Contents

1. INTRODUCTION 1
   - 1.1 What is Alcohol? 1
   - 1.2 What is Harmful Use, Hazardous Use of Alcohol? 1
   - 1.3 What is Alcohol Dependence? 2
   - 1.4 Basis of Community Responses in Reducing Harm from the Use of Alcohol 3
2. CONSEQUENCES OF THE USE OF ALCOHOL 5
   - 2.1 Deaths 5
   - 2.2 Medical Diseases 5
   - 2.3 Psychiatric Diseases 5
   - 2.4 Disability 6
   - 2.5 Psychosocial Problems 6
   - 2.6 Limiting People's Lives 7
   - 2.7 Reduced Community Well-Being 7
   - 2.8 Methanol Poisoning 8
   - 2.9 Purported Health Benefits of the Use of Alcohol 8
   - 2.10 Impact of Alcohol on Marginalized Communities 8
   - 2.11 Impact of Alcohol on Young People 9
   - 2.12 Impact of Alcohol on Women 9
3. RANGE OF COMMUNITY RESPONSES NEEDED 11
   - 3.1 Some Issues Underlying Alcohol-related Problems 11
   - 3.2 A Model for Action 12
4. A PLAN FOR ACTION 17
   - 4.1 Why Should We Do Something About Alcohol-related Harm? 17
   - 4.2 Developing a Model for Understanding Facts about the Use of Alcohol 19
   - 4.3 Principles for Community-based Work 19
   - 4.4 Improving Our Abilities 19
   - 4.5 Securing Short-term and Long-term Results 22
   - 4.6 Selecting the Right Partners 23
   - 4.7 Helping Others to Develop 23
   - 4.8 If You Have to Do Things Alone 24
   - 4.9 Working with, or through, a Group 27
5. WORK SHEETS 33
   - 5.1 Getting Started: Writing Things Down 34
6. REFERENCES 69