

Drinking habits and prevalence of AUDIT based hazardous drinking among occupational health care patients

Tiina Kaarne

MD Occupational Health Care

Varma Mutual Pension Insurance Company

Finnish Occupational Health Care

- **statutory preventive work**
covers 90 % of all employees
includes health checkups approximately
once in every four year
- **voluntary medical work**
covers 80 % of all employees
half of all the visits to general physician
among Finns between 16-65 years is done
by doctors of occupational health
- One half of the expenses is paid by employers the
other half by The Social Insurance Institution of
Finland



The primary tasks of Occupational Health Care:

- Prevention of work-related health problems
- Health promotion

Still:

- alcohol-related issues are seldom discussed in occupational health care

Heavy drinker

male

at least 24 drinks per week
or ≥ 7 drinks on one occasion

female

at least 16 drinks per week
or ≥ 5 drinks on one occasion

Objectives

To estimate the proportion of hazardous drinkers among occupational health care patients and evaluate their characteristics.

Methods

- Patients visiting their doctor in six occupational health clinics were asked to complete a questionnaire
- Alcohol Use Disorders Identification Test (AUDIT) and other questions concerning health
- 757 patients participated
- The characteristics between hazardous and moderate drinkers were compared

Hazardous drinking

men ≥ 10

women ≥ 8

in the AUDIT questionnaire

Participants

- All Caucasian
- 388 men, average age 45.7 years
- 369 women, average age 46.3 years
- wide range of occupations
 - 44% were white-collar
 - 22% blue-collar
 - 34% both

	Men%	Women %	Total %
Score	N=388	N=396	N=784
≥21	3.1	< 0.3	1.7
≥20	3.4	< 0.5	2.0
≥19	4.6	<0.8	2.8
≥18	6.7	1.1	4.0
≥17	7.7	1.4	4.6
≥16	9.3	1.4	5.4
≥15	10.8	1.4	6.2
≥14	13.6	3.3	8.7
≥13	16.8	3.3	10.1
≥12	20.1	4.1	12.3
≥11	24.2	5.4	15.2
≥10	29.4	7.3	18.6
≥9	34.3	10.8	22.8
≥8	42.0	13.1	27.8
≥7	49.7	15.8	33.1
≥6	60.1	24.1	42.4

Cumulative Audit Score of the Occupational Health Care Patients

Score	Men% N=388	Women % N=396	Total % N=784
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Cumulative Audit Score of the Occupational Health Care Patients



Teetotallers

AUDIT score=0

- men 5.4%
- women 5.7%

Male hazardous and moderate drinkers

	All men %	Hazardous %	Moderate %	p value
	N=388	N=114	N=274	
Age < 36	21.5	28.9	18.4	0.02
Only primary school	23.5	29.8	20.8	0.05
White-collar worker	40.7	30.7	44.9	0.01
With partner	75.5	68.4	78.5	0.03
Daily smoker	23.6	39.1	17.1	0.00
Heavy episodic drinking	13.4	38.6	2.9	0.00

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Heavy episodic drinking	13.4	38.6	2.9	0.00

Male hazardous and moderate drinkers

No differences:

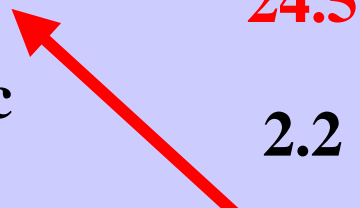
- mean age
- with long term illness
- BMI (Body Mass Index) ≥ 25

Female hazardous and moderate drinkers

	All women	Hazardous	Moderate	p
	%	%	%	value
	N=369	N=48	N=321	
Daily smoker	24.5	48.9	20.8	0.000
Heavy episodic drinking	2.2	16.7	0	0.000

Female hazardous and moderate drinkers

	All women %	Hazardous %	Moderate %	p value
	N=369	N=48	N=321	
Daily smoker	24.5	48.9	20.8	0.000
Heavy episodic drinking	2.2	16.7	0	0.000



Female hazardous and moderate drinkers

No differences:

- mean age ≤ 36
- only primary school
- white-collar worker
- with partner
- with long term illness
- BMI (Body Mass Index) ≥ 25

Male and female hazardous drinkers

	All %	Men %	Women %	p value
	N=162	N=114	N=48	
BMI >25	37.0	68.4	45.8	0.01
White-collar worker	61.7	30.7	52.1	0.003
Heavy episodic drinking	32.1	38.6	16.7	0.006

Conclusions

- Hazardous drinkers are common in occupational health care
- They can not be recognized by usual patient characteristics
- Occupational health care offers an important opportunity to identify these numerous hazardous drinkers
- There are effective tools (e.g. AUDIT questionnaire) to screen for heavy alcohol use
- The use of these tools should be studied in occupational health care



Thank you for
your attention!