Public health and alcohol in Northamptonshire

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How does alcohol effect us (1)?

• Health impact – Physical and Mental health

• Societal impact – Violence and accidents, Sexual health

• Costs to society – Health Service, Crime, Loss of productivity
How does alcohol effect us (2)?

Adapted from Alcohol Harm Reduction Strategy for England
Alcohol has been identified as a causal factor in more than 60 medical conditions including:

- mouth, throat, stomach, liver and breast cancers
- cirrhosis of the liver
- heart disease
- depression
- stroke
- pancreatitis
- liver disease
Liver disease

17,432 Deaths from Liver disease between 2011 and 2013

+15% since 2002

Alcoholic liver disease was responsible for 70% of alcohol-specific deaths between 2011 and 2013
Drinking patterns (England 2014)

Figure 26: The distribution of drinkers in England (40)

- **Abstainers**: 7.1M (17%)
- **Drinking at Lower risk**: 25.2M (59%)
- **Binge Drinking**: 7.3M (17%)
- **Drinking at Increasing Risk**: 8.5M (20%)
- **Higher risk Drinking**: 1.9M (4%)
- **Dependent Drinking**: 0.5M (1%)

[i] Lower risk defined as <=14 units; Increasing risk defined as >14 and <=50 units for men and >14 and <=35 units for women; Higher risk defined as >50 units for men and >35 units for women; Binge drinking defined as 8+/6+ units on heaviest drinking day in previous week for men and women respectively; Dependent drinking derived from the Adult Psychiatric Morbidity Survey
Fig 1: Standardised UK mortality rate data since 1970 for key chronic diseases – From Lancet Commission (2014)
Alcohol related hospital admissions (England)

Figure 13: Total number of hospital admissions in England, 2003/04 to 2014/15, broad and narrow measure (57)

- Broad measure
- Narrow measure

[Graph showing the increase in hospital admissions over the years from 2003/04 to 2014/15, with separate lines for broad and narrow measures.]

**Rounded to nearest 10**
Costs

The cost of alcohol to society

£11 billion alcohol-related crime

£7 billion lost productivity through unemployment and sickness

£3.5 billion cost to NHS

£21 Billion
In Northamptonshire

• 100,000 adults at increasing risk
• 30,000 adults at high risk
• 3000 dependent adults
Hospital admissions

10.01 – Admission episodes for alcohol-related conditions (Narrow)
- Northamptonshire
The Impact of Alcohol on Public Health

At least 1 in 5 adults are drinking above the recommended 14 units/week.

In 2015/16, Northamptonshire had an estimated 13,200 alcohol related hospital admissions totalling approx. 47,000 bed days.

In 2015/16, nearly 1,600 people accessed structured treatment services for problematic alcohol use.
What are the Faculty of Public Health recommendations?
use of legislation to **tighten regulation of the drinks industry** and retailers regarding marketing, promotion, minimum pricing and deep discounting;

- **greater consideration of public health and levels of alcohol-related harm** when processing licensing applications;

- a comprehensive, unified and easy to understand system of alcohol content **labelling**;

- further above-inflation increases in the **price** of alcohol through higher rates of duty;

- **opportunistic screening** for alcohol misuse in primary-care and acute and mental health settings, with delivery of brief interventions and referral for treatment where appropriate;
existing laws around high risk behaviour such as drink-driving to be more effectively enforced through increased random breath testing, and the reduction of the legal blood alcohol limit for driving from the current 80mg/100ml to 50mg/100ml BAC (blood alcohol concentration);

• effective social marketing campaigns to change public attitudes to excessive alcohol consumption and to increase understanding of units consumed and awareness of alcohol related harm;

• UK government and devolved administrations to work with employers to adopt policies in the workplace to reduce alcohol-related absenteeism and ill-health;

• effective partnership working to ensure implementation of existing laws on sales of alcohol including to those underage, supported by introduction of education on alcohol-related issues at a younger age.

• Development of a comprehensive set of UK-wide indicators and monitoring systems for reductions in alcohol related harm across health, social, economic and criminal justice settings.
UK Chief Medical Officers’ Low Risk Drinking Guidelines

• Revised guidelines published in 2016
• Based on review of available scientific evidence
• Enable informed choice of alcohol consumption
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
Public Health England – review of Public Health burden of alcohol

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All dressed up and unable to walk
So vulnerable...