

ALMR Press Notice

ALMR welcomes MP's comments on 'binge drinking' definition.

The Association of Licensed Multiple Retailers today welcomed Greg Mulholland MP and Leeds alcohol tsar Tony Goodall's comments that the NHS definition of 'binge-drinking' is a nonsense.

The NHS currently defines 'binge drinking' as 8 units for men, and 6 for women; a large glass of wine has three units and a pint of average strength beer two. Tony Goodall commented: "I think the word bingeing is used loosely", and Greg Mullholland suggested the current NHS definition is 'absurd' and a distraction from the proper focus on problem drinking.

Nick Bish, Chief Executive of the *ALMR*, said:

"It's refreshing to hear this common sense view about the NHS approach to defining binge drinking. Enjoying a few pints or a couple of glasses of wine with your friends shouldn't be the qualification for a "binge drinker". Excessive consumption is of course an issue and the counting of units is a helpful measurement but 'binge drinking' is clearly a term associated with drunkenness and anti-social behaviour. It's unfair to demonise the majority of sensible drinkers in such a way.

"Even the Department for Health admits it is not in agreement with the NHS definition and we'd like the health professionals to focus on suggested consumption levels while avoiding jargon expressions that are unhelpful and ultimately meaningless."

Notes for editors

- *ALMR* is the only national trade body solely dedicated to representing the interests of pub and bar operators, and to providing them with business support and advice. It has almost 100 member companies, operating over 15,000 outlets.
- Most *ALMR* members are small, independent companies operating 50 or fewer outlets. They include the Capital Pub Company and Geronimo Inns, based in London, plus Lancashire-based Inventive Leisure - recently named as one of the '100 Best Companies to Work For'.

