

ENVIRONMENTAL INFLUENCES ON THE RISKS AND DEVELOPMENT OF ALCOHOL DEPENDENCE AND ALCOHOL USE DISORDERS.

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FOCUS ON RECOVERY, Ug**



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DEFINITION *Of Environment*

- **refers to the surroundings or conditions in which a person, animal, or plant lives or operates. it can also refer to the setting or conditions in which a particular activity is carried on, or the overall structure within which a user, operates.**
- **additionally, it can refer to the natural world, as a whole or in a particular geographical area, especially as affected by human activity.**



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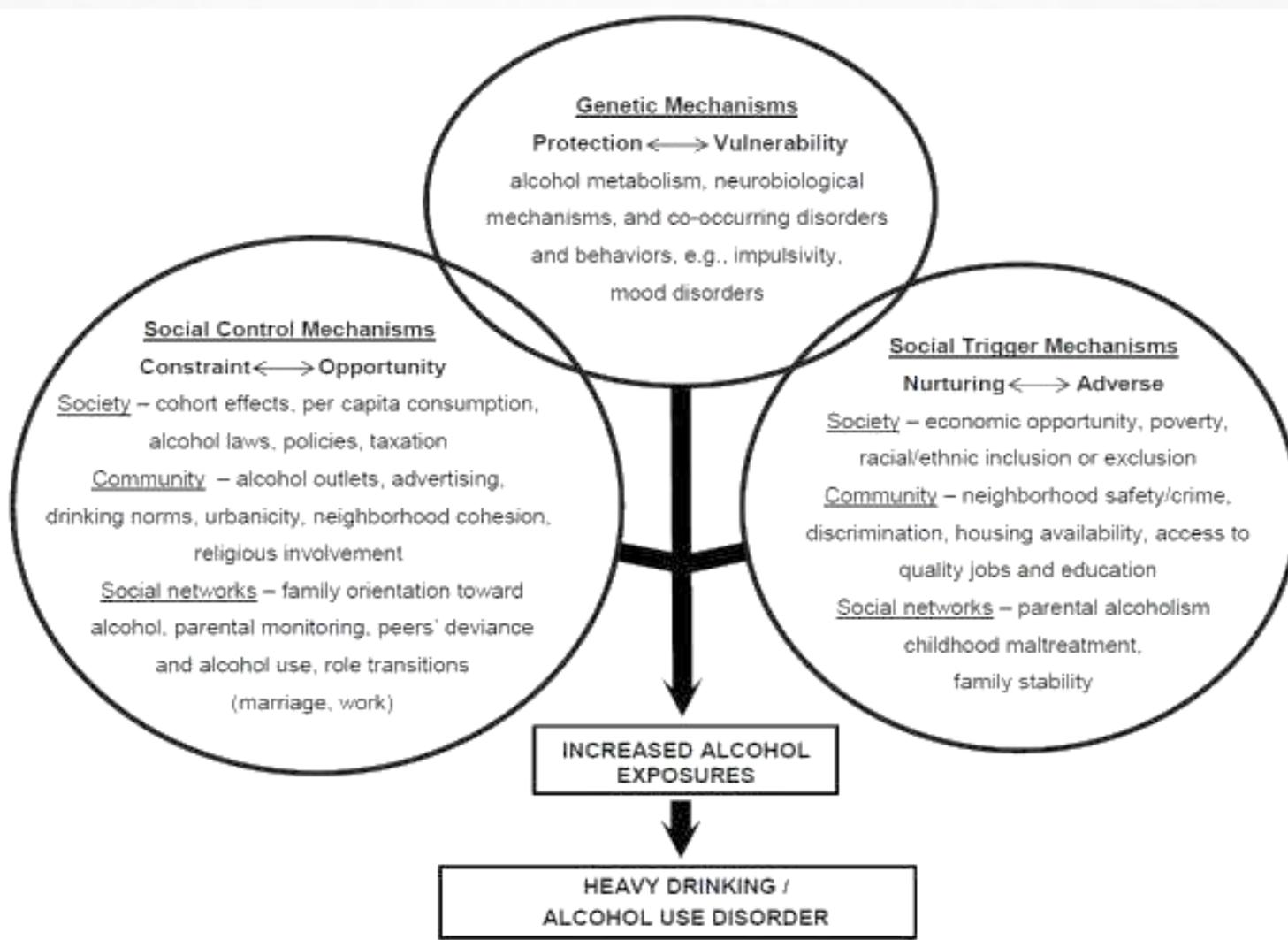
BACKGROUND

Although genetic influence is believed to be responsible for half of all risk of developing an alcohol abuse problem, the other half of risk factors are environmental. environmental factors include the availability of alcohol, influence of peer group and/or family, and cultural acceptance of alcohol consumption.

- **environmental influences focused on the most proximate social network relationships with family and peers.**
- **we use the term environment to broadly refer to community- or societal-level factors like per capita alcohol consumption, drinking norms, and alcohol outlet density, as well as social network factors like peer relationships and family circumstances (e.g., childhood abuse/neglect).**
- **Environmental plays a very key role in increasing risks and development of alcohol dependence and alcohol use disorders**



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PRECIPITATING FACTORS

- **PEER PRESSURE FROM FRIENDS OR FAMILY MEMBERS**
- **THE INFLUENCE OF SOCIAL MEDIA.**
- **CULTURE**
- **STRESSFUL LIFE CHANGES MIGHT ALSO CAUSE PEOPLE TO TURN TO SUBSTANCES TO COPE.**
- **TRAUMA,**
- **ASSOCIATION WITH DEVIANT PEERS**
- **CO-OCCURRING MENTAL HEALTH CONDITIONS**
- **EXPOSURE TO INSECTICIDES, CARCINOGENS, TOBACCO SMOKE**
- **CONSUMPTION OF CHARCOAL BROILED MEAT IS WELL KNOWN TO INDUCE DRUG METABOLISM**

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HOW TO TRANSFORM THE ENVIRONMENT TO AID RECOVERY

- **Attend psychotherapy:** to combat the influences of family dynamics or early childhood experiences, therapy can be beneficial. in therapy, you'll identify possible causes of your addiction and healthy ways to cope with stressors moving forward.
- **Set social media time limits:** avoiding social media entirely can be challenging, but setting time limits or establishing set days to use it can help you avoid content that makes you feel insecure or unhappy.
- **Reach out to like-minded people:** while cultural and social norms can significantly impact your habits or become triggering, speaking with like-minded individuals in your community can help you feel less alone and avoid the activities that make you uncomfortable.



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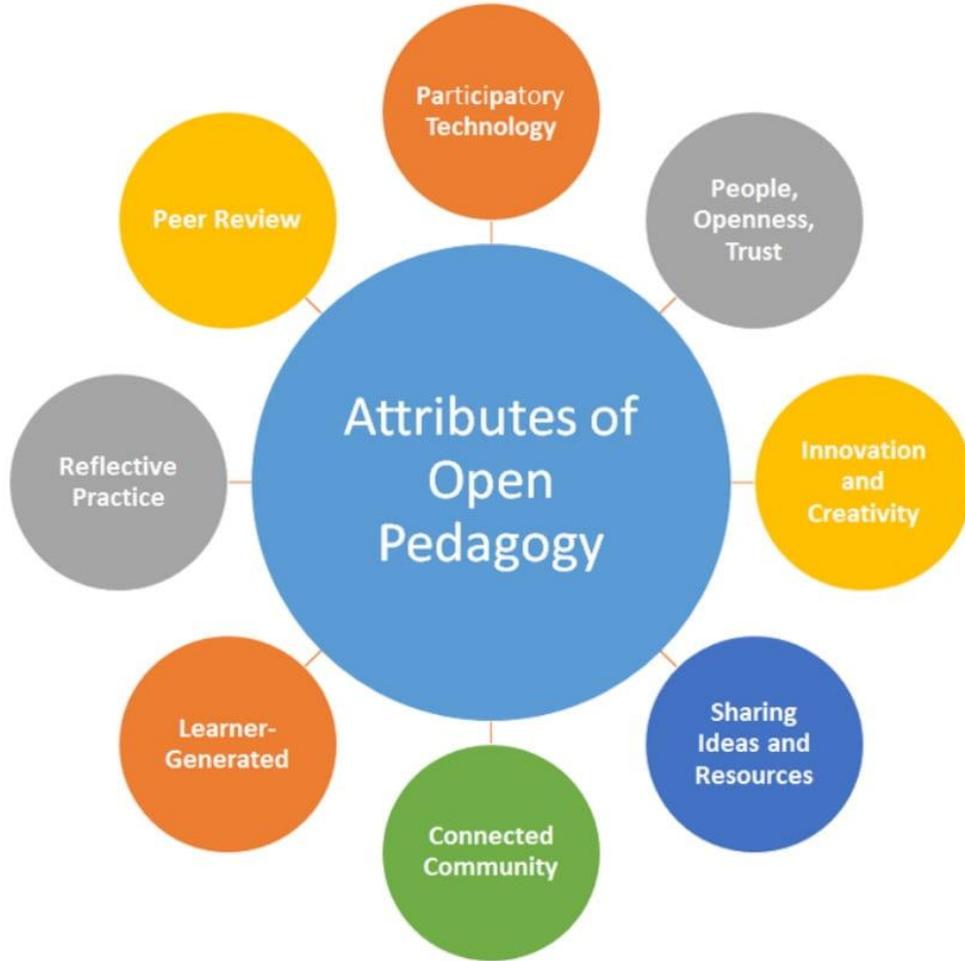
ENVIRONMENTAL PREVENTION MEASURES

- **Age-related prohibition of alcohol purchase/consumption**
- **Bans and restrictions on alcohol advertising and promotion**
- **Control/restriction of production, retail sale (hours, location) and distribution of alcoholic beverages**
- **Licensing system for retailers of alcoholic beverage**
- **Drink driving legislation (maximum blood concentration)**
- **Prohibition to sell alcoholic beverages to intoxicated/impaired patrons**
- **Mandatory alcohol training for bar staff (servers, waiters)**
- **Bans to display alcoholic beverages at the point-of-sale in retail stores**
- **Prohibition to use/sell alcoholic beverages in workplaces**
- **Economic increase the taxes and prices of alcoholic beverages**
- **Lower the prices of soft drinks in recreational venues (i.e. pubs, bars.....)**



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ENVIRONMENTAL PREVENTION MEASURES



- **Limitation of alcoholic beverages at major public events**
- **Prohibition to use alcoholic beverages in school premises or grounds**
- **Prohibition to sell alcoholic beverages in school premises or grounds**
- **Provision of targeted information to correct mistaken perceptions / social norms and cultures.**
- **Developing individuals' competences, thus enabling and capacitating people to respond to challenges and cues.**
- **Life-skills approaches,; parenting programmes, self-control training or 'adventure pedagogy', often used in youth work. uses a lot of game methods, which make learning dynamic, goal oriented and offers exciting experiences. gamifying introduces game-like elements, such as storytelling, scoring and winning awards into learning.**

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CONCLUSION

- **A controlled good environment is one of the most cost-effective and feasible recommendation to reduce alcohol consumption and alcohol-attributable burden in the Afro region, thus contributing to SDG 3.5: strengthen the prevention and treatment of substance abuse, including narcotic drug abuse and harmful use of alcohol**

**3 GOOD HEALTH
AND WELL-BEING**



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