

SHAAP

SCOTTISH HEALTH ACTION ON ALCOHOL PROBLEMS
www.shaap.org.uk

Welcome to SHAAP's weekly media monitoring service: 26 November – 3 December 2020

Britons were the lockdown bingers of Europe, finds study

<https://www.theguardian.com/society/2020/dec/01/britons-were-the-lockdown-bingers-of-europe-finds-study>

Comfort-seeking Britons have eaten and drunk their way through more unhealthy snacks and alcohol during lockdown than their peers elsewhere in Europe, a study suggests. Overall, the survey of 5,000 consumers in 10 European countries found that lockdown restrictions may have caused lasting positive change in relation to food consumption, with significant shifts in shopping patterns, meal preparation and eating habits. In line with the rest of Europe, people in the UK increased their consumption of fresh fruit and vegetables during the pandemic – up 33% and 31% respectively compared with before the outbreak, the research found. However, the British are snacking and boozing more than people in other European countries, reporting the largest rises in consumption of convenience foods (29%), alcohol (29%) and ominous-sounding “tasty treats” (34%). [...]

Source: The Guardian, 1 December 2020

No lock-ins under lockdown: Why are governments calling time on alcohol to combat Covid-19?

<https://www.itv.com/news/2020-11-30/no-lock-ins-under-lockdown-why-are-governments-calling-time-on-alcohol-to-combat-covid-19>

Pubs and bars may be able to reopen in most of the UK from Wednesday, but restrictions will still remain on how much customers are able to drink at their favourite local. Wales has banned the sale of alcohol in pubs, bars and restaurants from Friday in an attempt to curb coronavirus in the lead up to Christmas. Meanwhile in Scotland, alcoholic drinks under some of the tiers can only be served outside. And in England, punters in Tier 2 will be able to order a glass of wine or pint of beer, but only with a meal - or a scotch egg if necessary. But another round is forbidden once food is finished. So why is alcohol being restricted in the fight against Covid-19? Here's the reasoning behind it [...]

Source: ITV News, 30 November 2020

Covid-19: 'People have got clean on Zoom - that's amazing'

<https://www.bbc.co.uk/news/uk-england-55100255>

The coronavirus pandemic has meant some people have needed to use video-conferencing software to kick their drug and alcohol addictions. Gary Besterfield, from We Are With You Redcar and Cleveland, said software had meant the charity could support more people. Jade Hargreaves, from Burnley, has been sober for three years and said losing face-to-face meetings was difficult. "*But people have got clean this year on Zoom and that's amazing. Hats off to them because it's hard,*" she said. Recovery services have had to adapt in 2020 and with demand increasing, We Are With You, formerly known as Addaction, said lessons had been learned in lockdown that would shape the way it worked in future. [...]

Source: BBC News, 28 November 2020

Returning football fans to be allowed alcohol without a meal in stadiums

<https://www.theguardian.com/football/2020/dec/01/returning-football-fans-to-be-allowed-alcohol-without-a-meal-in-stadiums>

Supporters will be allowed to drink alcohol without ordering a substantial meal when football stadiums reopen on Wednesday – but only if they are seated in concourses or hospitality areas. Updated guidance, issued by the Department for Digital, Culture, Media and Sport in connection with the Sports Grounds Safety Authority, also requires each club to produce a code of conduct for spectators, including the wearing of face coverings on entry and in concourses, queues and toilets. [...]

Source: The Guardian, 1 December 2020

Covid: Alcohol ban for Welsh pubs and restaurants from Friday

<https://www.bbc.co.uk/news/uk-wales-55128305>

Welsh pubs, restaurants and cafes will be banned from serving alcohol from Friday and will be unable to open to customers beyond 18:00 GMT. First Minister Mark Drakeford announced the new rules to tackle a rise in coronavirus cases. Business groups said the move would devastate Wales' hospitality industry, with closures "guaranteed". Indoor entertainment and visitor attractions, including cinemas, museums and galleries, will also have to shut. Businesses can offer a takeaway service after 18:00, and if they have an off-licence can sell takeaway alcohol up until 22:00. [...]

Source: BBC News, 30 November 2020

Covid: Pressure on Mark Drakeford over evidence for pub alcohol ban

<https://www.bbc.co.uk/news/uk-wales-politics-55152836>

First Minister Mark Drakeford has come under pressure from his own Labour backbenchers over his ban on the sale of alcohol in Welsh pubs. [...] Mr Drakeford said the case for the need for the restrictions - aimed at easing a rise in cases - was "compelling". Pubs, bars and restaurants in Wales will not be able to serve alcohol on the premises and they will have to close at 18:00. Only takeaway alcohol will be allowed when the new rules kick in from 18:00 GMT on Friday. [...]

Source: BBC News, 2 December 2020

Covid: Jersey to enter 'hospitality circuit breaker'

<https://www.bbc.co.uk/news/world-europe-jersey-55161923>

Pubs, bars and restaurants in Jersey are set to close from 00:01 GMT on Friday for up to a month in order to tackle a surge in Covid cases. The "hospitality circuit breaker" announced on Wednesday comes amid fears health services could be overwhelmed. Food and hospitality outlets, except takeaways, will have to shut. [...]

Source: BBC News, 3 December 2020

New report on how nudge theory shapes alcohol policy

<http://www.ias.org.uk/News/2020/02-December-2020-New-report-on-how-nudge-theory-shapes-alcohol-policy.aspx>

The public are 'blameworthy' for their own alcohol-related health issues, according to a new IAS report looking into how the public health initiatives use nudge theory's principles to frame actions and attitudes. 'Nudge theory and alcohol policy – how nudge frames drinkers and industry' also found alcohol industry actors were framed as 'reliable', with any who engage in behaviour harmful to public health described as outliers. The report concludes that such framing risks intensifying the clouding of economic or societal drivers of public health problems through nudge policies, as identified in prior research, and might undermine support for better evidenced public health alcohol measures, such as pricing interventions. [...]

Source: Institute of Alcohol Studies, 2 December 2020

Poor evidence around 'toxic trio' poses questions for child protection

<https://www.ncb.org.uk/toxictrioevidence>

Research led by the National Children's Bureau and the Universities of Cambridge and Kent finds little evidence to support the focus in child social work on the combined effect of the so-called 'toxic trio'. The toxic trio - parental mental illness, drug or alcohol misuse, and domestic violence – are known to be significant, individual indicators of children being in danger of harm or abuse. However, a prevalent belief, in social work and beyond, is that

when these factors occur in combination the risks to children multiply significantly. But a systematic review of existing research, published in the Children and Youth Services Review, suggests there is very little understanding of how, and indeed if, they combine to significantly increase the danger to children. [...]

Source: National Children's Bureau, 23 November 2020

Prevalence and patterns of hospital use for people with frequent alcohol-related hospital admissions, compared to non-alcohol and non-frequent admissions: a cohort study using routine administrative hospital data

<https://doi.org/10.1111/add.15354>

Conclusions: People with repeated admissions for alcohol-related problems in England appear to be a high cost, high need, complex group of patients that makes up more than a quarter of the country's frequent hospital admissions. [...]

Source: *Addiction*, 27 November 2020

A scoping review of qualitative research on perceptions of one's own alcohol use

<https://doi.org/10.1093/eurpub/ckaa211>

Conclusion: This review identifies gaps in the evidence regarding people's perceptions of their own drinking and opportunities for qualitative studies to make valuable contributions to alcohol research. Gaps discussed include patterns of drinking that are less obviously problematic, and in relation to consumption of alcohol in those parts of the world where overall consumption and harms from alcohol are high. Such studies could usefully be informed by existing studies in the evidence mapping.

Source: *European Journal of Public Health*, 23 November 2020

Booze robbing many Americans of their sleep

<https://medicalxpress.com/news/2020-11-booze-americans.html>

Nearly 7 in 10 Americans have lost sleep because they drank alcohol too close to bedtime, including 1 in 5 who often have this problem, a new poll shows. In the American Academy of Sleep Medicine (AASM) survey, men were more likely to say they've lost sleep due to drinking alcohol than women (75% vs. 60%), and adults ages 35-44 (78%) are most likely to have a drink too late at night. "*While you might think alcohol helps you sleep, there are negative effects to having a drink close to bedtime,*" said AASM President Dr. Kannan Ramar, a sleep medicine physician at the Mayo Clinic. [...]

Source: Medical Xpress, 29 November 2020

Alcohol intervention during hospital attendance

<https://www.dbrecoveryresources.com/2020/12/alcohol-intervention-during-hospital-attendance/>

Patients with alcohol use disorder have high morbidity and mortality, yet many made substantial changes after intervention in hospital for their alcohol use. Future trials should identify the effect of alcohol care teams in this 'teachable moment', University of Southampton et al urge. [end]

Source: DB Recovery Resources, 3 December 2020

[Research article doi: [10.1192/bjo.2020.138](https://doi.org/10.1192/bjo.2020.138)]

Older adults in wealthier countries drink more alcohol

<https://medicalxpress.com/news/2020-12-older-adults-wealthier-countries-alcohol.html>

A new global study finds older people in wealthy countries consume more alcohol than their counterparts in middle-income countries, on average, although a higher cost of alcohol is associated with less frequent drinking. Across counties, people drink less as they get older, but at different rates and starting points. [...] Alcohol consumption among older adults is trending higher across numerous countries, and alcohol use disorders among adults 65 and older have more than doubled in the last ten years. Moreover, there are signs that alcohol consumption is further increasing during the pandemic. Age-related changes that slow metabolism and increase the odds of medication interactions make alcohol consumption likely more harmful among older than younger adults. [...]

Source: Medical Xpress, 1 December 2020

[Research article doi: [10.1111/add.15292](https://doi.org/10.1111/add.15292)]

High-risk drinking in midlife before vs during the Covid-19 crisis

<https://www.dbrecoveryresources.com/2020/12/high-risk-drinking-in-midlife-before-vs-during-the-covid-19-crisis/>

Yet more evidence, this time from Manchester University, suggests that the Covid-19 pandemic and lockdown influenced alcohol consumption. This study examined a cohort of middle-aged adults. [...]

Source: DB Recovery Resources, 3 December 2020

[Research article doi: [10.1016/j.amepre.2020.09.004](https://doi.org/10.1016/j.amepre.2020.09.004)]

Patients with heart rhythm disorder warned against alcohol

<https://www.dbrecoveryresources.com/2020/12/patients-with-heart-rhythm-disorder-warned-against-alcohol/>

14 drinks a week is linked with a higher risk of health problems including stroke and embolism in patients with atrial fibrillation, according to Korea's Yonsei University College of Medicine. [end]

Source: DB Recovery Resources

[Research article doi: [10.1093/europace/euaa340](https://doi.org/10.1093/europace/euaa340)]

How Peer Support in Scotland adapted to a digital world during COVID-19

<https://www.scottishrecovery.net/how-peer-support-in-scotland-adapted-to-a-digital-world-during-covid-19/>

This new research explores how peer support in Scotland has adapted to a digital world with creativity and flexibility during Covid-19 restrictions. The *Meaningful connections* research report is based on engagement with 170 different peer support services and 110 participants from across the country. We were overwhelmed with the positive response and the valuable information shared. [...] The report highlights the benefits, as well as the challenges, of taking peer support into the digital space at a time when continuing to provide mental health support and maintaining relationships is more important than ever. [...]

Source: Scottish Recovery Network, 26 November 2020

What has 2020 done to the UK's alcohol consumption?

<http://www.ias.org.uk/Blog/What-has-2020-done-to-the-UKs-alcohol-consumption.aspx>

Alcohol stats expert Colin Angus trawls through a lot of data to work out Brits' drinking habits in this exceptional year [...]

Source: Institute of Alcohol Studies, 2 December 2020

Alcohol and mental ill-health: what's the connection?

<https://ahauk.org/alcohol-and-mental-ill-health-whats-the-connection/>

Alcohol Awareness Week 2020 focuses upon the theme of alcohol and mental health. In this blog, Julia Sinclair, Professor of Addiction Psychiatry University of Southampton and Chair of the Addictions Faculty at the Royal College of Psychiatrists, writes about how alcohol can impact our mental health and why it is important to treat mental ill-health and alcohol addiction together. [...]

Source: Alcohol Health Alliance UK, November 2020

How has the pandemic influenced substance use among young people?

<https://medium.com/rcpch-insight/how-has-the-pandemic-influenced-substance-use-among-young-people-63834b50d9f3>

Before the pandemic, trends in substance use among young people varied across the UK. Our State of Child Health report showed that in some parts of the country, the number of young people reporting using drugs like cannabis was declining, while in other areas that number was rising. [...] Professor Fiona Measham is the Chair in Criminology at the University of Liverpool and Director of the Loop, a non-profit providing drug checking and harm reduction services: *“At the start of lockdown, we saw a decline in the use of party drugs and rise in the number of people using alcohol and cannabis”*. [...]

Source: RCPCH Insight, 30 November 2020

The 10 most important things about addiction

<https://www.dbrecoveryresources.com/2020/12/the-10-most-important-things-about-addiction/>

Dr David McCartney summarises a list by Professor Doug Sellman distilling the 10 things you *need* to know about addiction from research in the last 30 years. Read [Part 1](#) and [Part 2](#).

Source: DB Recovery Resources, 1 December 2020

Alcohol, mental health and wellbeing

<https://www.researchinpractice.org.uk/all/news-views/2020/november/alcohol-mental-health-and-wellbeing/>

To support Alcohol Awareness Week we have brought together Research in Practice learning resources on alcohol, social connections, mental health and wellbeing. [...]

Source: Research in Practice, November 2020

Mental health and alcohol use – a chicken and egg problem

<https://thepsychologist.bps.org.uk/mental-health-and-alcohol-use-chicken-and-egg-problem>

Daren Lee argues that for those who use alcohol to cope with distress, the landscape of mental health provision and its opaque exclusion criteria can be disorientating. [...]

Source: The psychologist... (The British Psychological Society), 26 November 2020

PhD Symposium Session 1.0: Lived experiences

<https://www.addiction-ssa.org/phd-symposium-session-1-0-lived-experiences/>

The SSA PhD symposium is now in its twelfth year and brings together PhD students studying a wide range of addictions-related topics. This year's event ran online on the 4th November 2020. Over the coming weeks we will publish slides, summaries and blogs from the symposium that capture the experiences of presenters and attendees. In doing so we will showcase some of the latest and most exciting research that's going on right now. [...]

Source: Society for the Study of Addiction, 1 December 2020

The Alcohol 'Problem' Podcast: Ep 2: The science of hangovers with Dr Sally Adams

<https://www.buzzsprout.com/1275176/6446992>

In this episode we talk to Dr Sally Adams, a hangover researcher at the University of Bath's Addiction and Mental Health Group about the science around hangovers! Questions include what hangovers really are, how individuals vary in their hangover symptoms, what really 'works' to treat them and other common hangover myths. [...]

Source: The Alcohol 'Problem' Podcast, November 2020

Reasons to be cheerful

<https://recoveryreview.blog/2020/12/03/reasons-to-be-cheerful/>

If you are looking for reasons to be cheerful in these testing times, read on. I've been taking a look at a piece of research, about to be published, from the Recovery Research Institute in Massachusetts, which examined questionnaire responses from over 25,000 people who identified as having a past alcohol or drug problem which was now no longer problematic. The researchers say that while most alcohol and other drug disorders remit, little is known about the details of people's achievements on the way. They wanted to shine a light on this. The findings are encouraging and cheered me up. [...]

Source: Recovery Review, 3 December 2020

