

HEALTH, SOCIAL & ECONOMIC IMPACT OF ALCOHOL



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EVIDENCE BASE FOR ALCOHOL STRATEGY

MAY 2004 - MARCH 2005

100 PAGES

SUMMARY TRANSLATED INTO ALL EU LANGUAGES

WHOLE REPORT TRANSLATED INTO FRENCH

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ALCOHOL IN EUROPE: A PUBLIC HEALTH PERSPECTIVE

c400 pages

Report completed February 2006

Released by European Commission 1 or 2 June 2006
(EU Health Council)

WHERE ARE WE NOW?

Full report in English

Full report in French

Summary in all EU languages

To come - shortened c. 50 page 'popular' version (English)

Release 1/2 June

EC website - + printed version

IAS and Eurocare sites

IAS & Eurocare media release

STAKEHOLDER MEETINGS

- **20 January 2005**
- **30 August 2005**
- **26 September 2005**

PEER REVIEW MEETING

- **11 April 2006**

STAKEHOLDERS

AMSTERDAM GROUP

BREWERS OF EUROPE/NERA CONSULTING

EUROPEAN SPIRITS ORGANISATION

COMITÉ VINS

ASSOCIATION OF CIDER AND FRUIT WINE INDUSTRY OF EU

OSSERVATORIO PERMANENTE SUI GIOVANI E L'ALCOOL

COPA-COGECA

DEUTSCHE WEINAKADEMIE

EASA

WEINBERG GROUP

Comments by Stakeholders to be published as Annexe to Report

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STATEMENT

Presentation of Dr. Anderson „Health, Social and Economic Impact of Alcohol“

Deutsche Weinakademie
Prof. Dr. Hans-Rüdiger Vogel
Chairman of the Scientific Committee

1. General remarks

Undoubtedly, alcohol misuse carries a considerable potential of harm and addiction. On the other hand, however, light to moderate alcohol consumption also provides health benefits. In addition, the consumption and enjoyment of various alcoholic beverages is part of the cultural heritage. The very *different* drinking patterns in *different* areas of the world are part of a very *different* traditional lifestyle. Thus, the use and associated risks not only depend on the amount of alcohol but also on the type of alcoholic beverage and on the drinking pattern.

Degenerative diseases such as coronary heart disease (CHD) and cancer are caused by multiple factors. Lifestyle influences the development of these diseases considerably. With the available research methods, it is not possible to draw (evidence-based) definite conclusions about the cause and effect of a single factor, such as the influence of alcohol on health. In order to examine this relationship, controlled intervention studies with respective hard endpoints are necessary but have never been carried out so far.

2. Criticism

In point 6 of the charts „The individual harm done by alcohol“, Anderson refers to the meta-analyses of White und Corrao (1, 2).

- In the meta-analysis of **Corrao (2004)**, 99 so-called case control studies and 57 cohort studies are included, alone 28 cohort studies on "Alcohol and Coronary Heart Disease". Because of their susceptibility to systematic methodical errors (ie. recall bias), case control studies are not regarded reliable evidence-based science. Past lifestyle characteristics cannot be recalled and monitored with sufficient reliability. These studies are of secondary importance in evidence-based medicine. A higher degree of evidence can be achieved with long-term studies (cohort studies), since - besides the individual drinking pattern of the participants - other relevant confounding factors can be monitored and included in the statistical analysis.

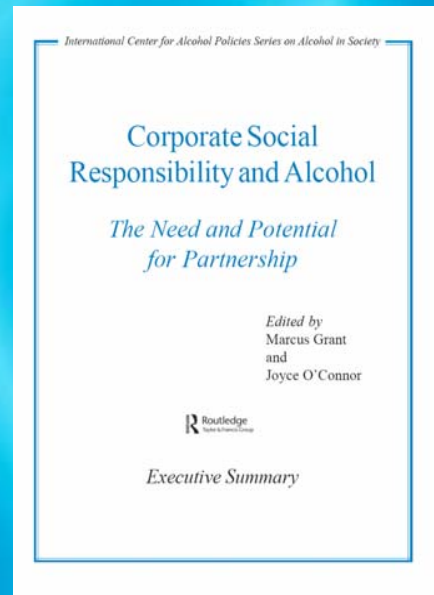
QuickTime™ and a
TIFF (Uncompressed) decompressor
are needed to see this picture.

*ALCOHOL POLICY THROUGH PARTNERSHIP:
IS THE GLASS HALF-EMPTY OR HALF-FULL?*

A SURVEY OF KEY POLICY MAKERS

EXECUTIVE SUMMARY OF FINDINGS

International Center for Alcohol Policies
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Worldwide Brewing Alliance

Drinking and driving - Report 2005

25 000
LIVES TO SAVE

GUIDELINES FOR DEVELOPING A RESPONSIBLE SERVICE OF ALCOHOL TRAINING PROGRAMME AT NATIONAL LEVEL

DEVELOPED BY:

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FOR:

European Forum for Responsible Drinking asbl

December 2005

THE AMSTERDAM GROUP POSITION ON STRATEGIES TO ADDRESS ALCOHOL-RELATED HARM

- November 2004 -

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TABLE OF CONTENTS



TABLE OF CONTENTS

EXECUTIVE SUMMARY

LIST OF CONTRIBUTORS

TABLE OF CONTENTS

AN INTEGRATIVE APPROACH TO ALCOHOL POLICIES

Why Are Alcohol Policies Needed?
Balancing Benefit and Harm

Building Alcohol Policies
Elements of Sustainable Alcohol Policies
A Regulatory Framework for Effective Policies
Considerations for Successful Regulation
Regulation around Alcohol

Patterns, Targeted Interventions and Partnerships
Drinking Patterns
A Targeted Approach to Reducing Harm
Partnership

Steps for Developing Sustainable and Balanced Policies

HOW TO USE THE BLUE BOOK

MODULES FOR POLICY DEVELOPMENT

1. Alcohol Education
2. Life Skills
3. Social Norms Marketing
4. Responsible Hospitality
5. Drunkenness
6. Binge Drinking
7. Drinking and Violence
8. "At risk" Populations
9. Women and Alcohol
10. Drinking and Pregnancy
11. Young People and Alcohol
12. Legal Age Limits
13. Alcohol and the Family
14. Family-Based Prevention

15. Drinking and Driving
16. Blood Alcohol Limits
17. Alcohol Dependence and Treatment
18. Early Identification and Brief Intervention
19. Drinking Guidelines
20. Standard Drinks
21. Non-Commercial Alcohol
22. Drinking and the Workplace
23. The Elderly and Alcohol
24. Sexually Transmitted Diseases

BIBLIOGRAPHY

EXAMPLES OF TARGETED INTERVENTIONS

Alcohol Education
Life Skills
Social Norms Marketing
Responsible Hospitality
Drunkenness
Binge Drinking
Drinking and Violence
"At risk" Populations
Women and Alcohol
Drinking and Pregnancy
Young People and Alcohol
Legal Age Limits
Alcohol and the Family
Drinking and Driving
Blood Alcohol Limits
Alcohol Dependence and Treatment
Early Identification and Brief Intervention
Standard Drinks
Drinking and the Workplace

ANNEXES

Annex 1. ICAP Materials

Geneva Partnership on Alcohol: Towards a Global Charter
The Dublin Principles
Alcohol Policy Development: Partnership in Practice
Building Blocks Action Checklist
Framework for Responsibility
Self-Regulation and Alcohol: A Toolkit for Emerging Markets and the Developing World
What Drives Underage Drinking? An International Analysis

Annex 2. The Basics about Alcohol

Annex 3. Industry Codes of Practice for Self-Regulation



Press - Release

Embargo: 00:01 hrs Thursday 4th May 2006

A few beers a day can help keep the doctor away

Medical conference reveals latest science on role of responsible beer drinking in a healthy lifestyle

The health benefits of beer are the subject of a major European medical conference in Brussels today.

Leading medical and scientific experts from around Europe are meeting to share the latest scientific evidence on the role responsible beer drinking can play in a healthy diet and lifestyle.

While the wine story is well known, the positive role of beer is just emerging. Many of the health benefits of moderate beer drinking are unique to beer because of its ingredients such as hops and malted barley. Of all the alcoholic drinks on the market beer is also relatively low in alcoholic strength.

"This medical conference stresses that new evidence is emerging around the alcohol and health story", said conference Chairman Professor Jonathan Powell of the Medical Research Council Human Nutrition Research in Cambridge. "The media and public tend to focus on wine. However, the emerging evidence is the real benefits are related to the alcohol itself and so the positive story also relates to other drinks such as beer. Drinks such as beer have other nutrients and properties that can also be beneficial in terms of health. This conference is about redressing the balance.

"Another important aspect to the role of moderate drinking and health is that the benefits relate to many of the prime public health issues of today such as heart disease, osteoporosis, strokes, diabetes, cancer and Alzheimer's disease."

The key medical evidence presented at today's conference includes research that shows moderate beer drinking:

- Reduces the risk of heart disease
- Helps keep blood pressure down and reduce the risk of stroke
- Benefits the immune system meaning healthy adults are less prone to get infections
- Has anti-inflammatory effects which contributes to heart health
- Could play a role in the battle against osteoporosis as it Improves bone mineral density which contributes to healthy bones
- Helps fight cancer because of compounds in hops called flavinoids
- Decreases the risk of dementia due to its beneficial effect on preserving brain function in old age
- Can protect against type II diabetes.

More Follows.....

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.../A few beers a day page 2

The 4th European Beer & Health Symposium chaired by Professor Powell will hear a keynote speech by Mrs. Maria Rauch-Kallat, Austrian Federal Minister for Health and Women.

The scientific presentations include:

Professor Jonathan Powell from the UK will present the latest research on the role played by moderate beer consumption in promoting bone mineral density due to the natural silicon it contains.

Professor Manfred Walzl from Graz University, Austria will reveal the latest scientific evidence linking moderate alcohol consumption with a reduction in the risk of developing dementia and Alzheimer's disease.

Dr Jean-Michel Lecerf of the Pasteur Institute, France will present on the role of moderate beer drinking in healthy nutrition and the growing evidence that phenolic compounds from barley and hops which are unique to beer play a vital part in these benefits.

Dr Norbert Frank from the German Cancer Research Centre in Heidelberg, Germany will examine the science surrounding the beneficial role of hop compounds in preventing cancer.

Professor Arne Astrup of the Department of Human Nutrition, RVA University, Copenhagen, Denmark will present on the emerging evidence of the protective effect against metabolic syndrome and its link with body weight played by beer drinking.

Dr Ramon Estruch of the Department of Internal Medicine-Alcohol Unit, University of Barcelona, Spain will present on the role of moderate consumption of fermented drinks in cardiovascular health

Professor Ascension Marcos from the High Council of Scientific Research, Madrid, Spain will examine the role played by moderate beer consumption in boosting the immune system.

Dr Henk Hendriks from TNO Nutrition and Food Research, Zeist, the Netherlands will present evidence on the way in which moderate drinking is associated with a reduced risk of diabetes mellitus type II.

For more information contact: [Sanam Khatibi](mailto:Sanam.Khatibi) +32 (0)2 551 18 10

- Ends -

Professor Jonathan Powell is available for interview as are the other conference contributors

Notes for editors

The Brewers of Europe represent the national brewing associations from 22 countries.

To view a list of the members of The Brewers of Europe [click here](#).

This symposium is the fourth such event hosted by The Brewers of Europe following similar updates of the scientific research in 1999, 2001 and 2003.

To view the booklet published by The Brewers of Europe following the 3rd European Beer & Health Symposium held in 2003 on The Benefits of Moderate Beer Consumption [click here](#).

To view the programme of the 4th European Beer & Health Symposium [click here](#).

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