



THE EUROPEAN FOUNDATION FOR ALCOHOL RESEARCH

REPORT 2013

ERAB IS 10 YEARS OLD

ERAB: The European Foundation for Alcohol Research (ERAB) was established as an independent Charity in Brussels in 2003 to fund European biomedical and psychosocial research into the effects of beer and other alcohol beverages. In 2013 it celebrated its 10th anniversary. To mark this key milestone we have collected testimonials from key figures from ERAB's Boards and many grantees.

ERAB'S 10TH ANNIVERSARY TESTIMONIALS FROM THE THREE FOUNDER DIRECTORS



(Oliver James, Raymond Georis and Piero Perron)

“ERAB AT 10”

I am delighted to celebrate ERAB's tenth birthday.

It was the wise and far-sighted activities of Piero Perron, then President of The Brewers of Europe, and Rodolphe de Looz Corswarem, then Secretary-General which led to the birth of ERAB. Acting as midwives were David Long and Janet Witheridge, while Mack Mitchell and Richard Smallwood were the godparents from USA and Australia respectively.

To act as independent Chair of the Board of Directors of the young charity Rodolphe found Raymond Georis - possibly the wisest and best connected man in Brussels and certainly one of the nicest. As chair of the Advisory Board (Scientific Committee) I was fortunate to be able to recruit some very highly reputed and respected clinical and social scientists from all over Europe.

Their reputations and their actions have helped to establish and confirm the absolute scientific integrity and independence of the selection and management of the research programmes which have been supported by ERAB over the last decade. Time has confirmed the importance of having people such as Professors De Witte, Koenig and Day on the committee. These are world stars in their respective fields, as are others on the Board.

In ten years, thanks to the indefatigable, always patient and friendly, Janet Witheridge as Secretary-General and Philippe De Witte and his scientific colleagues, the worldwide reputation of the ERAB has grown out of all recognition. The research groups for whom the ERAB has provided research funding, after external independent peer review, now look like a "Who's Who" of European alcohol research.

Successive IMAG conferences held every four years in Europe, have showcased some of the younger scientists whom the ERAB has been able to support. Countless publications in excellent peer reviewed journals have demonstrated the importance of the research which "we" support.

Finally, the fact that the "baby", born just over 10 years ago, is at least now a thriving adolescent, is reflected in the lively, honest and very helpful discussions in which we, the Board of Directors of the charity, continue to engage. I would like to thank all members of both the Scientific Committee, and the Board of

Directors who have given so very willingly of their time and thought to ERAB over the past decade.

I look forward to seeing many friends, old and new, at IMAG 2014 in Amsterdam in October.

**Professor Emeritus Oliver James,
First Chairman of the ERAB Advisory Board (2003 to 2006) and
current Chairman of the Board of Directors (2009 to date).**

For most of my working life I have worked with and for foundations. So, when I was approached by a fledgling ERAB with a view to being the first Chairman of its Board of Directors I was extremely happy to help. The setting up of a foundation needs care and attention to detail. There are many layers of red tape, and many technical hoops to jump through.

With the support of the founding Directors, ERAB has successfully negotiated its way from being a good intention on the part of The Brewers of Europe to being a successful independent foundation. This is a great achievement in only ten years. An achievement acknowledged in 2012 when ERAB was officially recognised as an Institution of Scientific Research by the Belgian Minister of Finance and was accepted by the King Baudouin Foundation to be part of the Transnational Giving Europe Partnership Network.

2012 was also marked by ERAB's first donation from outside the Brewing sector. ERAB needs to attract more funds. Currently, resources are only available to fund a fraction of the innovative research projects judged to have the highest scientific merit by the independent reviewers. More applications can be encouraged if additional funding is provided!

**Raymond Georis,
First Chairman of the ERAB Board of Directors (2004 to
2009),
Member of the ERAB Board of Directors (2009 to date).**

Ten years ago a new European charity embarked on a fascinating journey: contributing to expanding and deepening knowledge on the relationships between beer, alcohol, health and behaviour.

Looking back, I believe that the "founding fathers" can confidently comment on this European initiative with a sense of gratitude: to the scientists who convinced Europe's brewers that they had an important role to play in supporting independent research in the field; and to the brewers who understood that role and agreed to fund the Foundation since its inception.

With a lot of recognition for the work accomplished so far, I have also enjoyed the reward that lies in witnessing the growing recognition of the ERAB Foundation as a European platform of excellence contributing to improved knowledge on the role that beer and other alcoholic beverages play in our daily lives, from a health as well as a behavioural perspective.

**Piero Perron,
President of The Brewers of Europe when ERAB was formed.
Member of the ERAB Board of Directors (2004 to 2006),
Honorary Member (2006 to date).**

ERAB'S 10TH ANNIVERSARY TESTIMONIALS FROM SOME OF THE ERAB ADVISORY BOARD MEMBERS



(Professors De Witte, Day, Koenig and Sulkunen)

The Foundation's unique partnership between academia and industry follows on from the vision shown by its sister organisation ABMRF/The Foundation for Alcohol Research which was founded in North America more than 30 years ago. The original ABMRF partnership grew out of a shared concern over the lack of factual information about the health effects of alcohol for the vast majority of consumers who drink in responsible moderation.

ERAB has the same ethos and shares the same concerns. In its first ten years ERAB has funded the very best applications in order to develop a better understanding of how the whole spectrum of the consumption of alcohol affects health and behaviour in Europe. I would like to congratulate the Foundation's sponsors who have demonstrated visionary leadership through a long-term investment in this independent grant program which is gaining respect across Europe. Thanks to their support, ERAB has been able to fund innovative, high-quality research on alcohol and health throughout Europe.

**Professor Philippe De Witte,
University of Louvain la Neuve, Belgium.
Member of the ERAB Advisory Board (2004 to date),
Chairman since 2007.**

It has been a great pleasure to be part of the ERAB Board since its inception in 2004 with, perhaps, the highlights being the meetings with sister organisations in North America and being able to fund some really exciting projects on the effects of alcohol upon the liver at a time when

researchers have been finding it increasingly difficult to obtain funds for alcohol related research. I have particularly fond memories of the ERAB meeting in Rome in 2010 where, for the first time, the majority of the speakers were presenting research funded by ERAB. The quality of the presented works exemplifies what can be achieved when talented researchers are provided with funds for ground-breaking research after extensive and rigorous peer review provided by the ERAB Board and its numerous high quality reviewers. I can only hope that the successes achieved so far provide the justification for continuation of, and perhaps an increase in, research funding from The Brewers of Europe cementing the role of ERAB in the funding landscape for biomedical and social researchers interested in the effects of alcohol.

Professor Chris Day,
Pro Vice Chancellor, Faculty of Medical Sciences, Newcastle University, UK.
Member of the ERAB Advisory Board (2004 to date).

At the occasion of the 10th anniversary of ERAB I would like to say that during my 10 years membership on the ERAB Advisory Board I have been very pleased to collaborate with excellent scientists from a variety of academic disciplines. I strongly believe that it was a visionary decision of The Brewers of Europe to invest in research into alcohol and health in general without directly interfering with the grant approval process but rather having it overlooked by an internationally renowned academic leadership. The most prominent evidence for the success of this enterprise is reflected by the large number of high quality research papers that have been published during the last 10 years in peer reviewed journals. Also there is a continuous interest from researchers in many different areas, from biomedical research to social science as seen in the large number of grant applications that have been received each year with an increased tendency during recent years. I strongly believe that the independent science supported by The Brewers of Europe has significantly increased our understanding of the impact of alcohol on health and behaviour. Indeed, we have profoundly improved our knowledge about the effects of alcohol on cardiovascular disease, cancer, liver disease, genetics of alcoholism, binge drinking and the personality types involved in underage drinking.

Since there are obviously limited opportunities to obtain funding in research regarding alcohol and health, I sincerely hope that The Brewers of Europe will continue in their valuable efforts to support excellent projects in this area.

Professor Wolfgang Koenig,
University of Ulm, Germany.
Member of the ERAB Advisory Board (2004 to date).

As a member of the Advisory Board I appreciate the possibility to fund social science research on alcohol use, especially its cultural variations. In many countries, general research funds are not available for this area, and special funds are often reserved for designated policy oriented projects. ERAB funding has made possible several projects that help us understand the motivations and regulating cultural factors of alcohol use.

Professor Pekka Sulkunen,
University of Helsinki, Finland.
Member of the ERAB Advisory Board (2010 to date).

ERAB'S 10TH ANNIVERSARY TESTIMONIALS FROM SOME OF THE ERAB BOARD OF DIRECTORS



(Demetrio Carceller, David Long, Kieran Simpson, Jean Martin and Rodolphe de Looz Corswarem)

When I was kindly approached by the ERAB to join the Board of Directors I considered it a privilege and recognition by the Foundation of the role Europe's brewing community has played for the past decade in its development. There is indeed an important responsibility for The Brewers of Europe to support the scientific community in its efforts to help better understand the role played by alcoholic beverages and beer in particular, in so very many areas as health, social interaction, lifestyle and what one ERAB scientist once called "individual life strategies". I believe I can share with the inspired minds who founded the ERAB, as well as with the stakeholders who might not yet be too familiar with the Foundation's work, that Europe's brewers should be as proud of the support they provide to such initiatives as they are of the beer they brew.

Demetrio Carceller,
President of The Brewers of Europe (2012 to date).
Member of the ERAB Board of Directors (2013 to date).

ERAB's success over the past decade has demonstrated that the medical community and the European brewing sector share a common objective; to gain a deeper understanding of the relationship between alcohol and health and to help reduce health harms arising from alcohol abuse. Undoubtedly, ERAB's success results from the consistently high quality of the research conducted by its grantees. However, success depends on the strict independence of ERAB from the funding brewers. Under this arrangement,

the brewing sector cannot influence the content or direction of the research programme. Grants are awarded by ERAB primarily on the quality and relevance of the research proposals. It is to the brewers' credit that they have enthusiastically embraced this model and continue to provide funding on this basis in order to protect the credibility and value of the research output.

Where will the focus be over the next 10 years? Further research needs to be directed towards assessing the effectiveness of targeted interventions to reduce health risks associated with alcohol misuse. However, it should be recognized that the majority of those who drink beer do so responsibly. There is a growing body of evidence suggesting that moderate beer consumption may be beneficial to health and wellbeing. Beer is a complex beverage, with more than 1,000 compounds having been characterized to date. A number of these have been shown to have pharmacological effects. For example, beer has a high anti-oxidant potential and some have been shown to have anti-carcinogenic properties. These observations should be subject to rigorous testing in order to understand the significance. Ultimately, it is important that the consumer is provided with a complete picture of both risks and benefits in order that beer can be enjoyed as part of a healthy lifestyle.

Dr. David Long MBE,
Founder Member of the ERAB Board of Directors (2004 to 2009), Honorary Member (2009 to date).

I am incredibly proud to have represented my Company on the ERAB Board of Directors for most of its 10-year history and particularly to have been there at its birth and watch it grow to the organisation it is today. Throughout this time Heineken, in common with other European brewing companies, has been fully supportive of ERAB's independent research into the impact of alcohol (and beer in particular) on health and wellbeing.

From what I have observed, it is apparent that a number of new researchers in this field would not have received funding for their work if it were not for ERAB. I consider that it is essential to encourage new scientific talent and skill sets in order to continually push back the boundaries of our current knowledge. Undoubtedly, many of these young researchers will go on to shape future large-scale research programmes.

Whereas the constitution of ERAB means that the funders have a strict 'hands off' policy as far as the distribution of research funding is concerned, this does not mean that the issues involved are not debated at length. A discussion that I find both inspirational and challenging and an

essential role for the scientific community in modern society. I particularly value the annual IMAG conferences which bring together representatives of the global medical community and the brewing sector to analyse and discuss the significance of the most recent research on biomedical and psychosocial research involving the consumption of alcoholic beverages. This joint approach has undoubtedly fostered a greater understanding between stakeholders and demonstrated that the academic world and industry can work together positively in an atmosphere of mutual respect and trust.

My personal thanks also go to those who have given their professional and personal commitment to ERAB over the years. Its success is down to them and its future is built on their effort.

Kieran Simpson,
Member of the ERAB Board of Directors (2003 to 2008 and 2012 to date).

As a member of the Board of ERAB since its founding in 2003, I am deeply impressed by, and very proud of, what has been achieved by the Advisory Board and the grantees.

The knowledge of the consequences of alcohol drinking on health (be it physical or psychological) has been considerably enlarged by their contributions. Stimulating and supporting top-quality, independent research on alcohol consumption will continue to be the way forward.

Jean Martin,
Founder Member of the ERAB Board of Directors (2004 to date).

I am proud to have played, with the British Beer and Pub Association and other supporters, a part in the birth of this important Foundation. As Secretary-General of The Brewers of Europe at the time, my task was to translate the wishes of the then-President, Mr Piero Perron, into action by convincing my members, the Brewing trade associations across Europe, of the need to fund independent research. It has resulted in an added value for both citizens and the brewing industry as a whole. I am delighted to see how this Foundation has taken flight and grown, and wish it every success for the future.

Rodolphe de Looz Corswarem,
Former Secretary-General of The Brewers of Europe (1994 to 2009). Member of the ERAB Board of Directors (2011 to date).

STATEMENTS *From some of ERAB's grantees*

There are still many misconceptions about problem use of alcohol, and a lack of understanding why some individuals are at greater risk than others.

As a recipient of two awards (in 2004 and 2011) I have first-hand experience of the differences ERAB can make to this important, under-funded area of research.

ERAB funding enabled us to establish that experimentation with alcohol in adolescence is predominantly influenced by environmental factors that are shared by family members (such as upbringing and cultural factors), while genetic influences play a stronger role in progression to problem use. It is well-established that the peer group represents one of the strongest influences on adolescents' alcohol use patterns. However, our research suggests some adolescents may be at greater risk than others, depending on genetically influenced traits contributing to seeking out / being sought out by peers who engage in heavy drinking. We also found that depressed mood in adolescence increases later risk of alcohol problem use and vice versa and that affiliation with deviant peers plays an important role in these relationships.

In addition to furthering the research field and providing handles for prevention and intervention programmes, these ERAB grants have had wider implications. They have contributed to the establishment of an Addictions Research and Development Group in Wales ([HYPERLINK "http://www.mhrnc.org/addictions.htm"](http://www.mhrnc.org/addictions.htm)), provided training in alcoholism research for post-doctoral fellows and PhD students, and have increased insight into alcoholism in a wide range of current and future health care and other professionals.

Dr. Marianne van den Bree,
Department of Psychological Medicine & Neurology, Cardiff University, UK.
Grants funded in 2003/4 and in 2010/11.

It is hard to express how honoured I am to be one of the recipients of an ERAB research grant. I was a young post-doctoral fellow when my research proposal was chosen for an ERAB grant; this shows that in its first 10 years, the ERAB foundation took its first steps in believing in young scientists and outstanding ideas.

This grant has given us the unique opportunity to contribute to elucidation of the role of BDNF (Brain Derived Neurotrophic Factor) in the development of alcohol dependence, extending previous results collected in the study of cocaine addiction, and strengthening the

successful scientific collaboration between the Institute for Pharmacological Research "Mario Negri" and the department of Pharmacological and Bio-molecular Science of the University of Milan. Last but not least, this funding has also facilitated the development of my career from a research fellow to an independent investigator; this will be one of the key steps I will remember taking that helped me to further turn my career goal into a reality. Starting from my personal experience I have no hesitation in saying that the ERAB foundation has played, and continues to play a critical part in the overall and ongoing success of European research on the study of alcohol dependence.

Dr. Alessandro Orrù,
Institute for Pharmacological Research Mario Negri, Milan, Italy.
Grant funded in 2010/11.

There are multiple reasons why I am very grateful to ERAB. In a period during which research funding has been dramatically cut worldwide, and researchers have experienced increasing difficulties in obtaining funds, ERAB has been one of the few, if not the only, European funding agency that has continued to provide support for alcohol research.

The support I received from ERAB in its second round of funding had a great impact on my research: it allowed my colleagues and me to conduct a behavioural study on a rodent model of alcohol drinking; it also provided our lab with different pieces of equipment that we still use on a daily basis and have contributed, over the years, to generate several other research data. However, since human capital is the most important factor in the research field, I wish to underline that the ERAB grant I was fortunate to obtain contributed substantially to the training of Dr. Paola Maccioni, one of the most talented young scientists in my lab. That support has contributed towards generating a brilliant researcher, capable – nine years later – of securing the award of one of the eleventh round grants.

Professor Giancarlo Colombo,
CNR (National Research Council) Neuroscience Institute, Section of Cagliari, Italy.
Grant funded in 2004/5.

I have received recently, and for the first time, funding from ERAB to perform part of my research on binge-like ethanol exposure in adolescent rats and memory. I would like to say how important this was. Although the scientific project per se was started in my laboratory before this help was obtained, the ERAB contribution to the project's funding was a significant factor in its success. Indeed, this funding allowed the recruitment of a full-time researcher for 18

months which clearly sped up the realisation of the project. This also gave us also the opportunity to develop new research tools and new conceptual approaches to develop future research on alcohol and adolescence using animal models.

Finally, and most importantly, the contribution from ERAB convinced the local government representatives to support our research by providing salary for six further months and funding for materials and animals.

In conclusion, the help from ERAB was clearly important on three aspects of today's research; it has increased realisation and quality of science by providing "arms" to a project (science production and increase of knowledge); it has raised the interest of local authorities in biological sciences concerning alcohol (public health message) and it has increased our laboratory's reputation towards other investors (increases visibility of research on alcohol). For all these aspects, the role of ERAB in helping the development of science related to alcohol should be acknowledged.

Professor Olivier Pierrefiche,
Faculty of Pharmacy, University of Picardie Jules Verne,
Amiens, France.
Grant funded in 2012/13.

As a former ERAB grantee and recipient of a travel award and an exchange award, I am very grateful to the ERAB Foundation. ERAB played a key role in helping me to start my own research program, including the opportunity to perform one of my first research studies and get to know the international scientific community.

Additionally, the scientific data, based on our ERAB-funded research, were fundamental in the conception and design of other studies, which, in turn, received funding from ERAB's sister Foundation in North America, ABMRF/ The Foundation for Alcohol Research and the National Institutes of Health (NIH). There is a crucial need to support investigators who are interested in biomedical research focused on alcohol, alcohol use disorder and related treatments, and I believe that the contribution of the ERAB Foundation to the field has been outstanding.

Dr. Lorenzo Leggio,
Now at NIAAA & NIDA, National Institutes of Health,
Bethesda, MD, USA.
Grant funded in 2006/7.

ERAB provides a vital funding stream that facilitates proof of concept, exploratory and developmental research. In so doing, it allows researchers opportunities to investigate novel areas in such a way that feeds forward into more

substantial projects and funding opportunities.

A particular emphasis in health research is formative work. In our case we were able to use mixed methods to investigate opportunities to challenge risky alcohol consumption using novel methods. We are now at a place where we can realistically consider developing this work towards a national trial, having identified key processes, barriers and developed the underlying theory. The connection between early pilot work and later implementation studies would be severely undermined without ERAB and it is therefore a vital component in health research.

Dr. Simon Moore,
Violence and Society Research Group, University of Cardiff,
Cardiff, UK.
Grant funded in 2009/10.

Alcohol dependence is a common, complex and debilitating disorder with genetic and environmental influences. Our goal was to identify genes influencing alcohol intake.

Several of our investigators were funded by the UK MRC and a grant from ERAB helped us complete the work that resulted in a publication identifying how functional changes in the GABAergic system result in increased alcohol consumption.

Professor Howard Thomas and Dr. Quentin Anstee,
Department of Medicine, Imperial College, St Mary's
Hospital, London, UK.
Grant funded in 2005/6.

ERAB supported our project, entitled "Role of different types of alcohol on the risk of cancer". In our studies, conducted in Italy and French-speaking Switzerland, on upper aero-digestive tract cancers, for similar levels of ethanol consumption, the risk for drinkers of beer and spirits appeared to be comparable or lower compared to the risk of wine drinkers.

Our findings were consistent with those from other southern European studies, but in contrast with those from studies conducted in northern Europe and the USA. In fact, the latter studies showed a predominant role of beer and/or spirits, as compared to wine, in the induction of upper aero-digestive tract neoplasms. The apparent discrepancy between studies can be explained in terms of different patterns of drinking and variable (baseline) characteristics of heavy drinkers, in various populations.

Within that project, we published 7 papers in peer reviewed journals, which contributed highly to the scientific

knowledge on the issue. Those publications allowed myself to obtain the ERAB Publication Award in 2013.

Dr. Silvano Gallus,
Laboratory of Epidemiology, Istituto di Ricerche
Farmacologiche “Mario Negri”, Milan, Italy.
Grant funded in 2003/4.

The support from ERAB gave us the means to investigate the impact of adolescent alcohol drinking and nicotine exposure on the brain and, in addition, the interaction between early-life stress and adolescent drug exposure. The support has been invaluable, not only in terms of being able to successfully perform the studies but also to draw attention to our efforts.

The dissemination of the results to the research community and to the general society has been appreciated and promotes additional funding. We were able to invite a post doc with experience of in vivo assessment to the lab and thereby enhance the expertise in the group. That would not have been possible without ERAB support.

Professor Ingrid Nylander,
Department of Pharmaceutical Biosciences,
Uppsala University, Sweden.
Grant funded in 2011/12.

Our research focused on developing a new biomarker of beer consumption in urine. In nutritional studies, nutritional biomarkers have several advantages over self-reported data, since they are more precise and provide better objective measures than data obtained from food questionnaires. Using a new beer intake biomarker, we can evaluate the possible risks and benefits of moderate beer consumption on human health more objectively since this new biomarker removes bias from Food Frequencies Questionnaires (FFQ). Isoxanthohumol is a polyphenol from hops, so unless hop supplements are consumed, beer represents the only source of this polyphenol, and therefore it is a reliable biomarker of beer consumption in urine.

The ERAB grant gave us the opportunity to validate isoxanthohumol as a biomarker of beer intake in three different studies: a dose-response clinical trial, a beer chronic intervention clinical trial and a free-living population cohort study. Thanks to the ERAB grant we are now conducting a new project to evaluate the risk and benefits of moderate beer consumption on cardiovascular health due to the ethanol and polyphenols content.

Moreover, Paola Quifer Rada is doing her PhD on beer polyphenols and cardiovascular health.

Associate Professor Rosa M. Lamuela-Raventos,
University of Barcelona, Spain.
Grants funded in 2011/12 and 2013/14.

The ERAB Grant has allowed us to undertake research on young people's beliefs about the benefits and risks associated with different alcoholic beverages in the UK and France.

It has led to a number of successful outcomes (aside from delivery of the research project itself). First, it supported the registration of a PhD student, Victoria Barber, to work on the project. Because of the award, additional funds were made available by the university to support Victoria; this support will continue after completion of the grant through to the award of her PhD in 2015. Second, the grant allowed the principal investigator (PI) to establish links with collaborators at a university in France: the University of Toulouse (Le Mirail). Reciprocal visits have since been arranged between researchers at the two institutions, supported initially by the grant but now by the host institutions; further collaborations are planned. Third, the grant funded two private companies, one in France (christiangatard&go) and one in the UK (Chris Barnham Research & Strategy) to contribute to data collection, and the companies now have plans to work together on other pan-European projects. Hence the grant has benefitted a large number of individuals and organisations as well as fostered future collaborations in the public and private sectors.

Professor Philip Terry PhD,
Kingston University, London, UK.
Grant funded in 2011/12.

The ERAB grant has been a great opportunity for us. Through it, the University of Turin had the opportunity to investigate a specific topic which has not been part of the academic research themes for a long time, with the collaboration of the specialised team of Eclectica. For both partners this has also extended their international network, through the very fruitful co-operation with the Department of Social Research of the University of Helsinki. Indeed, by sharing methods it was possible to create a comparable data set, which is quite a challenging and innovative goal for qualitative research. This experience has given rise to a new comparative research project that includes other countries which will soon be submitted to the European Union (COST).

The success of this international cooperation is evident in the number of publications being drafted and planned studies that are beyond the commitments related to the grant. They are a big part of Sara Rolando's PhD research

plan, investigating alcohol images among young people in a cultural comparative perspective.

For Enrico Petrilli, the youngest researcher working on the project, the ERAB grant has been the first opportunity after his Masters degree to participate in a sociological study, working with both adolescents and adults. Moreover, this experience has provided the initial input to build a new research project that will be his PhD plan.

As researchers, what we have particularly appreciated about this grant was the total independence of our work. All papers have been submitted to scientific journals with the funder never asking to see the draft nor the final articles.

**Professor Franco Prina,
Department of Social Science, University of Turin, Italy.
Grant funded in 2011/12.**

ERAB has supported us in examining alcohol-related health inequalities according to socio-economic status across the lifespan by analysing data on the 1958 birth cohort of Britain's National Child Development Study (NCDS). Our research programme is ongoing and so we have not yet finalised and reported our findings. In the meantime, we have already benefited substantially from building up our collaboration. We have been able to bring together statisticians and psychologists, both senior and early career researchers, to develop an area of expertise that is becoming recognised by others in our organisation and enhances our credibility in our approach to other funders. So, while our results are not yet public, we are already benefitting from the opportunity provided by ERAB.

**Professor Min Yang, Dr. Boliang Guo, Professor Mary McMurran, Adrian Byrne and Dr. Katy Jones
University of Nottingham, UK.
Grant funded in 2012/13.**

The grant received from The European Foundation for Alcohol Research has helped considerably in contributing to our group's research into the study of the defective pathways of the immune system's response to infective challenge in acute alcoholic hepatitis and alcohol-related cirrhosis.

Robust data has been collected and presented orally at two international conferences, the 48th Annual Meeting of the European Association for the Study of the Liver and American Association for the Study of Liver Disease meeting last year. These results demonstrating impaired neutrophil response to bacterial stimulus in alcohol-related liver cirrhosis will contribute to my PhD thesis and moreover add to the understanding of the defects of the innate immunity seen in this patient group.

We would like to take this opportunity to thank ERAB for their ongoing support.

**Dr. Jennifer Ryan and Dr. Debbie Shawcross (PI)
King's College London, UK.
Grant funded in 2012/13.**

INFORMATION ON ERAB'S FIRST 10 YEARS

KEY PERFORMANCE INDICATORS 2004 - 2013.

Total subscriptions 2003 to 2013 € 4,869,115
Total grant spend 2003 to 2013 € 4,623,042

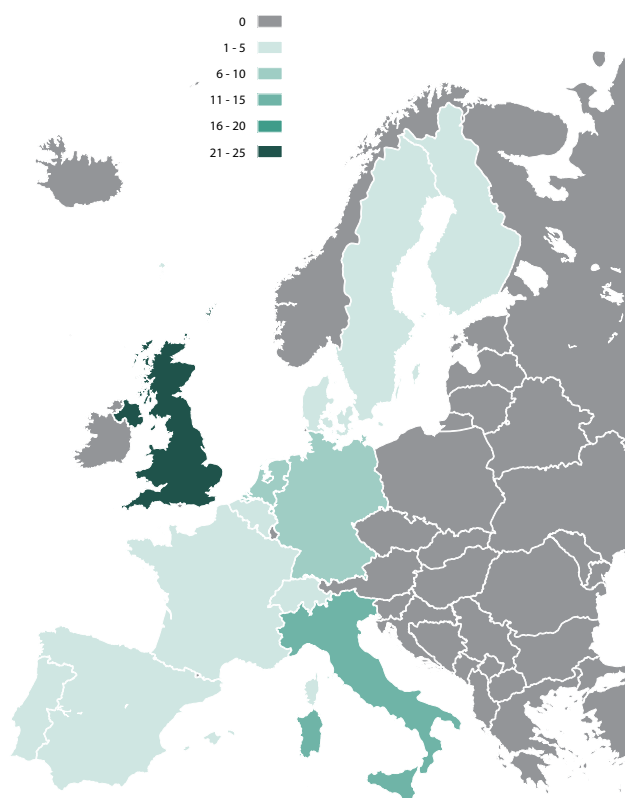
Total Applications (funded) 381 (68)

Of the grants funded

Number of two year grants 52
Number of biomedical grants 40
Number of psychosocial grants 28
Number of publications citing ERAB 125

Total Travel Award Applications (funded) 77 (53)
Total Exchange Award Applications (funded) 12 (9)
Number of Thesis Awards funded 4
Number of Special Publication Awards funded 4

To date, ERAB grants have been undertaken in 12 different EU countries: Belgium; Denmark; Finland; France; Germany; Italy; the Netherlands; Portugal; Spain; Sweden; Switzerland and the UK.



Map showing funding distribution 2004 - 2013

CONTRIBUTORS

Without the continued support of the European Brewing Sector, ERAB would not be able to continue to fund independent research into the biomedical and socio-behavioural aspects of alcohol consumption.

Subscriptions to ERAB have again been received from all 29 member associations of The Brewers of Europe and additionally by the four major brewers in Europe.

ERAB would like to thank all of its supporters for their sustained commitment and their recognition of the value of developing a better understanding of how alcohol affects health and behaviour:

- APCV - Associação Portuguesa dos Produtores de Cerveja, Portugal;
- Association of Hungarian Brewers, Hungary;
- Associazione degli Industriali della Birra e del Malto, Italy;
- Beer and Malt Producers' Association of Turkey, Turkey;
- Belgian Brewers, Belgium;
- Brasseurs de France, France;
- Brewers of Romania, Romania;
- Bryggeriforeningen, Denmark;
- Cerveceros de España, Spain;
- Croatian Chamber of Commerce Association of beer, malt and hop producers, Croatia;
- Cyprus Brewers Association, Cyprus;
- Czech Beer and Malt Association, Czech Republic;
- Deutscher Brauer-Bund e.V., Germany;
- Grants Committee of the British Beer & Pub Association and the Institute of Brewing & Distilling, UK;
- Fédération des Brasseurs Luxembourgeois, Luxembourg;
- Greek Brewers' Association, Greece;
- Irish Brewers' Association, Ireland;
- Lithuanian Brewers' Guild, Lithuania;
- Nederlandse Brouwers, The Netherlands;
- Norwegian Brewers, Norway;
- Panimoliitto, Finland;
- Slovak Beer and Malt Association, Slovakia;
- Sveriges Bryggerier AB, Sweden;
- Swiss Breweries' Federation, Switzerland;
- The Malta Chamber of Commerce, Enterprise and Industry, Malta;
- The Union of Brewing Industry Employers in Poland, Poland;
- Union of Brewers in Bulgaria, Bulgaria;
- Verband der Brauereien Österreichs, Austria.
- The Brewers of Europe.
- Carlsberg Breweries A/S;
- Heineken International B.V.;
- Anheuser Busch InBev N.V.;
- SABMiller Europe A.g..

An average of five grants of up to €100,000 are funded each year, together with four or five travel awards, and one or two exchange awards. The research grant expenditure accounts for the majority of the annual budget.

	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013*
	€	€	€	€	€	€	€	€	€	€
Revenue and Support										
Industry contributions	434,500	445,000	425,000	535,000	535,000	474,000	473,073	522,997	520,772	530,772
Investment income	2,365	6,620	1,926	6,098	2,450	110	374	962	862	40
Donations									50,000	0
Expenditure										
Grants and Awards										
Grants	390,390	496,600	421,846	426,398	727,315	422,482	391,900	395,056	390,000	375,000
Awards	-	2,500	11,656	12,219	9,504	8,590	5,351	4,287	7,478	4,400
Projects								51,200	72,069	1,954
Sub Total	390,390	499,100	433,502	438,617	736,819	431,072	397,251	450,543	469,547	381,354
Other Expenditures										
Communications	9,195	9,334	5,310	17,017	5,490	9,638	12,944	12,000	12,015	15,000
Meetings and Conferences	59,023	33,838	19,222	32,371	13,696	17,078	22,538	24,000	9,260	9,000
Other	5,743	7,077	5,370	5,562	5,631	20,208	29,682	16,737	30,946	86,210
Total Expenditure	464,351	549,349	463,404	493,567	761,636	477,996	462,416	503,298	521,768	491,564
Assets carried over	356,956	329,470	231,742	195,264	242,795	0	0	0	49,866	89,115
Reserve						18,608	14,722	25,754	41,885	41,885
Endowment	25,000	25,000	25,000	25,000	25,000	25,000	25,000	25,000	25,000	25,000

*provisional

THE ERAB WEBSITE

The ERAB website includes; biographies of the members of both Boards; information about how to apply for grants and awards, including the deadlines; details of grants already funded; the publications resulting from these grants; and proforma report forms and a sample contract for grantees to download. It also provides links to the newsletters and other ERAB publications. www.erab.org



ERAB has two boards: a Board of Directors, and an Advisory Board. The members of both Boards generously give their time and expertise without reward and ERAB is very grateful for this support.

■ BOARD OF DIRECTORS

ERAB's independence is guaranteed by a Board of Directors made up of a majority of public members. Their role is to administer the funds.

Public Members



**Professor Emeritus
Oliver F. W. James**
Former Pro Vice
Chancellor, Faculty
of Medical Sciences,
University of
Newcastle-upon-
Tyne, UK. **(Founder
Member, Chairman).**



**Professor
Daniel Bessa**
COTEC, Portugal.



**Count Rodolphe de
Looz Corswarem**
President of
European Historic
Houses Association.



Raymond Georis
Former Managing
Director of the
Madariaga European
Foundation.
**(Founder Member
and Past Chairman
of ERAB Board of
Directors).**



**Dipl.-Ing.
Markus Ferber**
Member of
the European
Parliament.



Jean Martin
Former President
of the European
Confederation of the
Food & Drink Industry.



**Professor Mack
Mitchell**
ABMRF / The
Foundation for
Alcohol Research,
USA.



Dr. Erik Skovenborg
Medical Doctor,
Denmark.



**Professor
Philippe De Witte**
Université Catholique
de Louvain-la-Neuve,
Belgium. **Chairman of
the ERAB Advisory
Board.**



Janet Witheridge
ERAB: The European
Foundation for
Alcohol Research.
Secretary-General.

Representatives of the Brewing Sector



Demetrio Carceller
President of The
Brewers of Europe,
Spain.



Morten Jensen
Carlsberg Group,
Denmark.



Kieran Simpson
Heineken, The
Netherlands.



Simon Jackson
Institute of Brewing
and Distilling, UK.



**Jacobo Olalla
Marañón**
Cerveceros de España,
Spain.

Honorary Members (According to Article 6 of the By-Laws)



Dr. David Long MBE

Consultant, Former Director, Brewing, British Beer & Pub Association, UK.



Piero Perron

Former President of The Brewers of Europe. **(Founder Member).**



Emeritus Professor

Richard Smallwood

Former Commonwealth Chief Medical Officer (1999-2003), Australia.

Changes to the Board of Directors in 2013

This year, ERAB was sorry to lose Morten Nielsen who has changed roles within Carlsberg. We are delighted to welcome as his replacement, Morten Jensen. We are also delighted that Demetrio Carceller, President of The Brewers of Europe, has joined the Board.

■ ADVISORY BOARD

The members of the Advisory Board have a proven international independent scientific reputation. Their role is to examine the applications, suggest peer reviewers and, based on the reviews received, recommend to the Board of Directors which applications should be funded.



Professor Philippe De Witte

Department of Biology, Université Catholique de Louvain-la-Neuve, Belgium. **Chairman.**



Professor Giovanni Addolorato

Department of Internal Medicine, Università Cattolica del Sacro Cuore, Rome, Italy.



Professor Christopher P. Day

Faculty of Medical Sciences, University of Newcastle-upon-Tyne, UK.



Associate Professor Ramon Estruch

Department of Internal Medicine, University of Barcelona, Spain.



Professor Wolfgang Koenig

Department of Medicine, University of Ulm, Germany.



Professor Pekka Sulkunen

Department of Sociology, University of Helsinki, Finland.



Professor Matty P. Weijnen

Department of Epidemiology, Maastricht University, The Netherlands.

ERAB invites applications for funding European biomedical and psychosocial research into the effects of beer and other alcohol beverages. The applications are sent for peer review to experts (in the relevant subject) from all over the world. The recommendations as to which grants are funded are based on these reviews which give great emphasis to the scientific merit of the application. Grants are now funded up to the maximum of €50,000 for one year or €100,000 over two years. After several years of particularly encouraging applications for research in the psychosocial field, in 2014 ERAB is, for the first time, **particularly encouraging applications for research on lifestyle and drinking patterns.**

Applications received by the April deadline are reviewed during the Summer. Applicants are notified in the Autumn with a view to the research starting in January the following year.

Of the 68 major grants awarded to date, seven were completed at the end of 2006, four at the end of 2007, three at the end of 2008, seven at the end of 2009, seven at the end of 2010, six at the end of 2011, five in 2012 and eight in 2013. Six will complete in 2014 and eight in 2015 and four in 2016. Three projects had to be discontinued due to poor health or other difficulties.

2013 GRANTS

At its fourteenth meeting on 5th November 2013, the ERAB Board of Directors agreed that the following six research projects should receive funding during 2014 / 2015.

Name of Principal Researcher	Department	Institution	Town Country	Discipline Grant length
Dr. Ilaria ZANOTTI	Department of Pharmacy	University of Parma	Parma, Italy	Biomedical 1.5 year
	Impact of alcohol consumption on the atheroprotective process of the reverse cholesterol transport.			
Dr. Paola MACCIONI	Neuroscience Institute	National Research Council of Italy	Monsezzato, Italy	Biomedical 2 year
	Synthesis and pharmacological characterization of novel positive allosteric modulators of the GABAB receptor: focus on their "anti-alcohol" potential.			
Dr. Rosa M. LAMUELA-RAVENTÓS	Department of Nutrition and Food Science	University of Barcelona	Barcelona, Spain	Biomedical 2 year
	Risks and benefits of the ethanol and polyphenol content in beer: effects of moderate consumption on cardiovascular system.			
Professor Paul NORMAN	Department of Psychology	University of Sheffield	Sheffield, UK	Psychosocial 1.75 year
	A brief online psychosocial intervention to reduce binge drinking in new university students: Targeting reception, motivation, and volition at a teachable moment.			
Dr. Lesley Smith	Faculty of Health and Life Sciences	Oxford Brookes University	Oxford, UK	Psychosocial 2 year
	Quantifying exposure of young people to alcohol messaging in social media: (a) discreet real-time monitoring; & (b) validation of a 24-hour prompted multiple-pass recall method.			
Dr. Anna SIDORCHUK	Department of Public Health Science	Karolinska Institute	Stockholm, Sweden	Psychosocial 2 year
	Life course study of alcohol harm in three generations: the importance of individual and contextual factors.			
Dr. Richard COOKE	School of Life & Health Sciences	Aston University	Birmingham, UK	Psychosocial 1.5 year
	European Survey of University Student Alcohol Use.			
Dr. Consuelo GUERRI	Cell Pathology Laboratory	Research Center Prince Felipe	Valencia, Spain	Biomedical 2 year
	Is the neuroimmune response involved in the neurotoxic and behavioural consequences of binge alcohol drinking during adolescence?			

■ PUBLICATIONS RELATING TO ERAB FUNDED RESEARCH

Grantees are encouraged to publish the results of their research in peer reviewed journals independent of ERAB, but are asked to acknowledge ERAB as the source of funding. ERAB monitors these publications and publishes a list on the website. To the end of 2013, ERAB grantees have published the results of the research funded by ERAB in 125 papers in peer reviewed journals and many more are in press. For a list of publications, visit <http://www.erab.org/documents/publications/AlphaListPublicationsERAB.pdf>

ERAB AWARDS

■ AWARDS FOR YOUNG RESEARCHERS

As well as providing major research grants, ERAB is keen to encourage young researchers to work in the field of alcohol research and offers a number of much smaller travel and exchange awards for researchers under the age of 35. The travel awards enable scientists to travel to conferences to present their data. The exchange awards allow periods of study / collaboration in centres of excellence anywhere in the world.

In addition to the above awards for young researchers, small awards are available to help publish relevant PhD theses.

■ PUBLICATIONS AWARD

In 2012, a new award was launched to acknowledge the outstanding scientific contribution made by some of its grantees. This "Publications Award" is for any former ERAB grantees who have had five or more papers, of three or more pages, published in peer reviewed journals with an acknowledgement of the funding received from ERAB. To date the average is just under 3 peer reviewed publications per grant.

■ NEWSLETTER

As well as the Annual Report, ERAB has an electronic newsletter which is sent to over 500 European scientists who have applied to ERAB for funding, or have helped with the peer reviews. Issues are kept short and are used to notify the research community about application deadlines and research applications which have been granted. It helps to maintain the visibility of ERAB and strengthen its profile. Copies of the newsletters are also available on the ERAB website www.erab.org (Publications page).

■ THE INTERNATIONAL MEETING ON ALCOHOL AND GLOBAL HEALTH (IMAG)

ERAB is organising the 38th IMAG in Amsterdam on Monday 13th and Tuesday 14th October 2014.

This years IMAG has been remodelled to better fit the needs of the sponsors. Rather than grantees presenting their ERAB funded research, this meeting will cover 4 topics in depth. A team of speakers, many of them grantees, will be asked to present the current status of research on different aspects of each theme followed by discussion and questions from the floor.

The four topics selected are " Drivers of Behaviour", "All Cause Mortality", "Individual Versus Population Prevention" and "The Health Effects of Moderate Consumption of Beer, Wine and Spirits".

To see a copy of the draft programme please visit www.erab.org (Events page).

The winner of the ERAB 10th Anniversary Lifetime Achievement Award will be presented during the meeting.



Registered Office
ERAB: The European Foundation for Alcohol Research,
Foundation of Public Utility,
n°0875.302.264, Université Catholique de Louvain,
Croix du Sud, 1, box L7.04.03, B -1348 Louvain-la-Neuve, Belgium.

info@erab.org
www.erab.org