

Estimated alcohol-attributable health burden in Aotearoa New Zealand

What are Alcohol-Attributable Fractions or AAF?



“The estimated proportion of a disease or condition in a population that is associated with alcohol consumption”

Methodology

Aim

The study used comparative risk assessment to analyse how alcohol consumption impacted health in Aotearoa New Zealand in 2018, focusing on individuals aged 15 and older. The report lays the groundwork for the future monitoring of alcohol harms within Māori and non-Māori population groups.

Research design

The study employed the International Model of Alcohol Harms and Policies (InterMAHP), developed by the University of Victoria in Canada. This model informed the process for calculating specific risks related to alcohol for Aotearoa New Zealand.

Data sources

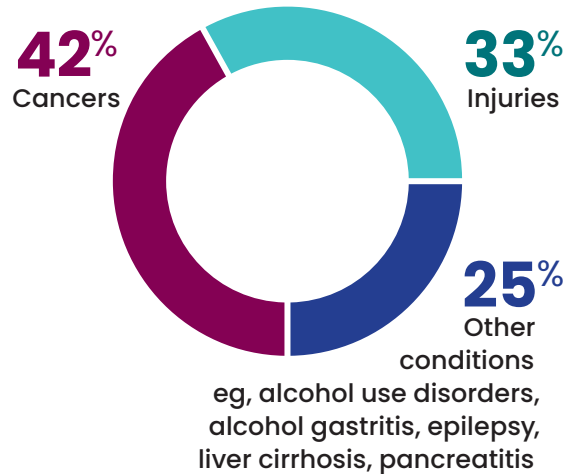
Ministry of Health, Statistics New Zealand, ACC and the Global Burden of Disease Study.

Results

The study's findings estimate the impact of alcohol on health in Aotearoa New Zealand. The analysis considered how alcohol affects different demographic groups, providing insights into the health risks associated with alcohol consumption in Aotearoa New Zealand.

Health outcomes

901 deaths were attributed to alcohol in 2018



Alcohol was a substantial contributor to deaths from cancers in 2018

11.9%
Colorectal cancer

12.3%
Breast cancer

43%
Lip and oral cancers

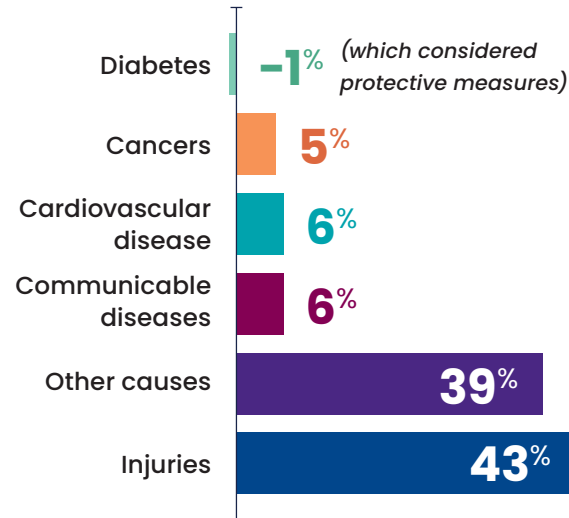
45%
Nasopharyngeal cancers

Health system

29,282

of all publicly funded hospitalisations were reportedly attributed to alcohol

Conditions contributing to hospitalisations included:



4.8% of cancer registrations were attributed to alcohol use (1,250 registrations)

8.9% of ACC claims were attributable to alcohol (128,963 claims)

Inequities

For Māori, the alcohol attributable burden affects various health indicators, including:

4.7% of deaths

5.2% of cancer registrations

3.4% of hospitalisations

9.9% of ACC claims

*"The age and sex standardised rate of alcohol-attributable mortality was **twice as high for Māori**, compared to non-Māori."*

Alcohol affects quality of life Disability Adjusted Life Years (DALYs)

49,742 DALYs across all disease and injury conditions

76% of these DALYs were experienced by **males**

Implications



Many inequitable health outcomes are caused by alcohol

“More than two standard drinks per week will increase your risk of developing several types of cancer, including breast and colon cancer”



The burden of alcohol use is largely preventable, and its true extent is likely underestimated by current findings

