

Introduction

Welcome to the latest edition of SNAPSHOT. It is prepared by NHS GGC Health Improvement Alcohol and Drugs team. The purpose is to collate and distribute small pieces of up-to-date information obtained from various sources e.g. events, training, reports etc. to share with colleagues with an alcohol/drugs remit. It isn't aimed at the general public or people accessing services but if they found it helpful that is great.

General Information / Blogs

The following report is now available to view on the Public Health Scotland's website by clicking on the link below:

Evaluating the impact of Minimum Unit Pricing (MUP) of alcohol in Scotland on cross-border purchasing

[Cross-border purchasing unlikely to affect alcohol consumption - News - Public Health Scotland](#)

Implementation of MUP “straightforward” for small retailers

The implementation of minimum unit pricing (MUP) in Scotland was straightforward for the small retail sector, according to a new study. The research from Stirling University's Institute for Social Marketing and Health found that retailers understood what was required, found that implementation was largely straightforward, and took compliance seriously. Few adverse effects were reported, and some felt that MUP had improved their ability to compete with supermarkets.

[Read the study](#)

General Information / Blogs

[Deaths from alcohol use disorder surged during pandemic, study finds: Researchers found alcohol use disorder mortality rates were 25% higher than projected in 2020, 22% higher in 2021 -- ScienceDaily](#)

[Republic of Ireland star Clare Shine bravely opens up on suicidal thoughts and alcohol addiction - Irish Mirror Online](#)

<https://ahauk.org/does-lowering-my-alcohol-intake-reduce-my-risk-of-cancer/>

[‘I was like a carer’: The agonising reality of growing up with an alcoholic parent \(thetab.com\)](#)

Events

Alcohol Change UK's Blue Light conference

Alcohol Change are delighted to announce they are hosting the [first national Blue Light conference](#), online on 18 October 2022. At the event, they will introduce you to Alcohol Change UK's Blue Light Project, how it works, and how you can start implementing it in your local area. There is a wonderful list of speakers who will be sharing expertise and experience about engaging with highly vulnerable, dependent drinkers, and supporting them to turn their lives around.

[Book your place](#)

Useful Websites

NHS Inform

Information on drinking sensibly, knowing your limits and getting support for alcohol abuse. Low-risk drinking guidelines. Many people are drinking more than the low-risk guidelines' How does my drinking add up' What's in a unit of alcohol and how it's measured' The risks of drinking too much. The more you drink, the higher the health risks.

<https://www.nhsinform.scot/healthy-living/alcohol>

If you would like to contribute to "SNAPSHOT", or have any comments please email :
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