

ABSTRACT

Background: Uganda is one of the countries with high alcohol consumption and it appears little efforts are made to address the issue. The objectives of this study were to determine prevalence and magnitude of health problems associated with alcohol intake among youth in Bushenyi district, Uganda and outline the relationship between alcohol intake and alcohol related problems among the study group. The methods; used was descriptive cross-sectional study design; a sample of 384 youth were selected from Bushenyi district to participate in the study. Multi-stage systematic random sampling technique was done and a quantitative questionnaire was used to collect data from the respondents. Results; the study established that alcohol problems were highly prevalent among the youth assessed. High prevalent rates was found in the following problems: Child abuse (11.6%), divorce (16.1%), violence (13.9%), lost jobs (19.1%) and on the health issues, loss of appetite (16.2%). Magnitude of problems was highest among the following; work problems - age 21-26 (7.8%); health related problem - age 21-26years (9.1%): conflict, highest among single males (6.2%), health problems: singles (8.0%). Finally, brand /strength of alcohol taken: Beer was highest drink taken by (40.2%) of respondents followed by spirit (24%) of respondents. Result revealed that there was significant correlation between alcohol intake and the following problems: Family conflicts, family neglect, antisocial behavior, school /work and health problems. Conclusion and recommendation: The above data shows significant combination between alcohol intake and alcohol related problems assessed. These findings underscore the need for interventions and strict alcohol controls as an important policy strategy for reducing alcohol use and its awful consequences among vulnerable groups. Therefore, measures are urgently required to curb the anomalies which may include; government increasing alcohol tax which can make alcohol inaccessible to minors, xvi community mobilization and sensitization, awareness on harmful impacts of alcohol intake on lives and contribution to wasting generation.