



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

Personal details

Full name Adam Louis Ouellette

[NHMRC has removed personal information]

Submission reflects

Organisation / Individual An individual
Individual Background Student – Post-graduate

Questions

1. Please indicate which format you read the guideline in.
MAGICapp
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.*
Agree
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?
No comment.
5. Do you have any comments on how the *Introduction* could be improved?
Evidence from the Lancet Figure 1(A&B) (DOI: [https://doi.org/10.1016/S0140-6736\(18\)31310-2](https://doi.org/10.1016/S0140-6736(18)31310-2)) shows a pictograph showing the percentage of female and male adults drinking alcohol is 80% - 100% rather than approximately 80% in the introduction of the Guidelines.
6. Do you have any comments on how the *Background* could be improved?
Improvements could be made in the legend of Figure 3.1 by stressing that the alcohol consumption is exceeding the recommended amount in the Guidelines. This would increase the ease of understanding the graph.
7. Please indicate how strongly you agree with the following statement: *The Understanding risk section is clear, simple and easy to understand.*
Agree
8. Do you have any comments on how the *Understanding risk* section could be improved?

"This means that 1 out of every 100 Australians drinking at this level is likely to die of an alcohol related condition." Could be improved by giving a comparison in everyday life of this statistic.

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

Based on international rates of alcohol consumption and the burden alcohol has on health I believe the guidelines are too lenient and in-fact only represent the our country's currents rates of alcohol consumption. Based on the Lancet article (DOI: [https://doi.org/10.1016/S0140-6736\(18\)31310-2](https://doi.org/10.1016/S0140-6736(18)31310-2))The Guidelines say "The less you... For some people... the safest option." I would prefer it says "The less you... For most people... the safest option".

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

Lancet article (DOI: [https://doi.org/10.1016/S0140-6736\(18\)31310-2](https://doi.org/10.1016/S0140-6736(18)31310-2)) abstract final sentence "The level of alcohol consumption that minimised harm across health outcomes was zero (95% UI 0·0–0·8) standard drinks per week."

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

The Guidelines say "The less you... For some people... the safest option." I would prefer it says "The less you... For most people... the safest option".

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

No comment.

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

No comment.

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

No comment.

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

The evidence is bias towards the maternal alcohol consumption on impact of pregnancy and breastfeeding, when paternal alcohol consumption may have an influence.

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

Citations unknown. I have had information provided to me by post graduate Traditional Chinese Medicine students through word of mouth, but no references provided.

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

No comment.

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

Lancet article (DOI: [https://doi.org/10.1016/S0140-6736\(18\)31310-2](https://doi.org/10.1016/S0140-6736(18)31310-2)) abstract nal sentence "The level of alcohol consumption that minimised harm across health outcomes was zero (95% UI 0·0–0·8) standard drinks per week."

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

Add the current public call for evidence in the administrative report along with the "public call for evidence between 25 November 2016 and 13 January 2017".

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

Add a definition for "drug related hospital separations" from Section 3 Background: Alcohol Drinking in Australia - Burden of Disease

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

No comment.

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

Add the word schooner or pint in the picture to the volumes of tap beer.

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

Permission to publish yes