Don’t let drink sneak up on you

As the Six Nations draws to a close, the Chief Medical Officer for Wales has issued a reminder about the harm caused by alcohol and given some simple suggestions to cut down on the amount you drink.

Dr Ruth Hussey said:

“Today, the Welsh Government is re-launching the Change4Life alcohol campaign ‘Don’t let drink sneak up on you’. The campaign aims to reach people who, while they may not define themselves as problem drinkers, are drinking more than the recommended number of units.

“The Change4Life website includes information on the campaign and lots of supportive advice, as well as an interactive drinks checker that enables people to work out how many units they drink as well as tips on how to cut down easily.

“Cutting down doesn’t mean giving up. Once you have made use of the drinks checker, make a plan, and set yourself a limit on how much you are going to drink before you start.

“Have a day off. Try having a couple of consecutive days in the week when you don’t drink alcohol and stick to low calorie soft drinks instead. Just make sure that you don’t increase the amount you drink on the other days.

“Drinking less can bring you more than health benefits, it can save you money. Give yourself a budget and only take out a set amount of money to spend on alcohol.

“Above all, take your time; don’t feel pressured to keep up with others. If someone is ordering a round, don’t feel that you have to drink – or try and have a smaller sized drink like a half instead of a pint.

“Educating yourself on the units in your favourite drinks is important. At the end of last year a Welsh Government survey found that 74% underestimated the units in a large 250ml glass of wine. The same percentage of people surveyed believed their own drinking was below the government guidelines. It’s worth being aware of the alcohol content of your drinks, and the impact it may have on your health in the long term.”

Responding to recent reports about minimum pricing, Dr Hussey said:

“Based on clear advice from health professionals, the Welsh Government has long campaigned for a minimum price of 50p per unit of alcohol, and lobbied the UK Government for this, as alcohol licensing is not devolved to Wales. I hope the UK Government continues with its earlier commitments in the Budget announcement this Wednesday.”
Ends

Background:

Check out the Change4Life website for more information on the hidden harm caused by alcohol, tips to help you cut down and what to swap your regular drink for.

www.change4lifewales.org.uk