Manuscript #486

1. Full Title: Patterns of Alcohol Consumption in Ethnic/Gender Groups
   Abbreviated Title: Patterns of Alcohol

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4. Timeline:
   Immediate analysis

5. Rationale:
   We (Eigenbrodt et al, under ARIC review) and others (Dawson 1992-93, Treno, Moreira 1996) have found that men consume a much higher level of alcohol than women. This gender difference has been consistent in multiple surveys across 15 different countries (Dawson 1993). There have been suggestions, that not only the quantity of alcohol consumed, but the type of alcohol and the pattern of alcohol consumption may be important in the effect that alcohol has on a number of outcomes, such as cognition and heart disease (Marmot 1991, Govoni 1994). Dawson (1993) has suggested that data on type of alcoholic beverage and frequency and quantity of alcohol consumed per drinking occasion will provide meaningful information on the gender differences in alcohol consumption, especially the comparison of men and women who consume similar quantities of alcohol (Dawson). It is also known that ethnicity impacts the amount of alcohol consumed (ARIC trend paper, Darrow 1992, Herd 1996). It has also been suggested that psychiatric symptomatology for drinkers vs nondrinkers may vary with ethnicity (Bell 1997 as reported by Baum-Baicker 1985). In the ARIC study on alcohol and cognition (Eigenbrodt et al, under coauthor review) the direction of the association between alcohol and the Delayed Word Recall test scores was found to be different for African-American women than for the other ARIC ethnic/gender groups. At visit 2, when cognition was measured, some of the information for evaluation of patterns of alcohol such as drinks per drinking- session are not available. The ARIC visit 3 provides an opportunity to investigate the differences in patterns of alcohol intake, i.e. frequency, quantity per drinking occasion, and type of alcohol consumed, by ethnicity and gender that may be relevant to other studies which consider alcohol as a covariate. Information at visit 2 will allow the evaluation of the differences in psychiatric symptomatology which may vary with drinkers by ethnic/gender group.
6. Main study questions:
1) Does the frequency or quantity of alcohol consumed per drinking occasion vary by ethnic/gender group? If so, does the difference remain after stratifying for education, income, or level of alcohol consumption?
2) Does the percentage of ethanol consumed as specific types of alcoholic beverage vary by ethnic/gender group? If so, does the difference remain after stratifying for education and income?
3) Is there as significant variation among ethnic/gender groups in the percentage of drinkers who reported drinking 5 or more drinks of alcoholic beverage almost every day?
4) For former drinkers does the usual amount of alcohol consumed per week and lifetime consumption vary by ethnic/gender group?
5) For current drinkers, does the lifetime alcohol intake vary by ethnic/gender group?
6) Does the percentage of heavy drinkers (> 280g/wk) vary across ethnic/gender groups and does the predominant type of alcohol consumed vary by ethnic/gender group for heavy drinkers?
7) Is there a significant difference in the amount of alcohol consumed by men versus women after adjusting for body weight?
8) Does mood (i.e. satisfaction with life, feelings of anger, or depression vary by drinker status or level of alcohol consumed? Is there a difference after stratifying for ethnic/gender group?

7. Data (variables, sources, inclusion/exclusion):
Exclusions include non-white and non-African-American participants and those at visit 1 who were not 45-64 years of age at visit 1.
Visit 1: gender, race, study site, education, income, age
Visit 2: DRNKR21 (drinker status, HHXB4-66 (glasses of wine, drinks of beer, and drinks of hard liquor consumed per week), HPAA01 (feeling about life), HPAA02 (satisfied with life); HPBA1-21 (questions relating to depression), HPCA1-10 (questions on anger, etc)
Visit 3: PHXA40 (currently drink), PHXA41 (ever drank), PHXA42 (years stopped drinking), PHXA43 (years drank for former drinkers), PHXA44a&b-PHXA46a&b (# wine, beer and liquor, and days in week usually drink), PHXA48 (years drank for current drinkers, PHXA49 (usual wine/wk for life), PHXA50 (usual beer/wk for life, and PHXA51 (usual liquor/wk for life)