

About drug dependence

Drug dependence, commonly referred to as addiction, is a condition that occurs when an individual either ingests a substance (e.g. alcohol, cocaine, nicotine) or engages in an activity (e.g. gambling, sex, shopping) to which they develop a compulsive dependence. This physical dependence may eventually compromise their day-to-day life and responsibilities, such as work, relationships, or health.¹

About drug dependence

- According to the UN's 2014 World Drug Report, Australians are:
 - The highest users of ecstasy in the world;
 - The third highest users of methamphetamines;
 - The fourth highest users of cocaine;
 - The seventh highest users of marijuana; and
 - The second highest abusers of prescribed opioids (codeine / morphine).²
- Findings from the Australian Institute of Health and Welfare's (AIHW) National Drug Strategy Household Survey detailed report 2013 suggest 42 per cent of Australians aged 14 years and above (8 million people) have used illicit drugs at some stage in their lives.³
- Fifteen per cent of Australians also reported using illicit drugs within the past 12 months.³
- The most commonly used drug in Australia is cannabis. According to the AIHW survey, 10.2 per cent of the Australian population used cannabis in the 12 months leading up to the survey, while findings show 35 per cent of Australians have used cannabis in their lifetime.³
- Seven per cent of Australians aged 14 years and above have reported using meth/amphetamines on at least one occasion.⁴
- The rate of 'ice' (or crystal) use is increasing, with 25.3 per cent of users reporting weekly or daily use in 2013, compared with 12.4 per cent in 2010.³
- Although there was no significant increase in the rate of meth/amphetamine use between 2010 and 2013, the main form of the drug used saw a major shift from powder, which decreased significantly from 51 per cent in 2010 to 29 per cent in 2013, while the use of ice meth/amphetamine more than doubled as the user's choice, from 22 per cent in 2010 to 50 per cent in 2013.³
- Illicit drug use is highest among Australians aged 20-29, at 27 per cent.³
- Australian men are more likely to use illicit drugs (18.1 per cent), than Australian women (12.1 per cent).³
- Among older Australians aged 50-59, rates of illicit drug use increased from 8.7 per cent in 2010 to 11.1 per cent in 2013.
- Australians in the 60+ age bracket followed a similar trend, with an increase from 5.1 per cent in 2010 to 6.4 per cent in 2013.³



Alcohol statistics – a snapshot

- Alcohol represents a significant cause of injury and ill health, violence, crime, family breakdown, road accidents, loss of workplace productivity and death in Australia.⁵

- According to the VICHealth and the Foundation for Alcohol Research and Education's *Alcohol's burden of disease in Australia* report, alcohol is directly responsible for 15 deaths and 430 hospitalisations in Australia each day. The report also cites that in 2010, alcohol caused 5,554 deaths and 157,132 hospitalisations.⁶
- The most recent data reveals 32 per cent of Australians consume alcohol on a daily basis, including wine (13 per cent), beer (11 per cent), and spirits (2.1 per cent excluding pre-mixed drinks) – the most commonly consumed beverages.⁷



- Alcohol is the most commonly used drug in Australia, with 86.2 per cent of Australians aged 14 years and above having consumed alcohol on one or more occasions during their lifetime.⁴
- Younger Australians have their first full serve of alcohol at an average 15.7 years of age, with the most common providers being friends or acquaintances (45.4 per cent), followed by parents (29.3 per cent).⁴
- One-in-six (15.6 per cent) Australians have acknowledged consuming more than 11 standard drinks on a single occasion within the past year.⁸
- In 2013, 6.5 per cent of Australians consumed alcohol every day.⁸
- More than six per cent of the Australian population meet the criteria for an alcohol consumption disorder, including alcohol dependence, also known as alcoholism (4.1 per cent).⁹
- Alcoholism is higher among Australian men (6.1 per cent) than women (2.3 per cent).⁹
- The age group most likely to be dependent on alcohol are Australians aged 18-24, 9.3 per cent of whom meet the criteria for alcohol dependence.⁹
- An estimated 41 per cent of Australian men and 32 per cent of Australian women participate in binge drinking at least once a year.¹⁰
- Binge drinking is defined as having more than seven standard drinks in a single session for men, and more than five standard drinks in a single session for women.¹⁰
- 12 per cent of Australian men and four per cent of Australian women binge drink at least once a week.¹⁰
- In Australians aged 19 and younger, females are more likely to binge drink. In this age group, 28.3 per cent of females binge drink, compared to 24 per cent of males.¹⁰

Gambling statistics – a snapshot

- Between 80,000 and 160,000 Australian adults experience significant problems due to their gambling (0.5 to 1.0 per cent of adults), with a further 230,000 to 350,000 experiencing moderate risks that heighten their vulnerability to problem gambling (1.4 to 2.1 per cent of adults).¹¹
- Gambling rates vary considerably from State-to-State. Western Australia has the highest gambling rate despite a ban on poker machines, but lotteries there are highly popular. Queensland has the next highest participation rate in gambling, particularly in rural areas that have many Leagues Clubs, while Victoria has the lowest.¹¹
- Only around 15 per cent of problem gamblers from Australia seek help.¹²
- Problem gamblers lose around \$21,000 each year — equivalent to one-third of the average Australian salary.¹²
- Problem gamblers are four times more likely to experience problems with alcohol and four times more likely to smoke than non-problem gamblers.
- In 2011-12, Australians lost over AUD\$20 billion through gambling.
- Three-quarters of problem gamblers have problems with poker machines which have been identified as the cause of problems for nine-in-10 women.¹²

- Children whose parents are problem gamblers are up to 10 times more likely to become problem gamblers themselves, than the children of non-gambling parents.¹³
- Australia has a significant gambling spend at \$AUD 1,641 per person, each year¹² versus New Zealand (AUD \$495 per capita), Canada (\$393 per capita), and the United States of America (\$325 per capita).¹¹
- In 2008-2009, State Tax Revenue from gambling in Australia comprised 10 per cent of the total State Tax revenue, at AUD\$5billion.¹¹
- Australians spent \$18.1 billion on gambling in 2011, with \$10.9 billion or 60 per cent on poker machines.¹⁴

Rehabilitation at DARA Thailand

- DARA Thailand is one of the world's most affordable, luxurious rehabilitation centres, and Asia's premier destination for addiction (drug, alcohol and gambling rehabilitation) treatment.
- Servicing clientele from more than 50 countries worldwide, DARA Thailand offers an all-inclusive, four week program or less than AUD \$7,000.
- Since July 2015, DARA's founder has been subsidising up to 60 per cent of the treatment costs, allowing people from all walks of life to access 5-star evidence-based rehabilitation treatment.
- DARA's rehabilitation program is second to none. The 17-strong, internationally certified team of English speaking medical and allied health professionals operate from DARA's two rehabilitation centres located on Koh Chang (Elephant Island) and in rural Chantaburi (City of the Moon).
- DARA's 12-step drug treatment program works on the "mind, body and soul", by incorporating physical, social, psychological and spiritual components.
- DARA Thailand is among the world's most successful 5-star rehabilitation facility, given its completion rate of 92 per cent.



If you, or someone you know and/or love, is battling an addiction and requires help or more information, contact DARA Thailand 24/7 on +66 87 140 7788, email info@dararehab.com or visit <http://dararehab.com/>

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For more information, please contact Kirsten Bruce or Mark Henderson from VIVA! Communications on + 61 (0)401 717 566 / + 61 (0)431 465 004.

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