

## Injury Prevention and Health Promotion SIG

### Alcohol and Staying Safe

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The health and social costs from the irresponsible use of alcohol have been widely reported. The consequences of excessive drinking widespread: impacting on the individual, their family and friends, their community and more broadly, the population.. While the health-related harms associated with drinking alcohol (including injury) have been the focus of health promotion campaigns and interventions (eg RBT, young drivers), arguably little has shifted the image of the *beer swilling Aussie!* We sing about this icon, we toast our glasses and celebrate the implied mateship, and we continue to add the statistics in the injury counts across the country.

The evidence is clear that even a small amount of alcohol can lead to injury, and too frequently, death. We ask the question - Is there any such thing as “safe drinking”? The answer to this question has significant ramifications for the prevention of alcohol-related injury. Does a successful intervention in one area have a positive impact in others, or is the problem just shifted elsewhere?

What can we learn from other health behaviour interventions and are these applicable to alcohol? As alcohol transcends so many domains of modern Australian life, it is important that any approach to reduce associated harms is multi-disciplinary and cross-sectoral in nature. It is important that the lessons learnt are able to be translated into new settings, and that programs are supported appropriately.

This workshop will:

- Describe patterns of alcohol use and related injury impacts
- Identify the factors that enhance and impede responsible alcohol management and injury prevention
- Report on different approaches to alcohol management/injury prevention
- Invite participants to share their experiences and the steps they see are required to fulfil their vision to help shape a future for injury prevention and safe environments

Workshop participants will be invited to extend their discussions via an electronic forum supported by the Injury Prevention SIG, with posting to include workshop notes and presentations, links to programs and input into policy development.