



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

Personal details

Full name Candice Weynen

[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.

PDF report

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.*

Strongly agree

3. Please indicate how strongly you agree with the following statement: *The Plain English summary is clear, simple and easy to understand.*

Strongly 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?

N/A

7. Please indicate how strongly you agree with the following statement: *The Understanding risk section is clear, simple and easy to understand.*

Strongly agree

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

N/A

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

N/A

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?

I don't have evidence, I just wanted to express a concern about the guideline for breastfeeding women to avoid alcohol completely. As you hopefully know, long term breastfeeding has many health benefits and the World Health Organisation recommends breastfeeding infants to 2 years of age minimum. I am concerned that these strict alcohol consumption guidelines will result in fewer women opting to breastfeed either at all or for only a very short period. I personally know mums who say they couldn't commit to breastfeeding because of the commitment it would require in abstaining from alcohol. I ask you to consider that guidelines should be relaxed for breastfeeding women so they may feel they can continue as much a normal life as possible so that breastfeeding does not become a burden. I understood current guidelines said to allow a time gap between consuming alcohol and breastfeeding (the Australian Breastfeeding Association has an app allowing women to calculate consumption and the time needed to clear alcohol from the bloodstream), and that pumping milk beforehand is a good idea? Why can't this continue as is?

No alcohol may be good for health, but so is long term breastfeeding and these guidelines do not support women to do that.

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