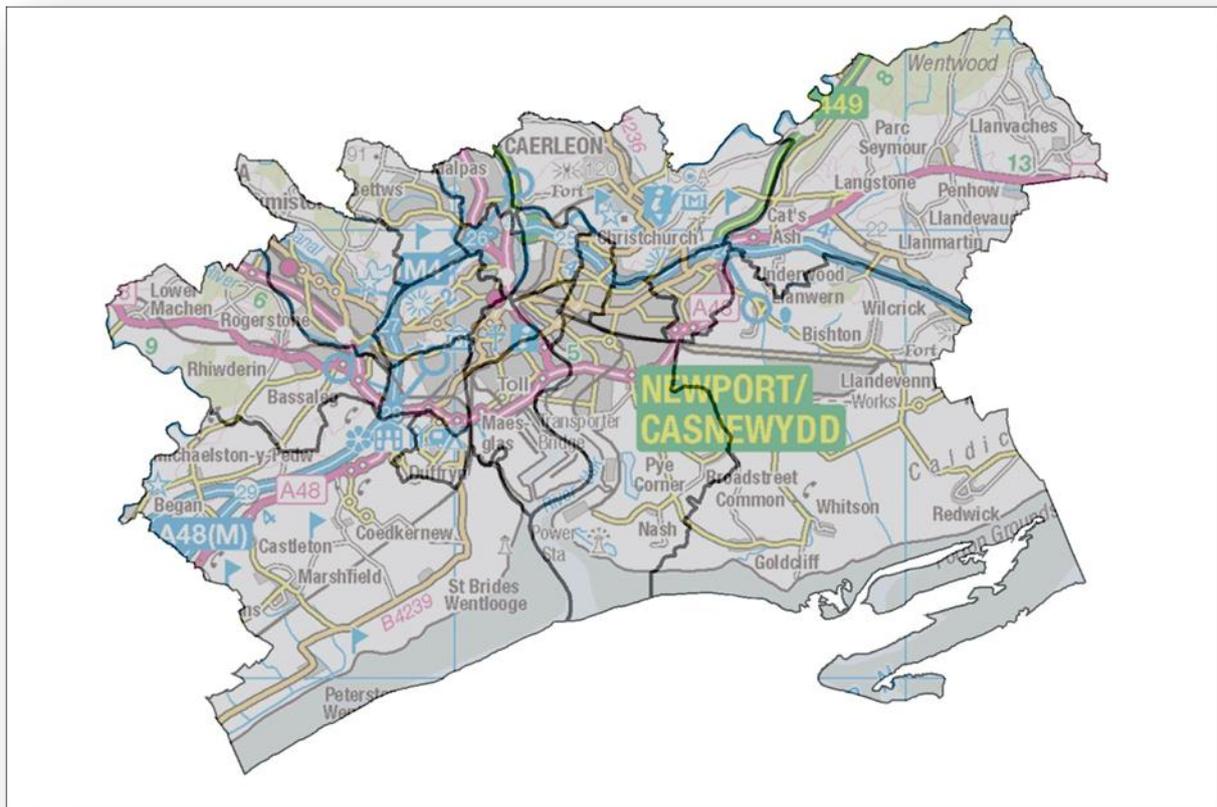


Unified Needs Assessment Alcohol & Substance Misuse 2014



City of Newport

Edition 4
February 2014

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People in Newport are Protected from Alcohol & Substance Misuse Harm

Introduction

People who misuse drugs, alcohol or other substances cause considerable harm to themselves and to society. This includes harm to their own physical and mental health and wellbeing, and possibly to their ability to support themselves. They may harm their families' lives by damaging the health and wellbeing of their children and place a burden of care on other relatives (including their children). There is also harm to the communities in which they live through the crime, disorder and anti-social behaviour associated with substance misuse. The total economic and social cost of Class A drug use in Wales has been estimated to be around £780 million, and drug related crime accounts for 90 per cent of this.¹

In the Welsh Health Survey the percentage of people reporting drinking over the consumption guidelines has reduced in recent years, however consumption rates in Newport and Wales are relatively high. Further information to consider is that the Welsh Health Survey indicates (as do other Health Surveys) that around 42-43% of people drink excessive amounts of alcohol but sales data tell us that it is about 75%. About half of the alcohol bought in the UK is not accounted for in health surveys.²

There is limited data on drug misuse of the population but the number of people presenting for treatment per 100,000 population is well above the Wales average.

¹ Working Together to Reduce Harm - The Substance Misuse Strategy for Wales 2008-2018

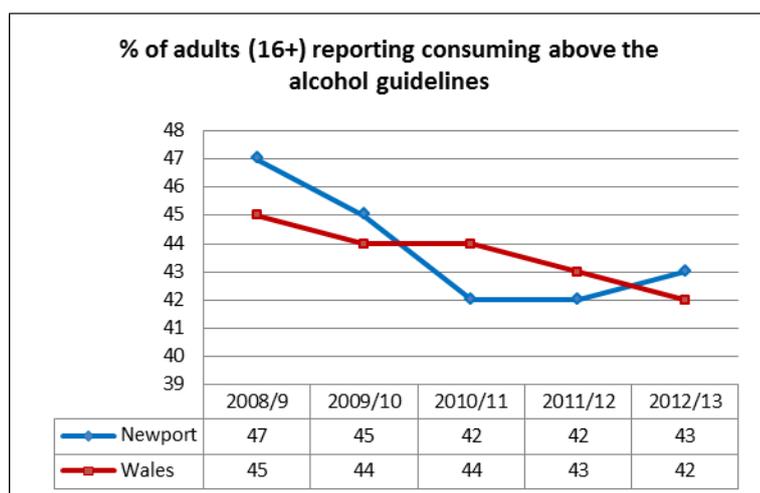
² Public Health Wales Website

Population Indicators

Alcohol Consumption

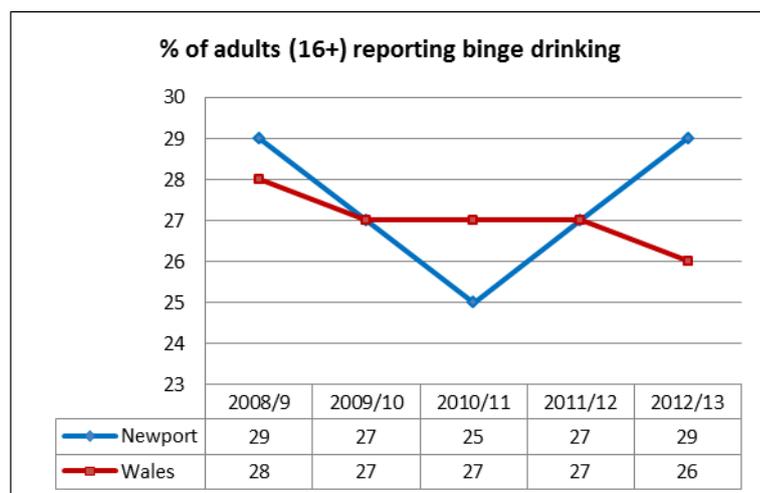
Data Set (Population Indicator): Percentage of adults who report drinking above the recommended guidelines / Percentage of adults who report binge drink

Data Source: [Welsh Health Survey](#)



In the survey respondents are asked a number of questions about how often they drink and how much they drink.

Alcohol consumption above recommended limits can lead to a range of conditions such as liver disease, reduced fertility, high blood pressure, increased risk of various cancers and cardiovascular diseases³. Too much alcohol can also cause chronic inflammation of the pancreas which can impair its ability to secrete insulin and ultimately lead to diabetes⁴.



Other problems that are linked to excess alcohol include: Assault, sexually transmitted infections, obesity, road traffic crashes, liver damage, unwanted pregnancy, falls and injuries, mental health problems, physical inactivity, self-harm, relationship problems, cancers, dental problems, homelessness, financial problems and workplace problems.⁵

The percentage of adults who report drinking above the recommended guidelines in Newport has decreased from 47% in 2008/09 to 42% in 2011/12.

The rate has then increased to 43% in 2012/13, but the overall trend is a decrease. This rate is above the Wales average which has decreased from 45% to 42%.

The percentage of adults who reported binge drinking in Newport has fluctuated between 2008/09 and 2012/13 but overall there has been no change at 29%. This is in contrast to the Wales average which has decreased from 28% to 26%.

In the Welsh Health Survey the percentage of people reporting drinking over the consumption guidelines has reduced in recent years, however these rates are still relatively high in Newport and Wales and this is driven by a number of factors including:

³ NHS Choices

⁴ American Diabetes Association

⁵ Public Health Wales Website

- Cost - lower unit price for alcohol. e.g. supermarket drink promotions encourage drinking, happy hours in pubs
- Size of glasses
- Increased licensing hours for some establishments
- Increase of people drinking at home with the closure of many local pubs
- Increased availability / access to alcohol
- Increases due to high levels of unemployment and areas of deprivation
- Changes in culture, with the acceptability of drinking increased especially for women
- Size of individual premises as larger venues could increase social drinking
- Increase in acceptability of binge drinking e.g. stag/hen/birthday parties
- Street drinkers
- Glamourising of alcohol on TV and in films
- Harmful effects of alcohol are not reported in the media in the same way as other drugs
- Hospital being located in Newport could possibly increase hospital admissions

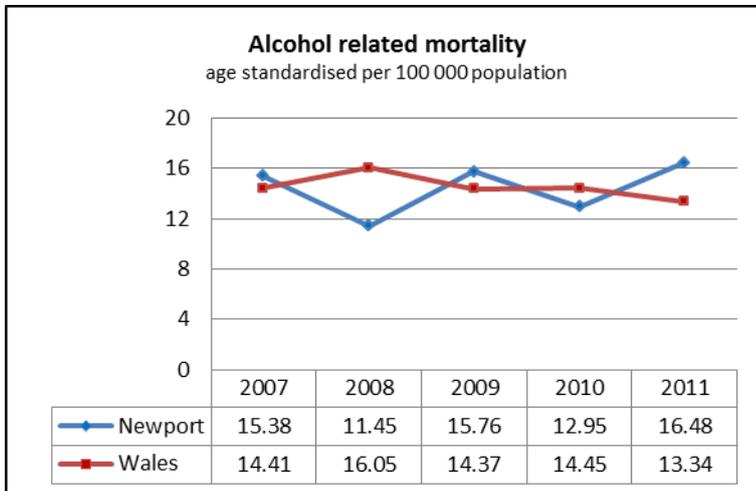
A number of partners have developed initiatives aimed at reducing the levels of alcohol misuse including:

- Campaigns such as 'Know Your Limits'.
- Awareness raising adults and young people
- Work with licensing of premises
- City centre policing
- Enforcement
- Parent Guide to Drugs and Alcohol
- Families First Counselling for Alcohol and Substance Misuse (see [Children in Need parental alcohol or substance misuse is a factor](#))
- Gwent Area Planning Board has completed a detailed Substance Misuse Needs Assessment for Gwent. This is informing the commissioning process for Alcohol and Substance Misuse Services in Gwent.

Alcohol Deaths / Hospital Admissions

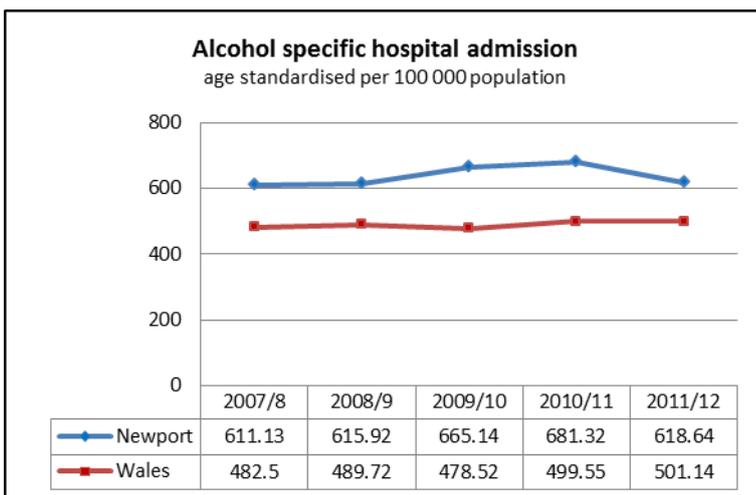
Data Set (Population Indicator): Alcohol Related Mortality / Alcohol Specific Hospital Admission
(European Age Standardised Per 100,000 Population)

Data Source: [Health Map Wales](#) / NWIS



These datasets are European age standardised per 100,000 population. Alcohol related deaths follow the Office for National Statistics (ONS) definition of alcohol related deaths (which includes causes regarded as most directly due to alcohol consumption). Alcohol specific conditions are those that are wholly related to alcohol (e.g. alcoholic liver disease or alcohol overdose).

Alcohol consumption above recommended limits can lead to a range of conditions such as liver disease, reduced fertility, high blood pressure, increased risk of various cancers and cardiovascular diseases⁶. Too much alcohol can also cause chronic inflammation of the pancreas which can impair its ability to secrete insulin and ultimately lead to diabetes⁷.



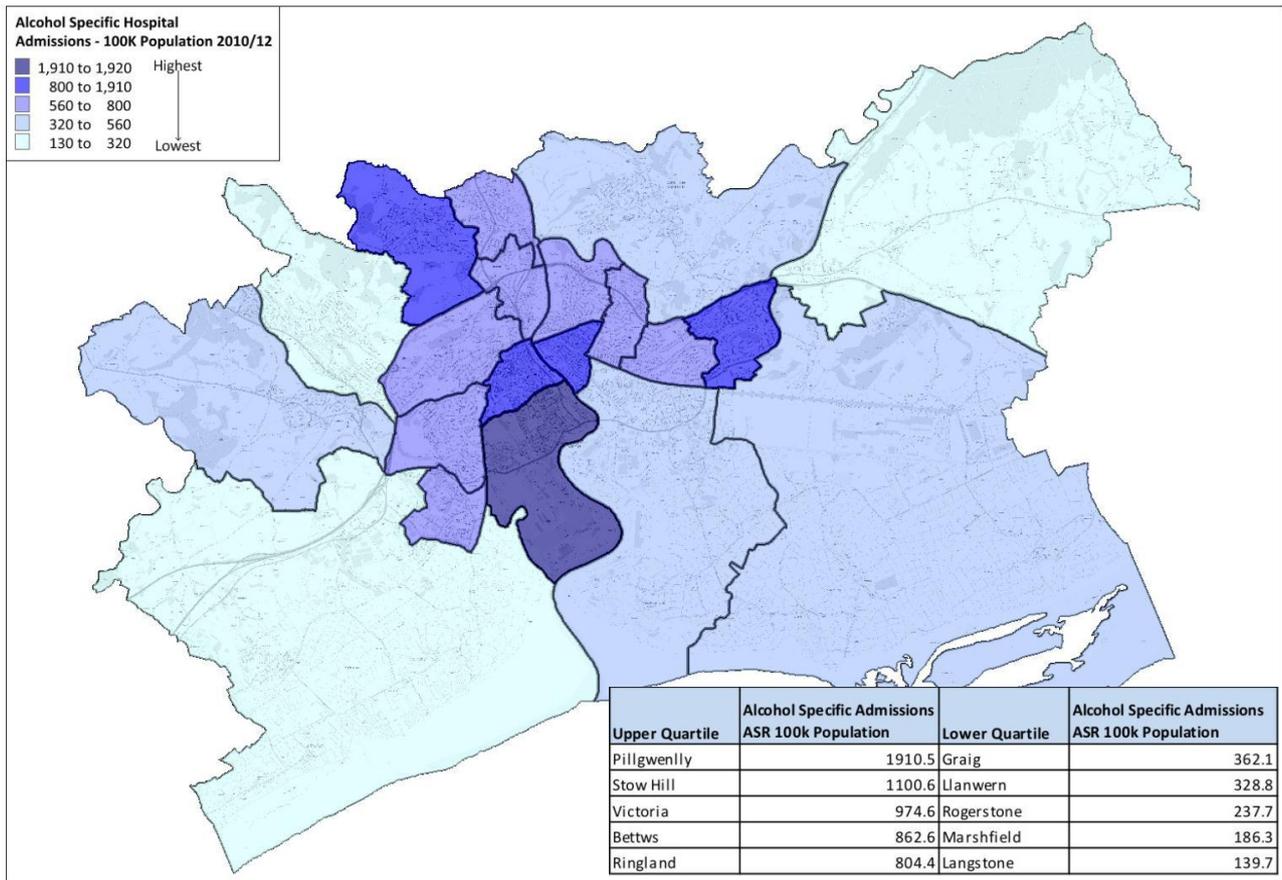
The number of deaths per 100,000 population related to alcohol in Newport has fluctuated between 2007 and 2011 but the overall trend is a slight increase from 15.38 to 16.48. This is in contrast to the Wales average which has overall decreased from 14.41 to 13.34.

The number of alcohol specific hospital admissions (per 100 000 population) in Newport has increased from 611.13 in 2007/08 to 681.32 in 2010/11. A decrease was then seen to 618.64 in 2011/12. This rate has remained well above the Wales average which has increased overall from 482.5 to 501.14.

The rate of alcohol specific hospital admissions (per 100,000 population) is higher in some wards in Newport than others. The wards with rates consistently above the Wales and Newport averages between 2004-06 and 2010-12 are Pillgwenlly, Stow Hill, Victoria, Tredegar Park, Ringland and Bettws. The wards with rates consistently below the Newport and Wales averages are Langstone, Marshfield, Llanwern, Graig, Rogerstone and Caerleon. The map below shows the wards that have the highest and lowest rates in 2010-12.

⁶ NHS Choices

⁷ American Diabetes Association

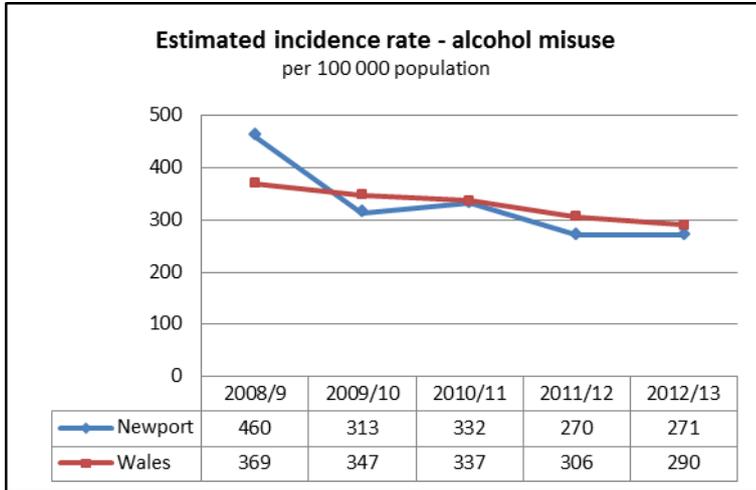


See [Alcohol Consumption](#) for more information.

Alcohol Misuse - Estimated Incidence Rates

Data Set (Population Indicator): Estimated Incidence Rates – Alcohol Misuse

Data Source: [StatsWales](#)



These estimated incidence rates per 100,000 population are calculated using data only related to people presenting to treatment services for alcohol and substance misuse and these may constitute only a proportion of all misusers.

Alcohol consumption above recommended limits can lead to a range of conditions such as liver disease, reduced fertility, high blood pressure, increased risk of various cancers and cardiovascular diseases⁸. Too much

alcohol can also cause chronic inflammation of the pancreas which can impair its ability to secrete insulin and ultimately lead to diabetes⁹.

The rate of alcohol misusers presenting for treatment per 100,000 population in Newport has decreased from 460 in 2008/09 to 271 in 2012/13. This rate is now below the Wales average which has reduced from 369 to 290.

See [Alcohol Consumption](#) for more information.

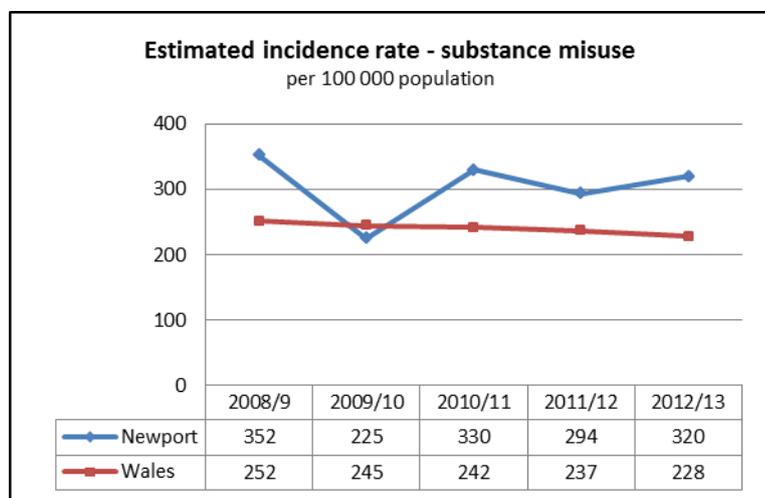
⁸ NHS Choices

⁹ American Diabetes Association

Substance Misuse - Estimated Incidence Rates

Data Set (Population Indicator): Estimated Incidence – Substance Misuse Rates

Data Source: StatsWales



These estimated incidence rates per 100,000 population are calculated using data only related to people presenting to treatment services for alcohol and substance misuse and these may constitute only a proportion of all misusers.

All drugs carry risks and it is not always known how an individual will react to a drug. Drugs can be broadly divided into three categories based on their main effects. They may act solely as stimulants, as depressants or as hallucinogens (also known as psychedelics).

Quite a few drugs have mixed effects. Many show two effects at the same time, and can then be described either as stimulant hallucinogens (for example, ecstasy) or as depressant hallucinogens (for example, cannabis).

Stimulants make you feel alert and like you have lots of energy and confidence. However, they can put pressure on your heart and there is a risk of heart failure. They include cocaine, speed, ecstasy, and mephedrone. Depressants make you feel relaxed and chilled out but they can slow down your heart rate and breathing which can be fatal. They include alcohol, tranquillisers, heroin and cannabis. Hallucinogens can make you view reality in a distorted way - your sense of movement and time can speed up or slow down and you might see vivid distortions, illusions or hallucinations (seeing things that are there). They include LSD and magic mushrooms. In addition to these 3 broad categories, each particular drug has its own specific effects and risks. Some drugs are quite new and their harms may not yet be fully known.¹⁰

The rate of substance misusers presenting for treatment per 100,000 population in Newport has varied between 2008/09 and 2012/13 but the overall trend is a slight decrease from 352 to 320. This rate is still well above the Wales average which has reduced from 252 to 228.

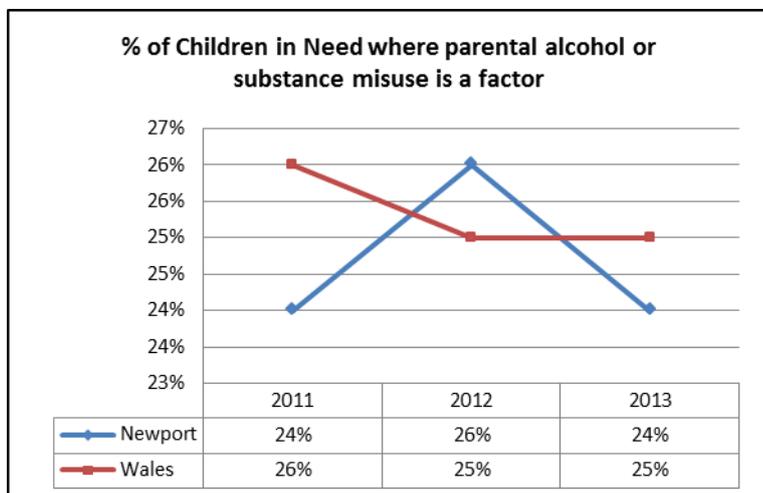
Gwent Area Planning Board has completed a detailed Substance Misuse Needs Assessment for Gwent. This is informing the commissioning process for Alcohol and Substance Misuse Services in Gwent.

¹⁰ FRANK

Children in Need Parental Alcohol or Substance Misuse

Data Set (Population Indicator): Percentage of Children in Need where parental alcohol or substance misuse is a factor

Data Source: [Wales Children in Need \(CIN\) Census](#)



The CIN census is a requirement for all 22 local authorities. This census has been in place since 2011. An individual return is required for each child in need. For this collection, local authorities were required to submit data for children whose cases were open on the census date of 31 March and had been open for the previous 3 months, i.e. the case was open on or before 1 January and remained open at 31 March of the same year. This requirement means that the total number of children in need included in the Census is less than the total number

of children in need receiving services.

The CIN census covers all children receiving support which is financed from children's social services budgets, including those supported in their families or independently, and children on the child protection register. Children in need will have had an initial assessment. Children receiving respite care should be included in the count of children in need.

The term 'child in need' has a specific meaning defined by the Children Act 1989, which placed a statutory duty on local authorities to 'safeguard and promote the welfare of children within their area who are in need'. The Act defines a child in need as a child that is unlikely to achieve or maintain, or have the opportunity of achieving or maintaining, a reasonable standard of health or development without the provision of services by a local authority.

In 2011 some local authorities were unable to report complete information so all results should be treated with caution and in 2012 the statistics published were still experimental statistics as they were still being evaluated and remained subject to further testing in terms of their volatility and ability to meet customer needs.

The percentage of children in need where parental substance misuse is a factor In Newport has fluctuated between 24% and 26% over the three years (2011-2013). This is relatively comparable to the Wales average which has decreased from 26% to 25%.

There are a number of programmes in place in Newport including the Families First Programme which is designed to improve outcomes for children, young people and their families. The programme's emphasis is on prevention and early intervention in families particularly those living in poverty. The Substance Misuse Specialist within the service (linked to Kaleidoscope) can provide support to families where substance misuse has led to issues or concerns. Services include:

- Support for the family as a group and on a 1:1 basis offering counselling to minimise the impact of substance misuse.
- Group work covering:
 - Communication;
 - Coping;

- Enhancing Social Support;
 - Alcohol Risk Management;
 - Information on a variety of substances;
 - Impact on Employment;
 - Increasing Pleasant and Joint Activities, and
 - Minimising Support for Problem Drinking.
- Training and education to increase awareness of risks associated to substance misuse. This service is also available to professional bodies.

Contact Details

For further information about this UNA, One Newport LSB and its work programme please contact:

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