



## Alcohol consumption trends and burden of alcohol-related health problems in Latvia

Authors:

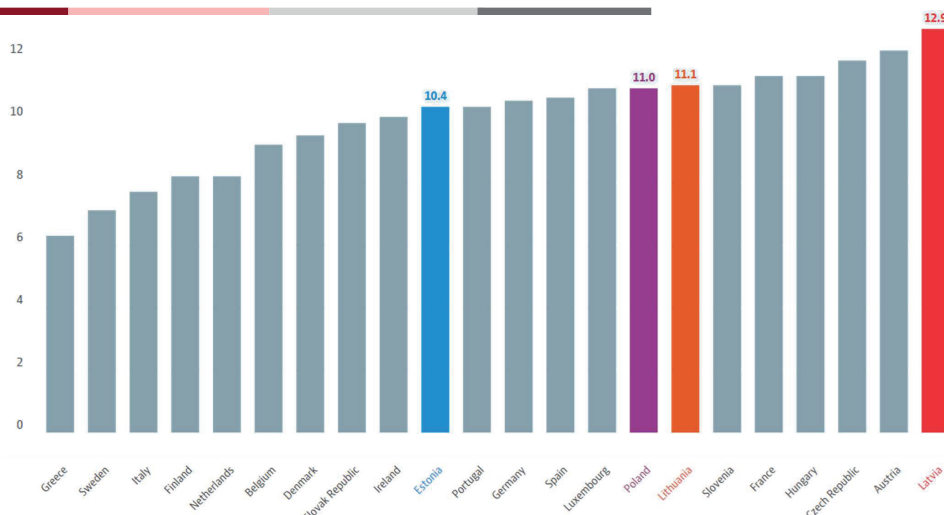
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2<sup>nd</sup> World Conference on Family Health  
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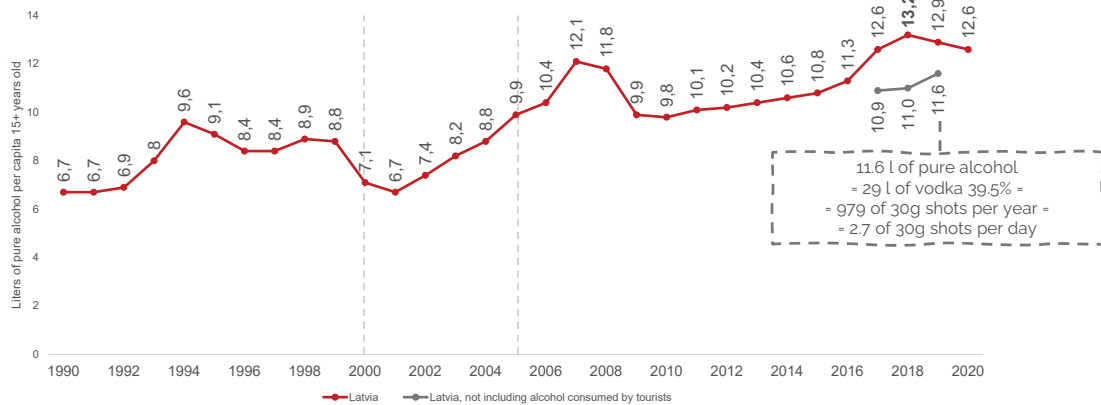
### Recorded alcohol consumption, 2020 or latest available, Litres of pure alcohol per capita aged 15 and over



OECD (2021), Alcohol consumption (indicator). doi: 10.1787/e6895909-en

### Recorded alcohol consumption in Latvia, 1990 – 2020

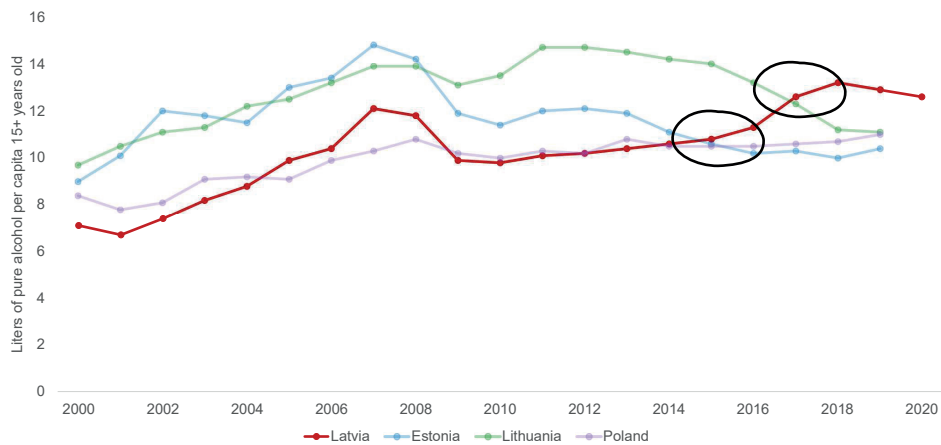
Litres of pure alcohol per capita aged 15 and over



\* till 2000, Central bureau of statistics, Latvia (estimations include registered and unregistered alcohol consumption)  
 \*\* 2000-2004, Central bureau of statistics (estimations include only registered alcohol consumption)  
 \*\*\* from 2005, The Center for Disease Prevention and Control of Latvia (estimations include only registered alcohol consumption)

### Recorded alcohol consumption in Baltic sea region countries, 2000-2020

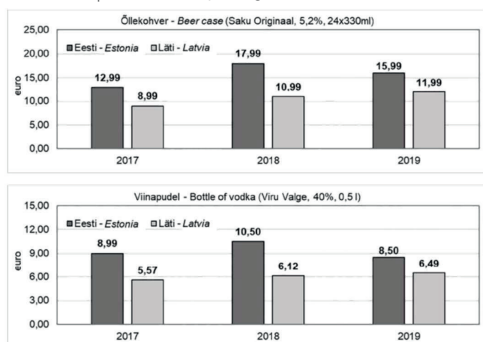
Litres of pure alcohol per capita aged 15 and over



OECD (2021), Alcohol consumption (indicator). doi: 10.1787/e6895909-en

## Estonia - Latvia cross-border alcohol trade

Average retail prices of beer and vodka in Estonian and Latvian border shops in June 2017–2019, EUR

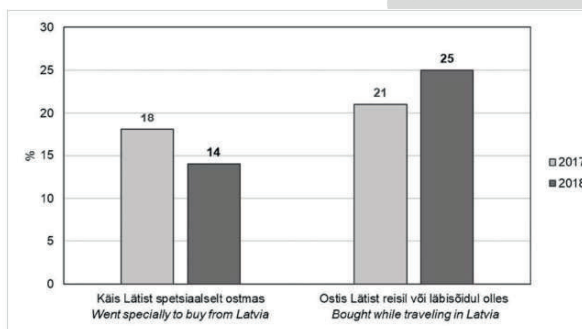


Allikas: Eesti Konjunktuuriinstituut  
Source: Estonian Institute of Economic Research



Tervise Arengu Instituut, Konjunktuuriinstituut. Alcohol market, consumption and harms in Estonia. Yearbook 2019.

Purchase of alcoholic beverages from Latvia according to the purchase method 2017–2018 (survey results)



Allikas: Eesti täiskasvanud elanikkonna küsitlus, detsember 2018. Eesti Konjunktuuriinstituut  
Source: Estonian Inhabitants' Survey, December 2018, Estonian Institute of Economic Research

## Heavy episodic drinking (HED)



Heavy episodic drinking:

- ✓ the proportion of adults (15+ years) who have had at least 60 grams or more of pure alcohol on at least one occasion in the past 30 days.
- ✓ A consumption of 60 grams of pure alcohol corresponds approximately to 6 standard alcoholic drinks.

What is 10g of pure alcohol?



Source: The Lancet. GBD 2018 Alcohol Collaborators

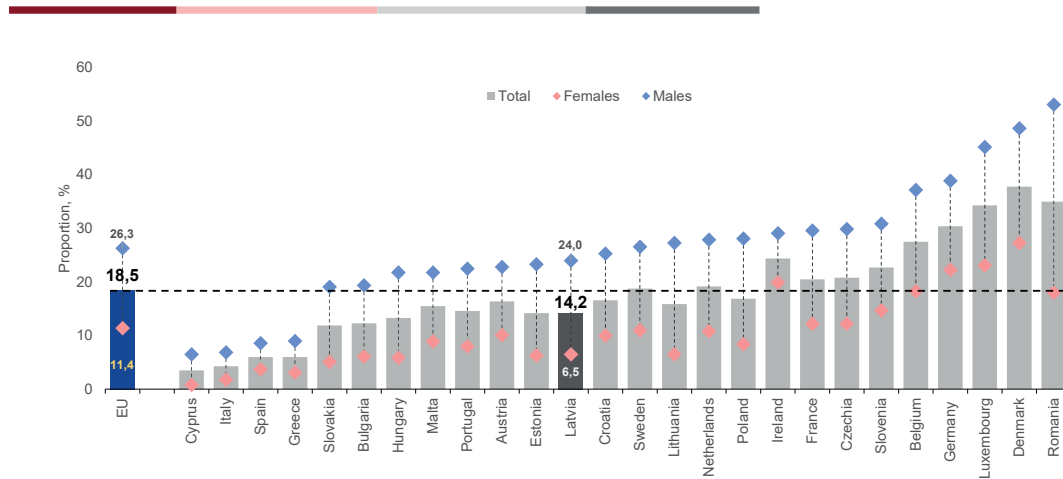
WHO. 2021. Data. GHO. Indicator Metadata Registry List. Alcohol, heavy episodic drinking (population) past 30 days.

### Proportion of adults who report heavy episodic drinking in the past 30 days, 2016



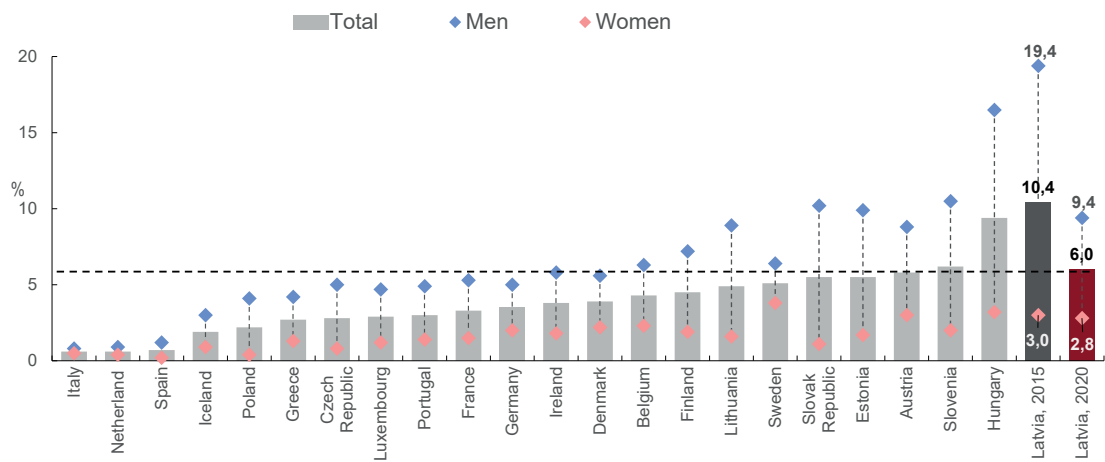
Source: WHO Global Information System on Alcohol and Health (GISAH), 2019.

### Prevalence of heavy episodic drinking at least once a month among alcohol drinkers, by sex, 2019, %



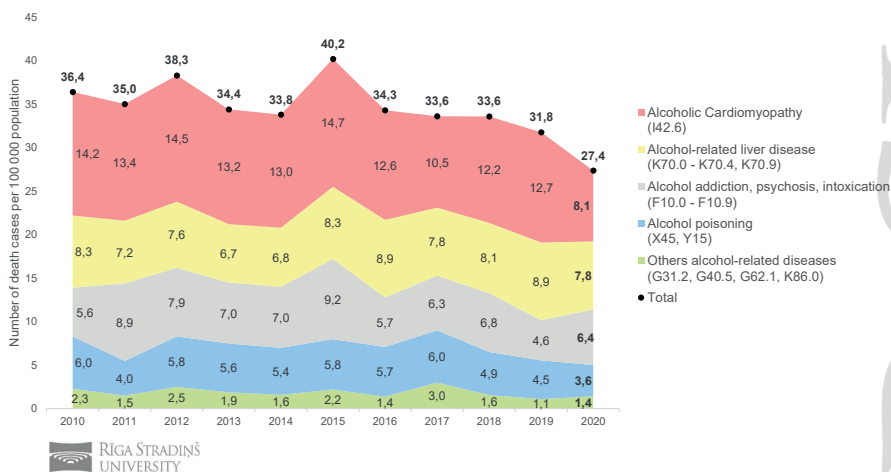
Eurostat. 2021. Alcohol consumption statistics.  
 \* Primary source: European Health Interview Survey (EHIS) 2018-2020

### Share of dependent drinkers by sex, 2016, %



OECD, 2019. Health at a Glance 2019.  
 SPKC, 2020. General population survey on addictions in Latvia.

### Mortality due to alcohol-related diseases in Latvia, 2010 - 2020, per 100 000 population



SPKC, 2021. Death causes database, Latvia.

### PYLLs due to alcohol related-causes in Latvia, 2017

PYLLs per 100 000

#### Latvia 2017

(Potential Years of Life Lost = PYLL)

Compared to year 2013	PYLL 2017		
	Both	Men	Women
All causes	7469 +	11227 +	4074 +
	100 %	100 %	100 %
Malignant neoplasms (C00-C97)	1495 +	1818 +	1249 0
	20 %	16 %	31 %
Diseases of the circulatory system (I00-I99)	2139 +	3559 +	901 +
	29 %	32 %	22 %
Alcohol-related causes	778 0	1275 0	315 +++
	10 %	11 %	8 %
External causes of morbidity and mortality (V01-Y89)	1747 0	2505 0	619 ++
	23 %	26 %	15 %
Intentional self-harm (X60-X84, Y870)	406 +	719 +	101 +
	5 %	6 %	2 %

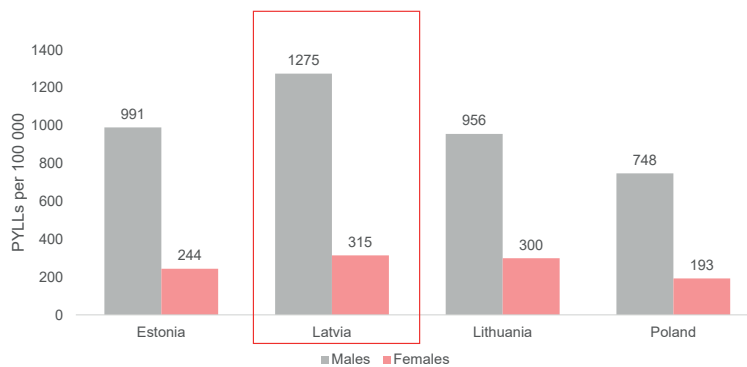
0 = ±5%    + = 5% - 15% better    ++ = 15% - 25% better    +++ = >25% better  
 - = 5% - 15% worse    -- = 15% - 25% worse    --- = >25% worse



NDPHS/NCD-EG DRAFT for 22.4.2021 PYLL -2 (Mikko Viononen)

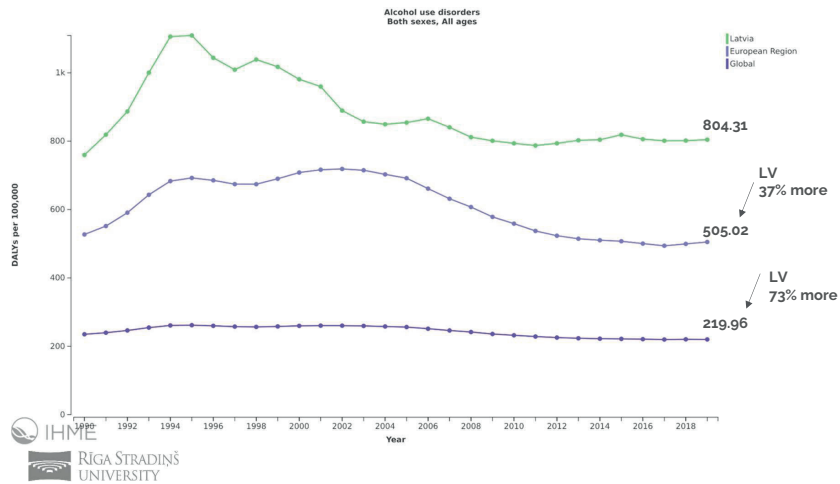
### PYLLs due to alcohol related-causes in Baltic sea region countries, 2017

PYLLs per 100 000



NDPHS/NCD-EG DRAFT for 22.4.2021 PYLL -2 (Mikko Viononen)

## DALYs due to alcohol use disorders 1990 - 2019



## Conclusions

- ✓ The alcohol consumption and alcohol-related burden of diseases in Latvia is one of the highest in Europe.
  - ✓ Recorded alcohol consumption
  - ✓ Share of dependent drinkers
  - ✓ PYLLs due to alcohol-related causes
  - ✓ DALYs due to alcohol use disorders



### Urgent need for:

- ✓ broader and more effective alcohol use prevention strategies;
- ✓ gender-specific alcohol use prevention programmes!



**Thank you!**

RSUD