

Alcohol Awareness Summary

As at 9th May 2006 - 81 prisoners attended

Health Promotion Evaluation Sheet

Please complete this at the end of the session

On a scale of 1 to 10, how much did you enjoy the session today?

Not at all										Very much	
1	2	3	4	5	6	7	8	9	10		
				1%	7%	3%	18%	21%	17%	33%	

On a scale of 1 to 10, how useful did you find the session today?

Not useful										Very useful	
1	2	3	4	5	6	7	8	9	10		
			2%	2%		12%	20%	14%	50%		

Which part of the session did you find most useful?

All of it, the quiz, the debate, consequences to health section, discussion on health issues, what alcohol does to the body, amounts of units in different drinks, looking at the effects on the liver, looking at the long term effects on the liver, the liver in the jar, finding out about safe levels of drinking, the damage to your body and your life, talking openly

What part of the session did you find least useful?

None, how to drink safely, about cirrhosis of the liver, reasons why people drink, the basic information about units, the quiz, the cycle of change, talking about George Best,

Did you learn anything new? If so, what?

Units of alcohol, The effects of alcohol on the body, medical and legal aspects of alcohol, drinking too much is not good for your health, that alcohol affects the brain faster than 20 minutes, how many units is healthy for you, not to drink at all when driving, how to identify alcohol problems in others, refreshed forgotten knowledge, diseases and actual amounts you can/can't drink, I have done alcohol

courses before it is always good to refresh, yes - to look for help for my drink problem, what drink actually does to you, strengths of different drinks, alcohol recovery time, the damage it does to you, we didn't discuss places where people can go to get help if they need it, learning how to give advice to other people should they need it, difference in units between lager and spirits,

Would you recommend this session to someone else? If not, why?

Yes (majority of evaluation forms), I would recommend this to everyone who drinks,

In your opinion is there anything missing?

No, addresses to get help on release, not in depth enough, video,