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Alcohol Use and Binge Drinking Among Adolescents and Youth in the English-Speaking Caribbean between 1980 to 2021: A Narrative Systematic Review

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Introduction

- In 2018 the total alcohol per capita consumption in Latin America and the Caribbean, age 15+, was 6.3 litres. (1)



→ The Caribbean Cooperation in Health IV item 3.1.2 (2) and the Sustainable Development Goal 3.5 (3) identified the need to strengthen the prevention and treatment associated with the harmful use of alcohol.

- Despite these goals, a gap in action persists.



Objective

- To search the internet, medical, social, government and public health databases and identify published papers and grey literature relating to alcohol use and binge drinking among adolescents and youth in the English-Speaking Caribbean (ESC).
- To locate, evaluate and summarise the findings of all relevant studies pertaining to alcohol use and binge drinking among adolescents and youth in the ESC, to synthesize a systematic review document that allows findings to be easily accessible for policy makers and researchers.

Methodology

Inclusion Criteria:

- Each study had to
- ★ Be published between January 1980 to December 2021.
- ★ Be written in English.
- ★ Include adolescents (10-19 years) and youth (15-24 years) in the ESC.
- ★ Include the prevalence, risk factors of, protective factors of, impacts of or intervention methods to address alcohol use and binge drinking among Adolescents and Youth in the ESC.

Electronic Databases

Searched: PubMed, Google Scholar, MedCarib Bireme, CARPHA, Pan American Health Organization, The UWISpace repository of the UWI, and webpages.

Search Terms:

- alcohol, binge, binge drinking, adolesc*, adolescent*, youth, teenage, child, children, Caribbean, alcohol use, alcoholism, alcoholic, alcohol dependence, alcohol abuse, alcohol addiction.
- Anguilla, Aruba, Antigua and Barbuda, Barbados, Cayman Islands, Grenada, Guyana, Jamaica, Netherland Antilles, St Lucia, Suriname, Turks and Caicos, The Bahamas, Belize, British Virgin Island, Dominica, Monstserrat, St Kitts and Nevis, St. Vincent and the Grenadines, Trinidad and Tobago.

Quality Assessment:

- ❖ STROBE checklists.

Eligibility Criteria

Backward search

Full-text articles obtained

Preliminary relevance

Synthesis:

The results were structured into different themes:

- Prevalence over time
- Prevalence by GSHS surveys
- Risk Factors
- Protective Factors
- Outcomes
- Advertisement viewership
- Binge Drinking
- Burden of Selected Alcohol Related Disease

Data Extraction:
Data extracted included:

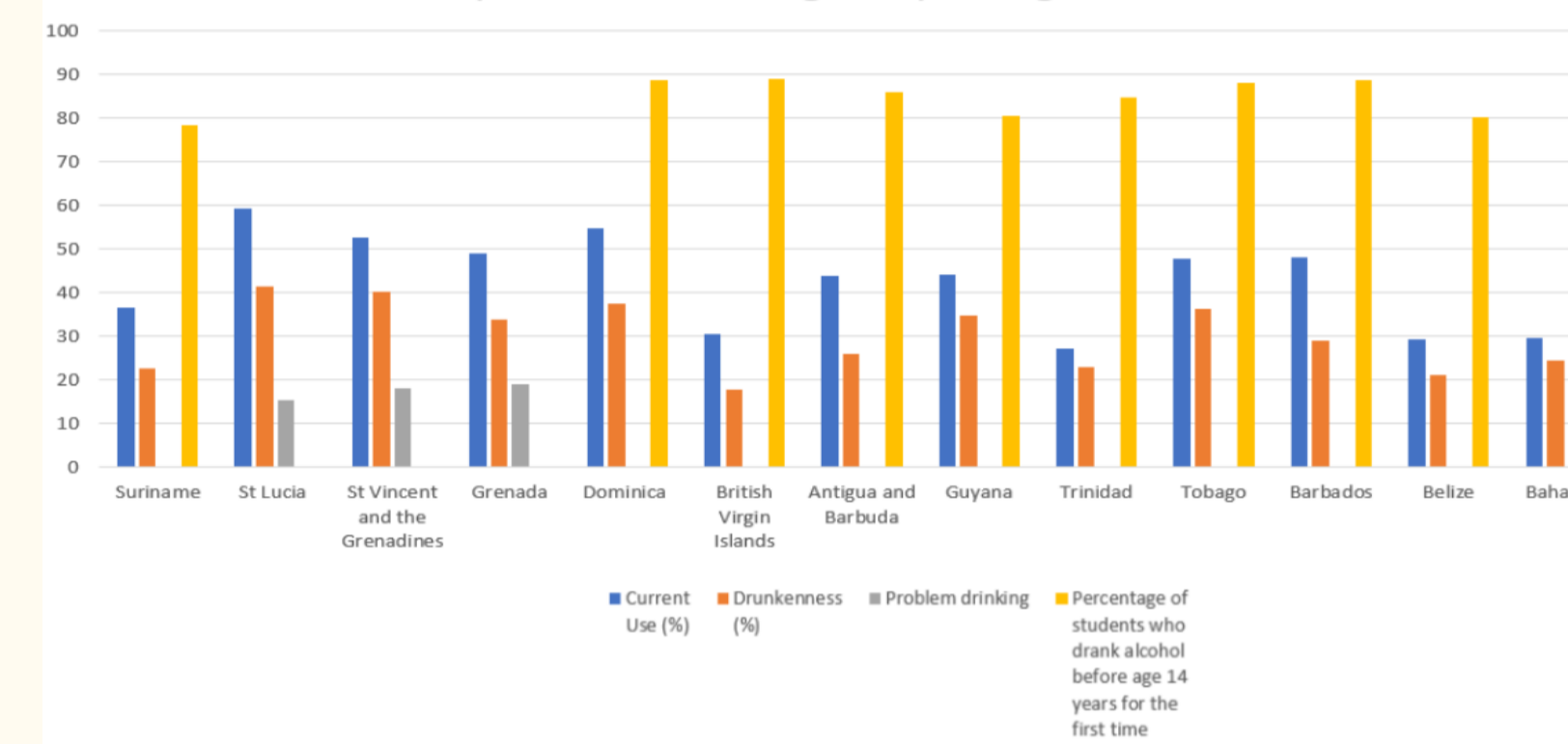
- Country
- Year
- Study design
- Risk factors, protective factors, impacts and intervention methods of alcohol use and binge drinking among adolescents and youth in the ESC.

Results

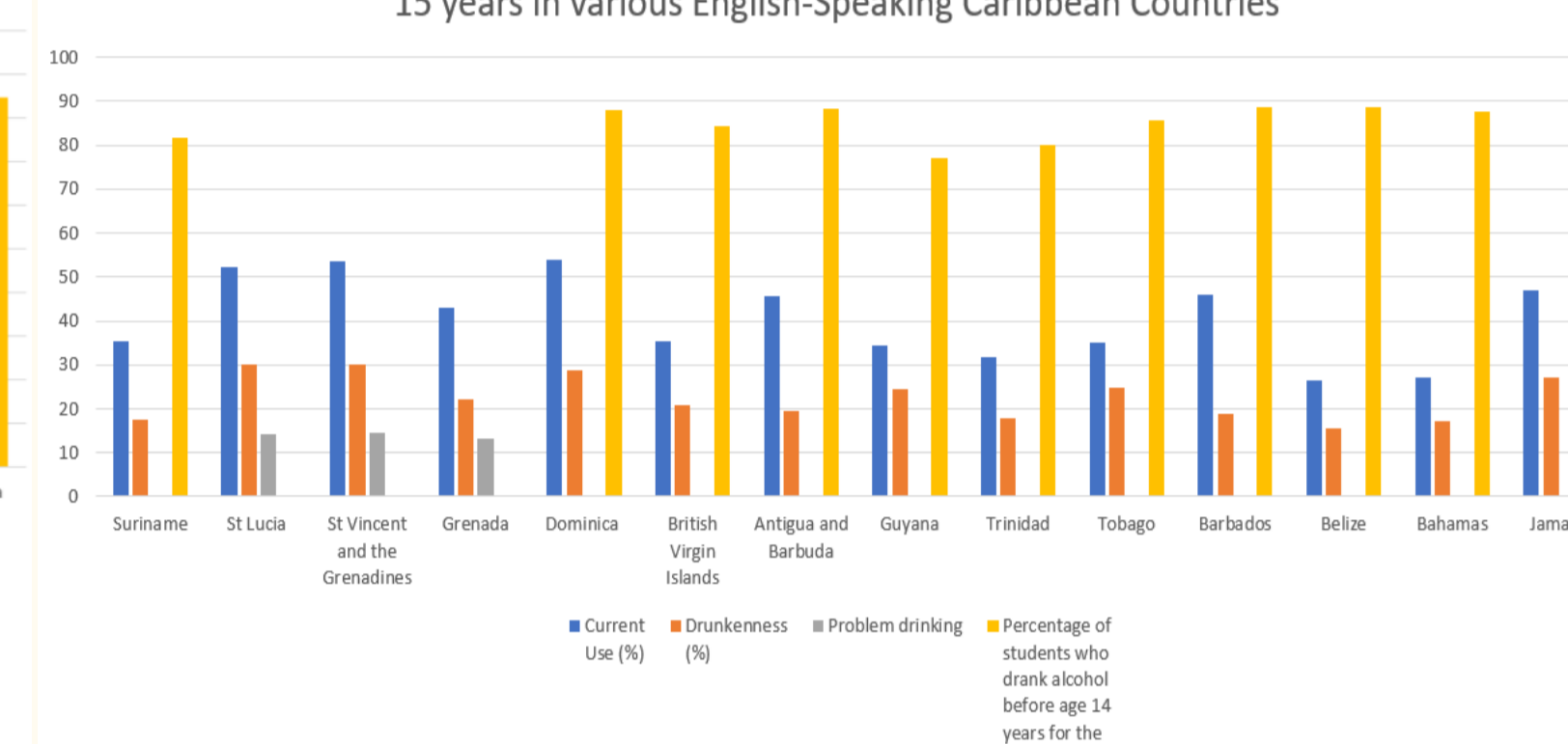
The systematic search identified 47 papers and one webpage.

Prevalence according to Global School-Based Student Health Surveys

Bar Chart showing the prevalence of alcohol consumption among boys aged 13-15 years in various English-Speaking Caribbean Countries.



Bar Chart showing the prevalence of alcohol consumption among girls aged 13-15 years in various English-Speaking Caribbean Countries.



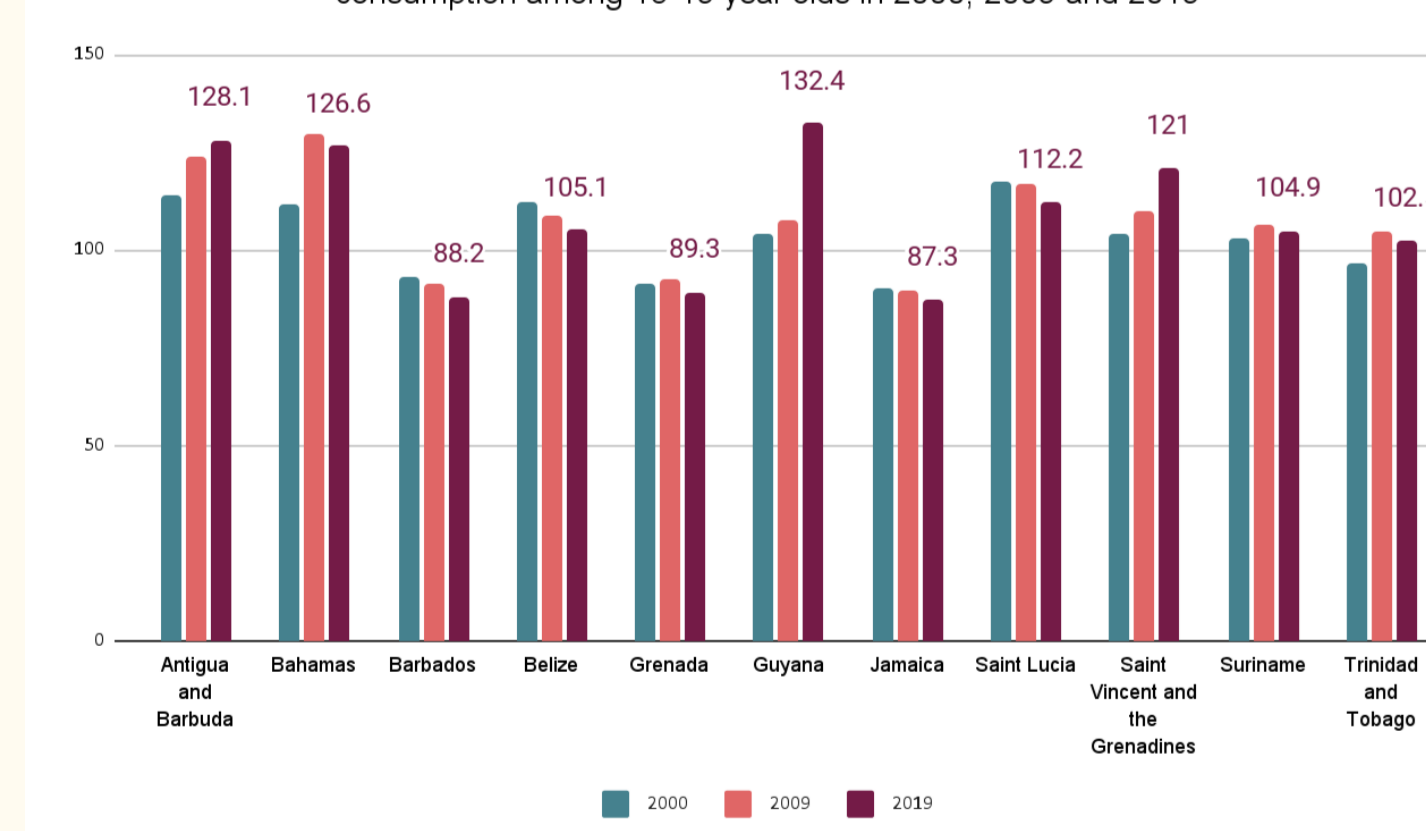
Risk Factors and Protective Factors reported for alcohol consumption



Burden of selected Alcohol related Disease

Age group: 15-19 years

Bar Chart showing Disability-Adjusted Life years (DALYs) per 100,000 population due to alcohol consumption among 15-19 year olds in 2000, 2009 and 2019

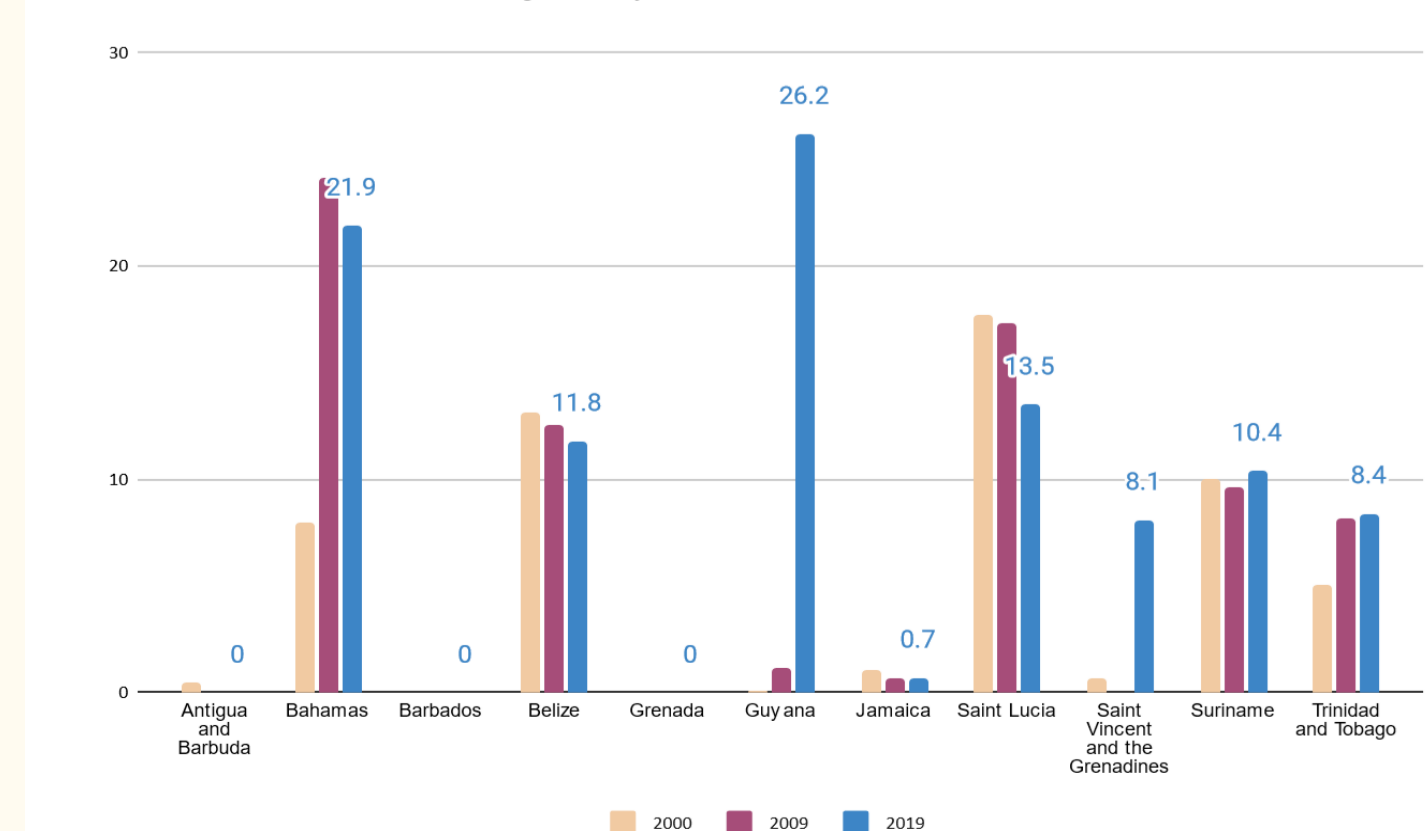


Age group: 20-24 years

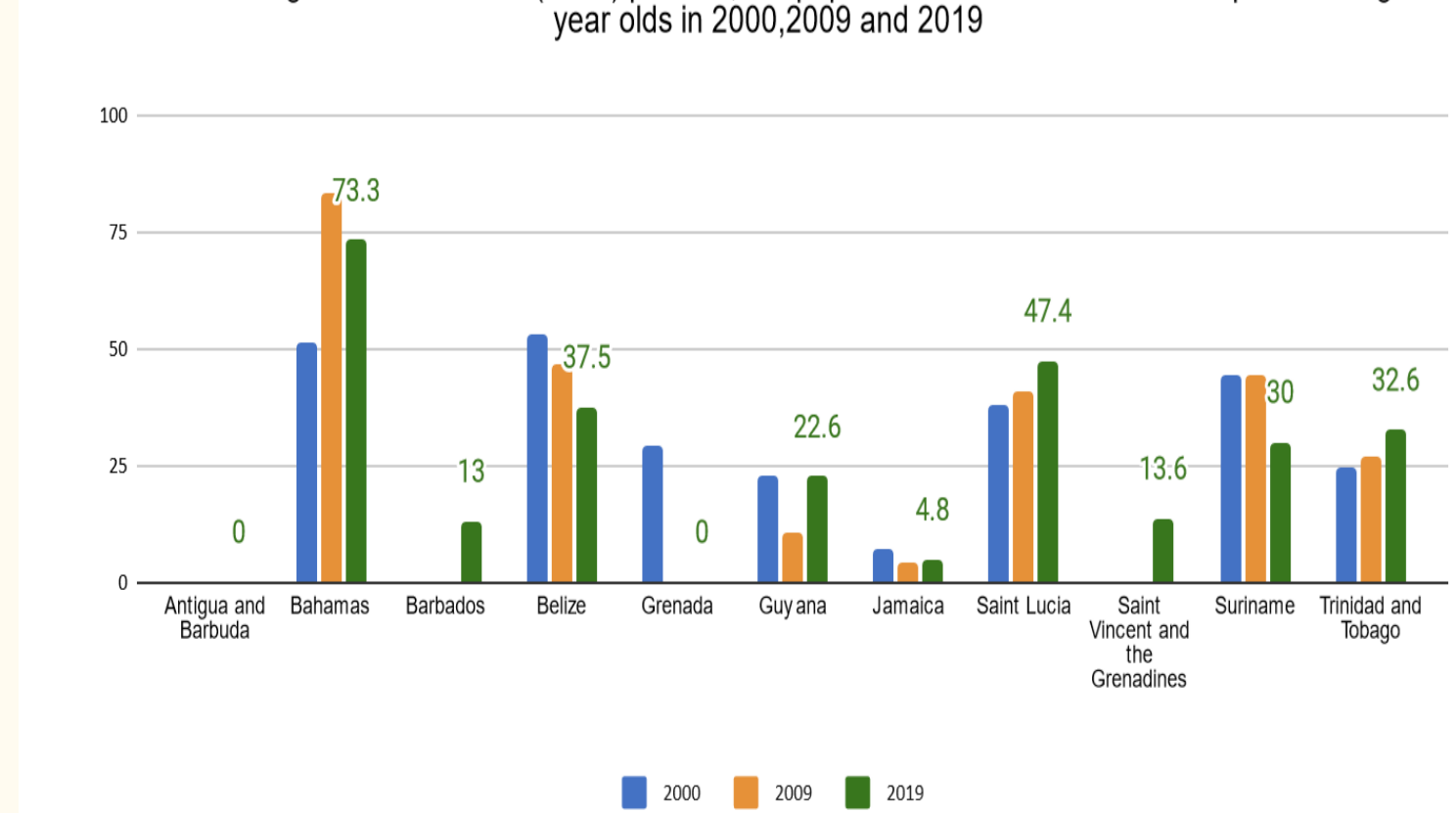
Bar Chart showing Disability-Adjusted Life years (DALYs) per 100,000 population due to alcohol consumption among 20-24 year olds in 2000, 2009 and 2019



Bar Chart Showing Years of Life lost (YLLs) per 100,000 population due to alcohol consumption among 15-19 year olds in 2000, 2009 and 2019



Bar Chart Showing Years of Life lost (YLLs) per 100,000 population due to alcohol consumption among 20-24 year olds in 2000, 2009 and 2019



Discussion

- In 2010-2020 the highest lifetime prevalence of alcohol reported was 94%, alcohol use in the past year was 76.4% and in the past month was 52.2%.
- A reduction in the prevalence of current use of alcohol among boys and girls was observed in the GSHS reports for Guyana, St. Lucia, St. Vincent and the Grenadines, Jamaica, and Tobago over time. However, Guyana and the St. Vincent and the Grenadines reported increased DALY and YLL rates from 2000-2019.
- Jamaica was the only ESC country which reported a decrease in DALY and YLL rates among all age groups from 2000-2019.
- SDG Goal 3.5 recognizes the need to strengthen the prevention and treatment of substance abuse, including narcotic drug abuse and harmful use of alcohol.
- Though it cannot be postulated that SDG target 3.5 will not be achieved from the data reported in this study alone, the Global Health Data visualizer (4) predicts that SDG goal 3.5 will not be achieved.
- The recent development of Global Alcohol Action Plan 2022-2030 (5), adopted by The World Health Assembly, indicates that much still must be done to overcome the harmful use of alcohol.

Conclusion

Over the past 40 years, alcohol consumption, binge drinking and the burden of alcohol related diseases among adolescents and youth in the ESC has remained significantly high, with no recorded changes being observed.

References

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