

# Alcohol Consumption Aged 60 years and over

## The 2020 Australian guidelines to reduce health risks from drinking alcohol recommend:

Healthy adults should drink no more than 10 standard drinks a week.



This should be no more than 4 standard drinks on any one day.



Those aged 60 years or over are recommended to take extra caution.<sup>1</sup>

### Why the extra caution?



Increased risk of harm due to age-related changes in the body and ability to process alcohol



Increased risk of falls and injuries



Many medications interact with alcohol



In the past, low levels of alcohol were thought likely to protect against heart disease and type 2 diabetes. The evidence is now less clear.<sup>1</sup>

### How are Queenslanders aged 65 years and older doing?

28%

are considered risky drinkers

42%

of males are considered risky drinkers

16%

of females are considered risky drinkers.<sup>2</sup>

↑9%

are considered risky drinkers under the new guidelines.\*

**The less alcohol you drink, the lower your risk of harm.<sup>1</sup>**

1. National Health and Medical Research Council. Australian Guidelines to Reduce Health Risks from Drinking Alcohol [Internet]. Canberra: Commonwealth of Australia; 2020. Available from: <https://www.nhmrc.gov.au/health-advice/alcohol>

2. Queensland Health. Queensland preventive health survey. Queensland survey analytic system (QSAS) detailed results. [Internet]. 2020 [cited 19 Nov 2020]. Available from: <https://www.health.qld.gov.au/research-reports/population-health/preventive-health-surveys/detailed-data>

\*Note 1: Differences from previous guidelines are expressed as absolute percentage point change

