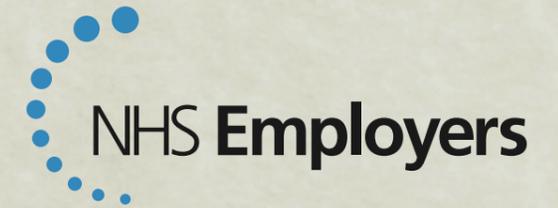


PAYING THE PRICE OF ALCOHOL



Alcohol Concern
The charity making sense of alcohol



IMPACT ON THE UK



- 1.6M PEOPLE ALCOHOL DEPENDENT
- 9,930 DRINK DRIVING ACCIDENTS PA
- 917,000 VIOLENT INCIDENTS PA
- 24% OF DRINKERS CONSUME ALCOHOL IN A HARMFUL WAY
- 7.7 LITRES OF ALCOHOL ARE CONSUMED PER HEAD ON AVERAGE
- £ COSTS TO EACH TAX PAYER £125 PA
- £ ANNUAL COST OF MISUSE £21BN
- £ ANNUAL COST OF ALCOHOL-RELATED CRIME £11 BN

IMPACT ON THE NHS

- 1.2M ALCOHOL RELATED ADMISSIONS PA
- 49,456 ADMISSIONS FOR LIVER DISEASE PA
- 117% INCREASE IN UNDER 30s ADMISSIONS PA
- 13,299 UNDER 18s RECEIVE SPECIALIST HELP FOR ALCOHOL PROBLEMS PA
- 150% INCREASE IN ADMISSIONS 60 - 74 AGE GROUP
- £ ANNUAL COST £3.5BN



IMPACT ON HEALTH

3RD BIGGEST LIFESTYLE RISK FACTOR AFTER SMOKING AND OBESITY

ALCOHOL CAN BE THE CAUSE OF MORE THAN 60 MEDICAL CONDITIONS

RISKS

- HIGH BLOOD PRESSURE
- CIRRHOSIS OF THE LIVER
- STOMACH CANCER
- DEPRESSION
- MOUTH CANCER
- THROAT CANCER
- BREAST CANCER
- LIVER CANCER

IMPACT ON MORTALITY

- 6,490 RIP ALCOHOL-RELATED DEATHS PER YEAR
- 63% RIP OF LIVER DISEASE DEATHS DUE TO ALCOHOL
- 230 RIP DRINK DRIVING DEATHS
- 10% RIP ALCOHOL CONTRIBUTES 10% TO THE BURDEN OF DEATH AND DISEASE IN ENGLAND

BENEFITS OF CUTTING DOWN

- 😊 SLEEP BETTER
- 😊 SAVE MONEY
- 😊 LOSE WEIGHT
- 😊 NO HANGOVERS
- 😊 IMPROVED SKIN & HAIR
- 😊 LOWER STRESS LEVELS
- 😊 LOWER BLOOD PRESSURE
- 😊 MORE ENERGY
- 😊 FEEL HEALTHIER

RECOMMENDED UNITS PER DAY

MEN AND WOMEN ADVISED NOT TO DRINK MORE THAN 14 UNITS PER WEEK SPREAD OVER 3 DAYS OR MORE

10 UNITS IN A BOTTLE OF WINE
2.3 UNITS IN A GLASS OF WINE OR PINT OF BEER
1 UNIT IN A SINGLE SPIRIT



34% OF THE POPULATION DRINK MORE THAN THE RECOMMENDED UNITS

ALCOHOL CONTAINS 7 CALORIES PER GRAM, ALMOST THE SAME AS PURE FAT

1 GLASS OF WINE = 1 SLICE OF CAKE (SIMILAR AMOUNT OF CALORIES)

IT IS RECOMMENDED TO HAVE NO ALCOHOL AT LEAST 2 OR 3 DAYS PER WEEK