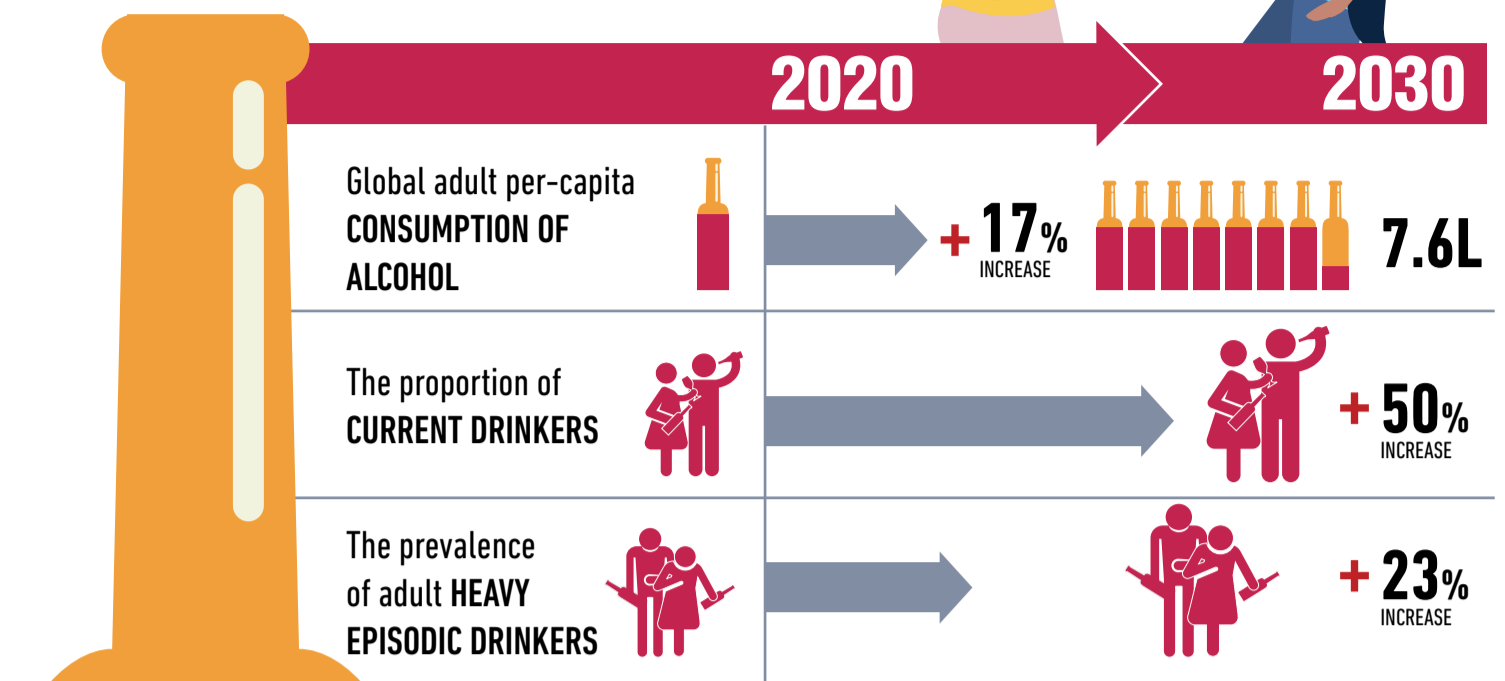




# WOMEN AND ALCOHOL

## Predictions for 2030 if no action is taken



**PREDICTED INCREASED ALCOHOL-ATTRIBUTABLE DISEASE BURDEN**

- Increase in average alcohol intake per drinker
- Increased negative implications for public health
- Increased proportion of heavy episodic drinkers
- Increased alcohol-attributable disease burden



Since 1990, an almost constant ratio of male to female drinkers has been observed (1.42 in 1990; 1.40 in 2017). By 2030, the gap between males and females is forecasted to slowly decrease globally (1.37 in 2030; annualised decrease of 0.003).

## STEPS TO MOST EFFECTIVELY REDUCE ALCOHOL RELATED HARMS according to the WHO SAFER TECHNICAL PACKAGE

**Regulate or BAN ALCOHOL MARKETING**  
(advertising, promotion and sponsorships; that include price promotions like happy hours or free alcohol to women in bars)

**INCREASE PRICES** through excise taxes and minimum unit prices

**TAX** ↑

**SCREENING AND BRIEF INTERVENTIONS** for preventing the harmful use of alcohol in primary health care

**PREVENT ROAD INJURIES AND DEATHS** by implementing drink driving countermeasures

**REGULATE** the hours, days and places where alcohol can be sold and consumed

**INCREASE AWARENESS** about the harmful effects of alcohol to health and development

Alcohol affects men and women differently, giving rise to unique gender-based vulnerabilities.

For CARD 2019, the theme is **WOMEN AND ALCOHOL**

Reducing Alcohol Consumption can be achieved by implementing the **WHO SAFER TECHNICAL PACKAGE**

**WOMEN NEED TO RAISE THEIR VOICES** and advocate towards alcohol policies at all levels of decision making

**IF YOU DRINK ALCOHOL - DRINK LESS  
IF YOU DON'T DRINK - DON'T START**

**SAFER**

Notes:  
 - Current drinking is defined as having consumed alcohol within the 12 months prior to survey  
 - Heavy episodic drinking is defined as having consumed 60 grams or more of pure alcohol on at least one occasion in the past 30 days  
 - Alcohol dependence is defined as a disorder in which an individual has difficulty controlling their alcohol use.

Sources:  
 • WHO Global Status Report (GSR) on Alcohol and Health 2018  
 • WHO SAFER Alcohol Control Technical Package: [https://www.who.int/substance\\_abuse/safer/en/](https://www.who.int/substance_abuse/safer/en/)  
 • Burton R, Henn C, Lavoie D, et al. A rapid evidence review of the effectiveness and cost-effectiveness of alcohol control policies: an English perspective. Lancet 2017; 389: 1558-80.  
 • Manthey J, Shield KD, Rylett M, Hasan OSM, Probst C, Rehm J. Global alcohol exposure between 1990 and 2017 and forecasts until 2030: a modelling study. Lancet. 2019; (published online May 7.) [http://dx.doi.org/10.1016/S0140-6736\(18\)32744-2](http://dx.doi.org/10.1016/S0140-6736(18)32744-2)  
 • World Health Organization. (2018). International classification of diseases for mortality and morbidity statistics (11<sup>th</sup> Revision).