

ALCOHOL-RELATED HARMS AND RISKY DRINKING AMONG YOUNG PEOPLE

IN VICTORIA, AUSTRALIA

BACKGROUND

Most studies of alcohol-related harms have focused on the most severe and least common harms (e.g. physical assault). Multiple binge-drinking campaigns have targeted these severe harms, which young people have evaluated as unrelatable and ineffective. We investigated a broader spectrum of alcohol-related harms and risky drinking among young people in Victoria, Australia.

METHODS

Participants: 15-29 year olds in Victoria, Australia

Recruitment: Emails, social media (Facebook, Twitter, Instagram)

Data collection: 2018 online Sex, Drugs and Rock 'n' Roll survey through REDCap

Measures: In the past 12 months, have you experienced any of the following alcohol-related harms (including physical, social, criminal, transport and sexual-related harms)? AUDIT-C categorised participant's alcohol consumption as low (score <6) or high (score 7-12) risk

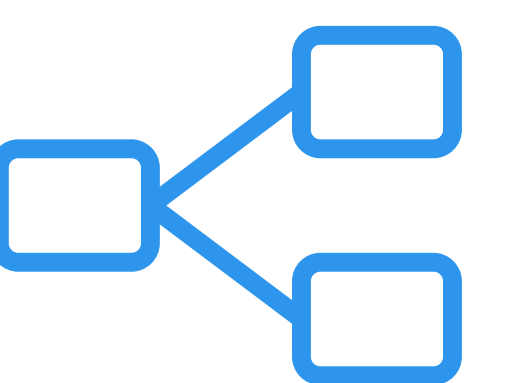
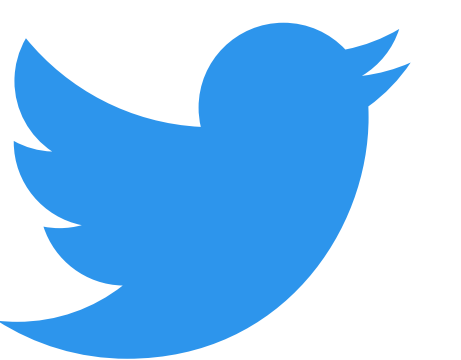
Analysis: We used logistic regression to test for associations between each alcohol-related harm and high-risk consumption (adjusting for age, gender and age at first alcohol consumption). Results are presented using odds ratios (OR) and confidence intervals (CI).



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Victorians aged 15-29 years! Our annual #Sex #Drugs and Rock'n'Roll study is now live! Complete our anonymous survey & go into the draw to win a Coles Group voucher. Please share!



RESULTS

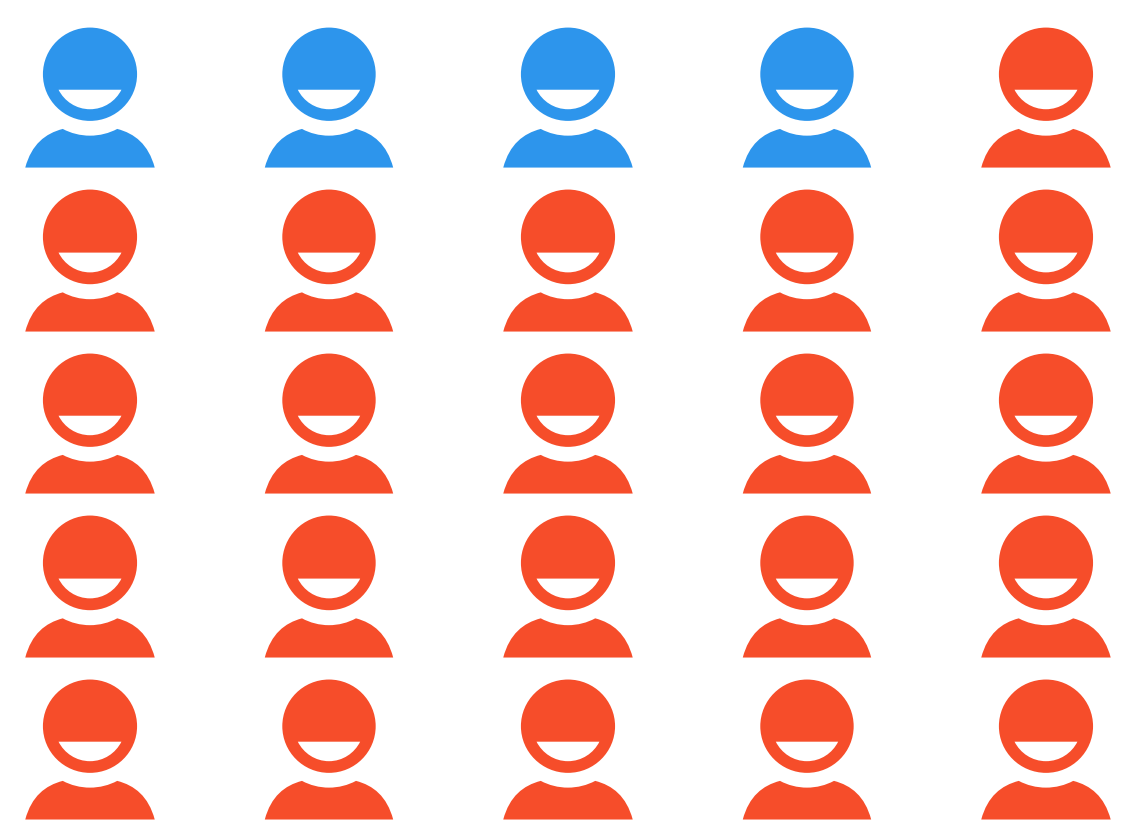


70% female

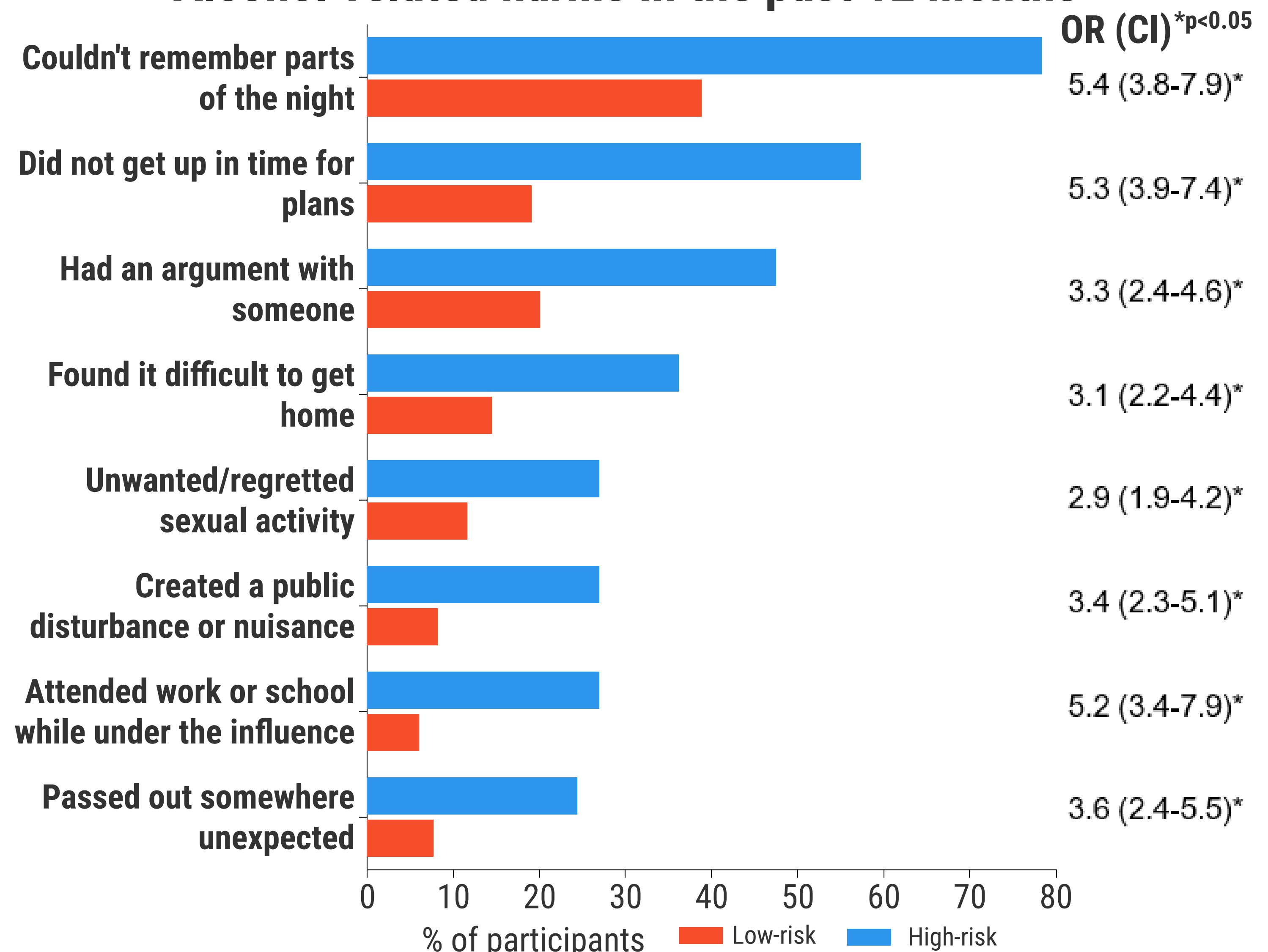
Mean age: 22



91% consumed alcohol in the past year



Alcohol-related harms in the past 12 months



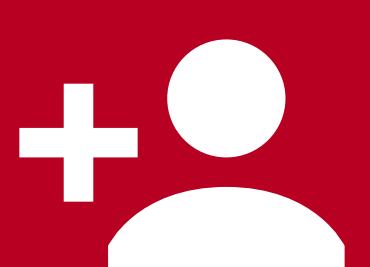
Participants categorised as **high-risk** had significantly higher odds of reporting each alcohol-related harm than **low-risk** drinkers

CONCLUSIONS

Participants experienced a broad range of alcohol-related harms including lower severity (e.g. arguing, not getting up for plans) and higher severity harms (e.g. memory loss, regretted/unwanted sexual activity). Harms were more common among high-risk drinkers. To design more effective alcohol harm prevention measures, it is essential to better understand the full range of negative effects experienced by young, risky drinkers. This knowledge can inform tailored alcohol risk reduction measures and broader population-level strategies.

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