

DASSA Statistical Bulletin

Number 20 – July 2021

South Australian Population Health Survey Module
System 2020: a summary of the results relating to
alcohol consumption



Government
of South Australia

SA Health



South Australian Population Health Survey Module System 2020: an analysis of the results relating to alcohol consumption.

This Bulletin is the 20th in a series providing the most up-to-date data available on the prevalence of alcohol and other drug use, the harms associated with use, and alcohol and other drug treatment services in South Australia.

Background

The Health Omnibus Survey (HOS) was a face-to-face survey that collected data on alcohol consumption from 2011 to 2017¹. However, due to problems recruiting participants, in 2018 there was a change to the South Australian Population Health Survey (SAPHS) Module System to collect these data. This is a computer-assisted telephone interview (CATI) survey that utilised random digit dialling of mobile and landline numbers to draw a random sample of South Australians; 2,994 were surveyed in 2020. In 2018, proxies (parents or guardians) were used for 15-year-old respondents; this requirement was removed in 2019. A review of the changes to methodology and their implications on the prevalence of alcohol consumption and risky drinking estimates can be found in a previous bulletin².

A total of 10 questions relating to alcohol consumption were included in these surveys; these were adapted from the National Drug Strategy Household Survey (NDSHS)³. Comparisons have been made between 2011 and 2020, and between 2019 and 2020⁴.

In 2020, revisions to the Australian Alcohol Guidelines were released by the National Health and Medical Research Council (NHMRC)⁵, which have changed the way risky consumption will be reported in the future. The Australian Institute of Health and Welfare (AIHW) has re-analysed data from the NDSHS and provided a method and rationale for measuring risky drinking according to the revised Guidelines⁶. These are summarised below, including how they differ from those developed in 2009, and the implications for future reporting.

In this bulletin, risky drinking data will be presented using the new Guidelines only. Data on frequency and quantity of use are also included at the beginning to provide context, before presenting data that relate specifically to the Guidelines.

¹ More information on the survey can be found here:

<https://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/resources/dassa+statistical+bulletin+number+18>

² <https://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/resources/dassa+statistical+bulletin+number+18>

³ The NDSHS is conducted triennially by the Australian Institute of Health and Welfare (AIHW) since 1995. The survey provides information on drug use patterns, attitudes and behaviours among South Australians aged 12 years and over. Go to <https://www.aihw.gov.au/reports/illicit-use-of-drugs/ndshs-2016-key-findings/contents/summary>.

⁴ Statistical tests include: The Pearson chi-squared statistic and linear regression. The Pearson chi-squared is corrected for the survey design with the second-order correction of Rao & Scott (1984: On chi-squared tests for multi-way contingency tables with cell proportions estimated from survey data. *Annals of Statistics* 12: 46-60) and is converted into an F statistic. Statistical significance was accepted at $p < 0.05$. All figures presented in this report are rounded to one decimal place in graphs and to zero decimal places in the text unless values fall below 10%. Comparisons over time are made between 2011 vs 2020 and 2019 vs 2020 only; significance testing is only carried out for those two time-points rather than including all years.

⁵ Australian Guidelines to Reduce Health Risks from Drinking Alcohol. National Health and Medical Research Council, Australian Research Council and Universities Australia. Commonwealth of Australia, Canberra

⁶ Australian Institute of Health and Welfare 2021. Measuring risky drinking according to the Australian alcohol Guidelines. Cat. no. PHE 284. Canberra: AIHW. Viewed 16 March 2021, <https://pp.aihw.gov.au/reports/alcohol/measuring-risky-drinking-aus-alcohol-Guidelines>

New Guidelines

Guideline 1: Reducing the risk of alcohol-related harm for adults

Instead of two Guidelines for risky drinking (single occasion and lifetime risk separately), there is now one, which includes two recommendations: *to reduce the risk of harm from alcohol-related disease or injury, healthy men and women should drink no more than 10 standard drinks a week and no more than 4 standard drinks on any one day.* Any person who, in the past 12 months, consumed fewer than 10 standard drinks per week on average; and never consumed more than 4 standard drinks on a single day (or did so less often than once per month on average) are classified as having consumed alcohol in ways that reduced their risk of experiencing alcohol-related disease or injury.

Risky drinking data will be presented separately for each recommendation in Guideline 1, as well as for the combined measure of risk (consumed more than 10 standard drinks per week on average or consumed more than 4 standard drinks per day at least once a month on average). The Guideline is now based only on those aged 18 years and over. The AIHW also re-calculated risky drinking using the 2009 Guidelines to produce a combined estimate (consumed more than 2 standard drinks per day on average or consumed more than 4 standard drinks on a single occasion at least once a month on average). This will show the impact of the revised Guidelines on increasing the percentage of people who drink alcohol at risky levels.

Guideline 2: Children and people under 18 years of age

Guideline 2 specifies that those under 18 years of age should not drink: *to reduce the risk of injury and other harms to health, children and people under 18 years of age should not drink alcohol.* Risky drinking data will exclude those aged 15-17 years; for this age group, data will only be presented on alcohol consumption (as any consumption is deemed risky).

Guideline 3: Women who are pregnant or breastfeeding

Guideline 3 specifies that: *to prevent harm from alcohol to their unborn child, women who are pregnant or planning a pregnancy should not drink alcohol. For women who are breastfeeding, not drinking alcohol is safest for their baby.*

The new Guidelines relate to risky drinking only; data on quantity and frequency has largely remained unchanged. The exception to this is that 15-17-year old South Australians are now excluded from these analyses as Guideline 2 states that there is no safe level of consumption for this age group. The 20-29-year age group has now changed to include those aged 18 and 19 years.

Summary

Frequency and quantity of use

Frequency

- A higher proportion of South Australian men than women had consumed alcohol in the last 12 months (74% compared with 66% in 2020), but there were increases over time⁷ in the proportion of male ex-drinkers (8.4% to 15%) and an increase in the proportion who had never consumed alcohol (4.9% to 11%). These decreases were also seen more recently (8.5% to 15% for ex-drinkers and 5.2% to 11% for non-drinkers)⁸.
- The proportion of South Australian women who were ex-drinkers increased over time (10% to 22%) and more recently (17% to 22%).
- Drinking at least weekly and daily drinking decreased among South Australian men over time (61% to 49% and 13% to 8%), and more recently (57% to 49% and 11% to 8%).

⁷ Over time refers to comparisons between 2011 and 2020

⁸ More recently refers to comparisons between 2019 and 2020

- The increase over time in the proportion of ex-drinkers was seen among all age groups (ranging from 5 to 13 percentage points), and more recently among South Australians aged 40 years and over (ranging from 5 to 12 percentage points).
- The increase over time in the proportion of South Australians who had never consumed alcohol was seen among those aged 18-29 years (11% to 22%), and more recently among those aged 18-29 (6.3% to 22%) and 50-59 years (3.3% to 6.8%).
- Drinking at least weekly decreased over time among South Australians aged 18-29 (45% to 23%); 30-39 (46% to 37%); and 40-49 years (56% to 43%), and more recently among South Australians aged 40-49 years (51% to 43%). Daily drinking decreased over time among South Australians aged 60 years and over (16% to 9.4%).

Quantity

- A higher proportion of men than women usually consumed more than 4 drinks in a single day (19% compared with 8.1% in 2020), although this decreased over time among both groups (28% to 19% for men and 13% to 8.1% for women).
- A higher proportion of young people consumed more than 4 drinks in a single day than older age groups, although this decreased over time among those aged under 40 years (45% to 31% for 18-29 year olds and 23% to 12% for 30-39 year olds). There were no changes more recently.

Guideline 1: Reducing the risk of alcohol-related harm for adults

Combined risk

- There were significant decreases in risky drinking over time among South Australians aged 18 years and over (36% to 29%), remaining stable more recently (31% to 29%).
- Decreases were significant over time for both men (48% to 39%) and women (24% to 19%).
- The highest proportion of risky drinkers in 2020 were aged 40-49 and 50-59 years (both 34%), with significant decreases over time for those aged 18-29 years (46% to 28%).
- As expected, the 2020 revised Guidelines led to an increase in the proportion of South Australians drinking alcohol at risky levels (ranging from 5-6 percentage points) compared with the 2009 Guidelines, but overall trends remained unchanged.

Lifetime risk

- Consumption of 10 or more drinks per week on average decreased significantly over time among South Australians aged 18 years and over (29% to 24%), remaining stable more recently (24% in both years).
- Decreases were significant over time for men (41% to 32%) but not for women (18% to 16%).
- The highest proportion of lifetime risky drinkers in 2020 were aged 50-59 (30%) and 40-49 (25%) years, with significant decreases over time for those aged 18-29 (32% to 19%) and 30-39 (28% to 20%) years.

Single occasion risk

- Consumption of more than 4 drinks in a single day at least monthly (single occasion risk) decreased significantly over time among South Australians aged 18 years and over (27% to 22%), remaining stable more recently (23% to 22%).
- Decreases were significant over time for men (38% to 32%) and women (17% to 12%).
- The highest proportion of single occasion risky drinkers in 2020 were aged 40-49 (29%) and 18-29 (26%) years, with significant decreases over time for those aged 18-29 (45% to 26%) and 30-39 (32% to 21%) years.

Guideline 2: People under 18 years of age

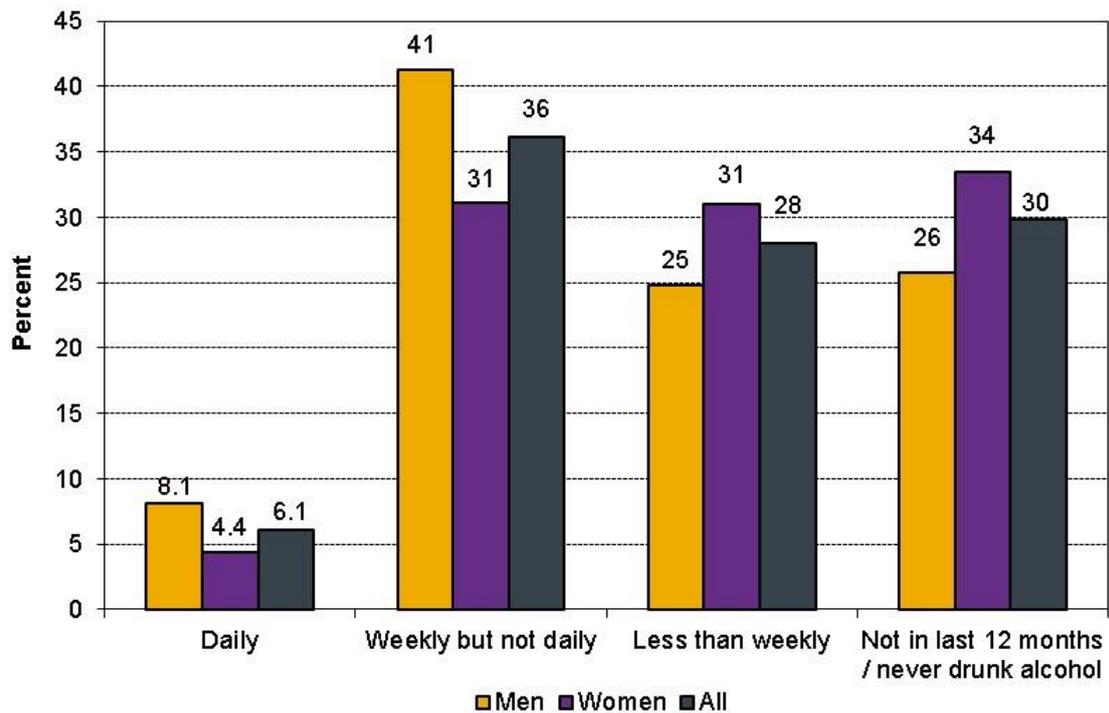
- Almost one-third (31%) of 15-17-year-old South Australians had consumed alcohol in the last 12 months, significantly lower than 2011 (49%).
- This represented an increase in both ex-drinkers (11% to 18%) and those who had never consumed alcohol (40% to 51%) over time and an increase in those who had never consumed alcohol more recently (28% to 51%).

Results

Alcohol consumption: frequency⁹

In 2020, 70% of South Australians aged 18 years and over had consumed alcohol at least once in the previous 12 months (36.1% drank 1-6 days a week and 6.1% daily), and 30% were abstainers¹⁰; see Figure 1. After remaining relatively stable from 2011-2019, this year represents a significant decrease in alcohol consumption over time (2011-2020) and more recently (2019-2020), among both men and women.

Figure 1: Alcohol consumption in the previous 12 months among South Australians aged 18 years and over by sex, 2020



Source: South Australian Population Health Survey Module System 2020

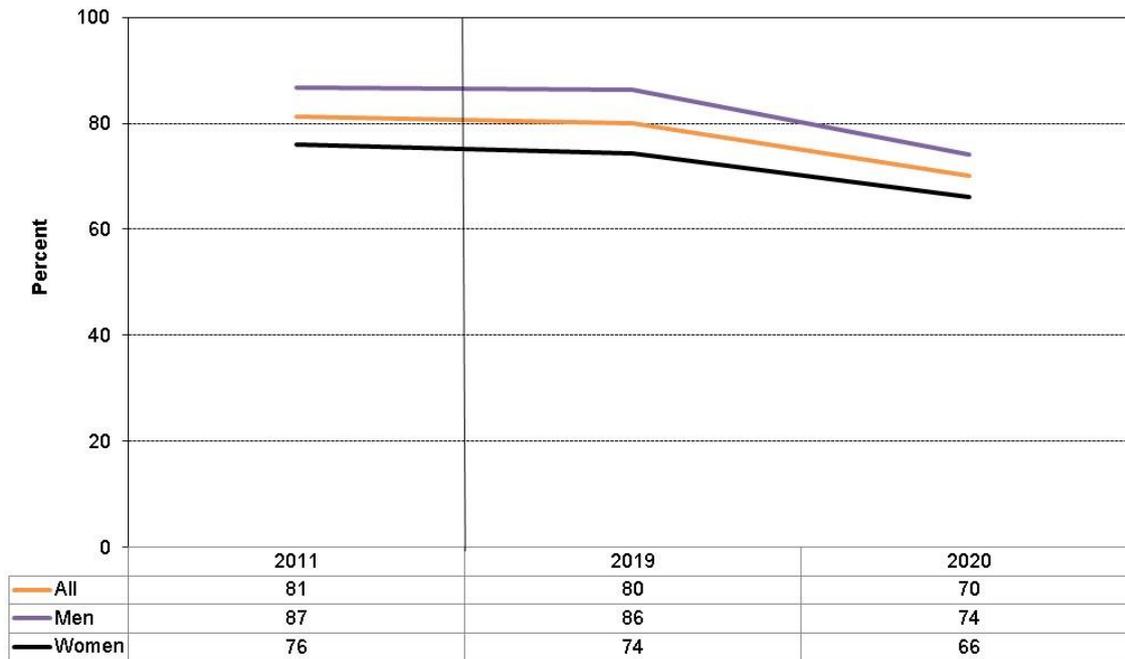
Changes over time by sex

Figure 2 shows any alcohol consumption by sex. There were significant decreases over time in alcohol consumption among both men (87% to 74%) and women (76% to 67%), which were also observed more recently (86% to 74% for men and 74% to 67% for women).

⁹ 'In the last 12 months, how often did you have an alcoholic drink of any kind?'

¹⁰ Abstainers include both ex-drinkers who had not consumed alcohol in the last 12 months, or those who had never consumed alcohol.

Figure 2: Alcohol consumption at least once in the previous 12 months among South Australians aged 18 years and over by sex, 2011-2020

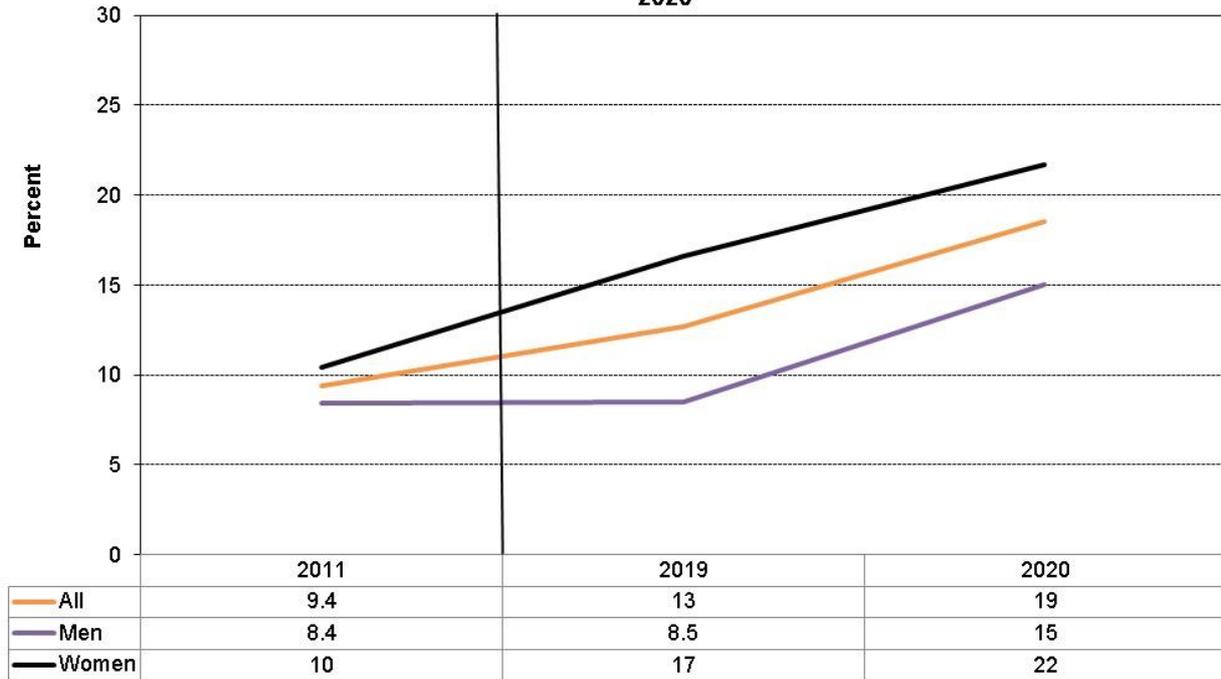


Source: South Australian Health Omnibus Survey 2011 and South Australian Population Health Survey Module System 2019-2020
The vertical line denotes the change in methodology that occurred in 2018

Figures 3 and 4 divide abstainers into ex-drinkers (who no longer consume alcohol and/or have not consumed alcohol in the last 12 months) and non-drinkers (who had never consumed alcohol). Data show that there were significant increases between 2011 and 2020 in the proportion of South Australians aged 18 years and over who were ex-drinkers (8.4% to 15% for men, and 10% to 22% for women), and significant increases in the proportion of South Australian men who had never consumed alcohol (4.9% to 11%). Drinking at least weekly and daily drinking also decreased significantly over time among South Australian men (61% to 49% and 13% to 8%, respectively).

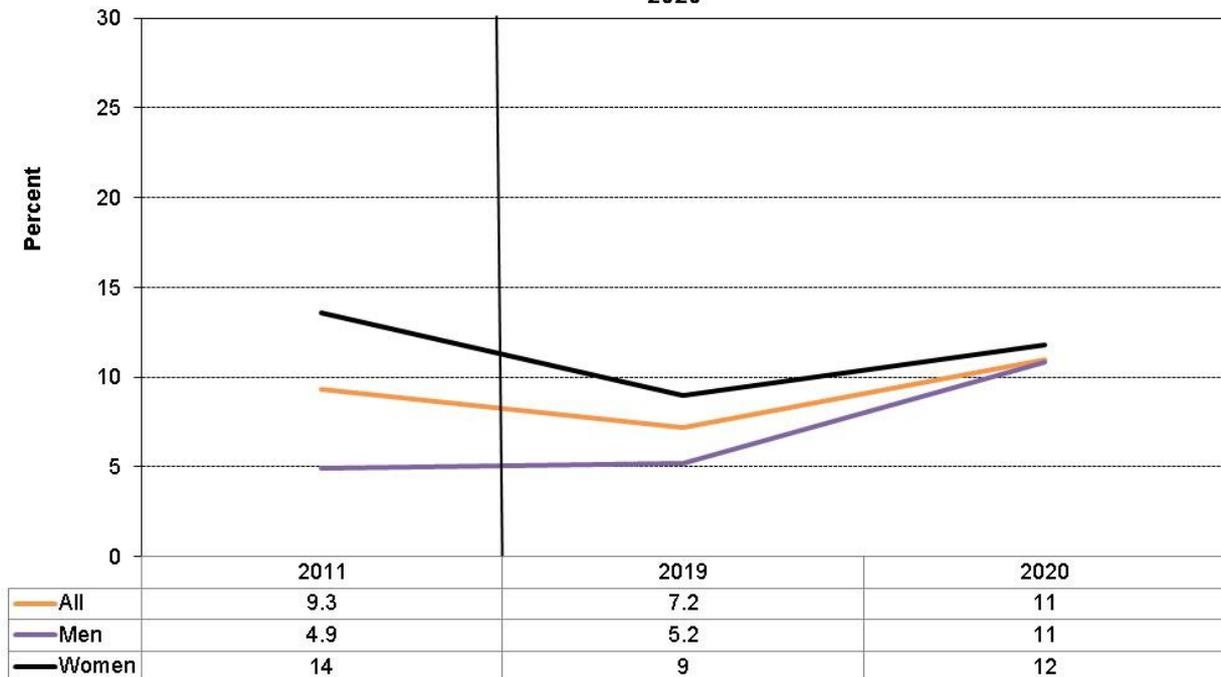
Many of these changes were observed between 2019 and 2020, with significant increases in the proportion of ex-drinkers among men and women (8.5% to 15% and 17% to 22%, respectively) as well as a significant increase in the proportion of men who had never consumed alcohol (5.2% to 11%). Significant decreases in at least weekly and daily drinking were also seen among South Australian men (57% to 49% and 11% to 8%, respectively).

Figure 3: Ex-drinkers among South Australians aged 18 years and over by sex, 2011-2020



Source: South Australian Health Omnibus Survey 2011 and South Australian Population Health Survey Module System 2019-2020
The vertical line denotes the change in methodology that occurred in 2018

Figure 4: Non-drinkers among South Australians aged 18 years and over by sex, 2011-2020



Source: South Australian Health Omnibus Survey 2011 and South Australian Population Health Survey Module System 2019-2020
The vertical line denotes the change in methodology that occurred in 2018

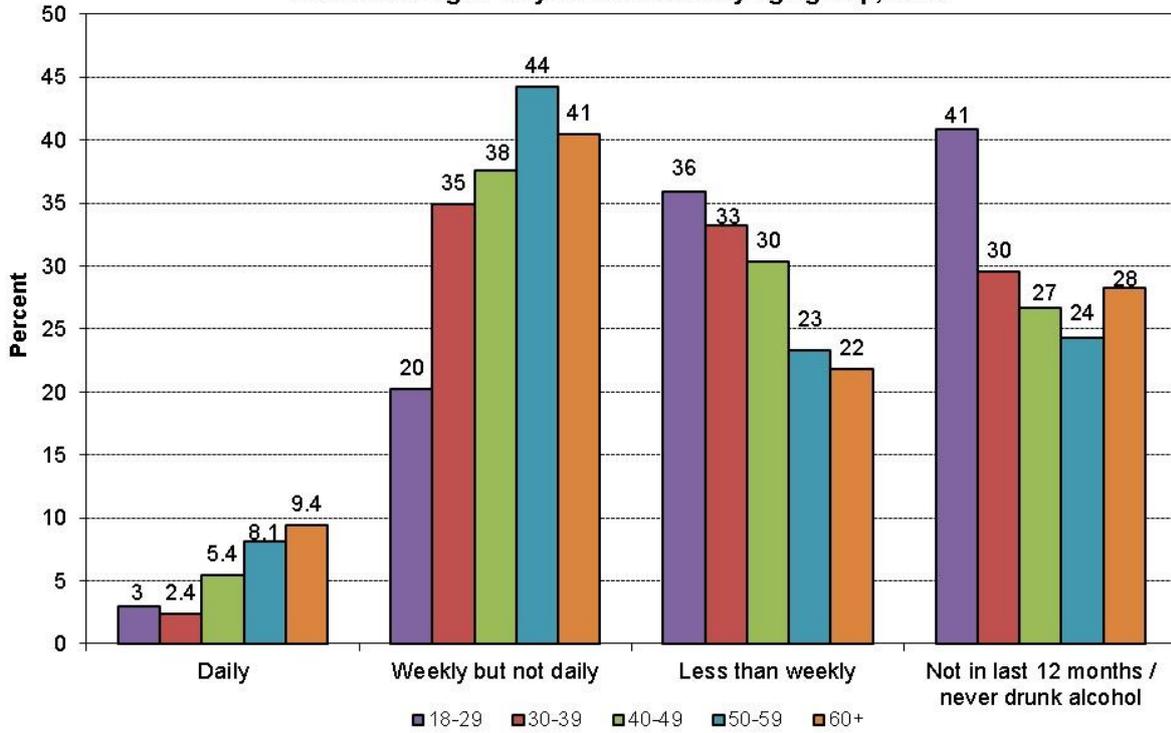
Differences between men and women

A significantly higher proportion of men aged 18 years and over in 2020 consumed alcohol than women (74% compared with 66%), including daily drinking (8% compared with 4.4%) and at least weekly drinking (49% compared with 36%). However, similar proportions reported never having consumed alcohol (11% compared with 12%).

Differences between age groups

In 2020, older South Australians consumed alcohol more often than younger people, with at least weekly consumption highest among those aged 50-59 years (52%), followed by those aged 60 years and over (50%) and those aged 40-49 years (43%); see Figure 5. Daily drinking was highest among those aged 60 years and over (9.4%) and those aged 50-59 years (8.1%).

Figure 5: Alcohol consumption in the previous 12 months among South Australians aged 18 years and over by age group, 2020



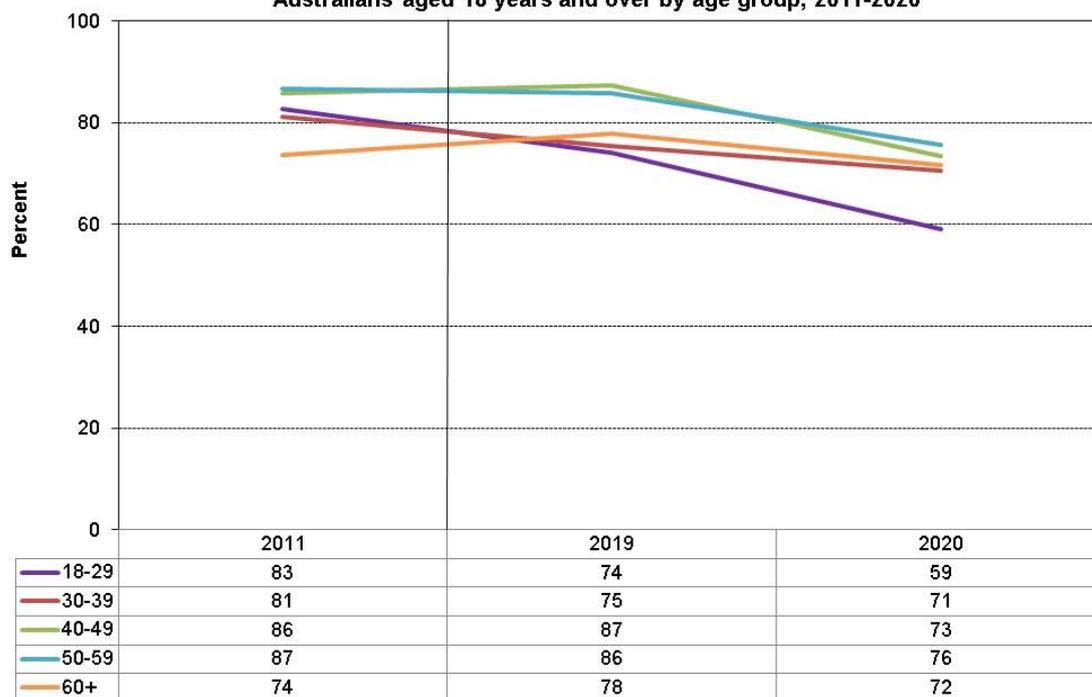
Source: South Australian Population Health Survey Module System 2020

Figure 6 shows any alcohol consumption by age group. There were significant decreases over time in alcohol consumption among all age groups except for those aged 60 years and over: 18-29 (83% to 59%), 30-39 (81% to 71%), 40-49 (86% to 73%) and 50-59 (87% to 76%), which were also observed more recently for those aged 40-49 (87% to 73%) 50-59 (86% to 76%) and 60 years and over (78% to 72%).

Drinking at least weekly decreased significantly among South Australians aged 18-29 (45% to 23%); 30-39 (46% to 37%); and 40-49 years (56% to 43%). There was a significant decrease over time in less than weekly drinking among South Australians aged 50-59 years (30% to 23%) and a significant decrease in daily drinking among those aged 60 years and over (16% to 9.4%).

There were also significant changes between 2019 and 2020. Decreases in at least weekly were seen among South Australians aged 40-49 years (51% to 43%) and drinking less than weekly decreased significantly among South Australians aged 50-59 (32% to 23%) and 60 years and over (27% to 22%).

Figure 6: Alcohol consumption at least once in the previous 12 months among South Australians aged 18 years and over by age group, 2011-2020



Source: South Australian Health Omnibus Survey 2011 and South Australian Population Health Survey Module System 2019-2020
The vertical line denotes the change in methodology that occurred in 2018

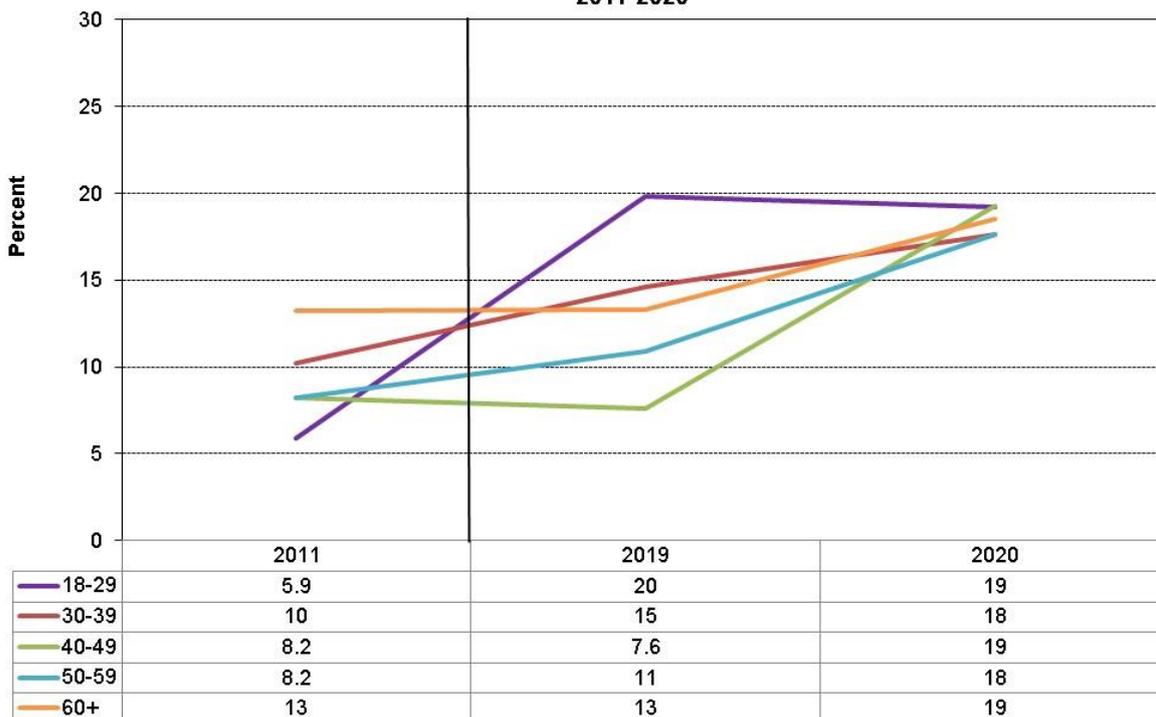
Changes over time by age group

The increase in ex-drinkers was primarily driven by those aged 18-29 and 50-59 years between 2011 and 2020, and by those aged 40-59 years between 2019 and 2020. The increase in those who had never consumed alcohol was primarily driven by those aged 18-29 years between 2011 and 2020, and 2019 and 2020.

As was done for sex, Figures 7 and 8 break abstainers down into ex-drinkers and non-drinkers. For ex-drinkers, the increase was significant both over time and more recently among South Australians aged 40 years and over; and only significant over time among South Australians aged under 40 years. Between 2011 and 2020, the increase was highest among South Australians aged 18-29 years (5.9% to 19%) and those aged 50-59 years (8.2% to 18%). Between 2019 and 2020, the increase was highest among South Australians aged 40-49 years (7.6% to 19%) and those aged 50-59 years (11% to 18%).

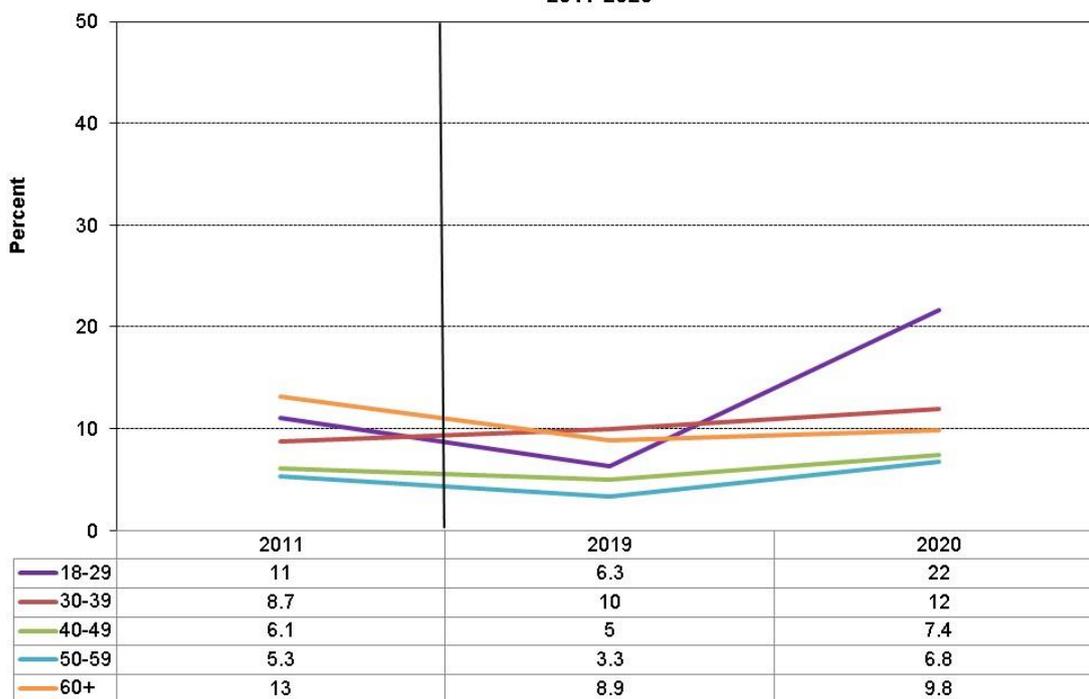
For non-drinkers, the increase was significant both over time and more recently among South Australians aged 18-29 years. The increase was highest among those aged 18-29 years both over time (11% to 22%), and more recently (6.3% to 22%). In addition, the increase was significant between 2019 and 2020 among those aged 50-59 years (3.3% to 6.8%).

Figure 7: Ex-drinkers among South Australians aged 18 years and over by age group, 2011-2020



Source: South Australian Health Omnibus Survey 2011 and South Australian Population Health Survey Module System 2019-2020
The vertical line denotes the change in methodology that occurred in 2018

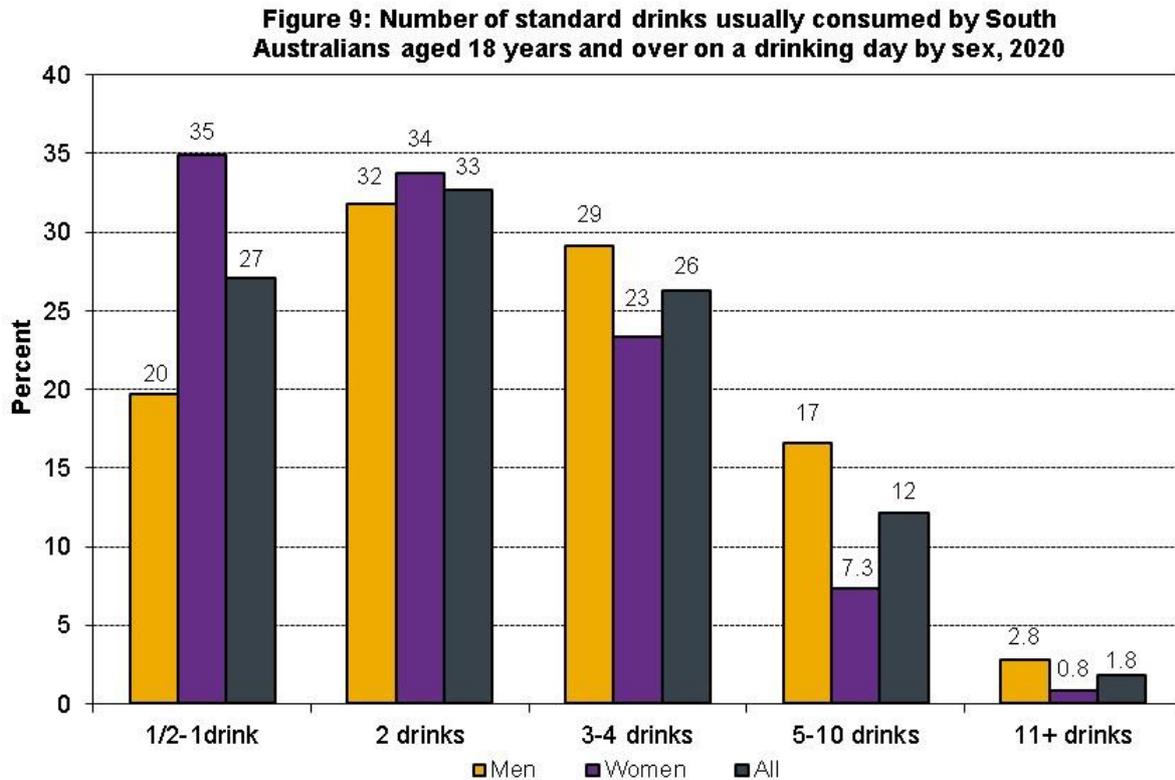
Figure 8: Non-drinkers among South Australians aged 18 years and over by age group, 2011-2020



Source: South Australian Health Omnibus Survey 2011 and South Australian Population Health Survey Module System 2019-2020
The vertical line denotes the change in methodology that occurred in 2018

Alcohol consumption¹¹: quantity¹²

For the majority (86%) of South Australians aged 18 years and over in 2020, the quantity of alcohol usually consumed in a session fell within the national Guidelines for consumption at levels that would not put them at risk of injury from a single drinking occasion (four or less drinks; see Figure 9). This is a significant increase since 2011 (79% usually consumed four or less drinks), but unchanged from 2019 (89%).



Differences between men and women

In 2020, South Australian men aged 18 years and over were significantly more likely to consume larger quantities of alcohol than women of the same age, with 19% usually consuming more than 4 drinks (8.1% of women). Of those who drank in the last 12 months, the majority (91%) in 2020 reported having at least one alcohol-free day per week; 89% of men and 93% of women. This is unchanged from previous years.

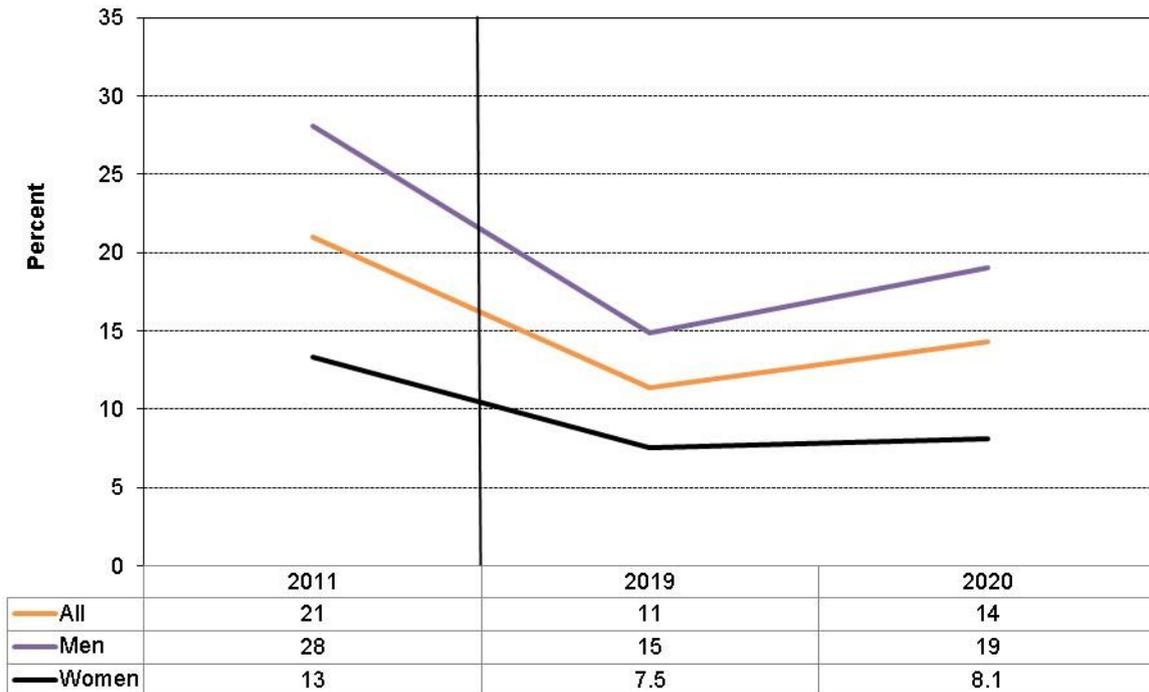
Changes over time by sex

Figure 10 shows the quantity of alcohol usually consumed for men and women over time, with significant decreases between 2011 and 2020 in the proportion of men who reported usually consuming more than four drinks (28% to 19%), as well as in the proportion of women (13% to 8.1%). There were no significant changes more recently.

¹¹ 'On a day that you drink, how many standard drinks do you usually have?'

¹² This section excludes participants who had not consumed alcohol in the last 12 months or had never consumed alcohol.

Figure 10: Usual consumption of more than four drinks on a drinking day among South Australians aged 18 years and over, 2011-2020

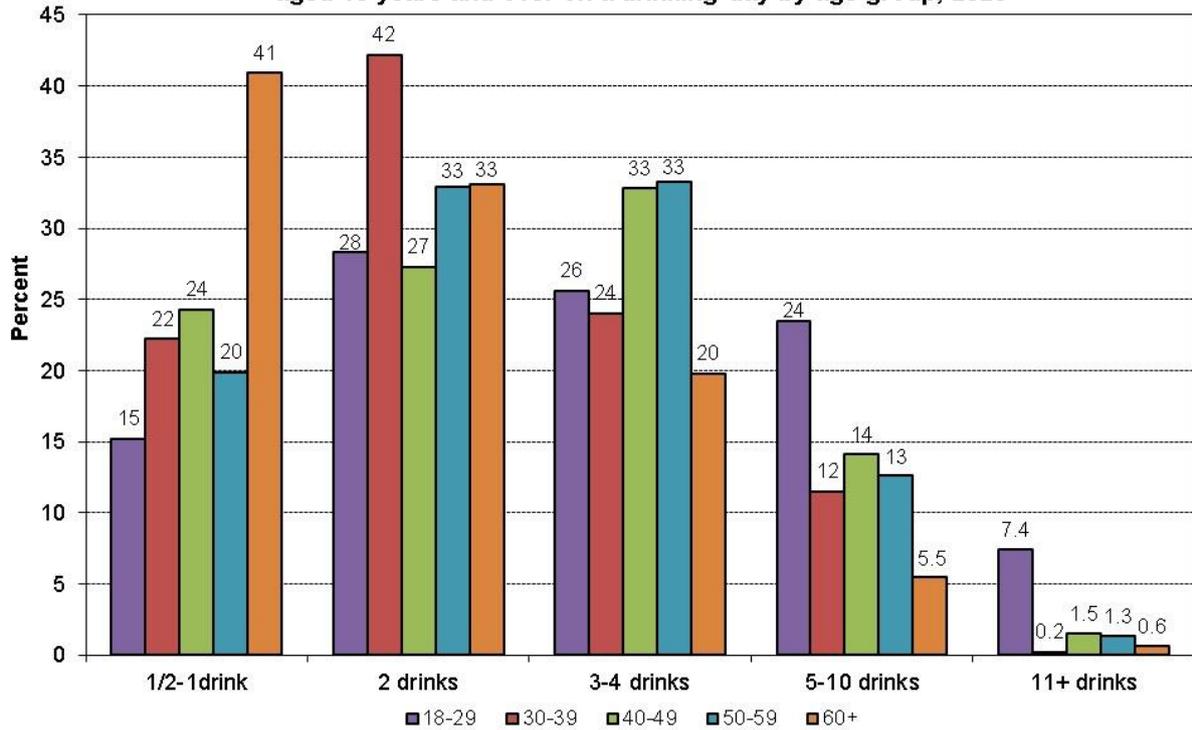


Source: South Australian Health Omnibus Survey 2011 and South Australian Population Health Survey Module System 2019-2020
The vertical line denotes the change in methodology that occurred in 2018

Differences between age groups

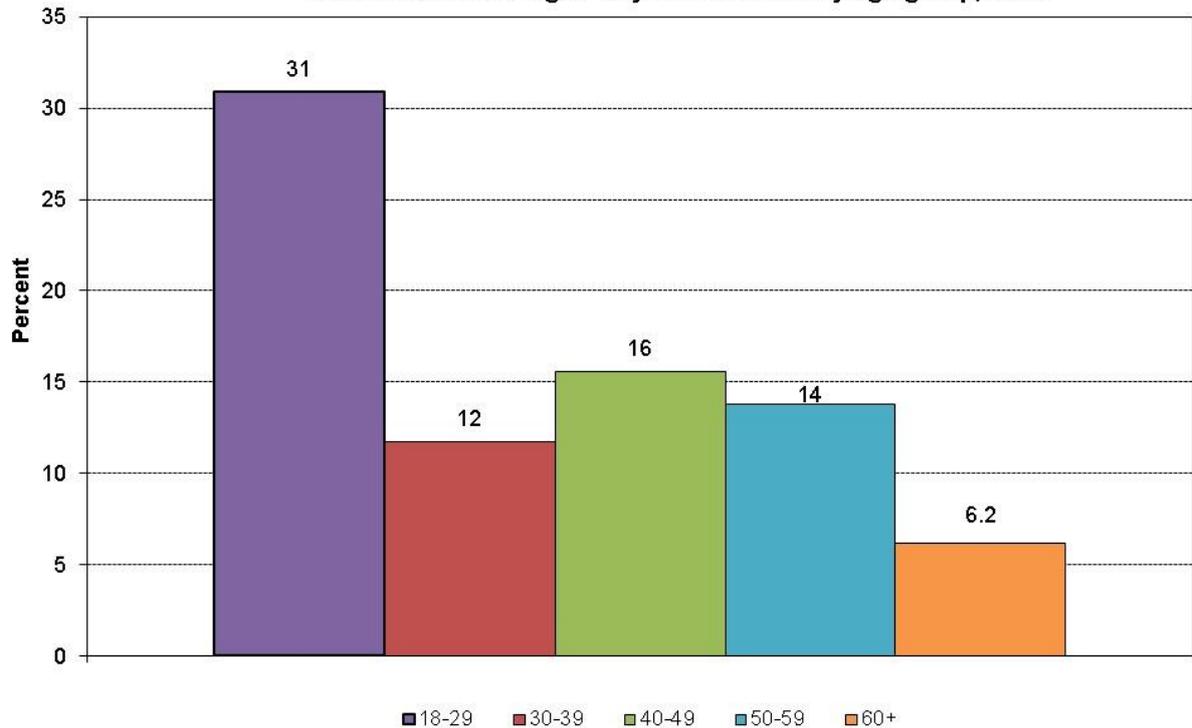
The proportion of South Australians who usually consumed more than four drinks on a drinking day (thus exceeding the Guidelines) generally decreased with age (see Figures 11 and 12), although in 2020 higher proportions of those aged 40-59 years consumed more than four drinks than in previous years. Thirty-one percent of those aged 18-29 years consumed more than four drinks, followed by 12% of those aged 30-39 years. In contrast, 16% and 14%, respectively, of those aged 40-49 and 50-59 years consumed more than four drinks. Only 6.2% of those aged 60 years and over usually consumed more than four drinks on a drinking day.

Figure 11: Number of standard drinks usually consumed by South Australians aged 18 years and over on a drinking day by age group, 2020



Source: South Australian Population Health Survey Module System 2020

Figure 12: Usual consumption of more than four drinks on a drinking day by South Australians aged 18 years and over by age group, 2020



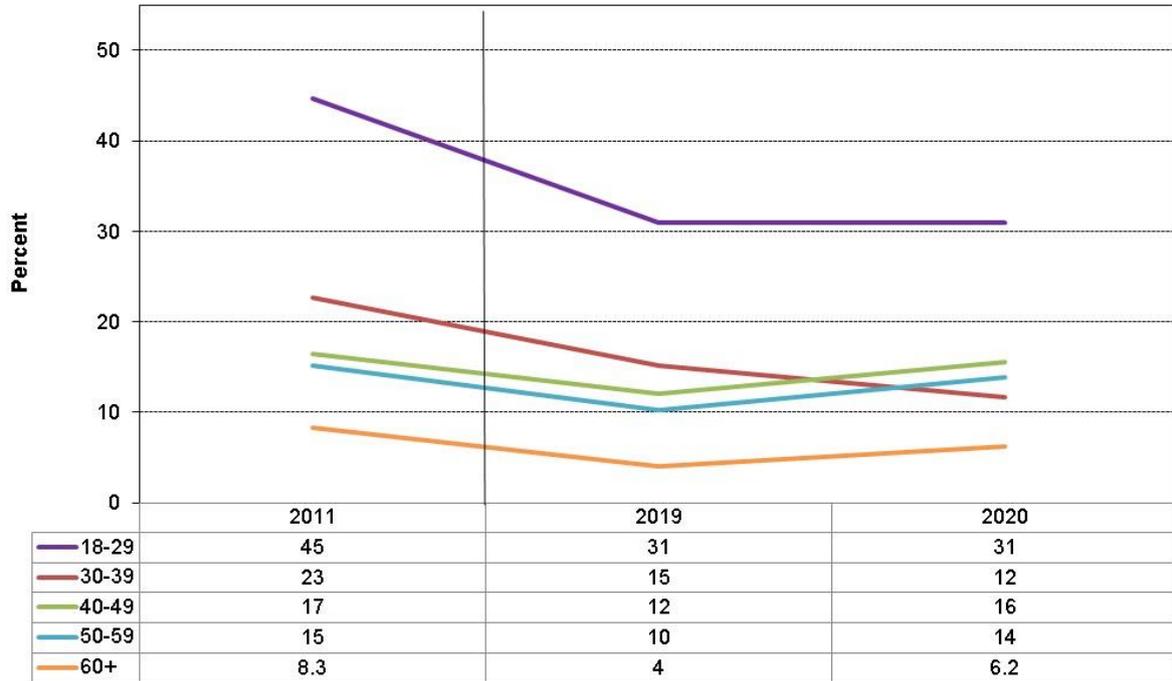
Source: South Australian Population Health Survey Module System 2020

Changes over time by age group

Figure 13 shows changes over time by age group. There were significant decreases between 2011 and 2020 in the proportion consuming more than four drinks among the younger age groups: 45% to 31% for those aged 18-29 years and 23% to 12% for those aged 30-39 years. There were no changes

between 2019 and 2020. The quantity of alcohol consumption among drinkers has consistently decreased over time among all age groups.

Figure 13: Usual consumption of more than four drinks on a drinking day by South Australians aged 18 years and over by age group, 2011-2020

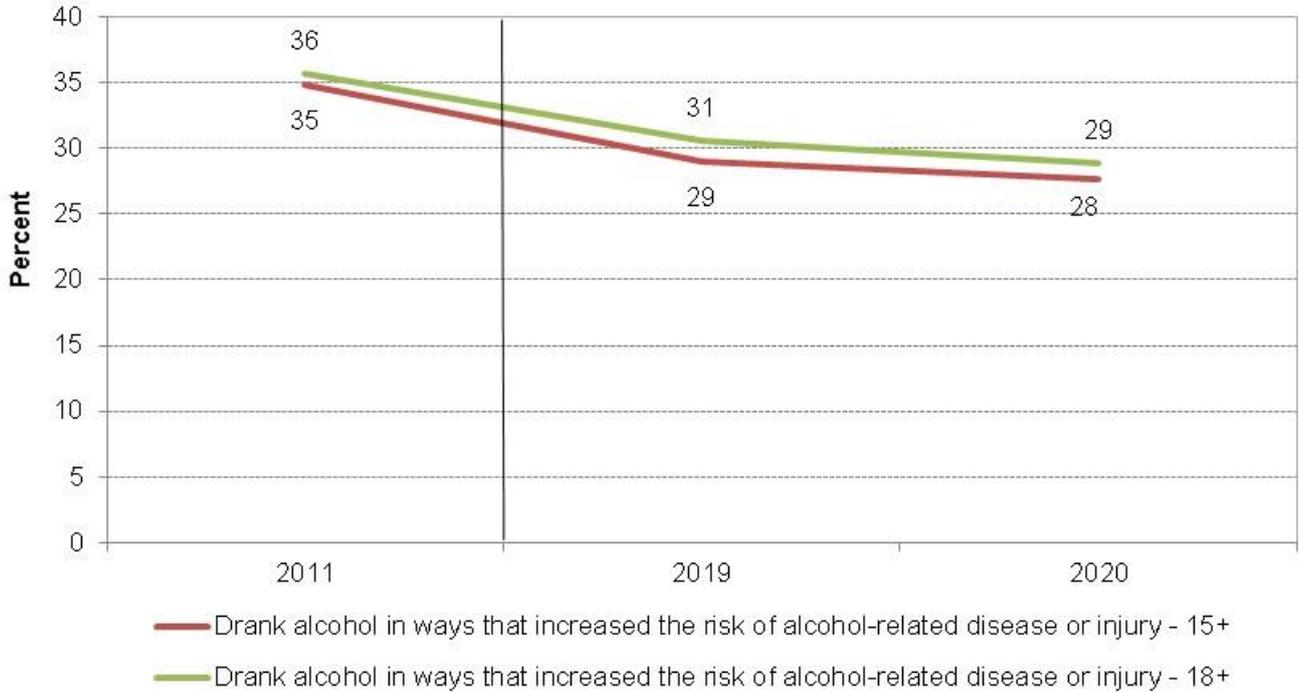


Source: South Australian Health Omnibus Survey 2011 and South Australian Population Health Survey Module System 2019-2020
The vertical line denotes the change in methodology that occurred in 2018

Guideline 1: No more than 10 standard drinks a week and no more than 4 standard drinks on a single day

Figure 14 shows that the proportion of South Australians aged 18 years and over drinking alcohol in ways that increased the risk of alcohol-related disease or injury decreased significantly over time (36% to 29%) but remained stable more recently (31% to 29%). As expected, risky drinking at these levels was slightly higher among those aged 18 years and over.

Figure 14: Risky alcohol consumption according to the 2020 Alcohol Guidelines for South Australians aged 15 or 18 years and over, 2011-2020

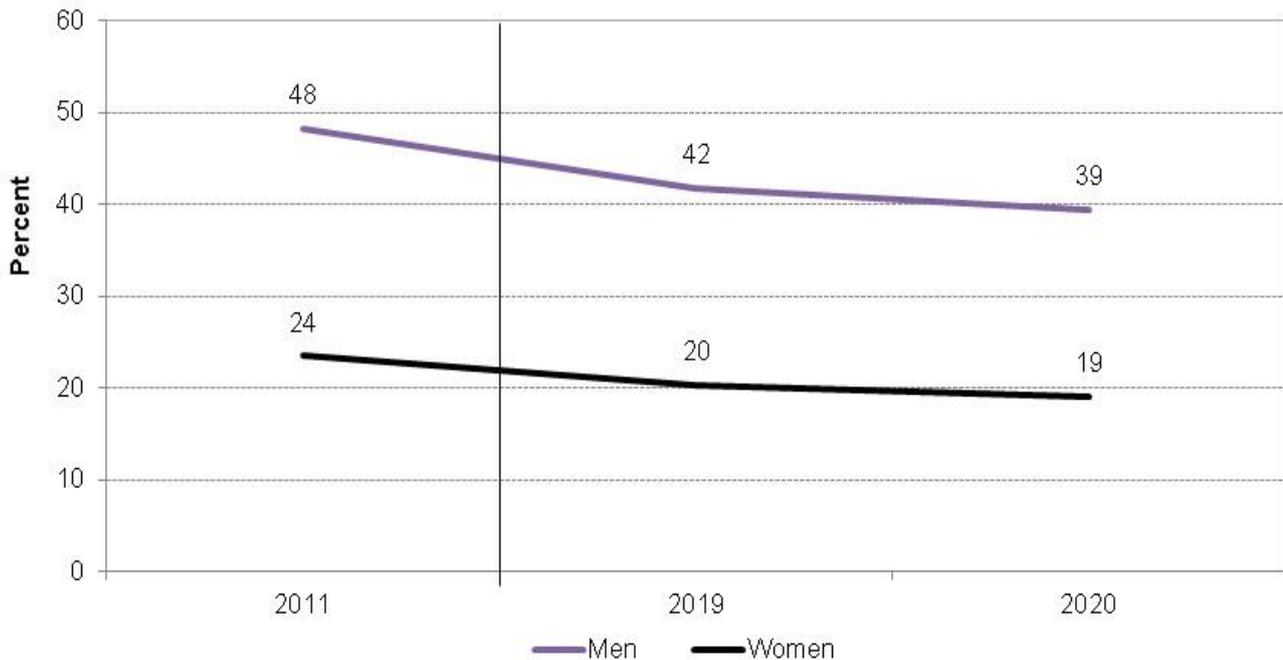


Source: South Australian Health Omnibus Survey 2011 and South Australian Population Health Survey Module System 2019-2020
The vertical line denotes the change in methodology that occurred in 2018

Changes over time by sex

Figure 15 shows the proportion of South Australians aged 18 years and over drinking alcohol in ways that increased the risk of alcohol-related disease or injury by sex. There were significant decreases over time for both men (48% to 39%) and women (24% to 19%), remaining stable more recently (42% to 39% for men and 20% to 19% for women).

Figure 15: Risky alcohol consumption according to the 2020 Alcohol Guidelines for South Australians aged 18 years and over by sex, 2011-2020

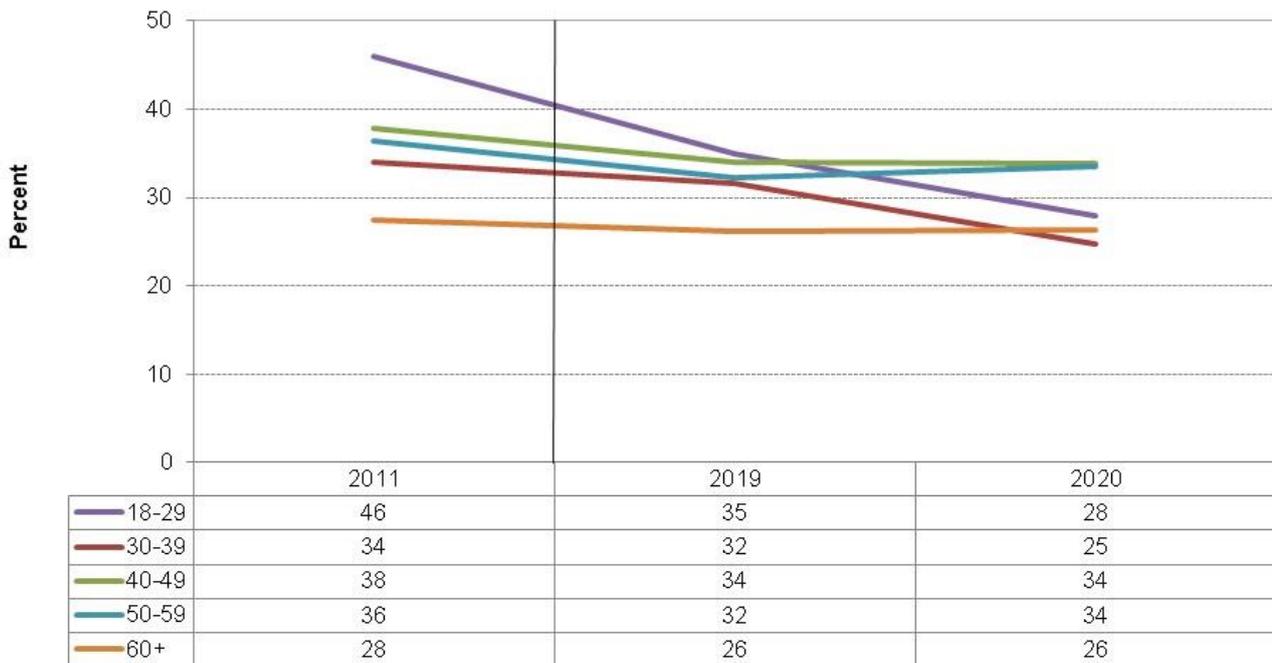


Source: South Australian Health Omnibus Survey 2011 and South Australian Population Health Survey Module System 2019-2020
The vertical line denotes the change in methodology that occurred in 2018

Changes over time by age group

Figure 16 shows the proportion of South Australians aged 18 years and over drinking alcohol in ways that increased the risk of alcohol-related disease or injury by age group. The groups with the highest proportion of risky drinkers in 2020 were aged 40-49 and 50-59 years (both 34%). There were significant decreases over time for those aged 18-29 years (46% to 28%), remaining stable more recently (35% to 28%). Changes in risky drinking for the other age groups were not significant, either over time or more recently.

Figure 16: Risky alcohol consumption according to the 2020 Alcohol Guidelines for South Australians aged 18 years and over by age group, 2011-2020



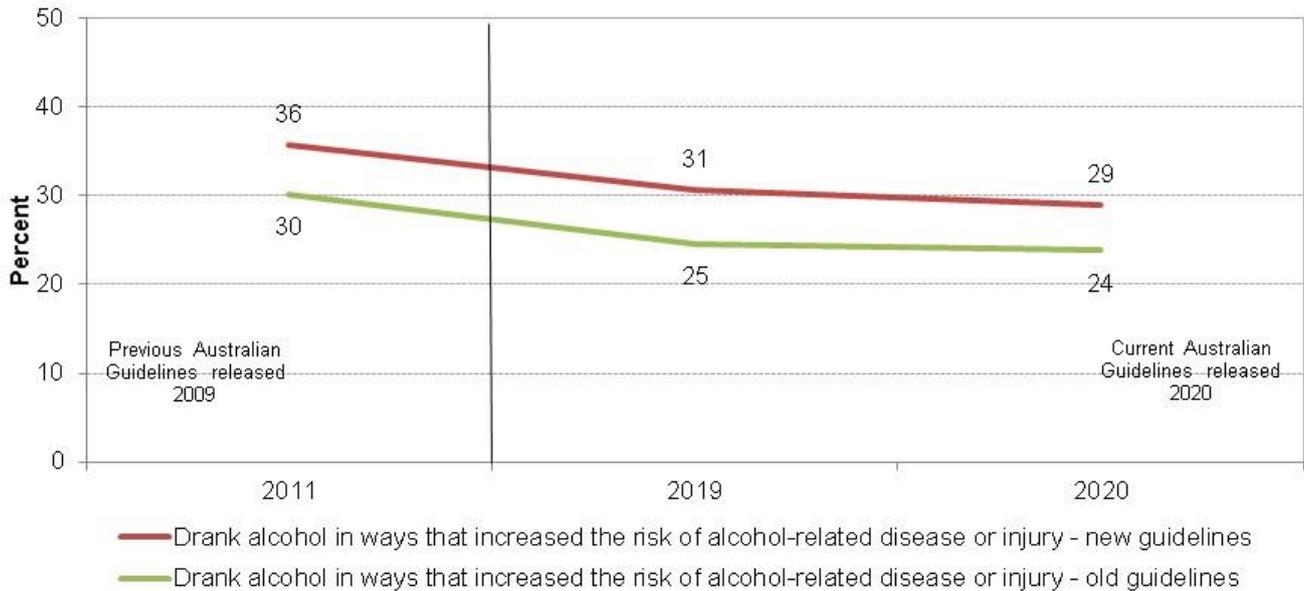
Source: South Australian Health Omnibus Survey 2011 and South Australian Population Health Survey Module System 2019-2020
The vertical line denotes the change in methodology that occurred in 2018

Comparing the 2009 and 2020 Guidelines on combined risk

In the 2020 SAPHS Module System, the 2009 combined risk Guideline produced lower estimates of risky drinking than the 2020 combined risk Guideline, for South Australians aged 18 years and over (24% compared with 29%; see Figure 17).

Looking at the 2009 combined risk Guideline over time, there were significant decreases in risky drinking among those aged 15 years and over (30% compared with 23%) and those aged 18 years and over (30% compared with 24%). There were no changes more recently.

Figure 17: The proportion of South Australians aged 18 years and over at increased risk of alcohol-related disease or injury, according to the previous and current Australian alcohol guidelines, 2011-2020



Source: South Australian Health Omnibus Survey 2011 and South Australian Population Health Survey Module System 2019-2020
The vertical line denotes the change in methodology that occurred in 2018

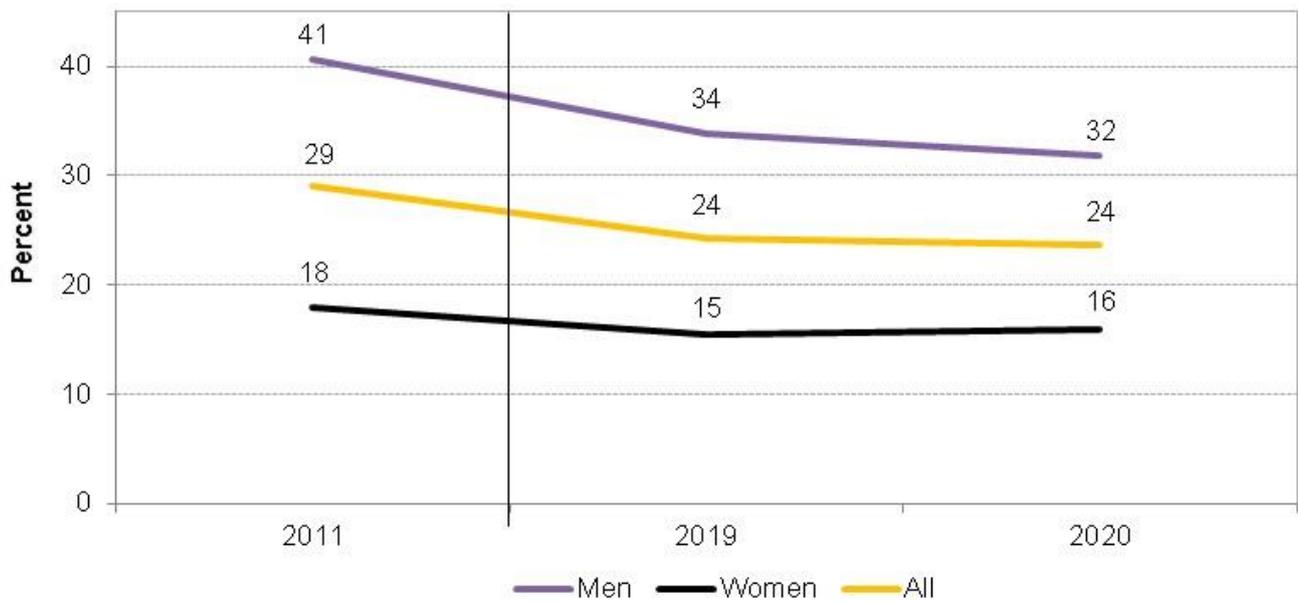
Consumption of 10 or more drinks per week on average (revised lifetime risk)

Figure 18 shows that the consumption of 10 or more drinks per week on average over the last 12 months among South Australians aged 18 years and over decreased significantly over time (29% to 24%), remaining stable more recently (24% in both years).

Changes over time by sex

Decreases were significant over time for men (41% to 32%) but not for women (18% to 16%), remaining stable more recently (34% to 32% for men and 15% to 16% for women).

Figure 18: Consumption of 10 or more drinks per week on average for South Australians aged 18 years and over by sex, 2011-2020



Source: South Australian Health Omnibus Survey 2011 and South Australian Population Health Survey Module System 2019-2020
The vertical line denotes the change in methodology that occurred in 2018

Changes over time by age group

Figure 19 shows the proportion of South Australians aged 18 years and over consuming 10 or more drinks per week on average by age group. The groups with the highest proportion drinking this amount in 2020 were aged 50-59 (30%) and 40-49 (25%) years. There were significant decreases over time for those aged 18-29 (32% to 19%) and 30-39 (28% to 20%) years, remaining stable more recently among all age groups.

Figure 19: Consumption of 10 or more drinks per week on average for South Australians aged 18 years and over by age group, 2011-2020



Source: South Australian Health Omnibus Survey 2011 and South Australian Population Health Survey Module System 2019-2020
The vertical line denotes the change in methodology that occurred in 2018

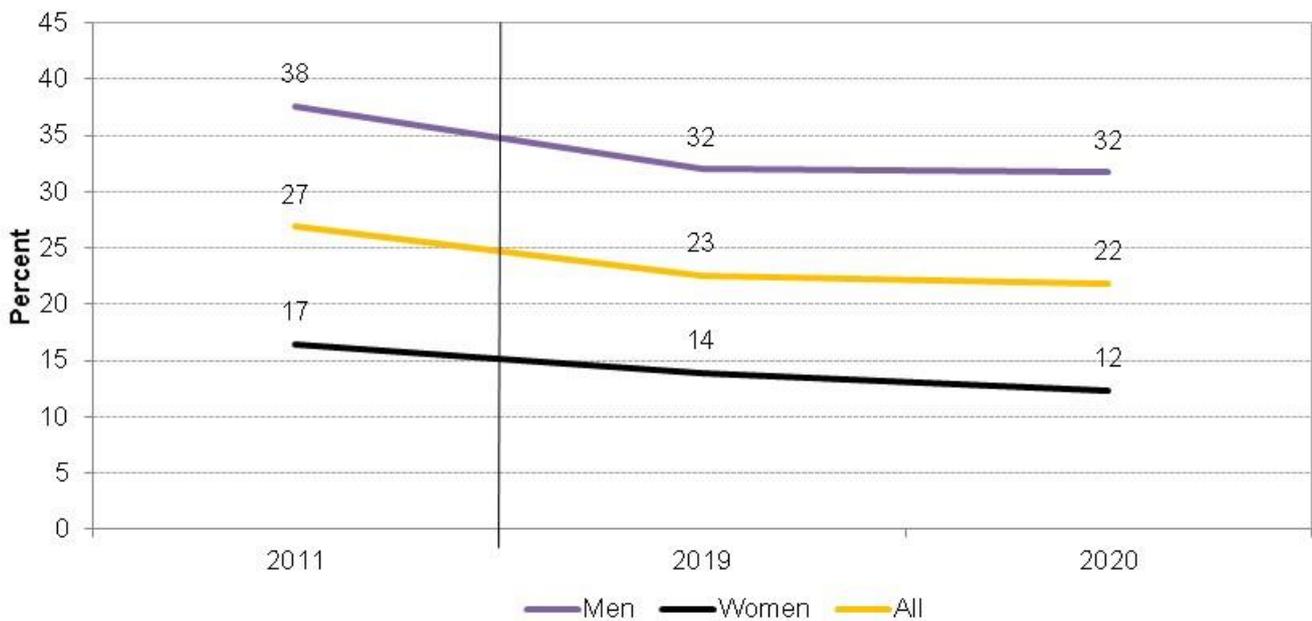
Consumption of more than 4 drinks in a single day at least monthly (single occasion risk)

Figure 20 shows that the consumption of more than 4 drinks in a single day at least monthly decreased significantly over time among those aged 18 years and over (27% to 22%), remaining stable more recently (23% to 22%).

Changes over time by sex

Decreases were significant over time for men (38% to 32%) and women (17% to 12%), remaining stable more recently for both (32% in both years for men and 14% to 12% for women).

Figure 20: Consumption of more than 4 drinks in a single day at least monthly for South Australians aged 18 years and over by sex, 2011-2020

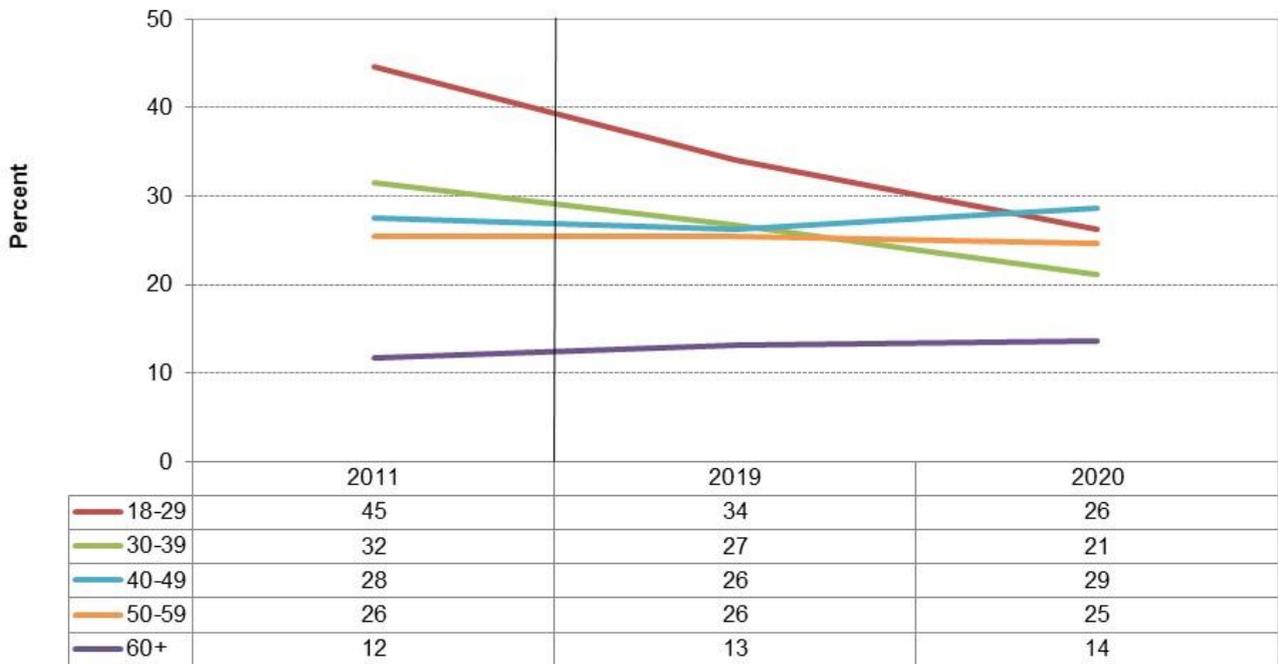


Source: South Australian Health Omnibus Survey 2011 and South Australian Population Health Survey Module System 2019-2020
The vertical line denotes the change in methodology that occurred in 2018

Changes over time by age group

Figure 21 shows the proportion of South Australians aged 18 years and over consuming more than 4 drinks in a single day at least monthly by age group. The groups with the highest proportion drinking this amount in 2020 were aged 40-49 (29%) and 18-29 (26%) years. There were significant decreases over time for those aged 18-29 (45% to 26%) and 30-39 (32% to 21%) years, remaining stable more recently among all age groups.

Figure 21: Consumption of more than 4 drinks in a single day at least monthly for South Australians aged 18 years and over by age group, 2011-2020



Source: South Australian Health Omnibus Survey 2011 and South Australian Population Health Survey Module System 2019-2020
The vertical line denotes the change in methodology that occurred in 2018

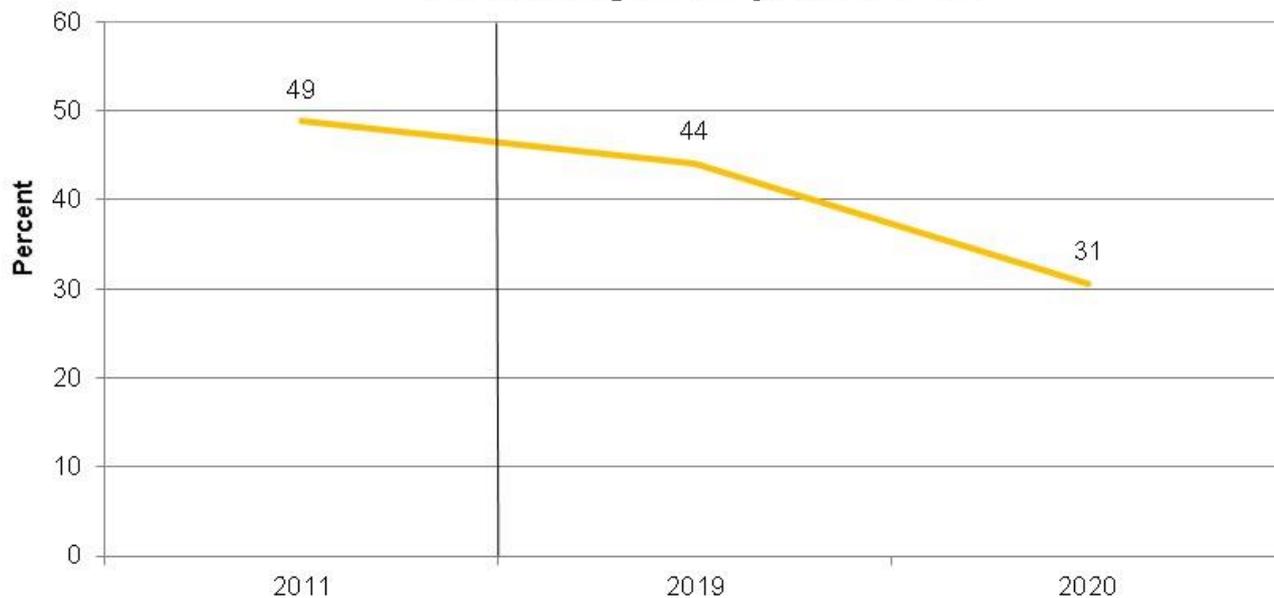
2020 Guideline 2: Alcohol consumption among those aged 15-17 years should be zero¹³

In 2020, almost one-third (31%) of 15-17-year-old South Australians had consumed alcohol in the last 12 months. This decreased significantly from 49% in 2011 (see Figure 22). There was also a significant decrease in at least weekly use over time (9.7% to 0%), but no change more recently.

The increase in abstainers among this age group represented both an increase in ex-drinkers (11% to 18%) and those who had never consumed alcohol (40% to 51%) over time, and an increase in those who had never consumed alcohol more recently (28% to 51%).

¹³These data should be interpreted with caution due to unreliable estimates, and further breakdowns by sex were not possible.

Figure 22: Consumption of alcohol in the last 12 months among South Australians aged 15-17 years, 2011-2020



Source: South Australian Health Omnibus Survey 2011 and South Australian Population Health Survey Module System 2019-2020
The vertical line denotes the change in methodology that occurred in 2018

For more information

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Drug and Alcohol Services South Australia acknowledges the contribution of Dr Kamalesh Venugopal, Principal Statistician, Prevention & Population Health Directorate, Wellbeing SA, for his ongoing statistical assistance and advice.