



How to access and use the guidelines

Australian Guidelines to Reduce Health Risks from Drinking Alcohol

1. Visit <https://www.magicapp.org/app#/guidelines>
2. From the guidelines list, click on *Australian Guidelines to Reduce Health Risks from Drinking Alcohol*. Note, you can use the drop down box at the top of the screen to select *National Health and Medical Research Council* or you can enter the name of the guideline in the *search* box.
3. If you have any issues accessing the guidelines, please contact alcohol@nhmrc.gov.au

Instructions for using MAGICapp

Once you have opened the guidelines, you will be able to view all the individual sections and recommendations using the side-bar navigation tool.

Below is an example of the guideline structure.



Section 1	Plain English summary
Section 2	Introduction
Section 3	Background: Alcohol drinking in Australia
Section 4	Understanding risk
Section 5	GUIDELINE ONE: Reducing the risk of alcohol-related harm over a lifetime <input type="checkbox"/>
Section 6	GUIDELINE TWO: Children and young people under 18 years of age <input type="checkbox"/>
Section 7	GUIDELINE THREE: Pregnancy and breastfeeding <input type="checkbox"/>
	Appendix 1: Drinking frequency
	Appendix 2: Administrative report
	Appendix 3: Glossary
	Appendix 4: Abbreviations and acronyms
	Appendix 5: Australian Standard Drinks



Section 5	GUIDELINE ONE: Reducing the risk of alcohol-related harm over a lifetime <input type="checkbox"/>
Section 5.1	- Scientific evidence <input type="checkbox"/>
Section 5.2	- Where has the evidence changed? <input type="checkbox"/>
Section 5.3	- Patterns and levels of drinking <input type="checkbox"/>
Section 5.4	- How was this recommendation developed? <input type="checkbox"/>
Section 5.5	- Other considerations about the harms associated with drinking alcohol <input type="checkbox"/>
Section 5.6	- Special population groups <input type="checkbox"/>



Below is an example recommendation from the guideline.

6 GUIDELINE TWO: Children and young people under 18 years of age

Public health recommendation

To reduce the risk of injury and other harms to health, children and young people under 18 years of age should not drink alcohol.

Key messages

There is no clear 'safe' or 'no-risk' level of alcohol consumption for children and young people under 18 years. This is because of the increased risks of harm from alcohol for young people, including from injury and potential adverse effects on brain development.

Beginning alcohol use at an early age may also put young people at greater risk of longer-term alcohol-related harms, including alcohol use disorders that tend to appear later in life.

To minimise these risks children and young people under 18 years of age should not drink alcohol.

- Key info
- Rationale
- Practical info

The '*Key info*' tab captures key information of the 'evidence to decision framework', including the quality of and confidence in the evidence, harms and benefits of exposure (drinking alcohol at varying levels and patterns), values and preferences of the target population, impact of the recommendation on health equity, resource implications, feasibility and acceptability of the recommendation and other considerations.

The '*Rationale*' tab provides overarching justification for the stated advice.

The '*Practical info*' tab provides practical information and further advice that may facilitate the guideline being used to improve the formulation of policy and the delivery of service.