Alcohol prevention in hands of local communities.
Polish system for solving alcohol-related problems.

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Katarzyna Okulicz-Kozaryn

State Agency for Prevention of Alcohol Related Problems,
EUSPR, Lisbon, 8-9.12.2011
Polish system for solving alcohol-related problems
(since 1997)

Act on upbringing in sobriety and counteracting alcoholism (1982)

National Program for Prevention and Solving Alcohol-related problems
Binding in years 2011-2015

Voivodeship programs for prevention and solving alcohol-related problems

Programs for prevention and solving alcohol-related problems in boroughs
## Financing of the system

<table>
<thead>
<tr>
<th>Administration level</th>
<th>Expenses in 2010</th>
</tr>
</thead>
<tbody>
<tr>
<td>Local governments in communities (fees for using permits for retail sales of alcohol)</td>
<td>586,419,495.24 PLN, 95.0% (131 mln EUR)</td>
</tr>
<tr>
<td>Country districts (own resources)</td>
<td>1,117,317.89 PLN, 0.2%</td>
</tr>
<tr>
<td>Local governments in voivodships (fees for using permits for wholesale trading)</td>
<td>23,869,855.69 PLN, 3.9% (5.3 mln EUR)</td>
</tr>
<tr>
<td>State budget</td>
<td>6,138,000 PLN, 1.0% (1.5 mln EUR)</td>
</tr>
<tr>
<td><strong>TOTAL:</strong></td>
<td>6,175,446,669 PLN / 137,844,792 EUR</td>
</tr>
</tbody>
</table>
What tasks are the money of local governments in communities spent on?

- Increasing availability of therapeutic help
- Counteracting family violence
- Prevention
- Supporting sobriety associations
- Helping families with alcohol-related problems
ACTIVITIES TAKEN UP (FUNDED) BY LOCAL GOVERNMENTS IN COMMUNITIES
Increasing availability of therapeutic and remedial help for alcohol addicts

NFZ (National Health Fund) funds short-term therapy. Other therapeutic and remedial activities are funded from community budgets.
Helping families with alcohol-related problems

This help is traditionally based on functioning of:

- Consultative points (diagnosing problems of the whole family and planning help for all its members)
- Common rooms (day care of children)
Protecting families against family violence

In the course of time the number of actions taken up to counteract family violence and the number of their forms have increased. There have also been introduced new legal solutions giving better protection against violence.
Preventive programs

Number of young people participating:

Expenditures:

Year:

1999 2000 2001 2002 2003 2004 2005 2006 2007 2008 2009 2010
Forms of preventive actions

- Recommended preventive programs; 722,084
- Lectures; 431,342
- Preventive theater plays; 680,063
- Outdoor parties; 781,693
- Sports events; 372,969
- Contests; 234,117
- Other preventive programs; 196,867
Public Education

- Alcohol, forbidden access for minors
- Pregnancy with no alcohol
- Check if your drinking is safe

Number of communities which realised public education activities

Expenditures on educational activities

Year | Number of Communities | Expenditures
--- | --- | ---
2002 | 1571 | 9,335,946 zł
2003 | 1645 | 9,484,028 zł
2004 | 1642 | 8,220,325 zł
2005 | 1688 | 8,835,170 zł
2006 | 1648 | 10,507,810 zł
2007 | 1480 | 8,598,127 zł
2008 | 1597 | 9,644,708 zł
2009 | 1673 | 10,444,671 zł
2010 | 1545 | 12,626,760 zł
Counteracting drink-driving

- Education about road safety
- Cooperation with Police in sobriety actions
- Re-educational programs for drivers detained for drink-driving
- Additional lessons about alcohol in driving schools

Number of communities

<table>
<thead>
<tr>
<th>Year</th>
<th>2003</th>
<th>2004</th>
<th>2005</th>
<th>2006</th>
<th>2007</th>
<th>2008</th>
<th>2009</th>
<th>2010</th>
</tr>
</thead>
<tbody>
<tr>
<td>Value</td>
<td>400</td>
<td>450</td>
<td>420</td>
<td>480</td>
<td>550</td>
<td>600</td>
<td>700</td>
<td>800</td>
</tr>
</tbody>
</table>
Sobriety associations

Number of associations

- Teetotal Clubs
- Al-Anon Groups
- Al-Ateen Groups
- ACA Groups (Adult Children of Alcoholics)
- AA Groups

Years: 1997 to 2010

Bars indicate the number of associations for each year and category.
POSITIVE RESULTS OF FUNCTIONING OF THE SYSTEM?
Limiting the issuing of permits for selling alcohol

Number of permits

<table>
<thead>
<tr>
<th>Year</th>
<th>HORECA</th>
<th>Shops</th>
</tr>
</thead>
<tbody>
<tr>
<td>1997</td>
<td>127,724</td>
<td>47,334</td>
</tr>
<tr>
<td>1998</td>
<td>116,803</td>
<td>32,706</td>
</tr>
<tr>
<td>1999</td>
<td>106,908</td>
<td>36,787</td>
</tr>
<tr>
<td>2000</td>
<td>104,380</td>
<td>40,101</td>
</tr>
<tr>
<td>2001</td>
<td>110,441</td>
<td>41,964</td>
</tr>
<tr>
<td>2002</td>
<td>127,706</td>
<td>46,152</td>
</tr>
<tr>
<td>2003</td>
<td>115,724</td>
<td>42,540</td>
</tr>
<tr>
<td>2004</td>
<td>109,957</td>
<td>41,204</td>
</tr>
<tr>
<td>2005</td>
<td>105,605</td>
<td>38,900</td>
</tr>
<tr>
<td>2006</td>
<td>110,338</td>
<td>36,189</td>
</tr>
<tr>
<td>2007</td>
<td>99,895</td>
<td>37,276</td>
</tr>
<tr>
<td>2008</td>
<td>88,283</td>
<td>36,930</td>
</tr>
<tr>
<td>2009</td>
<td>89,859</td>
<td>35,860</td>
</tr>
<tr>
<td>2010</td>
<td>86,593</td>
<td>36,930</td>
</tr>
</tbody>
</table>
Consumption of 100% alcohol per one resident (in liters)

- **1996**: 6.49
- **1997**: 7.08
- **1998**: 7.02
- **1999**: 7.12
- **2000**: 6.63
- **2001**: 6.93
- **2002**: 7.86
- **2003**: 8.28
- **2004**: 7.97
- **2005**: 8.79
- **2006**: 9.21
- **2007**: 9.58
- **2008**: 9.06
- **2009**: 9.02
- **2010**: 9.02

**Decreasing excise tax**: 1996-2003

**Increasing excise tax**: 2003-2010

**Consumption of 100% alcohol per one resident**: Increasing from 1996 to 2010 with fluctuations.
Reducing mortality caused by alcohol

- **Number of deaths caused by alcohol poisoning**
- **Number of deaths caused by mental disorders connected with using alcohol**
- **Number of deaths caused by liver disease**
Reducing the number of accidents caused by intoxicated drivers

Insobriety on the roads

<table>
<thead>
<tr>
<th>Year</th>
<th>Number of Accidents 10.9% of all accidents caused by drivers</th>
<th>Number of Accidents 9.8% of all accidents caused by drivers</th>
<th>Number of Accidents 10.2% of all accidents caused by drivers</th>
<th>Number of Accidents 8.9% of all accidents caused by drivers</th>
<th>Number of Accidents 9.2% of all accidents caused by drivers</th>
<th>Number of Accidents 9.4% of all accidents caused by drivers</th>
<th>Number of Accidents 8.6% of all accidents caused by drivers</th>
<th>Number of Accidents 8.9% of all accidents caused by drivers</th>
</tr>
</thead>
<tbody>
<tr>
<td>2006</td>
<td>5151</td>
<td>3643</td>
<td>5053</td>
<td>3420</td>
<td>4979</td>
<td>3529</td>
<td>4139</td>
<td>3486</td>
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<tr>
<td>2007</td>
<td>5053</td>
<td>3643</td>
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</table>
The downward tendency for rates of binge drinking is visible in all age groups – ESPAD research
SUMMARY

DISCUSSION
1. Passing the tasks connected with solving alcohol-related problems to local governments, together with funds for their realisation:
   - It supports therapeutic and re-medial help for alcohol addicts funded by NFZ
   - It enabled development of the support system for families with alcohol-related problems and experiencing violence
   - It ensures that about 80% of children and teenagers take part in prevention activities
   - It stimulates development of public education, especially towards counteracting drink-driving
2. Since introducing the system in Poland, we have observed positive changes in the scope of reducing:
   - issuing permits for selling alcohol
   - alcohol consumption
   - youth binge drinking
   - number of road accidents connected with alcohol
   - number of deaths caused by using alcohol
1. What should be improved in the system?
   - Share of evidence-based programs among preventive programs
   - Qualifications of persons responsible for prevention in local communities
   - Supervising the quality of help offered to children from families with alcohol-related problems

2. What other factors can the observed changes be associated with?
   - Legal changes (level of excise tax)
   - World trends (e.g. fashion for healthy lifestyle)

3. What are the opportunities for this system?
   - Opportunity – introducing the system of recommendations for preventive program
   - Opportunity – research development

4. What are the threats for this system?
   - Pressure towards introducing legal changes which are harmful from the perspective of health policy
   - Involvement of alcohol industry in preventive actions
   - Spending money on actions which efficiency has not been proven