

Alcohol consumption detection and prevention of its health consequences

(selected principles and instruments)

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Balance between efficiency and effectiveness

The Joint Action intends also to contribute to the health and wellbeing of the EU citizens and to reduce costs to health systems and the wider economy

Cost-benefit analysis must be applied together with cost-effectiveness analysis, method used where monetizing outcomes is not possible. It is commonly used in health.

Common measures include “**quality adjusted life years**”.

Balance between effectiveness and ethics

On ethics sets out number of empirical findings about **effectiveness that need to be counterbalanced with** value-based **considerations of social justice, personal freedom and proportionality.**

Priority on protection of children, young people and unborn child from harm caused by alcohol

Prevention of alcohol related health consequences - 2 instruments

- Systematic **early detection** of alcohol use disorders
- **Comprehensive treatment guidelines** for related medical conditions should include substance use disorder treatment

Arterial hypertension

(Example)

Alcohol-induced hypertension: an important healthcare target in the European Union

25% reduction of high BP

European Society of Hypertension (ESH) and of the European Society of Cardiology (ESC)
the management of arterial hypertension

Recommendation

Moderation of alcohol consumption: <20-30 g of ethanol per day in men ?
and <10-20 g in women ?

Thank you.



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