarette smokers
 - Living in the North East, North West, West Midlands or South West

Newly defined increasing risk drinkers broadly similar to **increasing / higher risk drinkers** – specific targeting not possible



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THANK YOU

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- Health and Social Surveys Research Group

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