



Health Education, Including Safety

The Effects of Alcohol on Health

WALT

To understand the effects of alcohol on
the body



British teenagers are the binge-drinking champions of Europe

By JENNY HOPE FOR THE DAILY MAIL
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Binge drinking teenagers 'damaging brain development'

US study points to genetic changes making teenagers more prone to alcoholism and anxiety in later life

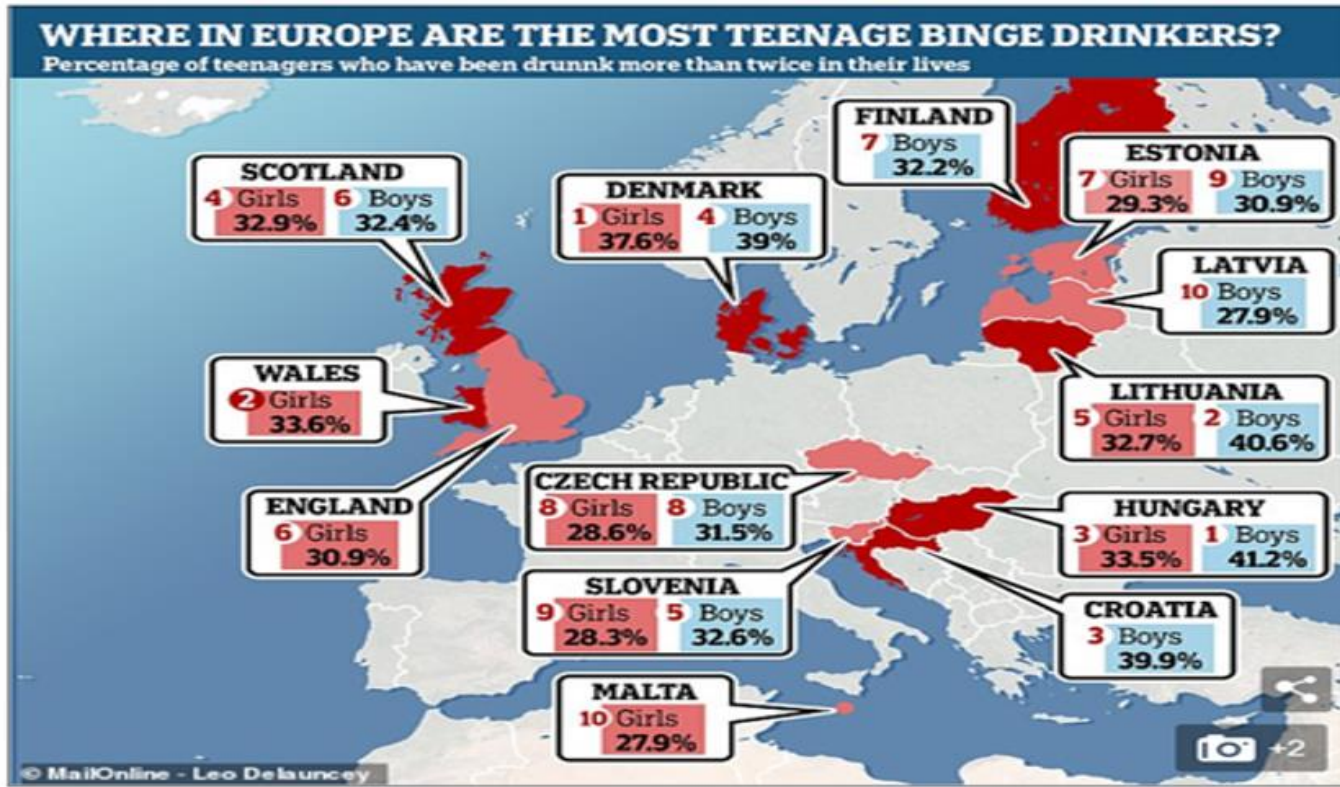
Drug use more likely than smoking among secondary school pupils

NHS survey finds 19% of youngsters aged 11-15 in England have smoked, 24% have taken drugs and 44% have drunk alcohol



▲ A bottle with pills. Leaking gas, covered by the Psychoactive Substances Act, is used as a recreational drug. Photograph: Alamy

Poisonings rise as more teenagers use hard drugs



British girls are among the heaviest binge-drinkers in Europe, reveals WHO league table of 36 nations across the continent

- British girls are among the worst binge-drinkers in Europe, a study has shown
- English, Welsh and Scottish teenagers place highly in a drinking league table
- Each country was ranked in the top six places among 36 European countries

Surge in young people going into private addiction clinics as poorer addicts 'pushed into gangs'

While well-off addicts can afford private treatment, poorer teenagers with mounting drug problems are being forced by public services, making them 'ripe for grooming', experts warn



British teenage girls are among the heaviest drinkers in Europe - and have overtaken boys

Facebook, Twitter, LinkedIn



Teenage girls in the UK are among the heaviest drinkers in Europe, according to new research. Source: BBC News

The History of Teen Binge Drinking & Drug use in the UK





How Britons get through an average 108 bottles of wine a year - more than most of the world

- Britons drink almost one litre more pure alcohol each year than Americans, who consume the average amount, a report revealed today.
- *Statistics released only once every two years show Britons over the age of 15 get through some 9.7litres of pure alcohol each every year.*
- This is equal to 108 bottles of 12 per cent wine or 342 pints of five per cent strength lager.





Disturbing stats

- 35% of all Accident & Emergency (A&E) attendance and ambulance costs may be alcohol related in England.
- **530 people died from alcohol poisoning in the UK in 2018.**
- Males accounted for approximately two-thirds of the total number of alcohol-related deaths in 2018 in the UK. There were 7,551 alcohol-specific deaths in the UK 5,077 (16.4 per 100,000 population) in males and 2,474 (7.6 per 100,000) in females.
- **In 2018, it is estimated that there were 240 fatal drink drive accidents.**
- Being impaired by alcohol is thought to be a contributory factor in 13% of pedestrian road deaths.
- **For 16 - 24-year olds, 21% of deaths in males and 9% of deaths in females have been attributed to alcohol consumption.**
- In the year ending March 2018, 39% of all victims of violence in England and Wales said their attacker was affected by alcohol at the time. It is estimated that there were 561,000 violent alcohol-related incidents in 2017/18.
- **Alcohol misuse is a factor in 30% of suicides each year.**
- Hospital admissions for young people under 18 in the 3 year period 2016/17-2018/19 were 11,233. The admission rate for girls was 37.5 (per 100,000) compared to 25.9 (per 100,000) for boys.





Recommended amount of Alcohol

WHAT THE CURRENT ALCOHOL GUIDELINES SAY

One unit amounts to roughly:



Half a 175ml glass of wine



Half a pint of beer



One measure of spirits

How much are you allowed to drink?



Men should not exceed 3 to 4 units a day, or 21 units a week.



Women should have no more than 2 to 3 units a day, or 14 units a week.

Did you know?



Half a bottle of wine contains 5 units, nearly double the daily limit for women



A strong pint of ale contains more than 3 units, while a strong pint of cider has 5 units



A cocktail contains as much as 5 units



Alcopops such as Smirnoff Ice or WKD have 1.5 units



A helping of Christmas pudding or sherry trifle has half a unit, depending on the size, while brandy butter adds another third of a unit



Pregnant women are advised to avoid alcohol if they can, but if they must drink not to have more than 2 units, twice a week

Explained: low risk drinking guidelines

To keep health risks from alcohol to a low level, men and women should not regularly drink more than **14 units** a week, spreading them evenly over three or more days.

What do 14 units look like?

6 pints of beer a week



or

6 medium glasses of wine a week

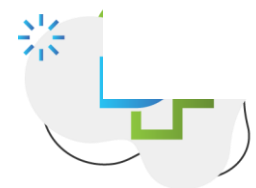


drinkaware



Health risks of drinking alcohol

- Many people enjoy having a drink from time to time. But if you regularly drink too much or binge drink, you might be putting your health at serious risk. Here, we look at some of the effects alcohol can have on your health and wellbeing.
- Short-Term Effects
- *The more alcohol you drink, the stronger the short-term effects of alcohol will be. These include:*
- *Slurred speech*
- *Unsteadiness and lack of coordination*
- *Being sick*
- *Reduced ability to react quickly to situations – for example, when driving*
- *Feeling sleepy and even passing out*



The Long-term impact of Alcohol on the Body & Brain



shrinking brain

Long-term exposure to alcohol can shrink the frontal lobes of your brain.

blackouts

Alcohol can interfere with how your brain makes memories. It's possible to wake up with no recollection of what you did while you were drinking, or even before.

dependence

Alcohol dependence varies from person to person so it's hard to define. You may become physically dependent on alcohol if drinking alcohol starts to affect your ability to perform well in school or work and affects your relationships.

heart damage

Chronic heavy drinking is one of the leading causes of cardiovascular disease.

liver damage

Chronic alcohol use can damage the liver and prevent it from properly removing harmful substances from your body.

behavior changes

Alcohol can change your typical behaviors and leave you without the mental clarity to make smart decisions.

hallucinations

For people with alcohol dependence, a sudden withdrawal may cause serious complications, including hallucinations.

slurred speech

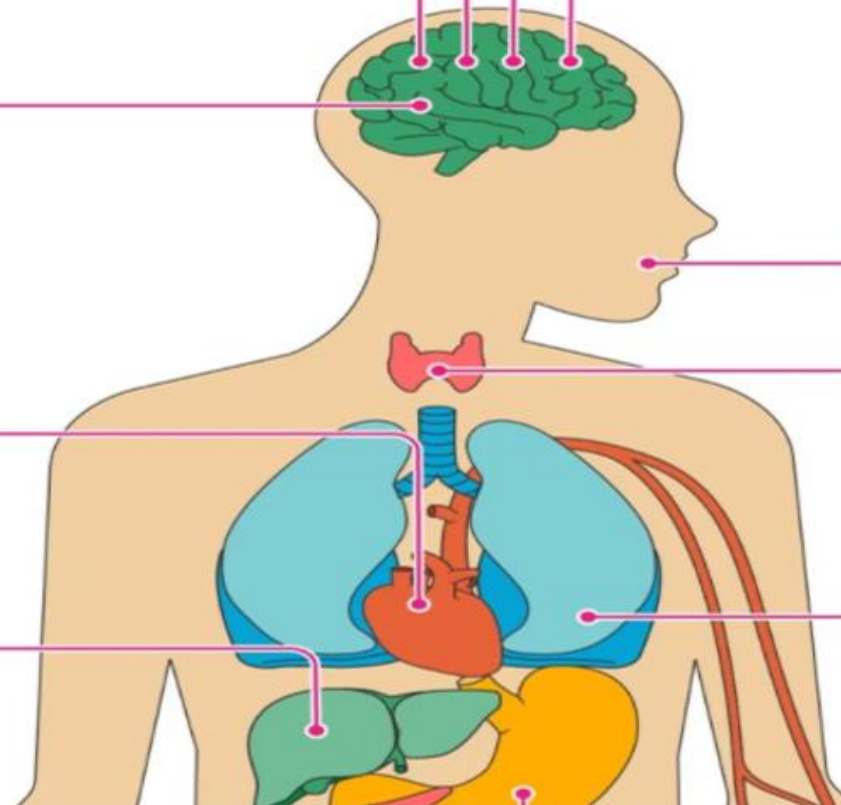
Slurred speech is one of the first symptoms of excessive alcohol consumption.

cancer

Chronic drinkers of alcohol are more likely to develop throat, mouth, or esophagus cancers. Breast cancer is also more common in women who drink excessively.

lung infections

People who drink frequently have a hard time fighting off bacteria and viruses, and are more susceptible to illnesses like tuberculosis and pneumonia.



The Impact of Alcohol on the Body and Brain



pancreatitis

Excessive alcohol consumption or abuse is a leading cause of chronic pancreatitis.

frequent diarrhea

Alcohol consumption can damage your intestines, which may lead to bouts of diarrhea or stomach pain.

infertility

Over a longer period of time, drinking excessive amounts of alcohol may cause infertility.

sexual dysfunction

Men who have alcohol use disorder are more likely to experience erectile dysfunction.

malnutrition

Alcohol prevents your body from properly absorbing the vitamins and minerals from foods you eat.

diabetes complications

fatigue

Fatigue or feeling tired may be a sign of anemia, which is a possible complication of alcoholism.

stomach distress

Drinking too much can lead to bloating, gas, and painful ulcers.

birth defects

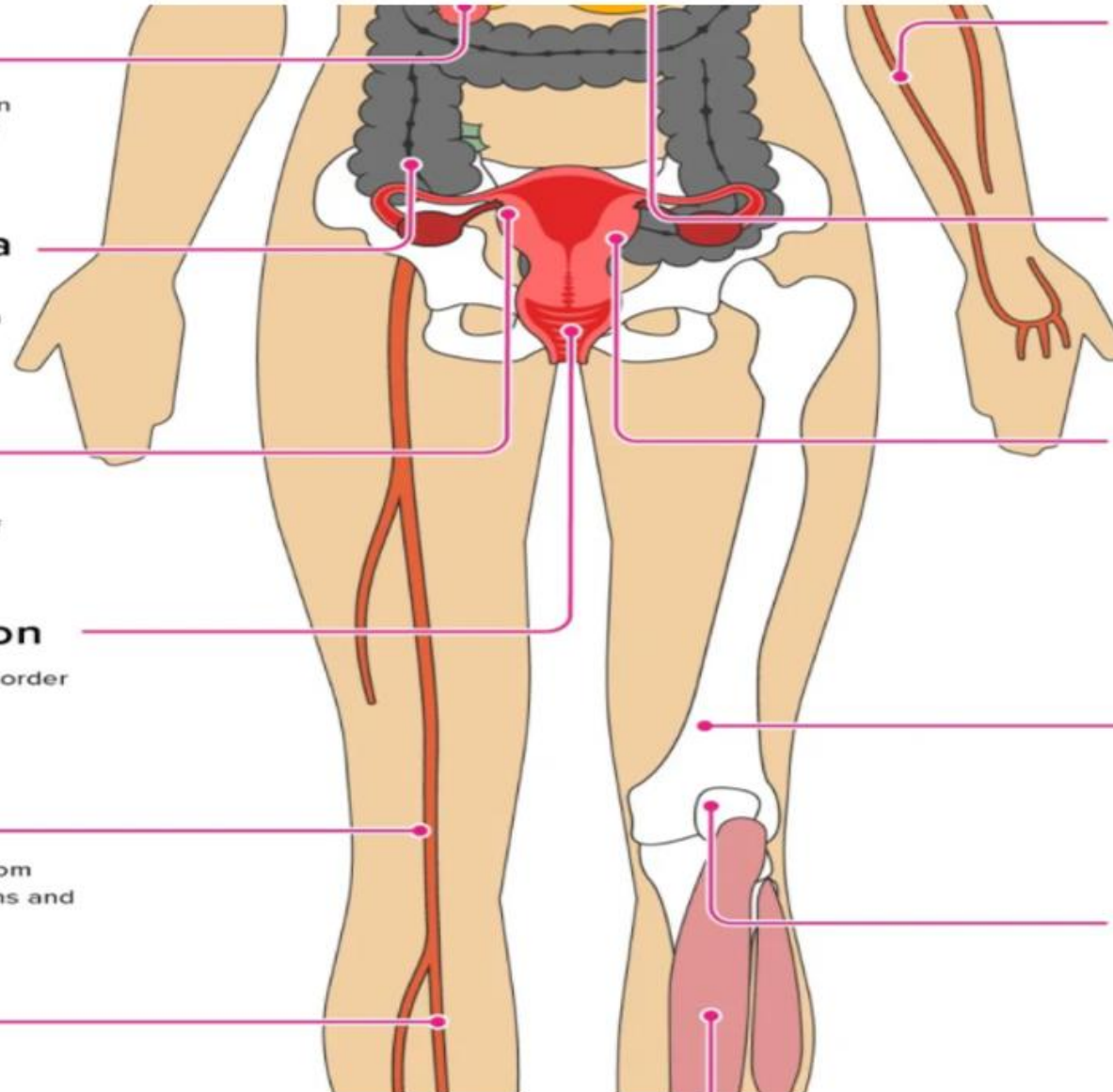
A pregnant woman's heavy drinking can increase a baby's risk for several conditions, including fetal alcohol syndrome and issues with mental development.

thinning bones

Drinking increases your risk of osteoporosis, or thinning bones.

changes in coordination

Too much alcohol can interfere with your coordination and your ability to balance or walk.





How alcohol affects the Teenage Brain

- [How Does Alcohol Affect the Teen Brain? \(youtube.com\)](https://www.youtube.com/watch?v=...)





Make a list of the impact of alcohol on the body:





Taking Risks when Driving

- One in five drivers admit to driving the morning after they drank a lot the night before.
- People are getting into their cars in the morning, without realising they could still be over the legal limit to drive. Just because you've been to sleep, it doesn't mean you're no longer affected by alcohol.
- In general, alcohol is removed from the blood at the rate of about one unit an hour. But this varies from person to person. It can depend on your size and gender, as men tend to process alcohol quicker than women; how much food you've eaten; the state of your liver, and your metabolism



The consequences of Drink Driving

Make a list and discuss:



The consequences of Drink Driving

- If a person is found guilty of drink driving they can be fined, banned from driving or even imprisoned.
- **Being in charge of a vehicle while above the legal limit or unfit through drink. This could result in 3 months' imprisonment, up to £2500 fine or a possible driving ban.**
- **Driving or attempting to drive while above the legal limit or unfit through drink. A person could get 6 months' imprisonment, an unlimited fine or a driving ban for at least 1 year (3 years if convicted twice in 10 years).**
- **Causing death by careless driving when under the influence of drink. This serious offence could result in 14 years' imprisonment, an unlimited fine, a ban from driving for at least 2 years or an extended driving test before your licence is returned.**





It takes less than you THINK!





Make a list what you think is drink spiking?

**What is
drink
spiking?**





What is drink spiking?

- **What is drink spiking?**
- A person's drink can be spiked to make them more vulnerable for a variety of reasons, including theft, sexual assault or as an attempted joke.
- *Because there are no official statistics it's difficult to know the true extent of the crime. Often people don't report drink spiking because they don't remember details of the night or they feel embarrassed.*
- It can be a scary experience and it's important to be able to recognise the signs your drink has been spiked or how to help someone you suspect has been a victim.





Symptoms of drink spiking

Symptoms of drink spiking

The effects of drink spiking vary depending on what you've been spiked with. Your symptoms could include

Lowered inhibitions

Loss of balance

Visual problems

Confusion

Nausea

Vomiting

Unconsciousness





List tips you would give someone on how they could stay safe and drink responsibly on a night out:

1.

2.

3.

4.





How to stay safe when out drinking

- Here are some tips for staying safe and drinking responsibly on a night out:
 - **Limit your alcohol intake.** The more you drink, the more incapacitated you may become. It can be a good idea to set a safe limit on how many drinks you plan on having.
 - *Know how much alcohol is in each drink you are consuming. Each type of alcoholic drink has different amounts of alcohol.*
 - **Eat before or while drinking.** Food can help to metabolize, absorb, and break down alcohol.
 - **Know your own limits.** Alcohol affects each person differently as each person's metabolism is different.
 - *Don't mix alcohol and drugs.*
 - **Never leave your drink unattended. Keep an eye on your drink at all times.**
 - **Nominate one person as the designated non-drinker for the evening.** You can take turns being this person on different occasions.
 - **Talk with your friends about expectations before heading out.**
 - **Have a plan for getting home safely.**



Dangers of your drink being Spiked



**WHAT HAVING YOUR
DRINK SPIKED FEELS LIKE**





Help and Support

- Talk to FRANK
- <https://www.talktofrank.com/>
- Drinkaware
- <https://www.drinkaware.co.uk/>
- NHS
- <https://www.nhs.uk/live-well/healthy-body/drug-addiction-getting-help/>
- YoungMinds
- <https://youngminds.org.uk/find-help/looking-after-yourself/drugs-and-alcohol/>
- Alcohol Change UK
- <https://alcoholchange.org.uk/>
- DrugWise
- www.drugwise.org.uk
- Change Grow Live
- <https://www.changegrowlive.org/>

