



Alcohol Use in Bermuda

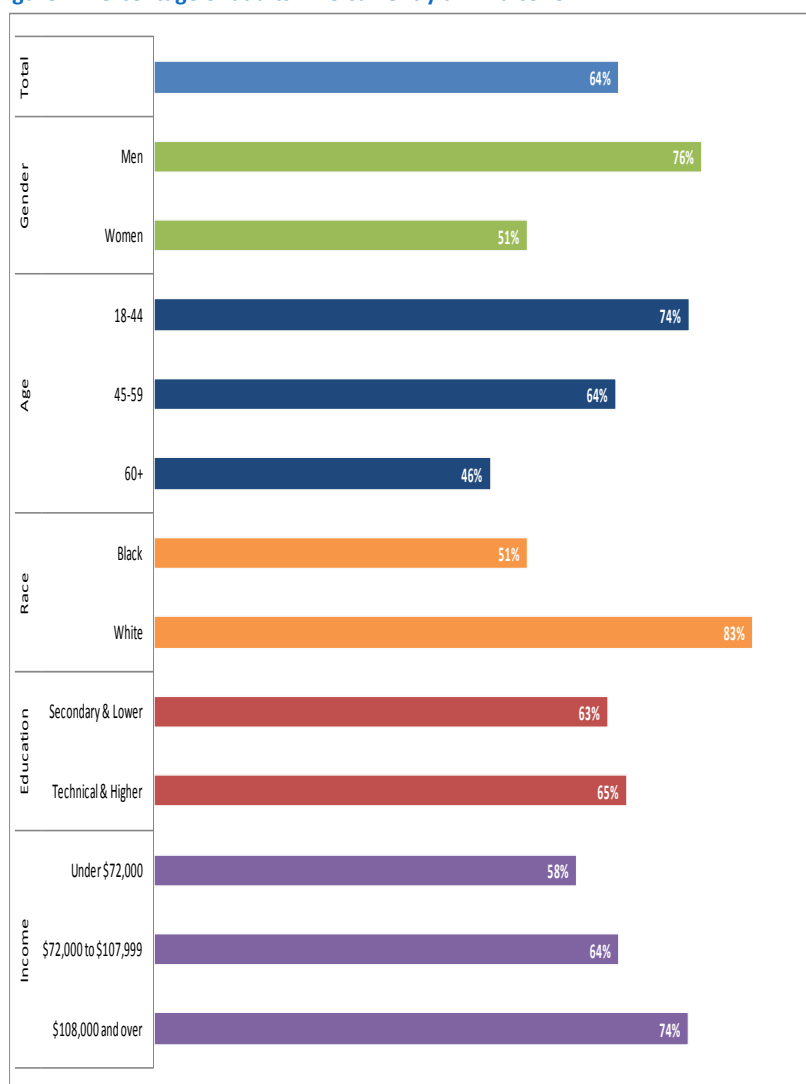
Selected Results from STEPS to a Well Bermuda 2014

Alcohol use is the third largest risk factor for chronic diseases in countries like Bermuda. Besides its direct effects, alcohol use plays a role in various cancers, liver disease, murders and traffic collisions. Heavy alcohol use increases the risk of heart disease and stroke.

Highlights

- More than 3 in 5 persons currently drink alcohol. This includes half of all women and three quarters of men. Persons aged 60 years and older were least likely to drink alcohol. There were also differences by race.
- Almost a quarter of current drinkers drink alcohol daily.
- Current drinkers tend to drink 3 alcoholic drinks at a time and drink alcohol on 11 days per month.
 - On average, the largest number of alcoholic drinks at a time was 4.
- Among current drinkers, a third of men and 15% of women would be considered binge drinkers as they drank 5 or more drinks at a time.
- Overall, less than 1 in 10 persons never drank alcohol in their lifetime. Females were 4 times more likely to have never drank alcohol than males.

Figure 1. Percentage of adults who currently drink alcohol



For additional information, please email:

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Reference:

World Health Organization (2005). *WHO STEPS Surveillance Manual: The WHO STEPwise approach to chronic disease risk factor surveillance*. Geneva, World Health Organization