

## Prevalence and pattern of alcohol use among government officers in urban Sri Lanka

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Non Communicable Diseases (NCD) are the leading cause of death globally, of which 80 % of deaths occur in low and middle income countries. In Sri Lankan context, the NCD accounts for approximately 70 % of total deaths. Around 20,000 Sri Lankans die annually due to various health complications caused by the use of tobacco while another 500,000 fall sick. Approximately another 20,000 Sri Lankans die annually due to alcohol consumption. Various experimental, analytical and descriptive studies have been conducted on alcohol use. But, limited studies can be identified among certain community groups. Based on this background, this survey was conducted to determine the prevailing alcohol use among government officers in Sethsiripaya, a government office complex in Colombo district. Study design was a descriptive cross sectional study. The participants were selected based on convenience sampling method and sample size comprised with 442 respondents including 240 females and 202 males. A self-administered questionnaire was used to collect data and data analysis was performed using SPSS version 20. The study found that current prevalence of alcohol consumption was 46.6 % of males and 1.2 % females. Among the study participants 74.8 % males and 5.8 % females have consumed alcohol at least once in their life time. Most of the male participants have started their alcohol use between the ages of 17-19 years. A recall of alcohol consumption for the last two months revealed that 26.6 % males had used more than two glasses, 22.4 % between 1-2 glasses and 17 % less than ¼ glass per day. Also 44.7 % participants had consumed alcohol every 1-2 days during the last month. Only a very few females (n=3) reported that they consumed alcohol during the last month. The most consumed alcohol type was arrack (27.7 %). Also 36.9 % male users consumed different types of alcohol while 17 % of males had beer. Importantly, the study also revealed that 43.3 % participants were attempting to quit. The study concludes that preventive activities focusing on this group should be implemented. At the same time non-drinkers must be routinely addressed to sustain their status.

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