



eFocus **October 2020**

## news

### Working together on alcohol labelling



Public awareness of alcohol harm is limited with over half of people unaware that alcohol causes cancer. Similarly, awareness of the Chief Medical Officers' low-risk drinking guidelines is low with 80% of people unaware that both men and women should consume no more than 14 units per week. Alcohol - like sugary drinks, sweets and crisps - is an entirely discretionary product which cannot be recommended as part of a healthy diet. It provides 'empty' calories that can contribute to obesity.

Earlier this month Alcohol Focus Scotland chief executive Alison Douglas presented to the Food Standards Scotland (FSS) board, highlighting the anomalous way in which alcohol continues to be treated by regulators, despite its status as a discretionary product and high levels of consumption and harm in Scotland. As the body responsible for implementing and monitoring Scottish and

EU food, FSS can play an important role in protecting and promoting the consumer's right to know about the impact of alcohol consumption on health and in supporting people to make healthier choices. AFS's paper suggests specific ways in which FSS might strengthen its contribution to protecting the rights of consumers, such as working with the Scottish Government to ensure effective and well-aligned policies on alcohol and diet/obesity and to develop a comprehensive approach to alcohol labelling. [Read the paper.](#)

---

## **Better alcohol labelling – A way to boost awareness of the risk between alcohol and cancer?**

---

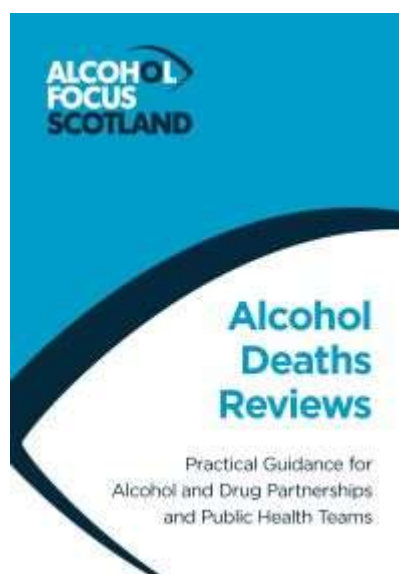
Guest blogger, Ben Chiu, Policy Manager (Prevention & Health Services, Devolved), at Cancer Research UK, highlights the link between alcohol and cancer, and why we need to encourage the UK and devolved governments to consider requiring alcohol products to contain information to help consumers understand what is in their drinks. [Read the blog.](#)

---

## **Alcohol Deaths Review support**

---

After launching our Alcohol Deaths Review Guidance for ADPs and NHS Public Health teams, we are now offering ongoing project support to teams around the country as they examine how they can take forward alcohol death reviews in their area. Simon Jones is happy to discuss any aspect of the guidance or process around death reviews if you would like, you can contact him at [simon.jones@alcohol-focus-scotland.org.uk](mailto:simon.jones@alcohol-focus-scotland.org.uk) or 0141 572 6593.



You can find out more about the Alcohol Deaths Review Guidance on the [AFS website.](#)

---

## Consultation Response: UNCRC (Incorporation) (Scotland) Bill

---



In October Alcohol Focus Scotland responded to the Equality and Human Rights Committee consultation on the United Nations Convention on the Rights of the Child (Incorporation) (Scotland) Bill.

AFS believes that the UNCRC (Incorporation) (Scotland) Bill has the potential to help realise the rights of children and young people in Scotland:

- The UNCRC has provisions to protect children and youth from alcohol marketing.
- Including licensing boards within the scope of UNCRC duties could support and encourage good practice within the licensing system.
- Incorporation could help ensure that children's rights and needs are routinely examined in partnership with them in all forms of care, including addictions support.

[Read the response.](#)

---

# research

---

### > **Global burden of 87 risk factors in 204 countries and territories, 1990–2019: a systematic analysis for the Global Burden of Disease Study 2019**

Analysis of levels and trends in exposure to leading risk factors and of their effect on human health are important to identify where public health is making progress, and in which cases current efforts are inadequate. The Global Burden of Diseases, Injuries, and Risk Factors Study (GBD) 2019 provides a comprehensive

assessment of the magnitude of risk factor exposure, relative risk, and attributable burden of disease. In 2019, as in 1990, alcohol use is the leading risk factor for death, disability and ill health globally for people aged 25-49 years old. [Read the paper.](#)

### **> The Scottish Diet - It needs to change 2020 update, Food Standards Scotland**

This report by Food Standards Scotland shows that there continues to be a lack of progress towards the Scottish Government dietary goals and improving obesity and diet related poor health. We continue to buy a lot of discretionary foods and drinks, such as confectionery, cakes, biscuits, pastries, savoury snacks, sugary drinks and alcohol from shops and supermarkets, and these tend to be heavily promoted. It highlights that for drinkers, alcohol contributes to 9% of calorie intake and notes the UK CMOs' advice that regular drinkers should not exceed 14 units per week to keep their health risks low. [Read the report.](#)

## training

---

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

---

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](#).

---

### **SQA Updated Scottish Certificate for Personal Licence Holder Qualifications – 1 December 2020**

---

The updated Scottish Certificate for Personal Licence Holders (SCPLH) and Scottish Certificate for Personal Licence Holders Refresher (SCPLHR) qualifications will be available from accredited Awarding Bodies, including Alcohol Focus Scotland from 1 December 2020.



Alcohol Focus Scotland contributed to the working group which considered the content of the qualifications alongside the licensed trade, awarding bodies, training providers, Police Scotland, local authorities, and other licensing experts.

The revised qualifications covers both the initial course, SCPLH at SCQF Level 6, and the refresher course, SCPLH (Refresher) at SCQF Level 6, will be accredited by SQA Accreditation and replace the current qualifications.

For more information, visit the [Alcohol Focus Scotland website](#) or contact our [training team](#).

---

## events

---

### Working with the whole person: Alcohol, mental health and complex needs

---

#### **Alcohol Change UK's first online interactive conference**

**> Wednesday 2 December and Thursday 3 December 2020**

Alcohol misuse is often just one symptom of the complex challenges someone faces in their life. Drinking may be a means to cope with underlying trauma or ongoing mental distress. It may bring its own problems with it, such as low mood and impaired cognition.

To consider complex needs and solutions Alcohol Change UK is gathering together a multidisciplinary group of academics, practitioners, and people with lived experience, to help us all work towards interventions that support the whole person. [Find out more and book your place.](#)

---

## Think about Drinking' – with the British Liver Trust

---

### > Tuesday 17<sup>th</sup> November at 11am – 12:30pm.

As part of Alcohol Awareness week this November, the British Liver Trust Scotland and Wales teams are hosting a 'Think about Drinking' virtual awareness event.

The event will include:

- An overview of the work of the British Liver Trust
- An explanation of how alcohol affects the liver
- Discussions around stigma and accessing support
- Conversations about the benefits of support groups for people affected by alcohol -related liver disease
- Explore improving our community engagement
- Signposting and contact details

For anyone interested in attending, please

contact [gillian.macleod@britishlivertrust.org.uk](mailto:gillian.macleod@britishlivertrust.org.uk) - a link to register for the event will then be sent out.

---

## Alcohol workshops, seminars and conferences

---

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.

---



Alcohol Focus Scotland, 166 Buchanan St, Glasgow G1 2LW  
tel. 0141 572 6700 email. [enquiries@alcohol-focus-scotland.org.uk](mailto:enquiries@alcohol-focus-scotland.org.uk)

[www.alcohol-focus-scotland.org.uk](http://www.alcohol-focus-scotland.org.uk)

---

