

Midlothian and East Lothian Drug and Alcohol Partnership

Midlothian Alcohol Profile

Summary Report for Midlothian Health Improvement Partnership

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Background

The following information is taken from the Midlothian Alcohol Profile which was produced by the ISD in 2004. This report ran to some 40+ pages. The most recent national information comes from the Scottish Alcohol Needs Assessment issued in August 2009.

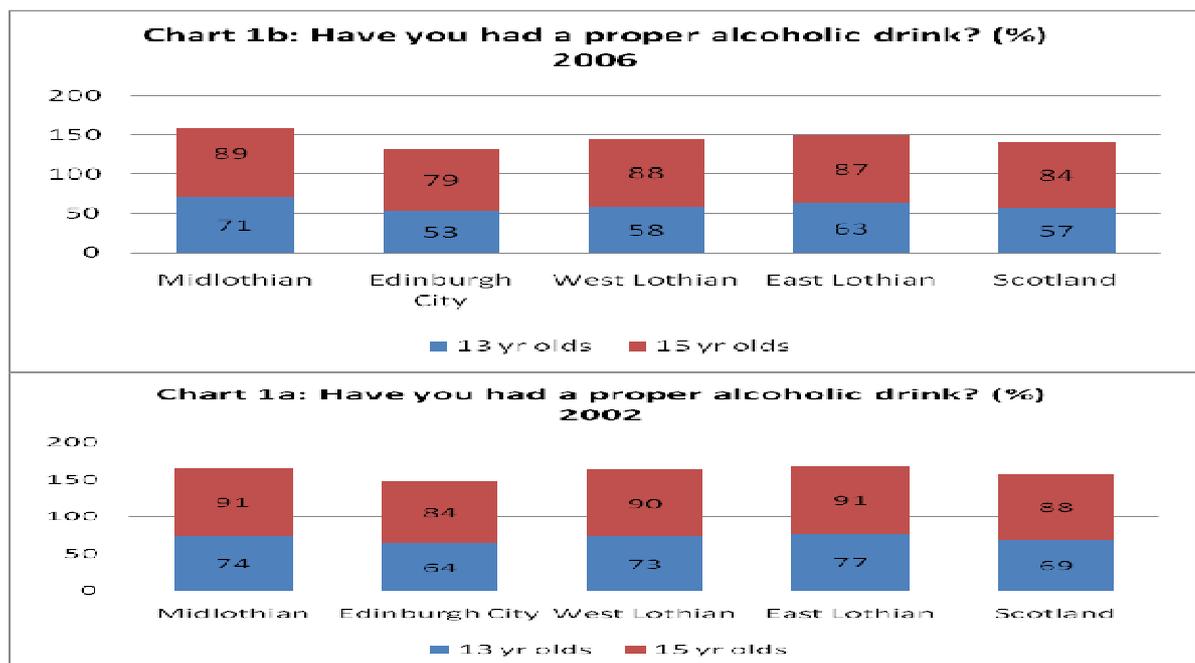
The information regarding the drinking behaviour of 13 and 15 year olds in Midlothian was taken from the 2006 Scottish Adolescent Lifestyle and Substance use Survey (SALSUS).

The information regarding licensed premises was taken from the section The Alcohol Market in the publication Alcohol Statistics Scotland (2009).

Midlothian and East Lothian Drug and Alcohol Partnership (MELDAP) have commissioned a Full Needs Assessment which will provide a more accurate profile in terms of prevalence levels across these areas and as well as identify any possible gaps in terms of the range of services currently available for people with alcohol and drugs problems. A report will be ready for MELDAP by the end of November 2009.

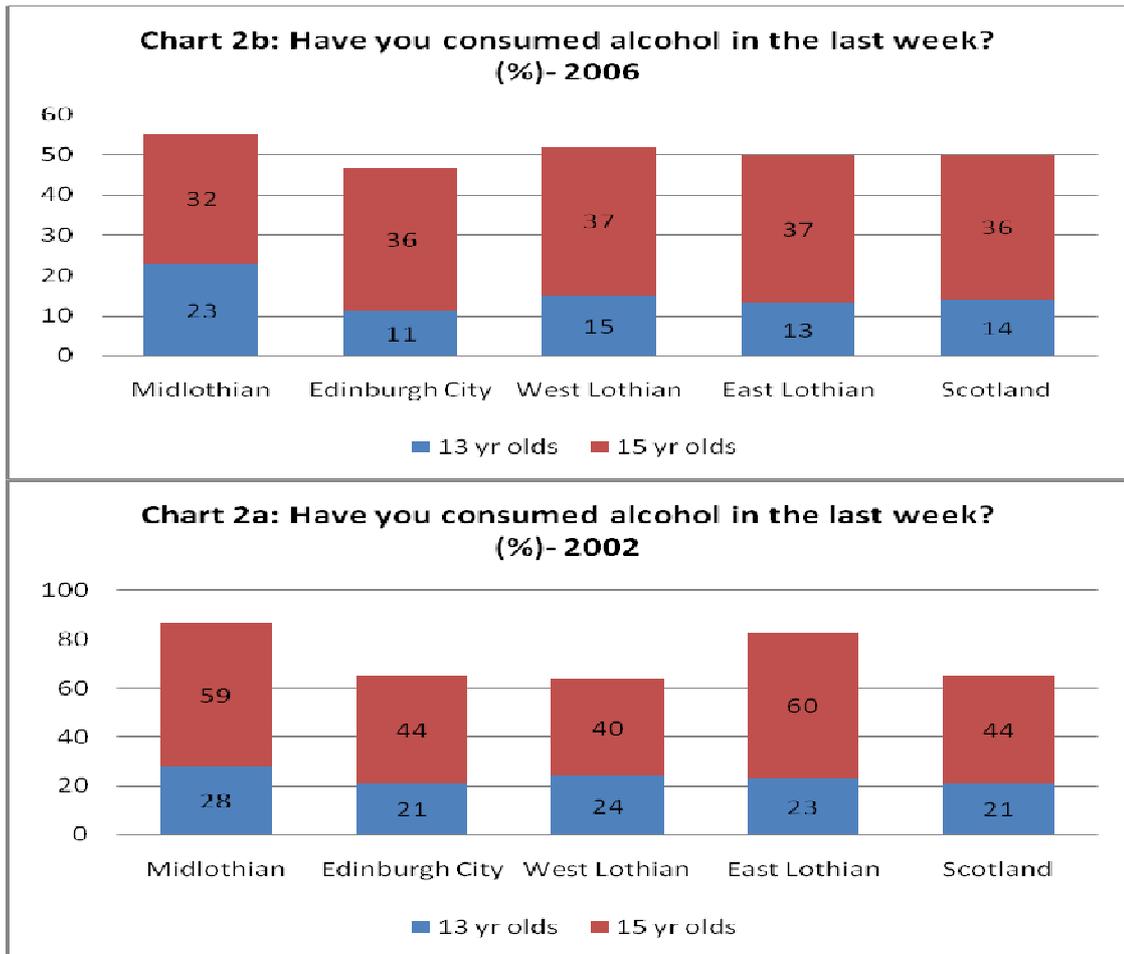
SALSUS (2006)

This report looks into the attitudes and behaviour of pupils in relation to substance use, comparing changes between 2002 and 2006. Some of the information on other lifestyle factors is also reported but not in association with substance use. The report is based on the comparison of the SALSUS analysis of Midlothian, West Lothian, East Lothian and Edinburgh City, in relation to alcohol and drug behaviour amongst 13 and 15 year old school pupils.



Source: SALSUS National Report 2002 and 2006

Compared with 2006, there have been no significant changes in the proportion of either age group that have had a proper alcoholic drink in Midlothian. However, in Edinburgh City, the 2006 figures represent a significant decrease for both ages. In Midlothian, the percentages of 13 and 15 year olds who claim to have had a proper alcoholic drink are significantly higher than the remaining Lothian local authorities. West Lothian and East Lothian have seen a significant decrease in the proportion of 13 year olds who have had a proper alcoholic drink, but no significant changes to the proportion of 15 year olds who have.



Compared with the 2006 analysis, there have been no significant changes in the proportion of 13 year olds in Midlothian who have consumed alcohol in the last week, but a significant decrease in the proportion of 15 year olds. There has been a significant decrease in the proportion of both age groups in Edinburgh City and East Lothian, while data indicates a significant decrease in the proportion of 13 year olds in West Lothian, there has been no significant changes to the proportion of its 15 year olds. Nationally, the 2006 figures represent a significant decrease for both age groups.

In Midlothian, the average amount spent by weekly drinkers who bought alcohol was £9.10. This compares with £9.45 in East Lothian, £12.53 in Edinburgh City and £9.23 in West Lothian.

According to the SALSUS analysis, the most common way of buying alcoholic drink was from a friend or family. The second most common way to buy alcohol was from a shop. The majority of 13 and 15 year olds who had ever had a drink reported buying alcohol through friends or family and from shops. As cited in the summary of main findings of the SALSUS report, since 2002, the most notable difference has been an increase in the proportion of pupils buying alcohol from friends and relatives. The report also revealed that, when pupils did attempt to purchase alcohol themselves from a shop, supermarket or off-licence, it was more likely to result in a purchase than a refusal.



source: SALSUS National Report 2002 and 2006

There are no significant changes as per the most common sources of purchasing alcohol between 2002 and 2006, in relation to the Lothian context. The SALSUS report revealed that 13 year olds were considerably less likely to buy alcohol than 15 year olds. Nationally, 13 year olds who drank were often getting alcohol from sources such as friends and families. In Midlothian, there has been a 14% increase of pupils getting alcoholic drinks from friends and families. Edinburgh City, West Lothian and East Lothian have also seen a significant increase of those getting alcohol from friends and families. It is therefore worthwhile to conclude that the most common source of purchasing alcohol amongst school pupils in Lothian is through friends and families.

National picture

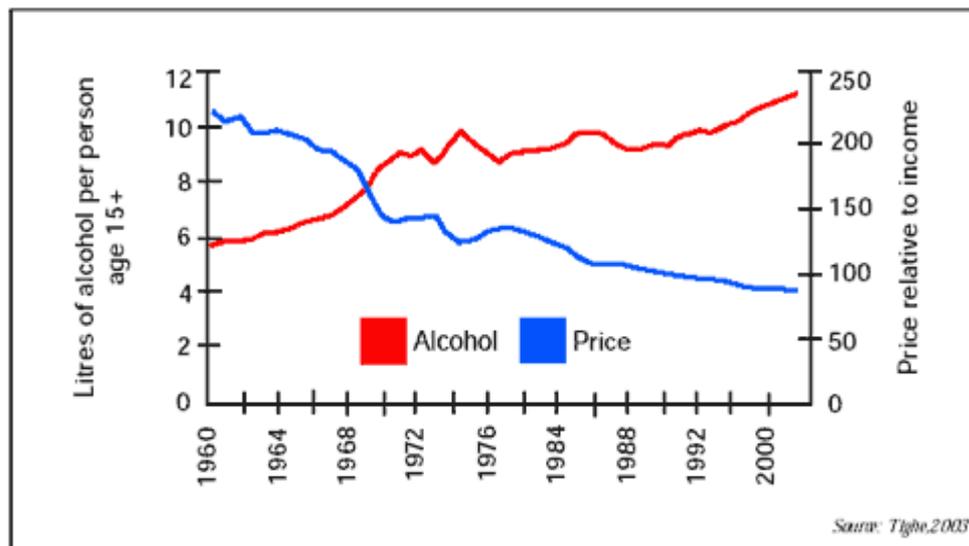
Alcohol is 69% more affordable in 2007 than in 1980.

UK prices of alcoholic drinks have increased more than general retail price increases since 1980.

Between 1980 and 2007 the price of alcohol increased by 19% more than retail prices generally. However, because households' disposable income has increased by 102% in real terms (between 1980 and 2007), alcohol is 69% more affordable in 2007 than in 1980.

Figure 1 shows the relationship between consumption and affordability.

Figure 1



In 2007, people in Scotland spent an average of £5.97 weekly on alcoholic drinks.

In Scotland in 2007 people spent on average £2.79 per week on alcoholic drinks for household supplies, and £3.18 for consumption outside the home.

These figures are broadly similar to the corresponding expenditure reported by other UK countries.

Unit of alcohol

A unit of alcohol is 8 gms (10mls) of ethanol. In the past it was reasonably safe to say that this was equivalent to half a pint of beer or lager, a measure of spirits or a glass of wine. However, increasing strengths of alcoholic drinks and in some cases standard measures mean that it is now more difficult to calculate how much a drink is in terms of units of alcohol. Here are 3 examples:

- Wine is now served in many establishments in 175ml glasses and 13% abv is common. This would be close to 2.5 units;
- Spirits are now often served in 35ml measures which makes a measure of 40% abv spirits about 1.5 units;
- Beer and lager was commonly 3.5% abv in the past, now it is often 5% abv, making a half pint of beer or lager almost 1.5 units.

In 2007 in Scotland it was estimated that 12.2 litres of pure alcohol were sold per person over the age of 18, almost 2 litres higher than in England and Wales (10.3 litres).

Of the volume of pure alcohol sold in Scotland in 2007 beer accounted for 36.9%, spirits for 29.4% and wines for 25%.

Volumes of pure alcohol sold have been broadly stable over the past three years.

The estimated volume of pure alcohol sold in Scotland in 2007 equates to 1219 units a year for every adult (18 and over) in Scotland i.e. 23.4 units a week on average.

In 2007 the pure alcohol volume of spirits sold in Scotland was almost double those sold in England and Wales (3.6 litres per capita compared to 1.8 per capita). The volumes sold of other beverages were very similar between Scotland and England and Wales.

Daily Consumption:

- Similar proportions of men and women (over 16 years old) who had drunk in the previous week had exceeded daily benchmarks (limits), although overall men were still more likely to 'binge drink' than women.
- 72% of men and 58% of women reported that they had drunk alcohol in the last week (Scottish Health Survey 2003, data not shown).
- Men were more likely than women to drink almost every day (14% compared to 8%).
- Among those who had drunk alcohol in the past week, 63% of men and 64% of women drank more than the recommended daily limits on their heaviest drinking day.
- On the heaviest drinking day in the past week, 40% of men and 33% of women who had drunk in the previous week reported 'binge' drinking i.e. drinking more than 8 units for men and more than 6 units for women.
- In general, men are more likely than women to 'binge drink' except for 16-24 year olds, of whom 60% of both sexes reported drinking more than twice the recommended daily limits.

Source: Scottish Health Survey (2008): Revised Alcohol Consumption Estimates 2003

Weekly Consumption:

- Of those who drink alcohol, on average, men drank more than twice the number of units per week than women.
- On a typical week, over a third (34%) of all men drank in excess of the 21 units per week and just under a quarter (23%) of all women drank over the recommended 14 units per week.
- On average, men drank 20.3 units of alcohol per week, and women drank 9.1 units. The majority of units consumed by men are accounted for by normal strength beer (9 units), wine (5 units) and spirits (4 units) and for women wine (5 units) and spirits (2 units)
- Just over a third (35%) of men and one fifth (22%) of women drank on three or more days a week.
- Both men and women were more likely to drink at home (72% of women and 71% of men who were current drinkers) than in pubs, clubs, restaurants or other social settings.

Problem Drinking

- Among current drinkers, 69% of men and 80% of women who responded to the CAGE questionnaire (see Appendix 1) reported no problem indicators associated with their drinking.
- Thirteen per cent of men and 7% of women answered yes to two or more questions, indicating possible problem drinking.'

The key results from the *Scottish Alcohol Needs Assessment (2009)* were:

- The prevalence of hazardous/harmful alcohol use was 27.9% and alcohol dependence was 4.9% in adults over 16 years of age. This equates to 1,172,200 and 206,000 people affected respectively. It should be noted however that surveys tend to under-estimate hazardous and harmful drinking compared to alcohol sales.
- Males had twice the prevalence of alcohol dependence compared to women (6.7% versus 3.3%). While the figure for males was similar to that in England the figure for women was approximately double that of England.
- The estimated number of people accessing alcohol treatment in 2006-07 was approx 17,000 out of an estimated population of people 'in need' of 206,000.
- The ratio between numbers accessing treatment and alcohol dependence was 1:12.1. This represents 8.2% of the in-need population accessing treatment. The ratio of 1:12.1 is better than England at 1:18.
- There were relatively small differences in the level of access for males and females.
- The most common interventions provided by community alcohol agencies were advice, brief interventions, and structured psychological interventions, whilst residential services provided just a limited number of interventions.
- Both community and residential agencies reported the largest proportion of clients as being alcohol dependent and most clients in community and residential programmes were moderately or severely alcohol dependent.

Midlothian profile

Liquor Licences in Force

At the end of 2007, there were a total of 183 liquor licences in force in Midlothian. One hundred and three on-sales and eighty off-sales. In terms of licenses per 10,000 population aged 18 and over both the Midlothian rates were lower than the Scottish average. On sale, 17 compared to 26 and for off-sale, 13 compared to 15.

Discharges from General Hospitals

The most recent figures are for 2004/05. The figures given here may relate to more than one discharge for the same patient and therefore do not provide an indication of the number of individual patients.

- In 2004/05 there were 480 alcohol related discharges of Midlothian residents.
- There was a 26% increase in the number of alcohol related hospital discharges of Midlothian residents between 1999/00 and 2004/05, compared with an increase of 21% for Scotland overall.
- The majority of alcohol related discharges in Midlothian were of male residents.
- In 2004/05 there were 308 discharges of male residents in Midlothian, an increase of 28% between 1999/00 and 2004/05 compared with an increase of 21% for Scotland.
- In 2004/05 there were 172 discharges of female residents in Midlothian, an increase of 22% between 1999/00 and 2004/05 similar to the increase of 20% for Scotland.

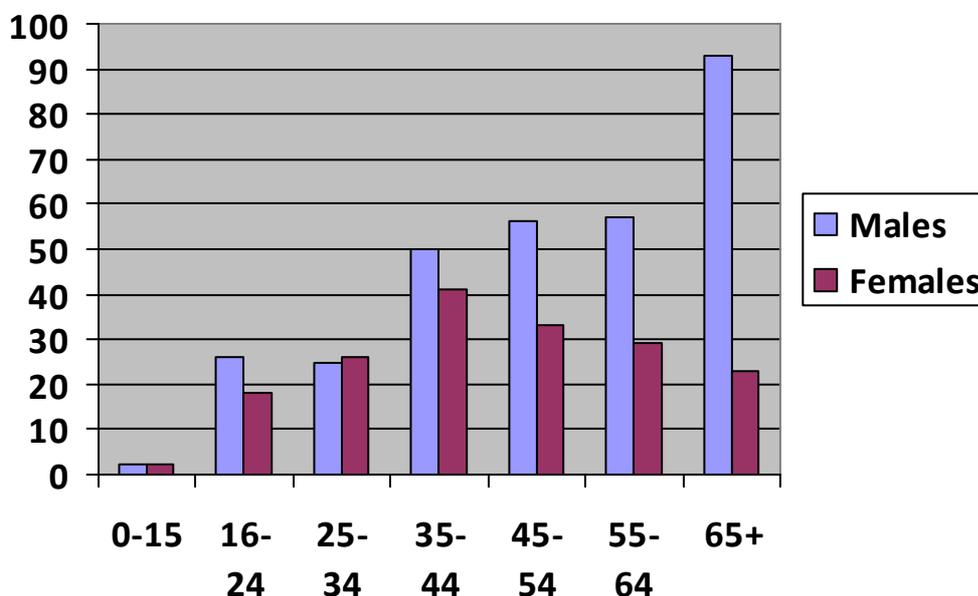
In 2004/05, of the 480 alcohol related discharges of Midlothian residents:

- 31% (150 discharges) were for harmful use.
- 18% (84 discharges) were for alcoholic liver disease.
- 10% (48 discharges) were for acute intoxication.

The age and sex profile of alcohol related hospital discharges for residents in Midlothian in 2004/05 shows that:

- 30% of male, 13% of female (93 and 23) discharges were residents aged 65+
 - 19% of male, 17% of female (57 and 29) discharges were residents aged 55-64
 - 18% of male, 19% of female (55 and 33) discharges were residents aged 45-54
 - 16% of male, 24% of female (50 and 41) discharges were residents aged 35-44
 - 8% of male, 15% of female (25 and 26) discharges were residents aged 25-34
 - 9% of male, 12% of female (28 and 20) discharges were residents aged 0-24.
- (See Figure 2)

Figure 2: Numbers of alcohol related acute hospital discharges by age and sex: Midlothian 2004/05



In 2004/05, comparing local and national alcohol related hospital discharge rates, standardised for age differences, the rate per 10,000 population for Midlothian was lower than the rate for Scotland.

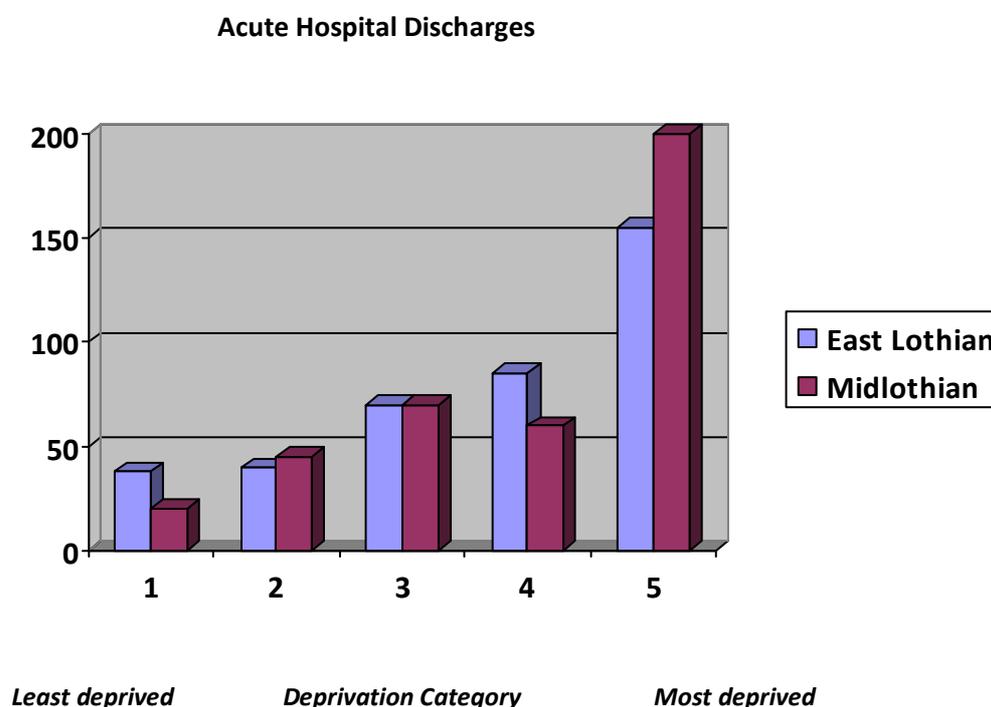
The rate for Midlothian was 57 and for Scotland 75. Between 1999/00-2004/05 the rate in Midlothian had remained below the Scotland rate but varied more than the rate in Scotland and had also increased between 1999/00 and 2004/05

In 2004/05 the age standardised rate of male residents was lower than the Scotland rate, the female rate was similar to the Scotland rate.

The alcohol related discharge rate for male residents in Midlothian was 76 compared with 112 for Scotland. The rate for female residents was 40, similar to the rate of 41 for Scotland. There was variation in both the male and female rates between 1999/00 and 2004/05.

Figure 3 shows the rates per 10,000 of acute hospital discharges with an alcohol related diagnosis by deprivation quintiles with 1 being the least deprived and 5 the most deprived. It shows clearly that there is an association between the rate of alcohol discharges and deprivation in both East Lothian and Midlothian residents.

Figure 3



As a proportion of all general hospital discharges, alcohol related discharges of male residents increased between 1999/00 and 2004/05.

Between 1999/00 and 2004/05 the proportion of alcohol related discharges had increased from 3% in 1999/00 to 4% of male Midlothian residents and remained at 2% of female residents.

Alcohol deaths

In 2004 there were 26 deaths registered in Midlothian where alcohol was a known underlying or contributing cause of death.

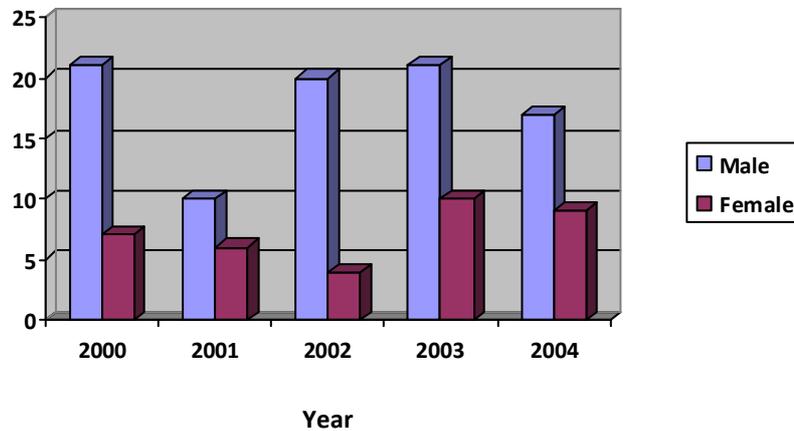
- Numbers of alcohol related deaths have decreased from 28 deaths in 2000
- Deaths where alcohol was a known underlying or contributing cause of death accounted for 3.3% of all deaths of Midlothian residents in 2004 (3.7% in Scotland) and 3.3% in 2000, (2.9% in Scotland) having varied between 1.9% and 3.8% over the period.

The majority of deaths where alcohol was a known underlying or contributing cause of death were of male Midlothian residents.

- There were 17 deaths of male residents in 2004 compared with 9 deaths of female residents.

- The number of deaths of male residents in Midlothian had varied between 2000 and 2004, with 10 deaths in 2001 and 21 in 2003. The number of deaths of female residents had decreased from 7 deaths in 2000 to 4 deaths in 2002 and increased to 10 deaths in 2003. (See Figure 3)

Figure 4: Male and female alcohol deaths 2000-2004

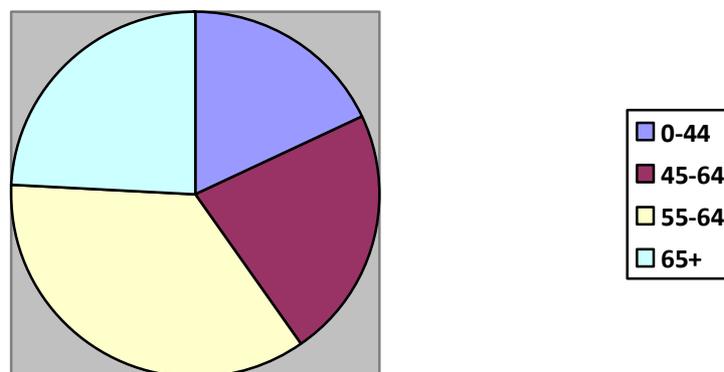


Alcohol related deaths accounted for 4.4% of all deaths of male Midlothian residents in 2004 compared with 2.2% of all deaths of female residents and compared with 5.7% (males) and 1.8% (females) of all deaths in Scotland.

Between 2000-2004 the highest proportion of deaths of Midlothian residents where alcohol was a known underlying or contributing cause were of residents aged 55-64. (See Figure4)

- 18% were aged between 0-44, 15% in Scotland.
- 22% were aged between 45-54, 26% in Scotland.
- 35% were aged between 55-64, 31% in Scotland.
- 24% were aged 65 and over, 27% in Scotland.

Figure 5: Alcohol related deaths by age group (Midlothian 2004)



Alcohol related death rates in Midlothian were lower than the Scottish average over the period 2000-2004:

Drunk Driving

The figures for drunk driving offences in Midlothian in 2004 show that:

- There were 153 offences in Midlothian, contributing to a total of 11,211 offences in Scotland.
- This equated to a rate of 19 per 10,000 population, lower than the Scottish rate of 22.
- The rate of drunk driving in Midlothian has generally been similar to the Scottish rates over the period 1996 to 2004.

Road Traffic Accidents

Scottish Executive Transport statistics show that for Midlothian in 2004 3.8% of breath tests requested from motorists involved in an accident were failed or refused, greater than the Scottish figure of 3.5%.

Drunkenness Offences

Scottish Executive Recorded Offences Statistics* show that in 2004 in Midlothian:

- 25 drunkenness offences were recorded in Midlothian, contributing to a Scottish total of 7,333.
- This equates to 3 offences per 10,000 population, fewer than the 14 per 10,000 population for Scotland.
- The rate of drunkenness offences in Midlothian has remained lower than the Scottish figure throughout the period 1996 to 2004.

Neighbourhood Problems

The Scottish Household Survey* reported that for Midlothian in 2003/04 when questioned about their experience of neighbourhood problems as a result of consumption of alcohol or drug use 22% of respondents thought this was 'very' or 'fairly' common. This figure is slightly lower than the Scottish figure of 23%.

Children referred for misuse of alcohol and drugs

Information from the Scottish Children's Reporter Administration* (SCRA) shows that in Midlothian in 2004/05:

- 30 children were referred to the SCRA for alleged misuse of alcohol and/or drugs, contributing to a Scottish total of 1,369 children referred for this reason.

Services in Midlothian

The following services are the main MELDAP commissioned services for people with alcohol related problems:

Midlothian Substance Misuse Service (SMS)

The service specialises in the assessment, care and treatment of people who have problems related to alcohol and/or drugs. The main purpose of SMS is to help people

make positive changes to their lives and offer support and guidance. The services provided by SMS will include:

- advice and support to individuals and their families
- psychological therapies
- community detox referral for inpatient detox
- assessment for residential detox
- support to access education, training and employment.

Midlothian Young People's Advice Service (MYPAS)

MYPAS provides a range of services for young people including counselling, alcohol services and Art Therapy.

Edinburgh and Lothian Council on Alcohol (ELCA)

ELCA services are open to anyone over the age of 18 who is worried about their own or someone else's drinking. Midlothian residents can access ELCA services at bases in Dalkeith, Penicuik and if more appropriate Edinburgh.

Lothian and Edinburgh Abstinence Programme (LEAP)

LEAP is a programme for people dependent on substances who want to get clean and sober. LEAP is a day programme based at Malta House in Edinburgh which lasts three months. Midlothian, as part of its funding arrangements with LEAP has agreed a figure of 10 Midlothian clients annually.

There is a range of support groups available for families in Midlothian. These include Alcoholics Anonymous and Al-Anon.

Of the MELDAP funding allocated to treatment 52% is spent on drugs and 48% on alcohol.

Appendix 1

The CAGE Questionnaire- Alcohol

This is an example of a self-assessment questionnaire which can be used with adults and young people over the age of 16 years.

The answers to the questions are scored 0 for 'no' and 1 for 'yes', with a total score of 2 or greater considered indicative of an alcohol problem.

- Have you ever felt you should cut down on your drinking?
- Have people annoyed you by criticising your drinking?
- Have you ever felt bad or guilty about your drinking?
- Have you ever had a drink first thing in the morning to steady your nerves or get rid of a hangover (eye-opener)?