This profile gives information about alcohol and health

**Total alcohol per capita (15+ years) consumption in litres of pure alcohol 2010**

In 2014 Ireland was the 7th highest OECD country for alcohol consumption in litres per person aged 15+ years at 11.0 litres per person. Provisional figures for 2016 show an increase to 11.5 litres per person aged 15+ years.

**From the Healthy Ireland Survey 2016**

- 25% of Irish people have not drunk alcohol in the past year.
- 55% of drinkers drink at least once a week, which is highest in the 55-64 year age group.
- 1 in 3 binge drink on a typical drinking occasion.
- Those living in the more affluent areas are more likely to drink once a week than those in deprived areas (34% versus 52%), except for binge drinking which is higher among those in deprived areas (40% and 35% respectively).

**Key Facts for Donegal**

- Donegal is the 2nd most deprived local authority area nationally.
- Donegal has the 2nd lowest mortality for alcohol related causes for all ages per 100,000 population (51.0, National 65.4)
- The rate of potential years of life lost per 100,000 from selected alcohol related causes in Donegal is lower for both males (926.2) and females (287.9) than nationally (males 1289.3 and females 377.1). Donegal ranks 26th for males and 13th for females nationally.
- In 2014, Donegal had above average male in-patient rate per 100,000 for mental and behavioural disorders due to alcohol disease (189.52, National 74.1), but below average for alcoholic liver disease (7, National 29.7)
- In 2014, Donegal, nationally, had the lowest rates for alcoholic liver disease in-patient admissions for males and females (7.0 and 8.5 respectively, National rate of 38.3 and 14.3)
- In 2015, Donegal had above average psychiatric in-patient admission for alcohol disorders (41, National 25.9).
- In 2014, Donegal had the 7th highest alcohol treatment rate per 100,000 (246.9, National 158.5)
- In March 2017, Donegal ranks 6th in Ireland for the number of valid liquor licenses per 100,000 population
- In 2015, Donegal had a higher than national rate per 100,000 of drink driving offences (195.1, National 139.7)
5 year age standardised mortality rate per 100,000 for selected alcohol related causes 2009-2014.

Mortality for selected alcohol causes – Potential years of life (PYLL) lost 2009-2014.

PYLL represents the estimated number of potential years of life lost per 100,000 up to age 70 and is a useful indicator of premature mortality.

Source: PHIS, Personal Edition 2016, Department of Health
The Irish National Drug-Related Deaths Index (NDRDI) records cases of death by drug and alcohol poisoning, and deaths among drug users and those who are alcohol dependent. The number year on year at county level is small.

Deaths due to poisoning where alcohol was implicated in the death, NDRDI 2004-2014

There were 1,501 poisonings where alcohol was implicated in the cause of death, recorded by the NDRDI during the reporting period 2004 to 2014. Males accounted for 69% of these deaths. Forty six (3%) of these deaths were among individuals residing in the county of Donegal.

There were 294 poisoning deaths among alcohol dependent persons recorded by the NDRDI during the reporting period 2004 to 2014 where alcohol was NOT implicated in the death, nine (3%) were among individuals residing in the county of Donegal.

There were 8,211 non-poisoning deaths among persons known to be alcohol dependent recorded by the NDRDI during the reporting period 2004 to 2014. Males accounted for 74% of these deaths. Two hundred and forty eight (3%) of these deaths were among individuals residing in the county of Donegal.

There were 771 non-poisoning deaths where deaths were NOT due to poisoning and person was NOT known to be alcohol dependent but alcohol was implicated in the deaths. Males accounted for 79% of these deaths. Twenty one (3%) of these deaths were among individuals residing in the county of Donegal.

Source: NDRDI, HRB 2016/17
HIPE data relates to public hospitals. The figures graphed give an indication of the level of service use in the geographical area. Caution is warranted in interpreting this data as mental health problems are common in those requiring treatment for alcohol misuse and vice versa.

**Age Standardised hospital in-patient discharge rate per 100,000 for Alcoholic Liver Disease and Mental & Behavioural disorders due to alcohol, 2009-2014**

![Graph showing the age-standardised hospital in-patient discharge rate per 100,000 for Alcoholic Liver Disease and Mental & Behavioural disorders due to alcohol, 2009-2014 for males and females in Donegal and Ireland. The rates decrease over the years.]

**Psychiatric in-patient admission rate per 100,000 due to alcohol disorders, 2009-2015**

![Graph showing the psychiatric in-patient admission rate per 100,000 due to alcohol disorders, 2009-2015 in Donegal and Ireland. The rates decrease over the years.]

Source: HIPE, PHIS Personal Edition 2016

Source: National Psychiatric Inpatient Reporting System (NPIRS), HRB
National Drug Treatment Reporting System (NDTRS) data is affected by participation of services. While coverage of drug treatment is high, coverage of alcohol services, particularly provided by mental health services is not uniform around the country and as such will impact on county level analysis. Psychiatric in-patient and those undergoing treatment for alcohol misuse may be similar population cohorts. Low usage of services in an area may be due to lack of capacity and may not indicate low alcohol harm.

### Alcohol Treatment Numbers, 2009-2014

<table>
<thead>
<tr>
<th></th>
<th>2009</th>
<th>2010</th>
<th>2011</th>
<th>2012</th>
<th>2013</th>
<th>2014</th>
</tr>
</thead>
<tbody>
<tr>
<td>No. of cases Donegal</td>
<td>629</td>
<td>736</td>
<td>640</td>
<td>628</td>
<td>449</td>
<td>392</td>
</tr>
<tr>
<td>No. of cases Ireland</td>
<td>7,816</td>
<td>7,866</td>
<td>8,604</td>
<td>8,336</td>
<td>7,549</td>
<td>7,541</td>
</tr>
<tr>
<td>% of Ireland</td>
<td>8.0</td>
<td>9.4</td>
<td>7.4</td>
<td>7.5</td>
<td>5.9</td>
<td>5.2</td>
</tr>
</tbody>
</table>

Source: National Drug Treatment Reporting System (NDTRS), Health Research Board (HRB) and interactive tables from the National Drug Library available at [http://www.drugsandalcohol.ie/](http://www.drugsandalcohol.ie/)

### Alcohol Treatment rate per 100,000, 2014

Density of Licenced Premises rate per 100,000 population 1st March 2017
(Map shows rate for all licenced premises)

<table>
<thead>
<tr>
<th>Licence Type</th>
<th>Donegal</th>
<th>Ireland</th>
</tr>
</thead>
<tbody>
<tr>
<td>Manufacturers licenses</td>
<td>3.8</td>
<td>3.3</td>
</tr>
<tr>
<td>Publicans licenses</td>
<td>275.9</td>
<td>202.2</td>
</tr>
<tr>
<td>Off licenses</td>
<td>88.8</td>
<td>36.7</td>
</tr>
<tr>
<td>Wholesalers licenses</td>
<td>9.4</td>
<td>41.4</td>
</tr>
<tr>
<td>Total</td>
<td>377.9</td>
<td>283.6</td>
</tr>
</tbody>
</table>

Source: Irish Tax and Customs, Revenue. Crude rates were calculated using Preliminary figures from 2016 Population CSO.

Breaches of Liquor Licensing Offences 2011-2015

<table>
<thead>
<tr>
<th></th>
<th>2011</th>
<th>2012</th>
<th>2013</th>
<th>2014</th>
<th>2015</th>
</tr>
</thead>
<tbody>
<tr>
<td>No. of offences Donegal</td>
<td>131</td>
<td>56</td>
<td>73</td>
<td>87</td>
<td>56</td>
</tr>
<tr>
<td>No of offences National</td>
<td>2341</td>
<td>1918</td>
<td>1374</td>
<td>1272</td>
<td>1079</td>
</tr>
<tr>
<td>% of National</td>
<td>5.6</td>
<td>2.9</td>
<td>5.3</td>
<td>6.8</td>
<td>5.2</td>
</tr>
</tbody>
</table>

The CSO resumed the publication of recorded crime statistics in June 2015. This follows a comprehensive review of the accuracy of Garda Síochána crime data, on foot of the Garda Inspectorate Report on Crime Investigation, published 27th September 2016. When interpreting the recorded crime statistics, the CSO advises that the findings of the review should be taken into account.


As the CSO publishes a small element of traffic related incidents (Group 04 Dangerous or Negligent Acts) in the quarterly Recorded Crime series, the CSO requested data on the 148,000 offences to establish whether any of these offences had been incorrectly included in the quarterly recorded crime data as additional incidents.

An Garda Síochána provided the details of the 148,000 offences and the CSO have determined that these offences do not appear to have affected the quarterly Recorded Crime series.

The following charts highlight how people in this area compare with the rest of Ireland for key indicators. The black circle shows the score for this area and the black line shows the average for Ireland. For some indicators, being above average is preferable, whereas for others the opposite is the case. A more detailed interpretation is given on page 11.

### Donegal

#### Ireland Key:

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Local Value</th>
<th>Irl Avg</th>
<th>Irl Low</th>
<th>Irl High</th>
</tr>
</thead>
<tbody>
<tr>
<td>POPULATION INDICATORS CENSUS 2016 %</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 Population number and % of National</td>
<td>159192</td>
<td>3.3</td>
<td>3.0</td>
<td>11.7</td>
</tr>
<tr>
<td>2 5 year population change 2011-2016</td>
<td>-1945</td>
<td>-1.2</td>
<td>-1.2</td>
<td>8.0</td>
</tr>
<tr>
<td>2011 CENSUS INDICATORS</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3 Deprivation relative score</td>
<td>n/a</td>
<td>-6.2</td>
<td>0.2</td>
<td>10.6</td>
</tr>
<tr>
<td>4 Dependency population ratio</td>
<td>58421</td>
<td>56.9</td>
<td>53.0</td>
<td>73.0</td>
</tr>
<tr>
<td>5 Persons age 0-14</td>
<td>36949</td>
<td>23.0</td>
<td>21.6</td>
<td>15.7</td>
</tr>
<tr>
<td>6 Persons age 15-19</td>
<td>10538</td>
<td>7.0</td>
<td>6.4</td>
<td>10.0</td>
</tr>
<tr>
<td>7 Persons aged 20-29</td>
<td>19400</td>
<td>12.0</td>
<td>13.8</td>
<td>8.0</td>
</tr>
<tr>
<td>8 Persons aged 30-39</td>
<td>23573</td>
<td>14.6</td>
<td>15.9</td>
<td>13.7</td>
</tr>
<tr>
<td>9 Persons aged 40-49</td>
<td>22291</td>
<td>13.8</td>
<td>13.8</td>
<td>11.4</td>
</tr>
<tr>
<td>10 Persons aged 50-59</td>
<td>18471</td>
<td>11.5</td>
<td>11.6</td>
<td>9.5</td>
</tr>
<tr>
<td>11 Persons aged 60-64</td>
<td>8444</td>
<td>5.2</td>
<td>4.9</td>
<td>5.9</td>
</tr>
<tr>
<td>12 Persons aged 65 years and older</td>
<td>21471</td>
<td>13.3</td>
<td>12.1</td>
<td>15.1</td>
</tr>
<tr>
<td>13 Lone parent households</td>
<td>6947</td>
<td>12.0</td>
<td>10.9</td>
<td>13.8</td>
</tr>
<tr>
<td>14 Persons with no formal or primary education only</td>
<td>26361</td>
<td>24.9</td>
<td>15.2</td>
<td>24.9</td>
</tr>
<tr>
<td>15 Semi, unskilled and agricultural workers</td>
<td>22384</td>
<td>13.9</td>
<td>11.7</td>
<td>16.0</td>
</tr>
<tr>
<td>16 Unemployment</td>
<td>18869</td>
<td>26.2</td>
<td>19.0</td>
<td>28.6</td>
</tr>
<tr>
<td>17 Households local authority rented</td>
<td>4785</td>
<td>8.3</td>
<td>7.8</td>
<td>8.0</td>
</tr>
<tr>
<td>18 White Irish</td>
<td>143312</td>
<td>90.6</td>
<td>84.5</td>
<td>160.6</td>
</tr>
<tr>
<td>19 White Irish Traveller</td>
<td>726</td>
<td>0.5</td>
<td>0.7</td>
<td>2.3</td>
</tr>
<tr>
<td>20 All other ethnic backgrounds</td>
<td>14193</td>
<td>9.0</td>
<td>14.9</td>
<td>24.5</td>
</tr>
<tr>
<td>ALCOHOL MORTALITY</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>21 5 year standardised mortality for alcohol related causes all ages 2014</td>
<td>332</td>
<td>51.0</td>
<td>65.4</td>
<td>81.0</td>
</tr>
<tr>
<td>22 5 year standardised mortality for alcohol related causes 0-64 year age group 2014</td>
<td>191</td>
<td>31.2</td>
<td>42.1</td>
<td>54.6</td>
</tr>
<tr>
<td>23 5 year standardised mortality for alcohol related causes aged 65 and over 2014</td>
<td>141</td>
<td>132.4</td>
<td>161.6</td>
<td>190.0</td>
</tr>
<tr>
<td>AGE STANDARDISED HOSPITAL ADMISSION RATES PER 100,000</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>24 Male admissions rate Alcoholic Liver Disease 2014</td>
<td>5</td>
<td>7.0</td>
<td>3.8</td>
<td>7.0</td>
</tr>
<tr>
<td>25 Female admission rate for Alcoholic Liver Disease 2014</td>
<td>6</td>
<td>8.5</td>
<td>14.3</td>
<td>8.5</td>
</tr>
<tr>
<td>26 Male admission rate for Mental &amp; behavioural disorder due to alcohol disease 2014</td>
<td>136</td>
<td>189.5</td>
<td>74.1</td>
<td>21.0</td>
</tr>
<tr>
<td>27 Female admission rate for Mental &amp; behavioural disorder due to alcohol disease 2014</td>
<td>47</td>
<td>65.2</td>
<td>38.3</td>
<td>7.3</td>
</tr>
<tr>
<td>28 Psychiatric admission rate for alcohol disorders 2015</td>
<td>392</td>
<td>41.0</td>
<td>25.9</td>
<td>8.3</td>
</tr>
<tr>
<td>29 Alcohol treatment rate per 100,000 2014</td>
<td>n/a</td>
<td>247.0</td>
<td>158.5</td>
<td>48.1</td>
</tr>
<tr>
<td>SOCIETAL IMPACTS*</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>30 Driving Vehicle over the alcohol limit 2015 rate per 100,000</td>
<td>312</td>
<td>195.1</td>
<td>139.7</td>
<td>60.9</td>
</tr>
<tr>
<td>31 Liquor Licensing offences % of National 2015</td>
<td>56</td>
<td>5.2</td>
<td>23.1</td>
<td>4.7</td>
</tr>
<tr>
<td>32 Disorderly Conduct offences 2015</td>
<td>1009</td>
<td>631.0</td>
<td>545.7</td>
<td>204.5</td>
</tr>
</tbody>
</table>
Alcohol consumption is defined as annual sales of pure alcohol in litres per person aged 15 years and older. Alcohol use is associated with numerous harmful health and social consequences, including an increased risk of a range of cancers, stroke and liver cirrhosis. Alcohol also contributes to death and disability through accidents and injuries, assault, violence, homicide and suicide. This indicator is measured in litres per capita (people aged 15 years and older). http://www.who.int/gho/alcohol/en/ and https://data.oecd.org/healthrisk/alcohol-consumption.htm and www.revenue.ie


Five year age standardised death rate for selected alcohol related causes per 100,000 population by county and nationally 2007-2012. Source Public Health Information System (PHIS). The cause of death category Selected Alcohol Related Cause is made up of deaths where the following ICD 10 codes was recorded as the primary cause of death: ICD-10: C15 Malignant neoplasm of oesophagus, C32 Malignant neoplasm of larynx, F10 Alcohol related disorders, K70 Alcoholic liver disease, K73 Chronic hepatitis, not elsewhere classified, K74 Fibrosis and cirrhosis of liver, K76 Other diseases of liver and External Causes V00-V99, W00-W99, X00-X99, Y00-Y99. This simple pooling of alcohol related deaths can help to better rank countries by alcohol related mortality and can be used to better track trends in deaths associated with alcohol than using separate causes. It is relatively rough indicator and it is NOT the estimate of alcohol attributable mortality, which is more complex and difficult to calculate http://www.thehealthwell.info/phis-tables and PHIS Personal Edition, 2016.


Hospital In-Patient Age Standardised rate per 100,000 for Mental and Behavioural Disorders due to Alcohol 2009-2014. Source Public Health Information System (PHIS) http://www.thehealthwell.info/phis-tables and PHIS Personal Edition, 2016.


Offence of Driving/in charge of a vehicle while over legal alcohol limit 2011-2015 rate per 100,000. Recorded Crime Offences (Number) by Type of Offence, Garda Division. Source http://www.cso.ie/px/pxeirestat/Statire/SelectVarVal/Define.asp?maintable=CJQ03
Offence of disorderly conduct rate per 100,000 2011-2015, Recorded Crime Offences by type of offence, Garda Division. 

Number of breaches of Liquor Licensing Offences 2011-2015. Recorded Crime Offences (Number) by type of offence, Garda Division.

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Data (1-20) taken from Census of Ireland data 2016, and Census of Ireland 2011. Source: [www.cso.ie](http://www.cso.ie)

(1) Population of Ireland 2016 as a percentage of the National Population
(2) Population change 2011-2016 and percent change
(3) Deprivation relative score 2011. The calculated deprivation level for this area. A scoring is given to the area based on a national average of zero and ranging from roughly -40 (being most disadvantaged to +40 (most affluent). For more information see [www.pobal.ie](http://www.pobal.ie).
(4) Dependency ratio 2011– the proportion of the population in the 0-14 and 65 years and over age groups as a proportion of the 15-64 age group.
(5-12) Percentage of the population of this area by age groups 2011.
(13) Percentage of lone parent households over the total number of households 2011.
(14) Percentage of persons aged 15 and over who have either no formal education or whose highest level of education is at primary school level over the number of persons aged 15 and over who have ceased education 2011.
(15) Percentage of persons in labour force who are semi, unskilled or agricultural workers 2011.
(16) Percentage of persons aged 15-64 available in the labour force who are unemployed including first time job seekers 2011.
(17) Percentage of households which are local authority rented over the total number of households 2011.
(18-20) The percentage of persons of white Irish, Traveller and all “other ethnicity” 2011.
(21-23) 5 year age standardised mortality rate for alcohol related causes all age, 0-64 age group and 65 year and over 2014.
(24-25) Age standardised In-patient admissions rate per 100,000 for Alcoholic Liver Disease 2014. [http://www.thehealthwell.info/phis-tables](http://www.thehealthwell.info/phis-tables)
(26-27) Age standardised In-patient admissions for mental and behavioural disorders due to alcohol disease 2014.  [http://www.thehealthwell.info/phis-tables](http://www.thehealthwell.info/phis-tables)
Background and Information

How to interpret the spine tool

This user guide is designed to aid interpretation of the spine charts on page 8 in the health profiles (2017). The spine charts were developed utilising a spine tool developed by the West Midlands Public Health Observatory which is now part of Public Health England. The following explanation on how to interpret these charts is adapted from a document published by the West Midlands Public Health Observatory.

A spine chart is a data visualisation technique to present a number of indicators for an area. Each indicator’s statistics are scaled so that the indicator’s Ireland average (mean) value forms one dark vertical central line on the chart. An area’s value for each indicator is presented as a circle against a shaded background showing the range and inter-quartile range of the local authority values across Ireland.

Range and interquartile range

Behind each local authority indicator value there is a shaded bar representing the range of values for local authorities across Ireland. The darker grey inner area of this bar represents the interquartile range. If areas were put in order of worst to best, the interquartile range would represent the worst and best values of the middle 50% of areas, i.e. those that are neither in the 25% worst nor the 25% best in all of Ireland. If the frequency distribution was a perfect normal distribution then the centre of the dark grey band (the median) would overlap the Ireland value (the mean) and the light grey tails would be equal length. The symmetry of the grey bars can give a general indication of:

- Where there is skew or outliers in a particular direction: the light grey tail will be greater on one side than the other and the dark grey band may also be off-centre. In extreme cases the dark grey band (the interquartile range) may not overlap the mean Ireland value as the centre of the interquartile range is the median rather than the mean average.

- If the majority of areas are very close to the Ireland value but others are more spread out (central dark grey band is much narrower than the length combined of the light grey tails).

Mean: This is another word for the average. It is defined as the sum of the observations divided by the number of observations.

Median: This is the middle value in a range of values which have been put in order of lowest to highest. It is used instead of the mean if the data is skewed.

Range: The range is described as the smallest and largest observations.

Interquartile range: This is the range where the middle 50% of the observations lie on a chart the chart would look symmetrical.

Normal distribution: This describes data which have a symmetrical distribution, with a characteristic ‘bell’ shape.

Skew: This is used to describe data which does not have a symmetrical distribution. If you were to depict the data on a chart the chart would look lopsided or “skewed”.

To watch a training video on Spine Tool interpretation click the link below:
http://www.youtube.com/watch?v=480Msxgczg8M

West Midlands Public Health Observatory (now Public Health England).
Definitions adapted from Public Health textbook on http://www.healthknowledge.org.uk/:

Additional information:

Further information on health determinants from census data, such as housing, water supply, time to travel to work, computer ownership, car ownership etc. are available at www.cso.ie.

Data and information gaps

- Alcohol attributable mortality data
- Emergency Department data
- GP consultation data
- Total alcohol per capita (15+ years) consumption by county
- Social data (impact on children, relationships and employment)
- Interpretation of the recorded crime statistics

This is by no means an exhaustive list but it gives an indication of the data and information gaps that currently exist.

Acknowledgements:

Public Health England - Public Health England Health Profiles
http://www.apho.org.uk/

West Midlands Public Health Observatory and to Stacy Croft, Jo Watson (SEPHO) and Doris Hain (ERPFO) for Spine Chart Tool V. 4 obtained at http://www.wmpho.org.uk/tools/

Healthy Ireland 2016, Information Unit and Public Health Information Systems, Department of Health
Central Statistics Office

Hospital In-Patient Enquiry Scheme (HIPE), Healthcare Pricing Office
Irish Tax and Customs, Revenue
Institute of Public Health (IPH) Ireland

Suzi Lyons, National Drug Reporting System (NDTRS), Ena Lynn, National Drug-Related Deaths Index (NDRDI) and National Psychiatric In-patient Reporting System (NPIRS), Health Research Board.

Background:

In 2016 the Alcohol Forum, selected clinical services and the Department of Public Health Medicine (DPHM), HSENE, HSENW and HSEW, collaborated on an exercise to scope the availability of data to describe alcohol-related harm in Ireland. The intention was to identify quality assured databases that provided data at county level to allow the development of a County Alcohol Harm profile for each county in Ireland. The purpose of the profile was to provide a baseline from which trends could be measured and to inform local planning and action to reduce alcohol harm. The profiles have the potential to become an important tool for a range of organisations and structures operating at the County level.

Health Profile created by Health & Wellbeing Directorate HSE

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