

# Comparing alcohol use between migrants and non-migrants in Germany: who might be at risk and why? An epidemiological study

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## Background

- Migrants (1<sup>st</sup> and later generations) comprise about 20 % of the total German population (Bundesamt für Migration und Flüchtlinge, 2015).
- Being a migrant might be a risk or protective factor for problematic alcohol use.

Subpopulation with high risk for psychological and health problems (WHO, 2011)

Usually lower consumption in country of origin; adaptation occurs slowly over generations (Amundsen, 2012; WHO 2014)

## Research Questions

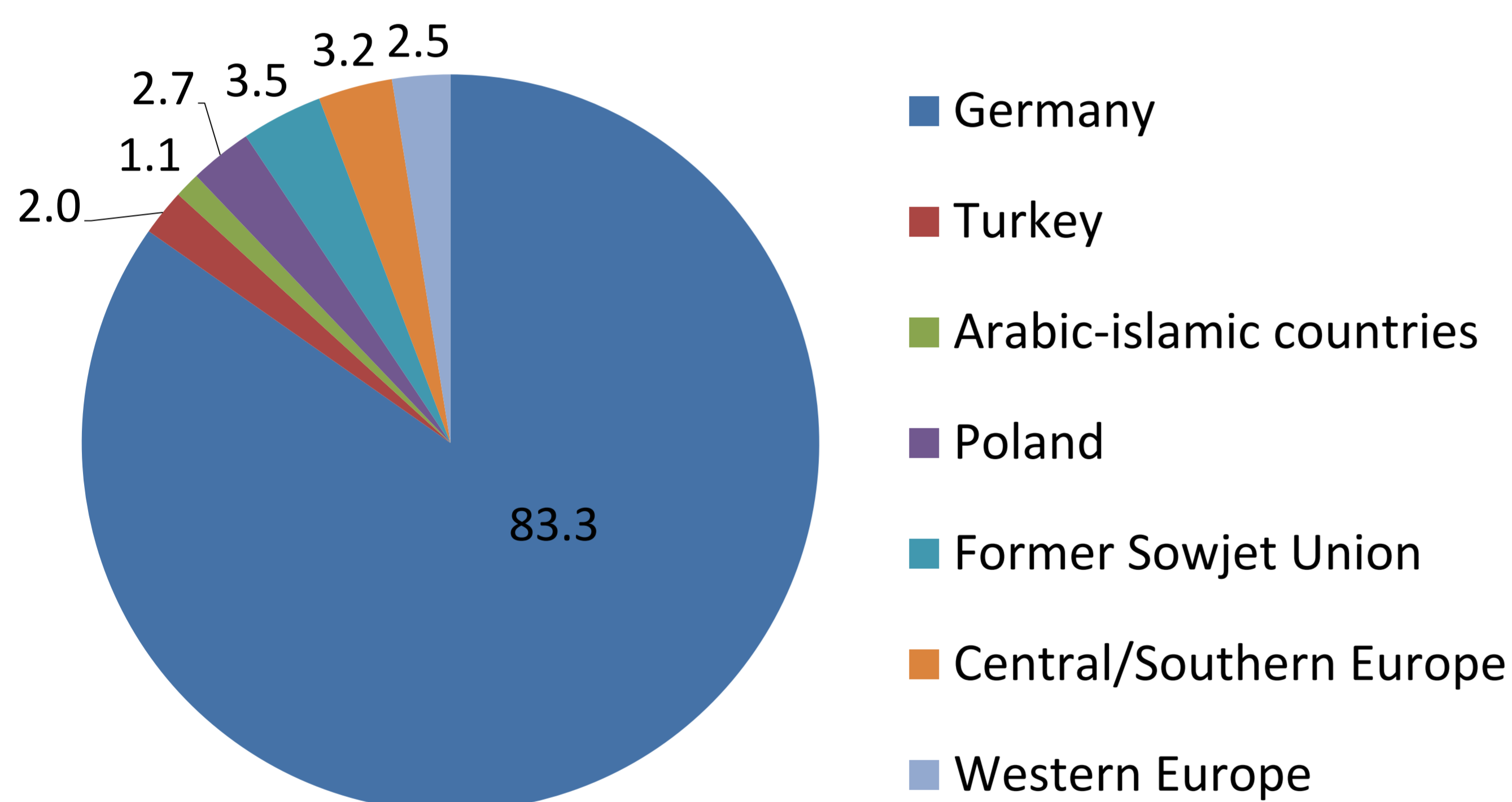
- Do migrants and non-migrants differ with respect to their alcohol use?
- Are there specific groups of migrants with an increased risk for hazardous alcohol use?

## Methods

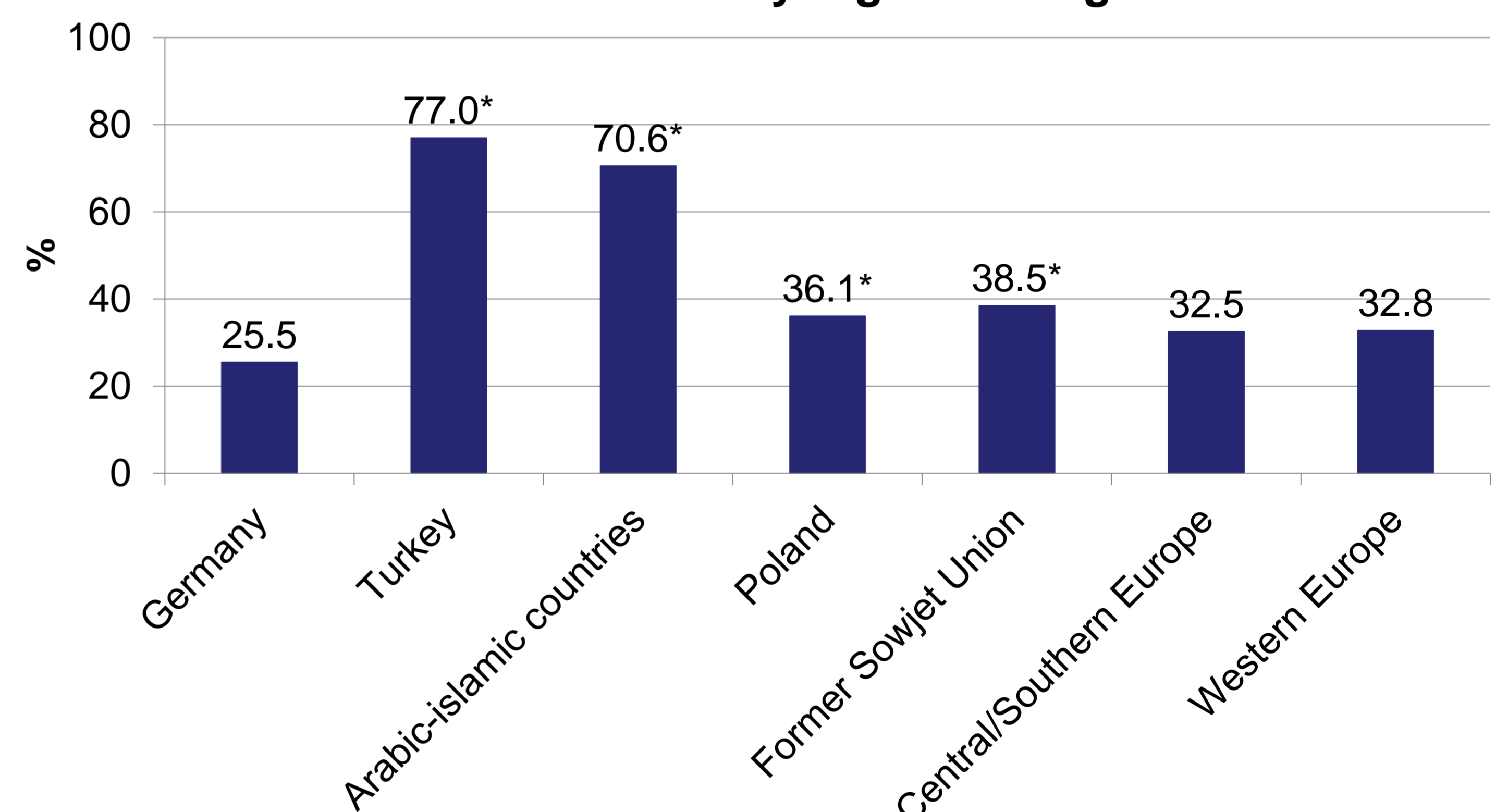
- **Data** 2012 Epidemiological Survey of Substance Abuse (ESA): National general population survey
- **Participants** n = 9.084 individuals aged 18-64 years, including n = 1.486 migrants (1<sup>st</sup> or later generation)
- **Predictor** Region of origin (Robert Koch-Institut, 2008)
- **Outcomes** Alcohol use past 30 days: abstinence, consumption volume among consumers, prevalence of episodic heavy drinking (EHD) among consumers
- **Statistical analysis** General linear and logistic regression analyses; adjusted for age, gender, education, mode of administration

## Results

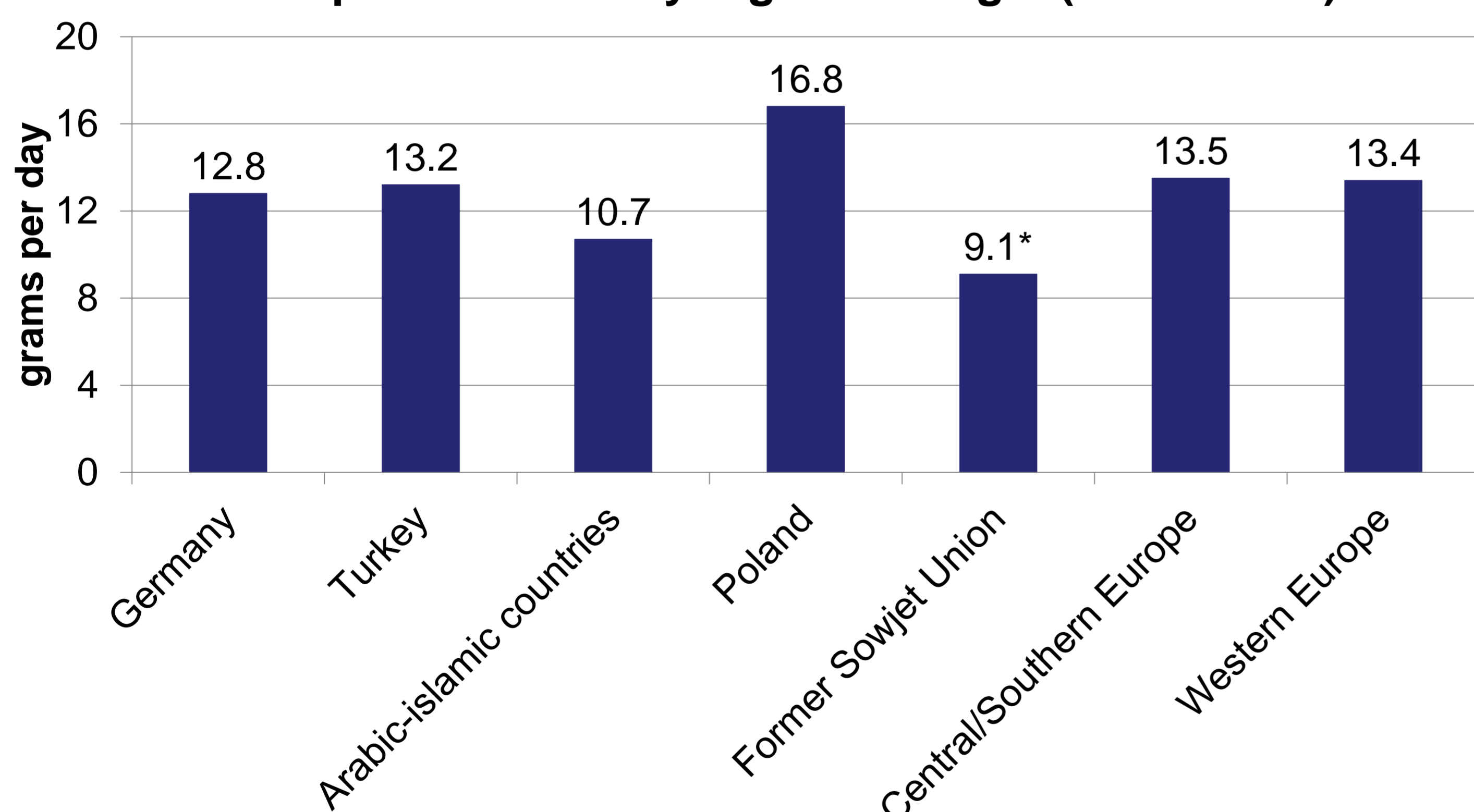
Distribution of region of origin in the sample (%)



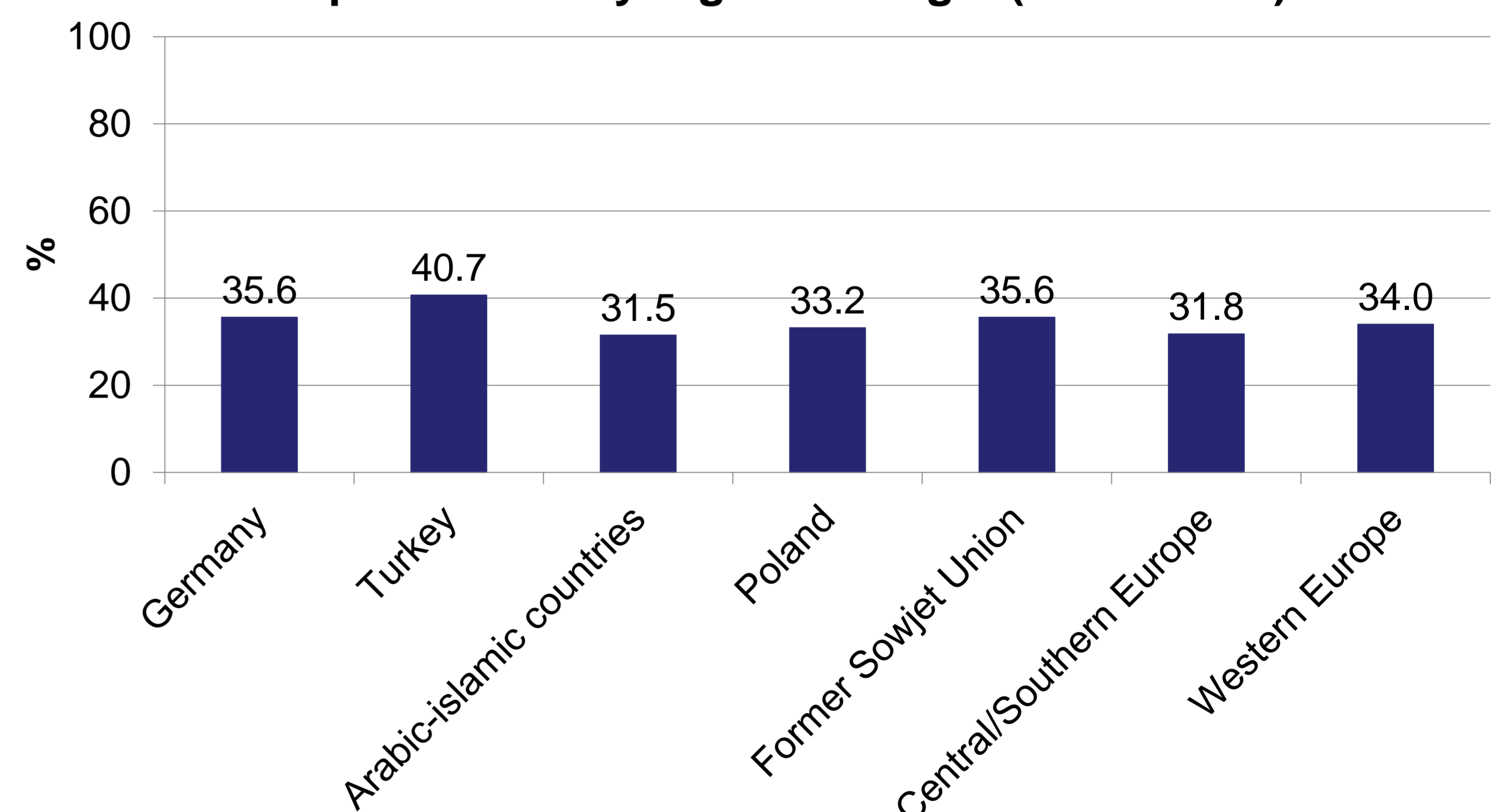
Abstinence rates by region of origin



Consumption volume by region of origin (consumers)



EHD prevalence by region of origin (consumers)



\* p<.05 for the multivariate comparison with the category "Germany"

## Conclusions

- Being a migrant is a protective factor for drinking (most regions).
- No substantial differences in drinking patterns (volume, EHD) of migrants and non-migrants who do drink
- Limitations: rather small cell sizes; representativeness of migrants in the sample unclear
- Implications: i) The implementation of migrant-specific prevention measures on a large scale does not seem to be necessary in Germany, but the availability of existing prevention measures for migrants should be assured. ii) Readiness for abstinence among migrants should be sustained.

## References

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