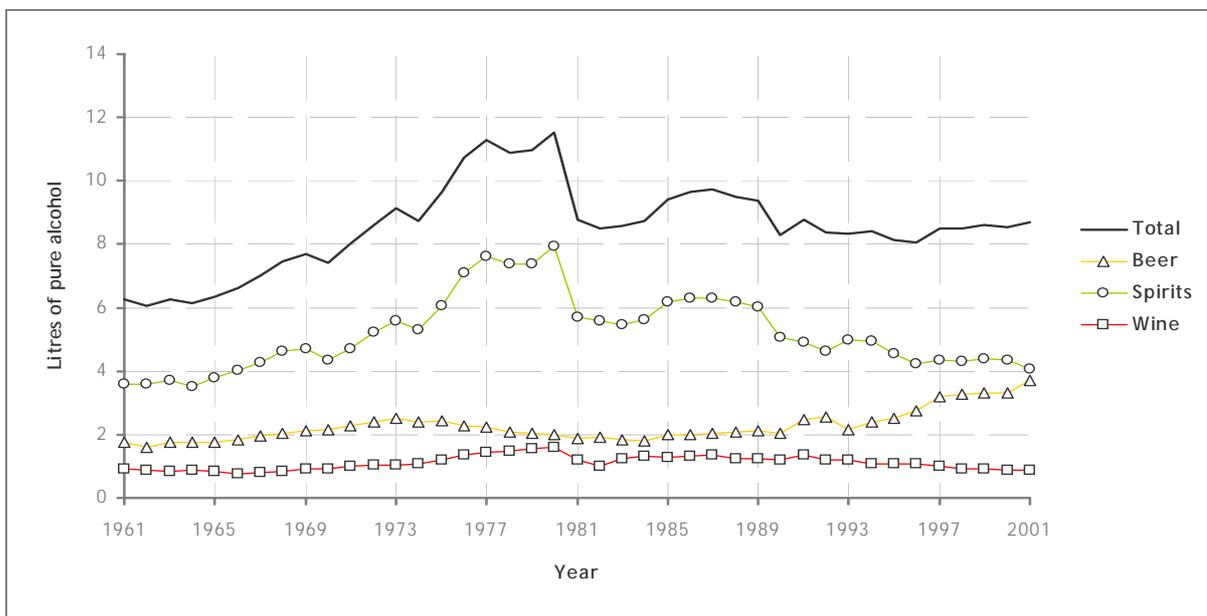


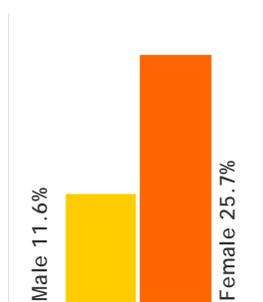
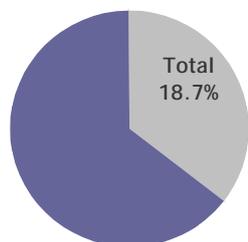
# POLAND

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



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

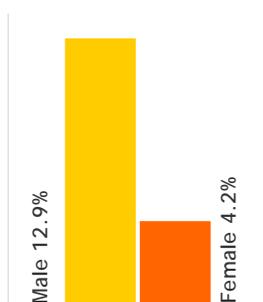
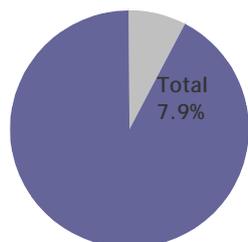
## Last year abstainers



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>

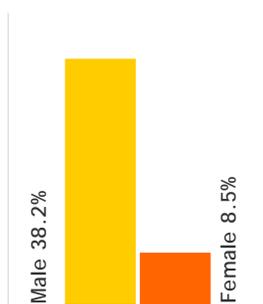
In a 1998–1999 survey of 4373 adults (aged between 18 and 80 years) in twenty primary care clinics, the abstainer rate was found to be 35.5% (total), 18.7% (males) and 47.7% (females). Definition of an abstainer was someone having less than one drink per month.<sup>2</sup>

## Problem drinkers (90-day prevalence)



1998–1999 survey of 4373 adults (aged between 18 and 80 years) in twenty primary care clinics seeking routine care. Problem drinking was defined as consumption of 22–35 drinks per week and/or two positive CAGE responses.<sup>2</sup>

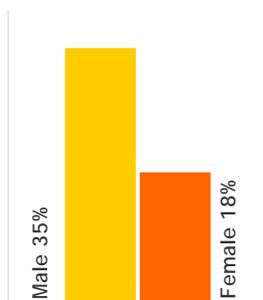
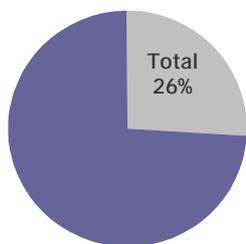
Binge drinkers (90-day prevalence)



1998–1999 survey of 4373 adults (aged between 18 and 80 years) in twenty primary care clinics seeking routine care. Data shows prevalence of binge drinking in the past three months. Binge drinking was defined as having six or more drinks on one occasion in the past three months.<sup>2</sup>

The study also found that significantly more men than women reported more than five binge episodes during the past three months (11.3% versus 1.9%).<sup>2</sup>

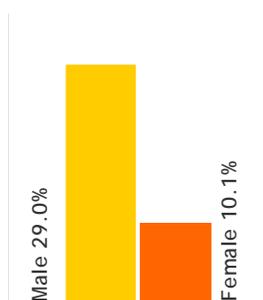
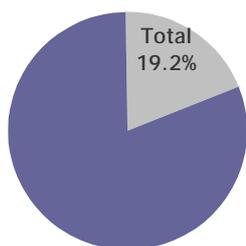
Youth drinking (alcohol consumers)



Data from the 1999 ESPAD survey. Subjects aged between 15 to 16 years old. Alcohol consumer was defined as lifetime use of 40 times or more.<sup>3</sup>

A study conducted among 1585 students from eight universities in Gdansk (664 men and 921 women; aged between 17 and 48 years) found that alcohol was consumed by 91.6% of students (91.7% of men and 91.5% of women). Both men and women preferred beer, respectively, 73.7% and 50.6%.<sup>4</sup>

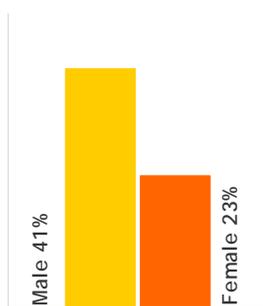
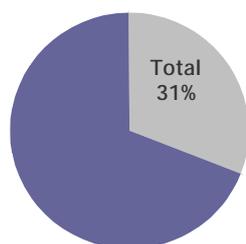
Youth drinking (drink at least weekly)



HBSC survey 2001/2002. Data shows proportion of 15-year-olds who report drinking beer, wine or spirits at least weekly. Total sample size  $n = 2152$ .<sup>5</sup>

According to the 1997/1998 HBSC survey (total sample size  $n = 1636$ ), 20% of 15-year-old boys and 8% of 15-year-old girls reported drinking beer, wine or spirits at least weekly.<sup>6</sup>

### Youth drinking (binge drinkers)



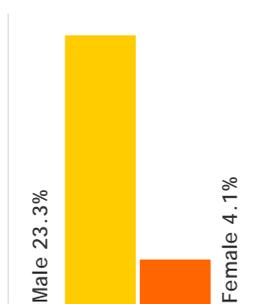
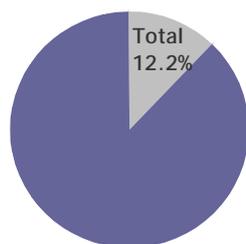
Data from the 1999 ESPAD survey. Subjects aged between 15 to 16 years old. Binge drinking was defined as consuming five or more drinks in a row three times or more in the last 30 days.<sup>3</sup>

### Youth drinking (drunkenness)

According to the 2001/2002 HBSC survey (total sample size  $n = 2152$ ), the proportion of 15-year-olds who reported ever having been drunk two or more times was 40% for boys and 22.7% for girls.<sup>5</sup>

In the 1999 ESPAD study of subjects 15 to 16 years old the proportion of subjects who reported being drunk three times or more in the last 30 days was 10% (total), 14% (males) and 6% (females).<sup>3</sup>

### Alcohol dependence



1998–1999 survey of 4373 adults (aged between 18 and 80 years) in twenty primary care clinics seeking routine care. Definition used: three or more positive CAGE responses and/or five or more drinks per day.<sup>2</sup>

In Poland's population of 38 million, estimates indicate that nearly 1 million people are dependent on alcohol and an additional 3 million abuse alcohol. About 30% of all psychiatric patients are dependent on alcohol.<sup>7</sup>

### Traditional alcoholic beverages

There is extensive smuggling and production of *bimber*, a non-registered homemade liquor.<sup>2</sup>

### Unrecorded alcohol consumption

The unrecorded alcohol consumption in Poland 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).<sup>1</sup>

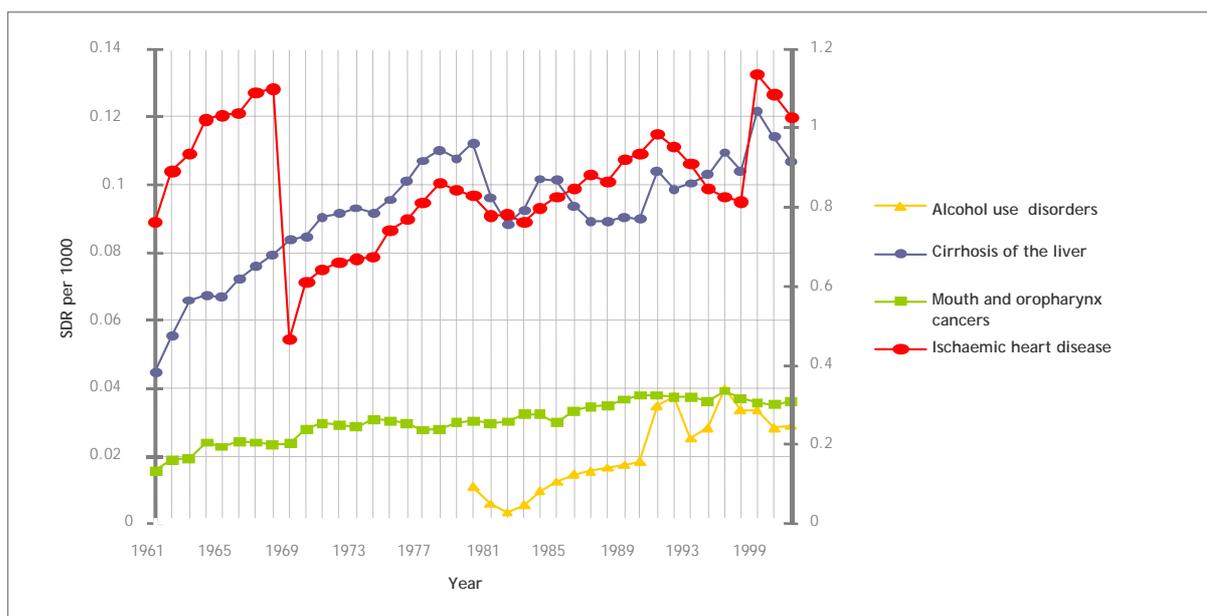
Between 1990 and 1998, the annual per capita consumption of pure alcohol increased from 6.24 to 6.81 litres. A report from the State Agency for the Prevention of Alcohol-Related Problems estimated consumption to be higher at 10–11 litres per person when consumption of *bimber* was included.<sup>2</sup>

Unrecorded alcohol consumption increased most particularly in 1990 and 1991 when it was estimated at 4 litres of absolute alcohol per capita, which corresponded to two thirds of the recorded consumption. According to this estimate, the overall alcohol intake per capita in Poland reached 10–11 litres.<sup>8</sup>

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

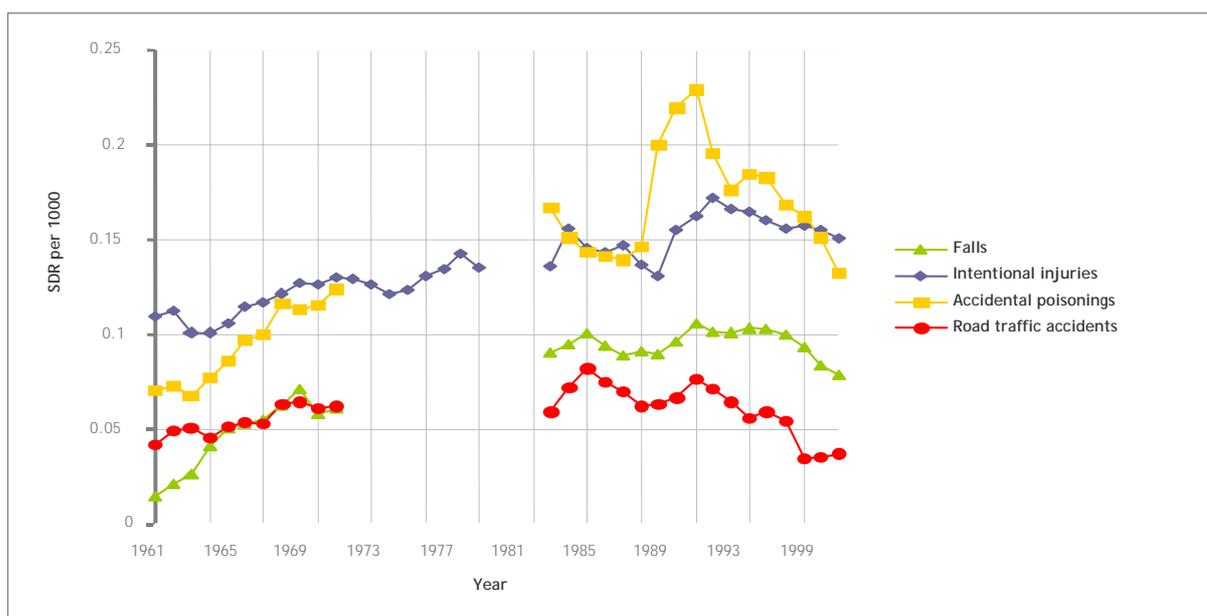
The data represent all the deaths occurring in a country irrespective of whether alcohol was a direct or indirect contributor.

## 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

A recent study looked at a probability sample of 734 emergency service patients who were breathalyzed and interviewed in a large public hospital in Warsaw, Poland. The results showed that 2.5% of the sample were breathalyzer positive; all were male and injured. Injured males were significantly more likely to report heavy problem drinking than non-injured males. Among injured males who reported drinking prior to the event, close to 50% reported feeling drunk, and over 75% attributed a causal association of their drinking with injury.<sup>9</sup>

In a study that analysed 1997–1999 data received from Polish poison units, it was found that poisonings with alcohols accounted for 17.6% of all poisoning cases. In 1997–1999, there were 49 deaths recorded after intake of alcohol (including 16 after intake of methanol and 33 after intake of ethanol).<sup>10</sup>

A significant increase in the number of ethanol-related hospitalizations was noted at the Department of Clinical Toxicology (from 1381 patients in 1997 up to 1771 in 2000) and at the Detoxification Ward (from 369 patients in 1997 to 849 patients in 2000) of the Babinski Hospital in Krakow. There has also been a significant increase in the number of ethanol dependent patients admitted to the Department of Clinical Toxicology because of acute ethanol intoxication, ethanol withdrawal syndrome and delirium tremens.<sup>11</sup>

In a study that analysed 220 cases of completed suicide committed in Krakow and its environs in the year 2000 (177 males and 43 females ranging in age from 13 to 89 years), alcohol addiction was found in a significant number of cases. In 37% of cases, the level of alcohol in the blood was between 0.5 and 3 or more g/L.<sup>12</sup>

Approximately 30 000 male deaths per year are considered to be alcohol-related. Almost 80% of all cirrhosis-related deaths in men are associated with alcohol abuse. In 1997, alcohol-related accidents resulted in more than 1500 deaths. 1997 statistics also indicate an increase in the number of crimes committed by intoxicated persons. For example, alcohol-related domestic violence was up 16% and the frequency of driving while legally intoxicated increased by 10%. An estimated 3 000 000 family members of persons suffering from an alcohol use disorder are affected in multiple psychological, social, somatic and financial ways.<sup>13</sup>

In a survey conducted in 2000 among 9446 students from eight major academic centres in Poland, negative events linked with the use of alcohol was discovered. 40% of students (42% of men and 37% of women) had exceeded the limit of dangerous drinking in the last two weeks prior to the survey. One in three men and one in four women committed acts under the influence of alcohol which they regretted after. One in four men under the influence of alcohol was involved in aggressive fights with peers and one in six had serious trouble with studying and bad assessments.<sup>14</sup>

The SDR per 100 000 population for chronic liver disease and cirrhosis was 14.47 in 2000 and 13.56 in 2001.<sup>15</sup>

The number of alcohol-related road traffic accidents per 100 000 population was 24.11 in 1999 and 24.24 in 2000.<sup>15</sup>

### Country background information

<b>Total population 2003</b>	38 587 000	<b>Life expectancy at birth (2002)</b>	Male	70.6
Adult (15+)	32 027 210		Female	78.7
% under 15	17	<b>Probability of dying under age 5 per 1000 (2002)</b>	Male	9
<b>Population distribution 2001 (%)</b>			Female	8
Urban	63	<b>Gross National Income per capita 2002</b>	US\$	4570
Rural	37			

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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