



Remote
Health



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Course Materials

Create good habits:
Using alcohol wisely





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The most important facts ⁽¹⁾





- ☞ Excessive alcohol consumption causes disease
- ☞ Alcohol kills 3 million people worldwide every year
- ☞ Excessive alcohol consumption causes social and economic losses for those affected and for society as a whole
- ☞ In the last 10 years, alcohol abuse among young people has risen sharply
- ☞ In the group of 20-39 year olds, about 13.5% of deaths are caused by alcohol
- ☞ There is a direct link between alcohol abuse and mental illness or behavioral disorders
- ☞ One in three adults in the EU admit to drinking large amounts of alcohol (more than 5 units) at least once a month





What is alcohol abuse? ⁽³⁾

At what point can alcohol be harmful?





- ☞ Alcohol abuse is the consumption of alcoholic beverages in quantities that are harmful to health
- ☞ Alcohol consumption is measured in units
 - ☞ 1 unit = 8 to 9 g of pure alcohol
 - ☞ 1 unit = approx. 1 glass of wine (10cl)
 - ☞ 1 unit = approx. 2 glasses of beer (25cl)





At what point can alcohol be harmful?

- More than 4 units per day for men or more than 2 units per day for women is considered harmful to health
- For children and adolescents there is no harmless amount
- During pregnancy, even small amounts of alcohol are harmful to the unborn child





Long- and short-term consequences of alcohol abuse ^(3, 5)

Why is action needed?





Health-related short-term consequences of alcohol abuse

Amongst others:

- ☞ Injuries, traffic accidents, falls, drowning
- ☞ Violence: Homicide, suicide, sexual assault, relationship violence
- ☞ Alcohol poisoning
- ☞ Risky sexual behaviors, unintended pregnancy, sexually transmitted diseases (including HIV), miscarriage.



Consequences of alcohol abuse



Health-related long-term consequences of alcohol abuse

Amongst others:

- ☞ Chronic diseases, high blood pressure, heart disease, stroke, cancers
- ☞ Learning and memory problems: dementia, poor academic performance
- ☞ Mental health: depression, anxiety, alcohol addiction
- ☞ Social problems: family problems, school-related problems



Consequences of alcohol abuse



Why is action needed?

Harmful alcohol consumption has a significant impact on public health and imposes very high costs on health care, health insurance, law enforcement, public order, and the workplace.

Some problems are common, such as underage drinking and alcohol-related traffic accidents. Therefore, action is needed.





Tips to avoid alcohol abuse ⁽⁴⁾





- ☞ It is important to understand that alcohol poses a risk to your health and safety.
- ☞ If you work from home, follow standard workplace rules and don't drink.



- ☞ Alcohol is not a necessary part of your diet and should not be at the top of your shopping list.
- ☞ Avoid hoarding alcohol at home, as this could increase your own alcohol consumption and that of others.
 - ☞ Your time, money and other resources are better spent buying healthy and nutritious foods that maintain your health and strengthen your immune system.





- ☞ You might think that alcohol helps with stress management, but it's actually not a good coping mechanism, as it's known to increase symptoms of panic and anxiety disorders, depression, and other mental health disorders, as well as the risk of family violence and domestic violence.





- ☞ Instead of consuming alcohol to pass the time at home, try an indoor workout or some other distracting and fun activity.
- ☞ Physical activity strengthens the immune system and is very beneficial overall - both in the short and long term.





- Do not introduce your children or other young people to alcohol or get drunk in their presence.
- Child abuse and neglect can be exacerbated by alcohol consumption.
- Alcohol is closely related to violence, including intimate partner violence. Men commit most violence against women, which is exacerbated by their alcohol consumption.





How to get help with alcohol problems





If you have an alcohol problem or are unsure whether your drinking behavior is okay, you should seek professional help.

Please don't keep your worries and problems to yourself!

You should always see a doctor for a diagnosis. Psychotherapeutic support can also be very useful.





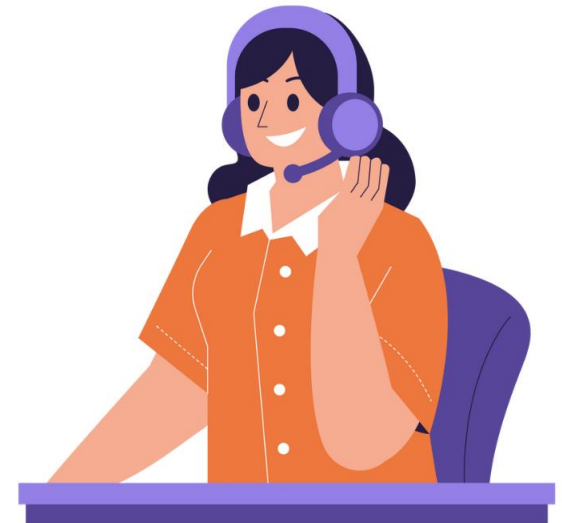
There are also advice centers or telephone helplines that often offer anonymous advice.

"Anonymous" means that you do not have to provide any personal information, such as your real name.

You can find out whether there is such an advice center nearby using search engines on the Internet.

For the UK this would be

<https://www.talktofrank.com/get-help/find-support-near-you>





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