

Alcohol and wellbeing

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TODAY'S THEMES

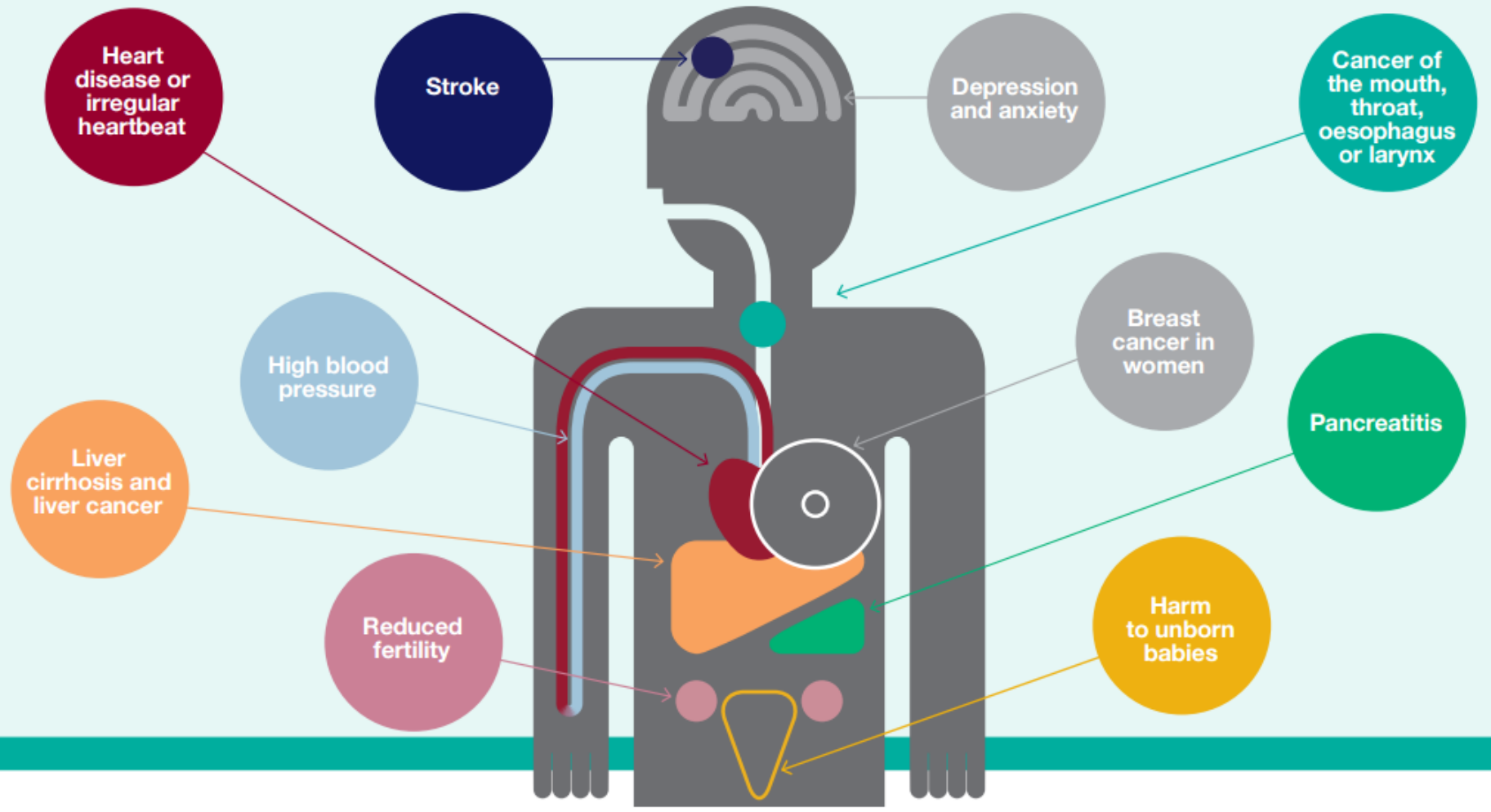
- to promote discussion about alcohol and wellbeing
- to promote the key health and wellbeing messages
- promote discussion on what we can do to promote less harmful drinking

.....**So****how many people drink?**

PREVALENCE

- **57 per cent of adults reported drinking alcohol 'in the previous week' in 2016 (down from 64 per cent in 2006) = 25.3 million adults in England**
- In 2016, c.20% (around 10.5 million adults) stated that they did not drink alcohol at all

Alcohol misuse damages health



THE HEALTH ISSUES

- at least 6,813 deaths directly related to alcohol consumption... but many other deaths can be strongly linked eg some strokes and cancers
- estimated 1.1 million hospital admissions related to alcohol consumption in 2015/16 (4 % more than 2014/15). 2/3 = men.
- 45% of patients aged between 55 and 74. (Half of admissions were for Cardio Vascular Disease. 18% were for alcohol-related mental and behavioural disorders)
- A major cause of ill-health - and reduced life expectancy
- A causal factor in more than 60 medical conditions
- The NHS estimates that up to 9% of adult men in the UK and 4% of UK adult women show signs of alcohol dependence
- So what are the key health improvement messages?

What's in a drink? Know your units!



A glass of red or white wine 13%
250 ml = 3 units
175 ml = 2 units
(Large or small pub measure)



Spirits single pub measure
25 ml = 1 unit



1 x 750 ml bottle of White Wine
12% = 9 units



1 pint premium beer or lager = 2.8 units
1 pint 3.6% beer = 2 units

Alcohol is high in calories; one pint of ordinary beer has almost 200 calories and a small glass of wine around 120

DRINK LESS

New Government Alcohol Guidelines for Men & Women

You shouldn't regularly drink more than

14 units a week



This means you **should not drink more than** this amount of **wine** ...

175ml
glasses of
13% wine



...**OR** this amount of **lager** or **ale**

568ml
pints of 4%
lager or ale



...**OR** this amount of **cider**

568ml
pints of
4.5% cider



...**OR** this amount of **spirits**

25ml
glasses of
40% spirits



THE HEALTH MESSAGES

- no more than 14 units a week, or 2 to 3 units per day.
- to have at least two consecutive alcohol-free days per week
- drinking above the guidance can increasingly, as time passes, harm your health – even without getting ‘drunk’ &/or ‘binge’ drinking
- Eg: drinking above the ‘lower risk’ limits for 10 years can increase your chances of alcohol-related diseases

To ‘binge’ = 2 x the daily limit = 15% of adults (7.8 million)

MORE ON DRINKING

- **Those earning £40,000+ p.a more likely to be frequent drinkers and “binge” on their heaviest drinking day compared with the lowest earners**
- **Higher income groups typically drink more alcohol but experience less alcohol-related harm**
- **Socio-economic inequalities as a key factor in alcohol-related health harms**
- **Young people 16-24 years are less likely to drink than other age groups; but when they do drink, consumption on their heaviest drinking day tends to be higher than for other ages**

SO... WHY DO PEOPLE DRINK?

- **Sociability...** A major form of social interaction. Can make an important contribution to wellbeing eg for older people.
- Loosens inhibitions (good and bad!)
- Peer influence
- Widespread availability
- Cultural norms, status, represents leisure/celebration etc
- Affordability: (alcohol was 61% more affordable in 2013 than it was in 1980)
- Marketing

- Like everything, it's a question of balance!

SOME BUSINESS/EMPLOYER ISSUES

- **Alcohol misuse contributing to poor performance, poor morale, staff sickness**
- **‘Drinking culture’ can be linked to working culture**
- **“High achievers” can still have drinking problems**
- **Workplaces can provide a great opportunity to ‘raise the issue’**

DRINK LESS....

- **AUDIT C – a 2 stage process: good for raising awareness!**
- **Lower risk / increasing risk / higher risk / possible dependence**
- **Alcohol: Identification and Brief Advice (IBA) (1/2 day) course**
- **Healthy Conversation Skills (MECC) course (1/2 day) – (accredited)**
- **Estimate that 1 in 7 or 8 people will reduce their drinking after a ‘brief intervention’**

ABOUT “BRIEF INTERVENTIONS”

- Empathy, brief support & advice from another person can boost our motivation & understanding for improving our health (even in 2 or 3 minutes)
- Ask “open questions” eg “ how do you feel about your drinking?” -- raise health messages as appropriate

NUDGE – LISTEN – SUMMARISE
(ask-----assess-----advise)

HOW CAN YOU MAKE A DIFFERENCE?

IT'S NOT ABOUT

- Telling somebody what to do
- Making an assessment of their health
- Becoming a counsellor
- Being an expert or being “perfect” – we can all acknowledge that we may have our own health issues - we can all consider healthy lifestyle changes

IN PLYMOUTH

Higher than average for:

- **Alcohol-specific hospital admissions for under 18s**
- **Alcohol-related hospital admissions for men and women**
- **People who binge drink**
- **Employees working in bars**

COVID-19 & DRINKING IN THE UK

Of the surveys conducted so far, the following themes emerge:

- 40% of drinkers increased alcohol consumption, (27% because they felt lonely, and 29% depressed)
- Existing 'higher risk' drinkers were more likely to increase drinking
- In contrast 30% of drinkers (mostly 'lower risk' drinkers) reduced consumption
- People with alcohol-related health issues are at greater risk of Covid-19 complications if they become infected

NHS TOP TIPS

- **Make a plan before you start drinking, set a limit / a budget**
- **Tell your friends.. you could get support from them**
- **Take it a day at a time**
- **Cut back a little each day... so every day you do is a success.**
- **Go smaller sizes; bottled beer>pints, smaller wine glass; try lower-strength (ABV in %).**
- **Stay hydrated - a glass of water before alcohol, alternate alcoholic drinks with water or a soft drink.**
- **Take a break!**

RESOURCES

- www.nhs.uk/oneyou/drinking
- www.nhs.uk/Livewell/alcohol
- Plymouth Options & other Counsellors
- Walking for health
- 5 ways to wellbeing
- 'Healthier lifestyle action plan'

5 a day for the mind:

- C**onnect - with people around you
- K**eep **l**earning - try something new
- B**e **a**ctive - do something you enjoy
- T**ake **n**otice - be aware of what's around you and enjoy it!
- G**ive - do something nice for others