

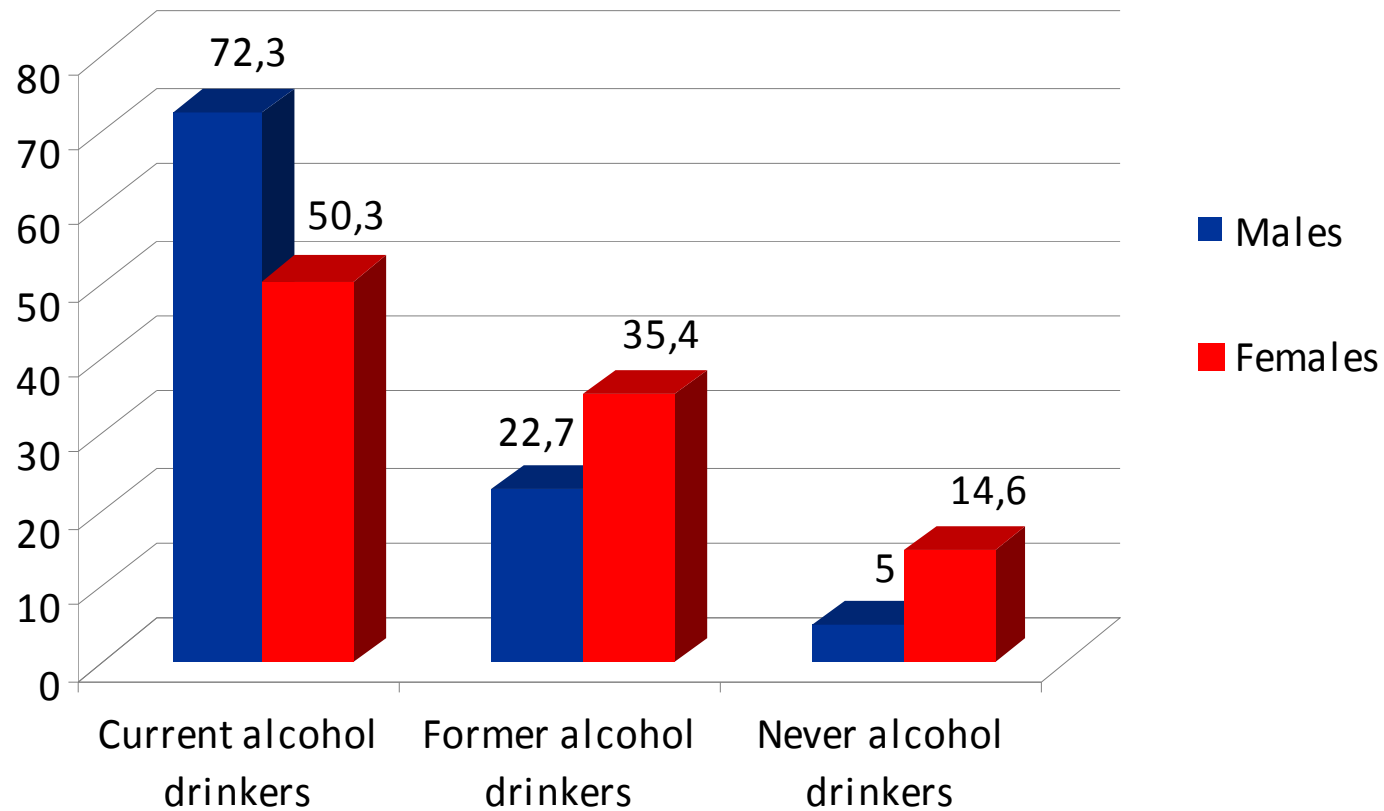
Różnice w zdrowiu w populacji Polski
29 września – 1 października 2011 Warszawa

Health differences in Polish population
29 September – 1 October 2011
Warsaw, Poland

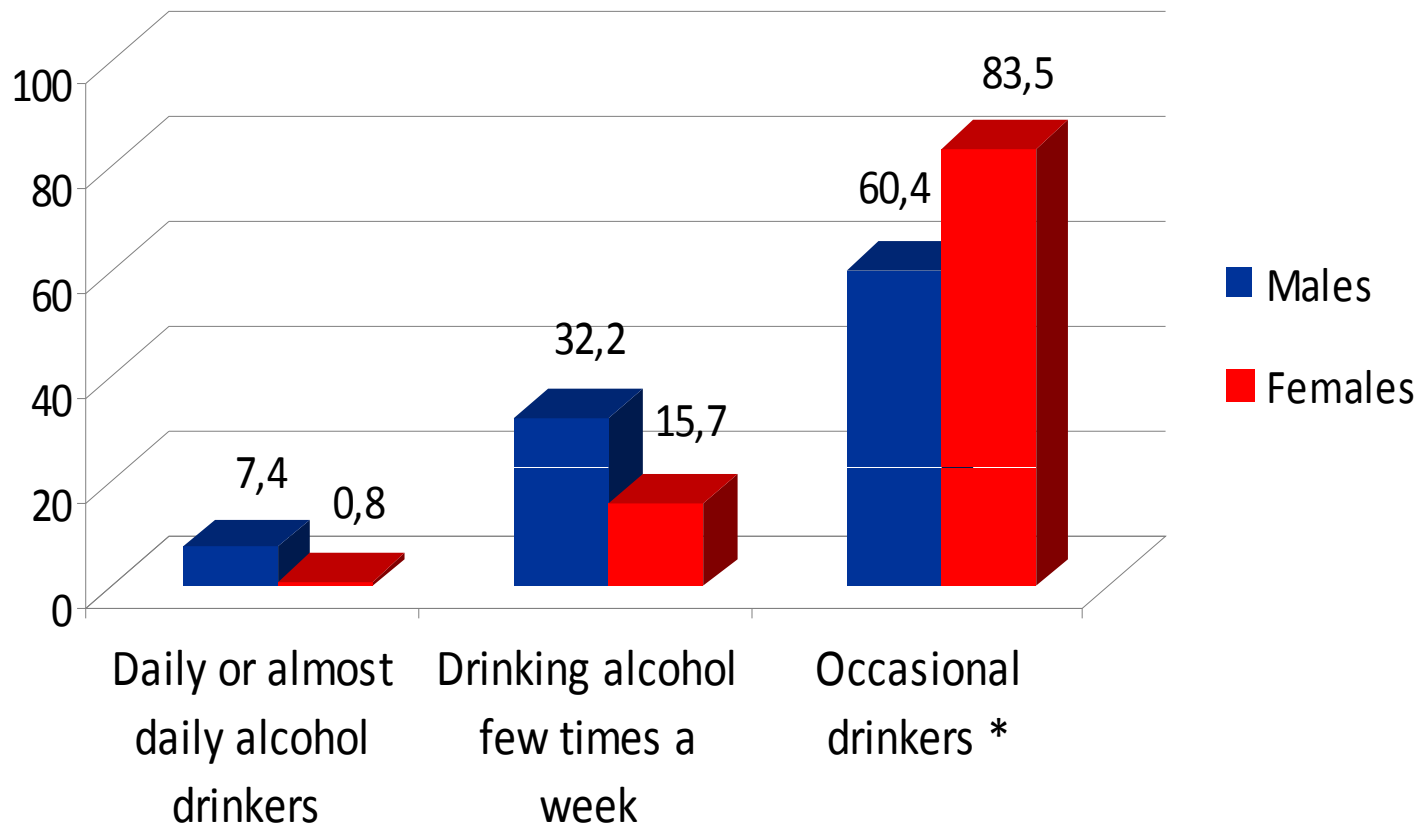
Alcohol drinking among middle-aged Poles: a baseline assessment of PONS study

**Krzysztof Przewoźniak, Jakub Łobaszewski
and the PONS study team**

Alcohol drinking by gender (%)

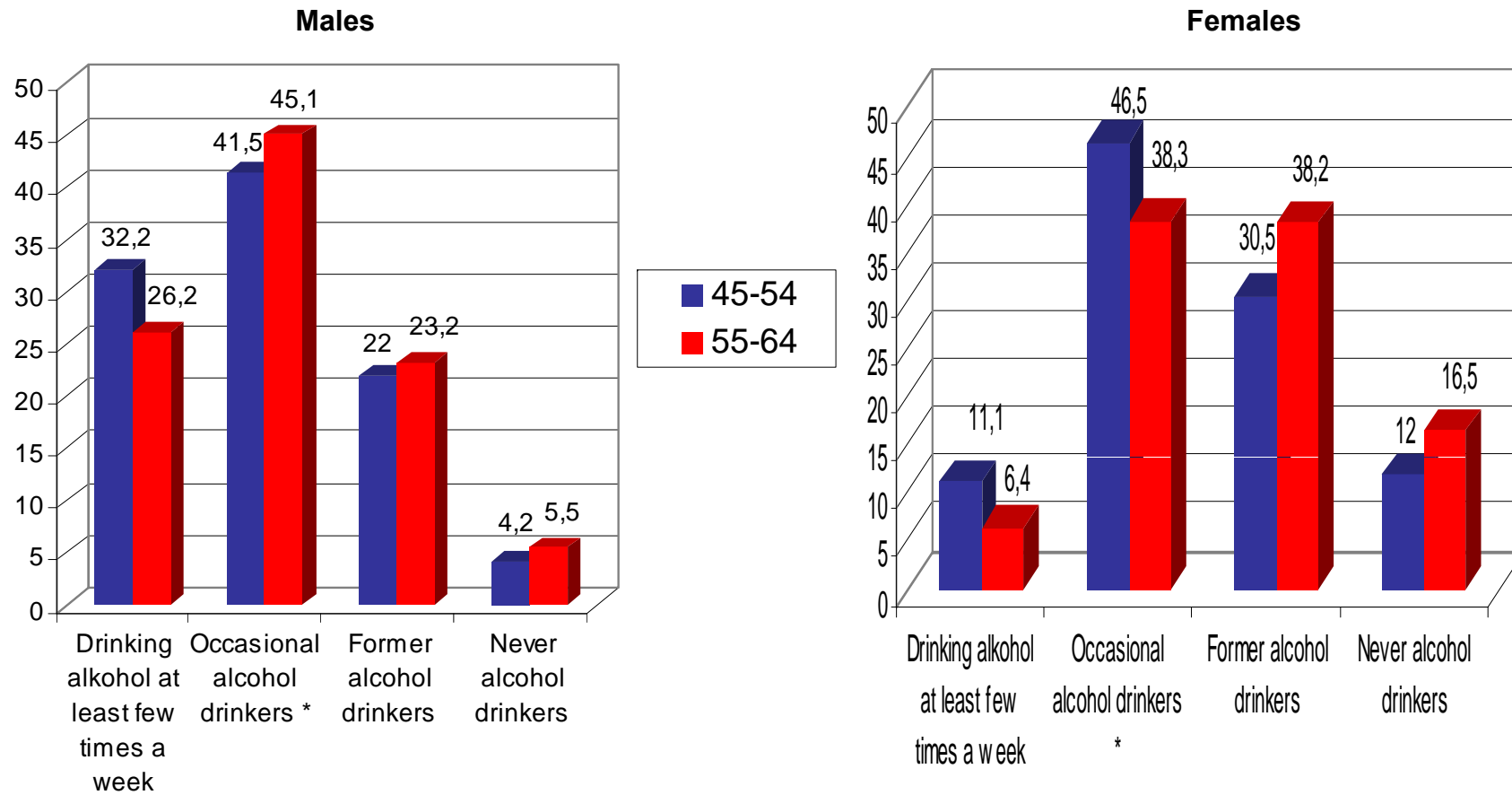


Frequency of current alcohol drinking by gender (%) *



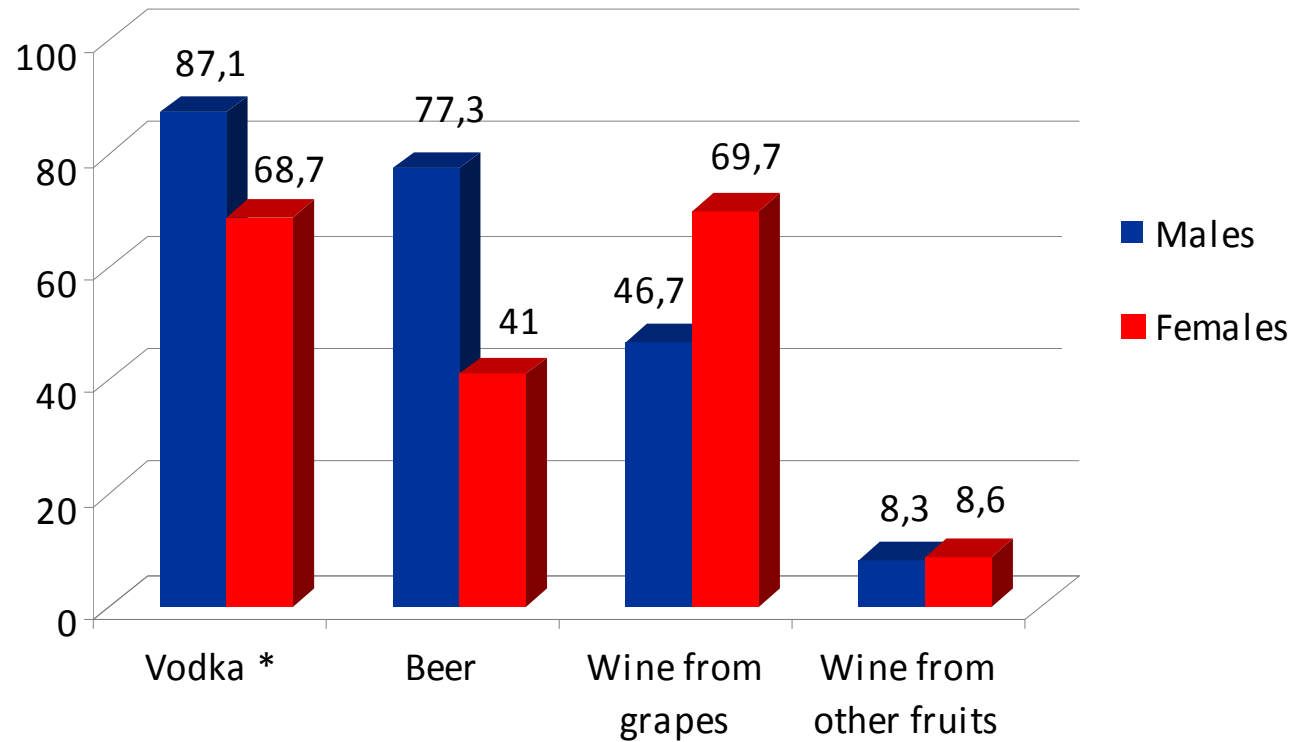
* Occasional alcohol drinkers = drinking alcohol few times a month or less often

Patterns of alcohol drinking by age (%)



* Occasional alcohol drinkers = drinking alcohol few times a month or less often

Type of alcohol drinking by gender (past 12 months)(%)



* Vodka or other spirits

Amount of alcohol per drinking person by gender

	Males	Females
■ Average amount of alcohol drunk within year (liters)		
Beer	33.8	10.4
Wine from other fruits	40.3	1.9
Wine from grapes	4.6	2.3
Vodka or other spirits	1.0	0.6

Indicators of alcohol dependence

	Males	Females
■ Drinking more than 5 portions of alcohol *		
At least once a week	1.9%	0.2%
At least once a month	15.0%	2.1%
Less than once a month	79.7%	94.3%
Do not know or refusal	3.4%	3.4%
■ Drinking before 12 am		
Yes	5.9%	2.1%
No	94.1%	97.8%
Do not know or refusal	0.0%	0.1%

* Within usual drinking any alcohol in the past 12 months.

Conclusions

- Alcohol drinking is common among subjects of PONS study in Poland.
- However, there is a need to compare results of the study with recent nation-wide representative surveys on alcohol drinking in Polish adult population.
- Men drink mainly vodka and beer, while consumption of vodka and wine from grapes dominates among women.
- In both gender groups, amount of vodka consumed seems to be significantly underestimated.
- Concentrated alcohol consumption (small number of alcohol drinkers consumes large volume of alcohol) concerns men drinking „apple wine”.
- Binge drinking and alcohol dependence is more frequent among men than women.