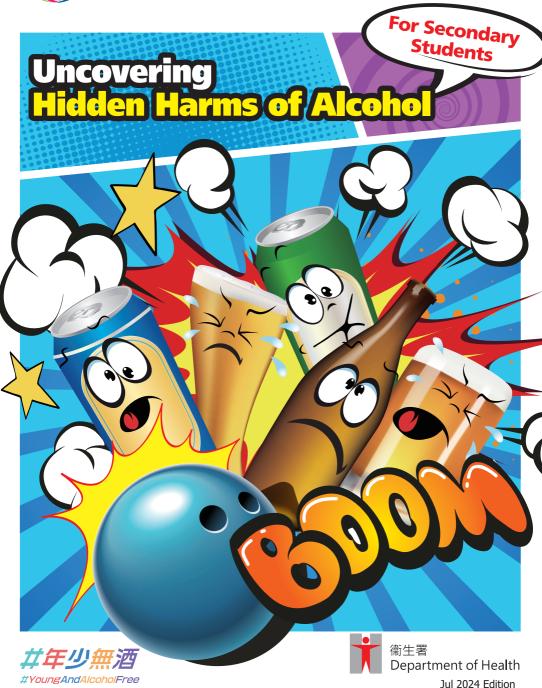
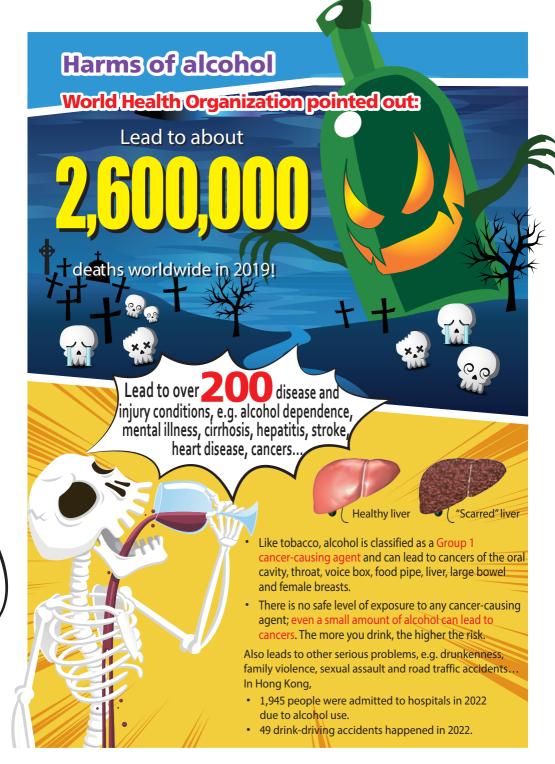


香港非傳染病防控策略及行動計劃 Strategy and Action Plan to Prevent and Control NCD in Hong Kong







Health News Digest 健康新聞摘要

A young adult found unconscious in a taxi after drinking

A young man in his 20s was suspected of drinking a large amount of whiskey mixed with green tea when he was having a gathering with his friends in a bar. He was found unconscious on the way home in a taxi and certified dead after being sent to the hospital. A doctor suspected that the death might be related to heart attack or acute alcohol intoxication.

A young man hit by a drunk driver

A young man in his 20s was knocked down by a vehicle driven by a friend who drank in a gathering. He sustained serious head injury and was certified dead after resuscitation in the hospital.

Drunk women rescued after falling into Hong Kong Harbour

A woman in her 30s was suspected of being drunk and fell into the sea near Tsim Sha Tsui pier at night. Marine police and fireboats rushed to the scene and rescued the victim. She regained consciousness after being rescued and was taken to hospital for treatment.

Suspected drunk teenager found dead in bed

A teenager under the age of 20 was found unconscious with a cold body and black face in bed by his family in the morning. He was certified dead by ambulance officers. Sources stated the teen went to a bar with friends after work and returned home with drunkenness in the early hours. His family did not notice any abnormalities at that time. The teenager was discovered unconscious after eight hours.



A young woman aged less than 20 carrying a heavy smell of alcohol was knocked down by a taxi while passing by Tsim Sha Tsui. Her neck, hands and feet were injured and she fell unconscious. The victim was in serious condition.

After caring by ambulance officers on the spot, she was sent to hospital for treatment.

Effects of alcohol on human body vary from person to person, depending on age, sex, metabolic rate, body size and structure, amount of food in the stomach, speed and amount of drinking, and drug use, etc. In short, it is better not to drink.

*Extracted from local news



In the early morning, a man in his 20s carrying a heavy smell of alcohol was accidentally fell from a slope about 10 meters high in Mid-Levels, Central District after drinking alcohol. He was sent to the hospital and certified dead after resuscitation attempts.

Secondary Students 3

Drinking is harmful to youths' brain development

Research shows that:

Youths with long-term alcohol consumption have poorer memory.

 Alcohol is a toxin against youth brain development. It affects nervous system development and self-control ability.

 Youths who start drinking before age 12 are more likely to have violent behaviours or injuries later on due to drinking or to skip lessons.

 Youths who start drinking before age 18 are more likely to develop alcohol abuse or dependence in adulthood.
 The risk would be even higher if they started drinking earlier (before age 15).



Excessive drinking can cause death

Binge drinking

- Drinking 5 cans/glasses or more of alcohol at one go.
- Can lead to road traffic accidents, violent behaviours, unsafe sex, alcohol poisoning, etc.
- Research shows that binge-drinking youths have worse academic performance and more risky behaviours against health.

Alcohol poisoning

- When blood alcohol content is too high, the nerves that control breathing, heart beat, body temperature, etc. will stop functioning, causing sudden death.
- Symptoms: mental confusion, vomiting, seizures, breathing difficulty, blue-tinged or pale skin, coma.



Alcohol can lead to weight gain

- Each gram of pure alcohol carries 7 kcal but no nutrition value.
- 1 can of beer (330ml) = 142 kcal = 3/4 bowl of rice = 7 sugar cubes
- Also, drunkenness can affect nutrient absorption, leading to deficiency in Vitamins B1, B2, B6, B9, C...



Say NO to alcohol!

- Avoid friends' temptation to try smoking or drinking.
- 2. Avoid taking part in activities that provide alcohol.
- 3. On the occasions of celebration or gathering, choose non-alcoholic drinks, e.g. water, sugar-free beverages, etc.

Choose appropriate ways under different circumstances 7 ways to say NO to alcohol

- lignore the request
 - Turn a blind eye or a deaf ear to the invitation.
- 2: Simply say no
 - "No, thanks."
- 3: Give an excuse
 - "No, I'm allergic to alcohol."
 - "No, drinking harms our health."
 - "No, I've something to do tomorrow."
 - "No, I'm not feeling well today."
 - "No, I don't like the taste of alcohol."
 - "No, drinking makes people fat."



Family agreement

Parents

П	I/We pi	romise not to drink alcohol in front of
		r children.

- ☐ I/We promise not to allow my/our children to drink alcoholic drinks.
- ☐ I/We promise not to bring my/our children to wine tasting exhibitions.
- ☐ I promise not to ask my/ our children to buy alcohol, open alcohol bottles or pour alcohol for us
- ☐ I/We promise not to display alcohol prominently at home.
- ☐ I/We promise to discuss more about alcohol-related problems with my/our children.
- ☐ I/We promise to______.
- I/We promise to_____

Date:

Students

- ☐ I promise not to drink alcohol; if someone offers me a drink, I will refuse firmly.
- ☐ I promise to avoid attending activities which provides alcohol.
- ☐ I promise not to buy alcohol, open bottles or pour alcohol for others.
- ☐ I promise to discuss more about alcohol-related problems with my parents.
- ☐ I promise to advise people around me to reduce or quit drinking.
- ☐ I/We promise to_____
- ☐ I/We promise to_____

Parent signature :______ Student signature :_____

Counselling service

 Tung Wah Group of Hospitals "Stay Sober, Stay Free" Alcohol Abuse Prevention and Treatment Service

Telephone: 2884 9876

Website: http://atp.tungwahcsd.org

2. Tung Wah Group of Hospitals Integrated Centre on Addiction Prevention and Treatment

Telephone: 2827 1000

Website: http://icapt.tungwahcsd.org

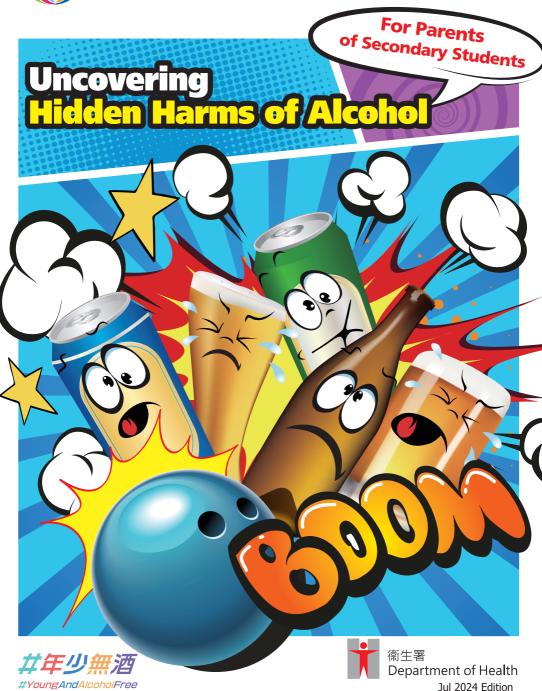
Relevant information

For more information, please visit "Change for Health" website of the Department of Health at www.change4health.gov.hk.





香港非傳染病防控策略及行動計劃 Strategy and Action Plan to Prevent and Control NCD in Hong Kong









- 1. Establish good parent-child relationship so that children can share their problems with parents instead of relieving stress through alcohol. Discuss more about alcohol with children to understand their attitudes towards drinking and reduce their curiosity. For example:
 - Symptoms and misbehaviours when drunk.
 - Harms of alcohol to the body, family and society.
 - Let children understand that it is not necessary to do social drinking.
- 2. Set family rules with children about NO alcohol use and let them know that such rules are for their health.
- 3. Be aware whether children have friends who smoke, drink or have bad conduct.
- 4. Be aware whether children have the following symptoms:

Academic or behavioural problems.

Changed social circle.

Alcoholic smell on breath.

Flushing without reasons.

Motor coordination problems.

Unclear speech.

Memory or concentration problems.

- 5. Don't create an alcohol-friendly family
 - Be a role model and don't drink alcohol in front of your children.
 - Don't allow children to drink alcoholic drinks.
 - Don't allow children to eat food that contains alcohol, including liqueur chocolate and liqueur ice-cream.
 - Don't let children buy alcohol, open bottles or pour wine for you.
 - Don't provide alcohol to your children or display alcohol prominently at home.
 - Don't bring children to wine promotion activities (e.g. wine tasting exhibitions, cocktail making classes, wineries), and pay special attention and avoid exhibitions or promotions that link food with wine.



How much alcohol have I consumed?

Find out how many "units of alcohol" you have consumed with the following formula. An "alcohol unit" equals 10 g of pure alcohol.

Number of alcohol unit(s) = Drink volume (ml) x Alcohol content (% by volume) / 1000 x 0.789

Туре		Alcohol content (% by volume)*	Alcohol unit *	Volume per container or per usual serving
S S S S S S S S S S S S S S S S S S S	Beer/Alcopops	5%	1	330ml (1 can)
	Cider	5%	1	275 ml (1 small bottle)
	Red wine/White wine/ Champagne	12%	1	125ml (small glass)
	Plum wine	15%	1	75ml (1/4 small bottle)
	Spirits (e.g. Whisky/ Vodka/ Brandy)	40%	1	30ml (pub measure)
	Chinese spirits/ Chinese Baijiu	52 %	1	25 ml (0.5 tael)

Remark: *Approximate values only.

"Responsible drinking" is misleading!

Alcohol industry says:

"Responsible drinking means making an informed and sensible decision about alcohol-consumption. This means consumers should not drink when they are pregnant or underage, and they should not drive after drinking. They also should not engage in excessive drinking and other kinds of alcohol-related activities which can harm them individually or others in society."

Actually ...

this is their promotional tactic.

They blame drinkers for alcohol-related problems, without mentioning harms of alcohol to the body, e.g. cancers and alcohol addiction.

They are shedding responsibilities and misleading the public.



Printed by the Government Logistics Department