

Alcohol Strategy

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Health Overview and Scrutiny Report into Alcohol

- Overwhelmingly a health issue
- 36000 adults in borough drink above sensible limits
- 5000 are alcohol dependent
- Binge drinking now below national and London average.
- Much work is already under way
- Number of recommendations for improvements/developments

Local Alcohol Strategy draft

- Reduce negative impacts of alcohol on health
- Reduce impact of alcohol related anti-social behaviour
- Reduce alcohol use among children and young people

Cont'd

- Reduce negative impact of alcohol use on town centres while ensuring no negative impact on local economy
- Improve data collection and local knowledge of impact of alcohol
- Improving responsible alcohol sales

Sensible drinking limits

- 3-4 units per day for men
- 2-3 units per day for women
- www.drinkaware.co.uk

Children and Young people

- Children should not drink before they're 15, if at all.
- 5-17-years-olds should only drink when they're supervised by a parent or other adult.
- If 15-17-year-olds drink, they should do so infrequently and definitely on no more than one day a week. Parents and young people should be aware that drinking, even at age 15 or older, can be dangerous to health. Not drinking is the healthiest option for young people.