Risks
- High blood pressure
- Cirrhosis
- Depression
- Mouth cancer
- Throat cancer
- Breast cancer
- Liver cancer

2nd biggest risk factor for cancer (after smoking)
Alcohol can be the cause of more than 60 medical conditions

Impact on the UK
- 1.6m people alcohol dependent
- 9,990 drink driving casualties p.a.
- 917,000 violent incidents p.a.
- 24% of drinkers consume alcohol in a harmful way
- Costs to each tax payer £125 p.a.
- Annual cost of misuse £21bn

Impact on the NHS
- 1.2m alcohol related admissions p.a.
- 43,450 admissions for liver disease p.a.
- 117% increase in under 30s admissions p.a.
- 13,290 under 18s receive specialist help for alcohol problems p.a.
- 150% increase in admissions 60 – 74 age group
- Annual cost £3.5bn

Impact on mortality
- 8,748 deaths related to alcohol p.a.
- 37% of liver disease deaths due to alcohol
- 280 drink driving deaths p.a.
- 20% increase in liver disease deaths over the last decade

Benefits of cutting down
- Sleep better
- Save money
- Lose weight
- No hangovers
- Improved skin & hair
- Lower stress levels
- Lower blood pressure
- More energy
- Feel healthier

Recommended units per day
- Men
  - 3–4 units per day = 1.5 pints of beer (4% vol) or 1 glass of wine (250ml, 12% vol)
- Women
  - 2–3 units per day = 1 pint of beer (4% vol) or 1 glass of wine (175ml, 12% vol)

Alcohol contains 7 calories per gram, almost the same as pure fat
1 glass of wine = 1 slice of cake (similar amount of calories)

Source: Alcohol Concern (www.alcoholconcern.org.uk)

*It is also recommended to have no alcohol at least 2 or 3 days per week

£ annual cost £3.5bn
£31% of the population drink more than the recommended units
£
20% increase in liver disease deaths over the last decade
31% of the population drink more than the recommended units
37% of liver disease deaths due to alcohol
1 glass of wine = 1 slice of cake (similar amount of calories)

Dry January
Alcohol Concern
The reality making sense of alcohol
NHS Employers