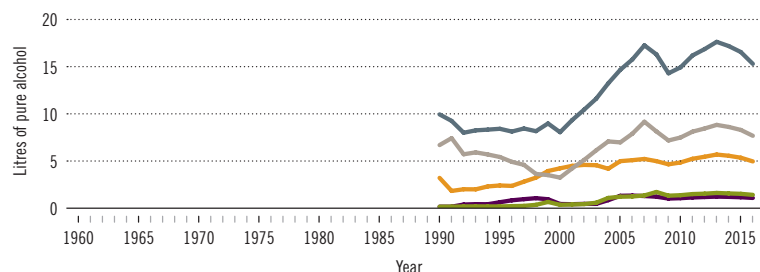


# Estonia

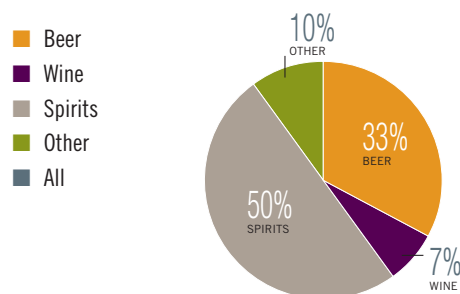
Total population (2016): 1 309 104 ▶ Population aged 15 years and older (15+): 84% ▶ Population in urban areas: 68% ▶ Income group (World Bank): High income

## ALCOHOL CONSUMPTION: LEVELS AND PATTERNS

Recorded alcohol per capita (15+) consumption, 1961–2016



Recorded alcohol per capita (15+) consumption (in litres of pure alcohol) by type of alcoholic beverage, 2016 or latest year available



Alcohol per capita (15+) consumption (in litres of pure alcohol)

	2010*		2016*	
Recorded	15.2		15.8	
Unrecorded	0.8		1.1	
<b>Total**</b>	<b>12.4</b>		<b>11.6</b>	
Total males / females	20.7	5.5	19.4	4.9
WHO European Region	11.2		9.8	

\* Three-year averages of recorded and unrecorded for 2009–2011 and 2015–2017; \*\*adjusted for tourist consumption.

Total alcohol per capita (15+) consumption, drinkers only (in litres of pure alcohol), 2016

	Litres
Males (15+)	22.9
Females (15+)	7.9
Both sexes (15+)	15.9

Prevalence of heavy episodic drinking\* (%), 2016

	Population (15+ years)	Drinkers only (15+ years)	Population (15–19 years)	Drinkers only (15–19 years)
Males	63.2	74.5	62.3	82.8
Females	23.6	37.7	24.8	50.9
Both sexes	41.8	57.4	44.0	70.6

\* Consumed at least 60 grams or more of pure alcohol on at least one occasion in the past 30 days.

Abstainers (%), 2016

	Males	Females	Both sexes
Lifetime abstainers (15+)	5.3	16.9	11.6
Former drinkers* (15+)	9.8	20.5	15.6
Abstainers (15+), past 12 months	15.1	37.4	27.2

\* Persons who used to drink alcoholic beverages but have not done so in the past 12 months.

## HEALTH CONSEQUENCES: MORTALITY AND MORBIDITY

Age-standardized death rates (ASDR) and alcohol-attributable fractions (AAF), 2016

	ASDR*		AAF (%)		AAD** (Number)
Liver cirrhosis, males / females	31.3	11.7	50.3	62.5	152
Road traffic injuries, males / females	9.9	3.5	50.6	47.5	38
Cancer, males / females	285.6	137.8	7.7	3.7	230

\* Per 100 000 population (15+); \*\*alcohol-attributable deaths, both sexes.

Years of life lost (YLL) score\*, 2016

LEAST < 1 2 3 4 **5** > MOST

\* Based on alcohol-attributable years of life lost.

Prevalence of alcohol use disorders and alcohol dependence (%), 2016\*

	Alcohol use disorders**	Alcohol dependence
Males	22.2	9.9
Females	3.8	1.7
Both sexes	12.2	5.5
WHO European Region	8.8	3.7

\* 12-month prevalence estimates (15+); \*\*including alcohol dependence and harmful use of alcohol.

## POLICIES AND INTERVENTIONS

Written national policy (adopted/revised) / National action plan	Yes (2014/—) / Yes
Excise tax on beer / wine / spirits	Yes / Yes / Yes
National legal minimum age for off-premise sales of alcoholic beverages (beer / wine / spirits)	18 / 18 / 18
National legal minimum age for on-premise sales of alcoholic beverages (beer / wine / spirits)	18 / 18 / 18
Restrictions on on-/off-premise sales of alcoholic beverages (any):	
Hours, days / places, density	Yes, <b>No</b> / Yes, <b>No</b>
Specific events / intoxicated persons / petrol stations	<b>No</b> / Yes / <b>No</b>

National maximum legal blood alcohol concentration (BAC) when driving a vehicle (general / young / professional), in %	0.02 / 0.02 / 0.02
Legally binding regulations on alcohol advertising / product placement (any)	Yes / <b>No</b>
Legally binding regulations on alcohol sponsorship / sales promotion (any)	<b>No</b> / Yes
Legally required health warning labels on alcohol advertisements / containers (any)	Yes / <b>No</b>
National government support for community action (any)	Yes
National monitoring system(s) (any)	Yes