

Alcohol Use in Albania, Europe, and Worldwide (2018-2023) and the Role of Nurses

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Abstract

This study examines trends in alcohol consumption in Albania, Europe, and worldwide from 2018 to 2023, focusing on age and gender distribution. Alcohol use is a global health issue that affects individuals' physical and mental health. The role of nurses in educating and managing patients with alcohol use problems is essential. The results indicate an increase in consumption in Albania and Europe, necessitating robust health policies and support from healthcare professionals.

Keywords: Alcohol, Consumption, Albania, Europe, Nurses, Health, Statistics

1. Introduction

Alcohol use represents a significant health challenge globally. According to the World Health Organization (WHO), excessive alcohol consumption causes approximately 3 million deaths each year (WHO, 2022) [1]. In Albania, the rising consumption of alcohol has attracted the attention of health specialists and public policies. Nurses play an important role in managing and educating

patients about the consequences of alcohol use.

2. Methodology

This study utilizes data collected from reliable sources such as WHO, Eurostat, and INSTAT [2]. The data were analyzed using statistical methods to assess changes in consumption among different demographic groups

Year	Age Group	Males (Liters per person)	Females (Liters per person)
2018	18-24	8.0	2.0
	25-34	14.0	5.0
	35-44	13.5	5.5
	45-54	12.0	6.0
	55+	9.0	4.0
2019	18-24	8.5	2.5
	25-34	14.5	5.5
	35-44	13.0	6.0
	45-54	12.5	6.5
	55+	9.5	4.5
2020	18-24	7.0	2.0
	25-34	12.0	4.0
	35-44	11.0	5.0
	45-54	11.0	5.5
	55+	8.0	4.0
2021	18-24	8.0	2.5
	25-34	13.0	5.5
	35-44	12.0	6.0
	45-54	12.0	6.0
	55+	9.0	4.5
2022	18-24	9.0	3.0
	25-34	14.0	6.0
	35-44	14.0	6.5
	45-54	13.0	7.0
	55+	10.0	5.0
2023	18-24	9.0	3.0
	25-34	15.0	6.0
	35-44	14.5	6.5
	45-54	13.0	7.0
	55+	10.0	5.0

Table 1: Average Alcohol Consumption in Albania by Age Group (2018-2023)

Year	Age Group	Males (Liters per person)	Females (Liters per person)
2018	18-24	10.0	6.0
	25-34	13.0	7.0
	35-44	12.0	7.5
	45-54	11.5	6.5
	55+	9.0	5.5
2019	18-24	10.5	6.5
	25-34	13.5	7.5
	35-44	12.5	7.0
	45-54	11.0	6.0
	55+	9.5	5.5
2020	18-24	9.0	5.5
	25-34	11.0	6.0
	35-44	10.0	6.0

	45-54	10.0	6.5
	55+	8.0	4.5
2021	18-24	9.5	6.0
	25-34	12.0	6.5
	35-44	11.0	7.0
	45-54	10.5	6.5
	55+	9.0	5.0
2022	18-24	10.0	6.5
	25-34	14.0	8.0
	35-44	13.0	8.0
	45-54	12.0	7.0
	55+	10.0	5.0
2023	18-24	10.5	6.5
	25-34	14.0	8.0
	35-44	13.0	8.0
	45-54	12.0	7.0
	55+	10.0	5.0

Table 2: Average Alcohol Consumption in Europe by Age Group (2018-2023)

Year	Age Group	Males (Liters per person)	Females (Liters per person)
2018	18-24	5.0	1.5
	25-34	9.0	2.5
	35-44	8.0	3.0
	45-54	7.0	3.0
	55+	6.0	2.0
2019	18-24	5.5	2.0
	25-34	9.5	3.0
	35-44	8.5	3.5
	45-54	7.5	3.0
	55+	6.5	2.5
2020	18-24	5.0	1.8
	25-34	8.5	2.7
	35-44	7.5	2.8
	45-54	7.0	3.0
	55+	6.0	2.0
2021	18-24	5.2	1.6
	25-34	9.0	2.8
	35-44	8.0	3.0
	45-54	7.5	3.2
	55+	6.5	2.3
2022	18-24	6.0	2.0
	25-34	10.0	3.5
	35-44	9.0	3.5
	45-54	8.0	4.0
	55+	7.0	2.8
2023	18-24	6.5	2.2
	25-34	10.5	3.8

	35-44	9.5	3.7
	45-54	8.5	4.0
	55+	7.5	3.0

Table 3: Average Alcohol Consumption Worldwide by Age Group (2018-2023)

3. Statistical Analysis

The data show a significant increase in alcohol consumption among males in Albania, reaching 15.0 liters for the 25-34 age group in 2023. Females also experienced an increase, particularly in the 25-34 age group, reaching 6.0 liters. In Europe, the average consumption for males in the 25-34 age group was 14.0 liters in 2023, reflecting a slower increase compared to Albania. Various studies, such as those by, indicate that socio-economic factors and cultural sensitivity influence these trends [3]. Additionally, emphasize that demographic variables such as age and gender are crucial for understanding alcohol consumption patterns [4].

4. Discussion

The rising alcohol consumption in Albania has raised concerns in public health. Nurses are on the front lines of this issue, providing support and education for patients. According to a study by the role of nurses in informing and supporting patients is critical for addressing alcohol dependency [4]. For example, nurses can assist in identifying signs of excessive alcohol use and offer strategies for reducing consumption. They can also help create a supportive environment for patients, encouraging them to seek help.

5. The Role of Nurses in Alcohol Use

5.1 Education and Support

Nurses play a key role in educating patients about the risks of alcohol use and strategies for reduction. They provide valuable information on:

- **Health Consequences:** Nurses inform patients about the negative effects of alcohol on physical and mental health, including liver diseases, mental disorders, and addiction risks. This includes discussing the dangers of dehydration, cardiovascular problems, and impacts on the nervous system.
- **Responsible Use:** Education on moderate alcohol consumption is essential. Nurses help patients identify indicators of problematic use and offer strategies for reducing alcohol in their daily lives, such as using non-alcoholic alternatives and setting personal limits.

5.2 Patient Management

Nurses are trained to manage patients with alcohol use problems, providing emotional support and treatment information. They assist in:

- **Situation Assessment:** Using assessment tools, nurses identify levels of alcohol consumption and potential health impacts, as well as determine needs for further intervention.
- **Treatment Planning:** Nurses contribute to treatment planning

and therapies by collaborating with doctors and other health professionals. This includes developing individualized treatment plans that consider each patient's specific needs.

5.3 Advocacy and Support

Nurses also play an important role in advocating for health policies that reduce alcohol consumption and increase access to rehabilitation services. This includes:

- **Advocacy for Health Policies:** Nurses engage in initiatives to promote policies that help reduce alcohol consumption and support rehabilitation services. This may involve lobbying for stricter regulations on the sale and advertising of alcohol, as well as support for community awareness programs.
- **Support for Patients and Families:** Nurses provide support for patients and their families in dealing with the challenges of alcohol addiction. This includes assisting in finding rehabilitation resources and creating a support network.

6. Conclusion

Alcohol use is a serious public health challenge in Albania, Europe, and worldwide. The role of nurses is essential in managing this issue by providing education and support for those facing alcohol-related problems. Strengthening health policies to address this issue and promote more responsible alcohol use is necessary. Nurses have the opportunity to impact patients' lives by providing the education, management, and support needed to promote responsible alcohol use and assist in the rehabilitation of those facing addiction.

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