

Southern Grampians & Glenelg Primary Care Partnership

HTV Achievement Program Alcohol

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SGGPCP Staff Meeting,

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What is risky drinking?

NHMRC 2009 Australian Guidelines to reduce health risks from alcohol

	No. of drinks
G 1 Reduce risk of harm over lifetime	Healthy men & women, no more than 2 standard drinks per day
G2 Reduce risk of injury on a single occasion	Healthy men & women, no more than 4 standard drinks per session
G3 Children and young people U18	No alcohol is safest option (or delay initiation as long as possible)
G4 Pregnancy and breastfeeding	No alcohol is safest option for women who are pregnant, planning pregnancy or breastfeeding

BUT, there is no safe level of drinking.

What is a standard drink? 10 grams of alcohol (12.5mls of pure alcohol)

- 100ml wine or sparkling wine
- a 285ml pot of **full** strength beer,
- a 375ml stubbie/ can **mid** strength beer
- a 30ml shot of spirits
- 2/3 of a 275ml bottle/ can of ready-to-drink spirits/ wine

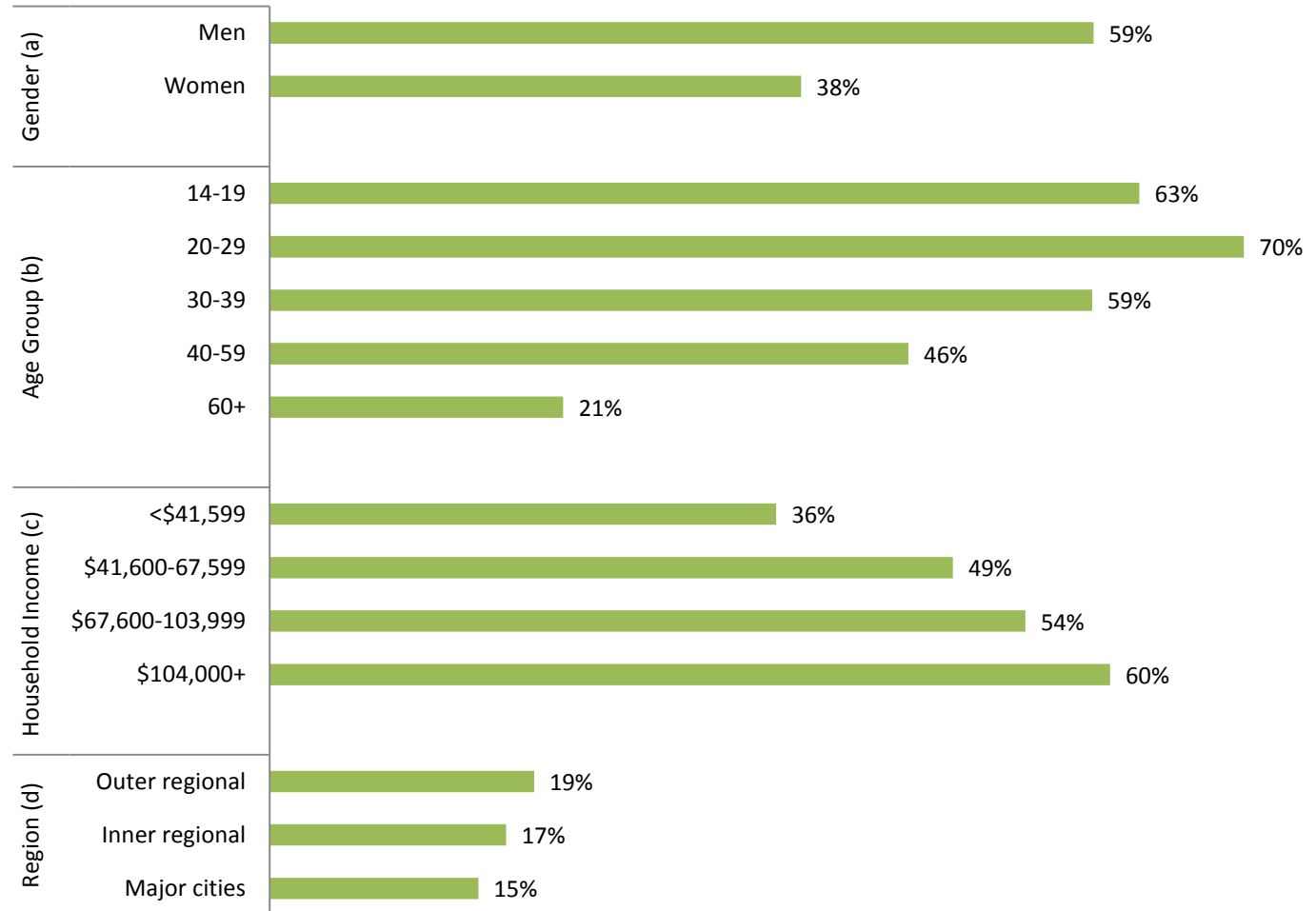
Local Alcohol Data

- **Higher than state average:**
 - people at risk of short term harm from alcohol consumption

LGA	% at risk	LGA Ranking
Sthn Grampians	16.4	7 th
Glenelg	14.0	17 th
Victoria	10.2	

- alcohol-related assaults: for total pop'n + esp yp 18-24 years
Vic: **31** per 10,000, Glenelg: **37**, Sthn Grampians: **52**
- underage young people consuming alcohol and more often - G: 56% of those surveyed had consumed alcohol in the last month (Vic 37%).
- higher rates of FV with alcohol, drink driving...
- **Correlation of harm with availability**
 - no. of licensed premises: Vic: **27** per 10,000 residents aged 15+.
Glenelg:**32**, Sthn Grampians:**36**

Those most at risk



People exceeding Guideline 2, Single Occasion Risk

Impact on health

- **Self:**
 - Short term-** headaches, hangovers, nausea & vomiting, shakiness, memory loss, assaults, alcohol poisoning, falls & injuries, car crash deaths & injuries, unplanned pregnancy, 'regrettable behaviors'
 - Long term-** psychological & physical dependence, brain damage, memory loss, sexual dysfunction, alcohol-related chronic diseases
wholly: eg liver damage, pancreatitis, gastritis
partially: eg stroke, cancers, cardiovascular disease
Dual diagnosis – AOD + mental illness
- **Others:** alcohol-related assaults, family violence, child abuse, sexual assault, Fetal Alcohol Spectrum Disorder, car crash deaths & injuries, family breakdown, workplace accidents, loss of productivity in workplaces, property damage

What to do?

Harm minimisation - individually or as a host

- follow the national guidelines (2 & 4) + some alcohol free days pw
- Drink/ provide plenty of low or non-alcoholic drinks.
- Eat before and while drinking (not just snacks)
- Be aware of what you are drinking
- Avoid 'rounds' or 'shouts' and 'top ups'
- Avoid happy hours with focus on cheap/ multiple drinks
- Plan ahead for transport home for you and others; step in if needed.

Community/ environment

- Restrict the concentration of licensed premises – does every venue, club really need a license?
- Promoting safer drinking cultures eg management of alcohol at events, alcohol-free events esp when yp focus, GSP/ RSA at sports clubs & challenge non-compliance
- Regulating the marketing of alcohol (esp re young people) – eg sponsorship of sports clubs, fund raising at schools, clubs
- Challenge underage alcohol use; secondary supply laws
- HTV Achievement Program 😊

Where to get help

- ACSO Connect Intake & Assessment line 1300 022 760 (or via Quamby at FHCC 5551 8450 if unsure) - intake, assessment and referral for people with AOD and mental health issues and their families
- Direct Line 1800 888 236 - confidential alcohol and drug counselling & referral
- Your GP
- Lifeline 13 11 14 www.lifeline.org.au
- Kids Helpline 1800 55 1800 www.kidshelpline.com.au – phone and online counselling for young people
- Headspace www.headspace.org.au – general health, mental health and counselling and alcohol and other drugs

Handouts

- NHMRC's FAQs
- Deakin Uni's Smart Generation resources
- ADF's The Other Talk <http://theothertalk.org.au/>
- *Coping with Ice* fact sheet