

Health4Families Programme information sheet: Reducing alcohol misuse.

November 2019

Alcohol Awareness Week 11th- 17th November.

[Alcohol awareness week](#) is a chance for the UK to get thinking about drinking. This year the theme is Alcohol and me, running from 11-17 November 2019. It's a week of awareness-raising, campaigning for change, and more.

Did you know?

- More than 220,000 children in England live in a household with an adult who is alcohol dependent [Alcohol Change UK](#)
- Much of the harm from alcohol comes not from dependent drinkers, but from those drinking at high levels and considered to be 'normal' drinkers
- Drinking heavily throughout pregnancy can cause a baby to develop a serious condition called [Foetal Alcohol Syndrome \(FAS\)](#)



Key Messages:

- The recommended weekly alcohol limit for men and women is 14 units which is equivalent to 6 pints of average-strength beer or 10 small glasses of low-strength wine
- Spread drinking alcohol over 3 days or more if you drink as many as 14 units a week
- The Chief Medical Officers for the UK recommend that if you're pregnant or planning to become pregnant, the safest approach is not to drink alcohol at all to keep risks to your baby to a minimum.

Resources:

- [Alcohol change](#) – Information [interactive tools](#) and factsheets including [alcohol and families](#), [alcohol and parenting](#) and [living with parents who drink too much](#)
- [Change grow live](#) – offers the Drug and Alcohol Wellbeing Network, a free drug and alcohol service for adults aged 25+ and families and affected others
- [Drink Coach Service](#) - online coaching service for risky drinkers, available for free to people (aged 18+) who live or work in West Sussex
- [Family Assist](#) - Access to a wide range of local and national information, including information about reducing alcohol and substance misuse
- NHS [Calculating alcohol units](#) and [the risks of drinking too much](#)
- [Public Health England One You](#) Resources and drink free days app
- [West Sussex children and young people's drug and alcohol wellbeing service](#) - offers treatment and support for young people aged up to 24 years
- [West Sussex Wellbeing - alcohol](#). Basic information, links to online and face to face support.

References to support evidenced based practice:

- Addiction. (2019). [*The decline in youth drinking in England – is everyone drinking less?*](#)
- Alcohol Change UK. (2019). [*Rapid Review Evidence: The role of alcohol in contributing to violence in intimate partner relationships.*](#)
- NHS Digital. (2018). [*Statistics on alcohol - England*](#)
- NICE. (2019). [*Alcohol interventions in secondary and further education*](#)
- Public Health England. (2016). [*The public health burden of alcohol evidence review*](#)

Learning and development:

- [e-Learning for Health](#) To help identify when someone may have an alcohol problem and provide brief interventions. For healthcare staff
- [West Sussex Learning and Development Gateway](#) Sessions offered to raise awareness services supporting families and individuals with substance misuse problems.