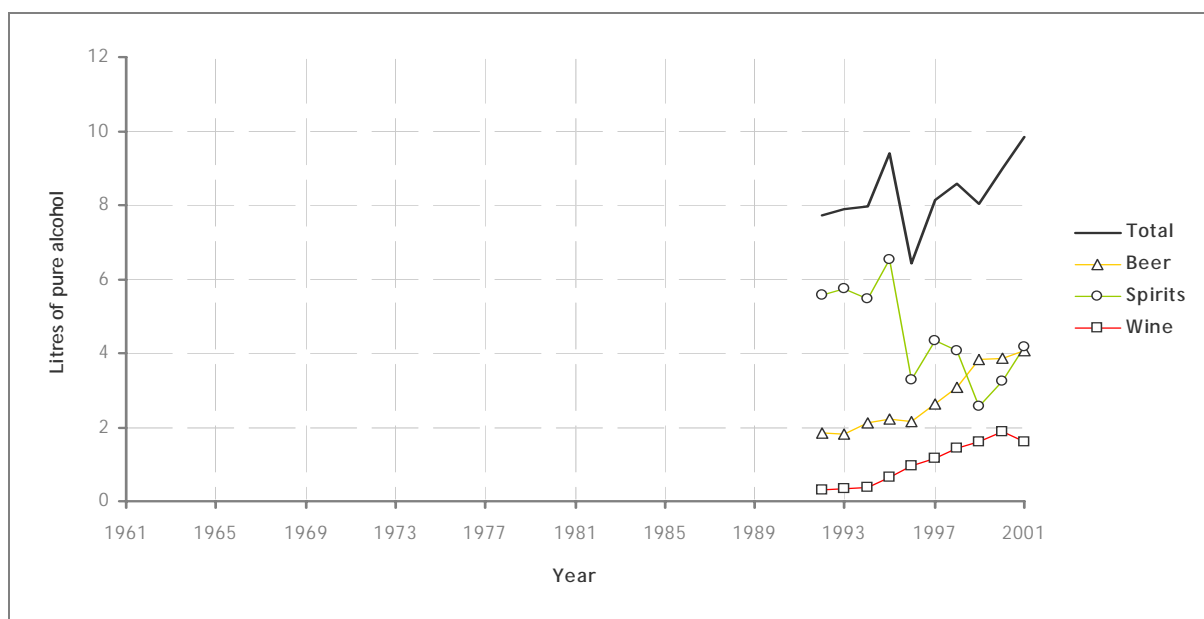


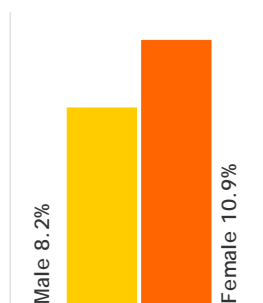
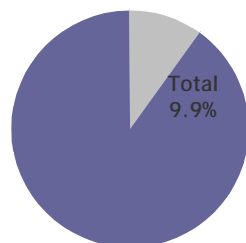
## ESTONIA

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



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

### Lifetime abstainers



Data from the 2003 World Health Survey. Total sample size  $n = 992$ ; males  $n = 357$  and females  $n = 635$ . Population aged 18 years and above.<sup>1</sup>

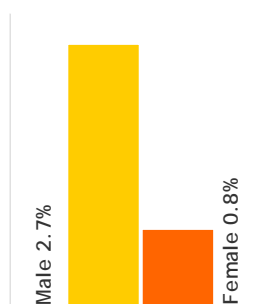
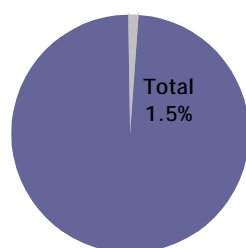
Estimates from key alcohol experts show that the proportion of adult males and females who had been abstaining (last year before the survey) was 5% (males) and 10% (females). Data is for after year 1995.<sup>2</sup>

In a 1999 national survey of 5500 households (with respondents 18 years and above), the rate of last year abstainers was found to be 17% (total), 10% (males) and 23% (females). The survey also found that the average number of alcohol units consumed on the last drinking occasion was 3.3 among those having had at least one drink during the last month and 1.9 for the total population.<sup>3</sup>

In a 1993 national survey of 835 men and 984 women aged 18 to 70 years old, the rate of lifetime abstainers was found to be 26.1% among men and 4.4% among women. The rate of last year abstainers was found to be 26.4% among men and 7.5% among women.<sup>4</sup>

In a 1999–2001 regional survey conducted in Tallinn (636 males and 676 females; aged 20–54 years), the rate of abstainers was 5% (males) and 6.2% (females).<sup>5</sup>

## Heavy and hazardous drinkers



Data from the 2003 World Health Survey. Total sample size  $n = 992$ ; males  $n = 357$  and females  $n = 635$ . Population aged 18 years and above. Definition used: average consumption of 40 g or more of pure alcohol a day for men and 20 g or more of pure alcohol a day for women.<sup>1</sup>

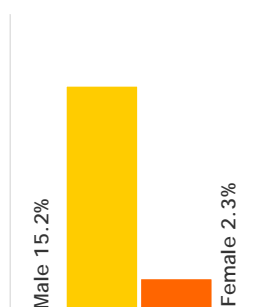
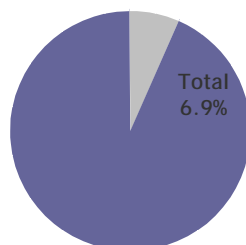
A 1997 cross-sectional survey of adults aged 19 to 64 years (total sample size  $n = 2010$ ; males  $n = 901$  and females  $n = 1109$ ) found that 9.3% of males and 0.5% of females were heavy drinkers (among total respondents). Among respondents who consumed alcohol during the previous week (694 men and 523 women), 12.1% of men and 1.1% of women were heavy drinkers. Heavy drinking was defined as consuming more than 80 g of pure alcohol during a day in the previous week. The survey also found that the mean daily alcohol intake (in grams of alcohol) during the previous week was 29 for males and 6 for females.<sup>6</sup>

According to the 2003 World Health Survey (total sample size  $n = 877$ ; males  $n = 328$  and females  $n = 549$ ), the mean value (in grams) of pure alcohol consumed per day among drinkers was 4.0 (total), 7.5 (males) and 2.0 (females).<sup>1</sup>

In a 1999–2001 regional survey conducted in Tallinn (636 males and 676 females; aged 20–54 years), 15.9% of males and 0.3% of females had consumed more than 168 g of ethanol within the last seven days.<sup>5</sup>

A 1998 survey of 1223 adults (43% male) aged 20 years and above found that 31% of the total population sampled (31% of males and 30% of females) were frequent consumers of strong alcohol (spirits). Frequent consumption was defined for men as once a week or more and for women as 2–3 times a month or more.<sup>7</sup>

## Heavy episodic drinkers

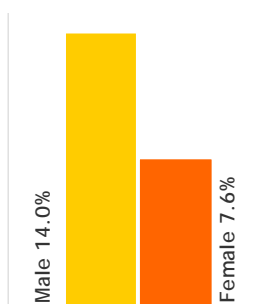
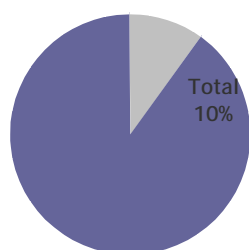


Data from the 2003 World Health Survey. Total sample size  $n = 992$ ; males  $n = 357$  and females  $n = 635$ . Population aged 18 years and above. Definition used: at least once a week consumption of five or more standard drinks in one sitting.<sup>1</sup>

A 2002 cross-sectional survey of adults aged 16 to 64 years (total sample size  $n = 1388$ ) found that 18.5% of males and 8.7% of females reported binge drinking at least once a week and 2.8% of males and 1.1% of females reported binge drinking almost daily.<sup>8</sup>

In a 1999 national survey of 5500 households (with respondents 18 years and above), the rate of binge drinkers was 19% among drinkers and 11% among the total population. Binge drinking was defined as having had five or more alcohol units on the last drinking occasion.<sup>3</sup>

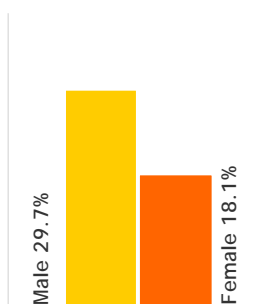
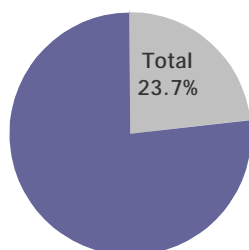
Youth drinking (lifetime abstainers)



Data from the 2003 World Health Survey. Total sample size  $n = 82$ ; males  $n = 29$  and females  $n = 53$ . Population aged 18 to 24 years old.<sup>1</sup>

According to the 1999 ESPAD survey (total sample size  $n = 3254$ , males  $n = 1446$  and females  $n = 1808$ ; age group 15 to 16 years), the rate of alcohol consumers was 21% (total), 27% (males) and 17% (females). Alcohol consumer was defined as lifetime use of 40 times or more.<sup>9</sup>

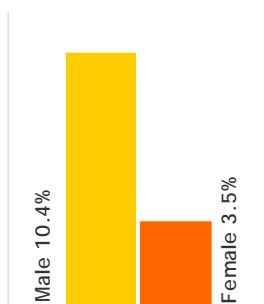
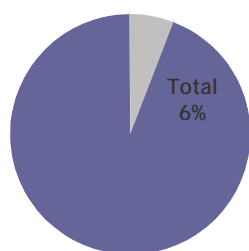
Youth drinking (drink at least weekly)



HBSC survey 2001/2002. Data shows proportion of 15-year-olds who report drinking beer, wine or spirits at least weekly. Total sample size  $n = 1267$ .<sup>10</sup>

According to the 1997/1998 HBSC survey (total sample size  $n = 587$ ), 21% of 15-year-old boys and 10% of 15-year-old girls reported drinking beer, wine or spirits at least weekly.<sup>11</sup>

Youth drinking (heavy episodic drinkers)



Data from the 2003 World Health Survey. Total sample size  $n = 82$ ; males  $n = 29$  and females  $n = 53$ . Population aged 18 to 24 years old. Definition used: at least once a week consumption of five or more standard drinks in one sitting.<sup>1</sup>

Note: These are preliminary, early-release, unpublished data from WHO's World Health Survey made available exclusively for this report. Some estimates may change in the final analyses of these data.

According to the 1999 ESPAD survey (total sample size  $n = 3254$ , males  $n = 1446$  and females  $n = 1808$ ; age group 15 to 16 years), the rate of binge drinking was 14% (total), 18% (males) and 12% (females). Binge drinking was defined as consuming five or more drinks in a row three times or more in the last 30 days.<sup>9</sup>

Youth drinking (drunkenness)

According to the 2001/2002 HBSC survey (total sample size  $n = 1267$ ), the proportion of 15-year-olds who reported ever having been drunk two or more times was 56.7% for boys and 42% for girls.<sup>10</sup>

In the 1999 ESPAD study of subjects 15 to 16 years old (total sample size  $n = 3254$ ; males  $n = 1446$  and females  $n = 1808$ ) the proportion of subjects who reported being drunk three times or more in the last 30 days was 8% (total), 12% (males) and 6% (females).<sup>9</sup>

### Alcohol dependence

In 2001, the incidence rate of alcohol dependence (ICD-10) was 240 per 100 000 inhabitants for men and 32 per 100 000 inhabitants for women.<sup>12</sup>

### Unrecorded alcohol consumption

The unrecorded alcohol consumption in Estonia is estimated to be 5.0 litres pure alcohol per capita for population older than 15 for the years after 1995 (estimated by a group of key alcohol experts).<sup>2</sup>

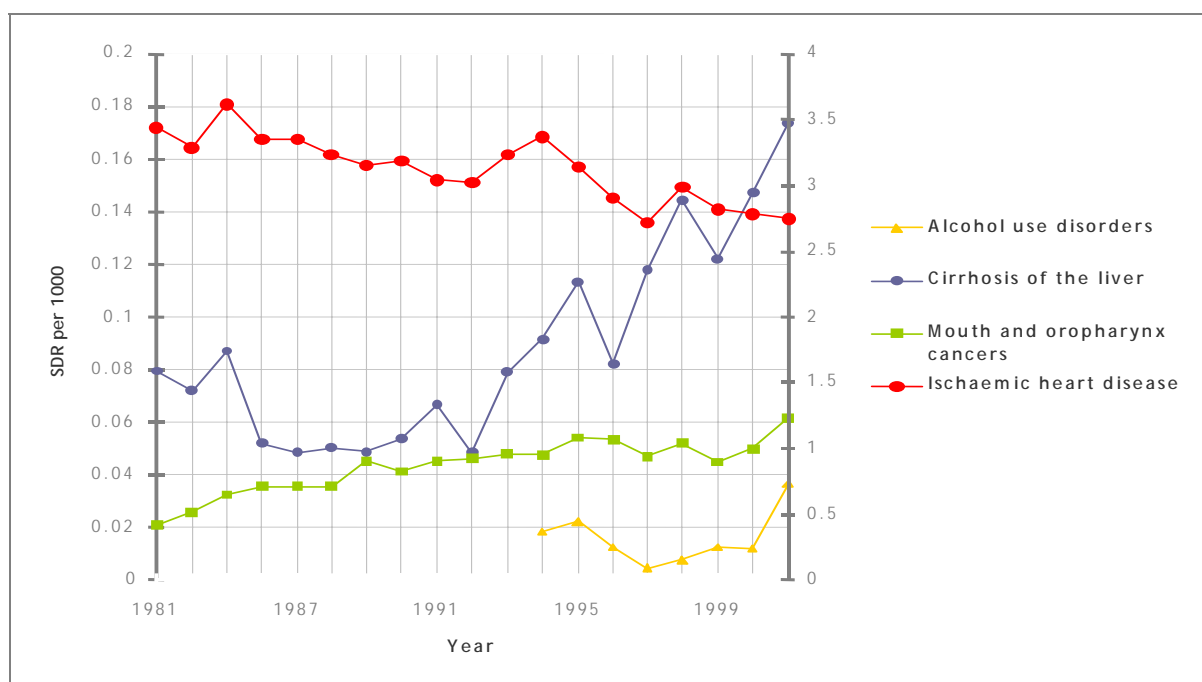
A survey conducted by the Estonian Institute of Economic Research showed that unrecorded alcohol consumption in Estonia was 1.0 litre pure alcohol per capita (with an adult per capita consumption of 12.4 litres in total in 2002).<sup>13</sup>

Alcohol producers have estimated that legal sales in 1998 amounted to about 7 litres of pure alcohol per capita. In addition, they believed that at least 3 litres of illegal alcohol was consumed. The proportion of illegal alcohol has been relatively high in the case of spirits (vodka): expert assessments indicate that, in the case of vodka, the figure has varied from 20% to 80% in different years. A survey carried out by the Estonian Institute of Economic Research in 1998 indicates that 29% of consumers regularly buy illegal alcohol, and that illegal alcohol accounts for 31% of the total consumption of strong alcoholic beverages. In May 1998, 15% of respondents had bought illegal alcohol, representing 51% of their total alcohol consumption.<sup>14</sup>

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

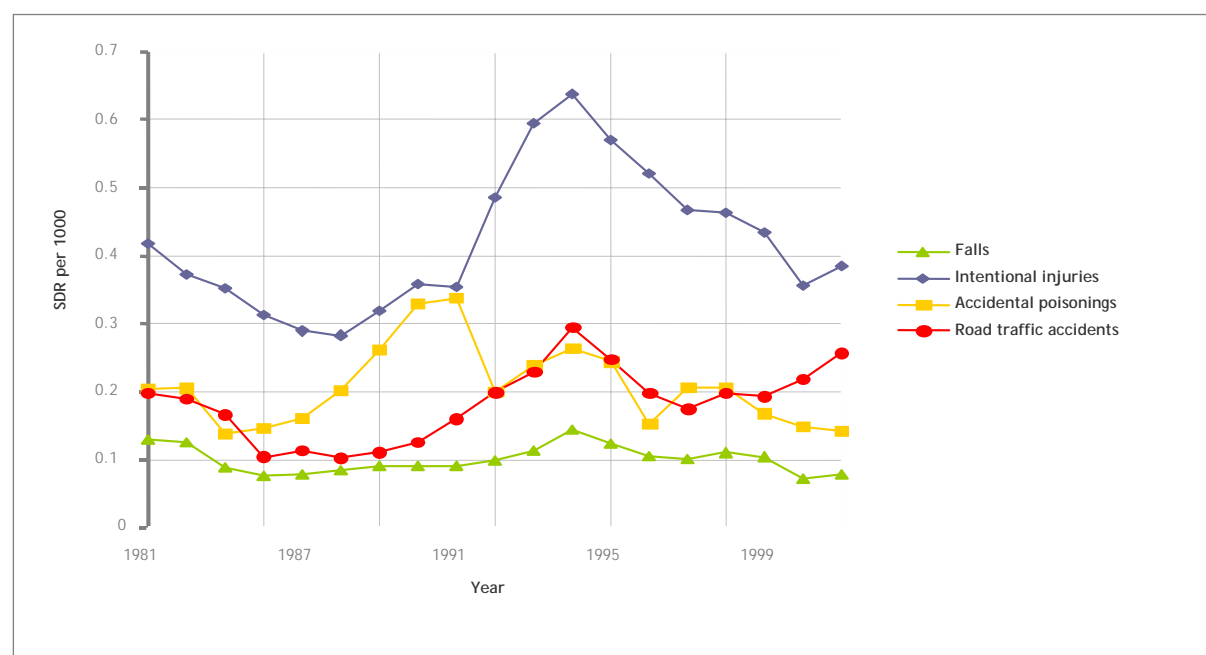
The data represent all the deaths occurring in a country irrespective of whether alcohol was a direct or indirect contributor.

### 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 2001, there were 4672 cases seeking treatment for alcohol dependence syndrome.<sup>12</sup>

The rate of alcoholic psychosis incidence per 100 000 population was 192.21 in 2001 and 210.28 in 2002.<sup>15</sup>

The SDR per 100 000 population for chronic liver disease and cirrhosis was 22.12 in 2001 and 21.72 in 2002.<sup>15</sup>

The number of alcohol-related road traffic accidents per 100 000 population was 32.64 in 2000 and 38.34 in 2001.<sup>15</sup>

The need for treatment of mental and behavioural disorders due to alcohol use in 2002 was 750.1 cases per 100 000 inhabitants.<sup>16</sup>

According to the Medical Statistics Bureau, the number of cases of mental and behavioural disorders caused by the use of alcohol in Estonia were 9920 in 2000, 10 533 in 2001 and 10 191 in 2002.<sup>17</sup>

## Economic and social costs

The total costs in 2001 due to injuries related to alcohol consumption was 1% of the global social product of Estonia.<sup>18</sup>

## Country background information

<b>Total population 2003</b>	1 323 000	<b>Life expectancy at birth (2002)</b>	Male	65.1
Adult (15+)	1 111 320		Female	77.1
% under 15	16	<b>Probability of dying under age 5 per 1000 (2002)</b>	Male	10
<b>Population distribution 2001 (%)</b>			Female	6
Urban	69	<b>Gross National Income per capita 2002</b>	US\$	4130
Rural	31			

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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