

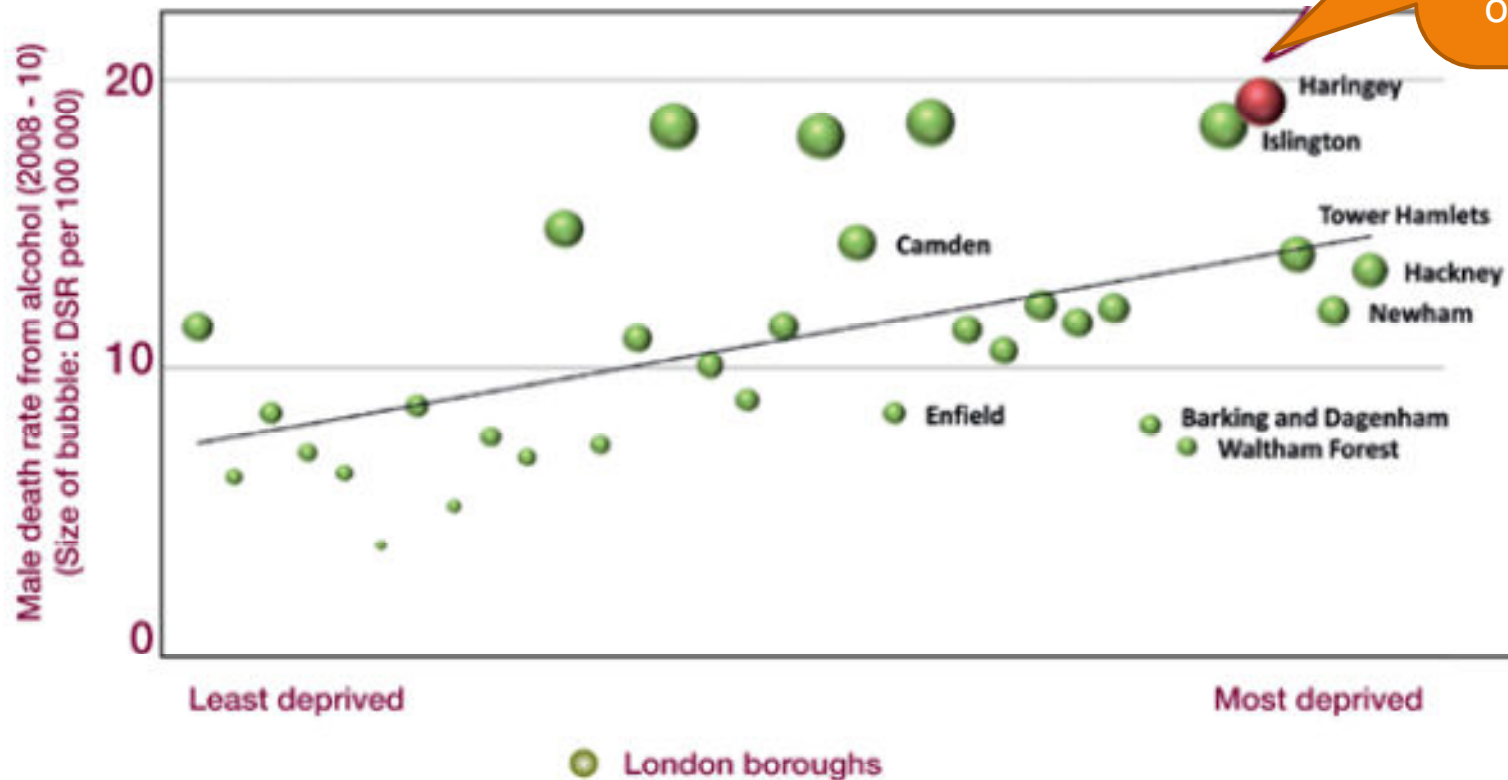
The rise in alcohol related harm in Haringey

The rise in alcohol-related harm

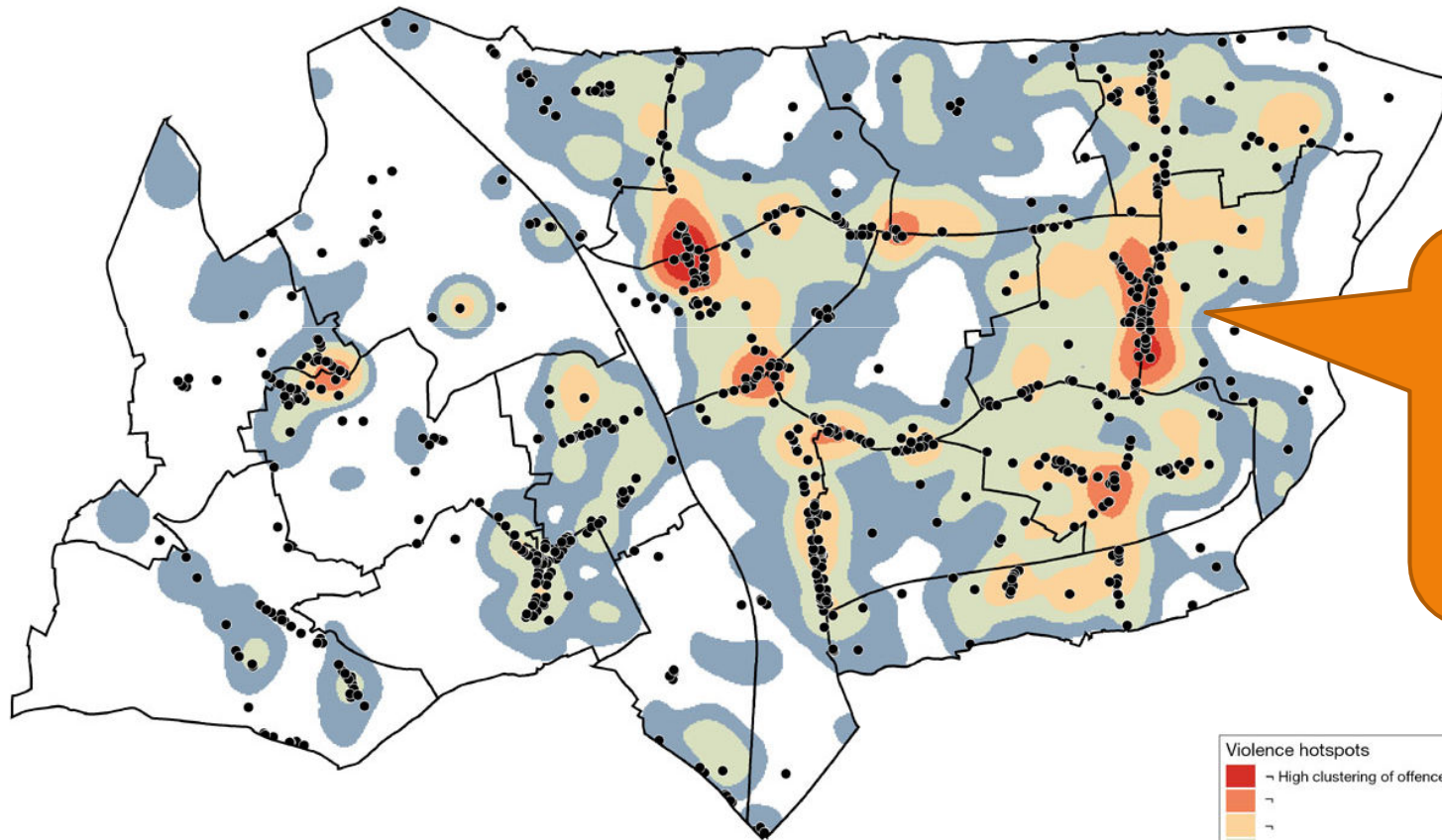


Men in Haringey have the highest death rate in London due to alcohol

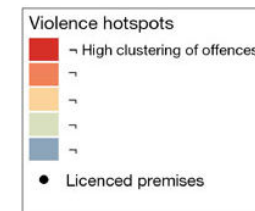
The death rate from alcohol is higher than expected for Haringey's level of deprivation



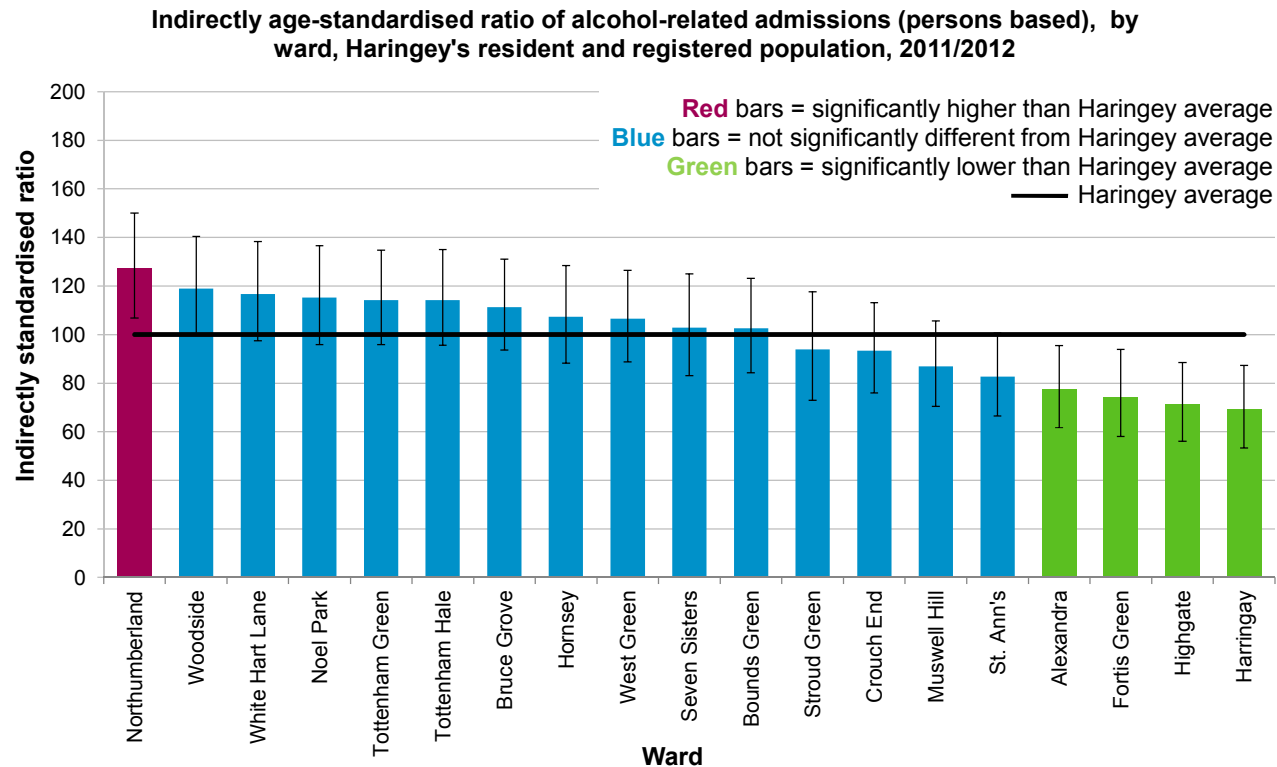
Haringey: violence hotspots and licensed premises



Alcohol related violence hotspots more prominent in the east of the borough



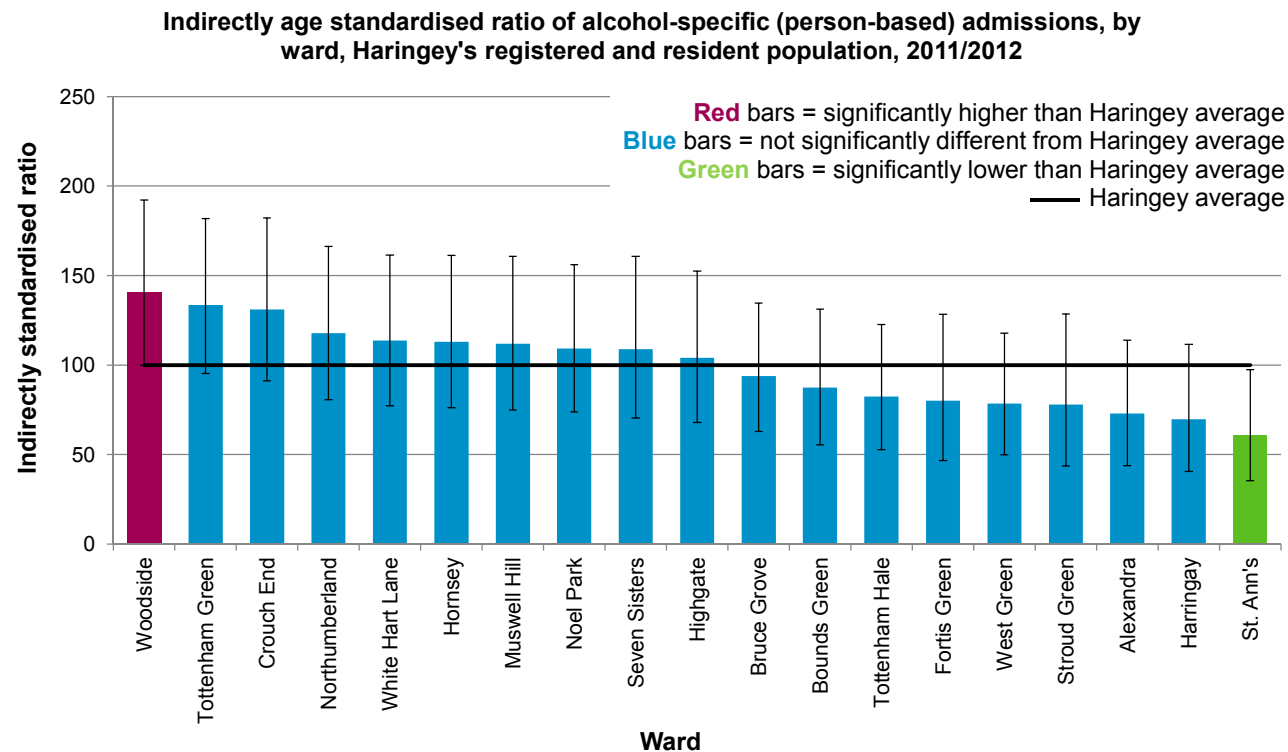
Alcohol-related hospital admissions (persons based) by ward



People from Northumberland Park have the highest age-adjusted ratio of alcohol-related admissions. It is significantly higher than the Haringey average.

Note: This analysis relates to the number of **people** (AAF applied to main admission) admitted for alcohol-related conditions (people are counted only once within the year). Excludes admissions with no NHS number; **Source:** SUS 2012 (admissions); Open Exeter, 2012

Alcohol-specific hospital admissions (person based) by ward



Woodside ward has the highest age-standardised level of alcohol-specific admissions in Haringey, with 41% more (persons-based) admissions than the Haringey average, adjusted for age. St. Anne's practice is 38% below the expected level.

Note: this analysis relates to the number of people (AAF applied to main admission) admitted for alcohol-specific conditions (people are counted only once within the year); **Source:** SUS 2011/2012 (admissions); Open Exeter, 2012 (population denominator)

Alcohol: Health Harms

- Hypertension, heart disease and stroke, cancer, liver disease
- mental illness, accidents in the home and on the road
- violence and injury.

In most cases the relationship between alcohol and illness is simple: the more you drink the greater the risk of harm

Alcohol: Social Harms

Alcohol misuse and dependency:

- ❑ can affect work and productivity
- ❑ is a common feature of domestic and sexual violence
- ❑ in around half of all violent crimes, victims believed their attackers had been drinking
- ❑ can cause harm to children (neglect, violence and emotional distress)
- ❑ can lead to increased risk taking, including unsafe sex and drink driving.

The role of Public Health in alcohol licensing

- Director of Public Health or delegated individuals given statutory role in licensing process as result of changes to the Licensing Act
- Public Health now a 'Responsible Authority' along with others and can comment on applications/make representations to licensing authority **but only** if they believe the applications threatens any of the four licensing objectives
- None of the licensing objectives are about public health
- Public Health therefore need to look at how health data might be utilised to inform these decisions



What are we doing to reduce alcohol-related harm?

- Building up bank of relevant health data and research to influence decisions e.g. density of licensed premises in areas of high hospital admissions
- Work with North Mid to receive A& E data on alcohol-related violence
- Commissioning a new Environmental Health Officer to encourage responsible retailing of alcohol
- Developing a local code of practice with smaller retailers

What are we doing to reduce alcohol-related harm?

In Haringey, the Council, the NHS, Police, Fire, Probation Services and the Voluntary Sector are:

- Raising awareness of sensible drinking
- Preventing alcohol-related harm to children and young people
- Increasing early help www.dontbottleitup.org.uk
- Encouraging self help
- Providing effective treatment

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?



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- Women should not drink more than 2-3 units per day;
- Men should not drink more than 3-4 units per day.

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





**What more can we
do as a
community?**