

October 23 | Lisbon Addictions 2019

# If you work, don't drink

Association between alcohol consumption patterns and work-related injuries in Portugal

*Research during internship at SICAD's*

**Duarte Vital Brito**

Public Health Unit – Central Lisbon Community Health Cluster

# ALCOHOL CONSUMPTION AND WORK-RELATED INJURIES IN PORTUGAL



Alcohol consumption in the **last 12 months**



Daily intake among drinkers

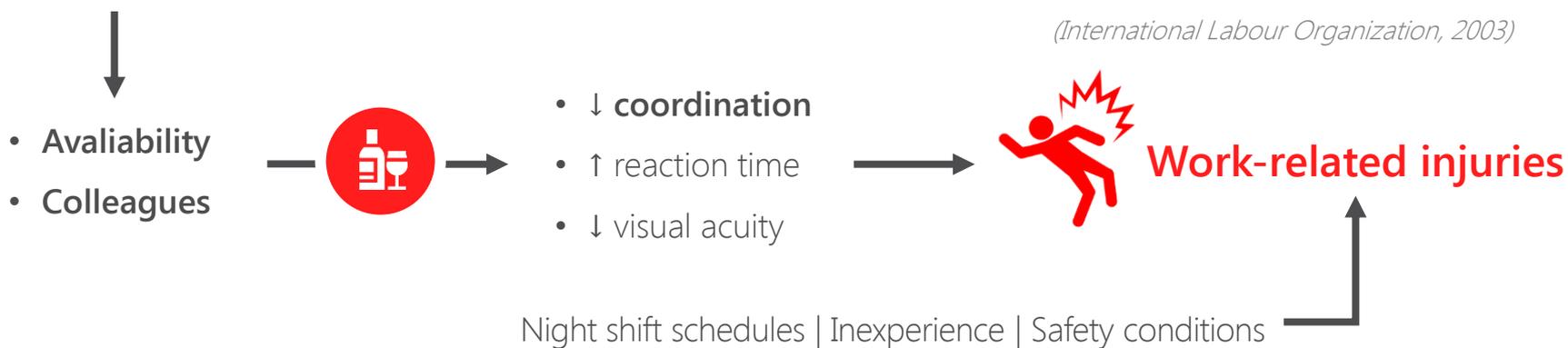
Most important risk factor for death between 15-49 years-old

*(Balsa et al, 2018) (Eurostat, 2014)*

**207 567 WORK-RELATED INJURIES IN 2016.**

**Alcohol consumption might be related with 25% of work-related injuries.**

*(International Labour Organization, 2003)*



# CONCEPTUAL MODEL

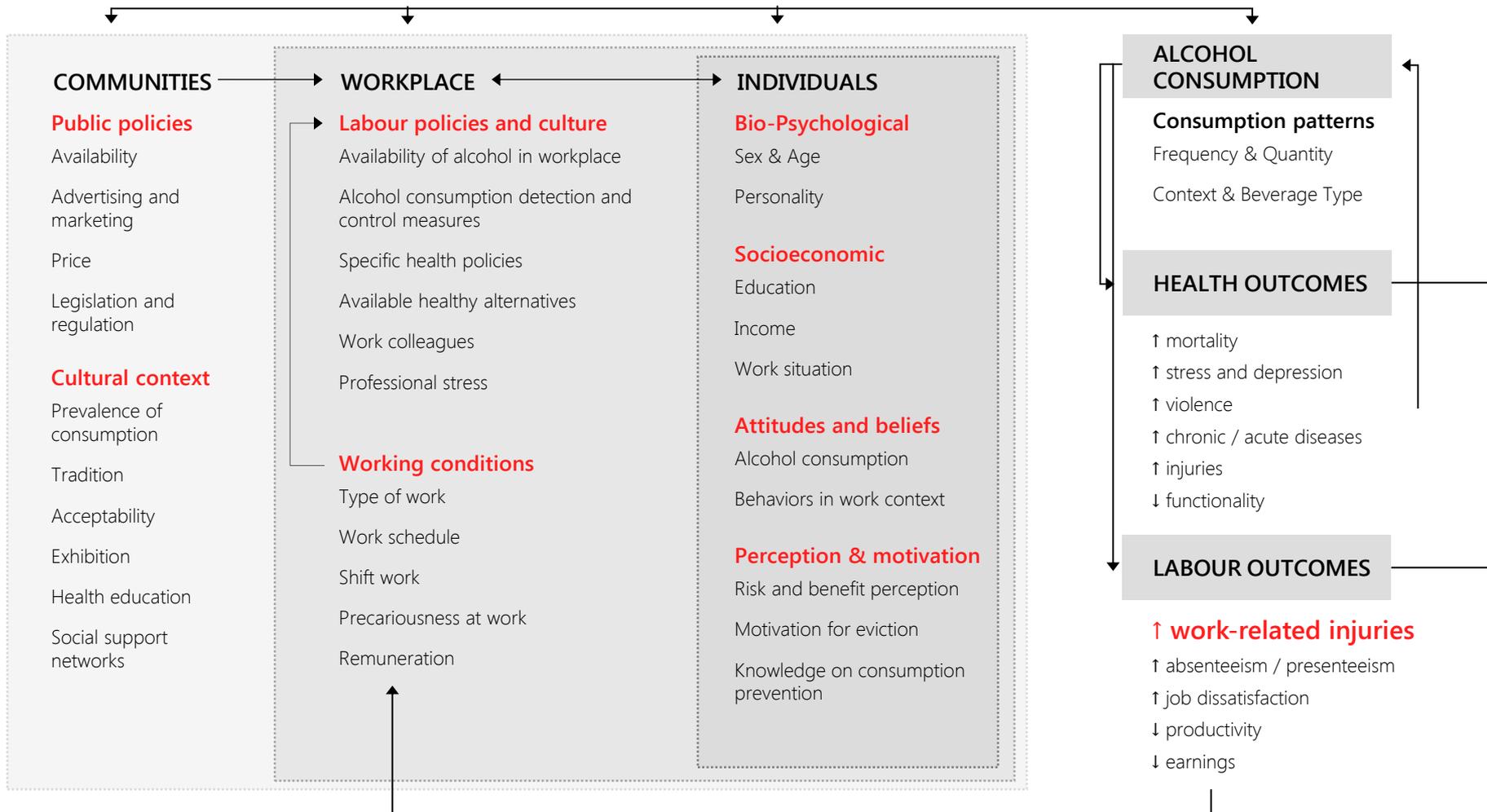


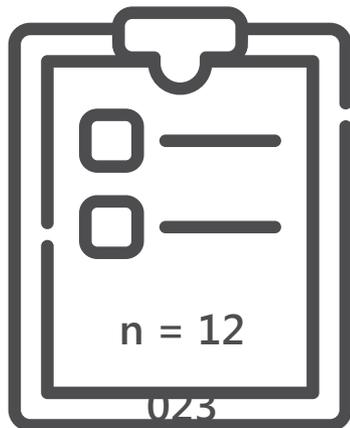
Figure 1. **Conceptual model of alcohol consumption in the workplace**, adapted from Cook (1996), Pidd (2003), Burton (2010) e Freisthler (2014)

# MATERIAL AND METHODS

Research question: **Which alcohol consumption patterns are associated with work-related injuries in Portugal?**



**Analytical cross-sectional observational** study, using **secondary data** from **IV National Survey on Psychoactive Substance Use in General Population 2016-2017**.



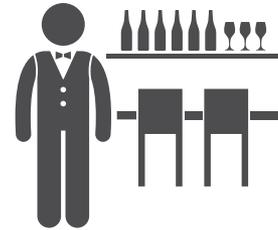
- Complex sampling process
- Residents in Portugal, between 15-74 years-old
- Survey with computer and interviewer support
- Specific methodology designed for addiction behaviour

# RESULTS | Univariate analysis



58,3% consumed alcohol in the last 12 months, of which **24,4% binge drinking**

39,5% reports little or no importance to excessive consumption



5,8% often drink during work breaks and **32,9% mention alcohol available at workplace**

61,4% without Occupational Medicine Service



4,9% ( $n=397$ ) had a work-related injury in the last two years

**Male | Income < 1000€ | Primary sector**

# RESULTS | Multiple logistic regression

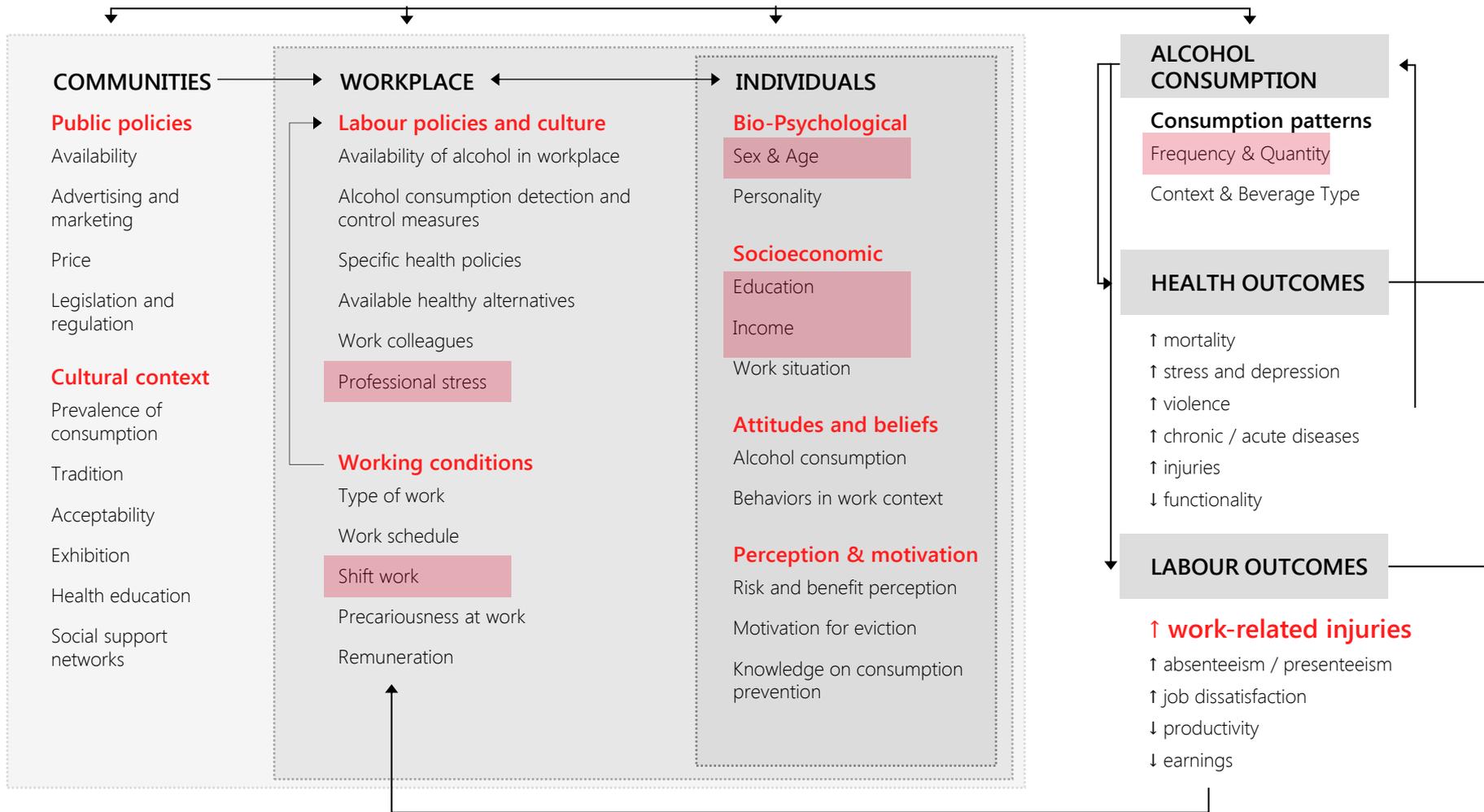


Figure 1. **Conceptual model of alcohol consumption in the workplace**, adapted from Cook (1996), Pidd (2003), Burton (2010) e Freisthler (2014)

# RESULTS | Multiple logistic regression

**Multiple logistic regression** for reported work-related injuries, adjusted for sex, age, education, income, working sector, working schedule, job satisfaction:

## AUDIT Score

- **Risky alcohol consumption** (OR 1,824 | IC95%: 1,061 – 3,137)
- **Dependent alcohol consumption** (OR 3,981 | IC95%: 1,916 – 8,274)

## Consumption frequency | Quantity | Binge drinking frequency

- **+10 drinks consumed in one occasion** (OR 3,963 | IC95%: 1,428 – 10,923)
- **Binge drinking < 1x/month** (OR 2,118 | IC95%: 1,328 – 3,378).

# DISCUSSION

## Most associations are coherent with current scientific evidence

- Male  Education  Mixed or intermittent shift work 
- Binge drinking frequency   
- No association with frequency of consumption 

**19,4% mentions alcohol intake during work lunches**  
Possible influence of availability in workplace



Cross-sectional study → **not possible to assess causal relationships**



**Underreport of consumption**, including **memory bias** and **social acceptability bias**

# CONCLUSIONS

Association between **alcohol consumption** and **work-related injuries** in the **Portuguese working population**.



→ Regular binge drinking

→ More than 10 drinks in one occasion



This study **fills an important gap in the current national scientific evidence** on the association between alcohol consumption and work-related injuries.

**Support further policies**

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