

1. When did the first drink driving laws come into existence?

Before cars ruled the roads, they were full of horse and carriages. As Drink Driving explains, the Licensing Act introduced in 1872 made it an offence to be drunk while in charge of horses and carriages, as well as cattle and steam engines!

People who were caught would face a maximum fine of 40 shillings or at the court's discretion, and/or imprisonment with or without hard labour for up to a month.

2. How was the 80mg of alcohol in a 100ml of blood come about?

The Grand Rapids Study, first published in 1964, clearly documented for the first time the rapid acceleration of crash risk associated with increasing blood alcohol concentration. This study provided the basis for educating the public and enacting stricter laws governing drinking and driving, as well as the basis for much additional research.

3. At what age is it illegal to give a child alcohol?

- a. It is illegal to give kids under the age of five alcohol
- b. However, children aged five to 16 are legally allowed to drink alcohol at home or on other private premises
- c. While kids over five can be given alcohol at home, the NHS warns of health risks associated with young people drinking.
- d. It is illegal to sell alcohol to anyone aged under 18 and for under 18s to buy or attempt to buy alcohol.
- e. However, if you're 16 or 17 and accompanied by an adult, you can drink (but not buy) beer, wine or cider with a meal.

4. Name some of the strongest alcoholic drinks in the world?

#1 – Spirytus Rektyfikowany (96% Alcohol)

Spirytus contains the most alcohol content by volume in the world. In fact, it's not even legal in most states, due its potency. Though this alcohol is rare in the United States, it can be found in Poland or Eastern Europe, where it's manufactured. Spirytus is without a doubt the most dangerous alcohol to intake and if you happen to run into it, or any of the other alcohols on our list, you should be aware of the risks this can have on your health.

2 – Everclear (95% Alcohol)

Everclear was one of a kind when it came out, as no alcohol prior had could be labeled 190 proof. Furthermore, just like Pincer Vodka, it's absolutely tasteless. As already mentioned, there are numerous dangers involved for those who decide to drink Everclear.

Just as with all the alcohols on this list, [addiction can happen much more quickly](#) due to the fact that you need less of the drink to feel its effects.

Furthermore, there are instances when an alcohol like Everclear is placed in someone's drink without them realizing – [a concept known as “drugging”](#). Inevitably, getting them much more inebriated than they intended to be or putting them in a dangerous position without their knowledge.

#3 – Golden Grain (95% Alcohol)

Golden Grain is made by the same people who make the next alcohol on this list and both drinks are actually very similar in appearance, taste, and effects they have on the user. It should be noted Golden Grain is illegal in certain parts of the United States.

4 – Bruichladdich X4+1 Quadrupled Whiskey (92% Alcohol)

Balkan 176 Vodka is distilled three times over. But Bruichladdich X4 is distilled four times over, which is what gives it its name and appeal. Furthermore, it has a distinct taste which doesn't match to most alcohols due to the fact that it's aged in new oak casks.

Due to the high level of alcohol content, we're beginning to endeavor into very dangerous territory. This kind of alcohol can do serious harm to someone in a matter of minutes and it's important to be aware of the [fatal consequences alcohol can have](#) if you're not careful or properly prepared.

River Antoine Royale Grenadian Rum (90% Alcohol)

There's a certain quality to River Antoine Royale Grenadian Rum. That is, the people who make it distill over a long period of time through an old, traditional pot stilling method. In turn, this gives it a very prominent flavor not usually found in alcohol with such a high percentage count

5. Name the three basic types of alcohol?

There are three main types of alcohol–

- isopropyl alcohol is mainly used for sterilization. This alcohol type is used as the main ingredient in most cleaning products due to its superb sterilization properties.
- **methyl alcohol**, Also called wood alcohol or methanol, methyl alcohol is widely used in manufacturing activities. As an industrial-strength solvent, methanol is used to make products like antifreeze, printing ink, and paint removers.
- **ethyl alcohol**. Ethyl alcohol, also referred to as grain alcohol, drinking alcohol or ethanol, is the only type of alcohol fit for human consumption. Ethanol has

been used for recreational purposes for thousands of years due to its mood and behavior-altering ability.

- Of the three types, only ethyl alcohol is suitable for human consumption. Isopropyl alcohol is mainly used for sterilization, while methyl alcohol is used in manufacturing.
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6. How many deaths is Alcohol responsible (directly & indirectly) in the UK each year?

Alcohol is estimated to be responsible for 40,000 deaths (directly & indirectly) in the UK each year. (source anon)

- In 2020, there were **8,974 deaths** (14.0 per 100,000 people) from alcohol-specific causes registered in the UK, an 18.6% increase compared with 2019 (7,565 deaths; 11.8 per 100,000 people) and the highest year-on-year increase since the data time series began in 2001.
- Between 2012 and 2019, rates of alcohol-specific deaths in the UK have remained stable, but a statistically significant increase was seen in 2020.
- Consistent with previous years, the rate of alcohol-specific deaths for males in 2020 remained more than double the rate for females (19.0 and 9.2 deaths per 100,000 people respectively, registered in 2020).
- Scotland and Northern Ireland had the highest rates of alcohol-specific deaths in 2020 (21.5 and 19.6 deaths per 100,000 people respectively).
- Comparing with 2019, the alcohol-specific death rate has risen across all four UK constituent countries, but statistically significant increases were only seen in England and Scotland. (source ONS)

7. How many hospital admissions related to alcohol was recorded in 2019/20?

280 thousand estimated admissions to hospital in 2019/20 where the main reason was attributable to alcohol

2% higher than 2018/19 and 8% higher than 2016/17

More men than women were admitted where the main reason was attributable to alcohol

65% of the patients were male

167 thousand prescription items dispensed in 2020/21 to treat alcohol dependence

1% higher than 2019/20 but 15% lower than 2014/15

8. How much does alcohol misuse cost the NHS each year?

The latest figures estimate that alcohol costs the NHS around **£3.5 billion** each year, which is a staggering amount. This up from the estimates in 2006/7 which was around £2.7 billion. There are many difficulties in recording costs for alcohol-related harm and, as such, it would not be surprising if both of these figures were actually higher

The cost of alcohol on the NHS has increased by approximately 19% in the last three decades alone. This is evidently due to the increase in affordability and availability of alcohol as well as the general increase in binge drinking. Recent reports have suggested that there are about 10.5 million adults in England alone that drink above what they should and there's around 1.1 million who have some form of alcohol addiction or dependence. It's actually the third leading cause of disease in the UK and, as a result, the costs of this are spiralling. If some sources are to be believed, the NHS will not be able to sustain the increases cost if this trend continues. (source [The Cost of Alcohol on the NHS | LAPE.org.uk](https://www.lape.org.uk)) Local alcohol profile for England

9. Most people develop problems with alcohol at some point during their lifetime! True or false

False

Most people use alcohol sensibly. Only a small number of people have problems. Some people need to use alcohol every day in order to function. Some people binge drink while others drink excessively every day. This can be damaging to health and can put people at risk of harm.

CATEGORY	UNITS PER WEEK
Sensible	14
Harmful	15 to 35
Hazardous	35 +
Binge	6 to 8 units in a single session

The government guidelines are:

- In most cases this means you have a low risk of causing yourself future harm.
- Drinking within the guidelines is called lower risk, rather than safe, because drinking is never completely safe in all circumstances.
- There is convincing evidence that alcohol increases the risk of developing a number of cancers, a small increase at low levels of drinking but becoming greater the more you drink.
- In general terms, drinking within the lower risk guidelines is the right thing to do for our health.
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10. A Glass of Red Wine is good for your heart? True or false

TRUE

A 175ml Glass of red wine is good for you as it contains Polyphenols (the chemical that dilates blood vessels and is good for your heart) However, 85 grams of Blueberries or 75 grams of Walnuts are equally as good as they contain an equal amount of Polyphenols.

But too much will give you a worse hangover as red Wine contains the most congeners when compared to Gin, Whiskey or Cider (calculated per unit of alcohol) Congeners are substances, other than the desired type of alcohol, ethanol, produced during fermentation.

The good news most things we eat/drink are good for us in moderation so go out and enjoy yourselves