UGANDA ALCOHOL REPORT 2022

November 2022

Uganda Alcohol Policy Conference 2022

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UAPA

IOGT·NTO MOVEMENT

WHO

The Uganda Alcohol Report 2022 (UAR 22)

- **Purpose:** Amidst challenges of scanty data, ASR attempts to provide understandable evidence on alcohol harm to support advocacy for interventions

- **Themes:** Consumption, Related harms, and Policy and treatment responses.

- **Key data sources:** Global Alcohol Status Reports, Uganda House Hold Survey Report (UNHS), and surveys by UAPA and other research institutions.

- **Validation:** Consultative meetings with document authors and stakeholders.

Background: Vulnerability of Uganda
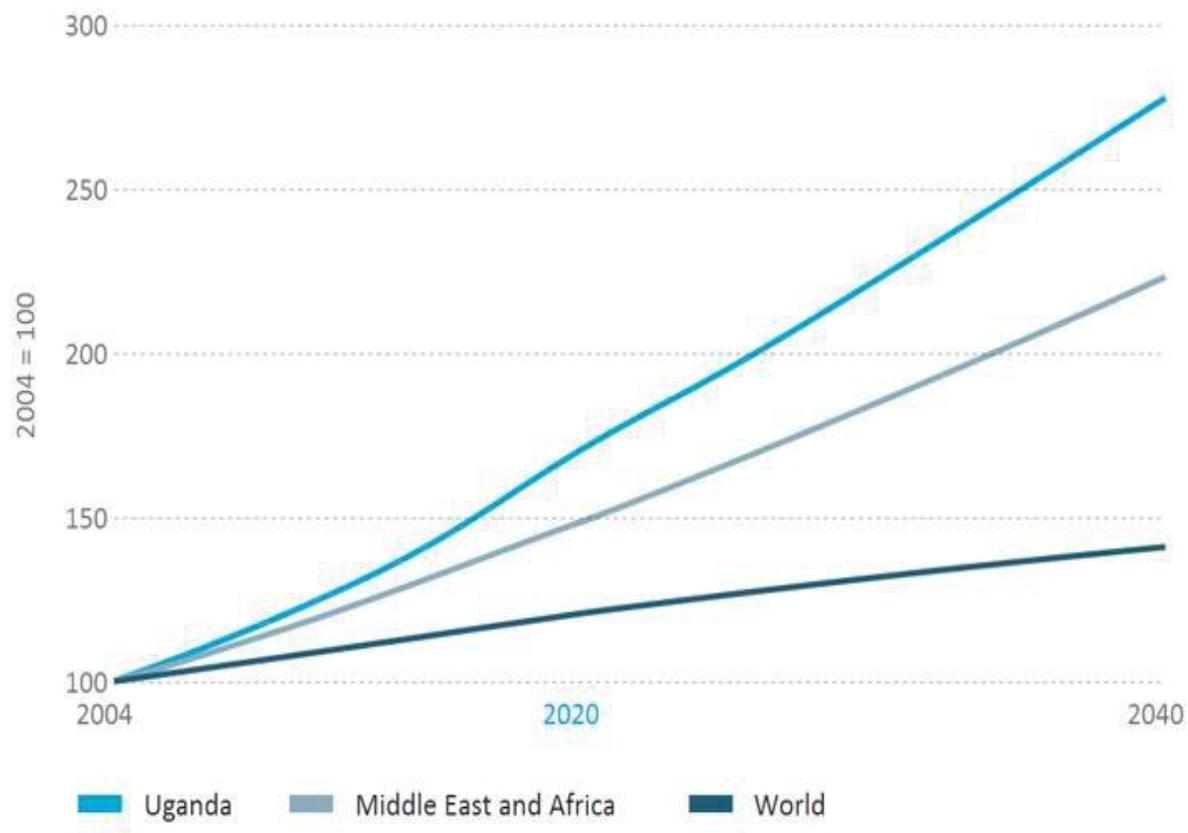
Very Young population

High Population Growth rate; Expected to double in the next 25 years

High Risk of NCDs including Alcohol Use Disorders

Urbanization and economic development

UAR22 - KEY FINDINGS

High trends of alcohol consumption
(Alcohol Per capita Consumption - APC)
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- APC is an indicator on levels of alcohol consumption and is the per capita amount of alcohol consumed in liters of pure alcohol in a given population.

- Uganda's APC is among the highest in Africa (for over two decades)

| Average Per Capita Alcohol Consumption (15 yrs +)	Global	Africa	Uganda
	5.8 Liters	4.8 Liters	12.48 Liters

Data Source: WHO, 2018

UAR22 - KEY FINDINGS

High Alcohol Consumption among young people

- 46% of Ugandans are 14 years and below

- 53% have used at least once and 36.3% are regular users of alcohol

- High Prevalence of Heavy Episodic Drinking (HED)

- HED is consuming 60g + of pure alcohol in an occasion

What does 1 unit of alcohol look like?

76ml — Wine (13% ABV)

25ml — Whisky (40% ABV)

250ml — Beer (4% ABV)

- 1 unit (abt 8gms) amount of alcohol a liver can process in an hour.
- HED = 2-4 + bottles of beer

PREVALENCE OF HED (%)

- 60
- 50
- 40
- 30
- 20
- 10
- 0

15+ YEARS — 21

DRINKERS OF 15+ YRS — 57

15-19 YRS — 14

DRINKERS 15-19 YRS — 60
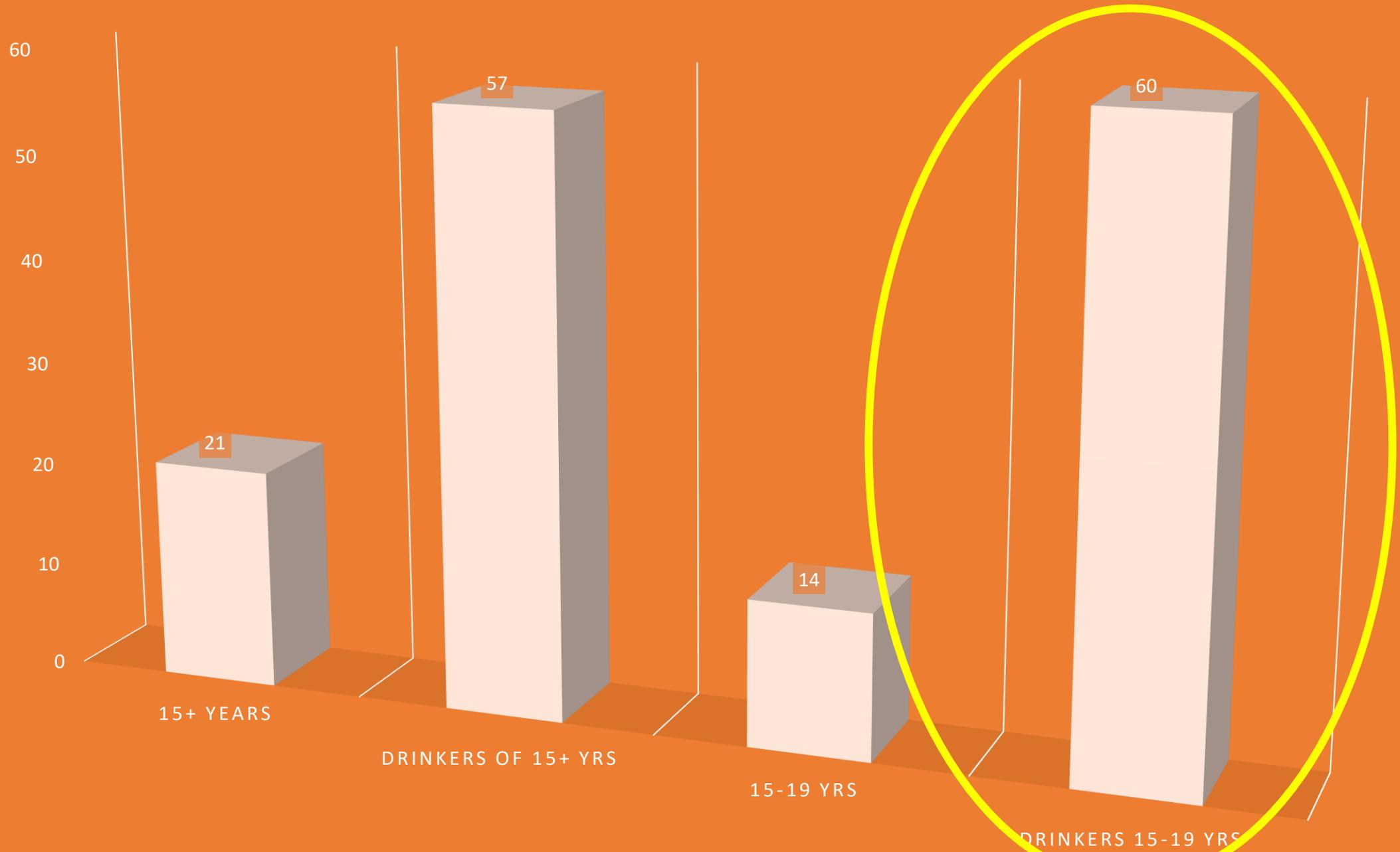
Gender patterns:

ALCOHOL USE AMONG MEN

No
51%

Yes
49%
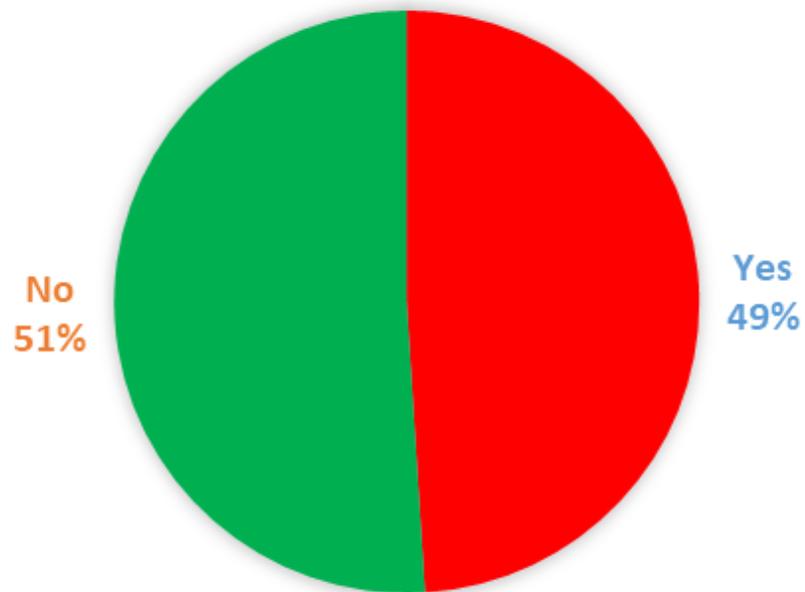
ALCOHOL USE AMONG WOMEN

Yes
24%

No
76%
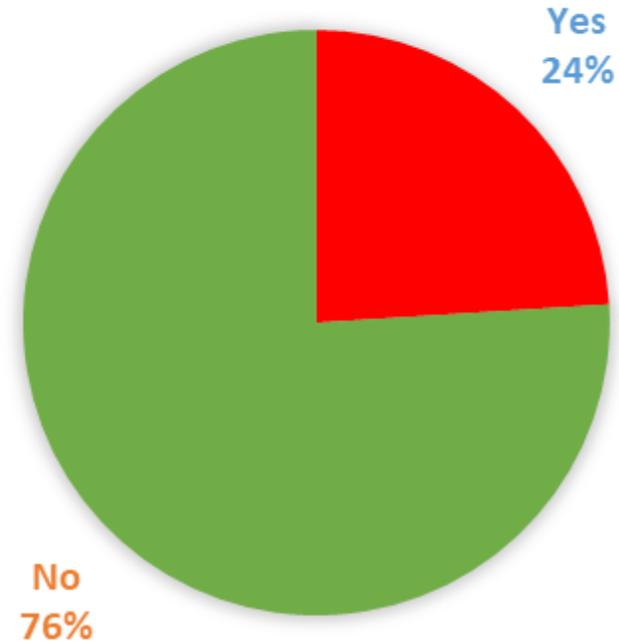
Men are more HED than women across all ages and Teenage boys are 6 times more likely HED than girls

UAR 22 - KEY FINDINGS

Declining trends of alcohol consumption
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Reduction noted in Percentage of users (about 16%), Overall Per capita Consumption (9.7L (2010) to 9.4L (2018), among New young users and generally men
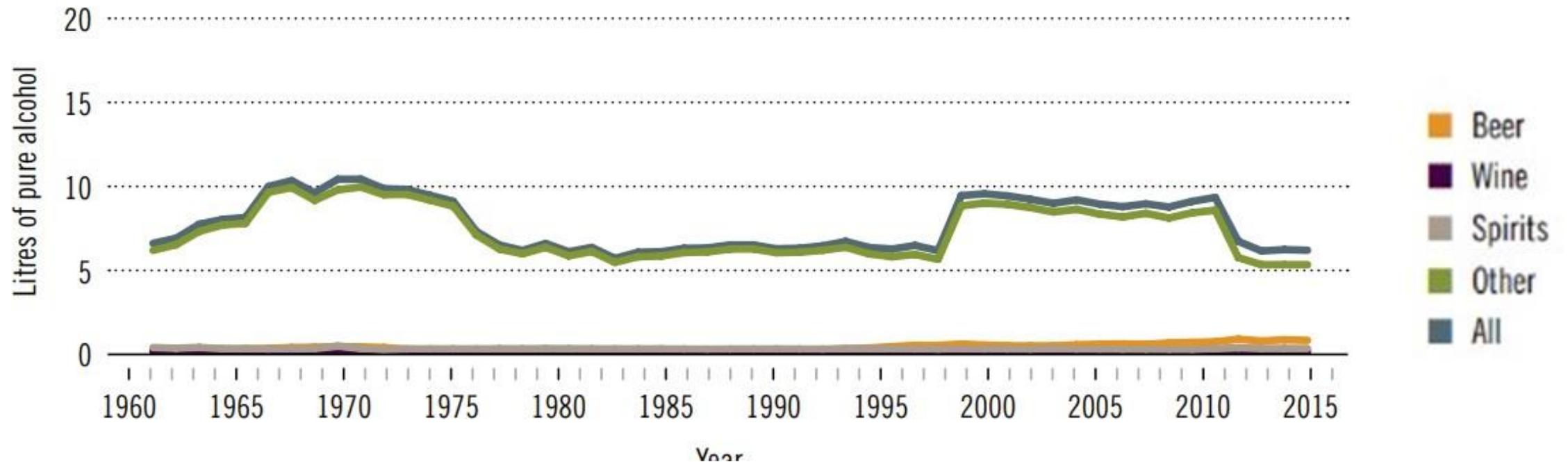
UAR 22 - KEY FINDINGS

Interventions

- Prevention and treatment measures for AUD are insufficient and uncoordinated.

- Various laws exist but are rarely enforced, uncoordinated, and outdated and rarely enforced yet the alcohol industry consistently violates set guidelines

- The majority of the population at the local level lack Ordinances to guide control measures in their localities and, even where they exist, a significant number of people are unaware of them and cannot implement the measures.

LI ACT, UGANDA HAS NO OFFICIAL POLICY TO REGULATE THE CONSUMPTION OF ALCOHOL

Parliament reintroduces Bill to regulate alcohol use

in sachets.

However, the idea suffered a still birth as individuals in the lucrative trade made a hullabaloo about Parliament suffocating an industry providing employment to thousands of people.

Last year, Nambooze was denied leave to table a Private Member's Bill because the Government promised to table a similar bill. A year later, however, the Government is yet to redeem its promise.

"We risk losing an entire generation unless a law to control alcohol consumption is

Nambooze was denied leave to table a private members bill last year

UAR 22 - KEY FINDINGS

Alcohol Industry

- In spite of the purpoted benefits, Alcohol is the leading cause of alcohol harm

- The Alcohol industry continues to be active and aggressive in its marketing now geared towards the promotion of alcohol among the population that was not formally drinking ie women and young people.

- Also noted are interferences and violations against the standards set to control alcohol harm.

- No tangible results in alcohol consumption from self-regulation.

UAR 22 - KEY FINDINGS

RECOMMENDATIONS

Combat underage use and maintain a downward curve for alcohol use through:

- Strong National and Subnational legal framework on alcohol availability

- National coordination mechanisms to scale up and guide interventions.

- Monitoring the practices of the alcohol industry to minimize influence on policy formulation and ensure adherence to the laws

- Revising Excise Taxes and Pricing Policies to regularly raise prices on alcohol

- Overseeing Reforms in AUD Treatment to promote efficiency and effectiveness

ACKNOWLEDGMENT

- IOGT-NTO Movement
- World Health Organisation
- Uganda Alcohol Policy Alliance members
- Ministry of Health (Mental health Division)
- (Makerere University School of Public Health)
- Contributors