

Alcohol in Hull 2014: Summary

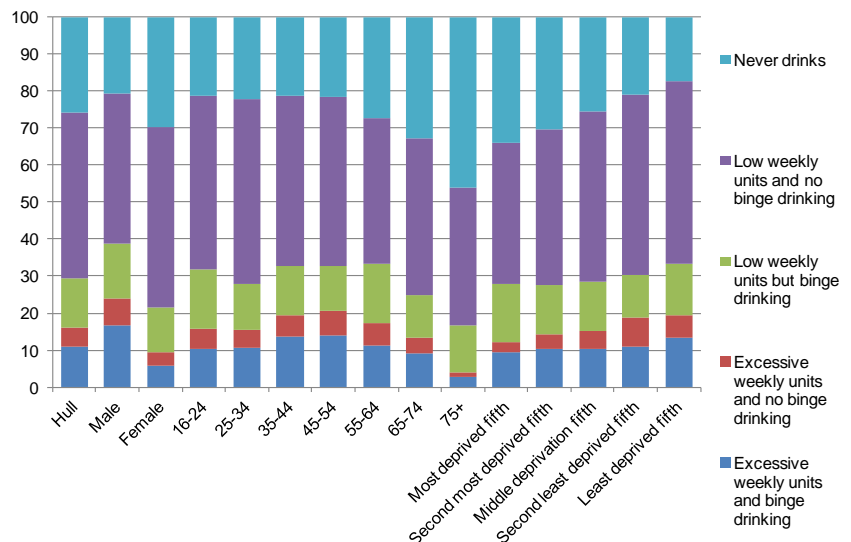
1. WHY IS ALCOHOL IMPORTANT?

- ❖ In Hull, it is estimated that 15 months of life are lost to alcohol for men and 6.4 months for women. Life expectancy would increase by 1.25 years for men and 0.5 years for women if all premature alcohol-related deaths were prevented.
- ❖ There are around 2,000 alcohol-related admissions to hospital every year in Hull.
- ❖ It is estimated that the cost of harmful use of alcohol costs the NHS in England around £3.5 billion a year. However, there are further sizeable costs to the police and economy, and other non-financial costs to society in general.
- ❖ Alcohol-related admissions to hospital is a performance indicator included in Hull's Health and Wellbeing Strategy 2014-2020.
- ❖ Alcohol-related admissions to hospital and deaths from liver disease (though not all will be alcohol-related) are both indicators within the Public Health Outcomes Framework.

2. KEY POINTS FROM HEALTH AND LIFESTYLE SURVEY 2014

Over five thousand adults in Hull, representative of the population, were asked about lifestyle behaviours, including alcohol consumption, between September and December 2014. Excessive alcohol consumption is defined as 14+ units of alcohol per week for both males and females (dangerous levels >35 units) based on the 2016 national alcohol guidelines. Binge drinking is defined as drinking 8+ and 6+ units on a single day at least once a week for men and women respectively (which is twice the recommended daily limit).

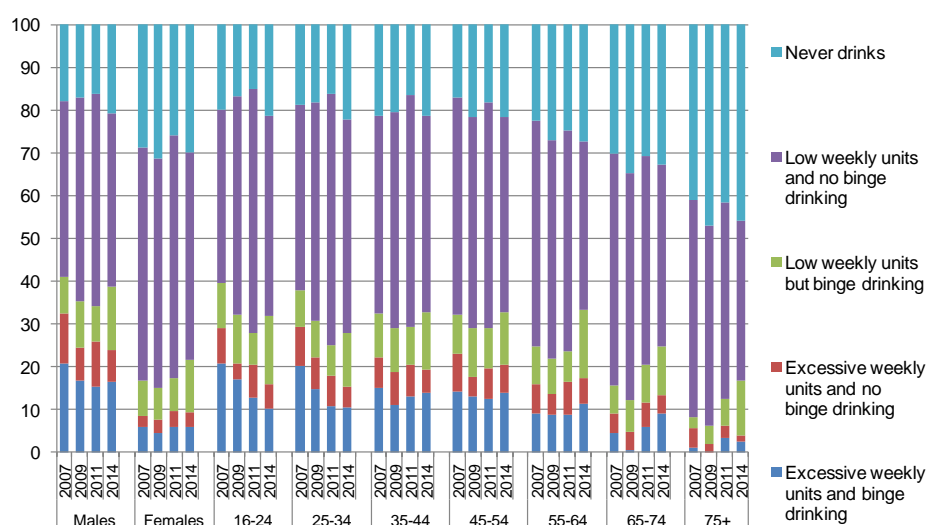
- ❖ **In summary, 30% of people had exceeded the recommended weekly alcohol units during the previous week and/or usually binge drink weekly.** This includes 11% who both exceed the weekly units and binge drink, and also includes 3.7% who drank at dangerous levels. A further 25% never drink alcohol, and 29% do sometimes drink alcohol but had not done so the week before.



- ❖ **Men drank alcohol more frequently and at higher levels compared to women.** Almost 40% of men had exceeded the recommended weekly alcohol units the previous week and/or usually binge drink weekly compared to 22% of women. Women were also more likely to never drink alcohol (28% versus 20%).
- ❖ **People in their middle years (35-54 years) were more likely to drink excessively or dangerously.** There were relatively few differences in binge drinking across the ages (with the exception of the oldest who were the least likely to binge drink).

- ❖ **People living in the least deprived areas were more likely to drink excessively.** People living in the most deprived areas were more likely to never drink alcohol, with relatively small differences in the percentages binge drinking weekly by deprivation.

- ❖ **The prevalence of drinking excessively and/or binge drinking has increased recently.** From the local surveys, it was estimated that the prevalence drinking excessively and/or binge drinking was 29% in 2007 falling to 25% in both 2009 and 2011-12, which has subsequently increased to 30% in 2014. This was predominantly due to increases in binge drinking rather than changes in those drinking excessively, and mainly due to



increases for middle and older age groups and those living in the least deprived areas.

- ❖ **Excessive alcohol consumption had reduced over time, but not among older people, women and people living in the least deprived areas.** Between 2007 and 2014, the prevalence of drinking excessively had remained the same for women and reduced by one-quarter among men. The prevalence had also reduced by one-quarter among those aged 16-34 years, but had increased or remained approximately the same for all other age groups. Excessive alcohol consumption had reduced among those living in the three most deprived fifths of areas (by 20%) remaining relatively unchanged among the two least deprived fifths of areas.
- ❖ **Since 2011, binge drinking had increased across all age groups.** Prevalence had fallen between 2007 and 2011, but increased for 2014. The current prevalence is now higher than the prevalence in 2007 for men (slightly), women, those aged 35+ years (particularly among those aged 55+ years) and those living in the least deprived areas.
- ❖ **Around 61,600 people in Hull drink too much alcohol and/or binge drink weekly.** This includes over 7,700 people who drink at dangerous levels.

3. WHAT DOES THIS MEAN FOR HULL?

- ❖ To reduce health inequalities in Hull, it is necessary to target the wards which have the highest prevalence of drinking excessively and/or binge drinking (Newland, Bricknell, King's Park, Holderness, Ings, Southcoates East, Beverley and St Andrew's) or dangerous drinking (additionally Myton).
- ❖ Health and determinants or risk factors for poor health are generally worst for people living in the most deprived areas, but alcohol consumption is an exception with a higher prevalence among those living in the least deprived areas.
- ❖ Around one in six drink excessively, but around one in four binge drink. To reduce future problems, there should be more of a focus on reducing binge drinking and reducing levels among the relatively small numbers who drink at dangerous levels.