National Strategies for Reducing Alcohol Related Problems in Portugal

INSTITUTE ON DRUGS AND DRUG ADDICTION

4rd meeting of Committee on National Alcohol Policy and Action – Luxembourg
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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
Source: World Drink Trends 2005
Alcohol consumption in Portugal
Epidemiologic studies on Alcohol Consumption

- 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 (64.4% to 66.0%).
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
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
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
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
NATIONAL INSTITUTE ON DRUGS AND DRUG ADDICTION - IDT

• PREVENTION
• HARM REDUCTION
• TREATMENT
• REHABILITATION
• NATIONAL COORDINATION and NORMS
• DEFINITION OF NATIONAL STRATEGIES FOR ALCOHOL AND ILICIT DRUGS AND ITS EVALUATION
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 Reduction, Prevention, rehabilitation
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 specifics 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 Workplace
- Group 4 – Prevention, education and communication
- Group 5 – Information Systems 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 addiction
• Primary Health Care
• Mental Health Services (Hospital Dep)
• Non Governmental Organizations
• Scientific Societies and Civil Society
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
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
Thank you for your attention!

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