

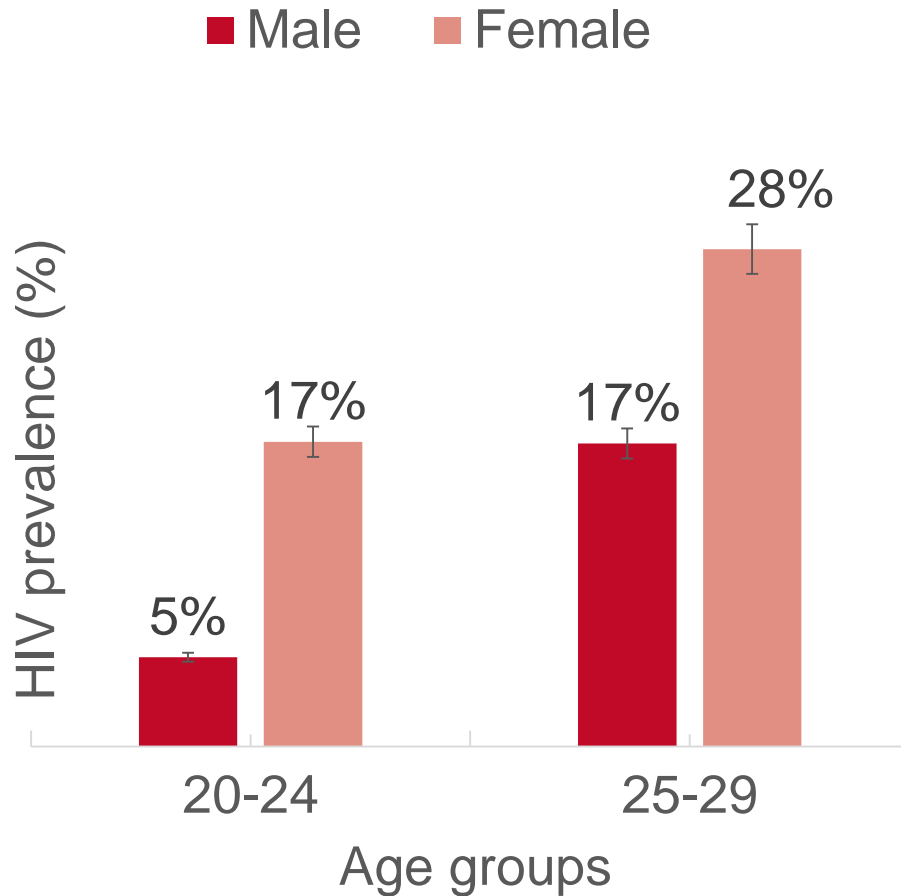
Binge drinking and risky sexual behaviours: addressing the gap for young South African men

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Both HIV prevalence and alcohol consumption rates are high in South Africa

HIV PREVALENCE



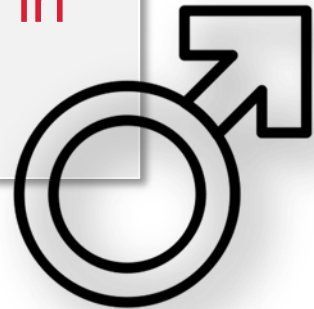
ALCOHOL CONSUMPTION

- South Africa has one of the highest alcohol consumption rates in the world²
- 45% of South Africans have ever had an alcoholic beverage³
 - Of those who drink, they consume ~20 litres of pure alcohol every year

Background

- There is a known association between alcohol consumption and HIV risk²
 - In a study by Fisher et al (2007), alcohol users had a 57% greater likelihood of being HIV positive than non-drinkers

However little research has been done on how **binge drinking** relates to **risky sexual behaviour** in men in South Africa



Study Aim

The objective of this study was to determine the impact of binge drinking on risky sexual behaviour and HIV status in men aged 18-28 years in South Africa

Methods



Sample:
513 males
aged 18-28 years



Part of a larger
retrospective
cohort study



Fieldwork conducted
in Gauteng and
KwaZulu-Natal



Ethical approval from Wits
Human Research Ethics
Committee (Medical)



Anonymous, linked HIV
testing with those who
agreed to be tested
Screening: Advanced Quality™
Confirmatory: Determine™



Interviewer-
administered, structured
questionnaire used and
captured digitally

Data Analysis



Data analysed in Stata version 14



Data presented using frequencies and percentages



Chi squared tests of association



Multivariate logistic regression analysis:

- Age controlled for in all models
- Controlled for other covariates selected on theoretical relevance and associated with the outcomes in the bivariate analysis

Definitions

EXPOSURE VARIABLE

- **Binge drinking:** Having 5 or more drinks at a time (daily/weekly/monthly)

OUTCOME VARIABLES

- **Condom use:** Used a condom at 1) first sex and 2) at last sex
- **Transactional sex:** Gave gifts/money to most recent / last sexual partner
- **Multiple sexual partners:** Having more than one sexual partner in the past 12 months
- **Age disparate sex:** Having sex with a female who is 5 years younger than the respondent

Results: Sample description

513 male respondents

Characteristics	n (%)
Race (n=513)	
African	511 (99.61%)
Coloured	1 (0.2%)
Indian/Asian	1 (0.2%)
Marital status (n=511)	
Married	1 (0.2%)
Living together	5 (1%)
Never married	505 (98.83%)
Age (n=513)	
18-20 years	284 (55.36%)
21-28 years	229 (44.64%)

Mean age:
20.5 years (18-28)

Results: Sample description

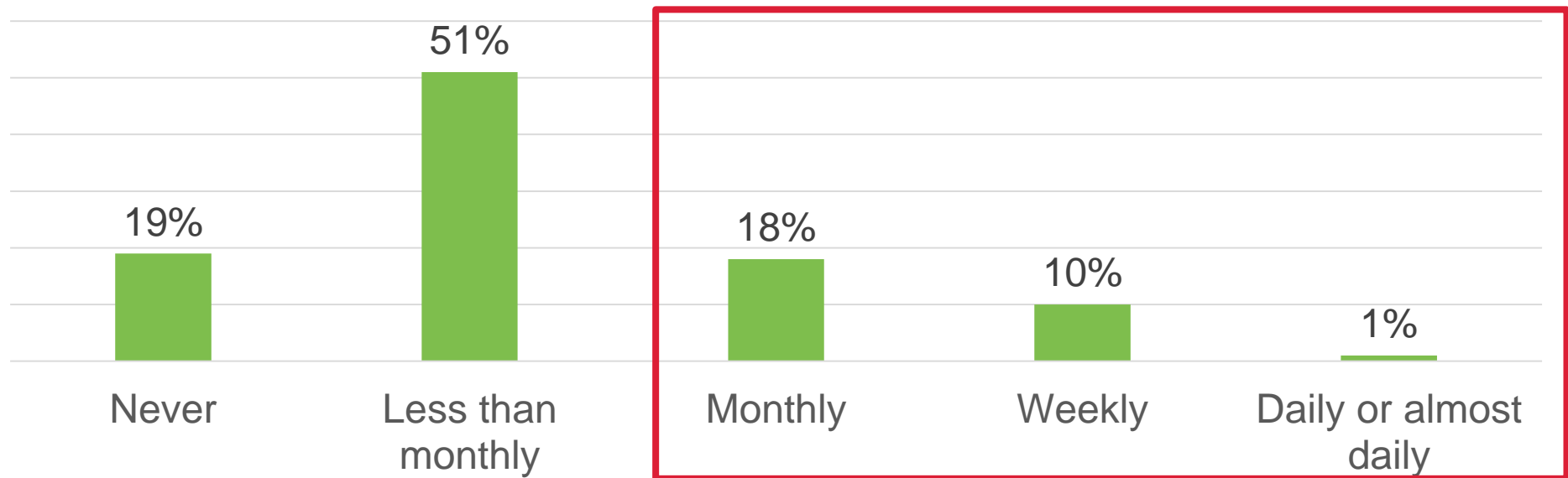
Characteristics	n (%)
Education (n=513)	
Some high school	206 (40.16%)
Matric (Grade 12)	238 (46.39%)
Some tertiary	69 (13.45%)
Employment status (n=513)	
Unemployed	140 (27.29%)
Informal work	10 (1.95%)
Employed	37 (7.21%)
Student	304 (59.26%)
Other	22 (4.29%)
Socio-economic status (n=504)	
Low	80 (15.87%)
Medium	161 (31.94%)
High	263 (52.18%)

Results: Alcohol consumption

68% (n=349/512) of males reported **ever** having a drink

Of males who reported drinking, **29%** (n=101/344) reported binge drinking

How often do you have 5+ drinks at a time?



Results: Sexual behaviour

84% (n=428/512) of males reported ever having sex

Of those, **67%** (n=264/396) reported using a condom at first sex

85% (n=362/428) of males reported having had sex in the past 12 months

Of those, **73%** (n=263/362) reported using a condom at last sex

Results: Sexual behaviour

Multiple sexual partners

53% (n=179/338) reported having more than one sexual partner in the past 12 months

Transactional sex

7% (n=25/362) reported giving a gift/money for sex

Age disparate sex

8% (n=28/358) reported having sex with a partner 5 years younger

Binge drinkers were **60% less likely** to use a **condom** at last sex

Multivariate logistic regression analysis for condom use and binge drinking

Characteristic	AOR	95% CI	P-value
Binge drinking	0.42	0.25-0.70	0.001
Age	0.99	0.87-1.13	0.881
LSM			
Low	Ref		
Medium	3.20	1.48-7.00	0.003
High	2.60	1.22-5.42	0.013
Education			
Some high school	Ref		
Matric	1.81	1.05-3.12	0.034
Some tertiary	1.79	0.78-4.12	0.171
HIV status			
HIV negative	Ref		
HIV positive	4.93	1.02-23.89	0.047

n=309; p=0.001

Binge drinkers were **3 times more likely** to have engaged in **transactional sex**

Multivariate logistic regression analysis for transactional sex and binge drinking

Characteristic	AOR	95% CI	P-value
Binge drinking	2.94	1.17-7.41	0.022
Age	1.14	0.90-1.43	0.282

Binge drinking had **no significant** impact on **multiple sexual partners**

Multivariate logistic regression analysis for multiple sexual partners and binge drinking

Characteristic	AOR	95% CI	P-value
Binge drinking	1.58	0.89-2.72	0.118
Age	1.13	0.081-1.29	0.081
Education			
Some high school	Ref		
Matric	0.84	0.46-1.51	0.554
Some tertiary	0.37	0.16-0.87	0.022

Conclusions and recommendations

- There is a small but highly important group of young men who are **binge drinkers**
 - These men engage in **high risk sexual behaviours**; like not using a condom and in engaging in transactional sex
- Binge drinking is not associated with multiple sexual partners or HIV status
 - The number of HIV positive males is low, which is typical at this age
- **HIV prevention programmes should target male binge drinkers:**
 - Should be implemented in areas where binge taking is most prevalent, like shebeens and bars
 - Condoms should be made available in these hotspots

Acknowledgments

- Soul City
- Participants
- Social surveys



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