

# DASSA Statistical Bulletin

Number 21 – July 2022

South Australian Population Health Survey Module  
System 2021: a summary of the results relating to  
alcohol consumption



Government  
of South Australia

SA Health



## Statistical Bulletin

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### ***South Australian Population Health Survey Module System 2021: an analysis of the results relating to alcohol consumption.***

This Bulletin is the 21<sup>st</sup> in a series providing the most up-to-date data available on the prevalence of alcohol and other drug use, the harms associated with use, and alcohol and other drug treatment services in South Australia.

#### **Background**

The Health Omnibus Survey (HOS) was a face-to-face survey that collected data on alcohol consumption from 2011 to 2017<sup>1</sup>. However, due to problems recruiting participants, in 2018 there was a change to the South Australian Population Health Survey (SAPHS) Module System to collect these data. This is a computer-assisted telephone interview (CATI) survey that utilised random digit dialling of mobile and landline numbers to draw a random sample of South Australians; 3,006 were surveyed in 2021. In 2018, proxies (parents or guardians) were used for 15-year-old respondents; this requirement was removed in 2019. A review of the changes to methodology and their implications on the prevalence of alcohol consumption and risky drinking estimates can be found in a previous bulletin<sup>2</sup>.

A total of 10 questions relating to alcohol consumption were included in these surveys; these were adapted from the National Drug Strategy Household Survey (NDSHS)<sup>3</sup>.

In 2020, revisions to the Australian Alcohol Guidelines were released by the National Health and Medical Research Council (NHMRC)<sup>4</sup>, which have changed the way risky consumption will be reported in the future (see Appendix 1 for a summary). The Australian Institute of Health and Welfare (AIHW) has re-analysed data from the NDSHS and provided a method and rationale for measuring risky drinking according to the revised Guidelines<sup>5</sup>. These are summarised in a previous bulletin<sup>6</sup> which includes data on frequency and quantity of use to provide context; how they differ from those developed in 2009; and the implications for future reporting. In this bulletin, data on frequency and quantity of use are still included due to some significant changes that occurred in 2020, but risky drinking data are presented using the new Guidelines only. Data comparisons are made between 2011 and 2021, and between 2020 and 2021<sup>7</sup>.

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<sup>1</sup> More information on the survey can be found here:

<https://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/resources/dassa+statistical+bulletin+number+18>

<sup>2</sup> <https://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/resources/dassa+statistical+bulletin+number+18>

<sup>3</sup> The NDSHS is conducted triennially by the Australian Institute of Health and Welfare (AIHW) since 1995. The survey provides information on drug use patterns, attitudes and behaviours among South Australians aged 12 years and over. Go to <https://www.aihw.gov.au/reports/illicit-use-of-drugs/ndshs-2016-key-findings/contents/summary>

<sup>4</sup> Australian Guidelines to Reduce Health Risks from Drinking Alcohol. National Health and Medical Research Council, Australian Research Council and Universities Australia. Commonwealth of Australia, Canberra.

<sup>5</sup> Australian Institute of Health and Welfare 2021. Measuring risky drinking according to the Australian alcohol guidelines. Cat. no. PHE 284. Canberra: AIHW. Viewed 16 March 2021, <https://pp.aihw.gov.au/reports/alcohol/measuring-risky-drinking-aus-alcohol-Guidelines>

<sup>6</sup> <https://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/resources/dassa+statistical+bulletin+number+20>

<sup>7</sup> Statistical tests include: The Pearson chi-squared statistic and linear regression. The Pearson chi-squared is corrected for the survey design with the second-order correction of Rao & Scott (1984: On chi-squared tests for multi-way contingency tables with cell proportions estimated from survey data. *Annals of Statistics* 12: 46-60) and is converted into an F statistic. Statistical significance was accepted at  $p < 0.05$ . All figures presented in this report are rounded to one decimal place in graphs and to zero decimal places in the text unless values fall below 10%. Comparisons over time are made between 2011 vs 2021 and 2020 vs 2021 only; significance testing is only carried out for those two time-points rather than including all years.

## Summary<sup>8</sup>

### Frequency and quantity of use<sup>9,10,11</sup>

Frequency and Gender: the proportion of South Australians consuming alcohol has not changed much over time and a higher proportion of men consume alcohol than women.

- Four in five South Australians aged 18 years and over had consumed alcohol at least once in the previous 12 months (44% drank 2-6 days a week and 7% daily). This is consistent with data collected in 2011-2019; compared to 2020 when there was a decrease in consumption over time<sup>11</sup>.
- This suggests that the first year of the COVID-19 pandemic had an impact in decreasing overall alcohol consumption. However, this was not maintained in 2021, with an increase among men (74% to 85%) and women (67% to 75%).
- In 2021, a higher proportion of South Australian men than women had consumed alcohol in the last 12 months (85% compared with 75%), but there were decreases over time in the proportion of male daily drinkers (13% to 9.1%).

Age groups: older people consume alcohol more frequently than younger people.

- In 2021, older South Australians consumed alcohol more often than younger people, with at least weekly consumption highest among those aged 60 years and over (58%), followed by those aged 50-59 (57%) and 40-49 (55%) years.
- There was a decrease over time in alcohol consumption among those aged 30-39 years (81% to 73%) but an increase among those aged 60 years and over (74% to 82%).
- More recently, there were increases in alcohol consumption indicating that the decreases seen in 2020 were generally not maintained in 2021, except among those aged 30-39 years.

Quantity: more men than women consume four drinks of alcohol on a single occasion, as do a greater proportion of young people.

- A higher proportion of men than women usually consumed more than four drinks in a single day (19% compared with 7.5% in 2021), although this decreased since 2011 among both groups (28% to 19% for men and 13% to 7.5% for women).
- A higher proportion of younger people, aged 18-29 years, consumed more than four drinks in a single day, although this decreased since 2011 (45% to 26%).

### Guideline 1: Reducing the risk of alcohol-related harm for adults<sup>8,9,10,11,12</sup>

Combined risk: the proportion of South Australians drinking at risky levels has not changed over time and risky drinkers tend to be older.

- There was no change in combined risky drinking over time among all South Australians aged 18 years and over (36% to 32%), nor more recently (29% to 32%).
- The highest proportions of risky drinkers in 2021 were aged 50-59 (38%) and 40-49 (37%) years, with decreases over time for those aged 18-29 years (46% to 28%).

Lifetime risk: the proportion of South Australians drinking at this risk level has remained similar over time and occurs more often in the middle to older age groups.

- Consumption of 10 or more drinks per week on average remained stable over time among all South Australians aged 18 years and over (29% to 27%) but increased more recently for men (32% to 39%).
- The highest proportions of lifetime risky drinkers in 2021 were aged 50-59 (31%) and 40-49 (30%) years, with a decrease over time among those aged 18-29 years (32% to 20%).

Single occasion risk: the proportion of South Australians drinking at this risk level has remained similar over time and occurs more often in the middle to older age groups.

- Consumption of more than four drinks in a single day at least monthly (single occasion risk) remained stable over time among all South Australians aged 18 years and over (27% to 24%), and more recently (22% to 24%).

<sup>8</sup> Changes described here include statistically significant results only.

<sup>9</sup> Data for age groups and for all South Australians include those who identified as non-binary (N=5 aged 18 years and over and N=1 aged 15-17 years).

<sup>10</sup> Abstainers comprise both ex-drinkers (no longer consume alcohol and/or have not consumed alcohol in the last 12 months) and non-drinkers (have never consumed alcohol).

<sup>11</sup> Over time refers to comparisons between 2011 and 2021.

<sup>12</sup> More recently indicates from 2020 to 2021.

- The highest proportions of single occasion risky drinkers in 2021 were aged 40-49 (32%) and 50-59 (29%) years, with decreases over time for those aged 18-29 (45% to 26%) and 30-39 (32% to 23%) years.

**Guideline 2: People under 18 years of age**

*The proportion of underage drinkers has decreased over time.*

- Just over one-third (36%) of 15-17-year-old South Australians in 2021 had consumed alcohol in the last 12 months, lower than 2011 (49%) but unchanged from 2020 (31%).

**Results**

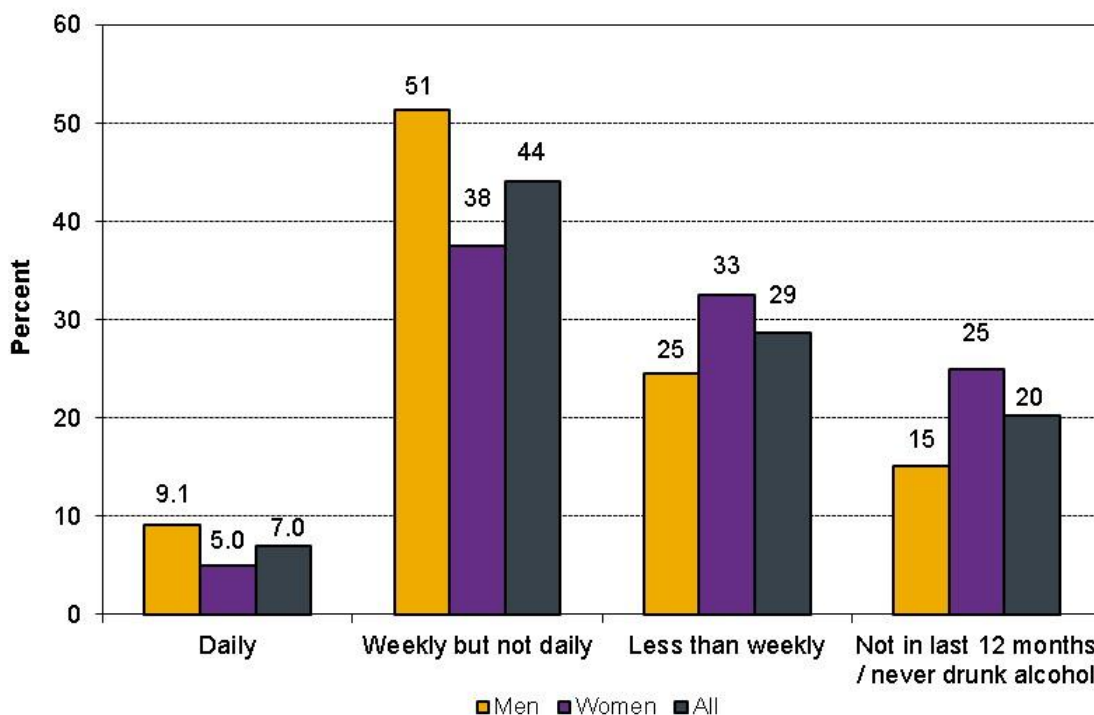
**Alcohol consumption: frequency**<sup>12,13,14</sup>

In 2021, 80% of South Australians aged 18 years and over had consumed alcohol at least once in the previous 12 months (44% drank 2-6 days a week and 7% daily), and 20% were abstainers<sup>13</sup>; see Figure 1. This is consistent with data collected in 2011-2019; in 2020 there was a change in the pattern of alcohol consumption with a significant decrease over time and between 2019 and 2020, among both men and women. This suggests that the first year of the COVID-19 pandemic had an impact in reducing overall alcohol consumption that was not maintained in 2021; the increase between 2020 and 2021 in any alcohol consumption was significant (70% to 80%).

*Differences between men and women*

A significantly higher proportion of men aged 18 years and over in 2021 consumed alcohol than women (85% compared with 75%), including daily drinking (9.1% compared with 5%) and at least weekly drinking (60% compared with 43%). Men were also significantly less likely to have never consumed alcohol (4.9% compared with 9.7%) and to be ex-drinkers (10% compared with 15%).

**Figure 1: Alcohol consumption in the previous 12 months among South Australians aged 18 years and over by sex, 2021**



Source: South Australian Population Health Survey Module System 2021

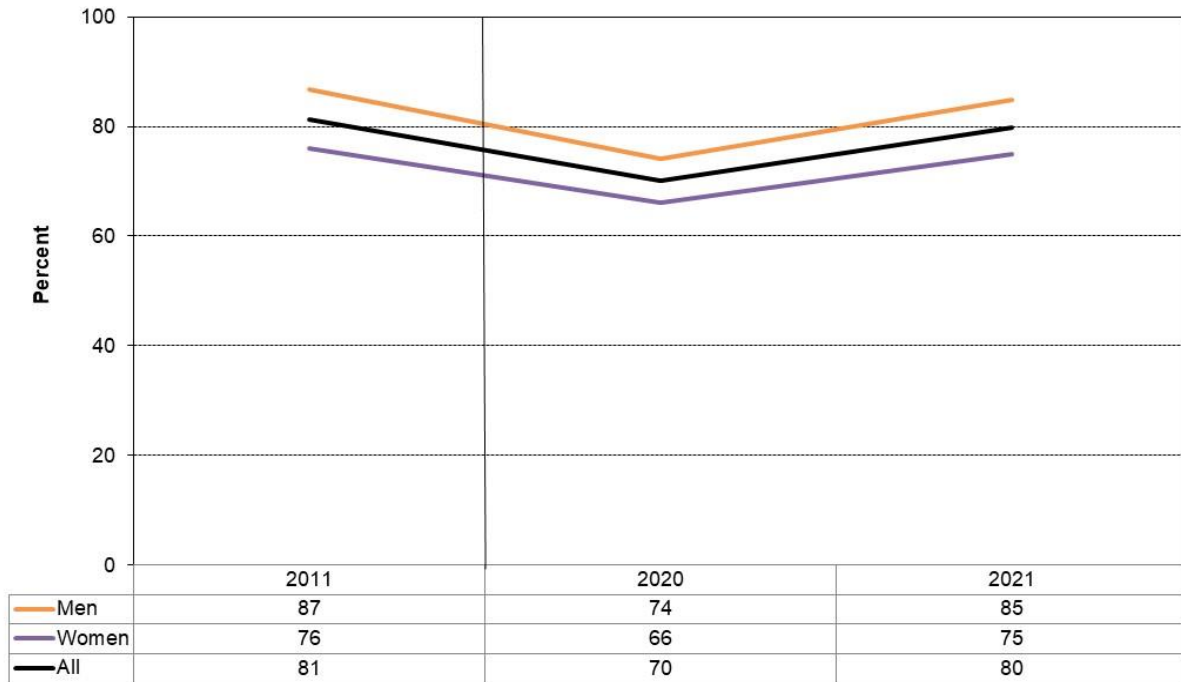
<sup>13</sup> 'In the last 12 months, how often did you have an alcoholic drink of any kind?'

<sup>14</sup> Abstainers include both ex-drinkers who had not consumed alcohol in the last 12 months, or those who had never consumed alcohol.

*Changes over time by sex*

Figure 2 shows any alcohol consumption by sex. There were no changes over time in alcohol consumption among men (87% to 85%) and women (76% to 75%), but there were significant increases more recently (74% to 85% for men and 66% to 75% for women), suggesting a return to pre-2020 levels. There were also no changes in at least weekly alcohol consumption over time for either men (61% to 60%) or women (39% to 43%), but significant increases between 2020 and 2021 (49% to 60% for men and 36% to 43% for women).

**Figure 2: Alcohol consumption at least once in the previous 12 months among South Australians aged 18 years and over by sex, 2011-2021**

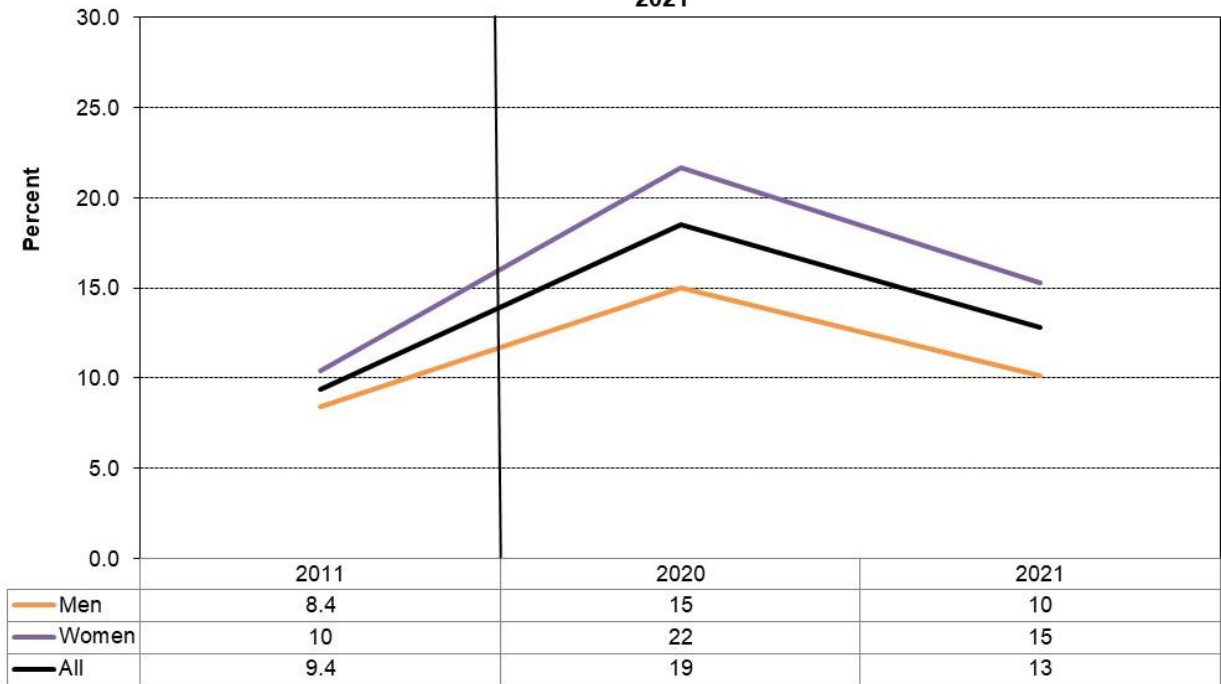


**Source:** South Australian Health Omnibus Survey 2011 and South Australian Population Health Survey Module System 2020-2021  
The vertical line denotes the change in methodology that occurred in 2018

Figures 3 and 4 divide abstainers into ex-drinkers and non-drinkers. Data show that there were significant increases over time in the proportion of South Australian women aged 18 years and over who were ex-drinkers (10% to 15%), but significant decreases in the proportion of South Australian women who had never consumed alcohol (14% to 9.7%). Daily drinking decreased significantly over time among South Australian men (13% to 9.1%) but remained stable for women (5% in both years).

Following significant increases in abstainers between 2019 and 2020, data in 2021 indicate a return to pre-2020 levels, with decreases in the proportion of ex-drinkers among men and women between 2020 and 2021 (15% to 10% and 22% to 15%, respectively) as well as a decrease in the proportion of men who had never consumed alcohol (11% to 4.9%). Significant increases in at least weekly drinking were also seen among South Australian men (49% to 60%) and women (36% to 43%) but daily drinking remained stable (8% to 9.1% and 4.4% to 5%, respectively).

**Figure 3: Ex-drinkers among South Australians aged 18 years and over by sex, 2011-2021**



**Source:** South Australian Health Omnibus Survey 2011 and South Australian Population Health Survey Module System 2020-2021  
The vertical line denotes the change in methodology that occurred in 2018

**Figure 4: Non-drinkers among South Australians aged 18 years and over by sex, 2011-2021**

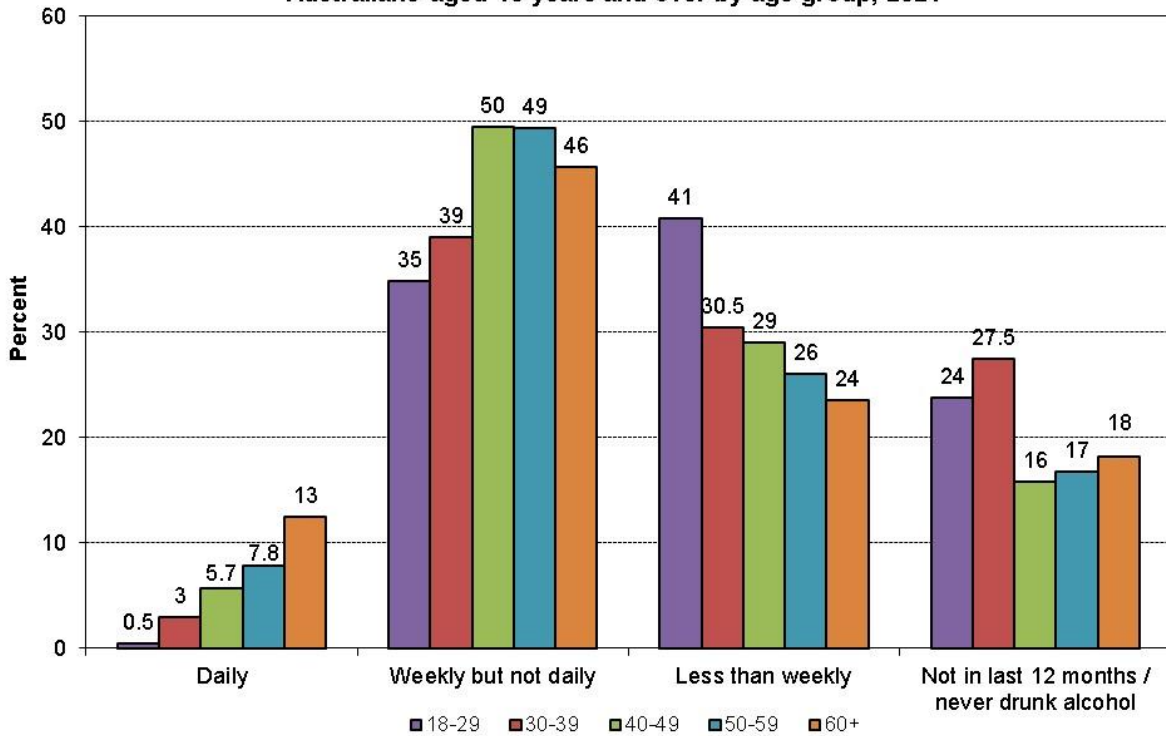


**Source:** South Australian Health Omnibus Survey 2011 and South Australian Population Health Survey Module System 2020-2021  
The vertical line denotes the change in methodology that occurred in 2018

*Differences between age groups*

In 2021, older South Australians consumed alcohol more often than younger people, with at least weekly consumption highest among those aged 60 years and over (58%), followed by those aged 50-59 (57%) and 40-49 (55%) years; see Figure 5. Daily drinking was highest among those aged 60 years and over (13%) and those aged 50-59 years (7.8%).

**Figure 5: Alcohol consumption in the previous 12 months among South Australians aged 18 years and over by age group, 2021**



Source: South Australian Population Health Survey Module System 2021

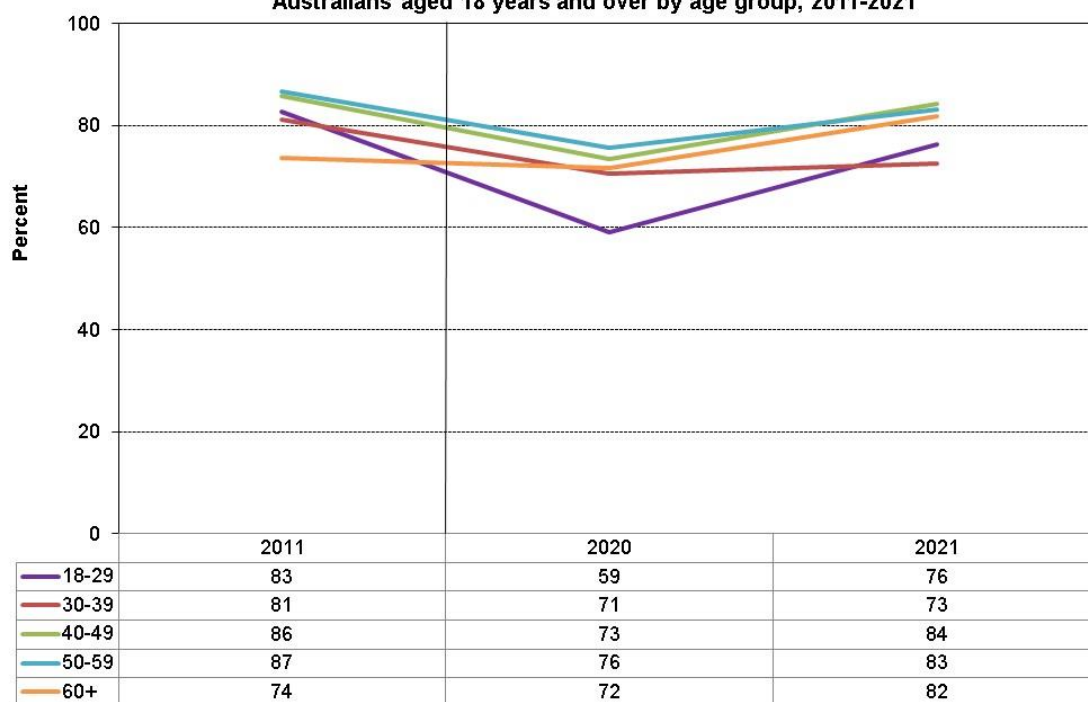
*Changes over time by age group*

Figure 6 shows any alcohol consumption by age group. There were significant decreases over time in alcohol consumption among those aged 30-39 years (81% to 73%). In contrast, there was a significant increase among those aged 60 years and over (74% to 82%). More recently, there were significant increases among all age groups except 30-39 years: 18-29 (59% to 76%); 40-49 (73% to 82%); 50-59 (76% to 83%) and 60 years and over (72% to 82%). This indicates that the decreases seen in 2020 were generally not maintained in 2021, but that there have still been decreases over time among those aged 30-39 years.

Drinking at least weekly increased significantly over time among South Australians aged 60 years and over (48% to 58%), remaining stable for the other age groups. There was also a significant decrease in daily drinking among those aged 50-59 years (13% to 7.8%).

There were significant changes in at least weekly drinking more recently. Increases were seen among South Australians aged 40-49 (43% to 55%) and 60 years and over (50% to 58%). Daily drinking increased significantly among South Australians aged 60 years and over (9.4% to 13%), with no changes among the other age groups.

**Figure 6: Alcohol consumption at least once in the previous 12 months among South Australians aged 18 years and over by age group, 2011-2021**



**Source:** South Australian Health Omnibus Survey 2011 and South Australian Population Health Survey Module System 2020-2021  
The vertical line denotes the change in methodology that occurred in 2018

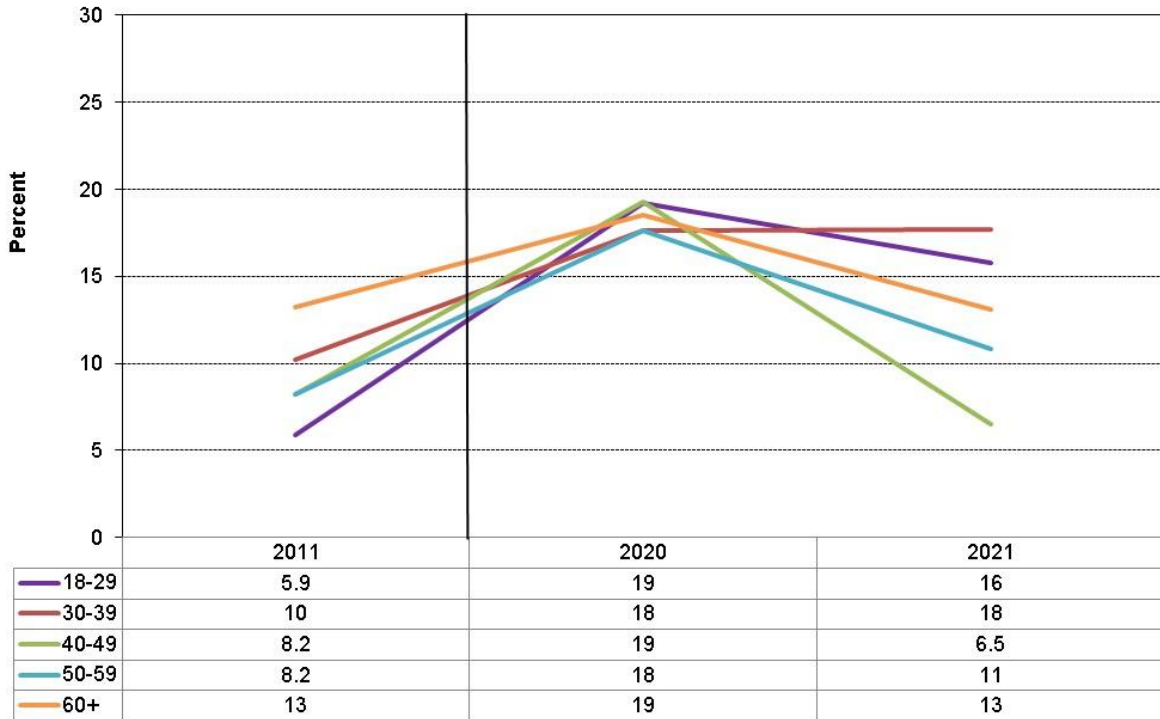
As was done for sex, Figures 7 and 8 break abstainers down into ex-drinkers and non-drinkers. For ex-drinkers, there was a significant increase over time among South Australians aged 18-29 (5.9% to 16%) and 30-39 (10% to 18%) years. More recently there were significant decreases for those aged 40 years and over (19% to 6.5% for 40-49; 18% to 11% for 50-59 and 19% to 13% for 60 years and over), reflecting that many changes seen in 2020 were not maintained in 2021.

For non-drinkers, there was a decrease over time (13% to 5.3%) and more recently (9.8% to 5.3%) among South Australians aged 60 years and over. There was also a decrease more recently among those aged 18-29 years (22% to 8.3%), returning to levels seen in 2011.

In summary, the increase in ex-drinkers over time was driven by those aged 18-39 years. More recently, the decrease in ex-drinkers was seen among those aged 40 years and over, particularly those aged 40-49 years. The decrease in non-drinkers was driven by those aged 18-29 years and 60 years and over. Changes seen in 2020 were generally not maintained in 2021, except for the decrease in non-drinkers aged 60 years and over, and the increase in ex-drinkers aged 18-39 years.

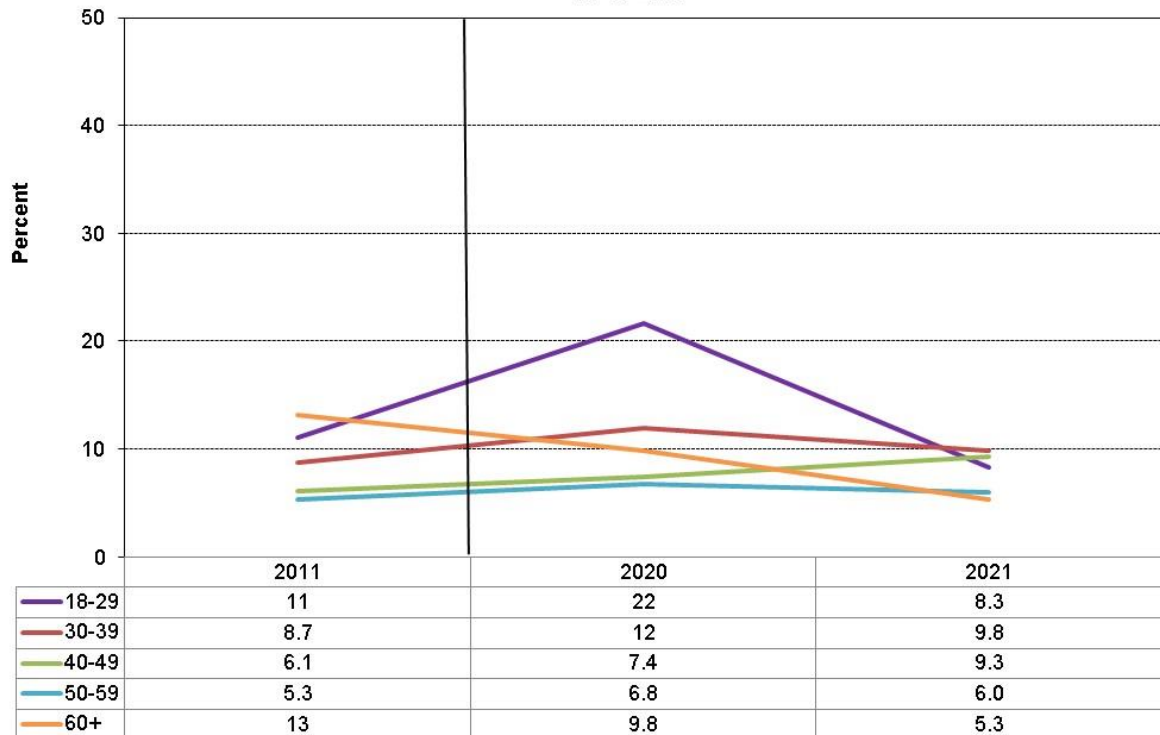


**Figure 7: Ex-drinkers among South Australians aged 18 years and over by age group, 2011-2021**



**Source:** South Australian Health Omnibus Survey 2011 and South Australian Population Health Survey Module System 2020-2021  
The vertical line denotes the change in methodology that occurred in 2018

**Figure 8: Non-drinkers among South Australians aged 18 years and over by age group, 2011-2021**



**Source:** South Australian Health Omnibus Survey 2011 and South Australian Population Health Survey Module System 2020-2021  
The vertical line denotes the change in methodology that occurred in 2018

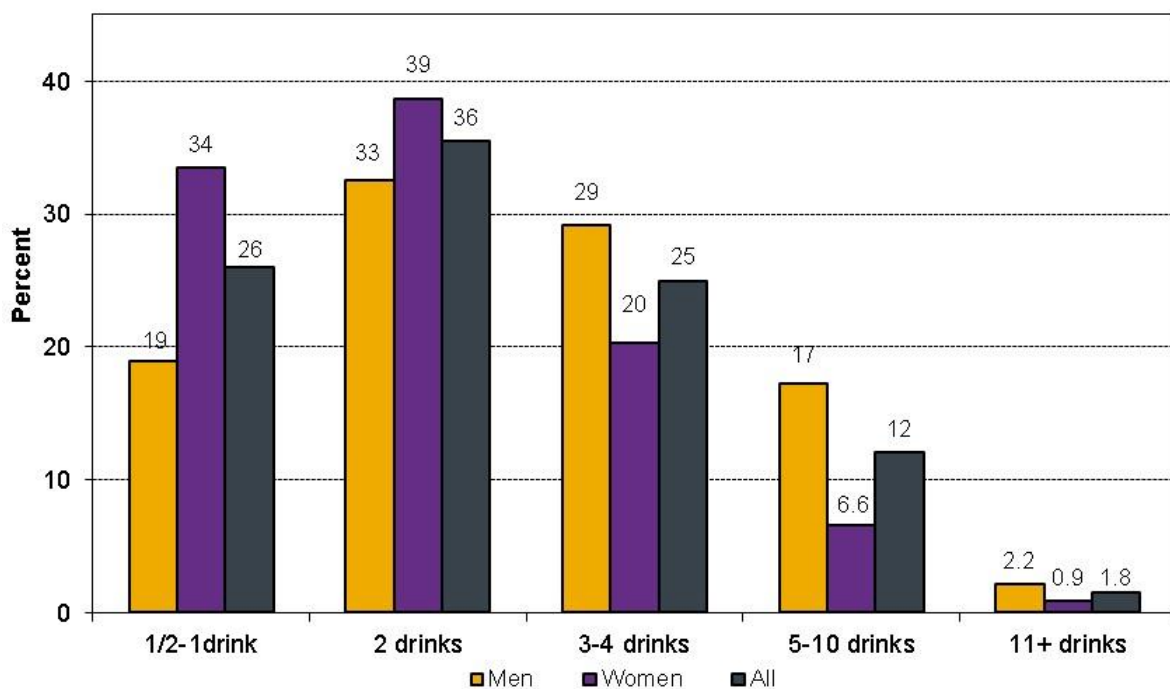
## Alcohol consumption<sup>14</sup>: quantity<sup>15</sup>

For the majority (86%) of South Australians aged 18 years and over in 2021, the quantity of alcohol usually consumed in a session fell within the national Guidelines for consumption at levels that would not put them at risk of injury from a single drinking occasion (four drinks or less; see Figure 9). This is a significant increase from 2011 (79% usually consumed four or less drinks), but unchanged from 2020 (86%).

### *Differences between men and women*

In 2021, South Australian men aged 18 years and over were significantly more likely to consume larger quantities of alcohol than women of the same age, with 19% usually consuming more than four drinks (7.5% of women). Of those who drank in the last 12 months, the majority (91%) in 2021 reported having at least one alcohol-free day per week; 89% of men and 93% of women. This is unchanged from previous years.

**Figure 9: Number of standard drinks usually consumed by South Australians aged 18 years and over on a drinking day by sex, 2021**



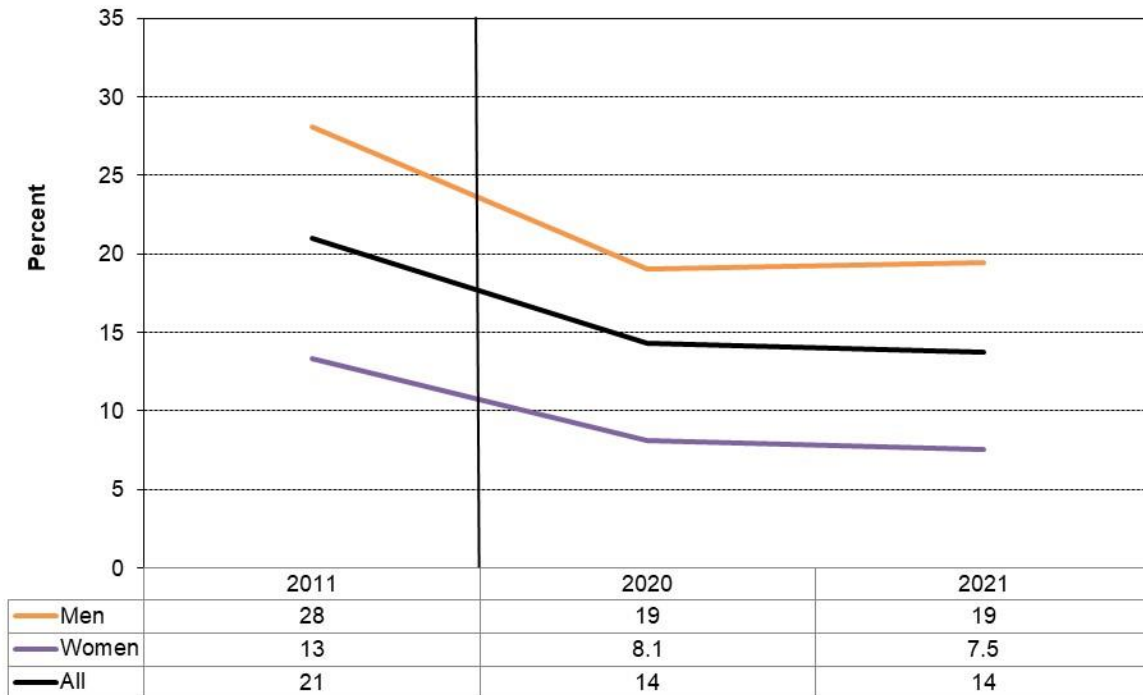
### *Changes over time by sex*

Figure 10 shows the quantity of alcohol usually consumed for men and women over time, with significant decreases over time in the proportion of men who reported usually consuming more than four drinks (28% to 19%), as well as in the proportion of women (13% to 7.5%). There were no significant changes more recently.

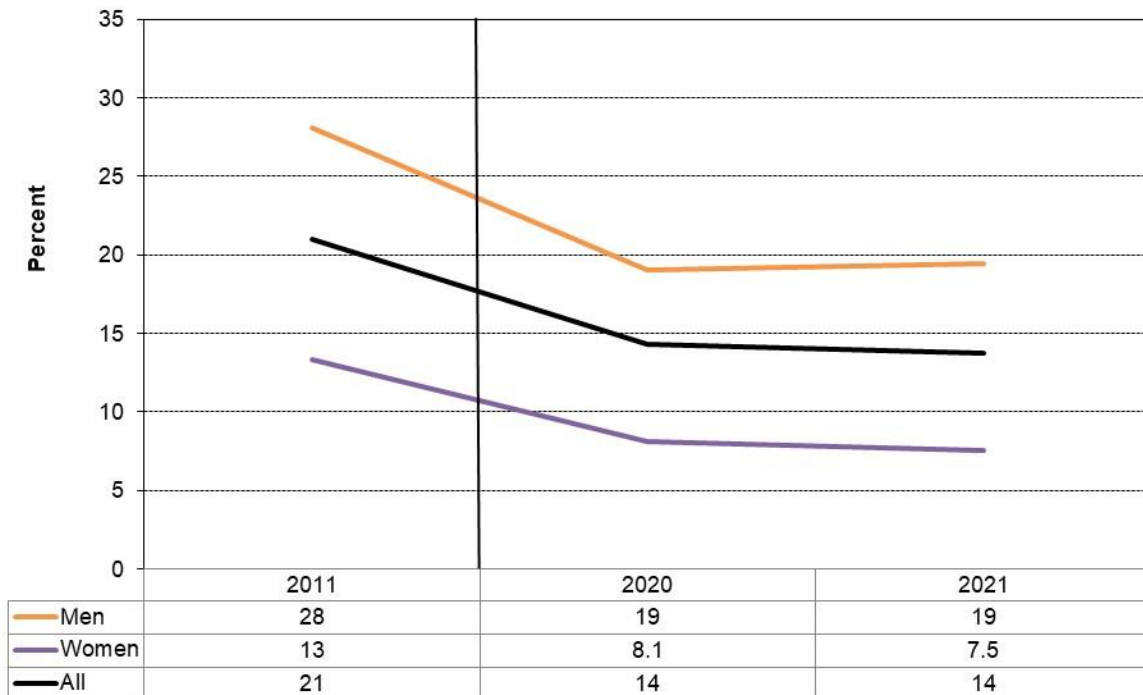
<sup>14</sup> 'On a day that you drink, how many standard drinks do you usually have?'

<sup>15</sup> This section excludes participants who had not consumed alcohol in the last 12 months or had never consumed alcohol.

**Figure 10: Usual consumption of more than four drinks on a drinking day among South Australians aged 18 years and over, 2011-2021**



**Figure 10: Usual consumption of more than four drinks on a drinking day among South Australians aged 18 years and over, 2011-2021**



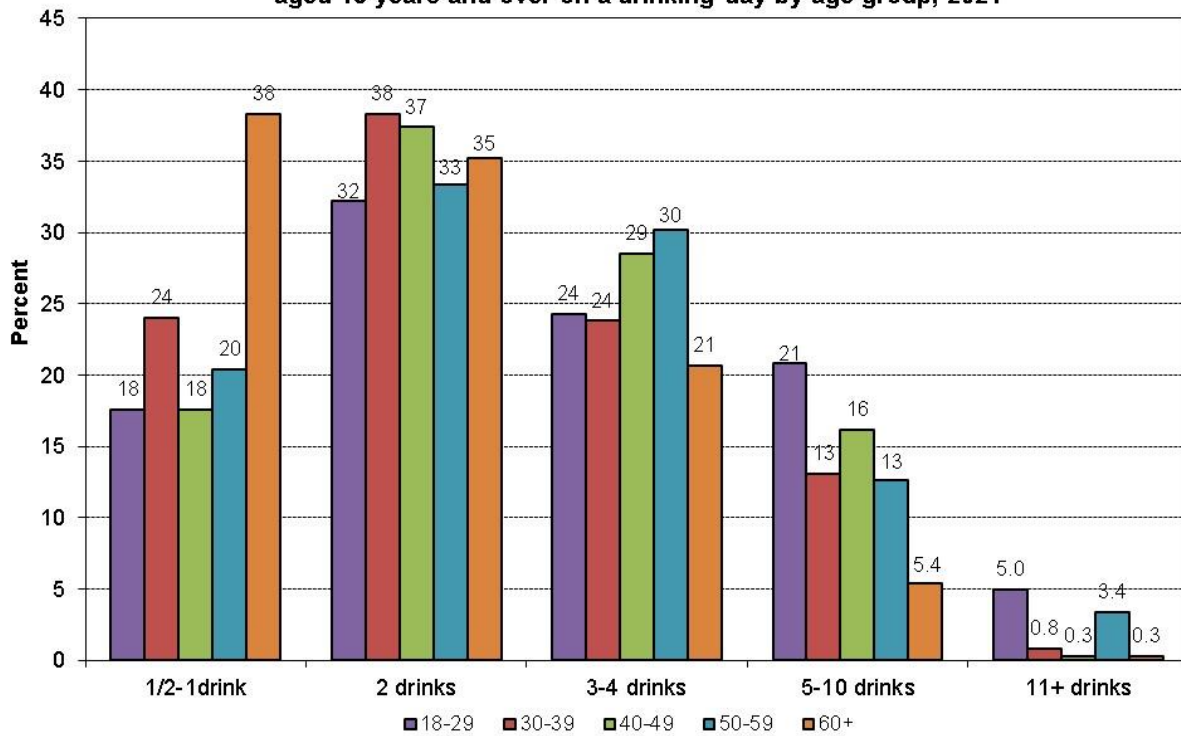
**Source:** South Australian Health Omnibus Survey 2011 and South Australian Population Health Survey Module System 2020-2021  
The vertical line denotes the change in methodology that occurred in 2018

*Differences between age groups*

The proportion of South Australians who usually consumed more than four drinks on a drinking day (thus exceeding the Guidelines) broadly decreased with age (see Figures 11 and 12), although in 2021 higher proportions of those aged 40-59 years consumed more than four drinks than in previous years; the same pattern was found in 2020. Twenty-six percent of those aged 18-29 years consumed more than four drinks, followed by 14% of those aged 30-39 years. In contrast, 17% and 16%,

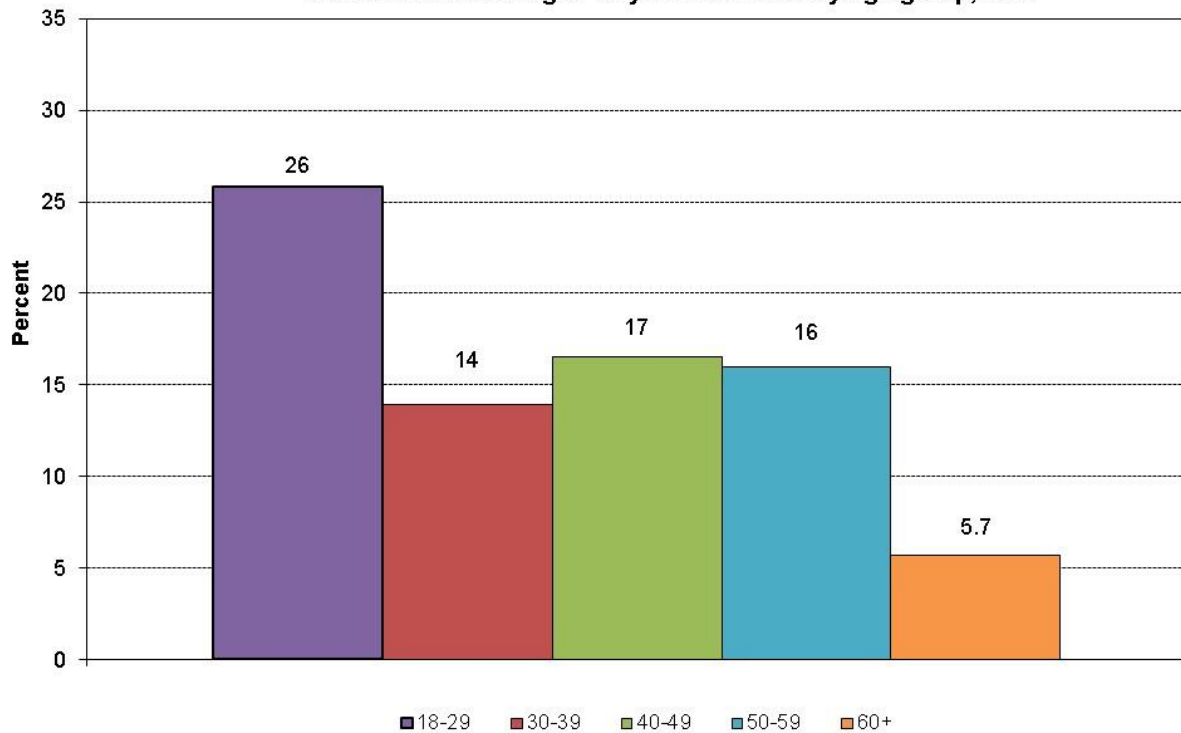
respectively, of those aged 40-49 and 50-59 years consumed more than four drinks. Only 5.7% of those aged 60 years and over usually consumed more than four drinks on a drinking day.

**Figure 11: Number of standard drinks usually consumed by South Australians aged 18 years and over on a drinking day by age group, 2021**



Source: South Australian Population Health Survey Module System 2021

**Figure 12: Usual consumption of more than four drinks on a drinking day by South Australians aged 18 years and over by age group, 2021**



Source: South Australian Population Health Survey Module System 2021

*Changes over time by age group*

Figure 13 shows changes over time by age group. There were significant decreases between 2011 and 2021 in the proportion consuming more than four drinks among those aged 18-29 years (45% to 26%). There were no changes between 2020 and 2021. The quantity of alcohol consumption among drinkers has consistently decreased over time among all age groups.

**Figure 13: Usual consumption of more than four drinks on a drinking day by South Australians aged 18 years and over by age group, 2011-2021**



**Source:** South Australian Health Omnibus Survey 2011 and South Australian Population Health Survey Module System 2020-2021  
The vertical line denotes the change in methodology that occurred in 2018

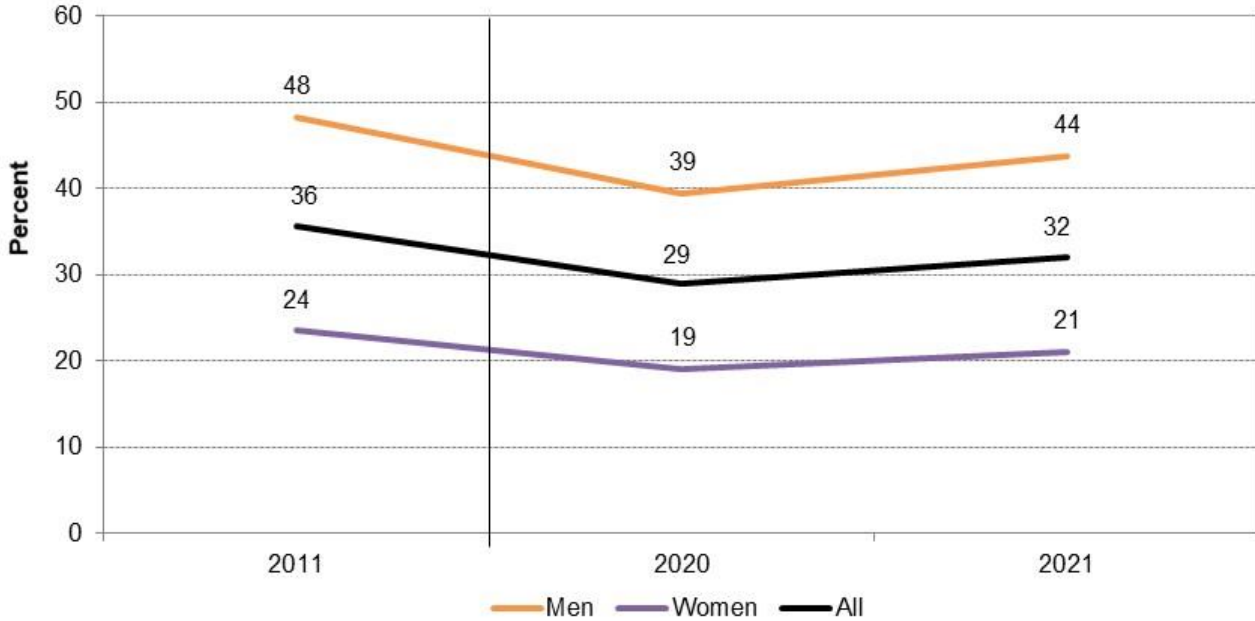
**Guideline 1: No more than 10 standard drinks a week and no more than four standard drinks on a single day**

The proportion of all South Australians aged 18 years and over drinking alcohol in ways that increased the risk of alcohol-related disease or injury remained stable over time (36% to 32%) and more recently (29% to 32%).

*Changes over time by sex*

Figure 14 shows the proportion of South Australians aged 18 years and over drinking alcohol in ways that increased the risk of alcohol-related disease or injury by sex. There were no changes over time for either men (48% to 44%) or women (24% to 21%), nor any changes more recently (39% to 44% for men and 19% to 21% for woman). This suggests that while there have been changes among some sub-groups, consumption at risky levels has remained stable among drinkers.

**Figure 14: Risky alcohol consumption according to the 2020 Alcohol Guidelines for South Australians aged 18 years and over by sex, 2011-2021**

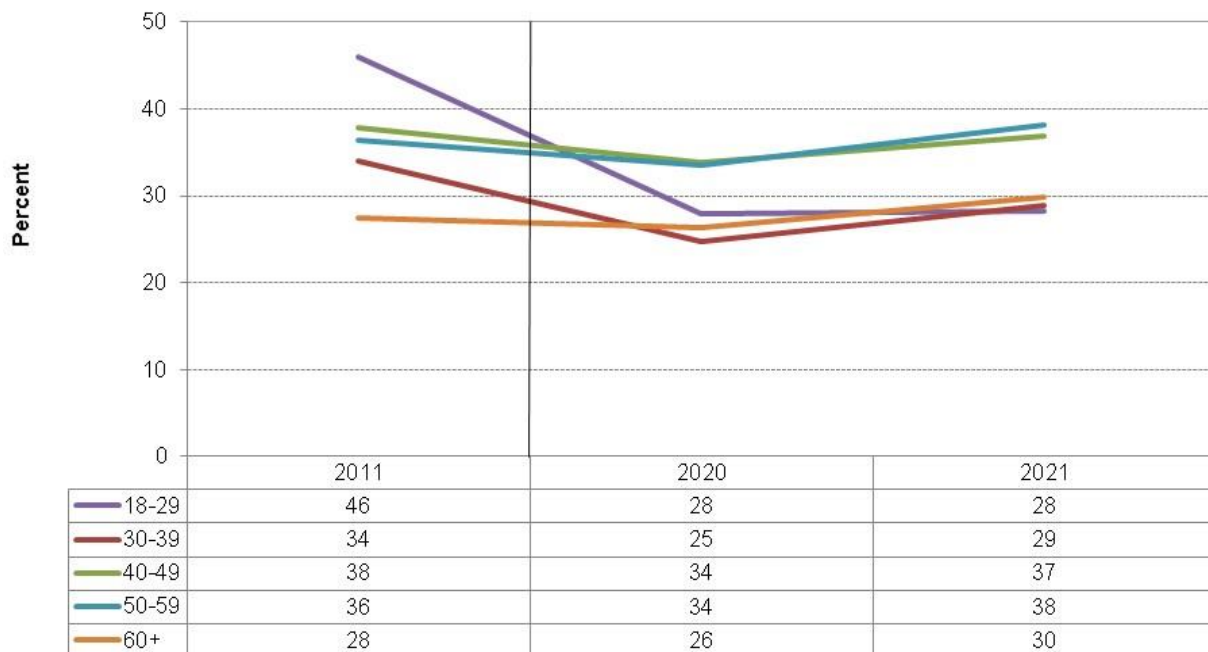


**Source:** South Australian Health Omnibus Survey 2011 and South Australian Population Health Survey Module System 2020-2021  
The vertical line denotes the change in methodology that occurred in 2018

*Changes over time by age group*

Figure 15 shows the proportion of South Australians aged 18 years and over drinking alcohol in ways that increased the risk of alcohol-related disease or injury by age group. The groups with the highest proportion of risky drinkers in 2021 were aged 50-59 (38%) and 40-49 (37%) years. There were significant decreases over time for those aged 18-29 years (46% to 28%), remaining stable more recently (both 28%). Changes in risky drinking for the other age groups were not significant, either over time or more recently.

**Figure 15: Risky alcohol consumption according to the 2020 Alcohol Guidelines for South Australians aged 18 years and over by age group, 2011-2021**



**Source:** South Australian Health Omnibus Survey 2011 and South Australian Population Health Survey Module System 2020-2021  
The vertical line denotes the change in methodology that occurred in 2018

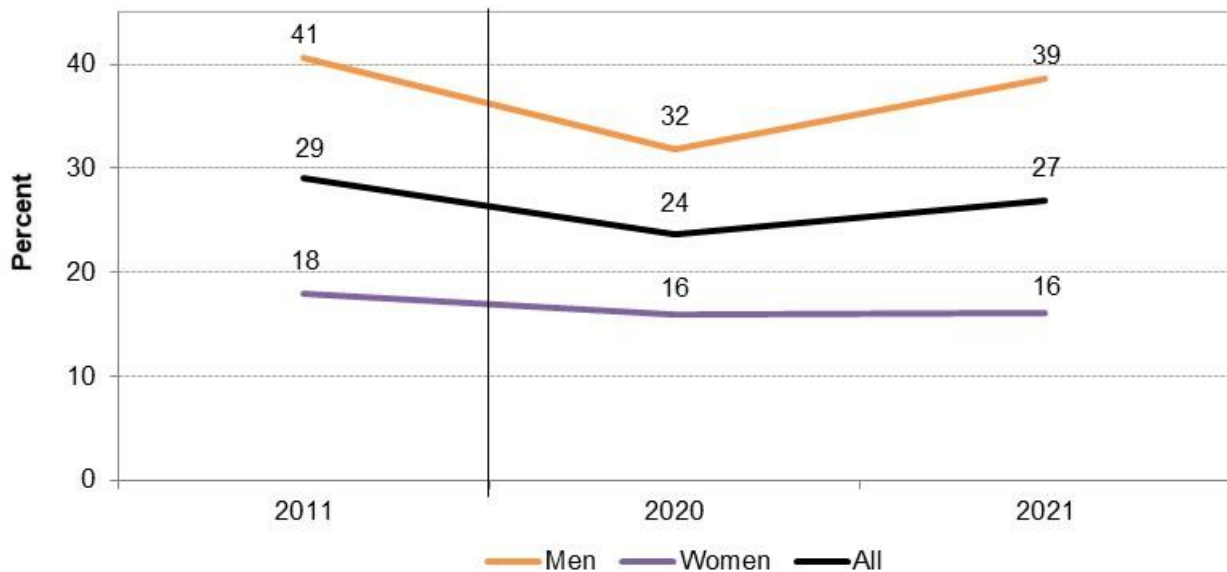
## Consumption of 10 or more drinks per week on average (revised lifetime risk)

Figure 16 shows that the consumption of 10 or more drinks per week on average over the last 12 months among South Australians aged 18 years and over remained stable over time (29% to 27%) and more recently (24% to 27%).

### Changes over time by sex

The consumption of 10 or more drinks per week on average over the last 12 months remained stable over time for both men (41% to 39%) and women (18% to 16%) but increased significantly more recently for men (32% to 39%). The increase among men between 2020 and 2021 was primarily driven by those aged 40-49 years, from 31% to 41%.

**Figure 16: Consumption of 10 or more drinks per week on average for South Australians aged 18 years and over by sex, 2011-2021**



**Source:** South Australian Health Omnibus Survey 2011 and South Australian Population Health Survey Module System 2020-2021  
The vertical line denotes the change in methodology that occurred in 2018

### Changes over time by age group

Figure 17 shows the proportion of South Australians aged 18 years and over consuming 10 or more drinks per week on average by age group. The groups with the highest proportion drinking this amount in 2021 were aged 50-59 (31%) and 40-49 (30%) years. There were no changes over time for any age group except those aged 18-29 years, where there was a decrease (32% to 20%). The proportion remained stable more recently among all age groups.

**Figure 17: Consumption of 10 or more drinks per week on average for South Australians aged 18 years and over by age group, 2011-2021**



**Source:** South Australian Health Omnibus Survey 2011 and South Australian Population Health Survey Module System 2020-2021  
The vertical line denotes the change in methodology that occurred in 2018

### **Consumption of more than four drinks in a single day at least monthly (single occasion risk)**

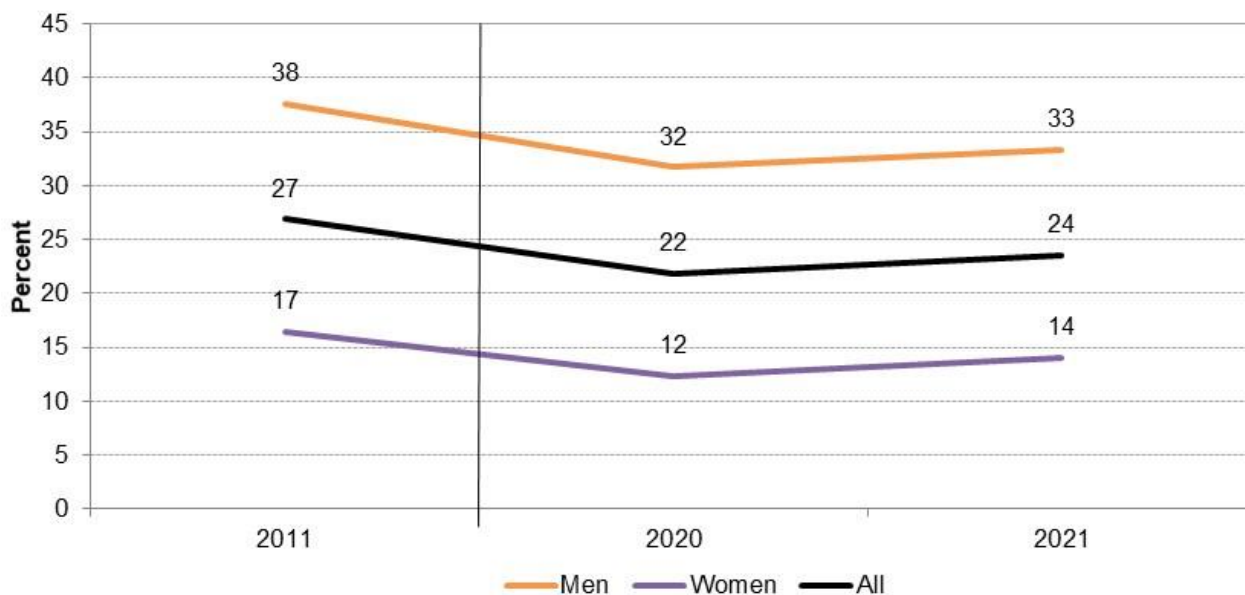
Figure 18 shows that the consumption of more than four drinks in a single day at least monthly remained stable over time among those aged 18 years and over (27% to 24%), as well as more recently (22% to 24%).

#### *Changes over time by sex*

The consumption of more than four drinks in a single day at least monthly remained stable over time for both men (38% to 33%) and women (17% to 14%), as well as more recently (32% to 33% for men and 12% to 14% for women).



**Figure 18: Consumption of more than 4 drinks in a single day at least monthly for South Australians aged 18 years and over by sex, 2011-2021**



**Source:** South Australian Health Omnibus Survey 2011 and South Australian Population Health Survey Module System 2020-2021  
The vertical line denotes the change in methodology that occurred in 2018

*Changes over time by age group*

Figure 19 shows the proportion of South Australians aged 18 years and over consuming more than four drinks in a single day at least monthly by age group. The groups with the highest proportion drinking this amount in 2021 were aged 40-49 (32%) and 50-59 (29%) years. There were significant decreases over time for those aged 18-29 (45% to 26%) and 30-39 (32% to 23%) years, remaining stable more recently among all age groups.

**Figure 19: Consumption of more than 4 drinks in a single day at least monthly for South Australians aged 18 years and over by age group, 2011-2021**

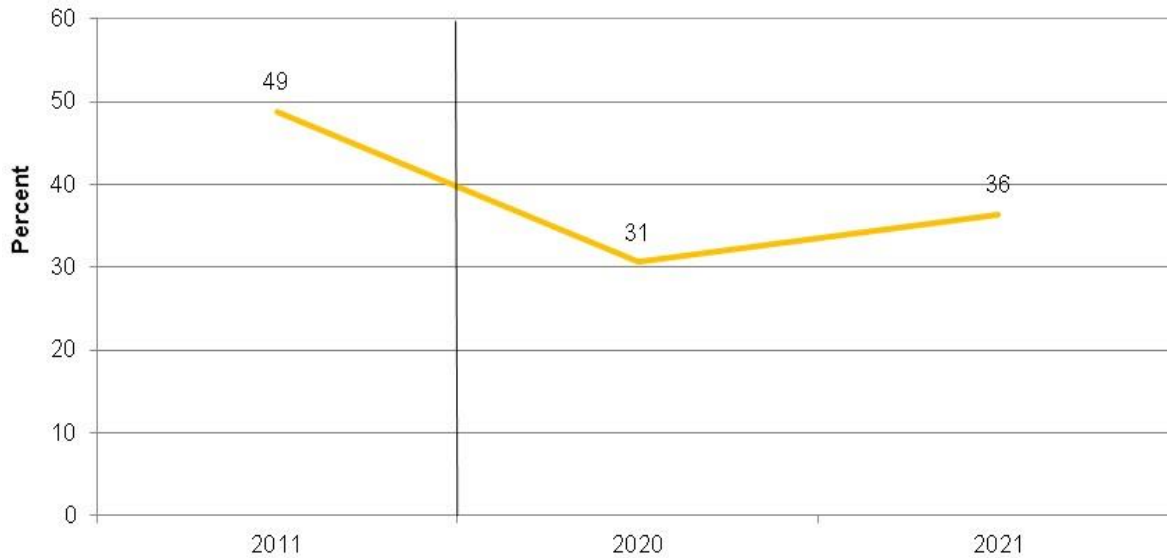


**Source:** South Australian Health Omnibus Survey 2011 and South Australian Population Health Survey Module System 2020-2021  
The vertical line denotes the change in methodology that occurred in 2018

**2020 Guideline 2: Alcohol consumption among those aged 15-17 years should be zero<sup>16</sup>**

In 2021, just over one-third (36%) of 15-17-year-old South Australians had consumed alcohol in the last 12 months. This decreased significantly from 49% in 2011 (see Figure 20). There was no significant change more recently (31% to 36%).

**Figure 20: Consumption of alcohol in the last 12 months among South Australians aged 15-17 years, 2011-2021**



**Source:** South Australian Health Omnibus Survey 2011 and South Australian Population Health Survey Module System 2020-2021  
The vertical line denotes the change in methodology that occurred in 2018

<sup>16</sup>These data should be interpreted with caution due to unreliable estimates, and further breakdowns by sex were not possible.

## Appendix 1: New Guidelines

### *Guideline 1: Reducing the risk of alcohol-related harm for adults*

Instead of two Guidelines for risky drinking (single occasion and lifetime risk separately), there is now one, which includes two recommendations: *to reduce the risk of harm from alcohol-related disease or injury, healthy men and women should drink no more than 10 standard drinks a week and no more than 4 standard drinks on any one day.* Any person who, in the past 12 months, consumed fewer than 10 standard drinks per week on average; and never consumed more than 4 standard drinks on a single day (or did so less often than once per month on average) are classified as having consumed alcohol in ways that reduced their risk of experiencing alcohol-related disease or injury.

Risky drinking data will be presented separately for each recommendation in Guideline 1, as well as for the combined measure of risk (consumed more than 10 standard drinks per week on average or consumed more than 4 standard drinks per day at least once a month on average). The Guideline is now based only on those aged 18 years and over.

### *Guideline 2: Children and people under 18 years of age*

Guideline 2 specifies that those under 18 years of age should not drink: *to reduce the risk of injury and other harms to health, children and people under 18 years of age should not drink alcohol.* Risky drinking data will exclude those aged 15-17 years; for this age group, data will only be presented on alcohol consumption (as any consumption is deemed risky).

### *Guideline 3: Women who are pregnant or breastfeeding*

Guideline 3 specifies that: *to prevent harm from alcohol to their unborn child, women who are pregnant or planning a pregnancy should not drink alcohol. For women who are breastfeeding, not drinking alcohol is safest for their baby.*

The new Guidelines relate to risky drinking only; 15-17-year-old South Australians are excluded from these analyses as Guideline 2 states that there is no safe level of consumption for this age group. The 20-29-year age group has now changed to include those aged 18 and 19 years.

## **For more information**

This Bulletin was produced by Marie Longo and Richard Cooke, Planning and Performance Unit, Drug and Alcohol Services South Australia.

For more information, please contact:

Planning and Performance Unit

Telephone: 08 7425 5101

Email: [richard.cooke@sa.gov.au](mailto:richard.cooke@sa.gov.au)

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