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To <nhc@nhmrc.gov.au>

cc

Subject Feedback on the revised guidelines [No Protective Marking]

On behalf of Alcohol and other drug Related Brain Injury Australian Services (ARBIAS) I write to extend our sincere thanks and acknowledgments on the revised Alcohol Guidelines. Having read through the entire document it is evidently clear that your recommendations are well researched and based on global practices that seek to reduce the harms associated with alcohol. The three key recommendations are in our opinion, pivotal to addressing this issue over the coming 5 years.

The recommendation that no alcohol is the safest choice during pregnancy has long been our position in addressing the prevalence of fetal alcohol spectrum disorders and aligns with many international countries. Similarly, the recommendations that reduce safe levels to 2 standard drinks per day for females and males will send a much needed message that alcohol is a drug to be consumed only in small quantities before the risk of illness and injury rise substantially.

Our only suggestion would be that you give some consideration to indicating a safe level of alcohol consumption for people aged between the ages of 15 and 17. Given the implications on the developing brain until the ages of between 21 to 25 years of age, and even with parental supervision, there are significant harms in the consumption of alcohol during this developmental period.

Once again, our congratulations. We look forward to working with you on a strong awareness raising and education campaign on the new guidelines in the New Year.

Regards

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Insights: and Solutions: the combined 2nd International Conference on Alcohol and Other Drug Related Brain Injury and the Brain Injury Australia National Conference 2008

1 - 3 September 2008, Sofitel Hotel Melbourne AUSTRALIA

For more information visit www.arbias.org.au or www.bia.net.au