

HSRC RESEARCH OUTPUTS

5181

Licit substance use trends in South Africa

Karl Peltzer, Shandir Ramlagan, Gordon
Mohlala, Gladys Matseke,

Health Systems, SAHA

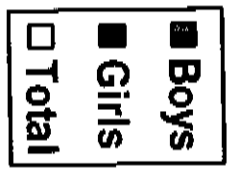
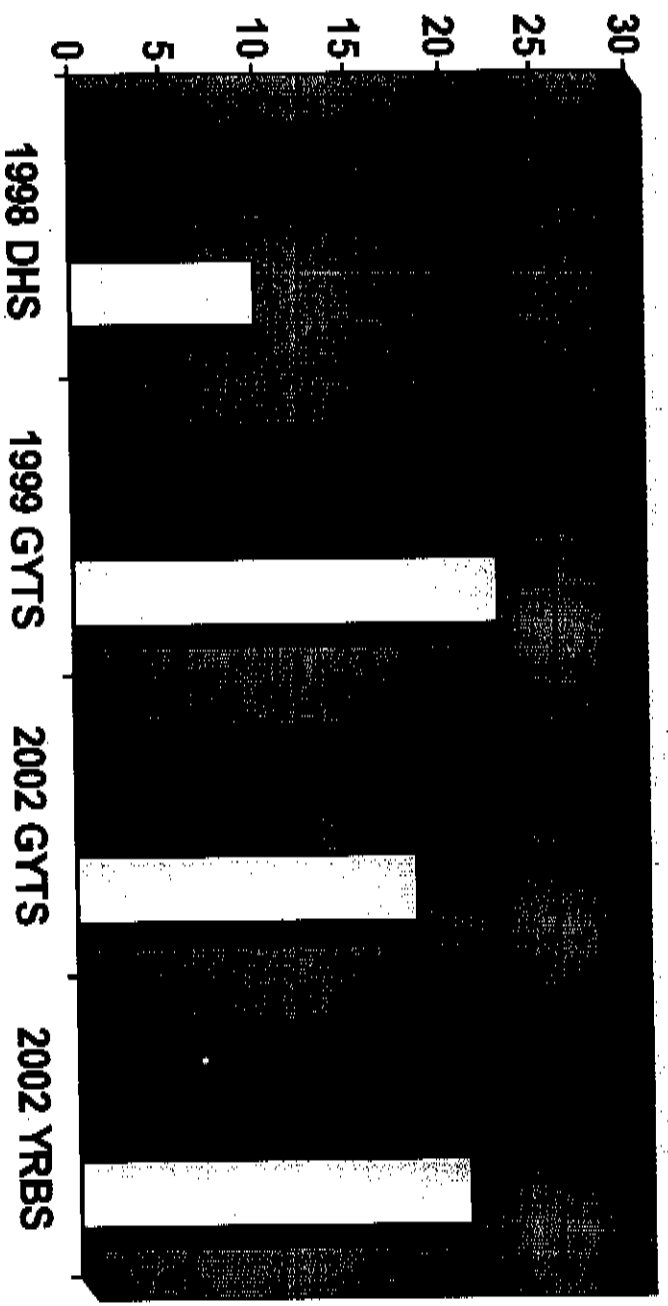
27 Sept 07

HSRC Conference

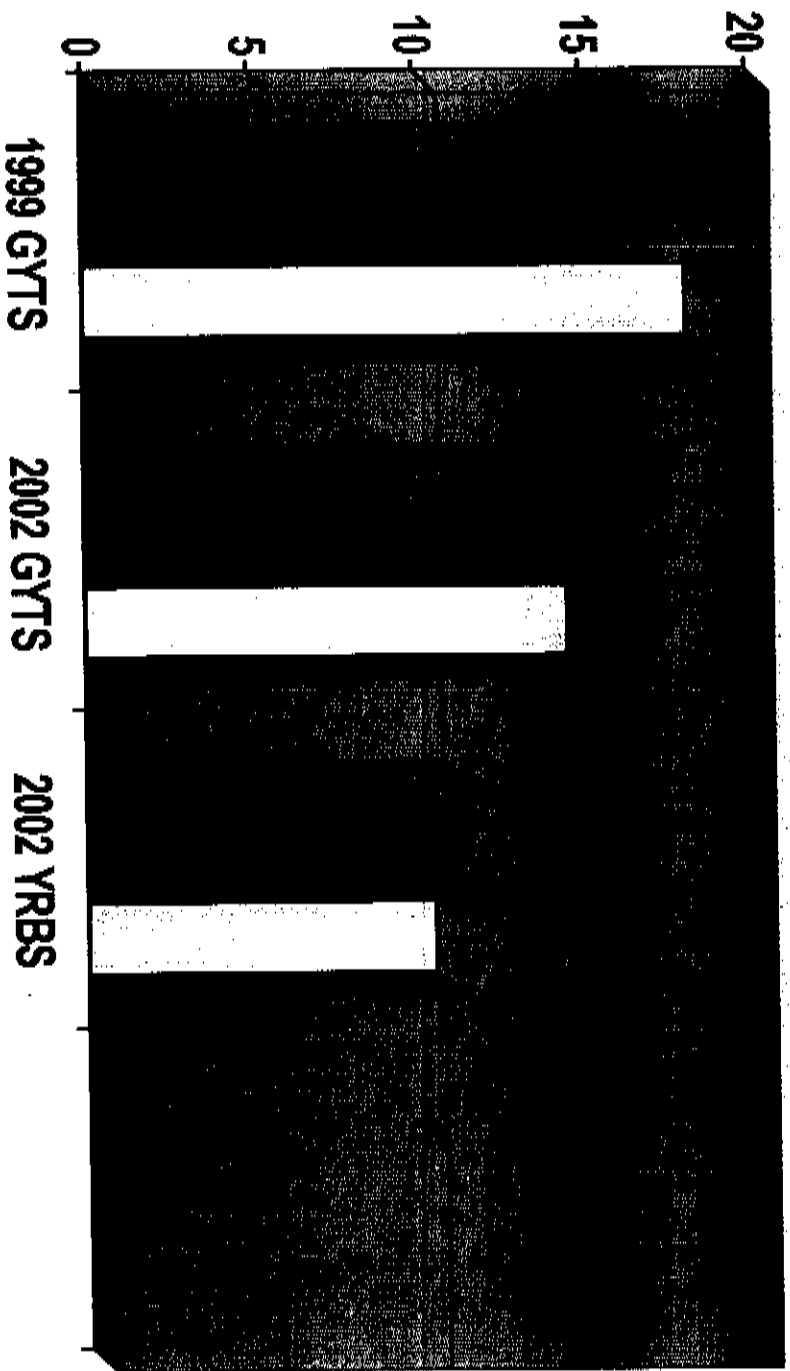
National or large surveys included in review

Author	Year	Acronym	Scope	Sampling	Sample size/age
Reddy et al. (1996)	1995	HSRC	Tobacco	National household survey, multi-stage stratified sampling	N=2238/18 yrs and above
Department of Health (1998)	1998	DHS	Tobacco, Alcohol	National household survey, multi-stage stratified sampling	N=13826/15 yrs and above
Swart et al., (2006)	1999	GYTS	Tobacco	National school survey	N=6045/13-17 yrs
Reddy & Swart (2003)	2002	GYTS	Tobacco	National school survey	N=8935/13-18 yrs
(Reddy et al. 2002).	2002	YRBS	Substance use	National school survey	N=10699/ 13-19 yrs
CASE	2003	WHS	Alcohol, Tobacco	National household survey, multi-stage stratified sampling	2351/18 years and above
Department of Health (2007)	2003	DHS	Tobacco	National household survey, multi-stage stratified sampling	N=8115/15 yrs and above
Shisana et al. (2004)	2004	HSRC	Substance use	National school survey	N=20626/20 yrs and above
Shisana et al. (2005)	2005	SABSSA M II	Substance use	National household survey, multi-stage stratified sampling	N=23236/15 yrs and above

Current smoking among adolescents

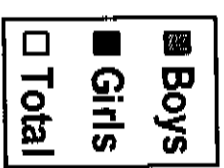
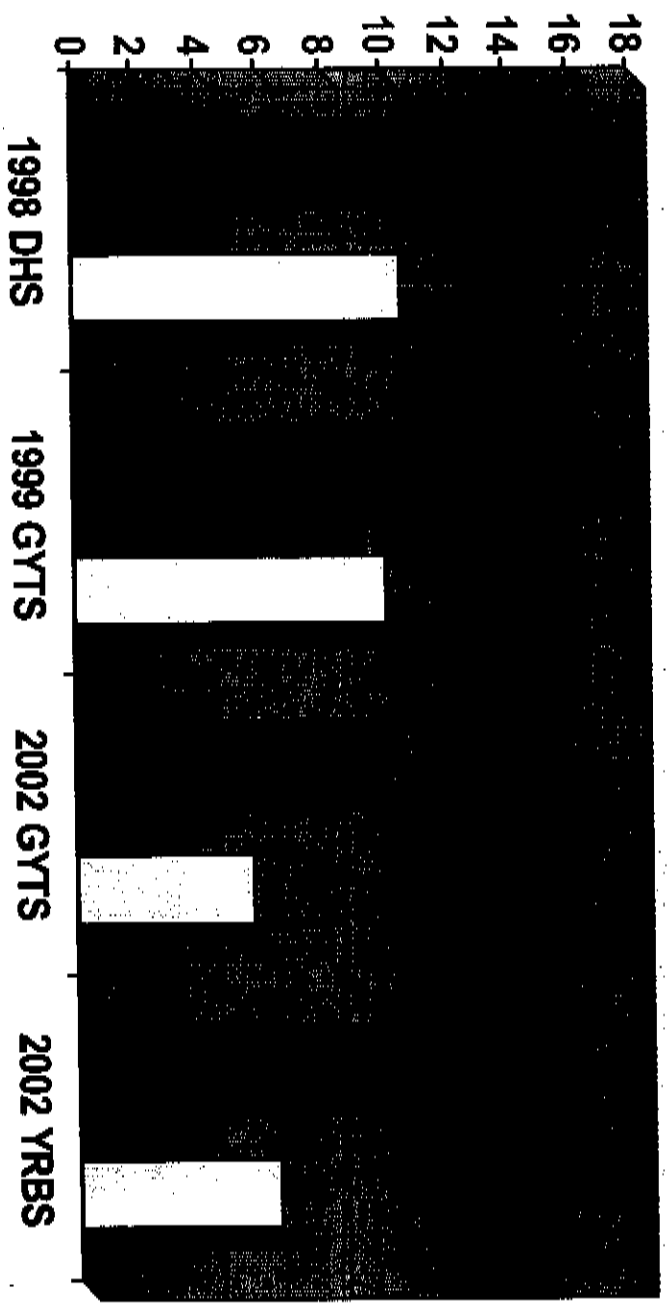


Current other tobacco products (e.g. smokeless tobacco) among adolescents

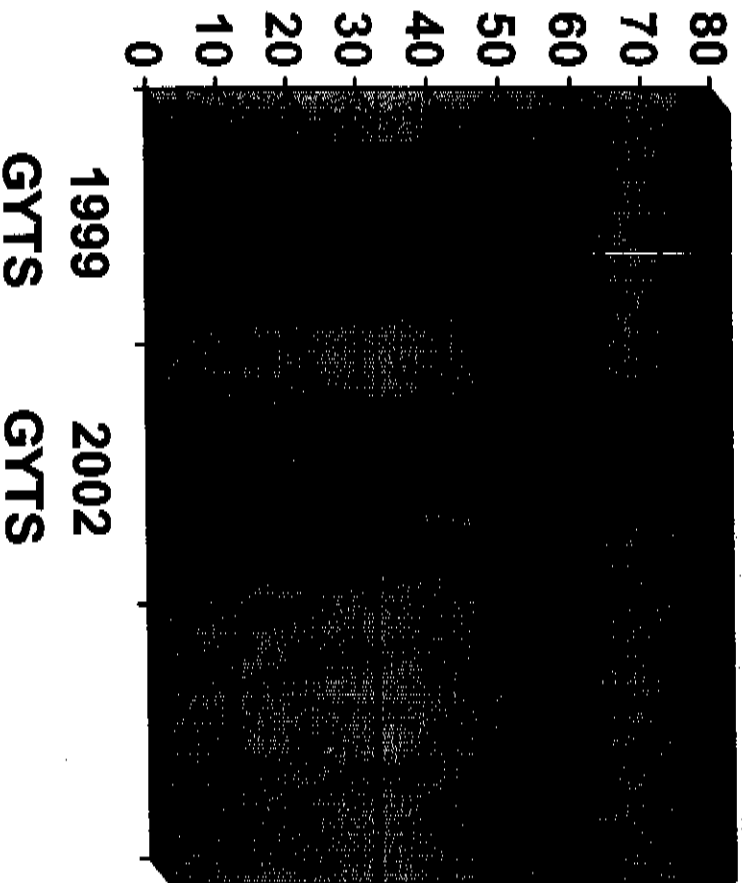


■ Boys
■ Girls
□ Total

Daily cigarette use among adolescents

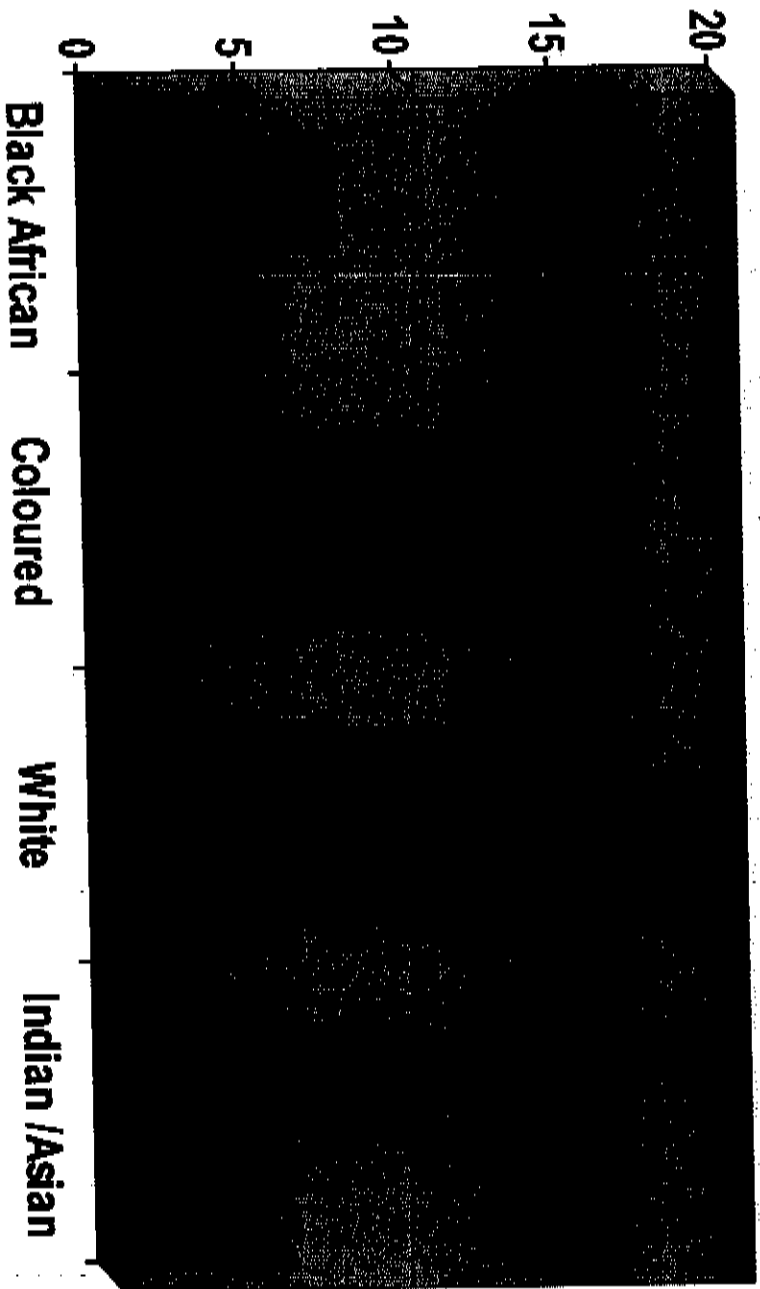


Environmental tobacco smoke among adolescents in percent



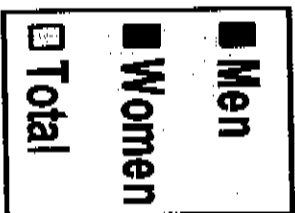
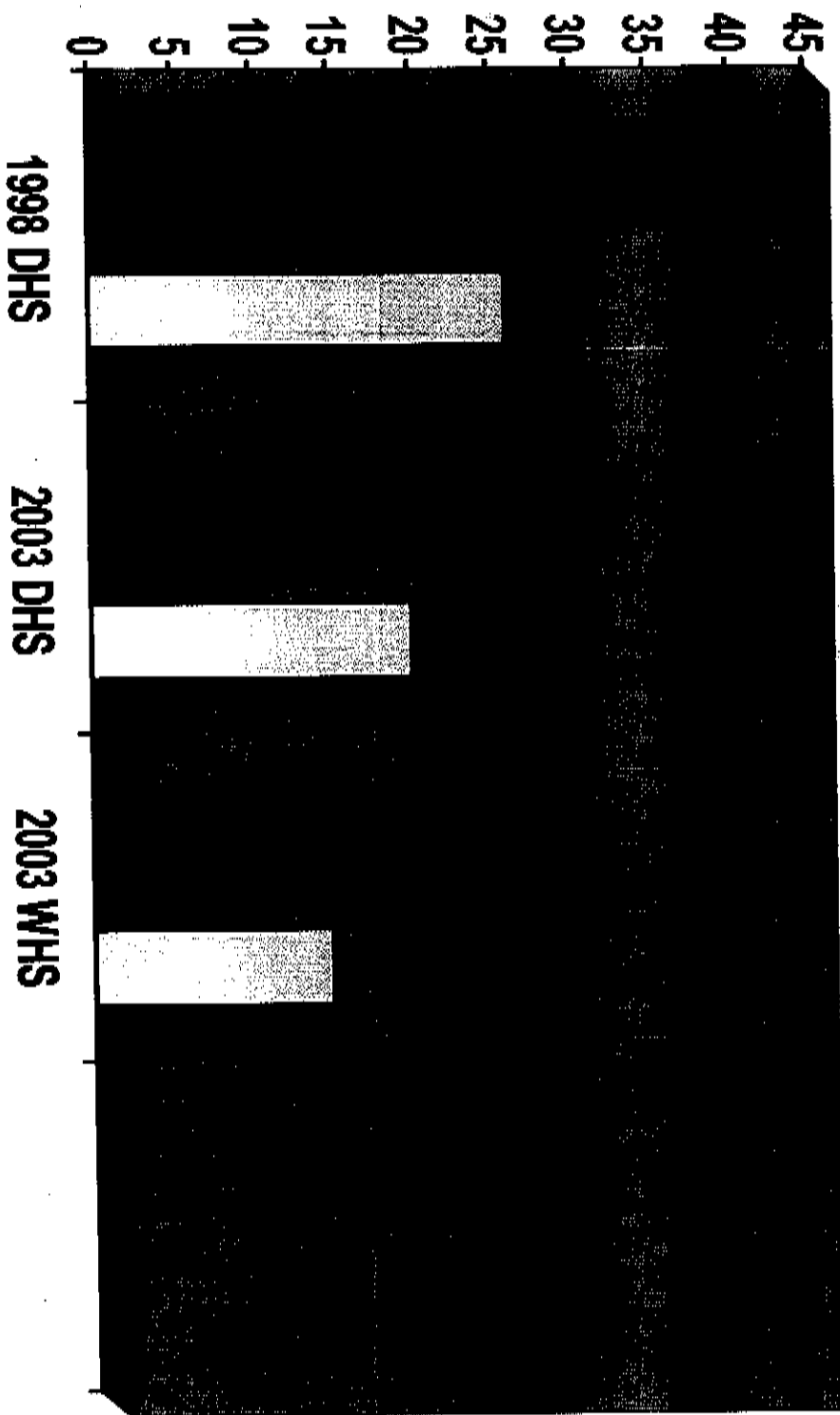
- Exposure tobacco smoke at home
- Exposure tobacco smoke outside home

Daily smoking among adolescents by race

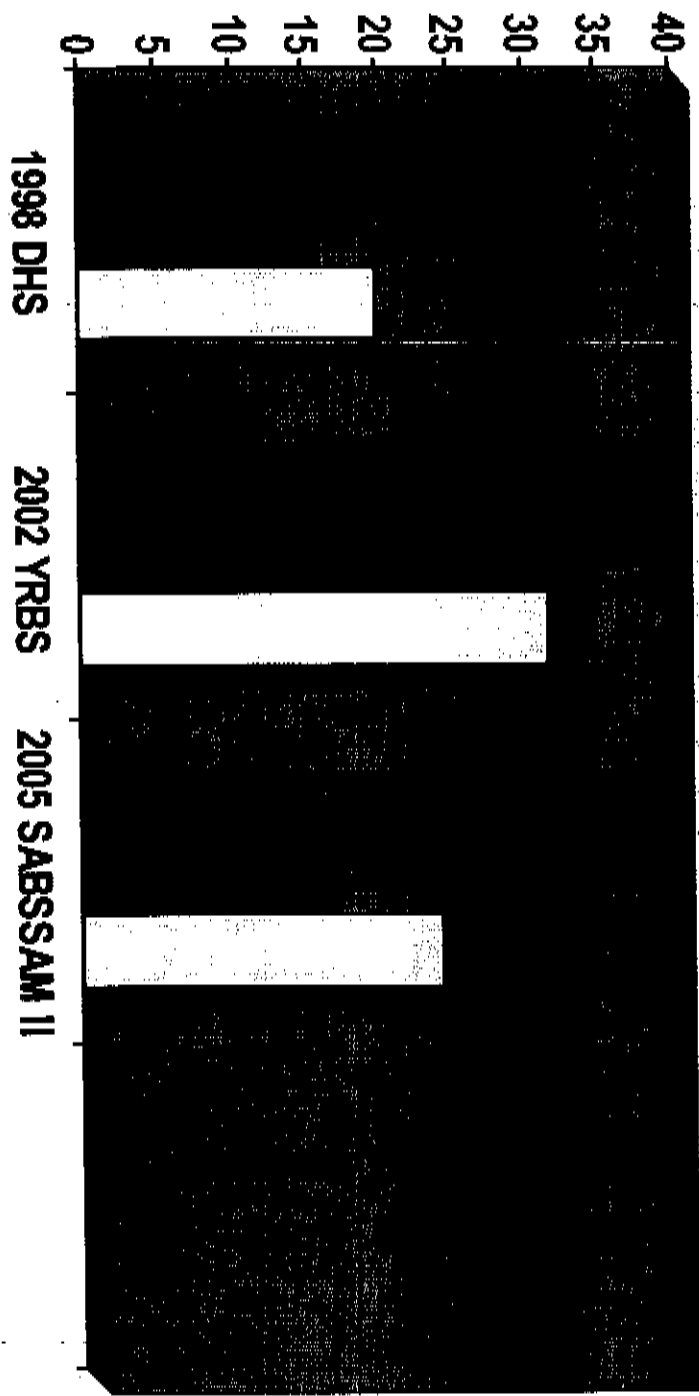


■ 1999 GYTS
■ 2002 YRBS

Daily smoking among adults by sex

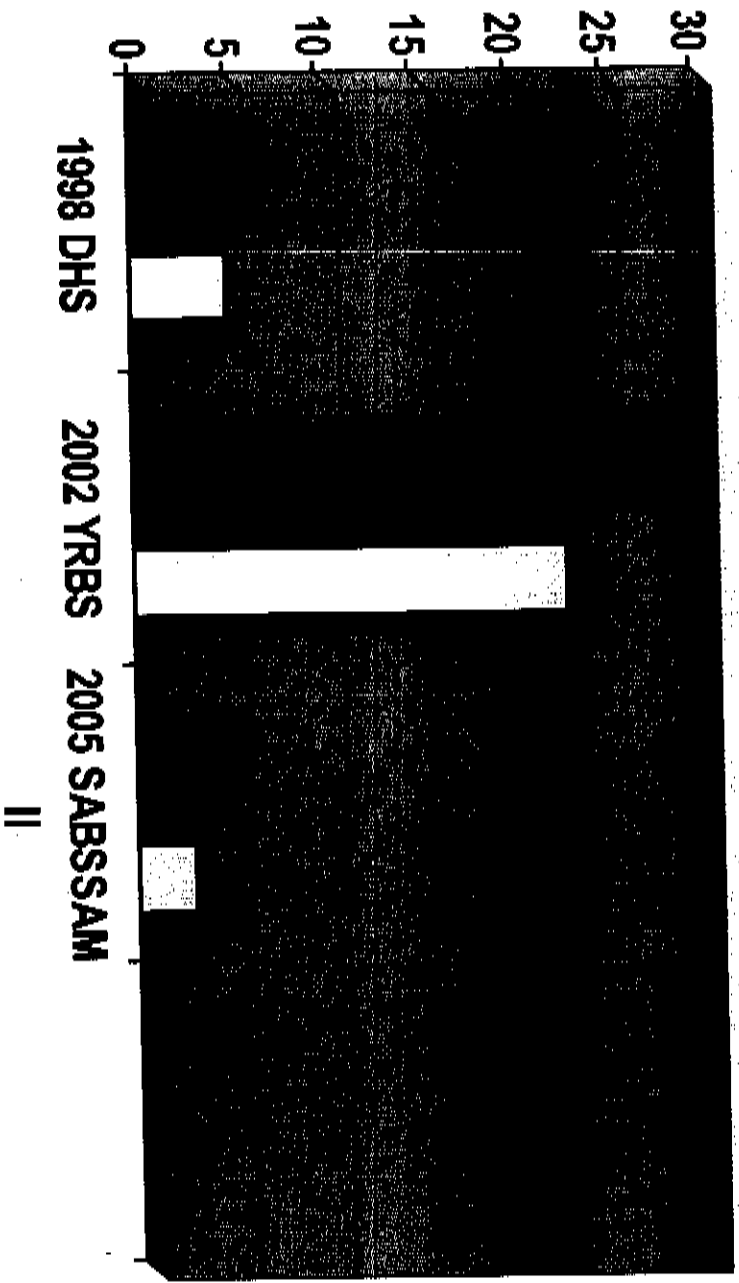


Current alcohol use among adolescents in percent



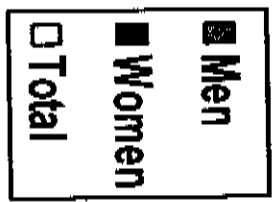
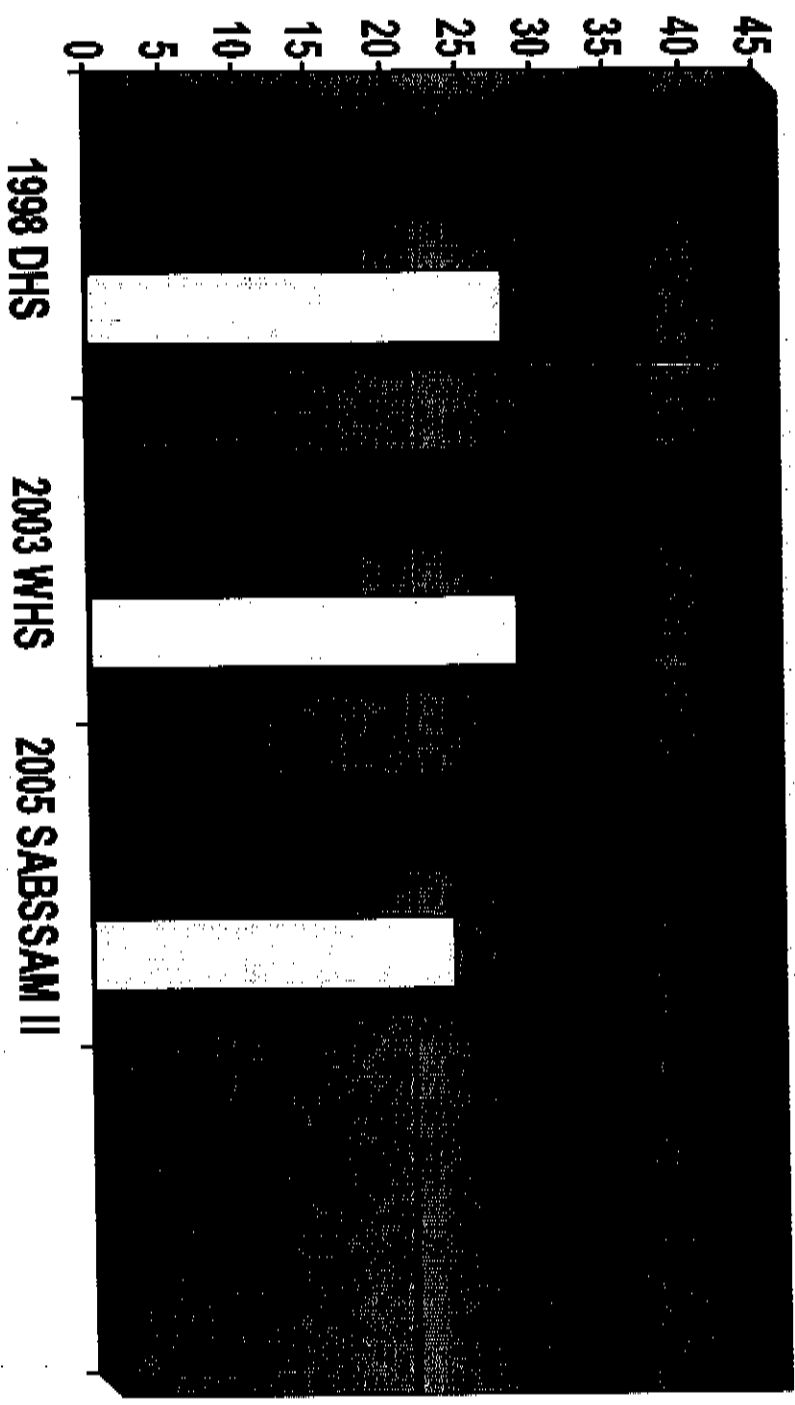
■ Boys
■ Girls
□ Total

Past month binge drinking by sex among adolescents

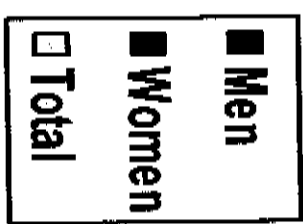
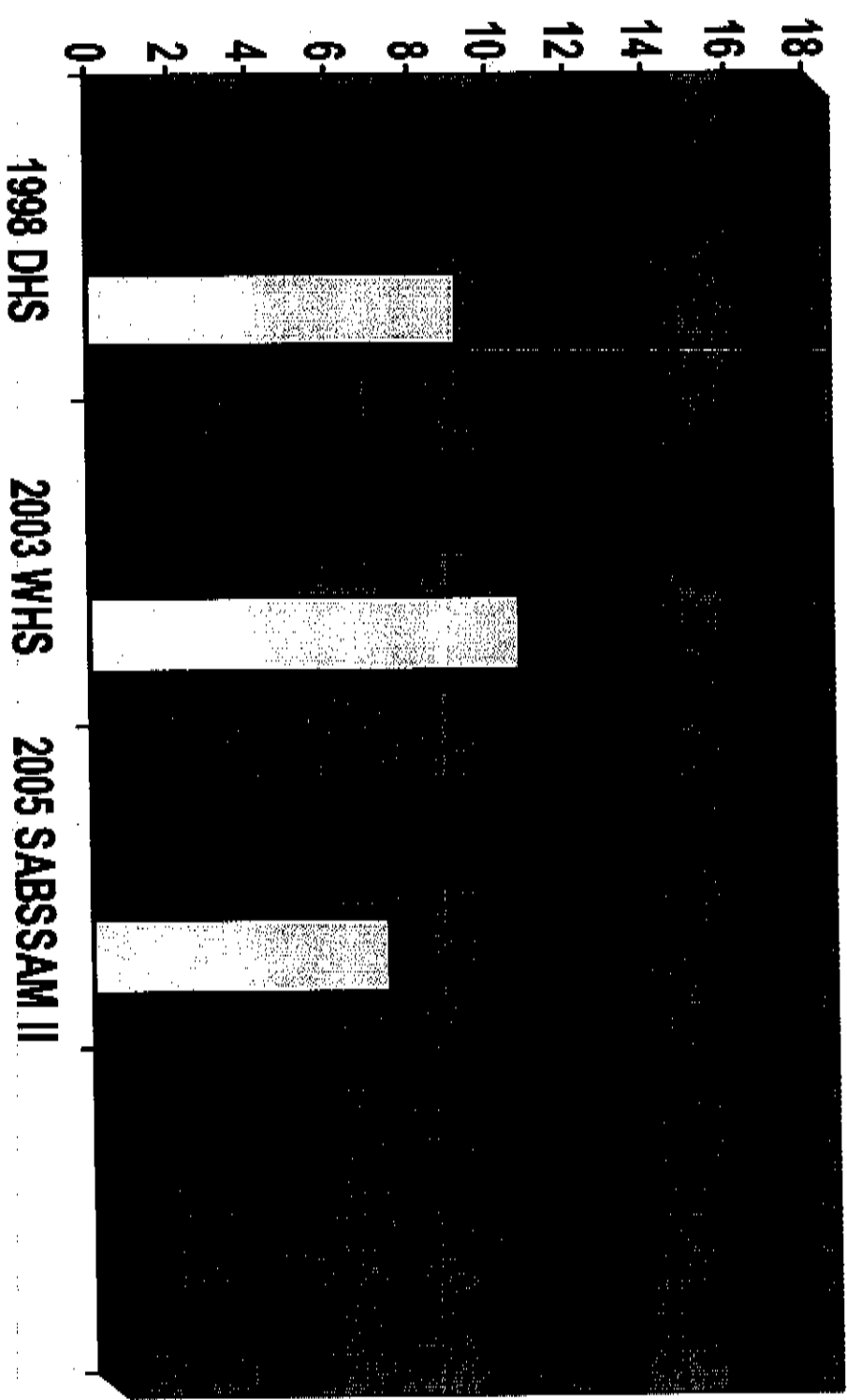


Boys
 Girls
 Total

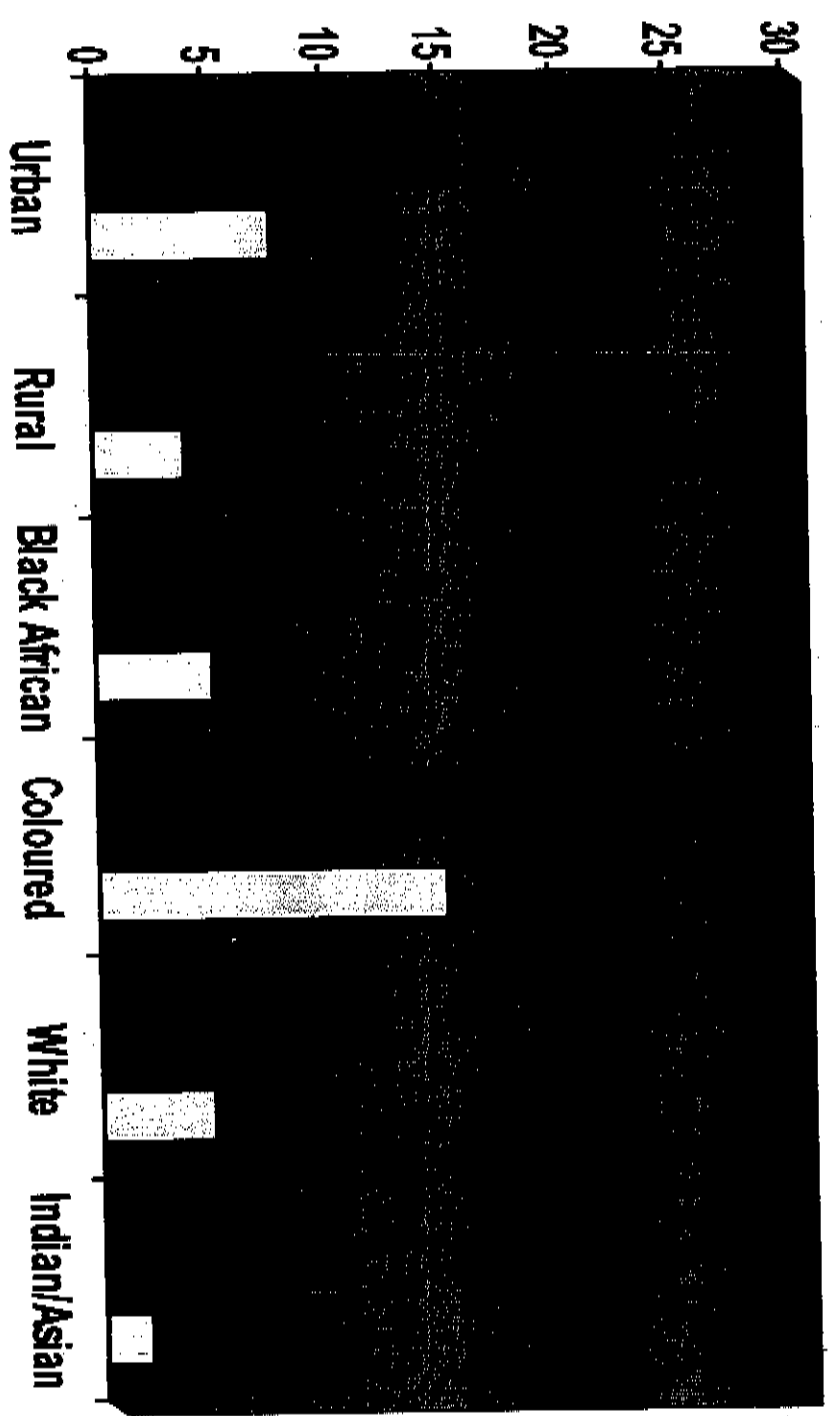
Current alcohol users among adults



Binge drinking among adults

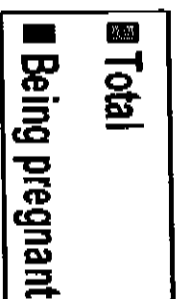
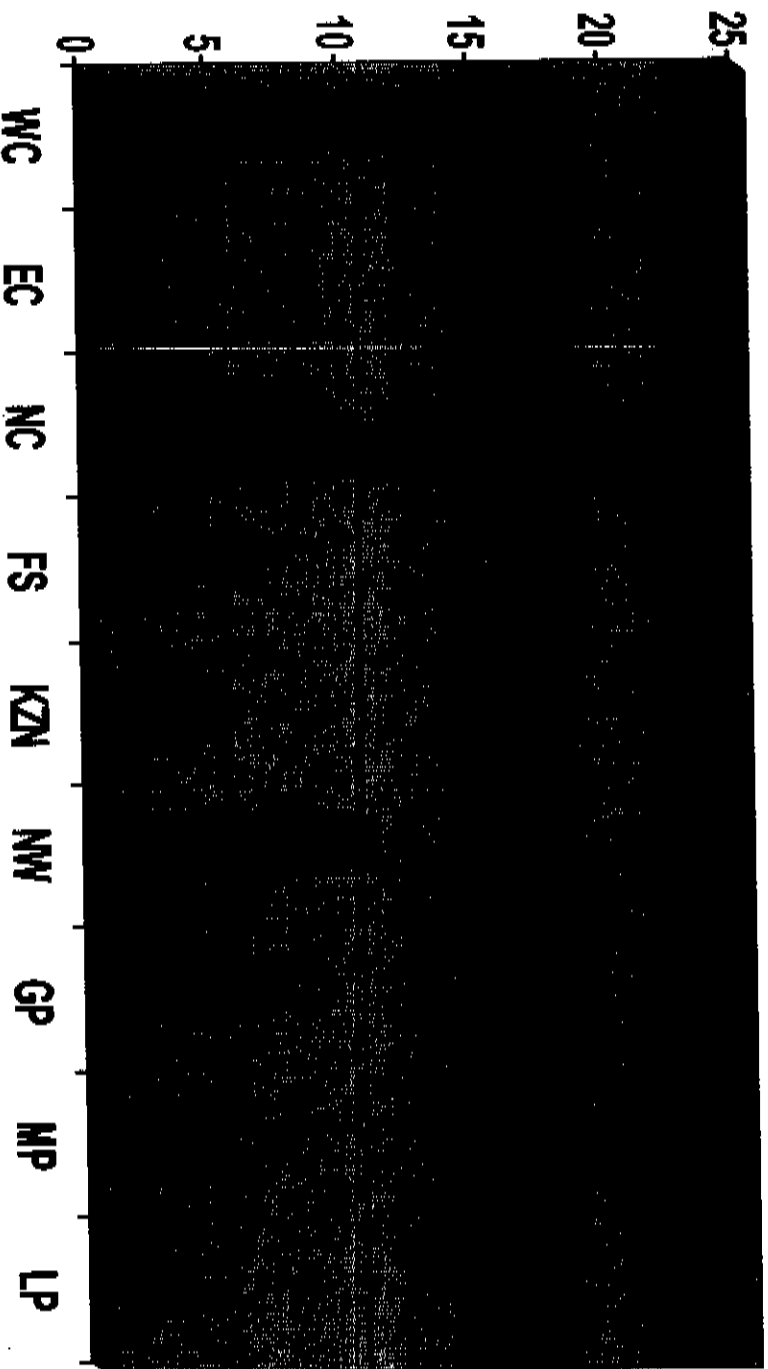


Hazardous or harmful drinking by geolocality and race, 2005 SABBSSAM II

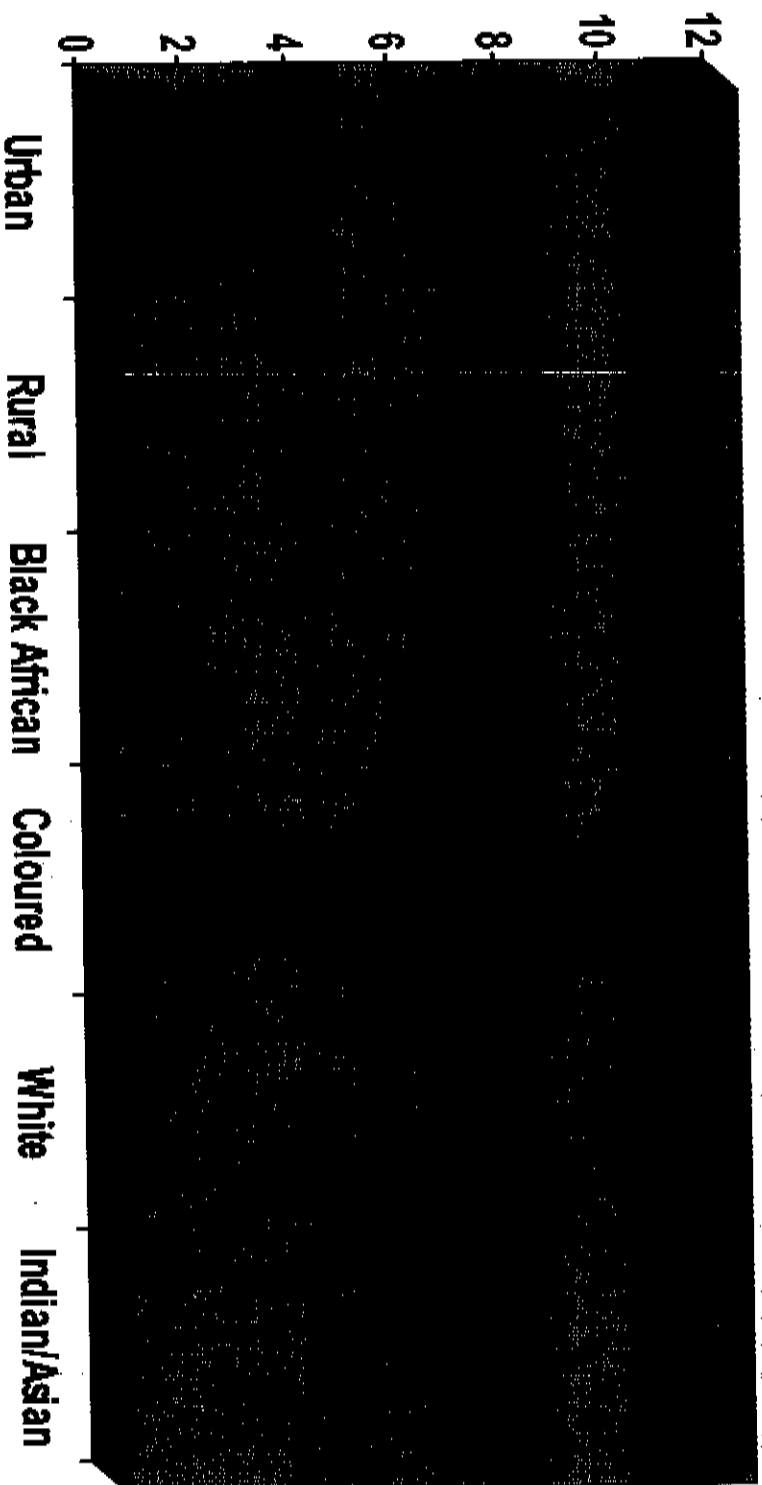


■ Men
 ■ Women
 □ Total

Hazardous or harmful drinking in total population and pregnancy status by province, 2005 SABBSSAM II

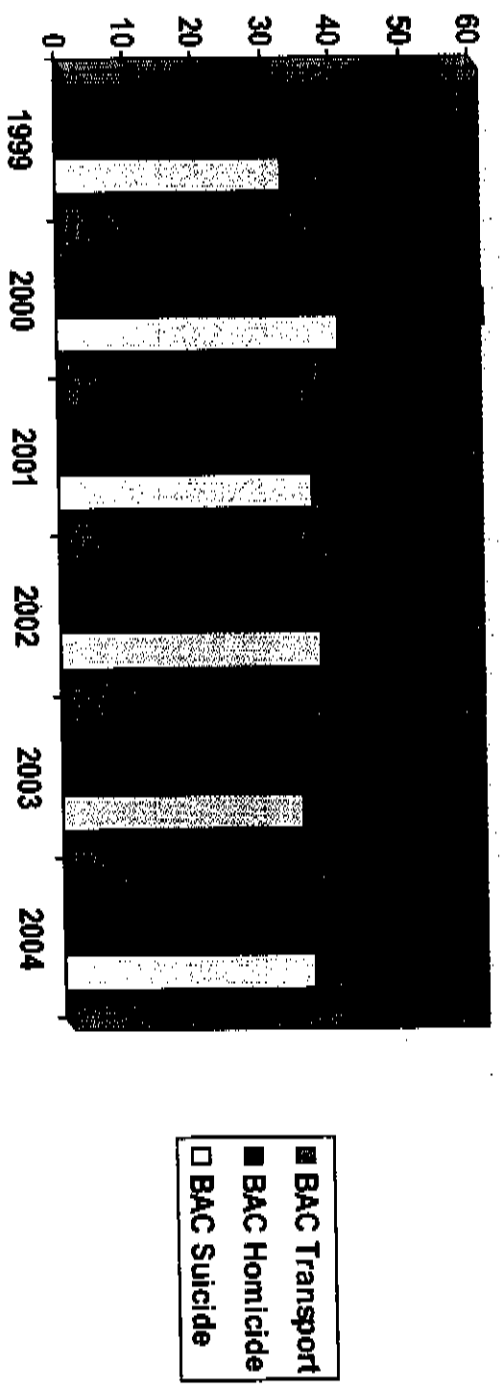


Hazardous or harmful drinking in pregnant women by geolocality and race, 2005 SABSSAM II



■ Pregnant

Transport, homicide and suicide related deaths and elevated Blood Alcohol Concentration (BAC)



Source: National Injury Mortality Surveillance System (MIRC)

SUBSTANCE ABUSE TREATMENT

Treatment demand by province and by gender, race, age and primary drug of abuse, in percent (2006)

In/out-patients	EC	KZN	WC	GP	MP	LP	FS	NC	NW	Total
Number	1395	1428	5458	8414	1040	74	544	342	291	16986
Male	84	84.5	74.5	80.5	83.5	78	81.5	84.5	77.5	80.9
Black African	35.5	39	6.5	35	50.5	46	33.5	30	28	33.8
Coloured	32.5	10.5	88	10	4	4	13	55.5	4	22.4
White	29.25	25.5	24	52	22.5	50	52.5	12.5	87.5	37.3
Indian/Asian	2.75	25	1	3	23	0	<1	1.5	1	8.4
<20 * <22	17	25	27	23	18.5	26*	20.5*	40*	11*	23.1
20-34 #22-35	44.7	35.5	46.5	38	42	24*	33#	27#	37.5#	36.5
35-49	29	29.5	21	27.5	29	0	18	10.5	18	20.4
50-64 **50+	7	10**	6	10.5	9.5	45	9	5	10	12.4
85+	<1	0	1	<1	<1	5	<1	1	3	1.1
Alcohol	46.5	43	28	48	51	57	61	57.5	69.5	51.3
Cannabis	18.25	26	9	21	28.5	23	22	22	8.5	19.9
Cannabis/gaandrax	5.75	2	3	2	<1	0	1.5	5	4	2.6
Crack/cocaine	15.25	11.5	4.5	11	8	1	8.5	1.5	10.5	7.8
Heroin/opiates	3.75	5	12	9	10	3	2	2	3	5.5
Prescription/OTC	2.5	7	1.5	3	2	3	4	1	1.5	2.8
Methamphetamine	2.5	0	39.5	<1	0	0	0.2	0.5	4.5	5.2

EC to MP Jan - Dec 2006 (Source: SACENDU); FS to NC Apr-Sept 2006 (Source: SANCA) and July to Dec 2006 (Source: SACENDU); Italic data July to Dec 2006 (Source: SACENDU)

Treatment centre clients survey

Tobacco and alcohol use in percent (n=46)

	Lifetime use	Daily smoking	20 cigarettes and more per day	Tried to give up (un)successfully in past 12 month
	%	%	%	%
Tobacco	84.4	82.9	39.1	(33.3) 10.5
Alcohol	97.8	81% past mths binge drinking	83% hazardous or harmful drinking	50% Probably dependance

Primary/secondary or tertiary drug of use in percent

	Primary	Secondary	Tertiary
Alcohol	54	42	40
Tobacco	16	6	10
Cannabis	11	18	10
Cocaine/crack	8	24	13
Amphetamine-type stimulants (speed, ecstasy, tik, cat, etc.)	0	3	0
Inhalants	0	0	0
Sedatives or sleeping pills (Valium, Mandrax, etc.)	3	3	3
Hallucinogens (LSD, acid, mushrooms, etc.)	0	0	10
Opiates (heroin, morphine, methadone, codeine, etc.)	5	3	10

- During the FG sessions, when participants were asked what substance they first started taking, all reported either alcohol or cannabis.
- Respondents were asked why they started using these substances. Reasons cited mostly revolved around stress and experimentation.

	1994 HSRC (10-21 yrs) African Black	
Reasons for drinking alcohol of current users	Men	Women
Enjoyment	49.1	43.6
Personal/social/religious custom	7.4	8.6
Social value	18.8	14.9
Mood changing	2.6	1.8
Coping with personal/social/interpersonal situations	11.1	11.0
Health improvement	0.6	-
Place where drinkers usually drink		
At school	-	2.6
At work	0.7	1.8
At home/place where I live	29.1	38.9
At home of relatives	3.4	8.3
At home of friends	18.6	20.9
At a public place where I have to pay	45.3	22.1

Summary 1:

Tobacco (Adolescents):

=age of onset

=current smoking

<current smokeless tobacco

<daily smoking: >Coloured and Whites; > Males, <Black Africans/Indians or Asians

<exposure to tobacco smoke outside home

>exposure to tobacco smoke at home

Availability: >bought self in public places

Venue of use: >private place (homes)

Perceived reasons for tobacco use: >mood changer

Rate of trying to quit smoking in past year: 50-75%

Reasons to quit: > health

Summary 2:

Tobacco adults:

- <Daily smoking
- >Males
- >Urban
- >Coloured
- >Western Cape, Northern Cape

Summary 3: Alcohol

=Life time/current use (adolescents/adults)

=Binge drinking (adolescents/adults) 5-15%

>urban> men >Black African, Coloured

Risky drinking

> men >urban >Coloured

>Risky drinking in pregnant women: > Northern Cape > Coloured > Urban

Perceived reasons for drinking: >enjoyment

Venue for drinking: Men >public place; Women > homes

Summary 4: Alcohol burden

Alcohol & HIV

Hazardous or harmful drinking and binge drinking are associated with multiple/indiscriminate (irregular) sex partners

Alcohol related death

=transport/homicide: 50%

=Alcohol production/per capita: 8 litres

Comparisons of drug use epidemiology: South Africa, USA and Australia

Type of drug	RSA, 2005 (2003#) (15 yrs +) ¹		USA, 2005 (12 yrs+) ²		Australia, 2004 (14 yrs +) ³	
	Men	Women	Men	Women	Men	Women
Smoking Daily (currently)	31.2#	8.4#	(35.8)	(23.4)	18.6	16.3
Past month binge drinking (risky drinking)	14.3 (13.9)	3.2 (2.6)	30.5	15.2	(15.5)	(9.4)
Current cannabis use (past 1=USA/AUS- 3 months=RSA=PM)	3.9	0.4	8.2	6.1	8.9	4.6
Inhalents (PM)	0.2	0.0	0.3	0.2	0.4	0.1
Mandrax, sedative, pain reliever, tranquilizers (non- medical use) (PM)	0.5	0.1	3.0	2.6	1.9	2.2
Cocaine (crack) (PM)	0.4	0.2	1.3 (0.4)	0.7 (0.2)	0.4	0.3
Opiates, heroin (PM)	0.2	0.0	0.1	0.2	3.1	1.7
Club drugs/amphetamine type stimulants (PM)	0.3	0.1	0.6	0.6	1.6	1.0
Hallucinogens (LSD) (PM)	0.2	0.1	0.6	0.3	0.3	0.1

Recommendations 1:

- Expand national and regional monitoring on substance use into all provinces to monitor mechanisms for changes in drug use patterns, e.g. SACENDU should cover all 9 provinces and not only five. This includes:
- Treatment centre statistics (ongoing)
 - Substance abuse related psychiatric condition (ongoing)
 - Substance abuse related arrests (ongoing)

Recommendations 2:

A national household survey on drug use and health for persons 12 years and above is suggested every three years.

For example, a household survey in the US is conducted every year, and in Australia (called National drug strategy household survey) every three years for person 12 years and above.

Current national data in South Africa is either outdated, use different measures or come from sources that only consider treatment demand or consists of small studies that cannot be linked to give a national prevalence perspective.

Recommendations 3:

Treatment services

- Free access for disadvantaged groups
- Expand number of treatment centres especially into rural provinces/areas
- Increase treatment support groups
- Sentinel surveillance for HIV/Hepatitis B/C among drug users in treatment

