

# Reduce your risk: new national guidelines for alcohol consumption (2009)



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**Type:** Brochure

## Description:

In 2009 new national guidelines for alcohol consumption were developed by the National Health and Medical Research Council. The guidelines are based on the most current and best available scientific research and evidence. This brochure provides information on:

- the new recommended levels of alcohol consumption for adults
- the health risks from drinking alcohol
- what is a standard drink?
- tips to reduce the health risks of drinking alcohol

## When to use this resource:

This brochure is specifically for adults. It can be used as background information for health professionals or Health Workers or as a quick reference for health professionals when they are faced with questions from clients. It can also be used to distribute to clients or members of the community for them to keep as a reference for themselves, their friends and families.

This is not an Indigenous specific resource.

## Producer:

Department of Health and Ageing, Canberra

## To order copies of this resource

National Mailing & Marketing

Ph: (02) 6269 1000

Email: [health@nationalmailing.com.au](mailto:health@nationalmailing.com.au)

## View website:

Department of Health and Ageing, Alcohol

<http://www.alcohol.gov.au>