How to access and use the guidelines

*Australian Guidelines to Reduce Health Risks from Drinking Alcohol*

1. Visit [https://www.magicapp.org/app#/guidelines](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](mailto: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.
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Plain English summary

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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

Section 6
GUIDELINE TWO: Children and young people under 10 years of age

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GUIDELINE THREE: Pregnancy and breastfeeding

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Section 5.1 - Scientific evidence
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Section 5.4 - How was this recommendation developed?
Section 5.5 - Other considerations about the harms associated with drinking alcohol
Section 5.6 - Special population groups
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.

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.