

ANSWERS TO ESTIMATES QUESTIONS ON NOTICE

HEALTH AND AGEING PORTFOLIO

Budget Estimates 2011-2012, 30/31 May 2011

Question: E11-031

OUTCOME 1: Population Health

Topic: GUIDELINES TO REDUCE HEALTH RISKS FROM DRINKING ALCOHOL

Written Question on Notice

Senator Siewert asked:

In 2009 the Guidelines to Reduce Health Risks from Drinking Alcohol were updated for the first time since 2001. Major changes to the Guidelines include there now being no difference in the recommended guidelines for men and women and the new guidelines also suggest strongly against any consumption of alcohol during pregnancy.

- a) A recent National Poll by the AER Foundation which found that only 10 per cent of Australians are aware that the Australian Guidelines to Reduce Health Risks from Drinking Alcohol were updated in 2009. Is the Department satisfied with the level of awareness that the community has of the guidelines?
- b) What is the Department of Health and Ageing doing to ensure that the Guidelines are communicated with the general public?

Answer:

The *Australian Guidelines to Reduce Health Risks from Drinking Alcohol* (the 2009 Guidelines) is published on the National Health and Medical Research Council website at [www.nhmrc.gov.au](http://www.nhmrc.gov.au). A number of educational institutions have incorporated the Guidelines into their curricula.

The Department is aware of the importance of ensuring public awareness of the standard drink concept, the key messages of the Guidelines, and to help equip consumers and communities with the necessary skills and knowledge to prevent alcohol related harm. A range of communication materials are available to inform target audiences about the 2009 Guidelines, and to assist Australians in making an informed choice about the amount of alcohol that they consume, such as:

- o Reduce your Risk brochure (refer [Attachment A](#)), and
- o If you are pregnant...the safest option in NOT to drink alcohol brochure (refer [Attachment B](#)).

In the 2010-11 year, over 778,660 resources were distributed nationally to individuals and organisations including non-government organisations, schools, universities, hospitals and health centres. Some resources were also translated into nine languages (Russian, Serbian, Italian, Traditional Chinese, Vietnamese, Arabic, Korean, Turkish, and Khmer). These materials are available in hard copy and at [www.alcohol.gov.au](http://www.alcohol.gov.au).

STANDARD DRINK GUIDE

**IF YOU OR SOMEONE YOU KNOW NEEDS SUPPORT AND TREATMENT TO REDUCE YOUR ALCOHOL INTAKE, YOU SHOULD CONTACT:**

- ▶ Your doctor
- ▶ Your local community health service
- ▶ An alcohol or other drug helpline in your State/Territory:

**ACT** 02 6206 4545

**NSW** 02 9361 8000 (Sydney)  
1800 422 599 (NSW country)

**NT** 08 8922 8399 (Darwin)  
08 8951 7580 (Central Australia)  
1800 131 350 (territory wide)

**QLD** 1800 177 833

**SA** 1300 131 340

**TAS** 1800 811 994

**VIC** 1800 888 236

**WA** 08 9442 5000 (Perth)  
1800 198 024 (WA country)



**REDUCE  
YOUR  
RISK**



**BEER**

	<b>1.1</b> 285ml Full Strength 4.8% Alc. Vol.		<b>1.4</b> 375ml Full Strength 4.5% Alc. Vol.		<b>1.4</b> 330ml Full Strength 4.8% Alc. Vol.
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**WINE**

	<b>1.4</b> 150ml Average Restaurant Serving of Sparkling Wine 12% Alc. Vol.		<b>1.6</b> 150ml Average Restaurant Serving of Red Wine 13.5% Alc. Vol.		<b>1.4</b> 150ml Average Restaurant Serving of White Wine 11.5% Alc. Vol.
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**SPIRITS**

	<b>1.2</b> 30ml Full Strength 40% Alc. Vol.		<b>1</b> 30ml High Strength 50% Alc. Vol.		<b>1.5</b> 275ml Full Strength Permix Spirits 28% Alc. Vol.
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**Australian Government**  
Department of Health and Ageing

The advice in this brochure does not replace advice from your health care provider.  
For more information about the new Australian Guidelines to Reduce Health Risks from Drinking Alcohol go to [www.alcohol.gov.au](http://www.alcohol.gov.au)



**NEW NATIONAL  
GUIDELINES FOR  
ALCOHOL CONSUMPTION**

