

**Bundeszentrale
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**Federal Centre
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Development of Alcohol Consumption Among Young People

giving particular consideration to
consumption habits regarding alcopops

A Survey by the Federal Centre for Health Education,
BZgA

Summary
June 2005

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Details of the study: Goals and methods

Project title:	Development of Alcohol Consumption Among Young People, giving particular consideration to consumption habits regarding alcopops
Goals:	The goal of the study is to determine how alcohol consumption among young people - particularly of alcopops - has developed in the period from 2004 to 2005 as a result of action taken by the Federal Government. The results of the present study regarding alcohol consumption are compared with the data of the "2004 Drug Affinity Study" to this end.
Study method:	Representative survey of the population between the ages of 12 and 25, inclusive
Data collection mode:	Computer-assisted telephone interviews (CATI)
Sample selection:	Random sample (computer-generated random telephone numbers, random selection of 12 to 25 year-old persons in the household) Sample size: 3,001 cases
Survey period:	14 March 2005 to 22 April 2005
Data acquisition, computer processing and statistical analyses:	forsa. Gesellschaft für Sozialforschung und statistische Analysen mbH
Concept development, analysis and reporting:	Federal Centre for Health Education, BZgA Cologne, Unit 2-25, Ursula von Rügen, Gerhard Christiansen and Jürgen Töppich

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1 Introduction

1.1 Summary

The consumption of *spirits-based alcopops* among 12 to 17 year-old young people declined significantly between 2004 and 2005, both in terms of frequency and as regards quantity. At the same time, there is an increase in the percentage of respondents who have not drunk these alcopops at all in the past year. 12 to 15 year-olds are reducing their consumption to an even greater extent.

Spirits-based alcopops are primarily no longer being *bought* because they have become too expensive as a result of the introduction of the tax on alcopops, and because young people are better informed about the associated health risks.

The percentage of young people drinking *wine and beer-based alcopops* at least once a month is also declining. This decrease is more pronounced among young females than among young males. However, the quantity of alcohol (grams of alcohol per week) consumed by young people in the form of wine/beer-based alcopops has risen from 3.9 g to 5.3 g. This increase is, however, smaller than the decline in the quantity of alcohol consumed in the form of spirits-based alcopops (from 8.5 g in 2004 to 4.2 g in 2005).

Powdered alcopops, which produce a ready-to-drink alcopop beverage when dissolved in water, were consumed by roughly 1% (0.78%) of 12 to 17 year-old young people in the last 30 days prior to the survey in 2005. At that time, it played hardly any role in terms of the alcohol consumption of this age group.

As regards the *other types of alcohol covered by the study*, it can be seen that the frequency of consumption of beer and spirits remains constant. The frequency of consumption of wine/sparkling wine and cocktails/long drinks among 12 to 17 year-olds is declining significantly. A decrease in the quantities of alcohol consumed (grams of pure alcohol per week) for the individual types of alcohol is primarily to be observed among young males.

Addition of all the quantities of alcohol consumed indicates that *total alcohol consumption* (grams of pure alcohol per week) among young people is declining, both including and excluding spirits-based alcopops.

Risky alcohol consumption among 12 to 17 year-old young people decreased in the period covered by the survey. The percentage of young people drinking five or more glasses of alcohol in a row (binge drinking) on at least one occasion in the last 30 days is on the decline, as is the percentage of young people reporting having been drunk at least once in the last three months.

The *assessments of the perceived health hazards* are changing in different ways as regards risky drinking patterns. In 2005, fewer young people see binge drinking as being a major health hazard than in 2004. In contrast, more young people in 2005 rate drunkenness as a major hazard.

Conclusion: Both the consumption of spirits-based alcopops and alcohol consumption in general are developing in the intended direction. Nevertheless, observation is necessary in order to establish whether these effects are merely transitory. In particular, there will be a need to examine the development of consumption of low-alcohol, spirits-based alcopops and of wine/beer-based alcopops.

1.2 Goal and subject of the study

The goal of the study is to review the impact of the "Act for Improving the Protection of Young People against the Dangers of Alcohol and Tobacco Consumption" on the alcohol consumption patterns of young people. Section 1 of the Act regulates the levying of a special tax on spirits-based alcopops (Alcopop Tax Act - AlkopopStG). The special tax is levied exclusively on alcopops manufactured using distilled spirits or products containing distilled spirits. The Act aims to reduce the consumption of alcopops by increasing the price. Section 2 of the Act prescribes mandatory labelling, indicating that these products may not be sold to persons under the age of 18.

This report first investigates whether the consumption of spirits-based alcopops has declined, as intended. Second, reasons are presented for the change in buying patterns. Third, the question is examined as to whether the change in alcopop consumption has led to increased consumption of other alcoholic beverages (shifts in consumption). Fourth, the total alcohol consumption of young people in 2004 and 2005 is presented, both including and excluding spirits-based alcopops. Fifth and finally, a description is given of whether changes are occurring as regards risky drinking patterns, such as binge drinking, and experience of drunkenness. The data most recently collected in 2005 are compared with the data for 2004 (n = 1,302).

1.3 Method

The current study is a representative survey of the population between the ages of 12 and 25 years, inclusive. Computer-generated, random telephone numbers were used to compile a random sample of 3,001 young people and young adults, who were questioned regarding their alcohol and tobacco consumption in computer-assisted telephone interviews (CATI). The survey period ran from 14 March 2005 to 22 April 2005.

The reference data for 2004 were obtained from the repeat survey of the Drug Affinity Study (DAS) of young people and young adults between the ages of 12 and 25, which has been conducted on behalf of the Federal Centre for Health Education (<http://www.bzga.de/studien>) at regular intervals since 1973 (survey period: 5 January 2004 to 24 February 2004).

Both surveys were conducted by "forsa - Gesellschaft für Sozialforschung und statistische Analysen mbH". Identical methods were used in both studies to investigate the consumption of alcopops and other alcoholic beverages. A distinction was made between beer/wine-based and spirits-based alcopops, depending on the alcoholic basis of the alcopops.

The frequency and the quantity drunk are used as indicators of the consumption of the various alcoholic beverages. The "frequency" indicator shows the percentage of young people who have consumed the specific type of drink at least once per month in the past year, as well as the percentage of young people who have never consumed this type of drink in the past year. The "quantity drunk" indicator is intended to obtain an overview of how much pure alcohol young people consume by drinking alcoholic beverages. The quantity drunk is estimated using the Quantity-Frequency Index (QF), which combines the frequency and the quantities of alcoholic beverages drunk in such a way [$\text{g alcohol/week} = \text{Frequency} \times \text{Quantity} \times (\% \text{ vol.} \times \text{Specific weight of alcohol})$] that the average, weekly quantity of pure alcohol consumed by young people can be calculated.

The survey period of the 2004 "Drug Affinity Study" (DAS) was before the special taxation of alcopops. Since 2 August 2004, spirits-based alcopops have been subject to what is known as the Alcopop Tax, which is levied in addition to the tax on distilled spirits. This taxation applied exclusively to alcopops produced as of August 2004; goods already manufactured or in the shops before this time were still sold without the special tax until the end of 2004. The level of the special tax is governed by the alcohol content of the alcopops, which was generally in the region of 5.5% vol. in the case of spirits-based alcopops. The alcopop industry reacted to the tax by producing these spirits-based alcopops with an alcohol content of only 3.0% vol. as of the beginning of 2005. It can therefore be assumed that the quantities drunk indicated by the study participants refer - at least very largely - to this new generation of alcopops in the 2005 study period. Consequently, the alcohol quantities for spirits-based alcopops are calculated using a figure of both 3% and 5.5%. The respective calculation basis is expressly indicated in the presentation of the results.

The differences in the frequency of consumption and the QF Index between 2004 and 2005 were tested using T-tests for independent samples with a probability of error of $p < 0.05$ (95% significance level). To determine significant changes in the frequency of consumption, Chi-square analyses were performed, likewise on the basis of a probability of error of $p < 0.05$ (95% significance level).

Slight differences occur when calculating the total QF Index across all types of beverage and the QF Index excluding spirits-based alcopops. This is attributable to the fact that the QF Index is a value that is calculated individually for each case and is made up of the frequency of consumption, the number of units consumed per drinking occasion, and the size of the respectively consumed unit for each of six types of beverage - i.e. a total of 18 variables. The calculation of the QF Index across all beverage types included only those cases in which a value was available for all 18 variables - i.e. where no value was missing for any of the 18 variables. For 2005, this resulted in a basis of $n = 2,788$ cases. The calculation of the total QF Index excluding spirits-based alcopops included an additional 41 cases, where values were missing as regards the data concerning consumption of spirits-based alcopops, but the data on the other types of alcohol were complete. This therefore yielded a basis of $n = 2,829$. This results in slight differences in the decimal places of the QF values. In addition, rounding to one decimal place can lead to slight differences in the decimal places when several, rounded individual values are added. However, neither effect is of any importance whatsoever as regards the statements made here.

2 Development of alcopop consumption

This chapter examines the changes in the alcopop consumption of 12 to 17 year-old young people. To this end, the data on current consumption (frequency of drinking and quantity drunk) of spirits-based and wine/beer-based alcopops by 12 to 17 year-old young people are compared with the data from the previous year.

2.1 Spirits-based alcopops

Experience of spirits-based alcopops

The percentage of 12 to 17 year-old young people who have come into contact with spirits-based alcopops on some occasion in their lives (lifetime prevalence) is declining. As shown in Table 1, the percentage of respondents ever having consumed spirits-based alcopops fell from 55% in 2004 to 49% in 2005 (from 56% to 51% among young females, and from 54% to 46% among young males). The percentage of people consuming spirits-based alcopops in the past 12 months declined even more markedly, namely from 48% to 39% (from 52% to 44% among young females, and from 46% to 35% among young males).

Table 1: Consumption of spirits-based alcopops: lifetime and 12-month prevalence

	People having drunk spirits-based alcopops ...			
	Ever (lifetime prevalence)		In the past 12 months	
	In 2004	In 2005	In 2004	In 2005
Total	55%	49%	48%	39%
Young females	56%	51%	52%	44%
Young males	54%	46%	46%	35%

Frequency of consumption and quantities consumed

The percentage of 12 to 17 year-old young people who reported drinking spirits-based alcopops at least once per month fell significantly, from 28% in 2004 to 16% in 2005 - from 30% to 18% among young females, and from 27% to 14% among young males (Fig. 1). This was accompanied by an increase in the percentage of young people indicating that they had never drunk spirits-based alcopops in the past year, from 51% in 2004 to 61% in 2005 - from 48% to 56% among young females, and from 54% to 65% among young males).

The average, weekly quantity of pure alcohol consumed by young people solely in the form of spirits-based alcopops dropped significantly, from 8.5 g in 2004 to 4.2 g in 2005 (from 6.9 g to 3.7 g among young females, and from 9.9 g to 4.6 g among young males).

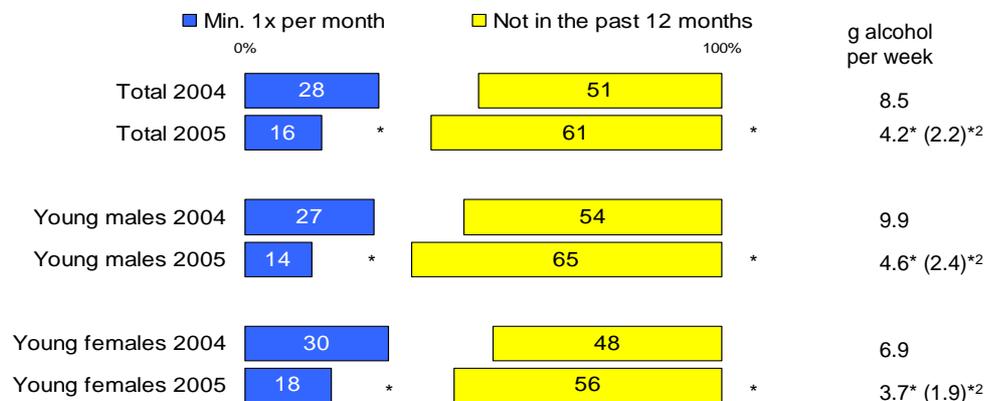
Assuming that the quantities drunk indicated by the study participants in 2005 refer to the new generation of alcopops with an alcohol content of 3% vol., the quantity consumed even drops to 2.2 g (from 6.9 g to 1.9 g among young females, and from 9.9 g to 2.4 g among young males).

Fig. 1

Consumption of spirits-based alcopops

12 to 17 year-old young people in the Federal Republic of Germany

In percent



* Significant with a probability of error of $p < 0.05$ (95% significance level)

² Calculated on the basis of the 3.0% by volume alcohol content of the new generation of alcopops

The development of alcopop consumption behaviour in the group of 12 to 15 year-old young people was also of particular interest (Fig. 2). These young people are subject to the special protection of the Protection of Young Persons Act and are not entitled to purchase spirits-based and wine or beer-based alcopops, or to consume them in public.

The decrease in consumption was even more pronounced in this group. The percentage of respondents who reported drinking spirits-based alcopops at least once per month dropped significantly, from 20% in 2004 to 10% in 2005 - from 21% to 12% among young females, and from 18% to 9% among young males. This was accompanied by a significant increase in the percentage of 12 to 15 year-old young people indicating that they had never drunk spirits-based alcopops in the past year, from 63% in 2004 to 71% in 2005 - from 59% to 67% among young females, and from 67% to 76% among young males.

The average, weekly quantity of pure alcohol consumed by 12 to 15 year-old young people solely in the form of spirits-based alcopops dropped significantly, from 4.5 g in 2004 to 1.6 g in 2005 - from 4.2 g to 1.7 g among young females, and from 4.8 g to 1.5 g among young males).

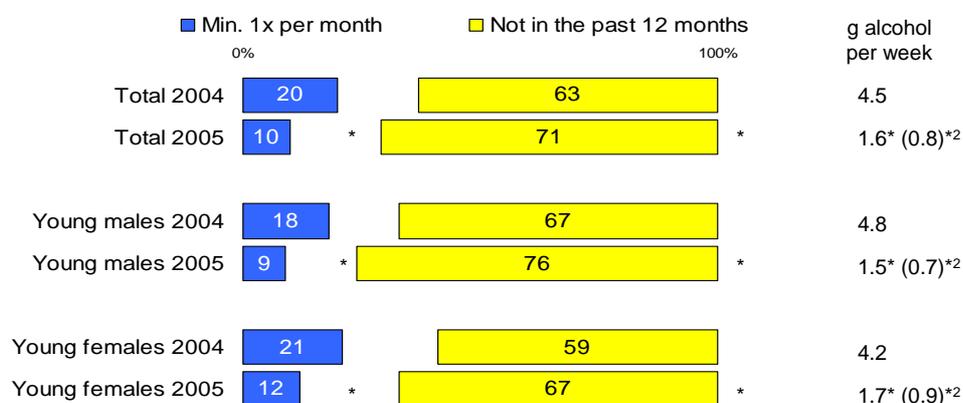
If the quantity-related data are referred to the new generation of alcopops with an alcohol content of 3% vol., the quantity consumed declines even more markedly, to 0.8 g (from 4.2 g to 0.9 g among young females, and from 4.8 g to 0.7 g among young males).

Fig. 2

Consumption of spirits-based alcopops

12 to 15 year-old young people in the Federal Republic of Germany

In percent



* Significant with a probability of error of $p < 0.05$ (95% significance level)

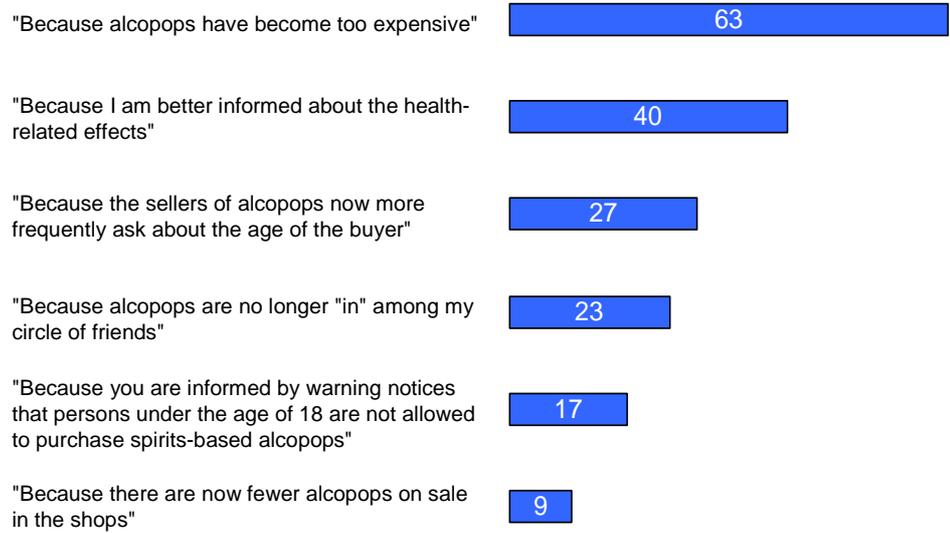
² Calculated on the basis of the 3.0% by volume alcohol content of the new generation of alcopops

Purchase of spirits-based alcopops, and reasons for changed buying behaviour

Roughly half of the 12 to 17 year-old young people reporting experience of alcopops have themselves purchased alcopops on some occasion. Of them, 8% now purchase more alcopops, 21% roughly the same quantity, 38% less, and 33% no longer purchase alcopops at all.

Of the young people who state that they now purchase less alcopops, or none at all, 63% say that the reason for this is that alcopops have become too expensive. 40% say that they are better informed about the health-related effects, 27% that the sellers of alcopops now more frequently ask about the age of the buyer, 23% that alcopops are no longer "in" among the circle of friends, 17% that you are informed by warning notices that persons under the age of 18 are not allowed to purchase spirits-based alcopops, and 9% that fewer alcopops are now on sale in the shops (Fig. 3).

Fig. 3
Less spirits-based alcopops are now purchased, or no more at all, ...
 12 to 17 year-old buyers of spirits-based alcopops In percent



2.2 Wine/beer-based alcopops

Experience of wine/beer-based alcopops

In 2005, 48% of 12 to 17 year-old young people state that they have drunk wine or beer-based alcopops at some time in their lives (lifetime prevalence), compared to 51% in 2004. Table 2 clearly illustrates that the percentage of young females who have ever consumed wine/beer-based alcopops declined from 50% in 2004 to 45% in 2005. Young males showed only a slight change in this period, from 52% to 51%.

A similar picture is obtained for the reference period of the past 12 months. The percentage of young people consuming wine/beer-based alcopops in the past 12 months fell from 43% in 2004 to 39% in 2005. In this context, there was a particularly great decline as regards the percentage of young females, from 43% to 36%. The percentage of young males dropped from 43% to 42%.

Table 2: Consumption of wine/beer-based alcopops: lifetime and 12-month prevalence

People having drunk wine/beer-based alcopops ...

	Ever (lifetime prevalence)		In the past 12 months	
	In 2004	In 2005	In 2004	In 2005
Total	51%	48%	43%	39%
Young females	50%	45%	43%	36%
Young males	52%	51%	43%	42%

Frequency of consumption and quantities consumed

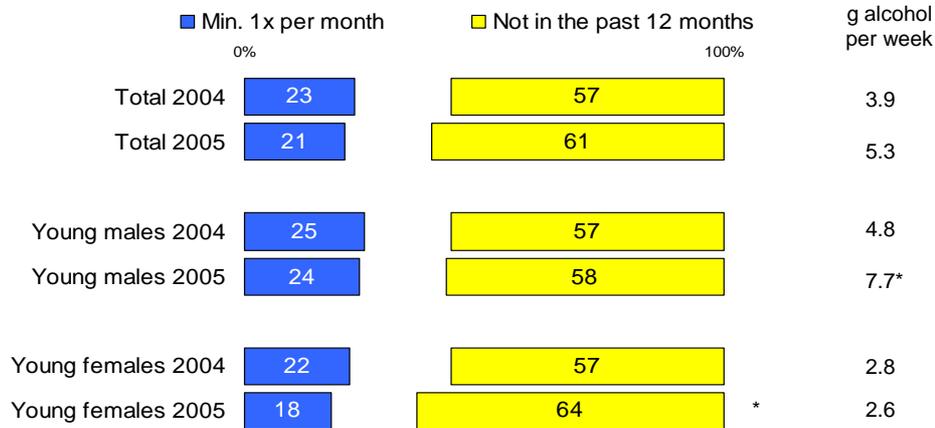
The percentage of 12 to 17 year-old young people who reported drinking wine/beer-based alcopops at least once per month changed only slightly, from 23% in 2004 to 21% in 2005. Again, the decline from 22% to 18% is more pronounced among young females than among young males, where the figure fell from 25% to 24% (Fig. 4).

Fig. 4

Consumption of wine/beer-based alcopops

12 to 17 year-old young people in the Federal Republic of Germany

In percent



* Significant with a probability of error of $p < 0.05$ (95% significance level)

Overall, the percentage of young people who had never drunk wine/beer-based alcopops in the past year rose from 57% in 2004 to 61% in 2005 - significantly from 57% to 64% among young females and marginally from 57% to 58% among young males.

The average, weekly quantity of pure alcohol consumed by young people solely in the form of wine/beer-based alcopops rose from 3.9 g in 2004 to 5.3 g in 2005. This increase is due exclusively to the consumption of young males. While the quantity of alcohol per week fell slightly among young females, from 2.8 g to 2.6 g, it increased significantly among young males, from 4.8 g to 7.7 g.

2.3 Powdered alcopops

Powdered alcopops, which produce a ready-to-drink alcopop beverage when dissolved in water, were consumed by 0.78% of 12 to 17 year-old young people in the reference period of 30 days. In the group of 12 to 15 year-old young people, 0.58% reported consuming this powder. It thus currently plays hardly any role in terms of the alcohol consumption of young people.

The consumption of spirits-based alcopops among 12 to 17 year-old young people declined significantly between 2004 and 2005, both in terms of frequency and as regards quantity. At the same time, there is an increase in the percentage of respondents who have not drunk these alcopops at all in the past year. 12 to 15 year-olds are reducing their consumption to an even greater extent.

Spirits-based alcopops are primarily no longer being bought because they have become too expensive as a result of the introduction of the tax on alcopops, and because young people are better informed about the associated health risks.

The percentage of young people drinking wine and beer-based alcopops at least once a month is also declining. This decrease is more pronounced among young females than among young males. However, the quantity of alcohol (grams of alcohol per week) consumed by young people in the form of wine/beer-based alcopops has risen from 3.9 g to 5.3 g. This increase is, however, smaller than the decline in the quantity of alcohol consumed in the form of spirits-based alcopops (from 8.5 g in 2004 to 4.2 g in 2005).

Powdered alcopops, which produce a ready-to-drink alcopop beverage when dissolved in water, were consumed by roughly 1% (0.78%) of 12 to 17 year-old young people in the last 30 days prior to the survey in 2005. At that time, it played hardly any role in terms of the alcohol consumption of this age group.

3 Development of consumption of other alcoholic beverages

3.1 Frequency of consumption and quantities consumed

The following chapter examines developments in the consumption of beer, wine and sparkling wine, spirits, cocktails and long drinks between 2004 and 2005. Attention focuses on the question of whether the previously reported decline in consumption of spirits-based alcopops has been substituted by other alcoholic beverages. Table 3 presents the quantities consumed and the frequency of consumption for the total group of 12 to 17 year-old young people. Since there are gender-specific differences in the changes, the figures are presented separately for the two sexes in Figs. 5 and 6.

In 2004, 31% of young people indicated that they drank beer at least once per month, the figure for 2005 being 30%. The value remained constant at 21% among young females, whereas it fell from 42% to 37% among young males. The weekly quantity of pure alcohol consumed solely in the form of beer dropped from 19.2 g (7.6 g among young females and 30.1 g among young males) to 17.1 g (5.6 g among young females and 27.7 g among young males).

As regards the consumption of wine and sparkling wine, 20% of young people (22% of young females and 18% of young males) reported in 2004 that they consumed these drinks at least once per month. In 2005, the percentage of these young people as a whole dropped significantly to 16% (20% among young females and 13% among young males). This significance results from the reduced consumption of wine and sparkling wine among young males. The weekly quantity of pure alcohol consumed solely in the form of wine and sparkling wine amounted to 4.5 g in 2004 (4.3 g among young females and 4.7 g among young males) and 3.1 g in 2005 (3.8 g among young females and 2.4 g among young males).

Table 3: Consumption of other alcoholic beverages

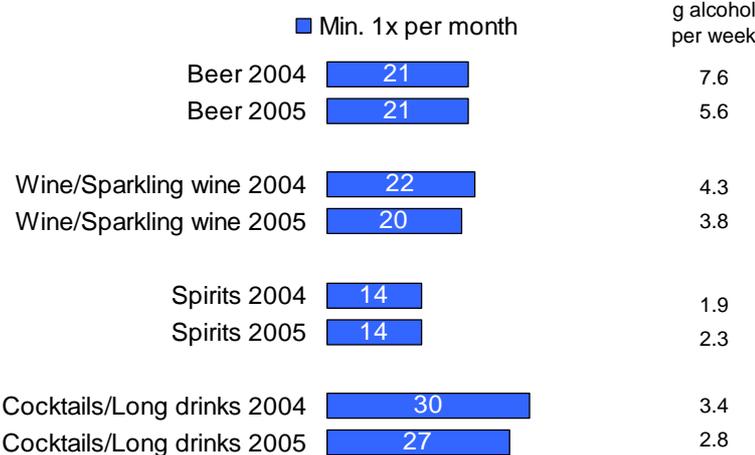
	at least once per month		g alcohol per week	
	2004	2005	2004	2005
Beer	31%	30%	19.2 g	17.1 g
Wine/Sparkling wine	20%	16%	4.5 g	3.1 g
Spirits	16%	16%	3.6 g	2.8 g
Cocktails/Long drinks	29%	24%	3.8 g	2.9 g

In both 2004 and 2005, spirits were drunk at least once per month by 16% of young people (14% of young females and 18% of young males at both times). The weekly quantity of pure alcohol consumed solely in the form of spirits was 3.6 g in 2004 (1.9 g among young females and 5.2 g among young males) and 2.8 g in 2005 (2.3 g among young females and 3.2 g among young males).

In 2004, cocktails and long drinks were consumed at least once per month by 29% of young people (30% of young females and 28% of young males). In 2005, the percentage of these young people decreased significantly to 24%. This significance is again based on the greater

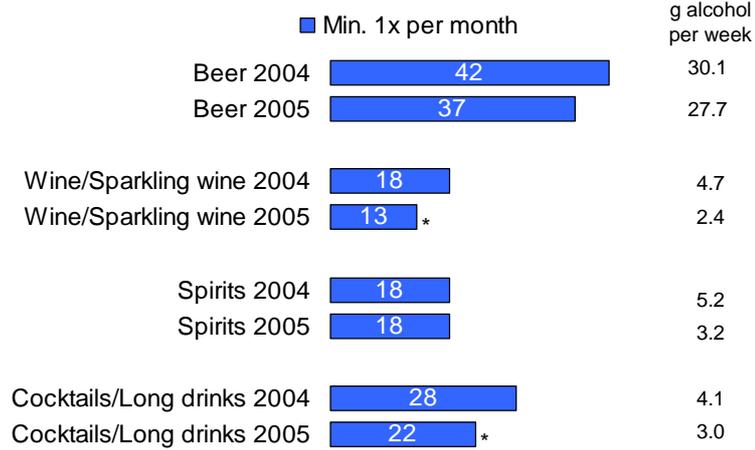
decline in consumption of cocktails and long drinks among young males. While the percentage among young females fell slightly to 27%, it demonstrated a significant drop to 22% among young males.

Fig. 5
Consumption of other alcoholic beverages - young females
 12 to 17 year-old young females in the Federal Republic of Germany In percent



* Significant with a probability of error of $p < 0.05$ (95% significance level)

Fig. 6
Consumption of other alcoholic beverages - young males
 12 to 17 year-old young males in the Federal Republic of Germany In percent



* Significant with a probability of error of $p < 0.05$ (95% significance level)

The weekly quantity of pure alcohol consumed solely in the form of cocktails and long drinks totalled 3.8 g in 2004 (3.4 g among young females and 4.1 g among young males) and 2.9 g in 2005 (2.8 g among young females and 3.0 g among young males).

Comparable developments are to be seen in the group of 12 to 15 year-old young people. In addition, there are significant declines in the average, weekly quantities of pure alcohol consumed by young people in the form of spirits (from 2.1 g in 2004 to 0.8 g in 2005) and cocktails or long drinks (from 1.7 g in 2004 to 0.9 g in 2005), meaning that there has been an even more pronounced downward trend in overall alcohol consumption.

As regards the other types of alcohol covered by the study, it can be seen that the frequency of consumption of beer and spirits remains constant. The frequency of consumption of wine/sparkling wine and cocktails/long drinks among 12 to 17 year-olds is declining significantly. A decrease in the quantities of alcohol consumed (grams of pure alcohol per week) for the individual types of alcohol is primarily to be observed among young males.

4 Development of overall alcohol consumption

4.1 Frequency of consumption and quantities consumed

The percentage of 12 to 17 year-old young people who regularly consume at least one type of alcoholic beverage at least once per week decreased slightly, from 20% in 2004 to 18% in 2005 (from 16% to 14% among young females, and from 26% to 23% among young males).

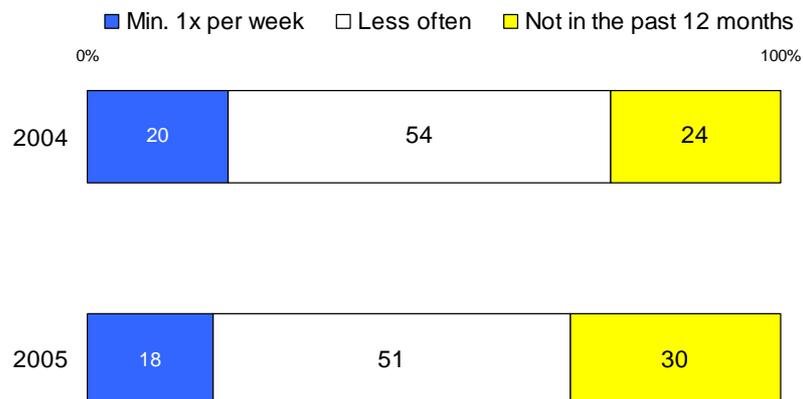
The percentage not consuming any alcohol at all in the past year rose significantly from 24% in 2004 to 30% in 2005 (from 24% to 29% among young females, and from 25% to 32% among young males).

Fig. 7

Regular alcohol consumption

12 to 17 year-old young people in the Federal Republic of Germany

In percent



The quantities of alcohol drunk are also declining. The total weekly alcohol quantities consumed by young people were calculated on two bases. First, the quantities are calculated based on an alcopops alcohol content of 5.5% vol. for both survey times. On this basis, the total, average weekly quantity of pure alcohol consumed by young people fell from 43.9 g to 35.7 g (from 59.2 g to 49.1 g among young males, and from 27.4 g to 21.2 g among young females).

Since almost only alcopops with an alcohol content of 3.0% vol. have been sold since the beginning of 2005, the total alcohol quantity is additionally calculated on this basis. In this case, total alcohol consumption declines significantly in 2005, to 33.7 g (to 47.0 g among young males, and significantly to 19.5 g among young females).

Even if spirits-based alcopops are excluded, the quantity of alcohol consumed dropped from 35.1 g to 31.3 g (from 49.0 g to 44.4 g among young males, and from 20.3 g to 17.3 g among young females).

Table 4

Quantity of alcohol consumed

12 to 17 year-old young people in the Federal Republic of Germany

In percent

Total alcohol consumption	g alcohol per week	g alcohol per week	g alcohol per week
	Excluding spirits-based alcopops	Including spirits-based alcopops Calculation basis 5.5% vol. in 2004 5.5% vol. in 2005	Including spirits-based alcopops Calculation basis 5.5% vol. in 2004 3.0% vol. in 2005
2004	35.1	43.9	43.9
2005	31.1	35.7	33.7*

* Significant with a probability of error of $p < 0.05$ (95% significance level)

Addition of all the quantities of alcohol consumed indicates that *total alcohol consumption* (grams of pure alcohol per week) among young people is declining, both including and excluding of spirits-based alcopops.

5 Risky consumption patterns

In addition to the regular consumption of alcoholic beverages, episodically heavy drinking and drinking up to the point of drunkenness constitute an elevated health risk. The indicators used for gauging them are binge drinking and the experience of drunkenness. Binge drinking refers to a consumption pattern of alcohol-drinking, where young people drink five or more glasses of alcohol in a row on a drinking occasion. The participants are asked on how many days this drinking behaviour occurred over the period of the last 30 days. This indicator for risky alcohol-drinking was first recorded in the 2004 Drug Affinity Study. Experience of drunkenness has already been recorded since 1973, both as the 12-month prevalence and as the frequency of drunkenness to date (lifetime prevalence), and covers the subjectively perceived experience of being drunk, without quantification of the amount of alcohol consumed that led to this state.

5.1 Binge drinking

In 2004, 23% of 12 to 17 year-old young people reported at least one experience of binge drinking in the last 30 days, the figure for 2005 being slightly lower, at 19% of young people. Both in 2004 and 2005, 13% of young males stated that they had engaged in binge drinking on 1 to 2 days in the past month. Binge drinking occurred on 1 to 2 days in the past month among 13% of 12 to 17 year-old females in 2004, and among 10% in 2005.

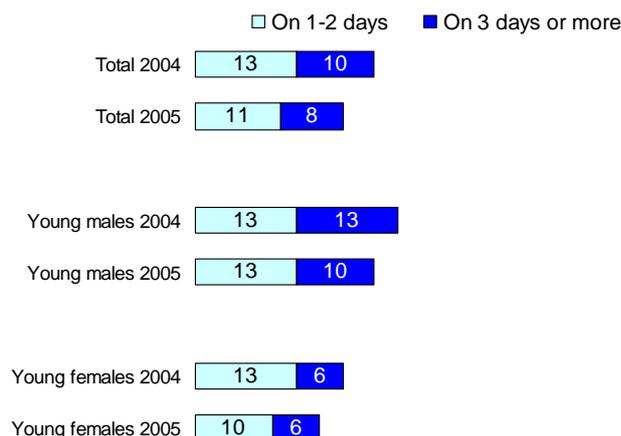
Fig. 8

Binge drinking

12 to 17 year-old young people in the Federal Republic of Germany

In percent

People having drunk five or more glasses of alcohol in succession in the last 30 days ...



A slight decline can be seen as regards the percentage of young males drinking five or more glasses of alcohol in a row on three days or more in the past 30 days. The figure was 13% in 2004, compared to 10% in 2005. In both years, 6% of young females reported experiencing binge drinking on 3 days or more.

5.2 Perceived risk due to binge drinking

When asked for their assessment of the magnitude of the health hazards associated with drinking five or more glasses of alcohol in a row, 49% of young males and 57% of young females replied in 2004 that it was a major health hazard. In 2005, the figures fell to 42% of the male respondents and 51% of the female respondents.

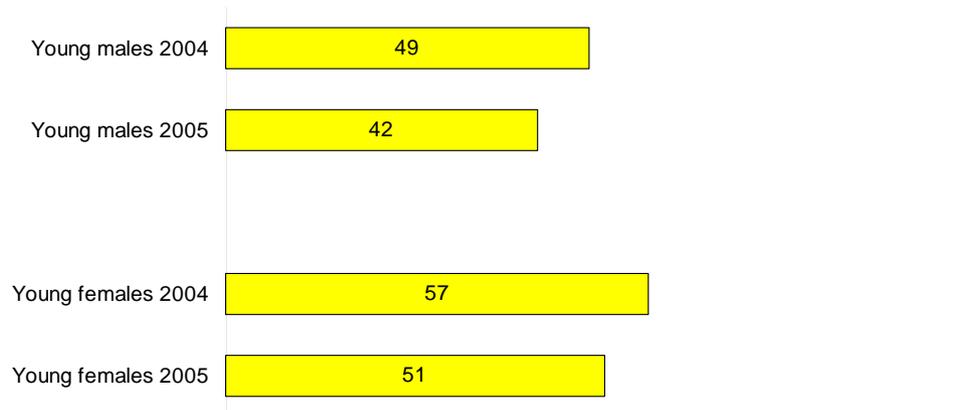
Fig. 9

Perceived risk due to binge drinking

12 to 17 year-old young people in the Federal Republic of Germany

In percent

People considering binge drinking to be a major health hazard ...



5.3 Experience of drunkenness

The percentage of young people who have been drunk on some occasion remains constant. In 2004, 35% of 12 to 17 year-old young people stated that they had been drunk on some occasion, the figure for 2005 being 34%. Young males have slightly more experience of drunkenness than young females. In both 2004 and 2005, 38% of young males report already having been drunk at some time. The percentage among young females declined slightly, from 33% in 2004 to 31% in 2005.

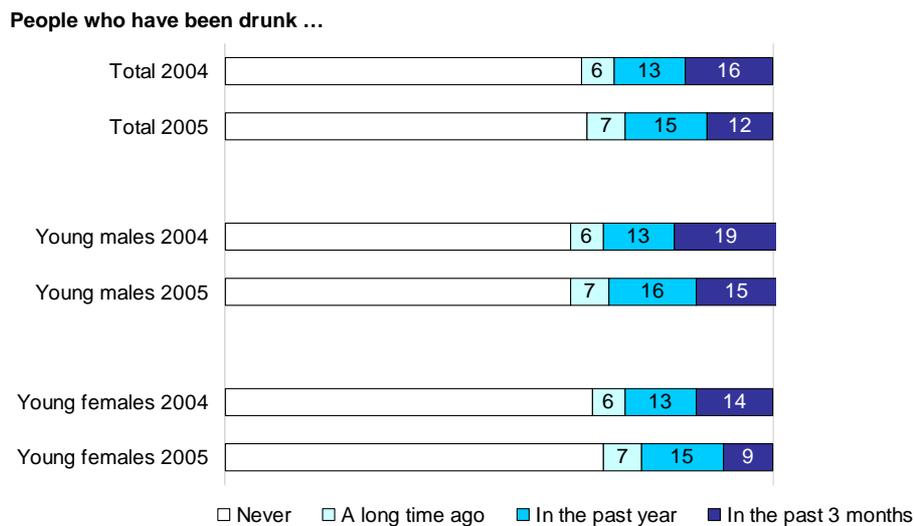
Among both young males and young females, there is a decrease in the percentage stating that they had last experienced drunkenness in the past 3 months. The figure fell from 14% to 9% among young females and from 19% to 15% among young males.

Fig. 10

Experience of drunkenness

12 to 17 year-old young people in the Federal Republic of Germany

In percent



Regarding the question as to the frequency of drunkenness, no change can be seen between 2004 and 2005 - neither among young females, nor among young males. In 2004, 19% of young people (17% of young males and 20% of young females) reported having been drunk once or twice in their lives. In 2005, the figure was 18% for both sexes. The figures regarding the percentage of young people having been drunk on three to five occasions remained unchanged between 2004 and 2005: 11% of young males and 9% of young females. More frequent experience of drunkenness was reported by 8% of young males and 4% of young females in 2004. In 2005, 7% of young males and 5% of young females reported already having been drunk on more than five occasions.

Fig. 11
Frequency of drunkenness
 12 to 17 year-old young people in the Federal Republic of Germany

In percent



5.4 Perceived risk due to drunkenness

In 2005, more young people saw drunkenness as being a major health hazard than in the previous year. The percentage of young males rose from 42% to 52%. Among young females, the assessment of drunkenness as a major health hazard increased from 52% of the respondents in 2004 to 59% in 2005.

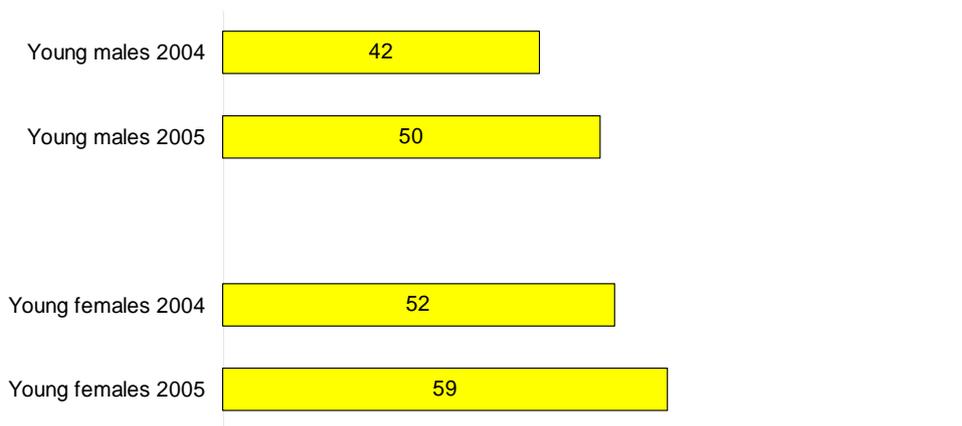
Fig. 12

Perceived risk due to drunkenness

12 to 17 year-old young people in the Federal Republic of Germany

In percent

People considering drunkenness to be a major health hazard ...



Risky alcohol consumption among 12 to 17 year-old young people decreased in the period covered by the survey. The percentage of young people drinking five or more glasses of alcohol in a row (binge drinking) on at least one occasion in the last 30 days is on the decline, as is the percentage of young people reporting having been drunk at least once in the last three months. The assessments of the perceived health hazards are changing in different ways as regards risky drinking patterns. In 2005, fewer young people see binge drinking as being a major health hazard than in 2004. In contrast, more young people in 2005 rate drunkenness as a major hazard.