



Re-thinking how we ask Indigenous Australians to describe their drinking

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Kate Conigrave



CENTRE OF RESEARCH EXCELLENCE
INDIGENOUS
HEALTH • ALCOHOL

Acknowledgement
of Country





Jimmy's in charge!



**Why a new approach is needed to help
Indigenous Australians?**

Jimmy Perry and Kate Conigrave

Why are we here?

- Australia's First Peoples experience up to 8 times the rate of alcohol-related hospitalisations
- But surveys on their drinking can be wrong by a factor of seven
- Data used to inform policy and programs

(AIHW, 2010; Chikritzhs & Liang, 2012; Photo: Kylie Lee)

What are people drinking from?

E.g: Wine  = 40 drinks

20 drinks



10 drinks



6 drinks



4 drinks



Other challenges

- Cultural differences:
 - Number
 - Time
- What is 'usual' drinking
- Language / literacy barriers
- Sensitivity / shame
- Child protection
- Asking a family member
- Small community

John

- How much do you have when you're drinking?
- 3 drinks of wine
- What do you drink it out of?



cdn.shopify.com

750mls

Meg

- How often do you drink?
- I don't drink
- OK. Do you have anything for grand finals or New Year?
- Yes
- How much on those days?
- Enough to get tipsy
- Is that closer to a six pack or two cases of beer?
- A case of beer
- Is that you on your own, or shared?
- Me and my partner



On-and-off drinking

- Pete sometimes goes into town when his missus has dialysis
- Ends up 'on the grog'
- She has to come home without him
- In the last three months, he's spent 6 days on the grog. The rest of the time he's been dry

How to code AUDIT Q1?

How often do you have a drink?

- Never
- Monthly or less
- 2-4 times a month
- 2-3 times a week
- 4 or more times a week



Summary

- Standard drinks are rare
- Episodic drinking patterns and sharing are common
- Big cultural differences and other barriers to communication



An iPad 'App' to help Indigenous Australians describe their drinking
Scott Wilson and Kylie Lee





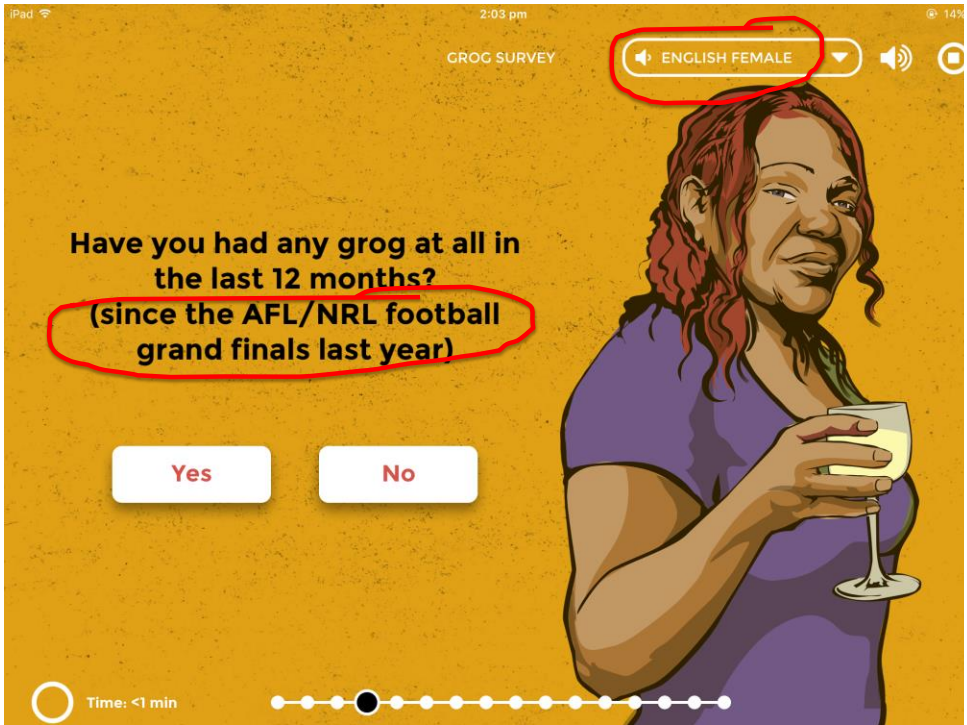
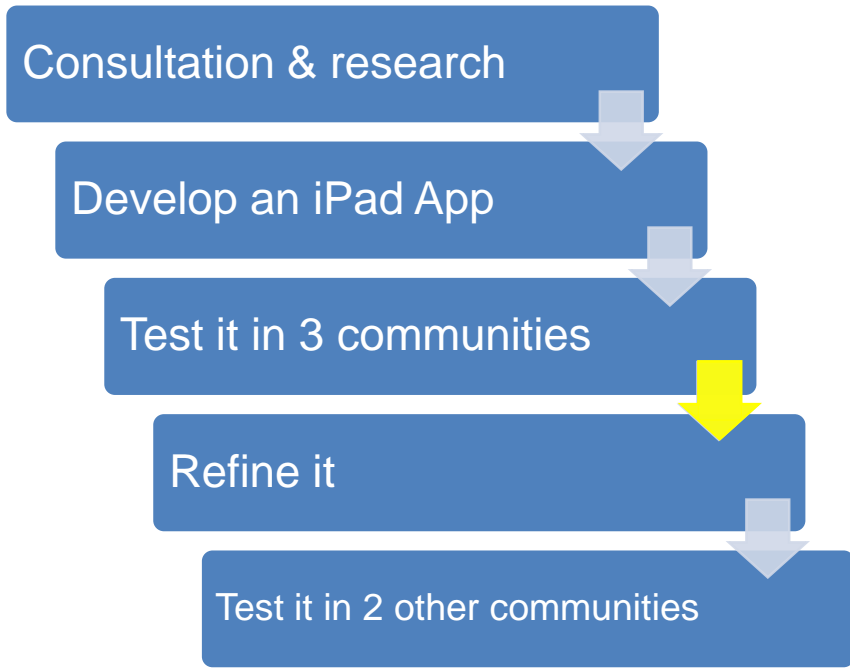
A grid of 14 portrait photographs of the project team members, arranged in three rows. The first row has five portraits, the second row has five, and the third row has four. The portraits are set against a light green background with vertical white stripes.

Kate Conigrave
Kylie Lee
Robin Room
Tanya Chikritzhs
Noel Hayman
Dennis Gray
Ted Wilkes
Scott Wilson
Sarah Callinan
Jimmy Perry
Tim Slade
Mustafa Al Ansari
Catherine Zheng



PROJECT TEAM





No SIM 8:44 AM 49%

drinkingLocations GROG SURVEY ENGLISH FEMALE

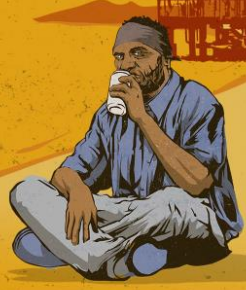
Can I ask you about the last day you had any grog. Where were you drinking?

(Can choose more than one)

◀ **Park or beach** ▶

Next

Time: 2 min



No SIM 8:53 AM 47%

grogDiary-typesind GROG SURVEY ENGLISH FEMALE


What types of grog were you drinking that day?

(Choose all types of grog you drank that time)

Beer **Wine** Port or Sherry Spirits Other

Next

Time: 9 min



iPad 14:34 47%

CROC SURVEY ENGLISH FEMALE

What did you mostly drink white wine out of?

Red cup (425mL) Pint glass (450mL) Juice bottle (500mL) **Soft drink / water bottle (600mL)** Sports bottle (600mL) Large so bo (1.2)

Next

Time: 1 min

iPad 14:34 47%

CROC SURVEY ENGLISH FEMALE

How full of white wine was your soft drink / water bottle when you had a drink that day?


Next

Time: 2 min

iPad 14:35 47%

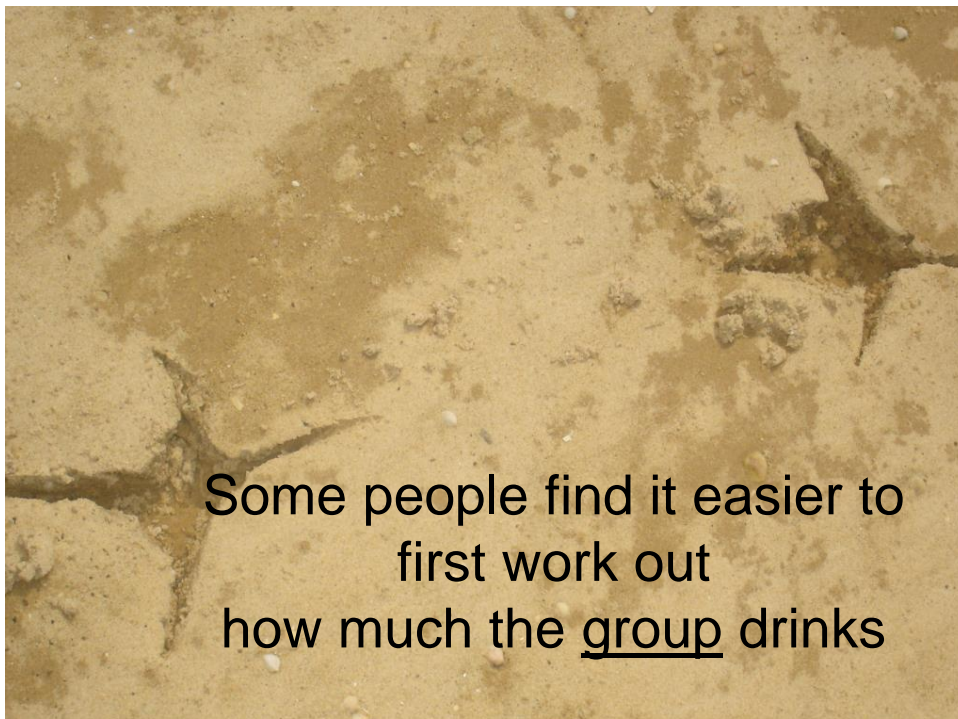

GROC SURVEY ENGLISH FEMALE

How much did you drink on that day?
White wine - Soft drink / water bottle (600mL)



Next

Time: 2 min



iPad 12:51 100%

GROC SURVEY ENGLISH MALE

Can we work out how much grog you drank that last day? What's easier for you?

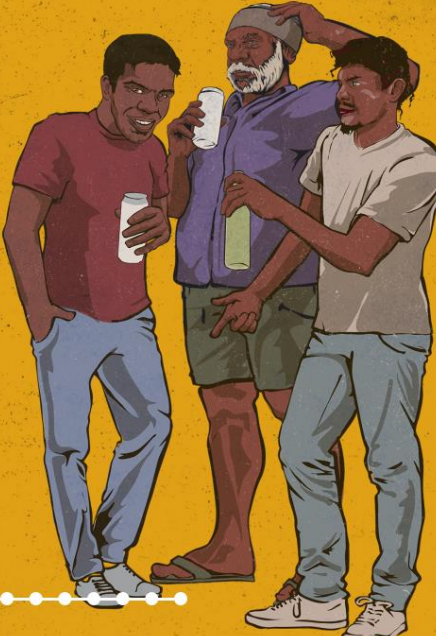
(Choose one only)

To work out how much the whole GROUP drank

To work out how much YOU drank

Next

Time: 4 min



This screenshot shows the first question of a survey. The background is a textured yellow. At the top, there's a status bar with 'iPad', '12:51', and '100%'. Below that, 'GROC SURVEY' and 'ENGLISH MALE' are displayed. The main question asks about the ease of calculating grog consumption. Two options are presented in rounded rectangular buttons. A 'Next' button is below. A progress indicator at the bottom shows a clock icon, 'Time: 4 min', and a series of 10 dots with the 4th dot filled. An illustration of three men drinking grog is on the right.

iPad 12:51 100%

GROC SURVEY ENGLISH MALE


How many people were you drinking grog with?

(Drag how many people were in your drinking circle)

5 people

Next

Time: 3 min




This screenshot shows the second question of the survey. The layout is similar to the first. The question asks for the number of people in the drinking circle. A horizontal bar with a hand icon is positioned at the number '5'. A 'Next' button is below. A progress indicator at the bottom shows a clock icon, 'Time: 3 min', and a series of 10 dots with the 5th dot filled. An illustration of four men drinking grog is on the right.

iPad 12:51 100%

GROC SURVEY ENGLISH MALE


How much did the group drink on that day?

24-pack throwdowns (24x250mL)



Next

Time: 4 min




iPad 12:52 100%

GROC SURVEY ENGLISH MALE


Sometimes when people drink together they all have the same amount. Other times some drink more than others. That day, what was your share?

24-pack throwdowns (24x250mL)



Next

Time: 5 min



Summary

- Electronic aids potentially allow more accurate and culturally appropriate alcohol history taking
- Tablet may make it easier to tailor drinking guidelines to each person's drinking (comparison with clinical interview underway)
- Getting people thinking about their drinking
- Better understanding of drinking patterns and context can help inform policy development and monitor policy effectiveness

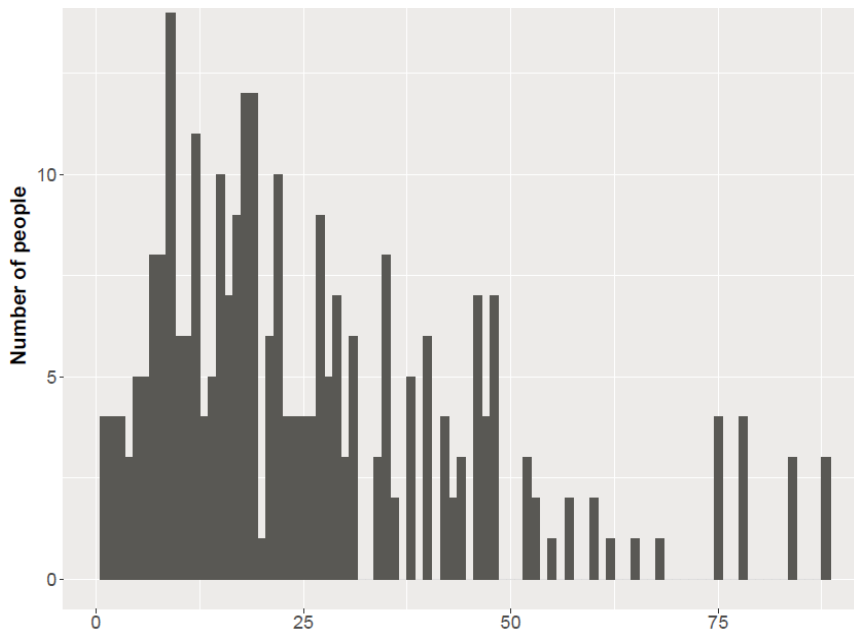
Patterns of drinking collected on the Grog Survey App

Kylie Lee and Sarah Callinan

Analysis plan

- Data collection complete:
 - 100 urban Qld, 145 remote/regional SA
- Initial analyses will look at:
 - Clinical interviews versus app surveys
 - Ways to shorten the survey
 - First time versus second time on app
- But we are still data cleaning (!)

Drinks consumed on last drinking day



- Average standard drinks on a heavy drinking day

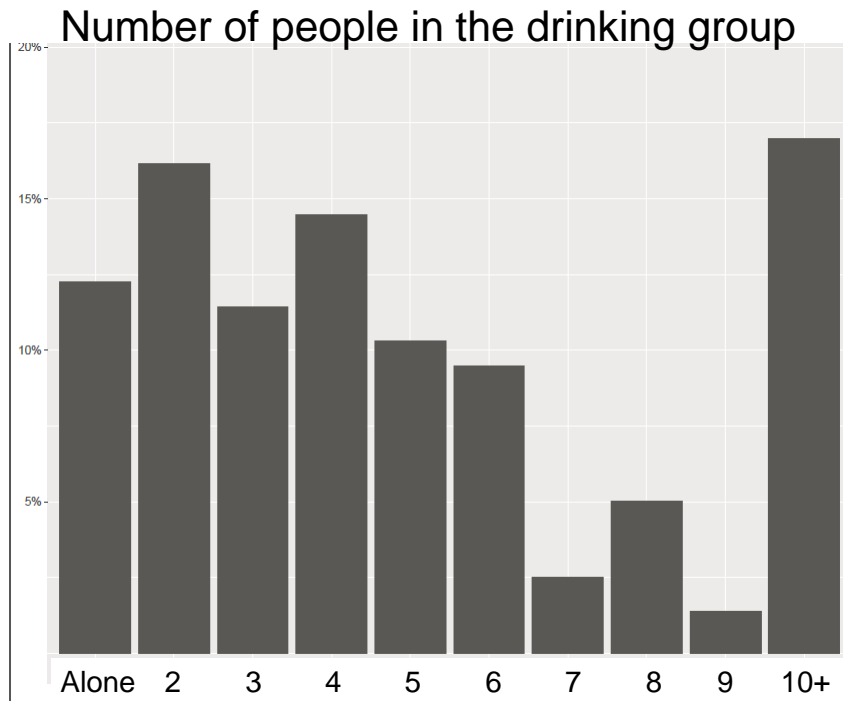
Mean	SD	N
26.0	20.2	100

- Average standard drinks per day (including dry patches)

Mean	SD	N
4.1	5.9	100

- Average dry patch length (days)

Mean	SD	N
18.0	20.5	100

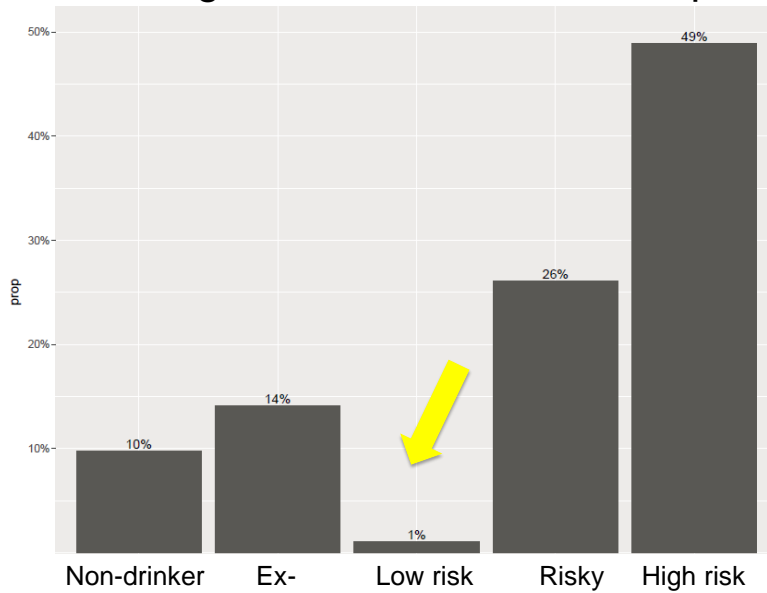


One woman's drinking

- SA, remote
- Last drinking day: 26 standard drinks
- Average consumption: less than 1 drink / day
- But only 4 drinking days in last 5 months

grog_code	capacity	total_units
beer3.5-pint450	450	3
beer3.5Can375	375	3
beer3.5Stubby330	330	4
premixBourbon-drinkingGlass350	350	3
premixBourbonCola5Can375	375	3
premixBourbonCola5SixPack2250	2250	3
cocktail24-cocktailGlass180	180	1

Drinking status – our remote sample



Summary

- Few individuals drinking within recommended guidelines
- Varied drinking patterns with long dry patches
- Next: how does App measure compare with clinical interview?



Panel discussion

Jimmy Perry (Chair), Scott Wilson,
Warren Miller, Sarah Callinan, Geoff Leggat,
Kylie Lee, Kate Conigrave



www.gathering.edu.au