

Alcohol

Alcohol use can affect the health and well being of people, families and communities. Many people put themselves and others at risk of harm through their drinking patterns.

The 'Australian Guidelines TO REDUCE HEALTH RISKS from Drinking Alcohol' gives advice on levels of alcohol drinking that will reduce the risk of accidents, injuries, medical conditions and death due to alcohol.

Some people are at a higher risk of harm from alcohol. They should consider keeping to lower drinking levels than suggested by these Guidelines. People at a higher risk of harm from alcohol include those who:

- are under 25 years or over 60 years of age.
- are underweight.
- have a family history of alcohol dependence.
- have certain medical conditions.

- take certain medicines, including non-prescription medicines.
- use 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 10g of alcohol, regardless of the volume or type of drink. Examples of a standard drink include a standard serve of white wine (100mL), a mid strength beer (375mL) or a nip of spirits (30mL).



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

Alcoholics Anonymous

AA Helpline

Phone: 1300 22 22 22 (free call 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

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 (24 hours crisis support)

Website: www.lifeline.org.au

Kids Help Line

Phone: 1800 55 1800

Website: www.kidshelp.com.au

Healthdirect Australia

Phone: 1800 022 222

Website: www.healthdirect.org.au

Consumer Medicine Information (CMI)

Your pharmacist can advise on CMI leaflets.

NPS Medicine Wise

Medicines Information Line

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.

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Your Self Care Pharmacy: