

# The prevalence and correlates of alcohol use and alcohol use disorders in Eswatini, Malawi and Zambia

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## What we learned

- More males, irrespective of age are prone to AU and AUD
- Transactional sex practitioners are more likely to suffer from AU and AUD
- Young people age 20-24 are more likely to suffer from AU and AUD

## Background

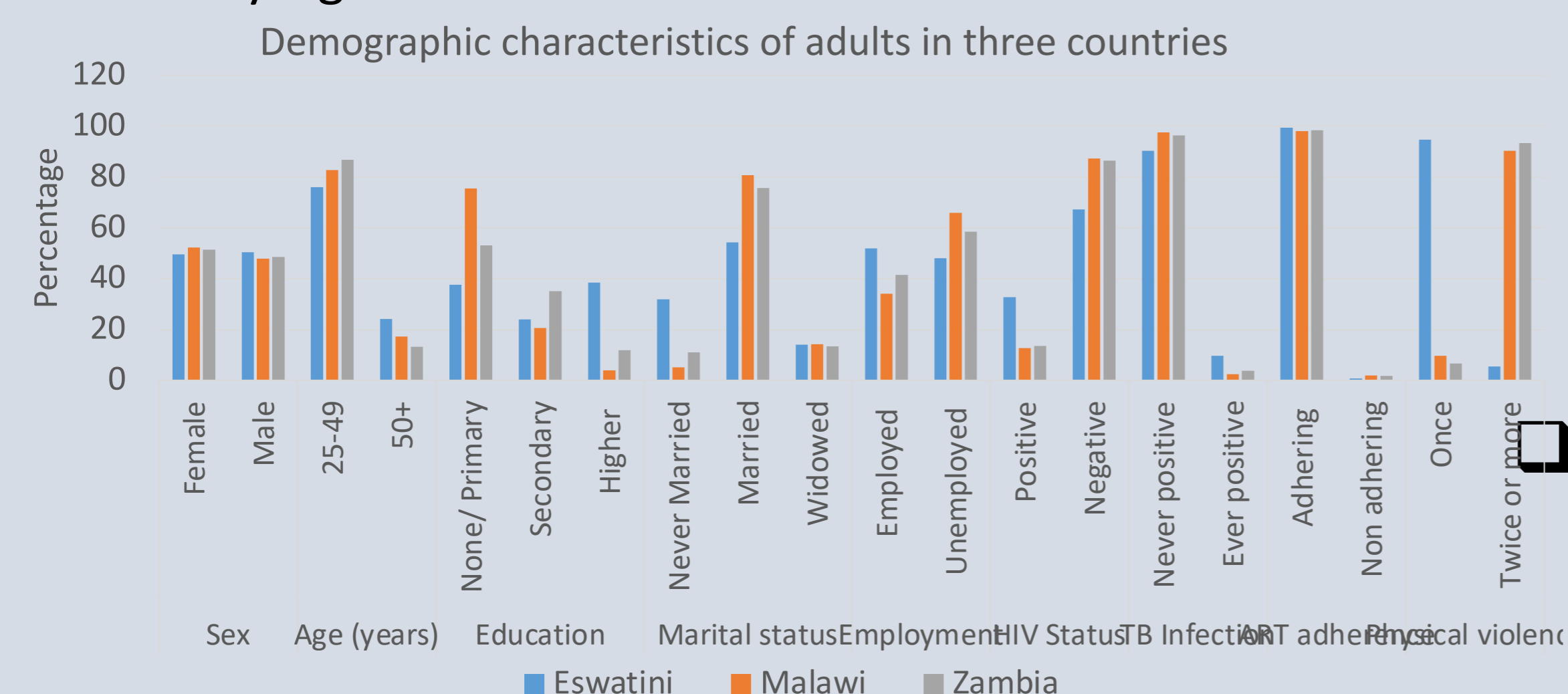
Sub Saharan Africa has the least positive impact level associated with alcohol activities though several interventions have been done. Alcohol use and subsequently alcohol use disorder is escalating in Sub-Saharan Africa due to marketing aggressively and lack of individual and policy level interventions. As such there is excessive alcohol use in the region and the world at large. This results in remarkable challenges to the public health systems regionally and worldwide.

## Objectives

- To determine the prevalence of alcohol use and alcohol use disorders among young people and adults in Eswatini, Malawi and Zambia.
- To establish the correlates of alcohol use and alcohol use disorders among young people and adults in Eswatini, Malawi and Zambia.

## Methods

This was a cross sectional study that employed a secondary analysis of PHIA survey data of Eswatini, Malawi and Zambia. statistically significant.

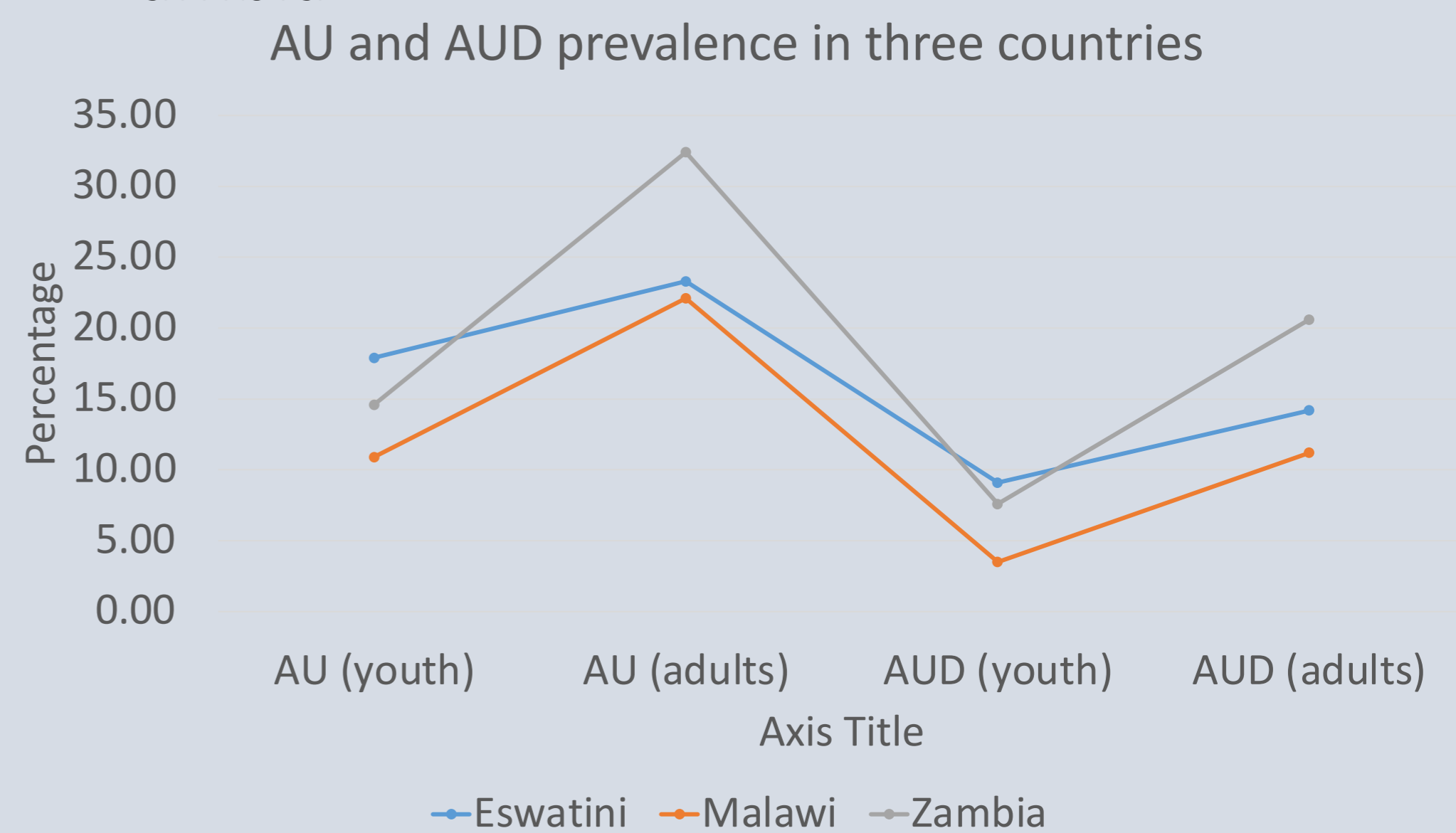


## Results

Categories	Eswatini aOR (95%CI)	Malawi aOR (95%CI)	Zambia aOR (95%CI)
Female	1	1	1
Male	4.40 (3.35 - 5.79)**	11.34 (8.93 - 14.40)**	2.81 (2.21 - 3.57)**
15-19 years old	1	1	1
20-24 years old	1.70 (1.24 - 2.32)**	1.02 (0.42 - 2.46)	1.96 (1.48 - 2.59)**
Primary education	1	1	1
Higher education	1.70 (1.16 - 2.48)*	5.50 (0.75 - 40.30)	1.79 (0.99 - 3.25)
Married	1	1	1
Never Married	1.57 (0.85 - 2.89)	2.50 (1.07 - 5.87)*	1.71 (1.14 - 2.57)*
Widow/separated	4.00 (1.40 - 11.39)*	1.96 (0.63 - 6.07)	1.50 (1.10 - 2.05)*
HIV Negative	1	1	1
HIV Positive	0.74 (0.40 - 1.35)	1.93 (0.66 - 5.69)	1.49 (1.12 - 1.99)*
No sexual partner	1	1	1
One sexual partner	5.15 (3.18 - 8.33)**	1	1
2 or more partners	11.90 (6.76 - 20.93)**	2.18 (0.95 - 4.96)	1
No sex for money	1	1	1
Sex for money	2.38 (0.55 - 14.85)	10.84 (4.14 - 28.41)**	1.77 (1.45 - 2.13)**

## Conclusion

- AU and AUD is prevalent in Eswatini and Zambia



AU and AUD is associated with being male, age group 20 – 24 years old, educational level (higher), HIV status, transactional sex and multiple sexual partners, widowed or separated and HIV status.

## Recommendations

- Public health measures to curb alcohol use and AUD are urgently needed. These include medical advice from primary care workers, alcohol advertisement bans especially in social media platforms.
- At primary health care, young people and adults may require alcohol use screening to ascertain the risk of developing AUD.
- Other measures to curb AU and AUD may entail taxation regulation of alcoholic drinks and legislation changes targeting areas dominated by males