

Tiina

Article project together with
Liili, Merike and Luule

Is the internal rule of alcohol
ban really harmless in older
people day centers

Problem

Officially there is a zero-tolerance for alcohol consumption in older people day centers and other activity groups run by municipalities in Estonia (public benefit). (This claim comes from informal conversations and observations, no special survey data)

In reality, participants drink alcohol in those centres (because there is always somebody who celebrates a birthday ...) (same)

Those double-sided rules may keep away those older people who prefer alcohol drinking for socializing – especially older men.

Older men benefit less from formal and non-formal socialization compared to women. (Estonian older people benefit less compared to other countries.)

There is the need for new intervention tools and measures to attract them.

Problem

Vanusrühm	Vabatahtlik tegevus			Kursused ja koolitused			Klubi
	M	N	SHARE M	M	N	SHARE M	
55-59	11,1	17,3	14,6	19,9	34,0	14,1	17,9
60-64	6,9	14,2	14,9	14,1	26,9	10,8	14,4
65-69	9,5	11,3	16,1	9,5	16,1	7,0	16,4
70-74	7,9	9,5	16,5	5,4	7,0	6,5	13,9
75-79	7,1	7,9	13,9	4,1	4,0	4,4	12,0
80-84	5,6	5,8	9,5	3,5	2,5	2,9	6,6
Kokku 55-84	8,2	11,0	14,7	10,0	14,9	8,0	14,1
55-64	8,9	15,6	14,8	16,9	30,1	12,2	16,1

Aim

To examine the relationship between alcohol consumption and social engagement among Estonian older men, taking into account the benefits and harms of alcohol.

Such **research with the aged is underrepresented** (Novier, Diaz-Granados, & Matthews, 2015).

Research that investigates **alcohol use among older people from a social perspective** is important. (Dare, Wilkinson, Allsop, Waters, & McHale, 2014)

Introduction: the harm and benefit of alcohol in old age (health)

Older people have been acknowledged as a population group **at increased risk of alcohol-related harm** (National Health and Medical Research Council 2009 in Dare et al., 2014) due to physiological changes related to the ageing process, resulting in an increased risk of alcohol-related harm at relatively low levels of consumption (Sorocco & Ferrell 2006).

In the United Kingdom, **the highest death rates** linked to alcohol are among men and women aged **55–74 years** (Royal College of Psychiatrists 2011)

Introduction:
the harm and
benefit of alcohol
in old age (health)

Light to moderate alcohol consumption during late life may **protect against a decline in learning and memory**

for non-APOE e4 allele carriers (= at risk of Alzheimer), but not for older adults who carry one or more APOE e4 alleles (Downer, Zanjani, & Fardo, 2014)

APOE = Apolipoprotein E - cholesterol carrier that supports lipid transport and injury repair in the brain. Individuals carrying the APOE ε4 allele are at increased risk of Alzheimer Disease and associated with increased risk for cerebral amyloid angiopathy and age-related cognitive decline during normal ageing. Liu, Kanekiyo, Xu, & Bu, 2013

Introduction: the harm and benefit of alcohol in old age (socialising)

Moderate alcohol use appeared to serve an important function as a ‘social lubricant’ (Dare et al., 2014)

Drinking not only depends on the type of social activity but also who else is present. Alcohol is a **routine** in socialising with friends. (Dare et al., 2014)

Alcohol drinking as a way to **prise** him/herself. Alcohol as a tool for stopping (never ended) work (like a break).

Alcohol serves an important role in facilitating enjoyment and socialising with friends and acquaintances.

No information about alcohol as a facilitator for socialising in unfamiliar circumstances: whether it works as an ice-breaker, remover of communication barriers.

Introduction:
the harm and
benefit of alcohol
in old age
(socialising)

There is the trend towards the closure of public houses in Great Britain.

But, public houses hold an important role in local communities: they offer the possibility for interaction with people with different background, for perceiving informal support.

Therefore existing infrastructure which roots come from alcohol consumption can not destroy easily because it fulfills much broader goals.

The decline in alcohol consumption (in pubs) which include the shift towards drinking at home (Muir, 2012)

Introduction:
the **harm** and
benefit of
alcohol in old
age (socialising)

?

need to be elaborated

Theoretical background:

Alcohol consumption in old age and the situation in Estonia

Need to be elaborated

Loneliness in old age and the situation in Estonia

Need to be complemented

Health status of older people in Estonia

Need to be elaborated

Theoretical background:

Loneliness in old age and the situation in Estonia

Descriptive statistics indicates that **alcohol consumption (both frequency and quantity) among lonelier people is low** (Petuhhov, 2019).

The relationship between loneliness and alcohol consumption in old people was **not significant** - alcohol consumption in those lonelier was low and feeling lonelier did not correlate with a substantial increase in drinking. (Petuhhov, 2019).

Questions

1. What **role** does alcohol play in older people's lives (Old guys)
2. How **availability of alcohol and drinking company** have been facilitating or constrain social engagement (Old guys)
3. Cause and consequence of **loneliness and low consumption of alcohol**: (SHARE longitudinal data).
 - Is loneliness the consequence of alcohol non-use
 - Or they are lonelier because there is nobody to drink with?
 - Or the health status mediate the alcohol consumption and socialising

The value of future results

If lonely men do not drink because of their non-drinking habits, the extension of alcohol consumption in old age activity groups will be not the solution for decreasing the loneliness

If lonely men do not drink because lack of company, then alcohol consumption may be a possible way to activate them

but there is the need to separate results related to drinking with friends from those related to drinking for smoothing the way to get new acquaintances

Methodology

a) Old guys:

- thematic analysis
- broad descriptive categories based on research questions and recurring themes
- coding
- triangulation need to be done

b) SHARE longitudinal data

Semi-structured
interviews with 60+ men
in South and East Estonia
in 2017
(Old guys say yes to
community)
The preliminary results

East-Estonia (25 interviews from which 20 were those in what alcohol consumption was covered by the interviewee without any direct question or suggestion.

1. Inimene ise pole minevikus liialdamise tõttu enam võimeline palju jooma, aga ta pole seepärast muutnud oma suhtumist joomisse.
2. Vanasti oli elu toredam, sest oli joogikohti ja inimesed said kokku ja selline oligi tava.
3. Olevikust rääkides tekib joomine tegevusest ja igavusest – nii teistel kui endal.
4. Kartus, et teised ei oska piiri pidada.
5. Joomisel on halb silt. Kui endast räägitakse, siis lisatakse juurde “võtan, aga mina pole *selline*”.
6. Isiklik sotsiaalne suhtlus, aga ka kogukonnaüritustel on alkohol laual. Joomine on hea.
7. Joomine peaks olema, sellest peaks kujundama kogukonna traditsiooni
8. Mittejoomisel on kultuursuse silt, mittejoomine esineb koos intensiivse tegevusega.

Semi-structured
interviews with 60+ men
in South and East Estonia
in 2017
(Old guys say yes to
community)
The preliminary results

South-Estonia (55 interviews from which 16 were those in what alcohol consumption was covered by the interviewee without any direct question or suggestion.

1. Kogukonnaelust osavõttu takistab see, et mehed joovad. Joomine on probleem, joodikut ei saa usaldada
2. Spontaanne kokkukäimine tähendab ennekõike joomist, meeste seltskondliku läbikäimise all mõeldakse automaatselt joomist.
3. Joomine on meeste elu osa
4. Isiklik sotsiaalne suhtlus ja kogukonnaüritustel on alkohol laual. Joomine on hea)
5. Joomisel on halb silt. Kui endast räägitakse, siis lisatakse juurde “võtan, aga aga mina pole *selline*”), aga seda nimetanud vaid üks-kaks meest.

Introduction (harm and benefit of alcohol) – Tiina, Luule, Merike, Liili
problem, research questions

Theoretical background

Alcohol consumption – Luule?

Loneliness – Merike

Health status – Liili

Results

Q1 and Q2 – Tiina

Q3 – Liili

Discussion – Tiina, Luule, Liili, Merike

Deadline – end of 2019

Õppimises
osalemine (see
eeldab
sotsialiseerumist)
parandab
tervisekäitumist,
sh alkoholi
tarbimist

Data from longitudinal studies have found links between participation in learning and healthy behaviors such as exercise and lower alcohol consumption (Enkins & Chandola, 2014).