

**Evidence.
Policy.
Partnership.**



Dear Members of the North South Alcohol Policy Advisory Group,

This newsletter provides updates on recent alcohol research and policy relevant to Ireland and Northern Ireland.

In the September edition you will find details of a recent report from the Health Research Board on alcohol and other drug use among children and young people in Ireland, as well as a report from the Department of Justice in Ireland on understanding and addressing anti-social behaviour.

This edition also highlights a recent podcast discussion about alcohol licensing laws featuring Dr Helen McAvoy (Institute for Public Health) and Professor Niamh Fitzgerald (University of Stirling), as well as a recent interview about minimum unit pricing for alcohol with Dr Eric Carlin for the Public Health Matters podcast series, produced by IPH.

Data & Research

The Covid Hangover - Addressing long-term health impacts of changes in alcohol consumption during the pandemic

Two new studies from the Institute of Alcohol Studies/HealthLumen and the University of Sheffield show the impact of pandemic-related changes in alcohol consumption on health outcomes. The studies found that lighter drinkers decreased their consumption on average during the pandemic, but heavy drinkers increased their alcohol intake. Both studies estimate substantial increases in alcohol-related harms and pressure on the NHS, even if drinking patterns were to return to pre-pandemic patterns from 2022 onwards. If



the increase in heavier drinkers' consumption persists in the longer term, then the picture is considerably worse, with both studies estimating hundreds of thousands of additional cases of alcohol-related diseases and thousands of extra deaths as a result.

[Access the report here](#)

Corporate Political Activity of the Alcohol and Gambling Industries - Thematic analysis of industry responses to government consultations



A new study by the Institute of Alcohol Studies shows that the alcohol and gambling industries use the same arguments and framings to shape the narrative around the harms caused by their products, and the solutions to those harms.

The study analysed alcohol and gambling industry responses to two House of Lords inquiries, which were gathering information about successes and failures of the Alcohol and Gambling Acts.

You can view the webinar recording of the report launch [here](#).

[Access the report here](#)

Understanding and Addressing Anti-Social Behaviour - A Rapid Evidence Review

This review sought to gather and synthesise high-quality peer-reviewed international and national literature on anti-social behaviour, in order to help inform policy development in relation to anti-social behaviour in Ireland. The review presents evidence on definitions, perceptions, impacts and effects of anti-social behaviour as well as underlying factors for and approach to addressing anti-social behaviour.



An Roinn Dlí agus Cirt
Department of Justice

[Access the report here](#)

Alcohol and other drug use among children and young people in Ireland - prevalence, risk and protective factors, consequences, responses, and policies



The Health Research Board has published an overview of the prevalence of alcohol and other drug use among children and young people in Ireland. It examines the risk and protective factors that may encourage or discourage young people to begin using such substances and/or lead to problematic use. It also examines the consequences of drug and alcohol use, such as hospitalisations, deaths, and crime. This overview outlines the responses to drug and alcohol use among young people, including treatment data and the strategies and legislation that guide stakeholders in preventing and minimising harm due to substance use.

[Access more information here](#)

Associations between mental health, alcohol consumption, and drinking motives during the second Covid-19 lockdown in Ireland

This cross-sectional study in Ireland sought to determine the drinking motives and changes in alcohol use later in the pandemic during the



second lockdown, in October to December 2020, along with psychopathological symptoms. Older age was associated with increased alcohol use as was drinking to cope with the impact of the pandemic to relieve negative mood/state. Those with higher psychopathological symptoms during the Covid-19 lockdown, as measured by the Global Severity Index, were more likely to report depression, loneliness, and anxiety attributed to the pandemic.

[Access the study here](#)

Blog

Institute of Alcohol Studies Blog - Should we have lower drinking guidelines for younger people?



A new study, published in *The Lancet*, as part of **the Global Burden of Disease project**, suggests that health risks associated with alcohol consumption are highest for younger age groups. The authors recommend that we should introduce differential low-risk drinking guidelines, with lower guidelines for younger age groups. This is a strong claim and in this blog Colin Angus, research fellow at the Sheffield Alcohol Research Group, explores if the evidence in the new study stands up.

[Read the blog by Colin Angus](#)

Podcasts

Public Health Matters Podcast - Dr Eric Carlin discusses Minimum Unit Pricing for alcohol and lessons from the Scottish experience

In Episode 5 of IPH's Public Health Matters podcast series, Dr Eric Carlin shares some personal insights into what lessons can be learnt from the Scottish experience of introducing Minimum Unit Pricing or MUP for alcohol.

Dr Carlin was Director of Scottish Health Action on Alcohol Problems when Scotland became the first country to roll out MUP.

The Public Health Matters Podcast is available on Anchor by Spotify [here](#)



[Access the podcast here](#)

Reform of alcohol licensing laws: a problem needing a solution or an opportunity to create different drinking occasions and further normalise alcohol use?



'The Alcohol File' is a podcast produced by Alcohol Action Ireland and in this episode it explores the consequences of licensing reform and the need to retain a focus on defined public health objectives. This podcast discussion features Dr Helen McAvoy, Director of Policy, Institute for Public Health in Ireland, and Professor Niamh Fitzgerald, Professor of Alcohol Policy at the Institute of Social Marketing & Health, at University of Stirling, Scotland.

[Access the podcast here](#)

Campaigns

Alcohol Action Ireland to launch 'End the Silence' campaign in October

This October Alcohol Action Ireland (AAI) will launch an '**End the Silence**' campaign to raise awareness of the issues arising from growing up with alcohol harm in the home.



As part of the campaign, AAI is hosting a series of events and activities from 17-21 October, as well as launching a dedicated toolkit to broaden understanding of this topic and allow people access help and information that will support them in their healing.

[Access more information here](#)

Events



WHO Webinar - Restricting Alcohol Availability: How Can Common Barriers Be Overcome?

This webinar will reflect on civil society successes and evidence-based strategies to promote alcohol availability laws and practices that may prevent alcohol harms. The discussion will identify local and national evidence-based interventions to restrict alcohol availability, supportive actions by civil society and priority areas for researchers.

The event will take place 2:30 PM - 4:00 PM CET on October 3, 2022 via Zoom.

[Register Now](#)

7th Global Alcohol Policy Conference scheduled for October 2023

The [7th Global Alcohol Policy Conference](#) will take place in South Africa in October 2023.

The 2023 conference theme is 'Investing in people before profits: building momentum towards the Framework Convention on Alcohol Control'.

The event will take place 24 - 26 October 2023, CTICC, Cape Town, South Africa.

[Click here for more information](#)

Dublin Office:

Ground Floor
700 South Circular Road
Dublin 8,
D08 NH90
Ireland

T: +353 1 478 6300

info@publichealth.ie

publichealth.ie

[@publichealthie](https://twitter.com/publichealthie)

Belfast Office:

6th Floor, City Exchange
11-13 Gloucester Street
Belfast
BT1 4LS
Northern Ireland

T: +44 28 9064 8494

Institute of
Public Health



Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#).