

STAYING OFF THE BOOZE: CORRELATES AND MOTIVES FOR ALCOHOL CESSATION AMONG A SAMPLE OF YOUNG PEOPLE

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Introduction and Aims: While recent trends suggest a decline in young people's alcohol consumption, it is not clear what is driving these changes. We report on factors associated with reduced alcohol consumption among young people in Victoria, Australia.

Design and Methods: Cross-sectional online survey with young people aged 15-29 years in March, 2017.

Results: Overall, 1,271 participants completed the survey (69.8% female; mean age 22.1 years (SD 3.4)). Of the participants who drank alcohol in the last 12 months, 3.8% (n=44) reported they had stopped drinking and 32.1% (n=371) had reduced the amount they drink. Most common reasons were 'to avoid hangovers/feeling terrible the next day' (50.4%), 'fitness reasons' (46.2%), 'weight loss' (38.5%), and 'the price of alcohol was too high' (36.3%). Adjusting for age and gender, stopping or reducing drinking was associated with being born in a country other than Australia (OR 1.51, 95% CI 1.05, 2.18), younger age at first drink (OR 0.90, 95% CI 0.85, 0.96), being a hazardous drinker according to AUDIT criteria (OR 1.65, 95% CI 1.22, 2.22), and having experienced alcohol-related harms (OR 1.91, 95% CI 1.46, 2.51); however, those reporting being a member of a religious group were less likely to stop or reduce drinking (OR 0.45, 95% CI 0.38, 0.62).

Discussion and Conclusions: Recent reduction in alcohol consumption was common among young people. Results suggest health factors were the primary motivation for reducing alcohol consumption. Understanding factors driving reduced alcohol consumption has important implications for informing policy and health promotion initiatives.