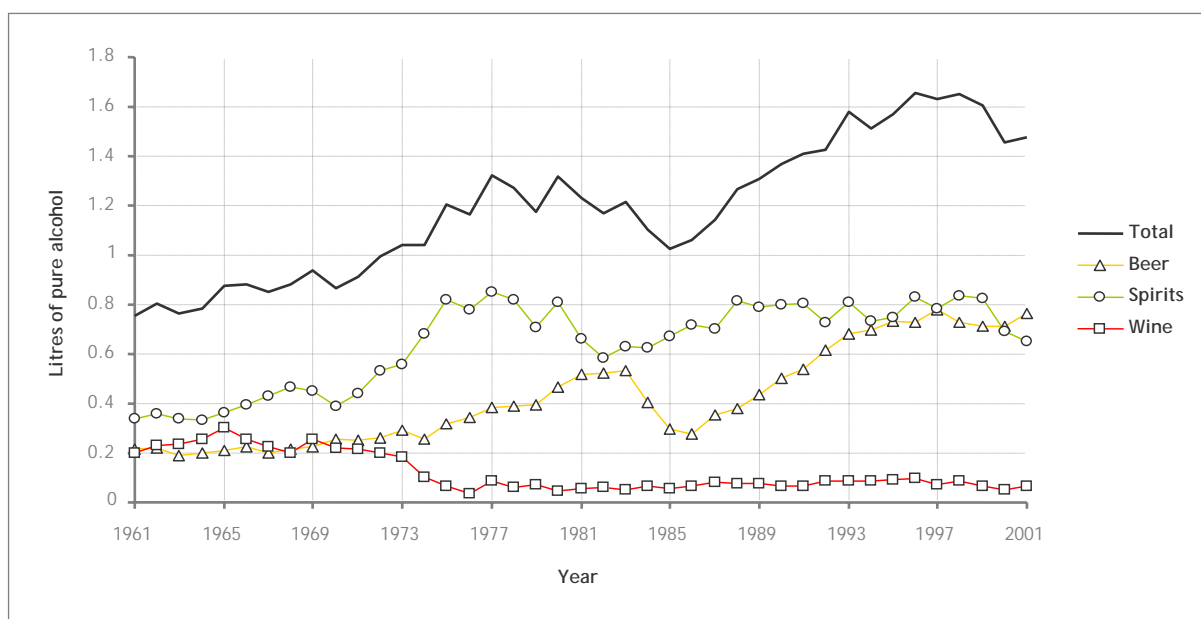


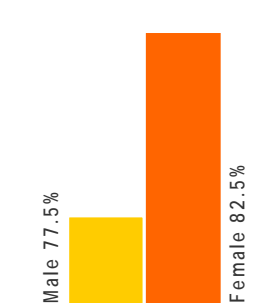
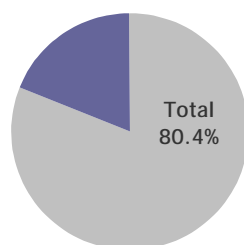
## TURKEY

### Recorded adult per capita consumption (age 15+)



Sources: FAO (Food and Agriculture Organization of the United Nations), World Drink Trends 2003

### Last year abstainers



Data from the 2000–2001 Multi-Country Survey Study. Total sample size  $n = 5061$ ; males  $n = 2896$  and females  $n = 2165$ . Sample population aged 18 years and above.<sup>1</sup>

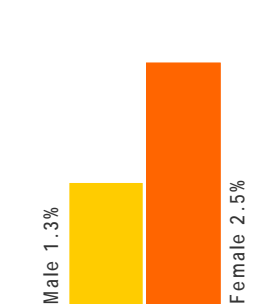
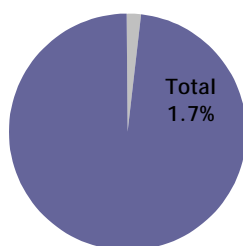
According to the 2003 World Health Survey (total sample size  $n = 11\ 152$ , males  $n = 4782$  and females  $n = 6370$ ; sample population aged 18 years and over), the rate of lifetime abstainers was 81.1% (total), 65.9% (males) and 92.4% (females).<sup>2</sup>

According to a 1997–1998 national survey of subjects 20 years and above (males  $n = 11\ 080$  and females  $n = 13\ 708$ ), 91.6% of the total population sampled were non-current users of alcohol. 81.9% of men and 99.5% of women were currently not using alcohol.<sup>3</sup>

An urban survey of 1550 residents (743 women and 807 men) living in Istanbul aged 12 to 65 years found that the rate of current alcohol users was 25.6%, including 15.9% of the women and 34.5% of the men. 67% reported never having used alcohol.<sup>4</sup>

Estimates from key alcohol experts show that the proportion of adult males and females who had been abstaining (last year before the survey) was 35% (males) and 55% (females). Data is for after year 1995.<sup>5</sup>

## High risk drinkers



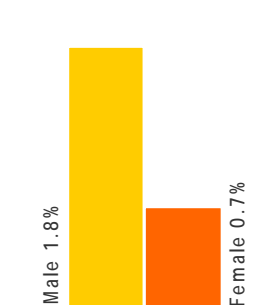
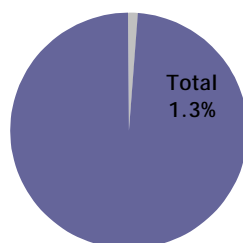
Data from the 2000–2001 Multi-Country Survey Study. Total sample size  $n = 5061$ ; males  $n = 2896$  and females  $n = 2165$ . Sample population aged 18 years and above. Definition used: consumption of five or more standard drinks for males and three or more standard drinks for females on a typical drinking day.<sup>1</sup>

According to the 2003 World Health Survey (total sample size  $n = 11\,152$ ; males  $n = 4782$  and females  $n = 6370$ , sample population aged 18 years and over), the rate of heavy and hazardous drinking among the total population was 1.1% (total), 1.9% (males) and 0.5% (females). Heavy and hazardous drinking was defined as average consumption of 40 g or more of pure alcohol a day for men and 20 g or more of pure alcohol a day for women.<sup>2</sup>

According to the 2003 World Health Survey (total sample size  $n = 1372$ ; males  $n = 1093$  and females  $n = 279$ ), the mean value (in grams) of pure alcohol consumed per day among drinkers was 9.3 (total), 10.5 (males) and 5.2 (females).<sup>2</sup>

An urban survey of 1550 residents (743 women and 807 men) living in Istanbul aged 12 to 65 years found that the rate of problem drinkers was 31.5% among men and 15.2% among women. Prevalence of risky drinking was 6.8%.<sup>4</sup>

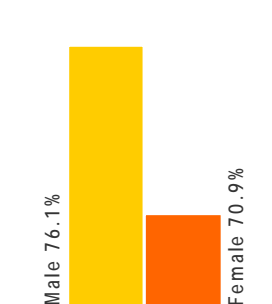
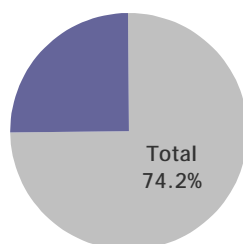
## Heavy episodic drinkers



Data from the 2000–2001 Multi-Country Survey Study. Total sample size  $n = 5061$ ; males  $n = 2896$  and females  $n = 2165$ . Sample population aged 18 years and above. Definition used: at least once a week consumption of six or more standard drinks in one sitting.<sup>1</sup>

According to the 2003 World Health Survey (total sample size  $n = 11\,152$ , males  $n = 4782$  and females  $n = 6370$ ; sample population aged 18 years and over), the rate of heavy episodic drinking among the total population was 0.9% (total), 2.1% (males) and 0.1% (females). Heavy episodic drinking was defined as at least once a week consumption of five or more standard drinks in one sitting.<sup>2</sup>

## Youth drinking (last year abstainers)



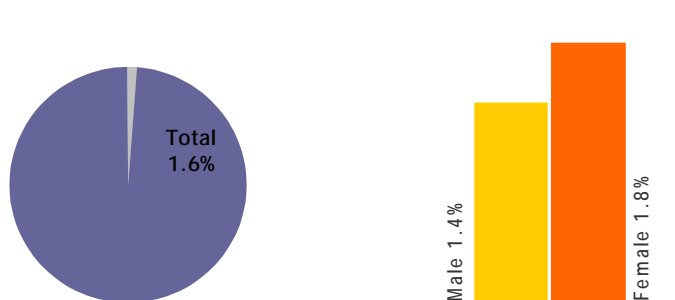
Data from the 2000–2001 Multi-Country Survey Study. Total sample size  $n = 1531$ ; males  $n = 966$  and females  $n = 565$ . Population aged 18 to 24 years. For the age group 15 to 19 years (subsample  $n = 467$ ), the rate of last year abstainers was 80.1% (total), 82.6% (males) and 76.3% (females).<sup>1</sup>

According to the 2003 World Health Survey (total sample size  $n = 1532$ , males  $n = 573$  and females  $n = 959$ ; sample population aged 18 to 24 years), the rate of lifetime abstainers was 83.5% (total), 70.4% (males) and 91.1% (females).<sup>2</sup>

A cross-sectional study involving the completion of a modified version of the 'Health Behavior in School-aged Children (HBSC 1997/1998) questionnaire by 4153 grade 9-11 students from 26 randomly selected high schools in Istanbul found that overall, 61% of students were experimental drinkers, and 46% of students were current drinkers. Regular drinking was reported by 6% of students. Male students were more likely than female students to report regular drinking at each grade. 19% of the students reported that they had been really drunk at least once during their lifetime.<sup>6</sup>

A study of 447 medical students from three medical schools in Turkey found that 53.9% of students were non-drinkers and 7.4% reported risky alcohol use.<sup>7</sup>

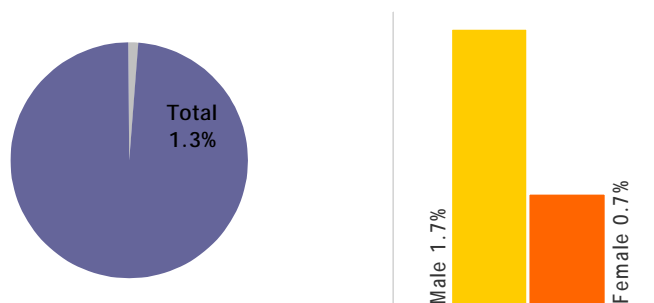
### Youth drinking (heavy episodic drinkers)



Data from the 2000–2001 Multi-Country Survey Study. Total sample size  $n = 1531$ ; males  $n = 966$  and females  $n = 565$ . Population aged 18 to 24 years old. For the age group 15 to 19 years (subsample  $n = 467$ ), the rate of heavy episodic drinkers was 1.1% (total), 1.4% (males) and 0.5% (females). Definition used: at least once a week consumption of six or more standard drinks in one sitting.<sup>1</sup>

According to the 2003 World Health Survey (total sample size  $n = 1532$ , males  $n = 573$  and females  $n = 959$ ; sample population aged 18 to 24 years), the rate of heavy episodic drinking among the total population was 0.8% (total), 2.1% (males) and 0.0% (females). Heavy episodic drinking was defined as at least once a week consumption of five or more standard drinks in one sitting.<sup>2</sup>

### Alcohol dependence (last year)



Data from the 2000–2001 Multi-Country Survey Study. Total sample size  $n = 5132$ . Population aged 15 years and above. Alcohol dependence was measured using ICD-10 criteria.<sup>1</sup>

Note: These are preliminary, early-release, unpublished data from WHO's Multi-Country Survey Study and World Health Survey made available exclusively for this report. Some estimates may change in the final analyses of these data.

A recent study carried out among 645 subjects (193 males and 452 females; aged 15 years and above) in the Edirne provincial centre found the rate of alcoholism to be 8.2% (total), 23.3% (males) and 1.8% (females). Alcoholism was measured using the Michigan Alcoholism Scanning Test (MAST). Accordingly, the prevalence of alcoholism was 12.4 times higher in men than women, 3.2 times higher in gypsies than others, 1.9 times higher in people earning income in the preceding week than the unemployed, and 3.7 times higher in individuals who had smoked more than 100 cigarettes during their life or had smoked at least one cigarette for three months or for a longer period than those who hadn't smoked cigarettes.<sup>8</sup>

### Traditional alcoholic beverages

**Raki** is a very popular traditional alcoholic drink in Turkey, made of raisin or grape spirit, redistilled with aniseed. It is colourless. The word *raki* is believed to derive from *razaki*, the variety of grape originally used to make *raki*. The alcohol content of *raki* is between 45% and 50%. After the liquor has been diluted, it is left to mature for one to three months in oak casks, before being filtered and bottled. *Raki* is served cold in narrow cylindrical glasses. It may be mixed with water or may be accompanied by soda water.<sup>9</sup>

**Boza** is a Turkish traditional beverage made by yeast and lactic acid fermentation of cooked maize, wheat and rice flours.<sup>10</sup>

### Unrecorded alcohol consumption

The unrecorded alcohol consumption in Turkey is estimated to be 2.7 litres pure alcohol per capita for population older than 15 for the years after 1995 (estimated by a group of key alcohol experts).<sup>5</sup>

### Morbidity, health and social problems from alcohol use

In a review of 7249 autopsies in the Morgue Department of Istanbul, in 1994–1996, alcohol was detected in 21.9% of all traffic accident cases, and 56.2% of these cases were drivers.<sup>11</sup>

Of the 30 485 calls reported to the Drug and Poison Information Center in Izmir, Turkey between 1993 and 2002, 996 (3.3%) cases were that of alcohol poisoning.<sup>12</sup>

In a study of 331 fatal poisoning cases between 1996 and 2000, alcohol was the third most common cause of fatal poisoning cases (20%). Among fatal alcohol poisoning cases, ethanol was the cause of death in 34% of cases.<sup>13</sup>

A study found that alcohol abuse was a factor contributing to the fatal outcome of homeless people in Istanbul between 1991 and 1995.<sup>14</sup>

The rate of alcoholic psychosis incidence per 100 000 population was 0.04 in both 1997 and 1998.<sup>15</sup>

The number of alcohol-related road traffic accidents per 100 000 population was 4.35 in 2000 and 3.59 in 2001.<sup>15</sup>

### Country background information

<b>Total population 2003</b>	71 325 000	<b>Life expectancy at birth (2002)</b>	Male	67.9
Adult (15+)	49 927 500		Female	72.2
% under 15	30	<b>Infant mortality rate (2002)</b>	Male	44
<b>Population distribution 2001 (%)</b>			Female	42
Urban	66	<b>Gross National Income per capita 2002</b>	US\$	2500
Rural	34	In Turkey, approximately 99% of the population are Muslim.		

Sources: Population and Statistics Division of the United Nations Secretariat, World Bank World Development Indicators database, The World Factbook 2003, The World Health Report 2004

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