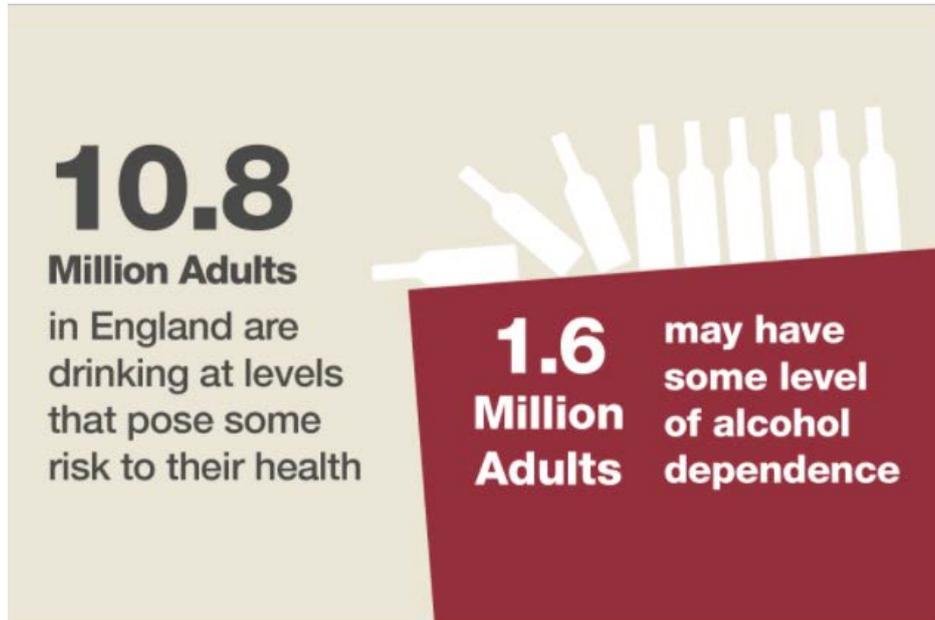


SECTION 4: BEHAVIOUR AND LIFESTYLE THAT INFLUENCE HEALTH AND WELLBEING

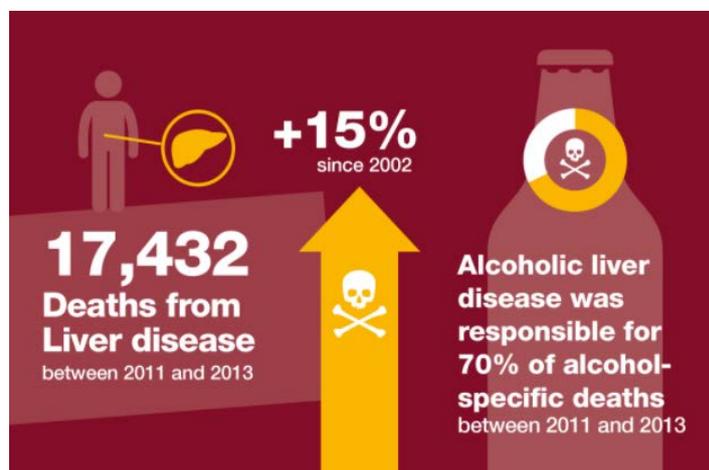
ALCOHOL HARMS



(Source: Public Health England Health Matters blog 21/01/2016)

Alcohol misuse leads to significant harms in Darlington, impacting on health, social care, crime and the economy. Overall, alcohol misuse costs to Darlington have been estimated as £41.09 million per year - £8.97 million to the NHS, £13.4 million to Crime and Licensing, £14.57 million to Workplace and Economy and £4.34 million to Social Services. This cost has been calculated to be the equivalent £390 per person living in Darlington.

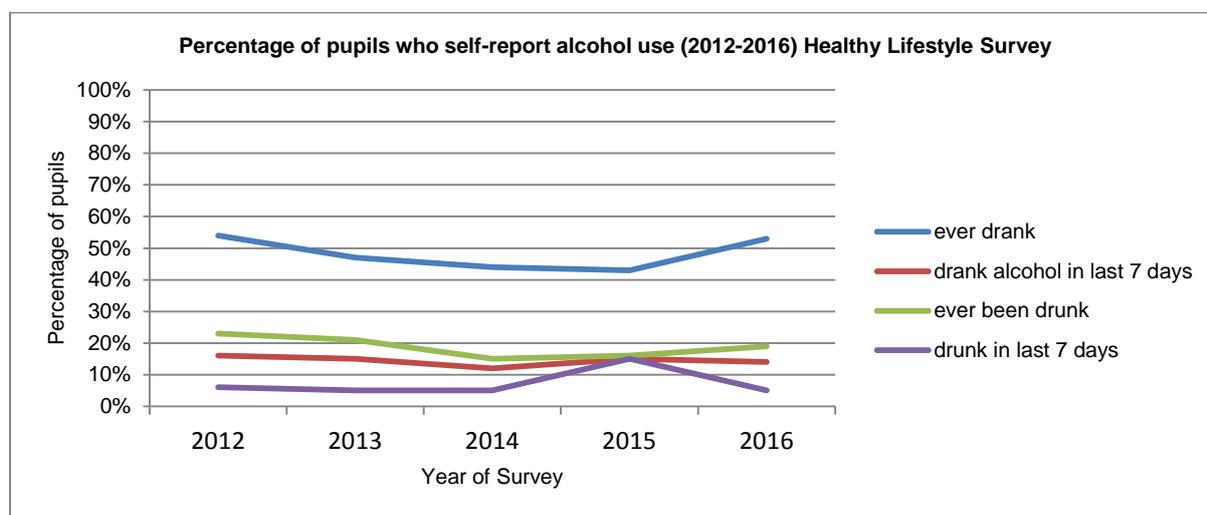
Health harms are widespread, as alcohol is a leading risk factor for premature mortality and is identified as a causal factor to medical conditions including circulatory and digestive diseases, liver disease, numerous cancers and depression.



(Source: Public Health England Health Matters blog 21/01/2016)

Young People

The Darlington Healthy Lifestyles survey in 2016, a self-reported behaviour and lifestyle survey completed by the majority of secondary school pupils in years 9, 10 and 11, indicated that just over half of all young people attending secondary schools in Darlington have reported ever drinking alcohol at least once in their lifetimes. A minority of approximately 1 in 10, reported drinking alcohol in the last week and only 1 in 20 reporting being drunk in the 'last seven days'.



Treatment

In Darlington in 2016/17 144 adults received specialist treatment for their alcohol use, with 48 individuals (33%) successful completing their treatment programme.

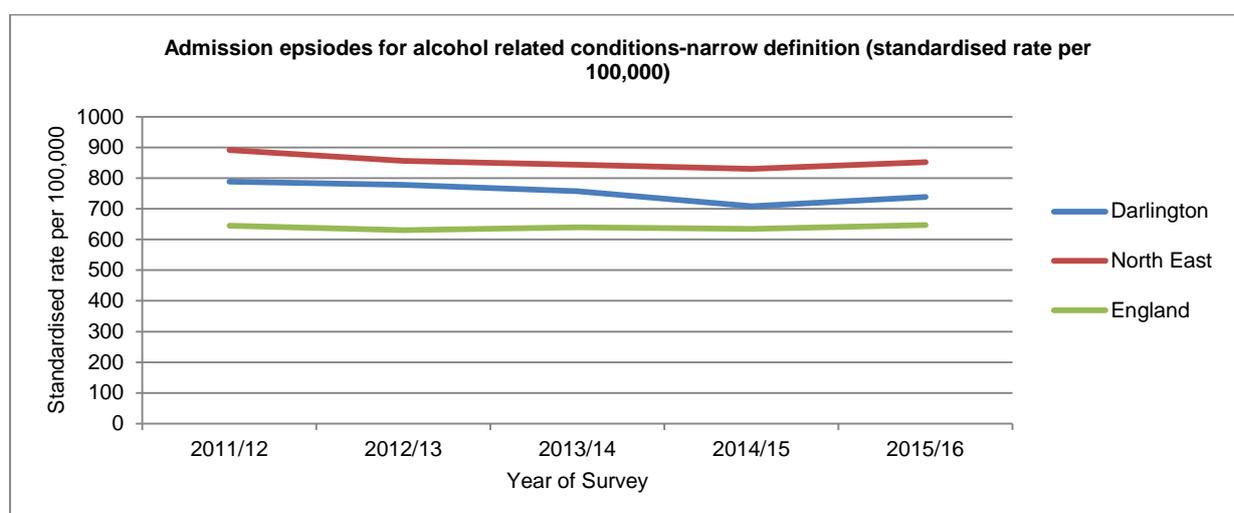
The table below sets out key performance indicators relating to numbers who are treated for alcohol use by the local specialist treatment service for both adults and young people under the age of 18 years. There is evidence that the complexity and severity of the cases presenting for alcohol treatment has increased. This provides particular challenges on the capacity of the local treatment service to provide support and treat these individuals in the most appropriate and safe way.

For example those who are categorised as 'dependent drinkers' who stop drinking abruptly without clinical intervention can suffer severe reactions some of which can be fatal.

Indicator	Details	Latest available full year
1. Treatment	Adults (18 and over) Numbers in treatment Alcohol only (those using alcohol and drugs are included in the Drugs Misuse section) Successful Completions Alcohol only	2016/17 rolling 12 months 144 47
	Young People (Under 18s) ¹ Numbers in treatment Successful Completions	Q4 2016/17 (rolling 12 months) 93 47
2. Waiting Times	Adults (18 and over) Alcohol only	2016/17 rolling 12 months 0
Waiting more than 3 weeks to enter treatment	Young People (Under 18s) ² Drugs / alcohol	2016/17 0

Alcohol related hospital admissions

Darlington has higher rates of alcohol related admissions (narrow definition) than both England but lower when compared to the North East. The Darlington trend has mirrored both the national and regional trends. The graph below compares the rate of alcohol related admissions (narrow definition) in comparison to England and the North East. The 'narrow definition' includes only those admissions where an alcohol related illness was the main reason for admission or identified as an external cause.



¹ Treatment for drugs and / or alcohol, cannot be disaggregated.

The following graph shows the Darlington rates for hospital admissions based on the crude rates per 100,000 of the population.

