



香港控酒聯盟  
**Hong Kong Alliance for Advocacy Against Alcohol**  
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### Position Statement on Alcohol and Sports Events

#### *The Alliance*

##### *Convenor*

Dr S P Mak  
麥倩屏醫生

The Hong Kong Alliance for Advocacy Against Alcohol expresses grave concern regarding the organization of a sports event which encourages participants to consume beer while running.

##### *Secretary*

Dr June Y Y Leung  
梁語殷醫生

While physical activity has many health benefits, there is no place for alcohol in exercise and sports. Alcoholic beverages are classified as Group 1 carcinogens by the World Health Organization, and there is no safe level of alcohol consumption. Alcohol use is also associated with many other chronic diseases, such as ischaemic heart disease, liver cirrhosis and neuropsychiatric disease. Consuming alcohol while engaging in sports may cause dehydration, increase burden on the vital body systems, and increases the risk of accidents and injuries due to its adverse effect on the central nervous system.

##### *Members*

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This event is sponsored by the alcohol industry and supported by a government bureau. The World Health Organization acknowledges alcohol to be a major threat to public health, and has promulgated a Global Strategy to reduce alcohol related harm. Regulating the marketing of alcoholic beverages in particular to younger people is amongst one of the most effective target areas for instituting policy options and interventions. This includes, but not limited to, regulating direct or indirect marketing as well as sponsorship activities that promote alcohol. Encouraging the consumption of beer through such forms is clearly against public health. We urge all parties concerned to take immediate actions to better protect the health of the people of Hong Kong.

August 2017