



Wellbeing at Work

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Alcohol and Wellbeing

Livewell
Southwest



Wellbeing at Work



We offer:

- Wellbeing Training
- Wellbeing Awards
- Wellbeing Champions

N:B We are commissioned by Plymouth City Council to deliver services to businesses in Plymouth or to those businesses with over 50% of their employees having a Plymouth postcode.



Key Themes

- ♥ Overview of alcohol and wellbeing
- ♥ Promote key health and wellbeing messages
- ♥ Promote less harmful drinking
- ♥ Provide resources and signposting information



How many people do not drink alcohol? (2019 data)

- ♥ 20% of adults (aged 16+) do not drink alcohol.
- ♥ 17% of men do not drink alcohol compared to 22% of women.
- ♥ 16 to 24 year olds are the most likely to not drink whereas 55 to 74 year olds are the least likely (26% vs 15%).
- ♥ The proportion of non-drinkers has increased by 3% since 2015.

Reference:

<https://www.drinkaware.co.uk/research/alcohol-facts-and-data/alcohol-consumption-uk>



How much alcohol do people drink? (2019 data)

- ♥ 57% of adults (aged 16+) drink up to 14 units of alcohol per week and 23% drink more than 14 units.
- ♥ 30% of men drink more than 14 units of alcohol per week compared to 15% of women.
- ♥ 55 to 64 year olds are the most likely to drink more than 14 units of alcohol per week whereas 16 to 24 year olds are the least likely (31% vs 15%).
- ♥ The proportion of adults drinking more than 14 units of alcohol per week has remained stable since 2015.

Reference:

<https://www.drinkaware.co.uk/research/alcohol-facts-and-data/alcohol-consumption-uk>



How often do people binge alcohol? (2019 data)

- ♥ 48% of adults (aged 16+) drink alcohol at least once a week.
- ♥ 55% of men drink alcohol at least once a week compared to 41% of women.
- ♥ 8% of men reported drinking alcohol almost every day compared to 5% of women.
- ♥ Those aged between 55 and 74 are the most likely to drink alcohol at least once a week whereas people aged between 16 and 24 are the least likely (58% vs 30%).
- ♥ The proportion of adults who drink alcohol at least once a week

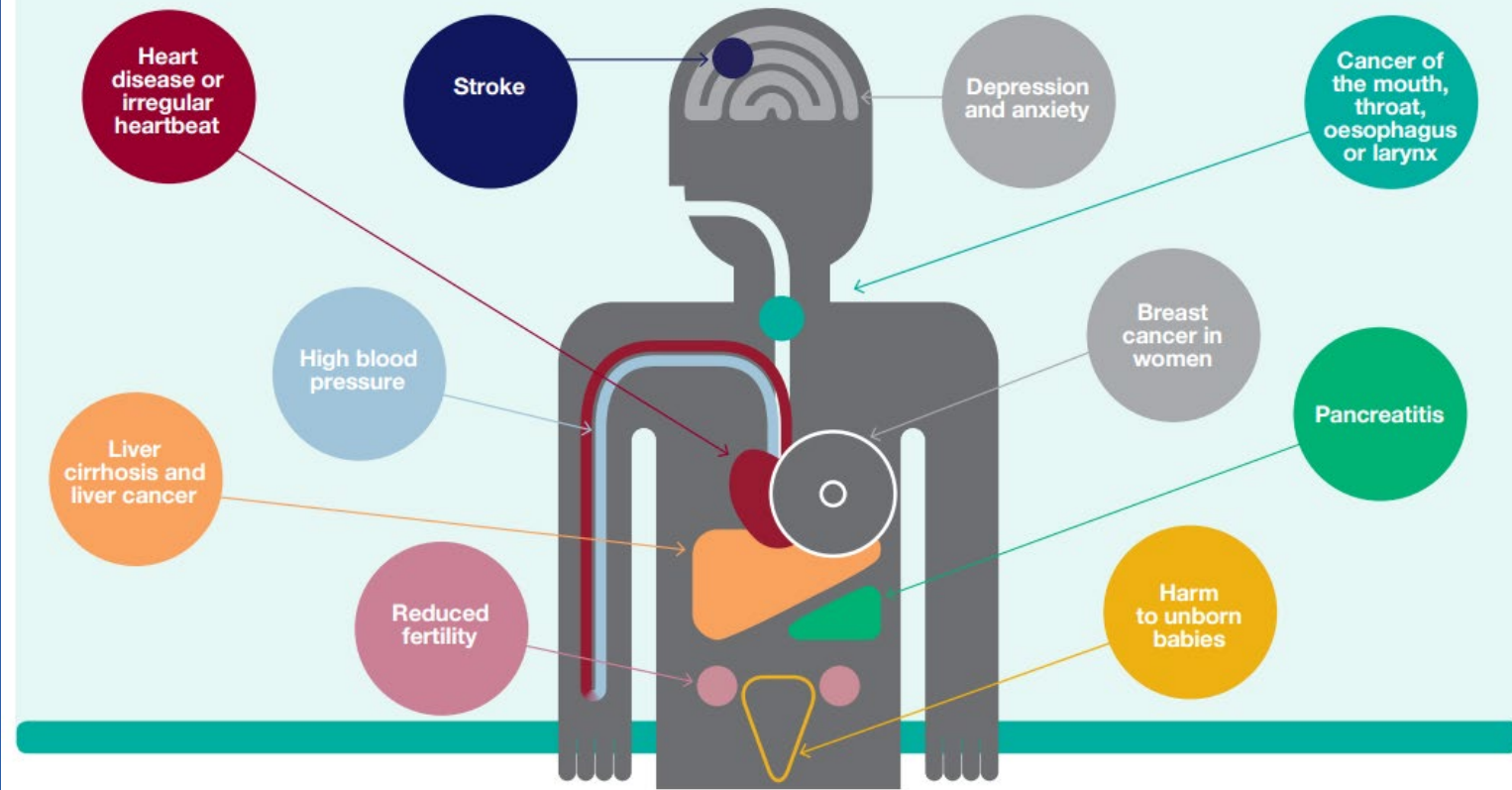
has decreased by 4% since 2015.

Reference:

<https://www.drinkaware.co.uk/research/alcohol-facts-and-data/alcohol-consumption-uk>



Alcohol misuse damages health





The Health Issues:

- ♥ 8,974 deaths in 2020 caused by alcohol specific causes an 18.6% increase on 2019 (ONS Data)
- ♥ Many other deaths strongly linked e.g. some strokes and cancers.
19,190 total alcohol related deaths in 2019 (OHID Alcohol Profiles)
- ♥ Estimated 1 million hospital admissions related to alcohol consumption in 2019/2020 (OHID Alcohol Profiles)
- ♥ Major cause of ill-health and reduced life expectancy
- ♥ Causal factor in more than 60 medical conditions
- ♥ NHS estimates that up to 9% of adult men in the UK and 4% of UK adult women show signs of alcohol dependence



What's in a drink?

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

Drink no more than 14 units of alcohol a week, spread across 3 days or more. Have at least 2 consecutive days a week alcohol free.

HOW MANY UNITS ARE IN YOUR DRINK?





Alcohol & Health

- ♥ Drinking above the guidance can increasingly, as time passes, harm your health – even without getting ‘drunk’ &/or ‘binge’ drinking including cancers of the mouth, throat and breast.
- ♥ Drinking above the ‘lower risk’ limits for 10 years can increase your chances of alcohol related diseases.
- ♥ If you are pregnant or think you could become pregnant, the safest approach is not to drink alcohol at all, to keep risks to your baby to a minimum.



Why do we drink?

- ♥ Sociability... A major form of social interaction. Can make an important contribution to wellbeing e.g. for older people
- ♥ Loosens inhibitions (good and bad!)
- ♥ Peer influence
- ♥ Widespread availability
- ♥ Cultural norms, status, represents leisure/celebration etc.
- ♥ Affordability – drinking at home
- ♥ Marketing
- ♥ Like everything, it's a question of balance!



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



Employer Issues

- ♥ Alcohol misuse contributes to poor performance, poor morale, staff sickness
- ♥ 'Drinking culture' can be linked to working culture
- ♥ "High achievers" can still have drinking problems
- ♥ Have a Workplace Alcohol Policy
- ♥ Workplaces can provide a great opportunity to 'raise the issue'



Encourage less drinking

- ♥ Making Every Contact Count
- ♥ Gain the confidence and skills to support healthy lifestyle conversations in your everyday encounters with work colleagues and individuals in the community. MECC is based on having brief empathetic conversations, which can help support a person's motivation to change.

♥ [Free accredited virtual training course](#)



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” e.g. “ how do you feel about your drinking?” – raise health messages as appropriate
- ♥ Nudge (Ask)...Listen (Assess)...Summarise (Advise)



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
- ♥ [Plymouth Data](#)
- ♥ [Plymouth Health Profile 2019](#)



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 for Employee Support

- ♥ [Wellbeing at Work](#)
- ♥ [NHS Better Health - Drink less](#)
- ♥ [NHS Alcohol Advice and Support](#)
- ♥ [Tools from Drink Aware to help reduce drinking](#)
- ♥ [Dry January](#)
- ♥ Promote healthy lifestyle action plans
- ♥ Promote 5 Ways to Wellbeing



Five Ways to Wellbeing (CLANG – 5 a day for the mind):



- ♥ **C**onnect – with the people around you
- ♥ **L**earn – keep learning something new
- ♥ **A**ctive – do something you enjoy
- ♥ **N**otice – be aware of your surroundings and enjoy it
- ♥ **G**ive – do something nice for others



Resources for Organisational Support



[Wellbeing at Work support for your employees](#)



[NHS Better Health - Drink less](#)



[NHS Alcohol Advice and Support](#)



[PHE & BITC Drugs Alcohol and Tobacco Toolkit](#)



[PHE & BITC Infographic for Drugs Alcohol and Tobacco](#)



[E-learning Drink Aware at Work](#)



Support Services in Plymouth



[Plymouth Options](#)



[One You Plymouth Walks](#)



[One You Plymouth NHS Health Checks](#)



[Alcoholics Anonymous](#)



[Harbour](#)



Wellbeing at Work

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Thank you!

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