



Alcohol

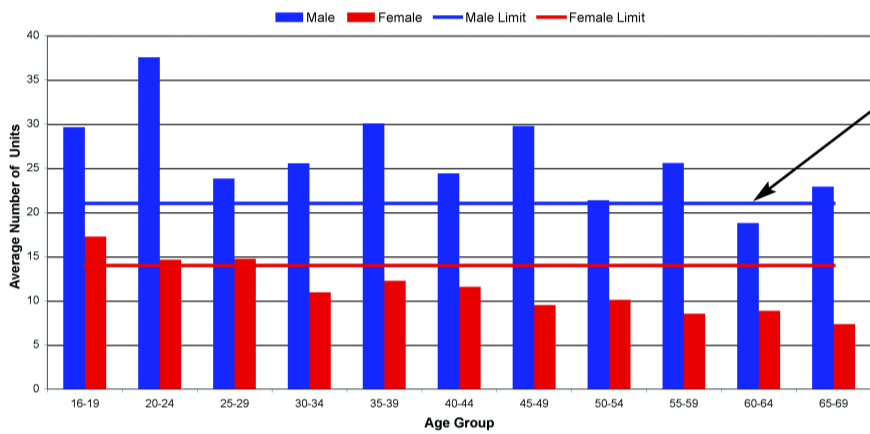
Mental Health Action Week 2006



How much alcohol do people drink in Doncaster?

A lifestyle survey asked people living in Doncaster how much alcohol they drank the previous week ¹.

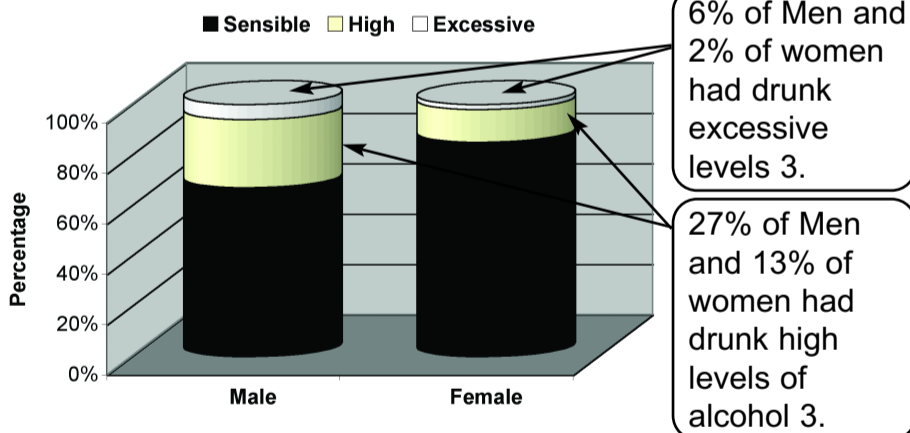
Average number of units of alcohol consumed in previous week by regular drinkers, by sex and age group



What is a safe amount to drink?

It is better to spread your drinking over the week rather than drink your week's quota in one or two nights. It is now recommended that women should drink a maximum of 2-3 units per day and men 3-4. The amount of units a drink contains depends on how strong the drink is.

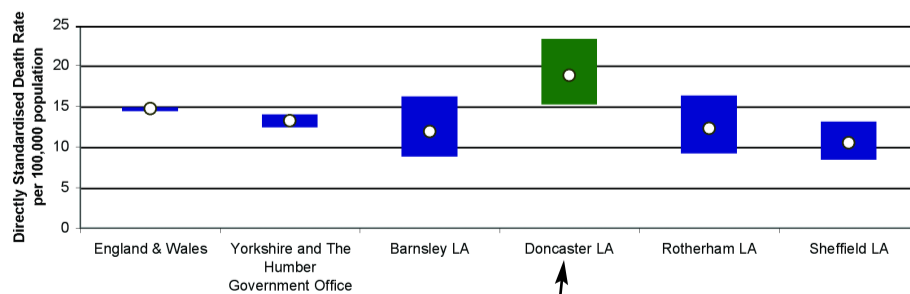
How much Doncaster's regular drinkers had drunk in the week before they filled out the Lifestyle survey



6% of Men and 2% of women had drunk excessive levels 3.

27% of Men and 13% of women had drunk high levels of alcohol 3.

Male alcohol related death rates with 95% confidence intervals by England and Wales, Government Office and Local Authority, 2001-2003 (pooled)



Men are more likely than women to die from alcohol causes, this is because they tend to drink more than women. Male alcohol deaths are higher in Doncaster than the national and regional average ⁵.

What can happen if you drink too much alcohol?

Most people drink alcohol without any harmful effects on their health. But some people whom either binge excessive amounts, or drink large amounts regularly, are more likely to harm themselves.

This is the safe drinking limit for men. Most of the male age-groups drank more than the recommended limit, especially 20-24 year olds.

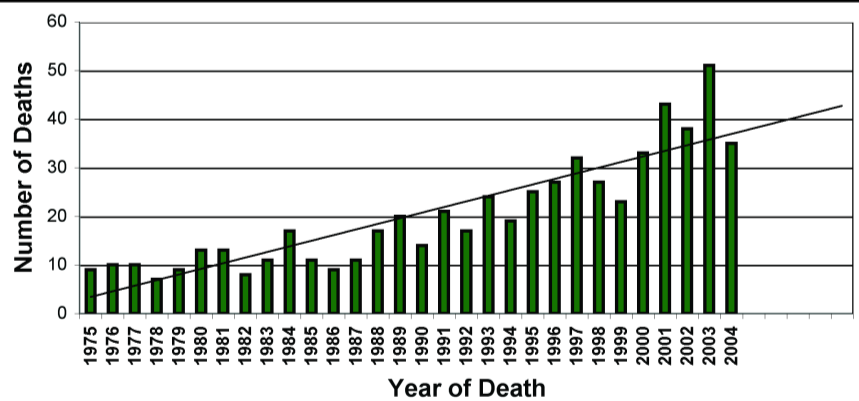
Regular drinkers of large amounts of alcohol face increased risks of harming their health through cirrhosis of the liver, cancer, haemorrhagic stroke. They are also at an increased risk of suicide and premature death ².

The tragedy of excessive alcohol

Nationally there have been concerns about the number of people dying from causes directly linked to drinking alcohol ⁴. In Doncaster the number of people dying from alcohol causes has risen over the past 30 years.



Doncaster deaths with underlying cause related to alcohol consumption 1975-2003



There are concerns that younger women are now drinking more alcohol and this may have an adverse effect on their health in later life ².

SOURCES

- McManus (2001) Doncaster Lifestyle Survey 2000, Report on Alcohol. Public Health Intelligence Unit, Doncaster PCTs;
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- Royal College of Psychiatrists (1986) Alcohol: Our Favourite Drug. London: Tavistock;
- Department of Health (2001) The Annual Report of the Chief Medical Officer of the Department of Health, 2001. London: Department of Health;
- Office for National Statistics (Alcohol-related death rates in England and Wales, 2001 to 2003). URL: <http://www.statistics.gov.uk/statbase/ssdataset.asp?vlnk=8905&More=Y>