



Alcohol use

among Aboriginal and Torres Strait Islander people



Aboriginal and Torres Strait Islander people are

1.3x more likely to abstain from alcohol

than non-Indigenous people [1]

Aboriginal and Torres Strait Islander people who do drink alcohol are more likely to drink at levels that are dangerous for their health



Health and social impacts: alcohol use can lead to many health and social problems [2]

Physical



- organ and brain damage
- high blood pressure, diabetes or cancer
- infections
- liver disease
- FASD (fetal alcohol spectrum disorder)
- road accidents

Mental



- depression and stress
- mental illness
- sleep problems
- suicide

Social



- separation from culture
- unwanted pregnancies
- money problems
- violence

Hospitalisation

Aboriginal and Torres Strait Islander people were **hospitalised 4x more** than non-Indigenous people in 2013-2015[3]



Prevention and treatment

Supporting strong communities and families



Increasing the price of alcohol [4]



Effective treatment services need to [5]:

- be community driven
- be culturally safe
- have good ongoing care



Sources:

1. Claydon, C., K. Webber, and J. Sweeney, National Drug Strategy Household Survey 2016: detailed findings. 2017, Australian Institute of Health and Welfare: Canberra.
2. Australian Indigenous Alcohol and Other Drugs Knowledge Centre, Facts about alcohol. 2015, Australian Indigenous HealthInfoNet: Perth, WA.
3. Australian Health Ministers' Advisory Council, Aboriginal and Torres Strait Islander Health Performance Framework 2017 report. 2017, Department of the Prime Minister and Cabinet: Canberra.
4. Wilkes, E., et al., Harmful substance use and mental health, in Working together: Aboriginal and Torres Strait Islander mental health and wellbeing principles and practice, P. Dudgeon, H. Milroy, and R. Walker, Editors. 2014, Department of The Prime Minister and Cabinet: Canberra. p. 125-146 (chapter 8).
5. Gray, D., et al., Barriers and enablers to the provision of alcohol treatment among Aboriginal Australians: a thematic review of five research projects. Drug and Alcohol Review, 2014. 33(5): p. 482-490.