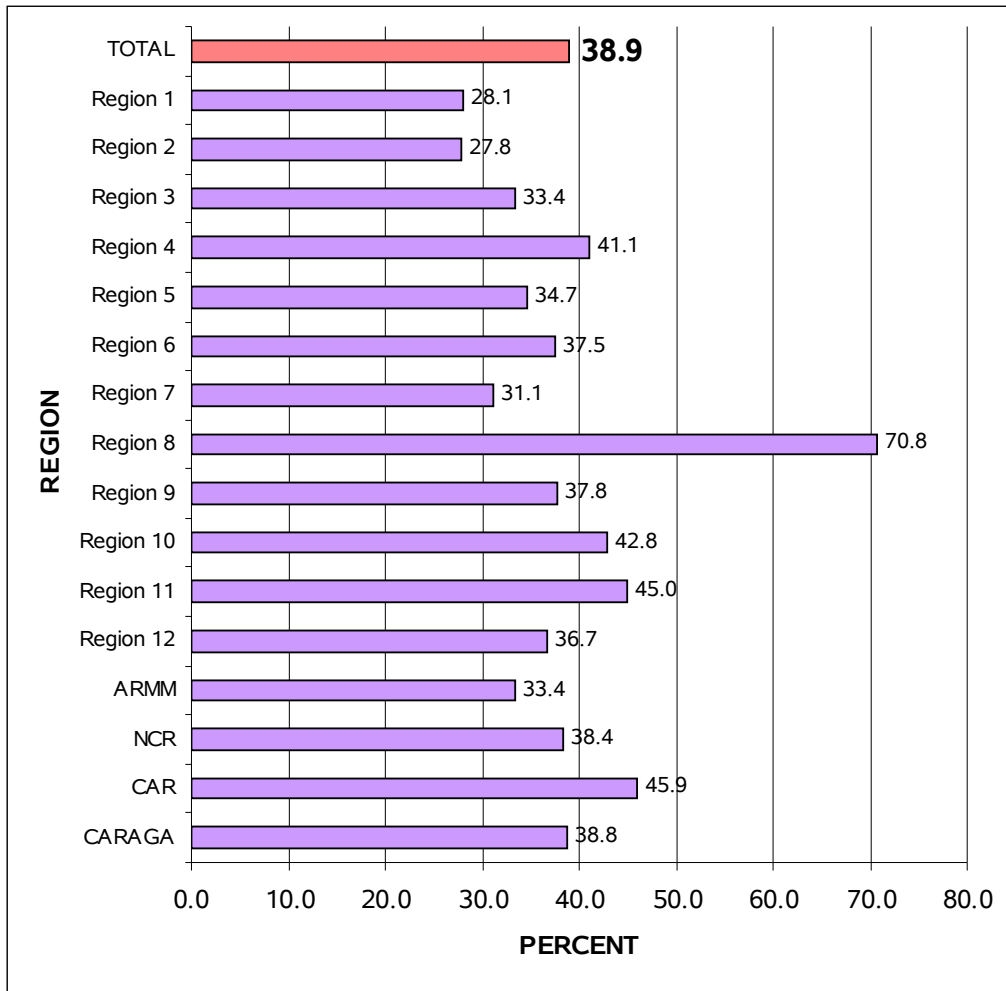


# ALCOHOL DRINKING

## *Alcohol Drinking Practices*

Almost two-fifths (38.9%) or 3983 of the sample population are alcohol drinkers. Region VIII far surpasses other regions in the proportion of drinkers (70.8%) with CAR (45.9%) a poor second. Next is Region XI, 45.0%; Region X, 42.8%; Region IV, 41.1%; CARAGA, 38.8%; NCR, 38.4%; Region IX, 37.8%; Region VI, 37.5%; Region XII, 36.7%; Region V, 34.7%; ARMM and Region III, 33.4%; Region VII, 31.1%; while Region I, 28.1% and Region II, 27.8% have the lowest. **(Figure 66)**

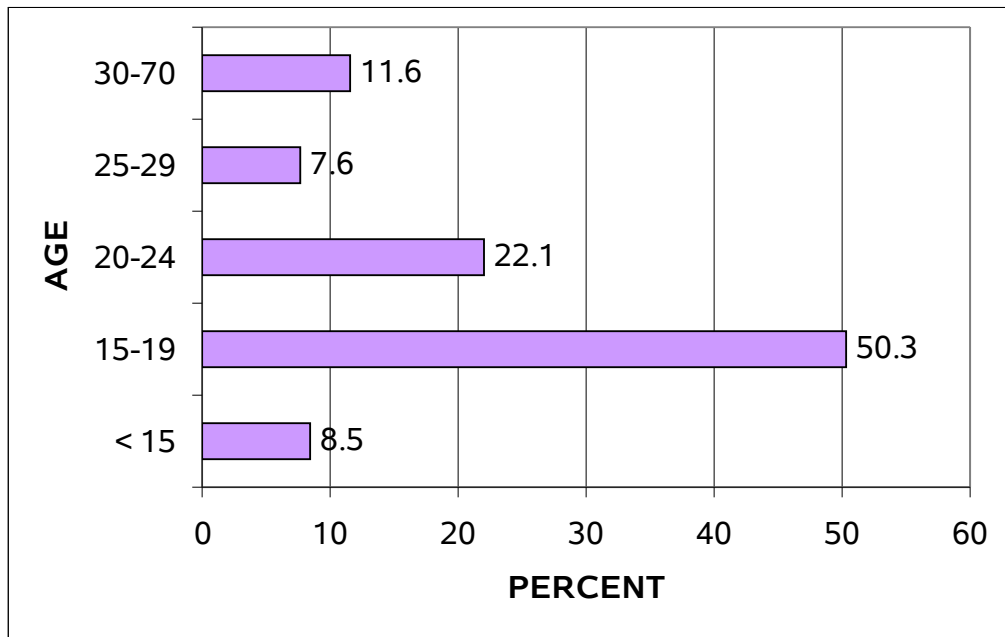
**Figure 66. Prevalence of Alcohol Drinking by Region, 2001  
(N=10240)**



***Age of Initiation of Alcohol Drinking***

For all regions, the recorded initiation age for alcohol drinking is 6-71 with Region IX and VII reporting the youngest (6 years), followed by Region VII (7 years), the same region which reported the youngest for smoking. Region II, reported having the oldest (71 years), who initiated drinking. The median age for the various regions varied from 17 to 20. **(Appendix I, Table XXXV)**

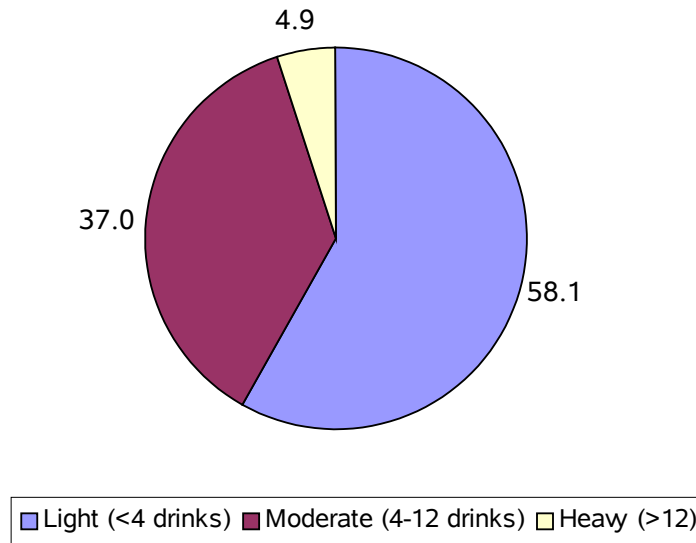
**Figure 67. Age of Initiation of Alcohol Drinkers, 2001  
(N=3697)**



As in smoking, half of the drinkers (50.3%) initiated drinking at ages 15-19, the teenage; 8.5% at age <14; 22.1% at 20-24; 7.6% at 25-29; and 11.6% at 30-75 years of age. **(Figure 67)**

*Type of Alcohol Drinkers According to Number of Drinks*

**Figure 68. Alcohol Drinkers According to Number of Drinks \*, 2001 (N=3529)**



More than half (58.1%) of those who consume alcohol are light drinkers meaning they usually take less than four drinks. About 37.0% are moderate drinkers (4-12 drinks) while a small proportion (5.9%) are heavy drinkers (>12 drinks). **(Figure 68)**

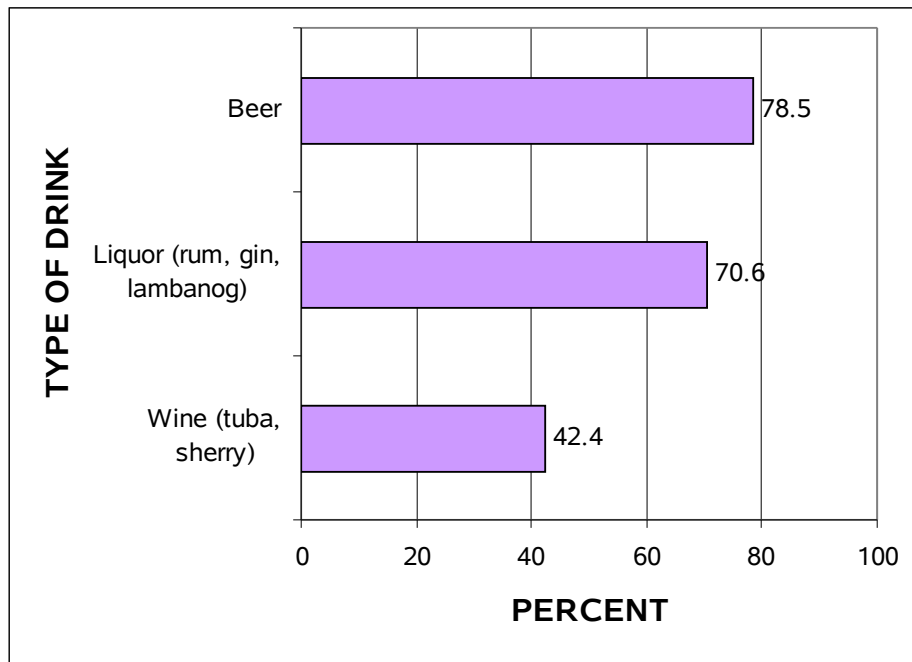
\*No of drinks= 1 glass of wine, 1 shot of liquor or 1 cocktail



***Type of Drink Consumed by Alcohol Drinkers***

The most popular drink among the drinkers is beer (78.5%) with liquor (rum, gin, whisky, lambanog) a close second (70.6%). Less than half, 42.4% reported wine (tuba, sangria and sherry). **(Figure 69) (Appendix I, Table XXXVI)**

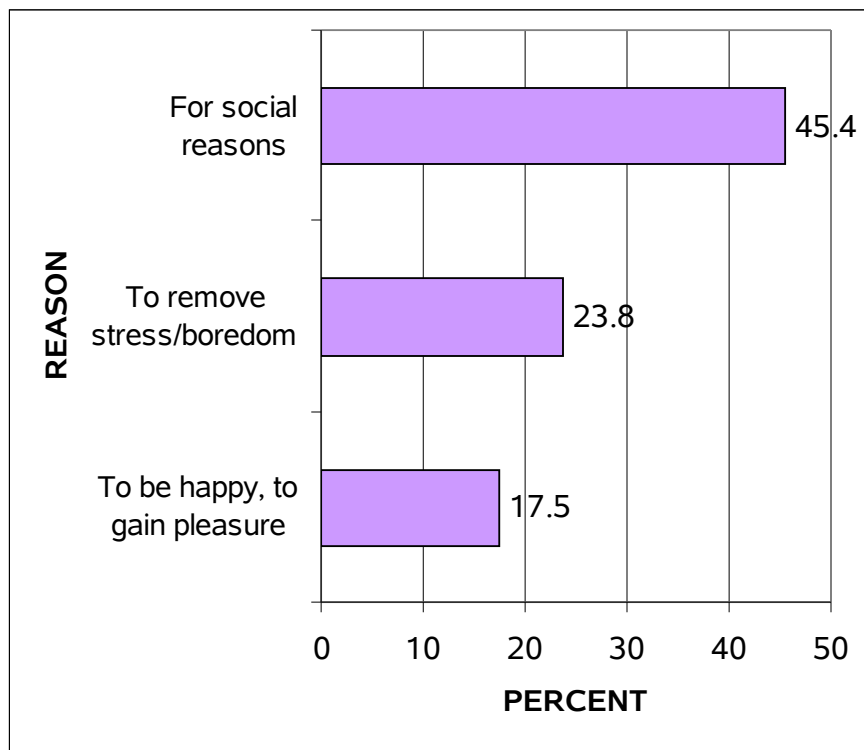
**Figure 69. Type of Drink Consumed by Alcohol Drinkers, 2001  
(N=3893)**



***Most Common Reason for Drinking***

The most common reason for drinking given by 3980 (38.9%) drinkers are: **(1)** for social reasons (45.5%); **(2)** to remove stress/boredom (23.8%) and **(3)** to be happy/gain pleasure (17.5%). These are essentially similar to reasons given for smoking. **(Figure 70) (Appendix I, Table XXXVII)**

**Figure 70. Most Common Reason for Drinking, 2001  
(N=3980)**





***Perceived Effects of Drinking Alcohol***

Like smoking, there appeared to be a high degree of negative attitude towards drinking. They perceive it as a risk factor for cancer of the liver, 94.5%; liver cirrhosis, 93.1%; heart disease, 89.2% and diabetes 74.4%. **(Figure 71)**  
**(Appendix I, Table XXXVIII)**

**Figure 71. Perceived Ill Effects of Drinking Alcohol, 2001**

