

Low risk drinking guidelines in Europe: overview of RARHA survey results

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of the European Union



 **RARHA**
REDUCING ALCOHOL RELATED HARM

ISS Work Group and RARHA Italian National Team

RARHA NATIONAL TEAM MEMBERS and INSTITUTIONS

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| 1 | Bologna | Emanuela | ISTAT |
| 2 | Burgio | Alessandra | ISTAT |
| 3 | Ceccolini | Carla | Ministero della Salute |
| 4 | Crialesi | Roberta | ISTAT |
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| 9 | Ghiselli | Andrea | EX INRAN oggi CRA |
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| 12 | Quattrociocchi | Luciana | ISTAT |
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| 15 | Spizzichino | Lorenzo | Ministero della salute |
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| 17 | Tinto | Alessandra | ISTAT |
| 18 | Vichi | Monica | Istituto Superiore di Sanità |
| 19 | Solipaca | Alessandro | ISTAT-Osservatorio sulle regioni |
| 20 | Ricciardi | Walter | Osservatorio sulle regioni |
| 21 | Carle | Flavia | Ministero della salute-SDO |
| 22 | Migliore | Maria | Ministero della salute |




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- 1. Overview of drinking guidelines given in MS and of their main features (ISS)**
2. Overview of the uses of drinking guidelines in the context of Early Identification and Brief Interventions (EIBI) on Hazardous/Harmful Alcohol Consumption (HHAC) in PHC and other settings, drawing in particular on projects ODHIN and BISTAIRS (ISS)
3. Overview of guidelines on drinking by young people (LWL)
4. Overview of science underpinnings drawing on recent work done for Australian and Canadian guidelines (THL)
5. Overview of "standard drink" definitions across the EU and of main approaches to increase awareness of such tools for monitoring alcohol consumption (HSE)
6. Mapping consumer views on risk/safety communication as an approach to reduce alcohol related harm by on-line surveys in 16 MS (EUROCARE)
7. From science to practice: Expert/policymaker meeting (at ISS) to discuss preliminary results and conclusions from the overviews and to help develop a policy Delphi survey (THL)
8. Second Expert/policymaker meeting to foster dialogue on good practice principles in the use of drinking guidelines as a public health measure drawing on all previous tasks
9. Coordination and production of synthesis report (THL)

- ✓ The questionnaire has been submitted by email (July 2014) to the **country representatives** of the Committee on National Alcohol Policy and Action - **CNAPA** as experts with qualified experience and competence on the specific topic
- ✓ Participants were asked to:
 - **check the validity of the information** derived from a preliminary ISS review of sources of information on low risk drinking guidelines ("*review of available sources*")
 - **provide the most updated and reliable information** for their Country ("*RARHA survey*")
- ✓ Detailed **instructions to fill in the Country report/Questionnaire, standardizing the data collection**, were provided
- ✓ The present version of this overview has been amended (May 2016) with all corrections suggested by respondents to the 2014 survey. Data on guidelines/recommendations issued after the data collection were not included.

The RARHA survey questionnaire

COUNTRY

Dear CNAPA member,
 this table summarizes data gathered through ISS preliminary review of available sources of information on EU drinking guidelines or recommendations and their main features (sub-groups, high risk contexts addressed, etc.).
For any listed "Variables", please check the validity of the data reported under "Review of available sources" and fill in the column "RARHA survey" providing the most updated and reliable information for your Country. The input must follow the format specified under the column "**Codes, categories and format**".
 Do not hesitate to contact the ISS RARHA staff for any doubt or clarification.
 Thank you very much for your very kind collaboration.

RARHA WP5-Task1 Drinking Guidelines

Legend of review sources:

| | |
|--|---|
| | Furtwaengler&Visser review [Drug and Alcohol Review (January 2013), 32, 11–18] |
| | WHO additional survey 2012 |
| | WHO Status report on alcohol and Health in 35 EU countries 2013 |
| | OECD Collection on national drinking guidelines (provisional version 19 May 2014) |

The different background colours are present only when the specific variable was investigated in the corresponding source (null if missing)
 X=Contradictory information among data available from different sources

| Investigated aspects | Variables | Codes, categories and format | Review of available sources X | RARHA survey |
|----------------------|---|---|----------------------------------|--------------|
| STANDARD DRINK | Is the "Standard Drink" concept currently being used in your country? | 1=Yes 2=No | | |
| | If Yes, In advice (brief interventions) provided by health care professionals | 1=To a large extent 2=To some extent 3=Not at all 4=Do not know | | |
| | If Yes, In public education messages | 1=To a large extent 2=To some extent 3=Not at all 4=Do not know | | |
| | If Yes, On alcoholic beverage packages to indicate the alcoholic content | 1=To a large extent 2=To some extent 3=Not at all 4=Do not know | | |
| | How is the "Standard Drink" (SD) defined in your country? | In grams of pure alcohol; how many grams in one SD: In centiliters of pure alcohol; how many cl in one SD: Other; please specify: | | |

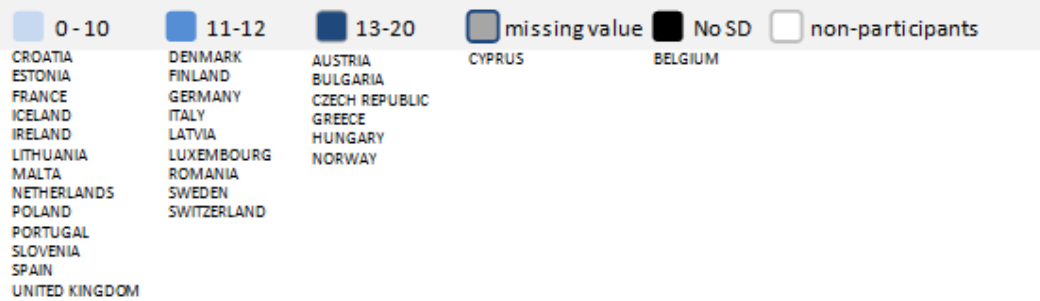
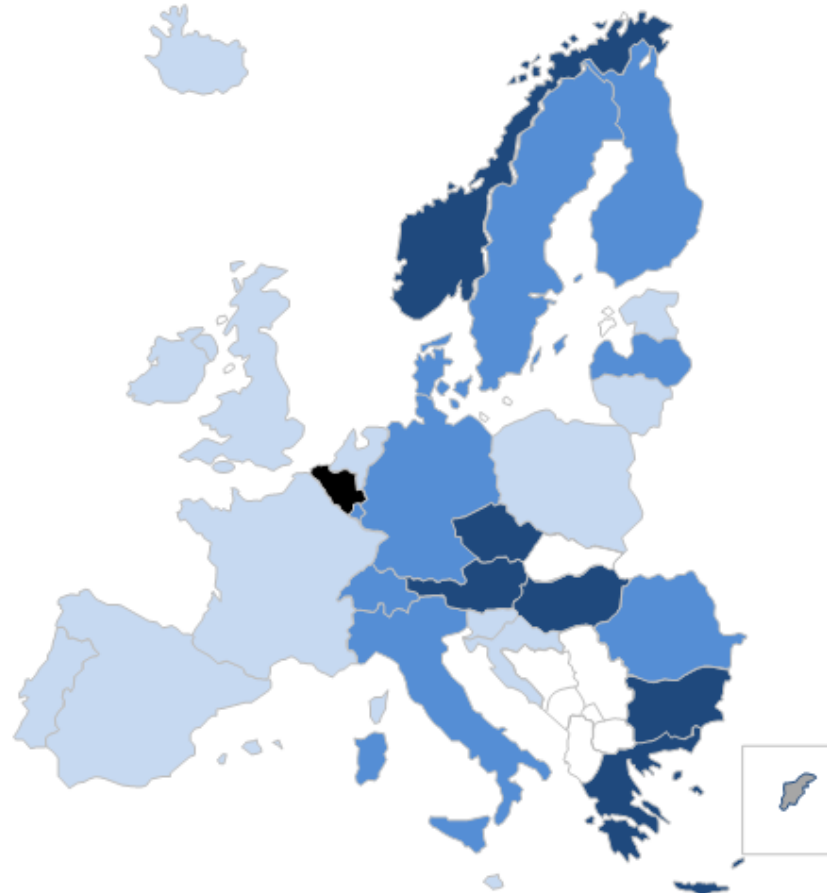
The sources of available information are:

- Furtwaengler&Visser review [Drug and Alcohol Review (January 2013), 32, 11–18]
- WHO additional survey 2012
- WHO Status report on alcohol and Health in 35 EU countries 2013
- OECD Collection on national drinking guidelines (provisional version 19 May 2014)

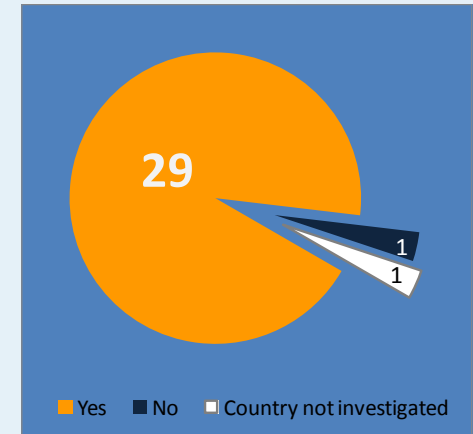
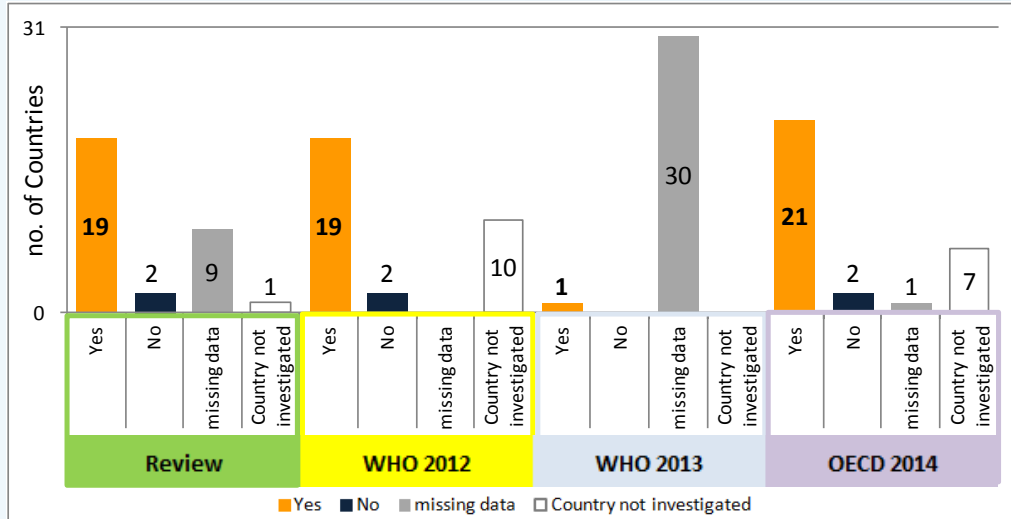
The four different sources of available information has been adapted/harmonized in order to include into a comprehensive category the different wordings of the variables (i.e. limits, recommendations, guidelines, guidance have been considered all together).

- ✓ **31 European countries addressed**
(all RARHA associated and collaborating countries + 1 additional country*).
- ✓ **30 out of 31 European countries replied**
(Austria, Belgium, Bulgaria, Croatia, Cyprus, Czech Republic*, Denmark, Estonia, Finland, France, Germany, Greece, Hungary, Iceland, Ireland, Italy, Latvia, Lithuania, Luxembourg, Malta, Norway, The Netherlands, Poland, Portugal, Romania, Slovenia, Spain, Sweden, Switzerland, United Kingdom).
- ✓ **Slovakia did not reply**

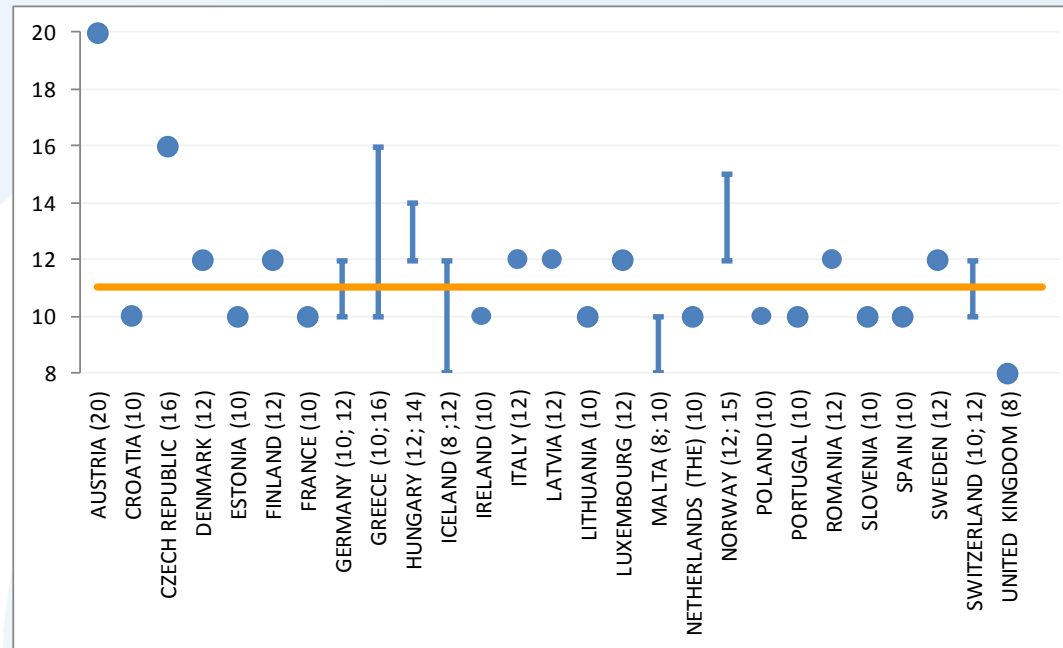
Standard Drink in EU countries, in grams of pure alcohol



Standard Drink in grams of pure alcohol

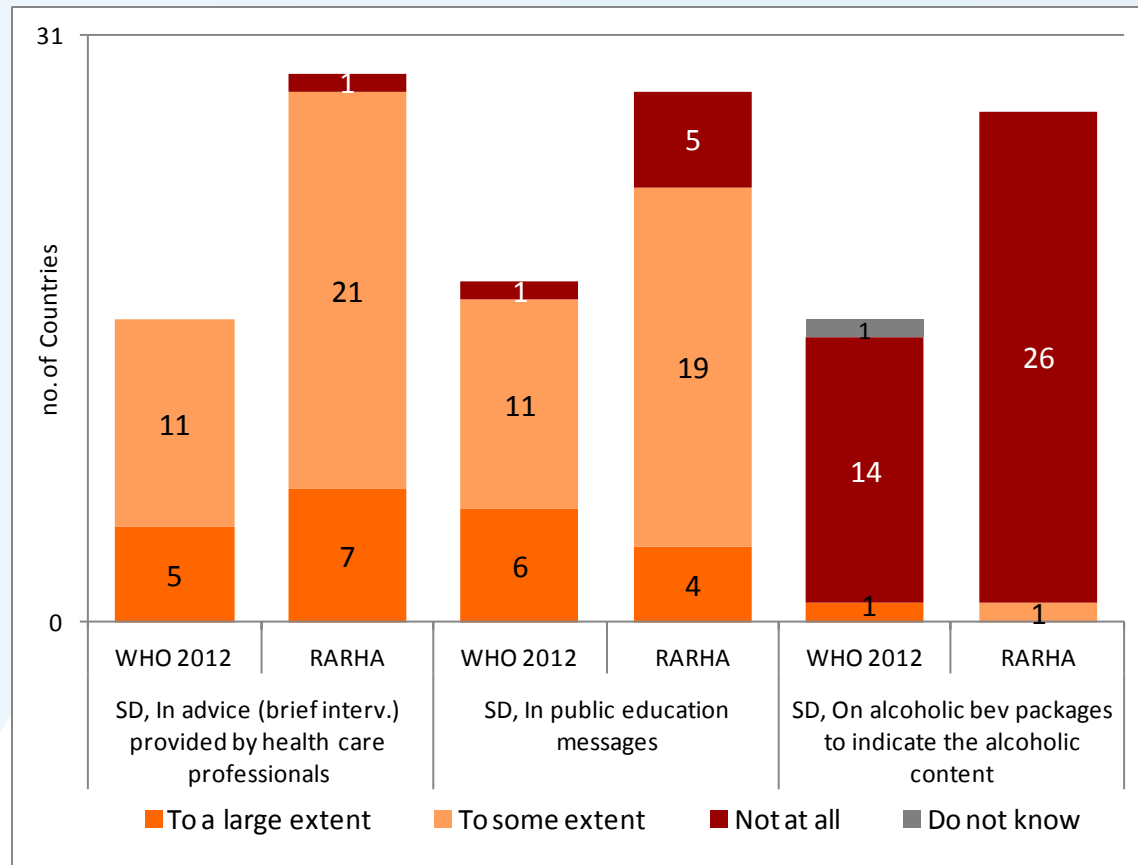


**RARHA survey
SD in grams of pure
alcohol:**



Mean=11
Median=11
Mode=10

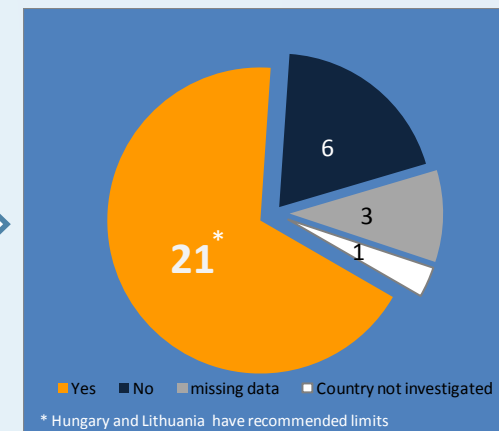
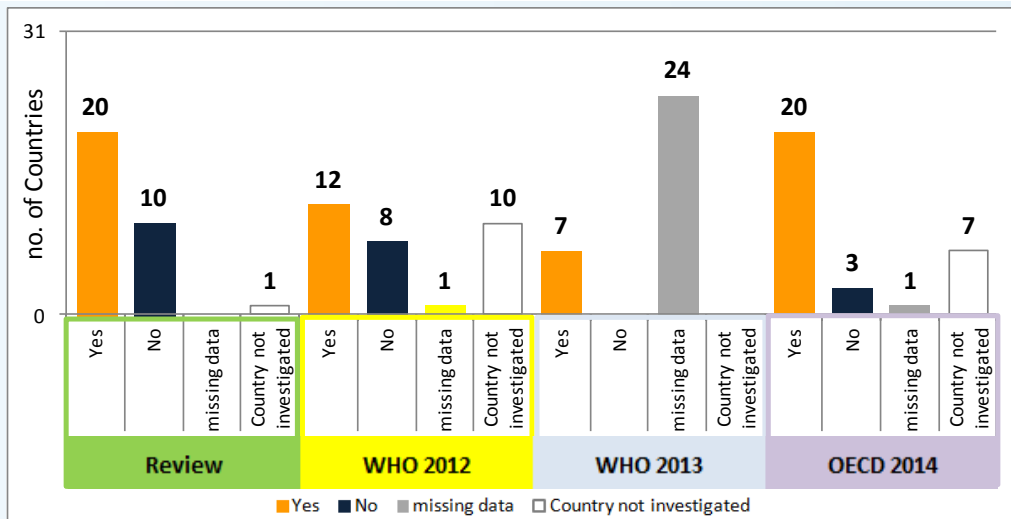
Low risk drinking guidelines in Europe: overview of RARHA survey results



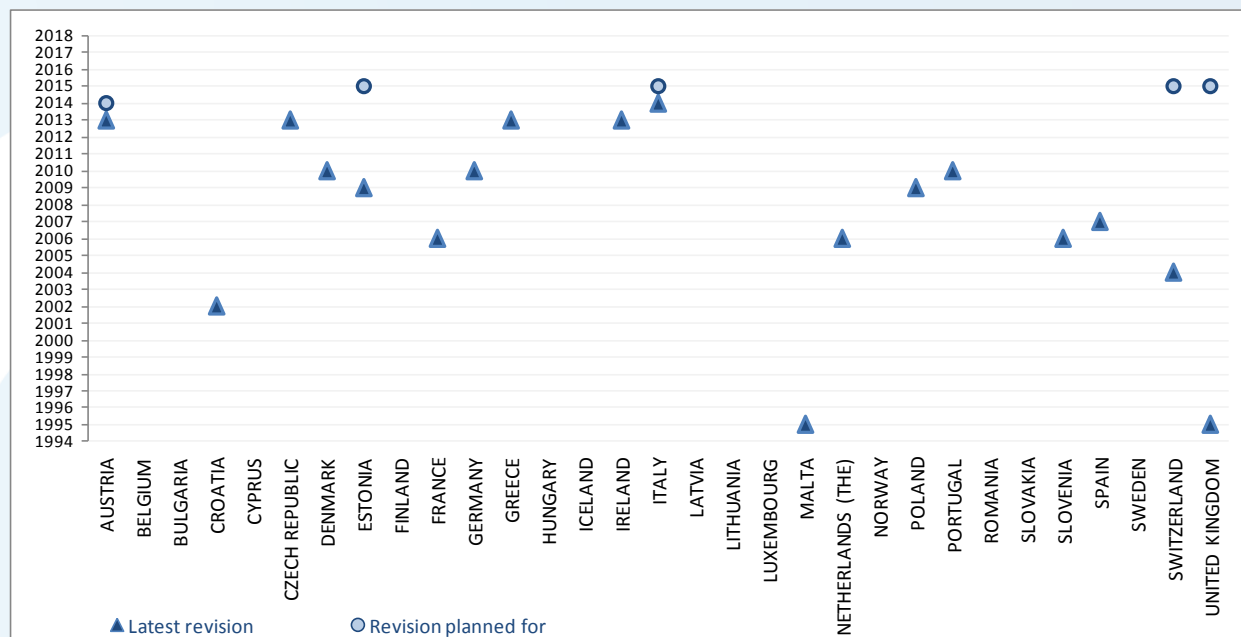
Low Risk Guidelines (GL)/Recommendations (R)

| Country | DATA SOURCE | | | | | Have guidelines for low risk drinking been issued in your country? | | | | Organization | Latest revision | | | Not revised since | | Revision planned for | | | |
|-------------------|-------------|----------|----------|-----------|-------|--|---|---|---|--------------|---|--------------------|------|-------------------|------|----------------------|------|----------------|---------|
| | Review | WHO 2012 | WHO 2013 | OECD 2014 | RARHA | 1=Yes; 2=No | | | | | Year (YYYY) | | | Year (YYYY) | | Year (YYYY) | | | |
| AUSTRIA | | | | | | 1 | 1 | | | 1 | Ministry of Health | 2009 | | | 2013 | 2009 | 2013 | Not yet agreed | 2014 |
| BELGIUM | | | | | | 2 | | | | 2 | | | | | | | | | |
| BULGARIA | | | | | | 1 | 2 | | | 2 | | | | | | | | | |
| CROATIA | | | | | | | | | | 1 | Croatian Association for Alcohol Alcoholia | | | | 2002 | | | | |
| CYPRUS | | | | | | 2 | 2 | | | | | | | | | | | | |
| CZECH REPUBLIC | | | | | | 1 | 2 | | | 1 | Centre for Addictology, 3rd Faculty of Medicine and General Teaching Hospital, Charles University and | | | | 2013 | | | | |
| DENMARK | | | | | | 1 | | 1 | 1 | 1 | | | 2010 | | 2010 | | 2010 | | |
| ESTONIA | | | | | | 1 | 1 | 1 | 1 | 1 | National Institute for Health Development | 2009 | 2009 | | 2009 | | | | 2015 |
| FINLAND | | | | | | 1 | 1 | | | 1 | Alcohol Programme (guidelines are not official) | | | | | 2008 | | | |
| FRANCE | | | | | | 1 | | | | 1 | Notes | | | | 2006 | | 2006 | | |
| GERMANY | | | | | | 1 | 1 | 1 | 1 | 1 | German Centre for Addiction Issues (DMS) | 2010 | 2008 | | 2010 | | 2010 | | |
| GREECE | | | | | | 2 | 2 | | | 1 | Ministry of Health | | | | 2013 | | | | |
| HUNGARY | | | | | | 2 | 2 | | | 1 | 2 | | | | | | | | |
| ICELAND | | | | | | 1 | | | | 1 | | | | | | | | | |
| IRELAND | | | | | | 1 | 1 | 1 | 1 | 1 | Department of Health | | | | 2013 | | | | 2012/13 |
| ITALY | | | | | | 1 | 2 | 1 | 1 | 1 | THESE ARE ADVICES FROM THE ITALIAN NATIONAL INSTITUTE FOR FOOD AND NUTRITION | 2011 | | | 2014 | | 2003 | | 2015 |
| LATVIA | | | | | | 2 | 2 | | | 2 | | | | | | | | | |
| LITHUANIA | | | | | | 2 | 2 | | | 2 | | | | | | | | | |
| LUXEMBOURG | | | | | | 2 | | | | 1 | Directorate of Health | | | | | | | | |
| MALTA | | | | | | 2 | 1 | | | 1 | Police | | | | | 1995 | 1995 | | |
| NETHERLANDS (THE) | | | | | | 1 | | | | 1 | General Household (Health Council of the Netherlands) | | | | 2006 | | 2006 | | |
| NORWAY | | | | | | 2 | | | | 2 | | | | | | | | | |
| POLAND | | | | | | 1 | 1 | | | 1 | PAFPA | 2009 | | | 2009 | 2009 | 2009 | no | |
| PORTUGAL | | | | | | 1 | 1 | | | 1 | WHO guidelines reflected in the Action Plan against Alcoholism 2000 and in the National Action Plan for 2010-2012 | 2010 | | | 2010 | | | | |
| ROMANIA | | | | | | 2 | 1 | | | 2 | Romanian Forum for Responsible Consumption - FRFC | | | | | | | | |
| SLOVAKIA | | | | | | 1 | | | | 2 | | | | | | | | | |
| SLOVENIA | | | | | | 1 | 1 | | | 1 | Faculty of Medicine, Department of Family Medicine | 2006 | | | 2006 | 2006 | 2006 | | |
| SPAIN | | | | | | 1 | | | | 1 | Ministry of Health, Social Services and Equality | | | | | | 2007 | | |
| SWEDEN | | | | | | 1 | 1 | 1 | 1 | 2 | National Board of Health and Welfare | 2011 | | | | | | | |
| SWITZERLAND | | | | | | 1 | | | | 1 | Federal Office of Public Health/Alcohol | | | 2008 | 2004 | | 2004 | | 2015 |
| UNITED KINGDOM | | | | | | 1 | 1 | 1 | 1 | 1 | Chief Medical Officer (CMO) | Review in progress | | | 1995 | 1995 | | 2012 | 2015 |

Low Risk Guidelines/Recommendations in EU



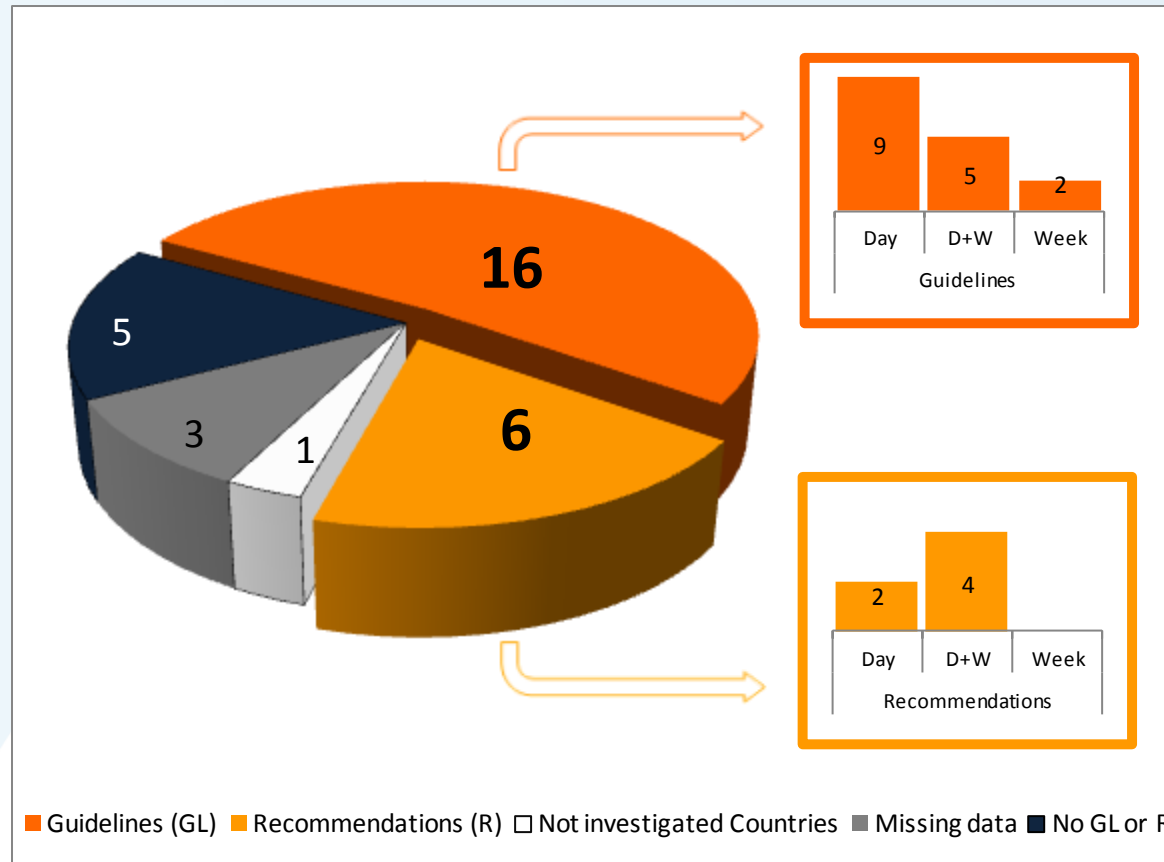
Latest revision
(year)



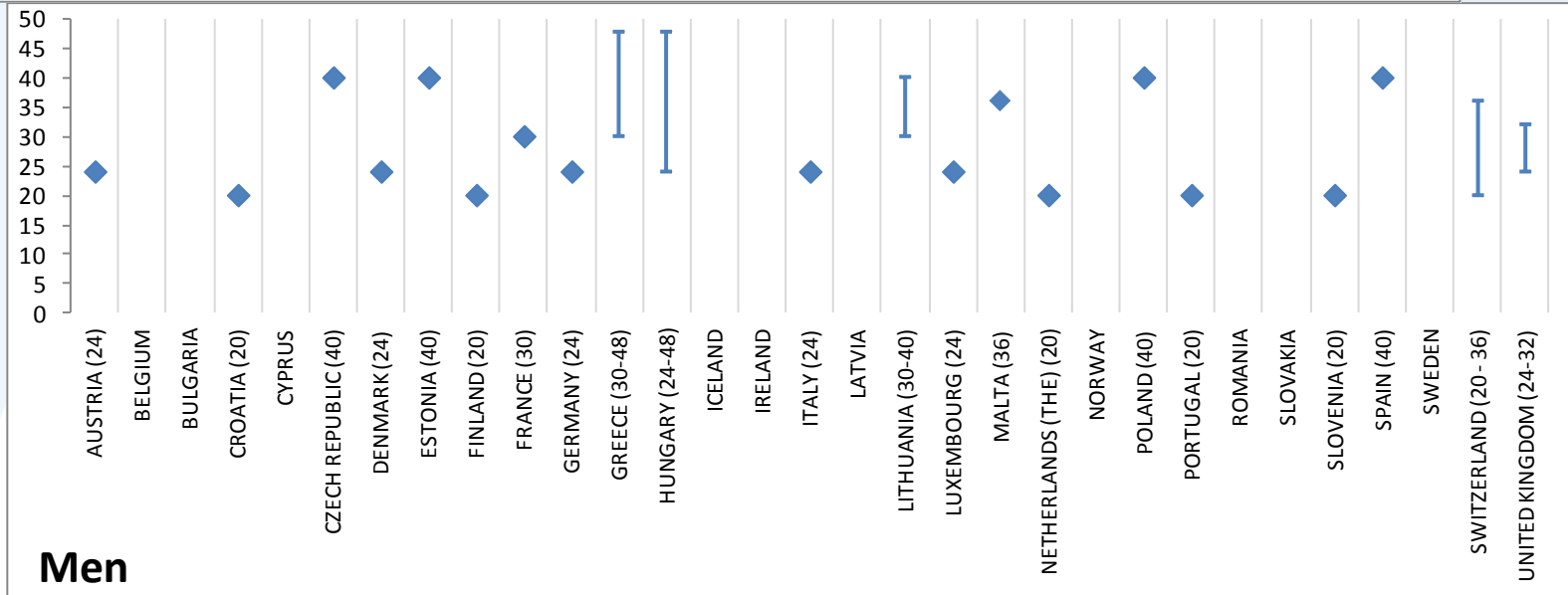
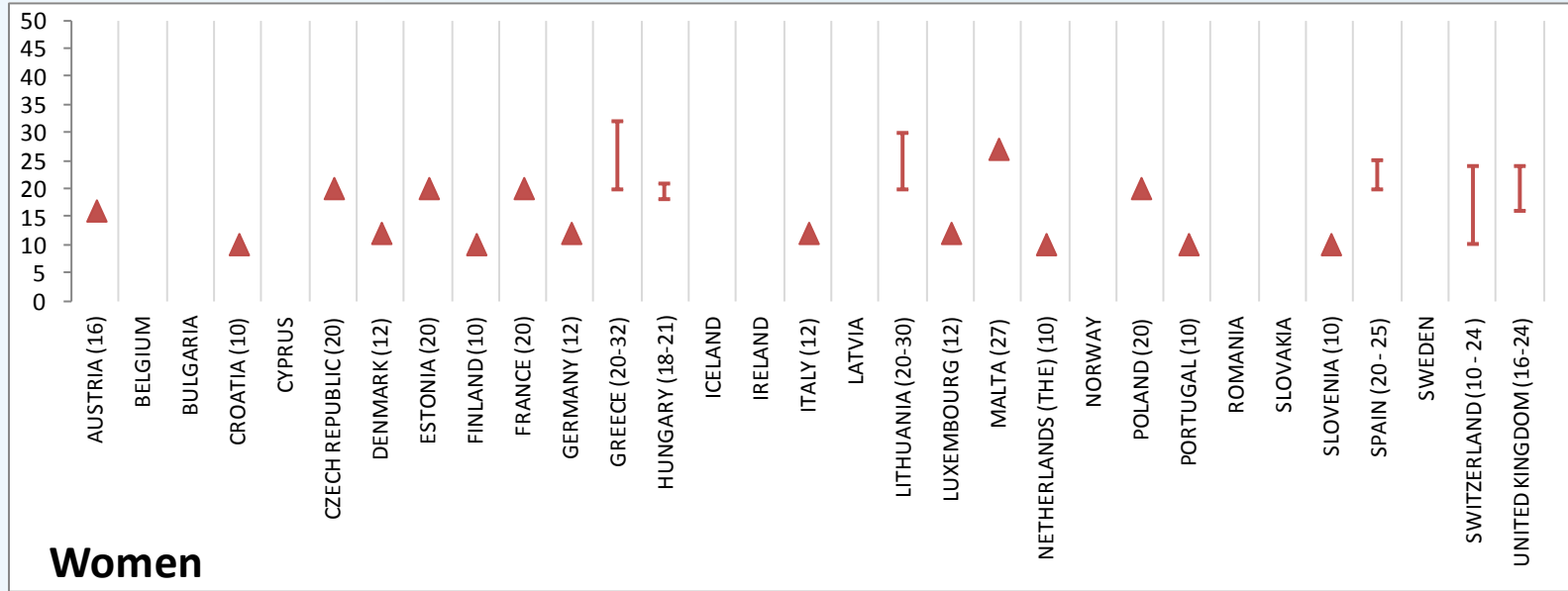
| Country | DATA SOURCE | | | | | Men | | | | Women | | | | All consumers | | Guidelines on average alcohol intake in a week | | No guide lines but RECOMMENDATIONS on average alcohol intake in a week | | | |
|-------------------|-------------|----------|----------|-----------|-------|---|-----|------------|-------|---|-----|-----|------------|---|-----|--|--|--|---|-------------------------------------|-------------------------------------|
| | Review | WHO 2012 | WHO 2013 | OECD 2014 | RARHA | Average alcohol intake in a week not to be exceeded (grams of pure alcohol) | | | | Average alcohol intake in a week not to be exceeded (grams of pure alcohol) | | | | Average alcohol intake in a week not to be exceeded (grams of pure alcohol) | | 2=Not issued | | | | | |
| AUSTRIA | | | | | | | 160 | | | | | 120 | | | | 300 | | 2 | 2 | <input checked="" type="checkbox"/> | |
| BELGIUM | | | | | | | | | | | | | | | | | | | 2 | | |
| BULGARIA | | | | | | | 0 | | | | | 0 | | | | 0 | | 2 | | 2 | |
| CROATIA | | | | | | | 200 | | | | | 120 | | | | | | | | 2 | |
| CYPRUS | | | | | | | | | | | | | | | | | | | | 2 | |
| CZECH REPUBLIC | | | | | | | | | | | | | | | | | | 2 | | 2 | |
| DENMARK | | | | | | | 168 | | | 168 | 84 | | | 84 | | | | | | | |
| ESTONIA | | | | | | | 160 | 160 | 160 | | 80 | 80 | | 80 | | | | | | | |
| FINLAND | | | | | | | | 280 | | 288 | | 190 | | 192 | | | | 2 | | | |
| FRANCE | | | | | | | 210 | | | | 140 | | | | | | | | | | |
| GERMANY | | | | | | | | 120 | | | | 60 | 60 | | | | | 2 | | 2 | <input checked="" type="checkbox"/> |
| GREECE | | | | | | | | | | | | | | | | | | | | 2 | |
| HUNGARY | | | | | | | | | | | | | | | | | | | | 2 | |
| ICELAND | | | | | | | 168 | | | | 84 | | | | | | | | | | |
| IRELAND | | | | | | | 210 | 168 (sugg) | 21 SU | 170 | 168 | 140 | 112 (sugg) | 14 SU | 110 | 112 | | | | | |
| ITALY | | | | | | | | | | | | | | | | | | 2 | 2 | | 2 |
| LATVIA | | | | | | | | | | | | | | | | | | | | | |
| LITHUANIA | | | | | | | | | | | 210 | | | | 140 | | | | | 2 | <input checked="" type="checkbox"/> |
| LUXEMBOURG | | | | | | | | | | | | | | | | 30 free alcohol days/week | | | | | |
| MALTA | | | | | | | | 189 | | | | 189 | | 126 | | | | | | 2 | <input checked="" type="checkbox"/> |
| NETHERLANDS (THE) | | | | | | | | | | | | | | | | | | 2 | | 2 | |
| NORWAY | | | | | | | | | | | | | | | | | | | | | |
| POLAND | | | | | | | 280 | 280 | | | 280 | 140 | 140 | | 140 | | | | | | |
| PORTUGAL | | | | | | | | | | | | | | | | | | 2 | 2 | | 2 |
| ROMANIA | | | | | | | | 195 | | | | | 130 | | | | | | | | 2 |
| SLOVAKIA | | | | | | | | | | | | | | | | | | 2 | | | |
| SLOVENIA | | | | | | | | 140 | | | 140 | | 70 | | 70 | | | 2 | | | |
| SPAIN | | | | | | | 210 | | | | 280 | 140 | | | 170 | | | | | | |
| SWEDEN | | | | | | | 168 | 168 | 168 | | 108 | 108 | | 108 | | | | | | 2 | |
| SWITZERLAND | | | | | | | | | | | | | | | | | | 2 | | | 2 |
| UNITED KINGDOM | | | | | | | | 168 | 168 | 168 | | | 112 | | 112 | | | 2 | | 2 | <input checked="" type="checkbox"/> |

| Country | DATA SOURCE | | | | | Men | | | | Women | | | | All consumers | | Guidelines on average alcohol intake in a day | | No guidelines but RECOMMENDATIONS on average alcohol intake in a day | |
|-------------------|-------------|----------|----------|-----------|-------|--|-------|----|-------|--|----|-------|----|--|---------|---|---|--|-------------------------------------|
| | Review | WHO 2012 | WHO 2013 | OECD 2014 | RARHA | Average alcohol intake in a day not to be exceeded (grams of pure alcohol) | | | | Average alcohol intake in a day not to be exceeded (grams of pure alcohol) | | | | Average alcohol intake in a day not to be exceeded (grams of pure alcohol) | | 2=Not issued | | | |
| AUSTRIA | | | | | | 24 | 24 | | 24 | 24 | 16 | 16 | | 16 | 16 | 40 | | 2 | <input checked="" type="checkbox"/> |
| BELGIUM | | | | | | | | | | | | | | | | | | 2 | |
| BULGARIA | | | | | | 30 | 20 | | | | 20 | 10 | | | | | | 2 | |
| CROATIA | | | | | | | 40 | | | 20 | | 20 | | | 10 | | | | <input checked="" type="checkbox"/> |
| CYPRUS | | | | | | | | | | | | | | | | | | 2 | |
| CZECH REPUBLIC | | | | | | 24 | | | 40 | 40 | 16 | | | 20 | 20 | | | | |
| DENMARK | | | | | | | | | 24 | 24 | | | | 12 | 12 | | 2 | | |
| ESTONIA | | | | | | 40 | 40 | | 40 | 40 | 20 | 20 | | 20 | 20 | | | | |
| FINLAND | | | | | | 20 | | | 24 | 20 | 10 | | | 12 | 10 | | 2 | | |
| FRANCE | | | | | | 30 | | | 30 | 30 | 20 | | | 20 | 20 | | | | |
| GERMANY | | | | | | 24 | 24 | 24 | 24 | 24 | 12 | 12 | 12 | 12 | 12 | | | | |
| GREECE | | | | | | | | | 30 | 30-48 | | | | 20 | 20-32 | | | | |
| HUNGARY | | | | | | | | | 48-60 | 24-48 | | | | 32-40 | 18-21 | | | 2 | <input checked="" type="checkbox"/> |
| ICELAND | | | | | | 24 | | | 24 | | 12 | | | 16 | | | | | |
| IRELAND | | | | | | 40 | | | 24 | | 30 | | | 16 | | | 2 | 2 | |
| ITALY | | | | | | 36 | 24-36 | | 24-36 | 24 | 24 | 12-24 | | 12-24 | 12 | | | | |
| LATVIA | | | | | | | | | | | | | | | | | | | |
| LITHUANIA | | | | | | | | | | 30-40 | | | | | 20-30 | | 2 | 2 | <input checked="" type="checkbox"/> |
| LUXEMBOURG | | | | | | | | | | 24 | | | | | 12 | | | 2 | <input checked="" type="checkbox"/> |
| MALTA | | | | | | | | | | 36 | | | | | 27 | | 2 | 2 | <input checked="" type="checkbox"/> |
| NETHERLANDS (THE) | | | | | | 30 | | | 20-30 | 20 | 20 | | | 10 | 10 | | | | |
| NORWAY | | | | | | | | | | | | | | | | | | | |
| POLAND | | | | | | 40 | 40 | | 40 | 40 | 20 | 20 | | 20 | 20 | | | | |
| PORTUGAL | | | | | | 20 | 24 | | 24-36 | 20 | 20 | 16 | | 12-24 | 10 | | | | |
| ROMANIA | | | | | | | 39 | | | | | 26 | | | | | | 2 | |
| SLOVAKIA | | | | | | 28 | | | | | 14 | | | | | | | | |
| SLOVENIA | | | | | | 20 | 20 | | 20 | 20 | 10 | 10 | | 10 | 10 | | | | |
| SPAIN | | | | | | 30 | | | 40 | 40 | 20 | | | 20 | 20 - 25 | | | | |
| SWEDEN | | | | | | | | | 24 | | | | | 15 | | | 2 | | |
| SWITZERLAND | | | | | | 40 | | | 40-48 | 20 - 36 | 20 | | | 20-24 | 10 - 24 | | | | |
| UNITED KINGDOM | | | | | | 32 | 24-32 | | 24 | 24-32 | 24 | 16-24 | | 16 | 16-24 | | | 2 | <input checked="" type="checkbox"/> |



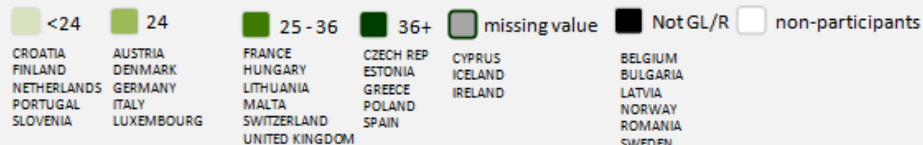
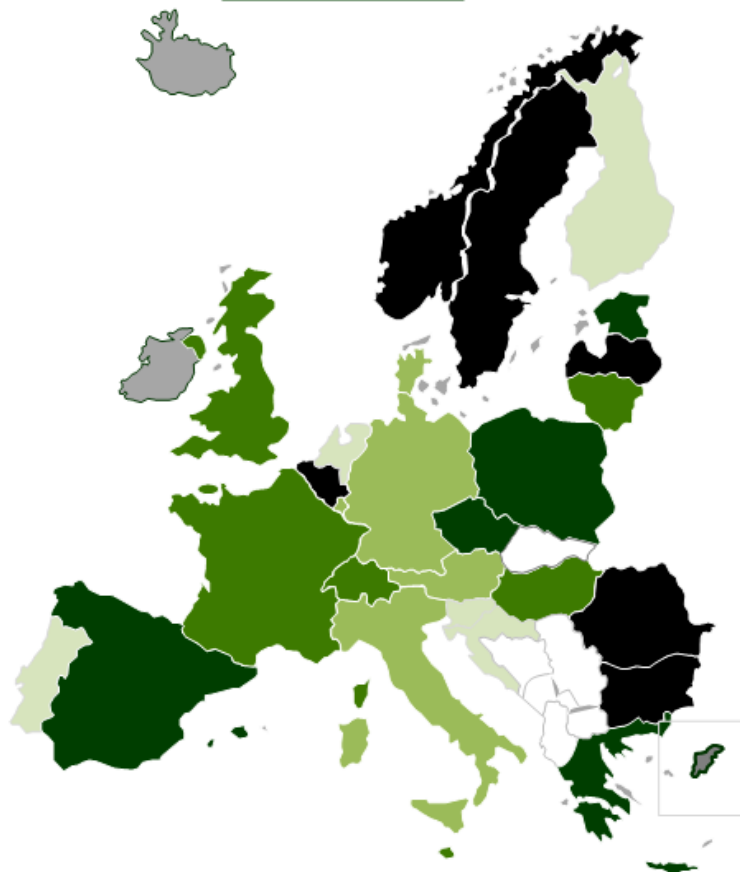


Daily alcohol intake average not to be exceeded (grams of pure alcohol)

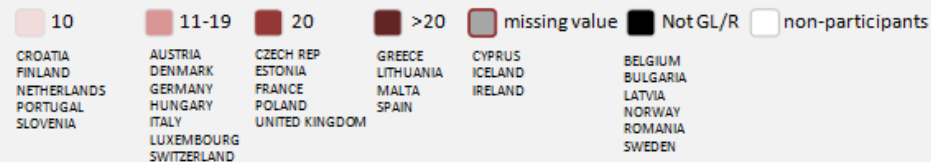
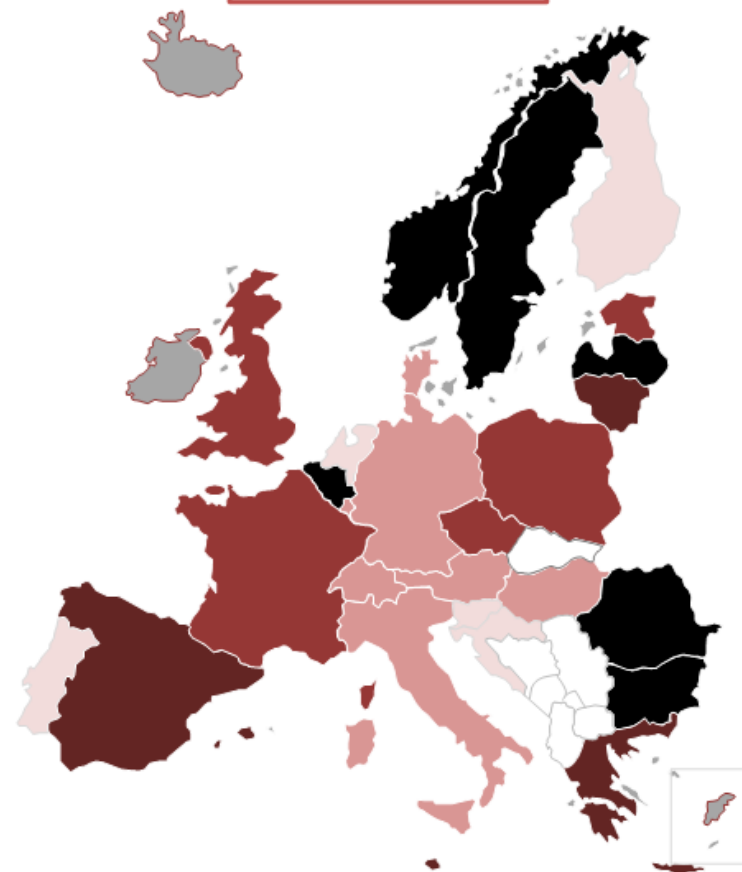


RARHA Daily alcohol intake not to be exceeded (g pure alcohol)

MEN



WOMEN



Binge Drinking definitions

| Country | DATA SOURCE | | | | | Men | | | Women | | | All consumers | | | Guidelines on binge drinking | | | No guidelines but RECOMMENDATIONS on binge drinking | | | | | |
|-------------------|-------------|----------|----------|-----------|-------|---|----|-------|---|----|----|---|--------|-------|------------------------------|--|---|---|-------------------------------------|-------------------------------------|-------------------------------------|---|-------------------------------------|
| | Review | WHO 2012 | WHO 2013 | OECD 2014 | RARHA | Maximum intake per drinking occasion (binge drinking) (grams of pure alcohol) | | | Maximum intake per drinking occasion (binge drinking) (grams of pure alcohol) | | | Maximum intake per drinking occasion (binge drinking) (grams of pure alcohol) | | | 1=Issued 2=Not issued | | | | | | | | |
| AUSTRIA | | | | | | | | | | | | | | | | | 2 | 2 | | | | | |
| BELGIUM | | | | | | | | | | | | | | | | | 2 | 2 | | | | | |
| BULGARIA | | | | | | 100 | | | 50 | | | | | | | | | | 2 | | | | |
| CROATIA | | | | | | | | | | | | | | 2 | | | | | 2 | | | | |
| CYPRUS | | | | | | | | | | | | | | | | | | | 2 | | | | |
| CZECH REPUBLIC | | | | | | | | | | | | 80 | 80 | | | | 1 | | 1 | | | | |
| DENMARK | | | | | | | | 60 | | | 60 | | | 48 | | | | 1 | 1 | | | | |
| ESTONIA | | | | | | | | | | | | | 60 | | | | | 1 | 2 | | | | |
| FINLAND | | | | | | 84 | 84 | 84 | 60 | 60 | 60 | | | 60-72 | | | | 1 | 1 | | | | |
| FRANCE | | | | | | | | | | | | | 60 | 40 | | | 1 | 1 | 1 | | | | |
| GERMANY | | | | | | 50 | | | 50 | | | | 60 | 50 | | | 1 | 1 | 1 | | | | |
| GREECE | | | | | | | | | | | | | | 40-64 | | | | 2 | <input checked="" type="checkbox"/> | | | | |
| HUNGARY | | | | | | | | | | | | | 96-120 | 72-84 | | | | 1 | 2 | <input checked="" type="checkbox"/> | | | |
| ICELAND | | | | | | | | | | | | | | | | | | 2 | 2 | | | | |
| IRELAND | | | | | | *70 (old high risk) | | | *70 (old high risk) | | | | 60 | 60 | | | | 1 | 1 | | | | |
| ITALY | | | | | | | | | | | | | 60-72 | 72 | 2 | | 1 | 1 | 1 | | | | |
| LATVIA | | | | | | | | 60 | | | | | | 60 | | | | | 2 | <input checked="" type="checkbox"/> | | | |
| LITHUANIA | | | | | | | | 60-80 | | | | | | 40-80 | | | | | 2 | <input checked="" type="checkbox"/> | | | |
| LUXEMBOURG | | | | | | | | 60 | | | | | | 60 | | | | 2 | 2 | <input checked="" type="checkbox"/> | | | |
| MALTA | | | | | | | | | | | | | 36 | 36 | | | | | 1 | | | | |
| NETHERLANDS (THE) | | | | | | | | | | | | | | | | | | 2 | 2 | | | | |
| NORWAY | | | | | | | | | | | | | 72-90 | | | | | 1 | 2 | | | | |
| POLAND | | | | | | 60 | 60 | 60 | 40 | 40 | 40 | | | | | | | 1 | | <input checked="" type="checkbox"/> | | | |
| PORTUGAL | | | | | | 60 | 72 | 60 | 48 | 60 | 50 | | | | | | | | 1 | 1 | | | |
| ROMANIA | | | | | | | | | | | | | | 72 | 2 | | | | | 2 | <input checked="" type="checkbox"/> | | |
| SLOVAKIA | | | | | | | | | | | | | 6 SU | | | | | | 1 | | | | |
| SLOVENIA | | | | | | 50 | 50 | 50 | 30 | 30 | 30 | | | | | | | | 1 | 1 | | | |
| SPAIN | | | | | | | | 60 | 60 | | | | | 40 | 40 | | | | 1 | | <input checked="" type="checkbox"/> | | |
| SWEDEN | | | | | | 60 | 60 | | 48 | | | | 48 | | | | | | 1 | 2 | | | |
| SWITZERLAND | | | | | | | | 50-60 | 40 - 48 | | | | | 40-48 | 30 - 36 | | | | 1 | 1 | | | |
| UNITED KINGDOM | | | | | | | | 64 | 64 | | | | | 48 | 48 | | | | 2 | 1 | 1 | 2 | <input checked="" type="checkbox"/> |

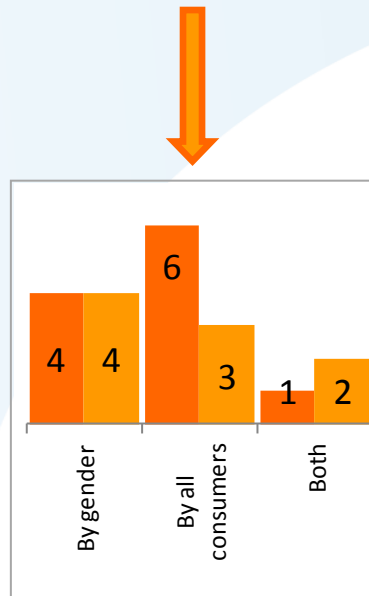
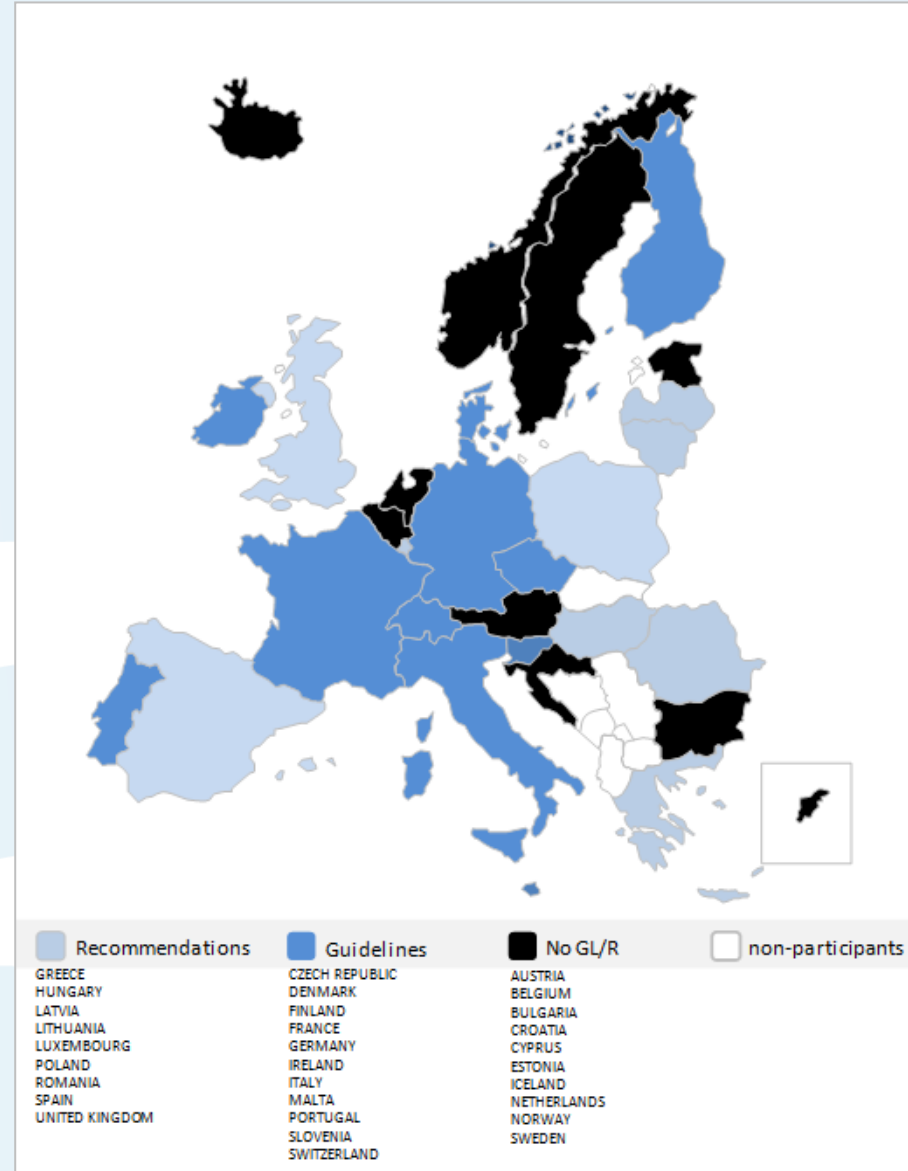
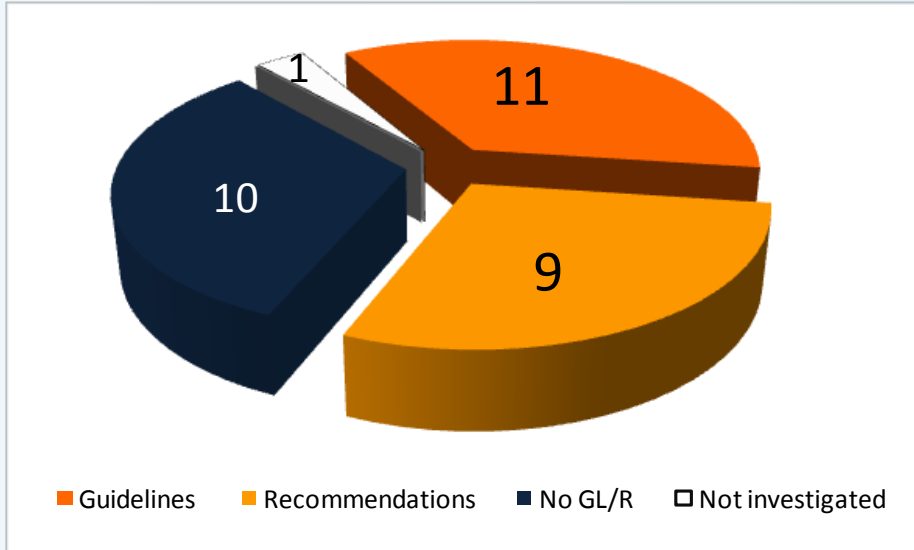
Low risk drinking guidelines in Europe: overview of RARHA survey results



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RARHA availability of Guidelines/Recommendations for Binge Drinking



| Recommendations | Guidelines | No GL/R | non-participants |
|-----------------|----------------|-------------|------------------|
| GREECE | CZECH REPUBLIC | AUSTRIA | |
| HUNGARY | DENMARK | BELGIUM | |
| LATVIA | FINLAND | BULGARIA | |
| LITHUANIA | FRANCE | CROATIA | |
| LUXEMBOURG | GERMANY | CYPRUS | |
| POLAND | IRELAND | ESTONIA | |
| ROMANIA | ITALY | ICELAND | |
| SPAIN | MALTA | NETHERLANDS | |
| UNITED KINGDOM | PORTUGAL | NORWAY | |
| | SLOVENIA | SWEDEN | |
| | SWITZERLAND | | |

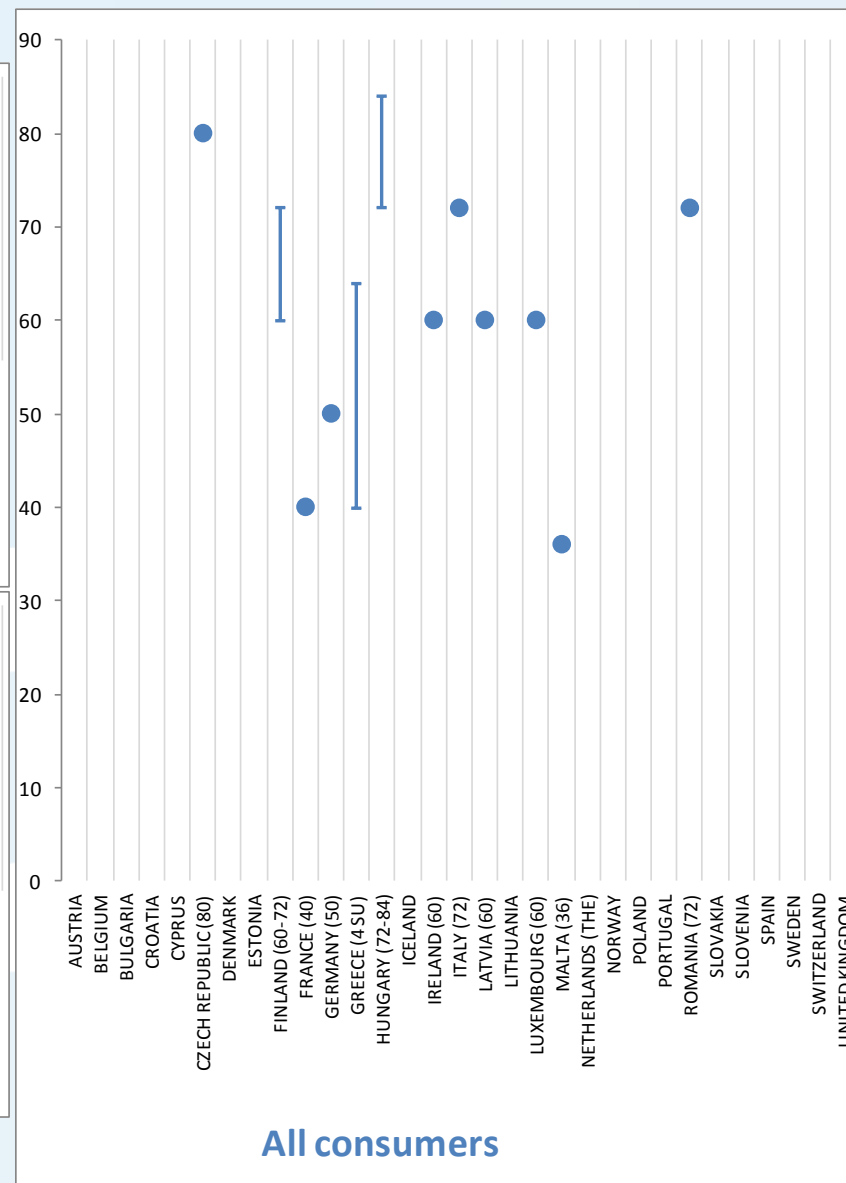
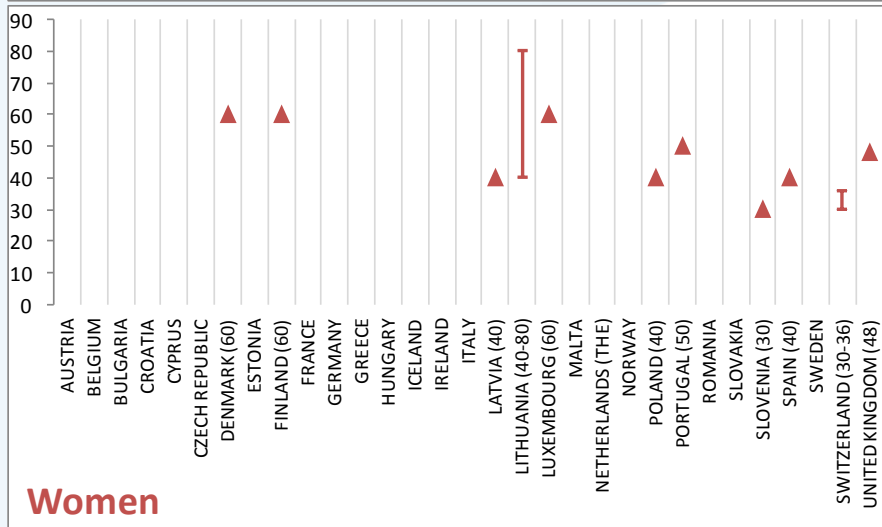
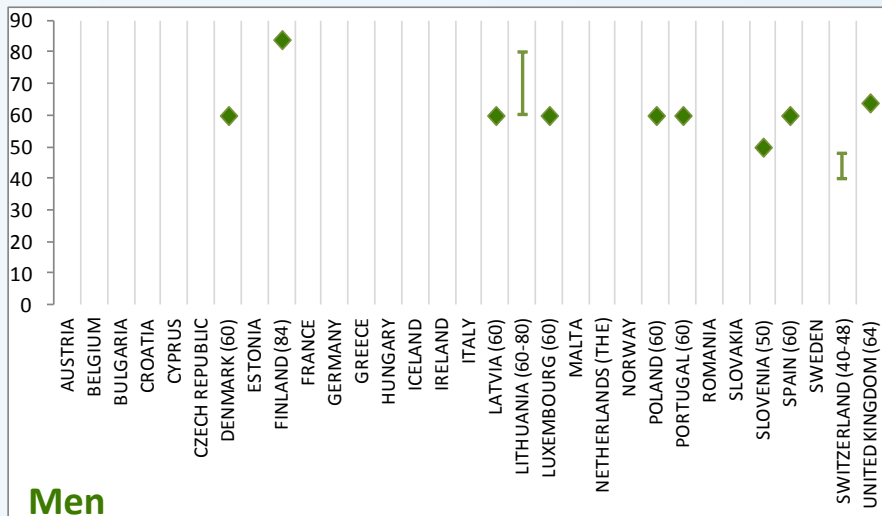


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Low risk drinking guidelines in Europe: overview of RARHA survey results

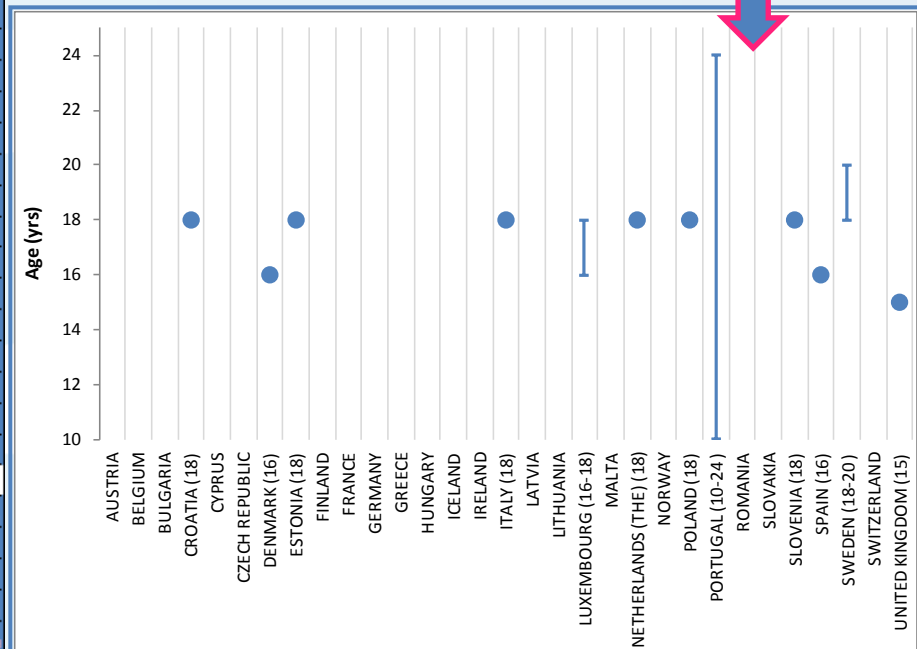
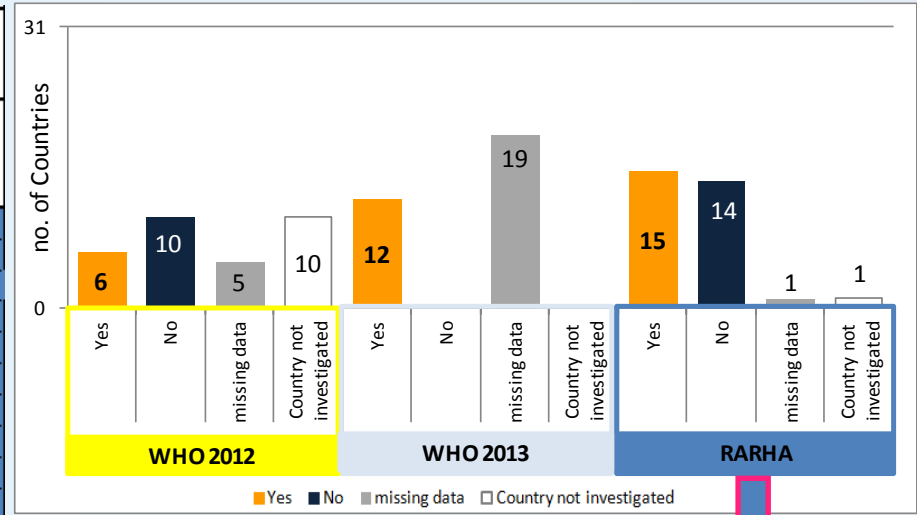


RARHA **Binge Drinking** Maximum intake per drinking occasion (g pure alcohol)



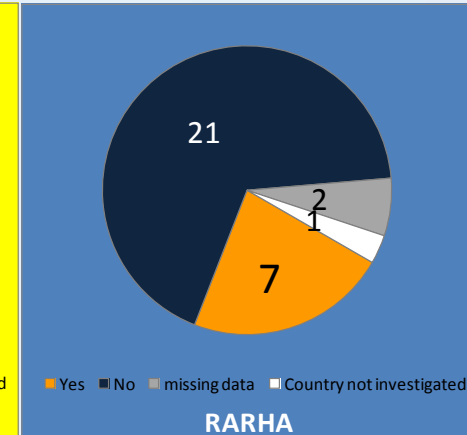
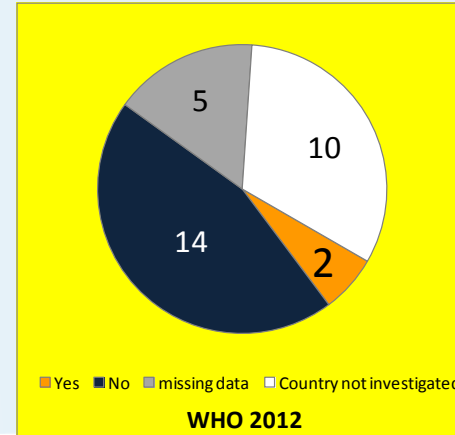
Availability of Guidelines/Recommendations for Young People

| Country | DATA SOURCE | | | Are there separate guidelines/recommendations for young people in your country? | | For persons younger than | | What are the guidelines? | |
|-------------------|-------------|----------|-------|---|-----------------|--------------------------|--|--|--|
| | WHO 2012 | WHO 2013 | RARHA | 1=Yes; 2=No | Age in yrs (YY) | Age in yrs (YY) | (text) | (text) | |
| AUSTRIA | 2 | | | 2 | 2 | | | | |
| BELGIUM | | | | 1 | 2 | | | | |
| BULGARIA | 2 | | | 2 | 2 | | | | |
| CROATIA | 1 | | | 1 | 18 | 18 | Alcohol intake is illegal for minors. SAC for young | Croatian Association for Treated Alcoholics. Some | |
| CYPRUS | | | | 2 | | | | | |
| CZECH REPUBLIC | 2 | | | 2 | | | | | |
| DENMARK | | | | 1 | 1 | 16 | | young people should not drink alcohol stronger than | |
| ESTONIA | 2 | | | 2 | 1 | 18 | No drinking under 18 | drinking under 18 is illegal | |
| FINLAND | 2 | | | 1 | | | | Children and young people should not drink at all | |
| FRANCE | | | | 1 | 2 | | | | |
| GERMANY | 1 | 1 | | 2 | 16 | | No alcohol | | |
| GREECE | | | | 2 | | | | | |
| HUNGARY | | | | 1 | 2 | | | | |
| ICELAND | | | | 2 | | | | | |
| IRELAND | 2 | 1 | | 2 | | | | | |
| ITALY | 2 | 1 | | 1 | 18 | | No alcohol | | |
| LATVIA | | | | 2 | | | | | |
| LITHUANIA | | | | 1 | | | School rules, information material, rules included to | | |
| LUXEMBOURG | | | | 1 | 1 | 16-18 | | 3g once a week | |
| MALTA | 2 | | | 2 | | | | | |
| NETHERLANDS (THE) | | | | 1 | 18 | | | no alcohol | |
| NORWAY | | | | | | | | | |
| POLAND | 1 | 1 | | 1 | 18 | 18 | | | |
| PORTUGAL | 2 | 1 | | 1 | 10-24 | | Specific procedures concerning heavy episodic | | |
| ROMANIA | 2 | | | 2 | | | | | |
| SLOVAKIA | | | | | | | | | |
| SLOVENIA | 1 | | | 1 | 18 | 18 | According to the Act the sale and provision of alcoholic | According to the Act restricting the use of Alcohol. Prohibition alcohol consumption in minors | |
| SPAIN | | | | 1 | 1 | 16 | | Legislative text, eg: "Alcoholic beverages may | |
| SWEDEN | 1 | | | 1 | 18 | 18-20 | zero | It is more guidance in the form of information material | |
| SWITZERLAND | | | | 1 | | | | in 2009. The Chief Medical Officer for England published | |
| UNITED KINGDOM | 1 | 1 | | 1 | 18 | 15 | BMJ has issued guidance (rather than guidelines) for | | |



Availability of Guidelines/Recommendations for Older People

| Country | DATA SOURCE | | | Are there separate guidelines/recommendations for older people in your country? | | No guidelines but RECOMMENDATION for older people | For persons older than: | | What are the guidelines? (text) |
|-------------------|-------------|----------|-------|---|---|---|-------------------------|-----|-------------------------------------|
| | WHO 2012 | WHO 2013 | RARHA | 1=Yes; 2=No | | | Age in yrs (YY) | | |
| AUSTRIA | | | | 2 | 2 | ☑ | | | |
| BELGIUM | | | | | 2 | | | | |
| BULGARIA | | | | 2 | 2 | | | | |
| CROATIA | | | | 2 | 1 | ☑ | | | |
| CYPRUS | | | | | 2 | | | | |
| CZECH REPUBLIC | | | | 2 | 2 | | | | |
| DENMARK | | | | | 1 | | | | Older people should be |
| ESTONIA | | | | 2 | 2 | | | | |
| FINLAND | | | | 1 | 1 | | 65 | 65 | You should not drink more than this |
| FRANCE | | | | | 2 | | | | |
| GERMANY | | | | 2 | 2 | | | | |
| GREECE | | | | | 2 | | | | |
| HUNGARY | | | | | 2 | | | | |
| ICELAND | | | | | 2 | | | | |
| IRELAND | | | | 2 | 2 | | | | |
| ITALY | | | | 2 | 1 | 1 | | 65 | not more than 20g/day |
| LATVIA | | | | | 2 | | | | |
| LITHUANIA | | | | | 2 | | | | |
| LUXEMBOURG | | | | | 2 | | | | |
| MALTA | | | | 2 | | | N/A | N/A | |
| NETHERLANDS (THE) | | | | | 2 | | | | |
| NORWAY | | | | | | | | | |
| POLAND | | | | 2 | 2 | | | | |
| PORTUGAL | | | | 2 | 1 | | | 65 | over 65 years old 20g/d |
| ROMANIA | | | | 2 | 2 | | | | |
| SLOVAKIA | | | | | | | | | |
| SLOVENIA | | | | 1 | 1 | | 65 | 65 | equal as for men |
| SPAIN | | | | | 1 | | | 65 | 27g/WW and 20g/WW for women |
| SWEDEN | | | | 2 | 2 | | | | |
| SWITZERLAND | | | | | 2 | | | | |
| UNITED KINGDOM | | | | 2 | 2 | | | | |



OVER 65 YRS OF AGE

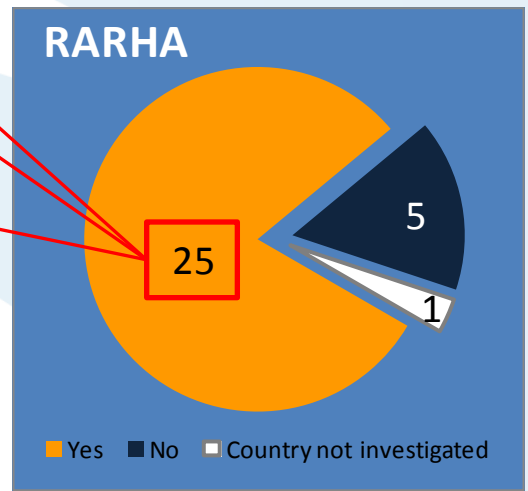
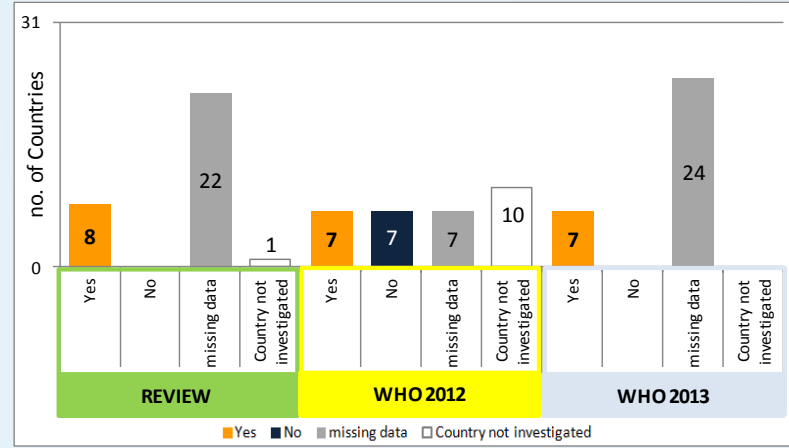


Availability of Guidelines/Recommendations for Pregnancy/Breastfeeding

| Country | DATA SOURCE | | | | Are there separate guidelines/recommendations for drinking during pregnancy/breastfeeding in your country? | | | No guidelines but RECOMMENDATIONS for pregnancy/breastfeeding | What are the guidelines? (text) |
|-------------------|-------------|----------|----------|-------|--|---|-------------------------------------|---|---|
| | Review | WHO 2012 | WHO 2013 | RARHA | 1=Yes; 2=No | | | | |
| AUSTRIA | | | | | 2 | 1 | | | To strictly avoid larger amounts of no alcohol for... |
| BELGIUM | | | | | | 1 | 1 | | |
| BULGARIA | | | | | | 2 | | | |
| CROATIA | | | | | 1 | 1 | <input checked="" type="checkbox"/> | | |
| CYPRUS | | | | | | 1 | 1 | | |
| CZECH REPUBLIC | | | | | 2 | 2 | | | |
| DENMARK | | | | | | 1 | 1 | | |
| ESTONIA | | | | | | 2 | <input checked="" type="checkbox"/> | | |
| FINLAND | | | | | 1 | 1 | | | |
| FRANCE | | | | | 1 | 1 | 1 | | |
| GERMANY | | | | | 2 | 1 | 1 | | Education material advice |
| GREECE | | | | | | 1 | 1 | | prohibit... |
| HUNGARY | | | | | | 2 | | | |
| ICELAND | | | | | | 1 | 1 | | |
| IRELAND | | | | | 1 | 1 | | | No alcohol intake during pregnancy |
| ITALY | | | | | 1 | 2 | 1 | | |
| LATVIA | | | | | | 2 | | | |
| LITHUANIA | | | | | | 1 | <input checked="" type="checkbox"/> | | ...on mat... |
| LUXEMBOURG | | | | | | 1 | | | |
| MALTA | | | | | 2 | 1 | | | N/A |
| NETHERLANDS (THE) | | | | | | 1 | | | ...alcohol from... |
| NORWAY | | | | | 1 | 1 | | | ...not to use alcohol... |
| POLAND | | | | | 2 | 1 | 1 | | Abstinence during pregnancy |
| PORTUGAL | | | | | 2 | 1 | 1 | | Don't drink alcohol... |
| ROMANIA | | | | | 1 | 1 | | | ...under approval... |
| SLOVAKIA | | | | | | | | | ...consumption... |
| SLOVENIA | | | | | 1 | 1 | | | ...abstinence during pregnancy and... |
| SPAIN | | | | | 1 | 1 | | | ...consumption... |
| SWEDEN | | | | | 1 | 1 | 1 | | ...consumption... |
| SWITZERLAND | | | | | 1 | 1 | | | Recommendation to abstain from... |
| UNITED KINGDOM | | | | | 1 | 1 | 1 | | This UK Chief Medical Officer... |

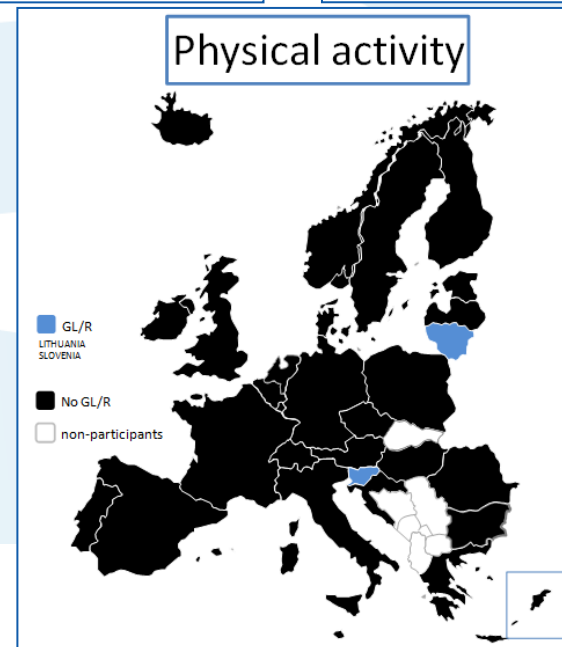
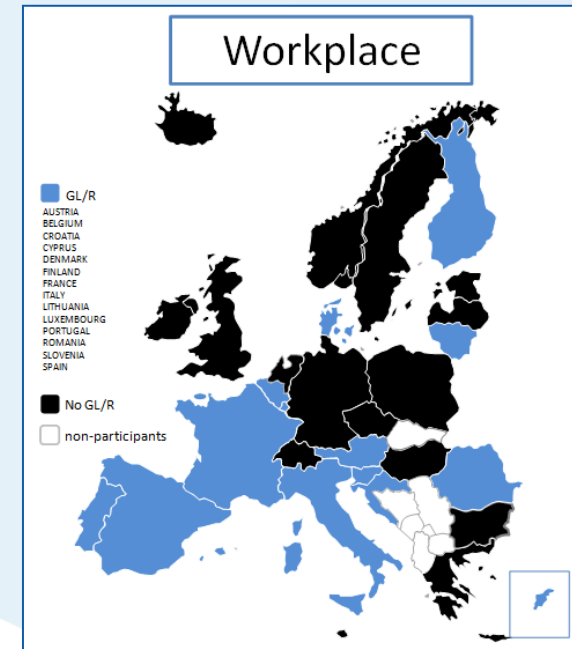
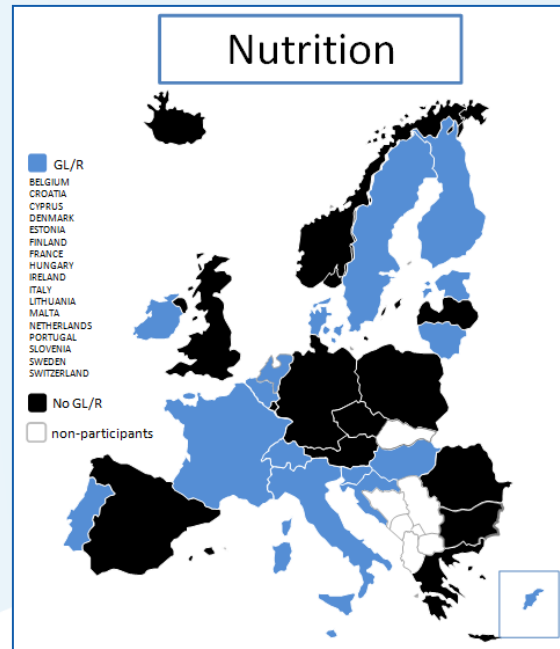


NO ALCOHOL



Alcohol in other guidelines

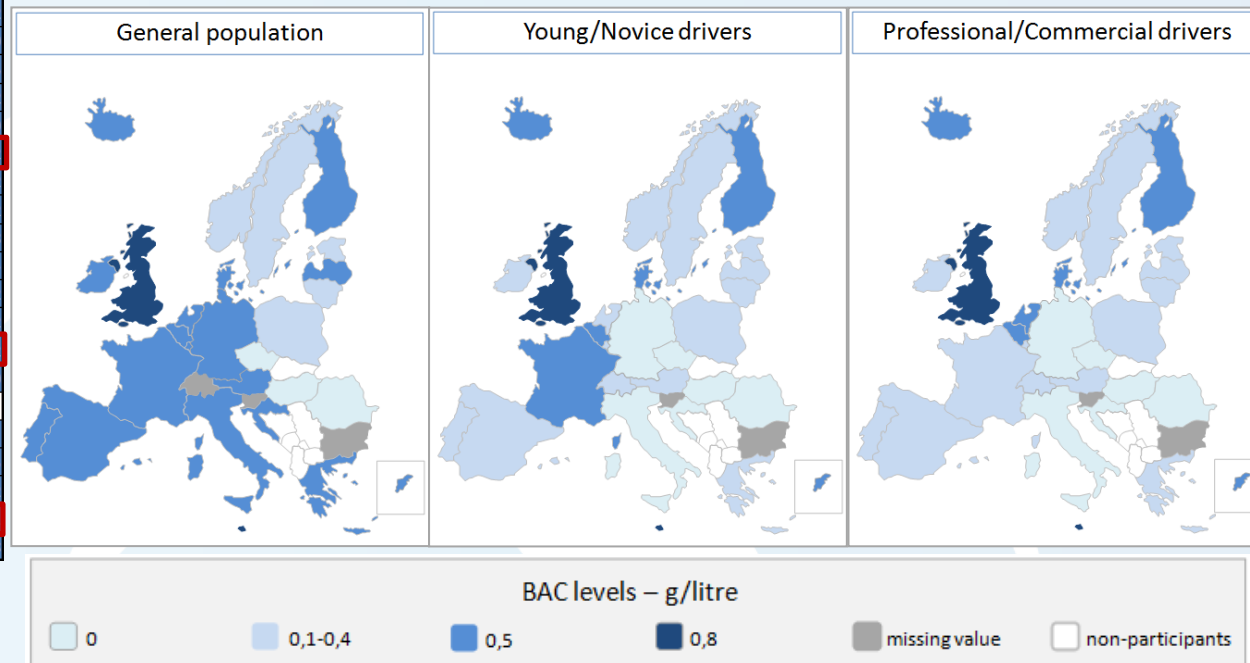
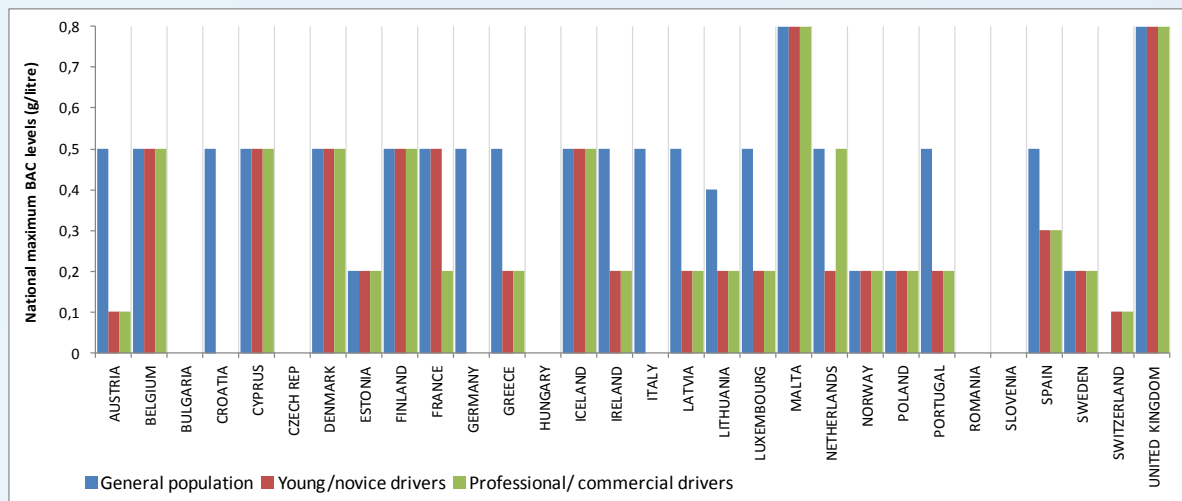
| Country | DATA SOURCE | | | Alcohol in guidelines for | | Separate guidelines for workplace |
|-------------------|-------------|----------|-------|-------------------------------------|-------------------------------------|-------------------------------------|
| | WHO 2012 | WHO 2013 | RARHA | Nutrition | Physical activity | |
| AUSTRIA | | | | | | <input checked="" type="checkbox"/> |
| BELGIUM | | | | <input checked="" type="checkbox"/> | | <input checked="" type="checkbox"/> |
| BULGARIA | | | | | | |
| CROATIA | | | | <input checked="" type="checkbox"/> | | <input checked="" type="checkbox"/> |
| CYPRUS | | | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| CZECH REPUBLIC | | | | <input checked="" type="checkbox"/> | | |
| DENMARK | | | | <input checked="" type="checkbox"/> | | <input checked="" type="checkbox"/> |
| ESTONIA | | | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | |
| FINLAND | | | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| FRANCE | | | | <input checked="" type="checkbox"/> | | <input checked="" type="checkbox"/> |
| GERMANY | | | | | | |
| GREECE | | | | | | |
| HUNGARY | | | | <input checked="" type="checkbox"/> | | <input checked="" type="checkbox"/> |
| ICELAND | | | | | | |
| IRELAND | | | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | |
| ITALY | | | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| LATVIA | | | | | | |
| LITHUANIA | | | | <input checked="" type="checkbox"/> | | <input checked="" type="checkbox"/> |
| LUXEMBOURG | | | | | | <input checked="" type="checkbox"/> |
| MALTA | | | | <input checked="" type="checkbox"/> | | |
| NETHERLANDS (THE) | | | | <input checked="" type="checkbox"/> | | |
| NORWAY | | | | | | |
| POLAND | | | | <input checked="" type="checkbox"/> | | |
| PORTUGAL | | | | <input checked="" type="checkbox"/> | | <input checked="" type="checkbox"/> |
| ROMANIA | | | | | | <input checked="" type="checkbox"/> |
| SLOVAKIA | | | | | | |
| SLOVENIA | | | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| SPAIN | | | | | | <input checked="" type="checkbox"/> |
| SWEDEN | | | | <input checked="" type="checkbox"/> | | |
| SWITZERLAND | | | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | |
| UNITED KINGDOM | | | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | |



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Drink driving limits in EU countries

| Country | Source | | National maximum BAC levels (g/litre) | | | | |
|-------------------|----------|-------|---------------------------------------|----------------------|-----|---------------------------------|-----|
| | WHO 2013 | RARHA | General population | Young/novice drivers | | Professional/commercial drivers | |
| AUSTRIA | | | 0,5 | 0,5 | 0,1 | 0,1 | 0,1 |
| BELGIUM | | | 0,5 | 0,5 | 0,5 | 0,5 | 0,5 |
| BULGARIA | | | 0,5 | | 0,5 | | 0,5 |
| CROATIA | | | 0,5 | 0,5 | 0,0 | 0,0 | 0,0 |
| CYPRUS | | | 0,5 | 0,5 | 0,5 | 0,5 | 0,5 |
| CZECH REPUBLIC | | | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 |
| DENMARK | | | 0,5 | 0,5 | 0,5 | 0,5 | 0,5 |
| ESTONIA | | | 0,2 | 0,2 | 0,2 | 0,2 | 0,2 |
| FINLAND | | | 0,5 | 0,5 | 0,5 | 0,5 | 0,5 |
| FRANCE | | | 0,5 | 0,5 | 0,5 | 0,5 | 0,2 |
| GERMANY | | | 0,5 | 0,5 | 0,0 | 0,0 | 0,0 |
| GREECE | | | 0,5 | 0,5 | 0,2 | 0,2 | 0,2 |
| HUNGARY | | | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 |
| ICELAND | | | 0,5 | 0,5 | 0,5 | 0,5 | 0,5 |
| IRELAND | | | 0,5 | 0,5 | 0,2 | 0,2 | 0,2 |
| ITALY | | | 0,5 | 0,5 | 0,0 | 0,0 | 0,0 |
| LATVIA | | | 0,5 | 0,5 | 0,2 | 0,2 | 0,5 |
| LITHUANIA | | | 0,4 | 0,4 | 0,2 | 0,2 | 0,2 |
| LUXEMBOURG | | | 0,5 | 0,5 | 0,2 | 0,2 | 0,2 |
| MALTA | | | 0,8 | 0,8 | 0,8 | 0,8 | 0,8 |
| NETHERLANDS (THE) | | | 0,5 | 0,5 | 0,2 | 0,2 | 0,5 |
| NORWAY | | | 0,2 | 0,2 | 0,2 | 0,2 | 0,2 |
| POLAND | | | 0,2 | 0,2 | 0,2 | 0,2 | 0,2 |
| PORTUGAL | | | 0,5 | 0,5 | 0,5 | 0,2 | 0,5 |
| ROMANIA | | | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 |
| SLOVAKIA | | | 0,0 | | 0,0 | | 0,0 |
| SLOVENIA | | | 0,5 | | 0,0 | | 0,0 |
| SPAIN | | | 0,5 | 0,5 | 0,3 | 0,3 | 0,3 |
| SWEDEN | | | 0,2 | 0,2 | 0,2 | 0,2 | 0,2 |
| SWITZERLAND | | | 0,5 | | 0,5 | 0,1 | 0,5 |
| UNITED KINGDOM | | | 0,8 | 0,8 | 0,8 | 0,8 | 0,8 |



Standard Drink (SD):

- SD limits expressed in cl or ml seem to be not used (or at least not reported)
- Grams of pure alcohol is the prevalent measure adopted by countries
- Relevant variability in values among countries (Mode=10) but convergence towards an average of 11 grams (Mean=Median=11)

Low Risk Guidelines or Recommendations:

- Prevalent use of daily low risk GL/R (in g) instead of weekly
- Low Risk GL/R are usually gender oriented

Binge drinking Guidelines or Recommendations:

- Binge drinking GL/R are usually not gender oriented
- Relevant variability in values among countries

Target groups:

- Young people: 15/31 countries have GL/R addressed to subjects aged 16-18
- Old people: only 7/31 countries have GL/R addressed to subjects aged 65+
- Pregnant women/Breastfeeding: 25/31 countries have GL/R on this issue, which is the most considered all over EU (number of countries increased from previous available sources).

Other guidelines:

- Alcohol in GL/R for Physical activity: only in Lithuania and Slovenia
- Alcohol in GL/R for Nutrition: the number of countries (17/31) has more than doubled in comparison with previous available sources.
- Separate GL/R for alcohol and Workplace: the number of countries (14/31) increased in comparison with previous available sources.

Drink driving:

According to WHO 2013, all investigated countries have specific limits

- General population: mode=0.5 [0.0-0.8]; no changes over time
- Young/novice drivers: mode=0.2 [0.0-0.8]; reduction for Portugal and Switzerland
- Professional/ commercial drivers: mode=0.2 [0.0-0.8]; reduction for France, Latvia, Portugal and Switzerland and consequent reduction in modal value (from 0.5 to 0.2)

Low risk drinking guidelines in Europe: overview of RARHA survey results

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