



ΚΕΝΤΡΑ ΠΡΟΛΗΨΗΣ ΤΩΝ ΕΞΑΡΤΗΣΕΩΝ ΚΑΙ  
ΠΡΟΑΓΩΓΗΣ ΤΗΣ ΨΥΧΟΚΟΙΝΩΝΙΚΗΣ ΥΓΕΙΑΣ



GREECE chapter



# Measuring Risky Drinking: A Joint AUDIT Survey ISSUP Greece & ISSUP Kazakhstan

Natalia Zachartzi  
Social Worker, MSc  
Scientific Director SEIRIOS Prevention Centres  
ISSUP Greece Coordinator

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# POPULATION ESSENTIALS

DEMOGRAPHICS AND OTHER KEY INDICATORS



GREECE

TOTAL  
POPULATION



**10.32**  
MILLION

FEMALE  
POPULATION



**51.2%**

MALE  
POPULATION



**48.8%**

YEAR-ON-YEAR CHANGE  
IN TOTAL POPULATION



**-0.4%**  
**-38 THOUSAND**

MEDIAN AGE OF  
THE POPULATION



**45.6**

URBAN  
POPULATION



**80.8%**

POPULATION DENSITY  
(PEOPLE PER KM<sup>2</sup>)



**78.9**

OVERALL LITERACY  
(ADULTS AGED 15+)



**93.9%**

FEMALE LITERACY  
(ADULTS AGED 15+)



**91.8%**

MALE LITERACY  
(ADULTS AGED 15+)



**96.1%**

19

SOURCES: KEPIOS ANALYSIS; UNITED NATIONS; LOCAL GOVERNMENT AUTHORITIES; WORLD BANK; UNESCO; CIA WORLD FACTBOOK; OUR WORLD IN DATA; INDEXMUNDI; KNOEMA.

we  
are  
social

Meltwater

Greece ranks 95<sup>th</sup> country in the world in terms of both population and land area.

It is at the crossroads of Europe, Asia and Africa.

Key findings from the 2024 ESPAD survey  
regarding alcohol use among 15–16-year-old students in Greece  
and a comparison with the 2019 ESPAD survey:

Indicator	Greece	ESPAD Europe Avg
Perceive alcohol easy to obtain	92 %	~78 %
Last-month alcohol use	~75 %	~48 %
Heavy episodic drinking (binge)	~35 %+	~31 %
Drunk in last month	≤ 10 %	~13 %

Indicator	2019	2024	Change
Lifetime alcohol use	~89%	~92%	↑ Slight increase
Alcohol use in last 30 days	~64%	~75%	↑ Noticeable rise
Binge drinking (last 30 days)	~38%	~35%	↓ Slight decrease
Drunk in last 30 days	~12%	≤ 10%	↓ Modest decrease
Perceived ease of access	~89%	92%	↑ High & stable



# Research Methodology

Data Based on 547 Completed AUDIT Forms

- Sample: Adults 18+
- Distribution: Through social media platforms
- Instrument: online full AUDIT adapted for Greece
- Objective: Study the prevalence of hazardous and harmful drinking
- Aim: study the need for developing prevention interventions on Alcohol Use

Collaboration ISSUP Greece & ISSUP Kazakhstan

**AUDIT questionnaire**

Please circle the answer that is correct for you

1. How often do you have a drink containing alcohol?

- Never
- Monthly or less
- 2-4 times a month
- 2-3 times a week
- 4 or more times a week

2. How many standard drinks containing alcohol do you have on a typical day when drinking?

- 1 or 2
- 3 or 4
- 5 or 6
- 7 to 9
- 10 or more

3. How often do you have six or more drinks on one occasion?

- Never
- Less than monthly
- Monthly
- Weekly
- Daily or almost daily

4. During the past year, how often have you found that you were not able to stop drinking once you had started?

- Never
- Less than monthly
- Monthly
- Weekly
- Daily or almost daily

5. During the past year, how often have you failed to do what was normally expected of you because of drinking?

- Never
- Less than monthly
- Monthly
- Weekly
- Daily or almost daily

6. During the past year, how often have you needed a drink in the morning to get yourself going after a heavy drinking session?

- Never
- Less than monthly
- Monthly
- Weekly
- Daily or almost daily

7. During the past year, how often have you had a drink containing alcohol?

- Never
- Less than monthly
- Monthly
- Weekly
- Daily or almost daily

8. During the past year, have you ever felt guilty about your drinking?

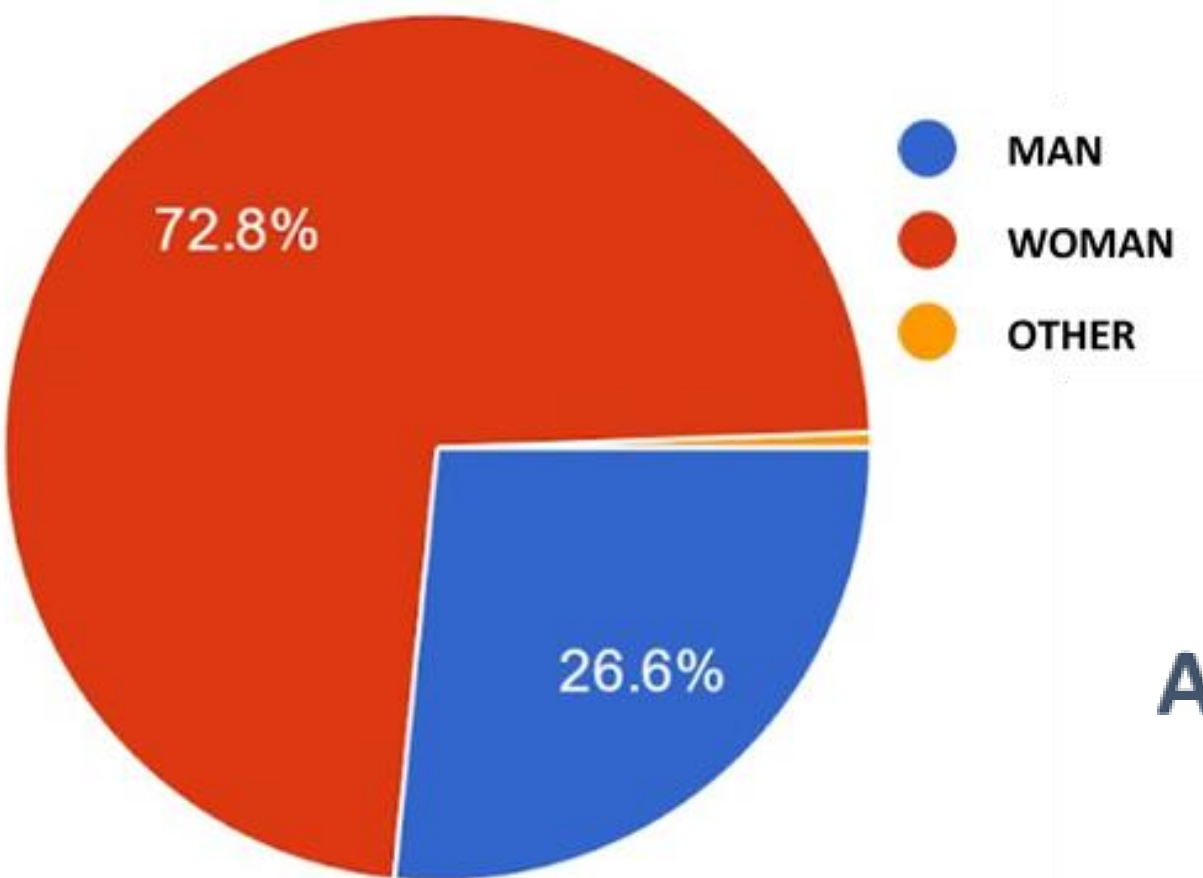
- Never
- Less than monthly
- Monthly
- Weekly
- Daily or almost daily

9. Have you or someone close to you ever been worried or annoyed about your drinking?

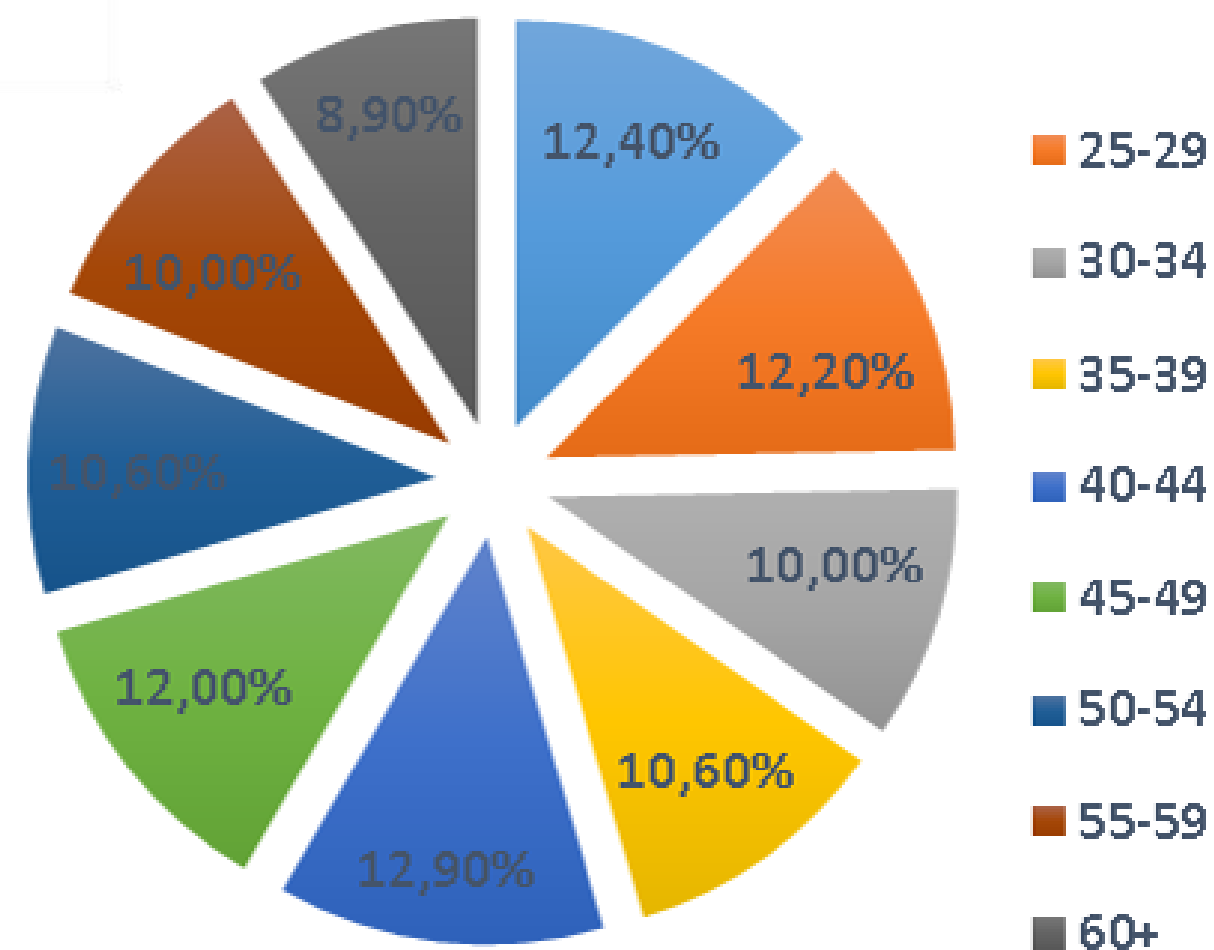
- No
- Yes, but only a little
- Yes, quite a lot

10. Has a doctor or another health professional ever said to you, 'You've got a drinking problem'?

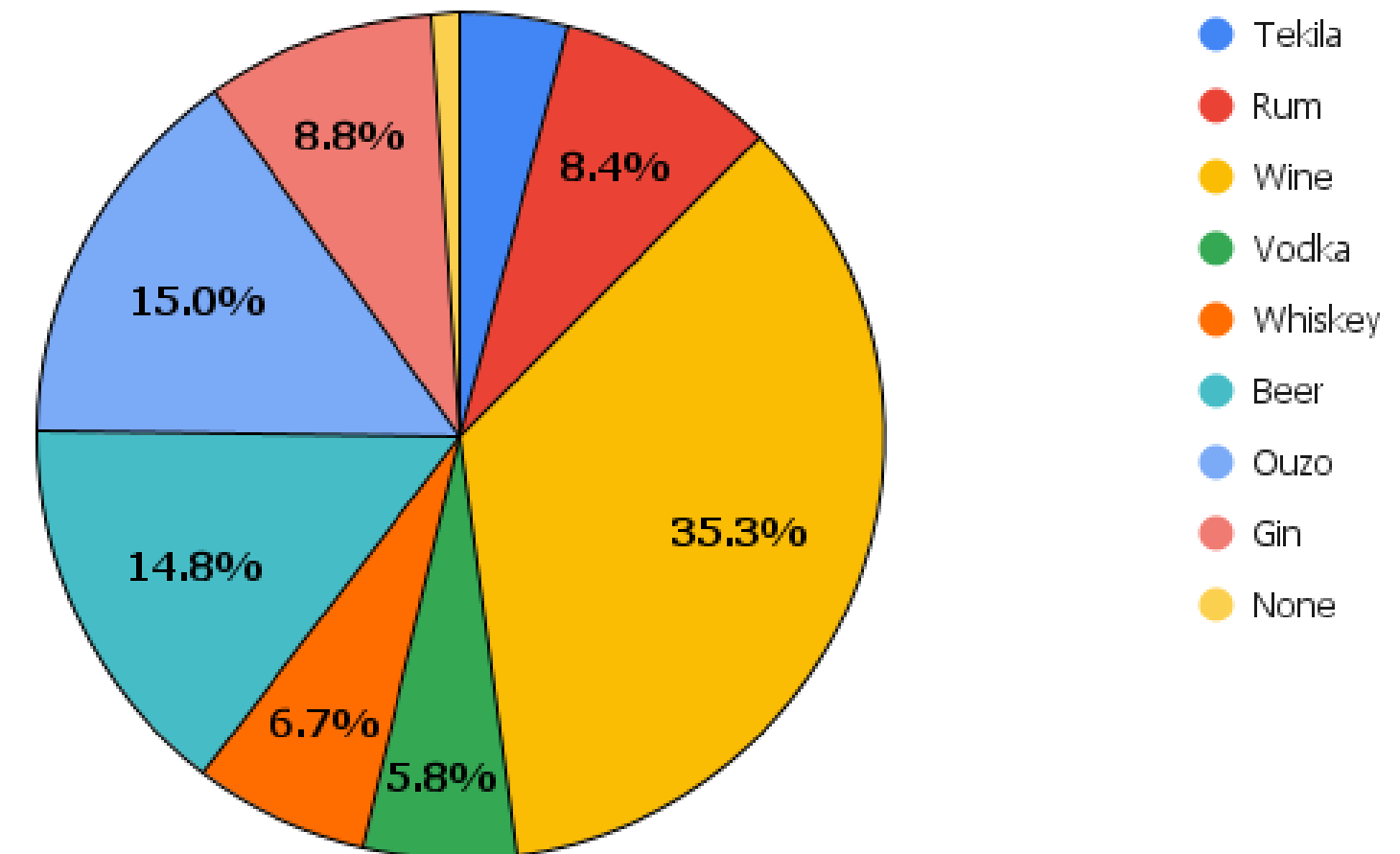
- No
- Yes, but only a little
- Yes, quite a lot



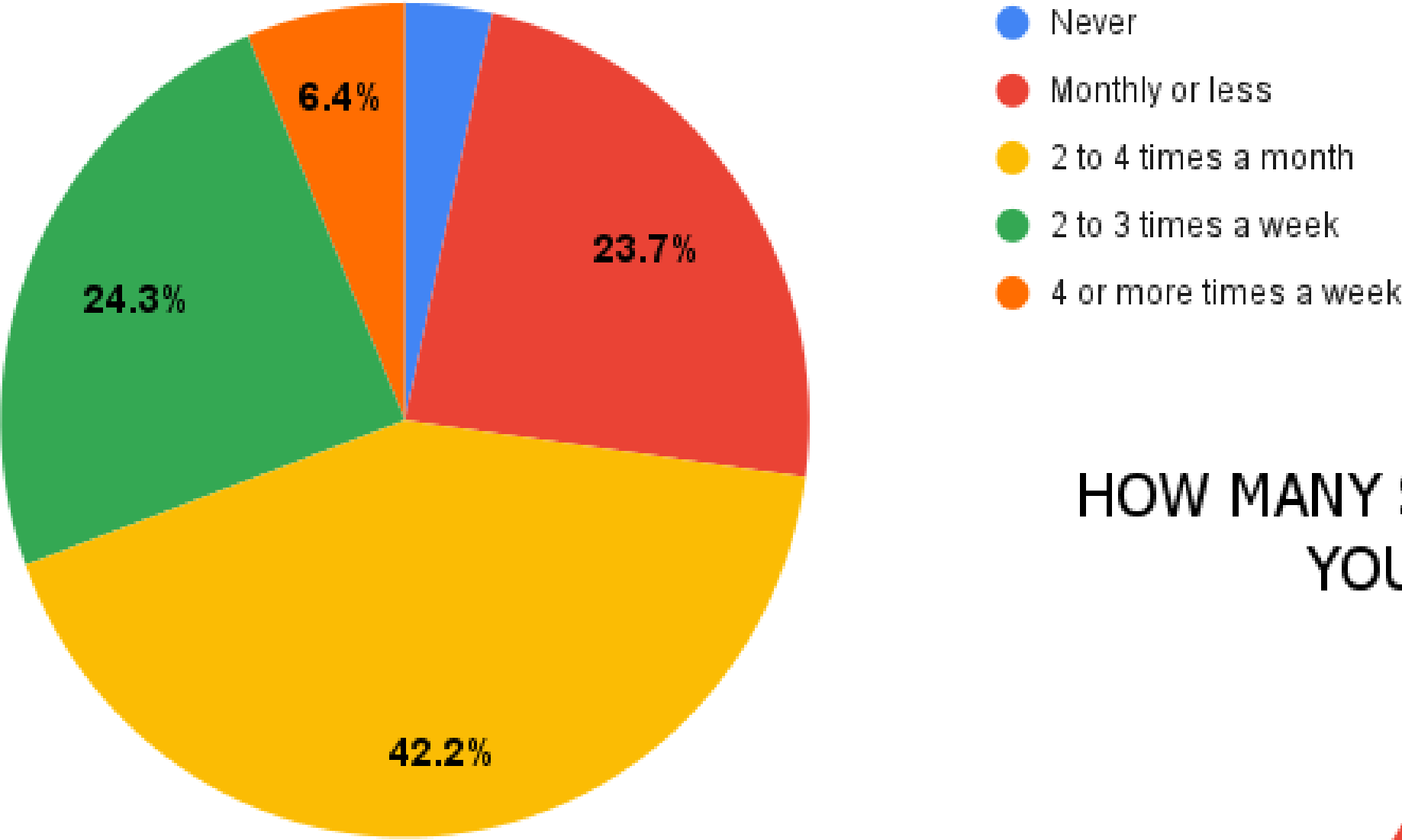
AGE RANGE



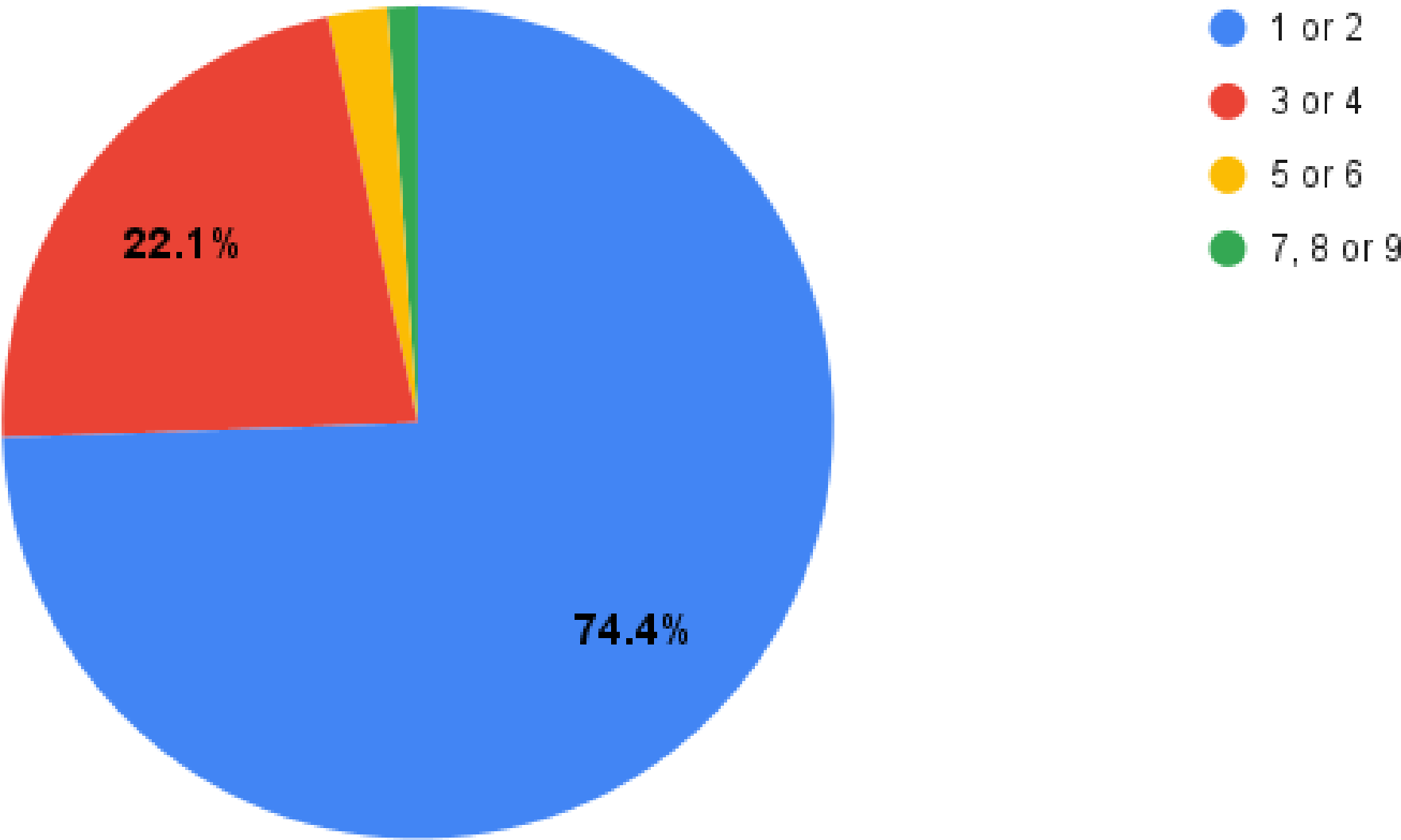
ALCOHOL OF PREFERENCE



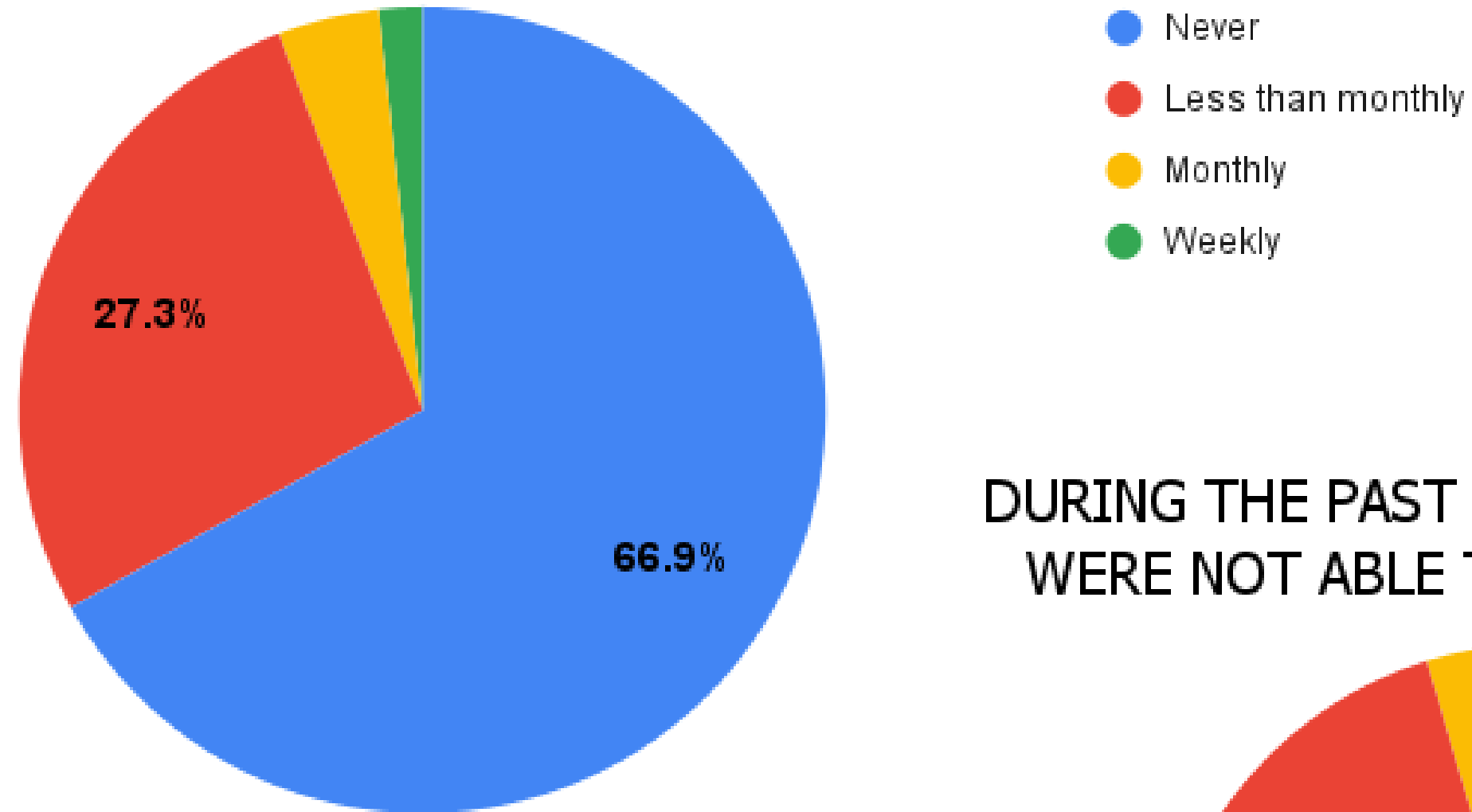
HOW OFTEN DO YOU HAVE A DRINK CONTAINING ALCOHOL



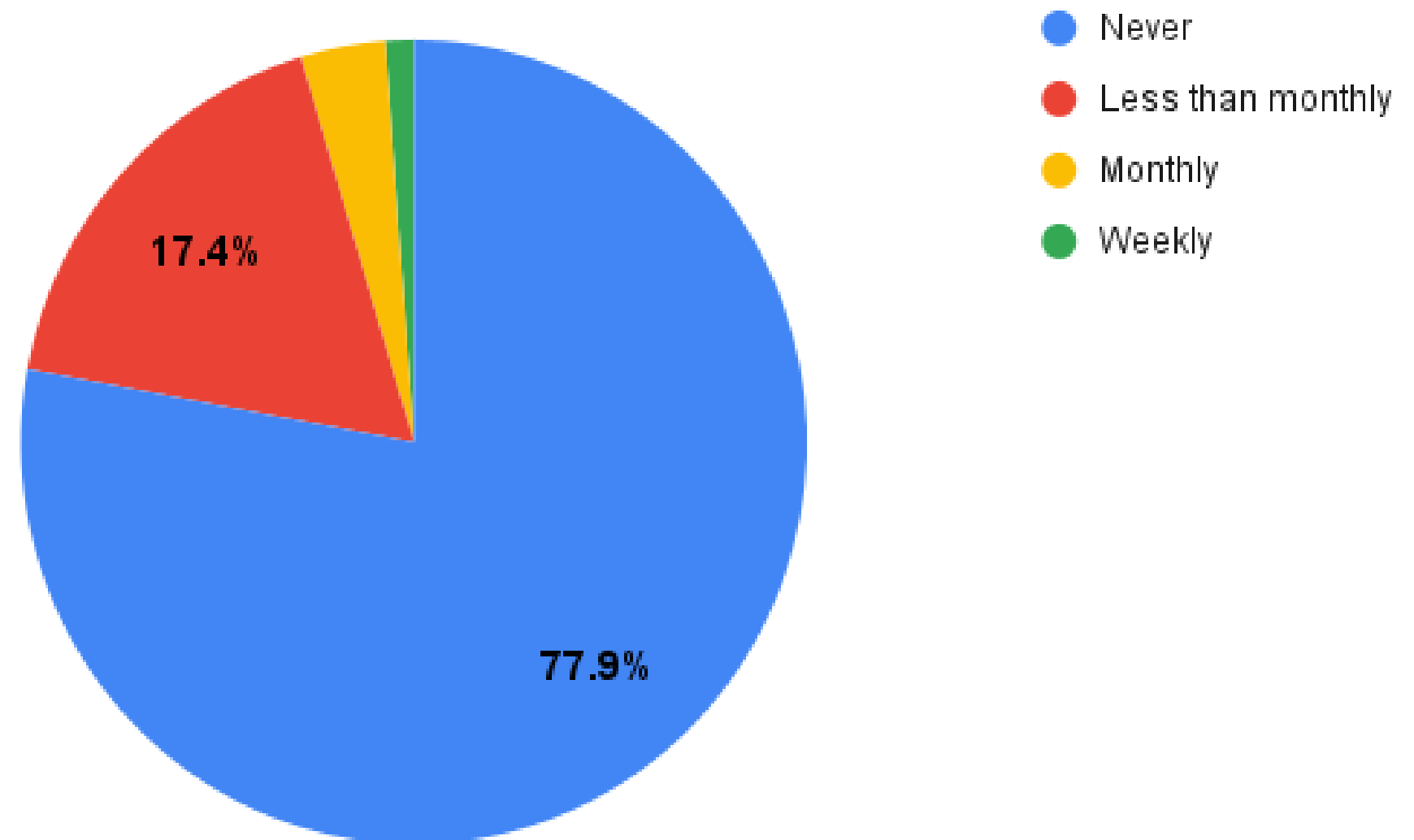
HOW MANY STANDARD DRINKS CONTAINING ALCOHOL DO YOU HAVE ON A TYPICAL DRINKING DAY?



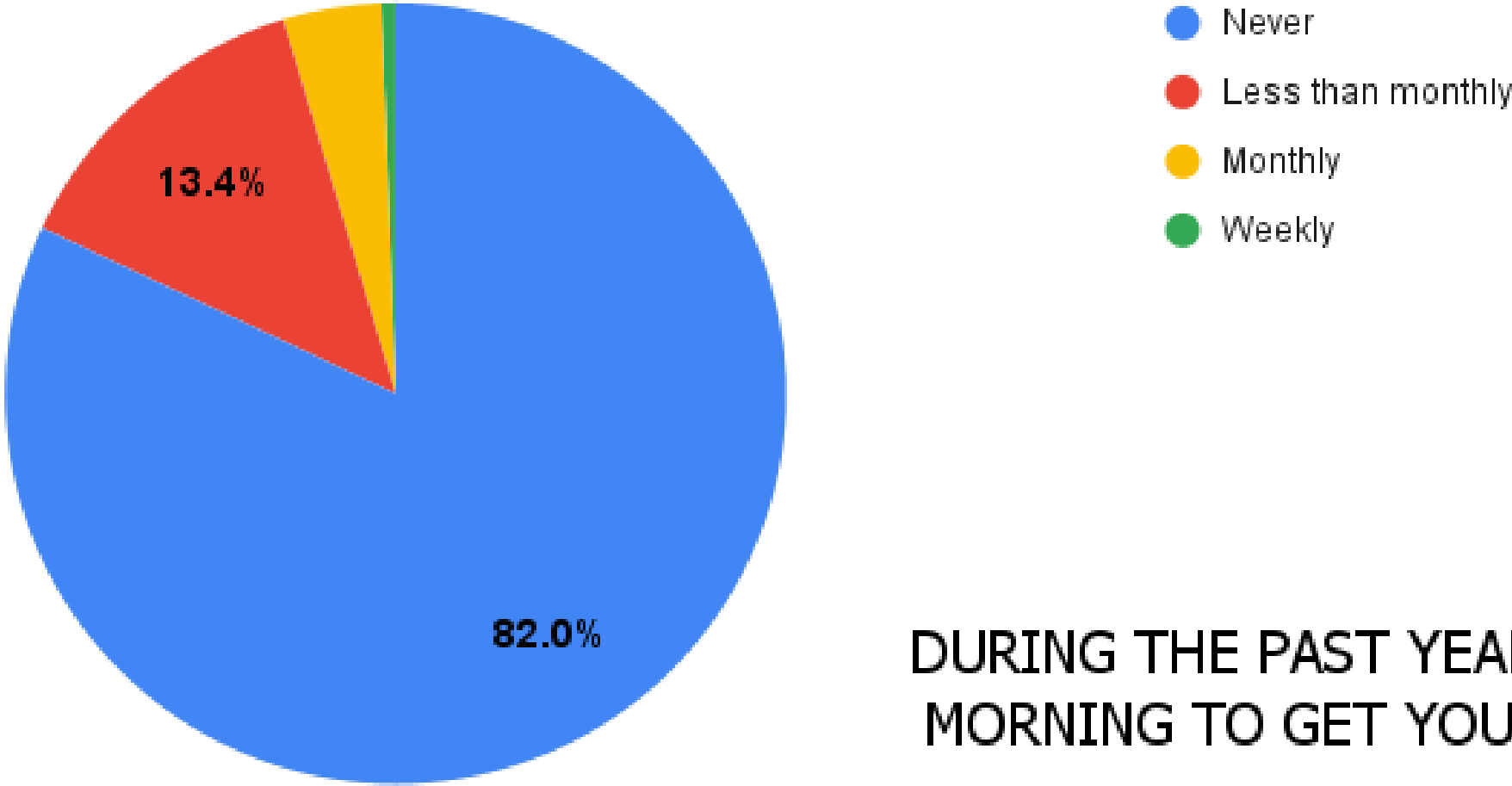
HOW OFTEN DO YOU HAVE SIX OR MORE DRINKS ON ONE OCCASION ?



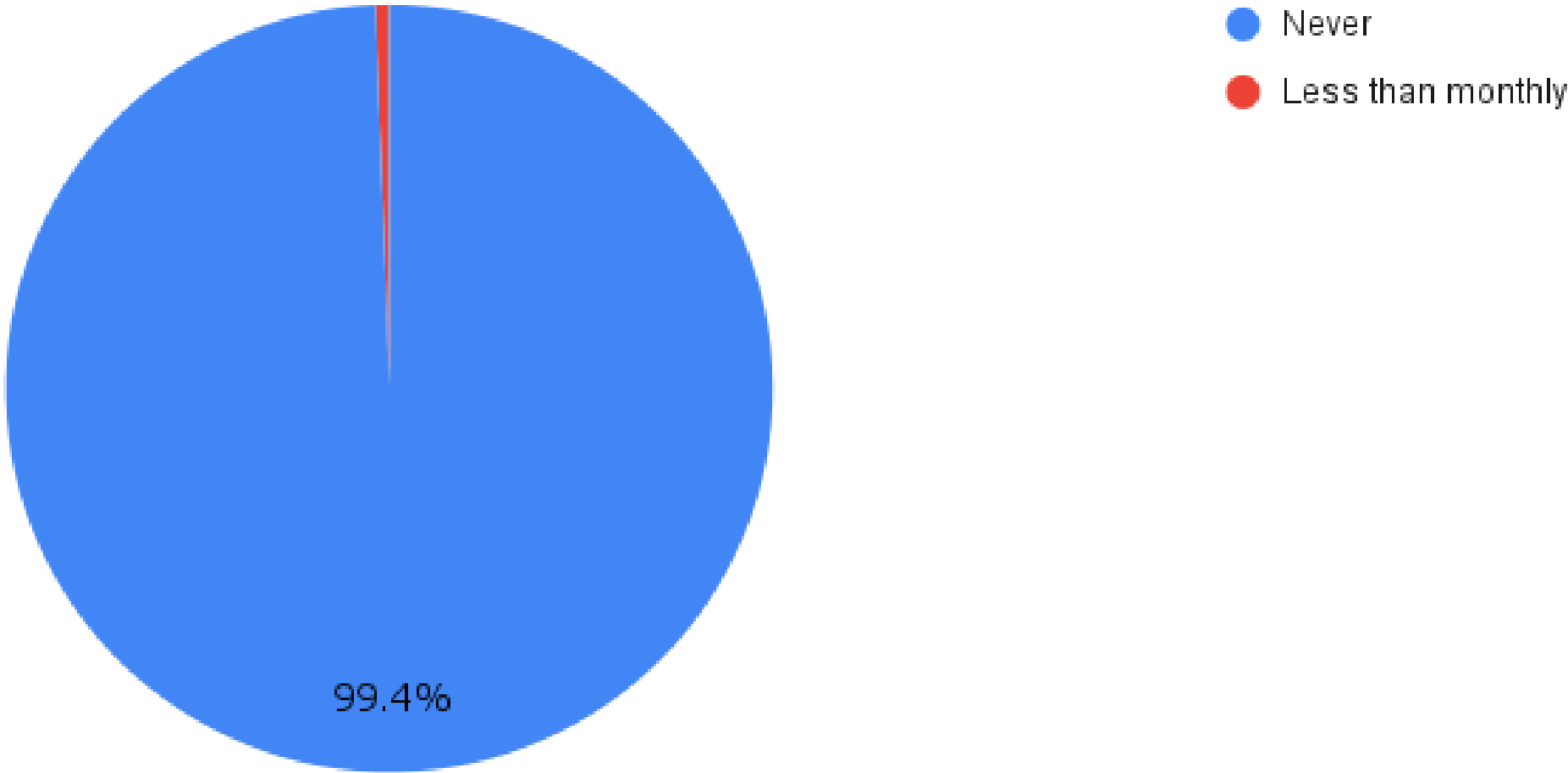
DURING THE PAST YEAR, HOW OFTEN HAVE YOU FOUND THAT YOU WERE NOT ABLE TO STOP DRINKING ONCE YOU HAVE STARTED?



DURING THE PAST YEAR, HOW OFTEN HAVE YOU FAILED TO DO WHAT WAS NORMALLY EXPECTED OF YOU BECAUSE OF DRINKING?

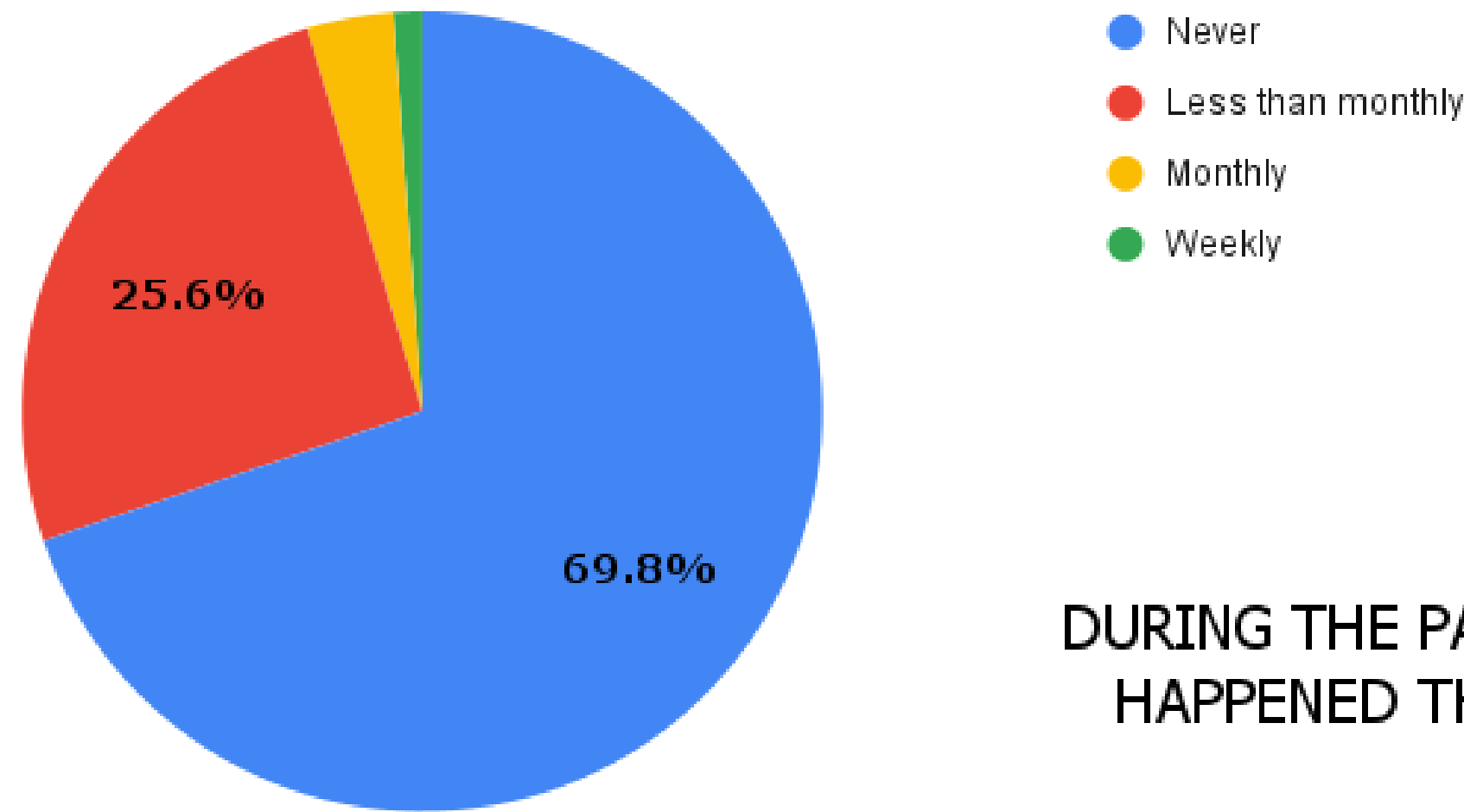


DURING THE PAST YEAR, HOW OFTEN HAVE YOU NEEDED A DRINK IN THE MORNING TO GET YOURSELF GOING AFTER A HEAVY DRINKING SESSION?

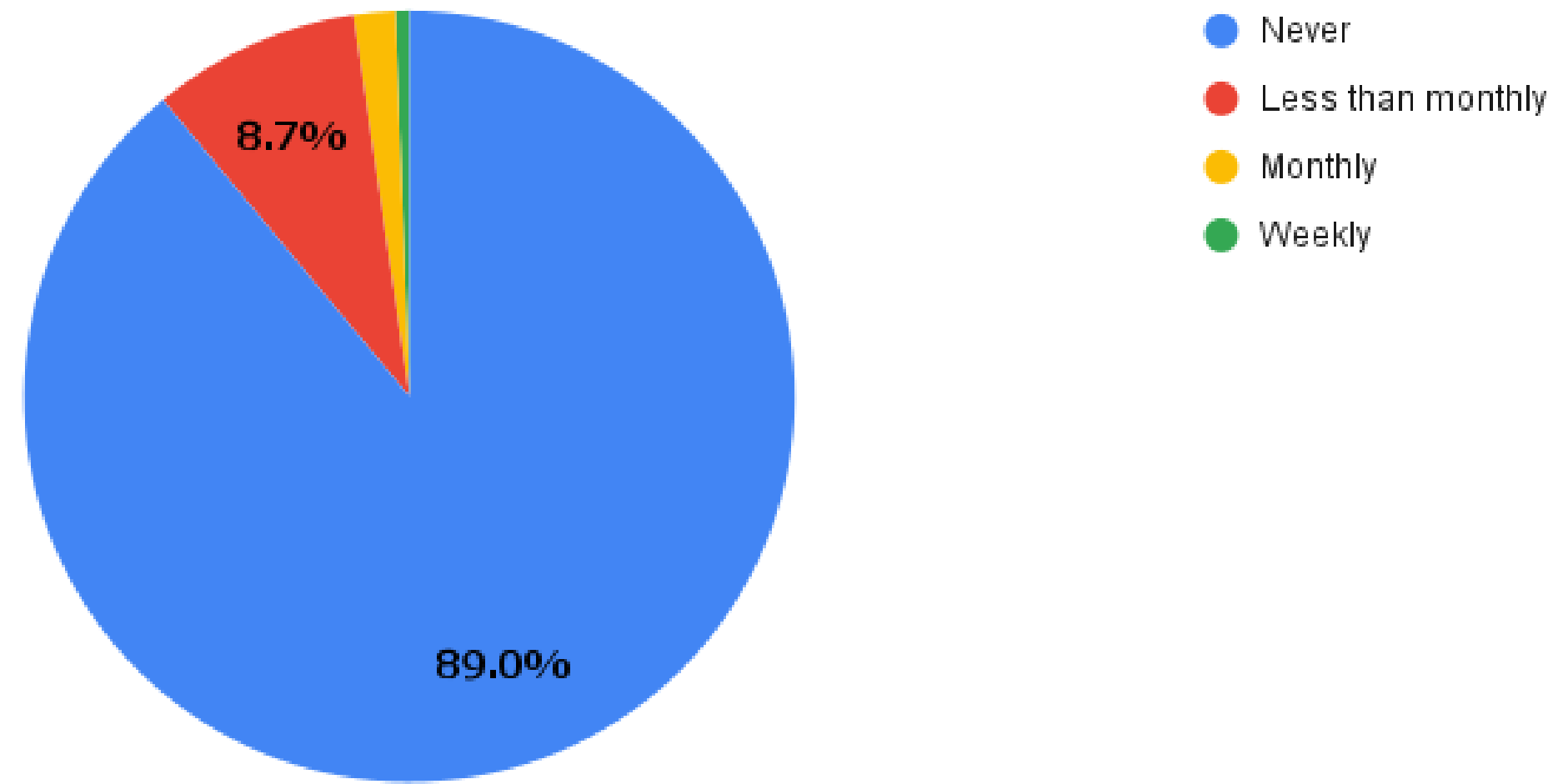




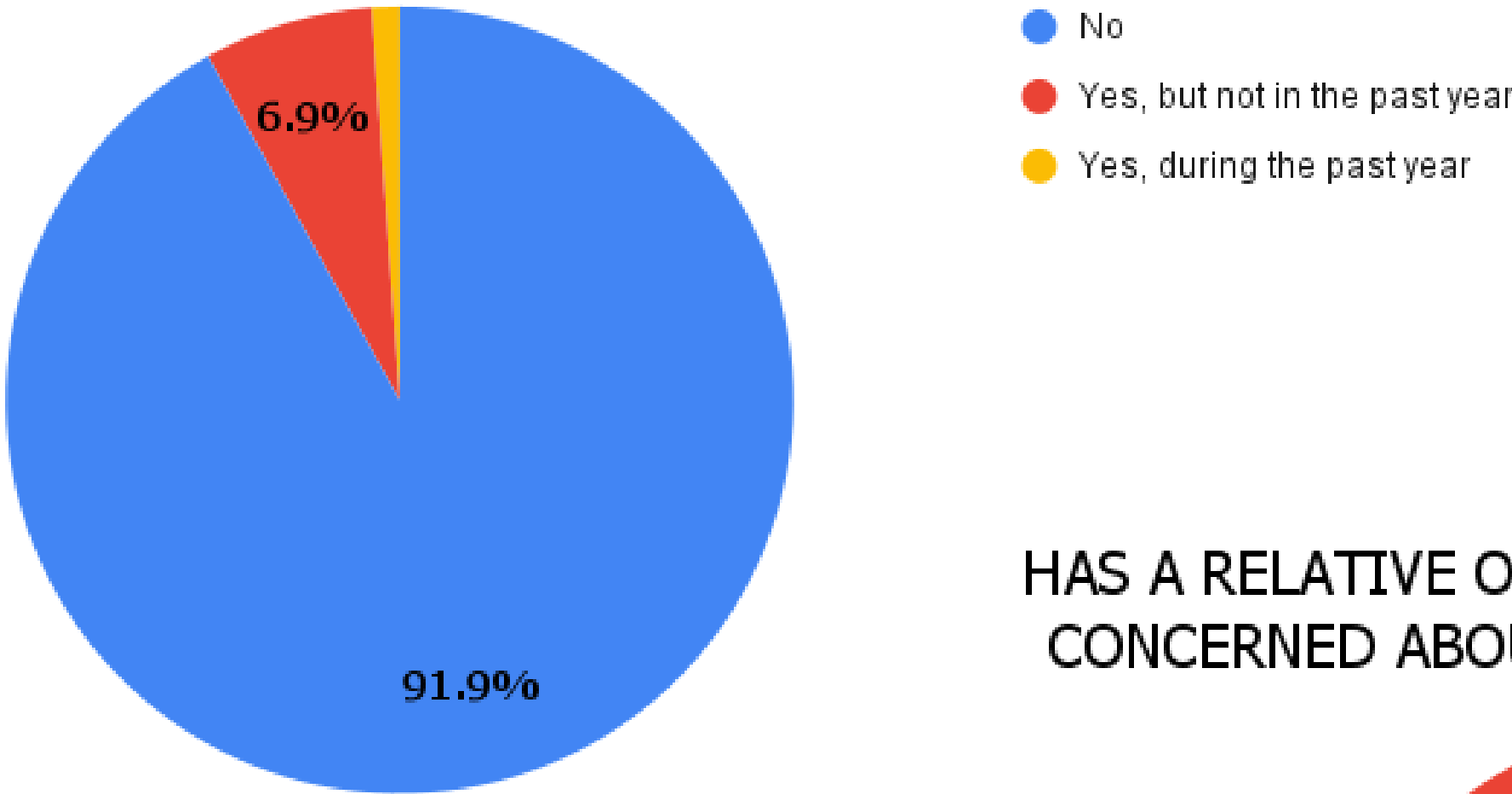
DURING THE PAST YEAR, HOW OFTEN HAVE YOU HAD A FEELING OF GUILT OR REMORSE AFTER DRINKING?



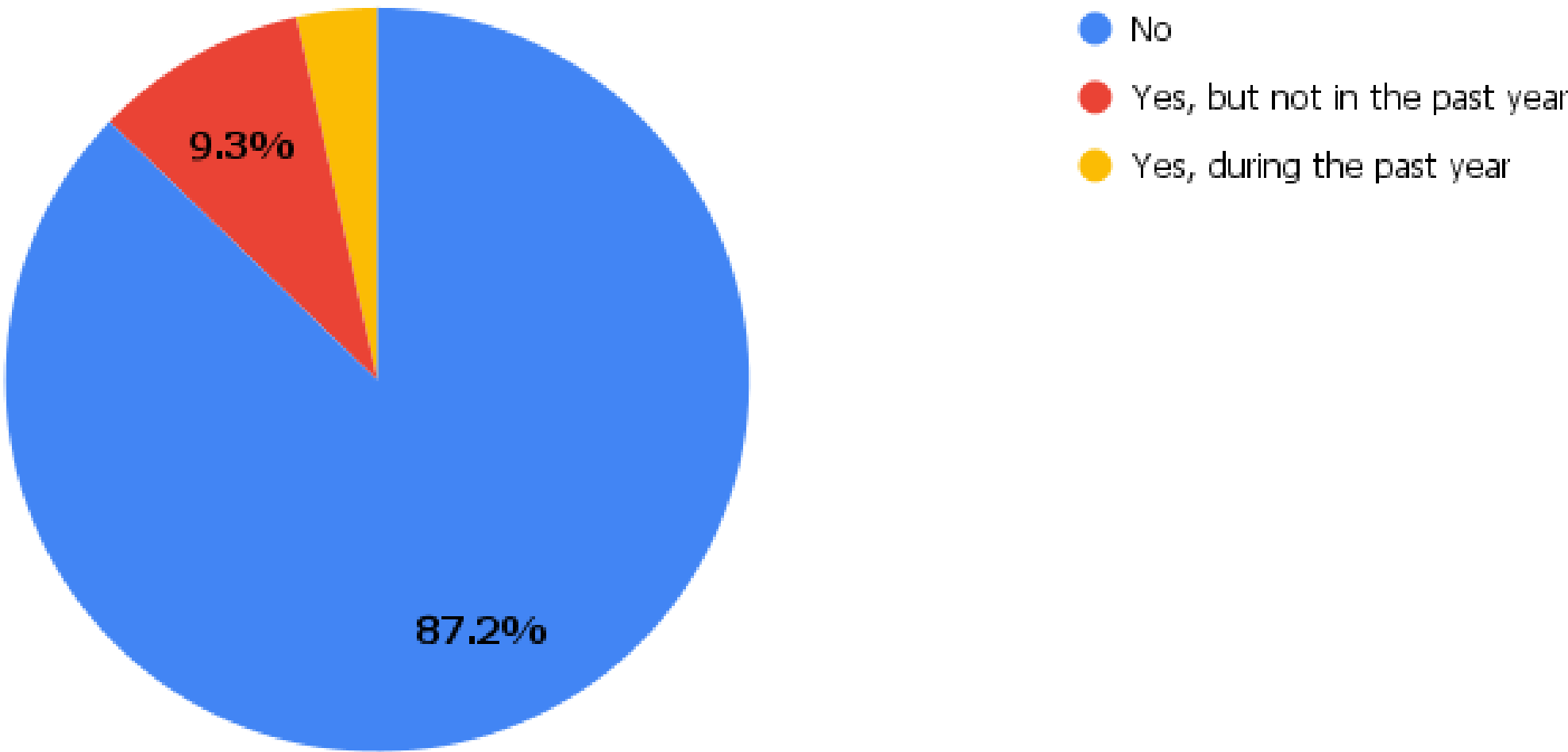
DURING THE PAST YEAR, HAVE YOU BEEN UNABLE TO REMEMBER WHAT HAPPENED THE NIGHT BEFORE BECAUSE YOU HAD BEEN DRINKING?



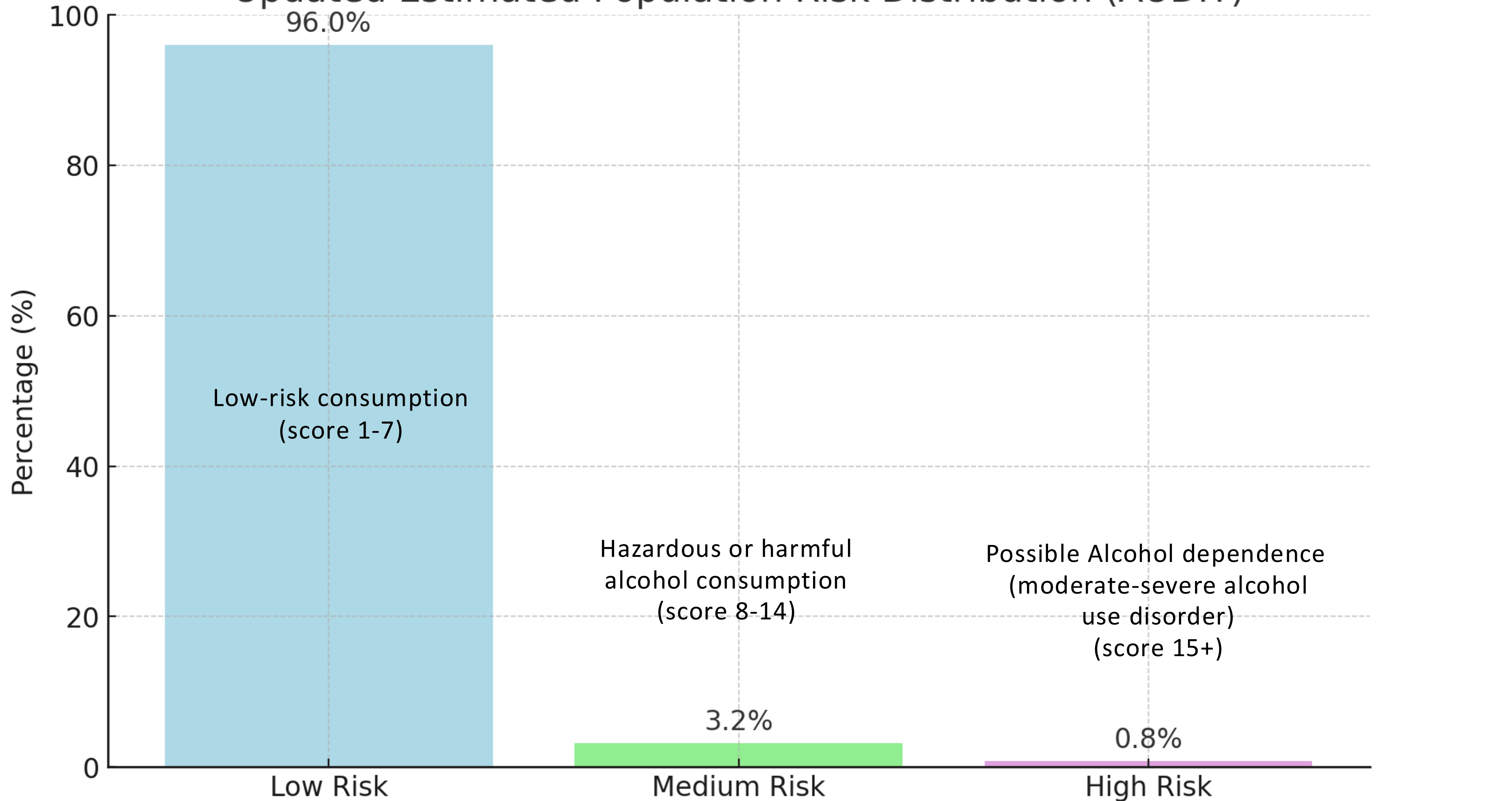
HAVE YOU OR SOMEONE ELSE BEEN INJURED AS A RESULT OF YOUR DRINKING?



HAS A RELATIVE OR FRIEND, DOCTOR OR OTHER HEALTH WORKER BEEN CONCERNED ABOUT YOUR DRINKING OR SUGGESTED YOU CUT DOWN?

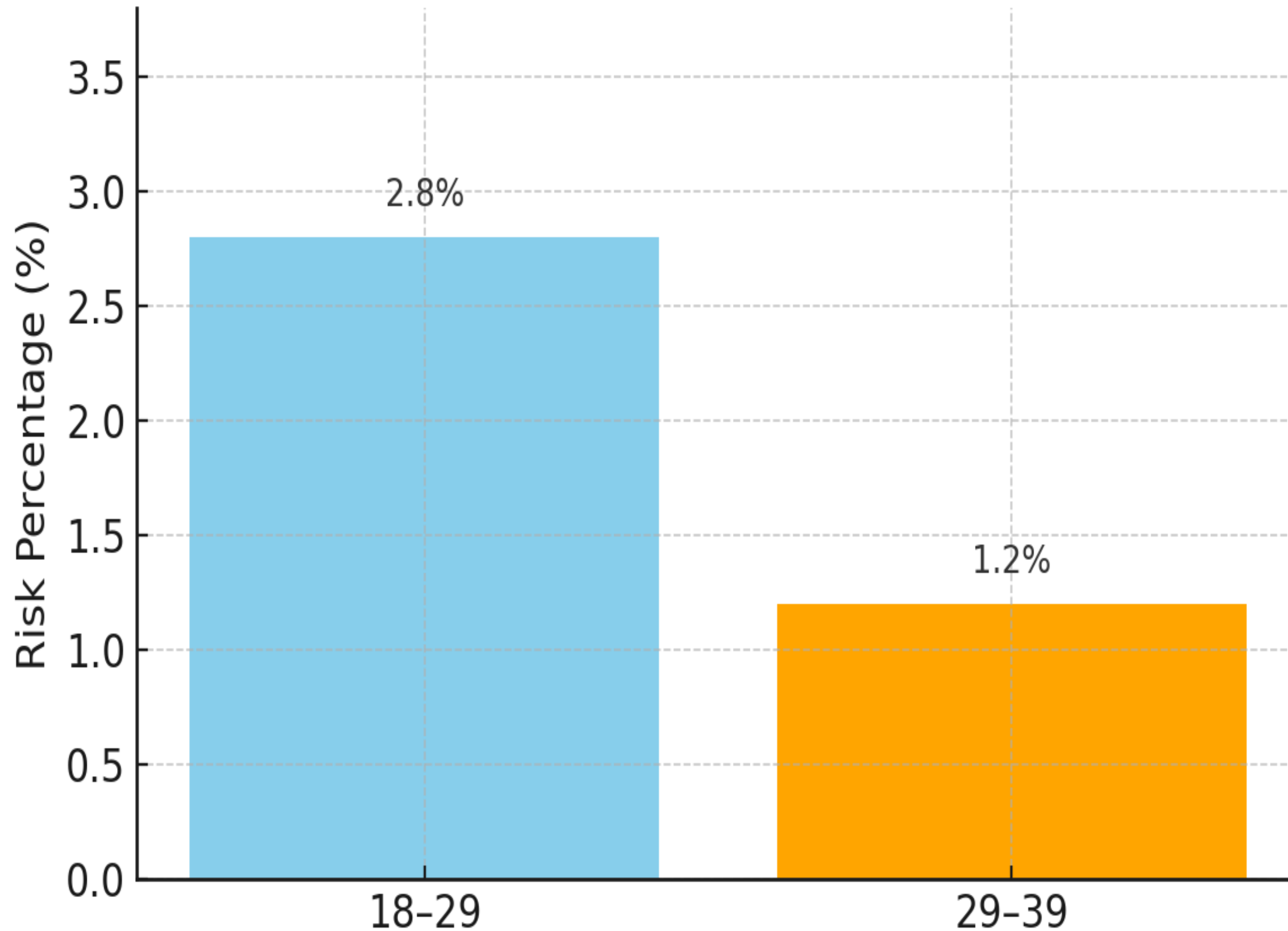


# Updated Estimated Population Risk Distribution (AUDIT)





# Medium and High Risk by Age Group



ESPAD 2024 shows that 3-4% of students aged 15-16 reported behaviours aligning with medium to high risk alcohol use.



The 3,5% is mirrors the ESPAD data indicating it's a representative and concerning trend.



Strengthen Environmental and Community prevention interventions to reduce access

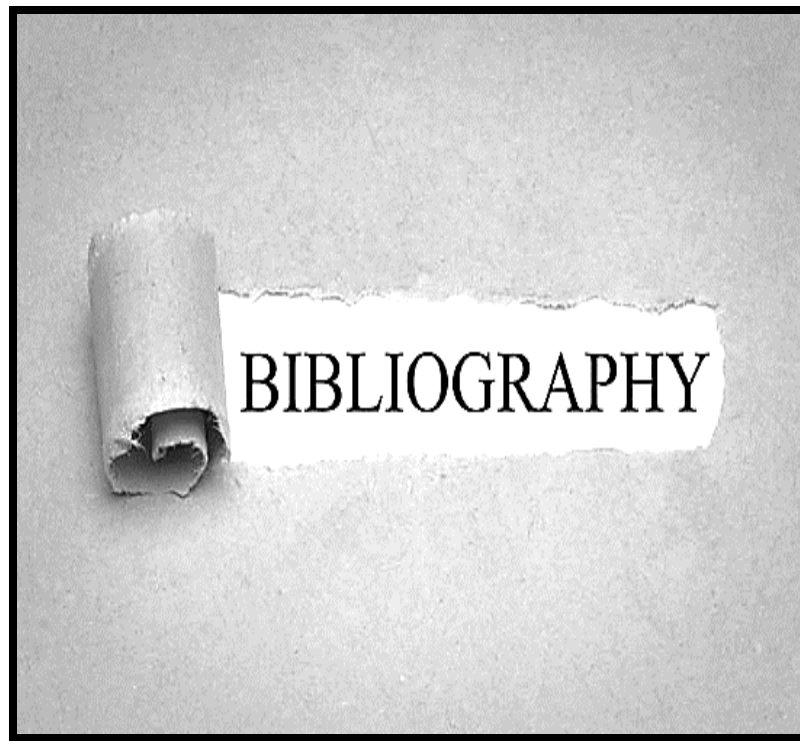


School based Prevention Programmes that are mandatory for all school settings



Every 1€ in Prevention saves 4€ - 7€ in societal savings





**World Health Organization.** (2021). *Saving lives, spending less: The case for investing in noncommunicable disease risk factor prevention*. Geneva: WHO.

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*Development of the Alcohol Use Disorders Identification Test (AUDIT): WHO Collaborative Project on Early Detection of Persons with Harmful Alcohol Consumption—II. **Addiction**, 88(6), 791–804.*

**World Health Organization.** (2001). *AUDIT: The Alcohol Use Disorders Identification Test – Guidelines for use in primary care (2nd ed.)*. Geneva: WHO.

**European Monitoring Centre for Drugs and Drug Addiction.** (2019, September 24). *European Prevention Curriculum (EUPC): A handbook for decision-makers, opinion-makers and policy-makers in science-based prevention of substance use* [Greek translation]. Lisbon: EMCDDA/EUDA. ISBN 978-92-9497-416-7.

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تاکک Takk

Mahactsanid

Mahactsanid धन्यवाद

Dangute धन्यवाद  
دنگوت

Gracias  
謝謝  
Thank You  
Euxaplotō Merci  
Danke Obrigado  
धन्यवाद

Dank je Aitäh

Paldies Grazzi

Multumesc

Ďakujem Hvala

Somali Hvala

Email:

n.zachartzi@gmail.com

SEIRIOS Prevention Centre

www.kp-seirios.gr