

## **FARE welcomes updated National Alcohol Guidelines**

The Foundation for Alcohol Research and Education (FARE) welcomes the release of the revised Alcohol Guidelines (the Guidelines) by the National Medical Health and Research Council (NHMRC).

The Guidelines reflect the best available evidence on the harm caused by alcohol, providing people with accurate, clear and consistent information about how to reduce their risk of harm.

The Guidelines have been developed through a robust three-year process by leading researchers and experts.

Alcohol products are a causal factor in more than 200 diseases and injuries including alcohol use disorder, some cancers, cardiovascular diseases and injuries.

FARE has also received funding from the Australian Government to undertake a national awareness campaign on alcohol, pregnancy and breastfeeding, addressing Guideline 3.

Guideline 3 states:

- To prevent harm from alcohol to their unborn child, women who are pregnant or planning a pregnancy should not drink alcohol.
- For women who are breastfeeding, not drinking alcohol is safest for their baby.

This Guideline has been updated to provide the clearest advice on alcohol and pregnancy, as well as alcohol and breastfeeding. The Guidelines makes clear that people who are pregnant or planning a pregnancy should not drink any alcohol.

Alcohol exposure in pregnancy can lead to miscarriage, low birth weight, still birth and Fetal Alcohol Spectrum Disorder.

FARE CEO Caterina Giorgi says the Guidelines will help provide clarity and consistency for Australians.

“Alcohol products cause significant harm to far too many Australians, including injury, alcohol use disorder and chronic diseases like cancer. These Guidelines provide advice on how to reduce the risk of harm based on the best available evidence.”

“It is great to see a strong commitment from the Australian Government and Health Minister, the Hon Greg Hunt, to raising awareness of the alcohol, pregnancy and breastfeeding Guideline. This awareness raising will contribute to a reduction in Fetal Alcohol Spectrum Disorder, a lifelong condition.” she said.

“The Guideline relating to alcohol products and pregnancy makes clear that people who are pregnant should not drink any alcohol. This is an important message for the health of the mum and baby.”

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