

## Sociální epidemiologie

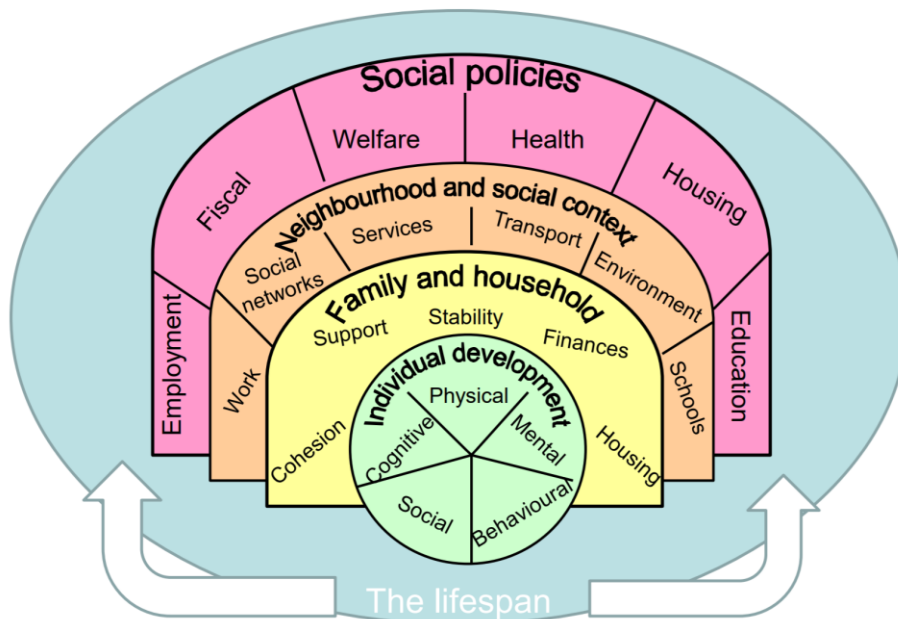
### Praktikum 5

## UŽÍVÁNÍ ALKOHOLU U ČESKÝCH DOSPÍVAJÍCÍCH

Pro dospívající v České republice je typická vysoká míra užívání alkoholu. Toto zjištění vyplývá z mezinárodních srovnání. Představte si, že jste se jako odborníci na epidemiologii a veřejné zdraví zapojili do týmu, který plánuje navrhnout kroky ke snížení míry užívání alkoholu mezi dospívajícími v České republice. Zaměřte se především na následující otázky.

1. Proč je užívání alkoholu u dospívajících tak problematické? Proč bychom se jím měli zabývat?
2. Co vyplývá z mezinárodních srovnání (viz strany 2 – 10)? Charakterizujte užívání alkoholu u českých dospívajících na základě těchto dat.
3. Jaké mohou být příčiny současné situace? Pokuste se identifikovat příčiny či faktory na všech úrovních vlivu (např. s pomocí modelu z přednášky).
4. Navrhněte postup řešení situace. Zvažte různé způsoby a cesty, kterými užívání alkoholu u dospívajících ovlivnit.

## Ecological model of health across the lifecourse



**Table 3a.** Perceived availability of substances: prevalence of students responding substance 'fairly easy' or 'very easy' to obtain (cigarettes, alcohol, cannabis and ecstasy) (percentage)

Country	Cigarettes	Alcohol	Cannabis	Ecstasy	Cigarettes		Alcohol		Cannabis		Ecstasy	
					Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls
Austria	70	86	42	18	71	70	85	88	45	38	19	18
Bulgaria	63	86	36	16	60	66	84	87	34	39	14	18
Croatia	69	87	40	16	68	70	85	89	40	40	14	17
Cyprus	59	87	25	11	61	58	86	88	30	21	13	10
Czechia	71	88	47	22	71	70	86	89	46	48	21	23
Denmark	79	95	48	20	81	77	95	94	52	44	21	20
Estonia	57	72	34	16	58	57	69	75	35	33	16	17
Faroese	66	74	21	5.8	68	65	71	76	20	22	6.4	5.1
Finland	64	73	24	7.6	67	61	72	74	27	21	7.8	7.5
France	52	71	37	10	54	50	70	71	41	33	11	10
Georgia	45	79	25	7.0	48	42	79	79	29	22	8.6	5.7
Germany	69	93	42	12	69	70	92	94	43	40	12	12
Greece	65	91	28	9.5	65	64	91	91	31	24	12	7.3
Hungary	67	84	25	18	67	68	84	84	26	23	17	19
Iceland	47	62	28	11	50	44	58	65	31	25	12	11
Ireland	61	79	42	19	63	60	76	81	47	38	22	17
Italy	61	83	37	5.8	60	62	81	85	38	35	6.0	5.6
Kosovo	24	38	11	4.7	31	18	45	33	16	7	5.5	3.9
Latvia	65	78	31	18	66	65	75	80	33	29	17	19
Lithuania	58	61	24	16	56	60	55	66	24	24	14	17
Malta	57	85	33	15	57	57	82	88	32	34	14	16
Monaco	56	77	31	8.4	58	55	72	82	38	24	12	5.0
Montenegro	66	79	27	18	68	65	79	79	29	24	18	18
Netherlands	63	79	51	21	67	59	78	79	55	47	25	17
North Macedonia	49	69	19	10	48	51	69	68	21	17	10	11
Norway	65	75	35	12	66	64	73	78	36	34	13	12
Poland	72	79	36	15	72	72	76	81	36	35	15	16
Portugal	54	77	25	11	53	55	74	79	26	25	11	12
Romania	39	63	16	5.7	41	37	66	60	16	16	5.5	5.9
Serbia	56	82	25	16	57	56	80	84	26	24	16	17
Slovakia	71	88	45	24	70	72	86	90	43	47	21	27
Slovenia	62	82	46	22	64	60	81	83	49	42	22	21
Spain	64	84	41	8.8	61	66	82	86	42	40	10	7.7
Sweden	75	79	32	20	73	76	76	83	34	30	20	19
Ukraine	42	69	13	5.6	42	42	65	72	12	13	5.0	6.1
<b>Average</b>	<b>60</b>	<b>78</b>	<b>32</b>	<b>14</b>	<b>61</b>	<b>59</b>	<b>77</b>	<b>79</b>	<b>34</b>	<b>30</b>	<b>14</b>	<b>14</b>
Min.	24	38	11	4.7	31	18	45	33	12	7.3	5.0	3.9
Max.	79	95	51	24	81	77	95	94	55	48	25	27

**Table 4a.** Early onset of substance use: prevalence of students experiencing substance use (cigarettes, daily smoking, e-cigarettes, daily e-cigarettes, alcohol, intoxication) at the age of 13 or younger (percentage)

Country	Ciga- rettes	Daily smok- ing	E-ciga- rettes	Daily e-ciga- rettes	Alco- hol	Intoxi- cation	Ciga- rettes		Daily smoking		E-ciga- rettes		Daily e-ciga- rettes		Alcohol		Intoxi- cation	
							Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls
Austria	17	2.5	13	1.5	29	5.8	18	16	3.1	1.9	15	10	2.2	0.8	29	28	6.2	5.3
Bulgaria	20	5.8	8.6	2.5	38	12	20	20	6.2	5.5	11	6.4	3.7	1.4	43	33	15	8.6
Croatia	22	4.1	12	2.2	42	8.0	24	20	5.2	3.0	16	8.8	2.9	1.4	45	37	11	5.2
Cyprus	10	3.0	13	3.1	36	7.1	13	8.1	3.4	2.6	20	8.1	5.4	1.3	45	29	10	4.6
Czechia	29	3.2	14	1.2	42	7.2	30	27	3.3	3.0	15	12	1.8	0.6	46	38	8.1	6.1
Denmark	13	2.3	8.8	1.2	43	11	15	11	2.4	2.1	11	6.5	1.8	0.7	48	39	12	10
Estonia	27	4.8	20	2.3	33	10	31	23	5.0	4.5	23	16	3.4	1.3	35	32	10	10
Faroes	23	2.9	14	0.8	20	5.3	33	14	3.6	2.3	22	6.5	0.8	0.8	25	15	6.4	4.2
Finland	18	2.7	15	1.1	24	7.4	23	14	3.3	2.1	23	7.6	1.8	0.4	26	21	7.9	7.0
France	18	2.6	12	1.0	35	4.4	20	16	2.6	2.7	15	9.1	1.1	0.9	39	30	5.6	3.2
Georgia	20	2.5	8.6	2.0	60	25	28	14	4.0	1.3	13	4.9	3.1	1.0	69	52	34	18
Germany	15	1.8	11	1.2	38	7	16	15	2.2	1.5	14	8.4	1.9	0.5	39	37	9	6
Greece	10	1.3	7.2	1.3	31	3.5	12	8.7	1.8	0.8	11	3.9	2.1	0.5	36	27	5.0	2.0
Hungary	20	3.1	10	1.7	42	6.8	22	18	3.3	2.8	12	9.0	1.9	1.5	47	36	8.2	5.3
Iceland	5.4	1.2	12	2.0	7.1	1.8	6.2	4.5	1.2	1.2	14	11	2.3	1.7	8.3	6.1	2.3	1.2
Ireland	11	2.4	11	2.3	24	5.3	14	8.0	3.3	1.6	17	6.4	3.6	1.0	27	20	7.2	3.4
Italy	22	3.4	13	2.1	28	3.9	21	23	3.7	3.1	16	8.8	3.3	0.7	34	22	4.8	2.8
Kosovo	23	3.1	11	3.2	12	2.2	33	14	5.8	0.8	18	4.5	5.3	1.5	19	6.7	3.6	1.0
Latvia	31	4.4	17	1.8	48	9.3	36	27	5.8	3.0	22	12	3.0	0.6	50	46	10	8.9
Lithuania	33	3.5	19	2.7	33	6.6	37	29	3.5	3.4	24	15	3.8	1.7	30	36	6.7	6.5
Malta	7.4	1.7	4.9	1.0	34	6.3	6.8	8.0	1.7	1.7	5.5	4.3	1.0	0.9	33	34	6.3	6.3
Monaco	15	1.9	17	1.6	39	2.3	15	15	1.4	2.3	22	13	2.4	0.9	39	38	1.9	2.7
Montenegro	16	2.5	4.3	0.7	38	4.6	19	13	3.6	1.4	5.5	3.1	1.1	0.2	45	30	7.1	2.0
Netherlands	10	0.9	14	1.0	23	3.3	11	9.4	1.6	0.3	18	10	1.9	0.2	25	20	4.4	2.3
North Macedonia	12	2.6	6.8	0.8	29	6.1	17	8.4	4.1	1.1	9.1	4.6	1.3	0.3	37	22	7.7	4.6
Norway	8.5	2.5	6.0	1.8	13	2.9	12	5.5	3.3	1.7	10	3.0	2.6	1.1	15	11	3.5	2.3
Poland	21	3.0	–	–	29	4.3	24	18	3.8	2.3	0	0	0	0	32	26	5.0	3.6
Portugal	17	2.7	6.0	0.7	41	4.5	19	16	3.3	2.1	7.4	4.7	0.9	0.6	42	39	4.7	4.3
Romania	20	5.0	7.8	1.5	36	7.0	23	17	5.2	4.8	11	5.1	2.2	0.9	45	27	10	4.5
Serbia	13	1.7	4.4	0.9	42	7.0	13	12	2.0	1.3	4.4	4.4	1.0	0.8	48	36	9.0	4.1
Slovakia	26	6.0	12	2.8	39	10	25	28	5.3	5.7	11	12	3.8	1.8	40	37	10	10
Slovenia	14	1.4	9.4	1.5	37	6.3	14	13	1.2	1.6	12	6.7	2.2	0.9	42	33	8.4	4.4
Spain	16	2.3	11	1.1	31	6.6	15	17	1.9	2.7	13	10	1.4	0.8	31	31	6.3	6.9
Sweden	11	2.2	11	2.1	15	4.4	12	11	2.7	1.7	14	7.9	2.8	1.4	15	14	4.4	4.3
Ukraine	25	4.8	13	2.8	40	7.7	29	22	5.7	3.9	17	10	4.3	1.4	39	42	8.2	7.3
<b>Average</b>	<b>18</b>	<b>2.9</b>	<b>11</b>	<b>1.7</b>	<b>33</b>	<b>6.7</b>	<b>20</b>	<b>15</b>	<b>3.4</b>	<b>2.4</b>	<b>14</b>	<b>7.9</b>	<b>2.4</b>	<b>0.9</b>	<b>36</b>	<b>29</b>	<b>8.0</b>	<b>5.4</b>
Min.	5.4	0.9	4.3	0.7	7.1	1.8	6.2	4.5	1.2	0.3	0.0	0.0	0.0	0.0	8.3	6.1	1.9	1.0
Max.	33	6.0	20	3.2	60	25	37	29	6.2	5.7	24	16	5.4	1.8	69	52	34	18

**Table 7.** Alcohol use: prevalence of lifetime use, 30-day use and intoxication (percentage)

Country	Lifetime use	30-day use	Intoxication, last 30 days	Lifetime use		30-day use		Intoxication, last 30 days	
				Boys	Girls	Boys	Girls	Boys	Girls
Austria	84	63	21	82	86	60	65	21	21
Bulgaria	82	53	16	82	82	57	50	18	15
Croatia	90	58	15	90	89	61	54	16	13
Cyprus	83	57	11	83	83	63	53	14	8.6
Czechia	95	63	15	94	96	63	63	15	16
Denmark	92	74	40	93	91	73	75	41	40
Estonia	82	37	8.4	82	83	34	40	7.9	8.9
Faroes	80	38	13	82	78	37	40	14	12
Finland	69	30	13	69	68	28	32	12	13
France	80	53	15	80	81	54	52	17	12
Georgia	87	47	16	90	85	53	41	16	15
Germany	90	65	20	90	90	63	68	21	19
Greece	89	62	10	90	88	62	62	11	10
Hungary	91	61	21	91	90	65	58	22	20
Iceland	37	11	3.8	37	37	9.4	13	3.1	4.5
Ireland	72	41	16	73	72	42	40	15	17
Italy	84	59	12	86	83	60	57	12	11
Kosovo	29	10	2.7	41	18	17	5.2	4.1	1.5
Latvia	89	47	12	87	91	42	53	12	12
Lithuania	79	27	6.7	75	83	24	30	7.4	6.0
Malta	82	48	12	81	82	47	49	11	13
Monaco	89	54	14	85	92	54	53	15	13
Montenegro	77	38	7.6	80	74	43	32	10	4.7
Netherlands	72	51	15	70	75	50	52	15	16
North Macedonia	67	41	8.7	69	64	46	37	9.1	8.2
Norway	53	25	8.6	52	54	23	27	8.1	9.1
Poland	81	47	11	80	82	45	49	12	10
Portugal	77	43	11	77	77	45	42	11	11
Romania	82	52	10	86	79	59	44	13	7.3
Serbia	87	56	12	87	88	59	53	15	10
Slovakia	90	54	14	89	92	50	58	12	16
Slovenia	84	50	15	86	82	54	46	16	13
Spain	78	47	17	75	81	43	50	14	19
Sweden	58	25	9.4	57	58	23	26	8.5	10
Ukraine	85	44	12	81	89	39	48	11	13
<b>Average</b>	<b>79</b>	<b>47</b>	<b>13</b>	<b>79</b>	<b>78</b>	<b>47</b>	<b>46</b>	<b>14</b>	<b>13</b>
Min.	29	10	2.7	37	18	9.4	5.2	3.1	1.5
Max.	95	74	40	94	96	73	75	41	40

Figure 3a. Frequency of alcohol intake in the last 30 days (mean number of occasions among users)

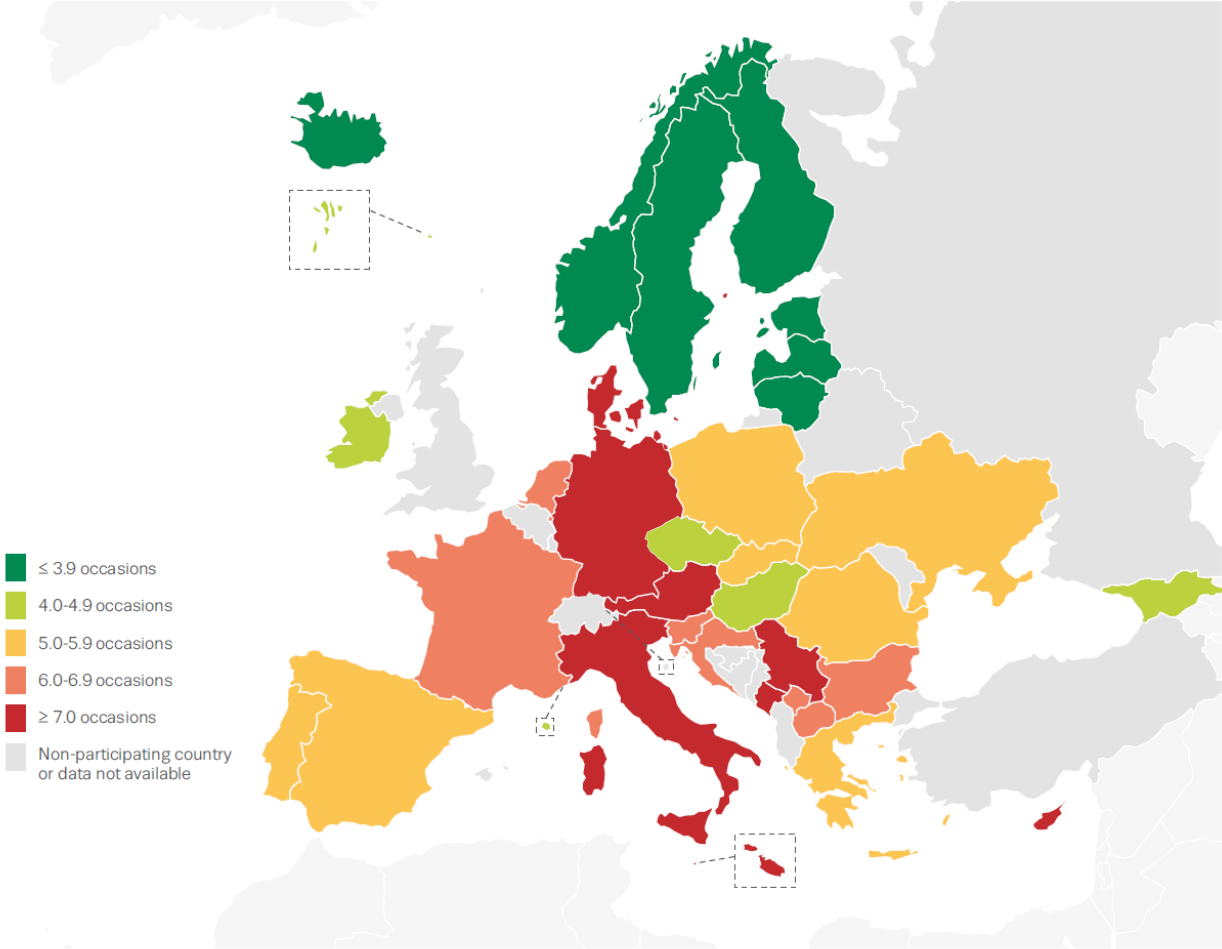
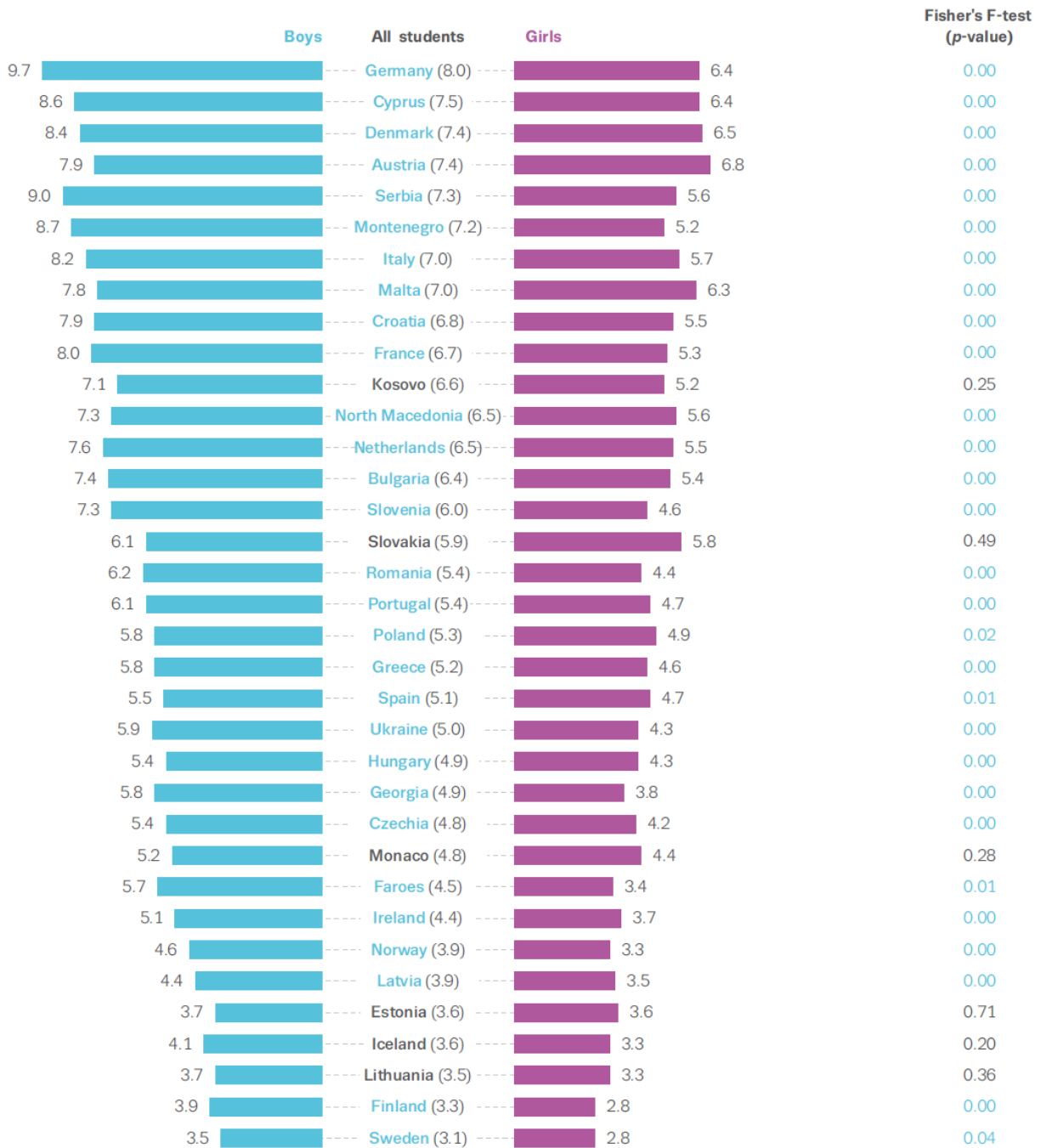


Figure 3b. Frequency of alcohol intake in the last 30 days by gender (mean number of occasions among users)



Colour indicates significant difference between boys and girls. Statistical significance levels are reported for each country.

Figure 4a. Average alcohol intake on the last drinking day among users (centilitres of ethanol)

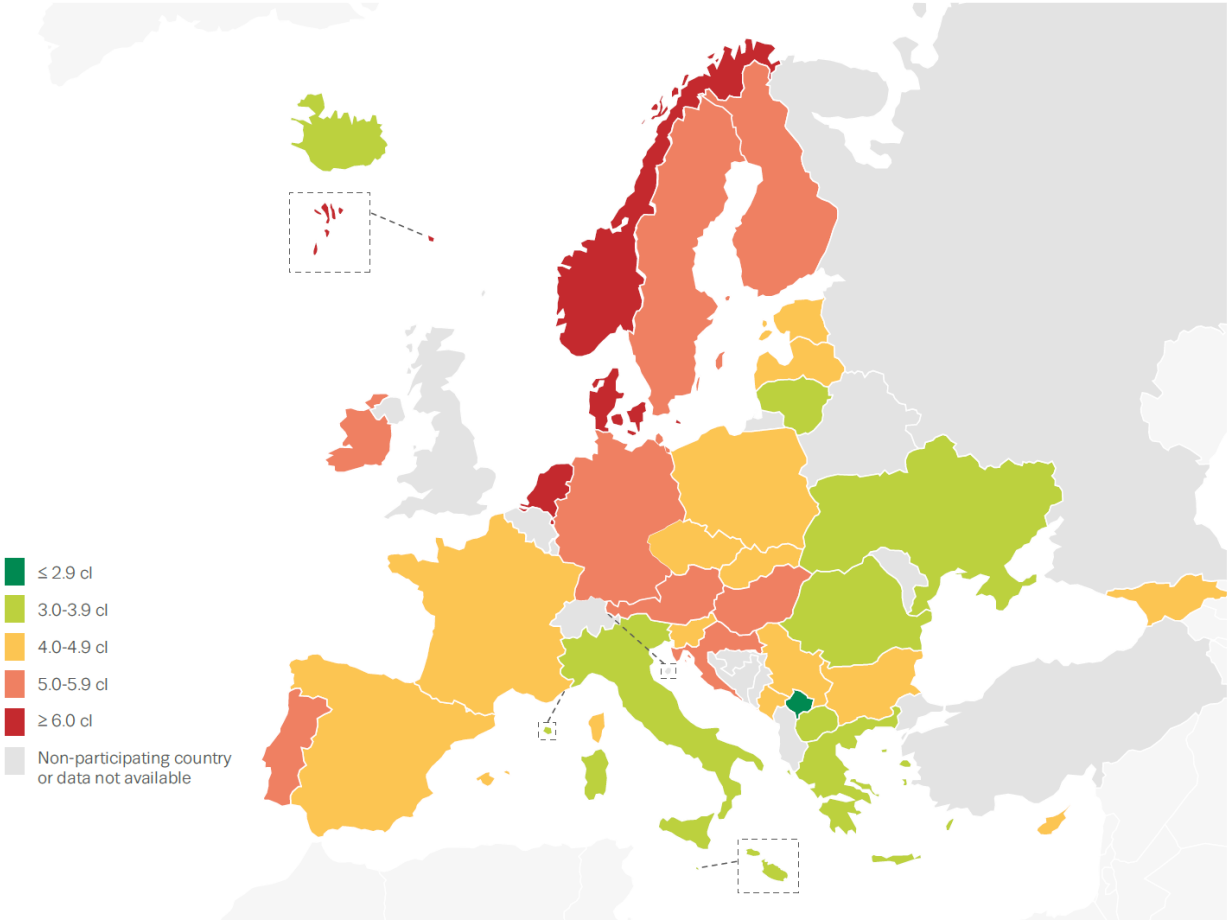
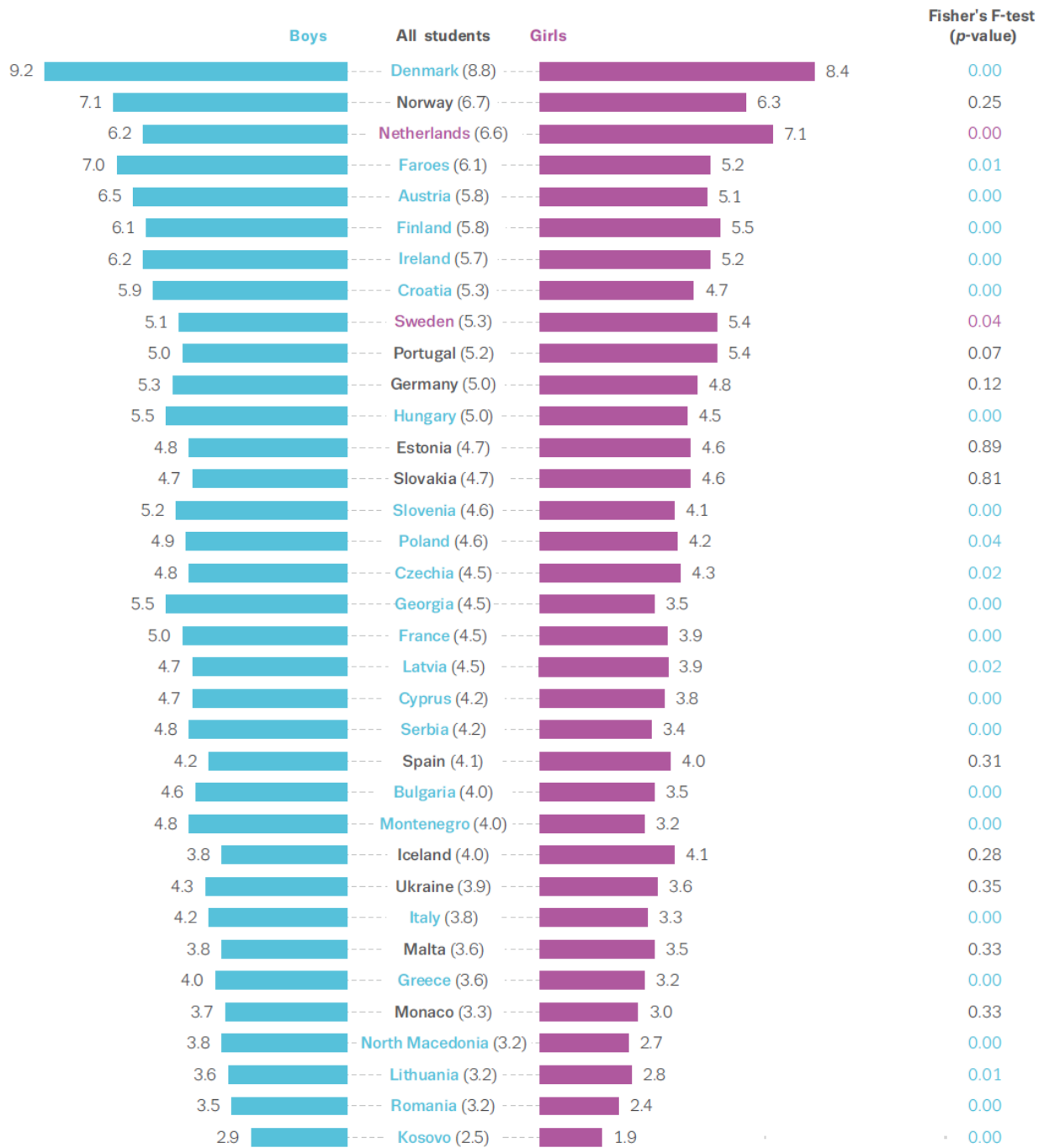


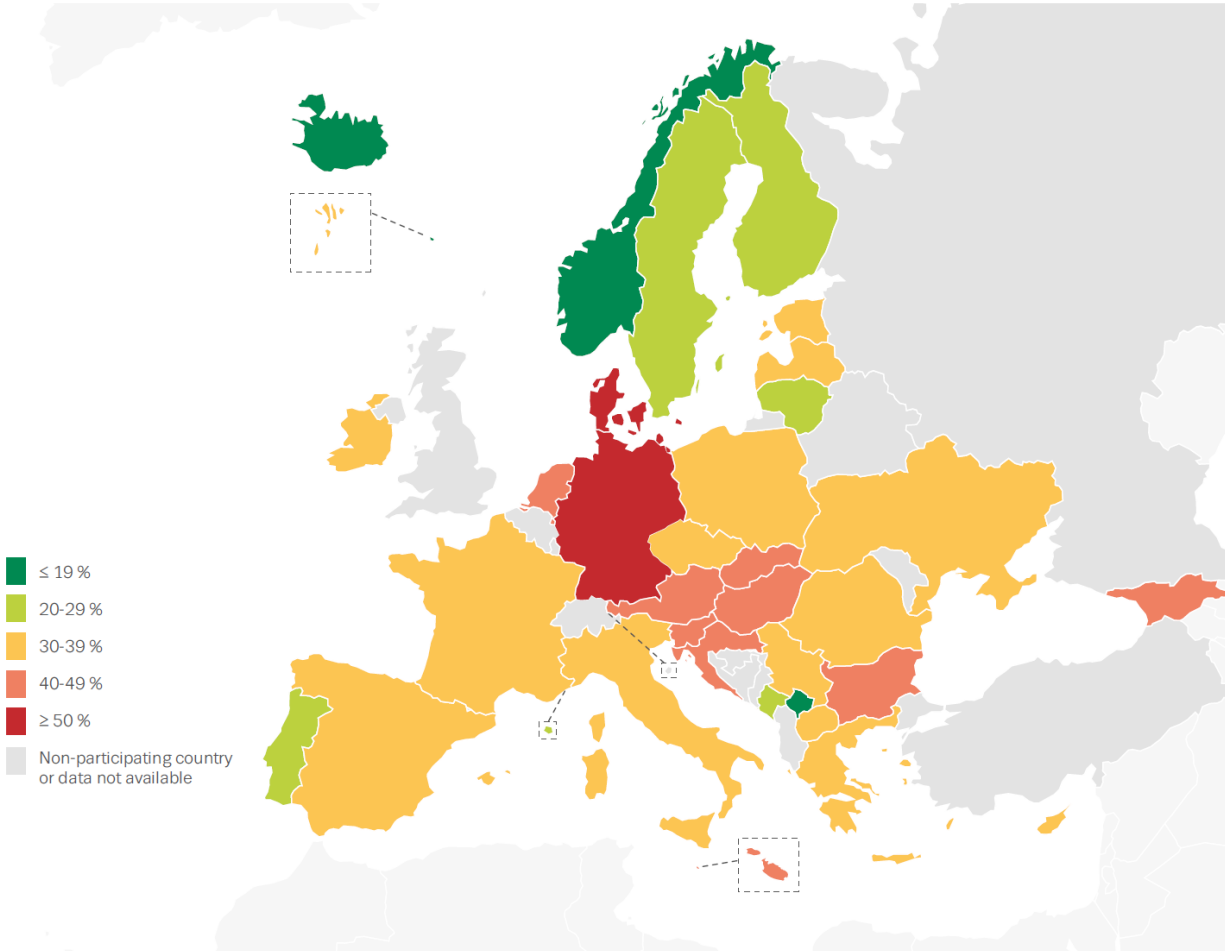
Figure 4b. Average alcohol intake on the last drinking day among users by gender (centilitres of ethanol)



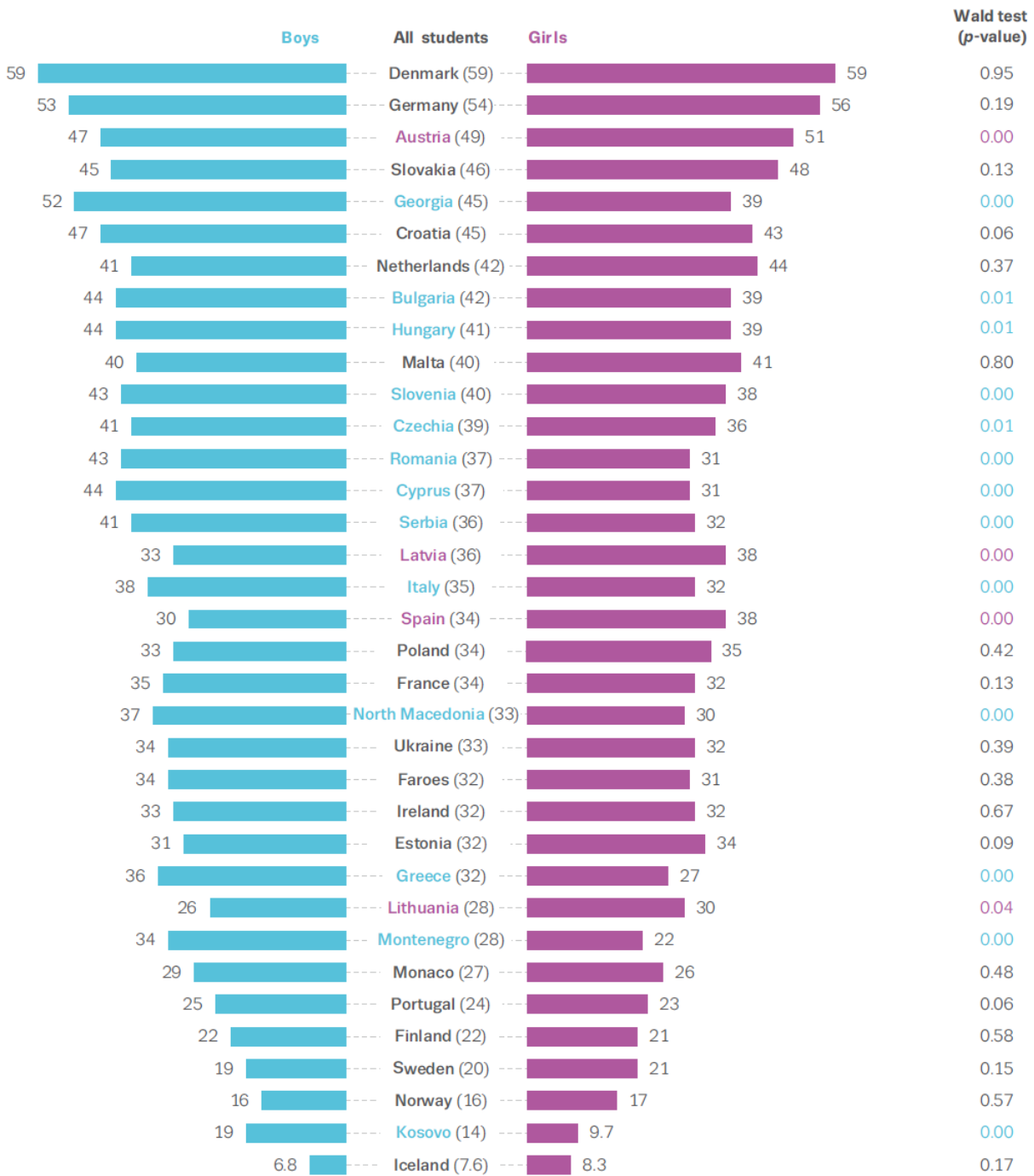
Colour indicates significant difference between boys and girls. Statistical significance levels are reported for each country.



**Figure 6a.** Prevalence of heavy episodic drinking (five or more drinks on one occasion; one drink contains approximately 2 centilitres of ethanol) at least once in the last 30 days (percentage)



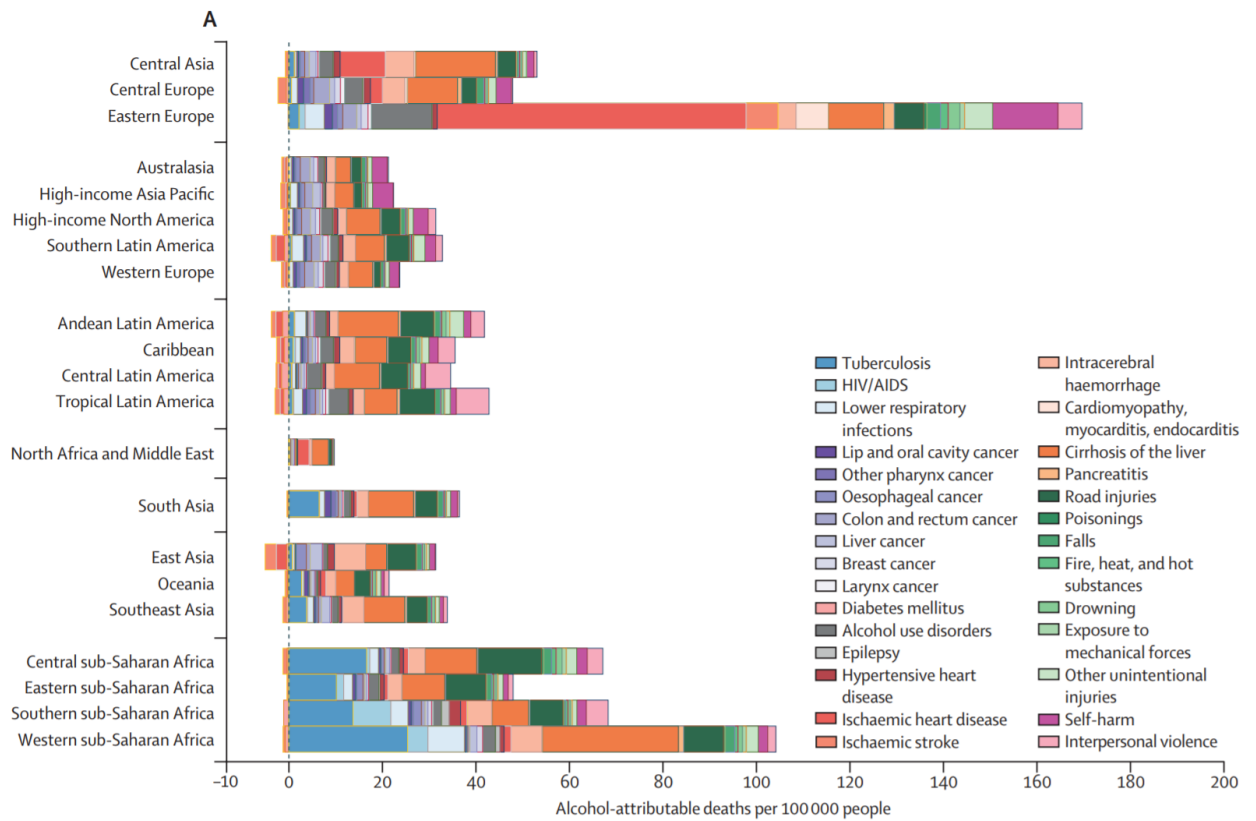
**Figure 6b.** Prevalence of heavy episodic drinking (five or more drinks on one occasion; one drink contains approximately 2 centilitres of ethanol) at least once in the last 30 days by gender (percentage)



Colour indicates significant difference between boys and girls. Statistical significance levels are reported for each country.

ESPAD Group (2020), ESPAD Report 2019: Results from the European School Survey Project on Alcohol and Other Drugs, EMCDDA Joint Publications, Publications Office of the European Union, Luxembourg.

Ad. 1



Shield K, Mantney J, Rylett M, Probst C, Wettlaufer A, Parry CD, Rehm J. National, regional, and global burdens of disease from 2000 to 2016 attributable to alcohol use: a comparative risk assessment study. *The Lancet Public Health*. 2020 Jan 1;5(1):e51-61.



**Figure 1.** Kaplan-Meier survival curves describing the proportion of dependence-free individuals by age at drinking onset.

Hingson RW, Heeren T, Winter MR. Age at drinking onset and alcohol dependence: age at onset, duration, and severity. *Archives of pediatrics & adolescent medicine.* 2006 Jul 1;160(7):739-46.

Ad. 3

Stone AL, Becker LG, Huber AM, Catalano RF. Review of risk and protective factors of substance use and problem use in emerging adulthood. *Addictive behaviors.* 2012 Jul 1;37(7):747-75.