

## Alcohol status and Alcohol binge status

<b>Age Cohorts</b>	Younger, Mid-age and Older
<b>Surveys</b>	Surveys 1 & 2
<b>Derived Variable</b>	AlcSt
<b>Definition</b>	Alcohol consumption, combining frequency and quantity of alcohol consumed
<b>Source Items (Index Numbers)</b>	ALCFREQ (ALCS-001) ALCQTY (ALCS-002)
<b>Statistical Form</b>	Categorical variable
<b>Index Number</b>	ALCS-007
<b>Derived Variable</b>	AlcBng
<b>Definition</b>	Combines alcohol consumption and binge frequency
<b>Source Items (Index Numbers)</b>	AlcSt (ALCS-007) ALCSTR (ALCS-003)
<b>Statistical Form</b>	Categorical variable
<b>Index Number</b>	ALCS-008
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<b>Endorsed</b>	28 May 2003

**NOTE:** AlcSt and AlcBng were included in SAS datasets for surveys 1 and 2 distributed before May 2003. In datasets distributed subsequently, these variables were replaced by AlcNHMRC (Index number ALCS-012) and AlcPatt (Index number ALCS-013) respectively.

## Source Items – Surveys 1 & 2

### Frequency of alcohol consumption

ALCFREQ How often do you usually drink alcohol?

	Cohort:		Younger		Mid-age		Older	
	Survey:		1	2	1	2	1	2
<i>Response</i>					<i>Codes</i>			
I never drink alcohol	1	1	1	1	1	1	1	1
I drink rarely	2		2	2	2	2	2	2
Less than once a month		2						
Less than once a week	3	3	3	3	3	3	3	3
On 1 or 2 days a week	4	4	4	4	4	4	4	4
On 3 or 4 days a week	5	5	5	5	5	5	5	5
On 5 or 6 days a week	6	6	6	6	6	6	6	6
Every day	7	7	7	7	7	7	7	7

### Quantity of alcohol consumed

ALCQTY On a day when you drink alcohol, how many standard drinks do you usually have?

	Cohort:		Younger		Mid-age		Older	
	Survey:		1	2	1	2	1	2
<i>Response</i>					<i>Codes</i>			
I don't drink alcohol								0
Non-drinker	5	0	5	0	5	0	5	
1 or 2 drinks per day	1	1	1	1	1	1	1	1
3 or 4 drinks per day	2	2	2	2	2	2	2	2
5 to 8 drinks per day	3	3	3	3	3	3	3	3
9 or more drinks per day	4	4	4	4	4	4	4	4

### Frequency of short term risk drinking

ALCSTR How often do you have five or more standard drinks of alcohol on one occasion?

	Cohort:		Younger		Mid-age		Older	
	Survey:		1	2	1	2	1	2
<i>Response</i>					<i>Codes</i>			
Never	1	1	1	1	1	1	1	1
Less than once a month	2	2	2	2	2	2	2	2
About once a month	3	3	3	3	3	3	3	3
About once a week	4	4	4	4	4	4	4	4
More than once a week	5	5	5	5	5	5	5	5
Non-drinker	6	0	6	0	6	0	6	0

## Derived Variables

### *Alcohol status*

Categories for alcohol consumption status were based on recommendations from the 1980 National Heart Foundation (NHF) Risk Factor Prevalence Study<sup>1</sup> (Table 1a).

**Table 1a: Risks associated with alcohol consumption – NHF**

Frequency of drinking alcohol	Quantity of alcohol consumed						
	I don't drink alcohol	1 or 2 drinks	3 or 4 drinks	5 to 8 drinks	9 to 12 drinks	13 to 20 drinks	More than 20 drinks
I don't drink alcohol	A						
Less than once a week		B	B	B	C	D	E
1 or 2 days		B	B	B	C	D	E
3 or 4 days		B	B	C	D	E	F
5 or 6 days		B	C	D	E	F	F
Every day		B	C	D	E	F	F

#### *Legend*

##### ***Risk category - Females***

##### ***Average number of drinks***

- A** Non-drinker
- B** Low risk drinker      Average daily intake less than 3 drinks
- C** Intermediate risk drinker      Average daily intake of 4 or 9-12 drinks in any day
- D** High risk drinker      Average daily intake of 5 to 8 drinks or occasional excess
- E** Very high risk drinker      Average daily intake of 9 to 12 drinks or frequent or great occasional excess
- F** Very high risk drinker      Average daily intake over 12 drinks

A variable for alcohol consumption status (AlcSt) was derived from the frequency and quantity items. Table 1b shows how the NHF recommendations were implemented in the ALSWH data.

**Table 1b Risks associated with alcohol consumption – ALSWH**

Frequency of drinking alcohol	Quantity of alcohol consumed					Missing
	I don't drink alcohol	1 or 2 drinks	3 or 4 drinks	5 to 8 drinks	9 or more drinks	
I don't drink alcohol	1					1
I rarely drink		2	2	2	2	2
Less than once a week		3	3	4	5	
1 or 2 days		3	3	4	5	
3 or 4 days		3	3	4	5	
5 or 6 days		3	4	5	6	
Every day	3	4	5	6		
Missing	1	3				

*Legend*

- |                   |                             |
|-------------------|-----------------------------|
| 1 Non-drinker     | 4 Low risk drinker          |
| 2 Rarely drinks   | 5 Intermediate risk drinker |
| 3 No risk drinker | 6 High risk drinker         |

Percentages of women from the three age cohorts in each category of AlcSt at surveys 1 and 2 are shown in Table 2.

**Table 2 Percent in each category for alcohol related health risk**

	Cohort:		Mid-age		Older		
	Survey:	Younger	1	2 <sup>a</sup>	1	2 <sup>a</sup>	
Number surveyed		14 779	9 685	14 099	11 648	12 940	9 501
Number missing		165	65	142	101	518	266
Percent missing		1.1	0.7	1.0	0.9	4.0	2.8
Number classified		14 614	9 620	13 957	11 547	12 422	9 235
Non-drinkers		9.0	9.1	15.3	13.4	35.1	34.6
Rarely drink		34.5	29.0	31.4	28.7	29.1	27.0
No risk drinkers		31.3	46.5	46.7	51.2	32.2	34.5
Low risk drinkers		18.3	12.4	5.4	5.9	3.2	3.6
Intermediate risk drinkers		6.9	3.1	1.0	0.9	0.4	0.3
High risk drinkers		0.1	0.02	0.1	0.1	0.03	0.0
High risk drinkers		0.1	0.02	0.1	0.1	0.03	0.0

<sup>a</sup>Full survey only

The SAS code defining alcohol consumption at is:

```

AlcSt
    if alcfreq=1 then alcst=1 ;
else if alcfreq=2 then alcst=2 ;
else if alcqty=1 then alcst=3 ;
else if alcfreq=. or alcqty=. then alcst=. ;
else if alcqty=2 then do ;
    if 3<=alcfreq<=5 then alcst=3 ;
    else if 6<=alcfreq<=7 then alcst=4 ;
end ;
else if alcqty=3 then do ;
    if 3<=alcfreq<=5 then alcst=4 ;
    else if 6<=alcfreq<=7 then alcst=5 ;
end ;
else if alcqty=4 then do ;
    if 3<=alcfreq<=5 then alcst=5 ;
    else if 6<=alcfreq<=7 then alcst=6 ;
end ;

```

**Alcohol binge status**

A summary variable (AlcBng) was derived as a composite of AlcSt and binge frequency (Table 3).

**Table 3 Categories for alcohol binge status derived from ALSWH alcohol consumption and binge frequency**

Alcohol status	Binge frequency					Missing
	Never	Less than once a month	Once a month	Once a week	More than once a week	
Non-drinkers						1
Rarely drinks	1	1	1	1	5	1
No risk drinker	2	2	3	3	5	
Low intake	2	2	3	3	5	
Intermediate risk drinkers	4	4	4	4	5	
High/very high risk drinkers	4	4	4	4	5	
Missing						5

*Legend*

- 1 Non/rare drinker
- 2 Low risk drinker, without binge
- 3 Low risk drinker, with binge
- 4 Intermediate/high risk
- 5 Very high risk binge

Women from the Older age cohort were not asked about binge drinking at Survey 2. Values for AlcBng were derived for the Mid-age and Younger cohorts at surveys 1 and 2 and older women at Survey 1 (Table 4).

**Table 4 Percent in each category for pattern of alcohol consumption including binge drinking**

	Cohort: Survey:	Younger		Mid-age		Older
		1	2	1	2 <sup>a</sup>	1
Number surveyed		14 779	9 685	14 099	11 648	12 940
<i>Number missing</i>		182	74	162	138	543
<i>Percent missing</i>		1.2	0.9	1.2	1.2	4.2
Number classified		14 597	9 611	13 937	11 510	12 422
Non/rare drinker		43.5	38.1	46.8	42.1	64.3
Low risk without binge		20.5	29.7	39.5	43.2	32.0
Low risk with binge		27.8	27.8	11.7	13.0	3.0
Intermediate/high risk		5.7	2.6	0.3	0.3	0.2
Very high risk binge		2.6	1.8	1.7	1.5	0.6

<sup>a</sup>Full survey only

The SAS code defining alcohol binge status at surveys 1 and 2 is:

#### **AlcBng**

```

if binge=5 then alcbng=5 ;
else if alcst=1 or alcst=2 then alcbng=1 ;
else if 3<=alcst<=4 and 1<=binge<=2 then alcbng=2 ;
else if 3<=alcst<=4 and 3<=binge<=4 then alcbng=3 ;
else if 5<=alcst<=6 then alcbng=4 ;
else alcbng=. ;

```

#### **Reference**

1. National Heart Foundation. *National Heart Foundation Risk Factor Prevalence Study: Report No. 1* 1980