CUBA

Recorded adult per capita consumption (age 15+)

A national survey conducted in 1995 (subjects 15 years old or above) found the rate of abstainers (according to the CAGE index) to be 54.8% (total), 32.8% (males) and 75.5% (females).²

In a study of 267 individuals aged between 18 and 70 years old in the Municipality of Rodas, Cienfuegos, Cuba, it was found that 52.4% of the sample did not drink or drank only occasionally (1 to 6 times a year), and 32.6% drank moderately (1 to 3 times a week not exceeding 100 ml). For the purposes of this study, 100 ml of alcohol was equivalent to 0.5 litres of spirits or 1 litre of wine or 7 bottles of beer.³

Sources: FAO (Food and Agriculture Organization of the United Nations), World Drink Trends 2003

Last year abstainers

Estimates from key alcohol experts showing proportion of adult males and females who had been abstaining (last year before the survey). Data is for after year 1995.⁷
Excessive drinkers in Cienfuegos

A study of 267 individuals (aged between 18 and 70 years old) in the Municipality of Rodas, Cienfuegos, Cuba. Excessive drinking was defined as consuming alcohol 1 to 3 times a week (amounts of 100 ml and above). For the purposes of this study, 100 ml of alcohol was equivalent to 0.5 litres of spirits or 1 litre of wine or 7 bottles of beer.³

Alcohol dependence

National survey conducted in 1995 of subjects 15 years old or above. Subjects were reported to be alcohol dependent or alcoholic according to the CAGE index.²

Unrecorded alcohol consumption

The unrecorded alcohol consumption in Cuba is estimated to be 2.0 litres pure alcohol per capita for population older than 15 for the years after 1995 (estimated by a group of key alcohol experts).¹

Mortality rates from selected death causes where alcohol is one of the underlying risk factors

The data represent all the deaths occurring in a country irrespective of whether alcohol was a direct or indirect contributor.

Chronic mortality

Note: Chronic mortality time-series measured on two axes, ischaemic heart disease on right axis and the other causes on the left.
Acute mortality

Source: WHO Mortality Database

Morbidity, health and social problems from alcohol use

A study found that 7% of oral cancer cases in Cuba were attributable to alcohol drinking.4

A study conducted in the Isle of Youth in 1993 found an association between occurrence of neuropathy and alcohol consumption (over 10 grams per day).5

Country background information

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<tbody>
<tr>
<td>11 300 000</td>
<td>Male 75.0</td>
<td>9 040 000</td>
<td>Male 8</td>
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<tr>
<td>% under 15</td>
<td>Female 79.3</td>
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<td>Female</td>
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<td>Rural</td>
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<td>24</td>
<td>*Estimated to be in the lower middle income range ($736 to $2935)</td>
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References