

## MEDIA RELEASE

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### ADF CONCERNED BY 2019 ANNUAL ALCOHOL POLL FINDINGS

The [Alcohol and Drug Foundation](#) believes findings in the [2019 Annual Alcohol Poll: Attitudes and Behaviours](#), show more needs to be done to prevent and reduce alcohol-related harm.

The poll results, which were released today by The Foundation for Alcohol Research and Education, show:

- Fewer than half of Australians are aware of the link between alcohol use and stroke (41%), mouth and throat cancer (29%) and breast cancer (16%)
- Nearly half of Australian drinkers consume alcohol to get drunk
- 64% of Australian drinkers who consume alcohol to get drunk at least twice a week consider themselves a responsible drinker
- 79% of Australian drinkers who consume six to ten standard drinks on a typical occasion consider themselves a responsible drinker

“It’s concerning so few Australians know about the links between alcohol consumption and serious health issues, such as stroke and cancer,” said the Alcohol and Drug Foundation’s CEO, Dr Erin Lalor.

“Unfortunately, there are lots of mixed messages around alcohol but the evidence is clear. There are no health benefits from alcohol. Cutting back can reduce a person’s risk of developing chronic alcohol-related diseases,” Dr Lalor stated.

“All Australians must know that alcohol is a carcinogen. Alcohol damages cells in the body. Alcohol increases a person’s risk of cancer, including mouth, throat, breast and pancreatic cancer,” Dr Lalor added.

Dr Erin Lalor said it was encouraging that three quarters of poll respondents agreed that more needs to be done to reduce alcohol-related harm.

“Every year in Australia, around 5,500 people die from alcohol-related injuries, illnesses and accidents. All of these deaths are preventable,” Dr Lalor remarked.

“A new National Alcohol Strategy is needed to prevent and reduce alcohol-related harms, including deaths and alcohol-related diseases like cancer and liver cirrhosis,” Dr Lalor said.

“Long term investment in prevention is critical to reductions in alcohol-related harms,” Dr Lalor added.

For drug information or support, people can visit the [Alcohol and Drug Foundation's website](#) or call the [DrugInfo line](#) on 1300 85 85 84. The confidential service provides drug information and puts people in touch with relevant support and health services in their state and territory.

**ENDS**

For media enquiries please call the Alcohol and Drug Foundation's media team on 0430 948 380.

**About the Alcohol and Drug Foundation:** Celebrating 60 years of service to the community, the Alcohol and Drug Foundation is one of Australia's leading bodies committed to preventing and minimising alcohol and other drug harms in communities around the nation. The Foundation reaches millions of Australians in local communities through sporting clubs, workplaces, healthcare settings and schools, offering educational information, drug and alcohol prevention programs and advocating for strong and healthy communities.