

# Gearing up .....



**Prof Richard Muscat**  
Chairperson, National Addictions  
Advisory Board

NATIONAL ALCOHOL POLICY  
and  
The Effects of Alcohol On The Human Body

12<sup>th</sup> April 2019

Richard Muscat

# National Alcohol Policy

To contribute to a measurable reduction of;

- alcohol use,
- alcohol dependence and
- alcohol-related health and social risks and harms.

# NATIONAL ALCOHOL POLICY

## Policy Areas:

- Alcohol use among those under 17 years of age
- Harmful Alcohol use in adults
- Drink driving

## Cross cutting themes:

- Coordination
- International Cooperation
- Information, Research, Monitoring and Evaluation

# NATIONAL ALCOHOL POLICY

## Three main Objectives:

- Prevention
- Harm Reduction
- Law Enforcement.

## 23 Actions:

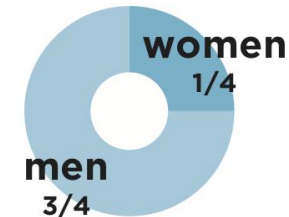
- Prevention programmes, Awareness raising, Treatment, Social Measures, judicial measures....

## Indicators to monitor progress

- Life time, last year, last month use of alcohol in the population, alcohol use among youth, numbers entering treatment, arraignments, court judgements.....

# Alcohol and health

**3 million** **deaths**  
6 deaths every minute  
from harmful use of alcohol  
**every year**



## Harmful use of alcohol causes



**100%** of alcohol use disorders



**18%** of suicides



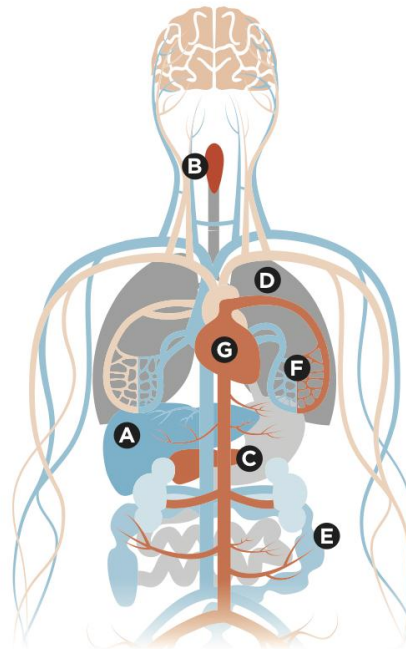
**18%** of interpersonal violence



**27%** of traffic injuries



**13%** of epilepsy



**A 48%** of liver cirrhosis

**B 26%** of mouth cancers

**C 26%** of pancreatitis

**D 20%** of tuberculosis

**E 11%** of colorectal cancer

**F 5%** of breast cancer

**G 7%** of hypertensive heart disease

# Reduce harmful use of alcohol

Best buy interventions

✓ **Regulate alcohol distribution**

✓ **Restrict or ban advertising**

✓ **Increase prices**

More key interventions



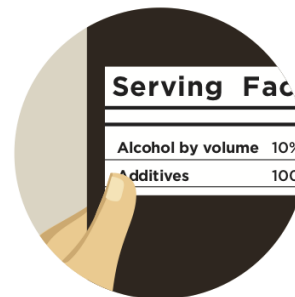
**Prevent and treat alcohol use disorders**



**Raise awareness of alcohol-attributable health burden**



**Support community action to prevent and reduce the harmful use of alcohol**



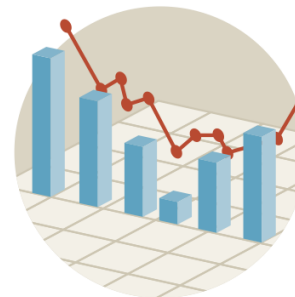
**Provide consumer information on alcohol containers**



**Regulate informally produced alcohol**



**Implement drink-driving policies**



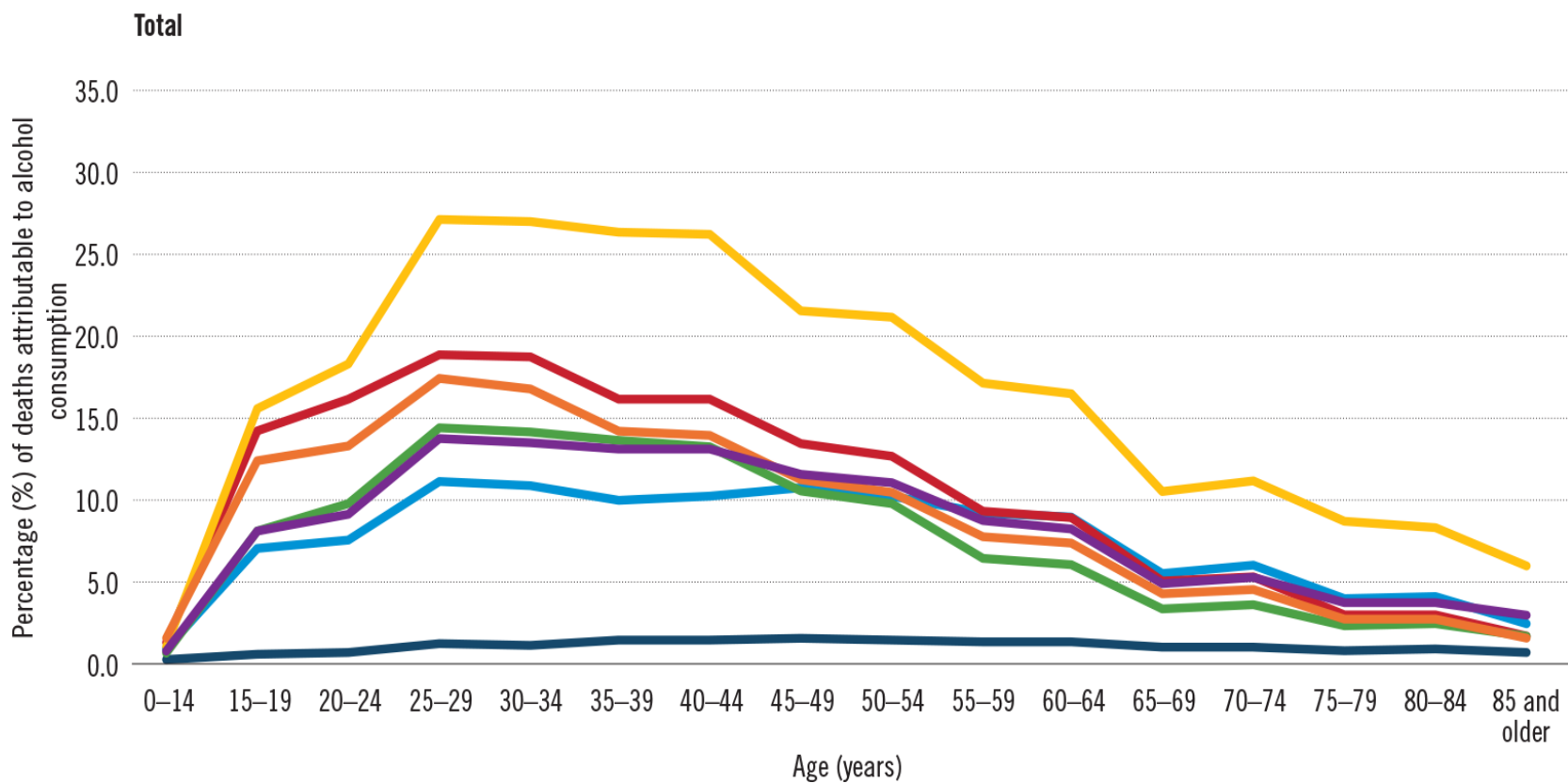
**Develop surveillance systems for alcohol consumption, health consequences and policy**



**10% reduction in the harmful use of alcohol by 2025<sup>7</sup>**

## Percentage (in %) of total deaths attributable to alcohol, by age group, 2016

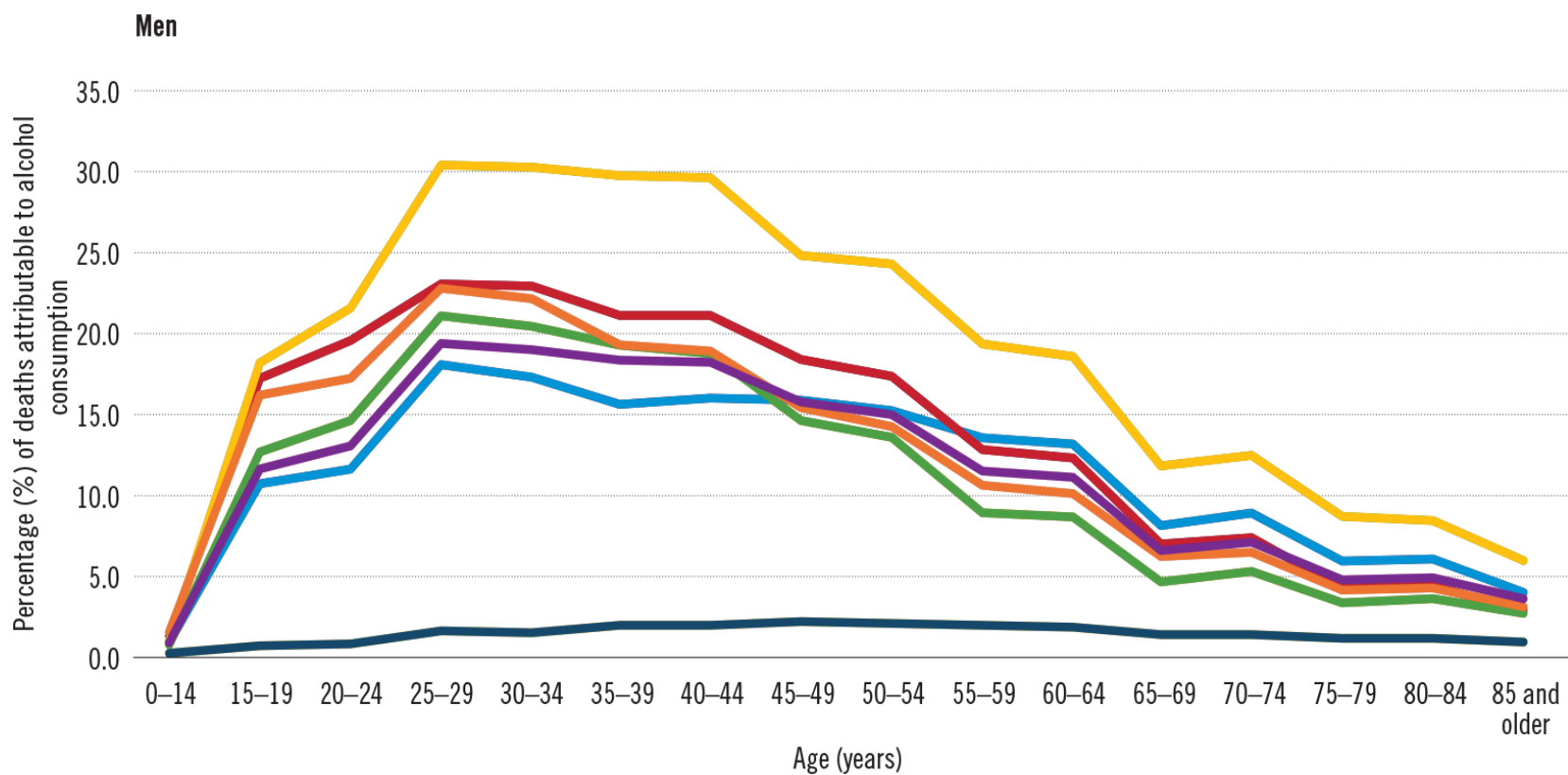
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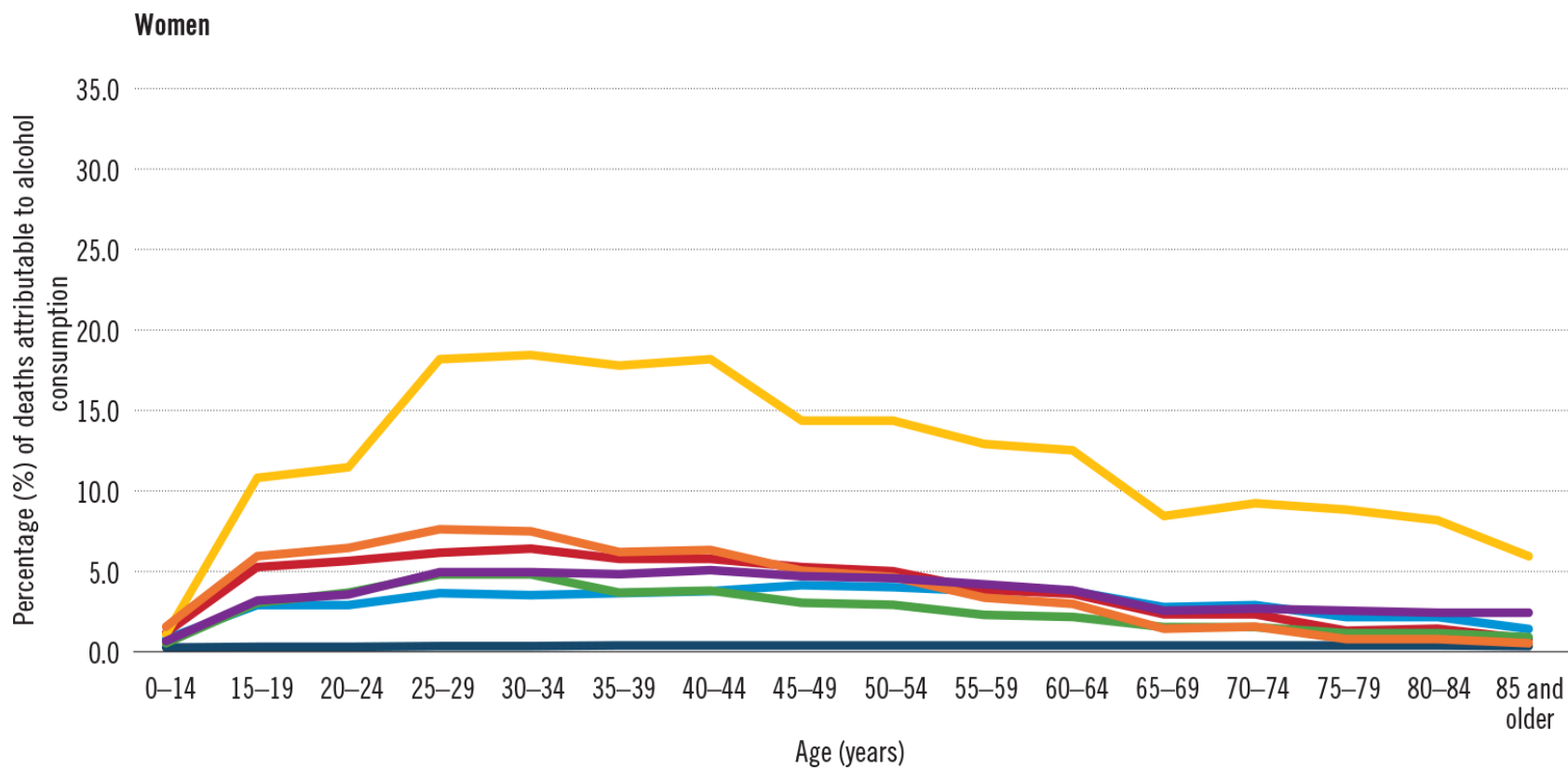
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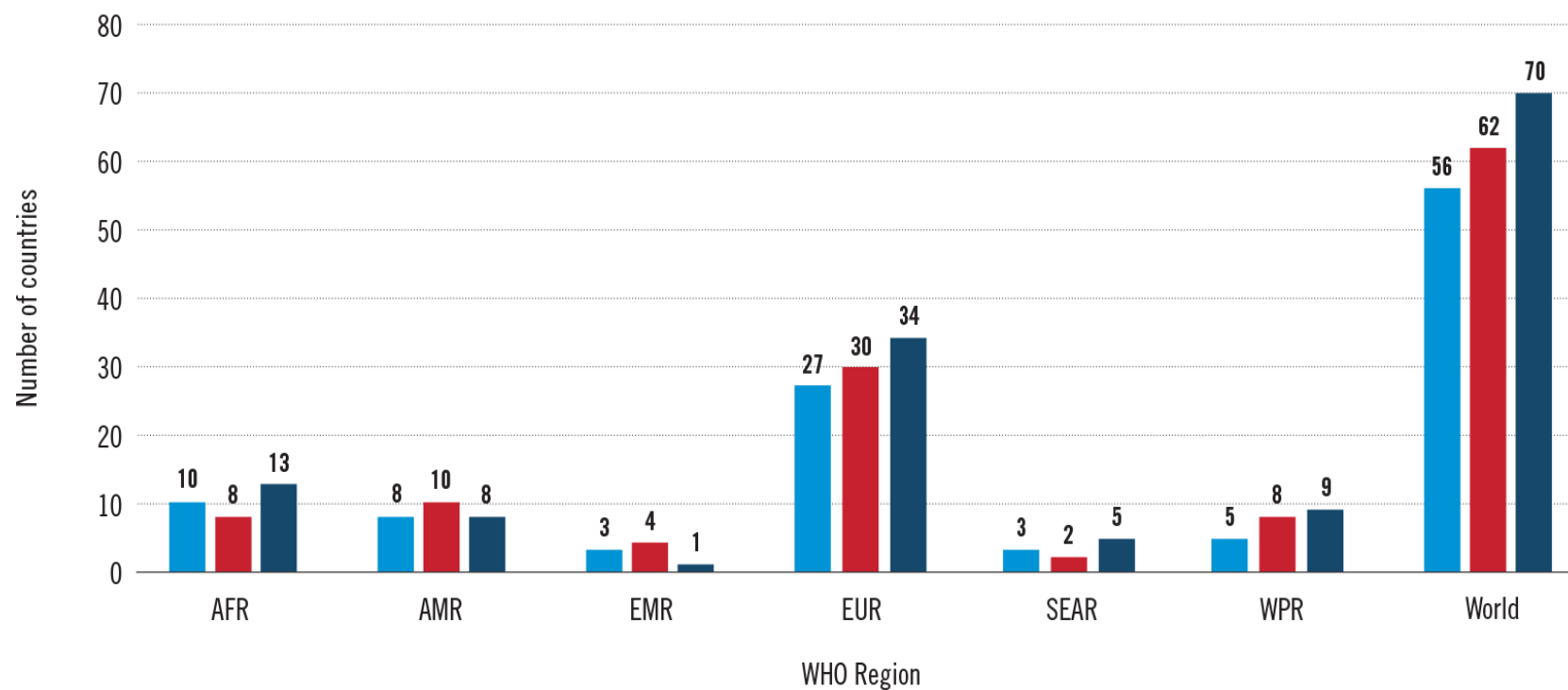
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## Trends in national written alcohol policies by WHO region and number of countries, 2008–2016

(n = 148 reporting countries)

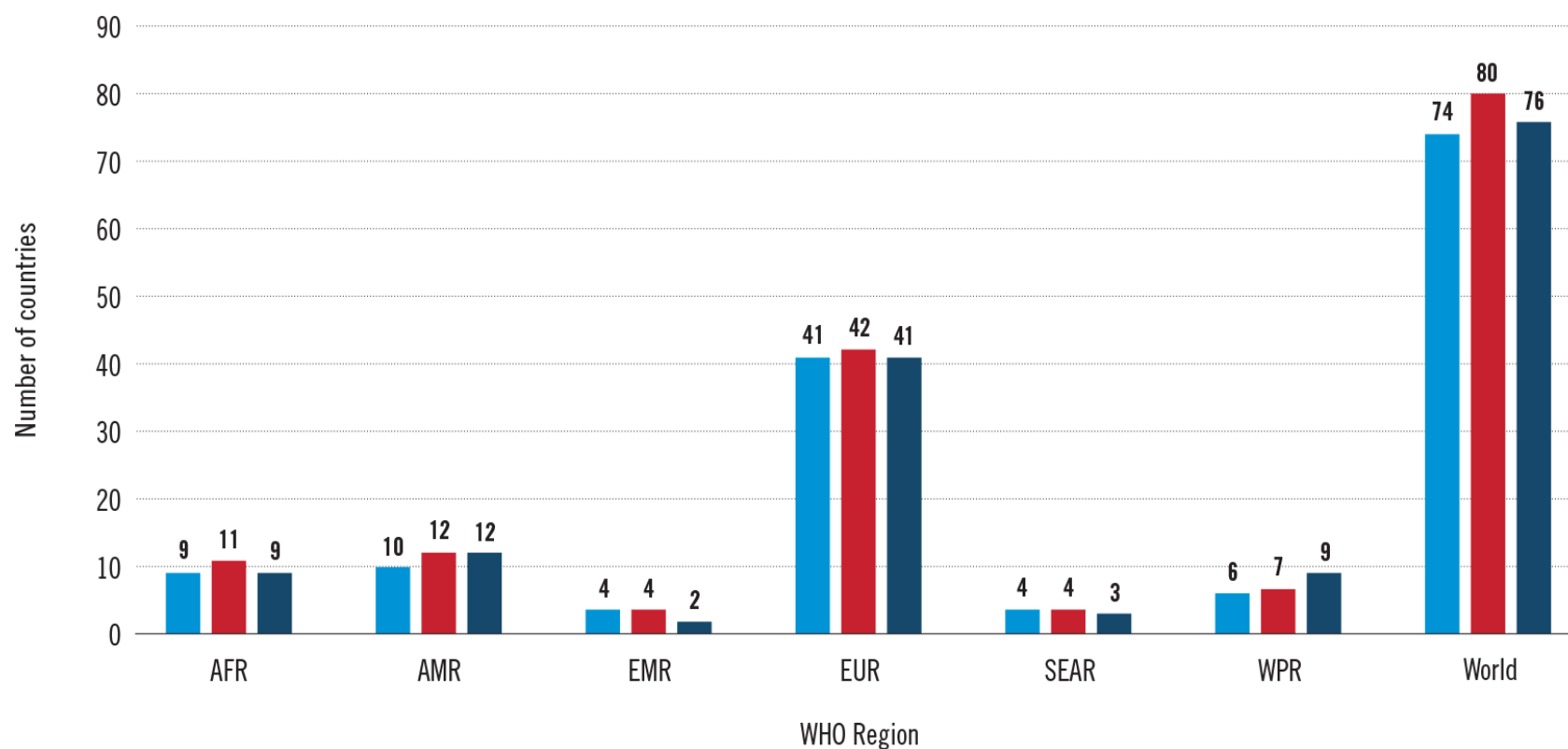
■ 2008 ■ 2012 ■ 2016



## Trends in blood alcohol concentration (BAC) limits at or below 0.05% for the general population, by WHO region and number of countries, 2008–2016

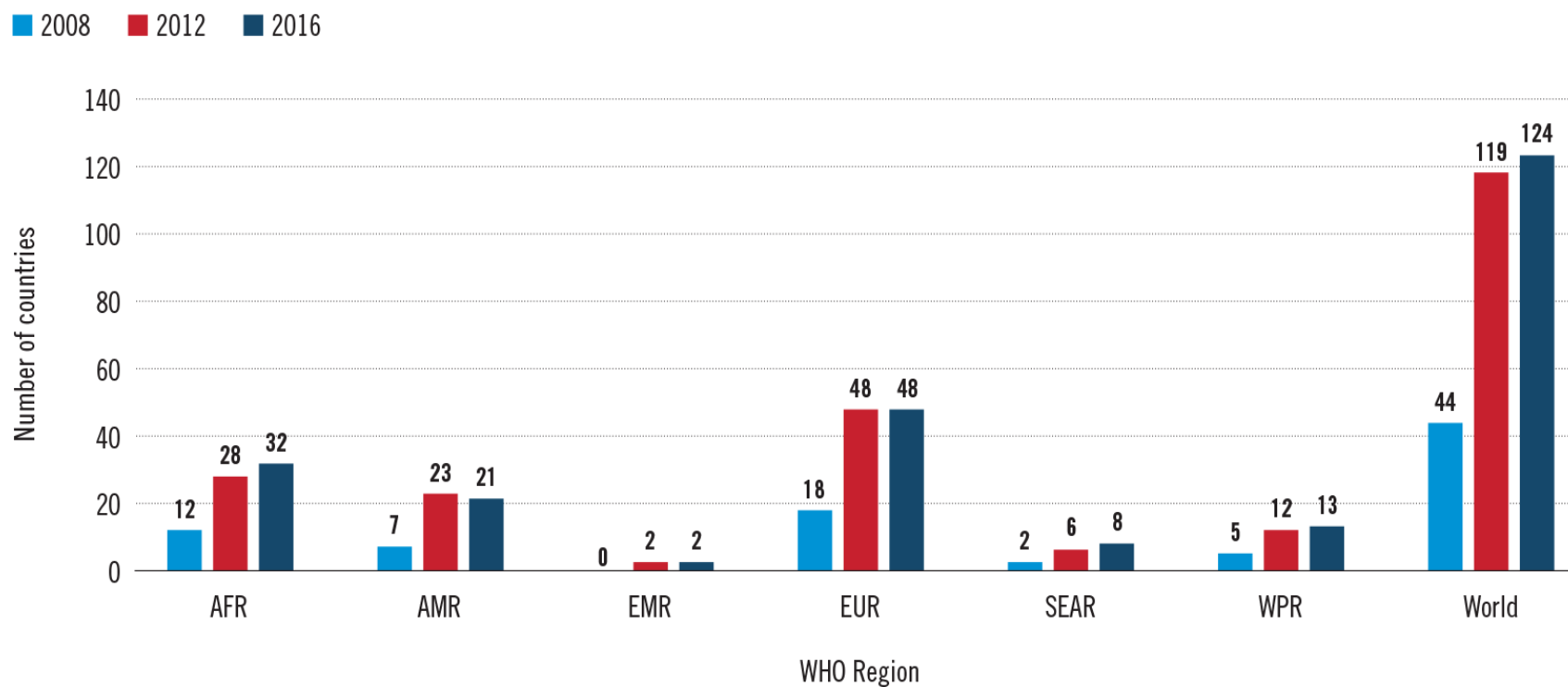
(n = 120 reporting countries)

■ 2008 ■ 2012 ■ 2016



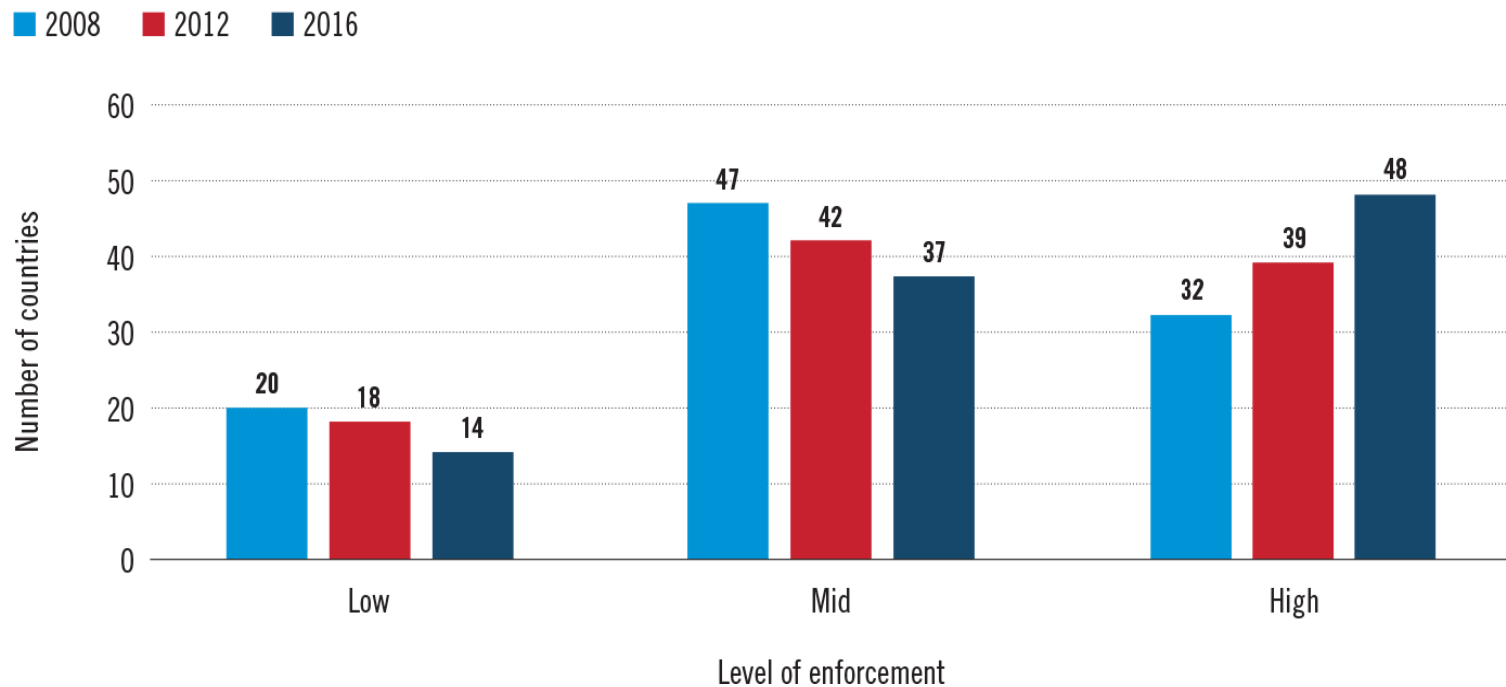
## Trends in use of sobriety checkpoints or random breath-testing by WHO region and number of countries, 2008–2016

(n = 164 reporting countries)



## Trends in levels of enforcement for the national blood alcohol concentration (BAC) limit, by number of countries and year

(n = 99 reporting countries)

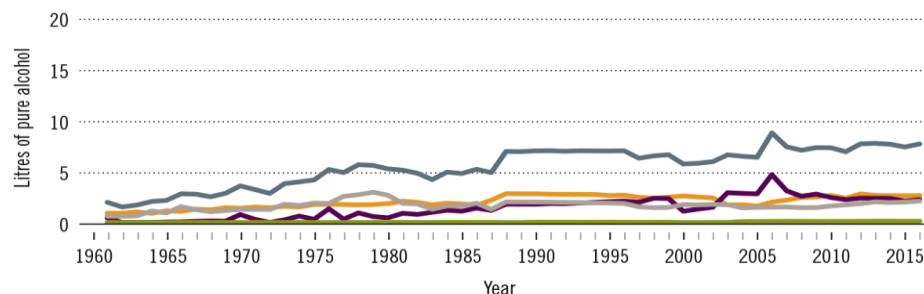


# Malta

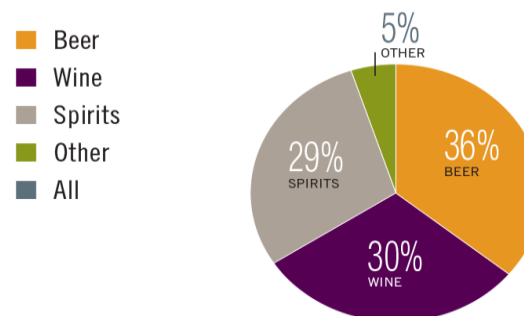
Total population (2016): 419 615 ➤ Population aged 15 years and older (15+): 86% ➤ Population in urban areas: 100% ➤ Income group (World Bank): High income

## ALCOHOL CONSUMPTION: LEVELS AND PATTERNS

Recorded alcohol per capita (15+) consumption, 1961–2016



Recorded alcohol per capita (15+) consumption (in litres of pure alcohol) by type of alcoholic beverage, 2016 or latest year available



Alcohol per capita (15+) consumption (in litres of pure alcohol)

	2010*		2016*	
Recorded	7.4		7.8	
Unrecorded	0.4		1.2	
<b>Total**</b>	<b>7.0</b>		<b>8.1</b>	
Total males / females	11.3	2.6	13.2	3.0
WHO European Region	11.2		9.8	

\* Three-year averages of recorded and unrecorded for 2009–2011 and 2015–2017; \*\*adjusted for tourist consumption.

Prevalence of heavy episodic drinking\* (%), 2016

	Population (15+ years)	Drinkers only (15+ years)	Population (15–19 years)	Drinkers only (15–19 years)
Males	35.7	46.8	37.3	58.2
Females	8.2	16.5	8.3	22.9
Both sexes	21.9	34.7	22.1	44.6

\* Consumed at least 60 grams or more of pure alcohol on at least one occasion in the past 30 days.

Total alcohol per capita (15+) consumption, drinkers only (in litres of pure alcohol), 2016

	Litres
Males (15+)	17.3
Females (15+)	6.1
Both sexes (15+)	12.8

Abstainers (%), 2016

	Males	Females	Both sexes
Lifetime abstainers (15+)	8.8	25.5	17.2
Former drinkers* (15+)	15.0	24.5	19.8
Abstainers (15+), past 12 months	23.8	50.0	37.0

\* Persons who used to drink alcoholic beverages but have not done so in the past 12 months.

# Malta

Total population (2016): 419 615 ► Population aged 15 years and older (15+): 86% ► Population in urban areas: 100% ► Income group (World Bank): High income

## HEALTH CONSEQUENCES: MORTALITY AND MORBIDITY

Age-standardized death rates (ASDR) and alcohol-attributable fractions (AAF), 2016

	ASDR*		AAF (%)		AAD** (Number)
Liver cirrhosis, males / females	7.4	1.3	69.2	50.8	15
Road traffic injuries, males / females	4.4	2.5	39.7	27.9	5
Cancer, males / females	181.6	120.8	6.2	2.4	43

\*Per 100 000 population (15+); \*\*alcohol-attributable deaths, both sexes.

Years of life lost (YLL) score\*, 2016

LEAST < **1** 2 3 4 5 > MOST

\* Based on alcohol-attributable years of life lost.

Prevalence of alcohol use disorders and alcohol dependence (%), 2016\*

	Alcohol use disorders**	Alcohol dependence
Males	5.6	2.5
Females	1.6	0.7
Both sexes	3.6	1.6
WHO European Region	8.8	3.7

\* 12-month prevalence estimates (15+); \*\*including alcohol dependence and harmful use of alcohol.

## POLICIES AND INTERVENTIONS

Written national policy (adopted/revised) / National action plan	<b>No / —</b>
Excise tax on beer / wine / spirits	Yes / Yes / Yes
National legal minimum age for off-premise sales of alcoholic beverages (beer / wine / spirits)	17 / 17 / 17
National legal minimum age for on-premise sales of alcoholic beverages (beer / wine / spirits)	17 / 17 / 17
Restrictions for on-/off-premise sales of alcoholic beverages (any): Hours, days / places, density Specific events / intoxicated persons / petrol stations	Yes, <b>No / No, No</b> Yes / Yes / Yes

National maximum legal blood alcohol concentration (BAC) when driving a vehicle (general / young / professional), in %	0.08 / 0.08 / 0.08
Legally binding regulations on alcohol advertising / product placement (any)	Yes / Yes
Legally binding regulations on alcohol sponsorship / sales promotion (any)	Yes / Yes
Legally required health warning labels on alcohol advertisements / containers (any)	<b>No / No</b>
National government support for community action (any)	Yes
National monitoring system(s) (any)	<b>No</b>



# NATIONAL ALCOHOL POLICY and the Effects of Alcohol on the Human Body

## THANK YOU