

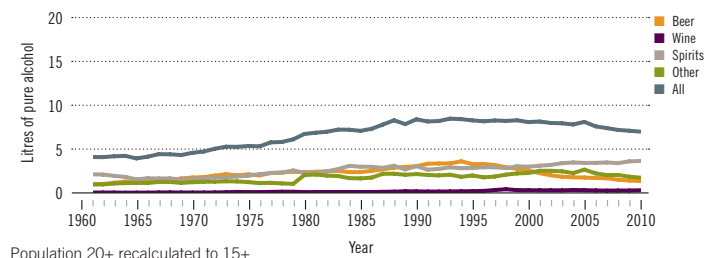
# Japan

Total population: 127 000 000 > Population aged 15 years and older (15+): 87% > Population in urban areas: 67% > Income group (World Bank): High income

## ALCOHOL CONSUMPTION: LEVELS AND PATTERNS

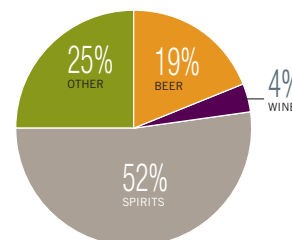
Recorded alcohol per capita (15+) consumption, 1961–2010

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



Population 20+ recalculated to 15+

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



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

	Average 2003–2005	Average 2008–2010	Change
Recorded	7.8	7.0	↘
Unrecorded	0.2	0.2	→
<b>Total</b>	<b>8.0</b>	<b>7.2</b>	↘
Total males / females		10.4 / 4.2	
WHO Western Pacific Region	5.4	6.8	

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

Males (15+)	13.7
Females (15+)	6.7
Both sexes (15+)	10.4

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

	Population	Drinkers only
Males (15+)	28.1	36.9
Females (15+)	7.5	12.0
Both sexes (15+)	17.5	25.3

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

Abstainers (%), 2010

	Males	Females	Both sexes
Lifetime abstainers (15+)	5.0	18.5	12.0
Former drinkers* (15+)	18.6	19.6	19.1
Abstainers (15+), past 12 months	23.6	38.1	31.1

\*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

## HEALTH CONSEQUENCES: MORTALITY AND MORBIDITY

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

	ASDR*		AAF (%)	
	10.5	3.2	49.3	55.2
Liver cirrhosis, males / females	6.4	2.0	10.4	3.7
Road traffic accidents, males / females				

\*Per 100 000 population (15+).

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

	Alcohol use disorders**	Alcohol dependence
Males	4.6	2.1
Females	1.0	0.2
Both sexes	2.8	1.1
WHO Western Pacific Region	4.6	2.3

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

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

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	Yes (2000 / —) / Yes	National maximum legal blood alcohol concentration (BAC) when driving a vehicle (general / young / professional), in %	0.03 / 0.03 / 0.03
Excise tax on beer / wine / spirits	Yes/Yes/Yes	Legally binding regulations on alcohol advertising / product placement	No / No
National legal minimum age for off-premise sales of alcoholic beverages (beer / wine / spirits)	20 / 20 / 20	Legally binding regulations on alcohol sponsorship / sales promotion	No / No
National legal minimum age for on-premise sales of alcoholic beverages (beer / wine / spirits)	20 / 20 / 20	Legally required health warning labels on alcohol advertisements / containers	No / No
Restrictions for on-/off-premise sales of alcoholic beverages:		National government support for community action	Yes
Hours, days / places, density	No, No / No, No	National monitoring system(s)	Yes
Specific events / intoxicated persons / petrol stations	No / No / No		