

## HEALTH AND WELLBEING BOARD

28 NOVEMBER 2018

	<b>Report for Information</b>
<b>Title:</b>	Reducing alcohol harm in Nottingham City
<b>Lead Board Member(s):</b>	Alison Challenger, Director of Public Health, Nottingham City Council
<b>Author and contact details for further information:</b>	Jane Bethea, Public Health Consultant, Nottingham City Council
<b>Brief summary:</b>	This report outlines the burden that alcohol represents to the health and social care system in Nottingham City. It sets out strengths and vulnerabilities within the system as well as opportunities to reduce the alcohol burden. The purpose of the report is provide context in order to inform the Nottingham City Health and Wellbeing Board's discussion about reducing alcohol harm.

### **Recommendation to the Health and Wellbeing Board:**

The Health and Wellbeing Board is asked to:

- a) use the contents of the report to inform the discussion around reducing alcohol harm in Nottingham City; and
- b) discuss and agree action that will be undertaken by the Health and Wellbeing Board or its members to reduce alcohol harm, including discussing the following two questions:
  1. How could a systematic approach to Alcohol Identification and Brief Advice (IBA) be embedded within your organisation?
  2. How could 'alcohol champions' be identified and what role would you envisage them having within your organisation?

### **Contribution to Joint Health and Wellbeing Strategy:**

<b>Health and Wellbeing Strategy aims and outcomes</b>	<b>Summary of contribution to the Strategy</b>
Aim: To increase healthy life expectancy in Nottingham and make us one of the healthiest big cities	The measure of alcohol-related hospital admissions is indicative of the level of underlying harmful alcohol consumption in an area. There is a negative correlation between the rate of alcohol-related hospital admissions and life expectancy, whereby areas with higher hospital admissions tend to have lower life expectancy levels (Office for National Statistics, 2017).
Aim: To reduce inequalities in health by targeting the neighbourhoods with the lowest levels of healthy life expectancy	
Outcome 1: Children and adults in Nottingham adopt and maintain healthy lifestyles	
Outcome 2: Children and adults in Nottingham will have positive mental	

wellbeing and those with long-term mental health problems will have good physical health	related to alcohol. The impact of harmful drinking is much greater in communities within lower socio-demographic brackets, where life expectancy is also lower (Public Health England, 2016).
Outcome 3: There will be a healthy culture in Nottingham in which citizens are supported and empowered to live healthy lives and manage ill health well	
Outcome 4: Nottingham's environment will be sustainable – supporting and enabling its citizens to have good health and wellbeing	

<b>How mental health and wellbeing is being championed in line with the Board's aspiration to give equal value to mental and physical health</b>
Evidence suggests a strong link between mental health and behaviours including smoking, alcohol use and drug use.

<b>Background papers:</b> <i>Documents which disclose important facts or matters on which the decision has been based and have been relied on to a material extent in preparing the decision. This does not include any published works e.g. previous Board reports or any exempt documents.</i>	None.
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## References

- Office for National Statistics. (2017, June 28). *What affects an area's healthy life expectancy?* Retrieved from: <https://www.ons.gov.uk/peoplepopulationandcommunity/healthandsocialcare/healthandlifeexpectancies/articles/whataffectsanareashealthylifeexpectancy/2017-06-28>
- Public Health England. (2016, January 21). *Health matters: harmful drinking and alcohol dependence.* Retrieved from: <https://www.gov.uk/government/publications/health-matters-harmful-drinking-and-alcohol-dependence/health-matters-harmful-drinking-and-alcohol-dependence>