

DO YOU DRINK ALCOHOL AT RISKY LEVELS?

12-24 YEAR OLDS

No

Have you ever consumed an alcoholic beverage?

Yes

Are you under 18 years of age?

No

Do you drink more than 10 standard drinks a week?

Yes

No

Yes

Do you drink more than 4 standard drinks on any one day?

No

Yes

As an under 18-year old you are at greater risk of alcohol-related injury and harm.

It is recommended you do not drink alcohol.¹



Of concern, in 2017, 52% of Queenslanders aged 12-17 years had consumed alcohol in the past 12 months.²

Your current drinking habits exceed the 2020 guidelines which increases your risk of alcohol-related disease or injury.

Of concern, 49.9% of Queenslanders aged 18-24 years are also risky drinkers.³

If you are a healthy adult, you should consume no more than **10 standard drinks per week**.



This should be no more than **4 standard drinks on any one day**.¹



**1 in 100
(1%)¹**

Good work!

Your drinking habits are within the 2020 guidelines.

This suggests your lifetime risk of dying from an alcohol-related disease or injury is on average less than

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. The health of Queenslanders 2018. Report of the Chief Health Officer Queensland [Internet]. Brisbane: Queensland Government; 2020. Available from: <https://www.health.qld.gov.au/CHO-report>

3. 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>

