



reducing harm caused by alcohol



## eFocus February 2020

### news

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#### **[New evidence demonstrates that alcohol ads lead to youth drinking](#)**

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The marketing of alcoholic drinks is one cause of underage drinking, public health experts conclude. Because of this, countries should abandon what are often piecemeal and voluntary codes to restrict alcohol marketing and construct government-enforced laws designed to limit alcohol-marketing exposure and message appeal to youth.

These conclusions stem from a series of eight review articles published as a supplement to the Journal of Studies on Alcohol and Drugs, which combined the results of 163 studies on alcohol advertising and youth alcohol consumption.



Alison Douglas, chief executive of Alcohol Focus Scotland said, "Alcohol Focus Scotland welcomes this new evidence demonstrating that exposure to alcohol marketing causes young people to start drinking and to binge drink. The researchers used the same methodology – the Bradford Hill criteria – which were used to establish the causal link between tobacco and cancer." [Read more.](#)

## Alcohol duty doesn't penalise the poor, new research shows

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Alcohol duty does not disproportionately burden worse-off households, according to new research from the Institute of Alcohol Studies (IAS). The analysis shows alcohol taxes account for a similar share of the incomes and budgets of rich and poor households alike.



The findings are based on analysis of official government surveys of living costs. The researchers calculated the amount of alcohol duty that different households paid as a share of their income and total spending. They then compared these figures between better and worse-off families, using a range of different indicators of how well-off they were: income, spending, social class, house size, home and car ownership. In almost every case, they found little difference in the proportion of

income or expenditure spent on alcohol duty by more and less affluent households.  
[Read more.](#)

## Global Alcohol Policy Conference 2020

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Alcohol Focus Scotland are delighted to be attending GAPC 2020 in Dublin in March.

We are looking forward to sharing our recent work. We will be presenting on:

**Improving alcohol labelling in Scotland to protect consumers' rights'** which will consider evidence on the impact of labelling and how information is presented, and the findings of focus group research with young adults (18-35 years) in Scotland regarding how they perceive and interact with alcohol labelling.

**Placing children's voices at the heart of alcohol policy in Scotland** where delegates will hear about [Alcohol Focus Scotland's recent work with Children's Parliament](#) where nine Investigators – experienced members of the Children's Parliament aged 9 to 11 – facilitated workshops about alcohol with more than 90 of their peers. The film '[Children's Parliament Investigates An Alcohol-Free Childhood](#)' will also be shown during the Plenary session.

**Evidence to Action on Alcohol Availability: Supporting stakeholders to use**

**complex research** which will look at the ways in which local and national organisations were supported to use the [local profiles on alcohol outlet density and harm](#) created by Alcohol Focus Scotland and the Centre for Research on Environment, Society and Health (CRESH) at the Universities of Edinburgh and Glasgow.

If you're interested in hearing more about any of this work please get in touch - email [enquiries@alcohol-focus-scotland.org.uk](mailto:enquiries@alcohol-focus-scotland.org.uk)

### What would you choose?

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What would you choose – annual tax giveaways of more than £1 billion to support the alcohol industry or paying the salaries of 40,000 nurses?

The UK government is choosing to support the alcohol industry by cutting alcohol duty. This costs the treasury more than £1bn every year – that's enough to fund 40,000 nurses or 28,500 police officers. What would you choose? [Tell your MP.](#)

The Alcohol Health Alliance believe the government should choose to reduce the harms of alcohol instead of supporting the drinks companies that fuel it. This is why we are asking the government to increase alcohol duty by 2% in this year's Budget.

[Will you join us?](#)

## Cross-Party Group #scothealth2021

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### **The National Preconception Health and Care Framework and opportunities to reduce risks to parents and children from health-harming products**

The most recent cross-party group meeting on Wednesday 26 February focused on the National Preconception Health and Care Framework.

Contributions were made by experts across the fields of Foetal Alcohol Syndrome Disorder (FASD) and tobacco use in pregnancy.



***Carolyn Wilson, Team Leader, Supporting Maternal and Child Wellbeing, Scottish Government and Ashley Goodfellow, Consultant in Public Health, NHS Lanarkshire and Chair of the National Preconception Framework Group*** spoke about the development of the Scottish Government's National Preconception Framework.

***Dr Sarah Brown, Consultant Paediatrician at NHS Ayrshire & Arran*** spoke about the effect of alcohol consumption during pregnancy and the impact of FASD on individuals and society.

***Aliy Brown, FASD Project Lead, FASD Hub Scotland*** spoke about the services offered by the [FASD Hub](#) and the experience of families who have been supported by the Hub.

***Mary Ross Davie, Scotland Director of the Royal College of Midwives*** shared

evidence on the risks of tobacco use during pregnancy and measures put in place to support women to stop smoking.

If you're interested in becoming a member please contact [Valerie Smith](#).

## research

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> **The overall effect of parental supply of alcohol across adolescence on alcohol-related harms in early adulthood – a prospective cohort study**

A longitudinal cohort study of Australian school students (1,906) was used to investigate the impact of self-reported parental supply of alcohol across five years of adolescence. Parental supply of alcohol across adolescence saw greater risk of binge drinking and alcohol-related harms in the year following the exposure period compared with no supply in adolescence. Earlier initiation of parental supply also increased risk of binge drinking, and any alcohol-related harm for each year earlier parental supply began compared with later (or no) initiation. The study concluded that adolescents whose parents supply them with alcohol appear to have an increased risk of alcohol-related harm compared with adolescents whose parents do not supply them with alcohol. The risk appears to increase with earlier initiation of supply. [Read the abstract](#).

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## training

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### **Alcohol Focus Scotland learning opportunities**

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Learning and development is an integral part of our work at Alcohol Focus Scotland. Our wide range of evaluated training courses can help people understand, manage and prevent the harm caused by alcohol. We can provide training for

- People working in the licensed trade and in the regulation of licensing
- Early years workers, teachers and others working with children and young people affected by a family member's drinking
- Employers who want to raise awareness of and manage alcohol/drug issues in the workplace
- People in a professional or personal role caring for someone affected by alcohol

To find out more about our diverse learning opportunities visit our [website](#), and read our [Learning Brochure](#).

## Licensing training

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### **Personal Licence Holder (PLH) full course (can include refresher)**

> *Wednesday 17 March, 22 April 2020, Glasgow*

AFS runs Scottish Certificate for Personal Licence Holder and Refresher courses once a month at our offices in Glasgow. [Find out more](#) about course dates, times and costs.

### **Licensing Standards Officers training**

> *3 day training course -Tuesday 17, Wednesday 18 and Thursday 19th March 2020, Glasgow*

This is a mandatory three day course for Licensing Standards Officers employed by local councils. [Find out more](#) about course dates, times and costs.

## events

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### **Alcohol Occasionals of 2020**

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New programme of Alcohol Occasional for 2020

- March 26: Fetal Alcohol Spectrum Disorders / FASD: Everybody's business

- April 30: Minimum Unit Pricing in Scotland: A qualitative study of children and young people's own drinking and related behaviour
- May 21: 'A couple of nights a week I might have a couple of bottles of ale': The normalisation of alcohol consumption by older drinkers

[Register to attend now.](#)

## Alcohol workshops, seminars and conferences

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Are you organising an alcohol-related workshop, seminar or conference? Please let us know and we can help you promote it here in eFocus and on the AFS website.



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