

# Alcohol Use Disorders amongst men in three sites in South Africa: prevalence and risk factors

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# South Africa: Burden of Substances high , uptake in treatment low:

- Alcohol major contributor to SA BoD - > 11% mortality in men in 2012 (Matzoupolos, et al 2022)
- Only 43% of men consume; but amongst men, >50% drink at hazardous levels ... we are world leaders
- But evidence of low access and uptake of services (Coma Care)
- Hence aim of the **overall** project to assess extent of and reasons for treatment gaps for men with SUDs;
- This study addresses prevalence and risk factors for AUD

## WHY FOCUS ON MEN?

More males than females drink alcohol.

Males are more likely than females to develop substance use disorders.

Males and females generally differ wrt substance use patterns.

Different factors (including differing cultural norms) influence male and female treatment seeking patterns/behavior.

Males are more likely than females to engage in substance use-related violence and crime.



**SOSHANGUVE**  
Community Survey only



**DATA COLLECTION SITES FOR HOUSEHOLD (WC, EC, NW - ALCOHOL)  
AND COMMUNITY SURVEY (SOSHANGUVE - NYAOPE)**

# Summary of Methods

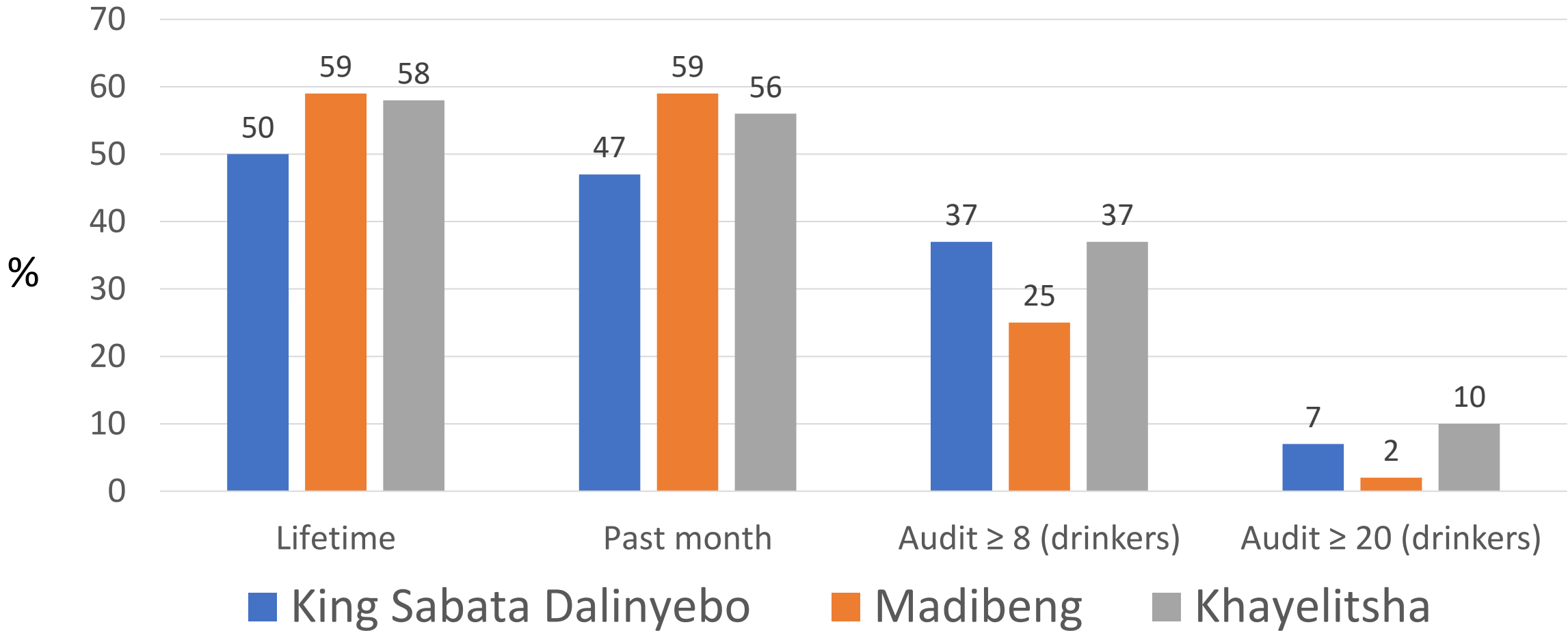
- Intended sample 613 men/site; RR 85%; varied 79-98% by province
- Household survey; Multistage sampling: 1 adult per house randomly chosen (Kish grid); 14 hh's per Enumerator area; 45 EAs randomly chosen per site
- Structured questionnaire, single- and multi-item scales; trained interviewers, local language
- Demography, migrancy, problem recognition, tobacco, other drugs, need for treatment, barriers, common mental disorders, health functioning, stigma (enacted, anticipated, internalised), social support, coping, male attitudes, community factors.
- Dependent variable = Alcohol consumption
  - Ever and Typical pattern
  - AUDIT  $\geq$  8; AUDIT  $\geq$  20
- Analysis: Descriptives stats + Weighted MV regression



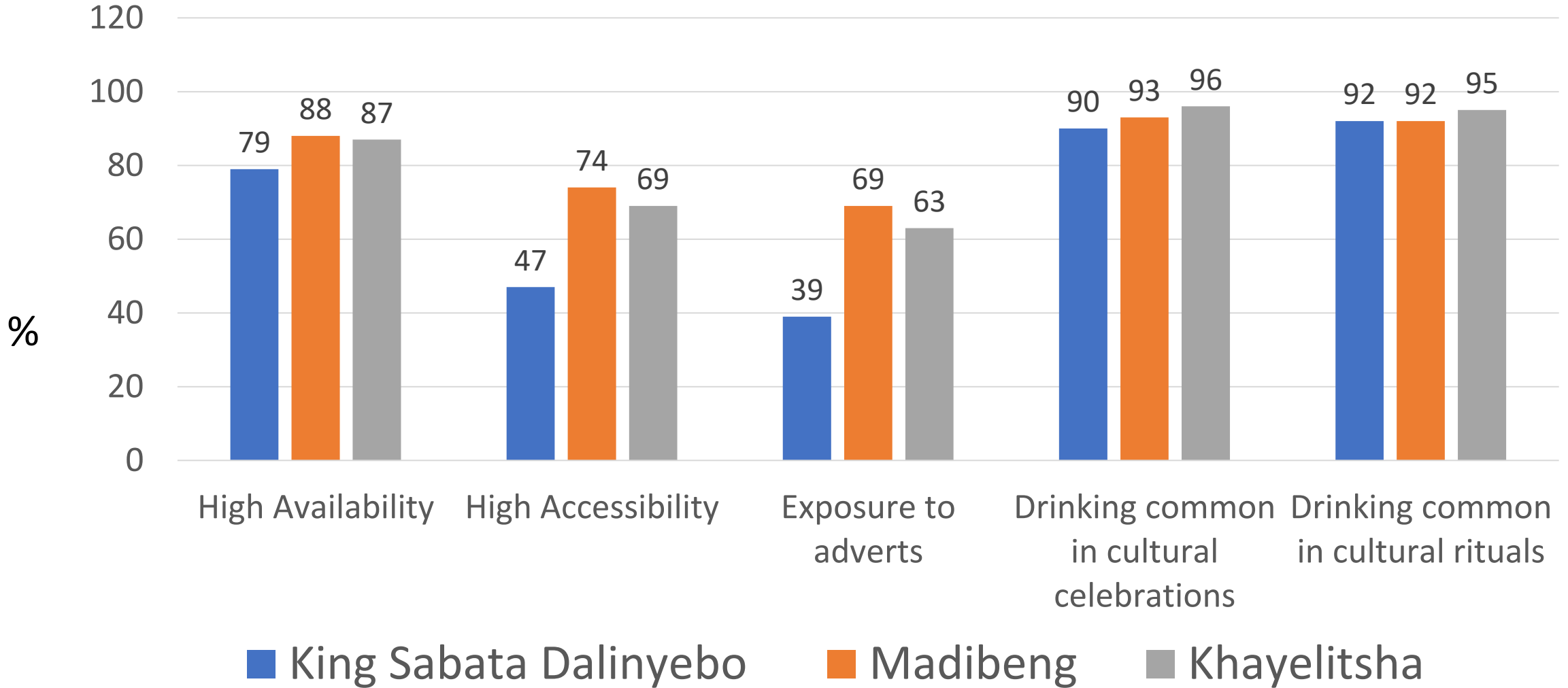
# Participant background characteristics

|  | Khayelitsha | KSD        | Madibeng   |
|--|-------------|------------|------------|
| Mean <b>age</b> (years)                            | 34 (18-84)  | 39 (18-78) | 40 (18-87) |
| Highest <b>education</b> level                     |             |            |            |
| • Up to Grade 12                                   | 87%         | 57%        | 87%        |
| • Tertiary   | 11%         | 39%        | 11%        |
| Marital status                                     |             |            |            |
| • Married or living with a man/woman               | 23%         | 37%        | 43%        |
| • Divorced/ separated/ widowed                     | 9%          | 7%         | 8%         |
| • <b>Never married</b>                             | 64%         | 56%        | 48%        |
| Black African                                      | 100%        | 97%        | 99%        |
| <b>Employed</b>                                    | 33%         | 41%        | 50%        |
| Student in tertiary institution or high school     | 11%         | 15%        | 10%        |
| <b>Income</b> in past month >R1600 ( $\pm$ \$89.4) | 30%         | 38%        | 43%        |
| Moved to the area since birth (" <b>migrant</b> ") | 92%         | 19%        | 27%        |
| Median years <b>lived in the area</b> (migrants)   | 17          | 12         | 7          |

# Alcohol Consumption amongst men: 3 sites in SA



# Alcohol Consumption in the Community





# Risk Factors for AUD (AUDIT $\geq$ 8)

| Variable                         | Crude OR (95% CI)  | Adjusted OR (95% CI)* |
|----------------------------------|--------------------|-----------------------|
| <i><u>Increased odds</u></i>     |                    |                       |
| Being Divorced                   | 2.05 (1.37 – 3.06) | 1.91 (1.15 – 3.15)    |
| Never Married                    | 1.89 (1.50 – 2.39) | 1.48 (0.72 – 3.05)    |
| <i><u>Decreased odds</u></i>     |                    |                       |
| Inadequate food in house         | 0.55 (0.43 – 0.71) | 0.76 (0.55 – 1.03)    |
| Social Support Family            | 0.87 (0.78 – 0.98) | 0.89 (0.80 – 0.97)    |
| Social Support Significant Other | 0.81 (0.72 – 0.90) | 0.83 (0.74 – 0.93)    |
| Social Support friends           | 1.10 (1.00 – 1.20) | 1.01 (0.91 – 1.13)    |

\* adjusted for participant age, study site, comorbid psychiatric conditions or other drug use

# Risk Factors for AUD (AUDIT $\geq 8$ ) amongst drinkers

| Variable  | Crude OR (95% CI)  | Adjusted OR (95% CI)* |
|---|--------------------|-----------------------|
| <i>Increased odds</i>   |                    |                       |
| Internalised Stigma   | 1.31 (1.12 – 1.54) | 1.19 (1.00 – 1.42)    |
| Anticipated Stigma  | 1.50 (1.27 – 1.78) | 1.42 (1.13 – 1.79)    |
| Enacted Stigma  | 1.83 (1.30 – 2.57) | 1.66 (1.12 – 2.48)    |
| * adjusted for site, participant age, study site, comorbid psychiatric conditions or other drug use |                    |                       |

# Risk for heavy drinking – broadly similar to literature

| This study  | Trangenstein  | Maserumule  |
|---|---|---|
| Household survey in urban metro, 2 rural districts; males only; drinkers and non-drinkers | Household survey in one urban metro; males 68% of sample; <u>all drinkers</u> | Cross section survey of learners in 3 rural Limpopo schools; about half were 18yrs+ |
| Consume alcohol 50-64%  | Consume alcohol 100% (drinking sample)  | Consume alcohol 53.8%   |
| Amongst consumers, heavy drinking 40-72%  | Heavy drinking amongst consumers of alcohol = 53%                             | Of drinkers, heavy drinkers = 47.5%   |
| Never married POR 1.89, 1.50-2.39   | Never Married 2.91, 1.57-5.39   |   |
| Divorced POR 2.05, 1.37-3.06  | Divorced 2.66, 0.65-10.94   |   |
| Social Support ↓ Odds by 20%  |   |   |
| Inadequate food ↓ 24% (0%-45%) ns   | Low income ↓ Odds by 40% but ns   |   |

- Role for Social Support – family, community, but not friends
- Importance of Stigma

## Limitations

Cross-sectional associations – not causal

## Strengths

Use of validated instruments

Robust representative samples

## Conclusions

Marriage protective for AUD

AUD Risk ↓ assoc. with hunger; ?proxy for limited disposable income?

Different forms social support protective. Stigma likely key role for drinkers.

Action on risky alcohol consumption is a policy priority.

Complex patterns risks for men - factor into evidence-based services

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