1 in 4 workers in the UK said their drinking meant that they did the minimum amount of work and went home as soon as possible.

Among adults who drink, alcohol amounts for nearly 10% of their calorie intake.

In Leeds, between 6% & 15% of working days lost to sickness can be attributed to alcohol misuse.

Average months of life lost of Leeds residents due to alcohol are 10.7 for men and 4.7 for women.

Over 35,000 adults in Leeds are high risk drinkers.

Over 210,000 days are lost to hangovers in Leeds on an annual basis.

Of those who said they usually kept track of the number of calories they consumed, 43% did not include calories from alcohol as part of this.

10% of the UK’s working days are lost to alcohol.

The Leeds economy of £26.7 million in lost output resulted in reduced performance in the workplace due to hangovers.

Forward Leeds is the new confidential alcohol and drug service available to everyone in Leeds. If you want advice call: 0113 887 2477 visit: www.forwardleeds.co.uk/likemylimit /ForwardLeeds @forwardleeds #LikeMyLimit