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## Alcohol and community sporting clubs

  
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## Alcohol and community sporting clubs

This list is intended as a guide and a starting point for the researcher. It does not aim to be comprehensive of the subject. For further information please search the library online public access catalogue, or contact DrugInfo for assistance. The list is sorted chronologically and by author within each time period. All of the following resources are available in the DrugInfo Clearinghouse Library.

### Culture

**Department of Health and Ageing 2009** *National Binge Drinking Strategy: national alcohol code of conduct*, Canberra: Department of Health and Ageing

This code, designed for sporting organisations, outlines responsibilities for both organisations and individuals when dealing with alcohol and responsible drinking.

DrugInfo Clearinghouse no. vf DEPARTMENT OF HEALTH AND AGEING 09

[www.health.gov.au/internet/main/publishing.nsf/Content/56AACD4FEE0F59BECA257543001BFBBB/\\$File/code-of-conduct.pdf](http://www.health.gov.au/internet/main/publishing.nsf/Content/56AACD4FEE0F59BECA257543001BFBBB/$File/code-of-conduct.pdf)

**Lindsay J, Kelly P, Harrison L, Hickey C, Advocat J & Cormack S 2009** *"What a great night": the cultural drivers of drinking practices among 14–24 year-old Australians*, Melbourne: Drinkwise

This study investigates the cultural drivers of alcohol consumption by young people in Australia. While there is a substantial amount of quantitative information available on alcohol consumption patterns, there is limited research on why different groups of young people consume alcohol in high-risk, risky or low-risk ways.

DrugInfo Clearinghouse no. MA94 LIN

**Jones SC, Phillipson L & Lynch M 2006** *Alcohol and sport: can we have one without the other?* Wollongong: University of Wollongong

This paper summarises some of the links between alcohol and sport, and adds further to the observation that in Australia it remains difficult to have any involvement in sport—as a participant or a fan—without being exposed to a strong message that alcohol and sport are inextricably linked.

DrugInfo Clearinghouse no. vf JONES 06

[ro.uow.edu.au/cgi/viewcontent.cgi?article=1081&context=hbspapers](http://ro.uow.edu.au/cgi/viewcontent.cgi?article=1081&context=hbspapers)

**Duff C, Scealy M & Rowland B 2005** *The culture and context of alcohol use in community sporting clubs in Australia: research into "attitudes" and "behaviour"*, West Melbourne: Australian Drug Foundation

This is the report of a systematic audit of alcohol use in community sports clubs, examining the attitudes of club members towards that use. The report recommends the nation-wide roll out of the Good Sports program in Australia.

DrugInfo Clearinghouse no. MC42 DUF

[www.adf.org.au/download.asp?RelatedLinkID=209](http://www.adf.org.au/download.asp?RelatedLinkID=209)

**Stainback RD 1997** *Alcohol and sport*, Champaign IL: Human Kinetics

This book explores the extent of the sport and alcohol relationship and outlines how professionals can help prevent and treat alcohol abuse in sport.

DrugInfo Clearinghouse no. OZ2 STA

### Risky drinking

**Mays D & Thompson NJ 2009** "Alcohol-related risk behaviors and sports participation among adolescents: an analysis of 2005 Youth Risk Behavior Survey data", *Journal of Adolescent Health*, 44:1, pp. 87–9

Using 2005 Youth Risk Behavior Survey data, the authors examined alcohol-related behaviours among adolescent sports participants. Men were more likely to report heavy drinking and driving after drinking in the past month. Women were less likely to report ever drinking, early drinking, and drinking in the past month.

DrugInfo Clearinghouse no. vf MAYS 09

**Dietze PM, Fitzgerald JL & Jenkinson RA 2008** "Drinking by professional Australian Football League (AFL) players: prevalence and correlates of risk", *Medical Journal of Australia*, 189:9, pp. 479–83

This study examines self-reported patterns of alcohol consumption and experience of alcohol-related harms among professional Australian Football League (AFL) players. It was found that drinking among AFL players is intricately related to time of year. This seasonal drinking pattern requires the development of specific club and league strategies to minimise drinking-related harms to players.

DrugInfo Clearinghouse no. vf DIETZE 08

**Martens MP, Labrie JW, Hummer JF & Pedersen ER 2008** "Understanding sport-related drinking motives in college athletes: psychometric analyses of the Athlete Drinking Scale", *Addictive Behaviors*, 33:7, pp. 955–9

Researchers have identified college student-athletes as a high-risk group for heavy alcohol consumption. A measure of sport-related motivations for drinking: the Athlete Drinking Scale (ADS) has been developed. This study conducted additional psychometric analyses on the scale and found that the ADS may be a useful tool for both clinicians and researchers working in alcohol prevention among collegiate athletes.

**O'Brien K, Hunter J, Kypri K & Ali A 2008** "Gender equality in university sportspeople's drinking", *Drug and Alcohol Review*, 27:6, pp. 659–65

In large population-based alcohol studies men are shown consistently to drink more, and more hazardously, than women. However, research from some countries suggests that gender differences in drinking are converging, with women drinking more than in the past. This study examined gender differences in a sub-population where hazardous drinking is common and endorsed, namely university sportspeople.

**O'Brien KS & Kypri K 2008** "Alcohol industry sponsorship and hazardous drinking among sportspeople", *Addiction*, 103:12, pp. 1961–6

This study examines the nature and extent of alcohol industry sponsorship of sportspeople, and its association with drinking. Alcohol industry sponsorship was reported by 47.8 per cent of the sample. Alcohol industry sponsorship of sportspeople, and in particular the provision of free or discounted alcoholic beverages, is associated with hazardous drinking after adjustment for a range of potential confounders. Sports administration bodies should

consider the health and ethical risks of accepting alcohol industry sponsorship.

**Neal DJ & Fromme K 2007** "Hook em horns and heavy drinking: alcohol use and collegiate sports", *Addictive Behaviors*, 32:11, pp. 2681–93

Heavy alcohol consumption has been associated with collegiate sporting events, but little is known about specific levels of consumption over the course of an entire sports season. This study monitored drinking levels of students over two full football seasons at the University of Texas.

**O'Brien KS, Ali A, Cotter J D, O'Shea RP & Stannard S 2007** "Hazardous drinking in New Zealand sportspeople: level of sporting participation and drinking motives", *Alcohol and Alcoholism*, 42:4, pp. 376–82

This New Zealand study investigates the relationship between athletes' drinking motives and hazardous drinking across differing levels of sporting participation. The findings have implications for any alcohol education programs aimed at the sporting sector and may assist in improving the efficacy of intervention programs.

**Turrisi R, Mastroleo NR, Mallett KA, Larimer ME & Kilmer JR 2007** "Examination of the mediational influences of peer norms, environmental influences, and parent communications on heavy drinking in athletes and nonathletes", *Psychology of Addictive Behaviors*, 21:4, pp. 453–61

This study used perspectives from the general literature on college alcohol consumption to examine mediational influences of peer, environmental and parental variables on heavy drinking for student athlete and nonathlete samples.

**Zamboanga BL, Horton NJ, Leitkowski LK & Wang SC 2006** "Do good things come to those who drink? A longitudinal investigation of drinking expectancies and hazardous alcohol use in female college athletes", *Journal of Adolescent Health*, 39:2, pp. 229–36

This study explores the reciprocal associations between expectancies and hazardous use among female college athletes. Participants were part of a larger, ongoing longitudinal study on female athletes' socialisation experiences and health behaviours from an all-women's college in the northeastern United States.

DrugInfo Clearinghouse no. vf ZAM 06

**Black D, Lawson J & Fleishman S 1999** “Excessive alcohol use by non-elite sportsmen”, *Drug and Alcohol Review* 18:2, pp. 201–5

This study was designed to provide a profile of alcohol consumption patterns of young Australian men aged 16 to 34 years who participate in non-elite sport and to explore the factors associated with excessive alcohol consumption by this group.

## Effective programs

### Reports

**Rowland B & Kennedy V 2008** *2008 Good Sports outcome study AFL football & cricket*, Melbourne: Australian Drug Foundation

This is the report of a study comparing the outcome measures—alcohol consumption, drink-driving and alcohol-related consequences—between Good Sports accredited cricket and Australian Football League (AFL) clubs, and non-Good Sports cricket and AFL clubs. Key findings indicated that overall, average consumption and risky drinking is significantly higher in non-Good Sports cricket and AFL clubs, compared to Good Sports accredited clubs.

DrugInfo Clearinghouse no. adf OZ42 ROW

**Rowland B 2006** *2006 Good Sports outcome study: a comparison of alcohol consumption, drink-driving, and alcohol-related consequences between Level-1 and Level-2 cricket clubs and non-Good Sports cricket clubs* Melbourne: Australian Drug Foundation

This is the report of a study comparing the outcome measures—alcohol consumption, drink-driving and alcohol-related consequences—between Good Sports Level-1 and Level-2 accredited cricket clubs, and also between Good Sports, and non-Good Sports cricket clubs.

DrugInfo Clearinghouse no. adf OZ42 ROW

**Allsop S, Pascal R & Chikritzhs T 2005** *Management of alcohol at large-scale sports fixtures and other public events*, Perth: National Drug Research Institute

This report, prepared for New Zealand Police, includes a literature review and summary of evidence on alcohol availability, related harm, and the current situation in New Zealand. Evidence on responses to prevent alcohol-related harms at public events is given, along with recommendations.

<http://www.ndri.curtin.edu.au/pdfs/publications/R190.pdf>

**Silburn K & Swerrisen H 2003** *Evaluation of the Good Sports accreditation program*, Bundoora: La Trobe University

This is the first external evaluation of the Good Sports accreditation program which addresses alcohol management issues in amateur sporting clubs.

DrugInfo Clearinghouse no. adf OZ42 SIL

## Journal articles

**Elliot DL, Goldberg L, Moe EL, DeFrancesco CA, Durham MB, McGinnis W & Lockwood C 2008** “Long-term outcomes of the ATHENA (Athletes Targeting Health Exercise & Nutrition Alternatives) program for female high school athletes”, *Journal of Alcohol and Drug Education*, 52:2, pp. 73–92

The ATHENA (Athletes Targeting Healthy Exercise & Nutrition Alternatives) program uses a school-based, team-centred format that aims to reduce disordered eating habits and deter use of body-shaping substances among middle and high school female athletes. This study assessed the long-term outcomes of a trial of the ATHENA program.

**Duff C & Munro G 2007** “Preventing alcohol-related problems in community sports clubs: the Good Sports Program”, *Substance Use & Misuse*, 42:12–13, pp. 1991–2001

Community-based sporting clubs in Australia are often sites of unregulated, problematic and unsafe drinking. The Good Sports program, initiated in Victoria in 2001, offers such clubs a model of incremental change designed to eliminate harmful drinking practices and establish safer norms of alcohol use. The article outlines the model, explains early evaluation results, and identifies challenges for the future.

**Jackson NW, Howes FS, Gupta S, Doyle JL & Waters E 2005** “Policy interventions implemented through sporting organisations for promoting healthy behaviour change (review)”, *Cochrane Database of Systematic Reviews*, n.2

Sporting organisations provide an important setting for health promoting policies to create health promoting environments and to support health oriented behaviour change. This review examines policy interventions within sporting organisations.

**Clarkson JP, Giles-Corti B, Donovan RJ & Frizzell SK 2002** "Play hard drink safe: a pilot project to promote responsible alcohol consumption in sporting clubs in Western Australia", *Health Promotion Journal of Australia*, 13:3, pp. 226–31

This article investigates a pilot project implemented in five sporting clubs in Western Australia, promoting responsible drinking and serving of alcohol.

DrugInfo Clearinghouse no. vf CLARKSON 02

**Munro G 2000** "Challenging the culture of sport and alcohol", *International Journal of Drug Policy*, 11:3, pp. 199–202

A folk belief holds that if young people play sport they will be "safe" from drugs, yet at many sporting events and clubs, alcohol is encouraged. This editorial looks at the Australian Drug Foundation's Good Sports program, which is trying to assist sporting clubs in developing a new culture of responsible alcohol use.

**Warner-Smith M 2000** "Dissemination of responsible service of alcohol initiatives by rugby league clubs", *Australian and New Zealand Journal of Public Health*, 24:3, pp. 312–5

This Australian article aims to determine the capacity of intervention strategies that increase the responsible service of alcohol by non-metropolitan rugby league clubs. Rugby league clubs were given an information kit and advice by local health workers, police and a lead agency regarding their responsible service of alcohol practices. Rugby league clubs and public health workers completed an acceptability survey at the end of the study. In spite of a suggested culture of harmful alcohol consumption among rugby league participants and spectators, non-metropolitan rugby league clubs appear to be receptive to public health strategies that increase their responsible service of alcohol.

**Werch CE 2000** "Effects of a brief alcohol preventive intervention for youth attending school sports physical examinations", *Substance Use & Misuse*, 35:3, pp. 421–32

This pilot study undertaken in the United States of America examined the feasibility and efficacy of a brief alcohol misuse preventative intervention for 178 seventh to ninth grade junior high school students attending sports physical examinations at three schools during the summer of 1997.

## Ephemera

**Dillon P, Cox G & O'Connor M 2004** *What's the score? The facts on alcohol, drugs and sport*  
ACT: Australian Institute of Sport

This booklet provides information on drugs commonly used by young people, and the impact they have on sports performance.

DrugInfo Clearinghouse no. vf DILLON 04

## Audiovisual

**Consumer Affairs Victoria. Liquor Licensing 2004** *Liquor law for clubs*, Melbourne: Department of Justice

This is a seminar on CD ROM that aims to assist Victorian sporting clubs and community groups to deal with alcohol-related issues. It includes reference to the Good Sports program.

DrugInfo Clearinghouse no. av MP14 VIC

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