Japan

Total population (2016): 126 323 715 ➤ Population aged 15 years and older (15+): 87% ➤ Population in urban areas: 94% ➤ Income group (World Bank): High income

ALCOHOL CONSUMPTION: LEVELS AND PATTERNS

Recorded alcohol per capita (15+) consumption, 1961–2016

Alcohol per capita (15+) consumption (in litres of pure alcohol)

<table>
<thead>
<tr>
<th>Year</th>
<th>Recorded</th>
<th>Unrecorded</th>
<th>Total**</th>
</tr>
</thead>
<tbody>
<tr>
<td>2010*</td>
<td>6.9</td>
<td>0.2</td>
<td>7.1</td>
</tr>
<tr>
<td>2016*</td>
<td>6.9</td>
<td>1.1</td>
<td>8.0</td>
</tr>
</tbody>
</table>

Total males / females

<table>
<thead>
<tr>
<th>Year</th>
<th>Males</th>
<th>Females</th>
<th>Both sexes</th>
</tr>
</thead>
<tbody>
<tr>
<td>2010*</td>
<td>12.0</td>
<td>2.6</td>
<td>13.5</td>
</tr>
<tr>
<td>2016*</td>
<td>13.5</td>
<td>2.9</td>
<td>16.4</td>
</tr>
</tbody>
</table>

WHO Western Pacific Region

<table>
<thead>
<tr>
<th>Year</th>
<th>Males</th>
<th>Females</th>
<th>Both sexes</th>
</tr>
</thead>
<tbody>
<tr>
<td>2010*</td>
<td>7.0</td>
<td>7.3</td>
<td>14.3</td>
</tr>
<tr>
<td>2016*</td>
<td>7.3</td>
<td>7.6</td>
<td>14.9</td>
</tr>
</tbody>
</table>


Recorded alcohol per capita (15+) consumption (in litres of pure alcohol) by type of alcoholic beverage, 2016 or latest year available

- Beer: 36%
- Wine: 18%
- Spirits: 6%
- Other: 40%

Total alcohol per capita (15+) consumption, drinkers only (in litres of pure alcohol), 2016

<table>
<thead>
<tr>
<th>Gender</th>
<th>Males (15+)</th>
<th>Females (15+)</th>
<th>Both sexes (15+)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Recorded</td>
<td>19.0</td>
<td>6.6</td>
<td>14.7</td>
</tr>
</tbody>
</table>

Abstainers (%), 2016

- Males: 4.3
- Females: 13.7
- Both sexes: 9.1

Prevalence of alcohol use disorders and alcohol dependence (%), 2016*

- Alcohol use disorders**
  - Males: 5.7
  - Females: 1.4
  - Both sexes: 3.4
- Alcohol dependence
  - Males: 2.1
  - Females: 0.2
  - Both sexes: 1.1

WHO Western Pacific Region

- Alcohol use disorders**: 4.7
- Alcohol dependence: 2.3

* 12-month prevalence estimates (15+), **including alcohol dependence and harmful use of alcohol.

Prevalence of heavy episodic drinking* (%), 2016

- Males: 37.8
- Females: 8.9
- Both sexes: 22.8

- Males: 53.0
- Females: 20.3
- Both sexes: 40.0

- Males: 39.7
- Females: 9.5
- Both sexes: 25.0

* Consumed at least 60 grams or more of pure alcohol at least one occasion in the past 30 days.

Recorded alcohol per capita (15+) consumption, 1961–2016

HEALTH CONSEQUENCES: MORTALITY AND MORBIDITY

Age-standardized death rates (ASDR) and alcohol-attributable fractions (AAF), 2016

<table>
<thead>
<tr>
<th>Cause</th>
<th>ASDR*</th>
<th>AAF (%)</th>
<th>AAD** (Number)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Liver cirrhosis, males / females</td>
<td>10.9</td>
<td>67.8</td>
<td>69.6 13 300</td>
</tr>
<tr>
<td>Road traffic injuries, males / females</td>
<td>4.5</td>
<td>1.3</td>
<td>12.7 9 130</td>
</tr>
<tr>
<td>Cancer, males / females</td>
<td>187.2</td>
<td>6.9</td>
<td>20 124</td>
</tr>
</tbody>
</table>

*Per 100 000 population (15+); **alcohol-attributable deaths, both sexes.

Years of life lost (YLL) score*, 2016

- Least < 1
- Least 2
- Least 3
- Least 4
- Least 5

* Based on alcohol-attributable years of life lost.

POLICIES AND INTERVENTIONS

Written national policy (adopted/revised) / National action plan

- Yes (2014—)/ Yes

Excise tax on beer / wine / spirits

- Yes / Yes / Yes

National legal minimum age for off-premise sales of alcoholic beverages (beer / wine / spirits)

- 20 / 20 / 20

National legal minimum age for on-premise sales of alcoholic beverages (beer / wine / spirits)

- 20 / 20 / 20

Restrictions for on-/off-premise sales of alcoholic beverages (any):

- Hours, days, places, density
- Specific events / intoxicated persons / petrol stations

- No / No / No

National maximum legal blood alcohol concentration (BAC) when driving a vehicle (general / young / professional), in %

- 0.03 / 0.03 / 0.03

Legally binding regulations on alcohol advertising / product placement (any)

- No / No

Legally binding regulations on alcohol sponsorship / sales promotion (any)

- No / No

Legally required health warning labels on alcohol advertisements / containers (any)

- Yes / Yes

National government support for community action (any)

- Yes

National monitoring system(s) (any)

- No