

Conflicts of Interest Statement

The author(s) declare no conflicts of interest related to
this work

Social isolation, loneliness and alcohol consumption in a cohort of adults aged 50-70: Findings from the *Beyond 50 Study*

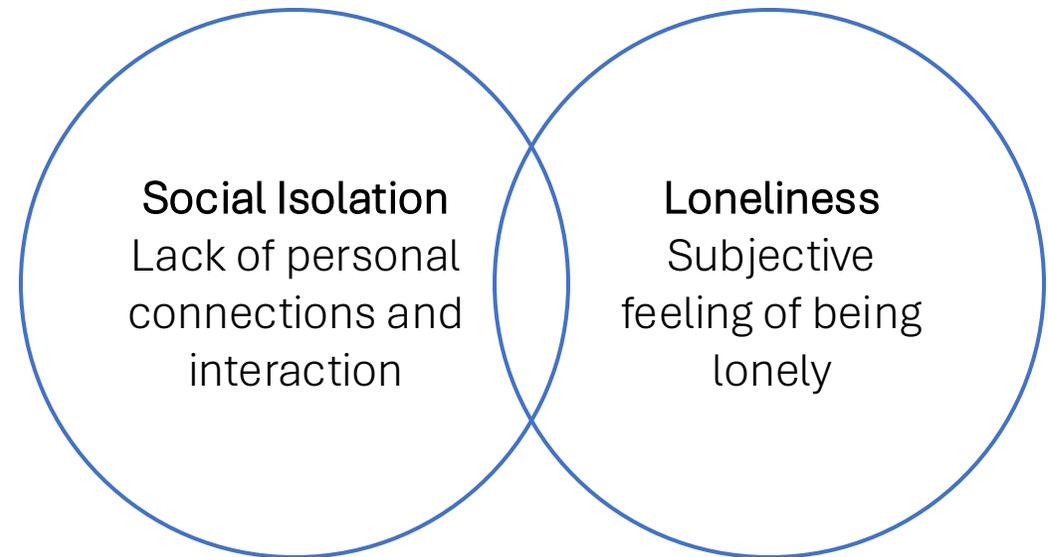
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INTRODUCTION

The current generation of Australian adults aged 50-70 are drinking alcohol at higher levels than previous generations

- Increased risk of harms due to age related metabolic and cognitive changes
- Also have a unique risk of experiencing social isolation and loneliness



AIM

Use hierarchical regression analysis to examine the relationship between social isolation, loneliness and alcohol use in a cohort of older adults aged 50-70

- Data were collected as part of the *Beyond 50* study, a longitudinal cohort study of 1059 people aged 50- 70.
- Validated measures: Duke Social Support Index (DSSI), University of California Los Angeles Loneliness Scale (UCLA-LS-4), Alcohol Use Disorders Identification Test (AUDIT-C)

Demographics
*Age, gender,
education, income*

Health
*Physical and
mental health*

Other substances
*Tobacco, other
nonmedical use*

Social health
*Social isolation,
loneliness*

RESULTS

Alcohol consumption is associated with social connection, and not social isolation, in Australian adults aged 50-70

Experience of social isolation and/or loneliness	β -coefficient (CI)
Not socially isolated or lonely	Ref
Socially isolated but not lonely	-0.112 (-0.535, 0.312)
Not socially isolated, but lonely	-0.620 (-1.618, 0.378)
Socially isolated and lonely	-1.017^a (-1.577, -0.457)
R ²	0.1373
Change in R ²	0.0131 (p<0.05)

INTERPRETATION

Older adults that are socially connected and reported lower levels of loneliness are more likely to consume alcohol than their socially isolated and lonely peers

- Older Australian adults may have a unique social link to alcohol use, and societal norms probably play a role
- Harm reduction interventions may need to be targeted towards socially active older adults
- Identification of at-risk sub-populations will help inform evidence-based strategies to reduce the burden of alcohol related harms in older adults

Contact

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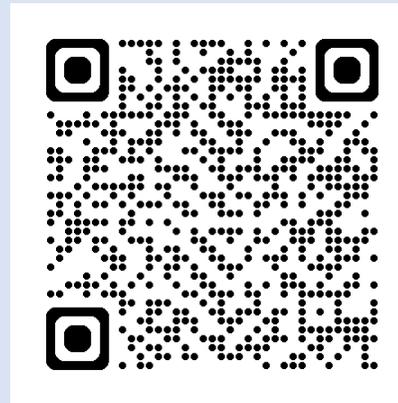
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To keep up to date with study findings, please visit the
Beyond 50 website

www.beyond50.study



Beyond 50

Health & social outcomes in
Frankston and the Mornington Peninsula