

# Alcohol Health Promotion Pack – Workplaces

Workplace Health Promotion means more than simply meeting the legal requirements for health and safety. It includes, improving the way work is organised; improving the working environment and encouraging employees to get involved in healthy activities through individual health related behaviour change.

**Plan wellbeing activities that will engage your workforce, promote your workplace health programme, raise awareness & communicate health promotion campaigns, signpost to local services, and encourages colleagues to make small lifestyle changes.**

Lost productivity due to alcohol use costs the UK economy more than £7 billion each year. Alcohol leads to an estimated 167,000 working years lost in the UK every year

You will find all the resources for this pack on our [Padlet page](#).

## The pack includes:

- **Posters** use around offices or share digitally:
  1. How can alcohol be affecting your health?
  2. Could alcohol be affecting your mental health?
  3. Could alcohol be affecting your heart?
  4. What does one unit of alcohol look like.
  5. How are units stacking up
  6. What does 14 units look like
  7. How does alcohol affect your weight?
  8. Healthy Lifestyles leaflet
  9. Healthy lifestyles Teams Youtube channel
  10. Healthy Lifestyles wellbeing at work

*Under 'posters' on the Padlet page*
  
- **Myth busters:**
  1. Alcohol helps me to destress at the end of the day
  2. I only drink on the weekend
  3. Dry January isn't for me

*Under 'myth busters and quotes' on the Padlet page*
  
- **Quotes:**
  1. Alcohol is a causal factor in more than 60 medical conditions
  2. Year of life lost to alcohol consumption
  3. Risk factor

*Under 'myth busters and quotes' on the Padlet page*

- **Pledge cards** for people to write on for themselves or make a pledge board.  
Use the document 'workplace health pledge cards'. *Under 'Other' on the Padlet page.*
- **Alcohol activity and or poster**
  1. Use the 'Alcohol activity template' for staff to guess how many calories and units are in the alcoholic drinks listed.
  2. Use the 'Alcohol activity answer template' for people to guess the answers (print them out for people to pin or stick next to what they think the answer is).
  3. *Alcohol activity answers document* is the full answers or use this as a poster.  
Under 'Engagement activities' on the padlet page.

[Unit and Calorie Calculator | Drinkaware](#)

- **Alcohol self-assessment**  
**This alcohol self-assessment can help you identify if the amount you drink could be putting your health at serious risk.** We use a tool developed by the World Health Organisation (WHO), called 'AUDIT', that is used internationally by medical professionals to check for alcohol harm, including dependence. [Alcohol self-assessment test | Drinkaware](#)  
*Under 'Engagement activities' on the padlet page.*
- **Alcohol quiz**  
Use the teams [quiz](#) on our Youtube channel to raise awareness and test employees knowledge on alcohol. If you have screens, you can use have it playing on repeat to catch people's attention or why not add it to a meeting agenda to answer individual or add some friendly competition. Video and PDF version available for this.  
*Under 'Engagement activities' on the padlet page.*
- **Alcohol fact sheet**  
Share factsheets/ leaflets with staff: Facts about alcohol, cancer, blood pressure, breast cancer, diabetes, heart, liver disease, mental health, low risk drinking and mouth throat and voice fact sheets.
- **Alcohol in the workplace checklist**  
*See "Healthy eating in the workplace checklist" document under 'Healthy eating' on the padlet.*

**More than 25 million adults in England regularly drink alcohol. 40% of employers mention alcohol as a significant cause of low productivity. And between 3% and 5% of all work absence is caused by alcohol consumption.**

## Alcohol

More than 25 million adults in England regularly drink alcohol. Statistically, drinkers are more likely to be employed than non-drinkers. This means the effects of overconsumption of alcohol are often felt in the workplace. It also means that the workplace can be a good place to help people identify alcohol problems and overcome them.

27% of people say that workplace stress makes them drink more. Many workplace cultures also encourage drinking, whether through informal socialising or workplace events where drinking is considered the norm and alcohol is often made available for free.

You too could feel the difference! Many people who reduce their alcohol intake notice benefits, which can include those below.

### Short-term benefits:

- being less tired and more energetic
- Better sleep
- better-looking skin/ brighter skin
- Slimmer waistline
- saving some money

### Long-term benefits:

- lower blood pressure
- lower risk of stroke, hypertension, cancer and liver disease
- lower cholesterol levels
- better mood, memory and quality of sleep
- help with weight management

## Resources and support

- [Toolkit for employers](#) on drugs, alcohol and tobacco
- Change Grow Live – local service [website](#)
- NHS Better health [website](#)
- [Youtube video](#): What is an alcohol unit?
- [Youtube video](#): Benefits of cutting down drinking

### Healthy Lifestyles team:

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