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Alcohol-attributable mortality in Europe

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Propositions

- 1) Alcohol consumption has important but distinct consequences for life expectancy across countries and between men and women, with larger effects found among men in Central and Eastern Europe (2.15 years) (*this thesis*).
- 2) Declines in alcohol-attributable mortality in most Central and Eastern European countries from around 2005 onwards have contributed to the recent convergence in mortality trends in Europe (*this thesis*).
- 3) The contribution of alcohol to the sex differences in life expectancy is at least 15% in all eight analysed CEE countries in 2012 (*this thesis*).
- 4) The finding that the gender gap in life expectancy is bigger in Central and Eastern European (CEE) countries than it is in other European countries is largely attributable to excessive alcohol consumption among males in CEE countries (*this thesis*).
- 5) Approaches based on underlying causes tend to (seriously) underestimate the impact of alcohol, even though they capture the age structure well (*this thesis*).
- 6) Approaches based on attributable fractions and contributory causes of death are theoretically sound, but are often infeasible due to insufficient data (*this thesis*).
- 7) The inclusion of the birth cohort dimension improves our understanding of alcohol-attributable mortality trends in Europe (*this thesis*).
- 8) Although consuming alcohol may be viewed as a pleasant social experience, people are not always aware of the health risks they take when abusing alcohol. The research community should devote more effort to alerting the public to the well-established evidence of the relationship between alcohol abuse and health risks (*own reflection*).