



Health

SNAPSHOT

2016



Reducing alcohol-related harm snapshot

2016

Alcohol use is one of the leading causes of preventable disease in NSW. Overall, it is the leading contributor to burden of illness and deaths in Australia for people up to 44 years of age¹. Economically, it has been estimated that the societal cost in NSW is \$1,565 per household².

There is a clear link between the amount of alcohol consumed, either in the short or long-term, and the level of harm that results³.

The health impacts from alcohol vary for different age groups and include:

- drinking during pregnancy can result in congenital abnormalities and disability
- underage drinking can affect normal development of the brain
- young people, up to the age of 25, are at higher risk of alcohol related harm, particularly due to a greater risk of accident and injury
- older people can be more vulnerable to the effects of alcohol due to physiological changes associated with ageing.

GOAL: to reduce alcohol-related harm in NSW

Priorities:

- provide information, education and referrals to improve awareness around alcohol, reduce stigma and help people make healthy choices
- deliver prevention, early intervention programs and pathways to care to minimise the impact of alcohol on the community, particularly for those at risk of harm
- enhance harm reduction efforts to lessen the burden of disease on individuals and the health system
- provide support for families and carers to help them manage the impact of alcohol on the family and support those in need
- support whole of government priorities to enhance prevention and reduce harms from alcohol

Current situation



1/4 of all adults drink at levels that place their long-term health at risk.

Although rates have declined over the last 10 years, the overall impact on health is still high⁴



Young people are initiating drinking later. However, about

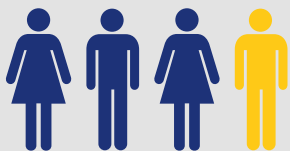
2/3

of high school students reported that they had ever had an alcoholic drink⁴



Aboriginal people are equally likely to abstain from drinking alcohol as non-Aboriginal people.

Among those who do drink a higher proportion drink at levels that place their long-term health at risk⁴



Just under **1/4** of all adults drank more than four standard drinks on a single occasion in the last four weeks, which placed them at a higher immediate risk of harm⁴



Older people are most likely to drink daily, with

1 in 7

people aged 65 years or over drinking alcohol daily⁴



4 in 10 Australian women reported consuming alcohol during pregnancy⁵

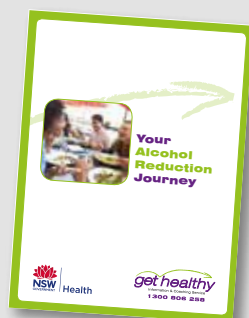
Key program elements and status

PRIORITIES	PROGRAMS	PROGRESS
Provide information, education and referrals to improve literacy around alcohol, reduce stigma and help people make healthy choices	<ul style="list-style-type: none"> - The Alcohol and Drug Information Service will provide information, advice and referrals to individuals 24 hours a day. This service is supported by the Your Room website, the central source of alcohol and other drug information and tools. - Alcohol and other drugs education within schools. - NSW State Library provides information at over 370 local libraries. 	The proportion of adults drinking at levels that increase long-term risk of harm has decreased 5.5 per cent between 2006 (31.4 per cent) and 2015 (25.9 per cent) ⁴ .
Deliver prevention, early intervention programs and pathways to care to minimise the impact of alcohol on the community, particularly for those at risk of harm	<ul style="list-style-type: none"> - Community Drug Action Teams (CDATs) deliver education, information and skills building in local communities. - Stay Strong It's Worth It, raises awareness among Aboriginal women and their partners, of the risks of Fetal Alcohol Spectrum Disorders (FASD), providing access to early intervention and treatment services and programs. - The Get Healthy Service Alcohol Module provides a strong referral pathway. - Systems to monitor progress and report outcomes. 	<p>In 2016 70 CDATs delivered alcohol prevention and harm reduction messages across the State.</p> <p>Over 31,000 Stay Strong FASD awareness resources have been distributed and seven community forums held across NSW.</p> <p>The Get Healthy Alcohol Module was launched on 1 May 2016.</p>
Enhance harm reduction efforts to lessen the burden of disease on individuals and the health system	<ul style="list-style-type: none"> - The Alcohol Harm Reduction Plan includes key actions to raise awareness and knowledge of alcohol-related harms, alcohol guidelines and standard drink sizes. - Increase self-identification of alcohol consumption status and self-management through the Your Room Risk Assessment Tools. - Community mobilisation to identify local priorities and solutions. 	The 'Know your standards' standard drinks interactive tool and the Alcohol Risk Assessment tool were launched as part of the yourroom.com.au website redevelopment.
Provide support for families and carers to help them manage the impact of alcohol on the family and support those in need	<ul style="list-style-type: none"> - Family Drug Support provides telephone support to families in crisis 24 hours a day. - Strengthening families to support positive drinking choices, including: <ul style="list-style-type: none"> · Delay of alcohol initiation · Reducing parental supply of alcohol. 	Family Drug Support continues to respond to over 20,000 calls a year.
Support whole of Government priorities to enhance prevention and reduce harms from alcohol	<ul style="list-style-type: none"> - Contribute to NSW liquor licence applications. - Contribute to Safe and Vibrant Cities and Central Business District Management of Entertainment Precincts. 	In 2015 the NSW Ministry of Health commissioned an evidence review concerning the impact of alcohol availability and alcohol related harm to support NSW Health contributions to the NSW liquor licencing process.

NEW

Get Healthy Service Alcohol Program

An enhancement of the Get Healthy Service has been developed for participants who nominate reduction of alcohol consumption as their primary goal.



Early Intervention Innovation Fund

An \$8 million investment, over four years, to help build the evidence-base for early intervention models to support people at risk with a particular focus on young people.



Long-term health effects of alcohol misuse

Mental health

- Dependence
- Depression
- Anxiety

Brain

- Cognitive impairment

Cardiovascular

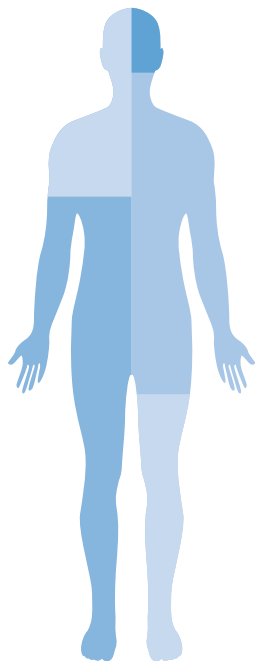
- High blood pressure
- Arrhythmia
- Cardiomyopathy

Liver

- Cirrhosis
- Hepatitis

Cancer

- Mouth
- Throat
- Oesophagus
- Liver
- Colorectal
- Breast









Source: National Health and Medical Research Council. *Australian guidelines to reduce health risks from drinking alcohol*. Canberra: Commonwealth of Australia. 2009.³

Guidelines and standard drink sizes

National Health and Medical Research Council guidelines 2009

1. For healthy men and women, drinking no more than 2 standard drinks on any day reduces the lifetime risk of harm from alcohol-related disease or injury.
2. For healthy men and women, drinking no more than 4 standard drinks on a single occasion reduces the risk of alcohol-related injury arising from that occasion.
3.
 - a. Parents and carers are advised that children under 15 years of age are at the greatest risk of harm from drinking and that for this age group, not drinking alcohol is especially important.
 - b. For young people aged 15–17 years, the safest option is to delay the initiation of drinking for as long as possible.
4.
 - a. For women who are pregnant or planning a pregnancy, not drinking is the safest option.
 - b. For women who are breastfeeding, not drinking is the safest option.

What is a standard drink?

Beer			Wine		Spirits
Full strength	Mid-strength	Light	Red/White	Champagne	Shot
					
4.6% Alc/Vol	3.5% Alc/Vol	2.7% Alc/Vol	12.6% Alc/Vol	12.6% Alc/Vol	40% Alc/Vol
285ml	375ml	425ml	100ml	100ml	30ml
1.0	1.0	1.0	1.0	1.0	1.0

References

1. Australian Burden of Disease Study: impact and causes of illness and death in Australia 2011. *Australian Institute of Health and Welfare*. Canberra
2. Audit Office of NSW 2013. New South Wales Auditor-General's Report. Cost of alcohol abuse to the NSW Government.
3. The Royal Australasian College of Physicians. 2016. Alcohol Policy. <https://www.racp.edu.au/docs/default-source/advocacy-library/pa-racp-ranzcp-alcohol-policy.pdf>
4. NSW HEALTH, 2016. Trends in alcohol use and health-related harms in NSW: Report of the Chief Health Officer 2016.
5. Australian Institute of Health & Welfare, 2014. *2013 National Drug Strategy Household Survey*. <http://www.aihw.gov.au/alcohol-and-other-drugs/ndshs-2013/>

For more information contact:
Alcohol and Drug Information Service (ADIS) NSW
 on (02) 9361 8000 (Sydney metro) or 1800 422 599
 (outside Sydney metro and interstate)

Family Drug Support on 1300 368 186

Visit Your Room website at: www.yourroom.com.au

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