

Key messages

- It's easy to let drinking sneak up on you and you may be drinking more alcohol than you realise.
- The low risk guidelines recommend that adults drink no more than 14 units of alcohol a week, and to spread this out over three or more drinking days. The risk of developing a range of health problems increases the more units you consume on a regular basis.

Things to consider

- Even a small reduction in the amount of alcohol you're drinking can make a difference to your overall health and wellbeing.
- There are lots of benefits to cutting back on alcohol. The most important one is the reduced risk to your health, but there are also immediate benefits, like having more energy, feeling better in the mornings, and losing weight.

Why is it important?

- Estimates suggest that 28% of residents in both Camden and Islington drink at increasing or higher risk amounts.
- Drinking above the lower risk guidelines affects your body in many ways, from gaining weight to reducing the quality of your sleep. More seriously, it increases your risk of developing health problems such as high blood pressure, liver problems, heart attack and some types of cancer. It can also make you vulnerable to accidents and injury.
- Drinking too much alcohol can impact on your relationships with family and friends.
- You don't have to be getting drunk or binge drinking to put your health at risk. Regularly drinking more than the low risk guidelines also poses a risk to your health and wellbeing.

Signposting to local services and online support

One You – the current national healthy living campaign providing tools, support and encouragement to be healthier

- **Drinking** <http://oneyouisington.org/topic/drink-less/> or <http://oneyoucamden.org/topic/drink-less/>

Lower My Drinking – an online alcohol self-assessment tool and brief intervention app to support a reduction in drinking

- <https://www.lowermydrinking.com/>
- App store <https://apps.apple.com/gb/app/lower-my-drinking/id1289594577>
- Goggle play https://play.google.com/store/apps/details?id=com.LYD&hl=en_GB

ICAS Camden – integrated alcohol service offers advice, information and interventions (some of these are available from 14 Camden GP surgeries) for people concerned about their own or someone else's drinking.

<http://www.icascamden.org.uk/>

Better Lives Islington - direct access to alcohol treatment

<https://www.candi.nhs.uk/our-services/better-lives-islingtons-drug-and-alcohol-service>
cim-tr.betterlives@nhs.net