



Public consultation: draft *Australian guidelines to reduce health risks from drinking alcohol*

Personal details

Full name Nicole Gouda

[NHMRC has removed personal information]

Submission reflects

Organisation / Individual An individual

Individual Background Student – Other

Questions

1. Please indicate which format you read the guideline in.
Both formats
2. The draft guidelines are presented in a new IT platform, MAGICapp. Please indicate how strongly you agree with the following statement: *The draft Australian Guidelines to Reduce Health Risks from Drinking Alcohol are easy to navigate in MAGICapp.*
Neither agree nor disagree
3. Please indicate how strongly you agree with the following statement: *The Plain English summary is clear, simple and easy to understand.*
Agree
4. Do you have any comments on how the *Plain English summary* could be improved?
n/a
5. Do you have any comments on how the *Introduction* could be improved?
n/a
6. Do you have any comments on how the *Background* could be improved?
current alcohol consumption- patterns and trends suggestion- include (if correct which it is in my LHD) that middle aged woman are drinking at riskier levels than previously
7. Please indicate how strongly you agree with the following statement: *The Understanding risk section is clear, simple and easy to understand.*
Neither agree nor disagree

8. Do you have any comments on how the *Understanding risk* section could be improved?

I would like some emphasis placed on immediate (or short term risk) as separate to long term risk. Lifetime risk generally makes us think of long term risk (even though this is not necessarily the case and can be relating to immediate risk associated with alcohol consumption).

This is a relevant distinction in clinical practice and is not stated strongly enough in guidelines.

9. Do you have any comments on how the evidence has been used to develop the recommendation for Guideline One?

no, I just feel that the a 1% risk is still too high and intake should reflect a lower percentage risk. I understand that one needs balance and to be realistic, 10 standard drinks per week is probably right...

10. Is there any evidence relevant for this guideline that has been missed? If so, please provide the citation(s).

n/a

11. Do you have any editorial or readability comments on the sections that make up Guideline One?

n/a

12. Do you have any comments on how the evidence has been used to develop the recommendation for Guideline Two?

n/a

13. Is there any evidence relevant for this guideline that has been missed? If so, please provide the citation(s).

n/a

14. Do you have any editorial or readability comments on the sections that make up Guideline Two?

n/a

15. Do you have any comments on how the evidence has been used to develop the recommendation for Guideline Three?

n/a

16. Is there any evidence relevant for this guideline that has been missed? If so, please provide the citation(s).

n/a

17. Do you have any editorial or readability comments on the sections that make up Guideline Three?

n/a

18. Do you have any comments on how the *Drinking frequency* section could be improved?

n/a

19. Do you have any comments on how the *Administrative report* could be improved?

n/a

20. Are there any additional terms that should be added to the *glossary*?

n/a

21. Are there any additional abbreviations or acronyms that should be added to this section?

n/a

22. Do you have any comments on how the *Australian standard drinks* section could be improved?

n/a

Disclaimer I have read the security warning/disclaimer below and accept the risks and conditions outlined.

Permission to publish yes