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ALCOHOLIC BEVERAGES IN NIGERIA: PARM WINE IS NOT AN ALCOHOLIC BEVERAGE CONCEPTION

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There are a number of alcoholic beverages in Nigeria. Parm wine (also called parmy) is an alcoholic beverage obtained from the African parm tree. It is a fermented sap of the parm tree, and contains 3-6% of alcohol by volume. Over 80% of the general population according to current survey considers parm wine as a non-alcoholic beverage. Data suggests that this wine contains significant amount of vitamin E, some ions, that are necessary for the normal functioning of the body. High consumption of native alcoholic beverages like Kaikai or Ogogoro (40-60% alcohol by volume), and other widely used alcoholic drinks like Guinness, Star, Heineken with higher alcohol content, compared to the parm wine have greatly contributed to this misconception. Another fact is that majority of parm wine users are non-educated people, especially in villages. Educated people, especially in cities normally use canned beer, Guinness, Star, Heineken, spirits (a little proportion) as consumption of these beverages according to the majority of people signifies the amount of money a man has. Others say it is for a better sociability. Some use alcoholic beverages for pleasure as well as to forget their problems at home and work places. The differences in the preference for these alcoholic beverages, including parm wine in Nigeria largely depend on religion and geographical location. High consumption of alcoholic beverages (including parm wine) is seen, mostly among Christians and in the south and middle-belt of the country.