

HAMPSHIRE JSNA SPOTLIGHT

Alcohol Harm

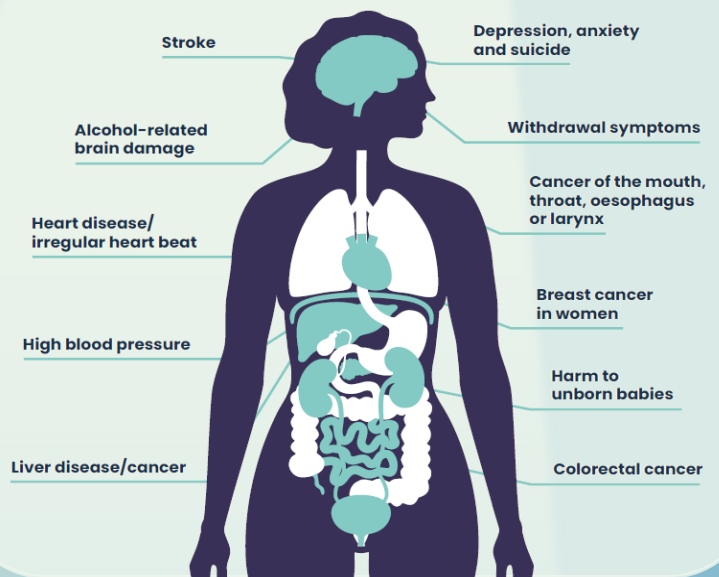
How does this impact our population?

In Hampshire it is estimated that 24% of adults drink more than 14 units of alcohol per week – classified as increasing or higher risk. This includes 32% of men and 15% of women, with the most common age groups being 55 - 64 years for women and 65 – 74 years for men. This equates to approximately 287,643 Hampshire residents aged 16+ drinking above recommended levels. An estimated 11,625 people in Hampshire are alcohol dependent, yet only 22% are currently accessing treatment.

Rethink your drink is a free online resource to support you to reduce your alcohol intake.



Impacts of alcohol use



What support is in place for Hampshire residents?

Support from Inclusion is available to Hampshire residents who are experiencing problems with alcohol, including confidential advice and support tailored to need, 1-2-1 support in person, or via phone or online. Access information, including how to refer [here](#).

For further data and intelligence, please visit...

Our [Healthy Lives](#), [Major Conditions](#), [Inclusion Health Groups](#) and [Global Burden of Disease JSNA](#) reports. Related topics in our JSNA include drug use, mental health, veterans, and people experiencing homelessness. The [JSNA data glossary](#) can help guide you.

If you'd like to know more, or would like to get in touch with Hampshire's Public Health Intelligence team, you can email PHIT@hants.gov.uk or use the QR code

