

Figure 2.1 Advisory structures for the National Drug Strategic Framework 1998-99 to 2003-04

Source: National Drug Strategy, National Drug Strategy governance arrangements, National Drug Strategy governance structure, viewed 30/4/03, http://www.nationaldrugstrategy.gov.au/govern/structure.pdf>.

TTT.

.

100

INQUIRY INTO SUBSTANCE ABUSE IN AUSTRALIAN COMMUNITIES

10

Table 5.1 Summary of guidelines for low risk drinking

1. Alcohol consumption at levels shown below is not recommended for people who:

- have a condition made worse by drinking
- are on medication
- are under the 18 years of age
- are pregnant

17

- are about to engage in activities involving risk or a degree of skill (eg driving, flying, water sports, skiing, operating machinery)
- 2. Otherwise risk levels for the following patterns of drinking are as follows*:

TTP:

FOR RISK OF HARM IN THE SHORT-TERM:				FOR RISK OF HARM IN THE LONG-TERM:			
	Low Risk (standard drinks)	Risky (standard drinks)	High Risk (standard drinks)		Low Risk (standard drinks)	Risky (standard drinks)	High Risk (standard drinks)
MALES		· · · ·		MALES			
On any one day	Up to 6 On any one day, no more than 3 days per week	7 to 10 on any one day	11 or more on any one day	On an average day	Up to 4 per day	5 to 6 per day	7 or more per day
				Overall weekly level	Up to 28 per week	29 to 42 per week	43 or more per week
FEMALES				FEMALES			
On any one day	Up to 4 On any one day, no more than 3 days per week	5 to 6 on any one day	7 or more on any one day	On an average day	Up to 2 per day	3 to 4 per day	5 or more per day
				Overall weekly level	Up to 14 per week	15 to 28 per week	29 or more per week

* Note: 1. It is assumed that the drinks are consumed at a moderate rate to minimise intoxication, eg for men on more than 2 drinks in the first hour and 1 per hour thereafter, and for women, no more than 1 drink per hour.

2. These guidelines apply to persons of average or larger size, ie above about 60kg for men and 50kg for women. Persons of smaller than average body size should drink within lower levels.

(Table based on International Guide for Monitoring Alcohol Consumption and Related Harm, WHO, Geneva, 2000)

Source: National Health and Medical Research Council, Australian alcohol guidelines: Health risks and benefits, NHMRC, Canberra, October 2001, pp 5-6, viewed 6/3/03, http://www.health.gov.au/nhmrc/publications/pdf/ds9.pdf>.

1011

17





B111

Source McDevitt B, presentation to roundtable, Canberra, 16/08/02, exhibit 48, slide 16.

CITE

*

6