

II. Intake of Alcoholic Beverages

Intake of Alcoholic Beverages

Alcoholic beverage intake was assessed for the previous year. Frequency and volume of alcoholic beverage intake were obtained through an interview. Average ethanol intake was estimated from the frequency and volume of each alcoholic beverage consumed based on the ethanol content of the corresponding beverage.

1) Frequency of alcohol intakes

2) Average ethanol intakes per day

1) Frequency of alcohol intakes

Japanese sake

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Male	Never	102	75.6	170	68.0	192	65.3	175	70.9	81	65.9	720	68.6
	Once a month	13	9.6	33	13.2	26	8.8	12	4.9	6	4.9	90	8.6
	2 to 3 times a month	7	5.2	13	5.2	15	5.1	7	2.8	5	4.1	47	4.5
	Once a week	7	5.2	9	3.6	20	6.8	11	4.5	4	3.3	51	4.9
	2 to 3 times a week	3	2.2	15	6.0	19	6.5	17	6.9	10	8.1	64	6.1
	4 to 6 times a week	2	1.5	2	0.8	8	2.7	6	2.4	4	3.3	22	2.1
	Once a day or more	1	0.7	8	3.2	14	4.8	19	7.7	13	10.6	55	5.2
Female	Never	135	90.6	260	94.9	254	96.2	223	94.1	118	92.2	990	94.1
	Once a month	6	4.0	8	2.9	3	1.1	4	1.7	4	3.1	25	2.4
	2 to 3 times a month	2	1.3	0	0.0	2	0.8	2	0.8	3	2.3	9	0.9
	Once a week	3	2.0	3	1.1	2	0.8	3	1.3	0	0.0	11	1.0
	2 to 3 times a week	1	0.7	3	1.1	1	0.4	2	0.8	1	0.8	8	0.8
	4 to 6 times a week	2	1.3	0	0.0	0	0.0	0	0.0	2	1.6	4	0.4
	Once a day or more	0	0.0	0	0.0	2	0.8	3	1.3	0	0.0	5	0.5
Total	Never	237	83.5	430	82.1	446	79.9	398	82.2	199	79.3	1710	81.4
	Once a month	19	6.7	41	7.8	29	5.2	16	3.3	10	4.0	115	5.5
	2 to 3 times a month	9	3.2	13	2.5	17	3.0	9	1.9	8	3.2	56	2.7
	Once a week	10	3.5	12	2.3	22	3.9	14	2.9	4	1.6	62	3.0
	2 to 3 times a week	4	1.4	18	3.4	20	3.6	19	3.9	11	4.4	72	3.4
	4 to 6 times a week	4	1.4	2	0.4	8	1.4	6	1.2	6	2.4	26	1.2
	Once a day or more	1	0.4	8	1.5	16	2.9	22	4.5	13	5.2	60	2.9

Japanese distilled alcoholic beverages (Shochu)

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Male	Never	86	63.7	129	51.6	158	53.7	154	62.3	103	83.7	630	60.1
	Once a month	14	10.4	27	10.8	15	5.1	7	2.8	0	0.0	63	6.0
	2 to 3 times a month	7	5.2	14	5.6	12	4.1	8	3.2	4	3.3	45	4.3
	Once a week	4	3.0	15	6.0	14	4.8	5	2.0	3	2.4	41	3.9
	2 to 3 times a week	12	8.9	23	9.2	25	8.5	16	6.5	2	1.6	78	7.4
	4 to 6 times a week	3	2.2	13	5.2	20	6.8	24	9.7	2	1.6	62	5.9
	Once a day or more	9	6.7	29	11.6	50	17.0	33	13.4	9	7.3	130	12.4
Female	Never	133	89.3	251	91.6	249	94.3	231	97.5	126	98.4	990	94.1

	Once a month	6	4.0	4	1.5	1	0.4	2	0.8	1	0.8	14	1.3
	2 to 3 times a month	1	0.7	5	1.8	3	1.1	0	0.0	0	0.0	9	0.9
	Once a week	1	0.7	1	0.4	3	1.1	1	0.4	1	0.8	7	0.7
	2 to 3 times a week	4	2.7	7	2.6	5	1.9	1	0.4	0	0.0	17	1.6
	4 to 6 times a week	2	1.3	3	1.1	0	0.0	1	0.4	0	0.0	6	0.6
	Once a day or more	2	1.3	3	1.1	3	1.1	1	0.4	0	0.0	9	0.9
Total	Never	219	77.1	380	72.5	407	72.9	385	79.5	229	91.2	1620	77.1
	Once a month	20	7.0	31	5.9	16	2.9	9	1.9	1	0.4	77	3.7
	2 to 3 times a month	8	2.8	19	3.6	15	2.7	8	1.7	4	1.6	54	2.6
	Once a week	5	1.8	16	3.1	17	3.0	6	1.2	4	1.6	48	2.3
	2 to 3 times a week	16	5.6	30	5.7	30	5.4	17	3.5	2	0.8	95	4.5
	4 to 6 times a week	5	1.8	16	3.1	20	3.6	25	5.2	2	0.8	68	3.2
	Once a day or more	11	3.9	32	6.1	53	9.5	34	7.0	9	3.6	139	6.6

Shochu-based beverage (Chuhai)

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Male	Never	102	75.6	192	76.8	260	88.4	209	84.6	106	86.2	869	82.8
	Once a month	16	11.9	27	10.8	5	1.7	5	2.0	4	3.3	57	5.4
	2 to 3 times a month	5	3.7	13	5.2	7	2.4	6	2.4	4	3.3	35	3.3
	Once a week	4	3.0	9	3.6	10	3.4	10	4.0	2	1.6	35	3.3
	2 to 3 times a week	4	3.0	2	0.8	4	1.4	6	2.4	2	1.6	18	1.7
	4 to 6 times a week	1	0.7	3	1.2	3	1.0	2	0.8	1	0.8	10	1.0
	Once a day or more	3	2.2	4	1.6	5	1.7	9	3.6	4	3.3	25	2.4
Female	Never	107	71.8	208	75.9	233	88.3	209	88.2	106	82.8	863	82.0
	Once a month	21	14.1	22	8.0	9	3.4	7	3.0	7	5.5	66	6.3
	2 to 3 times a month	2	1.3	12	4.4	12	4.5	6	2.5	3	2.3	35	3.3
	Once a week	10	6.7	13	4.7	6	2.3	3	1.3	5	3.9	37	3.5
	2 to 3 times a week	4	2.7	10	3.6	1	0.4	3	1.3	1	0.8	19	1.8
	4 to 6 times a week	2	1.3	4	1.5	1	0.4	0	0.0	2	1.6	9	0.9
	Once a day or more	3	2.0	5	1.8	2	0.8	9	3.8	4	3.1	23	2.2
Total	Never	209	73.6	400	76.3	493	88.4	418	86.4	212	84.5	1732	82.4
	Once a month	37	13.0	49	9.4	14	2.5	12	2.5	11	4.4	123	5.9
	2 to 3 times a mo.	7	2.5	25	4.8	19	3.4	12	2.5	7	2.8	70	3.3
	Once a week	14	4.9	22	4.2	16	2.9	13	2.7	7	2.8	72	3.4
	2 to 3 times a week	8	2.8	12	2.3	5	0.9	9	1.9	3	1.2	37	1.8
	4 to 6 times a week	3	1.1	7	1.3	4	0.7	2	0.4	3	1.2	19	0.9
	Once a day or more	6	2.1	9	1.7	7	1.3	18	3.7	8	3.2	48	2.3

Regular or draft beer

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Male	Never	41	30.4	63	25.2	77	26.2	115	46.6	71	57.7	367	35.0
	Once a month	14	10.4	27	10.8	24	8.2	15	6.1	10	8.1	90	8.6
	2 to 3 times a month	13	9.6	17	6.8	18	6.1	15	6.1	5	4.1	68	6.5
	Once a week	19	14.1	27	10.8	34	11.6	28	11.3	14	11.4	122	11.6
	2 to 3 times a week	20	14.8	38	15.2	50	17.0	25	10.1	9	7.3	142	13.5
	4 to 6 times a week	6	4.4	25	10.0	27	9.2	10	4.0	4	3.3	72	6.9
	Once a day or more	22	16.3	53	21.2	64	21.8	39	15.8	10	8.1	188	17.9
Female	Never	89	59.7	171	62.4	194	73.5	189	79.7	109	85.2	752	71.5

	Once a month	15	10.1	22	8.0	13	4.9	14	5.9	6	4.7	70	6.7
	2 to 3 times a month	6	4.0	16	5.8	14	5.3	8	3.4	5	3.9	49	4.7
	Once a week	10	6.7	18	6.6	16	6.1	15	6.3	3	2.3	62	5.9
	2 to 3 times a week	20	13.4	13	4.7	9	3.4	2	0.8	4	3.1	48	4.6
	4 to 6 times a week	5	3.4	9	3.3	11	4.2	2	0.8	0	0.0	27	2.6
	Once a day or more	4	2.7	25	9.1	7	2.7	7	3.0	1	0.8	44	4.2
Total	Never	130	45.8	234	44.7	271	48.6	304	62.8	180	71.7	1119	53.3
	Once a month	29	10.2	49	9.4	37	6.6	29	6.0	16	6.4	160	7.6
	2 to 3 times a month	19	6.7	33	6.3	32	5.7	23	4.8	10	4.0	117	5.6
	Once a week	29	10.2	45	8.6	50	9.0	43	8.9	17	6.8	184	8.8
	2 to 3 times a week	40	14.1	51	9.7	59	10.6	27	5.6	13	5.2	190	9.0
	4 to 6 times a week	11	3.9	34	6.5	38	6.8	12	2.5	4	1.6	99	4.7
	Once a day or more	26	9.2	78	14.9	71	12.7	46	9.5	11	4.4	232	11.0

Wine

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Male	Never	113	83.7	199	79.6	253	86.1	216	87.4	113	91.9	894	85.2
	Once a month	10	7.4	22	8.8	20	6.8	10	4.0	6	4.9	68	6.5
	2 to 3 times a month	4	3.0	7	2.8	9	3.1	7	2.8	1	0.8	28	2.7
	Once a week	6	4.4	12	4.8	4	1.4	7	2.8	0	0.0	29	2.8
	2 to 3 times a week	1	0.7	5	2.0	4	1.4	4	1.6	1	0.8	15	1.4
	4 to 6 times a week	0	0.0	1	0.4	0	0.0	1	0.4	2	1.6	4	0.4
	Once a day or more	1	0.7	4	1.6	4	1.4	2	0.8	0	0.0	11	1.0
Female	Never	130	87.2	226	82.5	233	88.3	216	91.1	122	95.3	927	88.1
	Once a month	10	6.7	21	7.7	9	3.4	7	3.0	0	0.0	47	4.5
	2 to 3 times a month	4	2.7	8	2.9	3	1.1	4	1.7	1	0.8	20	1.9
	Once a week	3	2.0	6	2.2	4	1.5	3	1.3	2	1.6	18	1.7
	2 to 3 times a week	1	0.7	7	2.6	12	4.5	3	1.3	0	0.0	23	2.2
	4 to 6 times a week	0	0.0	3	1.1	0	0.0	2	0.8	0	0.0	5	0.5
	Once a day or more	1	0.7	3	1.1	3	1.1	2	0.8	3	2.3	12	1.1
Total	Never	243	85.6	425	81.1	486	87.1	432	89.3	235	93.6	1821	86.7
	Once a month	20	7.0	43	8.2	29	5.2	17	3.5	6	2.4	115	5.5
	2 to 3 times a month	8	2.8	15	2.9	12	2.2	11	2.3	2	0.8	48	2.3
	Once a week	9	3.2	18	3.4	8	1.4	10	2.1	2	0.8	47	2.2
	2 to 3 times a week	2	0.7	12	2.3	16	2.9	7	1.4	1	0.4	38	1.8
	4 to 6 times a week	0	0.0	4	0.8	0	0.0	3	0.6	2	0.8	9	0.4
	Once a day or more	2	0.7	7	1.3	7	1.3	4	0.8	3	1.2	23	1.1

Hard liquor (such as whisky, brandy, gin, vodka, rum, etc.)

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Male	Never	117	86.7	205	82.0	247	84.0	222	89.9	114	92.7	905	86.3
	Once a month	10	7.4	14	5.6	10	3.4	6	2.4	2	1.6	42	4.0
	2 to 3 times a month	3	2.2	11	4.4	7	2.4	4	1.6	2	1.6	27	2.6
	Once a week	2	1.5	9	3.6	13	4.4	5	2.0	1	0.8	30	2.9
	2 to 3 times a week	3	2.2	6	2.4	8	2.7	2	0.8	1	0.8	20	1.9
	4 to 6 times a week	0	0.0	1	0.4	2	0.7	4	1.6	0	0.0	7	0.7
	Once a day or more	0	0.0	4	1.6	7	2.4	4	1.6	3	2.4	18	1.7

Female	Never	144	96.6	266	97.1	260	98.5	233	98.3	125	97.7	1028	97.7
	Once a month	3	2.0	2	0.7	1	0.4	0	0.0	0	0.0	6	0.6
	2 to 3 times a month	2	1.3	3	1.1	2	0.8	0	0.0	1	0.8	8	0.8
	Once a week	0	0.0	1	0.4	0	0.0	2	0.8	0	0.0	3	0.3
	2 to 3 times a week	0	0.0	2	0.7	0	0.0	1	0.4	0	0.0	3	0.3
	4 to 6 times a week	0	0.0	0	0.0	0	0.0	1	0.4	1	0.8	2	0.2
	Once a day or more	0	0.0	0	0.0	1	0.4	0	0.0	1	0.8	2	0.2
Total	Never	261	91.9	471	89.9	507	90.9	455	94.0	239	95.2	1933	92.0
	Once a month	13	4.6	16	3.1	11	2.0	6	1.2	2	0.8	48	2.3
	2 to 3 times a month	5	1.8	14	2.7	9	1.6	4	0.8	3	1.2	35	1.7
	Once a week	2	0.7	10	1.9	13	2.3	7	1.4	1	0.4	33	1.6
	2 to 3 times a week	3	1.1	8	1.5	8	1.4	3	0.6	1	0.4	23	1.1
	4 to 6 times a week	0	0.0	1	0.2	2	0.4	5	1.0	1	0.4	9	0.4
	Once a day or more	0	0.0	4	0.8	8	1.4	4	0.8	4	1.6	20	1.0

2) Average ethanol intakes per day (ml/day : Participants, including non-drinkers)

Japanese sake (ml/day)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.6	5.1	135	3.1	9.7	250	4.3	11.8	294	4.5	11.7	247	4.4	10.1	123	3.7	10.5	1049
Female	0.5	2.5	149	0.2	1.2	274	0.4	3.8	264	0.4	2.7	237	0.5	3.7	128	0.3	2.9	1052
Total	1.0	4.0	284	1.5	6.9	524	2.5	9.2	558	2.5	8.8	484	2.4	7.8	251	2.0	7.9	2101

Japanese distilled alcoholic beverages (Shochu : ml/day)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	6.8	21.2	135	10.9	25.0	249	12.4	25.8	294	8.8	19.6	246	3.4	11.2	123	9.4	22.5	1047
Female	0.9	5.9	149	1.3	7.7	274	0.5	4.2	263	0.1	1.6	237	0.0	0.4	128	0.6	5.1	1051
Total	3.7	15.5	284	5.9	18.8	523	6.8	19.9	557	4.5	14.7	483	1.7	8.0	251	5.0	16.9	2098

Shochu-based beverage (Chuhai : ml/day)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.0	4.4	135	0.5	2.1	250	0.5	2.2	294	0.4	1.4	247	0.2	0.9	123	0.5	2.3	1049
Female	0.6	2.1	149	0.8	3.4	274	0.1	0.4	264	0.2	1.1	237	0.4	1.6	128	0.4	2.1	1052
Total	0.8	3.4	284	0.7	2.8	524	0.3	1.6	558	0.3	1.2	484	0.3	1.3	251	0.5	2.2	2101

Regular or draft beer (ml/day)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	7.7	13.1	135	9.4	12.1	249	8.8	13.3	294	6.2	13.3	247	2.8	5.8	123	7.5	12.5	1048
Female	2.2	5.6	149	3.5	9.4	274	1.4	4.9	264	0.8	3.1	237	0.7	4.7	128	1.9	6.3	1052
Total	4.8	10.3	284	6.3	11.1	523	5.3	10.8	558	3.5	10.1	484	1.7	5.4	251	4.6	10.3	2100

Wine (ml/day)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
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	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.6	2.7	135	1.1	4.4	250	0.3	1.1	293	0.3	1.6	247	0.1	0.6	123	0.5	2.6	1048
Female	0.4	2.7	149	0.7	3.1	274	0.3	1.1	264	0.2	1.1	237	0.2	0.9	128	0.4	2.1	1052
Total	0.5	2.7	284	0.9	3.8	524	0.3	1.1	557	0.2	1.4	484	0.1	0.8	251	0.4	2.3	2100

Hard liquor (such as whisky, brandy, gin, vodka, rum, etc. : ml/day)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.5	2.4	135	1.3	5.4	250	1.9	9.1	294	1.1	5.4	247	1.1	6.8	123	1.3	6.6	1049
Female	0.0	0.2	149	0.1	1.1	274	0.2	2.8	264	0.2	2.2	237	0.8	8.8	128	0.2	3.6	1052
Total	0.3	1.7	284	0.7	3.8	524	1.1	6.9	558	0.7	4.2	484	1.0	7.8	251	0.8	5.3	2101

Total alcohol (ml/day)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	18.2	27.8	135	26.2	32.2	249	28.2	35.6	293	21.3	29.6	246	12.0	18.6	123	22.9	31.2	1046
Female	4.5	10.4	149	6.6	14.6	274	2.9	9.2	263	1.9	5.5	237	2.5	17.9	128	3.8	11.9	1051
Total	11.0	21.7	284	15.9	26.5	523	16.2	29.5	556	11.8	23.5	483	7.2	18.8	251	13.4	25.4	2097