



New South Wales: Young Risky Drinkers' Most Recent Risky Drinking Session



We asked what a drinking session looked like

One in five Australian 14-19 year olds drink at levels considered to be putting them at risk of injury at least once a month (1).

The heaviest teenage drinkers tend to disproportionately experience more alcohol related harms while being underrepresented in many health surveys which examine the Australian population as a whole.

This study, the Young Australians Alcohol Reporting System (YAARS), aimed to investigate the drinking occasions that were associated with a risk of harm.

We were interested in the most recent occasion when a teenager drank more than what the national guidelines describe as lower-risk. We asked questions such as how much they drank, where they drank, the types of beverages they had, and about some of the outcomes of this drinking.

We asked about these experiences to determine which factors contribute to, or protect young people from alcohol related harms.

The 14-19 year old participants were amongst the riskiest drinking 25% of their age-bracket

Risky drinking teenagers were surveyed all over Australia

In 2016 and 2017 we conducted over 3,400 face-to-face interviews and online surveys with young people aged 14-19. This bulletin presents the findings from our 1,012 New South Wales based teenagers (103 face-to-face interviews and 909 online surveys).

The participants represented the riskiest drinking 20-25% of their age-bracket (most were consuming 5+ standard drinks in a single session, at least twice a month).

Participants were recruited through social media advertising, peer-referral, and posters at educational facilities and services frequented by young people.

This study is not representative of all 14-19 year old drinkers. Our sample represents a minority subset who engage in risky alcohol consumption. Please refer to our other publications for further information on the project's methods, and comparisons with age-matched groups recruited using representative sampling techniques (2).

Where did they drink?

- A friend's home (62%)
 - Their own home (16%)
 - A bar or pub (15%)
 - Club (19%)
 - Music festival or concert (4%)
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- Most (86%) drank in at least one
 - non-licensed location such as a home, car, park, or beach during their session

Young risky drinkers described the most recent occasion when they drank beyond national guideline quantities*

* These quantities were different for each age and gender group. E.g. it was 5+ standard drinks for those aged 16-17 years.

When did they drink?

- More than half (61%) described this drinking session as occurring 7 or fewer days ago and 82% reported it occurred 14 or fewer days ago
- 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).

Popular beverage types

The most popular drink types were spirits (72%), beer (41%) pre-mixed drinks (40%), wine (27%), and cider (27%). Females were more likely to report drinking spirits, pre-mixed drinks, wine, cider and liqueurs or cocktails than males. Males were more likely to report drinking beer.

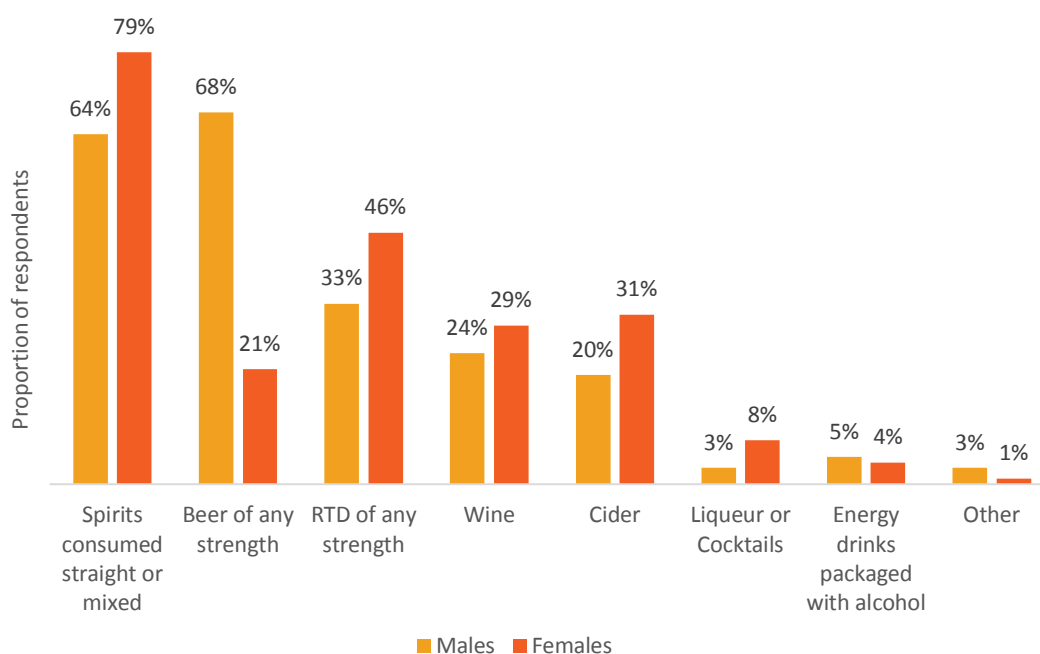


Figure 1. Beverage types consumed at the last risky drinking session

Half pre-drank

Female participants were 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%, $X^2=41.25$, $p<.001$).

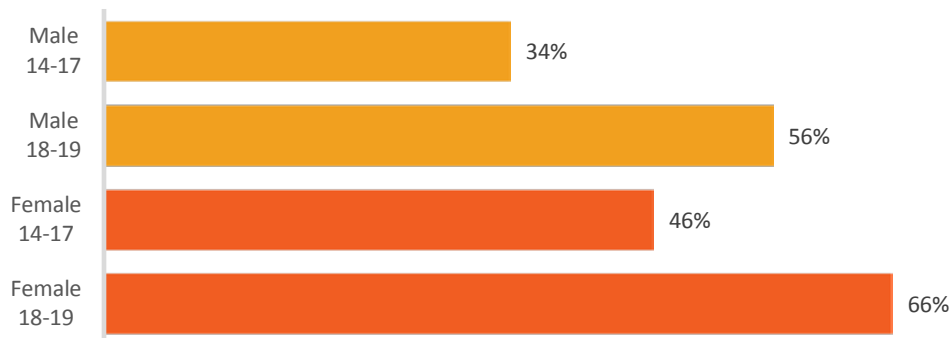


Figure 2. Proportion of participants who had pre-drunk on their last risky drinking session

How much did they drink?

Males drank more than females and older respondents drank more than younger respondents.

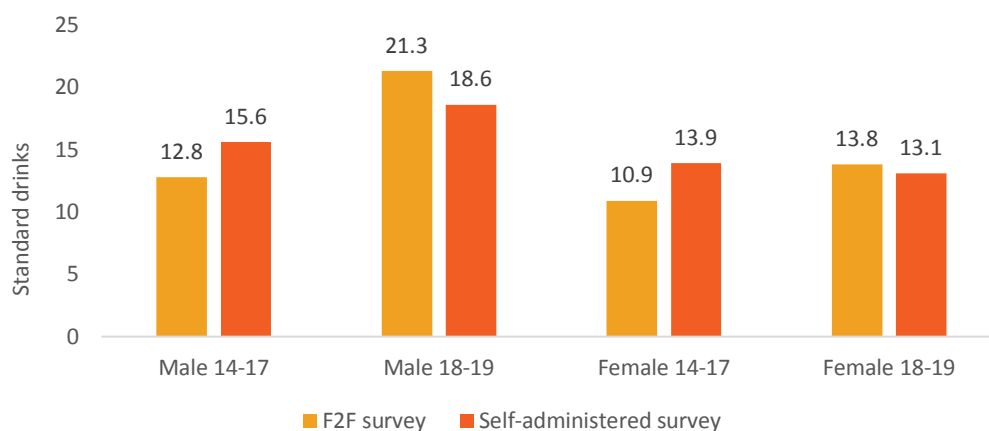


Figure 3. Average alcohol use at the last risky drinking session by age, gender and survey administration modality

Alcohol-related outcomes from this drinking session

Harms reported to have occurred as a result of this drinking session included:

- Hangover (32%)
- Saying or doing embarrassing things (34%)
- Having less energy or feeling tired because of my drinking (25%)
- Feeling very sick to my stomach or thrown up after drinking (20%)
- Needing larger amounts of alcohol to feel any effect, or finding I could no longer get high or drunk on the amount that used to get me high or drunk (19%)
- Not being able to remember large stretches of time while drinking heavily (18%)

- Finding it difficult to limit how much I drink (17%)
- Been injured due to my drinking (inc. cuts & bruises; 19%)
- When drinking, I have done impulsive things I regretted later (17%)

How did they try to keep safe?

Protective strategies used to reduce alcohol consumption or to limit alcohol-related problems. These behaviours can limit alcohol-related problems even after controlling for the quantity of alcohol consumed (3). The safety strategies most closely related to limiting experience of alcohol-related problems are those related to quantity reduction - when the individual is 'determined not to exceed a set number of drinks' (18% always or usually did this) and when they 'avoid trying to keep-up or out-drink others' (32% always or usually did this).

Table 1. Safety strategies 'always' or 'usually' engaged in while drinking in the past 12 months

	Male	Female
Determine not to exceed a set number of drinks	17%	18%
Alternate alcoholic and non-alcoholic drinks	24%	24%
Have a friend let you know when you have had enough to drink	21%	23%
Leave the bar or party at a predetermined time	27%	27%
Stop drinking at a predetermined time	18%	12%
Drink water while drinking alcohol	47%	44%
Put extra ice in your drink	13%	11%
Avoid drinking games	12%	11%
Drink shots of spirits (risk behaviour)	49%	62%
Avoid mixing different types of alcohol	20%	17%
Drink slowly, rather than gulp or scull	15%	16%
Avoided trying to "keep up" or out-drink others	26%	36%
Use a designated driver	42%	48%
Made sure that you go home with a friend	51%	77%
Know where your drink has been at all times	66%	80%
N	287	486

Citation for bulletin: Aiken A, Burns L, Allsop S, Lenton S, Chikritzhs T, Gilmore W, Liang W, Pandzic I, Ogeil R, Lloyd B, Lubman D, Bruno R, Roche A, ACT Health, Olsen A, Midford R, Salom C, Alati R, Mattick RP, Lam T (2017) New South Wales: Young Risky Drinkers' Most Recent Risky Drinking Session. National Drug Research Institute, Curtin University, Perth, Western Australia. Available from: <http://ndri.curtin.edu.au/research/yaars/bulletins>.

The Young Australians Alcohol Reporting System is a project led by the National Drug Research Institute (NDRI; Curtin University, WA) in collaboration with their partners at the National Drug and Alcohol Research Centre (NDARC; University of New South Wales), Eastern Health Clinical School (Monash University and Turning Point; VIC), The University of Tasmania, Flinders University (SA), ACT Health, Charles Darwin University (NT), and the University of Queensland. This study was funded by the Australian Government's Department of Health and Ageing (grant D16-451850) to promote good health in general, with an emphasis on young people. **For further information** contact Prof. Simon Lenton at the National Drug research Institute on +61 8 9266 1600 or s.lenton@curtin.edu.au.

References (1) Australian Institute of Health and Welfare. 2016 National Drug Strategy Household Survey Key Findings. (2) Lam T, Lenton S, Ogeil R, Burns L, Aiken A, Chikritzhs T, et al. Most recent risky drinking session with Australian teenagers. Australian and New Zealand Journal of Public Health. 2017;41(1). (3) Martens MP, Ferrier AG, Cimini M. Do Protective Behavioral Strategies Mediate the Relationship Between Drinking Motives and Alcohol Use in College Students? Journal of Studies on Alcohol and Drugs. 2007;68(1).