



Australian Government

National Health and Medical Research Council

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

Personal details

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[NHMRC has removed personal information]

Submission reflects

Organisation / Individual An organisation

Organisation Name National Drug and Alcohol Research Centre, UNSW Sydney

Please identify the best term to describe the Organisation Educational institution

Questions

1. Please indicate which format you read the guideline in.

No comment
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.*

No comment
3. Please indicate how strongly you agree with the following statement: *The Plain English summary is clear, simple and easy to understand.*

No comment
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?

No comment
6. Do you have any comments on how the *Background* could be improved?

No comment
7. Please indicate how strongly you agree with the following statement: *The Understanding risk section is clear, simple and easy to understand.*

No comment
8. Do you have any comments on how the *Understanding risk* section could be improved?

No comment

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

No comment

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

No Comment

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

No Comment

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).

We read with great interest the draft revised Australian Guidelines to Reduce Health Risks from Drinking Alcohol released by the National Health and Medical Research Council (NHMRC) and welcome efforts to ensure these guidelines reflect the most recent and best available evidence on the health effects of alcohol consumption.

Given recent work at NDARC specifically on parental supply of alcohol to young people, we wish to share recent evidence published by the expert team of investigators on the NHMRC-funded project, the Australian Parental Supply of Alcohol Longitudinal Study (APSALS), which may be relevant to Guideline 2.

No evidence regarding the reasons for, and effects of, parental supply of alcohol to their children has been included in the review of evidence for this guideline.

The guidelines would benefit from the inclusion of specific advice regarding parental supply of alcohol to their children. As mentioned in section 6.3 of the draft guidelines, 'parents hear many mixed messages about youth drinking'. Parents are frequent suppliers of alcohol to adolescents [1-4], typically with the intention of introducing their children safely to alcohol [5-10]. However, we have now published a number of studies demonstrating prospective and significant associations between parental supply of alcohol and increased adolescent alcohol consumption and later alcohol related harms [please refer to references 11-14 for citations].

For example, our 2018 study in the Lancet Public Health Journal [11] showed that adolescents who were supplied alcohol by parents had approximately 2.5 times higher risk of subsequent binge consumption (OR 2.58 95% CI: 1.96-3.41), alcohol-related harm (including being sick, hangovers, blackouts, social problems, fights, unsafe sex, sexual harassment) (OR 2.53; 95% CI 1.99-3.24) and symptoms of alcohol use disorder (OR 2.51, 95% CI: 1.46-4.29). A second study found that parental supply was associated with greater overall consumption in early adolescence but appears to have less impact in later adolescence, when alcohol consumption continued to increase regardless of parental supply [14]. Additionally, the risk of binge drinking and alcohol related harms appears to increase for each year earlier parental supply began (RR:1.10; 95% CI:1.05-1.14 and RR:1.09; 95% CI:1.05-1.13, respectively) [13]. Our research contributes to a growing body of evidence suggesting that parental supply of alcohol increases risk of harm, with no evidence for any protective effects [15-19]. All the evidence to date from all researchers and countries reporting indicates early supply increases risk of later harms.

The inclusion of some specific information targeted at parents regarding the risks of supplying their children alcohol would further strengthen the guidelines and provide clearer guidance for parents.

References

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

No comments

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

No comment

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

No comment

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?

No comment

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

No comment

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

No comment

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?

No comment

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

Permission to publish yes