

TOBACCO, ALCOHOL AND ILLICIT DRUG USE

in Slovenian Population and
Inequalities and Combinations
of Use

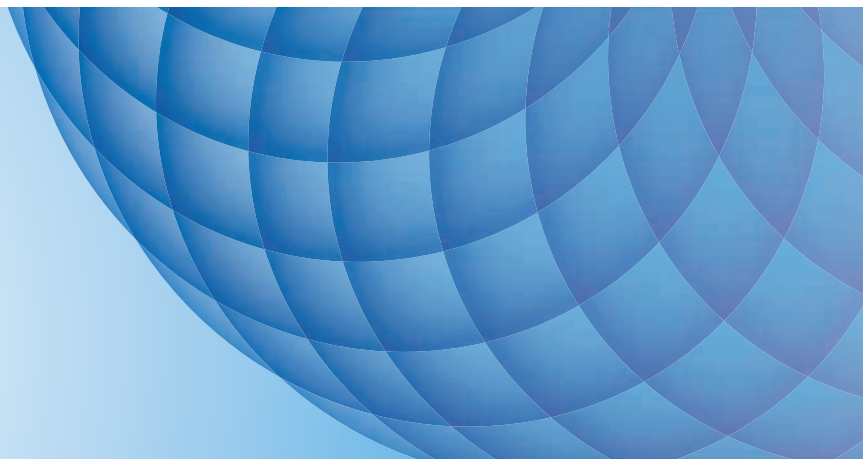


National institute
of **Public Health**

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Tobacco smoking, excessive drinking of alcoholic beverages, binge drinking and the use of illicit drugs are related to serious harmful consequences for health and wellbeing of the population, to morbidity and premature mortality as well as to high financial costs for the individual and the society. In order to effectively design, implement and monitor comprehensive programmes for the reduction of the use of psychoactive substances and their consequences, it is necessary to regularly monitor the prevalence and characteristics of the use in population and to identify risk groups.



TOBACCO, ALCOHOL AND ILLICIT DRUG USE AMONG ADULT SLOVENIAN POPULATION

Tobacco, alcohol and illicit drug use is common among adult Slovenian population.

RESIDENTS OF SLOVENIA, AGED 15-64 YEARS



EVERY FOURTH

smokes tobacco.



EVERY TENTH

drinks alcoholic beverages excessively.



EVERY OTHER

engaged in binge drinking at least once in the past year¹.



EVERY SIXTH

used one of the illicit drugs or new psychoactive substances at least once in lifetime. The most commonly used illicit drug is cannabis, which is followed by ecstasy/amphetamine, cocaine and heroin.

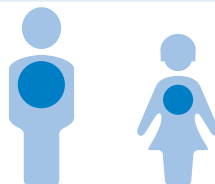


EVERY FIFTH

uses any kind of combination² of tobacco, alcohol (excessive drinking, binge drinking) or cannabis.

HIGHER PERCENTAGE OF MEN THAN WOMEN

smokes or engages in excessive or binge drinking or uses illicit drugs or any combination of these.



The percentages of tobacco use, excessive drinking and continuation of cannabis use³ are higher in groups with lower socio-economic position compared to groups with higher socio-economic position.

RESIDENTS OF SLOVENIA, AGED 15-64 YEARS

SMOKING

every day or occasionally

24.0

26.8

21.1

EXCESSIVE DRINKING

in the past 12 months

10.5

13.0

7.7

BINGE DRINKING

at least once in the past 12 months

46.5

55.8

36.6

ILLICIT DRUG USE

at least once in lifetime

16.1

19.8

12.2

CANNABIS USE

at least once in lifetime

15.8

19.5

11.8

A COMBINATION OF AT LEAST TWO RISK BEHAVIORS

(smoking, excessive drinking, binge drinking, cannabis use)

21.1

26.6

15.1

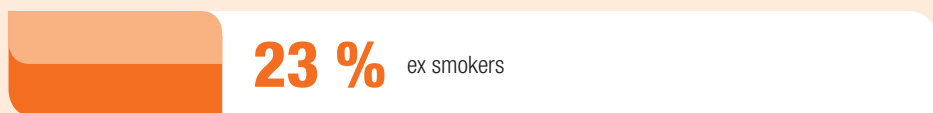
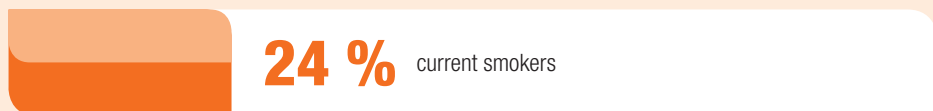
■ Total
■ Men
■ Women

Image 1: Prevalence of tobacco, alcohol and illicit drug use among residents aged 15-64 years, in total and by gender

- ¹ Binge drinking is drinking six units of alcohol or more on one occasion for men and four units or more on one occasion for women.
- ² The use of tobacco, alcohol or cannabis in combinations could occur at the same time on one occasion or on different occasions.
- ³ The residents, who are continuing using cannabis, are those who used cannabis in the past 12 months out of all who ever used cannabis.

TOBACCO

RESIDENTS OF SLOVENIA, AGED 15-64 YEARS



The percentage of smokers is **HIGHER AMONG MEN** compared to women.



MEN 15-64

WOMEN 15-64

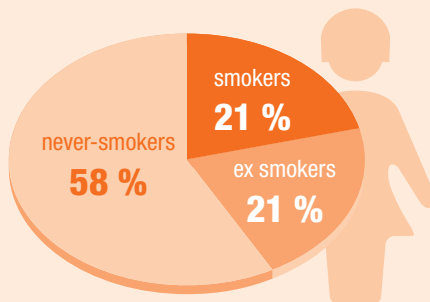
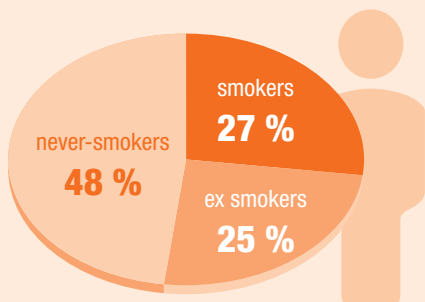
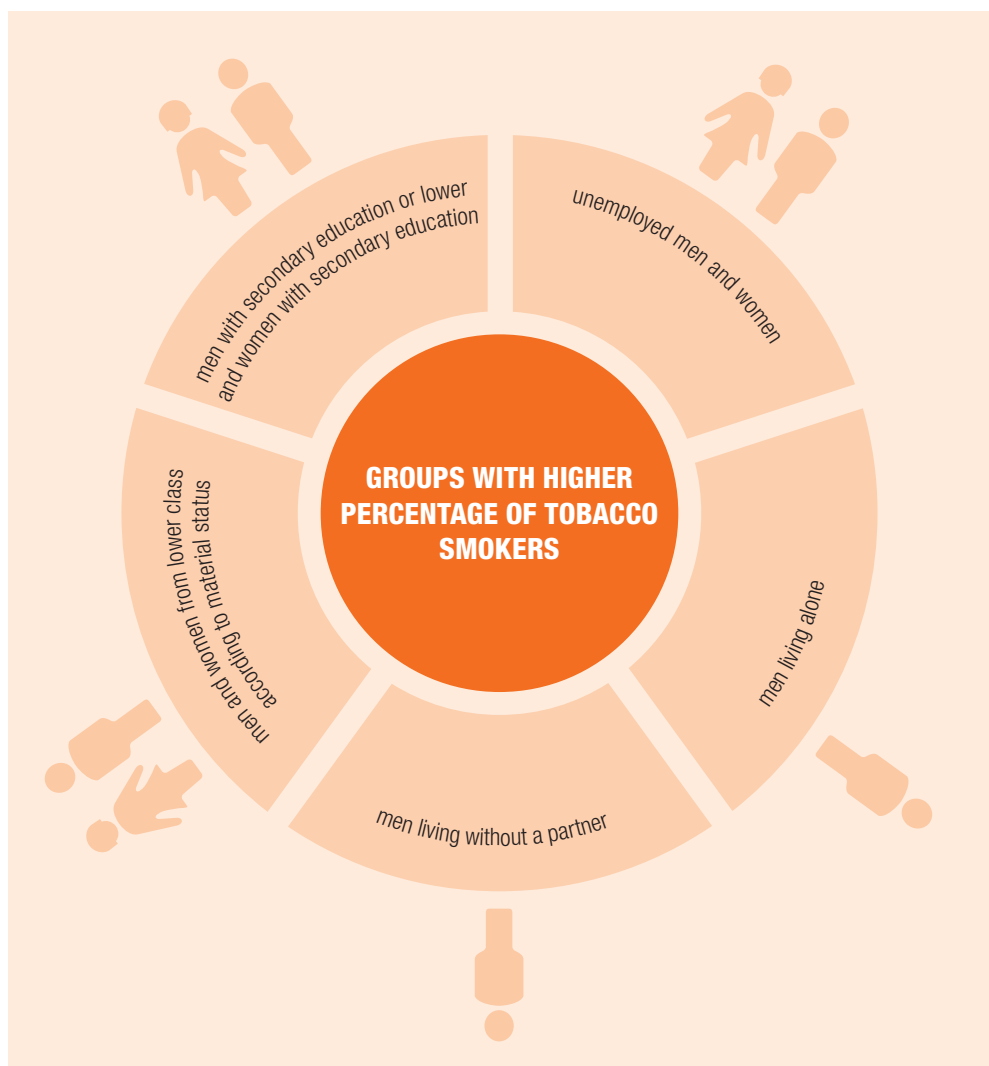


Image 2: Prevalence of smoking among men and women aged 15-64 years



Population groups, which are less likely to quit smoking, are men and women aged 15-24 years, those in education process, men and women with lowest educational level and men and women, living without a partner.

TOBACCO

SUBSTANTIAL SOCIO-ECONOMIC INEQUALITIES ARE PRESENT IN TOBACCO USE

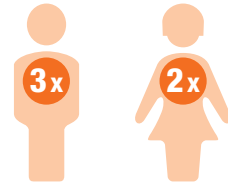
Residents with lower socio-economic position and those with higher number of indicators of lower socio-economic position are more likely to be ever smokers, to be current smokers and are less likely to quit smoking.

Socio-economic inequalities in smoking are more prominent among men than among women. They are more prominent among younger population (aged 25-44 years) compared to older population (aged 45-64 years), which indicates recent increase in inequalities in smoking.

AGE GROUP 25-44 YEARS



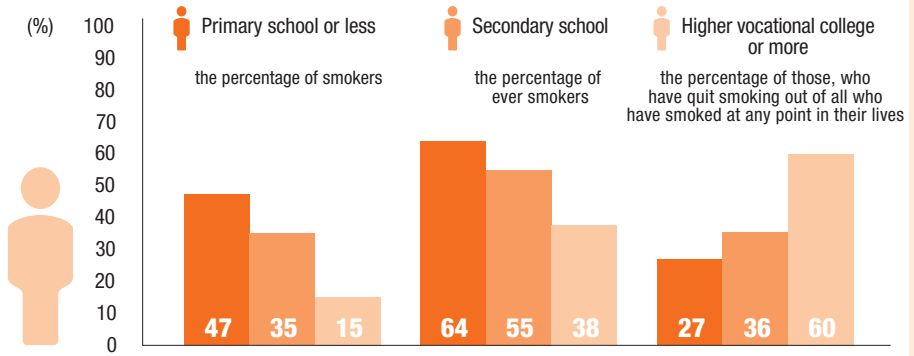
The percentage of smokers is 3-times higher among men with lowest education compared to those with highest education, while it is 2-times higher in case of women.



The percentage of those, who have ever smoked, is more than 2-times higher among men with lowest education compared to men with highest education, while it is 1.5-times higher in case of women.

The percentage of residents, who have smoked in the past and have later quit, is more than 2-times lower among men with lowest education compared to men with highest education, while it is 1.5-times lower in case of women.

MEN 25-44



WOMEN 25-44

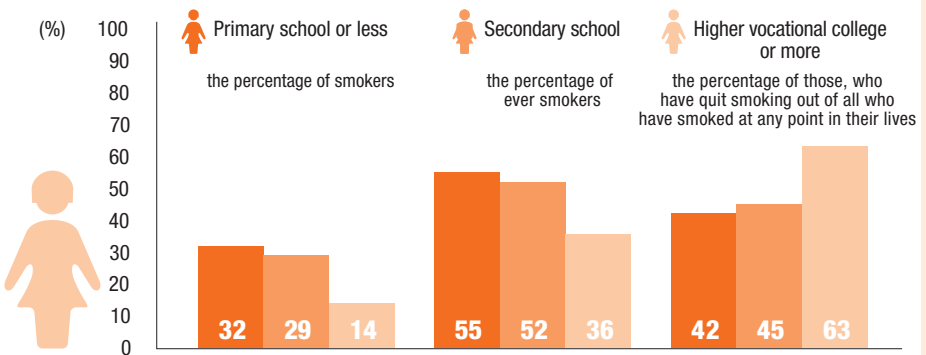


Image 3: Percentage of smokers by education among men and women aged 25-44 years

ALCOHOL

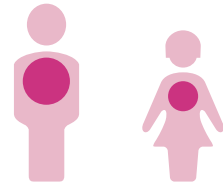
RESIDENTS OF SLOVENIA, AGED 15-64 YEARS

68 % are moderate drinkers

11 % are excessive drinkers*

21 % are abstainers

Prevalence of excessive drinkers* is **HIGHER AMONG MEN** than among women.



MEN 15-64

WOMEN 15-64

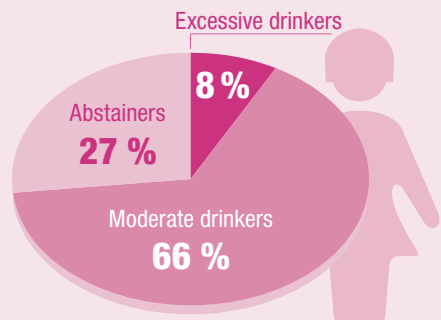
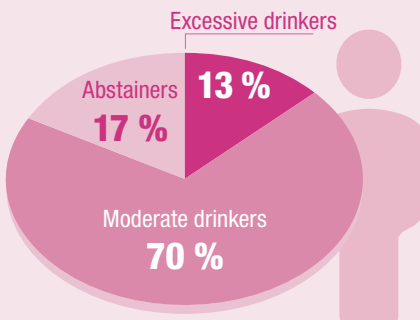
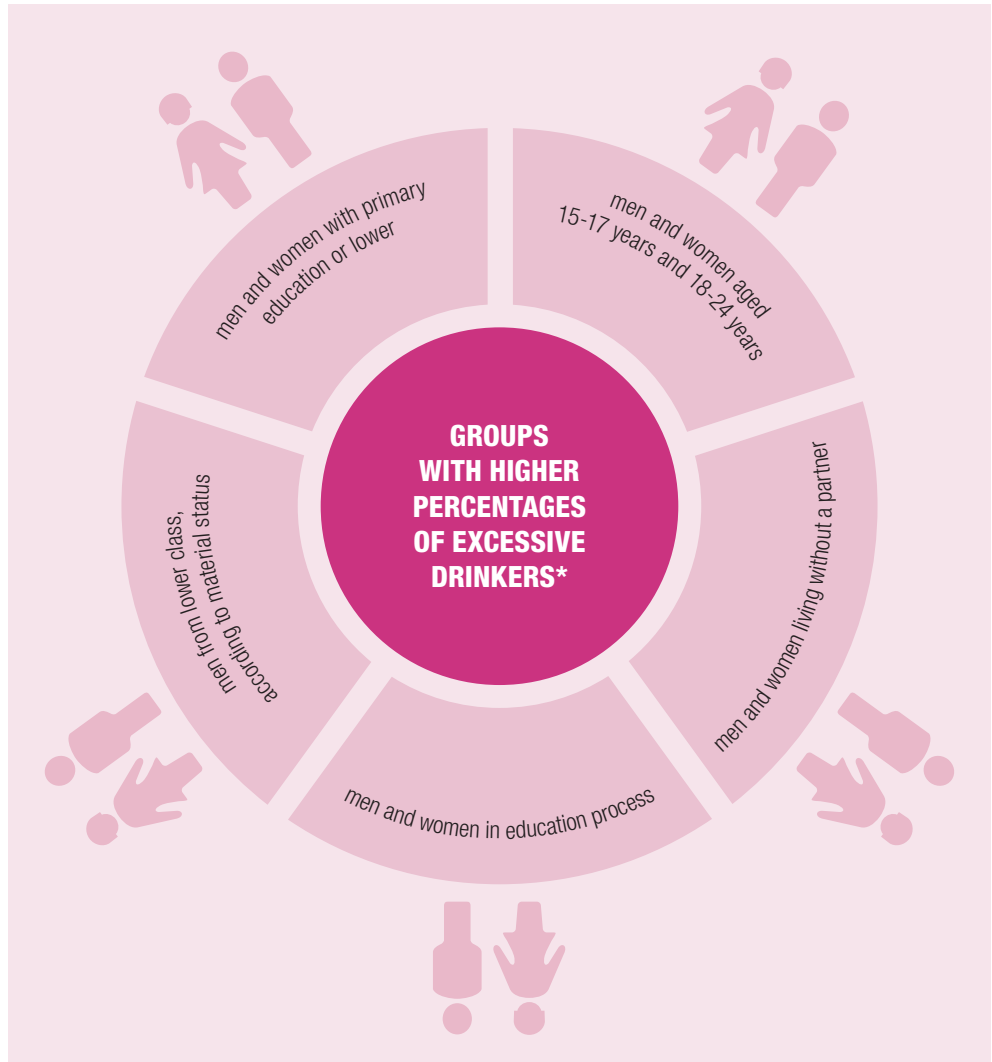


Image 4: Percentages of abstainers, moderate and excessive drinkers among men and women, aged 15-64 years



* Under-aged persons, who drink alcohol, are defined as excessive drinkers.

ALCOHOL BINGE DRINKING

MEN 15–64

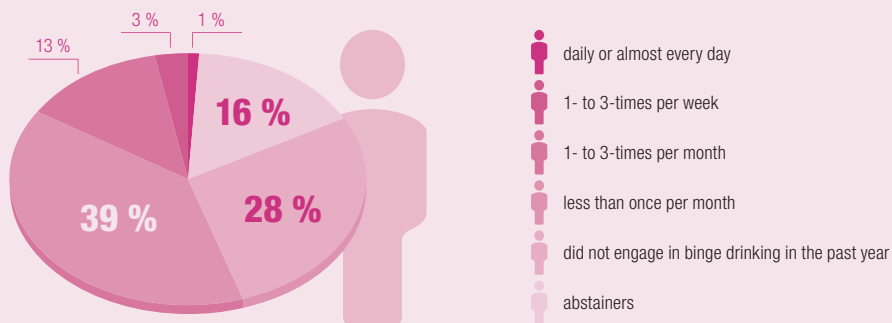


Image 5.1: Frequency of binge drinking in males, aged 15-64 years, in the past 12 months

WOMEN 15–64

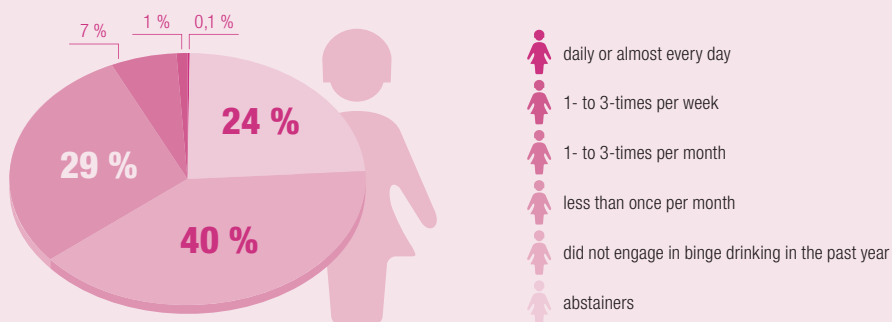


Image 5.2: Frequency of binge drinking in females, aged 15-64 years, in the past 12 months

In the past twelve months, 47 % of Slovenian residents, aged 15-64 years, engaged in binge drinking at least once. The prevalence was higher among men compared to women.



48 % OF RESIDENTS ARE HAZARDOUS DRINKERS (ARE EXCESSIVE DRINKERS AND/OR HAVE ENGAGED IN BINGE DRINKING AT LEAST ONCE ON ONE OCCASION IN THE PAST TWELVE MONTHS).

ALCOHOL

SUBSTANTIAL SOCIO-ECONOMIC INEQUALITIES ARE PRESENT IN ALCOHOL USE

Residents of Slovenia, aged 25-64 years, with lower socio-economic position are more likely to be excessive drinkers, while those with higher socio-economic position are more likely to engage in binge drinking.

Socio-economic inequalities are present in men and women, in younger and in older residents. Socio-economic inequalities are most obvious in relation to educational level. Among the residents with lowest education, the percentage of abstainers is 3-times higher, the percentage of excessive drinkers is 1.6-times higher and the percentage of persons, who have engaged in binge drinking at least once on one occasion in the past twelve months is 1.4-times lower compared to those with highest education.

AGE GROUP 25-64 YEARS



The percentage of excessive drinkers is 1.7-times higher among men with lowest education compared to those with highest education, while it is 1.6-times higher among women with lowest education compared to those with secondary education.



The percentage of persons, who have engaged in binge drinking at least once on one occasion in the past 12 months, is 1.3-times higher among men with secondary education compared to those with lowest education, while it is 1.7-times higher among women with highest education compared to least educated women.



The percentage of abstainers is almost 3-times higher among men and more than 3-times higher among women with lowest education compared to those with highest education.

MEN 25-64



WOMEN 25-64



Image 6: The percentages of abstainers, excessive drinkers and persons, who have engaged in binge drinking at least once on one occasion in the past 12 months, according to education among men and women, aged 25-64 years

ILLICIT DRUGS

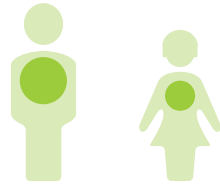
RESIDENTS OF SLOVENIA, AGED 15-64 YEARS

16 % used illicit drug at least once in lifetime

72 %

of those, who have ever used an illicit drug, quit the use

The percentage of illicit drug users is **HIGHER AMONG MEN** compared to women.



The most commonly used illicit drug among Slovenian population is cannabis, which is followed by ecstasy/amphetamine, cocaine and heroin.

Age period for the initiation of most illicit drugs use is **18-22 years**.

MEN 15-64



Image 7.1: The percentage of men, aged 15-64 years, who have ever used illicit drug and those among them, who have continued with the use in the past year

WOMEN 15-64

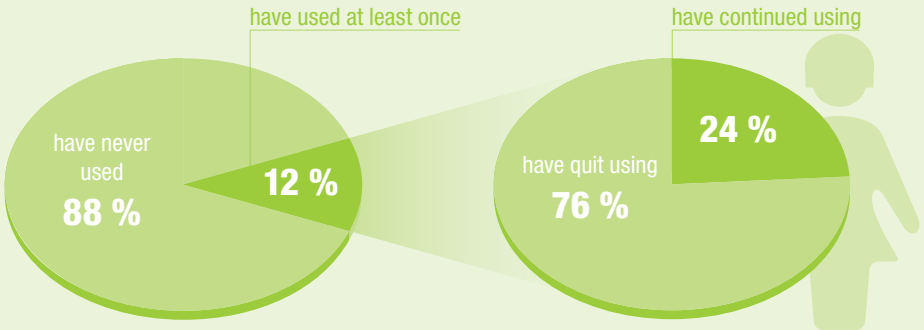
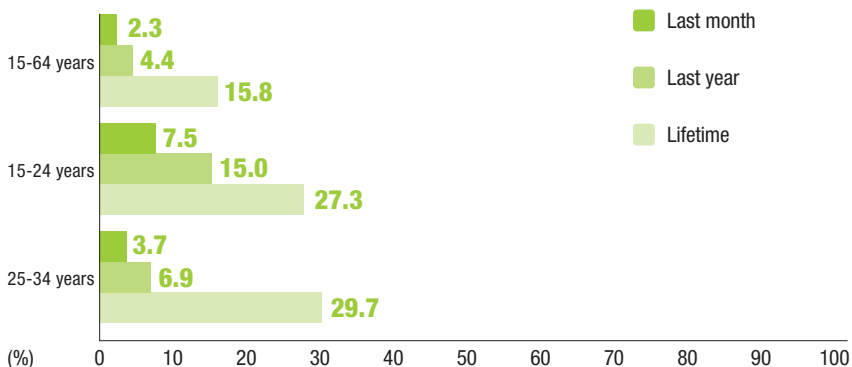


Image 7.2: The percentage of women, aged 15-64 years, who have ever used illicit drug and those among them, who have continued with the use in the past year

ILLICIT DRUGS CANNABIS

The prevalence of cannabis use is higher among younger Slovenian population compared to older and among men rather than women.

THE PREVALENCE OF CANNABIS USE BY AGE GROUPS



THE PREVALENCE OF CANNABIS USE BY GENDER

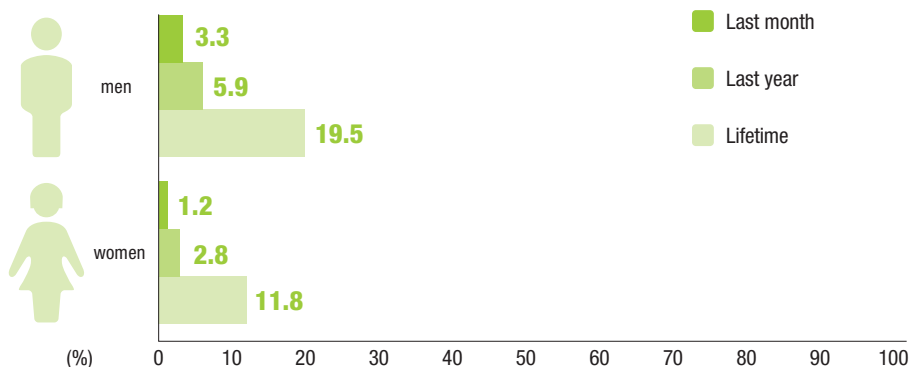


Image 8: The percentage of lifetime, last year and last month cannabis use by age group and gender

Average age of first cannabis use is 18 years.



There are some differences in groups with highest percentages of last year and last month⁴ cannabis use compared to groups with highest percentages of lifetime cannabis use. By age, the youngest age group, 15-25 years, has the highest percentage of last year and last month cannabis use; by education, residents with secondary or lower education stand out; by employment status, unemployed stand out next to those in education process; none of the classes stand out by material status.

⁴. The groups with highest percentages of last year and last month cannabis use cannot be shown by gender due to small shares.

ILLICIT DRUGS CANNABIS

SUBSTANTIAL SOCIO-ECONOMIC INEQUALITIES ARE PRESENT IN CANNABIS USE



Residents, aged 15-34 years, who have highest education, are from upper class according to material status, are unemployed and those, living without a partner are most likely to use cannabis at least once in lifetime.

Residents with lower socio-economic position and those with higher number of indicators of low socio-economic position are more likely to continue using cannabis.

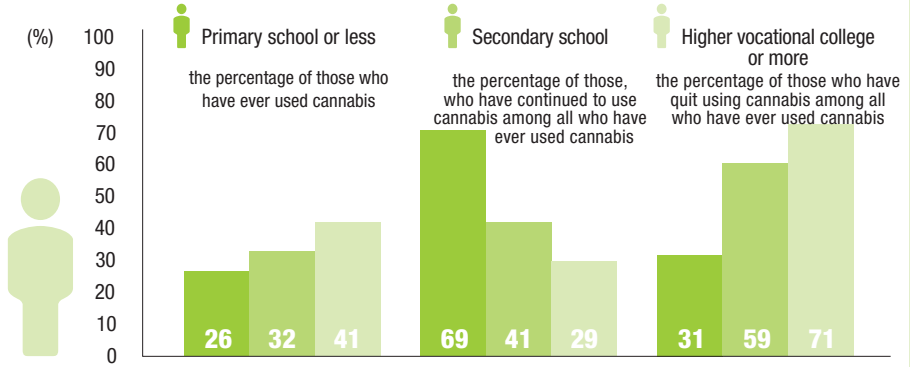
Socio-economic inequalities are generally more prominent by education. They are also more prominent among women, aged 15-34 years, compared to men.

The percentage of lifetime cannabis use among men with highest education is 1.5-times higher compared to men with lowest education; in women it is 1.8-times higher.

The percentage of those, who are continuing with cannabis use among all who have ever used cannabis, is 2.4-times higher among men with lowest education compared to men with highest education; in women it is 3.8-times higher.

The percentage of those who quit using cannabis, among all who have ever used cannabis, is 2.3-times higher in men and women with highest education compared to those with lowest education.

MEN 15-34



WOMEN 15-34

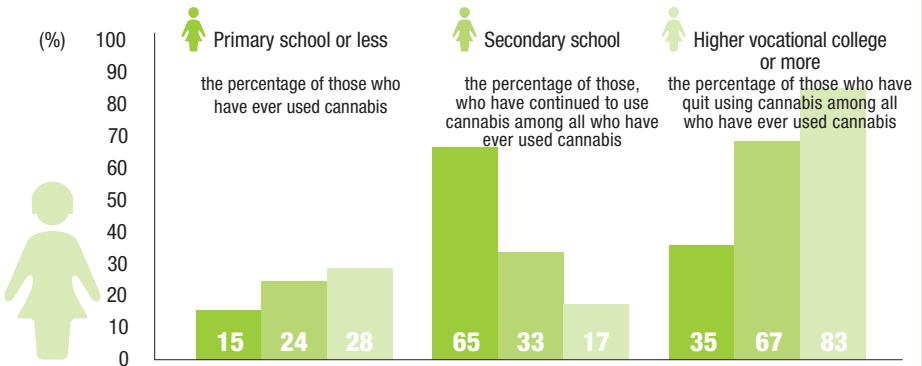
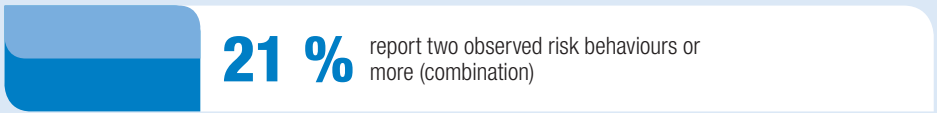
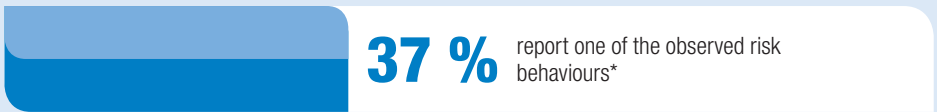
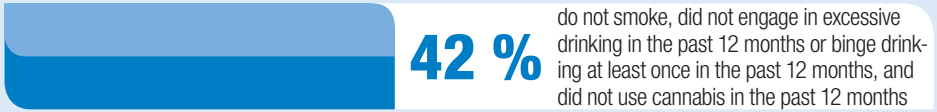


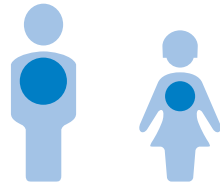
Image 9: The percentage of ever cannabis users and those among them, who have continued with the use in the past year and those who have quit using cannabis, by education among men and women, aged 15-34 years

COMBINATIONS OF TOBACCO, ALCOHOL AND CANNABIS USE

RESIDENTS OF SLOVENIA, AGED 15-64 YEARS



The percentage of combination users is **HIGHER AMONG MEN** compared to women.



MEN 15-64

WOMEN 15-64

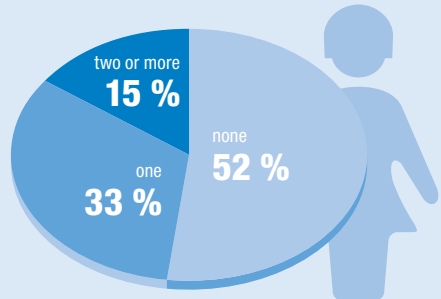
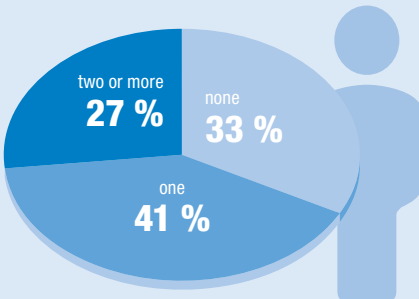


Image 10: The percentage of men and women, aged 15-64 years, by number of observed risk behaviours*



* Observed risk behaviours are smoking, excessive drinking in the past 12 months, binge drinking at least once in past 12 months and cannabis use in the past 12 months. If individual reports two or more selected risk behaviours, we used terms "combination of tobacco, alcohol and cannabis use" and "combination use".

COMBINATIONS OF TOBACCO, ALCOHOL AND CANNABIS USE

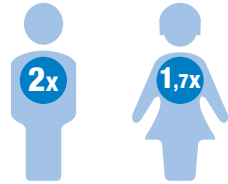
Socio-economic inequalities are also seen in the prevalence of combination use (smoking, excessive drinking in past 12 months, binge drinking at least once in the past 12 months, cannabis use at least once in the past 12 months).

Residents with lower education are more likely to be combination users than those with higher education.

AGE GROUP 15-64 YEARS



The percentage of combination use is 2-times higher among men with lowest education compared to those with highest education, while it is 1.7-times higher among women this age.



MEN AND WOMEN 15-64

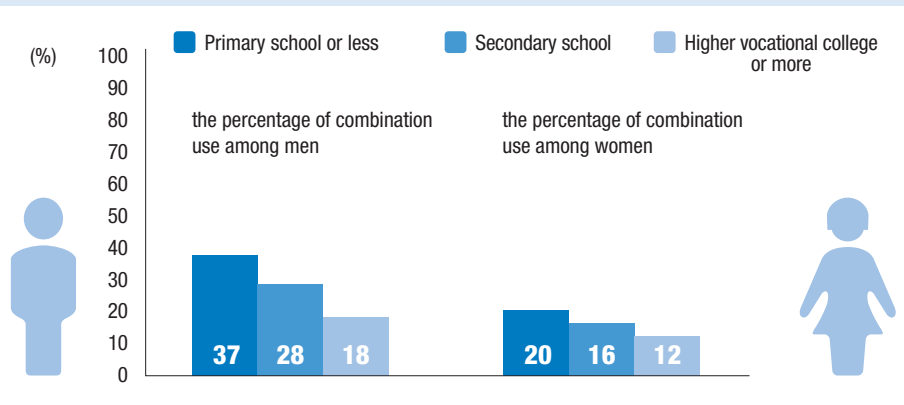


Image 11: The percentage of combination use by education among men and women, aged 15-64 years



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National Institute of Public Health

Trubarjeva cesta 2

1000 Ljubljana

Telephone: +386 1 2441 400

Fax: +386 1 2441 447

www.nijz.si,

e-mail address: info@nijz.si

Data portal



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TOBACCO, ALCOHOL AND ILLICIT DRUGS USE IN SLOVENIAN POPULATION AND INEQUALITIES AND COMBINATIONS OF USE

Authors: Helena Koprivnikar, Maja Zorko, Marjetka Hovnik Keršmanc, Andreja Drev

Design: Gorazd Učakar

Translation: Mihaela Tornar

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