

Low risk drinking guidelines in Europe: overview of RARHA survey results

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 **RARHA**
REDUCING ALCOHOL RELATED HARM

ISS Work Group and RARHA Italian National Team

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- 1. Overview of drinking guidelines given in MS and of their main features (ISS)**
2. Overview of the uses of drinking guidelines in the context of Early Identification and Brief Interventions (EIBI) on Hazardous/Harmful Alcohol Consumption (HHAC) in PHC and other settings, drawing in particular on projects ODHIN and BISTAIRS (ISS)
3. Overview of guidelines on drinking by young people (LWL)
4. Overview of science underpinnings drawing on recent work done for Australian and Canadian guidelines (THL)
5. Overview of "standard drink" definitions across the EU and of main approaches to increase awareness of such tools for monitoring alcohol consumption (HSE)
6. Mapping consumer views on risk/safety communication as an approach to reduce alcohol related harm by on-line surveys in 16 MS (EUROCARE)
7. From science to practice: Expert/policymaker meeting (at ISS) to discuss preliminary results and conclusions from the overviews and to help develop a policy Delphi survey (THL)
8. Second Expert/policymaker meeting to foster dialogue on good practice principles in the use of drinking guidelines as a public health measure drawing on all previous tasks
9. Coordination and production of synthesis report (THL)



- ✓ The questionnaire has been submitted by email (July 2014) to the **country representatives** of the Committee on National Alcohol Policy and Action - **CNAPA** as experts with qualified experience and competence on the specific topic
- ✓ Participants were asked to:
 - **check the validity of the information** derived from a preliminary ISS review of sources of information on low risk drinking guidelines ("*review of available sources*")
 - **provide the most updated and reliable information** for their Country ("*RARHA survey*")
- ✓ Detailed **instructions to fill in the Country report/Questionnaire, standardizing the data collection**, were provided
- ✓ The present version of this overview has been amended (May 2016) with all corrections suggested by respondents to the 2014 survey. Data on guidelines/recommendations issued after the data collection were not included.

The RARHA survey questionnaire

COUNTRY

Dear CNAPA member,
 this table summarizes data gathered through ISS preliminary review of available sources of information on EU drinking guidelines or recommendations and their main features (sub-groups, high risk contexts addressed, etc.).
For any listed "Variables", please check the validity of the data reported under "Review of available sources" and fill in the column "RARHA survey" providing the most updated and reliable information for your Country. The input must follow the format specified under the column **"Codes, categories and format"**.
 Do not hesitate to contact the ISS RARHA staff for any doubt or clarification.
 Thank you very much for your very kind collaboration.

RARHA WP5-Task1 Drinking Guidelines

Legend of review sources:

	Furtwaengler&Visser review [Drug and Alcohol Review (January 2013), 32, 11–18]
	WHO additional survey 2012
	WHO Status report on alcohol and Health in 35 EU countries 2013
	OECD Collection on national drinking guidelines (provisional version 19 May 2014)

The different background colours are present only when the specific variable was investigated in the corresponding source (null if missing)
 X=Contradictory information among data available from different sources

Investigated aspects	Variables	Codes, categories and format	Review of available sources X	RARHA survey
STANDARD DRINK	Is the "Standard Drink" concept currently being used in your country?	1=Yes 2=No		
	If Yes, In advice (brief interventions) provided by health care professionals	1=To a large extent 2=To some extent 3=Not at all 4=Do not know		
	If Yes, In public education messages	1=To a large extent 2=To some extent 3=Not at all 4=Do not know		
	If Yes, On alcoholic beverage packages to indicate the alcoholic content	1=To a large extent 2=To some extent 3=Not at all 4=Do not know		
	How is the "Standard Drink" (SD) defined in your country?	In grams of pure alcohol; how many grams in one SD: In centiliters of pure alcohol; how many cl in one SD: Other; please specify:		

The sources of available information are:

- Furtwaengler&Visser review [Drug and Alcohol Review (January 2013), 32, 11–18]
- WHO additional survey 2012
- WHO Status report on alcohol and Health in 35 EU countries 2013
- OECD Collection on national drinking guidelines (provisional version 19 May 2014)

The four different sources of available information has been adapted/harmonized in order to include into a comprehensive category the different wordings of the variables (i.e. limits, recommendations, guidelines, guidance have been considered all together).

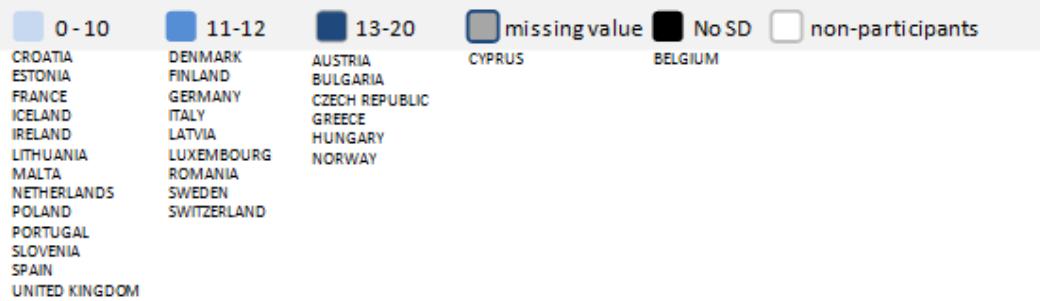
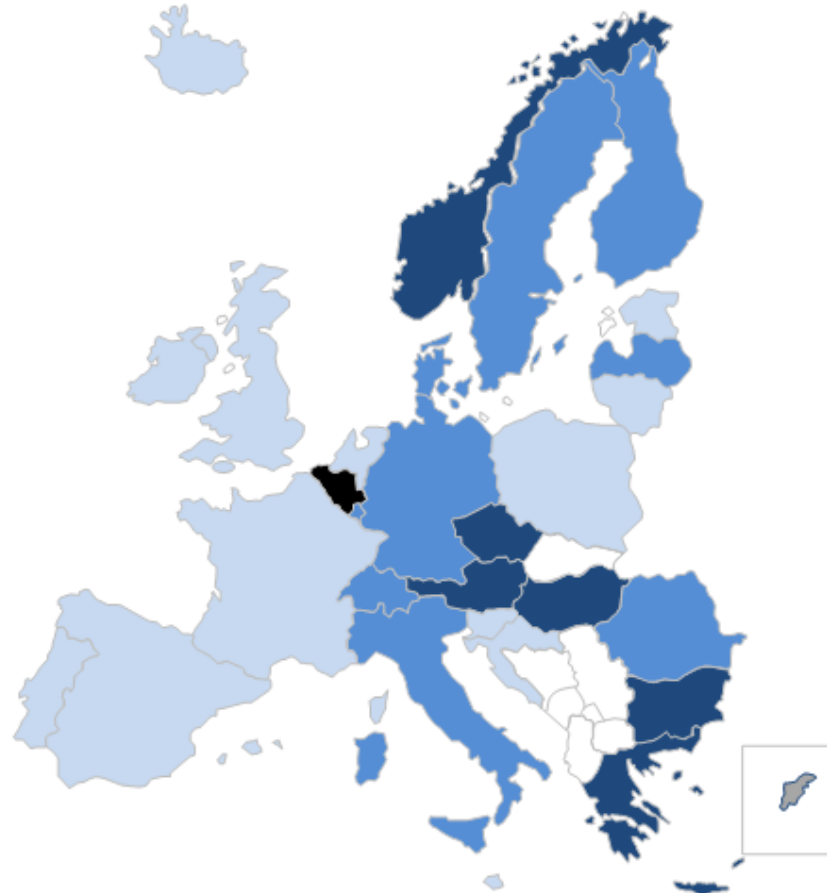
- ✓ **31 European countries addressed**
(all RARHA associated and collaborating countries + 1 additional country*).
- ✓ **30 out of 31 European countries replied**
(Austria, Belgium, Bulgaria, Croatia, Cyprus, Czech Republic*, Denmark, Estonia, Finland, France, Germany, Greece, Hungary, Iceland, Ireland, Italy, Latvia, Lithuania, Luxembourg, Malta, Norway, The Netherlands, Poland, Portugal, Romania, Slovenia, Spain, Sweden, Switzerland, United Kingdom).
- ✓ **Slovakia did not reply**

Standard Drink definition and use in EU countries

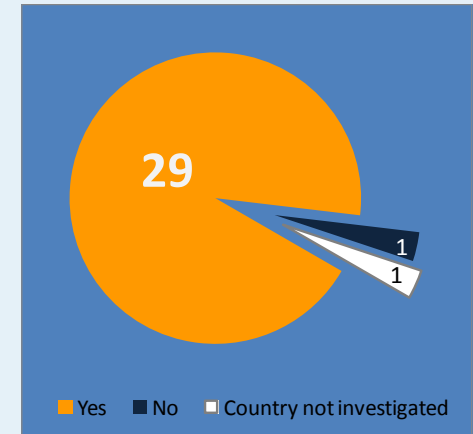
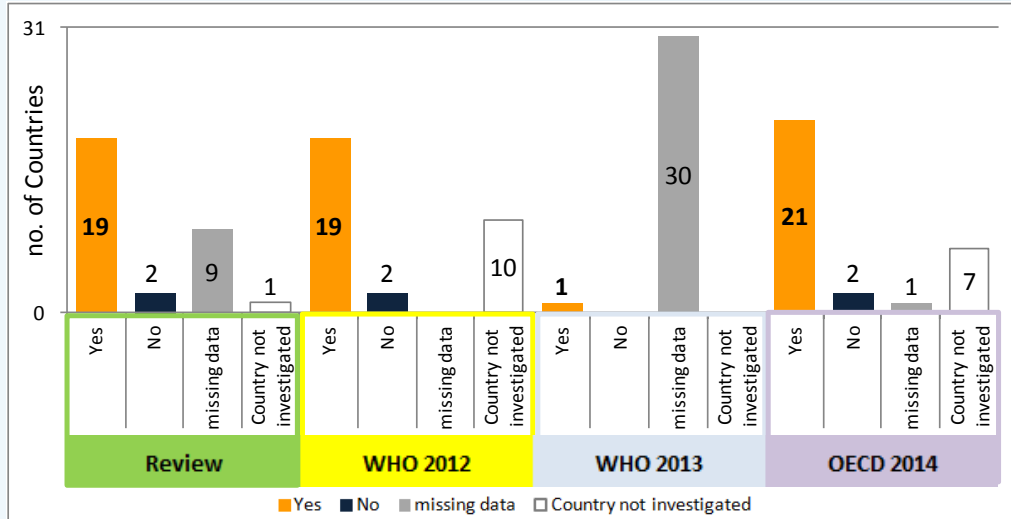
Country	DATA SOURCE					Is the "Standard Drink" concept currently being used in your country?			Used in which way? 1=To a large extent; 2=To some extent; 3=Not at all; 4=Do not know						How is the "Standard Drink" (SD) defined in your country?											
	Review	WHO 2012	WHO 2013	OECD 2014	RARHA	1=Yes; 2=No			If Yes, in advice (brief interv.) provided by health care professionals	If Yes, in public education messages	If Yes, On alcoholic bev packages to indicate the alcoholic content	How many grams in one SD (in grams of pure alcohol)			How many cl in one SD (in centiliters of pure alcohol)											
																		cl of pure alcohol	Wine	Beer	Aperitif	Spirit	Other			
AUSTRIA						2	1	1	1	2	2	2	2	3	20	10	20				50					
BELGIUM								2	2																	
BULGARIA						1	1	1	1	2	2	2	3	3	10	10	13									
CROATIA							1		1 & 2	2	1	1	4	3	10		10	1,65								
CYPRUS							2		1	2		2	3					15	33				5	Divanieris		
CZECH REPUBLIC						2	1	1	1	2	2	2	3	3	~ 16	16	16	2								
DENMARK						1		1	1	2		1	3	12		12	12	1,5								
ESTONIA						1	1	1	1	1	1	2	2	3	3	10	10	10								
FINLAND						1	1	1	1	1	1	2	2	3	3	12	12	1,5								
FRANCE						1		1	1	2		3	3	10		10	10		10	25			3			
GERMANY						1	1	1	1	2	2	2	2	3	3	12	10	12	10; 12							
GREECE							1	1	1	2	3	2	2	3	3	10-16	10	10; 16								
HUNGARY							1	1	1	2	2	3	3	3	3	10	16-20	12; 14								
ICELAND						1		1	1	2		2	3		12		12	10	3							
IRELAND						1	1	1	1	2	2	2	2	3	3	10	10	10								
ITALY						1	1	1	1	1	2	1	2	3	2	12	12	12	12	12,5	33	8	4			
LATVIA							1		1	2	2	2	2	3	3	12		12								
LITHUANIA						1	2		1		2		2	3	10		10									
LUXEMBOURG								1		2		2	3			12										
MALTA							1		1	2	2	1	2	3	3	8-10		8; 10	10; 12,7							
NETHERLANDS (THE)						1		1	1	1		1		3	10		10	10								
NORWAY								1	1	2		3	3			12-15	12; 15	g/0.79								
POLAND						1	1	1	1	2	2	1	2	3 & 4	3	10	10	10	10							
PORTUGAL						1	1	1	1	2	2	1	1	3	3	10	10-12	12	10							
ROMANIA							1		1		2	2	2	3		13		12								
SLOVAKIA						1		2							14											
SLOVENIA						1	1	1	1	1	1	2	2	3	3	10	10	10	10							
SPAIN						1		1	1		1		2	3	10		10	10								
SWEDEN						1	1	1	1	2	1	2	2	3	3	12	12	1,4; 2,1								
SWITZERLAND						1		1	1		2		3	3	10		10-12	10; 12								
UNITED KINGDOM						1	1	1	1	1	1	1		1	8	8	8	8	10	10						



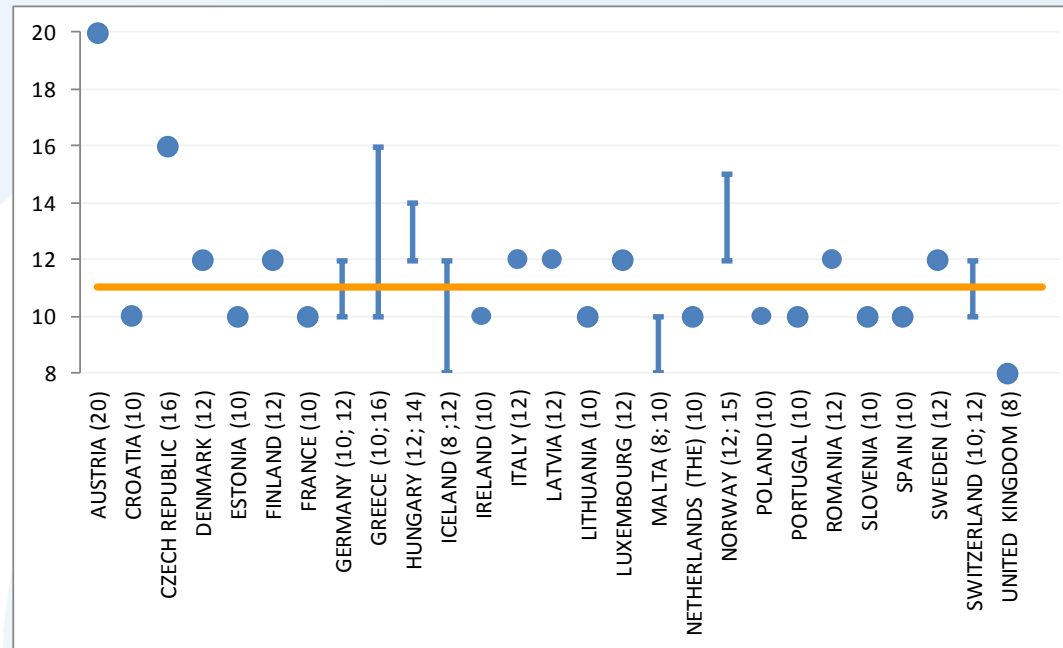
Standard Drink in EU countries, in grams of pure alcohol



Standard Drink in grams of pure alcohol

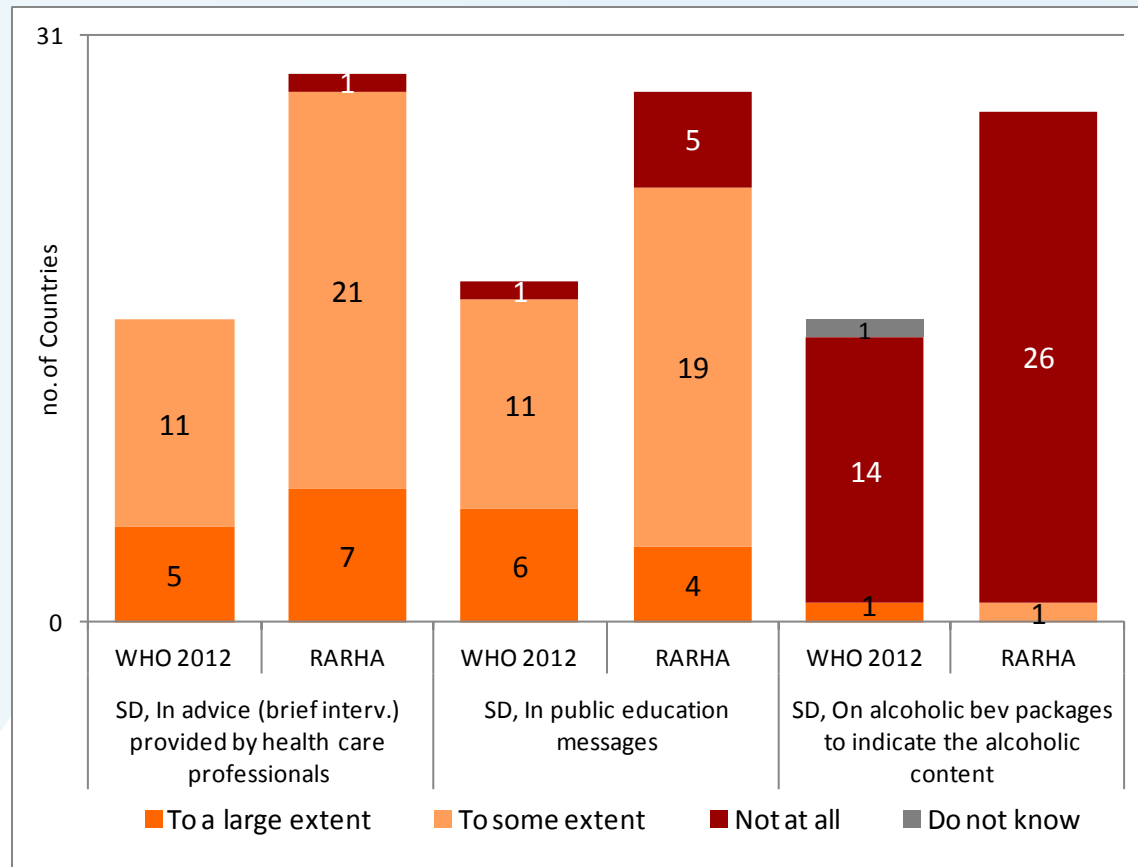


**RARHA survey
SD in grams of pure
alcohol:**



Mean=11
Median=11
Mode=10

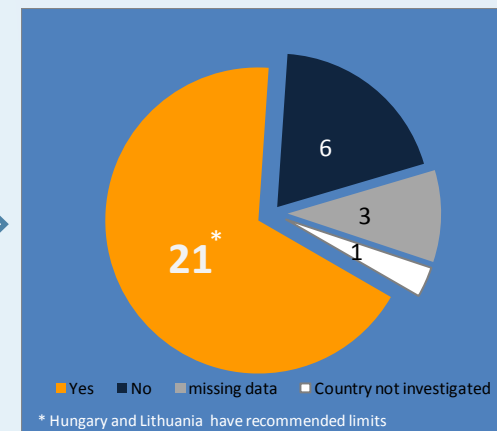
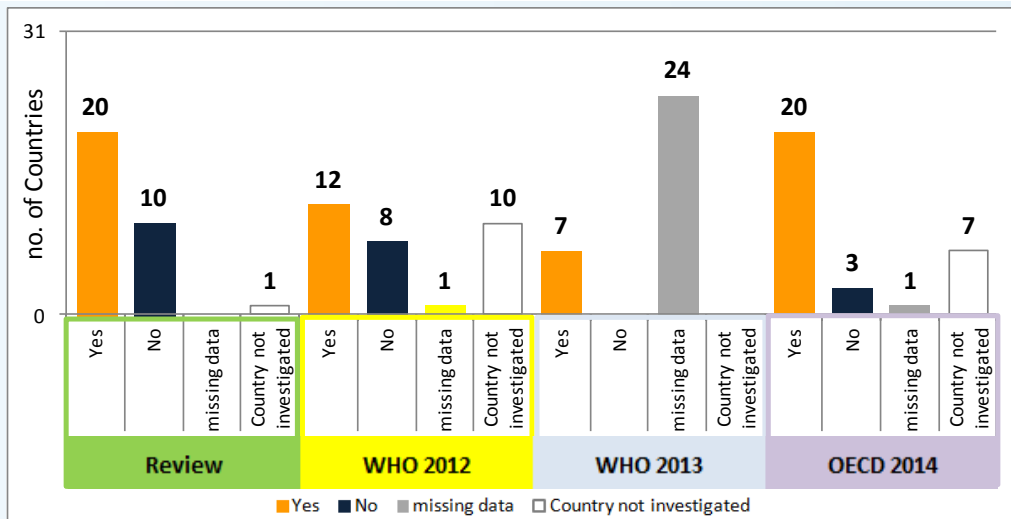
Low risk drinking guidelines in Europe: overview of RARHA survey results



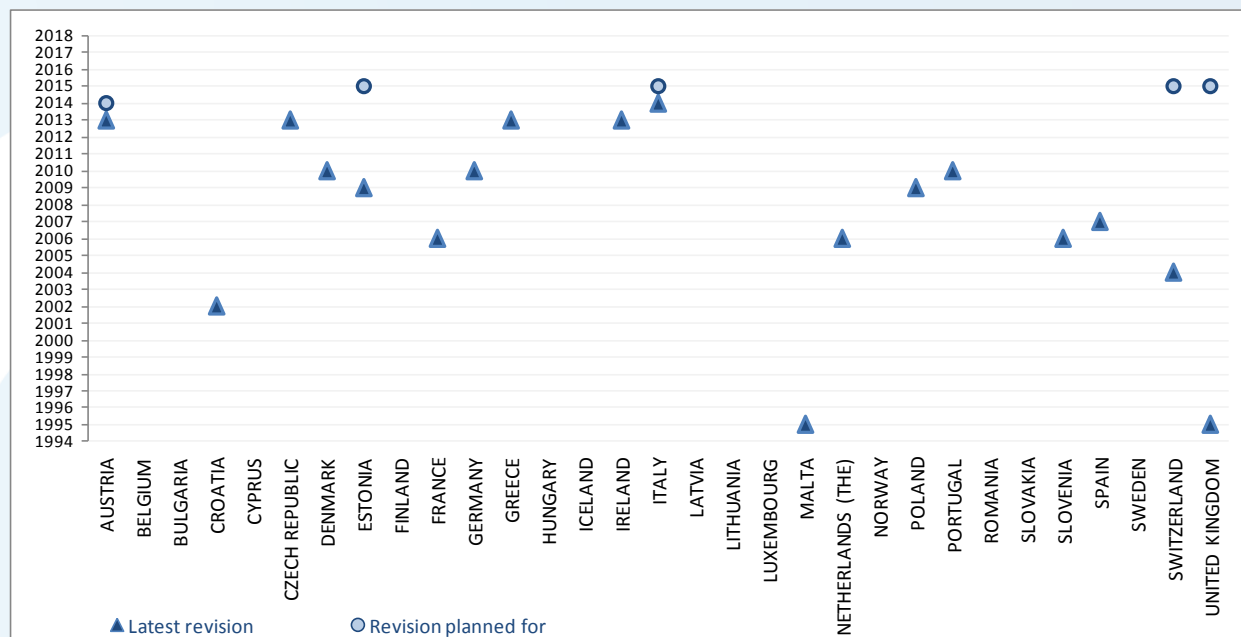
Low Risk Guidelines (GL)/Recommendations (R)

Country	DATA SOURCE					Have guidelines for low risk drinking been issued in your country?				Organization	Latest revision			Not revised since		Revision planned for			
	Review	WHO 2012	WHO 2013	OECD 2014	RARHA	1=Yes; 2=No					Year (YYYY)			Year (YYYY)		Year (YYYY)			
AUSTRIA						1	1			1	Ministry of Health	2009			2013	2009	2013	Not yet agreed	2014
BELGIUM						2				2									
BULGARIA						1	2			2									
CROATIA										1	Croatian Association for Alcohol Alcoholia				2002				
CYPRUS						2	2												
CZECH REPUBLIC						1	2			1	Centre for Addictology, 3rd Faculty of Medicine and General Teaching Hospital, Charles University and				2013				
DENMARK						1		1	1	1			2010		2010		2010		
ESTONIA						1	1	1	1	1	National Institute for Health Development	2009	2009		2009				2015
FINLAND						1	1			1	Alcohol Programme (guidelines are not official)					2008			
FRANCE						1				1	Notes				2006		2006		
GERMANY						1	1	1	1	1	German Centre for Addiction Issues (DMS)	2010	2008		2010		2010		
GREECE						2	2			1	Ministry of Health				2013				
HUNGARY						2	2			1	2								
ICELAND						1				1									
IRELAND						1	1	1	1	1	Department of Health				2013				2012/13
ITALY						1	2	1	1	1	THESE ARE ADVICES FROM THE ITALIAN NATIONAL INSTITUTE FOR FOOD AND NUTRITION	2011			2014		2003		2015
LATVIA						2	2			2									
LITHUANIA						2	2			2									
LUXEMBOURG						2				1	Directorate of Health								
MALTA						2	1			1	Police					1995	1995		
NETHERLANDS (THE)						1				1	General Household (Health Council of the Netherlands)				2006		2006		
NORWAY						2				2									
POLAND						1	1			1	PARPA	2009			2009	2009	2009	no	
PORTUGAL						1	1			1	WHO guidelines reflected in the Action Plan against Alcoholism 2000 and in the National Action Plan for 2010-2012	2010			2010				
ROMANIA						2	1			2	Romanian Forum for Responsible Consumption - FRFC								
SLOVAKIA						1				2									
SLOVENIA						1	1			1	Faculty of Medicine, Department of Family Medicine	2006			2006	2006	2006		
SPAIN						1				1	Ministry of Health, Social Services and Equality						2007		
SWEDEN						1	1	1	1	2	National Board of Health and Welfare	2011							
SWITZERLAND						1				1	Federal Office of Public Health/Alcohol			2008	2004		2004		2015
UNITED KINGDOM						1	1	1	1	1	Chief Medical Officer (CMO)	Review in progress			1995	1995		2012	2015

Low Risk Guidelines/Recommendations in EU



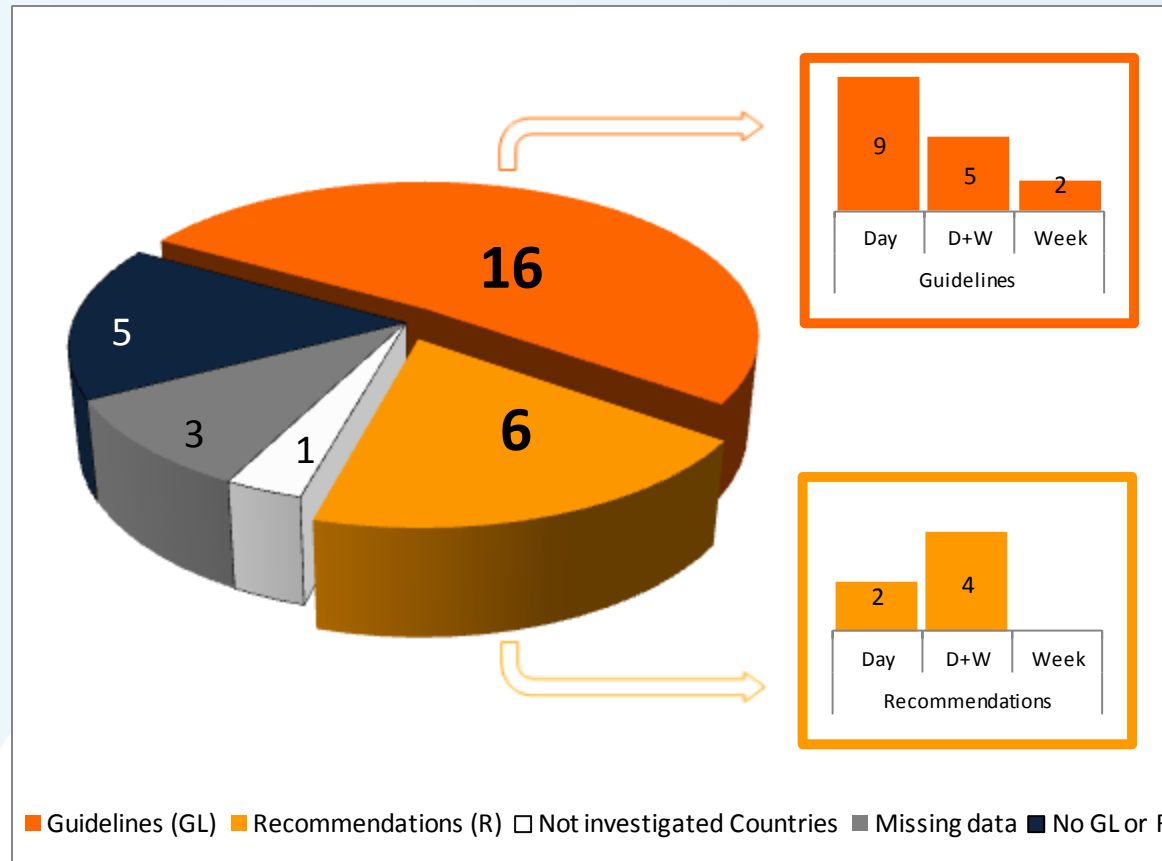
Latest revision
(year)



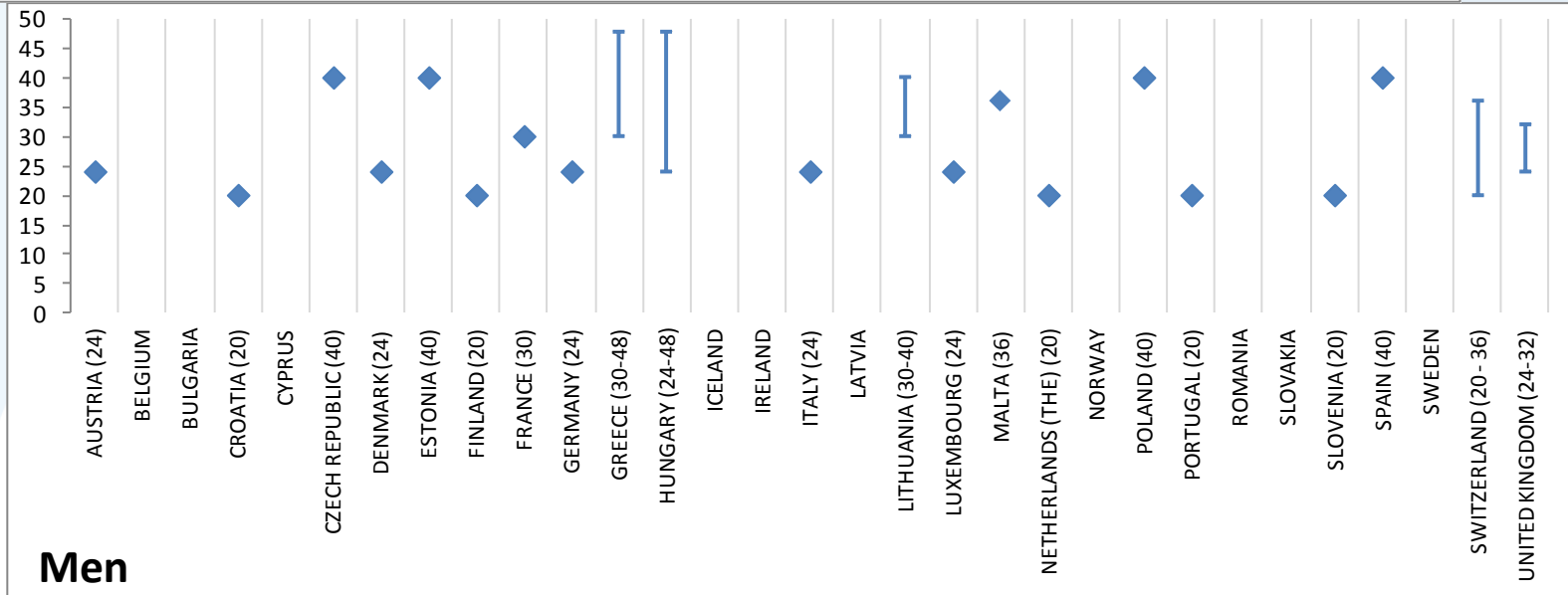
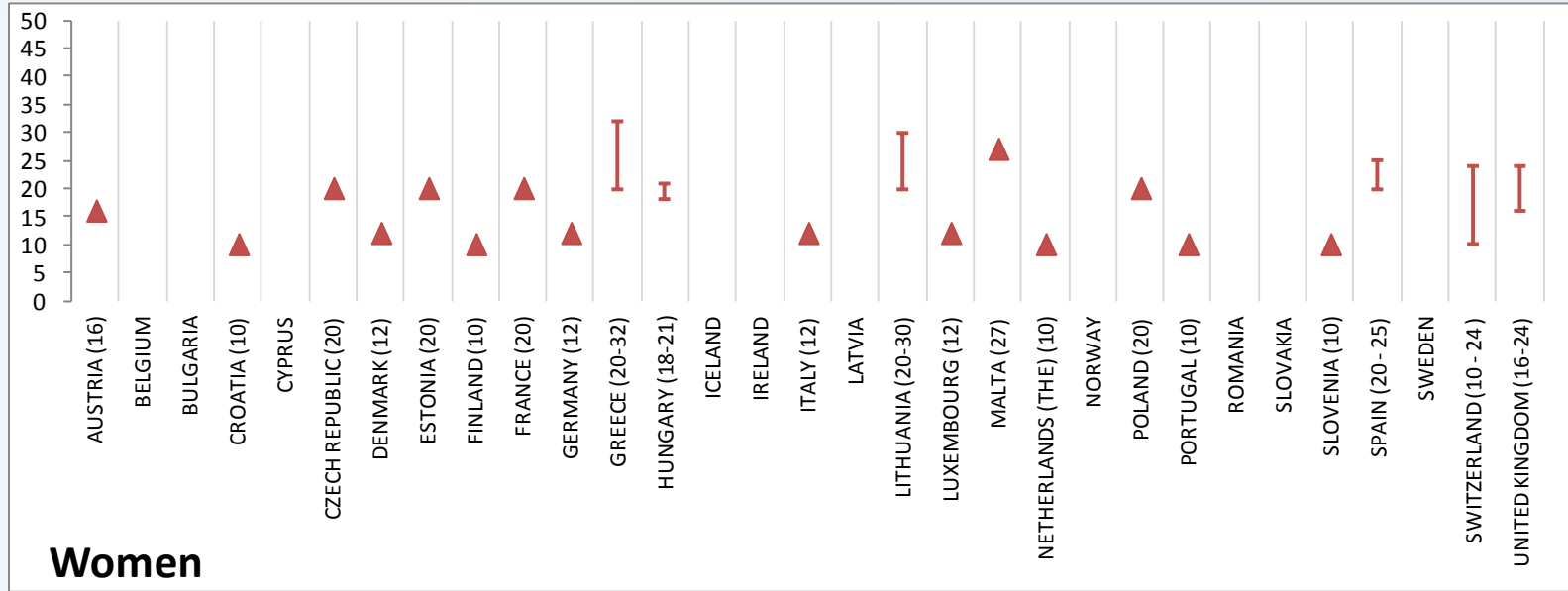
Country	DATA SOURCE					Men				Women				All consumers		Guidelines on average alcohol intake in a week		No guide lines but RECOMMENDATIONS on average alcohol intake in a week			
	Review	WHO 2012	WHO 2013	OECD 2014	RARHA	Average alcohol intake in a week not to be exceeded (grams of pure alcohol)				Average alcohol intake in a week not to be exceeded (grams of pure alcohol)				Average alcohol intake in a week not to be exceeded (grams of pure alcohol)		2=Not issued					
AUSTRIA							160					120				300		2	2	<input checked="" type="checkbox"/>	
BELGIUM																			2		
BULGARIA							0					0				0		2		2	
CROATIA							200					120								2	
CYPRUS																				2	
CZECH REPUBLIC																		2		2	
DENMARK							168			168	84			84							
ESTONIA							160	160	160		80	80		80							
FINLAND								280		288		190		192				2			
FRANCE							210				140										
GERMANY								120				60	60					2		2	<input checked="" type="checkbox"/>
GREECE																				2	
HUNGARY																				2	
ICELAND							168				84										
IRELAND							210	168 (sugg)	21 SU	170	168	140	112 (sugg)	14 SU	110	112					
ITALY																		2	2		2
LATVIA																					
LITHUANIA											210				140					2	<input checked="" type="checkbox"/>
LUXEMBOURG																30 free alcohol days/week					
MALTA								189			189		126		126					2	<input checked="" type="checkbox"/>
NETHERLANDS (THE)																		2		2	
NORWAY																					
POLAND							280	280		280	140	140		140							
PORTUGAL																		2	2		2
ROMANIA								195					130								2
SLOVAKIA																		2			
SLOVENIA								140		140		70		70				2			
SPAIN							210			280	140			170							
SWEDEN							168	168	168		108	108		108							2
SWITZERLAND																		2			2
UNITED KINGDOM								168	168	168		112		112	112			2		2	<input checked="" type="checkbox"/>



Country	DATA SOURCE					Men				Women				All consumers		Guidelines on average alcohol intake in a day		No guidelines but RECOMMENDATIONS on average alcohol intake in a day	
	Review	WHO 2012	WHO 2013	OECD 2014	RARHA	Average alcohol intake in a day not to be exceeded (grams of pure alcohol)				Average alcohol intake in a day not to be exceeded (grams of pure alcohol)				Average alcohol intake in a day not to be exceeded (grams of pure alcohol)		2=Not issued			
AUSTRIA						24	24		24	24	16	16		16	16	40		2	<input checked="" type="checkbox"/>
BELGIUM																		2	
BULGARIA						30	20				20	10						2	
CROATIA							40			20		20			10				<input checked="" type="checkbox"/>
CYPRUS																		2	
CZECH REPUBLIC						24			40	40	16			20	20				
DENMARK									24	24				12	12		2		
ESTONIA						40	40		40	40	20	20		20	20				
FINLAND						20			24	20	10			12	10		2		
FRANCE						30			30	30	20			20	20				
GERMANY						24	24	24	24	24	12	12	12	12	12				
GREECE									30	30-48				20	20-32				
HUNGARY									48-60	24-48				32-40	18-21			2	<input checked="" type="checkbox"/>
ICELAND						24			24		12			16					
IRELAND						40			24		30			16			2	2	
ITALY						36	24-36		24-36	24	24	12-24		12-24	12				
LATVIA																			
LITHUANIA										30-40				20-30			2	2	<input checked="" type="checkbox"/>
LUXEMBOURG										24				12				2	<input checked="" type="checkbox"/>
MALTA										36				27			2	2	<input checked="" type="checkbox"/>
NETHERLANDS (THE)						30			20-30	20	20			10	10				
NORWAY																			
POLAND						40	40		40	40	20	20		20	20				
PORTUGAL						20	24		24-36	20	20	16		12-24	10				
ROMANIA							39					26						2	
SLOVAKIA						28					14								
SLOVENIA						20	20		20	20	10	10		10	10				
SPAIN						30			40	40	20			20	20 - 25				
SWEDEN									24					15			2		
SWITZERLAND						40			40-48	20 - 36	20			20-24	10 - 24				
UNITED KINGDOM						32	24-32		24	24-32	24	16-24		16	16-24			2	<input checked="" type="checkbox"/>

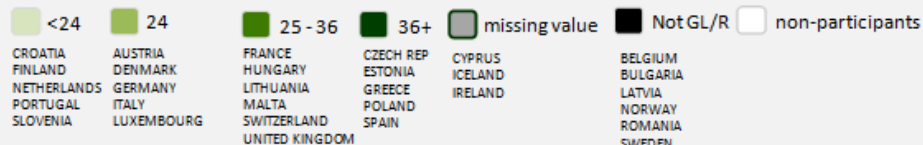
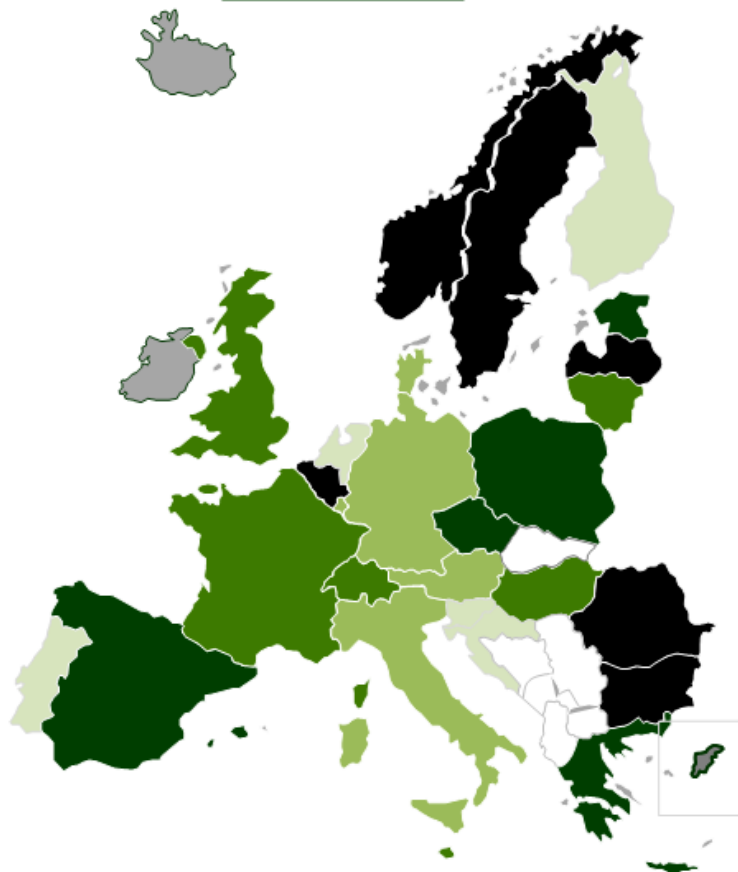


Daily alcohol intake average not to be exceeded (grams of pure alcohol)

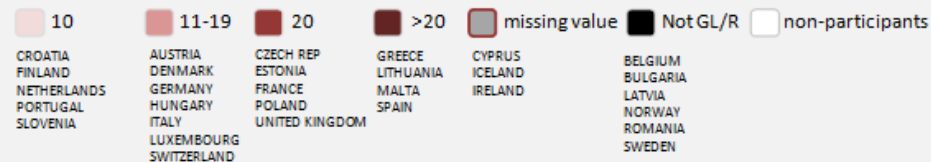
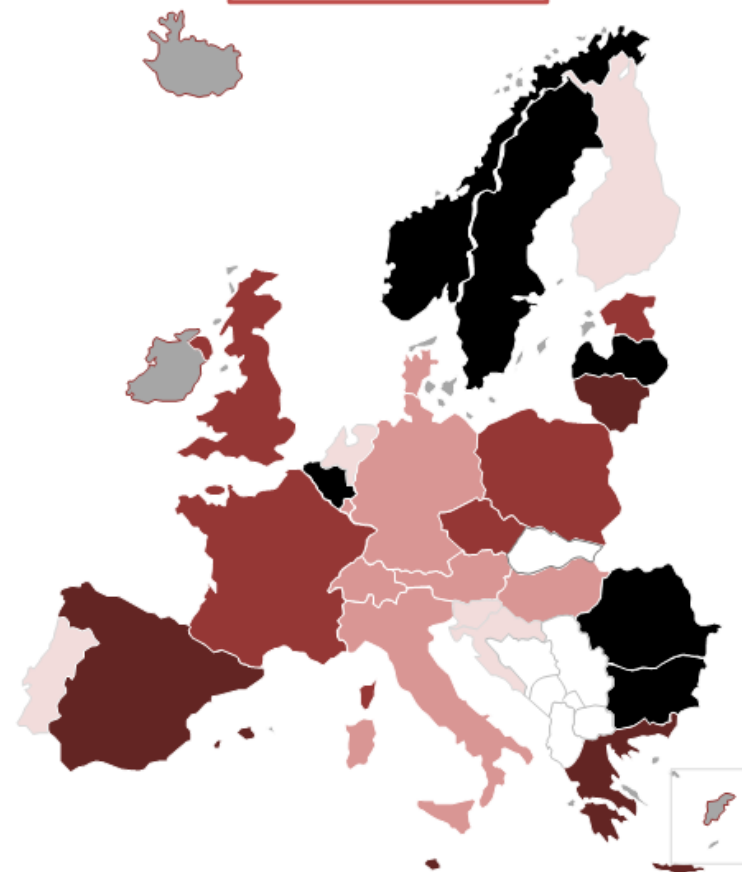


RARHA Daily alcohol intake not to be exceeded (g pure alcohol)

MEN



WOMEN



Binge Drinking definitions

Country	DATA SOURCE					Men			Women			All consumers			Guidelines on binge drinking			No guidelines but RECOMMENDATIONS on binge drinking			
	Review	WHO 2012	WHO 2013	OECD 2014	RARHA	Maximum intake per drinking occasion (binge drinking) (grams of pure alcohol)			Maximum intake per drinking occasion (binge drinking) (grams of pure alcohol)			Maximum intake per drinking occasion (binge drinking) (grams of pure alcohol)			1=Issued 2=Not issued						
AUSTRIA																	2	2			
BELGIUM																	2	2			
BULGARIA						100			50										2		
CROATIA														2					2		
CYPRUS																			2		
CZECH REPUBLIC												80	80				1		1		
DENMARK								60			60			48				1	1		
ESTONIA													60					1	2		
FINLAND						84	84	84	60	60	60			60-72				1	1		
FRANCE													60	40			1	1	1		
GERMANY						50			50				60	50			1	1	1		
GREECE														40-64				2	<input checked="" type="checkbox"/>		
HUNGARY													96-120	72-84				1	2	<input checked="" type="checkbox"/>	
ICELAND																		2	2		
IRELAND						*70 (old high risk)			*70 (old high risk)				60	60				1	1		
ITALY													60-72	72	2		1	1	1		
LATVIA								60						60					2	<input checked="" type="checkbox"/>	
LITHUANIA								60-80			40-80								2	<input checked="" type="checkbox"/>	
LUXEMBOURG								60			60			60				2	2	<input checked="" type="checkbox"/>	
MALTA												36		36					1		
NETHERLANDS (THE)																		2	2		
NORWAY													72-90					1	2		
POLAND						60	60	60	40	40	40							1		<input checked="" type="checkbox"/>	
PORTUGAL						60	72	60	48	60	50							1	1		
ROMANIA														72	2				2	<input checked="" type="checkbox"/>	
SLOVAKIA													6 SU					1			
SLOVENIA						50	50	50	30	30	30							1	1		
SPAIN							60	60		40	40							1		<input checked="" type="checkbox"/>	
SWEDEN						60	60		48			48						1	2		
SWITZERLAND							50-60	40-48		40-48	30-36							1	1		
UNITED KINGDOM							64	64		48	48						2	1	1	2	<input checked="" type="checkbox"/>

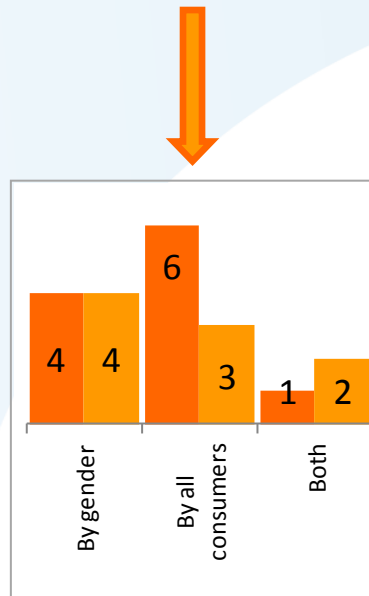
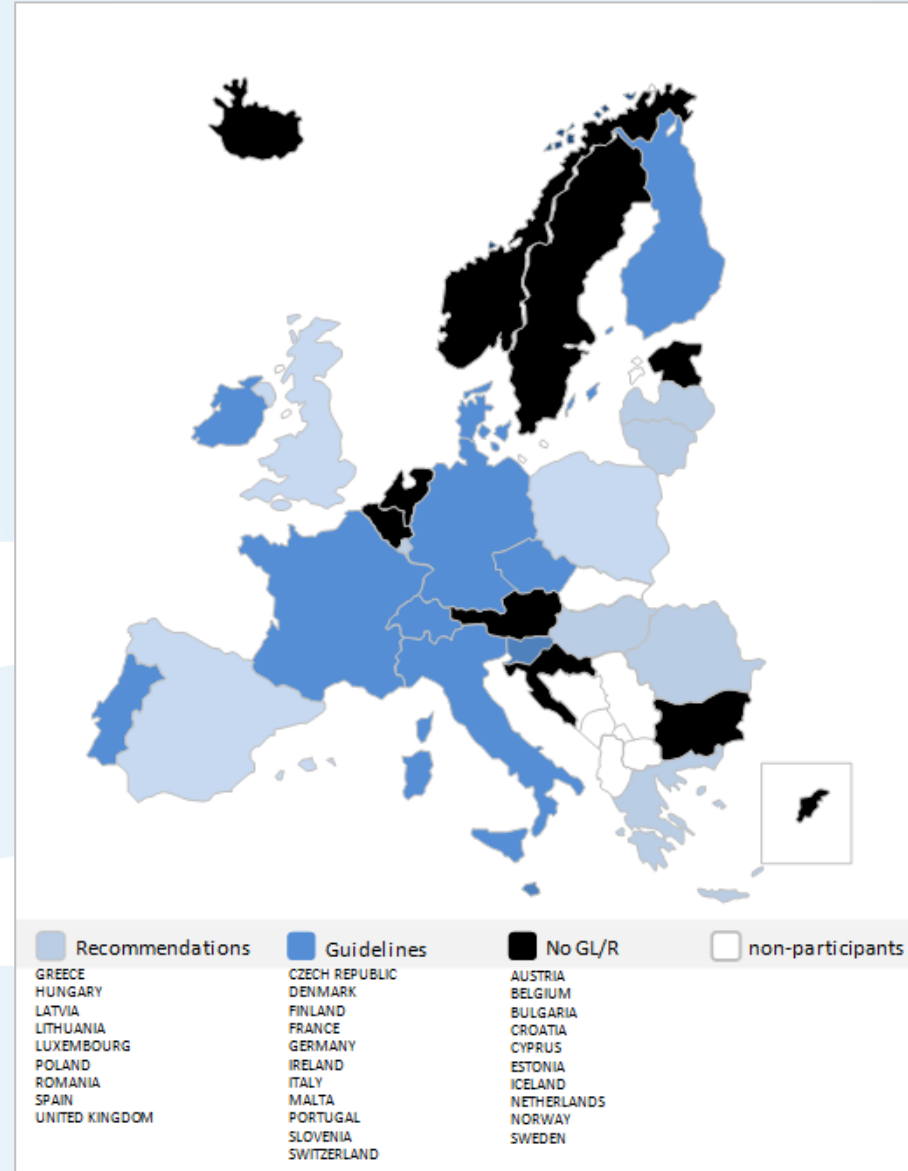
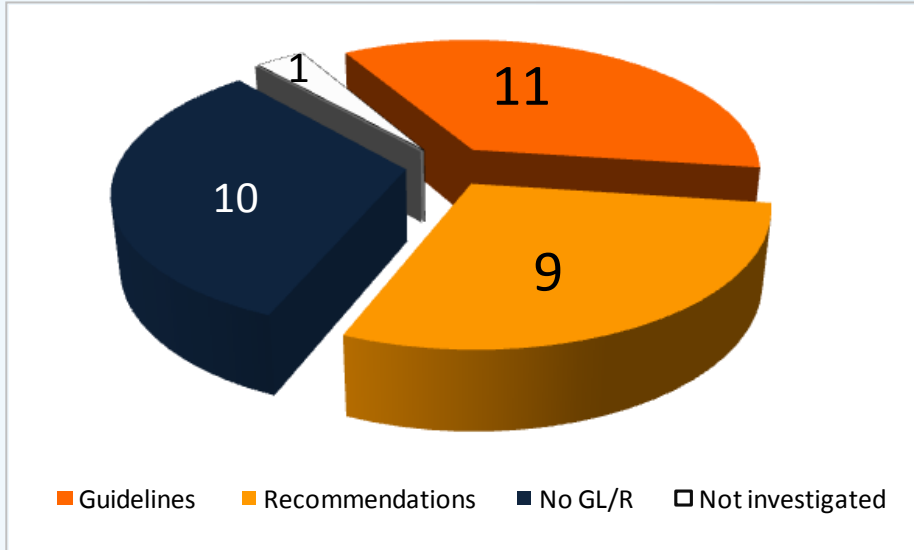
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Co-funded by the Health Programme of the European Union



RARHA availability of Guidelines/Recommendations for Binge Drinking



Recommendations	Guidelines	No GL/R	non-participants
GREECE	CZECH REPUBLIC	AUSTRIA	
HUNGARY	DENMARK	BELGIUM	
LATVIA	FINLAND	BULGARIA	
LITHUANIA	FRANCE	CROATIA	
LUXEMBOURG	GERMANY	CYPRUS	
POLAND	IRELAND	ESTONIA	
ROMANIA	ITALY	ICELAND	
SPAIN	MALTA	NETHERLANDS	
UNITED KINGDOM	PORTUGAL	NORWAY	
	SLOVENIA	SWEDEN	
	SWITZERLAND		

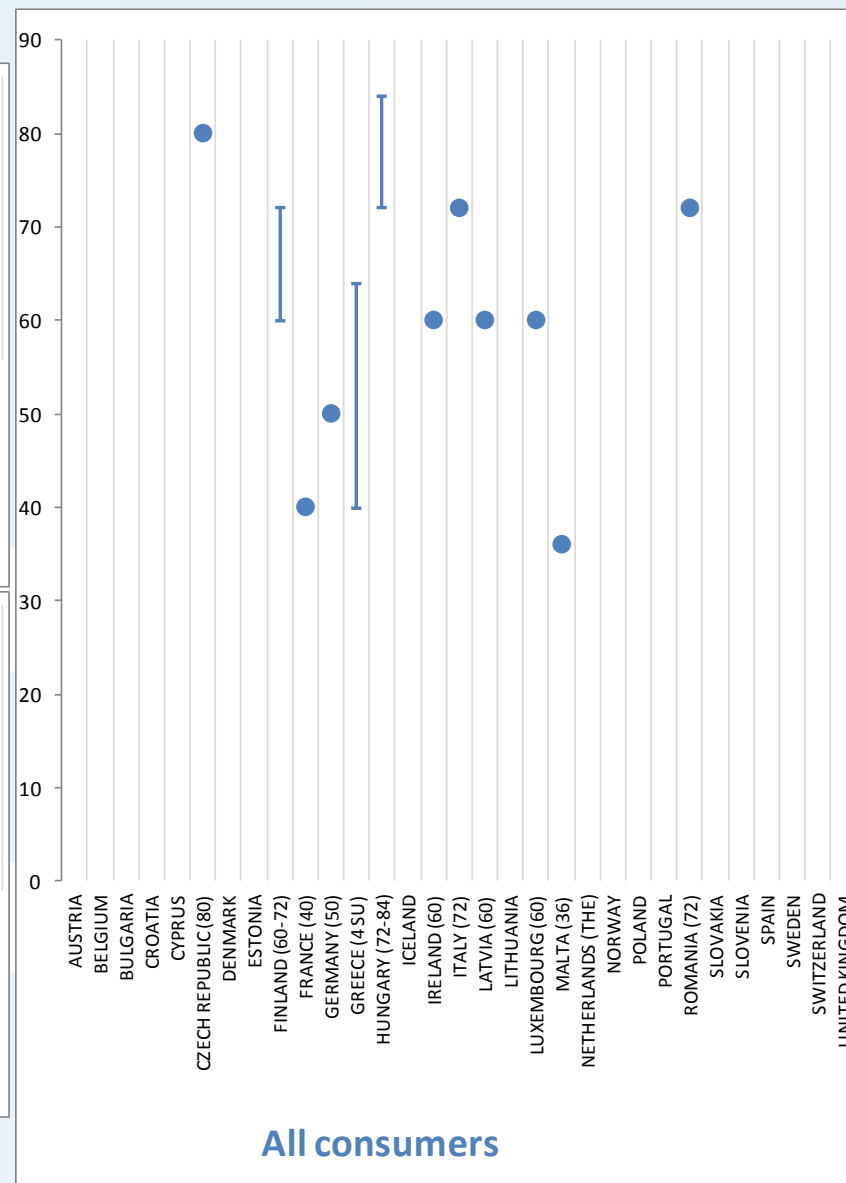
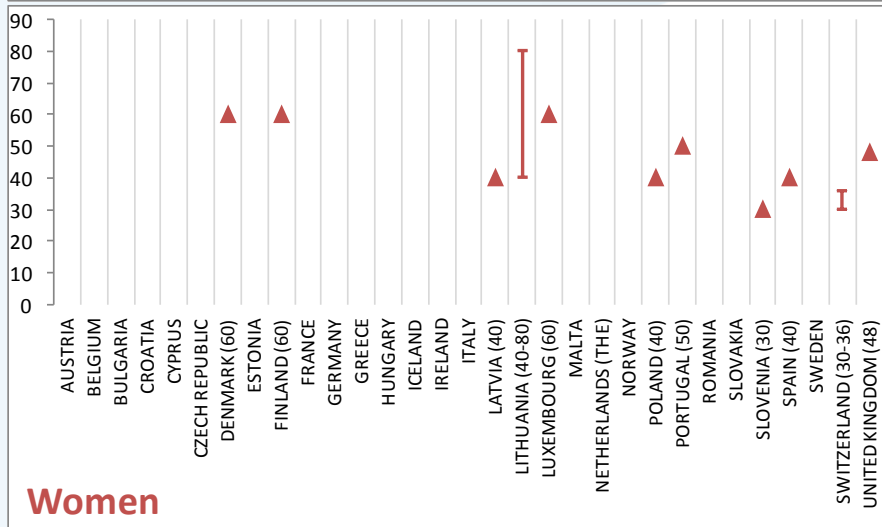
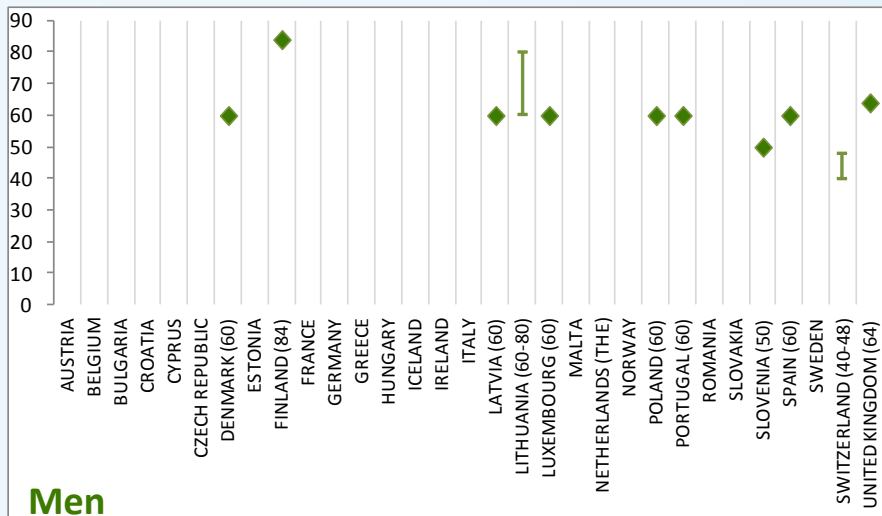


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Low risk drinking guidelines in Europe: overview of RARHA survey results

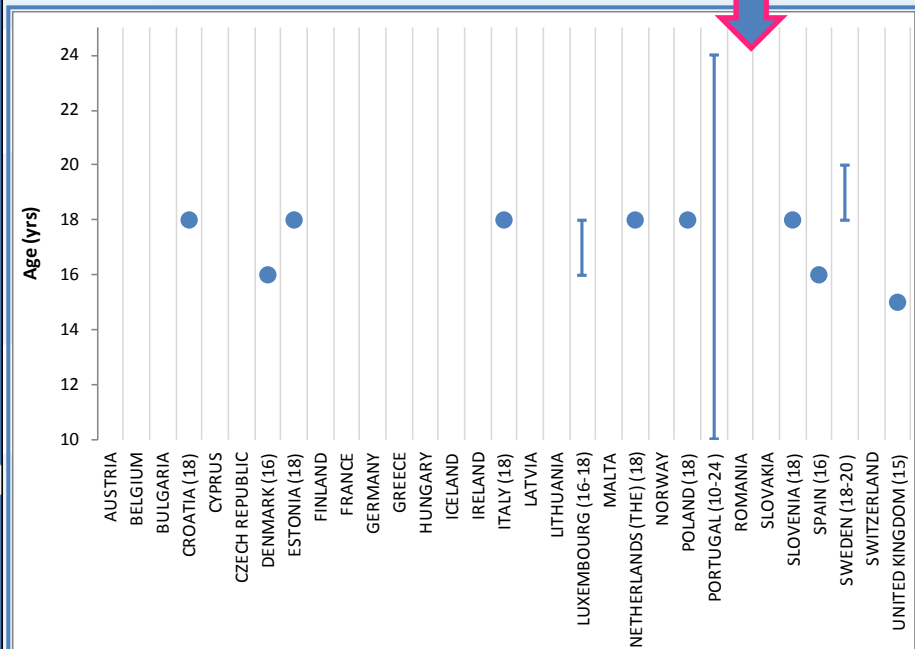
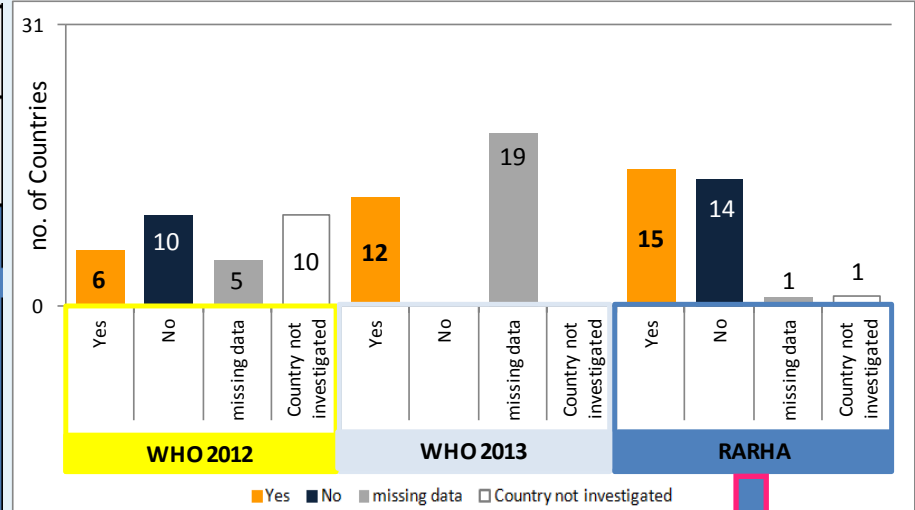


RARHA **Binge Drinking** Maximum intake per drinking occasion (g pure alcohol)



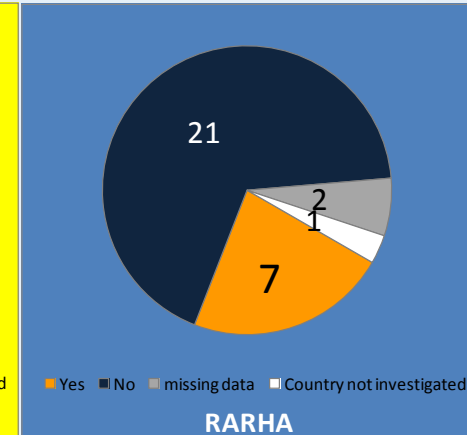
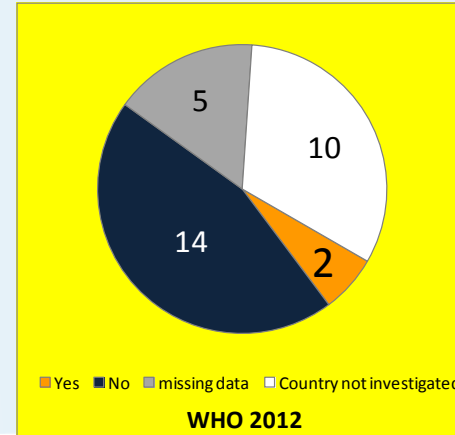
Availability of Guidelines/Recommendations for Young People

Country	DATA SOURCE			Are there separate guidelines/recommendations for young people in your country?		For persons younger than		What are the guidelines?	
	WHO 2012	WHO 2013	RARHA	1=Yes; 2=No	Age in yrs (YY)	Age in yrs (YY)	(text)	(text)	
AUSTRIA	2			2	2				
BELGIUM				1	2				
BULGARIA	2			2	2				
CROATIA	1			1	18	18	Alcohol intake is illegal for minors. SAC for young	Croatian Association for Treated Alcoholics. Some	
CYPRUS				2					
CZECH REPUBLIC	2			2					
DENMARK				1	1	16		young people should not drink alcohol stronger than	
ESTONIA	2			2	1	18	No drinking under 18	drinking under 18 is illegal	
FINLAND	2			1				Children and young people should not drink at all	
FRANCE				1	2				
GERMANY	1	1		2	16		No alcohol		
GREECE				2					
HUNGARY				1	2				
ICELAND				2					
IRELAND	2	1		2					
ITALY	2	1		1	18		No alcohol		
LATVIA				2					
LITHUANIA				1			School rules, information material, rules included to		
LUXEMBOURG				1	1	16-18		3g once a week	
MALTA	2			2					
NETHERLANDS (THE)				1		18		no alcohol	
NORWAY									
POLAND	1	1		1	18	18			
PORTUGAL	2	1		1	10-24		Specific procedures concerning heavy episodic		
ROMANIA	2			2					
SLOVAKIA									
SLOVENIA	1			1	18	18	According to the Act the sale and provision of alcoholic	According to the Act restricting the use of Alcohol. Prohibition alcohol consumption in minors	
SPAIN				1	1	16		Legislative text, eg: "Alcoholic beverages may	
SWEDEN	1			1	18	18-20	zero	It is more guidance in the form of information material	
SWITZERLAND				1				in 2009. The Chief Medical Officer for England published	
UNITED KINGDOM	1	1		1	18	15	BMJ has issued guidance (rather than guidelines) for		



Availability of Guidelines/Recommendations for Older People

Country	DATA SOURCE			Are there separate guidelines/recommendations for older people in your country?		No guidelines but RECOMMENDATION for older people	For persons older than:		What are the guidelines? (text)
	WHO 2012	WHO 2013	RARHA	1=Yes; 2=No			Age in yrs (YY)		
AUSTRIA				2	2	☑			
BELGIUM					2				
BULGARIA				2	2				
CROATIA				2	1	☑			
CYPRUS					2				
CZECH REPUBLIC				2	2				
DENMARK					1				Older people should be
ESTONIA				2	2				
FINLAND				1	1		65	65	You should not drink more than this low limit cannot. This
FRANCE					2				
GERMANY				2	2				
GREECE					2				
HUNGARY					2				
ICELAND					2				
IRELAND				2	2				
ITALY				2	1	1		65	not more than 20g/day
LATVIA					2				
LITHUANIA					2				
LUXEMBOURG					2				
MALTA				2			N/A	N/A	
NETHERLANDS (THE)					2				
NORWAY									
POLAND				2	2				
PORTUGAL				2	1			65	over 65 years old 20g/d
ROMANIA				2	2				
SLOVAKIA									
SLOVENIA				1	1		65	65	equal as for men
SPAIN					1			65	27g/WW and 20g/WW
SWEDEN				2	2				
SWITZERLAND					2				
UNITED KINGDOM				2	2				



OVER 65 YRS OF AGE

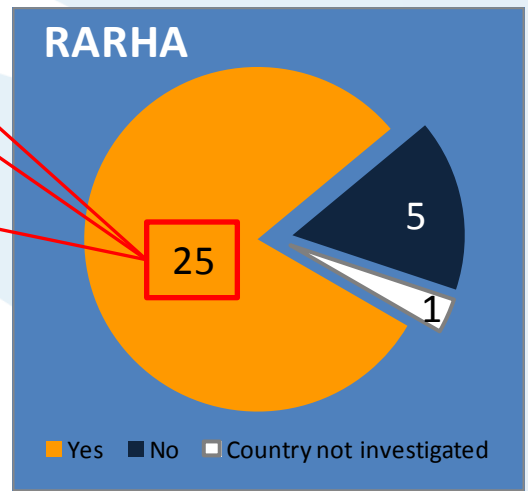
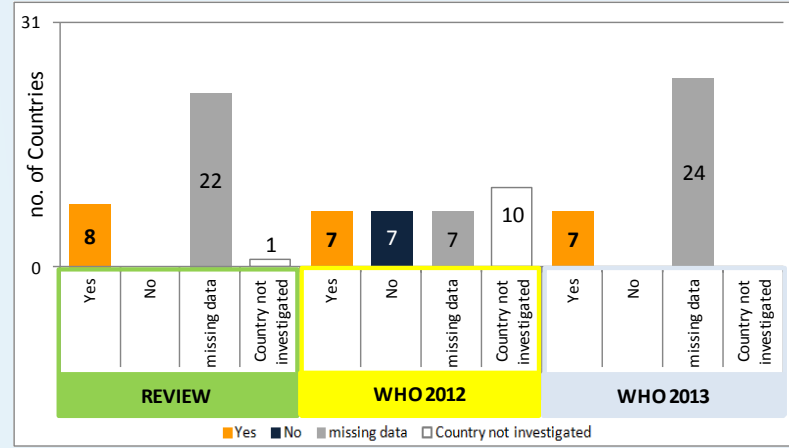


Availability of Guidelines/Recommendations for Pregnancy/Breastfeeding

Country	DATA SOURCE				Are there separate guidelines/recommendations for drinking during pregnancy/breastfeeding in your country?			No guidelines but RECOMMENDATIONS for pregnancy/breastfeeding	What are the guidelines? (text)
	Review	WHO 2012	WHO 2013	RARHA	1=Yes; 2=No				
AUSTRIA					2	1			To strictly avoid larger amounts of no alcohol for...
BELGIUM						1	1		
BULGARIA							2		
CROATIA					1	1	<input checked="" type="checkbox"/>		
CYPRUS						1	1		
CZECH REPUBLIC					2		2		
DENMARK							1		
ESTONIA							2	<input checked="" type="checkbox"/>	
FINLAND					1		1		
FRANCE					1	1	1		
GERMANY					2	1	1		Education material advice No alcohol...
GREECE							1		prohibit...
HUNGARY							2		
ICELAND							1		
IRELAND					1	1			No alcohol intake during pregnancy
ITALY					1	2	1		
LATVIA							2		
LITHUANIA							1	<input checked="" type="checkbox"/>	...on mat...
LUXEMBOURG							1		
MALTA					2		1		N/A
NETHERLANDS (THE)							1		...alcohol from...
NORWAY					1		1		...not to use alcohol...
POLAND					2	1	1		Abstinence during pregnancy Don't drink alcohol...
PORTUGAL					2	1	1		under approval of...
ROMANIA					1		1		...consumption...
SLOVAKIA									
SLOVENIA					1		1		...and...
SPAIN					1		1		abstinence during pregnancy and...
SWEDEN					1	1	1		...consumption...
SWITZERLAND					1		1		Recommendation to abstain from...
UNITED KINGDOM					1	1	1		This UK Chief Medical Officers

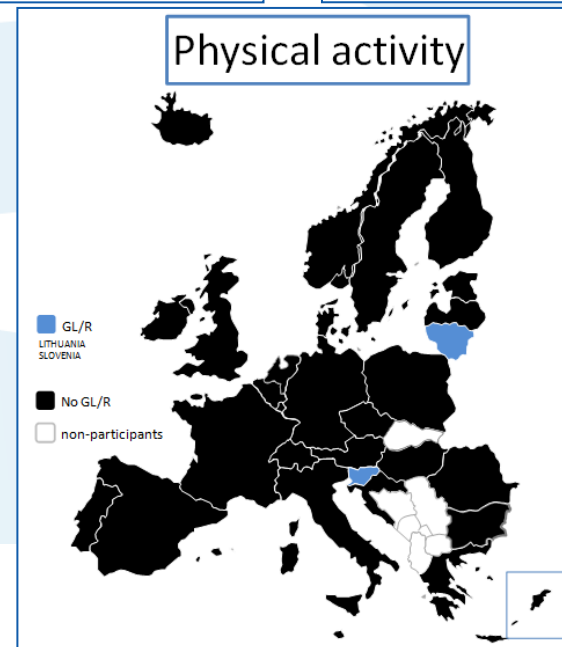
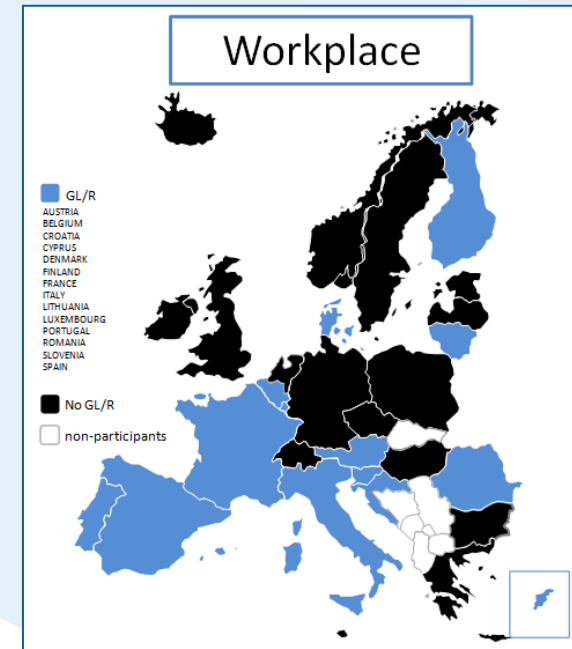
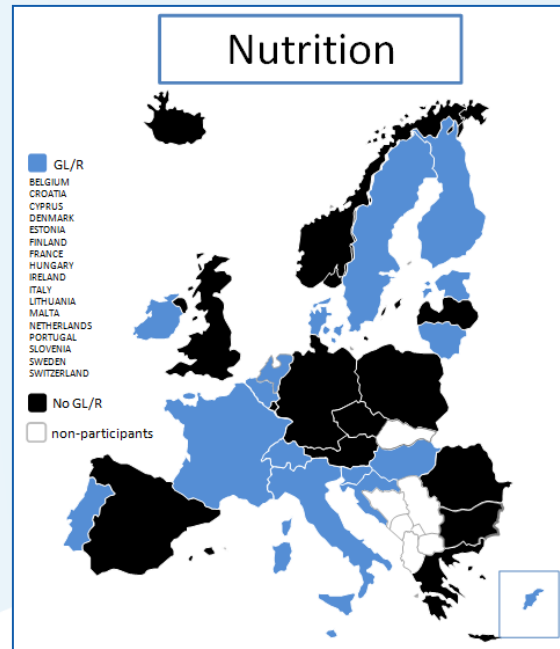


NO ALCOHOL



Alcohol in other guidelines

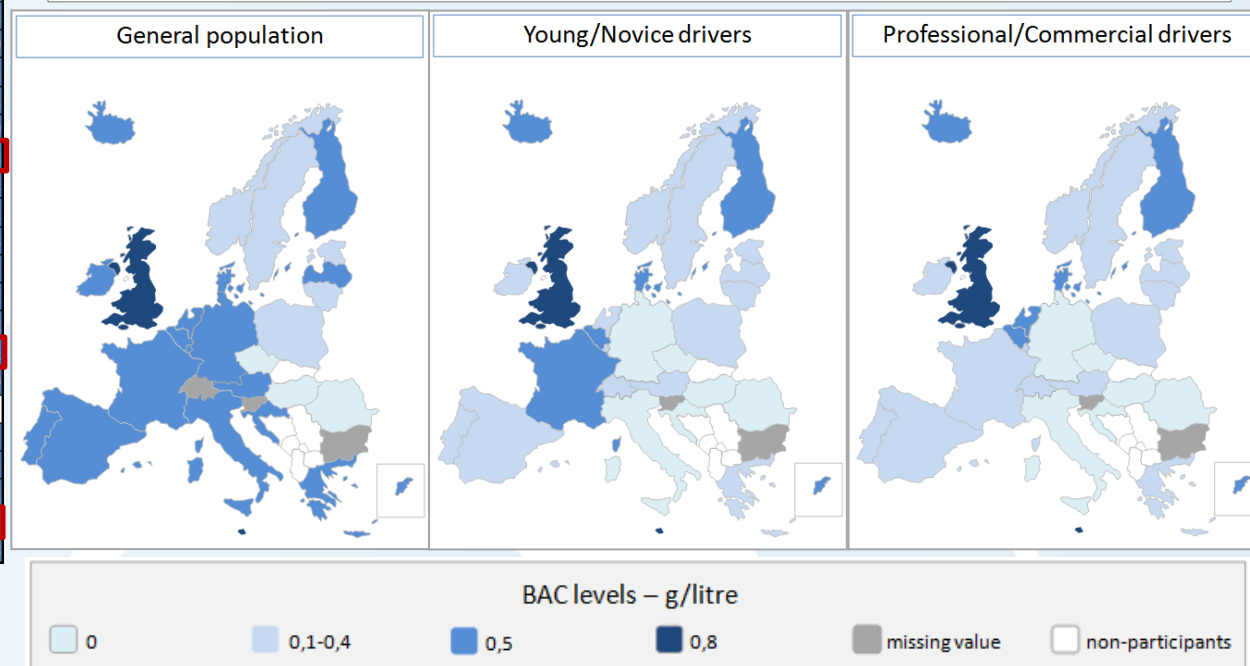
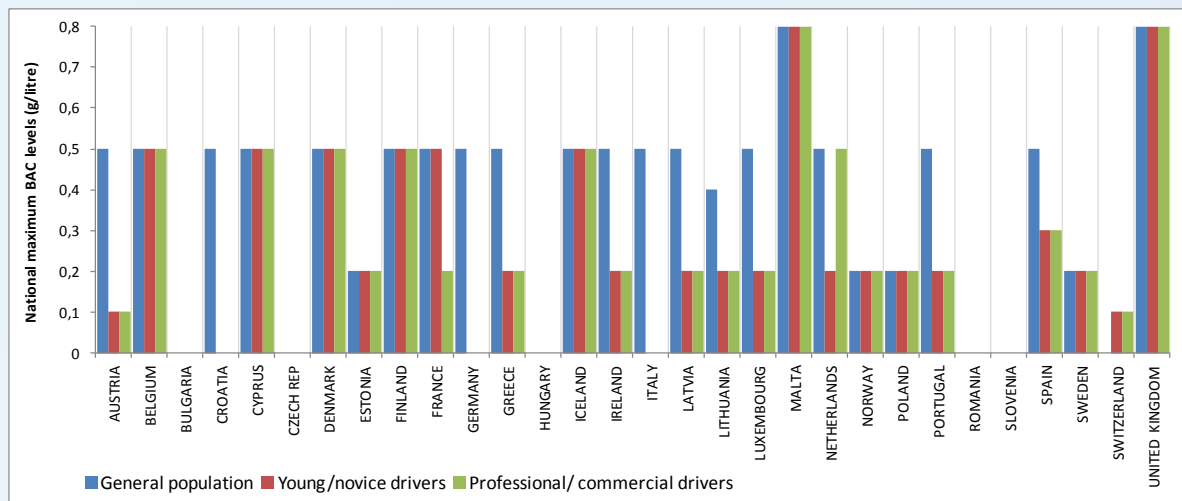
Country	DATA SOURCE			Alcohol in guidelines for		Separate guidelines for workplace
	WHO 2012	WHO 2013	RARHA	Nutrition	Physical activity	
AUSTRIA						<input checked="" type="checkbox"/>
BELGIUM				<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>
BULGARIA						
CROATIA				<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>
CYPRUS				<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
CZECH REPUBLIC				<input checked="" type="checkbox"/>		
DENMARK				<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>
ESTONIA				<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
FINLAND				<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
FRANCE				<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>
GERMANY						
GREECE						
HUNGARY				<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>
ICELAND						
IRELAND				<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
ITALY				<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
LATVIA						
LITHUANIA				<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>
LUXEMBOURG						<input checked="" type="checkbox"/>
MALTA				<input checked="" type="checkbox"/>		
NETHERLANDS (THE)				<input checked="" type="checkbox"/>		
NORWAY						
POLAND				<input checked="" type="checkbox"/>		
PORTUGAL				<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>
ROMANIA						<input checked="" type="checkbox"/>
SLOVAKIA						
SLOVENIA				<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
SPAIN						<input checked="" type="checkbox"/>
SWEDEN				<input checked="" type="checkbox"/>		
SWITZERLAND				<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
UNITED KINGDOM				<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	



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Drink driving limits in EU countries

Country	Source		National maximum BAC levels (g/litre)				
	WHO 2013	RARHA	General population	Young/novice drivers		Professional/commercial drivers	
AUSTRIA			0,5	0,5	0,1	0,1	0,1
BELGIUM			0,5	0,5	0,5	0,5	0,5
BULGARIA			0,5		0,5		0,5
CROATIA			0,5	0,5	0,0	0,0	0,0
CYPRUS			0,5	0,5	0,5	0,5	0,5
CZECH REPUBLIC			0,0	0,0	0,0	0,0	0,0
DENMARK			0,5	0,5	0,5	0,5	0,5
ESTONIA			0,2	0,2	0,2	0,2	0,2
FINLAND			0,5	0,5	0,5	0,5	0,5
FRANCE			0,5	0,5	0,5	0,5	0,2
GERMANY			0,5	0,5	0,0	0,0	0,0
GREECE			0,5	0,5	0,2	0,2	0,2
HUNGARY			0,0	0,0	0,0	0,0	0,0
ICELAND			0,5	0,5	0,5	0,5	0,5
IRELAND			0,5	0,5	0,2	0,2	0,2
ITALY			0,5	0,5	0,0	0,0	0,0
LATVIA			0,5	0,5	0,2	0,2	0,5
LITHUANIA			0,4	0,4	0,2	0,2	0,2
LUXEMBOURG			0,5	0,5	0,2	0,2	0,2
MALTA			0,8	0,8	0,8	0,8	0,8
NETHERLANDS (THE)			0,5	0,5	0,2	0,2	0,5
NORWAY			0,2	0,2	0,2	0,2	0,2
POLAND			0,2	0,2	0,2	0,2	0,2
PORTUGAL			0,5	0,5	0,5	0,2	0,5
ROMANIA			0,0	0,0	0,0	0,0	0,0
SLOVAKIA			0,0		0,0		0,0
SLOVENIA			0,5		0,0		0,0
SPAIN			0,5	0,5	0,3	0,3	0,3
SWEDEN			0,2	0,2	0,2	0,2	0,2
SWITZERLAND			0,5		0,5	0,1	0,5
UNITED KINGDOM			0,8	0,8	0,8	0,8	0,8



Standard Drink (SD):

- SD limits expressed in cl or ml seem to be not used (or at least not reported)
- Grams of pure alcohol is the prevalent measure adopted by countries
- Relevant variability in values among countries (Mode=10) but convergence towards an average of 11 grams (Mean=Median=11)

Low Risk Guidelines or Recommendations:

- Prevalent use of daily low risk GL/R (in g) instead of weekly
- Low Risk GL/R are usually gender oriented

Binge drinking Guidelines or Recommendations:

- Binge drinking GL/R are usually not gender oriented
- Relevant variability in values among countries

Target groups:

- Young people: 15/31 countries have GL/R addressed to subjects aged 16-18
- Old people: only 7/31 countries have GL/R addressed to subjects aged 65+
- Pregnant women/Breastfeeding: 25/31 countries have GL/R on this issue, which is the most considered all over EU (number of countries increased from previous available sources).

Other guidelines:

- Alcohol in GL/R for Physical activity: only in Lithuania and Slovenia
- Alcohol in GL/R for Nutrition: the number of countries (17/31) has more than doubled in comparison with previous available sources.
- Separate GL/R for alcohol and Workplace: the number of countries (14/31) increased in comparison with previous available sources.

Drink driving:

According to WHO 2013, all investigated countries have specific limits

- General population: mode=0.5 [0.0-0.8]; no changes over time
- Young/novice drivers: mode=0.2 [0.0-0.8]; reduction for Portugal and Switzerland
- Professional/ commercial drivers: mode=0.2 [0.0-0.8]; reduction for France, Latvia, Portugal and Switzerland and consequent reduction in modal value (from 0.5 to 0.2)

Low risk drinking guidelines in Europe: overview of RARHA survey results

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