Person—alcohol consumption amount, total standard drinks NN

Exported from METEOR (AIHW's Metadata Online Registry)

Person—alcohol consumption amount, total standard drinks NN

Identifying and definitional attributes

Metadata item type:	Data Element
Short name:	Alcohol consumption in standard drinks per day
METEOR identifier:	696075
Registration status:	Health, Standard 17/10/2018
Definition:	The total number of standard drinks consumed by a person on a typical day when drinking.
Data Element Concept:	Person—alcohol consumption amount
Value Domain:	Total standard drinks NN

Value domain attributes

Representational attributes

Representation class:	Total	
Data type:	Number	
Format:	NN	
Maximum character length:	2	
	Value	**Meaning**
Supplementary values:	99	Consumption not reported
Unit of measure:	Standard drink	

Collection and usage attributes

Guide for use:	Alcohol consumption is usually measured in standard drinks.
	An Australian standard drink contains 10 grams of alcohol, which is equivalent to 12.5 millilitres of alcohol. The numbers of Australian standard drinks in common containers of various alcoholic beverages is presented in the National Health and Medical Research Council (NHMRC) 2009 guidelines.

Source and reference attributes

Submitting organisation:	Australian Institute of Health and Welfare
Reference documents:	NHMRC (National Health and Medical Research Council) 2009. Australian guidelines to reduce health risks from drinking alcohol. Canberra: NHMRC. Viewed 3 May 2018, https://www.nhmrc.gov.au/_files_nhmrc/ publications/attachments/ds10-alcohol.pdf

Data element attributes

Collection and usage attributes

Guide for use:	This estimation is based on the person's description of the type (spirits, beer, wine, other) and number of standard drinks, as defined by the National Health and Medical Research Council (NH&MRC), consumed per day. One standard drink contains 10 grams of alcohol.
Collection methods:	When calculating consumption in standard drinks per day, the total should be reported with part drinks recorded to the next whole standard drink (e.g. 2.4 = 3). The *World Health Organisation's 2000 International Guide for Monitoring Alcohol Consumption and Related Harm document* suggests that in assessing alcohol consumption patterns a 'Graduated Quantity Frequency' method is preferred. This method requires that questions about the quantity and frequency of alcohol consumption should be asked to help determine short-term and long-term health consequences.

Source and reference attributes

Submitting organisation:	Cardiovascular Data Working Group
Origin:	The World Health Organisation's 2000 International Guide for Monitoring Alcohol Consumption and Related Harm document -National Health and Medical Research Council's Australian Alcohol Guidelines, October 2001.

Relational attributes

Related metadata references:	Supersedes [Person—alcohol consumption amount (self-reported), total standard drinks NN](#) [Health,](#) Superseded 17/10/2018
	Has been superseded by [Person—alcohol consumption amount, total standard drinks N[N]](#) [Health,](#) Qualified 06/07/2023
	See also [Person—alcohol consumption frequency (self-reported), code NN](#) [Health,](#) Standard 01/03/2005
Implementation in Data Set Specifications:	[Cardiovascular disease (clinical) NBPDS](#) [Health,](#) Standard 17/10/2018 *DSS specific information:* These data are used to help determine the overall health profile of an individual. Certain patterns of alcohol consumption can be associated with a range of social and health problems. These problems include:

- social problems such as domestic violence, unsafe sex,
- financial and relationship problems,
- physical conditions such as high blood pressure, gastrointestinal problems, pancreatitis,
- an increased risk of physical injury.
- Alcohol can also be a contributor to acute health problems.

Evidence from prospective studies indicates that heavy alcohol consumption is associated with increased mortality and morbidity from coronary heart disease and stroke (Hanna et al. 1992). However, there is some evidence to suggest that alcohol appears to provide some protection against heart disease (both illness and death) for both men and women from middle age onwards. Most if not all of this benefit is achieved with 1-2 standard drinks per day for men and less than 1 standard drink for women (the National Health and Medical Research Council's Australian Alcohol Guidelines, October 2001).