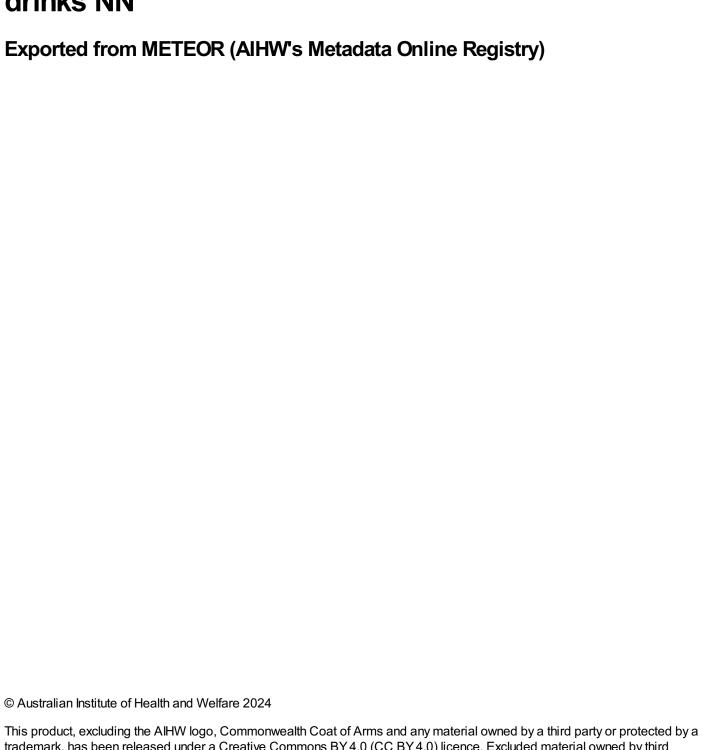
# Person—alcohol consumption amount, total standard drinks NN



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## 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: <u>Total standard drinks NN</u>

### 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.

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:

**Collection methods:** 

Supersedes Person—alcohol consumption amount (self-reported), total standard

drinks NN

Health!, Superseded 17/10/2018

See also Person—alcohol consumption frequency (self-reported), code NN

Health!, Standard 01/03/2005

Specifications:

Implementation in Data Set 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).