

## The use and abuse of alcohol in Italy

2010

### Main results

In 2010 the percentage of the population aged 11 and over who had consumed at least one alcoholic drink during the year was 65.7%, lower than in 2009 (68.5%). 26.3% of the population (14,126,000 people) drank alcoholic beverages daily, while 38.4% consumed alcohol at least once outside meals.

53.3% of people aged 11 and over drink wine, 45.9% drink beer, and 39.9% drink alcoholic aperitifs, digestive liqueurs, spirits or liqueurs. 24.1% drink wine every day, while 4.3% of the reference population drink beer.

During the last 10 years there has been an increase in the number of occasional consumers among young people, those who drink outside meals and those who consume alcoholic beverages other than wine and beer, while the number of daily consumers and those who only drink wine and beer has fallen.

Overall, risk behaviours in alcohol consumption - that is non-moderate daily consumption, binge drinking i.e. to drink six or seven glasses of alcoholic beverages on a single occasion and the consumption of alcohol by youths aged 11 to 15 - concern 8,624 million of the population, 16.1% of the population aged 11 and over. This percentage appears to be stable over time.

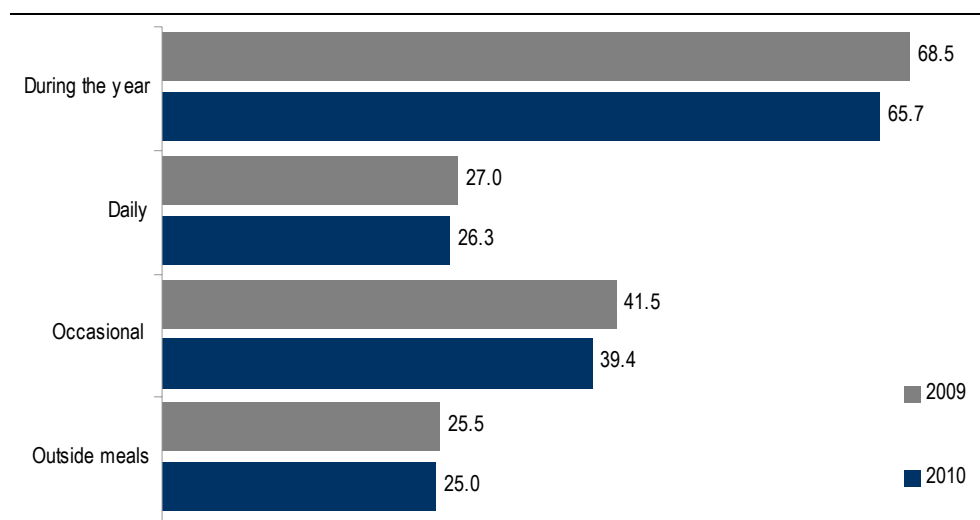
The population most at risk of non-moderate consumption is the elderly, with 2,915,000 people aged 65 and over (42.9% of males and 10.7% of females) who consume alcohol daily, exceeding recommended amounts, often continuing behaviours acquired over the course of their life, unaware of the increased health risks due to ageing.

The population most at risk of binge drinking is the young adult population (aged 18-24), where it concerns 698,000, or 16.6%, with a ratio of three males to every female. This behaviour often occurs during moments of socialisation.

13.6% of minors aged 11-15 (392,000 people) consume alcohol, which is already a risk behaviour in itself, yet even more serious since it can lead to a non-moderate consumption over the course of their lives.

Among young people aged 18-24 who regularly attend discotheques, risk behaviours associated with alcohol consumption are more widespread (33.9%) compared with those who do not go to discotheques (7.2%).

**Graph 1. PEOPLE AGED 11 AND OVER BY CONSUMPTION OF ALCOHOLIC BEVERAGES DURING THE YEAR, EVERY, OCCASIONALLY AND OUTSIDE MEALS**  
2009 and 2010, per 100 people aged 11 and over



## Glossary

**Alcohol consumption:** consumption of at least one type of alcoholic beverage (wine, beer, other drinks) at least once a year.

**Daily alcohol consumption:** consumption of at least one type of alcoholic beverage (wine, beer, other drinks) on a daily basis.

**Occasional alcohol consumption:** consumption of at least one type of alcoholic beverage (wine, beer, other drinks) on an occasional basis (less than once a day).

**Outside meal alcohol consumption:** consumption of at least one type of alcoholic beverage (wine, beer, other drinks) at least once a year outside meals.

**Alcohol units:** one alcohol unit corresponds to the quantity of alcohol contained in a small glass (125 ml) of medium-strength wine, or in a can (330 ml) of medium-strength beer, or in a small glass (40 ml) of spirits.

**Non-moderate daily alcohol consumption:** consumption in excess of: 2-3 alcohol units a day for adult males; 1-2 alcohol units for adult women; 1 unit for the elderly aged 65 and over; any daily quantity for minors aged 11-17.

**Binge drinking:** consumption of 6 or more glasses of an alcoholic beverage on a single occasion.

**Alcohol-related health-risk behaviour:**

- consumption in excess of: 2-3 alcohol units a day for adult males; 1-2 alcohol units for adult women; 1 unit for the elderly aged 65 and over; any daily quantity for minors aged 11-17;
- consumption of 6 or more glasses of an alcoholic beverage on a single occasion (binge drinking);
- consumption of at least one alcoholic beverage during the year for minors aged 11-15.

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Households economic conditions

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