

# ALCOHOL CONSUMPTION AMONG OLDER ADULTS IN BRAZIL: A PRIMARY-CARE SURVEY

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## INTRODUCTION

- Population ageing is happening fast in developing countries like Brazil.
- Alcohol consumption, a concern among the young population is increasingly becoming a concern among older adults.

## OBJECTIVE

- To estimate the prevalence of alcohol consumption among older people in primary care in Brazil.

## METHODS

- This is a cross-sectional study of 87 older people representing all people over 65 registered in a primary care unit (541).
- Alcohol consumption was identified through self-report and confirmed by an informant. The cutoff points adopted were: 14 units/week for risky drinking under the age of 65 and 7 units/week above this age.
- Weighted logistic regression was used to identify potential socio-demographic characteristics associated with alcohol consumption.

## DISCUSSION AND CONCLUSIONS

- Alcohol consumption is relatively common among older people, and its use starts at a younger age.
- Despite the inevitable survival bias, a high proportion of at risk drinkers continue drinking into older age.
- It is important to conduct new studies using same methodologies and bigger sample sizes in Brazil to reach a better understanding of this behavior among older people so that prevention and treatment strategies can be better defined for this vulnerable population.

## RESULTS

- The majority of the elderly were women (51.3%), between 65 and 74 years old (56.8%), had a partner (52.3%), had little education (65.5%) and had some income (81.5%). Dementia was identified in 9.6%, depression in 36.3% and two or more chronic conditions in 37.1%.
- Fourteen participants were current drinkers (16.1%), and 6 of them (6.9%) were at risk drinkers. Only one current drinker started drinking after the age of 65. Thirty-two participants (36.8%) had drunk before the age of 65, and among them 11(12.6%) were had been at risk drinkers. Of these 11 past at risk drinkers, 2 (18.2%) had become moderate drinkers after the age of 65; 3 (27.3%) continued to be at risk drinkers and six (54.5%) had stopped drinking (**see Figure 1**).

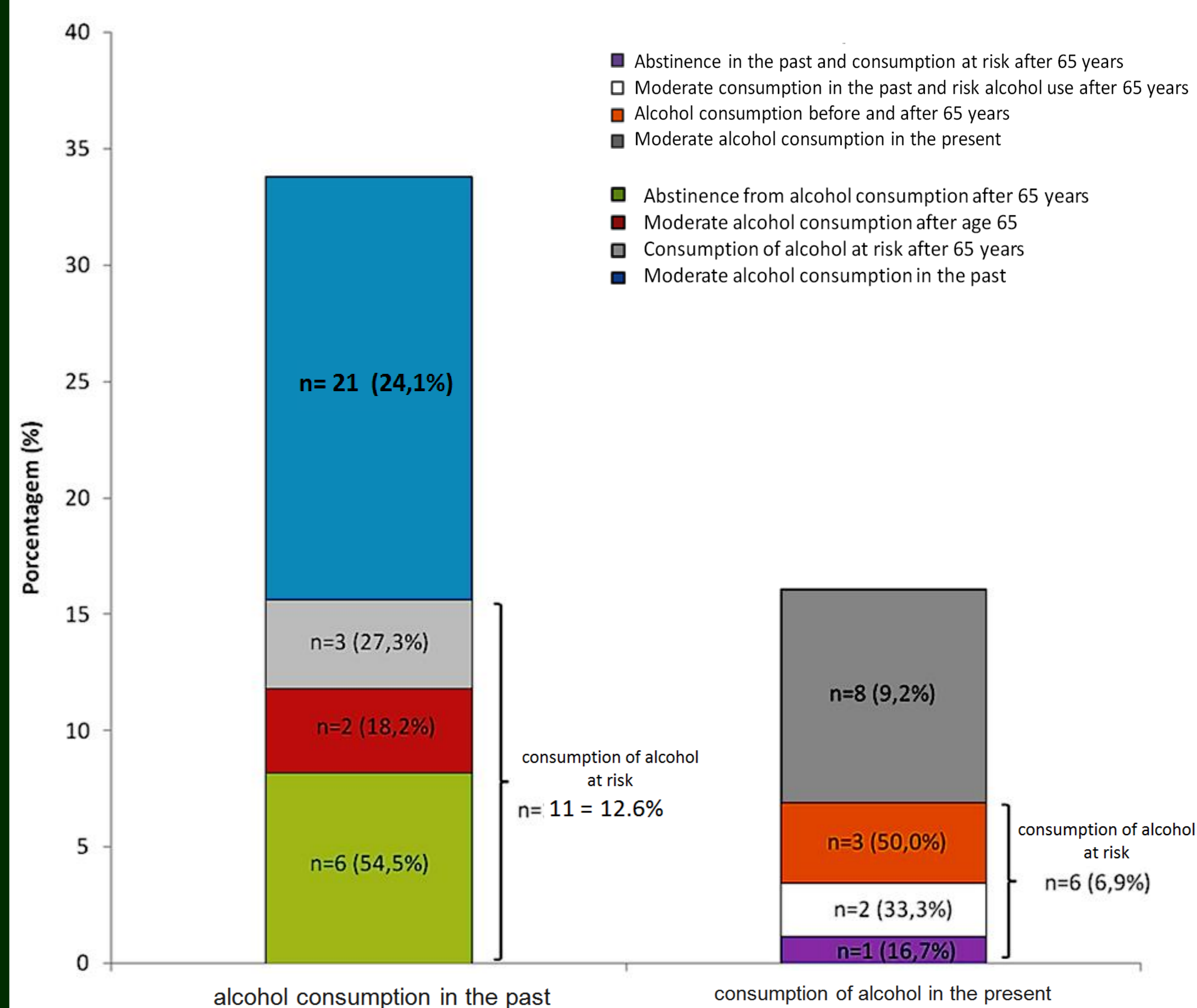


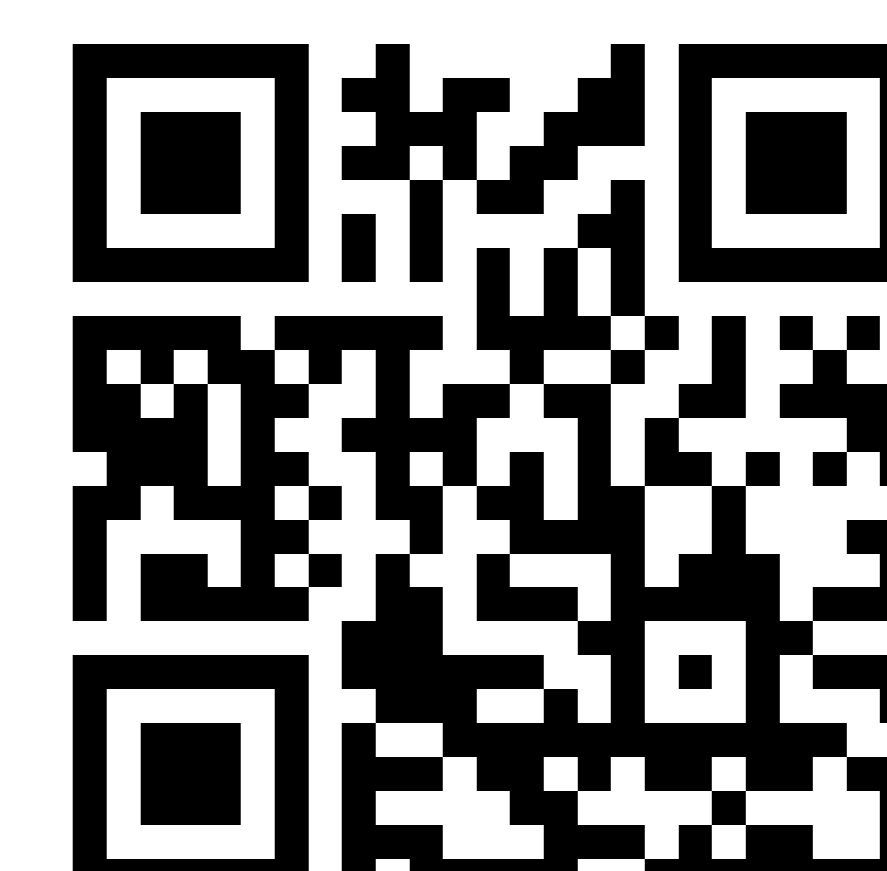
Figure 1. Profile of alcohol consumption in the elderly in primary care in Brazil (N=87)

- From the multivariate analysis, only male gender was associated with current (OR= 4.43 95% CI 1,24-15,91) and past alcohol consumption (OR=2.80 95% CI 1.08-7.23).

## ACKNOWLEDGEMENTS



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