

# National Strategies for Reducing Alcohol Related Problems in Portugal

**INSTITUTE ON DRUGS AND DRUG ADDICTION**



Instituto da Droga e da Toxicodependência, I. P.



**4rd meeting of Committee on  
National Alcohol Policy and  
Action – Luxembourg  
17-18 February 2009**

## SUMMARY

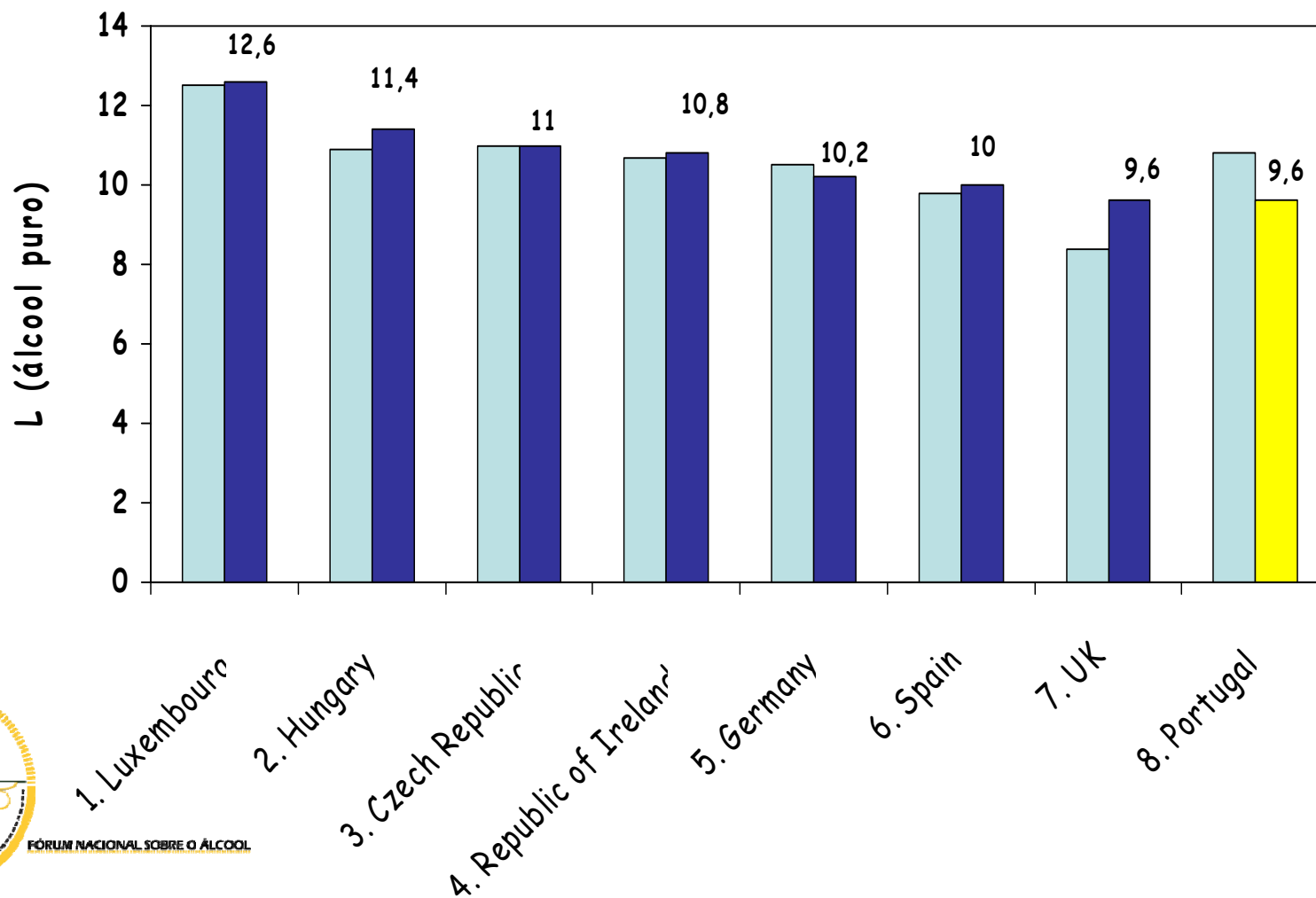
- **Alcohol consumption in Portugal**
- **Evolution of Alcohol Policy**
- **Integration in IDT**
- **New National Strategies for Reducing Alcohol Related Problems in Portugal**
  - **Alcohol National Forum**
  - **National Plan to Reduce Alcohol Related Problems**
  - **National Alcohol Referral Network**



# Alcohol consumption in Portugal

## Total alcohol consumption in European Countries : 2000 and 2003

Source: World Drink Trends 2005

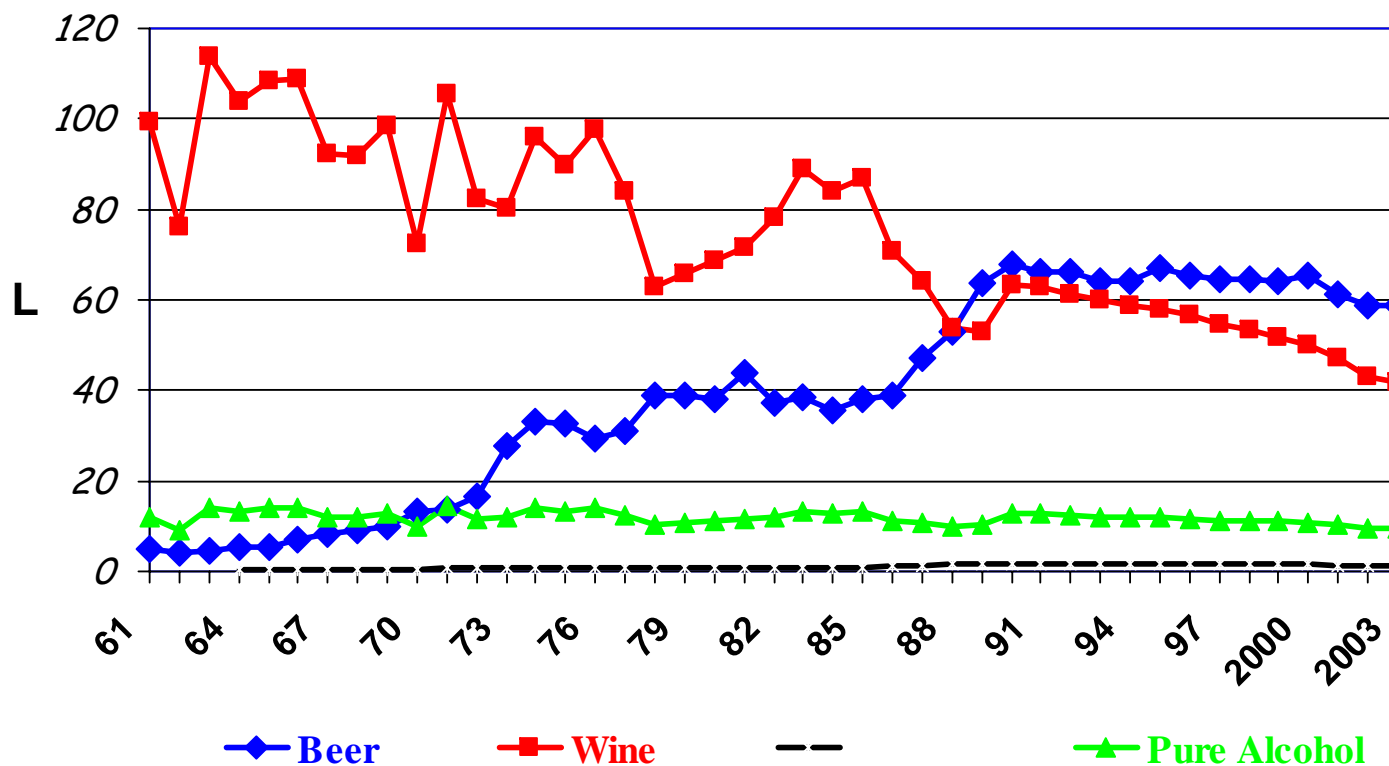




# Alcohol consumption in Portugal

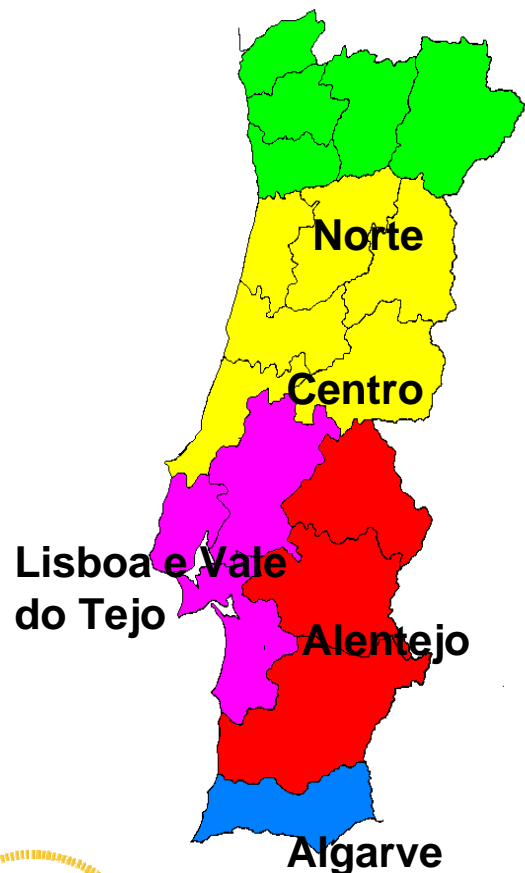
## Evolution of Alcohol Consumption in Portugal (1961-2003)

Source: World Drink Trends 2005



# Alcohol consumption in Portugal

## Epidemiologic studies on Alcohol Consumption



- The Fourth National Health Survey(2005/2006) (4th INS)
- The National Survey on consumption of psychoactive substances in general population (15-64) CEOS/IDT 2007



# Alcohol consumption in Portugal

## The Fourth National Health Survey (2005/2006)

- **Some of the main results show that the alcohol consumption has increased from 1998/1999 (50.1%) to 2005/2006 (53,8%)**
- **Increased consumption is more evident in women (37, 3% to 42, 3%) than in men (de 64, 4% to 66, 0%).**





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# **Alcohol consumption in Portugal**

## **The consumption of psychoactive substances in general population - CEOS/IDT 2007**

### **Increase in consumption prevalence ( 2001–2007)**

- **During live time (75,6% - 79,1%)**
- **In the last year (65,9% - 70,6%)**
- **In the last month (59,1% - 59,6%)**

**For all age groups**



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# Alcohol consumption in Portugal

## The consumption of psychoactive substances in general population - CEOS/IDT 2007

- **The consumption of six or more units of alcoholic beverages in a single occasion (binge drinking) occurs in 42, 6% of the population**



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## **Alcohol consumption in Portugal**

### **The consumption of psychoactive substances in general population - CEOS/IDT 2007**

**20,7% of the population got drunk in the last year**

- **1,8% got drunk ten or more times**
- **38,5% of people between 20 and 24 years old and 34,6% of young people between 15 and 19 years old got drunk in the last year**
- **2,8% of people between 20 and 24 years old and 1,2% of young people between 15 and 19 years old got drunk ten or more times**



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## **Consumos de Bebidas alcoólicas**

### **The consumption of psychoactive substances in general population - CEOS/IDT 2007**

**7,8% of the population got drunk in the last month**

- **0,3% got drunk ten or more times**
- **15,4% of people between 20 and 24 years old and 11,2% of young people between 15 and 19 years old got drunk in the last month**
- **0,2% of people between 20 and 24 years old and 0,5% of young people between 15 and 19 years old got drunk ten or more times**



# Evolution of Alcohol Policy in Portugal

## Action Plan against Alcoholism 2000

Government Resolution n.º 166/2000, November 29th

- Alcohol Health Promotion and Education
- Alcohol Clinical and research issues
- National Alcohol Network
- Legislation and Law enforcement



# Evolution of Alcohol Policy in Portugal

## National Health Plan 2004-2010

Preventive interventions over health determinants :

- Physical activity
- Food patterns
- Tobacco use
- **Alcohol** harmful use

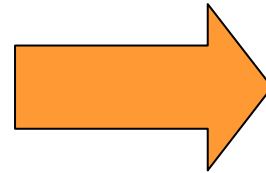


# Evolution Alcohol Policy in Portugal

## New Legislation

Decreto-Lei nº 221/2007, de 29 de Maio – Lei Orgânica do IDT, I.P.

Portaria nº 648/2007 de 30 de Maio – Estatutos do IDT, I.P.



Álcool

integrated

Institute on Drugs and Drug Addiction





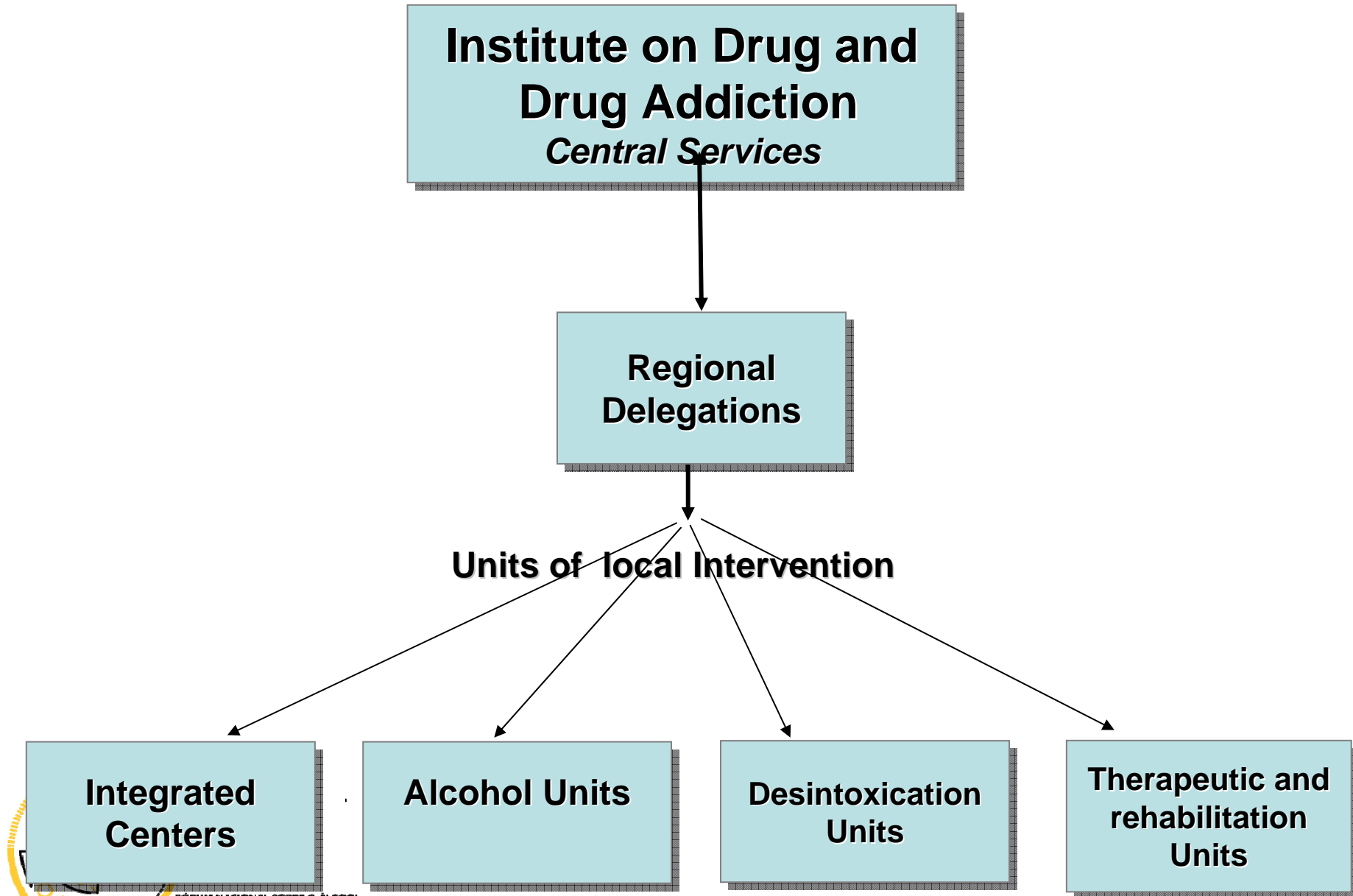
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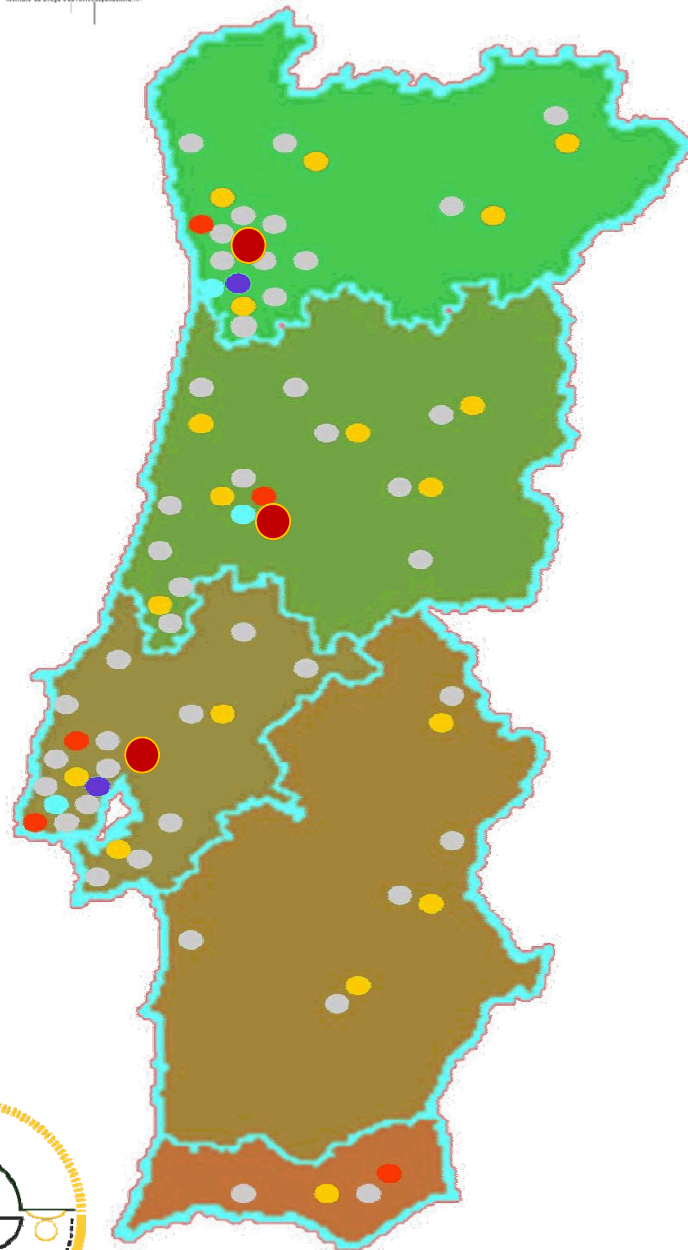
# **NATIONAL INSTITUTE ON DRUGS AND DRUG ADDICTION - IDT**

- **PREVENTION**
- **HARM REDUCTION**
- **TREATMENT**
- **REHABILITATION**
- **NATIONAL COORDINATION and NORMS**
- **DEFINITION OF NATIONAL STRATEGIES FOR ALCOHOL AND ILLICIT DRUGS AND ITS EVALUATION**



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## National Institute on Drugs and Drug Addiction - IDT

- 45 Outpatient Treatment Centers
- 4 Inpatient Units
- 3 Residential Treatment Units
- 3 Alcohol Units
- 2 Day Care Facilities
- 22 CRI– Integrated Units: **Treatment, Harm Reductuion, Prevention, rehabilitation**



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# **New National Strategies in Alcohol Policy**

## **National Plan to reduce Alcohol Related Problems**

**This National Alcohol Plan considers :**

- **The epidemiological relevance of alcohol in people's health**
- **The intervention on alcohol related problems in a public health perspective**

## **New National Strategies in Alcohol Policy**

### **NATIONAL PLAN TO REDUCE ALCOHOL RELATED PROBLEMS**

- **National alcohol Plan with specific priorities**
- **New legislation and law enforcement**
- **Monitoring and Evaluation**



## **New National Strategies in Alcohol Policy Stages of the Process**

- **Alcohol Forum**
- **Preparation of the National Plan to reduce Alcohol Related Problems**
- **Seven Working Groups created following the Alcohol Forum**
- **Discussion of the draft plan with the working groups of the Forum**
- **Discussion of the proposal with the Ministry of Health**
- **Public Discussion of the Plan**





# **New National Strategies in Alcohol Policy**

## **Priorities Areas of Intervention**

### **Working Groups**

- **Group 1 – Young people, children and the unborn child**
- **Group 2 -- Drink and driving**
- **Group 3 – Adults and Wokplace**
- **Group 4 – Prevention, ,education and comunication**
- **Group 5 – Information Sistemas and data base**
- **Group 6 – Treatment**
- **Group 7 – Rehabilitation**



# Structure of the National Plan to Reduce Alcohol Related Problems

- **Analysis of the alcohol related problems at international and national levels**
- **Main areas of intervention**
- **Definition of goals to reduce the harmful alcohol consumption**
- **Specific actions and measures**
- **Evaluation instruments and indicators**



# Main goals

- **Lower harmful consumption patterns**
- **Promote abstinence during pregnancy**
- **Higher level of protection for underaged**
- **Reduce alcohol consumption among the youth**
- **Reduce availability of alcohol**
- **Better regulation of alcohol advertising**



## Main goals

- **Increase from 16 to 18 the serving/sales age limit**
- **Reduction of BAC for young and novice drivers usually more involved in alcohol-related road accidents**
- **Significant Increase in nr. of controls/ breath testing on the roads**
- **Tightening of fines and penalties for drunk-drivers causing accidents**



## Main goals

- **Introduction of educational school-family programmes involving young people and parents**
- **Introduction of training programs for health care professionals to increase ability to treat hazardous, harmful and alcohol dependence**





# **New National Strategies in Alcohol Policy**

## **National Alcohol Referral Network**

**The main goals of the referral network are:**

- **To develop and maintain a continuum of care**
- **To deliver services in the most effective and appropriate manner**
- **To provide a system of mutual case information exchange**

# **New National Strategies in Alcohol Policy**

## **National Alcohol Referral Network**

- **To coordinate and plan healthcare services referral and monitoring.**
- **To reduce fragmentation and/or duplication of services.**
- **To develop system-wide patient treatment plans**
- **To implement high quality and useful research**



# **New National Strategies in Alcohol Policy**

## **National Alcohol Referral Network**

**A National Alcohol Network is now being organized involving different actors:**

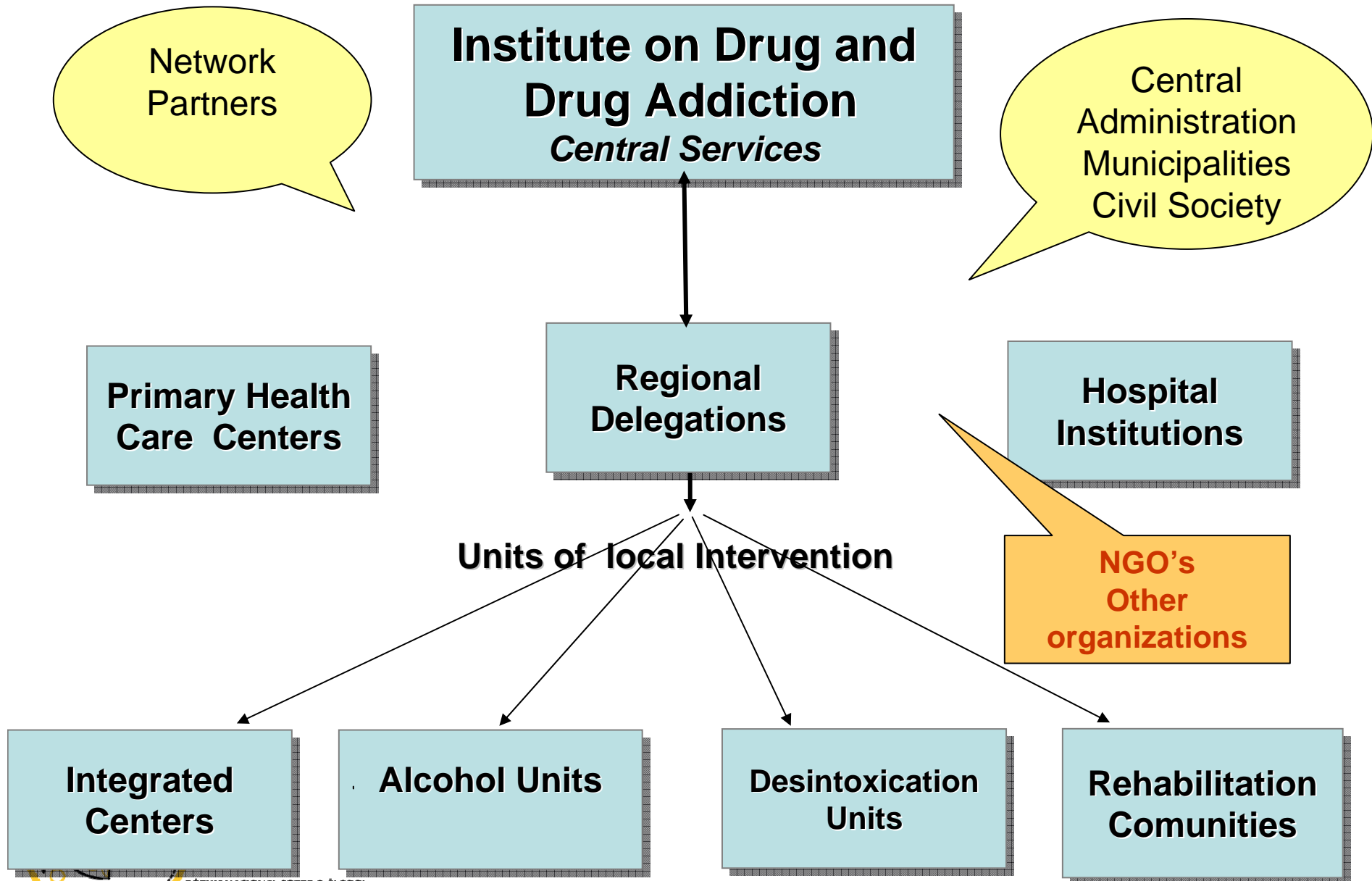
**Institute on drugs and drug adiction**

- **Primary Health Care**
- **Mental Health Services (Hospital Dep)**
- **Non Governmental Organizations**
- **Scientific Societies and Civil Society**





# Network of National Institute on Drugs and Drug Addiction



# **National Plan to Reduce Alcohol Related Problems - 2009-2012**

## **Next steps**

- **To keep the alcohol issue high on the portuguese political agenda in the next years period – 2009-2012**
- **To support the implementation at national level of relevant policy strategic areas that are also relevant at EU level**
- **To ensure that stakeholders support the strategy of the National Plan to Reduce Alcohol Related Problems**
- **To promote a National Alcohol Referral Network**





www

# ALCOHOL POLICIES STRATEGIES OF IMPLEMENTATION Portugal

## EU Strategy

National Health Plan  
2004-2010

National Plan on Reducing ARP  
2009-2012

National Alcohol Referral  
Network

Implementation & Sustainability



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Thank you for your attention!

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