

Alcohol

Alcohol use can affect the health and well being of individuals, families and communities. Many people put themselves and others at risk of harm through their drinking patterns. The NHMRC 'Australian Guidelines TO REDUCE HEALTH RISKS from Drinking Alcohol' advise on drinking habits with less risk to health.

The 'Australian Guidelines TO REDUCE HEALTH RISKS from Drinking Alcohol' advise levels of alcohol consumption that will reduce the risks of alcohol-related accidents, injuries, diseases and death.

Some people are at a higher risk of harm from alcohol and should consider keeping to lower drinking levels than suggested by these Guidelines. Things that put people at higher risk of harm include:

- Being under 25 years or over 60 years of age
- Being underweight
- A family history of alcohol dependence
- Certain medical conditions
- Certain medicines, including complementary medicines
- Use of illegal drugs.

Ask a doctor or pharmacist if your medical condition is likely to be affected by alcohol and if your medicine is likely to interact with alcohol. **Never mix alcohol and illegal drugs.**

Avoid alcohol when taking part in activities involving risk or needing skill and concentration such as driving, operating machinery, water activities and supervising children.

What do the guidelines recommend?

Guideline 1 – The lifetime risk of harm from drinking alcohol increases with the amount consumed.

For healthy adult men and women – drinking no more than two standard drinks on any day reduces the lifetime

risk of harm from alcohol-related disease or injury.

Guideline 2 – On a single occasion of drinking, the risk of alcohol-related injury increases with the amount consumed.

For healthy men and women – drinking no more than four standard drinks on a single occasion reduces the risk of alcohol related-injury arising from that occasion.

Guideline 3 – For children and young people under 18 years, not drinking is the safest option.

3A – Parents and carers should be advised that children under 15 years of age are at the greatest risk of harm from drinking and that for this age group, not drinking alcohol is especially important.

3B – For young people aged 15–17 years, the safest option is to delay the initiation of drinking for as long as possible.

Guideline 4 – Maternal alcohol consumption can harm the developing fetus or breastfeeding baby.

4A – For women who are pregnant or planning a pregnancy, not drinking is the safest option.

4B – For women who are breastfeeding, not drinking is the safest option.

In Australia, a ‘standard drink’ is any drink that contains 10 g of alcohol, regardless of the volume or type of drink. Examples of a standard drink include a standard serve of white wine (100 mL), a mid strength beer (375 mL) or a nip of spirits (30 mL).



NUMBER OF STANDARD DRINKS – WINE



1.6

150ml
Average
Restaurant Serving
of Red Wine
13.5% Alc. Vol



1

100ml
Standard Serve
of Red Wine
13.5% Alc. Vol



0.9

60ml
Standard Serve
of Port
18% Alc. Vol



1.4

150ml
Average
Restaurant Serving
of White Wine
11.5% Alc. Vol



1

100ml
Standard Serve
of White Wine
11.5% Alc. Vol



1.4

150ml
Average Restaurant
Serve of Champagne
12% Alc. Vol



7.5

750ml
Bottle of Champagne
12.5% Alc. Vol



8

750ml
Bottle of Red Wine
13.5% Alc. Vol



43

4 Litres
Cask Red Wine
13.5% Alc. Vol



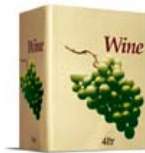
21

2 Litres
Cask Red Wine
13.5% Alc. Vol



7.5

750ml
Bottle of White Wine
12.5% Alc. Vol



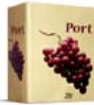
39

4 Litres
Cask White Wine
12.5% Alc. Vol



19.5

2 Litres
Cask White Wine
12.5% Alc. Vol



28

2 Litres
Cask of Port
17.5% Alc. Vol

NUMBER OF STANDARD DRINKS – SPIRITS



1

30ml
High Strength
Spirit Nip
40% Alc. Vol



22

700ml
High Strength
Bottle of Spirits
40% Alc. Vol



1.1

275ml
Full Strength
RTD*
5% Alc. Vol



1.2

330ml
Full Strength
RTD*
5% Alc. Vol



2.6

660ml
Full Strength
RTD*
5% Alc. Vol



1.5

275ml
High Strength
RTD*
7% Alc. Vol



1.8

330ml
High Strength
RTD*
7% Alc. Vol



3.6

660ml
High Strength
RTD*
7% Alc. Vol



1

250ml
Full Strength
Pre-mix Spirits
5% Alc. Vol



1.2

300ml
Full Strength
Pre-mix Spirits
5% Alc. Vol



1.5

375ml
Full Strength
Pre-mix Spirits
5% Alc. Vol



1.7

440ml
Full Strength
Pre-mix Spirits
5% Alc. Vol



1.4 – 1.9

250ml
High Strength
Pre-mix Spirits
7% – 10% Alc. Vol



1.6

300ml
High Strength
Pre-mix Spirits
7% Alc. Vol



2.1

375ml
High Strength
Pre-mix Spirits
7% Alc. Vol



2.4

440ml
High Strength
Pre-mix Spirits
7% Alc. Vol

For more information

A doctor

Listed under 'Medical Practitioners' in the yellow pages of the phone book.

Alcoholics Anonymous

AA Helpline

Phone: 1300 22 7936 (freecall 24hrs) or (02) 9799 1199 (24hrs)

Website: www.aa.org.au.

Also listed under 'A' in the white pages of the phone book.

Australian Alcohol Guidelines

Website: www.alcohol.gov.au

Alcohol and Drugs Information Services

Website: www.adin.com.au

Phone:

ACT (02) 6207 9977 or 6205 4545

NSW (02) 9361 8000 or 1800 422 599

NT (08) 8922 8399 or 1800 131 350

QLD 1800 177 833

SA (08) 8363 8618 or 1300 131 340

TAS 1800 811 994 VIC 1800 888 236

WA (08) 9442 5000 or 1800 198 024

Lifeline

Phone: 13 11 14

Website: www.lifeline.org.au

Kids Help Line

Phone: 1800 55 1800 or website
www.kidshelp.com.au

Healthdirect Australia

Phone: 1800 022 222

Website: www.healthinsite.gov.au

Consumer Medicine Information (CMI)

Your pharmacist can advise on CMI leaflets.

National Prescribing Service (NPS) Medicines Information

Phone: 1300 MEDICINE (1300 633 424)

Website: www.nps.org.au

The Poisons Information Centre

In case of poisoning phone 13 11 26 from anywhere in Australia.

*Pharmacists are medicines experts.
Ask a pharmacist for advice when
choosing a medicine.*

Your Self Care Pharmacy: