ESTONIA

Total population 1 309 104
Population aged (15+) 84%
Income group (World Bank) High

TRENDS IN ALCOHOL CONSUMPTION 2016

Recorded alcohol per capita (15+) consumption by type of alcoholic beverage (%)

Recorded Unrecorded

2016

Spirits
Other
Beer
Wine

TRENDS IN ALCOHOL CONSUMPTION 2016

Recorded and unrecorded alcohol per capita (15+) consumption in litres of pure alcohol


Recorded Unrecorded

ALCOHOL CONSUMPTION 2016

Prevalence of heavy episodic drinking (%)

Consumed at least 60 grams or more of pure alcohol on at least one occasion in the past 30 days.
**ALCOHOL-ATTRIBUTABLE BURDEN 2016**

Alcohol-attributable fractions in the largest harm categories caused by alcohol (%)

<table>
<thead>
<tr>
<th></th>
<th>Age 15–19</th>
<th>Age 20–24</th>
<th>All ages</th>
<th>2016 EU+</th>
</tr>
</thead>
<tbody>
<tr>
<td>Females</td>
<td>5.3</td>
<td>25.8</td>
<td>25.5</td>
<td>5.8</td>
</tr>
<tr>
<td>Males</td>
<td>5.8</td>
<td>25.5</td>
<td>6.1</td>
<td>3.0</td>
</tr>
</tbody>
</table>

*The alcohol-attributable fraction denotes the proportion of a health outcome caused by alcohol (that is, the proportion that would disappear if alcohol consumption was removed).*

**ALCOHOL AND YOUNG PEOPLE 2016**

Abstainers past 12 months (%)

<table>
<thead>
<tr>
<th></th>
<th>Age 15–19</th>
<th>Age 20–24</th>
</tr>
</thead>
<tbody>
<tr>
<td>Females</td>
<td>47.0</td>
<td>21.8</td>
</tr>
<tr>
<td>Males</td>
<td>51.2</td>
<td>24.8</td>
</tr>
</tbody>
</table>

Prevalence of heavy episodic drinking (%)

<table>
<thead>
<tr>
<th></th>
<th>Age 15–19</th>
<th>Age 20–24</th>
</tr>
</thead>
<tbody>
<tr>
<td>Females</td>
<td>29.0</td>
<td>41.8</td>
</tr>
<tr>
<td>Males</td>
<td>24.8</td>
<td>37.2</td>
</tr>
</tbody>
</table>

Total alcohol per capita consumption

<table>
<thead>
<tr>
<th></th>
<th>Age 15–19</th>
<th>Age 20–24</th>
</tr>
</thead>
<tbody>
<tr>
<td>Females</td>
<td>4.1</td>
<td>3.4</td>
</tr>
<tr>
<td>Males</td>
<td>3.6</td>
<td>3.4</td>
</tr>
</tbody>
</table>

Alcohol-attributable fractions for intentional and unintentional injury (%)

<table>
<thead>
<tr>
<th></th>
<th>Age 15–19</th>
<th>Age 20–24</th>
</tr>
</thead>
<tbody>
<tr>
<td>Intentional injuries</td>
<td>22.3</td>
<td>25.2</td>
</tr>
<tr>
<td>Unintentional injuries</td>
<td>22.3</td>
<td>25.2</td>
</tr>
</tbody>
</table>

Alcohol-attributable fractions in overall mortality in different age groups (%)

<table>
<thead>
<tr>
<th></th>
<th>Age 15–19</th>
<th>Age 20–24</th>
<th>All ages</th>
</tr>
</thead>
<tbody>
<tr>
<td>Females</td>
<td>30.3</td>
<td>19.0</td>
<td>20.2</td>
</tr>
<tr>
<td>Males</td>
<td>36.0</td>
<td>23.3</td>
<td>5.3</td>
</tr>
</tbody>
</table>
**WHO “Best Buys” to reduce the harmful use of alcohol**

1. Increase excise taxes on alcoholic beverages
2. Enact and enforce bans or comprehensive restrictions on exposure to alcohol advertising (across multiple types of media)
3. Enact and enforce restrictions on the physical availability of retailed alcohol (via reduced hours of sale)

**Country score in the 10 action areas of the European action plan to reduce the harmful use of alcohol 2012–2020 (maximum of 100 points)**

1. Leadership, awareness and commitments on drinking and alcohol intoxication
2. Health services’ response
3. Community and workplace action
4. Drink–driving policies and countermeasures
5. Availability of alcohol
6. Marketing of alcoholic beverages
7. Pricing policies
8. Reducing the negative consequences of drinking and alcohol intoxication
9. Reducing the public health impact of illicit alcohol and informally produced alcohol
10. Monitoring and surveillance

**WHO “Best Buys”**

- **AVAILABILITY**
  - Minimum selling age
  - Retail monopoly
  - Licensing for retail sales
  - Restrictions off premise hours
  - Restrictions off premise density
  - Restrictions on premise hours
  - Restrictions on premise density

- **MARKETING**
  - Ban on Internet/social media
  - Ban on below-cost promotion
  - Ban on sponsorship of sports events
  - Ban on sponsorship of youth events

- **PRICING**
  - Excise tax adjusted for inflation
  - Minimum unit pricing
  - Volume discount ban (applies to all beverages)

**Note**: N/A indicates scores could not be calculated due to missing data.

**Labelling of alcoholic beverages on container**

- Yes
- No

**Road-safety policies**

- Yes
- No

- Random breath testing
- Sobriety checkpoints
- Legal blood alcohol concentration limit
- Sales ban at petrol stations

**Health warnings**

**Consumer information about calories and additives**

**Number of standard drinks displayed**

**The WHO “Best Buys” to reduce the harmful use of alcohol**

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