

Alcohol Use and Associated Factors among Older Adults in Northern Thailand

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ABSTRACT The aim of this study was to assess the prevalence of alcohol use and associated factors in older adults in Northern Thailand. A cross-sectional study of a randomly selected population sample of older adults (50 years and above) (N=2273) was conducted in Northern Thailand. Results indicate that almost two-thirds (64%) indicated that they were lifetime alcohol users, 25.2% were daily alcohol users and 13.1% engaged in drinking and driving. Major barriers to drinking alcohol included general barriers (57.6%), followed by financial barriers (56.1%), moral barriers (38.6%) and physical barriers such as closed shops (6.6%). In multivariable analysis being male, lower education, personal income and lack of moral barriers but not age were associated with daily alcohol use, and being male, personal income and physical barriers were associated with drinking and driving. This study reveals high rates of alcohol consumption and factors identified with drinking can be utilized for intervention programmes.