**Alcohol**

Alcohol is a part of many of our lives. We use it for celebration, for comfort, to socialise, to wind down, to cope. We treat it differently to other drugs; it’s legal, socially acceptable, even encouraged.

Yet in the UK one person every hour dies as a result of alcohol. Alcohol harm – mental health problems, liver disease, one of seven forms of cancer, economic difficulties, and so much more – can affect any one of us, from any walk of life.

* In England, there are an estimated 602,391 dependent drinkers (2018.19),of whom 82% are not accessing treatment [6].
* Alcohol misuse is the biggest risk factor for death, ill-health and disability among 15-49 year-olds in the UK, and the fifth biggest risk factor across all ages
* 24% of adults in England and Scotland regularly drink over the Chief Medical Officer’s low-risk guidelines [1, 16], and 27% of drinkers in Great Britain binge drink on their heaviest drinking days (over 8 units for men and over 6 units for women)
* Alcohol is a causal factor in more than 60 medical conditions, including: mouth, throat, stomach, liver and breast cancers; high blood pressure, cirrhosis of the liver; and depression
* In 2020, in the UK, the alcohol-specific death rate was 14 per 100,000 people, an 18.6% increase compared with 2019 and the highest increase since the records began.
* From 2009 to 2019, the price of alcohol decreased by 5% relative to retail prices and became 13% more affordable than in 2008. Alcohol is 74% more affordable than it was in 1987

(reference can be found here: <https://alcoholchange.org.uk/alcohol-facts/fact-sheets/alcohol-statistics\>)

Check how healthy your drinking is with this quick quiz:.

<https://alcoholchange.org.uk/alcohol-facts/interactive-tools/check-your-drinking>

Signposting:

<https://www.nhs.uk/better-health/drink-less/>

**www. alcoholchange.org.uk**

**www.nhs.uk/oneyou/for-your-body/drink-less/**

**Alcoholics Anonymous 0800 9177 650**

**Alcohol wheel/unit calculator/AUDIT C**

[**www.dft.gov.uk/think**](http://www.dft.gov.uk/think)

