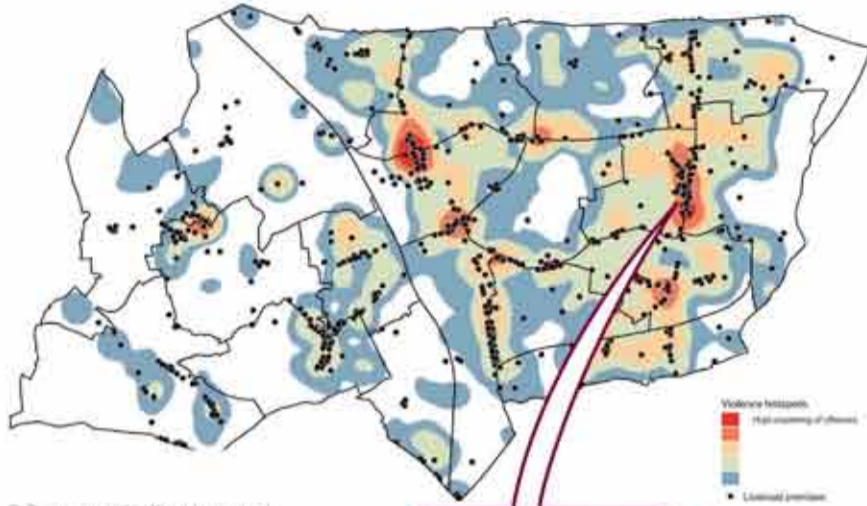


Less alcohol = a healthier you!

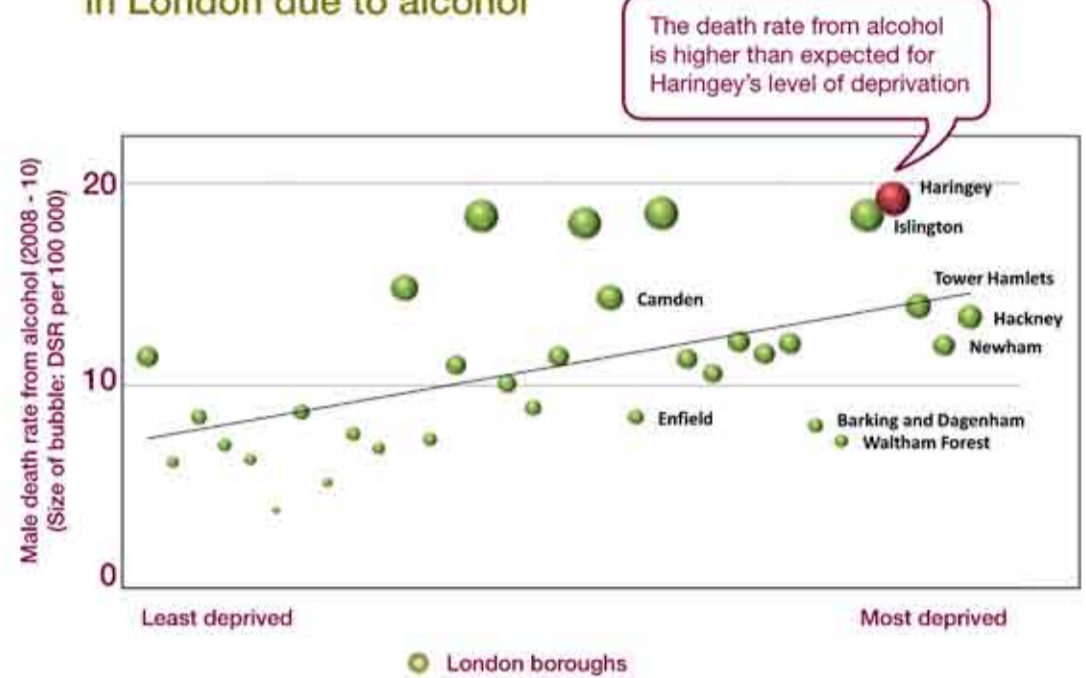
Is Haringey over the limit?

Violence hotspots and licensed premises in Haringey



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Men in Haringey have the highest death rate in London due to alcohol



Do you know your drink?

a) How many units are in a pint of beer (ABV 5.2%)?



b) How many units are in a shot (25ml) of whiskey (ABV 40%)?



c) Which has more calories, a 175ml glass of wine (13% ABV) or a bag of crisps?



A large number of us do not know our drink.

Weekly sales of alcohol are twice as much as the population estimate they drink. This suggests we underestimate what we drink by a huge 50%.

Answers: a) 3 units b) 1 unit c) They both have 275 calories. Women should not drink more than 2-3 units per day; men should not drink more than 3-4 units per day.

Take the alcohol test online and find out if your drinking is risky



dontbottleitup.org.uk

Alcohol can harm people of all ages



Pregnancy: There is a risk of harm to your unborn baby and a greater risk of miscarriage if you drink whilst pregnant.

Young People: You may engage in riskier behaviour such as unprotected sex. Binge drinking may store up problems for your health in the future.

Adults: Drinking over your limit may be taking its toll on your health, on your work and on your home-life.

Older People: There is a greater risk of falling and alcohol can interfere with your medication(s).

Cutting down on alcohol:

• **Make a plan:** Before you start drinking, set a limit on how much you're going to drink.



• **Set a budget:** Only take a fixed amount of money to spend on alcohol.



• **Let them know:** If you let your friends and family know you're cutting down and that it is important to you, you could get support from them.



• **Take it a day at a time:** Cut back a little each day. That way every day you do is a success.

• **Make it a smaller one:** You can still enjoy a drink but go for smaller sizes.



• **Cut down the alcohol** by swapping strong beers or wines for ones with a lower strength (ABV in %).

• **Stay hydrated:** Drink water before you start drinking, and have a soft drink in between alcoholic ones.



• **Know your drink:** Keep an eye on how much you're drinking with www.drinkcoach.org.uk