

# Australian Alcohol Guidelines (AAGs)



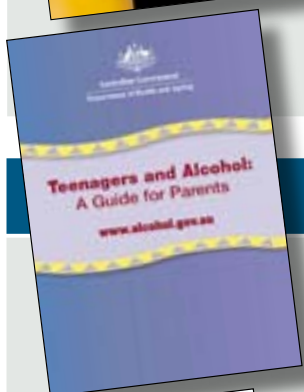
## Australian Alcohol Guidelines – Health Risks & Benefits (Currently under review)

AAG1

[www.alcohol.gov.au/internet/alcohol/publishing.nsf/Content/resources](http://www.alcohol.gov.au/internet/alcohol/publishing.nsf/Content/resources)

The Australian Alcohol Guidelines were released in September 2001 by the National Health and Medical Research Council, they provide Australians with up-to-date advice and information on low risk drinking levels.

A review of the guidelines is being conducted independently by the NHMRC.



## Teenagers and Alcohol – a Guide for Parents

AAG5

[www.alcohol.gov.au/internet/alcohol/publishing.nsf/Content/resources](http://www.alcohol.gov.au/internet/alcohol/publishing.nsf/Content/resources)

This booklet provides parents with information and advice about teenage drinking, and in particular, how to talk to teenagers about alcohol.

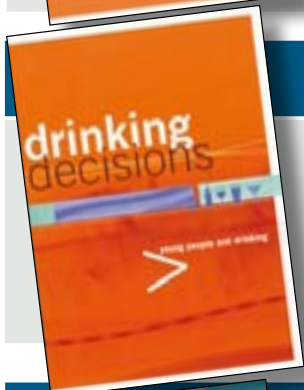


## Drinking Decisions – A Guide for Drinkers

AG23

[www.alcohol.gov.au/internet/alcohol/publishing.nsf/Content/resources](http://www.alcohol.gov.au/internet/alcohol/publishing.nsf/Content/resources)

To make the Guidelines for the Treatment of Alcohol Problems applicable and accessible to people with a drinking problem, the Australian Government funded the National Drug and Alcohol Research Centre to produce a summary of the guidelines that may assist people in making decisions about their drinking.



## Drinking Decisions – Young People and Drinking

AG24

[www.alcohol.gov.au/internet/alcohol/publishing.nsf/Content/resources](http://www.alcohol.gov.au/internet/alcohol/publishing.nsf/Content/resources)

To make the Guidelines for the Treatment of Alcohol Problems applicable and accessible to young people, the Australian Government funded the National Drug and Alcohol Research Centre to produce a summary of the guidelines that may assist young people in making decisions about their drinking.



## Alcohol and Water Safety

AG29

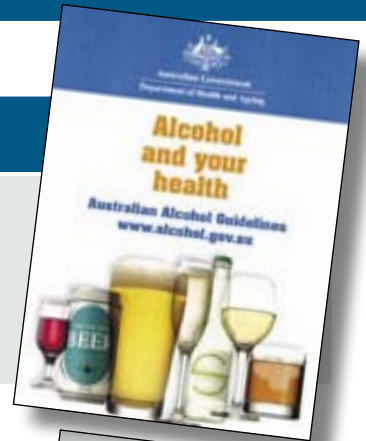
[www.alcohol.gov.au/internet/alcohol/publishing.nsf/Content/resources](http://www.alcohol.gov.au/internet/alcohol/publishing.nsf/Content/resources)

This report by Flinders University of South Australia gives new direction to both alcohol and injury prevention strategies examining the role played by alcohol in drowning fatalities. This report is aimed at assisting with priority-setting and policy formulation under the National Injury Prevention Plan (NIPP) and the National Alcohol Strategy (NAS).

## AG2 Alcohol and Your Health Consumer Booklet

[www.alcohol.gov.au/internet/alcohol/publishing.nsf/Content/resources](http://www.alcohol.gov.au/internet/alcohol/publishing.nsf/Content/resources)

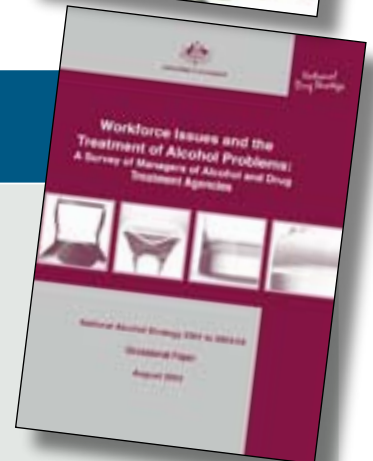
The *Alcohol and Your Health* booklet summarises the Australian Alcohol Guidelines. This booklet is designed to provide Australians with up-to-date advice and information on low risk levels of drinking in an easy to read format.



## AG30 Workforce Issues and the Treatment of Alcohol Problems – A Survey of Managers of Alcohol and Drug Treatment Agencies

[www.alcohol.gov.au/internet/alcohol/publishing.nsf/Content/resources](http://www.alcohol.gov.au/internet/alcohol/publishing.nsf/Content/resources)

The National Centre for Education and Training on Addiction undertook an examination of the key issues relating to the capacity of the Alcohol Workforce to prevent and treat alcohol problems. The report focuses on the Drug and Alcohol Services sector and includes a literature review and results of a survey of managers of Drug and Alcohol Services in regard to the management of alcohol problems by these services.



## AG53 Count Your Drinks For Better Health Brochure (Also available in 18 other languages)

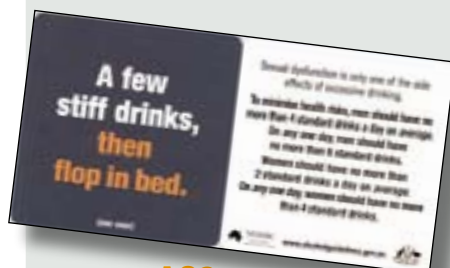
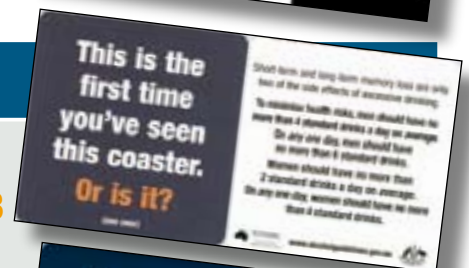
This DL sized brochure provides information on what constitutes a standard drink and advice on low-risk levels of drinking.



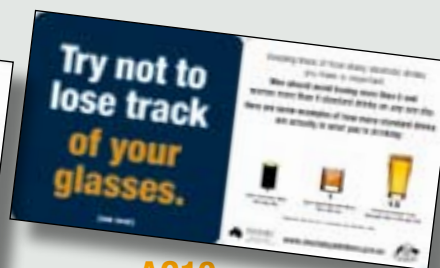
## Coasters

A series of coasters printed on both sides highlighting standard drink information and guidelines for low-risk drinking.

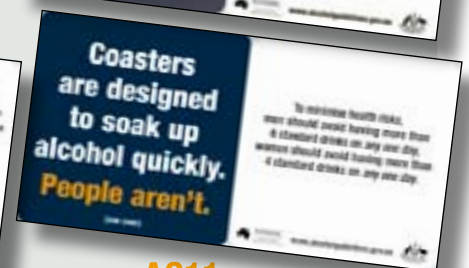
AG8



AG9



AG10



AG11

## Various posters

Showing the low-risk drinking guidelines for men and women, these posters can be used in any settings such as health centres, private homes, pubs/clubs and anywhere else alcohol may or may not be consumed



Count Your Drinks for Better Health poster (A4)  
**AG51a**



Don't Lose Your Standards poster (A4)  
**AG52a** and **AG52b**



Don't Lose Your Standards laminated poster (A3 and A2)  
**AG68** for the A3 size and **AG69** for the A2 size



Standard Drink laminated Poster (A3 and A2 size)  
**AG70** for the A2 size and **AG71** for the A3 size



Standard Drink (A3)  
**AG4** for the A3 size



Standard Drink (A3 and A2 size)  
**AG6** for the A3 size and **AG7** for the A4 size

## Standard Drink Guide Banners (FOR LOAN ONLY – outdoors and indoors)

These banners are available for loan to any person or organisation for display at functions where alcohol may be consumed or for educational purposes. Please email [phd@nationalmailing.com.au](mailto:phd@nationalmailing.com.au) or phone (02) 6269 1000 to check for availability and booking.



AG27



## Standard Drink Measurement Glass

This 375ml plastic 'glass' has the standard drink measurements printed on the side. It provides an easy way to learn about standard drinks, either individually or in workshops or group programs.

AG61



## Bottled Spring Water 600 ml

Bottles of clear, natural spring water labelled with alcohol health promotion messages can be ordered in bulk for use at any events where alcohol is consumed.

