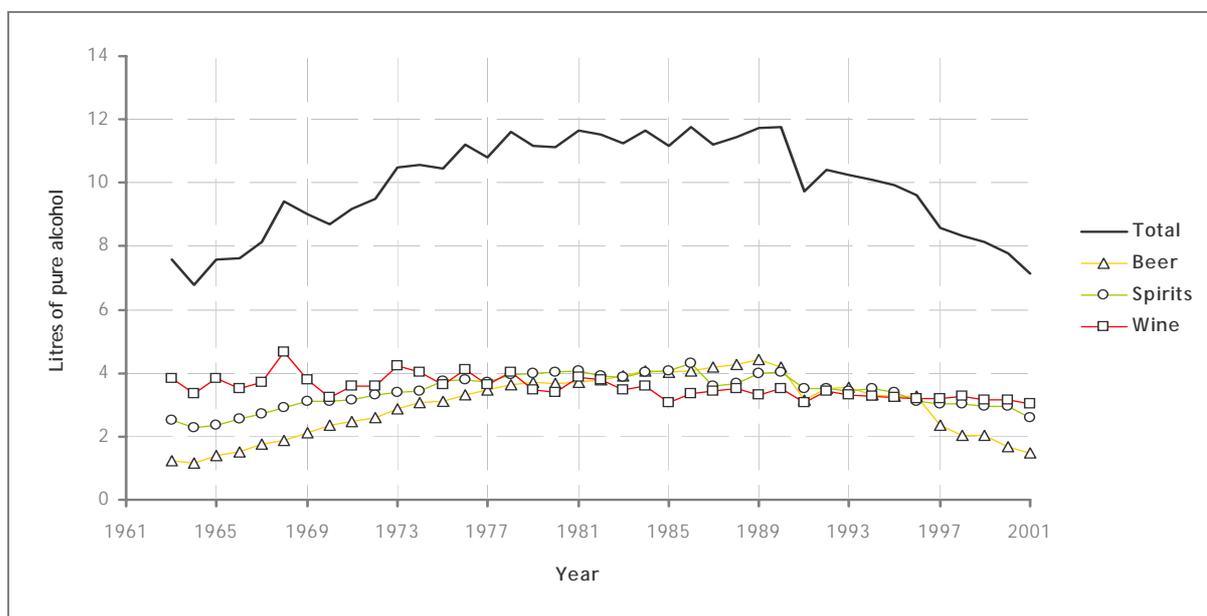


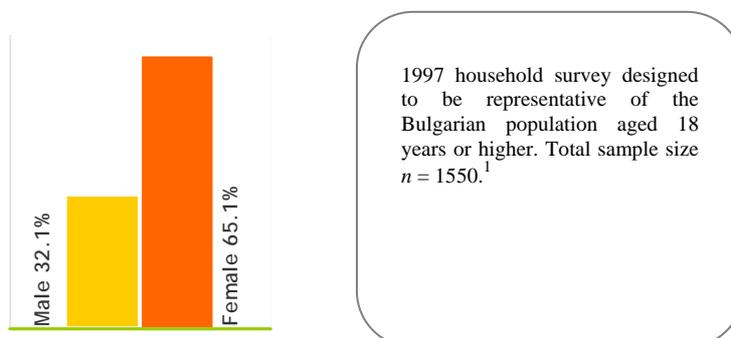
BULGARIA

Recorded adult per capita consumption (age 15+)



Sources: FAO (Food and Agriculture Organization of the United Nations), World Drink Trends 2003

Last year abstainers

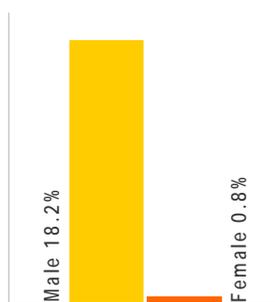


Data from the 1994 Sofia Heart Study found that spirits (*rakia*) accounted for around 50% of alcohol consumed, beer for around 30%, and wine for around 20%. Men reported an average of less than three drinking days per week and an average consumption of 65 g alcohol on these days; 17% of men reported excess alcohol consumption of 40 g/day and 12% of 60 g/day. The percentages and thresholds for excess alcohol consumption in women were 5% (20 g/day) and 2% (40 g/day). In relation to the increased risk of ischaemic heart disease from non-drinking causes, 30% of men and 67% of women aged over 45 reported themselves as non-drinkers.²

Data from a nationwide nutrition survey conducted in 1998 found that 54.1% of working adult males and 32.1% of working adult females were alcohol consumers. The corresponding figures for the unemployed were 36.4% for males and 14.1% for females. The mean average daily intake of alcohol (in grams) for working adult males and females (among drinkers only) were 44.8 (males) and 21.6 (females), respectively.³

Estimates from key alcohol experts show that the proportion of adult males and females who had been abstaining (last year before the survey) was 12% (males) and 36% (females). Data is for after year 1995.⁴

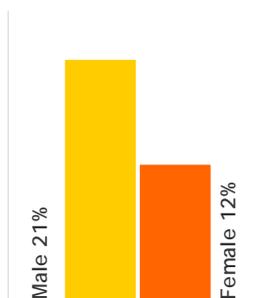
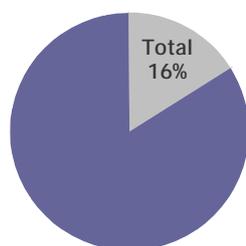
Heavy drinkers



1997 household survey designed to be representative of the Bulgarian population aged 18 years or higher. Total sample size $n = 1550$. Heavy drinking was defined as consumption of 560 g of ethanol a week or more, equating to 80 g a day or more.¹

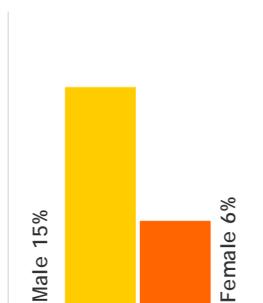
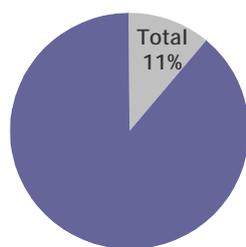
The same survey also found that of those men reporting that they drink on several days per week, 7% report regularly drinking the equivalent of 160 g of alcohol per drinking occasion.¹

Youth drinking (alcohol consumers)



Data from the 1999 European School Survey Project on Alcohol and Drugs (ESPAD) survey. Total sample size $n = 5391$, males $n = 2434$ and females $n = 2957$; age group 15 to 16 years. Alcohol consumer was defined as lifetime use of 40 times or more.⁵

Youth drinking (binge drinkers)



Data from the 1999 ESPAD survey. Total sample size $n = 5391$, males $n = 2434$ and females $n = 2957$; age group 15 to 16 years. Binge drinking was defined as consuming five or more drinks in a row three times or more in the last 30 days.⁵

Youth drinking (drunkenness)

In the 1999 ESPAD study of subjects 15 to 16 years old (total sample size $n = 5391$; males $n = 2434$ and females $n = 2957$) the proportion of subjects who reported being drunk three times or more in the last 30 days was 8% (total), 12% (males) and 4% (females).⁵

Traditional alcoholic beverages

Traditional alcoholic drinks are *rakiya* (a fruit brandy, often plum) and *boza* (a type of beer made with grain, usually millet).

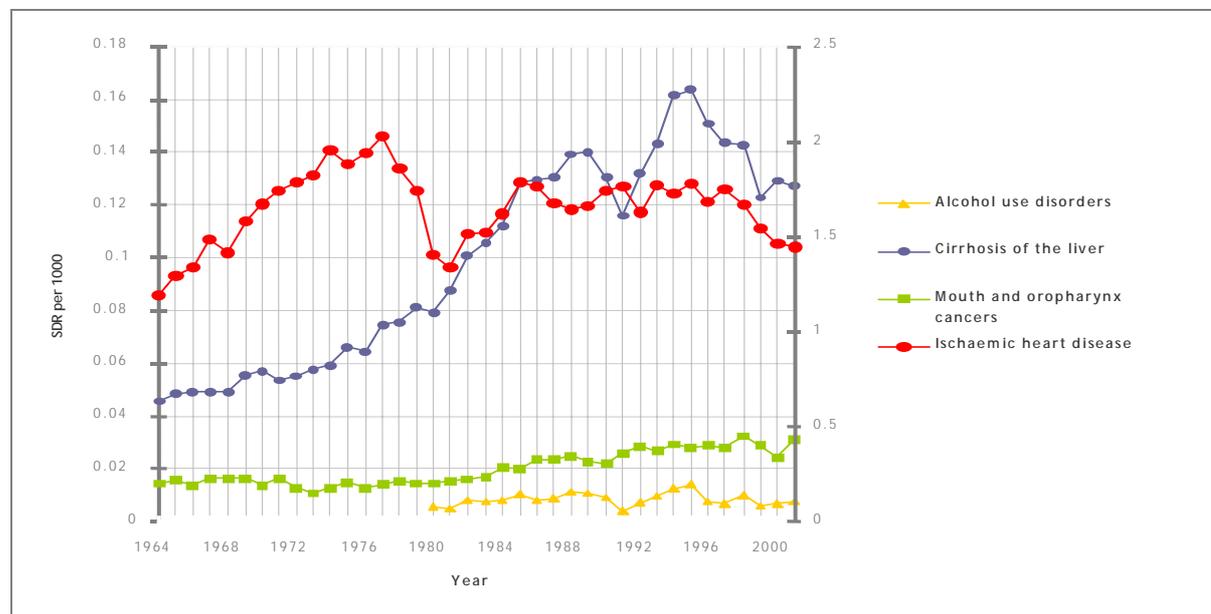
Unrecorded alcohol consumption

The unrecorded alcohol consumption in Bulgaria is estimated to be 3.0 litres pure alcohol per capita for population older than 15 for the years after 1995 (estimated by a group of key alcohol experts).⁴

Mortality rates from selected death causes where alcohol is one of the underlying risk factors

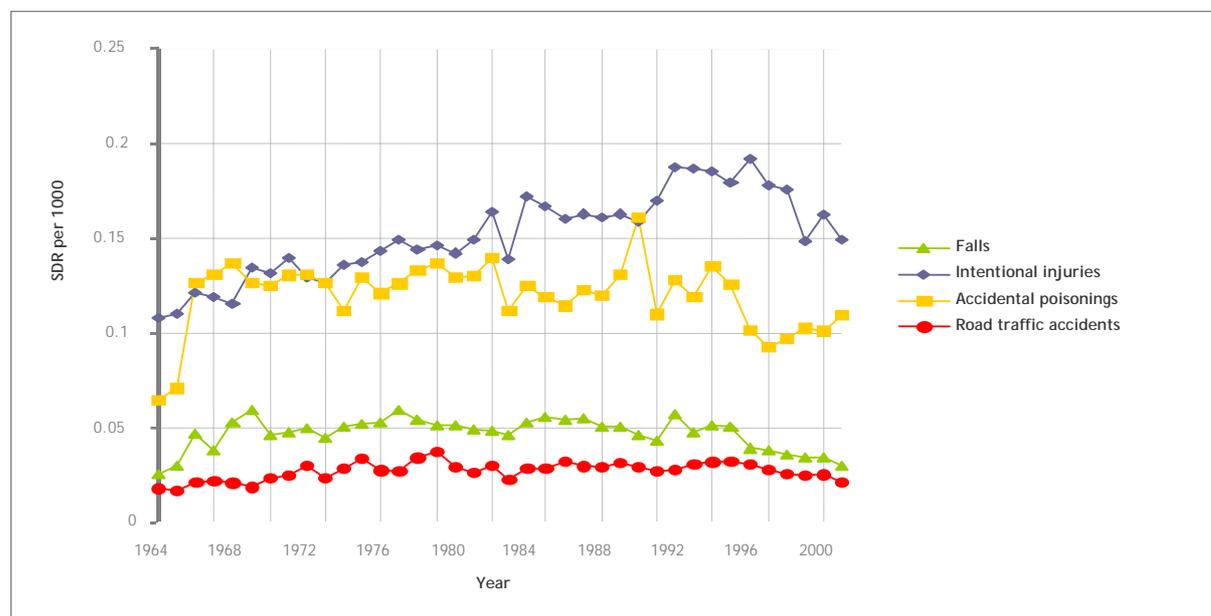
The data represent all the deaths occurring in a country irrespective of whether alcohol was a direct or indirect contributor.

Chronic mortality



Note: Chronic mortality time-series measured on two axes, ischaemic heart disease on right axis and the other causes on the left.

Acute mortality



Source: WHO Mortality Database

Morbidity, health and social problems from alcohol use

Male death rates from cirrhosis in Bulgaria have more than trebled in a period of 25 years. Although alcohol is only one of the factors accounting for the high level of premature mortality of the Bulgarian population, it seems likely that it is an important one, and one that is amendable to a concerted policy response.¹

There is a growing concern regarding the large-scale alcohol abuse seen among children and youngsters in Bulgaria. There have been growing reports of children seeking medical aid for alcohol poisoning. Equally disturbing is the fact that these children, even at such a young age, are already showing signs of potentially being dependent on alcohol. A 1995 sociological survey carried out among 2800 secondary school students found that 8% used spirits frequently.⁶

The rate of alcoholic psychosis incidence per 100 000 population was 0.18 in 2001 and 0.27 in 2002.⁷

The SDR per 100 000 population for chronic liver disease and cirrhosis was 16.16 in 2001 and 15.04 in 2002.⁷

The number of alcohol-related road traffic accidents per 100 000 population was 5.78 in 2000 and 5.42 in 2001.⁷

Country background information

Total population 2003	7 897 000	Life expectancy at birth (2002)	Male	68.8
Adult (15+)	6 791 420		Female	75.6
% under 15	14	Probability of dying under age 5 per 1000 (2002)	Male	17
Population distribution 2001 (%)			Female	15
Urban	67	Gross National Income per capita 2002	US\$	1790
Rural	33			

Sources: Population and Statistics Division of the United Nations Secretariat, World Bank World Development Indicators database, The World Health Report 2004

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