Second-hand effects of drinking: Moving the alcohol policy agenda forward

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What is it?

• Second-hand drinking is:

  “The damage from alcohol to persons other than the drinker,” (Giesbrecht et al., in press)

Examples:
- Drinking and driving or boating
- Alcohol-fuelled physical violence
- Alcohol-fuelled family violence (emotional)
- Unplanned sexual behaviour
- Workplace incidents
- Public transportation crashes
Why?

- Why are we talking about alcohol?
  - Harms vs. benefits

- Why are we talking about second-hand drinking?
  - Why not ‘first-hand’ drinking?
Why alcohol?

• Is alcohol use a public health issue?

Leading risk factors for disease in established economies (% total Disability Adjusted Life Years - DALYs)

Normalization of over-drinking
Normalization of over-drinking

http://blogs.cornell.edu/alexcain/2010/03/29/my-spring-break/


Why second-hand drinking?

- Health effects of ‘first-hand’ drinking are not influential in stimulating societal change

- Call to action necessary with relevant ‘hook’ and significant impact

- Effective response necessary: Implications for policy (like second-hand smoke)
Measuring Second-Hand Drinking

Harm experienced by respondent in the past year from drinking by others (%)

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</thead>
<tbody>
<tr>
<td>Insulted or humiliated</td>
<td>22.1</td>
<td>19.3</td>
<td>21.1</td>
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<tr>
<td>Family or marriage problems</td>
<td>10.5</td>
<td>8.8</td>
<td>11.2</td>
</tr>
<tr>
<td>Pushed or shoved</td>
<td>10.8</td>
<td>12.0</td>
<td>10.8</td>
</tr>
<tr>
<td>Serious arguments or quarrels</td>
<td>15.5</td>
<td>15.0</td>
<td>17.3</td>
</tr>
<tr>
<td>Verbal abuse</td>
<td>15.8</td>
<td>14.1</td>
<td>15.0</td>
</tr>
<tr>
<td>Hit or physically assaulted</td>
<td>3.2</td>
<td>4.4</td>
<td>3.1</td>
</tr>
<tr>
<td>One or more types of harm</td>
<td><strong>32.7</strong></td>
<td><strong>30.4</strong></td>
<td><strong>31.3</strong></td>
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(Giesbrecht et al., in press)
### Drinking and Driving

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<tr>
<th>Second-hand effect</th>
<th>Source</th>
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<tbody>
<tr>
<td><strong>52%</strong> have at least one friend who has driven after having had too much to drink in the past year</td>
<td>Transport Canada (2007)</td>
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<td><strong>33%</strong> say that “few” of their friends have driven after having too much to drink in the last year.</td>
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<td><strong>15%</strong> say “some” of their friends have done this.</td>
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<td><strong>4%</strong> say “most” of their friends have done this in the past year.</td>
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### Unplanned Sexual Behaviour

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<td><strong>8% (474,000 students)</strong> reported unprotected intercourse as a result of their alcohol use</td>
<td>Hingson et al. (2005)</td>
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<tr>
<td><strong>2% (97,000)</strong> alcohol-related sexual assault or date rape victims</td>
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### Social Harms

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<thead>
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<tr>
<td><strong>78.8%</strong> of non binge-drinking college students report experiencing second-hand binge drinking effects (i.e., arguments, interrupted sleep or studying, unwanted sexual advance, etc.).</td>
<td>Wechsler et al. (1998)</td>
</tr>
</tbody>
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Challenges

- Greater understanding and uptake of second-hand effects
- Measurement of second-hand effects
- Appetite for alcohol use as a public health issue
- Countering myths about alcohol as a public health issue
- Countering myths about alcohol use (killjoy and cranberry juice?!!)
- Increased alcohol marketing and promotion
- Privatization
Moving Forward

- Encourage a public health approach to alcohol use
- Popularize term ‘second-hand drinking’
- Start to quantify second-hand effects of drinking
Contact Information

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