

ONLINE
VERSION

Department of Health

年少無酒

Young and Alcohol Free

LAUNCH CEREMONY AND PRESS CONFERENCE FOR "YOUNG AND ALCOHOL FREE" CAMPAIGN

15 December 2016
16:00-17:30



衛生防護中心
Centre for Health Protection



衛生署
Department of Health

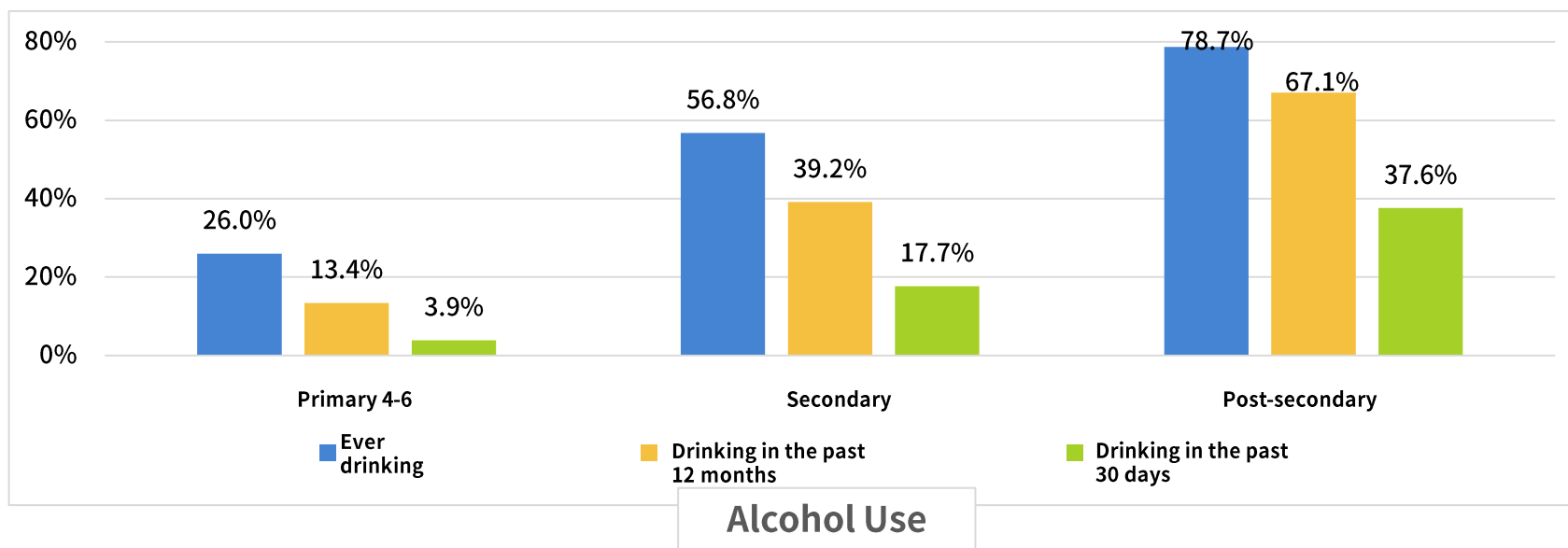
Presentation ①

Age and Pattern of Drinking among Young People in Hong Kong

Dr. Regina CHING

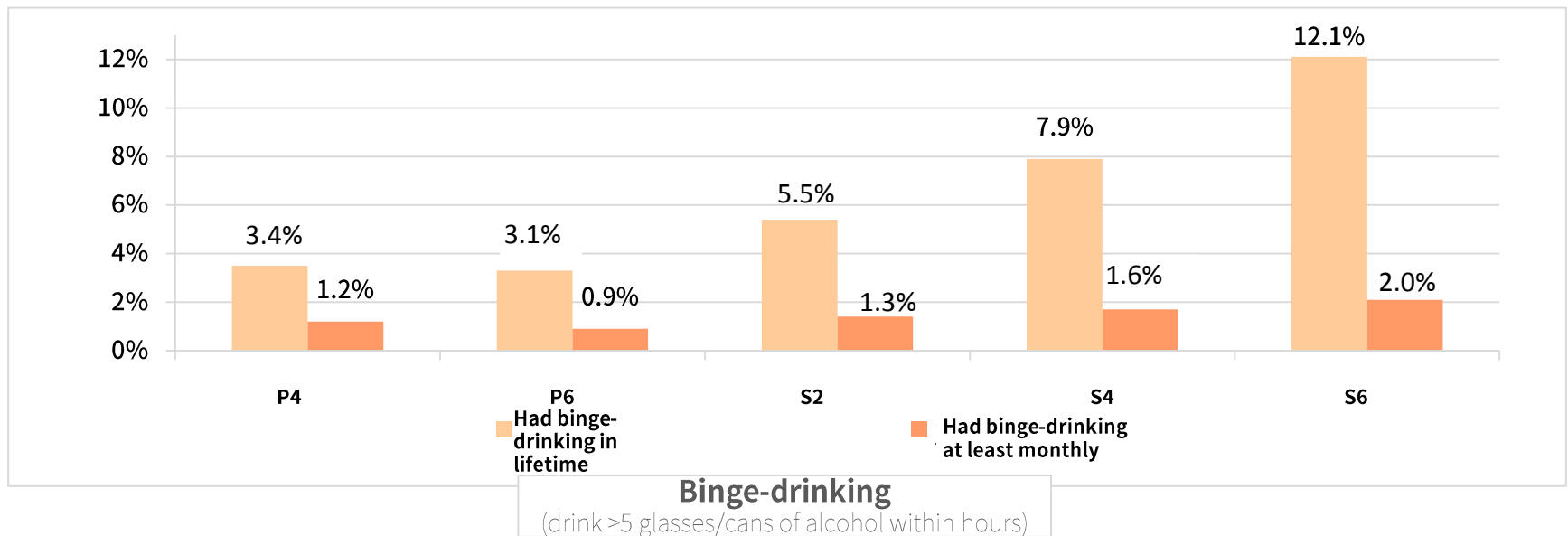
Head, Surveillance and Epidemiology Branch
Centre for Health Protection
Department of Health

Youth drinking increases with age.



Note: Included 146 207 students of upper primary (P4 to P6), secondary and post-secondary
Source: 2014/15 Surveys of Drug Use among Students. Hong Kong SAR: Narcotics Division, Security Bureau.

Binge drinking among youths increases with age.



Source: Base includes Primary 4 & 6 and Secondary 2, 4 & 6 students attending Student Health Service Centres of the Department of Health in the School Year 2015/16, up to 31 March 2016

Underage drinking is not uncommon in Hong Kong.

Among ever drinkers

43.1%

reported to have the first sip
below 18 years of age

1st



Among those who drank in the past 12 months

16.6%

reported to have a drinking habit
below 18 years of age



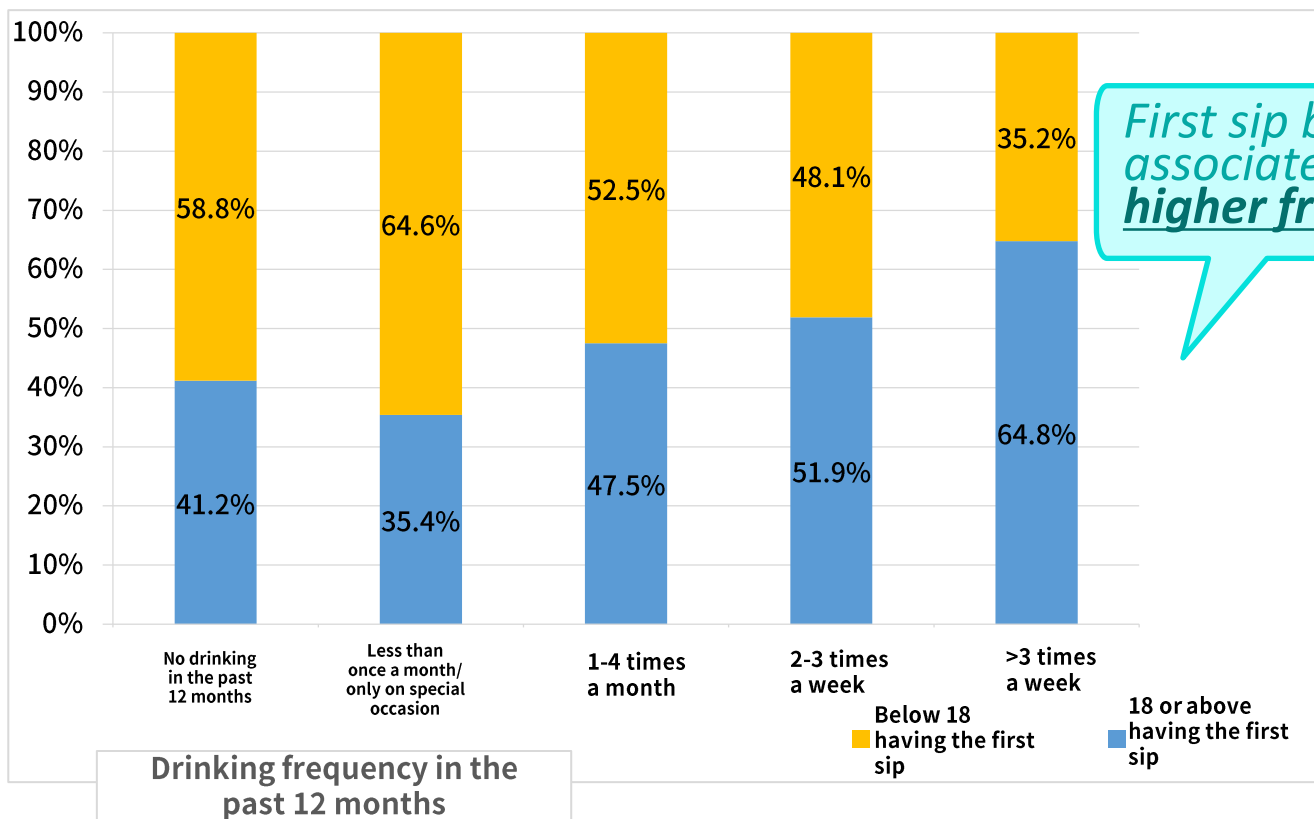
Source: Knowledge, Attitudes and Practices (KAP) Study Pertaining to Alcohol Consumption among Adults in Hong Kong 2015. The Department of Health commissioned a telephone survey covering community-dwelling Hong Kong adults aged between 18 and 64 years. Fieldwork conducted from 17 July to 4 October 2015 with a total of 2 507 successful interviews.

Age of first sip is associated with drinking behaviour in adulthood.



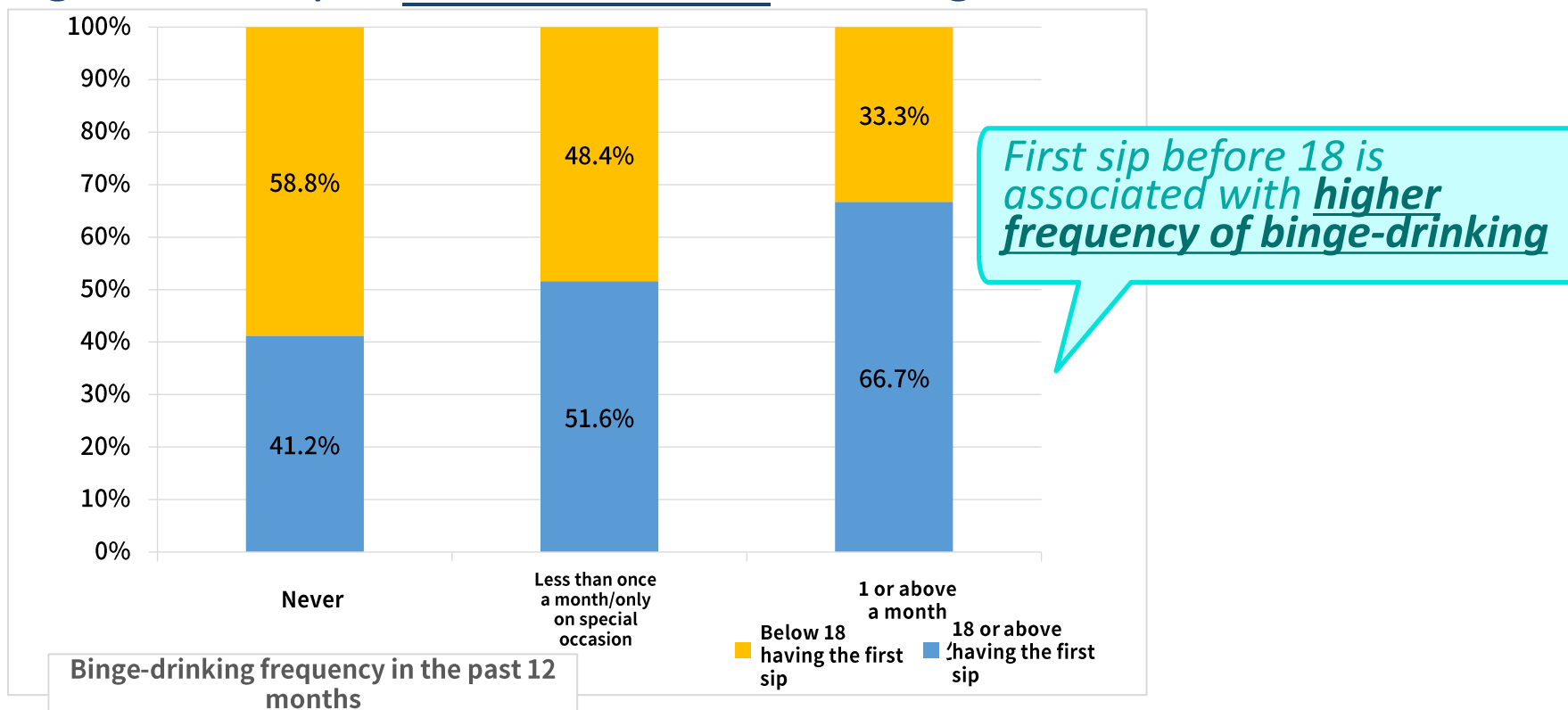
Source: Knowledge, Attitudes and Practices (KAP) Study Pertaining to Alcohol Consumption among Adults in Hong Kong 2015. The Department of Health.

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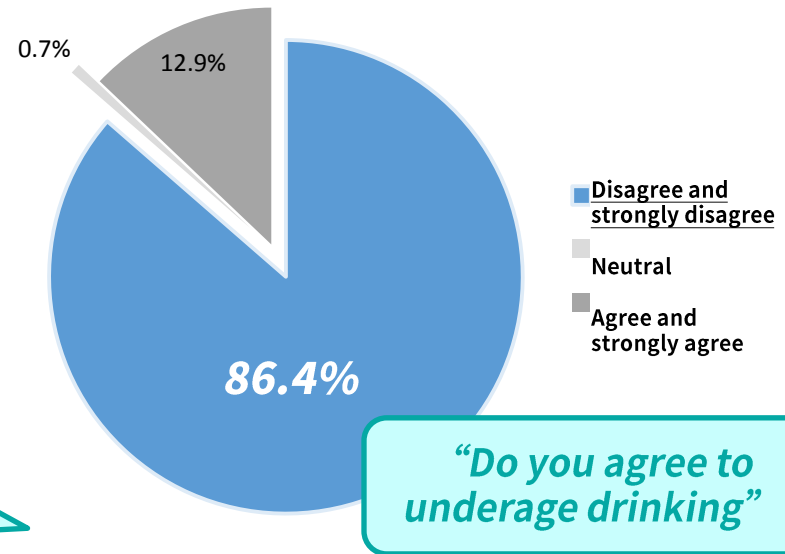
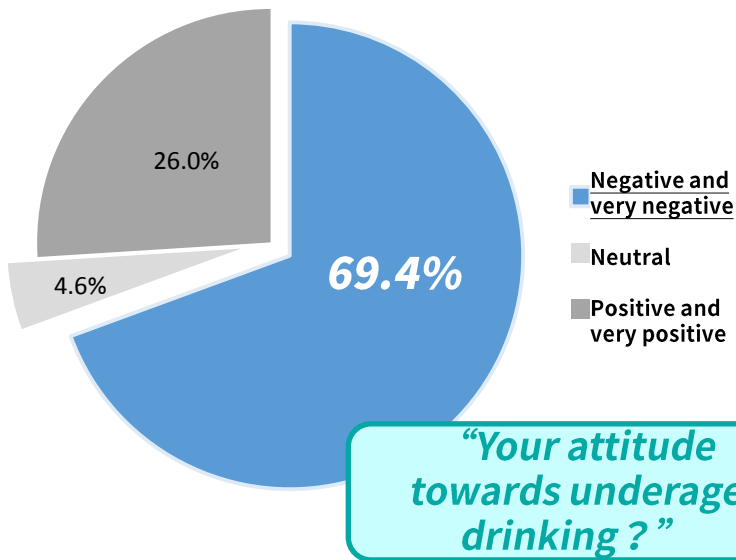
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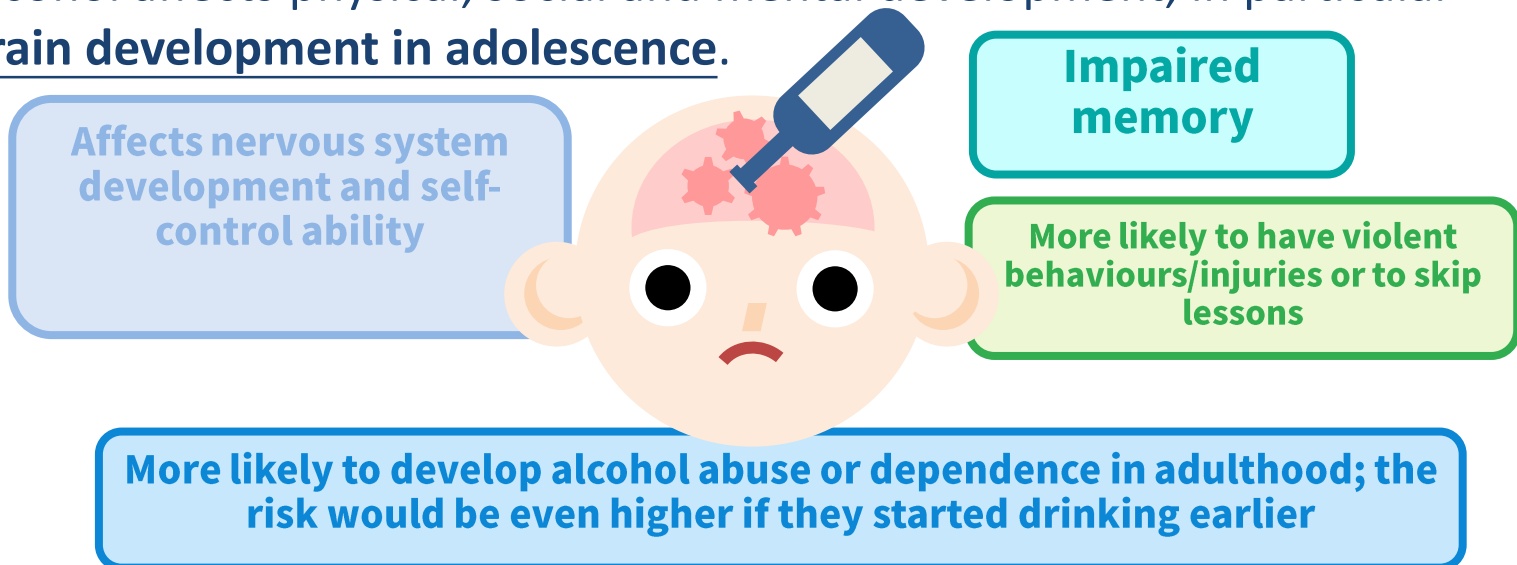
Source: Knowledge, Attitudes and Practices (KAP) Study Pertaining to Alcohol Consumption among Adults in Hong Kong 2015. The Department of Health.

Most adults held a **negative attitude** towards underage drinking, and agreed that **underaged people should not drink.**



Source: Knowledge, Attitudes and Practices (KAP) Study Pertaining to Alcohol Consumption among Adults in Hong Kong 2015. The Department of Health.

- The World Health Organization's International Agency for Research on Cancer classified as a **Group 1 carcinogen**, same as tobacco smoke, asbestos and ionising radiation
- Alcohol affects physical, social and mental development, in particular **brain development in adolescence.**



Source: "Young people and alcohol: a resource book". World Health Organization (WHO) Regional Office for the Western Pacific.

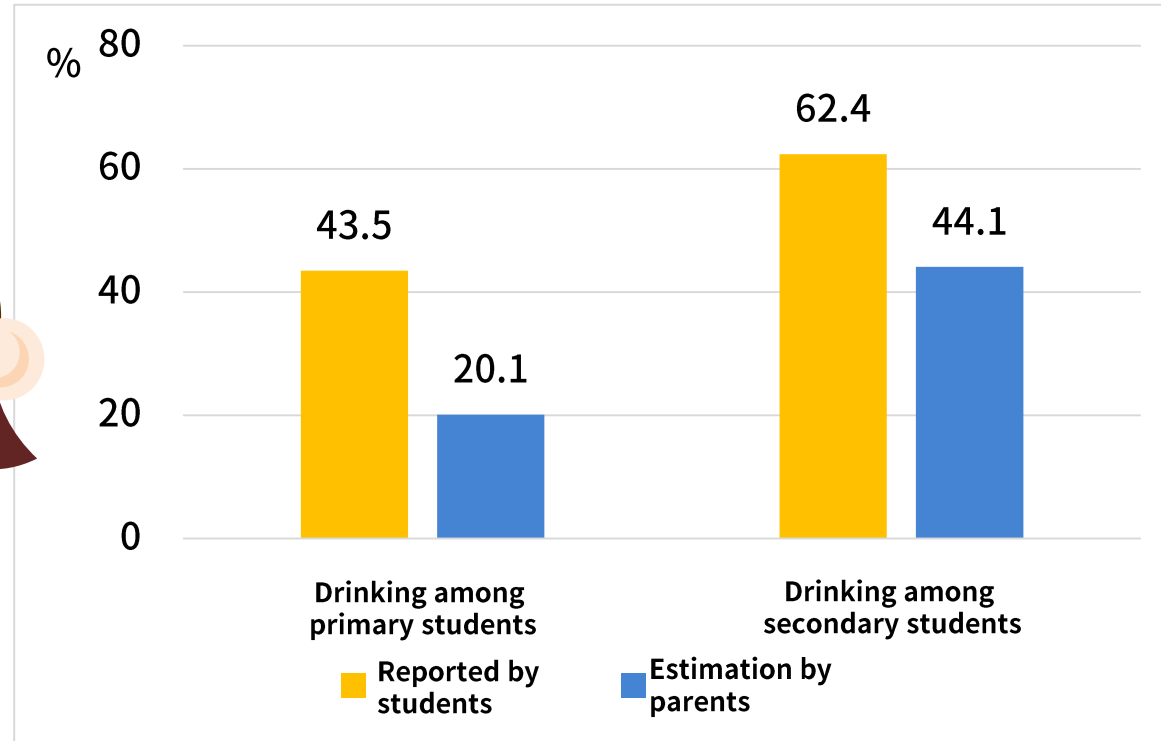
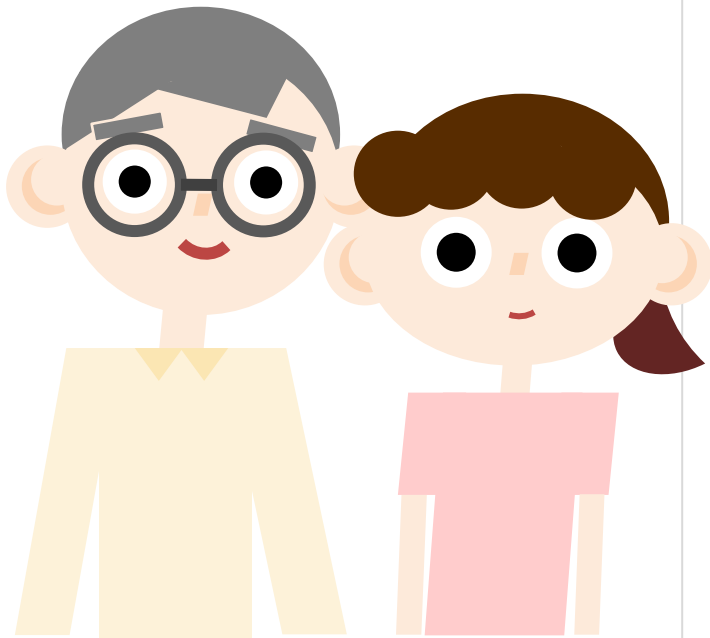
Presentation ②

Youth drinking and parental pro-drinking practices

Dr Daniel HO

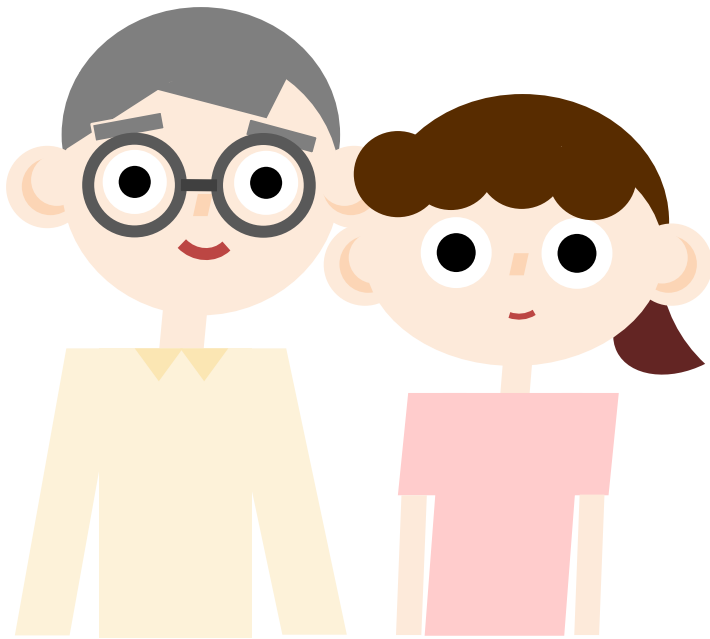
Associate Professor, School of Public Health
The University of Hong Kong

Parents underestimated severity of underage drinking.



Sources: The School of Public Health of HKU conducted surveys and interviews of primary and secondary groups starting from May 2013. More than 3900 primary and secondary school teachers, students and their parents were recruited to investigate alcohol-related knowledge, perceptions, concerns and behaviours of children, adolescent and young adults.

Parents are childrens' main source of alcohol.



51.1%

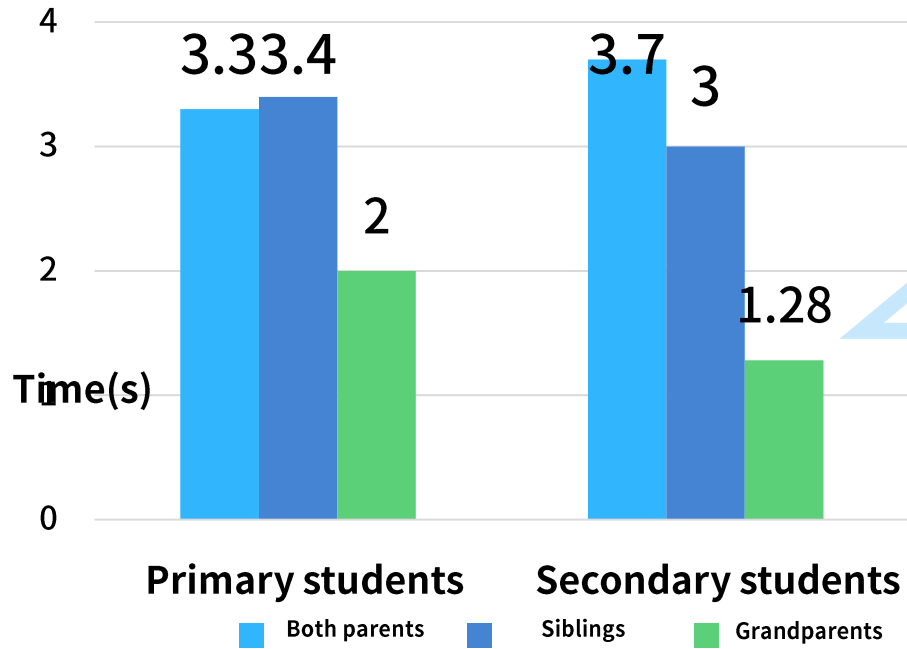
Primary students

39.7%

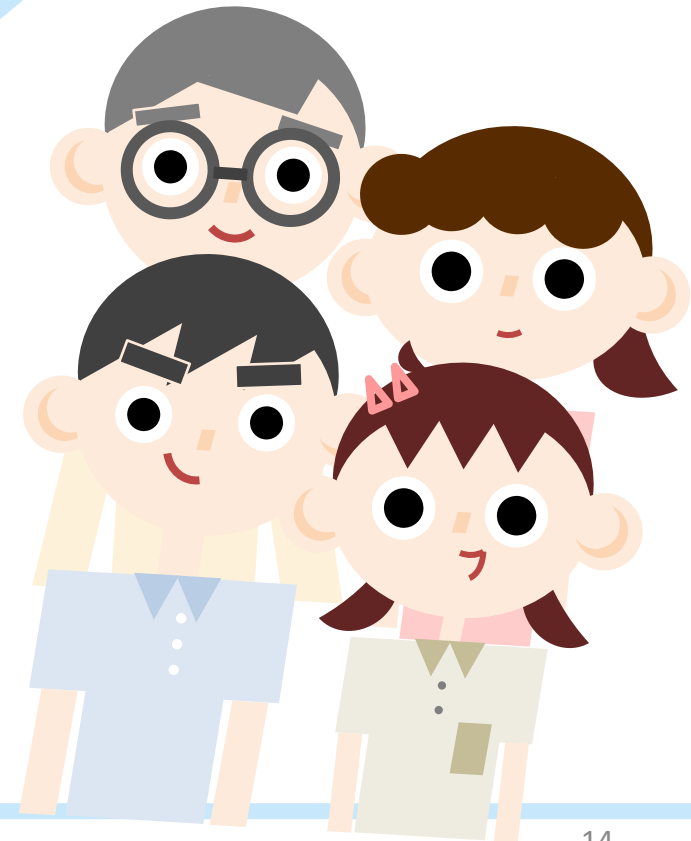
Secondary students

Sources: The School of Public Health of HKU

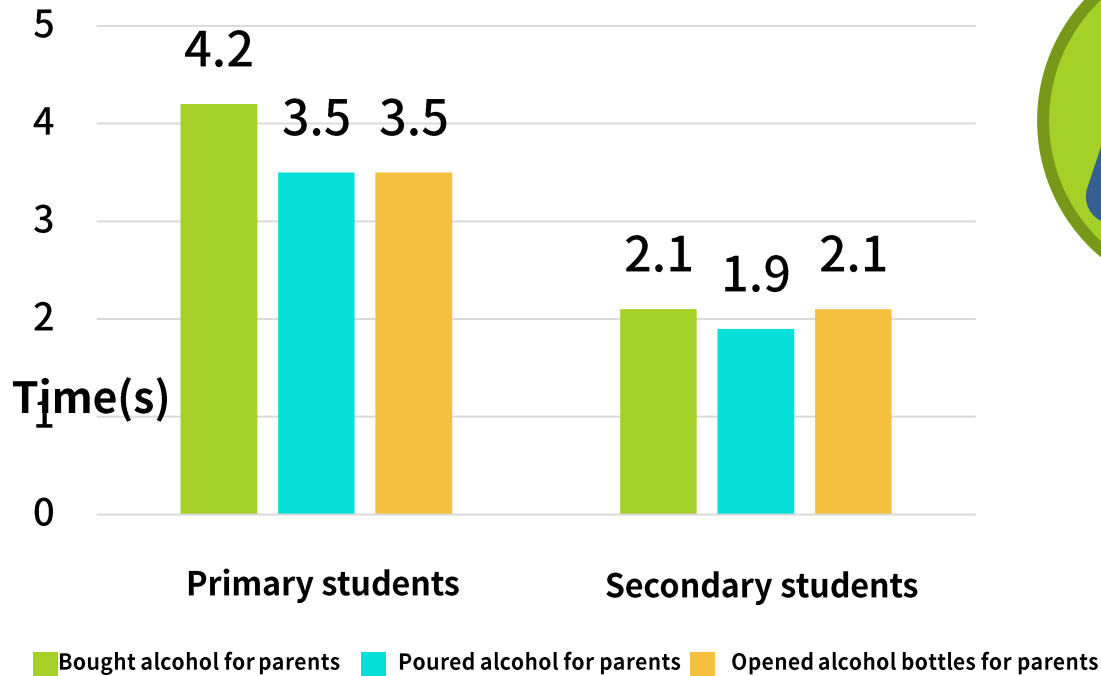
Associations between co-residing drinkers and ever drinking



Sources: The School of Public Health of HKU



Association between parental pro-drinking practices in the past 12 months and ever drinking



Sources: The School of Public Health of HKU

Presentation ③

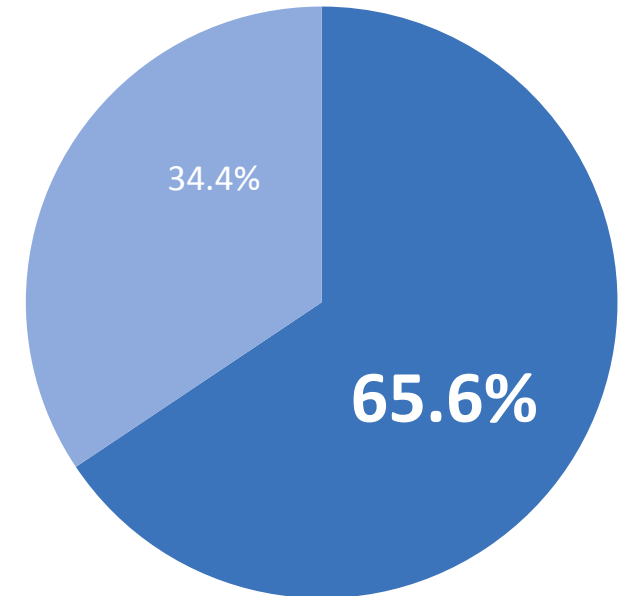
Underage drinking and alcohol problems in adulthood

Dr LAM Ming

Consultant Psychiatrist of Tuen Mun Alcohol and Drug Dependence Unit
Chief of Service of General Adult Psychiatry Department, Castle Peak Hospital

- In past 10 years, on average, about 66 new cases with alcohol problems were recorded in Tuen Mun Alcohol Problems Clinic in each year.
- **Early initiation of alcohol use is linked to binge drinking, heavy drinking, and alcohol-related problems in adolescence and adulthood.**
- The findings echo with the WHO's "Global Status Report on Alcohol and Health 2014".

Proportion of new case with alcohol problems
2006/07-2015/16



- Age of first drinking below 18 years
- Age of first drinking above 18 years

Sources: Tuen Mun Alcohol and Drug Dependence Unit

Case sharing

- Mr. Chan, M/57, married, construction site worker
- Drinking history:
 - Started at 13 in mainland China while he was a farmer.
 - Felt more energetic after alcohol.
 - Initially 2 taels of Chinese spirit. Became daily drinker since age of 20.
 - To Hong Kong at 22, he increased his drinking up to a catty of Chinese spirit and few cans of beer.
- Father: heavy drinker
- Complications: deranged liver function test, low platelet count, hypertension, intoxication, repeated domestic violence to his wife and son → divorce
- Admitted to Castle Peak Hospital for 13 times
- Keep abstinent since after last discharge in Feb 2014

Take home messages

- Alcohol affects physical, social and mental development, in particular brain development in adolescence.
- Early initiation of drinking is associated with alcohol-related problems in adulthood.
- Adults, in particular parents, have key roles in stopping underage drinking thereby protecting young people from alcohol harm.
- Together, we should work for a “Young and Alcohol Free” society to protect the younger generation.

Publicity work

- TV and radio Announcement in the public interest
- Territory-wide publicity campaign
- Workshops and health talks targeted at students, parents and schools
- Interschool activities
- Articles for papers and radio interview
- Social media promotion and publicity