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Alcohol consumption in indigenous Fulani African populations and ethnic disparities

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Introduction

Alcohol consumption differs by sex, race/ethnicity and socioeconomic status (SES) disproportionately affecting people of lower SES, ethnic minorities, and disadvantaged populations. Little is known about alcohol consumption in indigenous Fulani populations of Africa. We conducted a survey in 2013 among rural indigenous Fulanis and the general population to determine the distribution of risk factors of non-communicable diseases in Cameroon.



Methods

Data was collected using the modified version of WHO non-communicable surveillance questionnaire. Data was entered in Epi-data and analysed with Stata 16 software. Data analysis explored alcohol consumption for 1 921 consenting participants aged ≥ 20 years. Descriptive statistics of alcohol consumption by ethnicity and factors associated with alcohol consumption were explored using logistic regression.



Results

	Fulbe, 419 (21.8%)	Mbororo, 918 (47.8%)	General population, 584 (30.4%)	p-value
Ever consumed a drink that contains alcohol	35 (8.4)	52 (5.7)	337 (57.7)	<0.001
Women	11 (3.9)	20 (3.2)	205 (55.1)	<0.001
Men	24 (17.3)	32 (11.2)	132 (62.3)	<0.001
Currently consume alcohol	17 (48.6)	23 (44.2)	292 (86.7)	<0.001
Age at which started drinking. median (25 th -75 th)	n=19, 18 (15–20)	n=32, 18 (15–20)	n=282, 18 (15–24)	0.146
Consumed any alcoholic drink within the past 12 months	17 (48.6)	23 (44.2)	292 (86.7)	<0.001
When you drink alcohol, on average how many drinks do you have a day? median (25 th -75 th)	4.5 (2 – 12)	3 (1.5 – 5.5)	3 (2 – 5)	0.604
Do you want to stop drinking alcohol?				
Not at all	3 (18.7)	9 (37.5)	144 (52.4)	
Not really	1 (6.3)	6 (25.0)	42 (15.3)	
Undecided	4 (25.0)	1 (4.2)	34 (12.4)	
Want to stop	8 (50.0)	8 (33.3)	55 (20.0)	0.001
Do you think you can stop drinking alcohol over the next 2 weeks?				
No	3 (21.4)	7 (29.2)	91 (39.9)	
May be	2 (14.3)	2 (8.3)	56 (24.6)	
Probably	4 (28.6)	5 (20.8)	34 (14.9)	
Certainly	5 (35.7)	10 (41.7)	47 (20.6)	0.10



Results

Factors associated with alcohol consumption	Fulbe, n=419 R ² =0.2927			Mbororo, n=907 R ² =0.2489			General population, n=581 R ² =0.1170		
Multivariate	OR	95%CI	p-value	OR	95%CI	p-value	OR	95%CI	p-value
Education									
No formal education	1			1			1		
<primary school	0.99	0.28–3.52	0.995	0.77	0.23–2.57	0.676	2.06	1.15–3.69	0.015
Primary school	2.68	0.81–8.92	0.108	5.19	2.16–12.46	<0.001	3.40	2.09–5.51	<0.001
Secondary school	11.38	3.09–41.90	<0.001	5.28	0.89–31.16	0.066	3.06	1.79–5.24	<0.001
High school	8.18	0.85–78.91	0.069	15.24	2.38–97.43	0.004	2.94	1.34–6.43	0.007
Sex									
Women	1			1					
Men	1.10	0.39–3.09	0.862	1.62	0.77–3.44	0.199			
Marital status									
Single	1						1		
Married	0.58	0.20–1.69	0.316				0.64	0.37–1.10	0.108
Divorced or widow/er	0.62	0.10–3.90	0.611				1.23	0.58–2.62	0.588
Do you have sleeping difficulties									
No				1			1		
Yes				3.04	1.52–6.07	0.002	0.91	0.60–1.37	0.639
Have you ever smoked any tobacco products?									
No	1			1			1		
Yes	15.04	5.29–42.78	<0.001	14.09	6.72–29.49	<0.001	4.49	2.37–8.50	<0.001
Employment status									
Unemployed Govt/private sector	0.41	0.06–2.93	0.376	3.40	0.51–22.60	0.206	1.70	0.74–3.89	0.207
Self-employed/housecare/st	0.33	0.10–1.08	0.066	3.09	0.78–12.20	0.107	1.20	0.67–2.15	0.55
Non-paid farming	1.09	0.26–4.49	0.907	4.35	1.05–17.85	0.042	2.71	1.45–5.10	0.002



Conclusion

Ethnic disparities exist in the prevalence of alcohol consumption with transition from nomadic to settled life in indigenous Fulani people is associated with increase in alcohol consumption.

Multilevel interventions that address not only individual-level risks but also socio-economic disparities are warranted.



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