

A SIP OF MDTEA EPISODE 4.07

ALCOHOL

and older people

“Safe” levels are considered to be



14

units/week



21

units/week

1 in 5 older men

and 1 in 10 older women

are drinking enough
to harm themselves.

These figures have increased by 40% in men and
100% in women over the past 20 years.

Alcohol misuse often goes **undetected** in the older
population and carries **higher mortality** rates.

General health review is a good opportunity to
screen for and assess alcohol misuse.

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