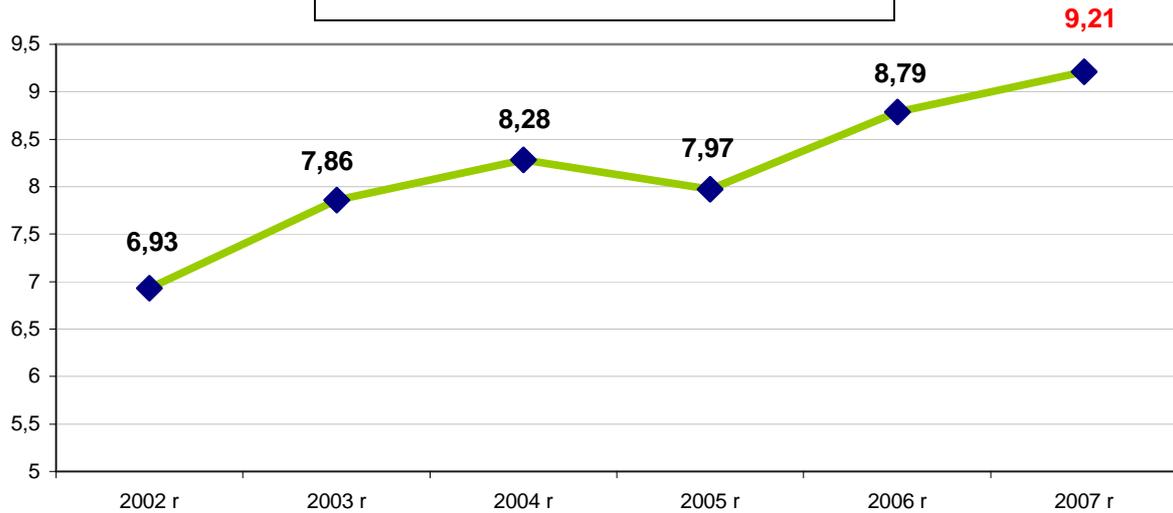


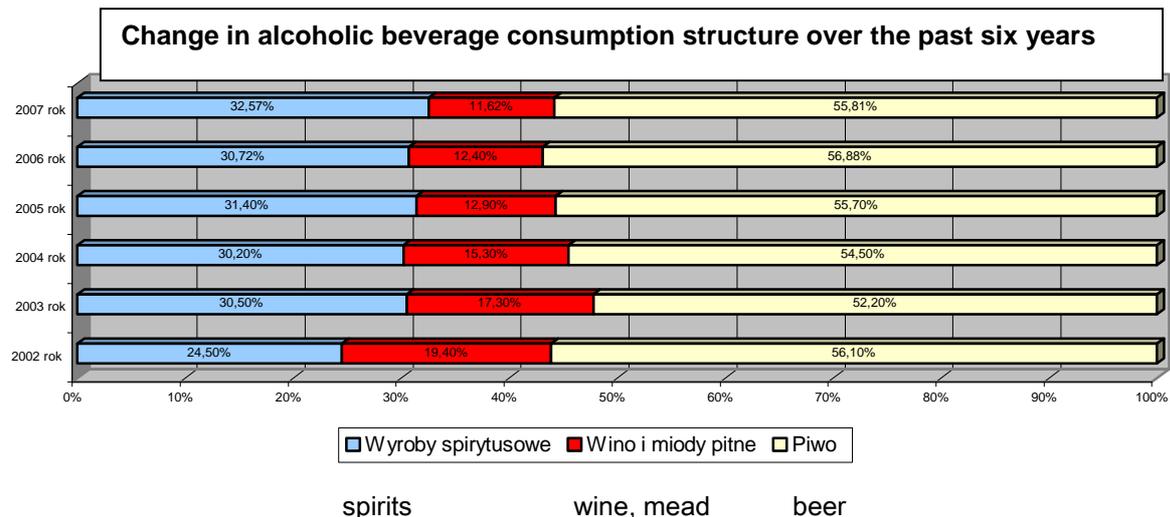
MATERIALS FOR THE PRESS BASIC FACTS ON ALCOHOL AND ALCOHOL-RELATED PROBLEMS

1. Per capita **consumption of 100% alcohol grows** in Poland. In 2007, it amounted to 9.21¹

Per capita consumption of 100% alcohol
in litres over the past 6 years



2. Changes in alcoholic beverage consumption structure show decreasing share of wine and growing share of spirits²:



¹ GUS: *Rynek wewnętrzny w 2007 roku* Calculations made by PARPA based on data collected by GUS. It is assumed that 100% alcohol content amounts to:

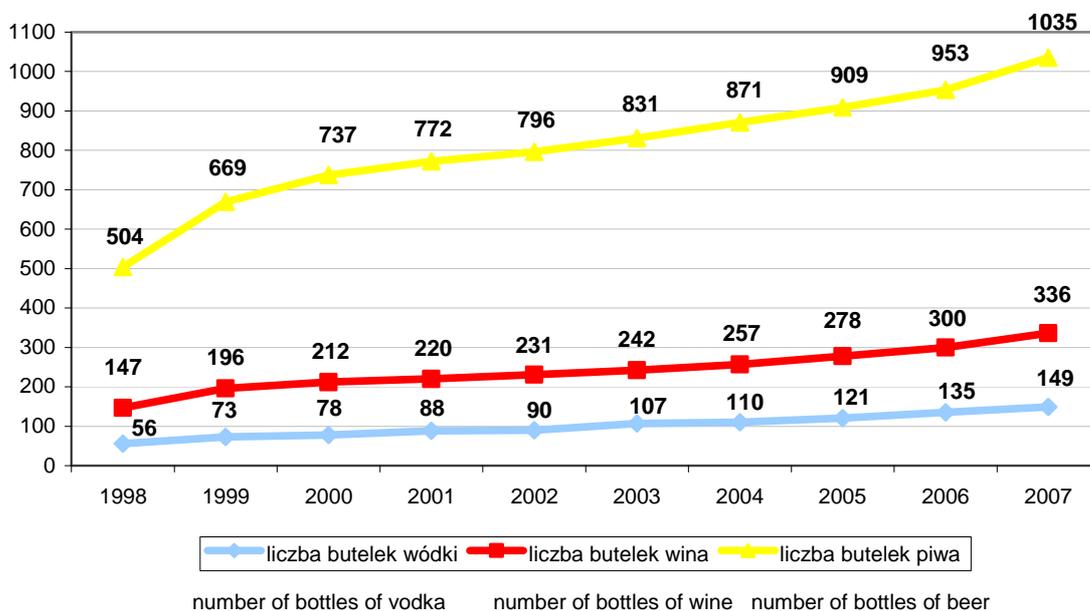
- 5.5% in beer
- 12% in wine

² as above.

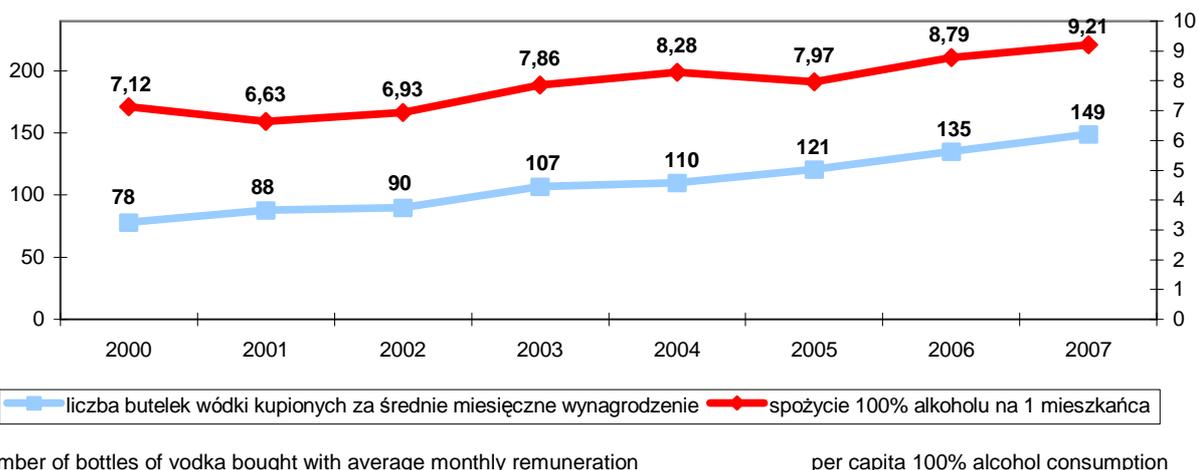
3. Economic accessibility of alcohol grows:

As compared to 1998, with average monthly remuneration in 2007 you could buy three times more bottles of vodka and two times more bottles of beer and wine³.

Number of bottles of vodka, wine or beer, you can buy with average monthly remuneration



Comparison of number of bottles of vodka you can buy with average monthly remuneration and per capita 100% alcohol consumption

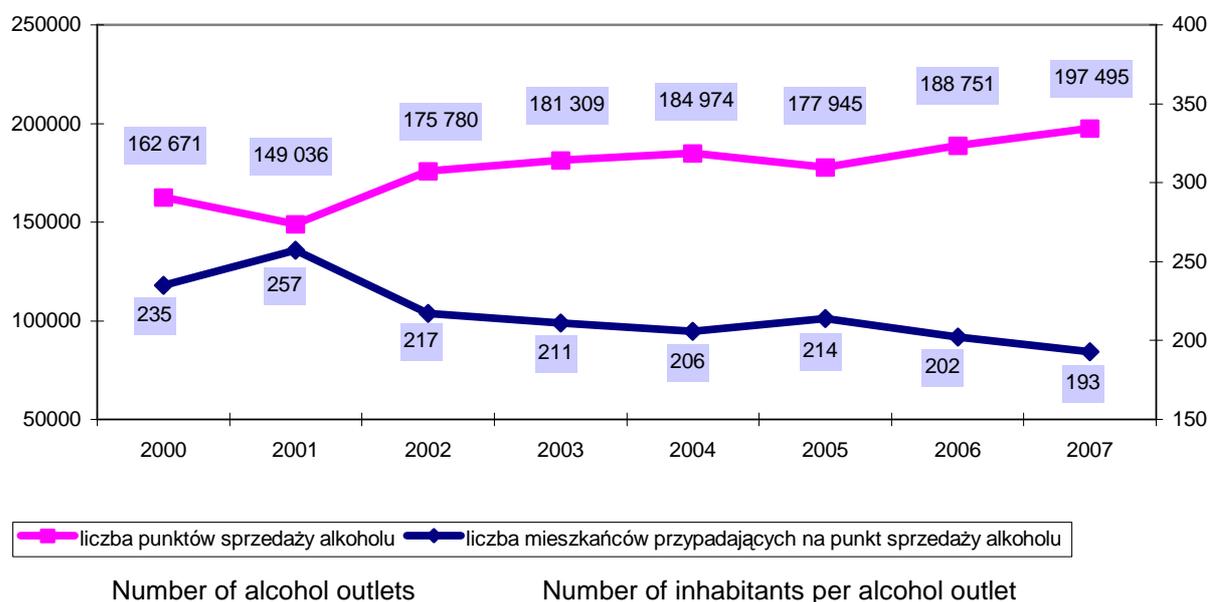


4. Apart from economic accessibility, physical accessibility of alcoholic beverages affects alcohol consumption levels. The number of alcohol outlets grows and the number of inhabitants per one alcohol outlet decreases⁴:

³ Data after publication by GUS entitled *Ceny w gospodarce narodowej w 2001 r.* and *Ceny w gospodarce narodowej w 2007 r.*

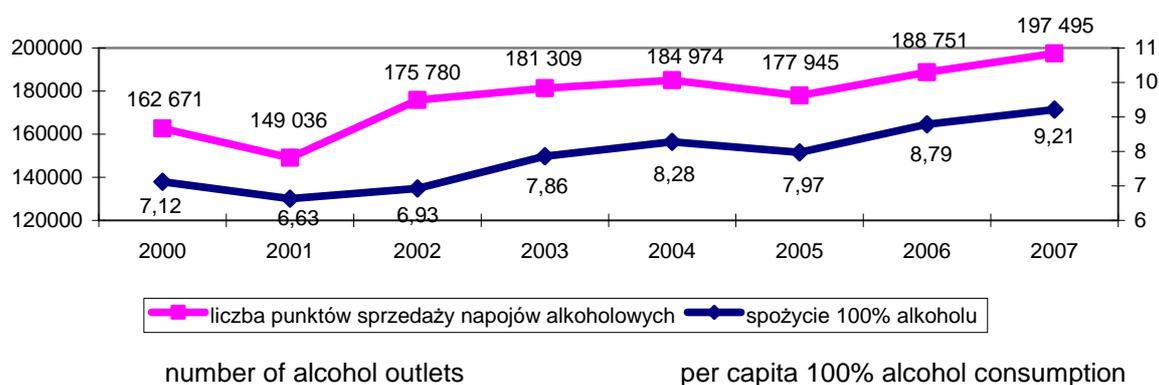
⁴ Data collected by PARPA based on *Roczne sprawozdanie z działalności samorządów gminnych w zakresie profilaktyki i rozwiązywania problemów alkoholowych.*

Number of alcohol outlets and number of inhabitants per alcohol outlet



Since 2001, alcohol consumption grows together with the growth in the number of alcohol outlets:

Comparison of the number of alcohol outlets and per capita 100% alcohol consumption



5. **Population of persons with hazardous and harmful drinking patterns** is estimated at approx. 13% and is four times larger than the population of persons with alcohol dependency.⁵

6. **The highest alcohol consumption** is observed among men aged 30-39 and 40-49 with basic vocational education, single or divorced, who live in cities with a population 50,000 – 500,000 and consider themselves as not-well-off. In the population of women, the highest consumption is observed among females aged 18-29 and 30-39 who are single, graduates of secondary or

⁵ Estimates based on: Anderson P., Baumberg B. *Alcohol w Europie*, Wydawnictwo PARPAMEDIA: 2007, *Raport z badania Wzory konsumpcji napojów alkoholowych 2005* commissioned by PARPA

tertiary education, live in big cities who, and contrary to men, consider themselves to be well-off.

7. The group of people who drink most, which constitutes 8% of all consumers of alcoholic beverages, uses 46% of the total consumed alcohol, whereas the most numerous group of moderate drinkers uses only 5% of the total consumed alcohol. Such a **high concentration of alcoholic beverage consumption** brings serious health and social consequences⁶.

	Percentage of alcohol users who consume per year	Percentage of total alcohol consumed per year
up to 1.2l	47%	5%
from 1.2 to 6l	34%	25%
from 6l to 12l	11%	24%
more than 12l	8%	46%

8. According to World Health Organisation, **alcohol is the third most grievous risk factor for the population's health, and more than 60 types of illnesses and injuries are related to alcohol use.** Diseases related to alcohol use include: injuries, mental and psychological disorders, stomach and intestine disorders, tumours, heart and vascular system diseases, immunological disorders, bone and skeletal system diseases, reproductive system dysfunctions and prenatal damages⁷.

9. Mortality related with alcohol use grows together with alcohol consumption,

According to data of Państwowy Zakład Higieny, in 2006⁸, as compared to 2005:

- 16% growth in the number of deaths due to psychological disorders related to alcohol use was observed, where the number of deaths among women grew by 21%,
- 4% growth in the number of deaths due to liver diseases was observed, where the number of deaths among women grew by 7%,
- 7% growth in the number of deaths due to alcohol poisoning was observed, where the number of deaths among women grew by 24%!

10. The number of patients in detoxification treatment with diagnosed disorders caused by alcohol use grows⁹:

2001	2002	2003	2004	2005	2006
170,944	187,818	195,933	212,981	217,307	226,360

11. Hazardous and harmful drinking, as well as alcohol dependence bring **negative consequences for health and social life of persons who live in**

⁶ Report from a survey entitled *Wzory konsumpcji napojów alkoholowych 2008* commissioned by PARPA

⁷ Anderson P., Baumberg B. *Alcohol in Europe*, Wydawnictwo PARPAMEDIA: 2007.

⁸ Data of PZH for 2005 and 2006.

⁹ IPiN Statistical Yearbooks: *Zakłady psychiatrycznej oraz neurologicznej opieki zdrowotnej*.

families with alcohol problems, and family violence in particular. In 2007, during police interventions related to family violence, almost 80% of offenders were under the influence of alcohol.¹⁰

12. Alcohol is a major predictor variable for aggressive behaviours. **More than 50% of murders, 33% of rapes and 25% of rows and assaults are committed by people under the influence of alcohol.** What is more, drink driving is still a common phenomenon¹¹.

13. The stereotype that alcohol included in beer is the least harmful as compared to the same amount of alcohol in wine and vodka is still perpetuated. Population surveys¹² show that Poles are more prone to drive a car having drunk a glass of beer than having drunk a glass of vodka, although they both contain the same amount of pure alcohol. Research also shows that almost 21% of women and 26% of men agree to alcohol drinking by minors, and the consent more often regards beer than other types of alcoholic beverages.

This is why the campaign aims at consistent reminding that alcohol included in beer, wine and vodka is still the same, only its concentration differs. A 250ml glass of beer at 5% abv contains the same amount of ethyl alcohol as a 100ml glass of wine at 12% abv and as a 30ml glass of vodka at 40% abv. This is a standard unit of alcohol i.e. approx. 10g of pure ethyl alcohol.



A glass (250ml) of beer
at 5% abv =



A glass (100 ml) of wine
at 12% abv =



= A glass (30 ml) of vodka
at 40% abv

14. Alcohol drinking brings harms, this is why you should be aware of risk limits in order not to go over them.

15. Adult alcohol consumers should examine their drinking patterns and consistently monitor them.

¹⁰ Data collected by the police for the report on the implementation of the Act on Upbringing in Sobriety and Counteracting Alcoholism.

¹¹ As above.

¹² Report from a survey entitled *Wzory konsumpcji napojów alkoholowych 2008* commissioned by PARPA