

Monday, 15 March 2021

NAAA RESPONSE TO REVISION OF AUSTRALIAN GUIDELINES TO REDUCE HEALTH RISKS FROM DRINKING ALCOHOL

The following information was included in the NAAA response to the [Australian Dietary Guidelines \(ADG\) stakeholder scoping survey](#). The current Australian Dietary Guidelines were published in 2013 and are now being reviewed. The final Guidelines will be released in 2024.

RESPONSE:

Guidance on alcohol should be updated to be consistent with the revised NHMRC *Australian Guidelines to Reduce Health Risks from Drinking Alcohol*.

Guidance on alcohol consumption should be included in a separate stand-alone guideline, rather than subsumed into guidance on food in Guideline 3. Alcohol is an independent risk factor for a range of chronic diseases and medical conditions, including liver cirrhosis, cardiovascular disease and at least seven types of cancer: cancer of the mouth, pharynx, larynx, oesophagus, bowel, breast and liver.

In addition, the Guidelines should reflect that alcohol:

- Is a class 1 cancer causing molecule
- is the main contributor to discretionary energy intake among Australian adults (aged 19 or older),
- is likely to contribute to excessive energy intake and weight gain,
- is a risk factor for obesity,
- is not represented as a food and
- does not provide health benefits to consumers.

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