



Higher Risk Alcohol Use in Older Adults in United Kingdom in 2015



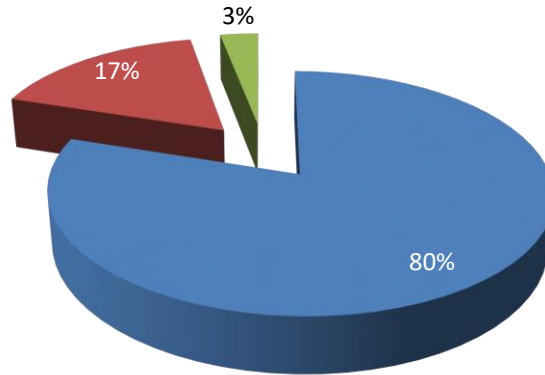
S. Wadd, L. Elliott, I. Madoc-Jones, M. Donnelly, A. Whittaker

Method

- Anonymous postal questionnaire sent to all patients aged 50+ registered with 30 general practices (family doctors) in England, Wales, Scotland and Northern Ireland
- 16,678/76,342 (22%) completed questionnaires were returned
- Questions specifically designed to examine drinking behaviour in later life

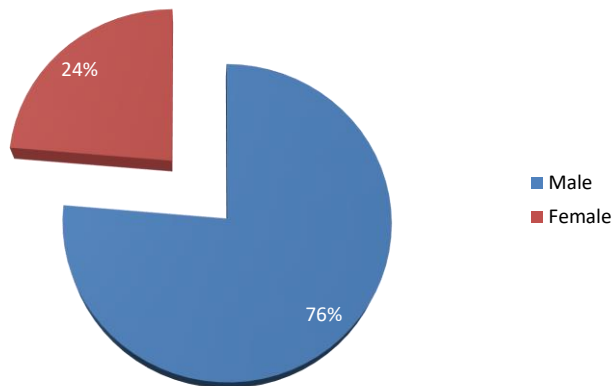
AUDIT Categories

■ Lower risk (1-7) ■ Increasing risk (8-15) ■ Higher risk (16+)



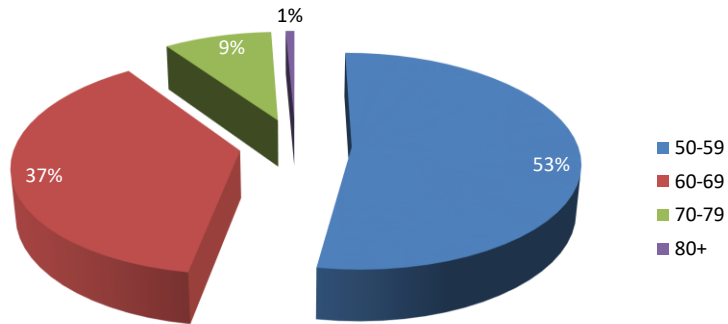
77% of respondents drank alcohol, 280 higher risk drinkers

Gender of Higher Risk Drinkers



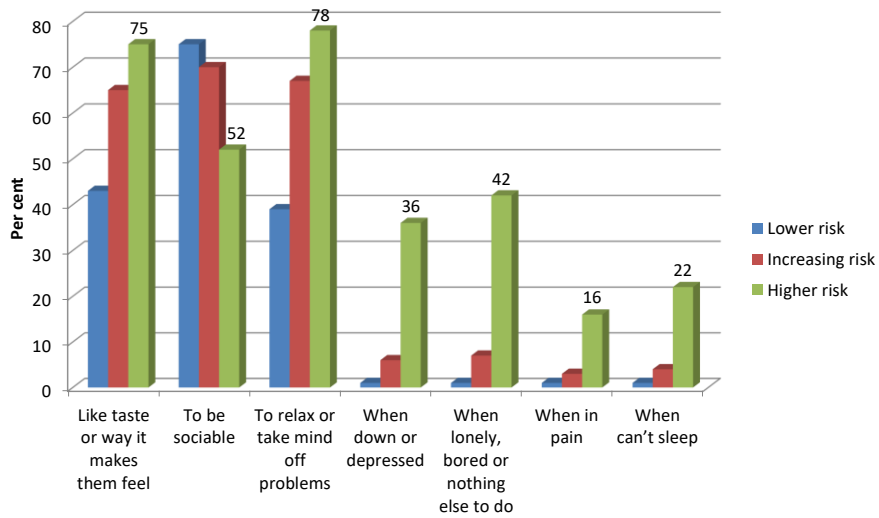
More likely to be male than lower risk drinkers ($p < 0.0005$)

Age Group of Higher Risk Drinkers



Younger than lower risk drinkers ($p < 0.0005$)

Reasons for Drinking Alcohol



Last 12 Months Drinking Higher Risk Drinkers



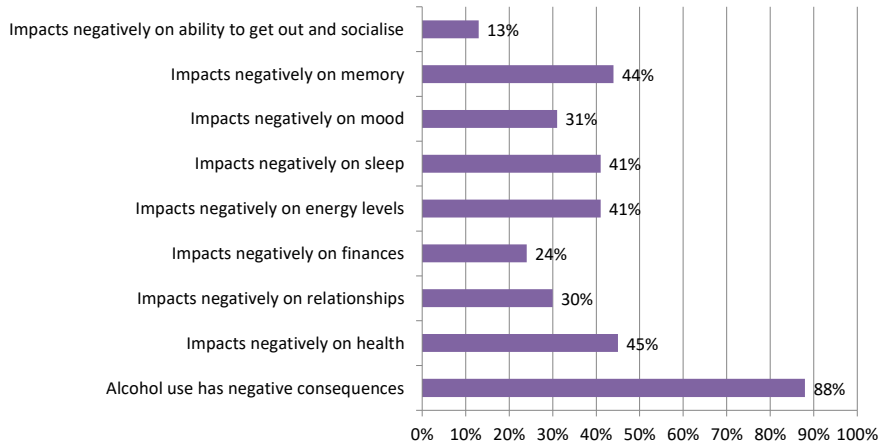
20% say that on no occasion has relative, friend or health worker been concerned about drinking or suggested cut down

Drinking More than in the Past



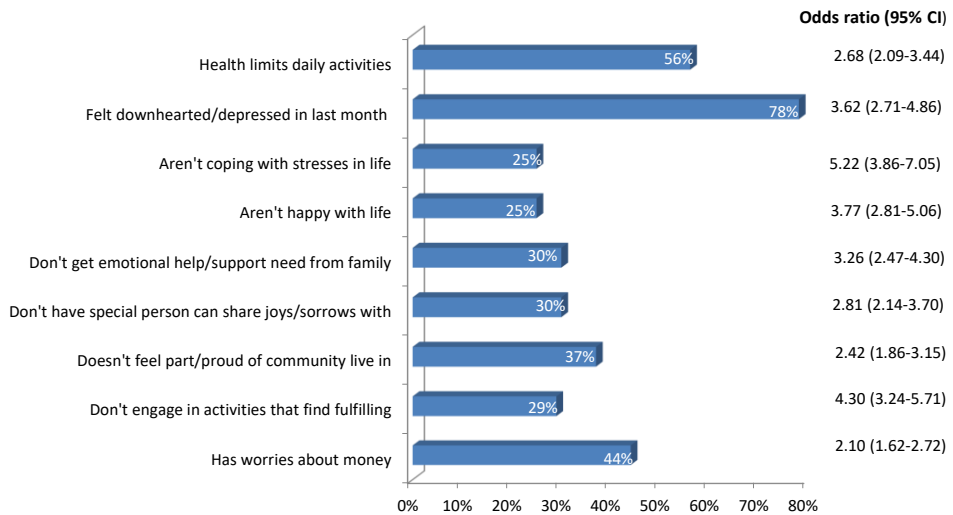
- 49% higher risk drinkers drink more now than in the past
- Five most common reasons for increased drinking (all risk categories) are age-related
 - Retirement (40%)
 - Bereavement (26%)
 - Loss of sense of purpose in life (20%)
 - Fewer opportunities to socialise (18%)
 - Change in financial circumstances (18%)

Negative Consequences Alcohol Use Higher Risk Drinkers



61% don't think that they need help or advice for drinking

Life Circumstances Associated with Higher Risk Drinking



Results of nine separate multivariate models, each adjusted for gender and age

Implications for Interventions



- Deliver interventions to reduce loneliness, provide a sense of purpose in life and provide opportunities to socialise
- Address chronic pain and sleep problems
- Provide resilience training and preparing for retirement workshops
- Motivating factors are likely to include improvements in memory, sleep and energy levels

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Substance Misuse
& Ageing Research Team