

## British Beer and Pub Association

### Chief Medical Officer lower-risk drinking guidelines

In 1994 an Inter-Departmental working group reviewed the Government's sensible drinking message in the light of the latest scientific evidence. The findings were published in a report called "Sensible Drinking" in 1995.

The conclusion of the report was that advice on sensible drinking should be as follows:

#### *Men*

The health benefit from drinking relates to men aged over 40 and the major part of this can be obtained at levels as low as one unit a day, with the maximum health advantage lying between 1 and 2 units.

Regular consumption of between 3 and 4 units a day by men of all ages will not accrue significant health risk.

Constantly drinking 4 or more units a day is not advised as a sensible drinking level because of the progressive health risk it carries.

#### *Women*

The health benefit from drinking for women relates to postmenopausal women and the major part of this can be obtained at levels as low as one unit a day, with the maximum health advantage lying between 1 and 2 units a day.

Regular consumption of between 2 and 3 units a day by women of all ages will not accrue significant health risk.

Constantly drinking 3 or more units a day is not advised as a sensible drinking level because of the progressive health risk it carries.

It is important to remember that there are occasions when it is not sensible to drink at all.

#### *Units*

"A UK unit contains 8g or 10ml alcohol: the amount contained in half a pint of ordinary strength beer or cider or in a small glass of wine, or in a standard measure of spirits".