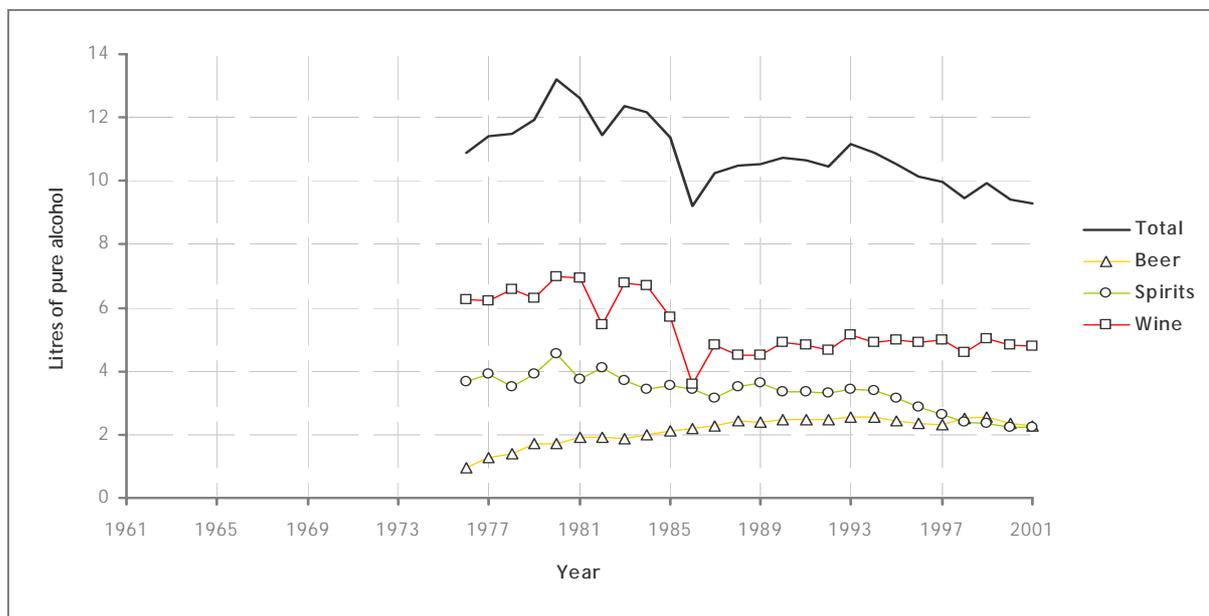


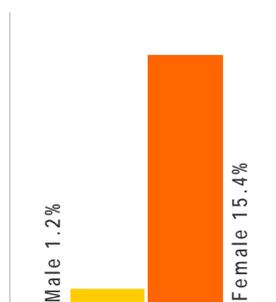
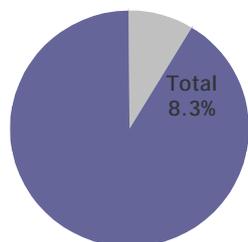
# GREECE

## Recorded adult per capita consumption (age 15+)



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

## Last year abstainers

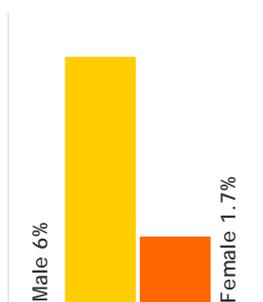
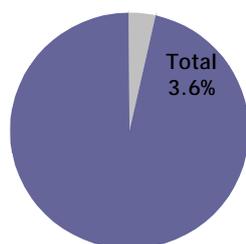


Estimates from key alcohol experts showing proportion of adult males and females who had been abstaining (last year before the survey). Data is for after year 1995.<sup>1</sup>

In a 1998 national survey (1806 males and 1938 females; aged 12–64 years), 28.5% of males and 6.5% of females reported drinking alcohol twenty or more times a month.<sup>2</sup>

In a study of 14 367 Greeks aged 20 to 63 years (approximately 60% were female), it was found that in all age groups, the percentage of female abstainers was higher than that of male abstainers. For both males and females, the proportion of abstainers increased with age, whereas the proportion of excessive drinkers (more than two standard glasses a day for women and more than three standard glasses a day for men) decreased. Participants with a low educational level, those who were widowed, or residing outside the Greater Athens area were more likely to abstain than their respective counterparts. In contrast, separated or divorced males and females were more likely to be drinking excessively than their married counterparts.<sup>3</sup>

## Heavy drinkers

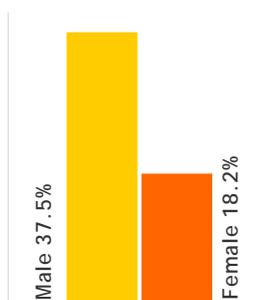
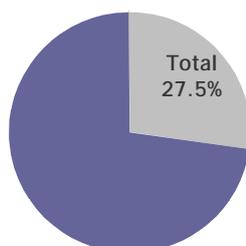


1984 national survey of subjects aged between 25 and 44 years old (males  $n = 452$  and females  $n = 571$ ). Heavy drinking was defined as consuming more than 201 g of ethanol per week.<sup>4</sup>

## Heavy episodic drinking

According to a national survey conducted in 2003 (total sample size  $n = 1001$ ; aged 15 years and over), the average number of times that respondents had consumed the equivalent of one bottle of wine, five pints/bottles of beer or five measures of spirits on one drinking occasion was 0.86.<sup>5</sup>

## Youth drinking (drink at least weekly)



HBSC survey 2001/2002. Data shows proportion of 15-year-olds who report drinking beer, wine or spirits at least weekly. Total sample size  $n = 1324$ .<sup>6</sup>

According to the 1997/1998 HBSC survey (total sample size  $n = 1322$ ), 52% of 15-year-old boys and 31% of 15-year-old girls reported drinking beer, wine or spirits at least weekly.<sup>7</sup>

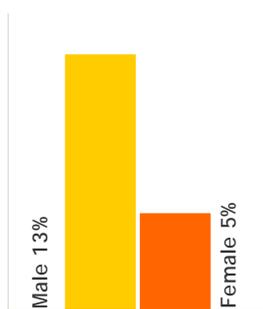
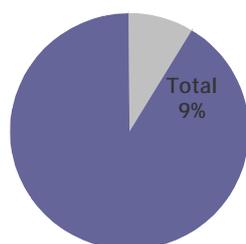
According to a 1998 national survey (original sample size  $n = 3759$ ; age group 18–64 years), it was found that for the subsample age group 12–17 years old, 9.4% had consumed alcoholic beverages at least 10 times during the last month and 2.9% had consumed alcoholic beverages more than 20 times in the last month.<sup>2</sup>

A 1998 survey of Greek adolescent students (total sample size  $n = 8557$ ; aged 13–18 years old) showed that current alcohol consumption (in the month prior to the survey) was reported by 74% of the students (78.3% of boys and 70% of girls). The breakdown for last month consumption by age groups were as follows: 13–14 years old (61.5%), 15–16 years old (73.6%) and 17–18 years old (82.7%). The survey also found that 15.8% of boys and 8.6% of girls reported frequent use of alcohol in the last month (10+ times). The breakdown by age groups were as follows: 13–14 years old (6.4%), 15–16 years old (10.6%) and 17–18 years old (17.9%). Beer was the most popular type of alcohol consumed by students, the majority of them (62.8%) reporting its consumption a few times a month or more frequently, while next in preference were cocktail drinks and wine. Frequent alcohol consumption was most prevalent in semi-urban areas (14.3%) and least prevalent in Athens (10.8%).<sup>8</sup>

A self-administered questionnaire on smoking and alcohol consumption was distributed to third-year medical students in the University of Crete School of Medicine for twelve consecutive years (1989–2000). A total of 849 students (462 males and 387 females) participated in the survey. The study found that 77.2% of males and 58% of females reported consuming alcohol on a regular basis. 5.2% of males and 3.6% of females reported heavy drinking. Heavy drinking was defined as consumption of more than 280 g alcohol per week for males and more than 140 g per week for females.<sup>9</sup>

According to the 1999 ESPAD survey (total sample size  $n = 2259$ , males  $n = 837$  and females  $n = 1422$ ; age group 15 to 16 years), the rate of alcohol consumers was 42% (total), 54% (males) and 33% (females). Alcohol consumer was defined as lifetime use of 40 times or more.<sup>10</sup>

### Youth drinking (binge drinkers)



Data from the 1999 ESPAD survey. Total sample size  $n = 2259$ , males  $n = 837$  and females  $n = 1422$ ; 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.<sup>10</sup>

### Youth drinking (drunkenness)

According to the 2001/2002 HBSC survey (total sample size  $n = 1324$ ), the proportion of 15-year-olds who reported ever having been drunk two or more times was 23.4% for boys and 16.9% for girls.<sup>6</sup>

In the 1999 ESPAD study of subjects 15 to 16 years old (total sample size  $n = 2259$ ; males  $n = 837$  and females  $n = 1422$ ) the proportion of subjects who reported being drunk three times or more in the last 30 days was 3% (total), 4% (males) and 3% (females).<sup>10</sup>

### Alcohol dependence among male prisoners

A recent study of 80 randomly selected convicted and remanded male prisoners in a prison in northern Greece found that 16.3% were abusing alcohol and 26.3% were dependent on alcohol (using the Mini International Neuropsychiatric Interview).<sup>11</sup>

### Traditional alcoholic beverages

*Ouzo* is a Greek anise-flavoured liqueur that is widely consumed. The history of *ouzo* is somewhat murky, but some claim it may date back in one form or another to ancient times. Its precursor is *raki*, a drink distilled throughout the Byzantine and later Ottoman Empires, often in those days of quality approaching moonshine (similar liqueurs in Turkey and many Arab countries still go by that name).<sup>12</sup>

In many areas, individuals or small-time local producers make *tsipouro*, which is essentially a homemade small-batch variant of *ouzo*.<sup>12</sup>

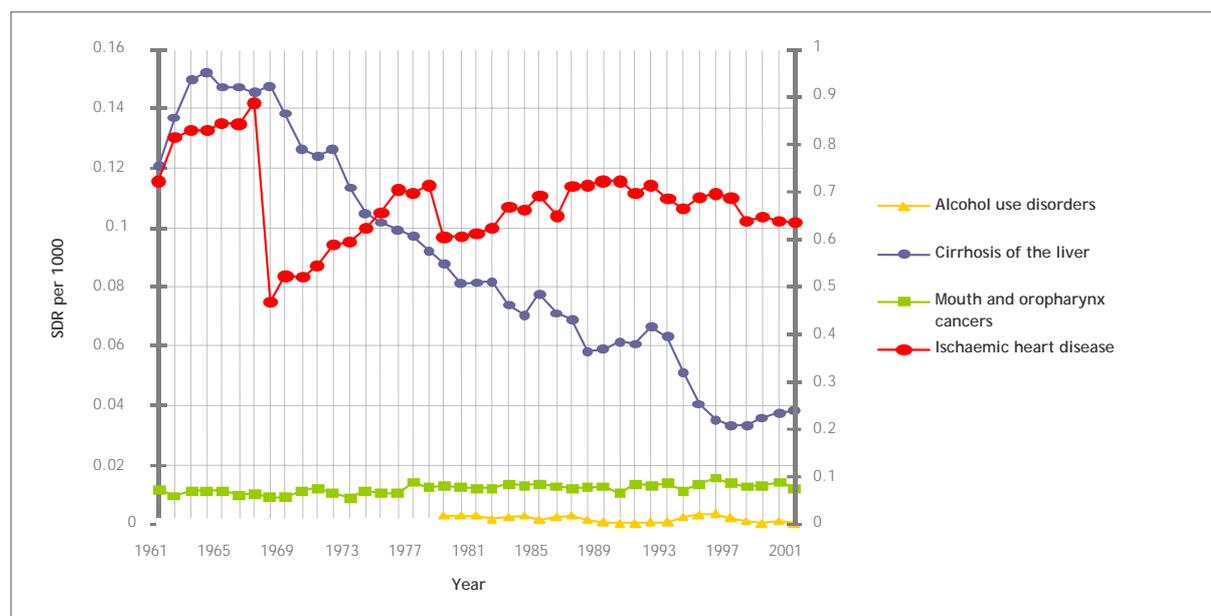
### Unrecorded alcohol consumption

The unrecorded alcohol consumption in Greece is estimated to be 2.0 litres pure alcohol per capita for population older than 15 for the years after 1995 (estimated by a group of key alcohol experts).<sup>1</sup>

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

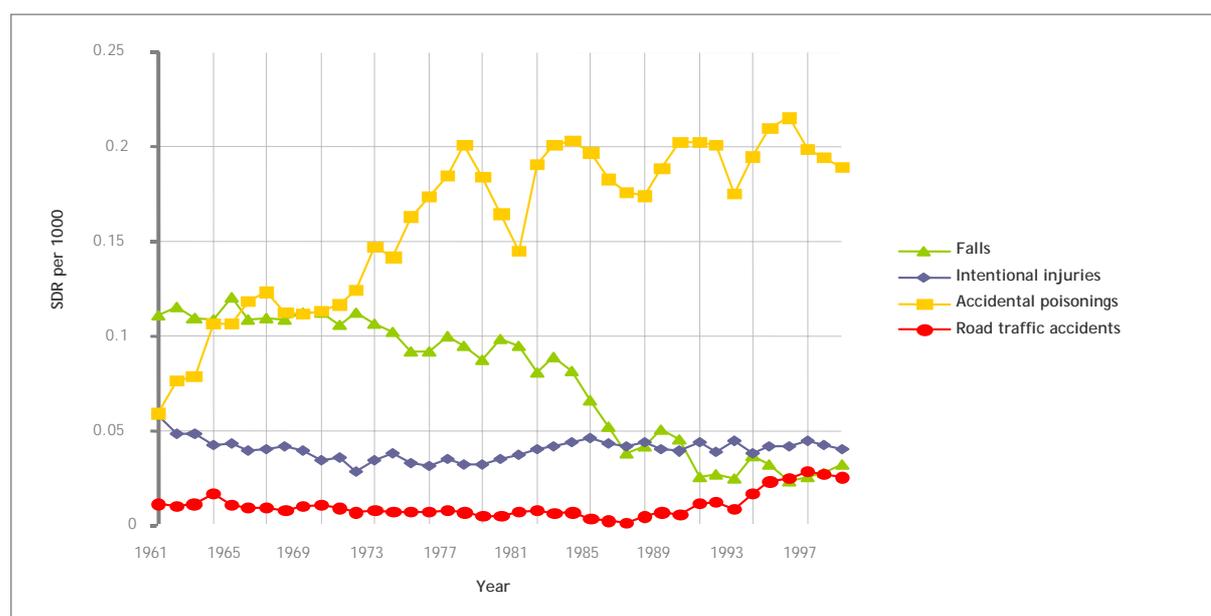
The data represent all the deaths occurring in a country irrespective of whether alcohol was a direct or indirect contributor.

## 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

In a study looking at injuries from motor vehicle crashes admitted to a hospital in Athens, it was confirmed that alcohol intake significantly and sharply increases the risk of a road traffic accident. The study also estimated that about 10% of road traffic injuries in Athens can be attributed to alcohol intake. Thus, the study concluded that alcohol intake is an important cause of road traffic injuries, even in the context of the Mediterranean culture in which alcohol is taken mainly in the form of wine during meals.<sup>13</sup>

A significant percentage (41%) of the drivers that were involved in traffic accidents during the years 1995 to 1997 in Greece had consumed some alcoholic beverage shortly before the accident. Blood alcohol concentration (BAC) was higher than 80 mg/dl in 33% of the drivers. The number of pedestrians that died in a traffic accident

during the years 1995 to 1997 is relatively small ( $n = 89$ ). Alcohol was detected in the blood of 19% of the victims.<sup>14</sup>

A study of 241 young Greek drivers (aged 18 to 24 years) found that the young drivers whose dominant lifestyle trait was alcohol consumption had a higher risk of being involved in a road traffic accident.<sup>15</sup>

The rate of alcoholic psychosis incidence per 100 000 population was 16.05 in 1998 and 16.20 in 1999.<sup>16</sup>

The SDR per 100 000 population for chronic liver disease and cirrhosis was 4.41 in 1998 and 4.73 in 1999.<sup>16</sup>

The number of alcohol-related road traffic accidents per 100 000 population was 216.07 in 2000 and 185.52 in 2001.<sup>16</sup>

### Country background information

<b>Total population 2003</b>	10 976 000	<b>Life expectancy at birth (2002)</b>	Male	75.8
Adult (15+)	9 329 600		Female	81.1
% under 15	15	<b>Probability of dying under age 5 per 1000 (2002)</b>	Male	7
<b>Population distribution 2001 (%)</b>			Female	5
Urban	60	<b>Gross National Income per capita 2002</b>	US\$	11 660
Rural	40			

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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