HOW IT WORKS IN POLAND...
THE PROOF OF REPORT

COMMITTEE ON NATIONAL ALCOHOL POLICY AND ACTION
5TH MEETING 24-25 JUNE 2009 LUXEMBOURG
ACT
of October 26th, 1982
on Upbringing in Sobriety and
Counteracting Alcoholism

- In recognition of citizens' health in sobriety being an essential determinant of moral and material welfare of the People, the following is hereby enacted:
  - *(modified yet about 30 times...)*
Three complementary action programs implemented at various levels of administration constitute the basis for Polish model for the solving of alcohol-related problems.
ALCOHOL POLICY IN POLAND

(1)

1. The first one, which is the broadest and most prominent within the system, are municipal programs for the prevention and solving of alcohol-related problems implemented by 2,500 municipal authorities in Poland. Act on upbringing in sobriety and counteracting alcoholism stipulates the most important categories of tasks, which should be implemented by local authorities under the program, and indicates the source of financing them, i.e. license fees for retail sales of alcoholic beverages that are paid to municipal councils.
Each entrepreneur willing to trade in alcohol must obtain a relevant license from a chief officer or mayor with local jurisdiction, and the same applies to both retail sales and catering facilities. The revenues originating from license fees can be earmarked only for the implementation of municipal program for the prevention and solving of alcohol-related problems. In 2007, revenues of local governments under this heading totaled 550 mio PLN (ca 150 mio EUR)
Pursuant to the act, a municipal board for the solving of alcohol-related problems, which is an interdisciplinary team composed of specialists in the field of prevention, sociotherapy, welfare, addiction therapy, counteracting domestic violence, public order and justice, operate at each municipal council.
2. The second pillar of Polish model for the solving of alcohol-related problems are provincial (regional) programs for the prevention and solving of alcohol-related problems adopted each year by councils at individual provinces. These programs stipulate tasks in the scope of the prevention of alcohol-related problems in individual regions. One of the most important tasks implemented by provinces is supporting and providing assistance to local governments in their implementation of municipal programs for the prevention and solving of alcohol-related problems.
Regional authorities also play an important role in supporting the development and modernization of the addiction treatment system, take actions aimed at improving accessibility of therapy for imprisoned persons addicted to alcohol. Moreover, regional screening tests and diagnoses pertaining to alcohol-related problems and the conditions and status of resources used to solve them constitute an element of provincial programs.
3. The third basic element of Polish model for the solving of alcohol-related problems is the National Program for the Prevention and Solving of Alcohol-Related Problems. The latest program adopted for implementation in the years 2006-2010, and has been developed by the State Agency for the Prevention of Alcohol-Related Problems (PARPA)
ALCOHOL POLICY IN POLAND (7)

- The document synthesizes and describes majors alcohol-related problems observed in Poland, presents principles and goals of the program, as well as methods and indicators for attaining set goals.

- It also stipulates specific tasks for individual ministries and central agencies together with recommendations for municipal and provincial authorities. The implementation of tasks stipulated in the program is consistently monitored.
ALCOHOL POLICY IN POLAND (8)

- Each year, based on internal analyses and materials submitted by ministries, central administration agencies, municipal and provincial authorities and NGOs, PARPA prepares an in-depth report on the observance of the act. Following the approval by the government, the document is submitted for acceptance to the Parliament.

www.parpa.pl
The system of dependence treatment

- The dependence treatment in Poland are legally based on the following acts:
  - The Act on Upbringing in Sobriety and Counteracting Alcoholism of 28th October 1982 (with further amendments), Article 3 - and:
  - The Directive of the Ministry of Health of 31st December 1999, regulating organization, staff qualifications and procedures of functioning of dependence treatment centers as well as their types, and the contribution of the other healthcare centers to the treatment of alcohol-dependent people.
The system of dependence treatment:

- According to the above acts:
  
  - The dependence treatment of alcohol-dependent people and their families as for co-dependence may be undertaken exclusively by public or non-public healthcare centers and is free of charge, also for people without health insurance.
  
  - The dependence psychotherapy is the main therapeutic method in dependence treatment centers whereas the medical treatment supports the dependence psychotherapy and is mostly destined to treat alcohol withdrawal syndromes.
  
  - Dependence treatment is voluntary, with the exception of legal obligation to treatment that was defined in the Article 24 of the Act.
  
  - The system of alcohol-dependence treatment has been organized separately from the system of other psychoactive substances dependence treatment. However, within both systems there is a possibility to treat people dependent from several substances (mixed dependence).

www.parpa.pl
What we drink...

- Beer: 55.8%
- Spirits: 32.6%
- Wine and mead: 11.6%
How much do we drink?...
(100% alcohol - liters per capita - „GUS” data)

We drink more and more. Every year.
How much do we drink...

<table>
<thead>
<tr>
<th>100% alcohol</th>
<th>Percentage of users</th>
<th>Percentage of consumed alcohol per year</th>
</tr>
</thead>
<tbody>
<tr>
<td>up to 1.2 l</td>
<td>47 %</td>
<td>5 %</td>
</tr>
<tr>
<td>from 1.2 l to 6,0 l</td>
<td>34 %</td>
<td>25 %</td>
</tr>
<tr>
<td>from 6,0 l to 12,0 l</td>
<td>11 %</td>
<td>24 %</td>
</tr>
<tr>
<td>more than 12,0 l</td>
<td>8 %</td>
<td>46 %</td>
</tr>
</tbody>
</table>
Why is it possible?

Number of bottles / average monthly earning

<table>
<thead>
<tr>
<th>Year</th>
<th>Liczba butelek wódki</th>
<th>Liczba butelek wina</th>
<th>Liczba butelek piwa</th>
</tr>
</thead>
<tbody>
<tr>
<td>1998</td>
<td>56</td>
<td>73</td>
<td>78</td>
</tr>
<tr>
<td>1999</td>
<td>147</td>
<td>196</td>
<td>88</td>
</tr>
<tr>
<td>2000</td>
<td>212</td>
<td>220</td>
<td>90</td>
</tr>
<tr>
<td>2001</td>
<td>231</td>
<td>242</td>
<td>107</td>
</tr>
<tr>
<td>2002</td>
<td>257</td>
<td>278</td>
<td>110</td>
</tr>
<tr>
<td>2003</td>
<td>278</td>
<td>300</td>
<td>121</td>
</tr>
<tr>
<td>2004</td>
<td>300</td>
<td>336</td>
<td>135</td>
</tr>
<tr>
<td>2005</td>
<td>336</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2006</td>
<td>336</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2007</td>
<td>336</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

www.parpa.pl
Highest consumption – men who are:

- aged 30-39 and 40-49
  - graduates of basic vocational education,
  - unskilled workers
- residents of cities with a population of 50,000-500,000
- single or divorced
- not bound by any religion
- in their opinion not well-off

• Nationwide random sample of 1,075 adults
• Field survey conducted by CBOS in June 2008
Highest consumption - women who are

- aged 18-29 and 30-39
- single
- graduates of secondary and tertiary education
- residents of cities with a population of 50,000-500,000 and higher than 500,000
- students
- white-collar workers without higher education
- not bound by any religion
- in their opinion well-off

- Nationwide random sample of 1,075 adults
- Field survey conducted by CBOS in June 2008
Some words about youngsters...
Alcohol consumption. Third grade middle school (% of pop.)

![Line graph showing alcohol consumption trends from 1995 to 2007. The graph indicates the percentage of students in third grade middle school who have consumed alcohol at any point in life, during the last 12 months prior to the survey, and during the last 30 days prior to the survey. The data is from ESPAD 2007.](image)
Alcohol consumption among boys and girls indicator: "Consumption during the last 30 days prior to the survey" (% of pop.)

![Graph showing alcohol consumption among boys and girls from 1995 to 2007.](image-url)
They will be mothers, so:
Research on children with FAS is being conducted in the Department of Diagnostic Imaging of the University Hospital in Cracow, Poland.

For each child the first stage involves a detailed interview followed by a clinical examination including IQ and neuropsychological tests. Then MR examination is conducted, and consists of two parts. In the initial MRIImaging, morphological evaluation of brain structures is performed. Particular attention is paid to Corpus Callosum. Its quantity evaluation is performed with regard to surface changes in sagittal plane, as well as the changes of shape.
Research – some news (2)

Later, examination is conducted by means of Resonance Magnetic Proton Spectroscopy (HMRS), the option of Single Voxel Spectroscopy (SVS). The obtained spectra include those of selected metabolites (NAA, Cho, ml, Lip, Lac) in relation to Cr. In both types of examination (MRI, HMRS) children with FAS and their control counterparts are evaluated.

Initial results allow a hypothesis that, in children diagnosed with FAS, both structural and metabolic changes can be found within the brain with the use of MR examination. Psychological tests allow for evaluation that even slight metabolic changes impact the behaviour and performance of children with FAS.
Research – some news

- The results of this investigations will be presented on conference „Effects of alcohol on child’s development – clinical picture and diagnostic problems in children with Fetal Alcohol Spectrum Disorder” in Poznań, Poland, 07 september 2009.
So, we have to say...

STOP IN TIME!

www.parpa.pl
Bill presented by MPs regarding the amendment of the act on upbringing in sobriety and counteracting alcoholism (parliamentary paper no. 290) included the proposal of a regulation stipulating that all labels on alcoholic beverages should feature information on the harmful effect of alcohol, especially on pregnant and breast-feeding women, and minors or on the danger resulting from drunk-driving. Due to a negative opinion presented by the government and following negative opinions of the Committee for Economy, Social Policy and Family and Committee for Health, the bill was rejected on June 19, 2009.
Few bills amending the act of 26 October 1982 on upbringing in sobriety and counteracting alcoholism are conducted:

- **The term of dependence treatment is defined as alcohol addiction psychotherapy and co-addiction as its main form.** The act also stipulates requirements for persons who are to provide services related with dependence treatment by stating that treatment can be provided only by persons holding the certificate of addiction psychotherapy specialist.

- **Obligation of putting a person who is taken by the police to detoxification detention centre or other applicable institution under medical examination is introduced**
Few bills amending the act of 26 October 1982 on upbringing in sobriety and counteracting alcoholism are conducted:

- The amended act allows for broadcasting advertisements and promotions of beer on television, radio, cinema and theatre only between 11.00 p.m. and 6.00 a.m.
- The amended act also includes a proposal to prohibit sales, serving and consumption of alcoholic beverages at stadiums and other sports facilities (during sports events), at bathing beaches, swimming pools and health care institutions, as well as in door-to-door sales and peddling trading.
Few bills amending the act of 26 October 1982 on upbringing in sobriety and counteracting alcoholism are conducted:

- Abolition of the obligatory dependence treatment procedure
- Amending art. 23 of the act of 19 August 1994 on the protection of mental health by adding clause 1a providing for the possibility for admitting to a psychiatric hospital persons who do not have psychotic disorders without their consent but who due to addiction to psychoactive substances face immediate threat to their life or pose a threat to life and health of other persons
Few bills amending the act of 26 October 1982 on upbringing in sobriety and counteracting alcoholism are conducted:

- Giving up a solution stipulating that when suspending execution of a penalty, court may oblige the sentenced person to undergo treatment, in particular dependence and rehabilitation treatment or therapy or to participate in correction and educational programmes only upon the consent of the sentenced person.

- Minister responsible for transport and minister responsible for economy will be authorised to stipulate by way of a regulation rules and conditions for sale, serving and consumption of alcoholic beverages in dining and restaurant cars of passenger trains in international, and national regional transport offered with pre-booked seats and in restaurants at railway stations.
Moreover, the following bills affect legal status in the scope of prevention and solving of alcohol related problems:

- **Bill on certain medical professions** – by regulating issues of disciplinary liability and several issues related with practicing the professions of addiction psychotherapy specialist and instructor, e.g. trade secret, disclosure of documentation, etc.

- **Bill amending act on counteracting family violence and certain other acts** – by imposing on municipal boards for the solving of alcohol related problems obligations under the Blue Card procedure.
The State Agency for the Prevention of Alcohol-Related Problems (PARPA)

- PARPA was established in 1993. It is a specialized government agency subordinated to the Minister of Health. It develops and presents expert opinions on draft laws and action plans in the scope of alcohol policy. PARPA operates under art. 3 of the act on upbringing in sobriety and counteracting alcoholism and is entrusted with the following tasks:
The State Agency for the Prevention of Alcohol-Related Problems (tasks)

- Preparation of draft National Program for the Prevention and Solving of Alcohol-Related Problems
- giving expert opinions and preparing alcohol and alcohol-related bills and action plans
- staging information and education activity, preparing expert evaluations, and developing and implementing new methods for the prevention and solving of alcohol-related problems
- providing content-related assistance to local authorities, institutions, associations and individuals who implement tasks related with the prevention and solving of alcohol-related problems

www.parpa.pl
The State Agency for the Prevention of Alcohol-Related Problems (tasks)

- cooperating with municipal and provincial authorities in the scope of prevention and solving of alcohol-related problems
- coordinating and initiating actions that boost effectiveness and accessibility of detoxification treatment services for the addicts and their families
- commissioning and financing tasks related with the solving of alcohol-related problems
- cooperating with international organizations and institutions that operate in the field of solving of alcohol-related problems
Thank you for your attention