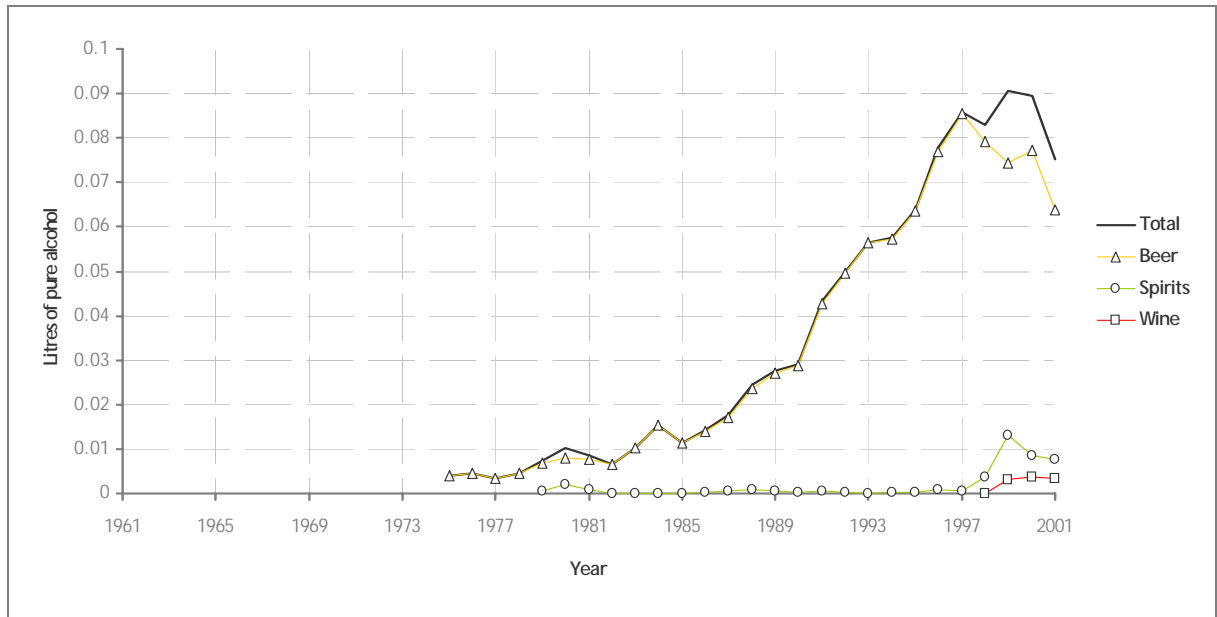


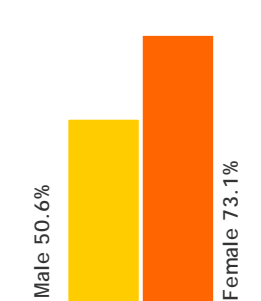
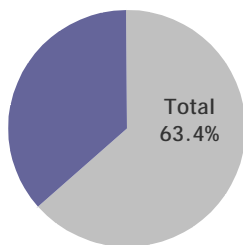
NEPAL

Recorded adult per capita consumption (age 15+)



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

Lifetime abstainers

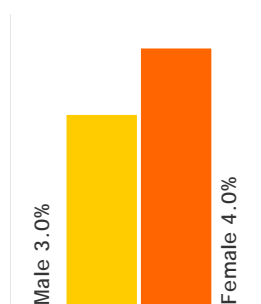
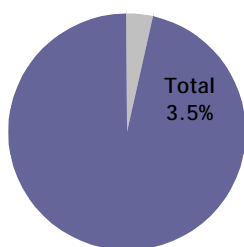


Data from the 2003 World Health Survey. Total sample size $n = 8633$; males $n = 3674$ and females $n = 4959$. Sample population aged 18 years and above.¹

A 2000 national survey covering 2400 households in 16 districts representing both rural and urban areas as well as ecological and developmental regions found that the rate of last year abstainers among the total population sampled was 59%. The rate of last year abstainers was 51.7% among males and 72.3% among females. The most popular drinks consumed in the last 30 days are *Jand* or *Chhang* (home brews fermented from rice, millet, maize and wheat), homemade *Raksi* (distilled liquor made of grains or unrefined sugar for household use) and local *Raksi* locally made for commercial purposes. There is a clear pattern of current use by place of residence. Respondents living in rural areas are more likely to use alcohol than that of urban areas. This is much more pronounced in females. More than one third of females in rural areas are currently using alcohol as against three in ten in urban areas. In rural Nepal, most traditional users of alcohol consume *Jand* as food.²

A 2001 national survey (total sample size $n = 2261$; age group 15 to 59 years) found that 67.5% of the total sample have consumed alcohol.³

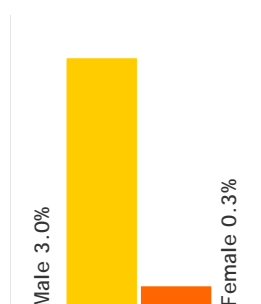
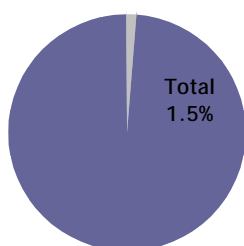
Heavy and hazardous drinkers



Data from the 2003 World Health Survey. Total sample size $n = 8633$; males $n = 3674$ and females $n = 4959$. Sample population aged 18 years and above. Definition used: average consumption of 40 g or more of pure alcohol a day for men and 20 g or more of pure alcohol a day for women.¹

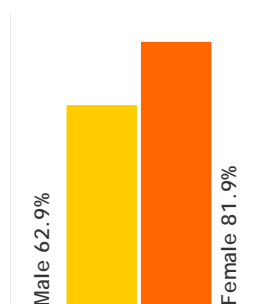
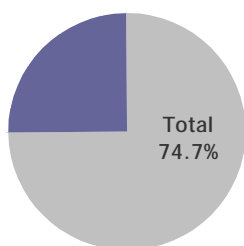
According to the 2003 World Health Survey (total sample size $n = 2613$; males $n = 1559$ and females $n = 1054$), the mean value (in grams) of pure alcohol consumed per day among drinkers was 11.1 (total), 12.3 (males) and 9.5 (females).¹

Heavy episodic drinkers



Data from the 2003 World Health Survey. Total sample size $n = 8633$; males $n = 3674$ and females $n = 4959$. Sample population aged 18 years and above. Definition used: at least once a week consumption of five or more standard drinks in one sitting.¹

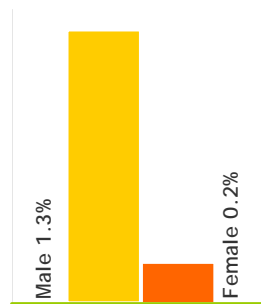
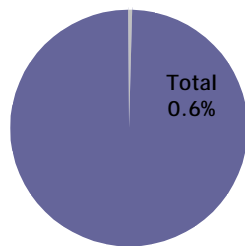
Youth drinking (lifetime abstainers)



Data from the 2003 World Health Survey. Total sample size $n = 1697$; males $n = 644$ and females $n = 1053$. Sample population aged 18 to 24 years old.¹

A subsample of the main survey done in 2000 (covering 2400 households in 16 districts) of children and youths aged between 10 and 17 years ($n = 426$) found that 17.4% were current drinkers (last 12 months). The prevalence among boys (21.8%) is almost double that of girls (11.2%) indicating gender variation in using alcohol. The study also found that the rate of reported drinking in the past 30 days was 9.2% (total), 10.1% (boys) and 7.9% (girls).^{2,4} One half of those Nepalese children who drink initiated alcohol before the age of 13. Traditional and cultural occasions appear to be the most important occasion of initiating alcohol.⁵

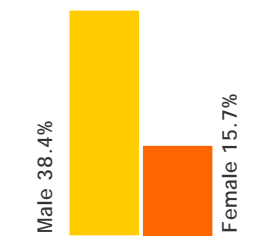
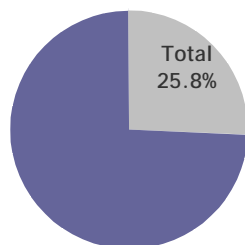
Youth drinking (heavy episodic drinkers)



Data from the 2003 World Health Survey. Total sample size $n = 1697$; males $n = 644$ and females $n = 1053$. Sample population aged 18 to 24 years old. Definition used: at least once a week consumption of five or more standard drinks in one sitting.¹

Note: These are preliminary, early-release, unpublished data from WHO's World Health Survey made available exclusively for this report. Some estimates may change in the final analyses of these data.

Alcohol dependence in the community of Dharan



The aim of this study was to assess the prevalence of alcohol dependence in the community of Dharan, Nepal. The CAGE questionnaire was administered to all adult individuals living in houses selected randomly in the township of Dharan (total sample size $n = 2344$; males $n = 1047$ and females $n = 1297$).⁶

Traditional alcoholic beverages

Types of traditional and local alcoholic beverages include country liquor (low quality alcohol made from molasses and produced in small distilleries in every district of Nepal), homemade liquor (from grains and sugar-cane and often using the powder of dry batteries, ammonium chloride, fertilizer), *Jad* (made of rice), *Chang* (made of rice by a different procedure) and *Raksi* (home-brewed alcohol made out of rice, millet or barley).⁷

Unrecorded alcohol consumption

In most parts of the country, liquor is freely available and unlicensed home-brewing accounts for the major production of alcohol. In fact, the Liquor Control Act of Nepal allows the production of homemade forms of alcohol for domestic use, although much home-made alcohol is diverted to the market. Such activity takes place mostly in rural settings, but also occurs in urban areas. The poor are dependent on home-brewing for their livelihood.⁶

Morbidity, health and social problems from alcohol use

Among a group of 50 women (age range 26–75 years) with alcohol-related problems who were seen over a 16-month period, from January 1998 to June 1999 in a general hospital setting in Dharan, a town in East Nepal, 35 cases (70%) were admitted to a medical ward of the hospital with alcohol-related physical problems (alcoholic liver disease in 33 cases and alcoholic cardiomyopathy in two cases). Fifteen cases (30%) presented with alcohol-related psychological problems – depression in 12 cases, withdrawal symptoms in two cases and alcoholic hallucinosis in one case.⁸

Alcohol could be considered the number one problem drug if one seriously considers the magnitude and extent of the problem it has created in Nepal. For example, in just one of the 75 districts, during one month in 1989, 46 men and 4 women were arrested for being rowdy under the influence of alcohol (The Rising Nepal, 28 March 1989). Such arrests are mentioned almost every day in the national daily newspapers.⁹

In Nepal, many crimes are committed under the influence of alcohol. Much violence both outside and inside the home has taken place under its influence, and it has been the root cause or precipitant in many antisocial and

criminal acts. Alcohol has been the starting drug for many, and it has also been freely available whenever the drug of choice is not available.⁹

In a large-scale study covering about 2400 households in 16 of Nepal's 70 districts, the adult respondents perceived the impact of family members' use of alcohol and drugs on children as violence and physical abuse (33.4%), neglect and mental abuse (28.5%), deprivation from education (20.2%) and push factor for children to use intoxicants (11.1%), malnutrition and running away from home. 35.9% of children interviewed felt that there was an impact of parental drinking on the family. The impact included domestic violence (40%), loss of wealth and indebtedness (27.8%), loss of social prestige and bad relationship with neighbours.²

Excessive use of alcohol is also linked to the economic exploitation in some communities in Nepal. Most of the traditional alcohol user groups have lost their land due to the excessive use of alcohol and the land has been mortgaged by the upper caste people, traditionally non-alcohol user groups.²

Country background information

Total population 2003	25 164 000	Life expectancy at birth (2002)	Male	59.9
Adult (15+)	15 098 400		Female	60.2
% under 15	40	Probability of dying under age 5 per 1000 (2002)	Male	81
Population distribution 2001 (%)			Female	87
Urban	12	Gross National Income per capita 2002	US\$	230
Rural	88			

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

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1. Ustun TB et al. The World Health Surveys. In: Murray CJL, Evans DB, eds. *Health Systems Performance Assessment: Debates, Methods and Empiricism*. Geneva, World Health Organization, 2003.
2. Dhital R et al. *Alcohol and drug use in Nepal with reference to children*. Kathmandu, Child Workers in Nepal Concerned Center, 2001.
3. Nepal Demographic and Health Survey 2001. Ministry of Health, 2002. In: *WHO Global NCD InfoBase*. Geneva, World Health Organization.
4. Dhital R. Alcohol and young people in Nepal. *The Globe Special Issue 4*. Globe Alcohol Policy Alliance, 2001–2002.
5. *Nepal alcohol study presented*. FORUT, Campaign for Development and Solidarity, 2001 (<http://www.forut.no/index.php/10933-1>, accessed 26 April 2004).
6. Jhingan HP et al. Prevalence of alcohol dependence in a town in Nepal as assessed by the CAGE questionnaire. *Addiction*, 2003, 98(3):339–343.
7. Siddiqui SA. *Alcohol consumption and its aftermath in Nepalese society*.
8. Sharma A, Khandelwal SK. Women with alcohol-related problems in Nepal. *Addiction*, 2000, 95(7):1105–1108.
9. Shrestha NM. Alcohol and drug use in Nepal. *British Journal of Addiction*, 1992, 87(9):1241–1248.

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1	Definition of an alcoholic beverage (minimum volume %)	All alcohol containing beverages regardless of percentage
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2 Price of alcoholic beverages		
<i>Off-licence</i>	<i>Usual quantity (ml)</i>	<i>Price (Rupees)</i>
Average locally produced or most consumed beer	650	95
Average and most consumed table wine	750	400
Average locally produced or most consumed spirits	600	20 onwards
If it exists, other special or different local alcoholic beverage: Raksi (home-made) (upto 80% alc. vol)	600	60 onwards
Average Non-alcoholic soft drink	200	15

2 a	Change in price during the last five years	Increased
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3 Taxation of alcoholic beverages		
3 a	General sales tax or VAT (Value Added Tax)	Yes
3 b	Percentage of the tax	13%
3 c	Duty-paid, excise or tax stamps or labels	Yes
3 d	Level of alcohol tax (percentage of the retail or selling price)	
	<i>Beer</i>	Rs 45/litre
	<i>Country beer</i>	Rs 15/litre
	<i>Wine</i> (upto 17% alcohol)	Rs 80/litre
	<i>Spirits</i> (less than 40 u.p.)	Rs 34/litre
	<i>Spirits</i> (40–65 u.p.)	Rs 200/litre
	<i>Spirits</i> (65 u.p. and above)	Rs 75/litre

4 Drink-driving legislation		
4 a	Maximum legal blood alcohol concentration (BAC) when driving a car	No alcohol is permitted in the blood
4 b	Frequency of Random Roadside Breath Testing (RBT) of drivers	Rarely
4 c	Geographical distribution of RBT use	NA

5 Restrictions on consumption and availability		
5 a	Legal age limits for buying alcohol	
	<i>On-premise (years)</i>	<i>Off-licence (years)</i>
Beer	18	18
Wine	18	18
Spirits	18	18

5 b Restrictions on alcohol consumption in different public domains	
Health care establishments	Legally forbidden
Educational buildings	Legally forbidden
Government offices	Legally forbidden
Public transport	No restrictions
Parks, streets etc.	No restrictions
Sporting events	Legally forbidden
Leisure events (concerts etc.)	Partially restricted
Workplaces	Legally forbidden

5 c Level of state control on production and sale of beer, wine and spirits			
State monopoly (full state control)			
	<i>Beer</i>	<i>Wine</i>	<i>Spirits</i>
Production	No	No	No
Retail sale	No	No	No
Licence is required (partial state control)			
	<i>Beer</i>	<i>Wine</i>	<i>Spirits</i>
Production*	Yes	Yes	Yes
Retail sale	Yes	Yes	Yes
* Licence is not required for up to five litres of home-made alcohol for personal use at a time, up to six times per year			

5 d Existing restrictions for the off-licence sale of beer, wine and spirits			
	<i>Beer</i>	<i>Wine</i>	<i>Spirits</i>
Hours of sale are restricted	Yes	Yes	Yes
Days of sale are restricted	No	No	No
Places of sale are restricted*	Yes	Yes	Yes
Density of outlets is restricted	No	No	No
* eg. religious places, office premises			

5 e	Level of enforcement of existing sales restrictions	Partially enforced
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6		Alcohol advertising and health warnings		
6 a	Alcohol advertising allowed and exists in some form			Yes
6 b	Health warnings legally required on the advertisement			No
6 c	Health warnings of any kind legally required on the <i>containers/bottles</i> of alcoholic beverages			No
6 d	Regulation of alcohol advertising in different media			
	<i>Type of Media</i>	<i>Beer</i>	<i>Wine</i>	<i>Spirits</i>
	National TV	Legally forbidden	Legally forbidden	Legally forbidden
	Cable TV	Legally forbidden	Legally forbidden	Legally forbidden
	National radio	Legally forbidden	Legally forbidden	Legally forbidden
	Local radio	Legally forbidden	Legally forbidden	Legally forbidden
	Newspapers/magazines	No restrictions	No restrictions	No restrictions
	Billboards	No restrictions	No restrictions	No restrictions
	Points of sale	No restrictions	No restrictions	No restrictions
	Cinema	Legally forbidden	Legally forbidden	Legally forbidden

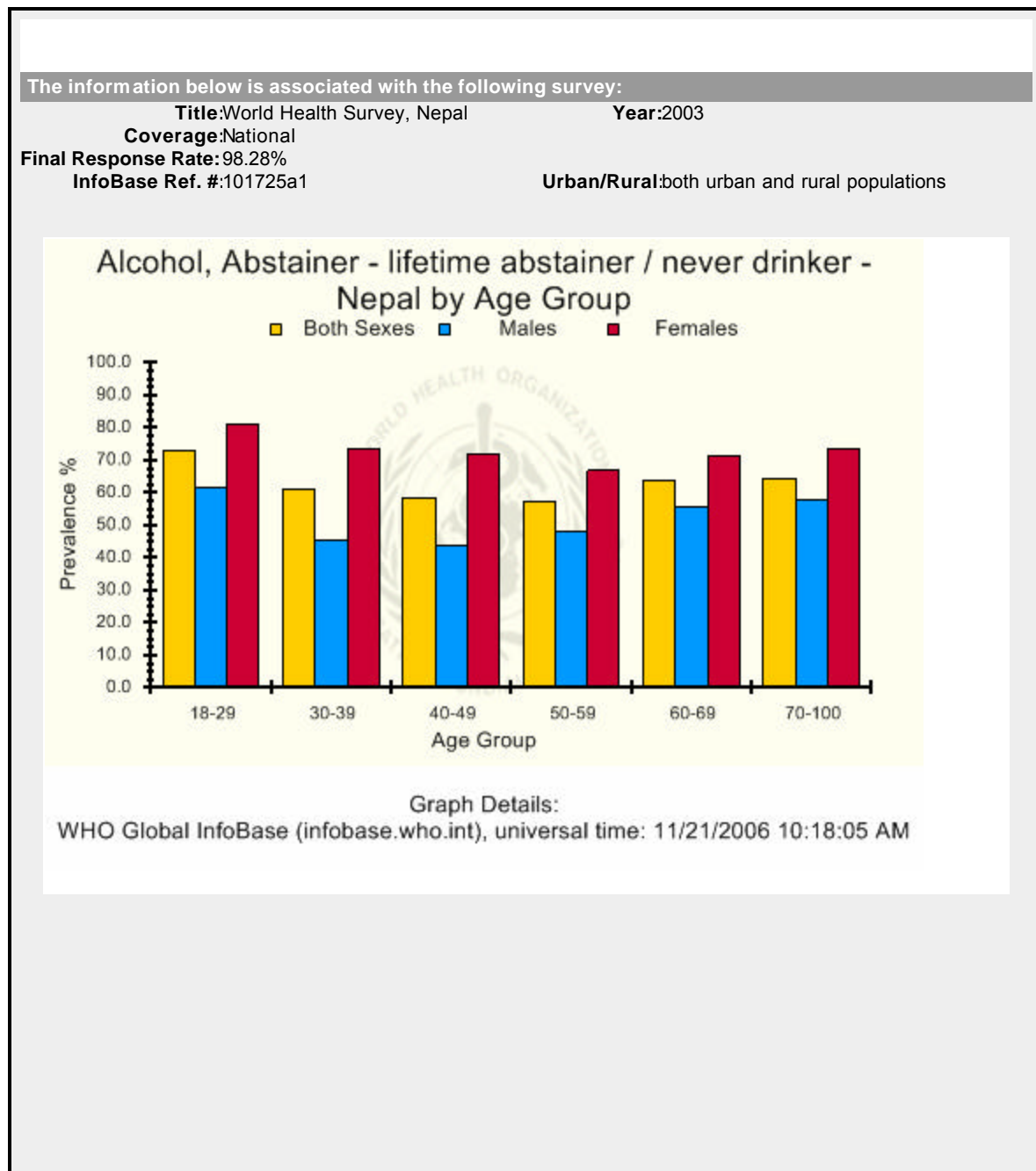
7		Alcohol sponsorship and promotion		
		<i>Beer</i>	<i>Wine</i>	<i>Spirits</i>
	Alcohol industry sponsorship of sporting events	Legally forbidden	Legally forbidden	Legally forbidden
	Alcohol industry sponsorship of youth events	Legally forbidden	Legally forbidden	Legally forbidden
	Sales promotion in the form of serving <i>free alcohol</i> (complying with existing age and other sales restrictions)	Partial restrictions	Partial restrictions	Partial restrictions
	Sales promotion in the form of <i>sales below cost</i> e.g. two for one, happy hour (complying with existing age and other sales restrictions)	Partial restrictions	Partial restrictions	Partial restrictions

8		Level of enforcement of existing advertising and sponsorship restrictions indicated in the two previous questions	
Advertising		Partially enforced	
Sponsorship		Partially enforced	

WHO Global InfoBase: Data from the World Health Survey

Nepal

Alcohol, Abstainer:



Nepal

Alcohol Abstainer Definitions

Definition: lifetime abstainer / never drinker

Alcohol Type: alcohol (general)

Males			
Age Group [?]	Sample Size (n) [?]	Prevalence %	95 % CI [?]
18-29	1,070	61.4	57-66
30-39	848	45.3	41-50
40-49	713	43.6	39-49
50-59	473	48.0	42-54
60-69	332	55.9	49-63
70+	249	57.6	49-66
18+	3,685	52.7	50-56

Females			
Age Group [?]	Sample Size (n) [?]	Prevalence %	95 % CI [?]
18-29	1,780	81.2	78-84
30-39	1,302	73.8	70-77
40-49	844	71.6	68-76
50-59	466	66.9	61-73
60-69	371	71.3	66-77
70+	216	73.5	66-82
18+	4,979	75.4	73-78

Both Sexes			
Age Group [?]	Sample Size (n) [?]	Prevalence %	95 % CI [?]
18-29	2,850	72.8	70-75
30-39	2,150	61.0	58-64
40-49	1,557	58.4	55-62
50-59	939	57.4	53-62
60-69	703	63.7	59-69
70+	465	64.6	58-71
18+	8,664	64.9	63-67

Notes:

1. Lines in **bold** indicate the value represents a "Total Age Group"
2. The "+" indicates the age range goes to the upper boundary
3. Total age group values do not appear on graphs as they are not directly comparable to age specific values.
4. If you find information that does not appear correct, please direct your feedback to us using the form below.

The information below is associated with the following survey:

Title: World Health Survey, Nepal

Year: 2003

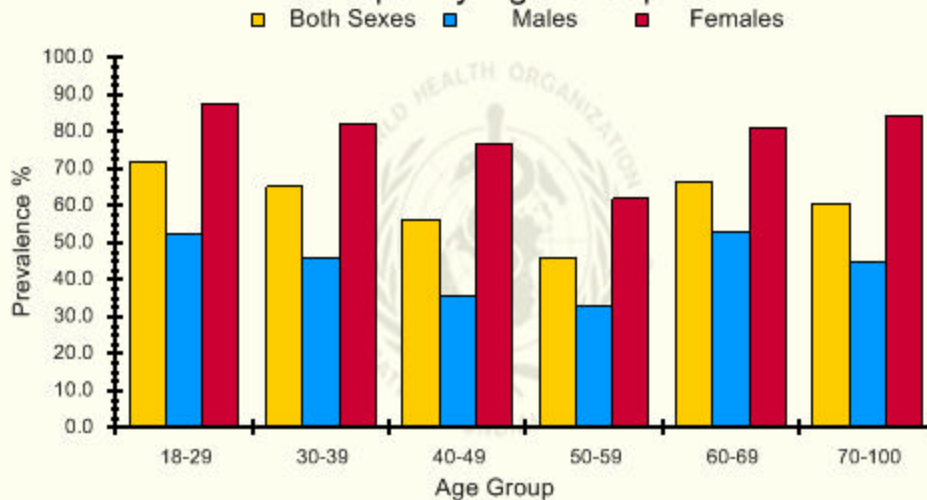
Coverage: national

Final Response Rate: 97.67%

InfoBase Ref. #: 101725c1

Urban/Rural: urban

Alcohol, Abstainer - lifetime abstainer / never drinker - Nepal by Age Group



Graph Details:

WHO Global InfoBase (infobase.who.int), universal time: 11/21/2006 10:18:06 AM

Nepal

Alcohol Abstainer Definitions

Definition: lifetime abstainer / never drinker

Alcohol Type: alcohol (general)

Males				
Age Group?	Sample Size (n)?	Prevalence %	95 % CI?	
18-29	197	52.2	40-64	
30-39	132	46.0	35-57	
40-49	92	35.9	22-49	
50-59	64	33.0	20-46	
60-69	31	52.7	30-75	
70+	28	44.7	22-67	
18+	544	45.5	37-54	

Females			
Age Group ?	Sample Size (n) ?	Prevalence %	95 % CI ?
18-29	292	87.6	82-93
30-39	201	82.2	76-88
40-49	98	76.9	66-88
50-59	52	62.0	43-81
60-69	43	81.3	68-95
70+	23	84.4	66-103
18+	709	81.9	77-87

Both Sexes			
Age Group ?	Sample Size (n) ?	Prevalence %	95 % CI ?
18-29	489	71.8	65-78
30-39	333	65.2	58-73
40-49	190	56.3	48-65
50-59	116	45.9	32-60
60-69	74	66.4	52-80
70+	51	60.6	47-74
18+	1,253	64.3	58-70

Notes:

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Title: World Health Survey, Nepal

Year: 2003

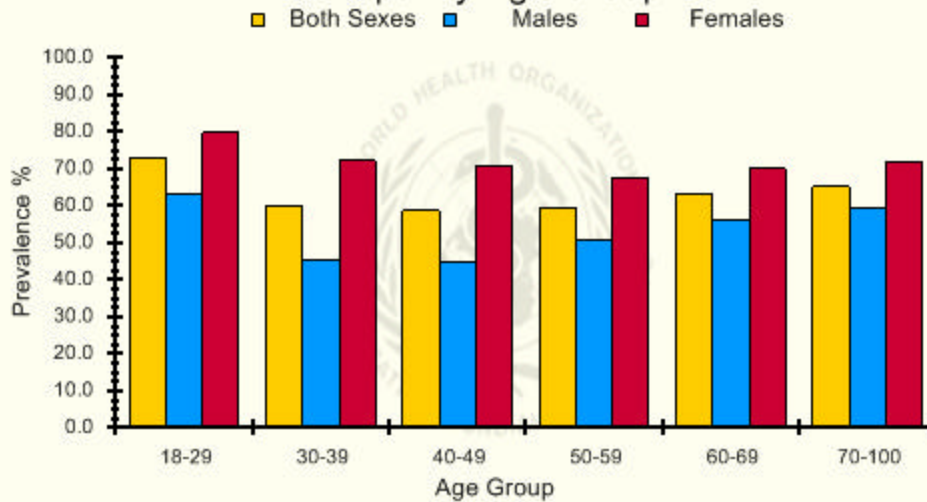
Coverage: national

Final Response Rate: 98.4%

InfoBase Ref. #: 101725c2

Urban/Rural: rural

Alcohol, Abstainer - lifetime abstainer / never drinker - Nepal by Age Group



Graph Details:

WHO Global InfoBase (infobase.who.int), universal time: 11/21/2006 10:18:08 AM

Nepal

Alcohol Abstainer Definitions

Definition: lifetime abstainer / never drinker

Alcohol Type: alcohol (general)

Males			
Age Group?	Sample Size (n)?	Prevalence %	95 % CI?
18-29	873	63.4	59-68
30-39	716	45.2	40-50
40-49	621	44.9	39-50
50-59	409	50.9	45-57
60-69	301	56.3	49-63
70+	221	59.7	51-69
18+	3,141	54.0	51-57

Females				
Age Group ?	Sample Size (n) ?	Prevalence %	95 % CI ?	
18-29	1,488	79.9	77-83	
30-39	1,101	72.2	68-76	
40-49	746	70.9	66-75	
50-59	414	67.7	62-74	
60-69	328	70.1	64-76	
70+	193	72.1	63-81	
18+	4,270	74.2	71-77	

Both Sexes				
Age Group ?	Sample Size (n) ?	Prevalence %	95 % CI ?	
18-29	2,361	73.0	70-76	
30-39	1,817	60.2	57-64	
40-49	1,367	58.8	55-62	
50-59	823	59.4	55-64	
60-69	629	63.4	58-69	
70+	414	65.2	58-72	
18+	7,411	65.0	62-68	

Notes:

1. Lines in **bold** indicate the value represents a "Total Age Group"
2. The "+" indicates the age range goes to the upper boundary
3. Total age group values do not appear on graphs as they are not directly comparable to age specific values.
4. If you find information that does not appear correct, please direct your feedback to us using the form below.

Nepal: Published Studies

In a community study of 2344 adults living in the town of Dharan, the prevalence of alcohol dependence was 25.8%. It peaked at 45-54 years. Dependence was common among those with lower levels of education, widowers and divorcees and those belonging to the Matawli community. The extent of dependence was influenced by socio cultural sanctions. Alcohol abuse and its problems often do not come to the attention of doctors, is largely tolerated and problems are treated by local "quacks" and faith healers. Production of home made alcohol is allowed, but it is diverted to the market. (Jhingan HP, Shyangwa P, Sharma A, Prasad KM, Khandelwal SK. **Prevalence of alcohol dependence in a town in Nepal as assessed by the CAGE questionnaire.** *Addiction*. 2003 Mar;98(3):339-43)

The Demographic and Health Survey of Nepal found that 67% of the males between 15 and 60 years of age consumed alcohol. The largest percentage (73.3%) was in the 25-29 year age group. 47.4% of those in the 15-19 year age group also consumed alcohol. The urban and rural prevalences were 75.0% and 66.7% respectively. 72.7%, 77.0% and 59.9% of the males Mountain, Hill and Terai consumed alcohol, in the age group studied. (Ministry of Health Nepal. **Nepal Demographic and Health Survey**, 2002)

Liquor production at home is one of the common employment ventures undertaken by women, which takes place mostly in rural settings. Most of the women with alcohol related psychological problems attending a general hospital setting belonged to hill country ethnic groups, had their first drink during childhood, and continued to drink during their pregnancies. Most of the younger women of less than 40 years of age were from urban backgrounds with relatively well-off financial status while the

older women were from a rural background. (Sharma A, Khandelwal SK. **Women with alcohol-related problems in Nepal.** Addiction. 2000 Jul;95(7):1105-6)

A study using a two stage representative sample of 1400 households in the Kathmandu Metropolitan city in 2001 showed that 22% of males and 9% of women aged 12 years and above use alcohol. The prevalence of alcohol dependence in the general population was 4.5% by CAGE and 5.5% by the Brief-MAST. The ratio of dependent men to women in the general population was 5:1 and 4:1 by CAGE and Brief-MAST respectively. Alcohol dependence among alcohol users was 14.7% by CAGE and 17.7% by Brief-MAST. The ratio of male to female alcohol dependence among alcohol users is 5.6:1 and 3.78:1 by CAGE and Brief-MAST respectively. Suicide rates in the country and in KMC were 10.38 and 6.74 respectively, while the suicide rates among alcohol users and alcohol dependents were 112.37 and 634.17 (Brief-MAST) and 766.39 (CAGE) respectively (Shretha NM, Shrestha DM, Karmacharya K, Sharma A. (Ref: **Study of prevalence of alcohol use and suicide in Kathmandu Metropolitan City.** Internal document, WHO South-East Asia Regional Office 2001)

In a sub-sample of 426 children between 10-17 years of age of a national survey in 2000 found that 21.8% of boys and 11.2% of girls consumed alcohol during the last 12 months. The median age of initiation was 13 years. Traditional and cultural occasions accounted for initiation in 60% of them. (Rupa Dhital **Alcohol advertising and young people in Nepal.** 2000)

