Findings from a global civil science project

Alcohol consumption patterns in times of COVID-19

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Aim & Methods & Descriptives

- ➢ **to identify COVID-19 "lockdown" constraints affect the food systems and dietary behaviour of populations across the globe**
- ➢ **Here: special attention was paid to the consumption of alcohol**

- ➢ Online survey with semi-structured questionnaire translated into >10 languages
- ➢ Regression models ->
   a) changes in consumption patterns,
   b) potential determinants for change
- ➢ Qualitative analysis of open ended questions
- ➢ Data collection period: 17.4.-15.7.2020

- ➢ 1042 participants from 62 countries (uneven distribution)
- ➢ **-> 718 responded to the questions on alcohol consumption**
- ➢ ♂:♀=77% vs. 22% (0.7% non-binary)
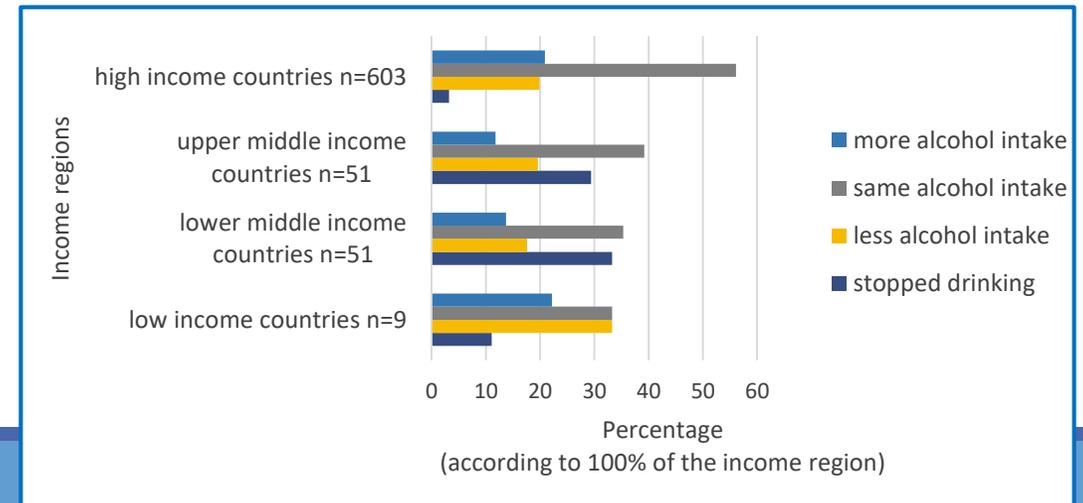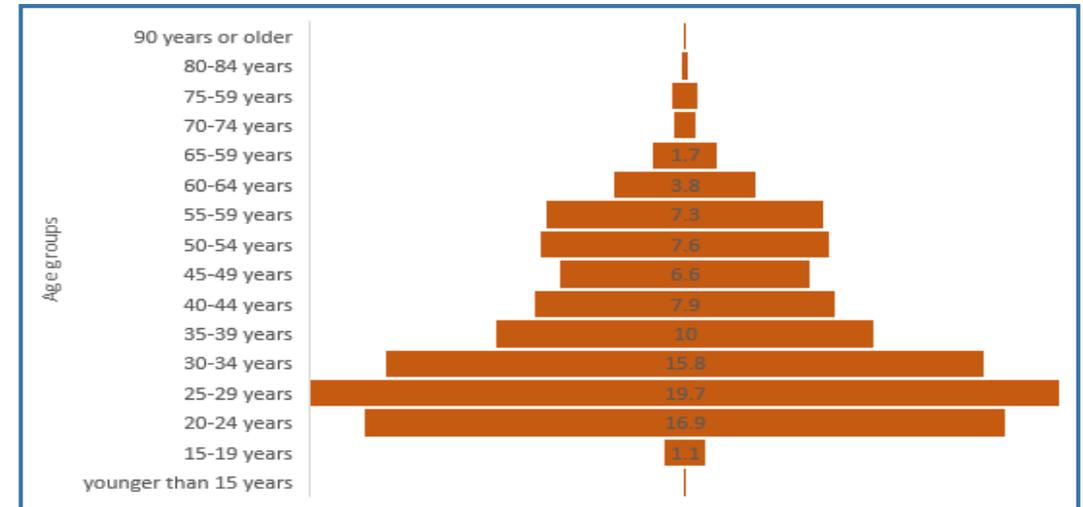
Lockdown scenarios & alcohol consumption

binary logistic regression (mean difference), adjusted for age, gender and income regions

	Alcohol intake	
	Decrease ↓	Increase ↑
No Lockdown - No lockdown anymore		
Mean dif.	-0-058	-0.162
p	1.000	0.115
95% CI	-0.255/0.138	-0.349/0.025
No lockdown - Lockdown		
Mean dif.	-0.005	-0.083
p	1.000	0.219
95% CI	-0.141/0.132	-0.199/0.034
No lockdown anymore - Lockdown		
Mean dif.	0.054	0.079
p	1.000	0.219
95% CI	-0.122/0.230	-0.045/0.202
No contact restrictions - Contact restrictions		
Mean dif.	0.045	0.082
p	0.484	0.108
95% CI	-0.081/0.170	-0.018/0.182

	Alcohol intake	
	Decrease ↓	Increase ↑
No travel restrictions - Travel restrictions		
Mean dif.	-0.079	-0.068
p	0.198	0.158
95% CI	-0.200/0.042	-0.162/0.027
No store closures - Only food stores, drugstores & pharmacies are open		
Mean dif.	-0.088	-0.060
p	0.091	0.163
95% CI	-0.190/0.014	-0.145/0.025
No curfew during day - Curfew during day		
Mean dif.	0.289	0.371
p	0.136	0.054
95% CI	-0.091/0.669	-0.007/0.749
No curfew at night - Curfew at night		
Mean dif.	**-0.409**	**-0.495**
p	**0.012**	**0.001**
95% CI	**-0.727/-0.091**	**-0.798/-0.191**

Results of binary logistic regression & Conclusion

independent variable 'age'	Coefficient	p	OR	95% CI lower bound	95% CI upper bound
Decrease in alcohol consumption	-0.219	0.000	0.803	0.713	0.904
Increase in alcohol consumption	-0.176	0.002	0.838	0.751	0.936

OR=Odds ratio, Significance level: $p<0.05$, 95% CI=95% Confidence intervals, adjusted for gender, income region, occupation, education, household types and living environment

"No longer eat out; not meeting up w/friends or social engagements - so less restaurant food, and less alcohol." (USA, 45-49 years, female)

We stopped drinking alcohol a fortnight ago (Argentina, 25-29 years, female)

Bar closures as well as bans on parties and gathering with friends at night may have led to a decline in alcohol consumption for social alcohol consumers. For others, this could have led to more alcohol consumption at home due to more time spend at home or boredom.