

THE REALLY!

Alcohol Outlets: Availability and Social Impact

1. "POWDERED alcohol that may be smuggled into sports stadiums, snorted like cocaine or sprinkled over cornflakes has been approved for sale by the US government."¹

2. 'KinCare' on the Rise - Within Australia the number of children on care and protection orders more than doubled from 1998 to 2008 whilst from 2005 to 2009 the number of children on care and protection orders rose some 41%.²

3. 'UK - The use of drugs to treat alcohol addiction increased by 70 per cent in the past decade. Doctors last year prescribed almost £3million worth of drugs, up from £1.72million in 2003. Hospitals handled 200,900 admissions last year which were blamed solely on drinking.'³

4. '35% of Aussie drinkers reported having consumed alcohol on a social occasion because it was expected, even though they had not planned to drink.'⁴

5. 'People who have more than two alcoholic drinks a day may be TWICE as likely to die after surgery'⁵

Much research has established the negative social impact and increased cost to communities from having a high number of licensed alcohol outlets in a given area. Studying *changes over a period of years* as alcohol outlet density increases (or decreases) has only been undertaken by a few researchers world wide. We are fortunate in Australia to have had such longitudinal research undertaken locally over a period of 9 years (1996 – 2005) clearly showing that higher density of alcohol outlets in a neighbourhood is related to increases in the numbers of: **reported assaults**, (Livingston 2008). **incidents of domestic violence** (Livingston 2010). **adolescent alcohol consumption** (Rowland et al 2014).

These three studies alone provide a resounding warning regarding the increasing proliferation of alcohol licences being issued in Victoria and other Australian states, confirming what has been reported in much other local and overseas research.

In this article we feature some of the key findings of these research papers. We invite you to go to the Dalgarno web site to read a more detailed summary of each article at <http://www.dalgarnoinstitute.org.au/index.php/dalgarnothanks/research-reports>

Reported Assaults: The results of a study of alcohol outlets in 100's of postcodes in Metropolitan Melbourne showed over a period of 9 years changes in the number of alcohol outlets in a community are related to changes in the amount of violence experienced in that community. (Michael Livingston, 2008)

The impact of each alcohol outlet on violence is small, but tangible. For example, the addition of just one extra *on-premise license* in a postcode area results in an average increase of 0.25 assaults per year, one additional *general license* is estimated to increase assaults by 0.90 per year and a *packaged license* outlet by 0.39 per year.

Even though these effects may appear small, due to the liberalisation of liquor licensing laws in Victoria in the last three decades, the overall in-

crease over time is quite significant. For example, between 1996 and 2005, the number of *on-premise licenses* in the postcodes analysed increased by 1,942; *general licenses* increase by 77 and *packaged licenses* increased by 359.

Based on the estimates from this study, such increases are related to **an extra 690 alcohol-related assaults per year...**and, clearly that many more assaults have occurred each and every year since 2005, without counting the effect of additional licences having been issued since then!

Domestic Violence: Using similar data sources related to Melbourne postcodes for the same period, Michael Livingston (2010) has conducted research into the impact of increasing alcohol outlet density on reported cases of domestic violence.

Again, the data established another disturbing trend, this time between increasing alcohol outlet density and increases in domestic violence. For example, an increase of 10% in the density of premises licensed to sell packaged liquor led to an increase of 3.3% in reported domestic violence.

Adolescent alcohol consumption: Despite the National Drinking Guidelines discouraging children and adolescents from consuming alcohol under the age of 18 (the legal age for purchasing alcohol), the research data is very disturbing as it has shown **61% of Australian children aged between 12 and 17 years have consumed alcohol** (White & Smith, 2009).(Recent data has seen shift down in this stat)

A study by Rowland et al (2014) on alcohol consumption of secondary school students in Australia, shows that **the increased availability of alcohol has greater impact on early adolescents (aged from 12 to 14 years)**. The prevalence of *packaged licensed* outlets was associated with the greatest increase in alcohol consumption for this age group.

Availability of alcohol: In providing an overview of research into alcohol availability and its impact on consumption, health and social problems, Livingston (2011) points out that the history of changes to



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1. <http://www.theaustralian.com.au/news/world/wine-buff-mark-phillips-developed-palcohol-with-the-help-of-scientists/story-fnb64oi6-1226891293244#>

2. 'Meeting the Needs of Children in Families Affected by Parental Substance Misuse' (Neil McKeganey Professor of Drug Misuse Research University of Glasgow)

3. <http://www.dailymail.co.uk/health/article-2333658/Prescriptions-alcohol-addiction-soar-70-decade.html#ixzz2VICrGYC> UK Daily Mail

4. F.A.R.E 2014 Annual Alcohol Poll: Attitudes and Behaviours

5. <http://www.dailymail.co.uk/health/article-2350578/People-alcoholic-drinks-day-TWICE-likely-die-surgery.html#ixzz2XwrKj4yP>

SNAPSHOT NEWS—OUT N' ABOUT

VCampus News—Our Virtual/Volunteer Campuses are ticking along, some with more activity than others—again all geared to how much time our very important unpaid staff have available. We are incredibly grateful to all our team who give of not only their time, but expertise. **South Australia**—is bubbling along nicely and Jo is doing a great job there. Our school incursions have received excellent reviews and interest in our work grows. **NSW**—Our new Sydney campus has got traction with Ross investing well. Tough work getting into schools, but we keep working on it. We have good relationships with a number of stakeholders there. Ross continues to add real value to our evidence based work. We were able to present three workshops with *Midnight Basket Ball* Community outreach for 12-18 year olds, in March in Western Sydney—This was very well received by both kids and staff. **Bendigo**—we are working with at least one school and the local council youth dept. is engaged with us. Some important admin news from Bendigo is that the Temperance Hall Title has now been transferred into C.O.A.D.E. Inc name and we are fully trustee/custodians of this important property. Long battle well fought and won. **Central**—This hum continues to 'hum'. Mallini is working an extra day per fortnight for a trial period as she works on developing Isabella's List (more on next page) Our Research Officer Derek, continues to

add great value to our work. As most of you would've received our latest DRR (Dalgarno Research Report) on Liquor Outlet density and impact on society.

The Board—Our new Board has been functioning very well and we continue to 'plough' through the ever growing compliance demands. This new team has managed to clear much of the governance clutter with some outstanding work from our super Treasurer and the new Chair. One sad bit of news, is that we had to say farewell to Linda White, who only came on in October. Due to an unexpected doubling of her work load, she had to reluctantly submit her resignation in May. She continues to support and champion our work where she can. We take this opportunity to thank Linda for her contribution. Our Deputy Chair, Ellen Chandler has been out of action these last months due to health issues, but is on the mend and will be back with us in the next months.

WFAD International Conference—The Executive Director attended this Biennial conference in Sweden, which is the premiere 'Prevention' focused conference in the World. As Members, the Dalgarno Institute's participation was not only valued, but we were able to supply a copy of our excellent DVD resource, *Partae Girl*, to all conference attendees, along with our 'Gen Booze' poster for each delegate.

Education: "I Wish I Never..." rollout

The Project: As many of you are already aware, we have been looking to commence a rollout of our full Curriculum, *'I wish I never...'* Good news is that this has commenced in the last 6 months.

Evidence Based Approach

The curriculum took shape over a three year period where we not only added to our incursion seminars a basic **NO Brainer** follow up pack, but we were also able to add the *"I wish I never..."* 4 x DVD set for school and community use. However, based on best practice on evidence, we wanted to see an education resource emerge that would be more effective at shifting school/student culture and attitudes. As much as 'one off' yet powerful incursions are, we knew that good follow up educational activities that connect with life issues and practices were imperative. In consultation with a secondary college we piloted and developed our protocols/ processes over a three year period and saw some very positive results in attitudes and behaviours of students who had been involved in year 9, 10 and 11. So, to further maximize the resource we also wrote and produced a further 2 x DVD companion Curriculum with a minimum of 10 x class room lessons/ activities, including civic responsibility and video competition components. The Curriculum also includes the option of a **Fence Building Fortnight** to enable teachers and parents to participate in reviewing alcohol use in their own and school lives/community, and at the same time, raising money for the school.

Kit Library

Along with the central component of the easy to use 'plug n play' curriculum, the schools are provided with a library of resources including, books, DVD of a Harm Prevention Conference that Dalgarno conducted in previous years; full colour **Get-a-clue** Work Sheets on Cannabis and Alcohol and **'Postcards to the Mayor'** for up to 150 students. Also included are A1 size 'Pledge posters' geared to the 'Nine Values for Australian Schools' and "Gen Booze" posters for classroom display—The full retail cost of this kit is around \$1200. We normally market them to schools at \$880 (GST inc.). However, due to the generous sponsorship of our funding partners **M.T.A.S.**, we have been able to commence rollout that enables cash strapped schools and over subscribed teachers to take up the resource and engage us for seminars both now and in the future. This funding is invaluable in getting this very good product to where it needs to be. Without it, much of this would still be sitting on the shelf.

Roll out take up

The only thing limiting a more prolific take up is the number of kits we can actually distribute and the staff to deliver to a greater number of schools/communities. That aside, we are pleased to announce take up in schools in South Australia; N.S.W; Qld and Victoria.

ISABELLA'S LIST

In February 2014, I was given the opportunity to take over the **Isabella's List** Project. Having been with Dalgarno Institute for 4 years now, I am excited about this new assignment. In Nov 2013, I was also given the opportunity to attend the Foetal Alcohol Spectrum Disorder (FASD) Conference held at the Royal Brisbane Women's Hospital in Brisbane. It was incredibly valuable to gain a further and deeper understanding of FASD, the effect it has on society, and the struggles carers have as there is limited help available and awareness of this issue. It is interesting to note in some states and territories (I.e, NT, WA and Queensland) there is a major emphasis on raising the awareness of FASD via the state government and media. In fact, in NT, there was a recent proposal to criminalise drinking while pregnant! Read the full article here: <http://www.abc.net.au/news/2014-03-15/research-groups-oppose-nt-prosecuting-pregnant-women-drinking/5322814>

Surprisingly, we do not have the same level of emphasis on the issues surrounding FASD here in Victoria! FASD is an especially serious issue among indigenous women and teenage pregnancies. The recent quote by CEO NOFASD, Australia, Vicki Russell further highlights the financial impact of this issue;

"Of 239 binge alcohol drinkers served by PCAP in seven counties...62 had a subsequent pregnancy. If all 62 mothers continued to drink, approximately 13 mothers (21%) would have a child with FASD, resulting in total lifetime costs of \$33.2 million. Instead, only 18 mothers enrolled in PCAP continued to drink during the subsequent pregnancy, resulting in four children who may have FASD. This difference represents \$23.6 million in lifetime cost savings."

Mallini Richard—Isabella's List Ambassador If you have a similar passion and are willing to come on board, visit our website: <http://www.dalgarnoinstitute.org.au/index.php/dalgarnnotice/isabella-s-list>



**Tony Hoang—Isabella List Award
Anti-drug Advocate—Community**

21 BE THERE—MOVING FORWARD

It's been good to see news coming out in recent evidence that Aussies are starting to get the message about Alcohol issues. There are scores of groups/individuals involved across the nation in 'pushing-back' against the long standing irresponsibility of the Alcohol Industry. Along with over 70 other such groups, the Dalgarno Institute is now a member of the National Alliance for Action on Alcohol (N.A.A.A.) Whilst some inroads are being made in shifting our drinking culture, it is the current and emerging generation that are struggling most with the 'bottle' as the following data indicates...

The Poll also included selected Alcohol Use Disorders Identification Test (AUDIT) questions, which aim to identify people with hazardous or harmful patterns of alcohol consumption. These questions revealed that in the previous 12 months, 24% of Australian drinkers had not been able to stop drinking once they started, 22% could not remember what had happened the night before, and 31% had a feeling of guilt or remorse after drinking. Gen Y [18-30] are most likely to report all three of these behaviours (31%, 28% and 45% respectively)

F.A.R.E 2014 Annual Alcohol Poll: Attitudes and Behaviours

As most of you are aware, we are also the lead agency in the growing consortium that is 21 Be There (an initiative first tried in 1988 by our organisation but shelved until 2009). This revitalized push is more than simply foisting a legislative restriction on a demographic most of us are now no longer part of, it is much more about really looking at best evidence based practices for providing a safer, smarter, healthier and potential enhancing environment, for the emerging generation.

Conversations—Our planned QLD Youth conversation fell through at the last minute due to a school issue. However, we are moving toward at least two, if not three Youth Conversations in Victoria and South Australia in the second half of this year, so stay tuned for more on these.

FAST FACTS—You can access current and important data by visiting www.21bethere.org.au FAST FACTS. New updates are now online.

Petition—The petitions continue to come in from all over the country and we are now working toward our new goal of 5000 signatures. You can download a petition from <http://www.greaterrisk.com/MLDA21PetitionGeneric.pdf>



P: 1300 975 002 F: 1300952551 admin@dalgarvinstitute.org.au

admin@dalgarnoinstitute.org.au