

Title:

Tobacco and alcohol use among urban adults in South Africa: a longitudinal study

Abstract

The aim of this study was to explore the prevalence of tobacco and alcohol use and to determine the factors associated with tobacco and alcohol use among urban dwellers in South Africa. In a longitudinal study, electronic interview data were collected from over 2000 adults at two points in time from one urban centre in South Africa. We document changes in tobacco and alcohol use over time and estimate risk factors.

In longitudinal regression analyses being male, perceived stress and not being overweight or obese were associated with all three substance use indicators (tobacco use, problem drinking and conjoint tobacco and alcohol use). In addition, older age, lower education and better mental health was associated with daily tobacco use and younger age and higher education was associated with hazardous or harmful alcohol use. High prevalence of daily tobacco use and problem drinking were found among urban dwellers and several socio-demographic and health variables were identified which can guide substance use intervention programmes for this population.

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