

Alcohol in your community





Fact Sheet

What is a standard drink?



Depending on the alcohol content, the size of each standard drink will be different. Always check the labels for information.

The table below shows some different examples of one standard drink:

Wine	Light Beer	Regular Beer	Spirits
100mL	425mL	375mL	30mL
13% alc/vol	2.7% alc/vol	3.5% alc/vol	40% alc/vol
			

What can alcohol do to your health?

Drinking too much can lead to...

Short term:

- Disturbed sleep
- Drowsiness
- Vomiting
- Raised stress levels
- Injury
- Sexual dysfunction

Long term:

- Memory and concentration loss
- Alcohol dependence
- Poor mental health
- Life-threatening conditions such as liver disease, cancer, stroke and heart disease

Remember

- ✓ Make sure you have something to eat
- ✓ Drink water in between alcoholic drinks
- ✓ Keep count of how many standard drinks you have had
 - ✓ Drink slowly
 - ✓ Set limits and stick to them

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Alcohol in Queensland

- About 1 in 5 adults are consuming alcohol at risky levels
- In 2013-2014 there were about 37,000 hospitalisations due to alcohol consumption
- Almost 1 million of Queenslanders have been affected by alcohol related violence

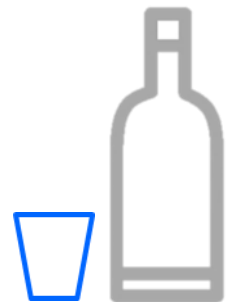


Staying safer

- Try not to have more than 2 standard drinks a day
- Have regular alcohol free days
- Try not to have more than 4 standard drinks on a single occasion
- People under 18 years old should avoid drinking alcohol
- Women who are pregnant, breastfeeding or planning a pregnancy should avoid drinking alcohol

Where to get help?

Ethnic Communities Council of Queensland for support and information please call **3844 9166** to speak with a member of your community



Alcohol Drug Information Service for support, information, counselling and referral to services in QLD. Available 24 hours a day, 7 days a week on free call number: **1800 177 833**.

Metro South Addiction Services is a free, professional and confidential service for individuals, families and communities affected by substance use. For assistance contact your nearest service: Inala: **3275 5300** | Logan: **3089 4084** | Bayside: **3825 6060**. If you need an interpreter call **131 450** and asked to be transferred to this service.

The Queensland Network of Alcohol and Other Drug Agencies (QNADA) offers a referral guide which helps people to find alcohol and other drug treatment services in the Brisbane region via their website. A translator feature is available at the bottom of the website.
www.qnada.org.au

Sources:

https://www.nhmrc.gov.au/_files_nhmrc/publications/attachments/ds10-alcohol.pdf
https://www.health.qld.gov.au/__data/assets/pdf_file/0022/537052/cho-report-chapter-8.pdf
https://adf.org.au/wp-content/uploads/2017/02/1092_factsaboutdrinkingA3.pdf
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