Substance Misuse in Nottinghamshire Alcohol







Understanding Alcohol Risk

know your units

This is one unit...



Half a pint of beer or lager (ABV 3.6%)



Half a small glass of wine (85ml) (ABV 12%)



One 25ml measure of spirits (ABV 40%)

...and these are more than one unit



A pint of "regular" beer 2.3 units (ABV 4%)



A pint of "premium" beer, lager or cider 3 units (ABV 5.2%)

ABV (Alcohol By Volume)



440ml can of "regular" lager or cider 2 units (ABV 4.5%)



Wine 250ml glass 3 units



A 70cl bottle of wine 10 units (ABV 13.5%)

440ml can of "super strength" lager 4 units (ABV 9%)



Alco pop 1.4 units (ABV 5%) (ABV 12%)

Nottinghamshire County Council





Men Women who regularly* who regularly* drink drink over over 8 units HIGHER 6 units per day per day RISK (over 50 units (over 35 units per week) per week) over over INCREASING 3-4 units 2-3 units RISK per day per day Should not Should not regularly* regularly* LOWER drink more drink more RISK than 3-4 than 2-3 units per day units per day

Progressively increasing risk of:

- Low energy
- Memory loss
- Relationship problems
- Depression
- Insomnia
- Impotence
- Injury
- Alcohol dependence
- High blood pressure
- Liver disease
- Cancer

*'Regularly' means drinking every day or most days of the week. You should also take a break for 48 hours after a heavy session to let your body recover.







Understanding dependence

Nationally 9% males 3% females are dependent on alcohol

In Nottinghamshire its estimated 21,000 are dependent on alcohol (2.7%)

Different factors contribute:

- Predisposition can be inherited (genetic risk 40-60%)
- Family attitude
- Stress i.e work pressures
- Stress such as major life events loss of job or bereavement







However, in Nottinghamshire

20% Binge drink

7% High Risk

21% Increasing Risk

72% Low Risk







Risk factors

No single risk factor

Children and young people particularly at risk include those:

- who are or who have been looked after by local authorities, fostered or homeless, or who move frequently
- whose parents or other family members misuse substances
- marginalised and disadvantaged communities, including some black and minority ethnic groups
- behavioural conduct disorders and/or mental health problems
- those excluded from school and truants
- young offenders (including those who are incarcerated)
- involved in commercial sex work
- with other health, education or social problems at home, school and elsewhere
- who are already misusing substances.







The relationship between drugs and mental illness

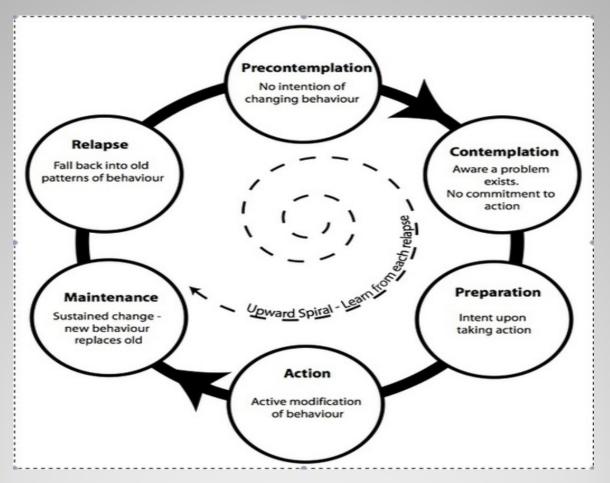
The Department of Health has identified four possible relationships between drugs and mental health:

- A mental illness can lead to substance misuse.
- The use of alcohol or drugs can make a mental health condition worse or alter its course.
- Use of drugs or alcohol may lead to psychological symptoms.
- Substance misuse or withdrawal may trigger mental health problems.





The Cycle of Change









Getting Help

0800 561 0040





