

MONOGRAPH ON
Impact of nutrition intervention
programme among the adults
and Alcohol-related problems in India

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CONCLUSION

The pattern of alcohol intake around the world is constantly evolving. There is thus a strong justification for the health profession to step up its health advocacy with respect to policies to reduce rates of alcohol consumption. Although India is generally considered a dry country, drinking practices differ considerably among people living in the southern and northern areas, and even among members of different castes residing in the same region. As a result of the cultural and ethnic variations in drinking practices, no single definition of 'problem drinking' or alcohol dependence exists that can be uniformly applied in all countries or cultures. Therefore, researchers, clinicians and public health officials attempting to develop effective prevention and treatment approaches must consider the population's attitudes and expectations regarding alcohol consumption and its effects.