



KM Seedat Memorial Lecture 2018

***The devastating influence of Alcohol
on child health***

***25th August 2018
14.00 PM***

Sebastian van As

Trauma Unit

Red Cross Children's Hospital

University of Cape Town



childsafes
KEEP KIDS FREE FROM HARM

Background



*Red Cross Children's Hospital,
close co-operation with:*

Childsafe South Africa

CREATING A SAFER WORLD FOR CHILDREN

Nelson Mandela

First parliamentary speech

“Alcohol and drugs are a major cause of crime, poverty, reduced productivity, unemployment, dysfunctional family life, political instability, the escalation of chronic diseases, such as AIDS and TB, injury and premature death”



Overview

1. Africa & Children

2. Trauma

3. The role of alcohol

4. Recommendations



Africa



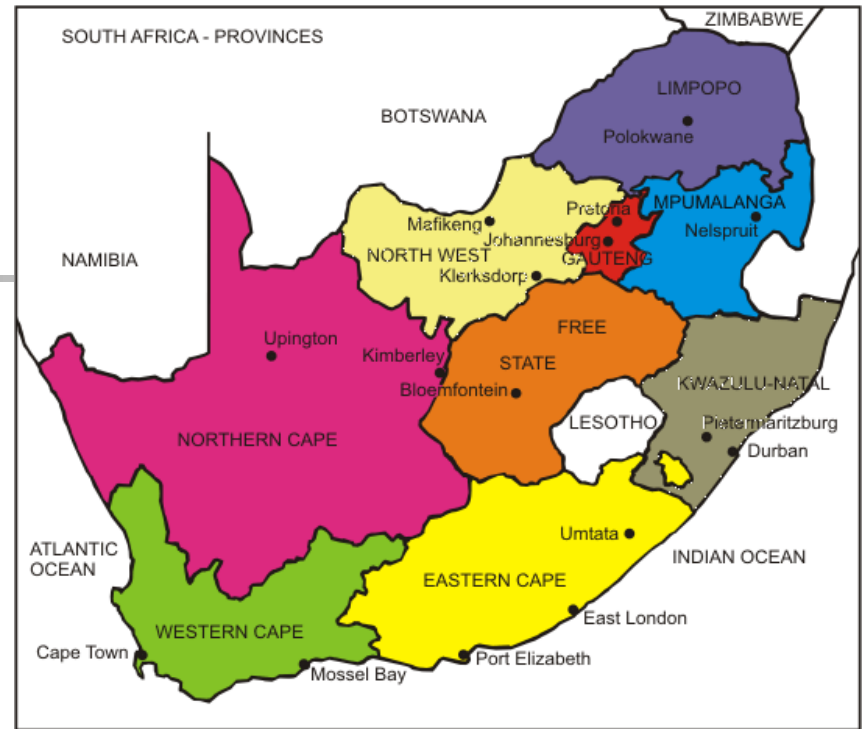
Africa



- *Approximately 1 billion people*
- *Approximately 700 million children*
 - *Children usually not heard in policy making*



South Africa



- *Approximately 56 million people*
- *Approximately 20 million children*



Our Constitution 2(28)



- *Every child has got the right to Safety*
- *A child's interests are of paramount importance in every matter concerning the child*

Trauma



Violence and conflict undermining UN's Millennium Development Goals

Holly McGurk and Webster Zambara

WITH the Millennium Development Goals (MDGs) reaching their final deadline next year, it is becoming increasingly obvious that countries in conflict or those emerging from conflict have largely been left behind.

While the narrative of the MDGs helped to galvanise development efforts and guide development priorities, a recent World Bank analysis estimates only 20 percent of fragile and conflict-affected countries have met the poverty target.

Sadly, this problem is most pronounced in Africa. Most of the 1.5 billion people living in fragile states across the world are in Africa, with one in four African countries presently suffering from the effects of armed conflict. The struggles that the Central African Republic, Libya, Somalia, Mali, the Democratic Republic of the Congo, Sudan and South Sudan, among others, have experienced illustrate that there can be no development without

peace, stability and security. This situation has been worsened by the rise in acts of terrorism perpetrated by Boko Haram in west Africa and al-Shabaab in east Africa.

If the global development agenda is to have a tangible impact on people's lives, it's important that discussions about what will come after the MDGs recognise the negative effect of conflict. One of the main outcomes of the UN Conference on Sustainable Development held in Rio de Janeiro in June 2012 was the creation of a 30-member Open Working Group on Sustainable Development Goals (SDGs) that has been negotiating on what should be included in the post-2015 development agenda since January last year.

The group released its report in July. The goals and targets that the report proposes can still be improved on as some important targets are excluded. For example, the targets do not mention increasing access to conflict resolution mechanisms to mediate and reconcile tensions, grievances

and disputes within society. This is an important measure to give people and communities alternatives to violence that could be further reinforced by education on a culture of non-violence and peace.

A target on perceptions of safety, confidence and trust in the security forces and the police would also ensure that outcomes reflect the reality on the ground where in some cases they violate the rights of the civilians that they should protect. Achieving goals that are purely quantitative will not have real impact unless a change in perceptions is felt at a grassroots level too. Comprehensive, measurable goals are required in order to achieve democratic, sustainable and inclusive societies that truly leave no-one behind.

Africa has added its voice to the emerging consensus among the international community that peace and security should be seen as the fourth pillar to development. The African Common Position on the Post-2015 Development Agenda pronounced

after continent-wide consultations spearheaded by the UN Economic Commission for Africa recognised that peace and security is "essential for the achievement of the continent's development aspirations, particularly for countries affected by conflict and those emerging from conflict."

This notion has long been a feature of South Africa's foreign policy and approach to development. The White Paper on South Africa's Foreign Policy, "Building a better world: The diplomacy of Ubuntu", affirms that "peace, stability and security are essential preconditions for development". South Africa's foreign policy has consistently recognised that its national interests are intrinsically linked to Africa's stability, unity and prosperity, and has therefore been actively involved since 1994 in supporting peacebuilding on the continent.

The inclusion of conflict prevention in the post-2015 agenda is therefore in keeping with our current development approach and with our experience as a country

Only 20 percent of fragile and conflict-affected countries have met the poverty target

emerging from conflict. As President Jacob Zuma remarked at the 68th UN General Assembly, "Development and security are two sides of the same coin. The best way to ensure both is through good governance and the promotion of democratic values in all societies".

The MDGs did not take into consideration the different development requirements in conflict-affected countries. For example, while in 2010 the MDGs were

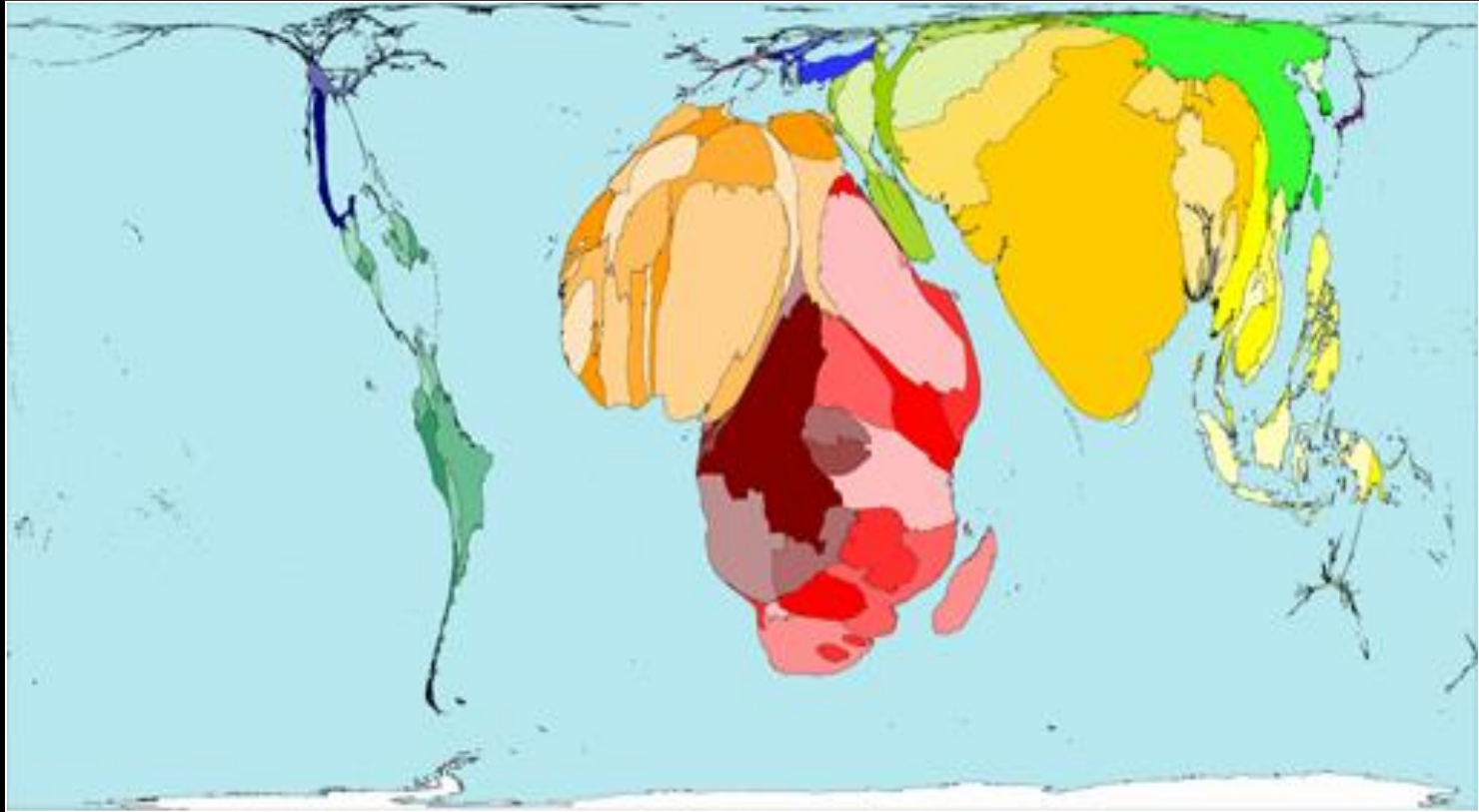
considered achievable for Syria, after war, the country is now unlike reach any of the goals. The recent outbreak of violence in northern Iraq as well as the Gaza Strip will certainly leave the Middle East more fragile and insecure.

If development is to overcome the persistent obstacles of war and instability, lessons of the MDGs need to be learned from and incorporated into the new framework. A goal on peace and security in the post-2015 development agenda will need to garner support and attention for the nexus between peace and development. The role of conflict in preventing development is not addressed, then the SDGs produce the same poor results as the MDGs in countries and communities affected by violence and conflict.

● McGurk is a project co-ordinator of the United Nations Association in South Africa and Zambara is a senior project leader at the Institute for Justice and Reconciliation in Cape Town.

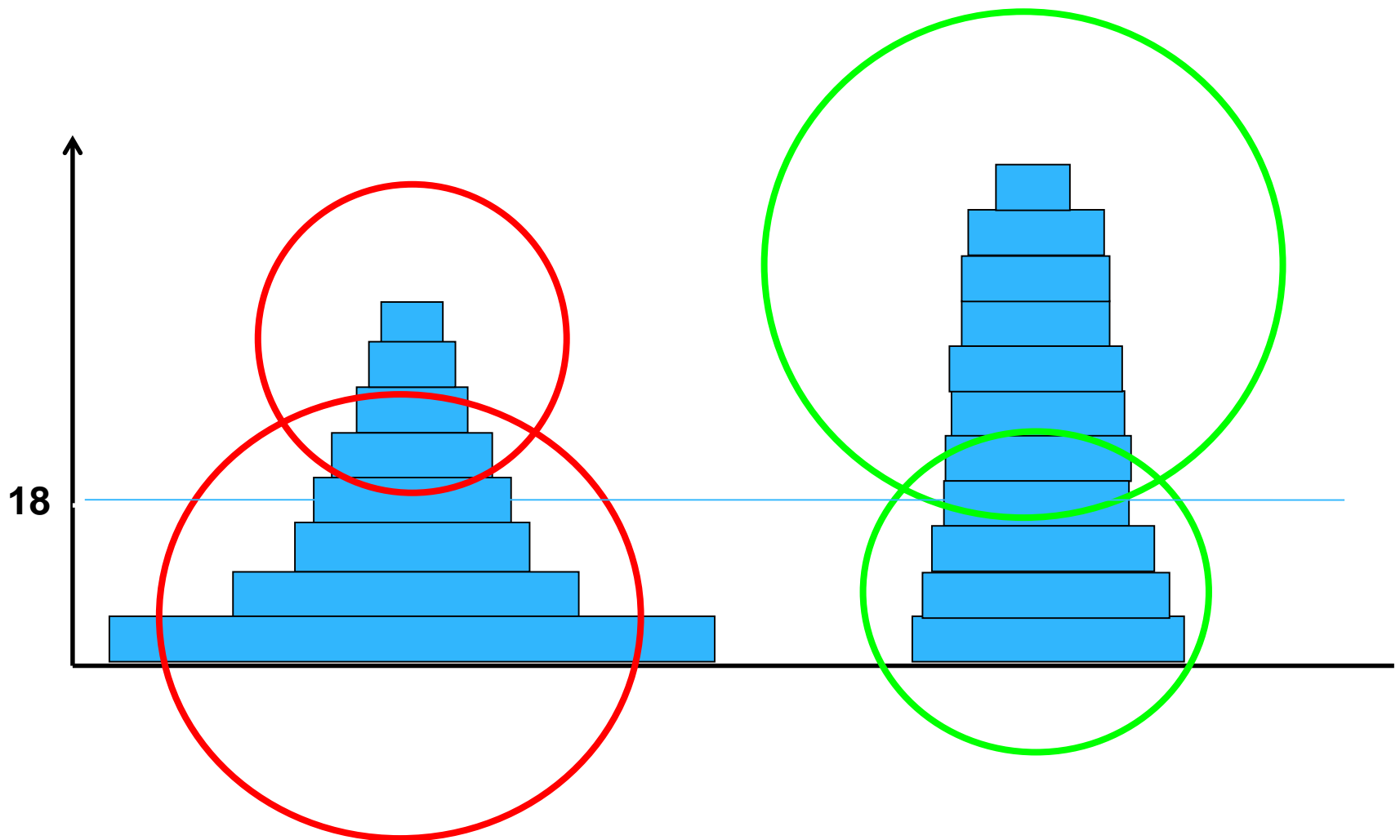
Millennium Development Goals

1. *Eradicate poverty and hunger*
2. *Achieve universal primary education*
3. *Promote gender equality*
4. **Reduce Childhood Mortality**
5. *Improve maternal health*
6. *Combat infectious diseases*
7. *Ensure environmental sustainability*
8. *Develop a global development partnership*



Childhood Deaths

Ratio Adults/Children



Childhood Injuries

- * Trauma a leading cause childhood deaths
- * Approximately 1 million deaths annually

1. Motor Vehicle Crashes

-Pedestrian (70%)

-Passengers (30%)

2. Drowning

3. Burns

World report on
child injury prevention



WHO

**TRAUMA NUMBER
1 KILLER IN 2020**

World Health Assembly

* Decade of Action:

BRINGING DEATHS DOWN BY 50%

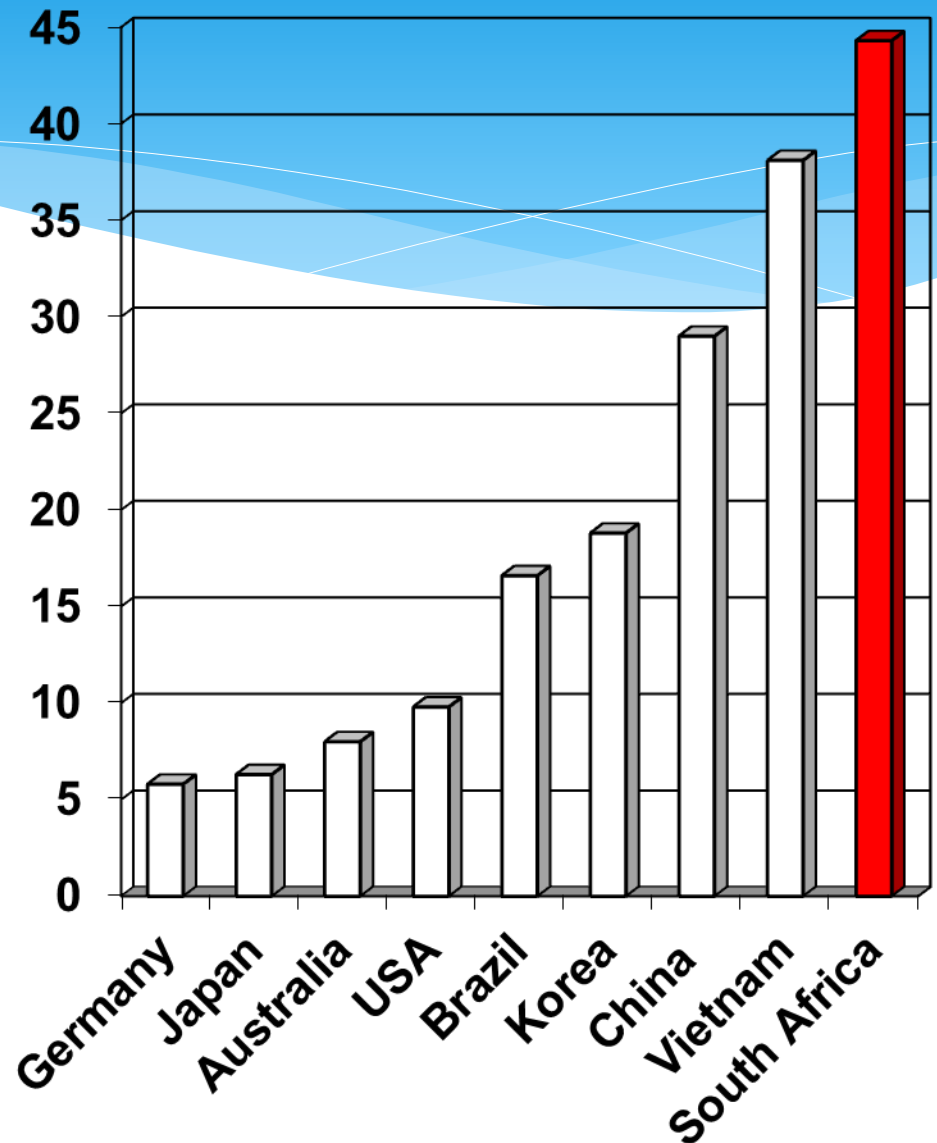
in the decade 2011 – 2021

* Currently (2017) no reduction as yet...



Statistics

- * *Annually 8000 children die as a result of unintentional injuries*
- * *Child in SA 25 times more chance to end up in hospital as compared to the UK*





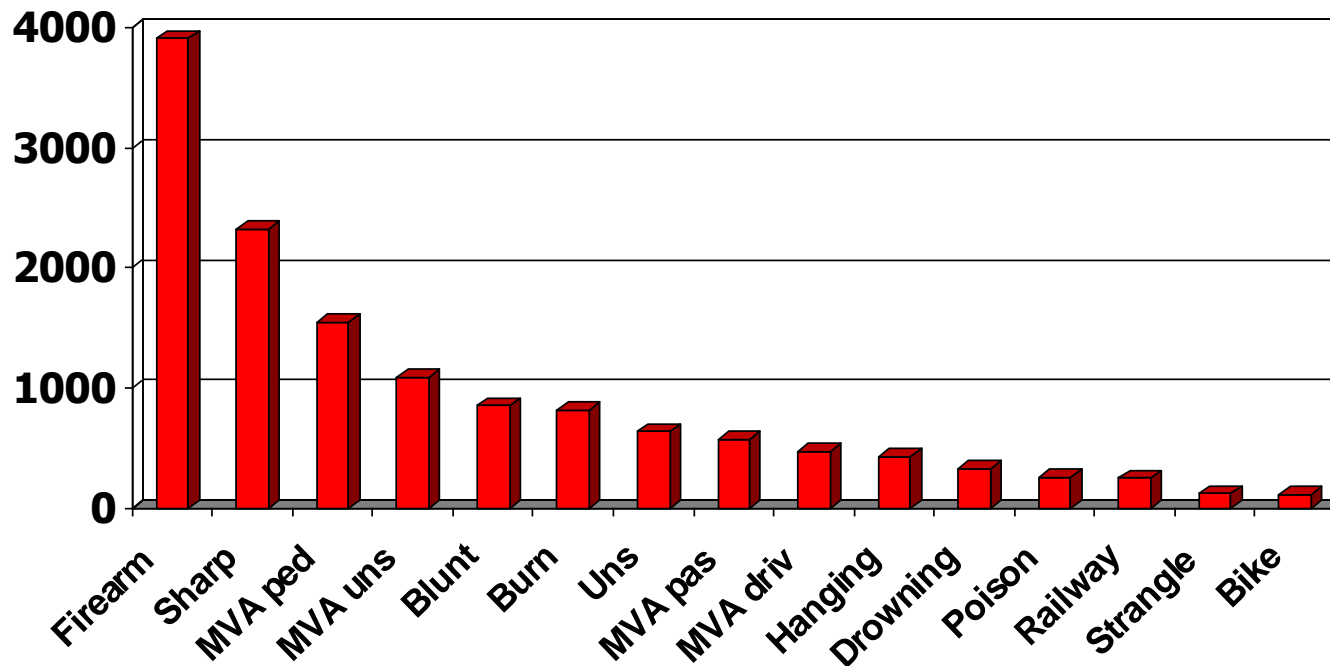
Burden of Injury in the U.S., 2006



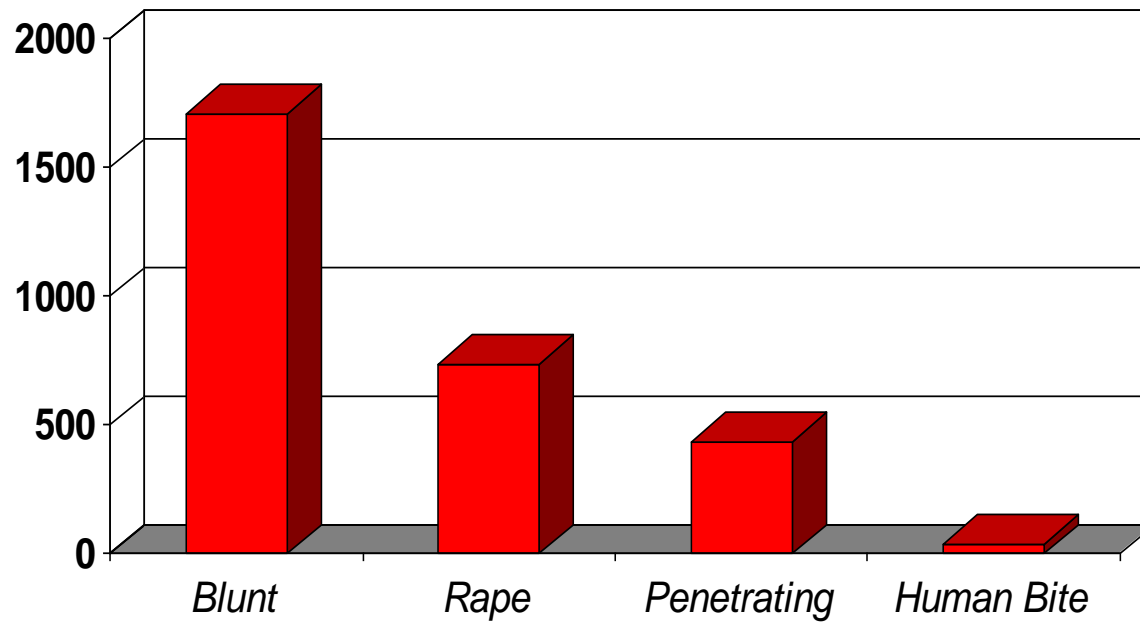
Sources: WISQARS - cdc.gov/injury/wisqars/index.html; CDC, National Center for Health Statistics, *FASTSTATS cdc.gov/nchs/FASTSTATS/ervisits.htm, October, 2009.

South Africa has a violent society

80 000 trauma deaths annually



Red Cross children under 12 years



Alcohol





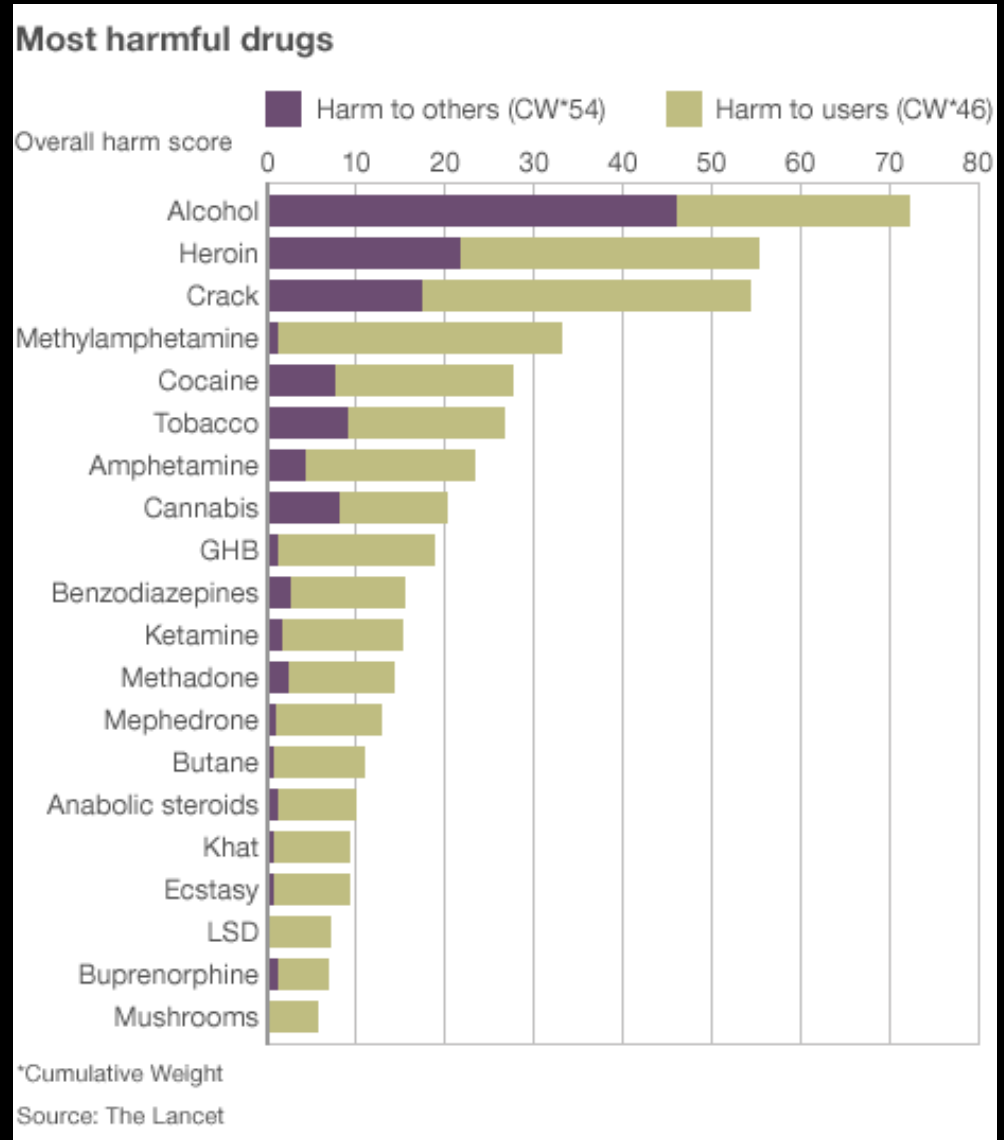
Alcohol (Arabic: "Al-Kuhul")

- *Kohl, the black powder to darken the eyelids*
- *The pure spirit of anything*
- *Social lubricant*
- *Sophisticated dining companion*
- *Cardiovascular health benefactor*
- *Alzheimer prevention*

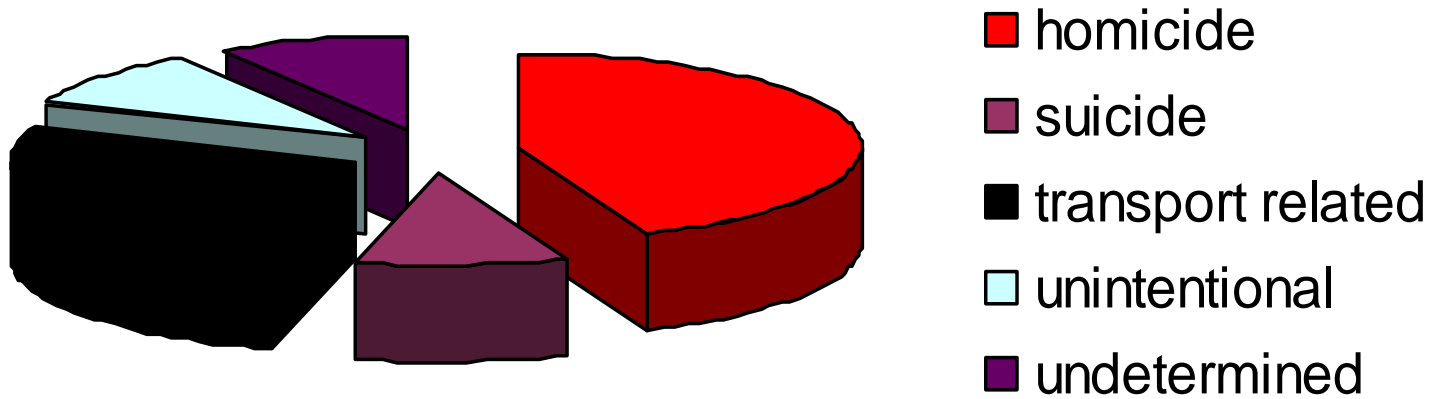


"Alcohol worse than heroin"

- **Lancet 2010**
- **Government Chief Drug advisor, Prof David Nutt**

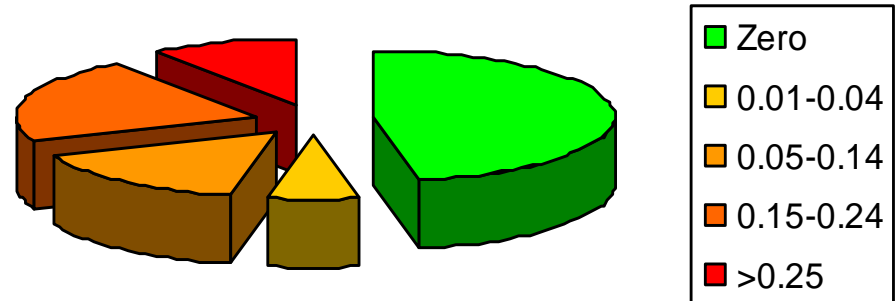


Non-natural deaths

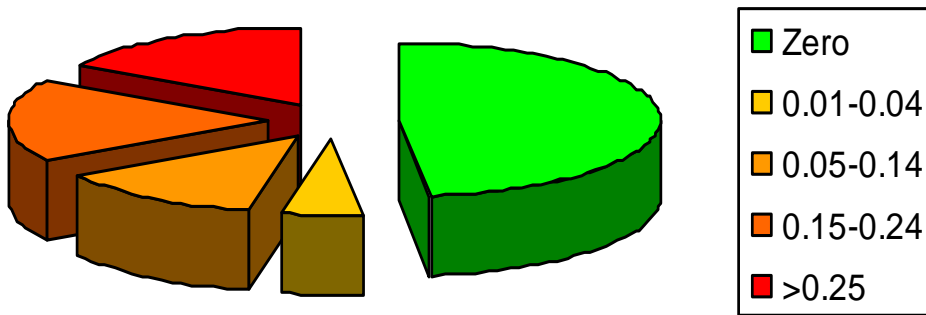


Alcohol

Percentage of homicide death by alcohol level



Percentage of traffic related deaths by alcohol level



Road deaths



Alcohol intoxication violent assaults



<i>Perpetrator</i>	<i>Alcohol Intoxication</i>
<i>Stranger</i>	<i>31%</i>
<i>Intimate</i>	<i>67%</i>
<i>Spouse</i>	<i>75%</i>



The role of Alcohol



- ***Alcohol abuse***

- *Approximately 70% of all trauma*
- *Approximately 80% of domestic violence*





Cost of alcohol abuse

- *Health costs*
- *Economic costs*
 - *Accidents*
 - *Sick leave, disability, deaths*
- *Social costs*
- *Psychological costs*



Financial of alcohol abuse

- *Approximately 100 Billion Rand annually*
- *Tax paid by alcohol industry:*
 - *10 Billion (2009)*
- *Society pays the deficit while the alcohol beverage industry gets richer*





Direct Child Abuse





“Accidental” Child Abuse

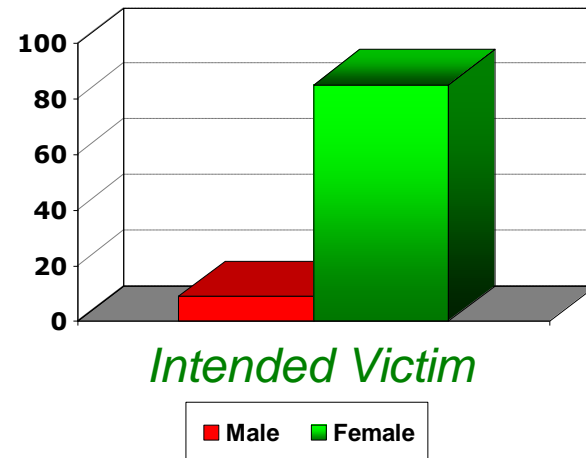
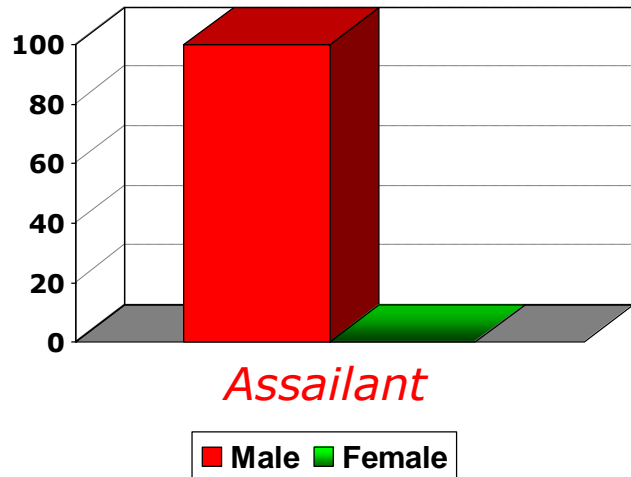




Shielding

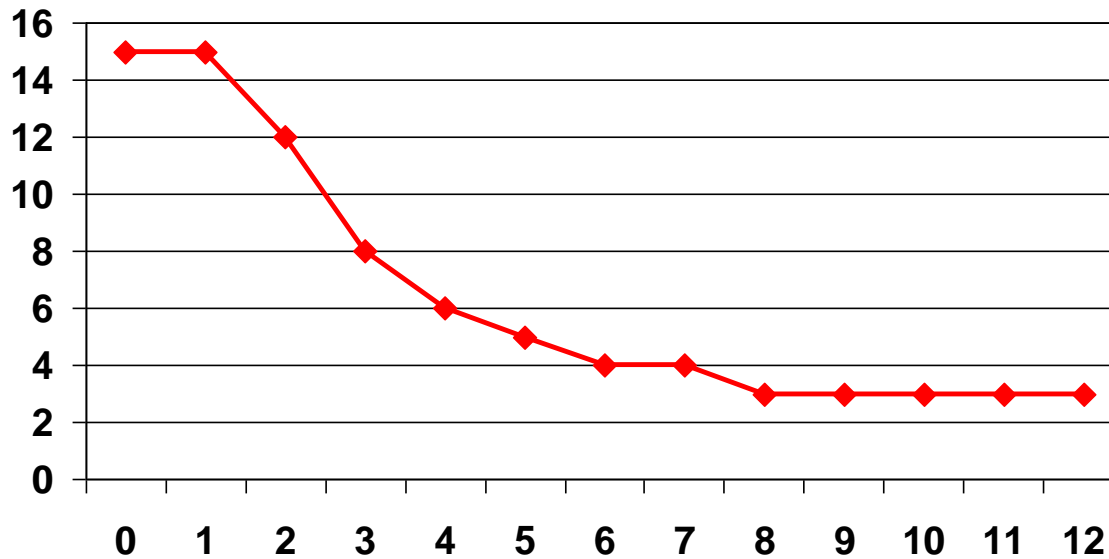


Gender





Age distribution



Years





Some pictures....



Primum non nocere

Sensitive Viewers
close your eyes for a few minutes



Beaten by drunk parents





*Raped and
strangled*



Drunk father



*Punched in
the face*



Assaulted



Fractures



Severe head injury



Mechanisms

in which kids are effected by alcohol

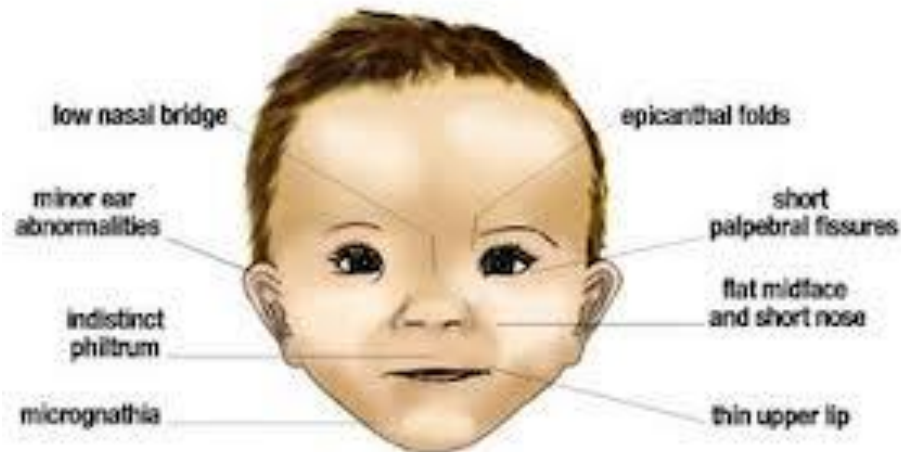
1. Foetal Alcohol Syndrome

2. Neglect & safety neglect

3. Direct and indirect Child Abuse

Fetal Alcohol Syndrome

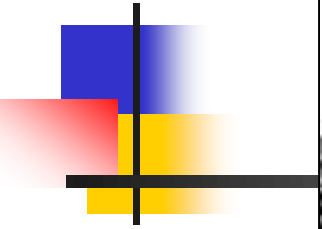
FETAL ALCOHOL SYNDROME



SAMJ 2016: Fetal Alcohol Spectrum Disorders
Prevalence rates: 2.9 – 29% of all births



4. What can be done?





Valencia Declaration 2002

(Signed by 22 countries)

Alcohol marketing and promotion to young people was analysed:

- *The alcohol beverage industry presents a very one-sided view of alcohol*
- *Actively masks the contribution of alcohol to morbidity, mortality and social harm*





Valencia Declaration

- *Legislation and regulations regarding alcohol need to be improved in order to protect young people*
- *Create more awareness amongst young people about the great level of sophistication of alcohol advertising*
- *Young people need to be activated to protect their own health*





Alcohol advertising

- *Alcohol drinking is normal*
- *Alcohol is used by attractive, successful and **healthy** people...*
- *that are sexy, popular, charming,
independent and strong*





Alcohol and children

- *A great percentage of children who start drinking young will end up as alcoholics
(especially when starting to drink before the age of 14)*
- *Alcohol related accidents are the main killers of young people*
- *Up to 70% of interpersonal and domestic violence is alcohol induced*





Alcohol Injury Fund

(Van As, Charles Parry, Mark Blecher)

- *Additional tax on alcohol beverage (10 cent per consumption) to establish an Alcohol Injury Fund*
- *Use these funds creatively to:*
 - ***Help victims of alcohol-related trauma***
 - ***Equipment for beleaguered trauma units***
 - ***Substance abuse centres***



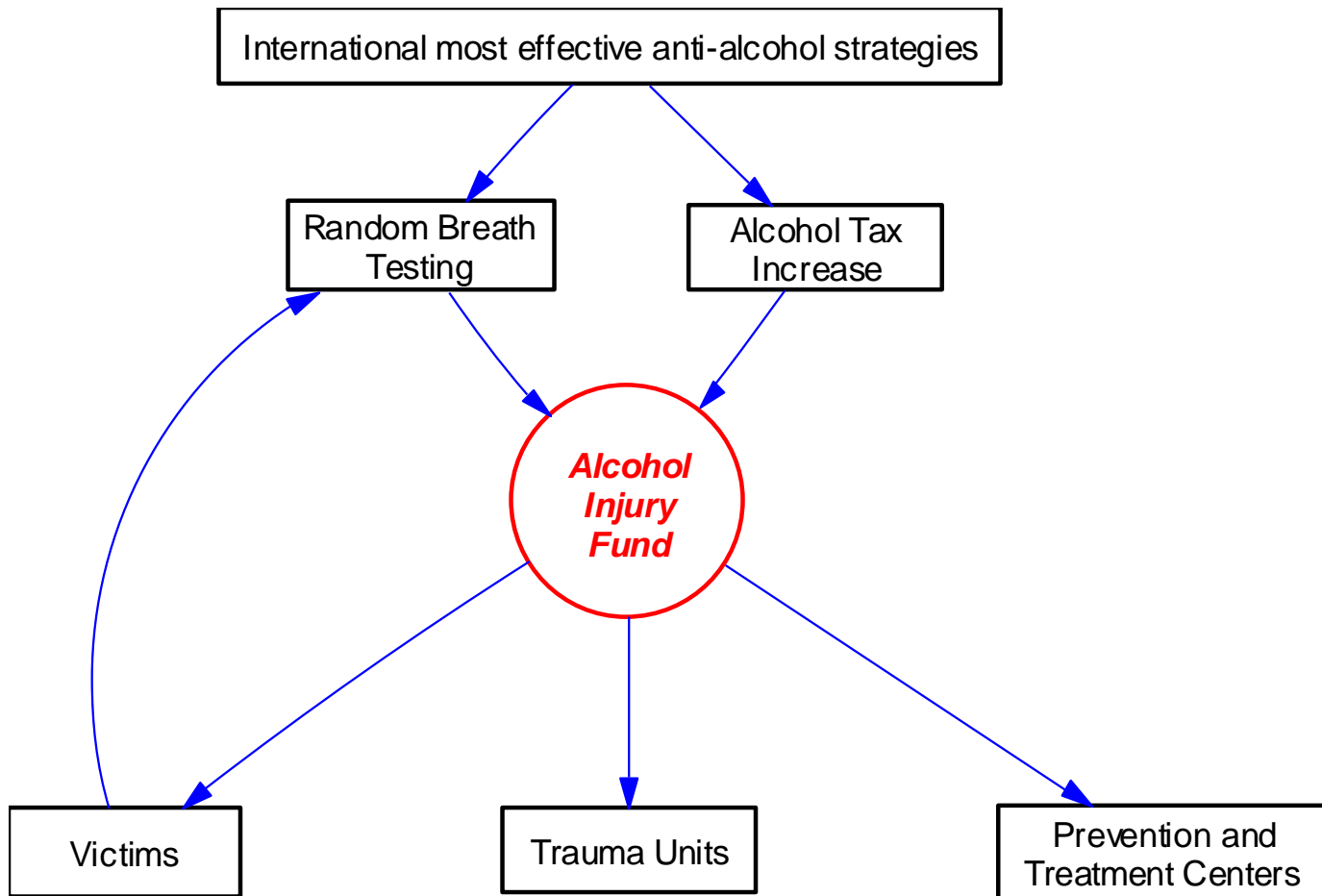


Rationale (1)

- *“Polluter pays” policy*
- *Victims often poor and disempowered*
- *Presently no incentive to report alcohol related crimes*
- *Prerequisite for claim would be proof of the perpetrator being intoxicated during the infliction of the injury*
- *This could work preventative in itself*
- *Internationally two most effective strategies:*
 - *Tax Increase*
 - *Random Breath Testing*



Rationale (2)





Conclusion

- *Alcohol a major public health problem*
- *Alcohol deeply interwoven with trauma
(the number 1 disease in South Africa)*
- *Presently huge financial deficit paid by
general tax-payer*





How can government help?

- *1) Take a strong stand against alcohol abuse*
- *2) Change society to NOT accept alcohol abuse*
- *3) Change society from normless drinking to responsible alcohol use*





How can government help?

1) Be at least as strict with alcohol as with nicotine

Put warning on all alcoholic beverages -- Show its commitment

2) Regulate all alcohol advertising very strictly

*Do not falsely link role models, art, music and health with alcohol
Research shows that young children respond to advertising at an emotional level,
changing their beliefs and expectations about drinking*

3) Stop all alcohol sport sponsorship

There really is no relation between alcohol and sporty lifestyle



Nelson Mandela

First parliamentary speech

“Many people who live with violence day in day out assume that it is an intrinsic part of the human condition.

This is not so.

Violence can be prevented.”



Nelson Mandela



*“A better society will and must be measured
by the **happiness and welfare of the children**”*

*at once the most vulnerable citizens in any
society and the greatest of our treasures”*



Children usually not represented



Please remember them



Thank You