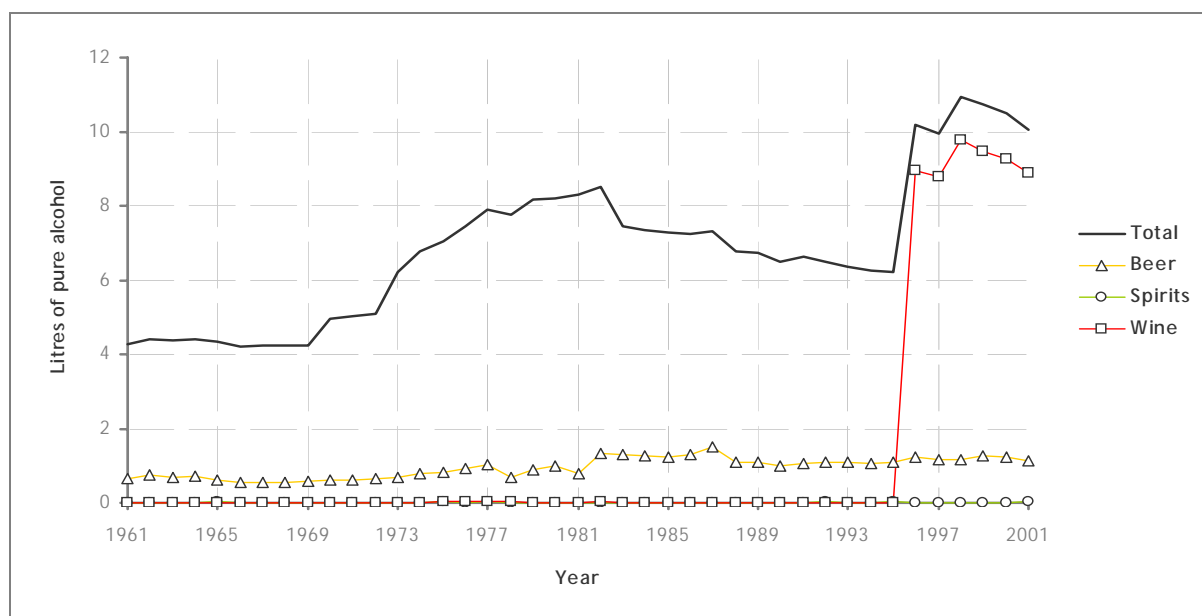


NIGERIA

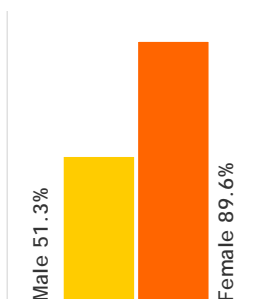
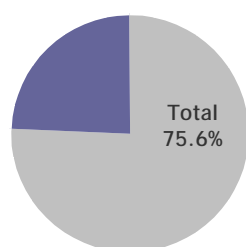
Recorded adult per capita consumption (age 15+)



Note: From 1996 the wine category includes fermented beverages, which before 1996, were included in the overall total consumption figure.

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

Last year abstainers (regional survey)



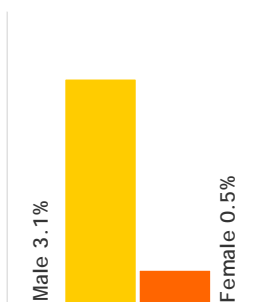
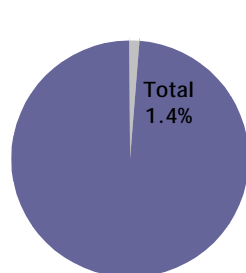
Data from the 2000–2001 Multi-Country Survey Study. Total sample size $n = 4329$; males $n = 1578$ and females $n = 2751$. Population aged 18 years and above.¹

According to the WHO Gender, Alcohol and Culture: An International Study (GENACIS) (2003 regional survey; total sample size $n = 1949$, males $n = 1049$ and females $n = 900$; age range 20 to 64 years), the rate of last year abstainers was 66.3% (total), 57.1% (males) and 77% (females).²

According to WHO focal point data, in 2001, the rate of last year abstainers was 46.2% among males and 54.9% among females. The rate of frequent drinkers was reported to be 5% among males and 1% among females. Frequent drinking was defined as drinking on five or more days per week.³

A 1994 study conducted among 300 adult women in the rural town of Igbo-Ora, aged between 20 and 65 years, found that a majority of the respondents (64%) were found to have tasted alcoholic beverages. At the time of the survey, 32.7% of the women said they were current consumers of alcoholic beverages and 40.7% said they had never consumed an alcoholic beverage. Current drinkers reported consuming an average of 1.3 bottles (60 cl per bottle) of alcoholic beverage in the week preceding the survey. The study also found that current drinking status was associated with religion. Only 9% of the respondents with indigenous beliefs reported using alcohol as compared to 40% of Christian respondents and 30% of Muslim respondents.⁴

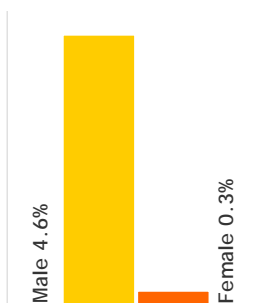
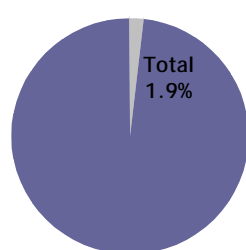
High risk drinkers (regional survey)



Data from the 2000–2001 Multi-Country Survey Study. Total sample size $n = 4329$; males $n = 1578$ and females $n = 2751$. Population aged 18 years and above. Definition used: consumption of five or more standard drinks for males and three or more standard drinks for females on a typical drinking day.¹

According to the WHO GENACIS Study (2002 regional survey; total sample size $n = 1949$, males $n = 1049$ and females $n = 900$; age range 20 to 64 years), the rate of last year heavy and hazardous drinking among drinkers was 27.8% for men and 36.1% for women. Heavy and hazardous drinking was defined as average daily consumption of 40 g or more of pure alcohol for men and 20 g or more of pure alcohol for women.²

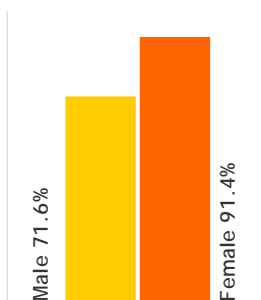
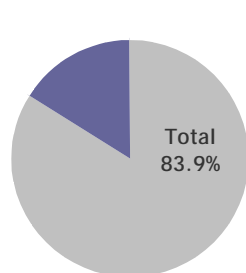
Heavy episodic drinkers (regional survey)



Data from the 2000–2001 Multi-Country Survey Study. Total sample size $n = 4329$; males $n = 1578$ and females $n = 2751$. Population aged 18 years and above. Definition used: at least once a week consumption of six or more standard drinks in one sitting.¹

According to the WHO GENACIS Study (2002 regional survey; total sample size $n = 1949$, males $n = 1049$ and females $n = 900$; age range 20 to 64 years), the rate of heavy episodic drinking among drinkers was 52% for men and 39.6% for women. Heavy episodic drinking was defined as consumption of five or more drinks in one sitting at least once a month in the last year.²

Youth drinking (last year abstainers, regional survey)



Data from the 2000–2001 Multi-Country Survey Study. Total sample size $n = 1226$; males $n = 461$ and females $n = 765$. Population aged 18 to 24 years. For the age group 15 to 19 years (subsample $n = 260$), the rate of last year abstainers was 84.6% (total), 73.8% (males) and 91.7% (females).¹

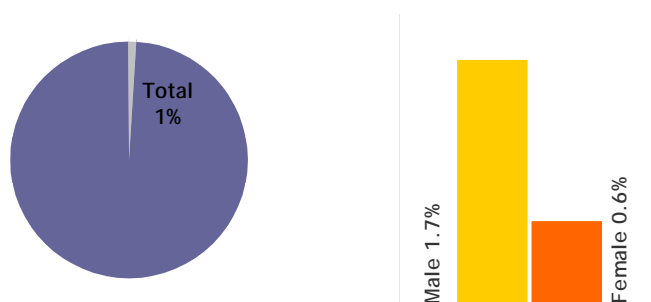
A survey conducted in 1997 among 542 secondary school students in rural and urban communities in southwestern Nigeria (there were 266 males and 276 females in the sample) found that the prevalence rate of current drinking was 13.4% (total), 20.1% (males) and 7.4% (females). The study also found that the prevalence rate of lifetime alcohol users was 26.4% (total), 33.3% (males) and 20% (females). The most commonly used alcoholic beverages was palm wine (60.1% of users), followed by beer (20.8%), locally fermented wine and locally distilled gin (14.7%).⁵

Data collected from 640 secondary school students aged 14 years or older in the former Anambra State of Nigeria using self-administered questionnaires found that 57% of the students had used alcohol (lifetime users).⁶

A 1998 survey conducted among 988 university students in Ilorin, Nigeria found the rate of current users of alcohol to be 18.5% (total), 24% (males) and 17% (females).⁷

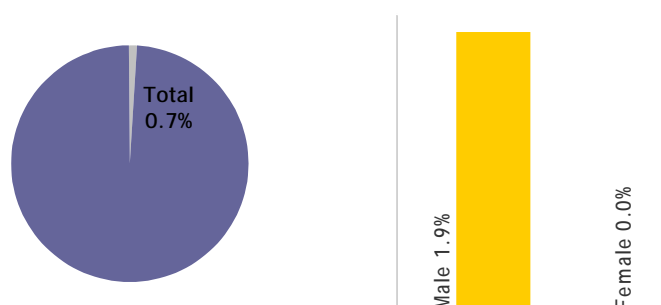
A study conducted among 292 out-of-school male adolescents in an urban area of Central Nigeria (aged 11 to 20 years) found that more than one third (38.7%) of the sample had taken alcohol at least once in their lives. The average age of self-initiated drinking was 13.2 years (SD = 2.7). Past year prevalence of beer use was 28.1% and 17.1% for past year palm wine use. The corresponding figures for past month beer and palm wine use were 19.5% and 12% respectively.⁸

Youth drinking (heavy episodic drinkers, regional survey)



Data from the 2000–2001 Multi-Country Survey Study. Total sample size $n = 1226$; males $n = 461$ and females $n = 765$. Population aged 18 to 24 years old. For the age group 15 to 19 years (subsample $n = 260$), the rate of heavy episodic drinkers was 1.2% (total), 1.0% (males) and 1.3% (females). Definition used: at least once a week consumption of six or more standard drinks in one sitting.¹

Alcohol dependence (last year, regional survey)



Data from the 2000–2001 Multi-Country Survey Study. Total sample size $n = 5037$. Population aged 15 years and above. Alcohol dependence was measured using criteria from the Tenth Revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-10).¹

A stratified sampling method was used to select 142 subjects who took part in a study carried out in Kugiyi (a predominantly Christian Berom ethnic group in Jos), out of whom 50 (54%) males and 23 (46%) females of ages 16 to 64 years were identified as alcohol abusers through the use of a 4-item CAGE instrument and also the quantity consumed. Alcohol abuse disrupts social, occupational, interpersonal and marital life and tends to induce criminal behaviour.⁹

Note: The Multi-Country Survey Study was not nationally representative and was only carried out in the regions of Ibadan, Iseyin, Ido and Ogo of Oyo state (i.e. the Yoruba-speaking parts). These are preliminary, early-release, unpublished data from WHO's Multi-Country Survey Study made available exclusively for this report. Some estimates may change in the final analyses of these data.

Traditional alcoholic beverages

Burukutu is a popular alcoholic beverage of a vinegar-like flavour prepared from sorghum grains and fermented guinea corn and consumed in the Northern Guinea savanna region of Nigeria.¹⁰ It is also typically consumed in the Ibadan region and ranges in alcohol content from 3–6%.¹¹ **Burukutu** is the most popular alcoholic beverage in the rural areas of northern Nigeria and in poor urban neighbourhoods because it is more affordable than commercially brewed beer. It is often consumed as food because it is thick and heavy. The producers of **burukutu** are overwhelmingly women.¹²

Palm wine is to southern Nigerians what **burukutu** is to northerners. It is the whitish sap collected in vessels attached to the base of the tree from where some leaves have been removed. Fresh wine from these sources is sweet and contains little alcohol but, with fermentation, the alcohol content increases in time. Unbottled palm

wine has a lower alcohol content (around 3%) than bottled palm wine (around 4%).⁹ In general, palm wine, which has an alcohol content of 3–6%, is also widely consumed in the Ibadan region of Nigeria.¹¹

The main alcoholic beverages produced and consumed by the Tiv people of Central Nigeria are *tashi* and *ityo*, also known as palm wine. Both alcoholic beverages contain nutrients rich in vitamins such as B and C found in *ityo* and complex carbohydrates in *tashi*. *Akpetashi*, a native gin, is distilled from *tashi*.¹³

Pito is the traditional beverage of the Binis in the mid-western part of Nigeria. It is now very popularly consumed throughout Nigeria owing to its low price. Prepared from cereal grains (maize, sorghum or a combination of both), pito is a dark brown liquid which varies in taste from sweet to bitter. It contains lactic acid, sugars, amino acids and has an alcohol content of 3%.¹⁰

Emu is produced from sugary palm saps. The most frequently tapped palms are raphia palms and the oil palm. It has an alcoholic content of around 5%.¹⁴

Ogogoro (also known as *kinkana* and *apetesi*) is a gin-like drink distilled from oil or raffia palm wine. In Nigeria, distillation takes place in small sheds dotted along the coastal areas and in villages across the South. The end product is a clear liquid with alcohol content often higher than 40%.¹²

In the rural town of Igbo-Ora, guinea corn is malted and fermented to produce *oti baba* or *oti'ka*, with *baba* and *ka* being local names for the corn. There is also *agadangidi*, a fermented beverage made from mashed ripe plantain, fresh chili peppers and water.⁴

Unrecorded alcohol consumption

The unrecorded alcohol consumption in Nigeria is estimated to be 3.5 litres pure alcohol per capita for population older than 15 for the years after 1995 (estimated by a group of key alcohol experts).¹⁵

Morbidity, health and social problems from alcohol use

A study shows that 50.6% of non-heavy drinkers and 58.9% of heavy drinkers (those who took at least five drinks in one sitting at least once a month) felt the effects of alcohol while at work.¹⁶

A study looking at self-reported drinking-related problems shows that 23.2% of non-heavy drinkers and 24.5% of heavy drinkers (those who took at least five drinks in one sitting at least once a month) reported being involved in a road traffic accident in the past year.¹⁶

A study conducted showed a strong association between domestic violence and alcohol use. Alcohol use was involved in 51% of the cases in which a husband stabbed a wife.¹²

Country background information

Total population 2003	124 009 000	Life expectancy at birth (2000–2005)	Male	48.0
Adult (15+)	69 445 040		Female	49.6
% under 15	44	Probability of dying under age 5 per 1000 (2002)	Male	183
Population distribution 2001 (%)			Female	181
Urban	45	Gross National Income per capita 2002	US\$	290
Rural	54	In Nigeria, approximately 50% of the population are Muslim.		

Sources: Population and Statistics Division of the United Nations Secretariat, World Bank World Development Indicators database, The World Factbook 2003, The World Health Report 2004

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