

Scottish Government consultation on Alcohol: Review of the minimum unit pricing and continuation consultation

Response from Obesity Action Scotland
Closing date: 22 November 2023

Question 1 – Do you think Minimum Unit Pricing (MUP) should continue?

Yes

Question 2 – If MUP continues, do you agree with the proposed Minimum Unit Price of 65p?

Yes

Question 3 – We invite comments on: the Scottish Ministers' proposals to continue MUP and the proposed MUP of 65p Please comment

We welcome the proposal to continue MUP and to increase it to at least 65p per unit.

The evidence is clear that the policy has achieved its aim of reducing alcohol-related harm. MUP was estimated to reduce deaths directly caused by alcohol consumption by 13.4% and hospital admissions by 4.1%¹. Reductions have been greatest for men and for those living in the most deprived areas of Scotland, meaning that the policy has contributed to reducing alcohol-related health inequalities.

Alcohol is an important source of excess calories in adults. Data from Food Standards Scotland shows that alcohol contributes to around 9% of calories in adult diets in Scotland. Alcoholic drinks can also contain considerable amounts of sugar and are often mixed with syrups and sugary soft drinks, further contributing to excess sugar and calorie consumption².

MUP has successfully reduced how much alcohol we consume. MUP reduced total alcohol sales in Scotland by an estimated 3% in the first three years of implementation, driven by a reduction in off-trade sales³. Households that bought the most alcohol prior to MUP reduced their purchasing the most after implementation⁴.

About us

Obesity Action Scotland provide clinical leadership and independent advocacy on preventing and reducing overweight and obesity in Scotland.

For any enquiries relating to this submission, please contact Jennifer Forsyth
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References

¹ Public Health Scotland (2023) [Minimum unit pricing \(MUP\) for alcohol: Evaluation findings at a glance.](#)

² Food Standards Scotland (2020) Situation Report: The Scottish Diet: It needs to change https://www.foodstandards.gov.scot/downloads/Situation_Report_-_The_Scottish_Diet_It_Needs_to_Change_%282020_update%29.pdf

³ Giles, L. et al. (2022) *Evaluating the impact of Minimum Unit Pricing (MUP) on sales-based alcohol consumption in Scotland at three years post-implementation.* Public Health Scotland.

⁴ Public Health Scotland (2023) *Evaluating the impact of minimum unit pricing for alcohol in Scotland: Final report. A synthesis of the evidence.*