

More than 11 million people aged 18-64 years are alcohol dependent in Europe (EU+ Iceland+ Norway+ Switzerland), whereas more than 22 million qualify for an alcohol use disorder (AUD; i.e. alcohol dependence or alcohol abuse/harmful use)

monitoring
 alcohol-attributable harm
dependence
 heavy drinking

Alcohol dependence and alcohol abuse/harmful use was estimated in general population surveys by a variety of different measurement instruments; either well accepted screening instruments like the CAGE or the Alcohol Use Disorders Identification Test (AUDIT), or based on DSM-IV diagnostic criteria, e.g. assessed with the Munich Composite International Diagnostic Interview (M-CIDI). In addition, alcohol use in grams per day was measured.

Heavy drinking (defined as 40+ grams/day for women and 60+ grams/day for men) - clearly related with a major share of alcohol-attributable burden - was more than twice as prevalent as alcohol dependence (5.2% alcohol dependence versus 13.9% heavy drinking). More than 240,000 people die each year because of their alcohol use in ALICE RAP countries (EU-27 plus Iceland, Norway, and Switzerland). A clear majority of overall alcohol-attributable burden was due to heavy drinking and alcohol dependence.

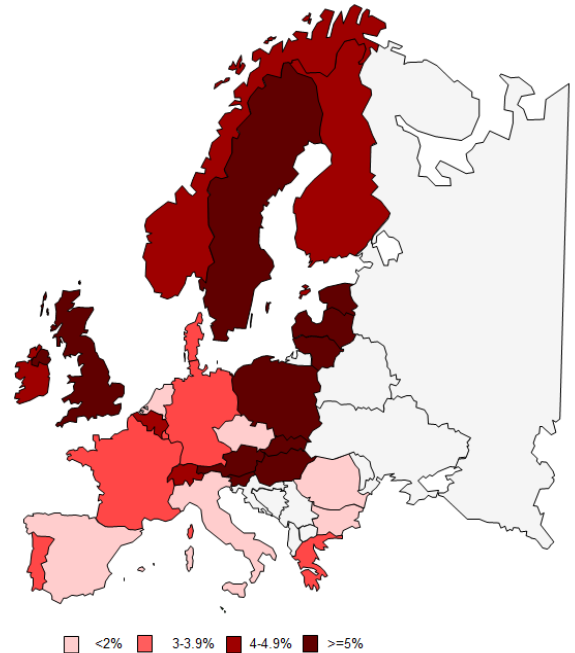


Figure: Alcohol dependence prevalence (12 month) in Europe, 18-64 years old

As data stem from general population surveys these estimates can be seen as conservative estimates; general population surveys commonly do not include marginalized, homeless, or institutionalized individuals which commonly have even higher prevalence rates of alcohol dependence, alcohol use disorders or heavy drinking.

Only very few countries regularly monitor heavy alcohol use and AUD in a standardized and comparable way. Given that alcohol-attributable burden of disease is one of the major contributors to overall burden of disease in Europe, standardized reporting is of importance for a continuous monitoring of alcohol-attributable mortality and morbidity due to AUD and heavy use.

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Rehm J., Anderson P., Barry J., Dimitrov P., Elekes Z., Feijão F., Frick U., Gual A., Gmel G., Kraus L., Marmet S., Raninen J., Rehm M., Scafato E., Shield K., Trapencieris M., Gmel G. (2015): Prevalence and potential influencing factors of alcohol dependence in Europe. *European Addiction Research*, 21(1), 6-18. [DOI:10.1159/000365284](https://doi.org/10.1159/000365284).

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