

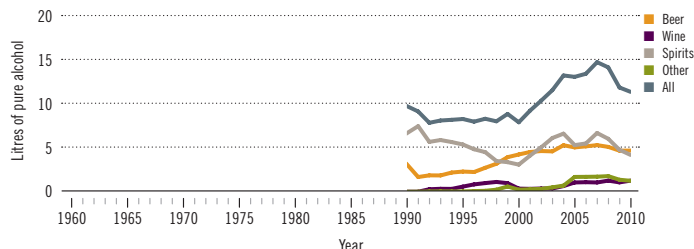
# Estonia

Total population: 1 299 000 ➤ Population aged 15 years and older (15+): 85% ➤ Population in urban areas: 69% ➤ Income group (World Bank): High income

## ALCOHOL CONSUMPTION: LEVELS AND PATTERNS

### Recorded alcohol per capita (15+) consumption, 1961–2010

Data refer to litres of pure alcohol per capita (15+).



### Alcohol per capita (15+) consumption (in litres of pure alcohol)

	Average 2003–2005	Average 2008–2010	Change
Recorded	11.8 <sup>t</sup>	9.5 <sup>t</sup>	↘
Unrecorded	1.8	0.8	↘
<b>Total</b>	<b>13.6</b>	<b>10.3</b>	↘
Total males / females		16.2 / 5.3	
WHO European Region	11.9	10.9	

<sup>t</sup>Tourist consumption deducted when at least as many tourists as inhabitants.

### Prevalence of heavy episodic drinking\* (%), 2010

	Population	Drinkers only
Males (15+)	40.1	56.8
Females (15+)	9.3	15.4
Both sexes (15+)	23.3	35.8

\*Consumed at least 60 grams or more of pure alcohol on at least one occasion in the past 30 days.

## HEALTH CONSEQUENCES: MORTALITY AND MORBIDITY

### Age-standardized death rates (ASDR) and alcohol-attributable fractions (AAF), 2012

	ASDR*		AAF (%)	
Liver cirrhosis, males / females	21.8	10.9	39.6	71.3
Road traffic accidents, males / females	10.7	2.1	44.9	44.3

\*Per 100 000 population (15+).

### Years of life lost (YLL) score\*, 2012

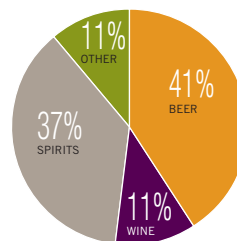
LEAST < 1 2 3 4 **5** > MOST

\*Based on alcohol-attributable years of life lost.

## POLICIES AND INTERVENTIONS

Written national policy (adopted/revised) / National action plan	No / —
Excise tax on beer / wine / spirits	Yes / Yes / Yes
National legal minimum age for off-premise sales of alcoholic beverages (beer / wine / spirits)	18 / 18 / 18
National legal minimum age for on-premise sales of alcoholic beverages (beer / wine / spirits)	18 / 18 / 18
Restrictions on on-/off-premise sales of alcoholic beverages: Hours, days / places, density Specific events / intoxicated persons / petrol stations	Yes, No / Yes, No No / Yes / No

### Recorded alcohol per capita (15+) consumption (in litres of pure alcohol) by type of alcoholic beverage, 2010



### Total alcohol per capita (15+) consumption, drinkers only (in litres of pure alcohol), 2010

Males (15+)	22.9
Females (15+)	8.7
Both sexes (15+)	15.7

### Abstainers (%), 2010

	Males	Females	Both sexes
Lifetime abstainers (15+)	11.0	22.0	17.0
Former drinkers* (15+)	18.3	17.4	17.8
Abstainers (15+), past 12 months	29.3	39.4	34.8

\*Persons who used to drink alcoholic beverages but have not done so in the past 12 months.

### Patterns of drinking score, 2010

LEAST RISKY < 1 2 **3** 4 5 > MOST RISKY

### Prevalence of alcohol use disorders and alcohol dependence (%), 2010\*

	Alcohol use disorders**	Alcohol dependence
Males	18.6	9.9
Females	3.2	1.7
Both sexes	10.2	5.4
WHO European Region	7.5	4.0

\*12-month prevalence estimates (15+).

\*\*Including alcohol dependence and harmful use of alcohol.