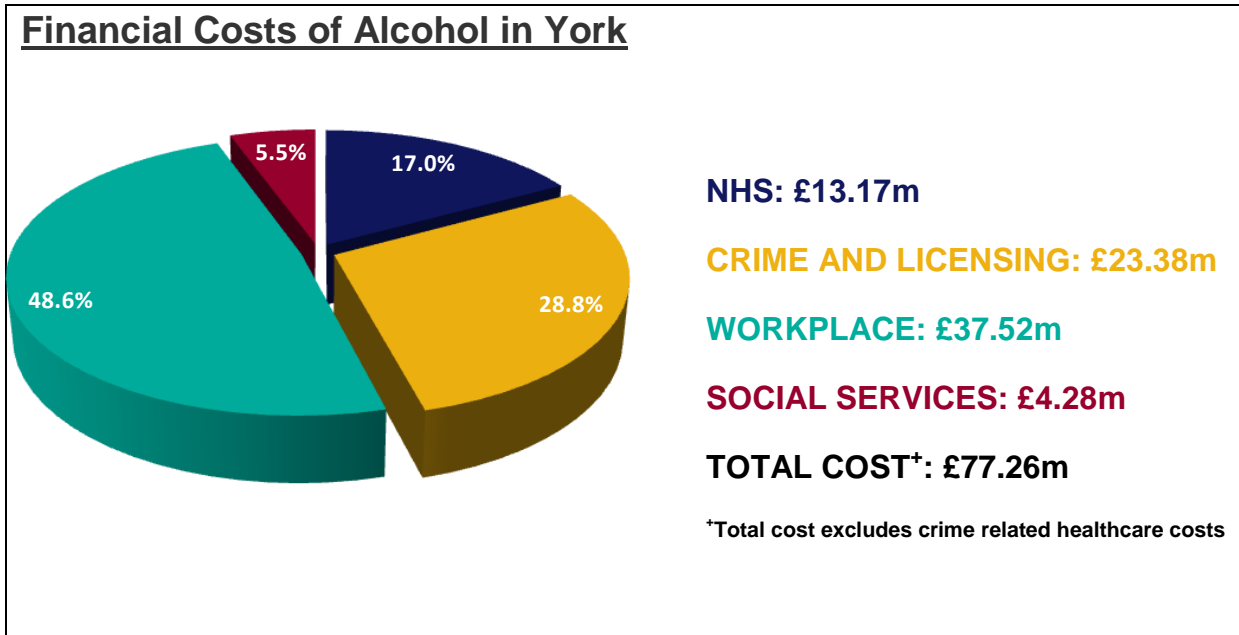


**Annex A - Key Alcohol Related Information for York**

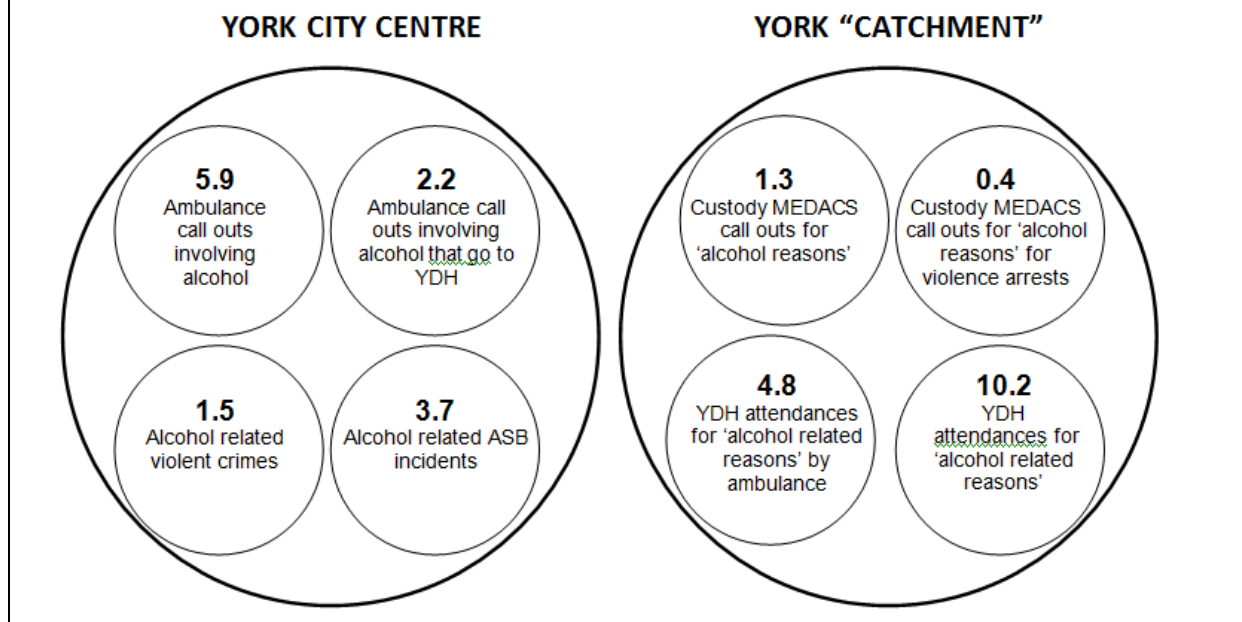
The Department of Health estimates that the harmful use of alcohol costs the National Health Service around £2.7 billion a year and 7% of all hospital admissions are alcohol related ([Public Health England, 2013](#)).

Public Health England estimated the cost to society from alcohol for each local authority area. For York, the breakdown of estimated cost is shown in the pie chart below. York has a lower alcohol cost per head of population (£391) compared with regional (£397) and national (£402) averages.



The impact of alcohol at a local level can be seen in the chart below which shows the demand placed on local services because of alcohol.

## Alcohol Related Impact of a Friday Night



Drinking alcohol can lead to over 40 medical conditions, including cancer, stroke, hypertension, liver disease and heart disease ([General Lifestyle Survey](#)).

Recommended levels of alcohol consumption are that:

- men should not regularly exceed 3-4 units of alcohol a day (equivalent to a pint and a half of 4% beer)
- women should not regularly exceed 2-3 units of alcohol a day (equivalent to a 175 ml glass of wine)

The Department of Health defines alcohol misuse into five categories:

- Lower risk drinking: men drinking no more than 3-4 units a day and women drinking no more than 2-3 units a day on a regular basis.
- Increasing risk (also known as hazardous drinking): men drinking more than 3-4 units a day and women drinking more than 2-3 units a day on a regular basis. These people are drinking above recognised sensible levels but are not yet experiencing harm.
- Higher risk (also known as harmful drinking): people who are drinking above recommended levels and experiencing physical and/or mental harm. Higher risk drinking is the regular consumption

of more than 8 units a day for a man or more than 6 units per day for a woman. Individuals categorised as higher risk drinkers are not dependent on alcohol.

- Dependent drinkers - this group are drinking above recommended levels, experiencing an increased drive to use alcohol and feel it is difficult to function without alcohol. Dependent drinking can be further sub-divided into three categories; mild, moderate or severe dependence.
- Binge drinking is defined as drinking at least twice the daily recommended amount of alcohol in a single drinking session (8 or more units for men and 6 or more units for women). Binge drinking usually refers to people drinking a lot of alcohol in a short space of time or drinking to get drunk.

York has higher rates of people drinking at increasing and higher risk levels and significantly higher rates of people binge drinking than the England average.

Drinking category	England measure	York measure	York population (18+) estimated to drink at this level
Lower risk	73%	71%	115,187
Increasing risk	20%	21%	33,622
Higher risk	7%	8%	12,449
Binge drinking	20%	30%	47,894

Sources: [Local Alcohol Profiles for England](#)  
[Office for National Statistics](#)

In men, the age group that reports drinking the most amount of alcohol per week are 45–64 year olds. 16–24 year olds report drinking the least amount of alcohol per week ([Health & Social Care Information Centre, 2013](#)).

In women, the age group that reports drinking the most amount of alcohol per week are 16–24 year olds. 25–44 year olds report drinking the least amount of alcohol per week ([Health & Social Care Information Centre, 2013](#)).

Self reported levels of drinking should be treated with caution as many people under report the amount of alcohol they actually drink. This difference can be shown when comparing self reported levels of drinking to taxation data detailing the amount of alcohol actually sold. Self reported measures of drinking under estimate consumption by up to 40% ([Alcohol Concern, 2009](#)).

The only measure available to estimate the number of dependent drinkers is from the 2007 Adult Psychiatric Morbidity survey. This estimates that across England, approximately 9% of men showed some degree of alcohol dependence: 8% with mild dependence, 1% with moderate dependence, and 0.1% with severe dependence. In women, approximately 3% showed some dependence: just under 3% with mild dependence and less than 0.1% with either moderate or severe dependence.

For men, the highest rates of dependence were reported in 25 to 34 year olds (approximately 15% mildly dependent, 2% moderately dependent), and for women in 16 to 24 year olds (approximately 10% mildly dependent, 0.3% moderately dependent).

In 2012-2013 there were 491 people accessing treatment services for alcohol in York. The treatment penetration rate – that is, how many people who have a problem with alcohol are accessing treatment – is higher than the England treatment penetration rate. York’s figure is 5.1% compared to 4.3% for England.

<b>Data</b>	<b>Region</b>	<b>Males</b>	<b>Females</b>	<b>Persons</b>
a) 16-74 population (ONS Mid 2012)	York	74,456	76,760	151,216
	England	19,425,657	19,725,828	39,151,485
b) Dependent Drinker Estimates - % of 16-74 population (9.3% male, 3.6% female)	York	6,924	2,763	9,688
	England	1,806,586	710,130	2,516,716
c) Number of people in structured alcohol treatment 2012-2013 NDTMS	York	291	200	491
	England	69,461	38,727	108,188
d) Treatment penetration rates (c/b x100)	York	<b>4.2%</b>	<b>7.2%</b>	<b>5.1%</b>
	England	<b>3.8%</b>	<b>5.5%</b>	<b>4.3%</b>

This estimate is based on the number of people accessing treatment who are classed as ‘dependent drinkers’ and calculated from the number of dependent drinkers there are estimated to be in York.