

## Introduction

In the field of crime and disorder it is usually considered that the drug misuse has the greatest effect on crime levels and agency activity has over recent years been concentrated on reducing the harmful effects of illegal drugs, concentrating particularly on class A drugs users.

However, it has been well known in parts of West Cumbria that there is a considerable problem of alcohol misuse and that the effects of such abuse could be more damaging to local communities, families, individuals and local economies and than that of Class A drug misuse. The recently published *'Taking measures – A situational analysis of Alcohol in the North West'* a report by the Public Health North West Alcohol Strategy Group reports that the burden of alcohol related harm that falls on the North West is disproportionately high compared to the rest of England.

The report concludes that the key groups most at risk are

- Young people
- Males
- Single people
- Lower socio economic groups
- Those living in areas of high local deprivation

In particular for the North West this report found

- 71% of men and 59% of women drank alcohol in the last week - similar to national average
- Men drank 17 units of alcohol per week equal to the national average but women drank 8.1 units per week which is higher than the English average of 7.6 units.

Recommended weekly limits are 21 units for men and 14 units for women. The recommended daily limits are 4 units for men and 3 units for women. A MORI poll in 2003 found that only 7% of men and 22% of women knew the correct recommended daily limits for their gender.

As in the case of hard drug misuse average patterns of alcohol misuse do not necessarily reflect the size of the problem minority who put themselves and others at risk by excessive drinking. In the case of alcohol the basic definition of problem users - classed as binge drinkers – is those who are drinking more than twice the recommended daily allowance in any one day i.e more than 8 units for men and 6 units for women.

- The percentage of men and women drinking on five or more days varies widely across the region: from 20% (North Cumbria) to 38% (South Cheshire) for men and from 14% (St Helens and Knowsley) to 28% (South Cheshire) for women.
- Average weekly alcohol consumption for both men and women increases as the proportion of residents drinking on five or more days increases.
- In seven of the 17 Health Authority areas in the North West, 45% or more men who drink, binge drink, and in four Health Authority areas, 30% or more women who drink, binge drink. The position in North Cumbria appears to be that between 32 and 38% of men and 15 to 20% of women binge drink – i.e. men drinking more than 8 units and women drinking more than 6 units in one session.
- There is a positive correlation between the proportion of men and women binge drinking and measures of social deprivation.

The data for local areas within the North West region show patterns that would be predicted from national and regional data. That is, people living in more affluent areas tend to drink more frequently but be less likely to drink heavily in one day and people living in areas that are more deprived tend to drink less frequently and be more likely to drink heavily in one day (i.e. show greater binge drinking).

## Cumbria Local Authority profiles for measures of life expectancy and mortality

Local Authority	Life exp At birth males 2002	Life exp At birth Females 2002	Months contribution to life exp due to alcohol males 1996-2000	Months contribution to life exp due to alcohol females 1996-2000	Deaths attributed to alcohol males SMR Est numbers 2002	Deaths attributed to alcohol females SMR Est numbers 2002	Deaths attributed to alcohol all causes rate/1000 Max est Males 2002	Deaths attributed to alcohol all causes rate/1000 Max est Females 2002
Allerdale	75.6	80.6	-0.09	0.05	20-31	15-30	0.68	0.63
Barrow	74	80	-1.06	-1.79	21-30	17-31	0.85	0.84
Carlisle	75.6	79.5	-1.42	0	24-34	19-34	0.7	0.65
Copeland	74.5	79.9	-1.46	-0.18	16-22	8-18	0.64	0.52
South Lakeland	77.6	81.8	0.65	0.34	24-34	14-38	0.69	0.72
Eden	77.6	81.5	0.4	1.4	8-13	7-15	0.53	0.59
North West	74.5	79.4	n/a	n/a	1759-2490	1059-2093	0.76	0.6

The months contribution to life expectancy in the table above is an estimate of the months deviation from the England and Wales average. The West Cumbria statistics for males suggest that there is a higher, albeit small, risk of reduced life expectancy due to alcohol misuse than is normal for the England and Wales population.

## On- and Off-licensed premises in North West Region

County	No clubs bars and pubs	Special hrs certificates	On-licensed premises per 10,000 popln.	Off-licensed premises per 10,000 popln.	Total on-licensed premises	Total off-licensed premises
Cheshire	1329	241	18.2	8	1794	791
Cumbria	1334	137	42.3	14	2076	687
Greater Manchester	3722	456	17.4	9.2	4506	2369
Lancashire	2186	359	30.8	10.1	4407	1439
Merseyside	1893	318	17.5	7.8	2452	1088

The table above shows Cumbria to have a much higher density of licensed premises and off-licences than in any other area of the North West.

## Young People and drinking

There has been an increasing concern that drinking by young people has been on the increase in recent years and in Cumbria we can refer to the results of the Exeter Study which has tested childrens' attitudes and behaviours over a range of activities at various school ages. This study has been running since 1988.

Young People in Cumbria 2003, Schools Health Education Unit, Exeter University

The main conclusions from this report suggest the following -  
Alcohol consumption usually begins between the ages of 8 and 12, with the majority of 12-14 year olds in the UK having some experience of drinking.

Most early drinking starts in the home in the presence of parents, other adult family members or friends of the family. However, as adolescents begin experimenting with alcohol, they drink more frequently in the company of friends and in places outside the home, such as parks, streets, pubs and clubs. Early drinking with peers is often thrill-seeking, the intention being to get a 'buzz' and feel drunk.

In an average week, some 35,000 children in England under the age of 16 drink in excess of the previous recommended weekly levels for adults, of up to 14 units for women and 21 units for men.

This two-yearly survey of teenagers found that while there was no increase between 1988 and 1994 in the number of 11-15 year olds in England drinking alcohol, the proportion who were regular drinkers (usually drinking every week) increased from 13% in 1988 to 17% in 1994. The average amount drunk in a week also went up.

Among English teenagers who drink at least once a month, 22% of 13-14 year olds, 47% of 15-16 year- olds and 80% of 17 year-olds claim to buy alcohol for themselves. Of-licenses and, to a lesser extent, supermarkets and shops are the most common place of purchase. By the age of 17, pubs are the main place of purchase of alcohol, followed by clubs and off-licenses.

Around half of 13-14 year olds and over three-quarters of 15-16 year-olds who drank at least once a month, had felt drunk in the last month. This figure rose to nearly nine in ten 17-18 year-olds.

The concentration of alcohol in the body and the effect it has varies according to factors such as body size and weight, gender and how used to drinking someone is. There are no recommended 'low-risk' levels of drinking for young people under the age of 18 because of variations in physical maturity and tolerance.

Research suggest that 1000 children under 15 years of age are admitted to hospital each year with acute alcohol poisoning. Anecdotal evidence from hospital A & E departments suggest that this figure may have significantly increased over the last decade.

Studies have shown that young men and women who regularly combine drinking and sex are seven times less likely to use condoms.

### The picture in Cumbria - Primary Schools in 2003: drinking days

21% of primary school pupils had at least one alcoholic drink (more than just a sip) in the last week.

The mean number of days that alcohol was drunk by these pupils was:

Year	Boys	Year	Girls
5	3 days	5	2 days
6	2 days	6	2 days

Percentage answering they have drunk some alcohol in the last week.

Cumbria	Year	5	6	Wider data	Year	5	6
Boys		24	25	Boys		26	26
Girls		20	15	Girls		18	16

The most common drinks reported being consumed were wine and beer/lager. 6% of the sample reported that they sometimes drink without their parents knowing.

*These figures may surprise because they are so high, although when compared with the reference sample they are not untypical. It is known that as a society we are drinking more at home now. Clearly, many parents nationally are allowing their children to drink and may encourage them to do so; often it is commented by parents that it is necessary to teach their children to drink sensibly at home for their own protection because the pressures on them can be so great. If we accept this, we are still left with the question, at what age and how often should this take place?*

**The picture in Cumbria - Secondary Schools in 2003**

47% of pupils in the secondary sample said they had drunk alcohol last week.

There are some local differences in alcohol habits: more Cumbria pupils report buying alcohol at a pub or club.

Percentage answering they have drunk some alcohol in the last week.

	Cumbria		Wider Data	
Year	8	10	8	10
Boys	29	57	29	48
Girls	32	59	30	50

The mean intake of those who drank anything last week in 'units of alcohol' is given below

Mean reported week's alcohol units of drinkers only

	Cumbria		Wider Data	
Year	8	10	8	10
Boys	5	16	6	12
Girls	4	9	5	9

19% of drinkers drank over the advised weekly limit for adult females of 14 units.

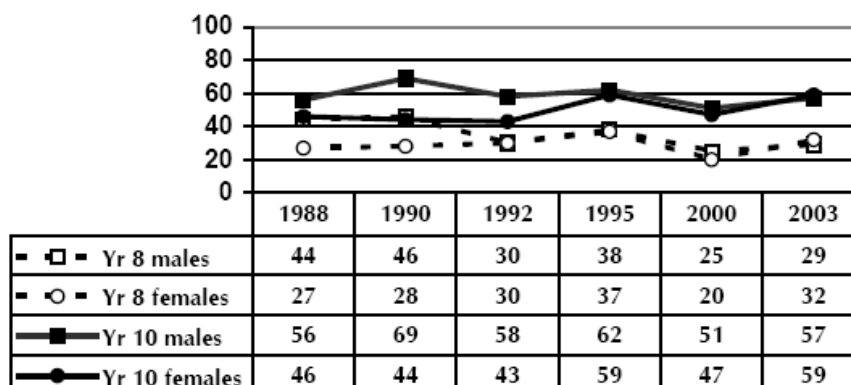
The most common site for the drinking to be done was the pupil's home but friends' homes also featured and more so in Cumbria than elsewhere.

In Year 8 pupils, the proportion who say their parents usually or always know when they drink at home is lower in Cumbria than in the reference sample. (There is no difference in the older age group).

The general picture in Cumbria since 1988.

**Drinking anything in the last week as reported by school children by year group.**

The amount drunk by young drinkers has remained largely stable over the period of the survey. The proportion reporting drinking anything at all has, if anything, gone down over the years.



**Alcohol at home**

SHEU data from across the country shows that the home is the largest single source of alcohol up to the age of 16. If drinking was ever done at home, 52% of Cumbria pupils say it always took place with their parents' knowledge.

**Q36. Percentage of those who drink at home whose parents always know.**

	Cumbria Schools		All V22 Schools	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	58	49	67	48
Girls	59	40	64	45

Clearly many parents nationally are allowing their children to drink and may encourage them to do so. Often it is commented by parents that it is necessary to teach their children to drink sensibly at home for their own protection because the pressures on them can be so great. If we accept this, we are still left with the questions, at what age and how often should this take place? Cumbria pupils appear to drink with less knowledge of parents.

**Alcohol outside the home**

The following table refers to pupils in the oldest Year Group in the Cumbria survey. It gives the percentage who claim to have bought alcohol in each of the places.

**Q35. Where alcohol was purchased.**

Yr 10 Boys			Yr 10 Girls		
1	Disco or club	19 (5)	1	Pub or bar	25 (9)
2	Pub or bar	18 (8)	2	Disco or club	18 (7)
3	Off-licence	17 (11)	3	Off-licence	17 (12)
4	Supermarket	7 (6)	4	Supermarket	7 (6)

The following table refers to pupils in the oldest Year Group in the Cumbria survey. It gives the percentage who claim to have drunk alcohol in each of the places.

**Q34. Where alcohol was consumed.**

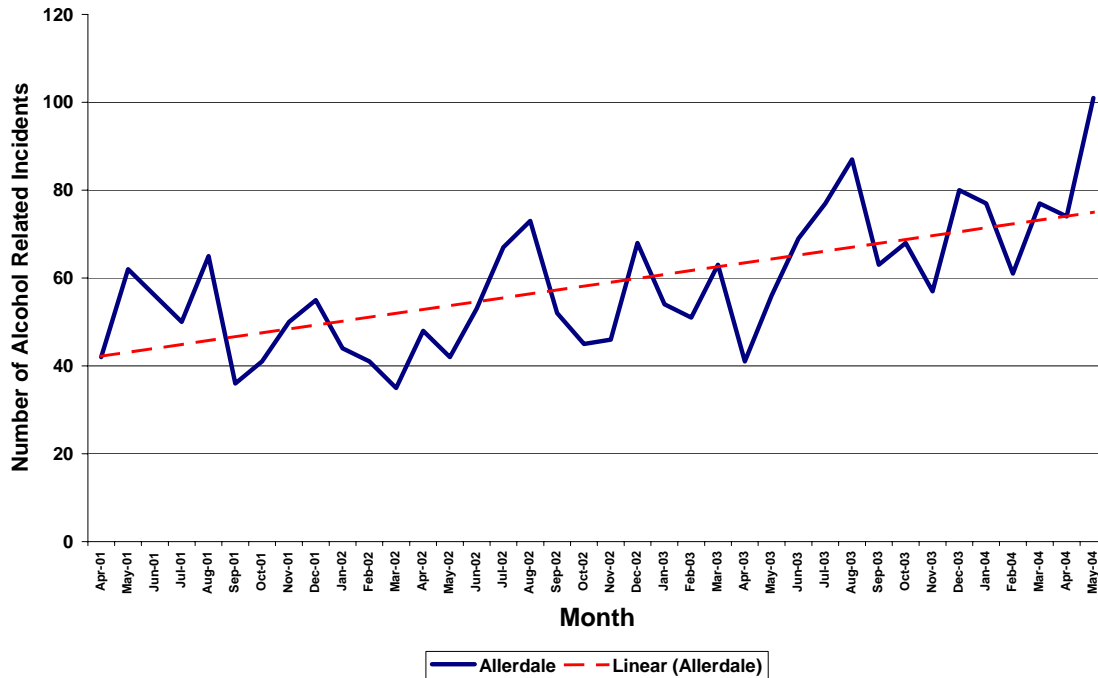
Yr 10 Boys			Yr 10 Girls		
1	At home	37 (33)	1	At home	33 (30)
2	At a friend's or relation's	31 (23)	2	Outside in a public place	32 (21)
3	At a disco, club or party	27 (13)	3	At a friend's or relation's	22 (26)
4	Outside in a public place	24 (22)	4	At a disco, club or party	22 (15)
5	At a pub or bar	22 (12)	5	At a pub or bar	22 (12)

The following table gives the percentage of pupils in the oldest Year Group in the Cumbria survey who drink the different standard-strength alcoholic drinks in order of popularity (Wider data in brackets):

Yr 10 Boys			Yr 10 Girls		
1	Beer or lager	38 (27)	1	Pre-mixed spirits, e.g. Bacardi Breezer	38 (30)
2	Pre-mixed spirits, e.g. Bacardi Breezer	29 (19)	2	Wine	28 (20)
3	Spirits (gin, whisky, vodka, rum)	18 (16)	3	Spirits (gin, whisky, vodka, rum)	24 (20)
4	Cider	18 (12)	5	Beer or lager	13 (10)
5	Wine	12 (11)		Cider	13 (8)

### Alcohol Related Incidents

Timeline graph to show the number of Alcohol Related Incidents in Allerdale. Date range 01 April 2001 to 31 May 2004.



There has been during the three period a 23% per annum increase in the number of alcohol related incidents. This steep increase shows no indication that it is about to peak.

### Alcohol Related Incidents in Allerdale. Date range 01 April 2001 to 31 May 2004. (Values > 40 highlighted).

Hour	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
0	27	15	22	20	44	65	80	273
1	18	12	12	25	28	63	76	234
2	12	7	6	10	20	43	55	153
3	12	3	0	1	16	24	25	81
4	2	3	3	2	2	13	7	32
5	2	5	3	1	4	6	3	24
6	1	0	1	2	0	7	5	16
7	2	3	0	0	3	2	2	12
8	1	1	1	3	3	2	2	13
9	0	3	1	1	1	1	0	7
10	4	0	1	1	2	2	1	11
11	4	1	0	2	4	5	3	19
12	4	3	10	2	5	4	0	28
13	4	9	4	3	9	3	4	36
14	9	5	2	3	4	6	2	31
15	6	11	7	6	10	7	5	52
16	5	9	12	8	6	7	9	56
17	12	11	13	14	13	14	8	85
18	18	8	13	12	29	25	10	115
19	16	14	24	15	45	39	17	170
20	17	18	15	13	54	31	22	170
21	16	16	16	23	42	35	19	167
22	19	14	18	16	46	54	26	193
23	15	9	21	31	78	74	37	265
<b>Total</b>	<b>226</b>	<b>180</b>	<b>205</b>	<b>214</b>	<b>468</b>	<b>532</b>	<b>418</b>	<b>2243</b>

Over the three year period incidents on Friday, Saturday and Sunday are roughly twice that of the average weekday. The hours of 11pm to 1am Saturday night and early Sunday morning show peak levels of alcohol related incidents.

**Table to show the Workington Town Centre Alcohol Related Incidents against the rest of Allerdale Alcohol Related Incidents. Date range: 01 April 2001 to 31 May 2004**

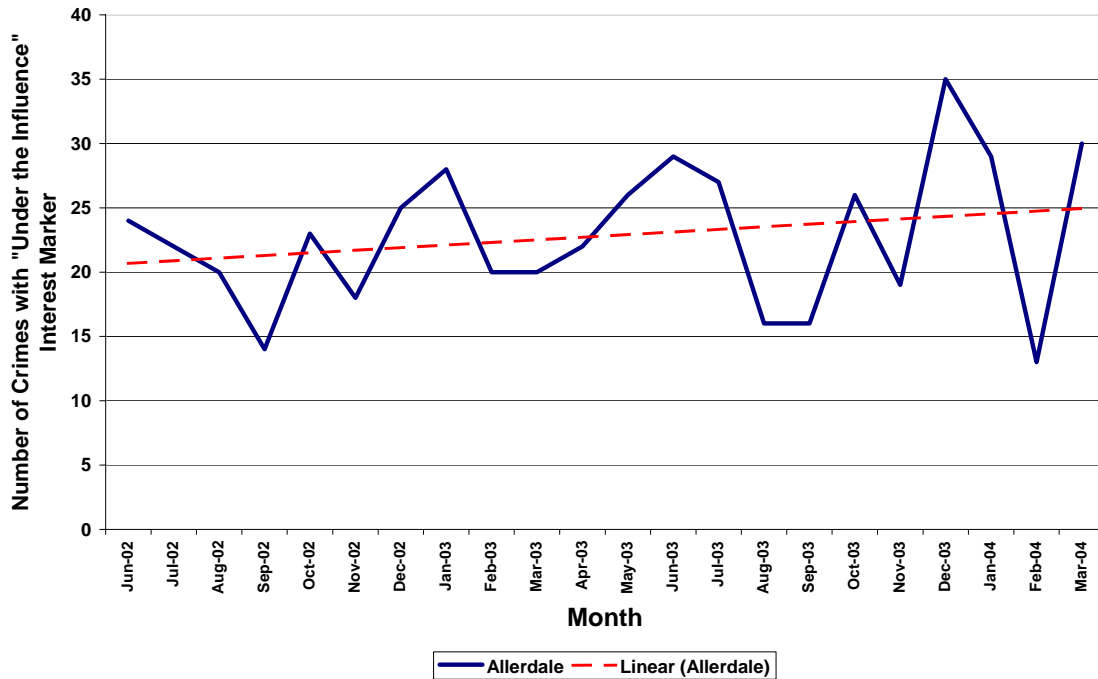
<b>Location</b>	<b>Number of Alcohol Related Incidents</b>
Workington Town Centre	540
The Rest of Allerdale	1512
All Alcohol Related Incidents	2052
Percentage occurring in the Workington Town Centre	26%

Although the above table suggests there is a significant problem in Workington this may not necessarily be the case – 26% of all such incidents could be expected in the town since roughly 25% of the population of Allerdale lives here and in the immediate area. There may be just as large a problem relatively speaking in all small towns sufficiently supplied with clubs and pubs.

### Crimes with “Under the Influence” in the Crimes System

Timeline Graph to show the Crimes with an Interest Marker for “Under the Influence” in the Crimes System.

Date Range: 01 June 2002 to 31 March 2004.



The graph above indicates that there has been an 8% per annum increase in crimes with an associated alcohol interest maker. This concurs with the rise recorded for alcohol related incidents of 23%. The rise in the rate of crimes would be expected to be less than that in incidents. An ‘under the influence’ marker does not necessarily infer that alcohol has been the cause of the crime but for many crimes being under the influence does increase the risk of an offence occurring.

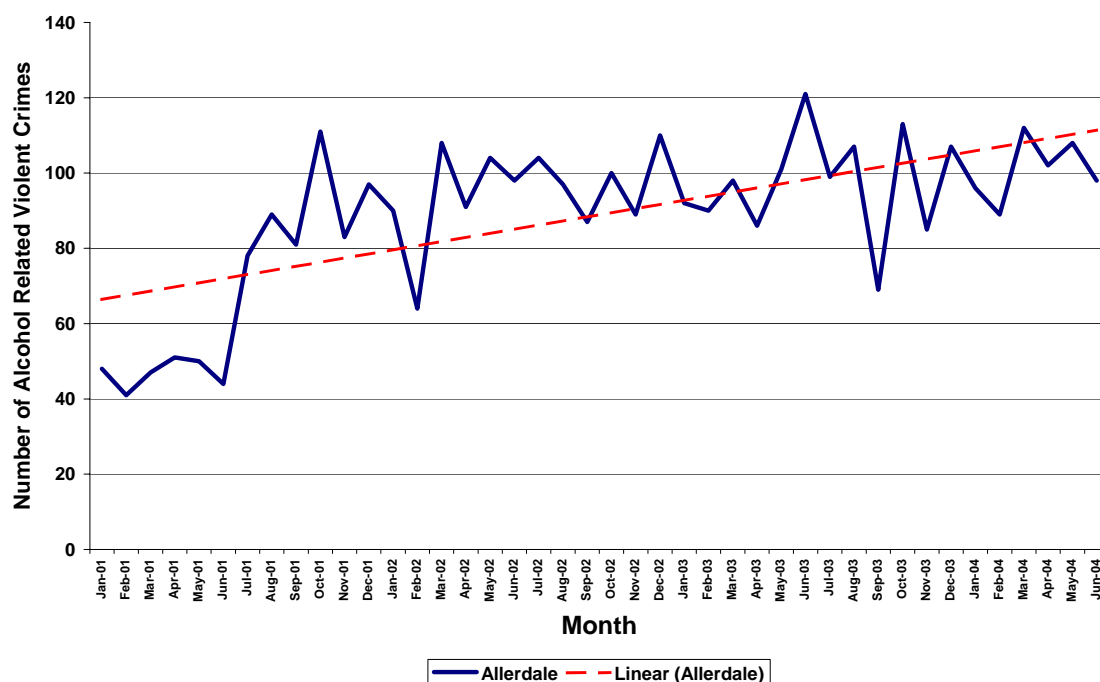
Table to show the offence types associated with an Interest Marker for “Under the Influence”. Date Range: 01 June 2002 to 31 March 2004

Offence Type	Offence Title	Count of Offence
Offences Against the Person	ASSAULT OCCASION ABH	372
Offences Against the Person	COMMON ASSAULT	72
Offences Against the Person	INFLICT GBH	16
Offences Against the Person	WOUNDING	10
Offences Against the Person	THREATS TO KILL	7
Sexual Offences	RAPE OF FEMALE UNDER 16	3
Sexual Offences	RAPE OF A FEMALE 16 OR OVER	3
Sexual Offences	INDECENT ASSAULT ON FEMALE UNDER 16	3
Offences Against the Person	RACIALLY AGGRAVATED HARASSMENT/WORDS	3
Sexual Offences	INDECENT ASSAULT FEMALE 16 OR OVER	2
Offences Against the Person	HARASSMENT	2
Offences Against the Person	CAUSE GBH W/I TO DO GBH	1
Offences Against the Person	POSSESS F/ARM W/I CAUSE FEAR VIOLENCE	1
Offences Against the Person	RACIALLY AGGRAVATED COMMON ASSAULT	1
Offences Against the Person	WOUND W/I TO DO GBH	1
Sexual Offences	SEXUAL INTERCOURSE WITH GIRL UNDER 16	1
Robbery	ATTEMPT ROBBERY (PERSONAL PROPERTY)	1
Robbery	ROBBERY (PERSONAL PROPERTY)	1
Sexual Offences	ATT RAPE OF A FEMALE 16 OR OVER	1
Offences Against the Person	WILFULLY ASSAULT CHILD UNDER 14	1
<b>Total</b>		<b>502</b>

The statistics in the table speak for themselves in that most crimes, with alcohol recorded as a factor, relate to violent offences. Common assaults account for three-quarters of the total.

### Alcohol Related Violent Crimes

Timeline graph to show those Crimes that were deemed to be regular Alcohol Related Violent Crimes by CDRP Practitioners. Date Range: 01 January 2001 to 30 June 2004.



These violent crimes have increased by 17% per annum and like alcohol related incidents and crimes with an alcohol interest marker they show little sign of reducing in the short-term.

**Table to show the list of Crimes Types local CDRP practitioners deemed to be Alcohol Related Violent Crimes.**

Offence Title	Offence Title
ASSAULT OCCASION ABH	IMPEDE APPREHENSION OF OFFENDER/MURDER
ASSAULT ON POLICE OFFICER	INFLECT GBH
ASSAULT W/I TO RESIST APPREHENSION	INTEND HARASSMENT ALARM/DISTRESS SEC 4A
ASSAULT W/I TO ROB (BUSINESS PROPERTY)	MANSLAUGHTER
ASSAULT W/I TO ROB (PERSONAL PROPERTY)	MURDER VICTIM UNDER 1 YR OLD
ATTEMPT MURDER-VICTIM 1 YR OLD OR OVER	MURDER-VICTIM 1 YR OLD OR OVER
ATTEMPT ROBBERY (BUSINESS PROPERTY)	POSSESS A/WEAPON W/I ENDANGER LIFE
ATTEMPT ROBBERY (PERSONAL PROPERTY)	RACIAL/RELIGIOUS AGG HARASSMENT/WORDS
ATTEMPT TO CAUSE GBH W/I TO DO GBH	RACIALLY AGGRAVATED ASSAULT/ABH
ATTEMPT TO INFLECT GBH	RACIALLY AGGRAVATED COMMON ASSAULT
ATTEMPT TO WOUND W/I TO DO GBH	RACIALLY AGGRAVATED HARASSMENT/WRITING
ATTEMPT WOUND W/I RESIST/PREVENT ARREST	RACIALLY AGGRAVATED WOUNDING/GBH
ATTEMPTED MALICIOUS OR UNLAWFUL WOUNDING	RESIST/OBSTRUCT CUSTODY OFFICER
BREACH OF ANTI SOCIAL BEHAVIOUR ORDER	RESIST/OBSTRUCT PERSON ASSIST PC
BREACH OF INJUNCTION AGAINST HARASSMENT	RESIST/OBSTRUCT POLICE OFFICER
CAUSE GBH W/I TO DO GBH	ROBBERY (BUSINESS PROPERTY)
CAUSE GBH W/I TO RESIST/PREVENT ARREST	ROBBERY (PERSONAL PROPERTY)
COMMON ASSAULT	THREAT/ABUSE/INSULT WORDS DISTRESS SEC 5
COMMON ASSAULT AND BATTERY	THREAT/ABUSE/INSULT WORDS RACIAL HATRED
CONSPIRACY TO CAUSE ABH	THREAT/ABUSE/INSULT WORDS/BEHAV SEC 4
DISORDER BEHAV LIKELY CAUSE HARASS SEC 5	THREATS TO KILL
DISP VISIBLE REP CAUSE FEAR/VIO SEC 4	VIOLENT DISORDER
DIST ITEM CAUSE FEAR/VIOLENCE SEC 4	WOUND W/I TO DO GBH
HAVE OFFENSIVE WEAPON IN PUBLIC	WOUNDING
HAVING ARTICLE WITH BLADE OR POINT	

## Drunk and Disorderly Offenders in Custody

Timeline graph – number of people brought into custody for a Drunk and Disorderly offence in West Cumbria.

Date range 01 January 2001 to 30 June 2004.

