

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

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# 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  $\geq 7$  drinks on one occasion

**female**

at least 16 drinks per week  
or  $\geq 5$  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**  $\geq 10$

**women**  $\geq 8$

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
≥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
<b>≥14</b>	<b>13.6</b>	<b>3.3</b>	<b>8.7</b>
≥13	16.8	3.3	10.1
≥12	20.1	4.1	12.3
≥11	24.2	5.4	15.2
<b>≥10</b>	<b>29.4</b>	<b>7.3</b>	<b>18.6</b>
≥9	34.3	10.8	22.8
<b>≥8</b>	<b>42.0</b>	<b>13.1</b>	<b>27.8</b>
≥7	49.7	15.8	33.1
≥6	60.1	24.1	42.4

# Cumulative Audit Score of the Occupational Health Care Patients



# Teetotallers

## AUDIT score=0

- men 5.4%
- women 5.7%

# Male hazardous and moderate drinkers

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

# 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
<b>Daily smoker</b>	<b>23.6</b>	<b>39.1</b>	<b>17.1</b>	<b>0.00</b>
Heavy episodic drinking	13.4	38.6	2.9	0.00

# Male hazardous and moderate drinkers

No differences:

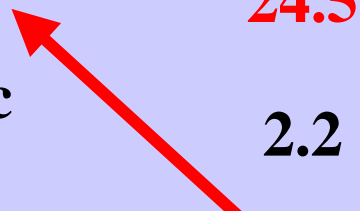
- mean age
- with long term illness
- BMI (Body Mass Index)  $\geq 25$

# Female hazardous and moderate drinkers

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

# Female hazardous and moderate drinkers

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





# Female hazardous and moderate drinkers

No differences:

- mean age  $\leq 36$
- only primary school
- white-collar worker
- with partner
- with long term illness
- BMI (Body Mass Index)  $\geq 25$

# Male and female hazardous drinkers

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

# 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!