

The 'COVID Hangover'

Addressing long-term health impacts of changes in alcohol consumption during the pandemic

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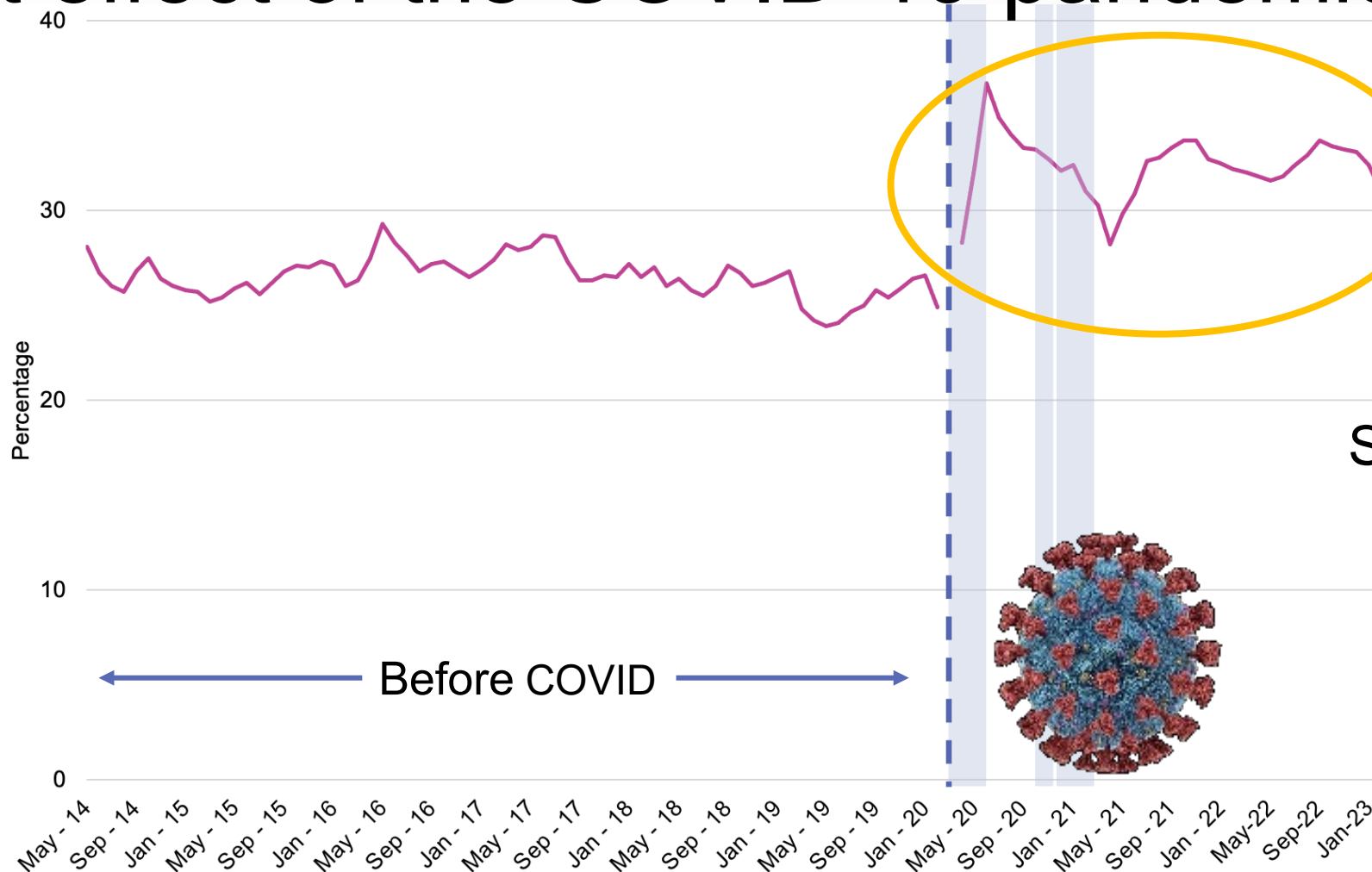
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HEALTH
LUMEN

April 2023

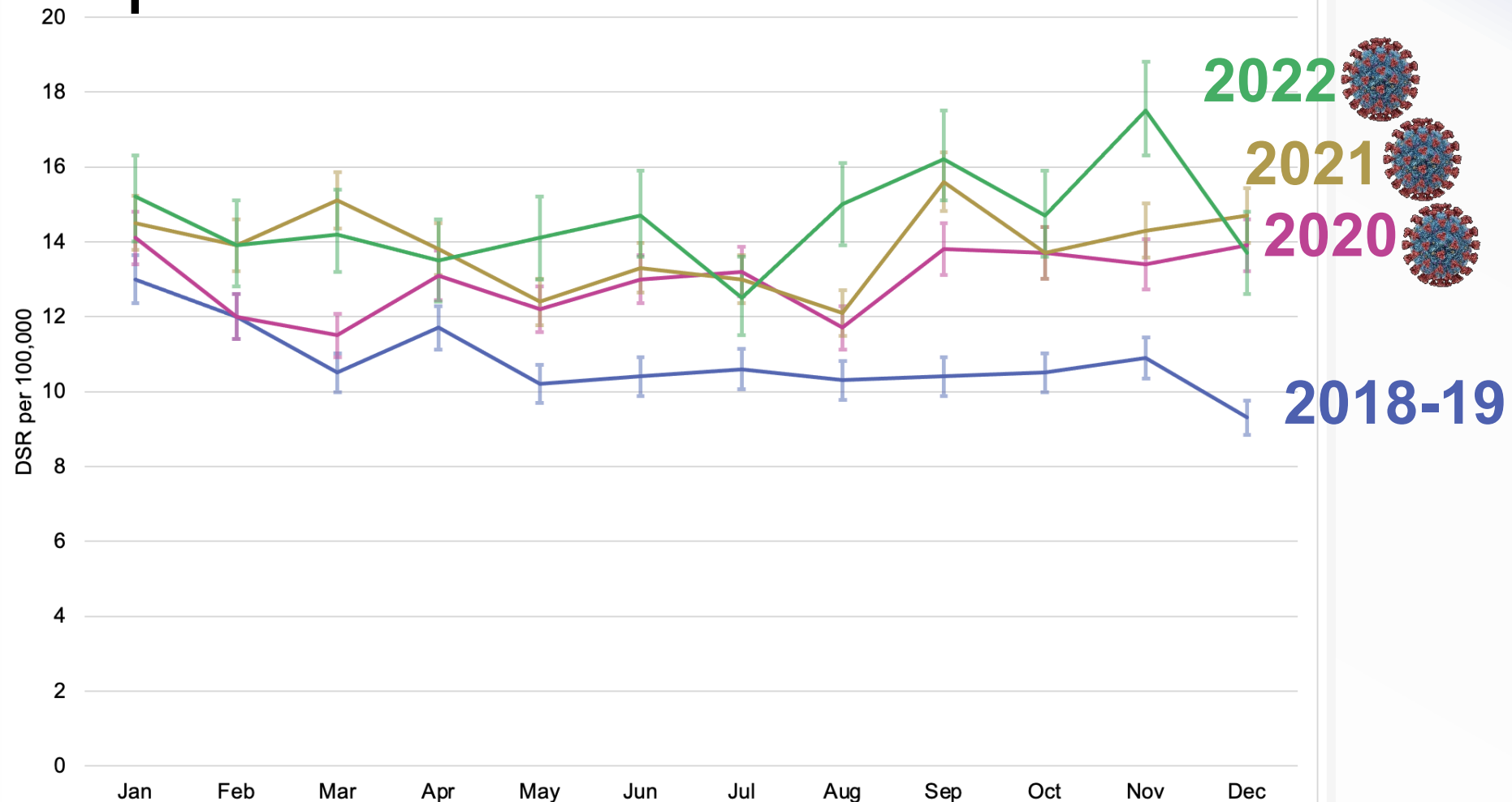
THE INSTITUTE OF ALCOHOL STUDIES

Changes in alcohol consumption are one indirect effect of the COVID-19 pandemic



Prevalence of increasing and higher risk drinking (AUDIT-C score 5+) in England, 2014-2023
Data from Alcohol Toolkit Study + OHID's Wider Impacts of COVID-19 tool

Alcohol harm has worsened: alcohol specific deaths are at record levels



Monthly trend in mortality for all alcohol-specific conditions in England.

Data from Office for National Statistics from OHID's Wider Impacts of COVID-19 tool

Several reports and data sources inspired this project & made it possible



Office for Health Improvement and Disparities

This tool is under constant review - your [feedback](#) will help us to improve it.

[Homepage](#) [Summary](#) [COVID-19 Timeline](#) [How to use this Tool](#) [Accessibility statement](#) [Grocery purchasing and food usage](#) [Social determinants of health](#)

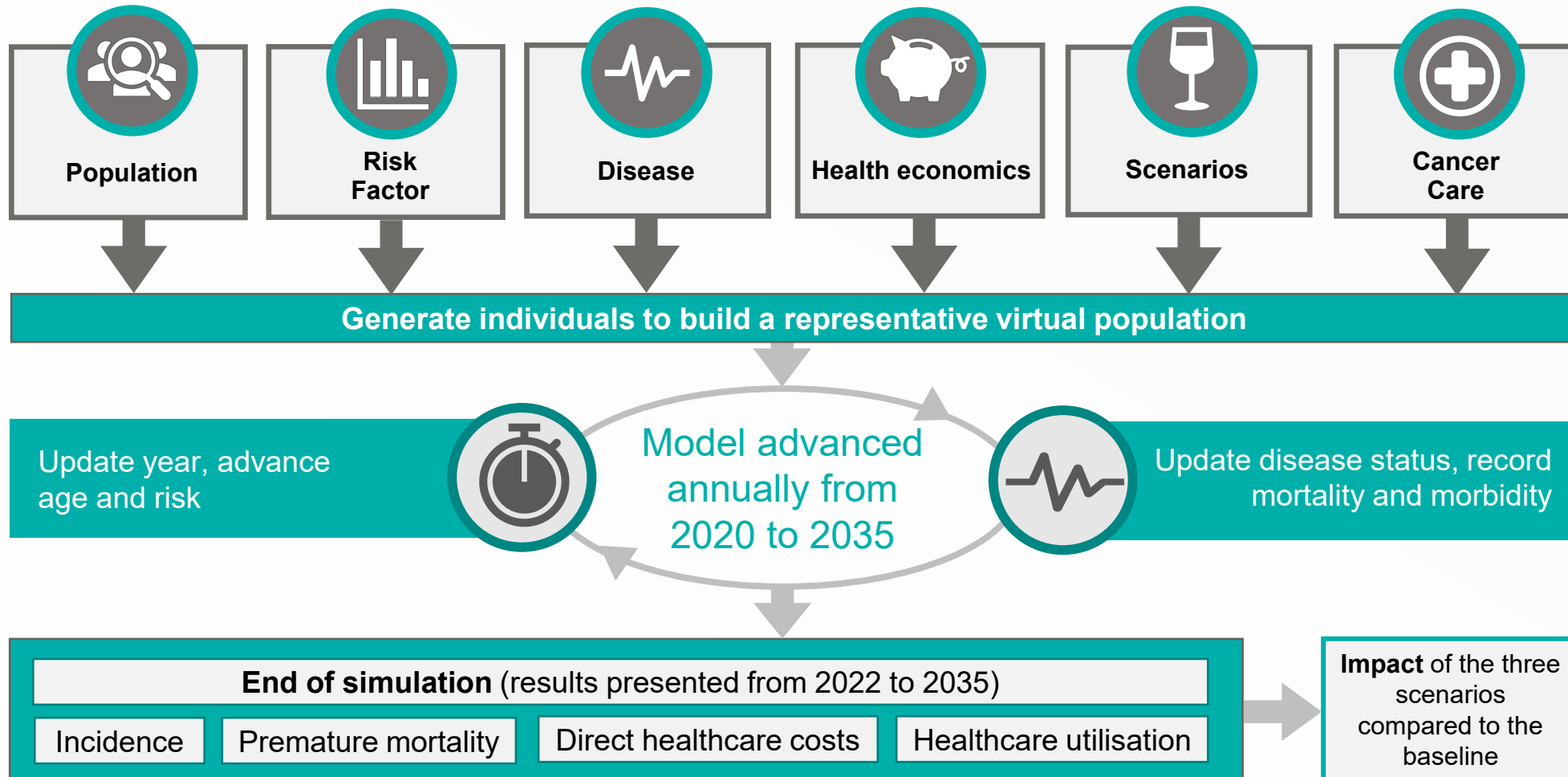
[Mental health and wellbeing](#) [Behavioural risk factors](#) [Access to care](#) [Air quality](#) [Pregnancy and birth](#) [Life expectancy](#) [Mortality](#)

[COVID-19 Health Inequalities - CHIME tool](#)

Wider Impacts of COVID-19 on Health (WICH) monitoring tool

The Wider Impacts of COVID-19 on Health (WICH) monitoring tool is designed to allow you to explore the indirect effects of the COVID-19 pandemic on the population's health and wellbeing. WICH presents a range of health and wellbeing metrics in interactive plots that can be broken down to show differences between groups - for example, you can explore grocery purchasing habits by region or social class. WICH is updated monthly and may include the addition of new metrics as they become available. A summary has been included for WICH and is available to [read](#).

Microsimulation methods were used to project future alcohol harm in England



Additional **cases** of nine alcohol-related diseases

By 2035 it is projected there could be:

Short term scenario

Alcohol consumption
returns to 2019
levels after 2022

**2,860 additional
cases of disease**

Medium term scenario

Alcohol consumption
returns to 2019
levels after 2024

**24,706 additional
cases of disease**

Long term scenario

Alcohol consumption
does not return
to 2019 levels

**147,892 additional
cases of disease**

Cumulative additional incident cases of disease, each compared to the baseline scenario (i.e. no pandemic). Diseases are hypertension, stroke, liver cirrhosis and six alcohol-related cancers.

Additional premature deaths from nine alcohol-related diseases

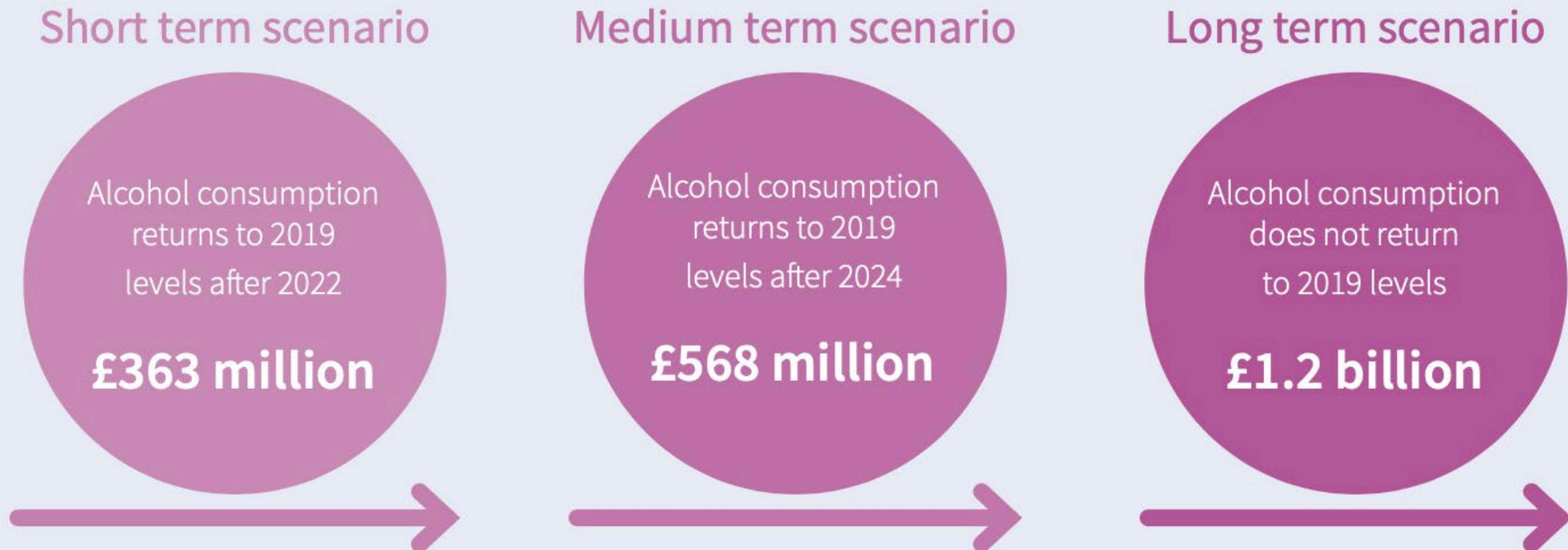
By 2035 it is projected there could be:



Cumulative additional premature (before age 75) deaths from hypertension, stroke, liver cirrhosis, and six alcohol-related cancers, compared to the baseline scenario (i.e. no pandemic).

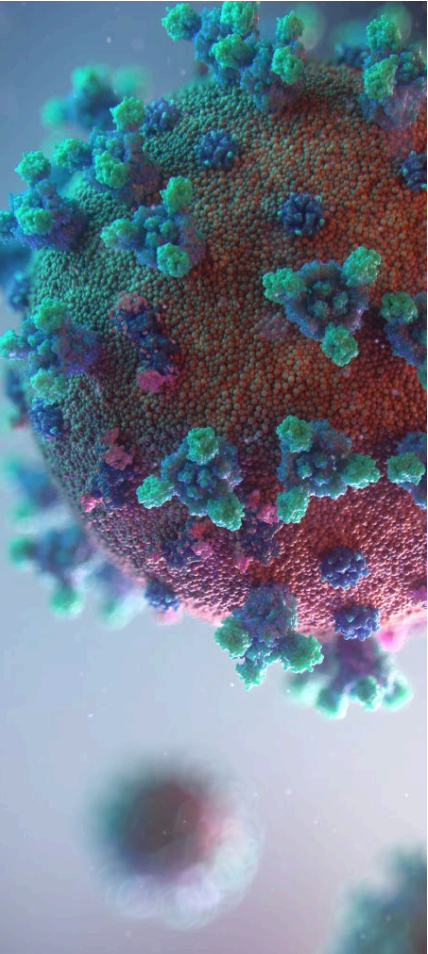
Excess direct healthcare **costs** from nine alcohol-related diseases

By 2035, the cumulative additional healthcare costs of the nine diseases modelled is projected as:



Cumulative additional direct healthcare costs from hypertension, stroke, liver cirrhosis, and six alcohol-related cancers, compared to the baseline scenario (i.e. no pandemic).

Increases in health harm and NHS costs are not inevitable



- Most of the health harm from alcohol is from chronic conditions
- There are many more adverse effects of alcohol consumption that are not included in this study
- Indirect consequences, like increases in alcohol harm, must not be neglected in COVID-19 recovery planning

Our 'Top 5' for a new national alcohol strategy



Increase funding and resources for alcohol treatment and support



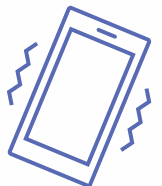
Capitalise on the opportunities presented by the new alcohol duty system commencing in 2023



Introduce minimum unit pricing for alcohol



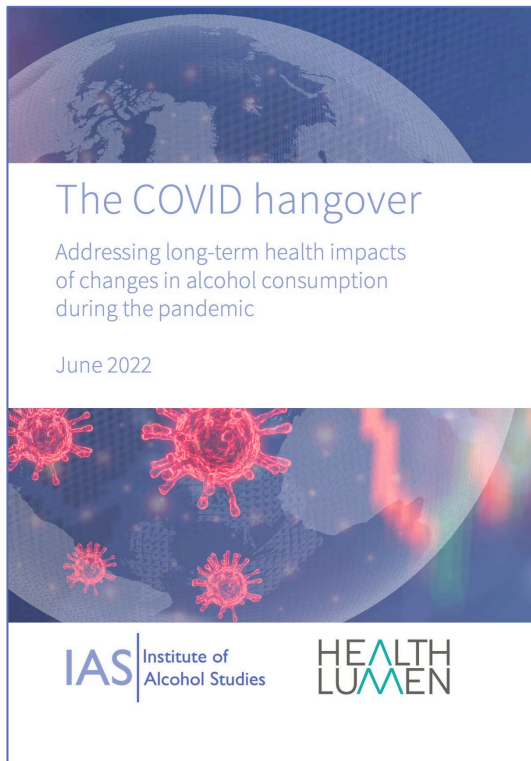
Add protecting and improving public health as a fifth objective of the alcohol licensing system in England



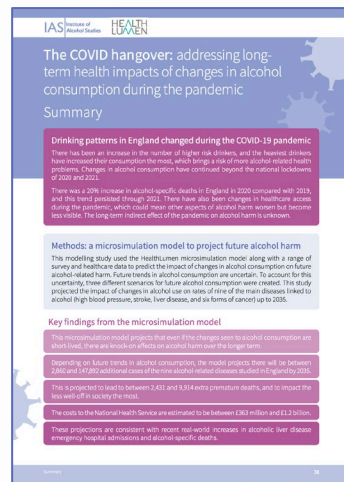
Improve the regulatory approach to alcohol marketing to reduce exposure and influence among the vulnerable

Publications from our project

IAS report



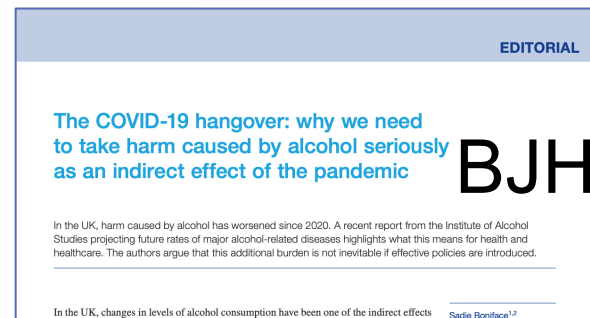
Journal article...



2-page briefing

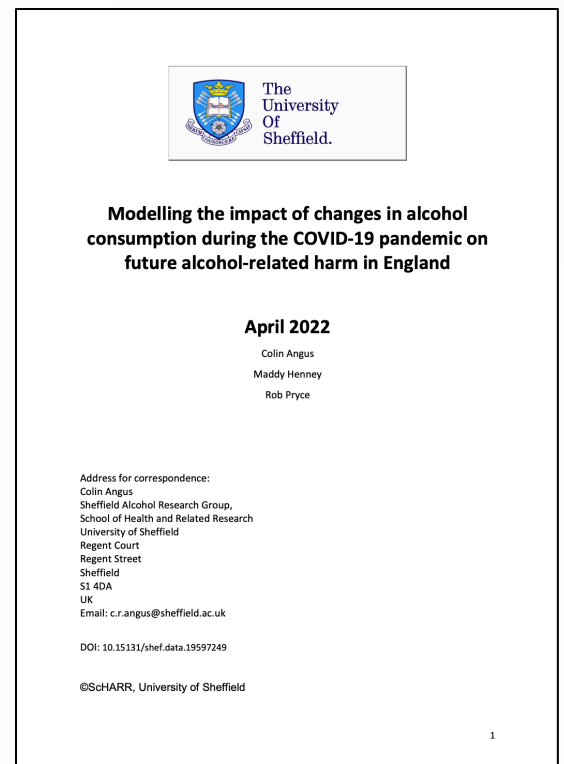


NIHR final report



BJHM Editorial

See also...



Acknowledgements

HealthLumen: Dr Laura Webber (joint PI), Dr Lise Retat, Alex Martin, Bradley Fryer, Kate McAllister

IAS: Dr Katherine Severi, Dr Alison Giles, Jem Roberts

Clive Henn, Dr Robyn Burton, Prof Nick Sheron

Dr Loren Kock & Prof Jamie Brown, UCL

Prof Petra Meier, University of Glasgow

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Members of the public involved in the project

NIHR Policy Research Programme for funding

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