Alcohol Policies: the way forward

Dr Maristela G. Monteiro
Senior Advisor on Alcohol
PAHO/WHO
monteirm@paho.org
Global commitments

Target 3.4 By 2030, reduce by one third premature mortality from non-communicable diseases through prevention and treatment and promote mental health and well-being.

Target 3.5: Strengthen the prevention and treatment of substance abuse, including narcotic drug abuse and harmful use of alcohol

Target 3.6 By 2020, halve the number of global deaths and injuries from road traffic accidents.

Target 16.1: Significantly reduce all forms of violence and related death rates everywhere.
Alcohol and "substance abuse" in Sustainable Development Goals 2030

SDG Agenda: 17 goals (1 health), 169 targets (13 health) adopted at the United Nations Sustainable Development Summit in 25 – 27 September 2015

3.5.1 Coverage of treatment interventions (pharmacological, psychosocial and rehabilitation and aftercare services) for substance use disorders

3.5.2 Harmful use of alcohol, defined according to the national context as alcohol per capita consumption (aged 15 years and older) within a calendar year in litres of pure alcohol
Recognition that alcohol adversely affects the social, environmental and the economic dimensions, cutting across all aspect of sustainable development.

- Direct costs to the household frequently underestimated
- Loss of job/unemployment
- Increased health expenditure

- Alcohol during pregnancy - higher mortality rates for pregnant women and infants
- Major risk factor for TB, HIV, NCDs, road traffic injuries and fatalities
- Strong relationship between alcohol and domestic abuse, intimate partner violence and sexual assault – fuels violence against women
- Parental role neglected

- Water-use efficiency? 298 l water to produce 1L beer – scarce resources are drained for the production of alcohol
- Costs of alcohol harm are massive: European Union - €156 billion yearly
- Neighborhoods with a high density of alcohol outlets have a higher rate of violence; alcohol is a barrier to inclusive, enabling public space for children, adolescents and youth
Ten areas for action in the Global strategy to reduce the harmful use of alcohol

1. Leadership, awareness & commitment
2. Health services’ response
3. Community & workplace action
4. Drink-driving policies & countermeasures
5. Availability of alcohol
6. Marketing of alcoholic beverages
7. Pricing policies
8. Reducing negative consequences of alcohol
9. Reducing health impact of informal/illicit alcohol
10. Monitoring & surveillance
Changes in recorded adult (15+ years; in liters of pure alcohol) alcohol per capita consumption (APC) from 2010 to 2016 in the Americas, by country and World Bank income group.
### Status of national written alcohol policy in 2016 for countries in the Americas

**No national policy**

- ATG
- BRB
- BLZ
- CRI
- CUB
- DMA
- DOM
- ECU
- GRD
- GTM
- GUY
- HND
- JAM
- KNA
- LCA
- NIC
- PAN
- PER
- SLV
- TTO
- URY
- VCT
- VEN

**Sub-national policy**

- CAN
- SUR

**Yes, written national policy**

- ARG
- BHS
- BRA
- CHE
- COL
- MEX
- PRY
- USA
## Alcohol Taxation: exists but does not affect consumption

Source: WHO Global Status Report on Alcohol and Health, 2018

### 2016 beer / wine / spirits

<table>
<thead>
<tr>
<th>Country</th>
<th>Beer</th>
<th>Wine</th>
<th>Spirits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Antigua and Barbuda</td>
<td>No</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>Bahamas</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Barbados</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Dominica</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Grenada</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Guyana</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Jamaica</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Saint Kitts and Nevis</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Saint Lucia</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Saint Vincent and the Grenadines</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Suriname</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Trinidad and Tobago</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
</tbody>
</table>
### National legal minimum age for off- and on-premise sales of alcoholic beverages (beer / wine / spirits)

<table>
<thead>
<tr>
<th>Country</th>
<th>OFF-premise (beer / wine / spirits)</th>
<th>ON-premise (beer / wine / spirits)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Antigua and Barbuda</td>
<td>No / No / No</td>
<td>16 / 16 / 16</td>
</tr>
<tr>
<td>Bahamas</td>
<td>18 / 18 / 18</td>
<td>18 / 18 / 18</td>
</tr>
<tr>
<td>Barbados</td>
<td>No / No / No</td>
<td>16 / 16 / 16</td>
</tr>
<tr>
<td>Dominica</td>
<td>16 / 16 / 16</td>
<td>16 / 16 / 16</td>
</tr>
<tr>
<td>Grenada</td>
<td>No / No / No</td>
<td>16 / 16 / 16</td>
</tr>
<tr>
<td>Guyana</td>
<td>18 / 18 / 18</td>
<td>16 / 16 / 18</td>
</tr>
<tr>
<td>Jamaica</td>
<td>18 / 18 / 18</td>
<td>18 / 18 / 18</td>
</tr>
<tr>
<td>Saint Kitts and Nevis</td>
<td>18 / 18 / 18</td>
<td>18 / 18 / 18</td>
</tr>
<tr>
<td>Saint Lucia</td>
<td>16 / 16 / 16</td>
<td>16 / 16 / 16</td>
</tr>
<tr>
<td>Saint Vincent and the Grenadines</td>
<td>18 / 18 / 18</td>
<td>18 / 18 / 18</td>
</tr>
<tr>
<td>Suriname</td>
<td>16 / 16 / 16</td>
<td>16 / 16 / 16</td>
</tr>
<tr>
<td>Trinidad and Tobago</td>
<td>18 / 18 / 18</td>
<td>18 / 18 / 18</td>
</tr>
</tbody>
</table>

Source: WHO Global Status Report on Alcohol and Health, 2018
## Restrictions for on-/off-premise sales of alcoholic beverages: hours/days/locations

<table>
<thead>
<tr>
<th>Country</th>
<th>Hours</th>
<th>Days</th>
<th>Locations</th>
</tr>
</thead>
<tbody>
<tr>
<td>Antigua and Barbuda</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Bahamas</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Barbados</td>
<td>No</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>Dominica</td>
<td>Yes</td>
<td>No</td>
<td>Yes</td>
</tr>
<tr>
<td>Grenada</td>
<td>Yes</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>Guyana</td>
<td>Yes</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>Jamaica</td>
<td>Yes</td>
<td>No</td>
<td>Yes</td>
</tr>
<tr>
<td>Saint Kitts and Nevis</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Saint Lucia</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Saint Vincent and the Grenadines</td>
<td>Yes</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>Suriname</td>
<td>No</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>Trinidad and Tobago</td>
<td>No</td>
<td>No</td>
<td>Yes</td>
</tr>
</tbody>
</table>

Source: WHO Global Status Report on Alcohol and Health, 2018
**Legally binding regulations on alcohol advertising and sponsorships**

<table>
<thead>
<tr>
<th>Country</th>
<th>Alcohol advertising</th>
<th>Alcohol sponsorships</th>
</tr>
</thead>
<tbody>
<tr>
<td>Antigua and Barbuda</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>Bahamas</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>Barbados</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>Dominica</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>Grenada</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>Guyana</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>Jamaica</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>Saint Kitts and Nevis</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>Saint Lucia</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>Saint Vincent and the Grenadines</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>Suriname</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>Trinidad and Tobago</td>
<td>No</td>
<td>No</td>
</tr>
</tbody>
</table>

Source: WHO Global Status Report on Alcohol and Health, 2018
# National maximum BAC when driving a vehicle among the general population and youth

<table>
<thead>
<tr>
<th>Country</th>
<th>General Population (WHO recommends 0.05)</th>
<th>Youth Population (WHO recommends 0.02)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Antigua and Barbuda</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>Bahamas</td>
<td>0.08</td>
<td>0.08</td>
</tr>
<tr>
<td>Barbados</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>Dominica</td>
<td>0.08</td>
<td>0.08</td>
</tr>
<tr>
<td>Grenada</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>Guyana</td>
<td>0.08</td>
<td>0.08</td>
</tr>
<tr>
<td>Jamaica</td>
<td>0.08</td>
<td>0.08</td>
</tr>
<tr>
<td>Saint Kitts and Nevis</td>
<td>0.08</td>
<td>0.08</td>
</tr>
<tr>
<td>Saint Lucia</td>
<td>0.08</td>
<td>0.08</td>
</tr>
<tr>
<td>Saint Vincent and the Grenadines</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>Suriname</td>
<td>0.05</td>
<td>0.05</td>
</tr>
<tr>
<td>Trinidad and Tobago</td>
<td>0.08</td>
<td>0.08</td>
</tr>
</tbody>
</table>

Source: WHO Global Status Report on Alcohol and Health, 2018
The SAFER Initiative

- Launched at the 3rd HLM on NCDs, 28 September 2018
- Developed with supporters to meet global, regional and country health and development goals, and to reduce human suffering and pain caused by the harmful use of alcohol.
- Overall objective is to provide support for Member States in reducing the harmful use of alcohol by boosting and enhancing the ongoing implementation of the global alcohol strategy and other WHO and UN instruments.
- Focus is on the most cost-effective priority interventions (“best buys”) using a set of WHO tools and resources to prevent and reduce alcohol-related harm
Strengthen restrictions on alcohol availability

Advance and enforce drink-driving counter measures

Facilitate access to screening, brief interventions and treatment

Enforce bans or comprehensive restrictions on advertising, sponsorship, and promotion

Raise prices on alcohol through excise taxes and pricing policies
The SAFER technical package

- The SAFER action package provides guidance to countries on evidence-based alcohol policy formulation and implementation in the five areas.

- It elaborates on what do to, why do it, how to do it and whom to work with.

- Target audience:
  - Government officials with responsibility for developing policy and action plans
  - Other sectors than health, given that alcohol-related harm extends beyond public health (multi-component action)
Projected Health and Revenue Impact of price increase due to higher tax

Deaths averted (millions) over a 50 years period

Tobacco | Alcohol | SSBs

20% | 10 | 2 | 3
30% | 15 | 4 | 5
40% | 20 | 8 | 7
50% | 25 | 12 | 8
Projected Health and Revenue Impact of price increase due to higher tax

Years of life gained (millions) over a 50 years period

- Tobacco
- Alcohol
- SSBs
Projected Health and Revenue Impact of price increase due to higher tax

Changes in tax revenue over a 50 years period (trillions, $2016 discounted)

- Tobacco
- Alcohol
- SSBs
The SAFER country strategies

**IMPLEMENT**
- Regulatory framework
- Enforcement
- Sustained funding
- Multisectoral collaboration

**PROTECT**
- Against Interference of the AI, safeguarding public health
- Scientific evidence
- Disclosure and Manage COI

**MONITOR**
- Monitoring and surveillance
- Evaluation
- Reporting systems
Prioritising action on alcohol for health and development

Despite the existence of cost effective interventions to reduce harmful use of alcohol, many countries are not giving it the attention it deserves, say Dag Rekve and colleagues

Non-communicable diseases (NCDs)—mainly cardiovascular diseases, diabetes, cancers, chronic respiratory diseases, and mental health conditions—are now the dominant cause of death and disabilities across the world, with alcohol use recognised as a leading risk factor. Alcohol use is also linked to violence, injuries, and infectious diseases, causing substantial economic losses and social harms, including harms to others. The health, social, and economic risks associated with alcohol require greater global and national action to formulate effective policies that reduce the harmful use of alcohol, commitment to enhance and accelerate the implementation and monitoring of existing policies, and prevention of industry interference.

Need for action on alcohol

Scientific consensus is growing that there is a robust public health case for policy makers to implement WHO’s recommended interventions to reduce the harmful use of alcohol. WHO estimates that harmful population currently consumes alcohol, and the population is predicted to grow by 1.2 billion people by 2050. Without action, Africa could see an increase in both the absolute number and proportion of people consuming alcohol, the amount drunk per capita, and heavy episodic drinking. There are similar challenges in other parts of the world—for example, South East Asia has seen a 29% increase in alcohol consumption per capita since 2010. The WHO global alcohol strategy, endorsed by the World Health Assembly in
PMAC 2019 SIDE EVENT
Advancing SAFER: the new WHO-led initiative to reduce alcohol related harm
Wednesday 30 JANUARY 2019
14:00-16:00
Location
Prince Mahidol Award Conference, Bangkok, Thailand
Information and RSVP: msb@who.int by 29 January

KNOW THE FACTS
A Snapshot of Youth and Alcohol

IMPLEMENT
Institutions on alcohol insecurity
This includes regular health and education activities, as well as public health campaigns that can incorporate social media and other digital platforms.

ADVANCE
The use of alcohol in conflict and peacebuilding
This involves using alcohol policies and regulation to address issues related to security and conflict resolution.

FACILITATE
Access to screening, treatment interventions, and support
This could include providing resources and tools to help young people access treatment and support services.

ENFORCE
Safe and comprehensive restrictions on alcohol advertising, sponsorship, and promotion
This involves implementing and enforcing laws that restrict advertising and promotion of alcohol to vulnerable populations, especially young people.

SAFER practices in alcohol through safe laws and policies
This involves promoting policies that limit alcohol availability and control the price and availability of alcohol, which can help reduce alcohol-related harm among youth.

Create a SAFER Environment for your youth!
Please participate in the process towards a new global action plan
THANK YOU!

www.paho.org

PAHO

#HealthForAll
#MentalHealth
#GetVax
#pahowho
#BeatNCDs
#UniversalHealth