

# Supplementary tables: 2010 National Drug Strategy Household Survey report

Alcohol data presented in the 2010 National Drug Strategy Household Survey (NDSHS) report was analysed using the 2009 *Australian guidelines to reduce health risks from drinking alcohol*. Previous NDSHS reports were analysed using the guidelines released in 2001. To aid comparability with previous reports, tables S1–S9 have been analysed using the 2001 guidelines. The 2001 guidelines were expressed in terms of short-term and long-term risk of harm (injury, ill health and death). Tables S10–S15 present the 2007 NDSHS alcohol data using the 2009 guidelines.

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## 2001 guidelines by 2010 NDSHS data

Table S1: Alcohol consumption (2001 guidelines), people aged 12 years or older at risk of long term harm, by age and sex, 2010 (per cent)

Age group	Abstainers <sup>(a)</sup>	Long-term risk		
		Low risk <sup>(b)</sup>	Risky <sup>(c)</sup>	High risk <sup>(d)</sup>
<b>Males</b>				
12–15	78.7	21.3	—	—
16–17	30.7	65.1	*2.3	*1.9
18–19	12.5	70.2	8.2	9.1
20–29	13.9	73.8	8.2	4.1
30–39	13.5	76.0	6.7	3.9
40–49	12.5	76.0	6.8	4.7
50–59	12.8	75.8	7.0	4.4
60–69	13.5	76.4	6.3	3.7
70+	21.7	73.5	3.2	1.6
<b>Total (12+)</b>	<b>18.8</b>	<b>71.4</b>	<b>6.1</b>	<b>3.8</b>
14–19	35.4	57.1	3.6	3.8
<b>14+</b>	<b>16.4</b>	<b>73.4</b>	<b>6.3</b>	<b>3.9</b>
<b>18+</b>	<b>14.1</b>	<b>75.1</b>	<b>6.7</b>	<b>4.1</b>
<b>Females</b>				
12–15	75.6	23.2	*1.1	**0.2
16–17	32.5	59.3	*4.7	*3.4
18–19	14.9	70.3	10.6	*4.3
20–29	15.6	69.2	11.5	3.6
30–39	17.9	72.0	7.8	2.2
40–49	16.0	72.9	8.8	2.3
50–59	20.2	69.3	7.8	2.7
60–69	26.0	67.5	5.6	0.9
70+	37.3	58.7	2.8	*1.2
<b>Total (12+)</b>	<b>24.5</b>	<b>65.9</b>	<b>7.3</b>	<b>2.3</b>
14–19	35.4	56.2	5.6	2.7
<b>14+</b>	<b>22.5</b>	<b>67.6</b>	<b>7.5</b>	<b>2.3</b>
<b>18+</b>	<b>21.0</b>	<b>68.8</b>	<b>7.8</b>	<b>2.3</b>

(continued)

**Table S1 (continued): Alcohol consumption (2001 guidelines), people aged 12 years or older at risk of long term harm, by age and sex, 2010 (per cent)**

Age group	Abstainers <sup>(a)</sup>	Long-term risk		
		Low risk <sup>(b)</sup>	Risky <sup>(c)</sup>	High risk <sup>(d)</sup>
		<b>Persons</b>		
12–15	77.2	22.2	*0.5	**0.1
16–17	31.6	62.3	*3.5	*2.6
18–19	13.7	70.2	9.3	6.8
20–29	14.7	71.5	9.8	3.9
30–39	15.7	74.0	7.3	3.1
40–49	14.3	74.5	7.8	3.4
50–59	16.5	72.5	7.4	3.6
60–69	19.8	71.9	6.0	2.3
70+	30.4	65.2	3.0	1.4
<b>Total (12+)</b>	<b>21.7</b>	<b>68.6</b>	<b>6.7</b>	<b>3.0</b>
14–19	35.4	56.7	4.6	3.3
<b>14+</b>	<b>19.5</b>	<b>70.5</b>	<b>6.9</b>	<b>3.1</b>
<b>18+</b>	<b>17.6</b>	<b>71.9</b>	<b>7.3</b>	<b>3.2</b>

(a) Not consumed alcohol in the last 12 months.

(b) For males, the consumption of up to 28 standard drinks per week is considered 'Low risk', 29 to 42 per week 'Risky', and 43 or more per week 'High risk'. For females, the consumption of up to 14 standard drinks per week is considered 'Low risk', 15 to 28 per week 'Risky', and 29 or more per week 'High risk'.

**Table S2: Alcohol consumption (2001 guidelines), people aged 12 years or older at risk of short-term harm, by age and sex, 2010 (per cent)**

Age group	Abstainers <sup>(a)</sup>	Low risk	Short-term risk <sup>(b)</sup>		
			At least yearly <sup>(c)</sup>	At least monthly <sup>(d)</sup>	At least weekly <sup>(e)</sup>
<b>Males</b>					
12–15	78.7	17.6	*1.4	*1.9	**0.4
16–17	30.7	35.0	14.3	15.7	*4.3
18–19	12.5	27.9	13.7	23.0	22.9
20–29	13.9	30.5	16.1	24.7	14.8
30–39	13.5	37.9	20.5	18.7	9.4
40–49	12.5	46.9	17.2	13.0	10.4
50–59	12.8	55.4	12.8	10.1	8.9
60–69	13.5	67.2	7.5	5.9	5.8
70+	21.7	71.9	2.1	1.9	2.3
<b>Total (12+)</b>	<b>18.8</b>	<b>45.5</b>	<b>13.2</b>	<b>13.5</b>	<b>9.1</b>
<i>14–19</i>	<i>35.4</i>	<i>30.3</i>	<i>10.4</i>	<i>14.4</i>	<i>9.5</i>
<b>14+</b>	<b>16.4</b>	<b>46.7</b>	<b>13.6</b>	<b>13.9</b>	<b>9.4</b>
<b>18+</b>	<b>14.1</b>	<b>47.8</b>	<b>13.9</b>	<b>14.2</b>	<b>9.9</b>
<b>Females</b>					
12–15	75.6	14.5	3.9	5.6	**0.4
16–17	32.5	32.5	11.7	17.5	*5.8
18–19	14.9	29.4	9.8	34.4	11.5
20–29	15.6	31.3	18.5	23.6	10.9
30–39	17.9	44.5	16.8	14.8	6.1
40–49	16.0	53.3	13.9	10.4	6.4
50–59	20.2	59.4	9.3	5.7	5.4
60–69	26.0	65.4	4.2	2.8	1.6
70+	37.3	59.2	1.2	*1.0	1.3
<b>Total (12+)</b>	<b>24.5</b>	<b>47.4</b>	<b>11.1</b>	<b>11.4</b>	<b>5.6</b>
<i>14–19</i>	<i>35.4</i>	<i>28.1</i>	<i>9.5</i>	<i>20.9</i>	<i>6.1</i>
<b>14+</b>	<b>22.5</b>	<b>48.6</b>	<b>11.4</b>	<b>11.7</b>	<b>5.8</b>
<b>18+</b>	<b>21.0</b>	<b>50.0</b>	<b>11.5</b>	<b>11.5</b>	<b>5.9</b>

*(continued)*

**Table S2 (continued): Alcohol consumption (2001 guidelines), people aged 12 years or older at risk of short-term harm, by age and sex, 2010 (per cent)**

Age group	Abstainers <sup>(a)</sup>	Low risk	Short-term risk <sup>(b)</sup>		
			At least yearly <sup>(c)</sup>	At least monthly <sup>(d)</sup>	At least weekly <sup>(e)</sup>
<b>Persons</b>					
12–15	77.2	16.1	2.6	3.7	*0.4
16–17	31.6	33.8	13.0	16.6	5.0
18–19	13.7	28.7	11.8	28.5	17.3
20–29	14.7	30.9	17.3	24.2	12.9
30–39	15.7	41.2	18.6	16.7	7.7
40–49	14.3	50.1	15.5	11.7	8.4
50–59	16.5	57.4	11.0	7.9	7.1
60–69	19.8	66.3	5.9	4.4	3.7
70+	30.4	64.8	1.6	1.4	1.8
<b>Total (12+)</b>	<b>21.7</b>	<b>46.4</b>	<b>12.1</b>	<b>12.4</b>	<b>7.3</b>
<i>14–19</i>	<i>35.4</i>	<i>29.2</i>	<i>10.0</i>	<i>17.6</i>	<i>7.8</i>
<b>14+</b>	<b>19.5</b>	<b>47.7</b>	<b>12.5</b>	<b>12.8</b>	<b>7.6</b>
<b>18+</b>	<b>17.6</b>	<b>48.9</b>	<b>12.7</b>	<b>12.9</b>	<b>7.9</b>

(a) Not consumed alcohol in the last 12 months.

(b) For males, the consumption of 7 or more standard drinks on any one day. For females, the consumption of 5 or more standard drinks on any one day.

(c) At least yearly but not as often as monthly.

(d) At least monthly but not as often as weekly.

(e) At least weekly.

**Table S3: Risk of harm in the long-term by monthly risk of harm in the short-term (2001 guidelines), people aged 14 years or older, by sex, 2010 (per cent)**

Long-term Risk <sup>(b)</sup>	Abstainer <sup>(c)</sup>	Short-term risk <sup>(a)</sup>		Total
		Low Risk	Risky or high risk	
<b>Males</b>				
Abstainer <sup>(c)</sup>	16.4	—	—	16.4
Low Risk	—	58.9	14.6	73.4
Risky or high risk	—	1.4	8.8	10.2
<i>Total males</i>	<i>16.4</i>	<i>60.3</i>	<i>23.3</i>	<i>100.0</i>
<b>Females</b>				
Abstainer <sup>(c)</sup>	22.5	—	—	22.5
Low Risk	—	58.2	9.4	67.6
Risky or high risk	—	1.9	8.0	9.9
<i>Total females</i>	<i>22.5</i>	<i>60.0</i>	<i>17.4</i>	<i>100.0</i>
<b>Persons</b>				
Abstainer <sup>(c)</sup>	19.5	—	—	19.5
Low Risk	—	58.5	12.0	70.5
Risky or high risk	—	1.7	8.4	10.0
<b>Total</b>	<b>19.5</b>	<b>60.2</b>	<b>20.3</b>	<b>100.0</b>

(a) For males, the consumption of 7 or more standard drinks on any one day. For females, the consumption of 5 or more standard drinks on any one day.

(b) For males, the consumption of up to 28 standard drinks per week is considered 'Low risk', 29 to 42 per week 'Risky', and 43 or more per week 'High risk'. For females, the consumption of up to 14 standard drinks per week is considered 'Low risk', 15 to 28 per week 'Risky', and 29 or more per week 'High risk'.

(c) Not consumed alcohol in the last 12 months.

**Table S4: Alcohol consumption (2001 guidelines), short- and long-term risk status, by social characteristics, 2010 (per cent)**

Characteristic	Abstainer/ ex-drinker <sup>(c)</sup>	Short term risk <sup>(a)</sup>		Long-term risk <sup>(b)</sup>	
		Low risk	Risky or high risk	Low Risk	Risky or high risk
<b>All persons (aged 14+)</b>	<b>19.5</b>	<b>60.2</b>	<b>20.3</b>	<b>70.5</b>	<b>10.0</b>
<b>Education</b>					
Without post-school qualifications	26.2	54.5	19.3	64.3	9.6
With post-school qualifications	14.2	64.7	21.1	75.4	10.4
<b>Labour force status</b>					
Currently employed	11.1	63.3	25.6	77.0	11.9
Student	36.7	39.4	23.9	55.1	8.2
Unemployed	25.9	49.1	25.0	63.1	11.0
Engaged in home duties	22.7	62.9	14.4	69.1	8.2
Retired or on a pension	25.6	68.4	6.0	67.7	6.7
Volunteer/Charity work	32.2	58.6	9.2	61.8	6.1
Unable to work	31.6	54.3	14.1	57.4	11.1
Other	28.3	53.8	18.0	64.3	7.5
<b>Main language spoken at home</b>					
English	16.1	62.1	21.8	73.1	10.8
Other	49.5	44.3	6.1	48.2	2.3
<b>Socioeconomic status</b>					
1 (lowest)	25.5	55.7	18.8	64.9	9.6
2	20.7	58.6	20.6	69.4	9.9
3	19.6	60.1	20.3	70.1	10.3
4	16.9	62.1	21.0	73.1	9.9
5 (highest)	14.4	64.6	21.1	75.1	10.5
<b>Geography</b>					
Major cities	20.4	60.3	19.3	70.3	9.3
Inner regional	17.7	61.2	21.1	71.1	11.2
Outer regional	17.5	58.3	24.2	71.0	11.5
Remote/Very remote	15.3	54.5	30.2	68.3	16.4
<b>Marital status</b>					
Never married	22.7	45.0	32.3	64.6	12.7
Divorced/separated/widowed	24.6	61.8	13.6	65.8	9.6
Married/de facto	16.3	66.9	16.8	74.6	9.1

*(continued)*



**Table S4 (continued): Alcohol consumption (2001 guidelines), short- and long-term risk status, by social characteristics, 2010 (per cent)**

Characteristic	Abstainer/ ex-drinker <sup>(c)</sup>	Short term risk <sup>(a)</sup>		Long-term risk <sup>(b)</sup>	
		Low risk	Risky or high risk	Low Risk	Risky or high risk
<b>Indigenous status</b>					
Aboriginal and/or Torres Strait Islander#	24.5	38.8	36.6	57.5	17.9
Non-Indigenous	19.0	60.8	20.2	71.1	9.9
<b>Household composition</b>					
Single with dependent children	19.1	55.7	25.2	67.5	13.4
Couple with dependent children	15.4	65.5	19.1	75.8	8.8
Parent with non-dependent children	20.7	66.6	12.7	70.5	8.8
Single without children	20.2	55.0	24.9	66.8	13.1
Couple without children	15.4	68.3	16.2	74.4	10.2
Other <sup>(d)</sup>	24.7	47.9	27.4	64.7	10.6
<b>Sexual orientation</b>					
Heterosexual	18.0	61.5	20.5	72.0	10.1
Homosexual/bisexual	14.2	53.5	32.3	68.3	17.5
Not sure/other	51.7	35.8	12.5	41.3	7.0

- (a) For males, the consumption of 7 or more standard drinks on any one day. For females, the consumption of 5 or more standard drinks on any one day.
- (b) For males, the consumption of up to 28 standard drinks per week is considered 'Low risk', 29 to 42 per week 'Risky', and 43 or more per week 'High risk'. For females, the consumption of up to 14 standard drinks per week is considered 'Low risk', 15 to 28 per week 'Risky', and 29 or more per week 'High risk'.
- (c) Not consumed alcohol in the last 12 months.
- (d) People who live in a household with children, but are not the parent/guardian, younger people living with their parents or respondents who selected 'other household type'.

**Table S5: Alcohol consumption (2001 guidelines), long-term risk status, recent drinkers aged 14 years or older, by state/territory, 2010 (per cent)**

<b>Risk status</b>	<b>NSW</b>	<b>Vic</b>	<b>Qld</b>	<b>WA</b>	<b>SA</b>	<b>Tas</b>	<b>ACT</b>	<b>NT</b>	<b>Aust</b>
<b>Males</b>									
Abstainers <sup>(a)</sup>	18.0	18.6	13.5	13.9	16.3	9.9	11.9	12.5	16.4
Low risk <sup>(b)</sup>	72.3	73.1	73.7	74.7	73.6	79.5	80.3	72.0	73.4
Risky <sup>(c)</sup>	6.4	5.1	7.8	5.7	7.3	6.5	4.3	8.3	6.3
High risk <sup>(d)</sup>	3.2	3.3	5.0	5.7	2.8	4.0	3.5	7.2	3.9
<b>Females</b>									
Abstainers <sup>(a)</sup>	25.4	23.2	20.0	20.2	21.6	18.8	15.0	15.0	22.5
Low risk <sup>(b)</sup>	65.7	67.0	68.5	69.1	69.5	73.5	76.9	69.2	67.6
Risky <sup>(c)</sup>	7.1	7.4	8.7	7.9	6.6	6.4	7.1	11.0	7.5
High risk <sup>(d)</sup>	1.8	2.5	2.8	2.8	2.4	1.3	1.0	4.8	2.3
<b>Persons</b>									
Abstainers <sup>(a)</sup>	21.8	20.9	16.8	17.0	19.0	14.4	13.5	13.7	19.5
Low risk <sup>(b)</sup>	69.0	70.0	71.1	71.9	71.5	76.4	78.6	70.7	70.5
Risky <sup>(c)</sup>	6.8	6.2	8.2	6.8	6.9	6.5	5.7	9.6	6.9
High risk <sup>(d)</sup>	2.5	2.9	3.9	4.3	2.6	2.7	2.2	6.0	3.1

(a) Not consumed alcohol in the last 12 months.

(b) For males, the consumption of up to 28 standard drinks per week; for females, the consumption of up to 14 standard drinks per week.

(c) For males, the consumption of 29-42 drinks per week; for females, the consumption of 15-28 drinks per week.

(d) For males, the consumption of 43 or more drinks per week; for females, the consumption of 29 or more drinks per week.

**Table S6: Alcohol consumption (2001 guidelines), short term risk status, recent drinkers aged 14 years or older, by state/territory, 2010 (per cent)**

<b>Risk status</b>	<b>NSW</b>	<b>Vic</b>	<b>Qld</b>	<b>WA</b>	<b>SA</b>	<b>Tas</b>	<b>ACT</b>	<b>NT</b>	<b>Aust</b>
<b>Males</b>									
Abstainers <sup>(a)</sup>	18.0	18.6	13.5	13.9	16.3	9.9	11.9	12.5	16.4
Low risk <sup>(b)</sup>	48.7	45.7	44.2	44.9	49.2	53.1	48.8	41.4	46.7
Risky or high risk <sup>(c)</sup>									
At least yearly	12.2	14.3	15.0	14.2	12.1	12.2	15.9	15.2	13.6
At least monthly	12.3	13.4	16.3	16.0	12.8	13.1	16.5	17.5	13.9
At least weekly	8.8	8.0	10.9	10.9	9.6	11.7	6.8	13.4	9.4
<i>Total risky</i>	<i>33.3</i>	<i>35.7</i>	<i>42.2</i>	<i>41.2</i>	<i>34.5</i>	<i>37.0</i>	<i>39.2</i>	<i>46.1</i>	<i>36.9</i>
<b>Females</b>									
Abstainers <sup>(a)</sup>	25.4	23.2	20.0	20.2	21.6	18.8	15.0	15.0	22.5
Low risk <sup>(b)</sup>	48.4	49.6	47.1	48.2	49.4	52.5	51.8	44.6	48.6
Risky or high risk <sup>(c)</sup>									
At least yearly	10.5	11.0	12.4	12.0	11.6	14.3	15.4	12.8	11.4
At least monthly	10.5	10.5	13.9	12.6	12.7	11.1	13.9	15.8	11.7
At least weekly	5.2	5.8	6.6	7.0	4.7	3.3	3.8	11.9	5.8
<i>Total risky</i>	<i>26.2</i>	<i>27.2</i>	<i>32.9</i>	<i>31.5</i>	<i>29.0</i>	<i>28.7</i>	<i>33.1</i>	<i>40.4</i>	<i>28.8</i>
<b>Persons</b>									
Abstainers <sup>(a)</sup>	21.8	20.9	16.8	17.0	19.0	14.4	13.5	13.7	19.5
Low risk <sup>(b)</sup>	48.6	47.7	45.7	46.5	49.3	52.8	50.4	42.9	47.7
Risky or high risk <sup>(c)</sup>									
At least yearly	11.3	12.6	13.7	13.1	11.8	13.3	15.7	14.0	12.5
At least monthly	11.4	11.9	15.1	14.3	12.7	12.1	15.2	16.7	12.8
At least weekly	7.0	6.9	8.7	9.0	7.2	7.4	5.3	12.7	7.6
<b>Total risky</b>	<b>29.7</b>	<b>31.4</b>	<b>37.5</b>	<b>36.4</b>	<b>31.7</b>	<b>32.7</b>	<b>36.2</b>	<b>43.4</b>	<b>32.8</b>

(a) Not consumed alcohol in the last 12 months.

(b) For males, never had more than 6 standard drinks on any occasion; for females, never had more than 4 standard drinks on any one day.

(c) For males, the consumption of 7 or more standard drinks on any one day. For females, the consumption of 5 or more standard drinks on any one day.

**Table S7: Self-assessed health status, health conditions, psychological distress and body mass index by risk of alcohol harm, by persons aged 18 years or older, 2010 (per cent)**

	Abstainer/ ex-drinker <sup>(a)</sup>	Short term risk			Long-term risk		
		Low risk <sup>(b)</sup>	Risky <sup>(c)</sup>	High risk <sup>(d)</sup>	Low Risk <sup>(e)</sup>	Risky <sup>(f)</sup>	High risk <sup>(g)</sup>
<b>Self-assessed health status<sup>(h)</sup></b>							
Excellent	16.1	16.4	16.1	13.3	16.5	13.0	10.7
Very good	30.4	38.7	41.9	39.1	39.4	39.7	30.7
Good	34.2	33.9	33.3	35.6	33.6	35.9	40.4
Fair	15.8	9.4	8.0	10.6	9.1	10.0	15.5
Poor	3.5	1.5	0.7	1.5	1.4	1.4	2.7
<b>Self-reported health condition<sup>(i)</sup></b>							
Diabetes	9.9	5.3	2.1	2.0	4.8	2.2	3.0
Heart diseases <sup>(j)</sup>	26.0	20.2	11.2	8.6	17.8	14.4	19.7
Asthma	8.4	8.4	8.7	10.1	8.6	8.6	9.6
Cancer	3.4	3.1	1.5	1.2	2.8	2.1	2.8
Mental illness <sup>(k)</sup>	12.6	11.2	12.2	15.2	11.3	13.4	21.5
<b>Level of psychological distress<sup>(l)</sup></b>							
Low	69.3	72.2	67.8	56.8	70.8	64.6	54.6
Moderate	19.4	19.5	22.2	26.8	20.3	23.7	24.9
High	8.0	6.3	8.1	12.5	6.8	9.1	15.1
Very high	3.4	2.0	1.9	4.0	2.0	2.6	5.4
<b>Body mass index</b>							
Underweight	3.7	2.2	1.8	2.3	2.2	2.0	2.1
Normal weight	42.7	40.5	40.0	41.6	40.6	43.2	34.3
Overweight	31.5	35.5	38.7	34.7	35.6	35.8	39.7
Obese	22.2	21.8	19.5	21.3	21.6	19.0	23.8

(a) Not consumed alcohol in the last 12 months.

(b) For males, never had more than 6 standard drinks on any occasion; for females, never had more than 4 standard drinks on any one day.

(c) For males, the consumption of 7-10 drinks on any one day. For females, the consumption of 5-6 drinks on any one day.

(d) For males, the consumption of 11 or more standard drinks on any one day. For females, the consumption of 7 or more standard drinks on any one day.

(e) For males, the consumption of up to 28 standard drinks per week; for females, the consumption of up to 14 standard drinks per week

(f) For males, the consumption of 29-42 drinks per week; for females, the consumption of 15-28 drinks per week.

(g) For males, the consumption of 43 or more drinks per week; for females, the consumption of 29 or more drinks per week.

(h) In response to the question 'In general, would you say your health is...?'

(i) Respondents could select more than one condition, in response to the question 'In the last 12 months have you been diagnosed or treated for...?'

(j) Includes heart diseases and hypertension (high blood pressure).

(k) Includes depression, anxiety disorder, schizophrenia, bi-polar disorder, an eating disorder and other form of psychosis.

(l) Low: K10 score 10-15; Moderate: 16-21; High: 22-29; Very high: 30-50.

**Table S8: Reduction in alcohol consumption, recent drinkers aged 14 years or older, by long-term and short term risk status, 2010 (per cent)**

Measure	Short term risk		Long-term risk	
	Low risk <sup>(a)</sup>	Risky or high risk <sup>(b)</sup>	Low risk <sup>(c)</sup>	Risky or high risk <sup>(d)</sup>
<b>Males</b>				
Reduced amount drunk per session	30.4	34.3	31.7	30.1
Reduced the number of times drunk	27.6	34.7	30.2	25.2
Drank more low-alcohol drinks	5.7	6.6	5.7	7.3
Stopped drinking	4.5	3.9	4.3	4.8
Changed main drink	3.4	8.7	4.5	7.6
None of the above	52.2	45.4	50.2	51.2
<b>Females</b>				
Reduced amount drunk per session	27.5	38.0	28.8	37.4
Reduced the number of times drunk	26.5	38.6	28.8	31.9
Drank more low-alcohol drinks	3.3	6.1	3.5	6.9
Stopped drinking	7.2	5.6	7.0	5.8
Changed main drink	3.3	12.2	4.6	10.3
None of the above	54.8	38.3	52.4	42.2
<b>Persons</b>				
Reduced amount drunk per session	28.9	35.9	30.3	33.7
Reduced the number of times drunk	27.0	36.4	29.5	28.5
Drank more low-alcohol drinks	4.5	6.4	4.6	7.1
Stopped drinking	5.9	4.6	5.6	5.3
Changed main drink	3.4	10.2	4.6	8.9
None of the above	53.5	42.3	51.2	46.7

(a) For males, never had more than 6 standard drinks on any occasion; for females, never had more than 4 standard drinks on any one day.

(b) For males, the consumption of 7 or more standard drinks on any one day. For females, the consumption of 5 or more standard drinks on any one day.

(c) For males, the consumption of up to 28 standard drinks per week; for females, the consumption of up to 14 standard drinks per week.

(d) For males, the consumption of 29 or more standard drinks per week; for females, the consumption of 15 or more standard drinks per week.

**Table S9: Reason for reduction in alcohol consumption, recent drinkers aged 14 years or older, by short- and long-term risk status, 2010 (per cent)**

Reason	Short term risk		Long-term risk	
	Low risk <sup>(a)</sup>	Risky or high risk <sup>(b)</sup>	Low risk <sup>(c)</sup>	Risky or high risk <sup>(d)</sup>
<b>Males</b>				
Health reasons	51.4	50.9	51.0	52.4
Lifestyle reasons	37.6	49.5	41.4	41.2
Social reasons	31.5	32.2	32.0	29.8
Pregnant and/or breastfeeding	—	—	—	—
Taste/enjoyment	14.5	13.2	14.4	11.5
Drink driving regulations	20.5	19.5	20.1	20.9
Financial reasons	12.4	20.7	14.5	18.7
Adult/parent/peer pressure	2.1	3.6	2.4	4.1
The price of the alcohol usual drunk increased	6.9	10.7	7.5	12.4
Other	6.6	6.8	6.6	7.4
<b>Females</b>				
Health reasons	50.3	51.4	49.2	58.7
Lifestyle reasons	33.0	47.7	36.8	40.1
Social reasons	31.3	35.7	32.2	34.6
Pregnant and/or breastfeeding	11.7	7.6	11.4	5.2
Taste/enjoyment	13.7	14.8	14.2	13.0
Drink driving regulations	14.9	13.4	14.7	13.2
Financial reasons	10.0	19.4	11.8	17.7
Adult/parent/peer pressure	1.8	2.3	1.9	2.2
The price of the alcohol usual drunk increased	4.4	8.5	5.4	6.8
Other	8.6	6.5	8.3	6.0
<b>Persons</b>				
Health reasons	50.8	51.1	50.2	55.8
Lifestyle reasons	35.3	48.7	39.2	40.6
Social reasons	31.4	33.9	32.1	32.4
Pregnant and/or breastfeeding	5.7	3.5	5.4	2.8
Taste/enjoyment	14.1	14.0	14.3	12.3
Drink driving regulations	17.8	16.6	17.5	16.8
Financial reasons	11.2	20.1	13.2	18.1
Adult/parent/peer pressure	1.9	3.0	2.1	3.1
The price of the alcohol usual drunk increased	5.7	9.7	6.5	9.4
Other	7.6	6.7	7.4	6.6

(a) For males, never had more than 6 standard drinks on any occasion; for females, never had more than 4 standard drinks on any one day.

(b) For males, the consumption of 7 or more standard drinks on any one day. For females, the consumption of 5 or more standard drinks on any one day.

(c) For males, the consumption of up to 28 standard drinks per week; for females, the consumption of up to 14 standard drinks per week.

(d) For males, the consumption of 29 or more standard drinks per week; for females, the consumption of 15 or more standard drinks per week.

Note: Base is recent drinkers who had undertaken at least one measure to reduce their level of alcohol consumption in the last 12 months.

## 2009 guidelines by 2007 NDSHS data

Table S10: Alcohol consumption (2009 guidelines), risk of lifetime harm by single occasion risk, people aged 14 years or older, by sex, 2007 (per cent)

Lifetime Risk	Single occasion risk				Total
	Abstainer <sup>(a)</sup>	Low risk <sup>(b)</sup>	At least yearly but not weekly <sup>(c)</sup>	At least weekly <sup>(d)</sup>	
<b>Males</b>					
Abstainer <sup>(a)</sup>	14.0	—	—	—	14.0
Low risk <sup>(e)</sup>	—	31.5	21.7	3.5	56.7
Risky <sup>(f)</sup>	—	2.4	6.7	20.2	29.2
<i>Total males</i>	14.0	33.9	28.4	23.7	100.0
<b>Females</b>					
Abstainer <sup>(a)</sup>	20.1	—	—	—	20.1
Low risk <sup>(e)</sup>	—	47.2	19.0	2.0	68.2
Risky <sup>(f)</sup>	—	1.6	3.4	6.6	11.7
<i>Total females</i>	20.1	48.7	22.5	8.7	100.0
<b>Persons</b>					
Abstainer <sup>(a)</sup>	17.1	—	—	—	17.1
Low risk <sup>(e)</sup>	—	39.4	20.4	2.8	62.5
Risky <sup>(f)</sup>	—	2.0	5.0	13.3	20.3
<b>Total</b>	<b>17.1</b>	<b>41.4</b>	<b>25.4</b>	<b>16.1</b>	<b>100.0</b>

(a) Not consumed alcohol in the previous 12 months.

(b) Never had more than 4 standard drinks on any occasion.

(c) Had more than 4 standard drinks at least once a year but not as often as weekly.

(d) Had more than 4 standard drinks at least once a week.

(e) On average, had no more than 2 standard drinks per day.

(f) On average, had more than 2 standard drinks per day.

**Table S11: Alcohol consumption (2009 guidelines), lifetime and single occasion risk, people aged 14 years or older, by social characteristics, 2007 (per cent)**

Characteristic	Abstainer/ ex-drinker <sup>(a)</sup>	Lifetime risk		Single occasion risk		
		Low risk <sup>(b)</sup>	Risky <sup>(c)</sup>	Low Risk <sup>(d)</sup>	At least yearly but not weekly <sup>(e)</sup>	At least weekly <sup>(f)</sup>
<b>All persons (aged 14+)</b>	17.1	62.5	20.3	41.5	25.4	16.1
<b>Education</b>						
Without post-school qualifications	23.1	59.0	17.9	40.2	21.0	15.7
With post-school qualifications	11.8	65.4	22.8	45.0	26.1	17.1
<b>Labour force status</b>						
Currently employed	10.2	64.6	25.2	37.4	32.2	20.2
Student	31.5	56.7	11.8	28.4	26.7	13.5
Unemployed	16.4	59.4	24.2	30.9	28.0	24.6
Home duties	20.1	71.0	9.0	53.3	20.4	6.2
Retired or on a pension	25.1	59.4	15.5	56.7	10.0	8.2
Unable to work	31.4	52.1	16.5	38.0	16.0	14.5
Other	24.4	63.7	11.9	51.3	14.1	10.2
<b>Main language spoken at home</b>						
English	14.7	63.9	21.5	41.9	26.7	16.8
Other	42.7	50.9	6.4	38.5	14.0	4.8
<b>Socioeconomic status</b>						
1 (lowest)	22.5	57.6	19.9	40.1	20.2	17.2
2	19.5	61.4	19.1	41.1	23.8	15.5
3	17.9	62.6	19.5	41.5	25.3	15.3
4	16.5	64.4	19.1	41.0	27.1	15.5
5 (highest)	11.5	65.2	23.4	43.2	28.7	16.7
<b>Geography</b>						
Major cities	17.3	63.2	19.5	42.0	25.4	15.3
Inner regional	17.2	62.3	20.6	41.5	24.1	17.2
Outer regional	16.5	60.3	23.3	39.4	26.8	17.3
Remote/Very remote	12.6	56.8	30.6	32.3	29.7	25.4
<b>Marital status</b>						
Never married	20.0	56.5	23.6	26.1	30.0	24.0
Divorced/separated/widowed	22.1	61.2	16.6	49.2	17.1	11.6
Married/de facto	14.7	65.8	19.6	46.5	25.5	13.3
<b>Indigenous status</b>						
Aboriginal and/or Torres Strait Islander <sup>#</sup>	23.4	57.0	19.6	28.2	28.1	20.3
Non-Indigenous	16.8	63.0	20.2	41.8	25.7	15.8

(continued)



**Table S11 (continued): Alcohol consumption (2009 guidelines), lifetime and single occasion risk, people aged 14 years or older, by social characteristics, 2007 (per cent)**

Characteristic	Abstainer/ ex-drinker <sup>(a)</sup>	Lifetime risk		Single occasion risk		
		Low risk <sup>(b)</sup>	Risky <sup>(c)</sup>	Low Risk <sup>(d)</sup>	At least yearly but not weekly <sup>(e)</sup>	At least weekly <sup>(f)</sup>
<b>Household composition</b>						
Single with dependent children	15.2	67.2	17.6	37.9	30.4	16.5
Couple with dependent children	12.0	68.3	19.7	42.3	31.5	14.2
Parent with non-dependent children	17.6	64.5	18.0	53.6	17.4	11.4
Single without children	19.4	55.6	25.0	36.5	22.5	21.6
Couple without children	15.9	63.7	20.4	49.6	21.4	13.2
Other <sup>(g)</sup>	21.5	58.9	19.7	30.7	28.5	19.4
<b>Sexual orientation</b>						
Heterosexual	16.0	63.7	20.3	42.2	26.1	15.8
Homosexual/bisexual	11.5	59.7	28.8	29.7	32.7	26.1
Other	44.5	40.9	14.6	27.0	13.0	15.5

(a) Not consumed alcohol in the previous 12 months.

(b) On average, had no more than 2 standard drinks per day.

(c) On average, had more than 2 standard drinks per day.

(d) Never had more than 4 standard drinks on any occasion.

(e) Had more than 4 standard drinks at least once a year but not as often as weekly.

(f) Had more than 4 standard drinks at least once a week.

# Due to the small sample sizes for Aboriginal and/or Torres Strait Islander people, estimates should be interpreted with caution.

**Table S12: Alcohol consumption (2009 guidelines), lifetime risk status, recent drinkers aged 14 years or older, by state/territory, 2007 (per cent)**

Risk status	NSW	Vic	Qld	WA	SA	Tas	ACT	NT	Aust
<b>Males</b>									
Abstainers <sup>(a)</sup>	16.2	14.3	13.0	10.5	12.5	11.1	11.3	11.7	14.0
Low risk <sup>(b)</sup>	55.4	59.2	56.7	55.0	58.1	57.1	57.9	45.4	56.7
Risky <sup>(c)</sup>	28.4	26.6	30.2	34.5	29.4	31.7	30.7	42.9	29.2
<b>Females</b>									
Abstainers <sup>(a)</sup>	23.9	20.1	17.2	16.9	18.8	17.4	12.2	17.4	20.1
Low risk <sup>(b)</sup>	64.7	69.8	69.5	69.2	71.7	69.9	75.3	65.1	68.2
Risky <sup>(c)</sup>	11.4	10.1	13.2	13.9	9.5	12.7	12.5	17.5	11.7
<b>Persons</b>									
Abstainers <sup>(a)</sup>	20.1	17.2	15.1	13.7	15.7	14.4	11.8	14.4	17.1
Low risk <sup>(b)</sup>	60.1	64.6	63.2	62.1	65.0	63.7	66.8	54.8	62.5
Risky <sup>(c)</sup>	19.8	18.2	21.7	24.2	19.3	22.0	21.4	30.8	20.3

(a) Not consumed alcohol in the previous 12 months.

(b) On average, had no more than 2 standard drinks per day.

(c) On average, had more than 2 standard drinks per day.

Note: Base is recent drinkers.

**Table S13: Alcohol consumption (2009 guidelines), single occasion risk status, recent drinkers aged 14 years or older, by state/territory, 2007 (per cent)**

<b>Risk status</b>	<b>NSW</b>	<b>Vic</b>	<b>Qld</b>	<b>WA</b>	<b>SA</b>	<b>Tas</b>	<b>ACT</b>	<b>NT</b>	<b>Aust</b>
<b>Males</b>									
Abstainers <sup>(a)</sup>	16.2	14.3	13.0	10.5	12.5	11.1	11.3	11.7	14.0
Low risk <sup>(b)</sup>	34.8	34.3	32.6	34.4	34.6	27.3	35.3	24.7	33.9
Risky									
At least yearly <sup>(c)</sup>	12.0	13.5	13.8	13.0	11.4	15.5	16.0	9.7	12.9
At least monthly <sup>(d)</sup>	14.1	15.3	16.4	15.5	17.7	18.5	17.3	18.9	15.5
At least weekly <sup>(e)</sup>	22.9	22.6	24.2	26.6	23.7	27.5	20.0	35.0	23.7
<i>Total risky</i>	<i>49.0</i>	<i>51.4</i>	<i>54.3</i>	<i>55.1</i>	<i>52.9</i>	<i>61.6</i>	<i>53.4</i>	<i>63.6</i>	<i>52.1</i>
<b>Females</b>									
Abstainers <sup>(a)</sup>	23.8	20.0	17.2	16.8	18.8	17.4	12.2	17.4	20.1
Low risk <sup>(b)</sup>	47.3	50.4	48.4	49.5	49.1	50.7	53.3	44.0	48.8
Risky									
At least yearly <sup>(c)</sup>	12.2	12.0	14.4	12.2	12.4	11.0	15.5	14.0	12.6
At least monthly <sup>(d)</sup>	9.0	9.2	11.2	10.4	11.3	10.0	10.1	10.5	9.8
At least weekly <sup>(e)</sup>	7.7	8.4	8.8	11.1	8.5	10.9	8.9	14.1	8.6
<i>Total risky</i>	<i>28.9</i>	<i>29.5</i>	<i>34.4</i>	<i>33.6</i>	<i>32.2</i>	<i>31.9</i>	<i>34.5</i>	<i>38.6</i>	<i>31.1</i>
<b>Persons</b>									
Abstainers <sup>(a)</sup>	20.1	17.2	15.1	13.7	15.7	14.3	11.8	14.4	17.1
Low risk <sup>(b)</sup>	41.1	42.5	40.6	42.0	42.0	39.3	44.5	33.9	41.5
Risky									
At least yearly <sup>(c)</sup>	12.1	12.7	14.1	12.6	11.9	13.2	15.8	11.7	12.8
At least monthly <sup>(d)</sup>	11.5	12.2	13.8	13.0	14.5	14.1	13.6	14.9	12.6
At least weekly <sup>(e)</sup>	15.2	15.4	16.4	18.8	15.9	19.0	14.3	25.0	16.1
<i>Total risky</i>	<i>38.8</i>	<i>40.3</i>	<i>44.3</i>	<i>44.4</i>	<i>42.3</i>	<i>46.3</i>	<i>43.7</i>	<i>51.7</i>	<i>41.4</i>

(a) Not consumed alcohol in the previous 12 months.

(b) Never had more than 4 standard drinks on any occasion.

(c) Had more than 4 standard drinks at least once a year but not as often as monthly.

(d) Had more than 4 standard drinks at least once a month but not as often as weekly.

(e) Had more than 4 standard drinks at least once a week.

Note: Base is recent drinkers.

**Table S14: Self-assessed health status, health conditions, psychological distress and body mass index, people aged 18 years or older, by risk of alcohol harm, 2007 (per cent)**

	Abstainer/ ex- drinker <sup>(a)</sup>	Lifetime risk		Single occasion risk		
		Low risk <sup>(b)</sup>	Risky <sup>(c)</sup>	Low Risk <sup>(d)</sup>	At least yearly but not weekly <sup>(e)</sup>	At least weekly <sup>(f)</sup>
<b>Self-assessed health status<sup>(g)</sup></b>						
Excellent	16.6	16.8	12.7	15.5	18.7	11.7
Very good	29.7	39.7	37.0	38.4	41.7	36.1
Good	34.6	32.4	37.9	33.1	31.5	39.1
Fair	14.8	9.6	10.4	11.1	7.0	10.9
Poor	4.2	1.6	2.0	1.9	1.0	2.2
<b>Self-reported health condition<sup>(h)</sup></b>						
Diabetes	11.1	5.1	3.0	6.6	2.5	2.6
Heart diseases <sup>(i)</sup>	24.9	17.6	16.0	23.1	10.1	12.9
Asthma	9.4	8.3	8.6	8.2	8.3	8.9
Cancer	2.9	2.8	2.4	3.6	1.7	1.7
Mental illness <sup>(j)</sup>	12.6	10.8	11.2	11.3	9.3	12.4
<b>Level of psychological distress<sup>(k)</sup></b>						
Low	68.6	70.7	64.4	72.6	68.9	60.7
Moderate	20.5	20.4	23.9	18.9	22.2	25.8
High	8.1	7.2	8.7	6.7	7.4	10.2
Very high	2.9	1.7	3.0	1.8	1.6	3.3

(a) Not consumed alcohol in the previous 12 months.

(b) On average, had no more than 2 standard drinks per day.

(c) On average, had more than 2 standard drinks per day.

(d) Never had more than 4 standard drinks on any occasion.

(e) Had more than 4 standard drinks at least once a year but not as often as weekly.

(f) Had more than 4 standard drinks at least once a week.

(g) In response to the question 'In general, would you say your health is...?'

(h) Respondents could select more than one condition, in response to the question 'In the last 12 months have you been diagnosed or treated for...?'

(i) Includes heart diseases and hypertension (high blood pressure).

(j) Includes depression, anxiety disorder, schizophrenia, bipolar disorder, an eating disorder and other form of psychosis.

(k) Low: K10 score 10–15; Moderate: 16–21; High: 22–29; Very high: 30–50.

**Table S15: Loss of memory after drinking at least once in the previous 12 months, recent drinkers aged 12 years or older, by age and lifetime risk status, 2007 (per cent)**

Memory loss	At least weekly		At least monthly <sup>(a)</sup>		At least once in previous 12 months <sup>(b)</sup>		Never	
	Low risk <sup>(c)</sup>	Risky <sup>(d)</sup>	Low risk <sup>(e)</sup>	Risky <sup>(d)</sup>	Low risk <sup>(c)</sup>	Risky <sup>(d)</sup>	Low risk <sup>(c)</sup>	Risky <sup>(d)</sup>
14–19	1.8	11.9	5.1	24.0	28.3	46.9	64.8	17.3
20–29	2.5	6.0	3.5	24.5	23.4	41.5	70.6	27.9
30–39	2.0	6.5	1.1	12.7	14.4	38.4	82.6	42.4
40–49	1.8	3.1	0.7	10.5	8.7	32.0	88.8	54.3
50–59	0.9	4.1	0.3	9.3	4.7	26.9	94.1	59.6
60+	0.9	2.7	0.2	4.6	2.9	19.7	96.0	73.1
<b>Total (14+)</b>	<b>1.6</b>	<b>5.1</b>	<b>1.5</b>	<b>13.9</b>	<b>12.0</b>	<b>33.6</b>	<b>85.0</b>	<b>47.4</b>

(a) At least monthly but not as often as weekly.

(b) At least once in the previous year but not as often as monthly.

(c) On average, had no more than 2 standard drinks per day.

(d) On average, had more than 2 standard drinks per day.

Note: Base is recent drinkers.