

FOR IMMEDIATE RELEASE: OCTOBER 2019

Am I drinking too much?

Hackney residents get answers and advice about their alcohol use via free online test.



Misinterpretation of unit guidelines and confusion around how much alcohol is too much alcohol, led WDP, in partnership with Hackney Council, to create alcoholtest.org.uk.

The website alcoholtest.org.uk features:

- a quick, easy and confidential test that shows visitors how risky their drinking actually is;
- clear details on how to access the free local services run by WDP (in partnership with CNWL NHS Foundation Trust and St Mungo's) such as: Healthy Lifestyle coaching, face-to-face assessments, and appointments with specialist clinicians;
- tips for how to cut down drinking;
- advice for those worried about a loved one's drinking;
- facts about the impact alcohol can have on health, lifestyle and relationships.

4,610

Hospital admissions due to alcohol consumption in Hackney (2017/18)

Calculated by Public Health England: Risk Factors Intelligence (RFI) team using data from NHS Digital - Hospital Episode Statistics (HES) and Office for National Statistics (ONS) - Mid Year Population Estimates.

72

Number of alcohol-related deaths in Hackney (2017)

Calculated by Public Health England: Risk Factors Intelligence (RFI) team from the Office for National Statistics (ONS) Annual Death Extract Public Health Mortality File and ONS Mid Year Population Estimates

34%

Percentage of adults in Hackney drinking at increasing risk levels - over 14 units per week (2011-14)

Calculated by Public Health England: Risk Factors Intelligence (RFI) team using data from the Health Survey for England.

CONTACT

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"Your support has put me in the right direction and brought me back to real life and now, thanks to you, I am in a positive place. I feel so confident, that I have started doing things that I want to do."

Hackney Service User