



Alkoholforbrug og skader i Europa – WHO's alkoholpolitik



World Health Organization

REGIONAL OFFICE FOR

Europe



Organisation mondiale de la Santé

BUREAU RÉGIONAL DE L'

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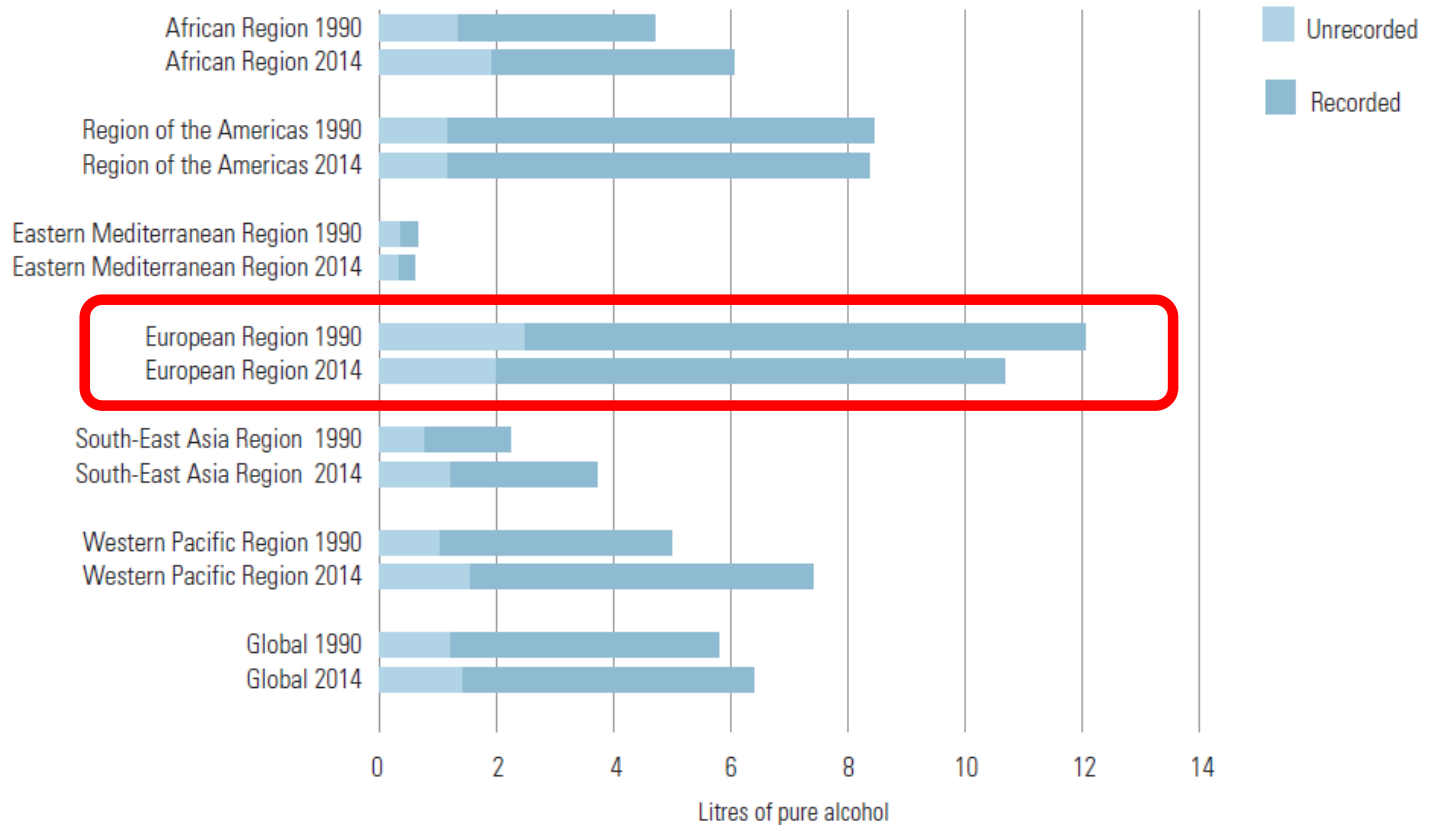
Европейское региональное бюро

Lars Moller

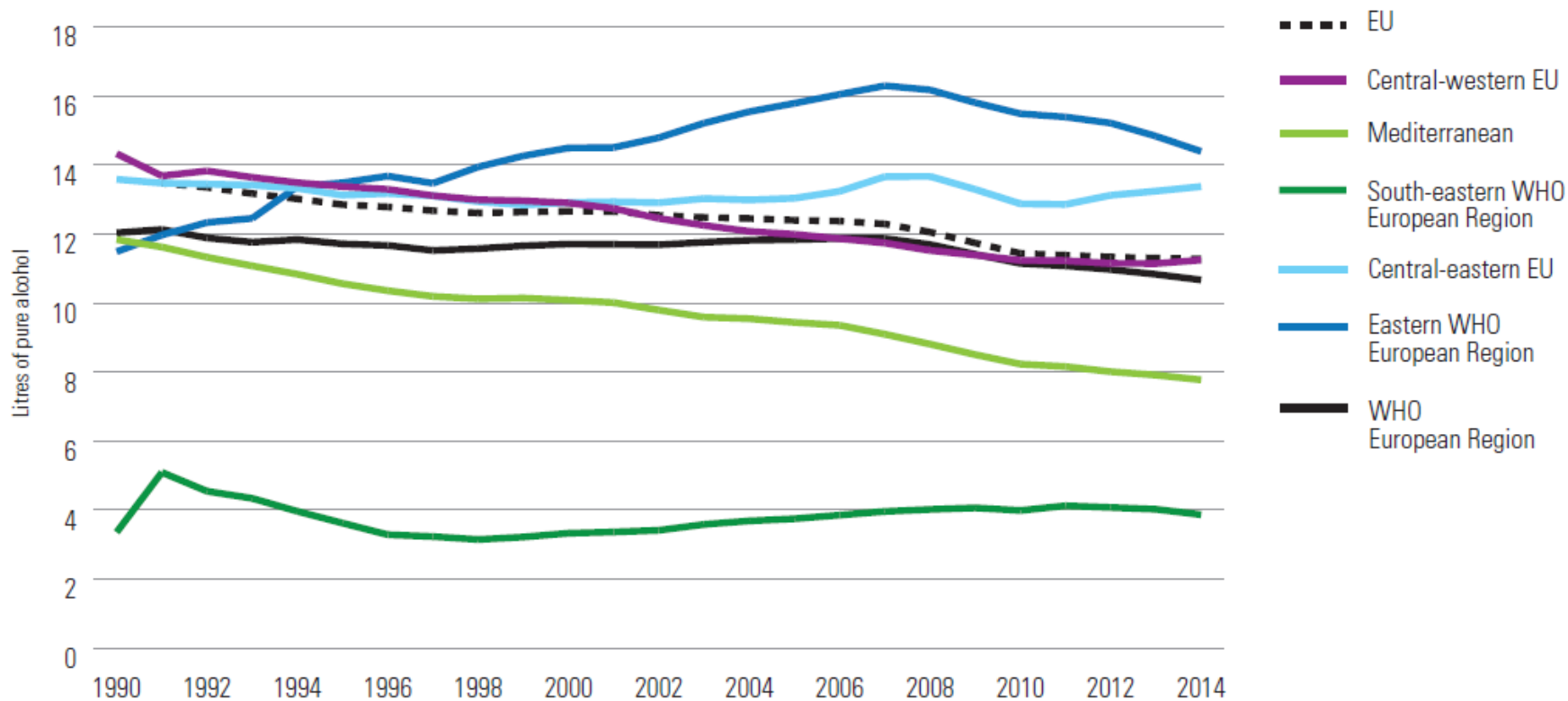
Programme Manager

World Health Organization Regional Office for Europe

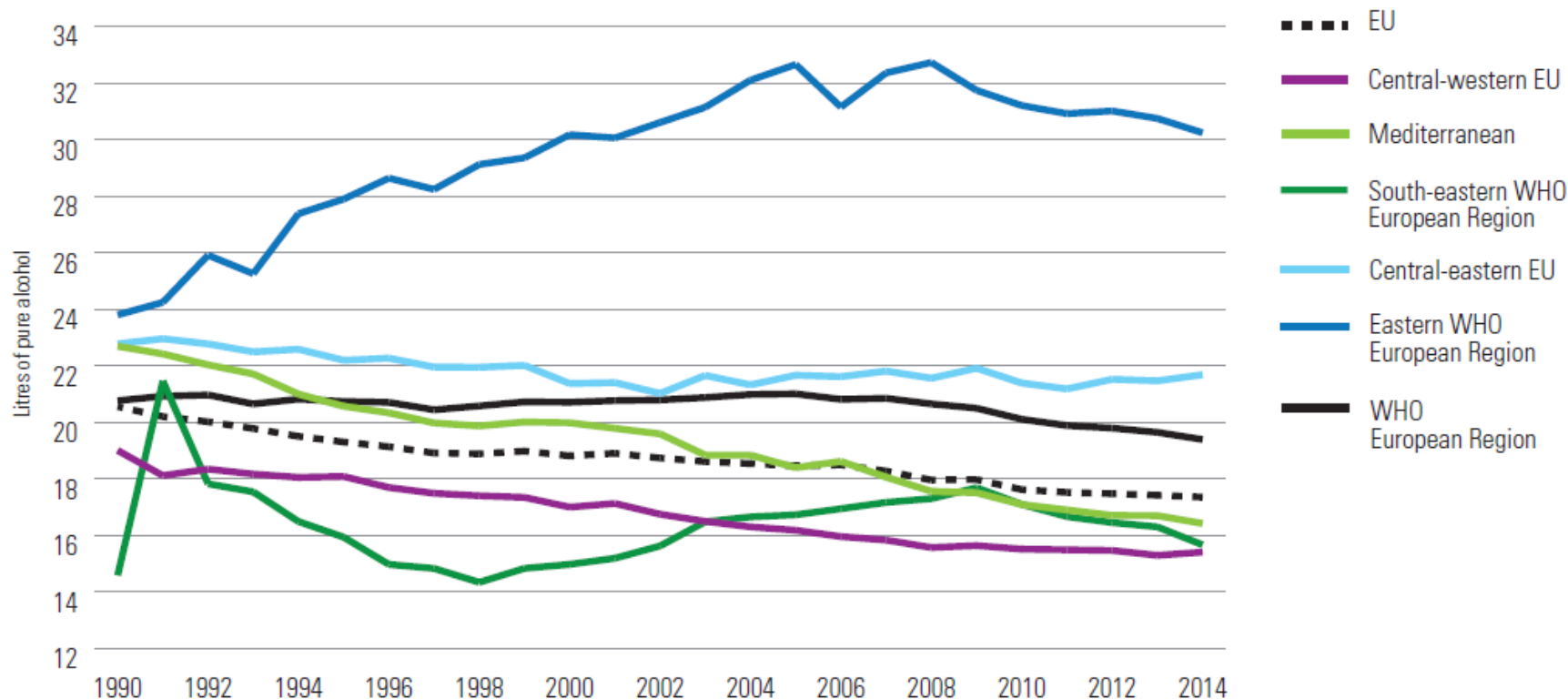
Adult per capita consumption in WHO regions in 1990 and 2014



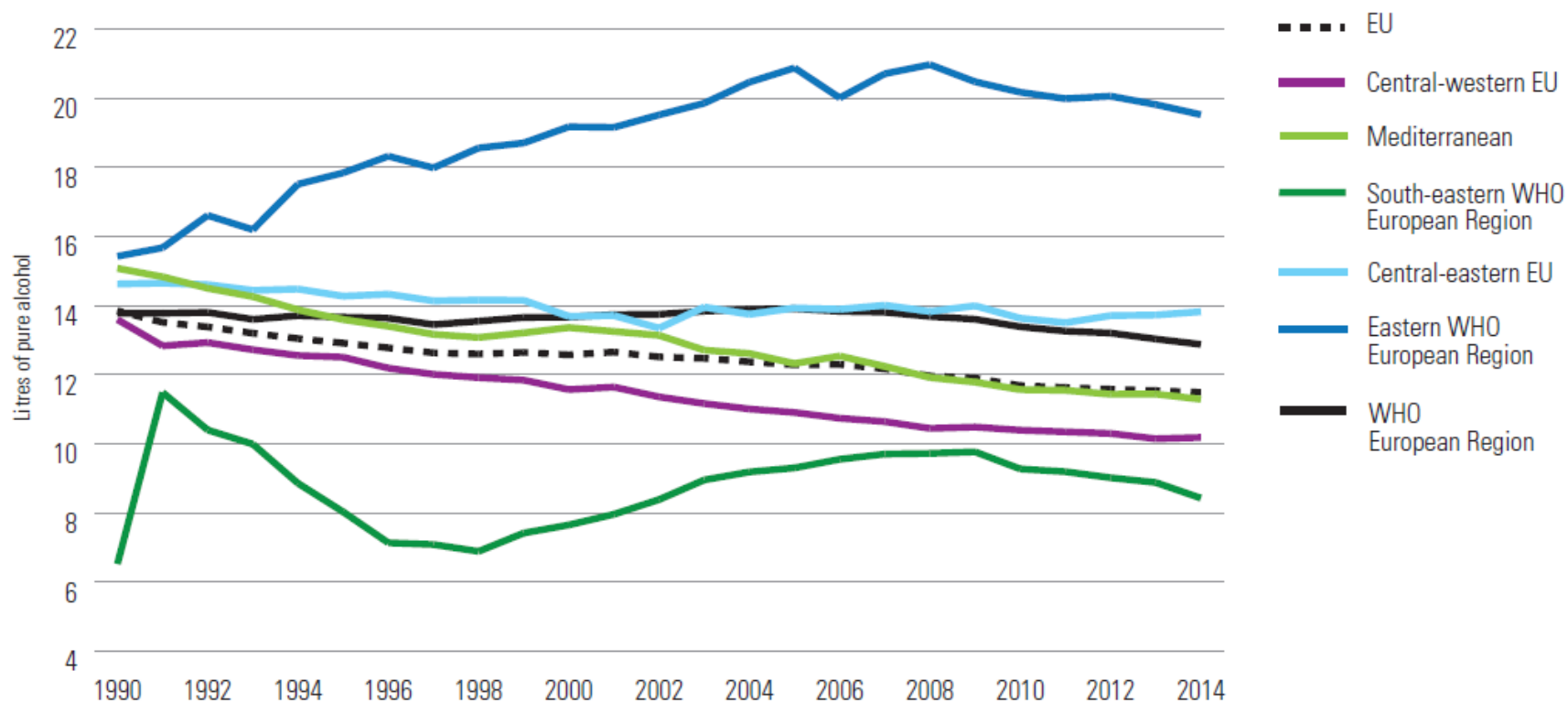
Trends in adult per capita consumption in the WHO European Region and selected subregions, 1990 - 2014



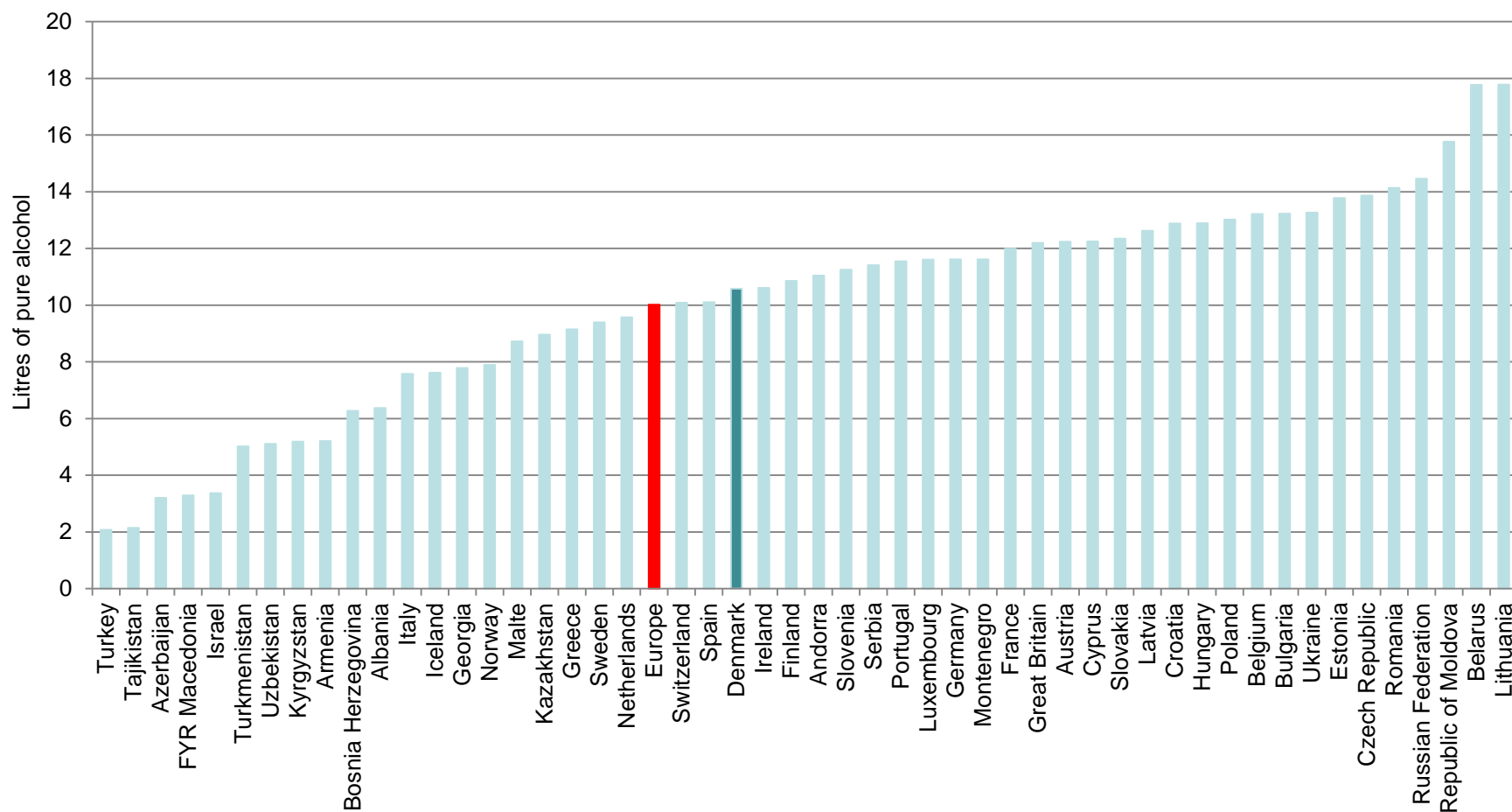
Trends in per drinker per capita consumption for adult men in the WHO European Region and selected subregions, 1990 - 2014



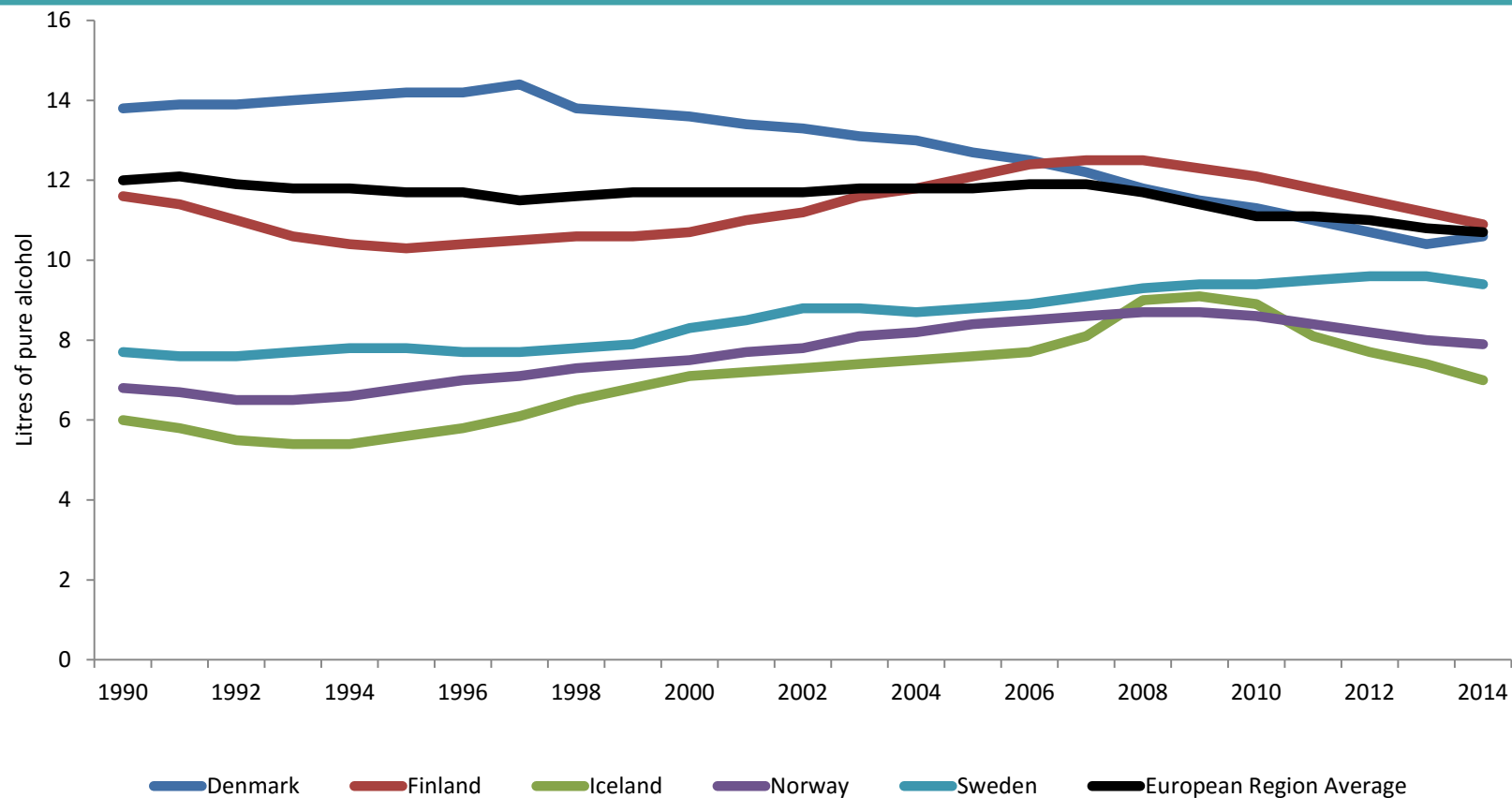
Trends in per drinker per capita consumption for adult women in the WHO European Region and selected subregions, 1990 - 2014



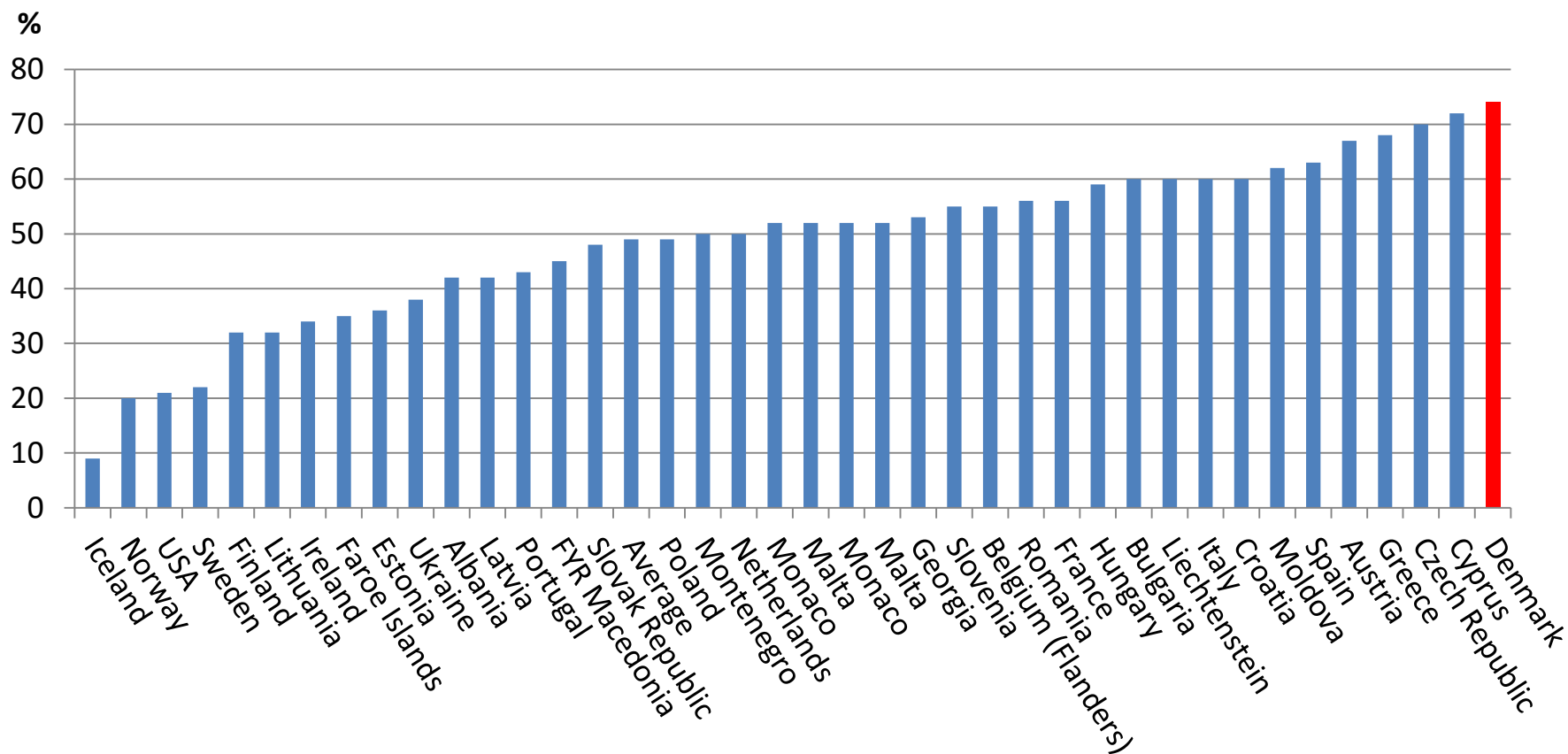
Total average alcohol per capita consumption, recorded and unrecorded, 2014, men and women



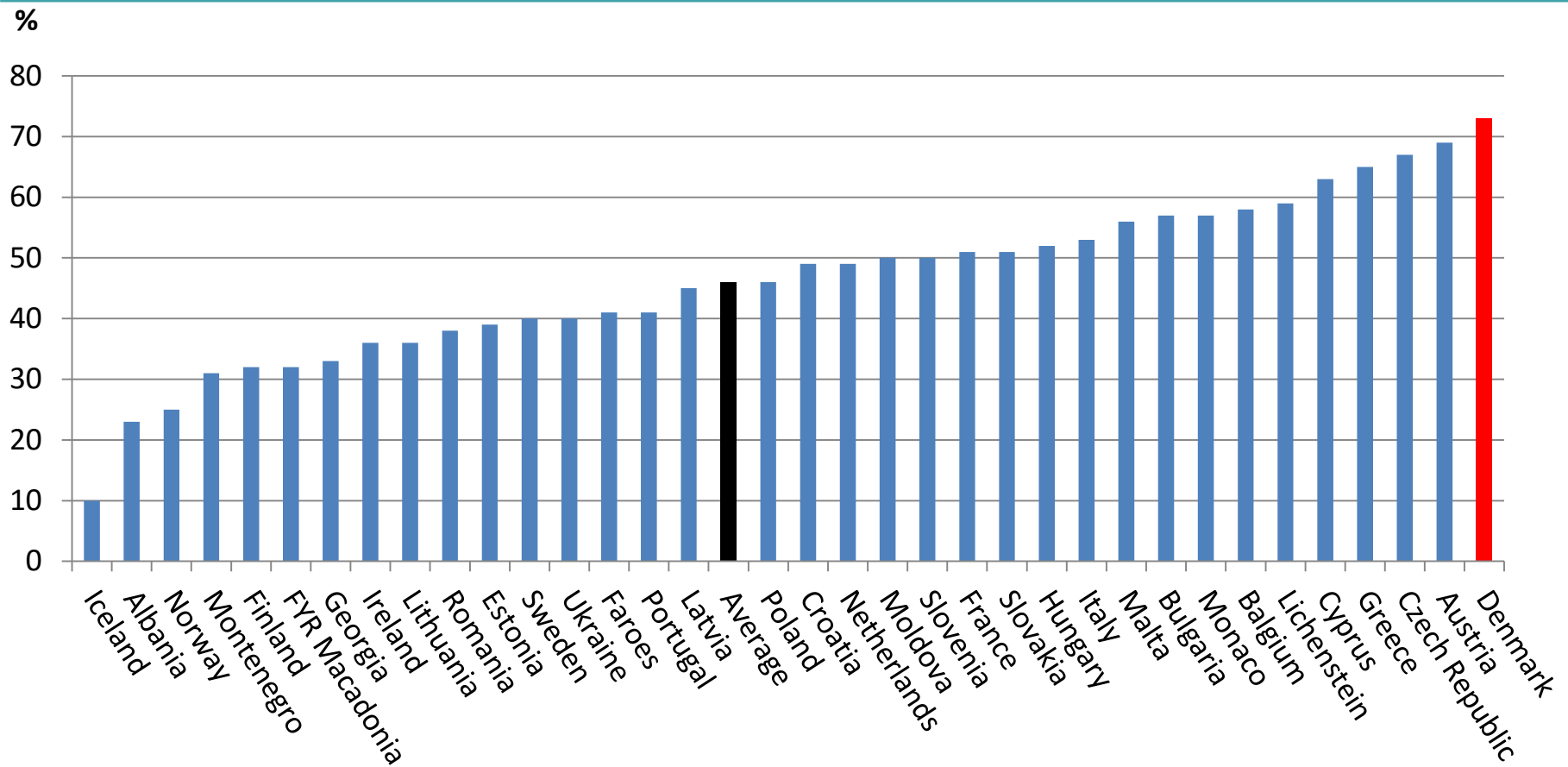
Adult total per capita consumption of alcohol, Nordic countries 1990 - 2014



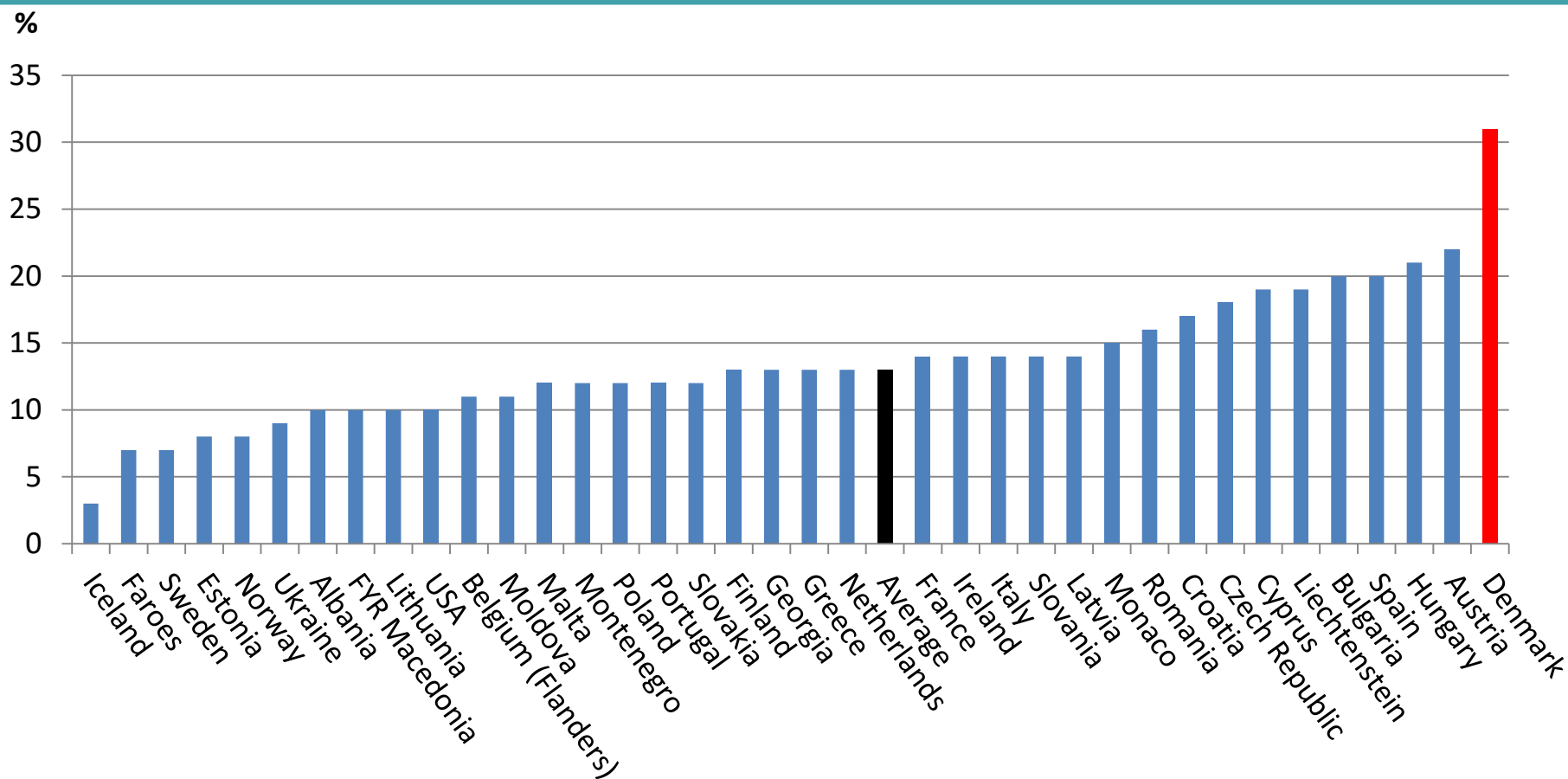
Alcohol use during the past 30 days, **boys** (ESPAD, 2015)



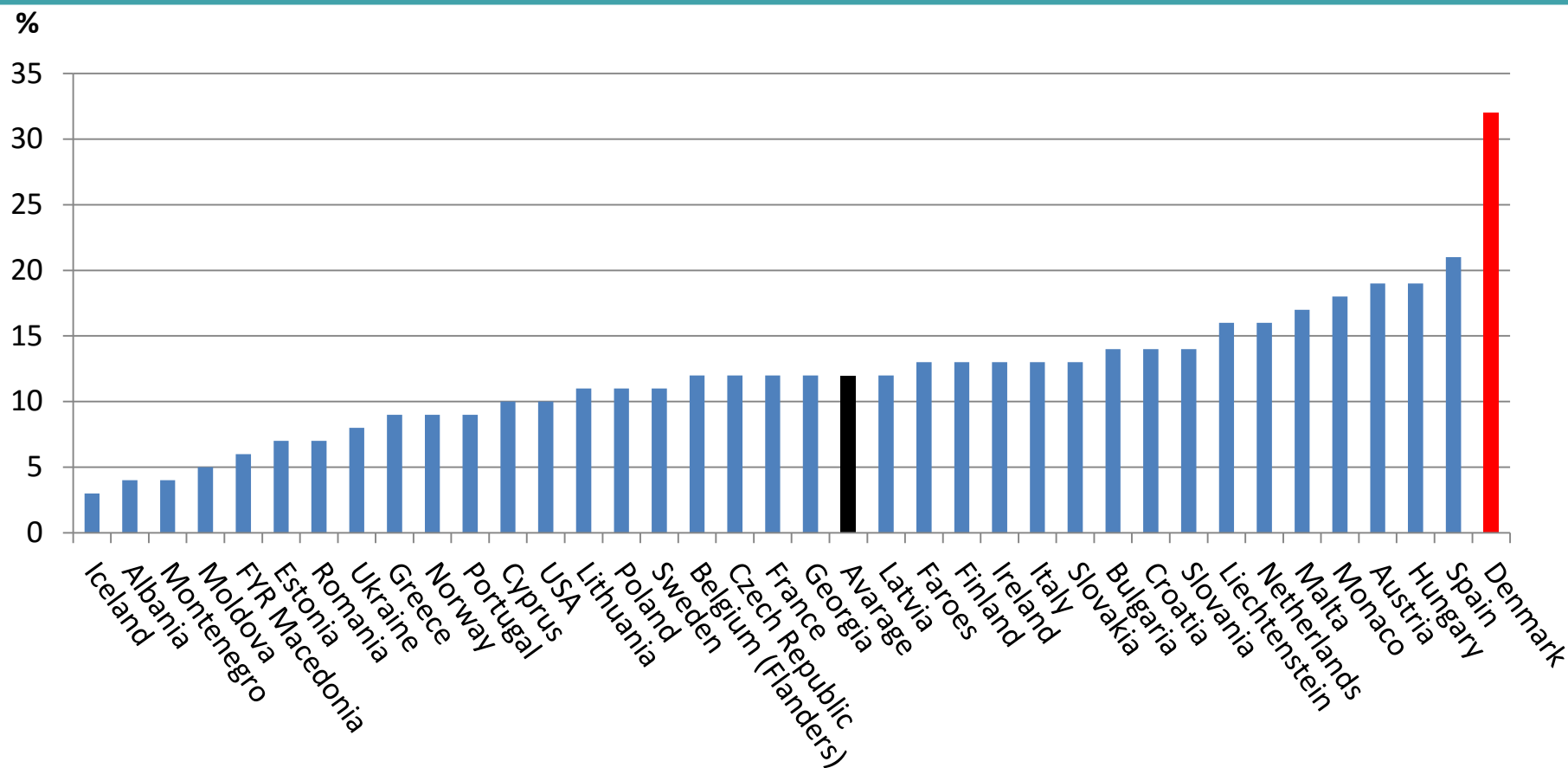
Alcohol use during the past 30 days, girls (ESPAD, 2015)



Being drunk during the past 30 days, boys (ESPAD, 2015)



Being drunk during the past 30 days, girls (ESPAD, 2015)



The political declaration on NCDs (Resolution 66/2)

- Clear focus on 4 NCDs and 4 common risk factors for NCDs
- Strong call for a **whole-of-government approach** to implement the Global Strategy and its Action Plan, and WHO's recommendations on surveillance, prevention and health care

	Tobacco use	Unhealthy diets	Physical inactivity	Harmful use of alcohol
Heart disease and stroke	✓	✓	✓	✓
Diabetes	✓	✓	✓	✓
Cancer	✓	✓	✓	✓
Chronic lung disease	✓			

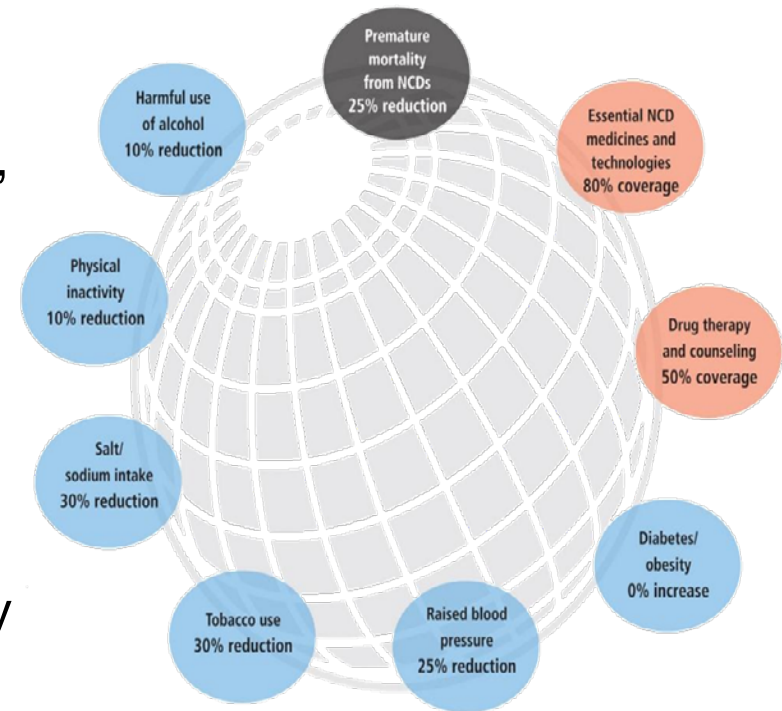
NCD global monitoring framework: alcohol-related targets and indicators

One target:

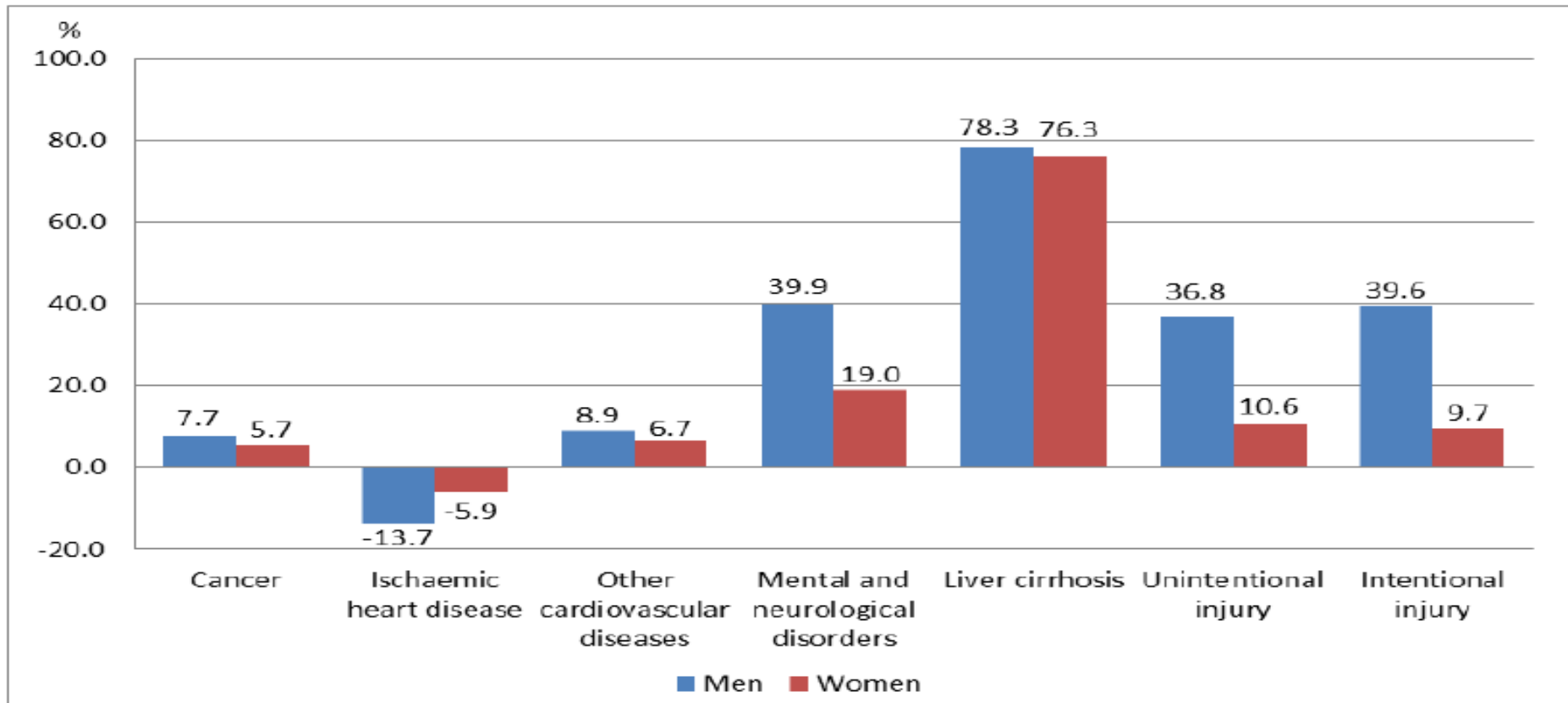
- At least 10% relative reduction in the harmful use of alcohol, as appropriate, within the national context.

Indicators:

- Total (recorded and unrecorded) alcohol per capita (15+ years old) consumption
- Age-standardized prevalence of heavy episodic drinking
- Alcohol-related morbidity and mortality



Proportion of deaths for major disease categories attributable to alcohol



AFTONBLADET Start Sport Nöje TV Ledare Kultur A till Ö

LAN UPP TILL 500 000 KR
Räknesexempel: Annuitetslån 10 år. Effektiv ränta 7,24%. 124 lån på 100 000 kr till 17,37% nominell ränta (räntan är rörlig och sätts individuellt baserat på dina förutsättningar) kostar 1166 kr/månad, dvs totalt 120 519 kr. Ingen start-/avgift.

LÅNEBELÖPP 150 000 kr MÅNADSKOST 1 730 kr

2006-05-03

SENASTE NYTT
Senarens blå lykt för hjärtat
Ata Fett är oöfen
Fotboll: EM fara för hjärt-påka
Kritiker: Högt blodsterol är bra
Slek värtlet smid mat
Visa fler

HÄLSA
Så håller du dig frisk i vinter
Så fick Mari sitt härsvalt tillbaka
Nytt test avslöjar risk för infarkt
Så får du supertränad tjumacke
Många patienter har teststumpar i blodet
At fett i tre månader – det händer i kroppen
Fettstudie mörkades – visade "fel" resultat
Varva ner - och bil

Startsidan / Hälsa / Hjärta

Alkohol är bra för ditt hjärta

Men bara om du dricker måttligt

GÖTEBORG
Vin är medicin.
Om du nöjer dig med några matskedar om dagen.

Små mängder alkohol kan skydda hjärta och kärl. Men unga personer kan glömma hälsoeffekterna. De galler bara medelålders och äldre.
För unga är det tvärtom. De dricker mer än andra - och tjänar mest på att inte dricka alls.

MÅR BRA Små mängder alkohol kan skydda hjärta och kärl. Ol, vin eller sprit spelar ingen roll.
Foto: KALLE ASSURING

Finns i alla kulturer
Ol, vin eller sprit spelar ingen roll.
- Den skyddande effekt man kunnat hitta finns i alla kulturer: vin-, sprit- och ölkulturer. Det verkar vara alkoholen i sig som ger effekt, säger alkoholläkaren Sven Andréasson till Göteborgs-Posten.
Men de omtalade antioxidanterna i vinet? Lingon eller äpple går lika bra.
Men Sven Andréasson tycker inte att måttlighetsdrickandet är något att hetsa upp sig över.
- Hälsoeffekterna är ganska obetydliga åt båda hållen för en frisk person, säger han till GP.

Mental health

A glass of wine a day may be good for mental health, Spanish study finds

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Det finns både 1, 2, 3, 4 och 5 anledningar att unna sig en öl.
Foto: iStock

Publicerad 2 feb 2015 16:27

Hälsoliv > HÄLSA

5 anledningar till varför du ska dricka öl

Hälsofördelarna med rödvin har diskuterats i många år. Men öldrickerare då, har de ingenting till gagn? Jodå, enligt en studie publicerad i tidskriften **Journal of epidemiology and community health** har själva alkoholtypen mindre relevans än mängden du dricker: ett glas om dagen för kvinnor och två glas om dagen för män är helt okej. Så med inspiration från det amerikanska magasinet **Shape** listar vi 5 bra saker med bärs.

1. Tillför kroppen viktiga näringsämnen och vitaminer
De flesta typer innehåller flera olika B-vitaminer, samt gott om fosfor, magnesium, kalcium och kalcium. Mörk öl är dessutom rikt på fibrer och järn, som kan motverka trötthet och irritation. Så dags att placera pilsnern på samma hylla som kokosvattnet och de andra

RELATERAT

Grattis öl-skåre! Det är rena hälsodrycken

Öl kan göra dig smart och förbättra minnet

Cheers! Alcohol IS good for 5 drinks each week 'lowers risk of failure and heart attack'

- Three to five drinks a week lowers risk of heart failure
- Experts say it doesn't matter if a person drinks wine, beer or spirits
- Moderate alcohol consumption 'is part of a healthy lifestyle'
- Drinking 3 to 5 drinks a week lowers heart failure risk found
- And risk of heart attack drops 28% with each additional drink

By LIZZIE PARRY FOR DAILYMAIL.COM
PUBLISHED: 16:02 GMT, 19 February 2016 | UPDATED: 22:23 GMT, 19 February 2016

Share 3.1k shares

Drinking alcohol in moderation is beneficial to the heart, a new study has found. Those who drink wine, spirits or beer regularly are less prone to heart attacks than people who rarely or never drink.

6K SHARES
Share
More

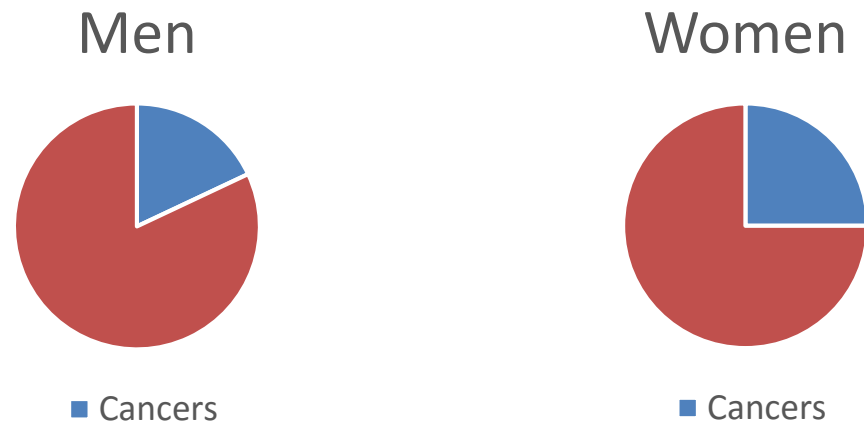
10 Amazing Health Benefits Of Beer

BY DAVID K. WILLIAM

Feel guilty about drinking a beer or two? Don't feel guilty. Contrary to what you might expect, moderate beer consumption is actually good for you. Science has shown that beer can bring many surprising health benefits even though it's usually perceived as unhealthy. Just remember, we're talking

IARC on alcohol and cancer

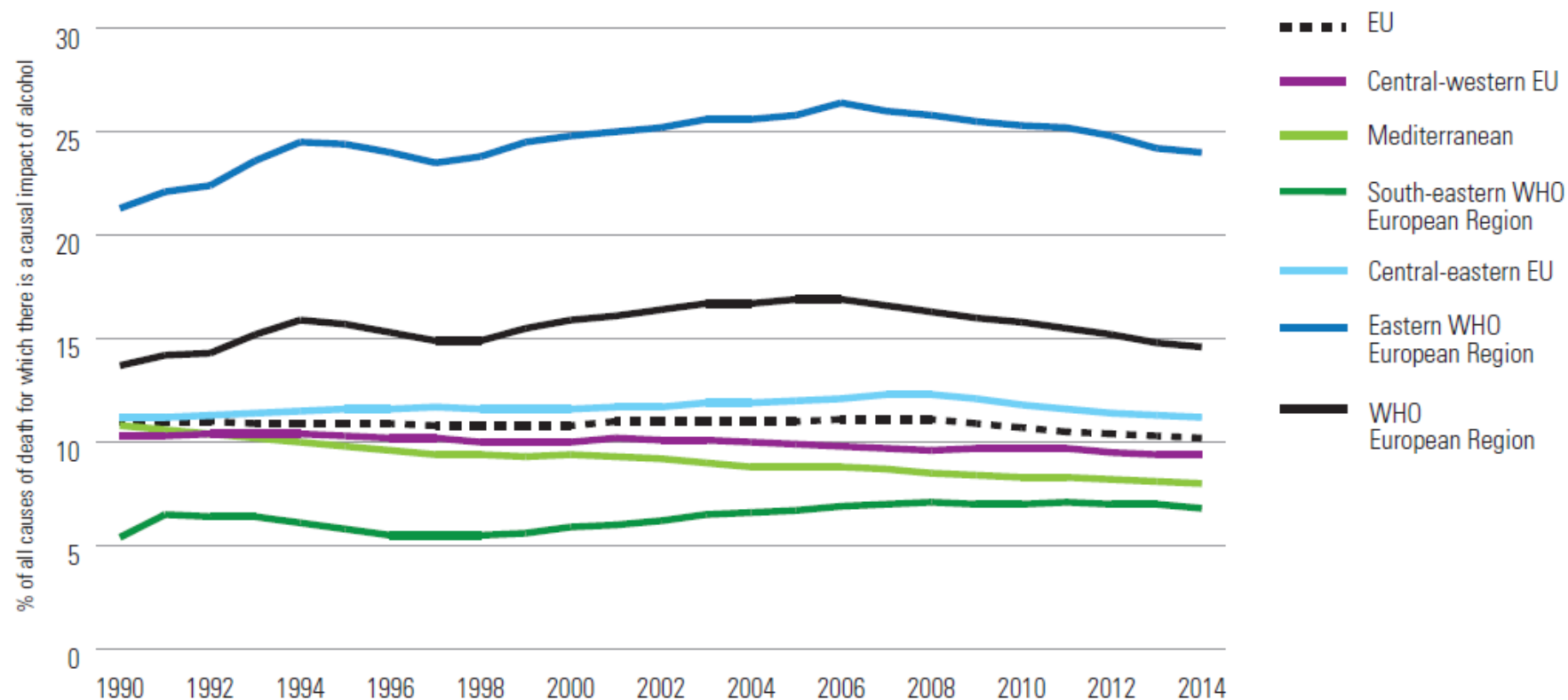
- Globally, alcohol-attributable cancers account for 25% of alcohol-related deaths for women and 18% for men – making it one of the largest entirely avoidable risk factors.
- Seven types of cancer are significantly associated with alcohol use:
 - Cancer of the oral cavity
 - Esophagus
 - Liver
 - Pharynx
 - Colorectum
 - Female breast
 - Larynx



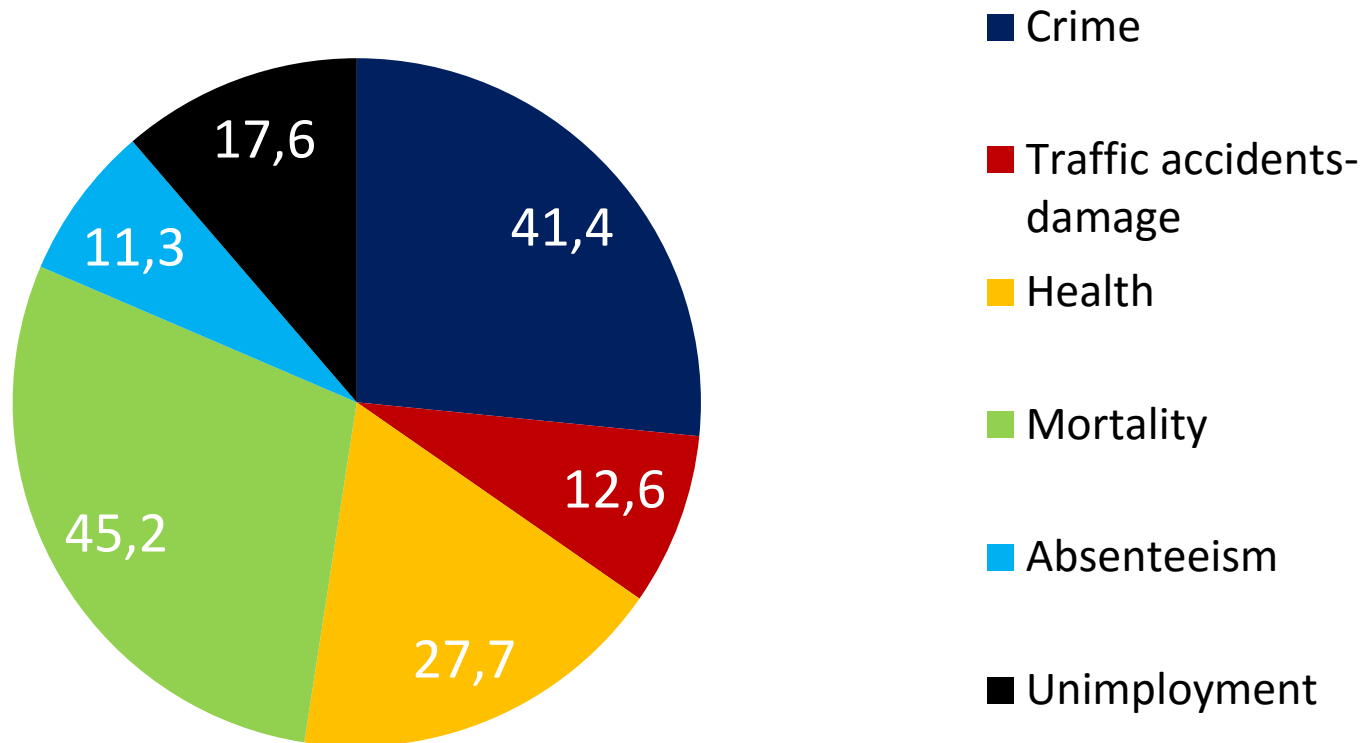
Alcohol related harm – Denmark, 2014

	Alcohol attributable mortality per million	% of total
Liver cirrhosis	76.2	67.0
Cancer	58.9	5.4
Injuries	86.8	33.0

Trends in alcohol-attributable fractions of mortality in the WHO European Region and selected subregions, 1990 - 2014



Social costs of alcohol – 1.3% of GDP (EU) € 155.8 billion in 2010 (DK 28 milliard 2016)

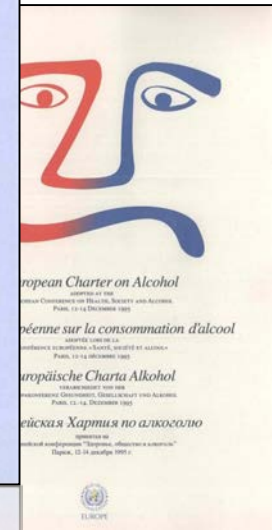
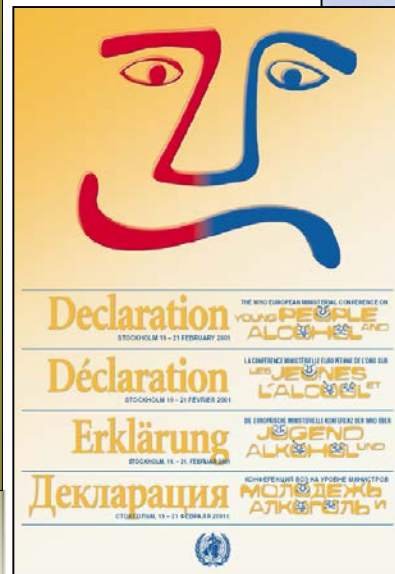
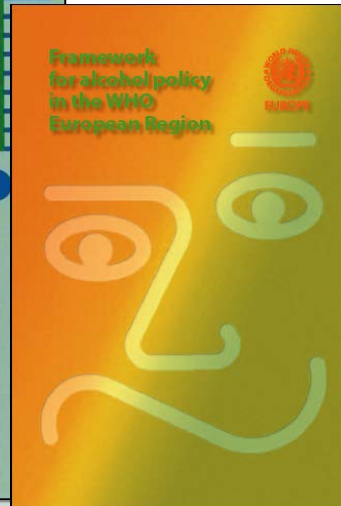
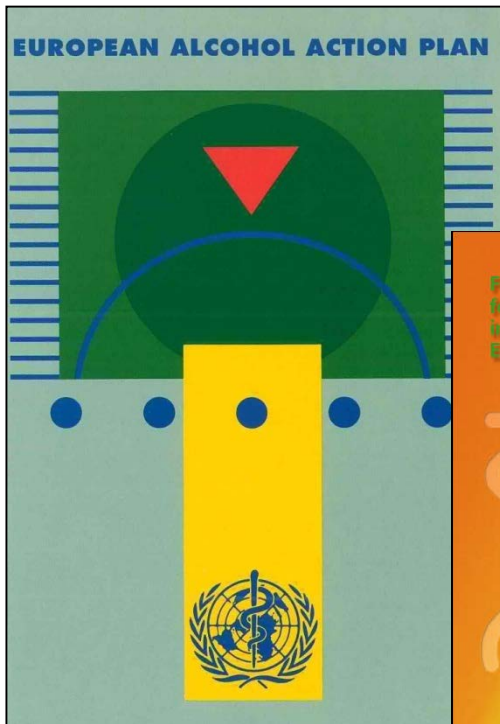


(Anderson and Baumberg 2006).

The WHO Policy Response

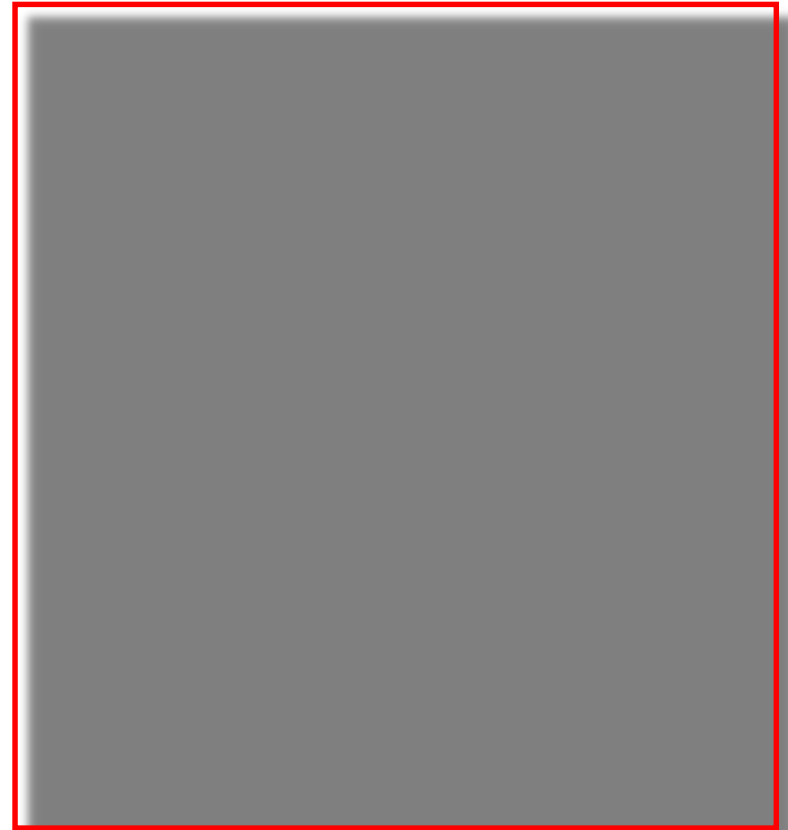
European Alcohol Action Plan

1992 and 2000

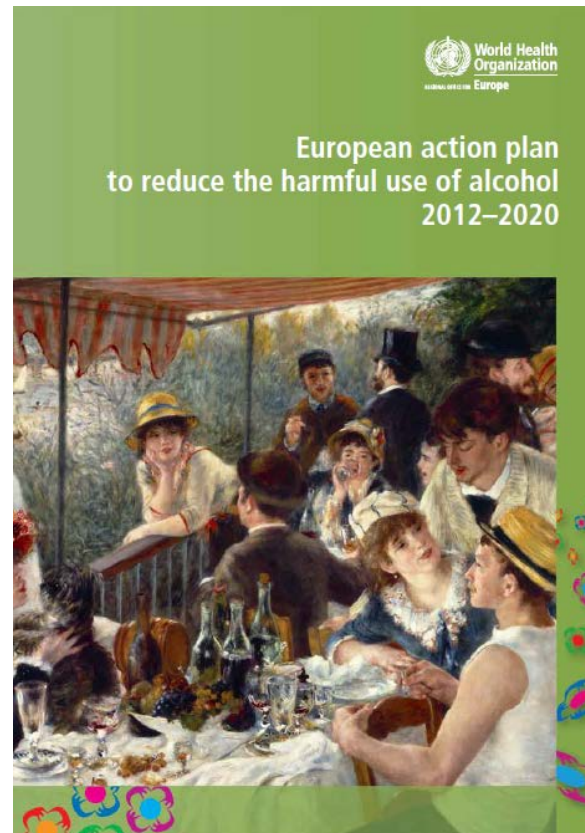


63rd World Health Assembly (17-21 May, 2010)

Endorsed the Global strategy to reduce the harmful use of alcohol in the WHA resolution 63.13



European action plan to reduce the harmful use of alcohol 2012-2020



European action plan to reduce the harmful use of alcohol (EAAP) 2012–2020 – 10 action areas

- **Leadership, awareness and commitment**, as sustainable intersectoral action requires strong leadership and a solid base of awareness and political will
- **Health services' response**, as these services are central to tackling health conditions in individuals caused by harmful alcohol use
- **Community action**, as governments and other stakeholders can support and empower communities in adopting effective approaches to prevent and reduce harmful alcohol use
- **Policies and countermeasures on drink–driving**, as it is extremely dangerous to drivers, passengers and other people using the roads
- **Availability of alcohol**, as public health policies to regulate commercial or public availability have proved to be very effective in reducing the general level of harmful use and drinking among minors

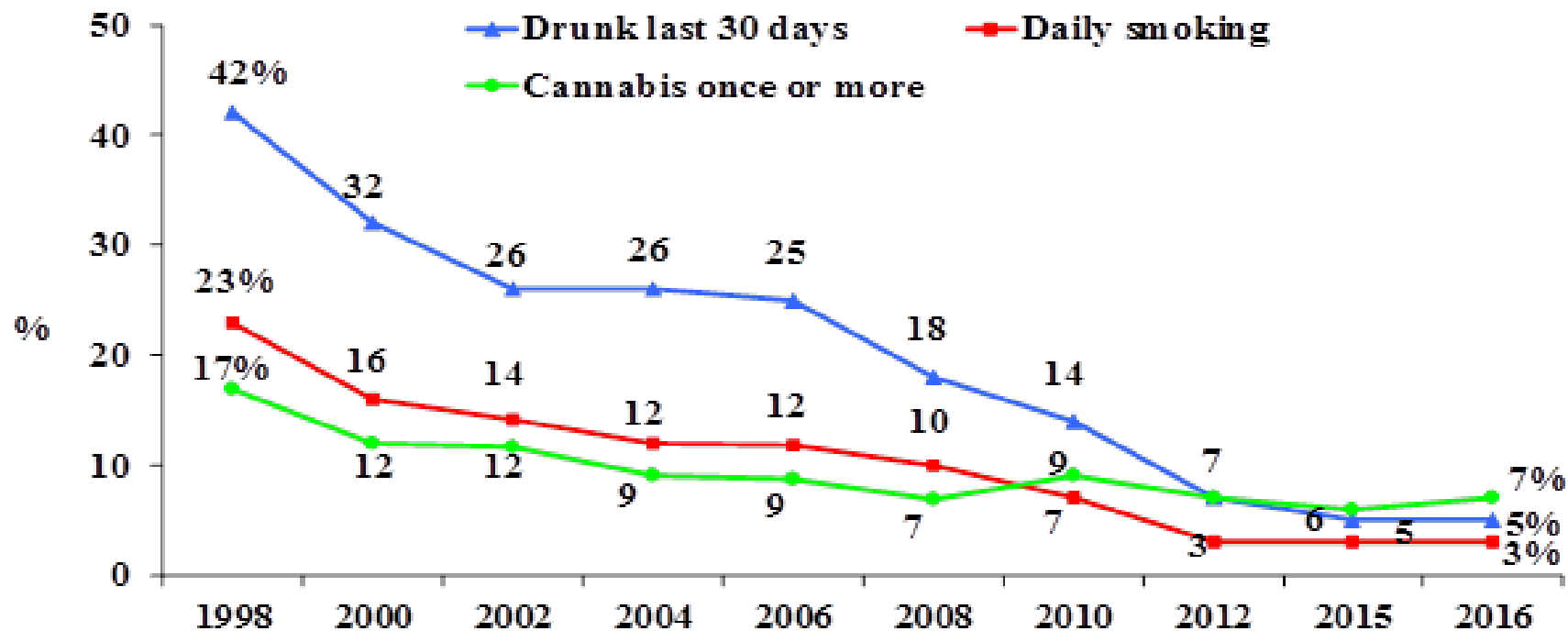
EAAP 2012–2020 – 10 action areas

- **Marketing of alcoholic beverages**, as systems are needed to protect people, particularly children and young people, from advanced advertising and promotion techniques
- **Pricing policies**, as most consumers, particularly heavy drinkers and young people, are sensitive to changes in the prices of alcohol products
- **Reducing the negative consequences of drinking and alcohol intoxication**, in order to minimize violence, intoxication and harm to intoxicated people
- **Reducing the public health impact of illicit and informally produced alcohol**, as its consumption could have additional negative health consequences due to its higher ethanol content and potential contamination with toxic substances
- **Monitoring and surveillance**, as relevant data create the basis for the appropriate delivery and success of responses

Hvorfor drikker danske unge for meget?

- Manglende stram alkoholpolitik rettet mod de unge:
 - 18 års grænse for køb af alkohol og håndhævnning
 - Licens for off-premise salg af alkohol
 - Markant reducere af salgssteder
 - Forbud mod salg aften og nat (f.eks. kl 20 – 08)
 - Forbud mod indtagelse af alkohol på uddannelsesinstitutioner
 - Strammere regler for markedsføring.

Substance use decrease amongst 15-16 year old adolescents in Iceland from 1998 to 2016



Vores publikationer



More information on the WHO website



mollerl@who.int

<http://www.euro.who.int/alcohol>

The screenshot shows the WHO website interface for the Regional Office for Europe. At the top left is the WHO logo and the text 'World Health Organization REGIONAL OFFICE FOR Europe'. To the right are language options: English, Français, Deutsch, and Русский. Below this is a search bar with a 'Search' button. A navigation menu includes 'Home', 'Health topics', 'Countries', 'Publications', 'Data and evidence', 'Media centre', and 'About us'. The main content area is titled 'Alcohol use' and features a sidebar with a list of links: News, Events, Policy, Activities, Country work, Data and statistics, Publications, Partners, and Contact us. The main text under 'Alcohol use' states: 'Alcohol intake in the WHO European Region is the highest in the world. The harmful use of alcohol is related to premature death and avoidable disease and is a major avoidable risk factor for neuropsychiatric disorders, cardiovascular diseases, cirrhosis of the liver and cancer. It is associated with several infectious diseases and contributes significantly to unintentional and intentional injuries. Further, excessive alcohol use during a woman's pregnancy can lead to severe mental handicap of her child.' Below this text is a link to 'WHO/Europe's alcohol policy framework'. The page also includes three featured sections: 'Top story' with an illustration of a pregnant woman and a glass of alcohol, 'News' with two articles about preventing alcohol exposure in pregnancy and strengthening national capacities, and 'Publications' with an article about a European action plan to reduce the harmful use of alcohol from 2012-2020. A 'Multimedia' section is partially visible at the bottom.