

Young Australians Alcohol Reporting System (YAARS)

Report 2016/17

- New South Wales main findings

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1. Introduction

The Young Australians' Alcohol Reporting System (YAARS) is a research project that aims to provide insight into the risky drinking patterns of young Australians.

The purpose of the research is twofold. Firstly, the project seeks to investigate event-specific alcohol consumption amongst young high-risk drinkers who are overrepresented in alcohol-related harms, but are underrepresented in general population health surveys. Secondly, YAARS aims to investigate trends in alcohol use among young people over time and thus, as successive years of data accrue, to enable emergent trends and to detect developing patterns of problematic alcohol use and associated harms. This information on patterns of use and related problems will be used to inform policy, prevention and treatment initiatives (Lam et al., 2017).

In 2016 and 2017, YAARS was conducted in all eight capital cities of Australia. It combined information from existing data sources with interviews and surveys targeting young people aged 14-19 who regularly engaged in risky drinking.

This report documents the Sydney component of YAARS.

2. Site background

Population

Sydney is the largest city in Australia with a population of approximately 4.9 million people and includes the most densely populated areas in Australia (Australian Bureau of Statistics., 2016). The median age of residents in Greater Sydney is 36 years and 6% of the population are aged between 15 and 19 years (Australian Bureau of Statistics., 2017). The population of Sydney has diverse cultural heritage, with 49.4% of residents having both parents born overseas, and additional 11.9% having one parent born overseas. The most common ancestries are English, Australian, Irish, Chinese and Scottish. There are 54, 736 Aboriginal and Torres Strait Islander peoples in Sydney. The most commonly spoken languages apart from English are Arabic (4.1%), Mandarin (3.0%) and Cantonese (3.0%). Thirty-five per cent of households speak two or more languages (Australian Bureau of Statistics., 2013).

Schooling

It is compulsory to attend school until the age of 17 years in New South Wales, meaning that all students are required to complete Year 10 (Department of Education and Training, 2013). If a student finishes Year 10 when under 17 years, they must either continue school, enrol in approved education or training, be in full time, paid employment or a combination of these until they turn 17. This applies to all students who completed Year 10 from 2009 onwards. Prior to 2009, it was compulsory to attend school only until the age of 15 (Australian Curriculum Assessment and Reporting Authority, 2009). Twenty percent of the Greater Sydney area residents were attending a secondary school (11.4% government, 5.3% Catholic, 3.7% other non-Government), 7.6% a technical or further education institution, and 16.5% a university or tertiary institution (Australian Bureau of Statistics., 2013).

General population youth alcohol and other drug use in 2016

The National Health and Medical Research Council (NHMRC) recommends that for people under the age of 18, not drinking alcohol is the safest option. Their guidelines for healthy adults describes the

consumption of more than four standard drinks in a single sitting as increasing the risk of injury arising from that occasion of drinking (National Health and Medical Research Council (NHMRC), 2009).

The National Drug Strategy Household survey (NDSHS) reported that in 2016, the majority (55.8%) of 14-19 year old Australians did not use alcohol in the past 12 months. However, a fifth (18.0%) of 14-19 year olds drank more than four standard drinks in a single session at least once a month. This risky consumption increases with age – in 2016 it was estimated to occur in less than 1% of 12-15 year olds, 14.6% of 16-17 year olds and 36.9% of 18-19 year olds (Australian Institute of Health and Welfare, 2017). Drinking at even higher levels (11+ standard drinks) at least once a month was estimated at 5.9% for 14-19 year olds; ranging from 4.6% of 16-17 year olds to 12.7% of 18-19 year olds.

A sixth (15.9%) of 14-19 year old Australians were estimated to have used an illicit drug in the past 12 months in 2016. The most common illicit drug used by 14-19 year olds was cannabis (12.2%), followed by pharmaceuticals used for non-medical purposes (3.7%), and ecstasy (3.2%). Data from the 2016 NDSHS was available on a national level at the time of writing this report and jurisdiction-specific data is presented below with the 2013 dataset.

Alcohol and other drug use in NSW

The 2013 National Drug Strategy Household Survey (NDSHS) reports that 76% of those in NSW aged 14 and over have used alcohol in the past year (78.2% nationally), with 35.5% drinking on a weekly basis (37.3% nationally). NSW and Victoria have a larger proportion of people who have never consumed a full serve of alcohol (15.9%) than other states (13.8% nationally) (Australian Institute of Health and Welfare, 2014). Of those that drank in the past year, 34.5% consumed alcohol at levels which put them at risk of single occasion injury (37.8% nationally), and 16.7% consumed alcohol at a level that placed them at risk of lifetime harm (Australian Institute of Health and Welfare, 2014). Among 14-19 year olds, 6.1% were at risk of alcohol related harm over a lifetime, and 22.4% were at risk of injury on a single occasion of drinking, both of which were lower than the national average rates (8.1% and 25.0% respectively).

The proportion of the population of NSW who had used illicit drugs in the previous 12 months increased slightly from 13.8% in 2010 to 14.2% in 2013 (with the national average at 15.0%); 16.2% of males and 12.2% of females had used in the past year (Australian Institute of Health and Welfare, 2014). Among 14-19 year olds, 17.4% had used illicit drugs in the past year, which similar to the national average (17.6%). In NSW in 2013, 11.7% reported being daily tobacco smokers, down from 14.2% in 2010. Among young people, 2.5% of 12-17 year olds and 10.7% of 18-24 year olds were daily tobacco smokers (Australian Institute of Health and Welfare, 2014). The New South Wales School Students Health Behaviours Survey (2014) found that 14.9% of 12-17 year olds had used cannabis, 15.0% had used an inhalant drug and 17.7% had used sedatives or tranquilisers for non-medical reasons in 2014 (Centre for Epidemiology and Evidence, 2016).

The Australian School Student Alcohol and Drug (ASSAD) Survey surveyed 23,007 school students aged 12 to 17 years in 2014 (White & Williams, 2016). Across Australia, 14.7% of the 12-17 year old students drank in the last week and 34.0% of these young people drank at risky quantities (5+ standard drinks

in a single occasion. Nationally, 9.4% of 14 year olds, 14.4% of 15 year olds, 24.7% of 16 year olds and 35.7% of 17 year olds drank alcohol in the past 7 days. Of these young people who drank in the last week, 20.6% of the 12-15 year olds and 43.1% of the 16-17 year olds consumed at risky quantities (White & Williams, 2016). New South Wales student drinking over the past decades has followed a similar pattern to the national trends which are discussed in the following section. NSW specific statistics are not yet available for ASSAD.

The New South Wales School Students Health Behaviours Survey (2014) shows that there has been a significant decline in the proportion of NSW students aged 12-17 years (n=5,353) reporting that they had ever consumed alcohol, from 82.7% in 2005 to 65.1% in 2014 (Moore R, Whitlam G, Harrold T, & N, 2016). One in five reported consuming alcohol in the past month and 14% in the past week. Of those drinking in the past 7 days, 5.7% consumed 4+ standard drinks, putting them at risk of alcohol related injury. Males (6.8%) and 16-17 year olds (13.4%) were more likely to consume alcohol at these levels, compared to females (4.6%) and students aged 12–15 years (2.4%) respectively (Centre for Epidemiology and Evidence, 2016).

Youth alcohol and other drug use trends across Australia

While in recent years most Australian teenagers choose not to drink at all, it seems that those who are continuing to drink may be drinking in higher quantities (Australian Institute of Health and Welfare, 2014; Ogeil, Gao, Rehm, Gmel, & Lloyd, 2016; White & Williams, 2016).

As shown in figure 1, half of Australian high school students aged 16-17 drank in the past 7 days in 1984, whereas less than a third had done so in 2014 (White & Williams, 2016). The age at which Australians consume their first full standard drink has significantly risen from 14.8 years in 1995 to 16.1 years in 2016 (Australian Institute of Health and Welfare, 2017). In contrast, there has been a slight overall increase the proportion of current drinkers consuming at risky levels (5+ standard drinks) over time. This latter group may be drinking in higher quantities and contributing to some of the recently elevated rates of alcohol related harm in certain Australian jurisdictions (Lensvelt et al., 2015). The YAARS project aims to investigate this group of young risky drinkers who are overrepresented in the experience of alcohol-related harms and underrepresented the current general population surveys (Lam et al., 2017).

Figure 1. Australian teenage drinking trends 1984 to 2014.

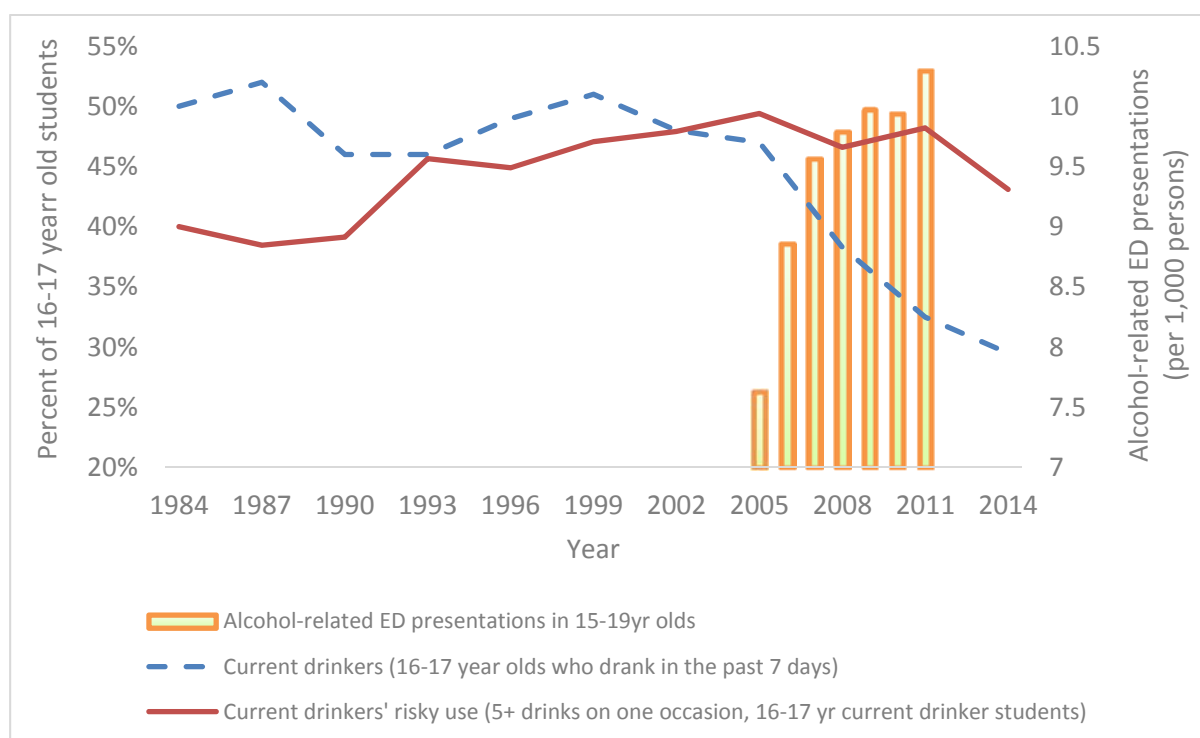


Figure note. Student consumption data from the Australian School Student Alcohol and Drug (ASSAD) Survey. (White & Williams, 2016). Emergency department data from 2005-06 to 2011-12 includes all Australian jurisdictions excluding Tasmania (Lensvelt et al., 2015).

Legislative considerations

The legal purchase age for alcohol is 18 in all jurisdictions in Australia (Trifonoff, Andrew, Steenson, Nicholas, & Roche, 2011). All Australian jurisdictions except one (SA) in have 'secondary supply laws' prohibiting the supply of alcohol to an individual under the legal purchase age within a private premise, without permission from the adolescent's parents (Roche, Steenson, & Andrew, 2013). New South Wales legislation prevents any person selling alcohol to a minor or supplying alcohol to or obtaining on behalf of a minor, on licenced premises. On any other premises other than licenced premises, it is prohibited to supply alcohol to minors unless the person supplying is a parent or guardian of the minor, or has permission from the child's parent or guardian (New South Wales Government, 2013).

3. Recruitment

Recruitment for the Sydney face-to-face interviews was conducted in two phases; from October-November 2016 and January-February 2017.

Materials

To maximise the project's appeal and relevance to the target population, advertising materials were professionally designed. These materials included a poster, a picture to accompany the Facebook ad, and a banner that was used on the project website, online survey and as the project's Facebook cover.

Recruitment sources

The most popular modes of recruitment for the face-to face interviews were social media, snowballing, and through posters (see Table 1 and Table 2).

Table 1. Recruitment of all NSW participants (both higher and lower risk)

	Survey modality		
	F2F	Self-administered	Total
Facebook advertisement	35.6%	53.9%	52.6%
Instagram advertisement	27.1%	25.1%	25.2%
A poster at university	3.4%	0.5%	0.7%
A poster in a shop/public place	0.8%	0.2%	0.2%
Through a friend	34.7%	2.9%	5.3%
A service I use (e.g. youth health service)	0.8%	0.2%	0.2%
An electronic newsletter	0.0%	0.1%	0.1%
Other recruitment method	1.7%	0.7%	0.7%
Total	118	1494	1612

Table 2. Recruitment of NSW participants screened as 'higher risk'

	Survey modality		
	F2F	Self-administered	Total
Facebook advertisement	33.0%	50.2%	48.4%
Instagram advertisement	27.2%	25.0%	25.2%
A poster at university	1.9%	0.3%	0.5%
A poster in a shop	0.0%	0.2%	0.2%
Through a friend	35.0%	2.8%	6.0%
An electronic newsletter	0.0%	0.0%	0.0%
A service I use (e.g. youth health service)	1.0%	0.1%	0.2%
Other recruitment method	1.9%	0.7%	0.8%
Total	103	909	1012

Recruitment sources included:

- Facebook and Instagram targeted advertising – advertising targeting 14-19 year olds across NSW. The advertising was restricted to 14-16 year olds towards the end of the recruitment periods due to a lower number of participants in these age groups. This advertising had the strongest response with over 60% of the sample coming from these online sources.
- Word of mouth/Snowball sampling – Potential participants were encouraged to recruit their friends for the project. Approximately one third of the sample was recruited through word of mouth.
- Youth Centres and other youth services. We visited a range of services with posters and also emailed a list of 50+ youth agencies a background to the study and some advertising materials, but the take-up on this was minimal. The lack of response from services is possibly due to a number of reasons. 1) We had a technical problem with our study mobile phone number that required us to send out a new number after services had already been contact; 2) Staff turnover – the full time interviewer initially employed on the study contacted a range of services and youth centres in person and via email, however this staff member left the study at the end of 2016 to take up a full time position elsewhere. A number of casual interview staff were then brought on board. This resulted in patchy follow-up with services; 3) the very strong response from online advertisements resulted in limited capacity to follow up with youth services.
- A3 and A4 project posters with tear away sections listing contact details were posted near schools, public transport, parks, libraries, cafes, shops, bars/pubs and other public areas frequented by young people.
- A3 and A4 project posters with tear away sections listing contact details were posted around TAFEs and universities in communal pin board areas, student lunchrooms, on tables and on the backs of toilet stall doors. We also had a limited response to posters for this phase of data collection.

Paid Facebook advertisements

Interviewers were briefed that “There are two Facebook ad options. The first is for paid ads that would have appeared in the sidebar or newsfeed. The second Facebook ad option is for the unpaid ads that would have been accessed via a group that the respondent already liked/was subscribed to – such as a university or college page.” (YAARS Interviewing Procedure Manual, p.31).

Project webpage

The Sydney project webpage included a description of the study, contact details and a link to the self-administered online survey. Sydney paid Facebook ads were linked to this page.

Screening of participants

There was a two-stage screening process for the face-to-face interviews: initially with the site coordinator through telephone or email prior to the booking of the interview, and a face-to-face verification with the interviewer. The self-administered online survey participants were screened via survey logic programming.

The majority of potential participants contacted us via text message (54%) or email (41%) and screening was done via telephone in the majority of cases. Where participants were unable to be screened via phone, this was done via email.

The subgroup which took the longest time to recruit for F2F interviews was for 14-15 year old males. We utilized targeted advertising via Facebook to reach subgroups of which we had fewer numbers as the study progressed. Text messages were also sent out to those participants aged 14-15 years who had already participated to ask them to send the study information to other friends who drank alcohol regularly – we had a strong response to this for both males and females aged 14-15 years.

A small number of female F2F participants (n=3) screened into the 14-15 year age group, but during the interview reported being 16 years of age. It is unclear whether they had turned 16 since being screened, or had misreported their age during screening.

4. Interviewing

Interviews were conducted from October to November 2016 and from mid Jan to early March 2017.

Participants were offered to meet at a public place convenient for them, or at the University of New South Wales for the quantitative face-to-face interviews. The majority (70%) were conducted in public cafés around Sydney (usually close to the participants home, work or school, or in a central location if they were from outer suburbs), 14 (12%) were conducted on the University of NSW campus, 20 (17%) were conducted in public locations like a public park, at a train station or a library, and 1 in a youth centre.

5. YAARS NSW participant sample

A total of 1,612 14-19 year olds were interviewed or surveyed in NSW in late 2016 and early 2017, of which 1,012 were screened as the 'top 25% of risky drinkers' ('higher risk', or 'risky drinkers'; see Table 3). Of the one hundred and eighteen face-to-face (F2F) interviews, 103 were eligible and of the 1,494 short online surveys, 1,009 were eligible.

The survey eligibility criteria for the heaviest 25% of drinkers by age and gender were based on previous research with young Australians aged 14-19. The criteria were:

- 14-15 year olds who drank 1+ Standard Drinks (SD) in a single session, at least once a month
- 16-17 year olds who drank 5+ SD in a single session, at least twice a month
- 18-19 year old females who drank 7+ SD in a single session, at least twice a month
- 18-19 year old males who drank 9+ SD in a single session, at least twice a month

Young people screened as consuming less than these quantities ('lower risk' participants) provided demographic and past 12 month drinking responses, but will not be described further in this report.

This report focuses on the 103 higher risk drinkers who completed a F2F interview, and the 1009 that completed an online survey, who from this point on, are simply referred to as ‘the participants’.

Table 3. Face-to-face interviews and self-administered surveys conducted in NSW by age, gender and screening status

Gender	Age	Face to face (F2F) interview			Self-administered online survey		
		Lower Risk	Top 25% of risky drinkers	Total interviews	Lower Risk	Top 25% of risky drinkers	Total surveys
Male	14-15	1	12	13	13	50	63
	16-17	3	20	23	96	159	255
	18-19	2	20	22	74	152	226
	Total	6	52	58	183	361	544
Female	14-15	0	15	15	32	97	129
	16-17	4	19	23	210	251	461
	18-19	5	16	21	142	187	329
	Total	9	50	59	384	535	919
Transgender	14-15	0	0	0	0	2	2
	16-17	0	1	1	3	4	7
	18-19	0	0	0	3	1	4
	Total	0	1	1	6	7	13
None of the above/ prefer not to say	14-15	0	0	0	2	3	5
	16-17	0	0	0	6	2	8
	18-19	0	0	0	4	1	5
	Total	0	0	0	12	6	18
Total	14-15	1	27	28	47	152	199
	16-17	7	40	47	315	416	731
	18-19	7	36	43	223	341	564
	Total	15	103	118	585	909	1494

Most participants were students (53% school, 4% TAFE and 29% university) and based in the Sydney catchment area (82%; see Table 4).

Table 4. Demographic characteristics of NSW sample screened as eligible 'top 25%' of drinkers

		Survey modality					
		F2F		Self-administered		Total	
		n	%	n	%	n	%
Gender	Male	52	51%	361	40%	413	41%
	Female	50	49%	535	59%	585	58%
	Transgender	1	1%	7	1%	8	1%
	I do not identify as any of the above/ prefer not to say	0	0%	6	1%	6	1%
	Total	103	100%	909	100%	1012	100%
Age	14-15	27	27%	152	17%	179	18%
	16-17	40	39%	416	46%	456	45%
	18-19	36	35%	341	38%	377	37%
	Total	103	100%	909	100%	1012	100%
Occupation	School student (full time)	64	62%	525	58%	589	58%
	TAFE student (full time)	1	1%	23	3%	24	2%
	TAFE student (part time)	1	1%	20	2%	21	2%
	University student (full time)	20	19%	196	22%	216	21%
	University student (part time)	2	2%	14	2%	16	2%
	Trade apprentice (full time)	0	0%	14	2%	14	1%
	Trade apprentice (part time)	0	0%	8	1%	8	1%
	Employed (casual or part time)	43	42%	313	34%	356	35%
	Employed (full time)	4	4%	41	5%	45	4%
	Unemployed	4	4%	42	5%	46	5%
	Home duties (full time)	1	1%	10	1%	11	1%
	Other	2	2%	16	2%	18	2%
Total	103	100%	909	100%	1012	100%	
Languages spoken in your home	English only	89	87%	752	90%	841	89%
	English and another language(s)	13	13%	87	10%	100	11%
	Total	102	100%	839	100%	941	100%
Aboriginal and or Torres Strait Islander	ATSI	0	0%	45	5%	45	4%
	Not ATSI	103	100%	864	95%	967	96%
	Total	103	100%	909	100%	1012	100%
Location	Greater Capital City area	100	97%	569	63%	669	66%
	Non-capital city area	3	3%	340	37%	343	34%
	Total	103	100%	909	100%	1012	100%
Weekly budget available for recreational use	≤\$10	3	3%	35	4%	38	4%
	\$10-39	25	25%	212	24%	237	24%
	\$40-79	28	28%	230	26%	258	26%
	\$80-119	14	14%	169	19%	183	18%
	\$120-159	11	11%	59	7%	70	7%
	≥ \$160	21	21%	170	19%	191	19%
	Do not know	0	0%	20	2%	20	2%
	Total	102	100%	895	100%	997	100%

Explanatory notes for the main findings section

The data from this project was predominantly quantitative, and was supplemented with a small number of open-ended qualitative items. The methodology focuses on the most recent occasion when the young person drank more than recommended in the NHMRC low risk drinking guidelines for adults (or any drinking in the past month amongst 14-15 year olds). The use of event-level data allowed for a rich context to be described - the linking of specific quantities of alcohol consumed, at what kind of location, the presence of other drinking peers/adults, with risks such as pre-loading with alcohol before the event, and identification of protective factors, in relation to likelihood of experience of a single instance of harm such as physical assault.

Beyond the last risky drinking session, other outcomes such as drink driving in the past 12 months, symptoms of dependence, and mental health issues are outlined in the national report.

In the following section, most tables present results separately by survey administration modality and/or by demographic. The interviewer administered surveys were conducted face to face and this modality has been abbreviated as 'F2F' in the tables. The self-administered online surveys are abbreviated as 'self-administered'. 'Both modalities' combines both the interviewer and self-administered responses.

The term 'demographic' summarises age and gender information into four main categories: Males aged 14 to 17 ('M 14-17'), Males aged 18 to 19 ('M 18-19'), Females aged 14 to 17 ('F 14-17'), and Females aged 18 to 19 ('F 18-19').

In this report, the 'total' or 'all' groups are often larger than the sum of the male and female groups. The 45 eligible respondents who were transgender or preferred not to disclose their gender have been represented within the 'total' scores.

Alcohol quantity was reported via a number of standard drinks consumed, and using the beverage-specific response method. Respondents were provided with a visual prompt through a standard drink chart to facilitate recall.

The upper alcohol quantity limit was set at 50 standard drinks. The consumption of 50 or more standard drinks over 24 hours by a healthy average Australian weight young male was estimated to generate a Blood Alcohol Content (BAC) of 0.6%. BACs over 0.4% are considered unusually high and potentially lethal, though non-lethal BAC presentations of up to 0.78% are documented (Jones, 1999). Of note is that there is substantial variation the effect of BAC on an individual depending on factors such as alcohol tolerance (Rubenzer, 2011), and the period of time the drinking occurred over (e.g. a 'single drinking occasion' may have run for over 24hours, resulting in a lower BAC).

Some participants did not answer all the questions – the resulting 'missing values' were not included in the computation of descriptive percentages and statistics such as averages. The 'Total' or 'n' included the tables reflect the number of participants who responded to the item.

6. Main findings from the 'last risky drinking session'

These young risky drinkers reported on the last time they consumed a minimum quantity of alcohol. This minimum quantity was determined by the respondents' age and gender:

- 14-15 year olds reported on the most recent occasion that they drank 1+ standard drinks in a single sitting
- 16-17 year olds on last time they had 5+ standard drinks
- 18-19 year old females on the last time they had 7+ standard drinks
- 18-19 year old males on the last time they had 9+ standard drinks

Recall period

Across both the F2F and self-administered survey modalities, more than half (61%) reported this last drinking session occurred seven or fewer days prior to completing their survey. The recall period was 14 days or less for 82%, and 28 or fewer days for 92%.

More specifically, most (69%) of the F2F sample reported that this last risky drinking session occurred seven or fewer days ago. More than three-quarters (84%) reported it occurred 14 or fewer days ago and the clear majority (96%) reported it occurred 28 or fewer days ago.

Similarly, 61% of the self-administered survey respondents had their last risky drinking session seven or fewer days ago. More than three-quarters (82%) reported it occurred 14 or fewer days ago and almost all (92%) reported it occurred 28 or fewer days ago.

Note these percentages exclude 1% of outlier recall periods. Of 1494 self-administered recall periods, n=10 had drinking session dates after the survey date and n=1 recall periods ≥ 100 days. All F2F recall periods were between 0-100 days.

Drinking locations

The most popular drinking location was a friend or acquaintance's home (63%), followed by the respondents' own home (19%), a bar/pub/hotel (17%) or a nightclub (16%). Three quarters (78%) of the young people drank at least one private location (friend's home, own home or car), and a quarter (27%) drank at least one licensed venue such as a pub or club at the last risky drinking session.

Table 5. Drinking locations at the last risky drinking session by age, gender and survey modality

Both modalities	Males 14-17	Males 18-19	All males	Females 14-17	Females 18-19	All females	Both modalities
Own home	14%	19%	15%	13%	22%	16%	16%
Friend's home	66%	59%	64%	68%	45%	60%	62%
Bar or pub or hotel	3%	47%	17%	4%	33%	14%	15%
Nightclub	1%	17%	6%	3%	27%	11%	9%
Music festival or concert	4%	0%	2%	3%	7%	4%	4%
Sporting event or club	0%	2%	1%	0%	2%	1%	1%
Restaurant	0%	1%	0%	0%	3%	1%	1%
Car	1%	1%	1%	2%	1%	2%	1%
School, TAFE, university	1%	0%	1%	0%	3%	1%	1%
Reception centre or function room	0%	2%	1%	2%	2%	2%	1%
Public or other place	31%	13%	25%	20%	9%	16%	20%
Drank in a private location (a home or car)	76%	75%	76%	80%	63%	74%	75%
Drank in a non-licensed location (home, car, park, beach etc.)	95%	81%	90%	91%	68%	83%	86%
Drank in a licensed venue (bar, pub, club, casino etc.)	3%	56%	20%	7%	52%	22%	21%
Total	226	108	334	368	199	567	915

Table 5. Drinking locations at the last risky drinking session by age, gender and survey modality (table continued)

F2F	Males 14-17	Males 18-19	All males	Females 14-17	Females 18-19	All females	All F2F
Own home	10%	20%	14%	15%	31%	20%	17%
Friend's home	71%	75%	73%	77%	69%	74%	74%
Bar or pub or hotel	0%	35%	14%	0%	44%	14%	14%
Nightclub	0%	15%	6%	3%	25%	10%	8%
Music festival or concert	0%	0%	0%	3%	6%	4%	2%
Sporting event or club	0%	0%	0%	0%	0%	0%	0%
Restaurant	0%	0%	0%	0%	0%	0%	1%
Car	0%	5%	2%	2%	0%	4%	3%
School, TAFE, university	0%	0%	0%	0%	6%	2%	1%
Reception centre or function room	0%	10%	4%	0%	0%	0%	2%
Public or other place	48%	10%	33%	18%	6%	14%	25%
Drank in a private location (a home or car)	74%	95%	82%	91%	81%	88%	85%
Drank in a non-licensed location (home, car, park, beach etc.)	94%	95%	94%	97%	81%	92%	93%
Drank in a licensed venue (bar, pub, club, casino etc.)	0%	45%	18%	3%	69%	24%	21%
Total	31	20	51	34	16	50	102

Self-administered online survey	Males 14-17	Males 18-19	All males	Females 14-17	Females 18-19	All females	All online
Own home	14%	18%	16%	13%	21%	16%	16%
Friend's home	66%	56%	63%	67%	43%	59%	60%
Bar or pub or hotel	3%	50%	18%	4%	32%	14%	15%
Nightclub	1%	17%	6%	3%	27%	11%	10%
Music festival or concert	4%	0%	3%	3%	7%	4%	4%
Sporting event or club	1%	2%	1%	0%	2%	1%	1%
Restaurant	0%	1%	0%	0%	3%	1%	1%
Car	2%	0%	1%	2%	1%	1%	1%
School, TAFE, university	1%	0%	1%	0%	2%	1%	1%
Reception centre or function room	0%	0%	0%	2%	2%	2%	1%
Public or other place	28%	14%	24%	21%	9%	16%	19%
Drank in a private location (a home or car)	76%	71%	75%	79%	61%	73%	74%
Drank in a non-licensed location (home, car, park, beach etc.)	95%	77%	90%	90%	67%	82%	85%
Drank in a licensed venue (bar, pub, club, casino etc.)	4%	58%	21%	7%	50%	22%	21%
Total	195	88	283	334	183	517	813

Drinking days and duration

Across the survey modalities, two thirds of the drinking sessions were held on Fridays (20%) or Saturdays (45%). The first drink was most commonly consumed in the early evening (29% between 5-6.30pm, 34% between 7-8.30pm), and the last drink around midnight (26% 10-11.30pm, 30% midnight-1.30am, 20% 2-3.30am). The drinking session ran for an average of 6.4 hours (95% CI: 6.1, 6.6, n=880).

For F2F participants, Fridays (14%) and Saturdays (49%) were the most common days when the drinking session commenced. The first drink was usually consumed in the early evening (18% between 5-6.30pm, 44% between 7-8.30pm), and the last drink around midnight (29% 10-11.30pm, 30% midnight-1.30am, 10% 2-3.30am). The mean drinking session duration was 4.9 hours (95% CI for the mean: 4.3, 5.4, n=103).

For self-administered survey participants, Fridays (21%) and Saturdays (44%) were the most popular drinking session day. The first drink was most commonly consumed in the early evening (30% between 5-6.30pm, 32% between 7-8.30pm), and the last drink around midnight (26% 10-11.30pm, 30% midnight-1.30am, 22% 2-3.30am). The mean drinking session duration was 6.6 hours (95% CI for the mean: 6.3, 6.9, excluding 27 outliers beyond 0-24 hours; n=777).

Beverage types

The most popular drink types were spirits (72%), beer (41%) and ready to drink beverages ('RTDs'; 40%). Females were more likely to report drinking spirits, RTDs, wine, cider and liqueurs or cocktails than males. Males were more likely to report drinking beer.

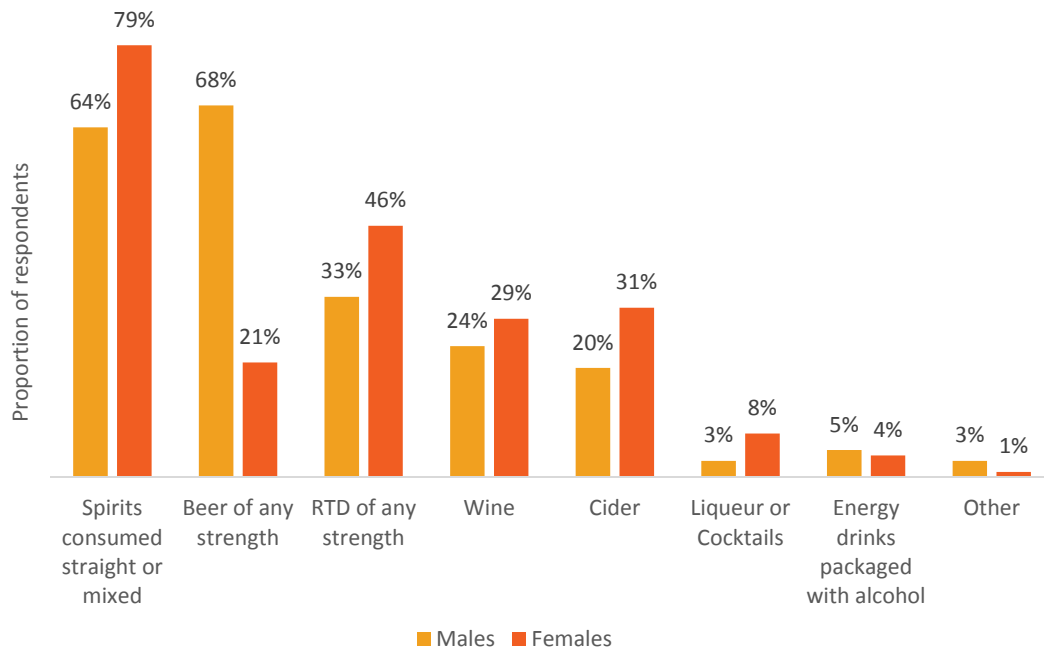
Table 6. Types of beverages consumed at the last risky drinking session

F2F	Male 14-17	Male 18-19	Male	Female 14-17	Female 18-19	Female	Total
Spirits consumed straight or mixed	48%	80%	61%	79%	94%	84%	73%
Beer of any strength	71%	70%	71%	21%	31%	24%	48%
RTD of any strength	7%	25%	14%	18%	6%	14%	14%
Wine	39%	35%	37%	32%	56%	40%	39%
Cider	16%	25%	20%	21%	31%	24%	22%
Liqueur or Cocktails	0%	5%	2%	3%	19%	8%	6%
Energy drinks packaged with alcohol	0%	0%	0%	3%	0%	2%	1%
Other	0%	0%	0%	3%	0%	2%	2%
Total	31	20	51	34	16	50	102

	Male 14-17	Male 18-19	Male	Female 14-17	Female 18-19	Female	Total
Self-administered							
Spirits consumed straight or mixed	66%	60%	64%	80%	76%	79%	74%
Beer of any strength	61%	82%	68%	22%	18%	20%	37%
RTD of any strength	38%	32%	36%	55%	40%	50%	45%
Wine	23%	20%	22%	24%	35%	28%	26%
Cider	25%	10%	20%	30%	34%	31%	28%
Liqueur or Cocktails	3%	5%	4%	5%	12%	7%	6%
Energy drinks packaged with alcohol	5%	6%	5%	5%	4%	5%	5%
Other	4%	1%	3%	2%	1%	1%	2%
Total	193	88	281	332	181	513	807

Both modalities combined	Male 14-17	Male 18-19	Male	Female 14-17	Female 18-19	Female	Total
Spirits consumed straight or mixed	64%	64%	64%	80%	78%	79%	74%
Beer of any strength	63%	80%	68%	22%	19%	21%	39%
RTD of any strength	34%	31%	33%	51%	38%	46%	41%
Wine	25%	22%	24%	25%	37%	29%	27%
Cider	24%	13%	20%	29%	34%	31%	27%
Liqueur or Cocktails	3%	5%	3%	5%	12%	8%	6%
Energy drinks packaged with alcohol	5%	5%	5%	5%	4%	4%	5%
Other	4%	1%	3%	2%	1%	1%	2%
Total	224	108	332	366	197	563	909

Figure 2. Types of beverages consumed at the last risky drinking session (combined modalities)



Pre-drinking

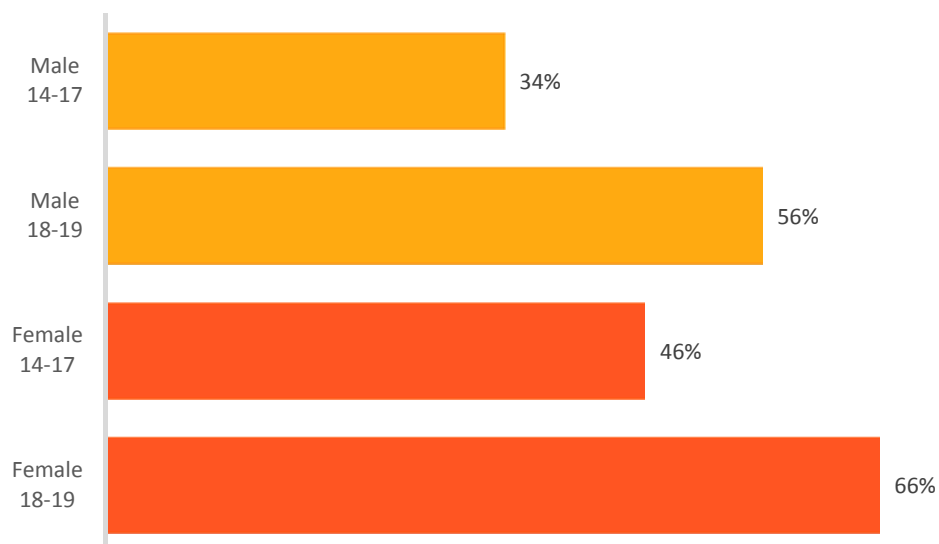
'Pre-drinking', also known as having 'pre's' or 'pre-loading', is consuming alcohol before you 'go out'. For example, you and your friends might drink alcohol at home before going out to a nightclub or a house party where there are more people.

Half (50%) pre-drank at the last risky drinking session. Females were significantly more likely to engage in pre-drinking (40% vs. 53%, $X_2=15.93$, $p<.001$) and participants aged 18-19 were more likely to pre-drink than those aged 14-17 (41% vs. 62%, $X_2=41.25$, $p<.001$).

Table 7. Pre-drinking at the last risky drinking session

		Male 14-17	Male 18-19	Male	Female 14-17	Female 18-19	Female	Total
F2F	No	89%	70%	81%	77%	38%	64%	73%
	Yes	13%	30%	19%	24%	63%	36%	27%
	Unsure	0%	0%	0%	0%	0%	0%	0%
	Total	32	20	52	34	16	50	103
Self-administered	No	59%	38%	52%	50%	33%	44%	47%
	Yes	37%	61%	45%	48%	67%	55%	51%
	Unsure	4%	1%	3%	2%	0%	1%	2%
	Total	195	88	283	334	183	517	813
Total	No	63%	44%	57%	53%	34%	46%	50%
	Yes	34%	56%	41%	46%	66%	53%	48%
	Unsure	4%	1%	3%	2%	0%	1%	2%
	Total	227	108	335	368	199	567	916

Figure 3. Pre-drinking at the last drinking session



Quantity consumed

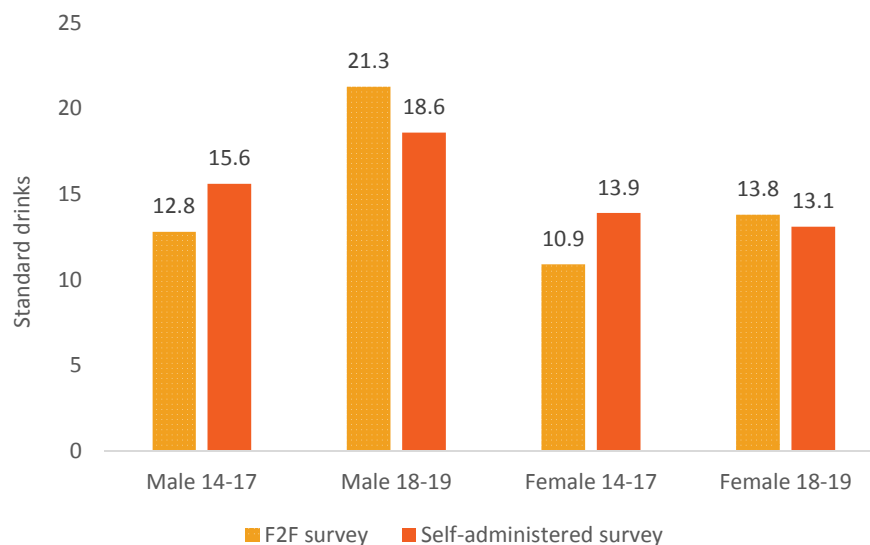
Respondents reported how much alcohol they drank at their last risky drinking session using the beverage specific response method.

Table 8. Mean alcohol use at the last risky drinking session

	Survey modality											
	F2F				Self-administered				Both modalities			
	95% CI for mean				95% CI for mean				95% CI for mean			
	Mean	LB	UB	n	Mean	LB	UB	n	Mean	LB	UB	n
Male 14-17	12.8	9.4	16.2	31	15.6	13.9	17.2	160	15.1	13.6	16.6	191
Male 18-19	21.3	16.9	25.6	20	18.6	16.5	20.6	79	19.1	17.3	21.0	99
Males 14-19	16.1	13.3	19.0	51	16.5	15.2	17.9	239	16.5	15.3	17.7	290
Female 14-17	10.9	9.0	12.7	34	13.9	12.7	15.1	266	13.5	12.5	14.6	300
Female 18-19	13.8	11.1	16.5	16	13.1	12.0	14.2	148	13.2	12.1	14.2	164
Females 14-19	11.8	10.3	13.3	50	13.6	12.7	14.5	414	13.4	12.6	14.2	464
Total	13.9	12.3	15.6	102	14.7	13.9	15.4	662	14.6	13.9	15.2	764

Note: responses above 50 standard drinks were excluded from analyses.

Figure 4. Mean alcohol consumed at the last risky drinking session by age, gender and modality



The clear majority (87%) reported that they usually drank ‘a little less’, ‘a similar amount’, or ‘a little more’ compared to the last risky drinking session they described in the survey. More specifically, 7% said they usually drank a lot less, 25% usually drank a little less, 43% usually drank a similar amount, 18% usually drank a little more, and 7% usually drank a lot more alcohol (n=712).

Outcomes of alcohol use from last session

Alcohol-related outcomes were assessed over two time periods: the ‘last risky drinking session’ and the past 12 months. These 32 outcomes covered a range of areas and included the items from the Brief Young Adult Alcohol Consequences Questionnaire (Kahler, Strong, & Read, 2005). The 10 most frequently endorsed outcomes experienced in association with the last risky drinking session are presented in Table 10.

Table 10. Outcomes experienced in association with the last risky drinking session

	F2F			Self-administered			Both modalities		
	Male	Female	All	Male	Female	All	Male	Female	All
I found it easier to talk to people due to my drinking	62%	72%	66%	70%	69%	69%	68%	69%	69%
While drinking, I have said or done embarrassing things	21%	38%	30%	33%	36%	35%	31%	36%	34%
I had a hangover (headache, sick stomach) the morning after I had been drinking	31%	36%	33%	27%	35%	32%	27%	35%	32%
I have felt very sick to my stomach or thrown up after drinking	17%	20%	18%	20%	19%	20%	20%	19%	20%
I have found that I needed larger amounts of alcohol to feel any effect, or that I could no longer get high or drunk on the amount that used to get me high or drunk	15%	16%	16%	19%	20%	19%	18%	20%	19%
When drinking, I have done impulsive things I regretted later	14%	12%	13%	15%	19%	18%	14%	19%	17%
I’ve not been able to remember large stretches of time while drinking heavily	14%	22%	18%	17%	18%	18%	16%	18%	18%
I have often found it difficult to limit how much I drink	15%	20%	18%	17%	17%	17%	16%	17%	17%
I have had less energy or felt tired because of my drinking	29%	26%	28%	24%	25%	24%	25%	25%	25%
I have been injured due to my drinking (inc. cuts & bruises)	14%	14%	14%	19%	21%	20%	18%	20%	19%
N	52	50	103	253	457	720	305	507	823

Use of safety strategies while drinking

Use of safety (harm reduction) strategies during the past 12 months was assessed using Martens' Protective Behavioral Strategies Scale (Martens, Ferrier, & Cimini, 2007). These behavioural strategies can limit alcohol-related problems even after controlling for the quantity of alcohol consumed. Table 11 lists the safety strategies 'always' or 'usually' engaged in while drinking by gender and survey administration modality.

Table 11. Safety strategies usually or always engaged in while drinking in the past 12 months.

	F2F			Self-administered			Both modalities		
	Male	Female	All	Male	Female	All	Male	Female	All
Subscale 1: Stopping/ Limiting Drinking									
Determine not to exceed a set number of drinks	10%	18%	14%	19%	17%	18%	17%	18%	18%
Alternate alcoholic and non-alcoholic drinks	28%	33%	30%	24%	22%	23%	24%	24%	24%
Have a friend let you know when you have had enough to drink	18%	33%	25%	22%	22%	22%	21%	23%	22%
Leave the bar or party at a predetermined time	33%	41%	38%	25%	25%	25%	27%	27%	27%
Stop drinking at a predetermined time	24%	4%	15%	17%	13%	14%	18%	12%	14%
Drink water while drinking alcohol	63%	55%	58%	43%	43%	43%	47%	44%	45%
Put extra ice in your drink	8%	18%	8%	14%	11%	12%	13%	11%	12%
Subscale 2: Manner of Drinking									
Avoid drinking games	22%	14%	19%	10%	10%	11%	12%	11%	12%
Drink shots of spirits (risk behaviour)	47%	57%	53%	49%	62%	57%	49%	62%	57%
Avoid mixing different types of alcohol	12%	18%	15%	22%	17%	19%	20%	17%	19%
Drink slowly, rather than gulp or scull	24%	18%	22%	14%	16%	15%	15%	16%	16%
Avoided trying to "keep up" or out-drink others	31%	49%	41%	25%	34%	31%	26%	36%	32%
Subscale 3: Serious Negative Consequences									
Use a designated driver	29%	39%	35%	45%	49%	48%	42%	48%	46%
Made sure that you go home with a friend	47%	80%	63%	52%	78%	68%	51%	77%	67%
Know where your drink has been at all times	63%	80%	70%	66%	80%	75%	66%	80%	75%
Total	51	49	101	236	437	681	287	486	782

Table note: Response options presented in the survey were: never, rarely, occasionally, sometimes, usually and always. These six options were dichotomised for summary purposes and this table represents individuals who selected usually or always.

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