

Alcohol and Other Drug Lifecycle Planner

Supporting Evidence.

This document provides the supporting evidence that informed the Local Drug Action Team Resource *Alcohol and Other Drug Lifecycle Planner*. Each age group has a list of relevant literature, followed by key statistical information that emphasises some of the issues for that particular age group.

0–5 years

Relevant Literature

Youth Drugs and Alcohol Advice. *Drug and Alcohol Info 2019* [cited 2019 September 9]. Available from: yodaa.org.au/workers/what-influences-youth-aod-use.

National Institute on Drug Abuse. *Principles of Substance Abuse Prevention for Early Childhood 2016* [cited 2019 September 9]. Available from: drugabuse.gov/publications/principles-substance-abuse-prevention-early-childhood/chapter-2-risk-protective-factors.

Pregnant Pause. *Alcohol and Pregnancy 2018* [cited 2019 September 9]. Available from: pregnantpause.org.au/learn-more/alcohol-and-pregnancy.

National Health and Medical Research Council. *Australian Guidelines to Reduce Health Risks from Drinking Alcohol*. Canberra; 2009.

Statistical Information

- Alcohol consumption during pregnancy is associated with an increased risk of miscarriage, lower birth weight, stillbirth and premature birth, and Fetal Alcohol Spectrum Disorders (FASD).¹
- 2–6 year olds cannot distinguish between advertising and information.²
- 68.1% of three- to six-year-olds were found in one study to be able to correctly identify alcoholic beverages.³
- Pre-school children have the ability to identify the odour of alcoholic beverages and know the norms for use.⁴

18–30 years

Relevant Literature

Miller P, Curtis A, Chikritzhs T, Toumbourou J. *Interventions for reducing alcohol supply, alcohol demand and alcohol-related harm: Final Report*. Canberra: National Drug Law Enforcement Research Fund; 2015.

Youth Affairs Council of Australia. *Better Together – a practical guide to effective engagement with young people*. South Australia: Government of South Australia; 2015.

Statistical Information

- In 2016, people in their 20s were the age group most likely to have recently used an illicit drug.⁸
- 42% of young adults (18–24) consumed five or more standard drinks on a monthly basis.⁸
- People in their late teens and 20s are more likely to consume 11 or more standard drinks than people in other age groups.⁸
- Alcohol is involved in 50% of deaths for drivers aged 21 to 25 years.¹¹
- More than one in five people aged between 23–24 had driven when affected by alcohol on at least one of their ten most recent trips.¹²

6–11 years

Relevant Literature

Meyer L, Cahill H. *Principles for school drug education*. Canberra: Australian Government Department of Education, Science and Training; 2004.

Coggan C, Saunders C, Grenot D. *Art and Safe Communities: the role of Big hART in the regeneration of an inner city housing estate*. Health Promotion Journal of Australia. 2008;19(1):4–9.

Fagan AA, Hawkins JD, Catalano RF, Health. *Engaging communities to prevent underage drinking*. Journal of Alcohol Research. 2011;34(2):167.

Midford R, Stockwell T, Gray D. *Prevention of alcohol-related harm: community-based interventions*. 2002.

Statistical Information

- Alcohol is involved in 30–70% of child mistreatment cases.⁵
- More than one million children are affected in some way by others drinking, 140,000 are substantially affected and more than 10,000 are in the child protection system because of a carer's drinking.⁶
- Even as they age, children have a reduced capability to distinguish between information and advertising.²

30–50 years

Relevant Literature

Munro G, Ramsden R. *Primary prevention: preventing uptake of drugs*. In: Ritter A, King T, Hamilton M, editors. *Drug Use in Australian Society*. Victoria, Australia: Oxford University Press; 2013. p. 135–68.

The University of Western Australia. *Alcohol and other drugs strategy 2019* [cited 2019 September 10]. Available from: student.uwa.edu.au/experience/health/fit/tap.

Schofield T. *Alcohol use and harm minimisation among Australian university students (AHMS Project)*. University Colleges Australia; 2014.

Statistical Information

- Males in their 40s are now more likely to drink at lifetime risky levels (29%).⁸
- 18.1% of 30–39 year olds and 16.2% of 40–49 year olds used an illicit drug in the past 12 months.⁸
- Unemployment is a major risk factor for substance use and the subsequent development of substance misuse.¹³
- In 2011 there were 29,684 police-reported incidents of alcohol related domestic violence in Australia.⁵

12–17 years

Relevant Literature

Meyer L, Cahill H. *Principles for school drug education*. Canberra: Australian Government Department of Education, Science and Training; 2004.

Loxley W, Toumbourou JW, Stockwell T, Haines B, Scott K, Godfrey C, et al. *The Prevention of Substance Use, Risk, and Harm in Australia: a review of the evidence*. Canberra: Australian Government Department of Health and Ageing; 2004.

Marsh L-A. *Developing capability – peer support mentoring 2013* [cited 2019 September 9]; 51. Available from: aggsa.org.au/wp-content/uploads/2016/01/167320_Volume_51.pdf.

Parenting Research Centre. *Review of parenting interventions in Australia 2017* [cited 2019 September 9]. Available from: parentingrc.org.au/publications/review-of-the-evidence-on-parenting-interventions-in-australia.

Spirito A, Hernandez L, Cancilliere MK, Graves H, Barnett N. *Improving parenting and parent-adolescent communication to delay or prevent the onset of alcohol and drug use in young adolescents with emotional/behavioral disorders: A pilot trial*. Journal of child & adolescent substance abuse. 2015;24(5):308–22.

Statistical Information

- Australian teenagers (13–17 years) are exposed to the same amount of alcohol advertising as young adults (18–24 years).⁷
- In 2016, fewer 12–17 year olds were drinking alcohol and the proportion abstaining from alcohol significantly increased from 2013 to 2016 (from 72% to 82%).⁸
- 94.2% of Australian teenagers have seen alcohol advertising on television, and the majority of them report having seen alcohol advertising in some print, online or physical form.⁹
- Alcohol contributes to all the leading causes of death for young people; suicide, land transport accidents, accidental poisoning, and assault.¹⁰

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50+ years

Relevant Literature

Munro G, Ramsden R. *Primary prevention: preventing uptake of drugs*. In: Ritter A, King T, Hamilton M, editors. *Drug Use in Australian Society*. Victoria, Australia: Oxford University Press; 2013. p. 135–68.

Nicholas R, Roche A, Lee N, Bright S, Walsh K. *Preventing and reducing alcohol- and other drug-related harm among older people: A practical guide for health and welfare professionals*. Adelaide, SA: National Centre for Education Training on Addiction; 2015. Report No.: 1876897600.

Kelly S, Olanrewaju O, Cowan A, Brayne C, Lafortune L. *Alcohol and older people: A systematic review of barriers, facilitators and context of drinking in older people and implications for intervention design*. *PLoS one*. 2018;13(1):e0191189.

Australian Bureau of Statistics. *Drug Induced Deaths in Australia: A changing story 2018* [updated May 16; cited 2019 August 23]. Available from: abs.gov.au/ausstats/abs@.nsf/Lookup/by%20Subject/3303.0~2016~Main%20Features~Drug%20Induced%20Deaths%20in%20Australia~6.

Statistical Information

- Among females, those aged in their 50s (13.0%) are now the most likely to drink at risky levels.⁸
- In 2016, people in their 50s and 60s reported a significant increase in the proportion consuming 11 or more standard drinks on a single drinking occasion in the last year.⁸
- People in their 50s and aged 60 or over make up a much greater proportion of illicit drug users in 2016 than in 2001 (increased from 6.1% to 11.5% for people in their 50s and from 4.4% and 10.9% for people aged 60 or older).⁸
- Between 2013 and 2016, there was a slight but significant increase in the use of cannabis among people ages 60 or older (from 1.2% to 1.9%).⁸
- Those aged 50 or older were most likely to misuse pharmaceutical drugs once a month or more.⁸
- Alcohol can interact badly with many medications, and older adults often develop health conditions that require regular use of one or more prescription medications.¹⁴
- Between 2013 and 2016, people in their 50s and 60s both reported a significant increase in the proportion consuming 11 or more standard drinks on a single drinking occasion in the last year (from 9.1% to 11.9% and from 4.7% to 6.1% respectively).⁸
- Increases in alcohol related ambulance attendances and hospital admissions have been noted in recent Australian research.¹⁵
- More than 20% of Australians over the age of 65 report experiencing some sort of persistent pain.¹⁶

Reference List for Statistics.

1. Foundation for Alcohol Research and Education. *Alcohol and pregnancy: preventative health campaign a success but lessons learnt*; 2016 [cited 2019 September 11]. Available from: fare.org.au/wp-content/uploads/alcohol-and-pregnancy-preventative-health-campaign-a-success-but-lessons-learnt-final-29092016.pdf.
2. Brand JE. *Television Advertising to Children: A review of contemporary research on the influence of television advertising directed to children*. Canberra: Australian Communications and Media Authority; 2007.
3. Kuntsche E, Le Mével L, Zucker RA. *What do preschoolers know about alcohol? Evidence from the electronic Appropriate Beverage Task (eABT)*. *Addictive Behaviors*. 2016;61:47–52.
4. Velleman R. *Influences on how children and young people learn about and behave towards alcohol: A review of the literature for the Joseph Rowntree Foundation (part one)*. York, UK: Joseph Rowntree Foundation; 2009. Report No.: 1859357156.
5. Laslett A-M, Catalano P, Chikritzhs T, Dale C, Doran C, Ferris J, et al. *The range and magnitude of alcohol's harm to others*. Fitzroy, Victoria: AER Centre for Alcohol Policy Research, Turning Point; 2010.
6. Laslett A-M, Mugavin J, Jiang H, Manton E, Callinan S, MacLean S, et al. *The hidden harm: Alcohol's impact on children and families*. Canberra: Foundation for Alcohol Research and Education; 2015.
7. Winter MV, Donovan RJ, Fielder LJ. *Exposure of children and adolescents to alcohol advertising on television in Australia*. *Journal of Studies on Alcohol and Drugs*. 2008;69(5):676–83.
8. Australian Institute of Health and Welfare. *National Drug Strategy Household Survey 2016: Detailed findings*. Canberra: Australian Institute of Health and Welfare; 2016.
9. Jones SC, Magee CA. *Exposure to alcohol advertising and alcohol consumption among Australian adolescents*. *Journal of Alcohol and Alcoholism*. 2011;46(5):630–7.
10. Australian Institute of Health and Welfare. *Deaths in Australia 2019* [cited 2019 September 11]. Available from: aihw.gov.au/reports/life-expectancy-death/deaths-in-australia/contents/leading-causes-of-death.
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13. Henkel D. *Unemployment and substance use: a review of the literature (1990–2010)*. *Current Drug Abuse Reviews*. 2011;4(1):4–27.
14. Wilkinson C, Helfgott S, Kirby G, Allsop S. *Alcohol and older Australians, Fact Sheet*; 2015 [cited 2019 September 11]. Available from: mhc.wa.gov.au/media/1126/alcohol-and-older-australians.pdf.
15. Hunter B, Lubman DI, Barratt M. *Alcohol and drug misuse in the elderly*. *Australian New Zealand Journal of Psychiatry*. 2011;45(4):343.
16. National Pain Summit Initiative. *National Pain Strategy*. Melbourne: Australian and New Zealand College of Anaesthetists, Faculty of Pain Medicine, Australian Pain Society, Chronic Pain Australia; 2011.