

# Person—alcohol consumption amount, total standard drinks NN

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# Person—alcohol consumption amount, total standard drinks NN

## Identifying and definitional attributes

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

## Value domain attributes

## Representational attributes

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

## Collection and usage attributes

<b>Guide for use:</b>	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.
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## Source and reference attributes

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

## Data element attributes

## Collection and usage attributes

<b>Guide for use:</b>	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.
<b>Collection methods:</b>	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 <i>World Health Organisation's 2000 International Guide for Monitoring Alcohol Consumption and Related Harm</i> 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

<b>Submitting organisation:</b>	Cardiovascular Data Working Group
<b>Origin:</b>	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

<b>Related metadata references:</b>	Supersedes <a href="#">Person—alcohol consumption amount (self-reported), total standard drinks NN</a> <a href="#">Health</a> , Superseded 17/10/2018
	Has been superseded by <a href="#">Person—alcohol consumption amount, total standard drinks N[N]</a> <a href="#">Health</a> , Qualified 06/07/2023
	See also <a href="#">Person—alcohol consumption frequency (self-reported), code NN</a> <a href="#">Health</a> , Standard 01/03/2005

<b>Implementation in Data Set Specifications:</b>	<a href="#">Cardiovascular disease (clinical) NBPDS</a> <a href="#">Health</a> , Standard 17/10/2018
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### **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).