

Alcohol Research Digest – May / June 2008

Dear Colleagues,

Here is the latest issue of Alcohol Research Digest, a resource featuring alcohol-related articles from peer reviewed academic journals and research-oriented reports, newsletters, and resources from a variety of Canadian and international sources. All sources were published within the months of March and April of 2008 and include at minimum, a link to an online abstract. If a link becomes broken, please copy and paste it directly into your web browser. Going forward, this service will be provided in a bi-monthly format (released every 2 months).

PLEASE NOTE: Some websites require a free or paid subscription to view resources. Some articles are available on-line for a limited time only.

We hope you will use Alcohol Research Digest to inform your work. Please take a few moments to browse through the titles and read/print those most relevant to you.

Material was selected based on potential relevance and usefulness to program planners, health promoters, policy-makers, researchers and others active in the substance use and misuse prevention fields (specifically alcohol) across Ontario.

We encourage you to download any articles you find interesting, in accordance with copyright rules posted on individual sites. If you wish to view an article but encounter an out-of-date link, please contact the source directly, or send a document request to the CAMH Library, <mailto:library@camh.net>, Fax: (416) 595-6601. Please include a full citation with your request. There may be a cost associated with this service.

To view past issues, please visit
www.apolnet.ca/resources/pubs/respapers/ResQtlyHome.html.

The Alcohol Policy Network (APN) is a program of the Ontario Public Health Association, and is funded through the Ontario Ministry of Health Promotion. For more information about this electronic mailing list, or APN please visit
www.apolnet.ca/AboutUsHome.html.

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 2. Impaired Driving / Road Safety
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 5. Health and Safety
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 - b. Low / High Risk Drinking / Harm Reduction

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- c. Crime / Violence / Injury Prevention
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1. Alcohol Advertising

FTC REPORTS ON ALCOHOL MARKETING AND SELF-REGULATION

News Release, Federal Trade Commission, June 26, 2008

Study Finds High Levels of Compliance with Voluntary Placement Standard.

[HTTP://WWW.FTC.GOV/OPA/2008/06/ALCOHOLRPT.SHTM](http://www.ftc.gov/opa/2008/06/ALCOHOLRPT.SHTM)

See also: **SELF REGULATION IN THE ALCOHOL INDUSTRY**

[HTTP://WWW.FTC.GOV/OS/2008/06/080626ALCOHOLREPORT.PDF](http://www.ftc.gov/os/2008/06/080626ALCOHOLREPORT.PDF)

ALCOHOL ADVERTISEMENTS SEEN BY YOUTH ON TV ON THE RISE

Research Summary, Center on Alcohol Marketing and Youth, June 23, 2008

A comprehensive review of television advertising practices by alcohol companies from 2001-2007 finds an increase in youth exposure to alcohol advertising and relatively few industry-sponsored "responsibility" ads.

<http://camy.org/press/release.php?ReleaseID=46>

See also: **YOUTH EXPOSURE TO ALCOHOL ADVERTISING ON TELEVISION, 2001 TO 2007**

<http://camy.org/research/tv0608/>

2. Impaired Driving / Road Safety

Nothing to report

3. Demographic Groups

a. Youth and Young Adults

40 PERCENT OF YOUNG DRINKERS SAY ADULTS SUPPLIED THE BOOZE

Research Summary, Join Together, June 27, 2008

About half of U.S. youths under age 21 have consumed alcohol, and of these 40 percent said that they got their drinks for free from an adult during the past month, a new survey finds.

<http://www.jointogether.org/news/research/summaries/2008/40-percent-of-young-drinkers.html>

See also: **NEW NATIONWIDE REPORT ESTIMATES THAT 40 PERCENT OF UNDERAGE DRINKERS RECEIVED FREE ALCOHOL FROM ADULTS OVER 21**

<http://www.samhsa.gov/newsroom/advisories/0806250013.aspx>

HIGHLIGHTS FROM THE 2007 OSDUHS MENTAL HEALTH AND WELL-BEING REPORT

Centre for Addiction and Mental Health, May/ June 2008

This *eBulletin* highlights the main physical and mental health-related findings from the 2007 Ontario Student Drug Use and Health Survey (OSDUHS), an Ontario-wide school survey of students in grades 7 to 12.

http://www.camh.net/Research/Areas_of_research/Population_Life_Course_Studies/eBulletins/ebv9n3_MHReportHighlights_2007OSDUHS.pdf

ENERGY DRINK CONSUMPTION PREDICTS RISKY TEEN BEHAVIOR

Research Summary, Join Together, May 27, 2008

Recent research suggests that teens and young adults who consume energy drinks may be at greater risk of a number of high-risk behaviors, such as unprotected sex, alcohol and other drug problems, and violence.

<http://www.jointogether.org/news/research/summaries/2008/energy-drink-consumption.html>

EARLY CHILDHOOD ABUSE AND EARLY DRINKING

Research Summary, Join Together, May 17, 2008

Exposure to abuse as a young child is related to early alcohol initiation, according to a survey of public school students attending schools in a high-risk urban area.

<http://www.jointogether.org/news/research/summaries/2008/early-childhood-abuse.html>

See also: **YOUTHS WHO WITNESS OR EXPERIENCE ABUSE AS A CHILD MORE LIKELY TO DRINK BEFORE AGE 13**

<http://www.cesar.umd.edu/cesar/cesarfax/vol17/17-19.pdf>

COLLEGE PARTY CHARACTERISTICS RELATED TO LIKELIHOOD OF HIGH-RISK DRINKING

Research Summary, Join Together, May 5, 2008

High-risk drinking among college students is related to the types of parties they attend, according to a recent web survey of undergraduate students attending two large urban universities.

<http://www.jointogether.org/news/research/summaries/2008/college-party-drinking.html>

b. Older Adults

Nothing to report

4. Alcohol Controls / Liability

RESEARCHERS CALL FOR NEW CLASSIFICATION OF ALCOHOL MISUSE

Research Summary, Join Together, June 20, 2008

"Alcohol abuse" and "alcohol dependence" should be joined by "hazardous drinking" in diagnostic criteria, some researchers say.

<http://www.jointogether.org/news/research/summaries/2008/call-for-new-classification.html>

5. Health and Safety

a. Pregnancy / Fetal Alcohol Spectrum Disorder (FAS/FASD)

Nothing to report

b. Low / High Risk Drinking / Harm Reduction

BINGE DRINKING SEEN AS TRENDY, RESEARCHERS SAY

Research Summary, Join Together, June 24, 2008

Social networking and fashionable trends may help explain the recent rise in binge drinking, British researchers say.

<http://www.jointogether.org/news/research/summaries/2008/binge-drinking-seen-as.html>

See also: **'BINGE' DRINKING IN THE UK: A SOCIAL NETWORK PHENOMENON**

<http://arxiv.org/abs/0806.3176>

FAMILY HISTORY OF ALCOHOLISM MAY PREDICT ADULT ALCOHOL-USE DISORDERS

Research Summary, Join Together, June 6, 2008

Most young adults grow out of the heavy drinking typical of their college years, but children from families with a high level of alcoholism are more likely to continue drinking heavily and develop alcohol-use disorders (AUD) even after they graduate.

<http://www.jointogether.org/news/research/summaries/2008/study-says-family-history-of.html>

RED-WINE INGREDIENT COULD EXTEND LIFE, STUDY SAYS

Research Summary, Join Together, June 5, 2008

Mice given modest amounts of the red-wine ingredient resveratrol exhibited fewer signs of bone and heart-muscle aging, hinting that the substance could have practical potential as an anti-aging drug.

<http://www.jointogether.org/news/research/summaries/2008/red-wine-ingredient-could.html>

See also: **A LOW DOSE OF DIETARY RESVERATROL PARTIALLY MIMICS CALORIC RESTRICTION AND RETARDS AGING PARAMETERS IN MICE**

<http://www.plosone.org/article/info%3Adoi%2F10.1371%2Fjournal.pone.0002264>

DRINKERS LESS LIKELY TO DEVELOP RHEUMATOID ARTHRITIS, RESEARCHERS SAY

Research Summary, Join Together, June 5, 2008

Alcohol Research Digest – May / June 2008

Moderate drinkers are 40-45 percent less likely to develop rheumatoid arthritis than nondrinkers or infrequent drinkers, while the risk of developing the disease appears to be cut in half or more among heavier drinkers, according to Swedish researchers.

<http://www.jointogether.org/news/research/summaries/2008/drinkers-less-likely-to.html>

MODERATE DRINKING COULD STRENGTHEN BONES, RESEARCHERS SAY

Research Summary, Join Together, May 28, 2008

Moderate alcohol consumption appears to be associated with a lower risk of hip fractures and improved bone density even though alcoholism is a risk factor for osteoporosis and other bone-related problems.

<http://www.jointogether.org/news/research/summaries/2008/moderate-drinking-could.html>

See also: **ASSOCIATION BETWEEN ALCOHOL CONSUMPTION AND BOTH OSTEOPOROTIC FRACTURE AND BONE DENSITY**

http://www.sciencedirect.com/science?_ob=ArticleURL&_udi=B6TDC-4SDGYW3-J&_user=10&_coverDate=05%2F31%2F2008&_alid=746957786&_rdoc=1&_fmt=high&_orig=search&_cdi=5195&_sort=d&_docanchor=&_view=c&_ct=9&_acct=C000050221&_version=1&_urlVersion=0&_userid=10&md5=dcedbeed028748350bbb0d3c86309a70

ALCOHOL-RELATED HOSPITAL ADMISSIONS DOUBLE IN U.K.

Research Summary, Join Together, May 27, 2008

Twice as many people were admitted to hospitals in the U.K. with alcohol-related problems in 2006-07 than a decade earlier, according to new government research.

<http://www.jointogether.org/news/research/summaries/2008/alcohol-related-hospital.html>

See also: **STATISTICS ON ALCOHOL: ENGLAND 2008 [NS]**

<http://www.ic.nhs.uk/statistics-and-data-collections/health-and-lifestyles/alcohol/statistics-on-alcohol:-england-2008-%5Bns%5D>

WINE BENEFITS FOR LIVER REPORTED

Research Summary, Join Together, May 21, 2008

Past studies have indicated that moderate alcohol consumption may aid coronary health, but now researchers are saying that light wine drinking also could improve liver health.

<http://www.jointogether.org/news/research/summaries/2008/wine-benefits-for-liver.html>

See also: **MODEST WINE DRINKING AND DECREASED PREVALENCE OF SUSPECTED NONALCOHOLIC FATTY LIVER DISEASE**

<http://www3.interscience.wiley.com/journal/117917052/abstract>

HEAVY DRINKING INCREASES BLOOD PRESSURE, OTHER CORONARY RISKS

Research Summary, Join Together, May 16, 2008

Men who drink more than 21 units of alcohol weekly and women who drink more than 14 units weekly are at higher risk of heart disease, heart failure and stroke, according to Irish researchers.

<http://www.jointogether.org/news/research/summaries/2008/heavy-drinking-increases.html>

MEN MORE LIKELY TO DRINK FOR STRESS RELIEF

Research Summary, Join Together, May 14, 2008

Depressed men are more likely than women to crave alcohol and develop alcohol-related disorder, according to researchers at Yale University.

<http://www.jointogether.org/news/research/summaries/2008/men-more-likely-to-drink-for-s.html>

See also: **GENDER DIFFERENCES IN RESPONSE TO EMOTIONAL STRESS: AN ASSESSMENT ACROSS SUBJECTIVE, BEHAVIORAL, AND PHYSIOLOGICAL DOMAINS AND RELATIONS TO ALCOHOL CRAVING**

<http://www3.interscience.wiley.com/journal/118520059/home>

MODERATE DRINKING RAISES RISK OF MOUTH CANCER, RESEARCHERS SAY

Research Summary, Join Together, May 13, 2008

Drinking just two glasses of wine daily can cause a 75-percent increase in the risk of developing mouth cancer, according to Australian researchers.

<http://www.jointogether.org/news/research/summaries/2008/moderate-drinking-raises-risk.html>

See also: **ALCOHOL AS A CAUSE OF CANCER**

http://www.cancerinstitute.org.au/cancer_inst/publications/pdfs/pm-2008-03_alcohol-as-a-cause-of-cancer.pdf

ALCOHOL BECOMING EQUAL OPPORTUNITY DESTROYER

Research Summary, May, 6, 2008

Alcohol dependence was once much more common among men than women in the U.S., but the gender gap is closing.

<http://www.jointogether.org/news/research/summaries/2008/alcohol-becoming-equal.html>

See also: **SECULAR TRENDS IN THE LIFETIME PREVALENCE OF ALCOHOL DEPENDENCE IN THE UNITED STATES: A RE-EVALUATION**

<http://www3.interscience.wiley.com/journal/119399311/abstract?CRETRY=1&SRTRY=0>

'COURAGE IN A BOTTLE' NO MYTH, STUDY FINDS

Research Summary, Join Together, May 1, 2008

Drunken bravado has biological roots, according to a brain-scan study that finds that alcohol inhibits the ability to feel fear.

<http://www.jointogether.org/news/research/summaries/2008/courage-in-a-bottle-no-myth.html>

See also: **WHY WE LIKE TO DRINK: A FUNCTIONAL MAGNETIC RESONANCE IMAGING STUDY OF THE REWARDING AND ANXIOLYTIC EFFECTS OF ALCOHOL**

See also: **TYPE OF PARTY ATTENDED BY COLLEGE STUDENTS ASSOCIATED WITH LIKELIHOOD OF HIGH-RISK DRINKING**

<http://www.cesar.umd.edu/cesar/cesarfax/vol17/17-17.pdf>

c. Crime / Violence / Injury Prevention

ALCOHOL SALES, RISK OF VIOLENCE RELATED, STUDY SAYS

Research Summary, Join Together, May 15, 2008

New Canadian study finds that the risk of being hospitalized because of a violent assault is higher among individuals who live near alcohol outlets with rising sales.

<http://www.jointogether.org/news/research/summaries/2008/alcohol-sales-risk-of.html>

See also: **ALCOHOL SALES AND RISK OF SERIOUS ASSAULT**

<http://medicine.plosjournals.org/perlserv/?request=get-document&doi=10.1371/journal.pmed.0050104>

CRIME RISES WITH ALCOHOL OUTLET DENSITY, STUDY SAYS

Research Summary, Join Together, May 8, 2008

A new Australian study concludes that violence rose in Melbourne communities as the density of alcohol outlets increased.

<http://www.jointogether.org/news/research/summaries/2008/crime-rises-with-density.html>

See also: **A LONGITUDINAL ANALYSIS OF ALCOHOL OUTLET DENSITY AND ASSAULT**

<http://www3.interscience.wiley.com/journal/120084012/abstract>

STRATEGIES TO REDUCE THE HARMFUL USE OF ALCOHOL

World Health Organization, March 20, 2008

Harmful use of alcohol¹ is one of the main factors contributing to premature deaths and avoidable disease burden worldwide and has a major impact on public health.

http://www.who.int/gb/ebwha/pdf_files/A61/A61_13-en.pdf

d. Addictions Treatment

EARLY DRINKING AND ADULT ALCOHOL DEPENDENCE INCREASES AMONG AMERICANS

Research Summary, Join Together, June 11, 2008

A study of individuals born between 1934 and 1983 found that more Americans began drinking alcohol at an early age over the decades, especially women, and that those who did drink at a younger age were more likely to be alcohol-dependent as adults.

<http://www.jointogether.org/news/research/summaries/2008/early-drinking-increases.html>

STUDY: BRAIN INJECTIONS PREVENT RELAPSE IN ALCOHOLIC RATS

Research Summary, Join Together, June 11, 2008

Researchers have been able to prevent alcoholic rats from relapsing by injecting a protein called glial cell-derived neurotropic factor (GDNF) into their brains.

<http://www.jointogether.org/news/research/summaries/2008/study-brain-injections.html>

See also: **GDNF IS A FAST-ACTING POTENT INHIBITOR OF ALCOHOL CONSUMPTION AND RELAPSE**

<http://www.pnas.org/content/105/23/8114.abstract?maxtoshow=&HITS=10&hits=10&RESULTFORMAT=1&author2=ron%252C+dorit&andorexacttitle=and&andorexacttitleabs=and&andorexactfulltext=and&searchid=1&FIRSTINDEX=0&sortspec=relevance&resourcetype=HWCIT>

VIRTUAL REALITY CAN AID TREATMENT

Research Summary, Join Together, May 2, 2008

A new study shows that therapists can effectively use virtual-reality (VR) technology to stimulate alcohol craving in order to train patients in coping and resistance skills.

<http://www.jointogether.org/news/research/summaries/2008/virtual-reality-can-aid.html>

See also: **ASSESSING REACTIVITY TO VIRTUAL REALITY ALCOHOL BASED CUES**

[http://www.sciencedirect.com/science?_ob=ArticleURL&_udi=B6VC9-4RGTXDT-1&_user=10&_coverDate=06%2F30%2F2008&_rdoc=2&_fmt=high&_orig=browse&_srch=doc-info\(%23toc%235949%232008%23999669993%23684359%23FLA%23display%23Volume\)&_cdi=5949&_sort=d&_docanchor=&_ct=12&_acct=C000050221&_version=1&_urlVersion=0&_userid=10&md5=e845823742f8b7ed65bef1b2606885b5](http://www.sciencedirect.com/science?_ob=ArticleURL&_udi=B6VC9-4RGTXDT-1&_user=10&_coverDate=06%2F30%2F2008&_rdoc=2&_fmt=high&_orig=browse&_srch=doc-info(%23toc%235949%232008%23999669993%23684359%23FLA%23display%23Volume)&_cdi=5949&_sort=d&_docanchor=&_ct=12&_acct=C000050221&_version=1&_urlVersion=0&_userid=10&md5=e845823742f8b7ed65bef1b2606885b5)

6. Workplace

Nothing to report

7. Influencing Policy

AVOIDABLE COSTS OF ALCOHOL ABUSE IN CANADA 2002

Jurgen Rehm et al., Centre for Addiction and Mental Health, March 2008

To estimate avoidable burden and avoidable costs of alcohol abuse in Canada for the year 2002.

http://www.camh.net/News_events/News_releases_and_media_advisories_and_backgr_ounders/Avoidable%20Cost%20of%20Alcohol%20Final%20Report_March20_08.pdf

8. Practitioner Resources

CAMH INTRODUCES “MENTAL HEALTH & ADDICTION 101”

News Release, Centre for Addiction and Mental Health, June 23, 2008

A fast, easy information resource for one of Canada’s most widespread health concerns.

http://www.camh.net/News_events/News_releases_and_media_advisories_and_backgrounders/mha101_launch.html

DRINK AND DRUG NEWS

June 2008

Harm Reduction – A Global Snapshot – Cover Story,

<http://www.drinkanddrugs.net/drinkanddrugsnews/020608.pdf>

APPROACHES TO DRUGS AND ALCOHOL IN SCOTLAND

June 9, 2008

A systems mapping approach to how Scotland can reduce the damage to its population through alcohol and drugs by half by 2025.

http://news.bbc.co.uk/2/shared/bsp/hi/pdfs/09_06_08_drug_futures.pdf

ALCOHOL, OTHER DRUGS AND HEALTH: CURRENT EVIDENCE

Boston University, May / June 2008

Includes; Intervention and Support, Health Outcomes, and Special Reports.

<http://www.bu.edu/aodhealth/pdfs/2008/June08.pdf>

9. Other

GENE VARIANTS PROTECT AGAINST MOUTH, THROAT CANCERS

Research Summary, Join Together, May 27, 2008

Alcohol is linked to a majority of mouth and throat cancers, but individuals with a particular gene variant may be protected from disease -- possibly because their bodies are more efficient at breaking down alcohol.

<http://www.jointogether.org/news/research/summaries/2008/gene-variants-protect-against.html>

TWINS STUDY POINTS TO GENETIC ROLE IN EARLY ALCOHOL INITIATION

Research Summary, Join Together, May 19, 2008

Genetics influence early initiation of alcohol use, while environmental factors play a greater role in differences in frequency of consumption once drinking begins.

<http://www.jointogether.org/news/research/summaries/2008/twins-study-points-to-genetic.html>

See also: **THE RELATIVE CONTRIBUTION OF GENES AND ENVIRONMENT TO ALCOHOL USE IN EARLY ADOLESCENTS: ARE SIMILAR FACTORS RELATED TO INITIATION OF ALCOHOL USE AND FREQUENCY OF DRINKING?**

<http://www3.interscience.wiley.com/journal/120084001/abstract>

ALCOHOL THE ONLY MIND-ALTERING DRUG IN ABSINTHE

Research Summary, Join Together, May 19, 2008

An analysis of sealed, 100-year-old bottles of the infamous spirit absinthe found that the drink, while containing a potent amount of alcohol, has no other ingredients that could explain its reputation for causing hallucinations.

<http://www.jointogether.org/news/research/summaries/2008/alcohol-the-only.html>

See also: **CHEMICAL COMPOSITION OF VINTAGE PREBAN ABSINTHE WITH SPECIAL REFERENCE TO THUJONE, FENCHONE, PINOCAMPHONE, METHANOL, COPPER, AND ANTIMONY CONCENTRATIONS**

<http://pubs.acs.org/cgi-bin/abstract.cgi/jafcau/2008/56/i09/abs/jf703568f.html>