

Alcohol consumption trajectories and associated characteristics among women: the NOWAC study

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No conflicts of interests to declare

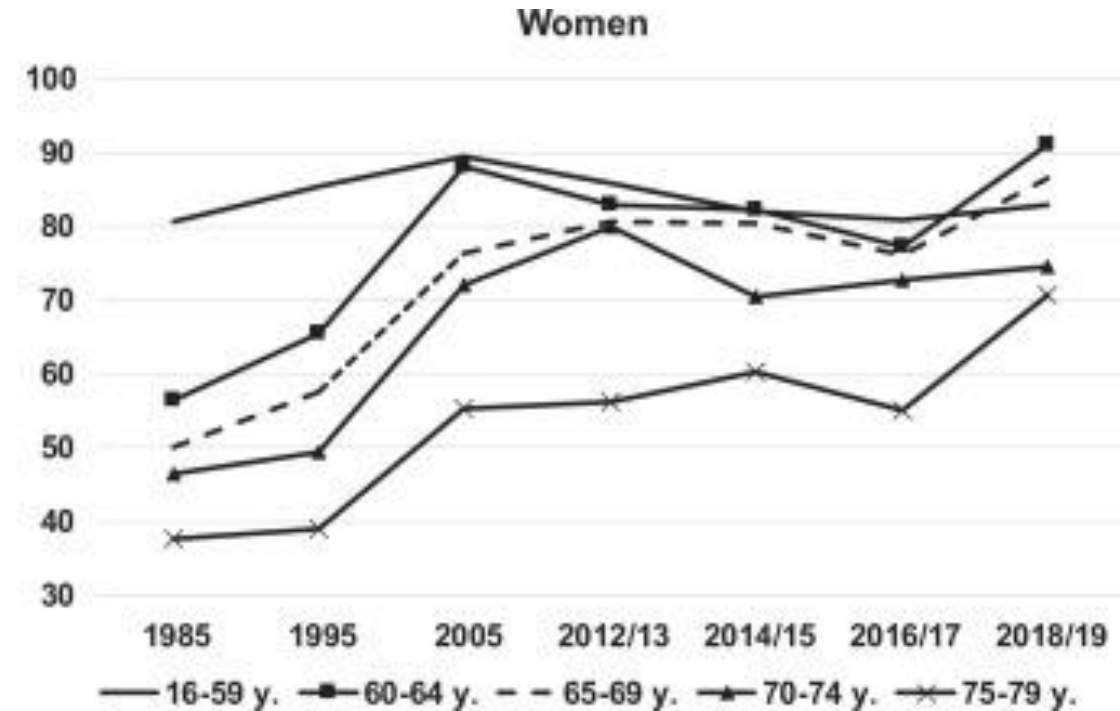
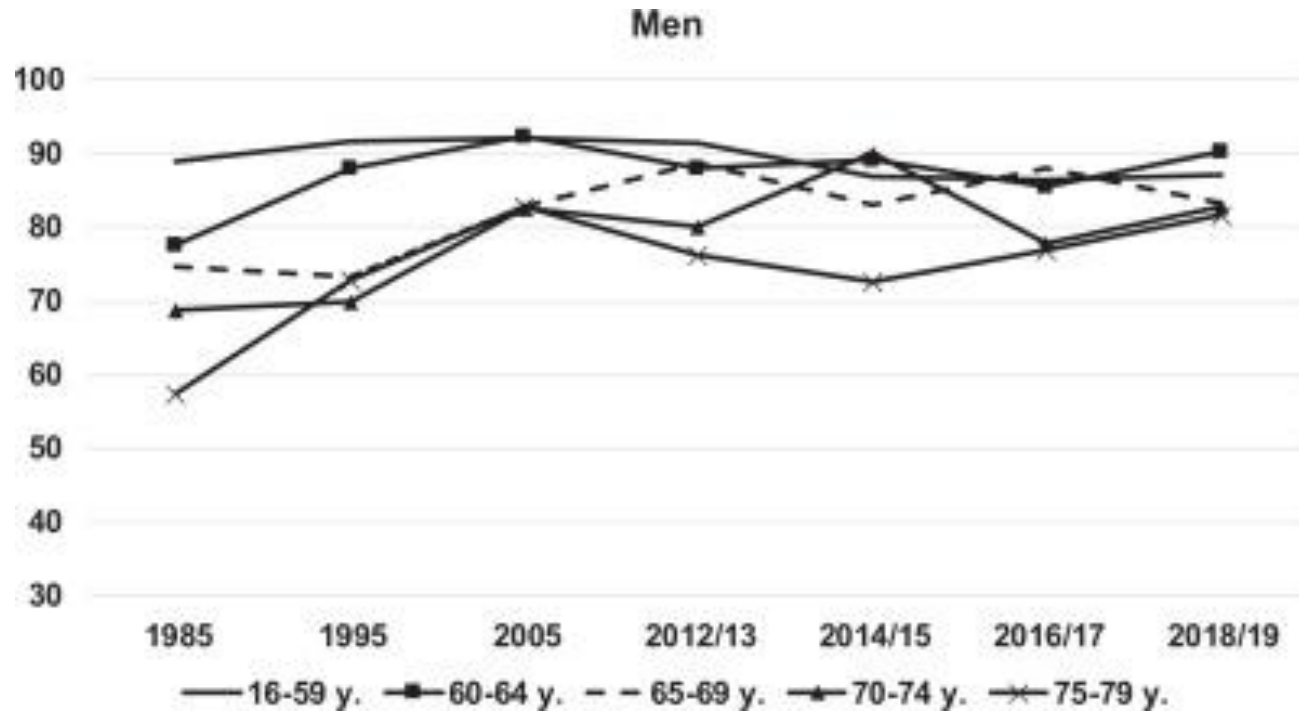
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Percentages of current drinkers in Norway, by gender and age groups, 1985–2019

(Bye & Moan. *Nordisk Alkohol Nark* 2020)



2022: per capita consumption in Norway was 6.6 L (Statistics Norway 2024)

2030: it is predicted to increase to 8-9.9 L (Manthey et al. *Lancet* 2019)

Primary aims

- 1) to identify the long-term trajectories of total alcohol consumption in women using latent class growth modelling;
- 2) to assess their association with education level, lifestyle, and health status factors

Secondary aims

Extend the same analysis to alcohol specific drinks

Cohort and population

- 76 382 random women from all Norway
- Data collection 1991-2011
- Age 31-70 years

Measures

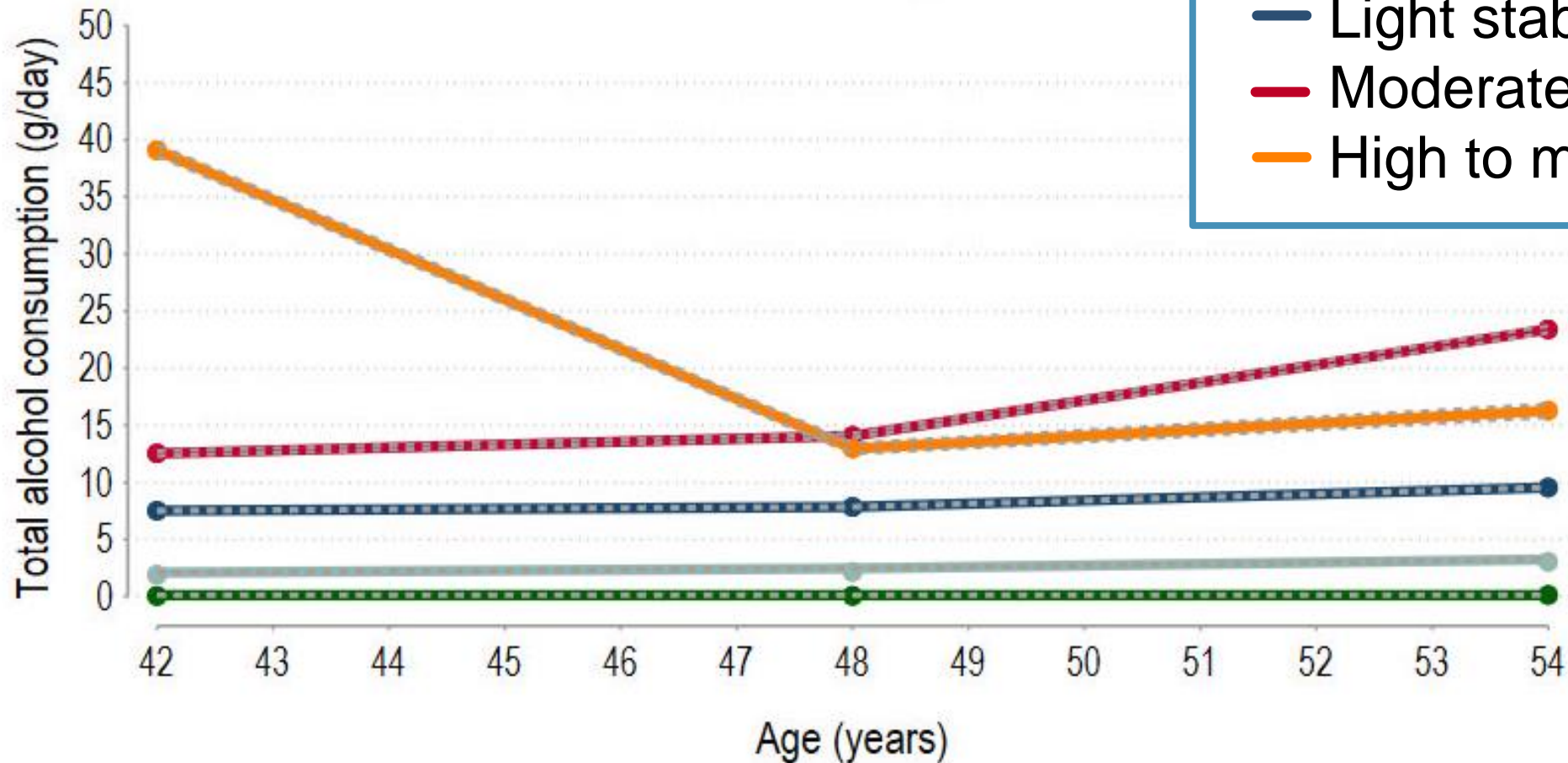
- 2-3 repeated alcohol data
- Self-administrated questionnaires

Latent class analysis

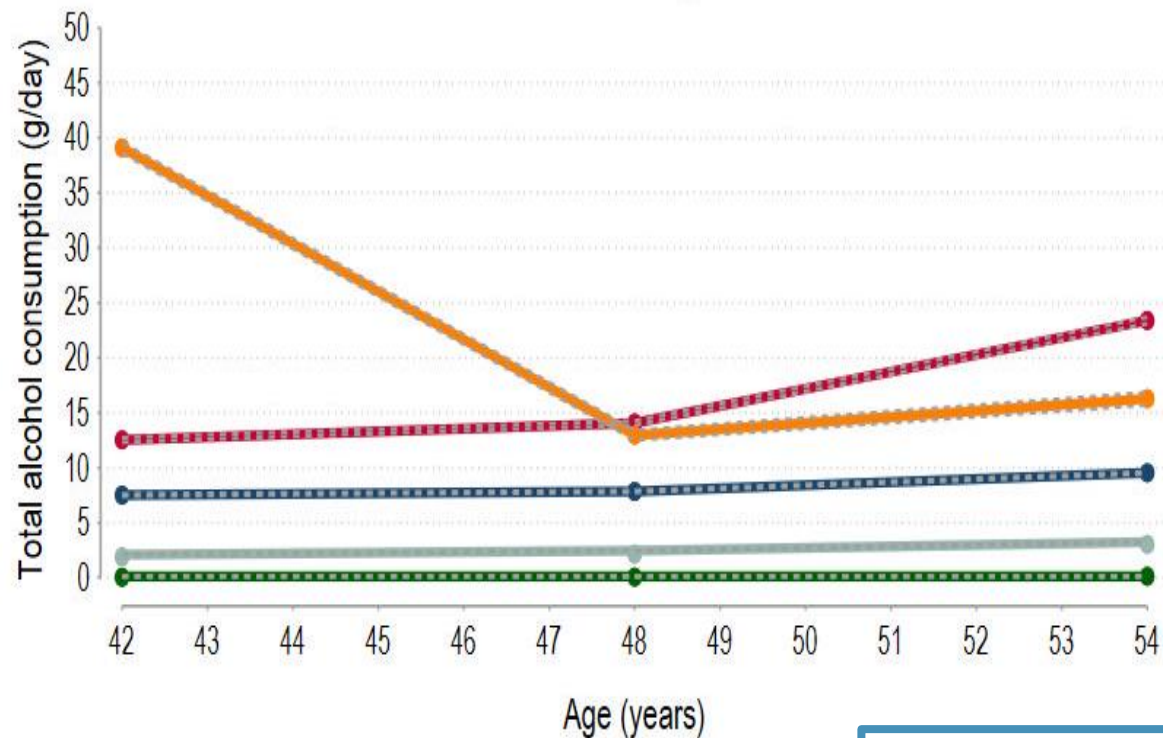
- Dependent variable: Alcohol trajectory groups
- Independent variables: education, self-rated health, history of comorbidities, smoking status, physical activity, BMI at enrollment

Logistic regression

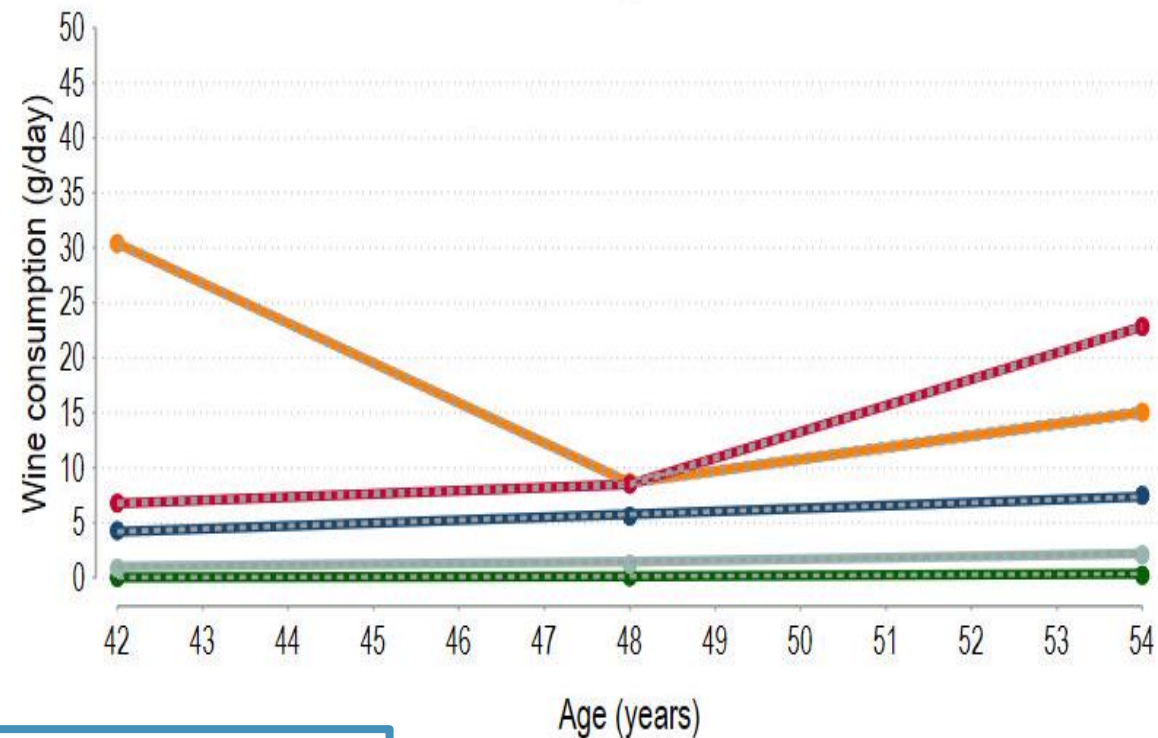
Total alcohol trajectories



Total alcohol trajectories



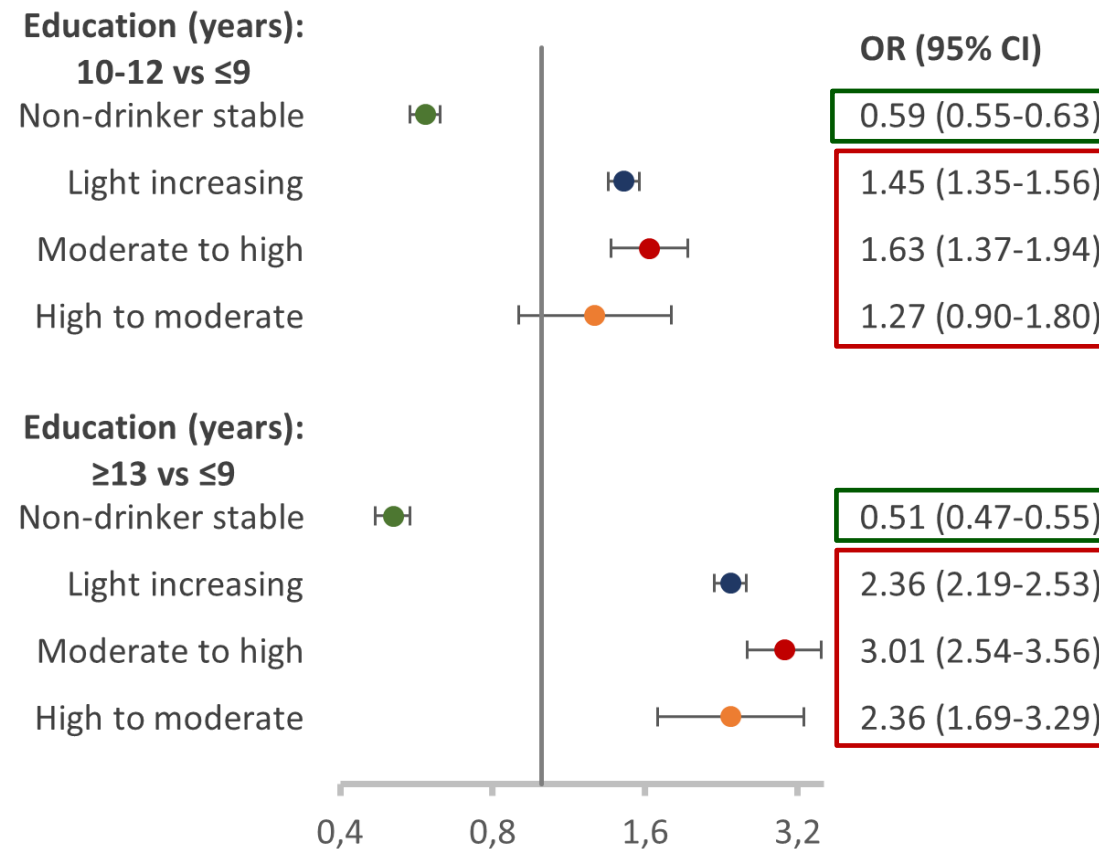
Wine trajectories



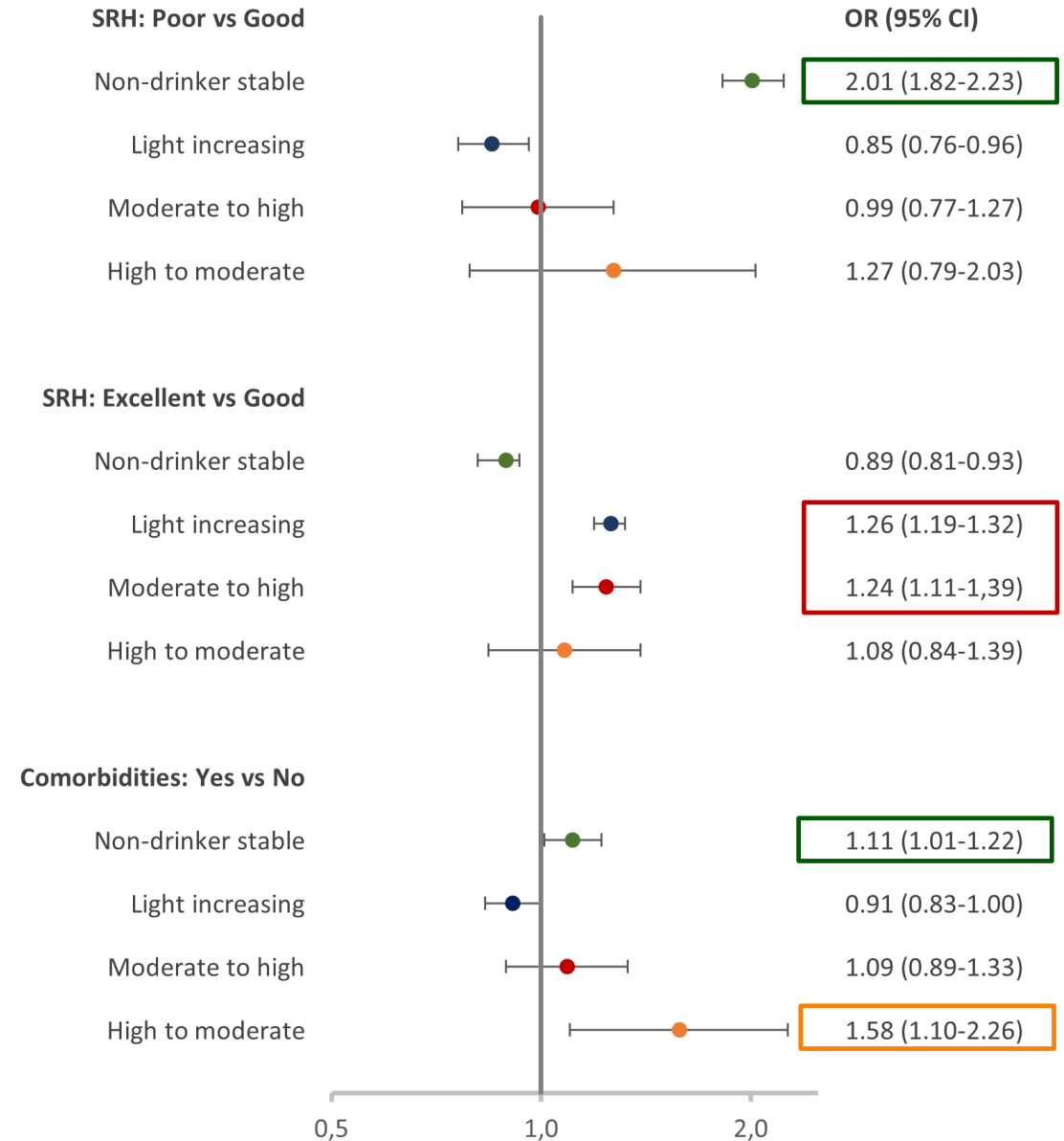
- Non-drinker stable
- Low stable
- Light stable
- Moderate to high
- High to moderate

Associations between education levels and alcohol trajectories

Low stable drinking – the reference



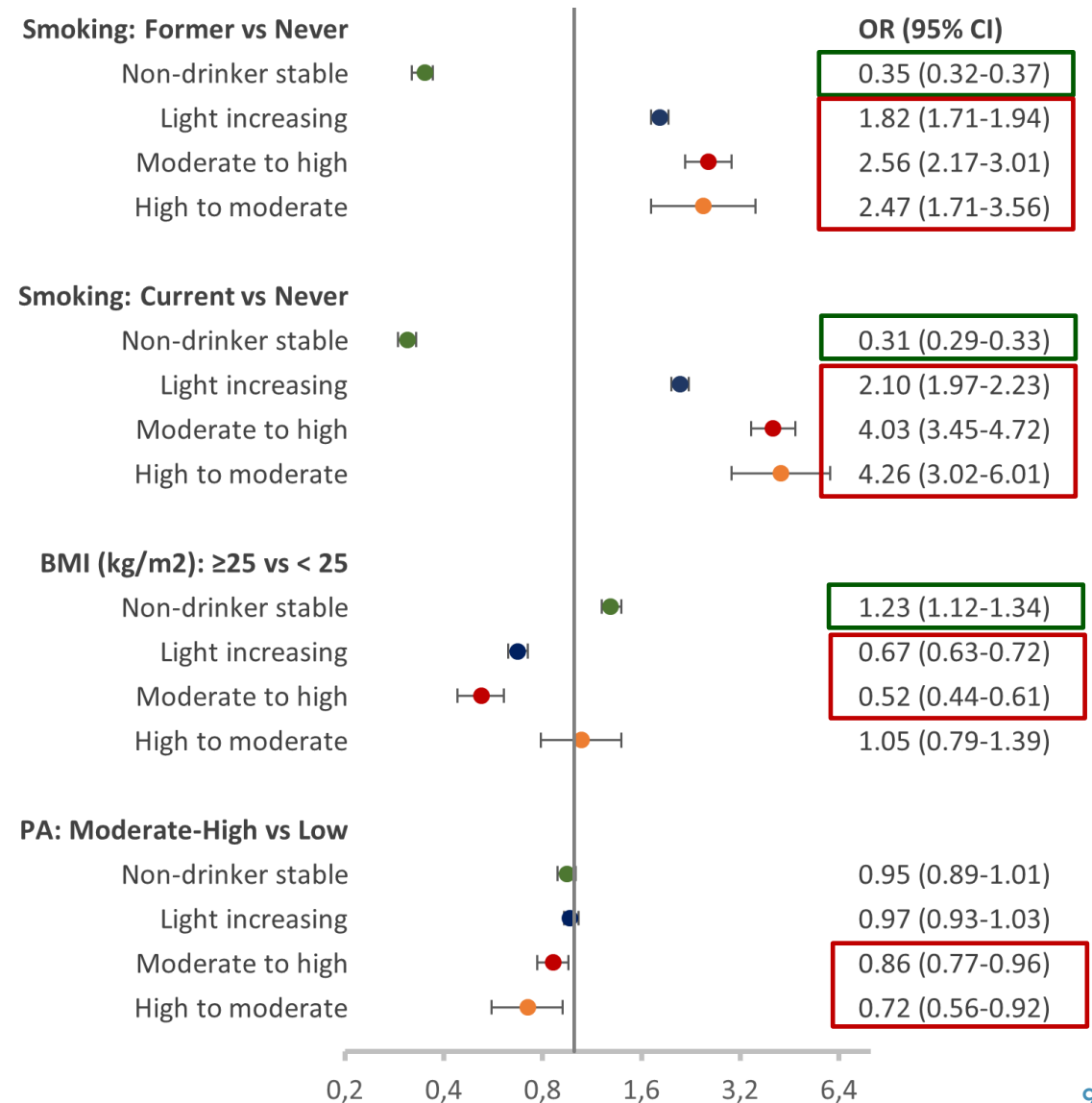
Associations between health status and alcohol trajectories.
 Low stable drinking – the reference



SRH: self-rated health

Associations between lifestyle factors and alcohol trajectories.

Low stable drinking – the reference



PA: physical activity level

- Non-drinkers had low education levels and poor health status
 - using non-drinkers as reference group in alcohol-related research → abstainer bias
- Most women consumed <10 g/day and sustained their consumption
 - promote alcohol reduction in Norwegian female population → 40% of the cancer cases in European women in 2017 were attributed to light drinking level (<10 g/day) (Rovira & Rehm. *Eur J Public Health* 2021)



Thank you!

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