



World Health
Organization

European Region

UKRAINE FACTSHEET

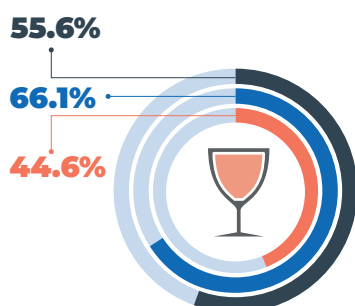
STEPS | The WHO STEPwise Approach to Surveillance

Alcohol consumption in adults aged 18–69 years HIGHLIGHTS FROM STEPS

> RECOMMENDED INTERVENTIONS (7)

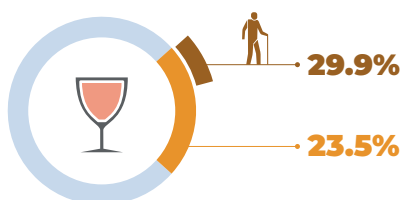
- **Review price policy on alcohol and consider increasing excise taxes on alcoholic beverages**, while ensuring an effective system of tax administration and efforts to prevent tax avoidance and tax evasion.
- **Enact and enforce bans or comprehensive restrictions on exposure to alcohol advertising** across multiple types of media, while strengthening capacity for implementing and enforcing regulations and legislation.
- **Enact and enforce restrictions on the physical availability of retailed alcohol** via (i) reduced hours of sale, (ii) an appropriate minimum age for purchase or consumption of alcoholic beverages, and (iii) reduced density of retail outlets.
- **Train health providers in provision of psychosocial support** for persons with hazardous and harmful alcohol use and provide interventions to this population.
- **Provide prevention, treatment and care for alcohol use disorders and comorbid conditions** in health and social services.
- **Disseminate consumer information about and label alcoholic beverages** to indicate alcohol-related harms.

> ALCOHOL CONSUMPTION OVER THE PAST 30 DAYS



- **55.6%** consumed alcohol (i.e. were current drinkers): **66.1%** of men and **44.6%** of women.
- Adults aged 30–44 years were the largest proportion of current drinkers (62.6%), with more men (71.6%) than women (50.8%).
- On average, current drinkers consumed alcohol on 4.7 occasions: men drank on 5.6 occasions and women on 3.3 occasions.
- The mean number of drinking occasions for adults was 5.7 in rural areas and 4.2 in urban areas.

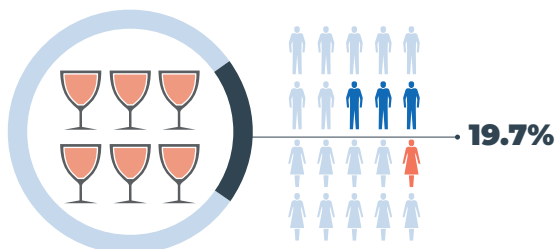
> ALCOHOL CONSUMPTION IN THE PAST 12 MONTHS



- **23.5%** drank alcohol, with **29.9%** of these aged 60–69 years.
- Most adults drank alcohol more than once a month (55.5%); of these, 68.7% were men and 40.9% were women.
- 27.5% drank alcohol 1–3 times a month; 18.1% drank alcohol 1–2 days a week and 9.8% drank it more frequently.

> HEAVY EPISODIC DRINKING

- Current drinkers consumed a mean of 3.3 standard drinks per drinking occasion overall: men had 3.9 drinks and women had 2.3.
- **19.7%** had had six or more drinks on any occasion in the previous 30 days (i.e. heavy episodic drinking): **29.5%** of men and **9.4%** of women.



- On average, men had had six or more drinks 1.4 times and women 0.4 times in the previous 30 days.

> QUITTING DRINKING



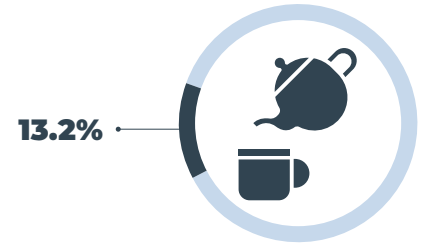
- **39%** of former drinkers (i.e. those who had not drunk alcohol during the previous 12 months, but had drunk alcohol in their lifetime) quit drinking because of a negative effect on their health or on the advice of a doctor or other health worker.
- 12.9% of adults who consumed alcohol over the past 12 months were not able to stop drinking once they had started: 19.6% of men and 5.7% of women.

STANDARD DRINK (2)

The net alcohol content of a standard drink is generally 10 g ethanol, depending on the country. This is the equivalent of one regular beer (285 mL), a single measure of spirits (30 mL), a medium-sized glass of wine (120 mL) or a measure of aperitif (60 mL).

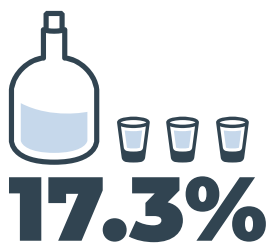
> ABSTAINING FROM ALCOHOL

- 17.2% of those who had abstained from alcohol over the past 12 months were aged 60–69 years. This group represented the largest proportion of abstainers.
- **13.2%** of lifetime abstainers were adults aged 18–29 years – the largest proportion of lifetime abstainers.



> UNRECORDED ALCOHOL

- 19.9% of current drinkers consumed home-brewed spirits, beer and wine; alcohol brought from abroad; alcohol-containing liquids not intended for drinking (surrogate alcohol); and other untaxed alcohol.

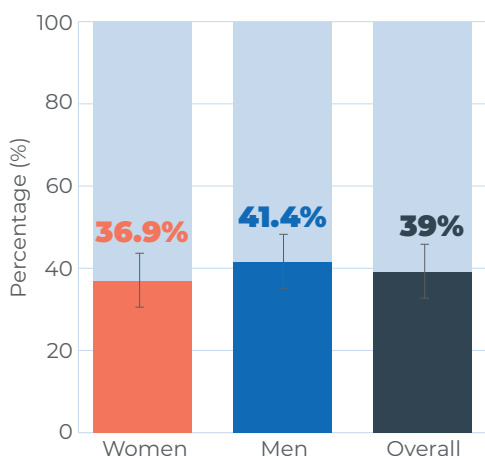


- Just under half of unrecorded alcohol was home-brewed spirits (43.9%) or home-brewed beer or wine (43.5%).
- The lowest proportion of consumers of unrecorded alcohol was among people aged 18–29 years (14.6%) and the highest was among those aged 60–69 years (32.1%).
- **31.1%** of current drinkers living in rural areas and one in seven (**14.3%**) current drinkers living in urban area consumed unrecorded alcohol.

- Unrecorded alcohol represented **17.3%** of all alcohol consumed by current drinkers over the previous week.

> ADVERSE EFFECTS OF DRINKING IN THE PAST 12 MONTHS

39% of adults have stopped drinking due to health reasons, such as a negative impact on their health or on the advice of their doctor or other health provider

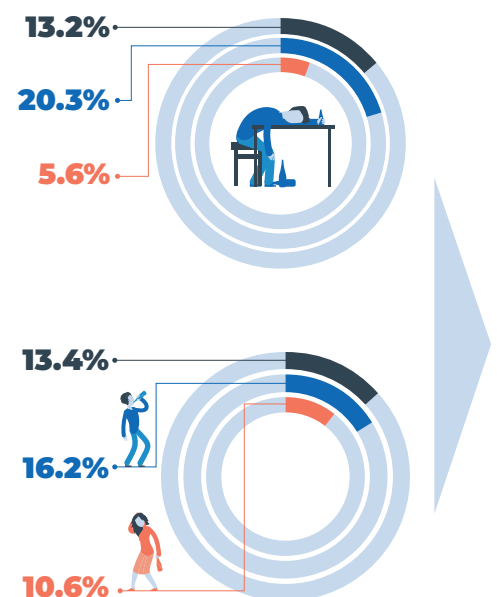


Error bars represent the 95% confidence intervals for weighted estimates.

Needed a first drink in the morning to ease a hangover*. **Men reported having a hangover much more frequently than women.**

Had family problems due to someone else's drinking*. **Men reported having family problems more frequently than women.**

* Once or more often.



> ADVERSE EFFECTS OF DRINKING IN THE PAST 12 MONTHS

	Overall, % (95% CI)	Men, % (95% CI)	Women, % (95% CI)
Could not stop drinking once started ***			
Never	87.1 (84.7 – 89.4)	80.4 (76.0 – 84.8)	94.3 (92.5 – 96.2)
Once a year or more	12.9 (9.8 – 16.1)	19.6 (13.8 – 25.4)	5.7 (3.4 – 7.9)
Because of drinking failed to do what was normally expected ***			
Never	89.2 (87.1 – 91.4)	84.3 (80.6 – 88.1)	94.5 (92.4 – 96.7)
Once a year or more	10.7 (7.9 – 13.6)	15.7 (10.7 – 20.7)	5.5 (2.9 – 8.1)
Needed a first drink in the morning to ease a hangover ***			
Never	86.8 (84.5 – 89.1)	79.8 (75.3 – 84.3)	94.5 (92.3 – 96.7)
Once a year or more	13.2 (10.2 – 16.1)	20.3 (14.6 – 25.8)	5.6 (3.0 – 8.1)
Had family problems due to someone else's drinking **			
Never	86.6 (84.4 – 88.8)	83.8 (80.3 – 87.3)	89.4 (87.1 – 91.7)
Once a year or more	13.4 (10.6 – 16.2)	16.2 (11.9 – 20.4)	10.6 (7.7 – 13.6)

CI: confidence interval.

*** $P < 0.001$, ** $P < 0.01$; statistically significant difference between sexes.

STEPS DESCRIPTION (3)

The STEPS survey of noncommunicable disease risk factors in Ukraine was organized by the Ministry of Health of Ukraine and WHO within the scope of Serving People, Improving Health, a joint project of the World Bank and Ministry of Health of Ukraine. STEPS uses a global standardized methodology. Data collection for three steps took place from July to November 2019. Behavioural information was collected in Step 1. The survey was a population-based survey of adults aged 18–69 years. A multistage cluster sampling design was used to produce representative data for that age range. A total of 7704 randomly selected households were approached, and 4409 participants agreed to take part in the survey and provide information. The response rate was 57%. This factsheet reports findings on self-reported alcohol consumption based on descriptive and bivariate analyses, all of which were weighted to account for complex sampling design and nonresponse.

References

1. Tackling NCDs: "best buys" and other recommended interventions for the prevention and control of noncommunicable diseases. Geneva: World Health Organization; 2017 (<https://apps.who.int/iris/handle/10665/259232>, accessed 26 January 2022).
2. Global status report on alcohol and health 2018. Geneva: World Health Organization; 2018. (<https://apps.who.int/iris/handle/10665/274603>, accessed 26 January 2022).
3. STEPS prevalence of noncommunicable disease risk factors in Ukraine 2019. Copenhagen: WHO Regional Office for Europe; 2020. (<https://apps.who.int/iris/handle/10665/336642>, accessed 26 January 2022).