This document provides the supporting evidence that informed the Local Drug Action Team Resource Alcohol and Other Drug Lifecycle Planner. Each age group has a list of relevant literature, followed by key statistical information that emphasises some of the issues for that particular age group.

### 0–5 years

**Relevant Literature**


**National Health and Medical Research Council. Australian Guidelines to Reduce Health Risks from Drinking Alcohol. Canberra: 2009.**

**Statistical Information**

- Alcohol consumption during pregnancy is associated with an increased risk of miscarriage, lower birth weight, stillbirth and premature birth, and Fetal Alcohol Spectrum Disorders (FASD).1
- 2–6 year olds cannot distinguish between advertising and information.2
- 68.1% of three- to six-year-olds were found in one study to be able to correctly identify alcoholic beverages.3
- Pre-school children have the ability to identify the odour of alcoholic beverages and know the norms for use.4

### 6–11 years

**Relevant Literature**


**Statistical Information**

- Alcohol is involved in 30–70% of child mistreatment cases.5
- More than one million children are affected in some way by others drinking. 90,000 are substantially affected and more than 10,000 are in the child protection system because of a caretaker's drinking.6
- Even as they age, children have a reduced capability to distinguish between information and advertising.7

### 12–17 years

**Relevant Literature**


**Statistical Information**

- Australian teenagers (15–17 years) are exposed to the same amount of alcohol advertising as young adults (18–24 years).1
- In 2016, fewer 12–17 year olds were drinking alcohol and the proportion abstaining from alcohol significantly increased from 2013 to 2016 (from 72% to 82%).2
- 9%–2% of Australian teenagers have seen alcohol advertising on television, and the majority of them report having seen alcohol advertising in some print, online or physical form.3
- Alcohol contributes to all the leading causes of death for young people: suicide, land transport accidents, accidental poisoning, and assault.4

### 18–30 years

**Relevant Literature**


**Youth Affairs Council of Australia. Better Together – a practical guide to effective engagement with young people. South Australia: Government of South Australia; 2016.**

**Statistical Information**

- In 2016, people in their 20s were the age group most likely to have recently used an illicit drug.8
- 16% of young adults (18–24) consumed five or more standard drinks on a monthly basis.8
- People in their late teens and 20s are more likely to consume 11 or more standard drinks than people in other age groups.8
- Alcohol is involved in 50% of deaths for drivers aged 21 to 25 years.9
- More than one in five people aged between 23–24 had driven when affected by alcohol on at least one of their ten most recent trips.10

### 30–50 years

**Relevant Literature**


**Schofield T. Alcohol use and harm minimisation among Australian university students (AHMS Project). University Colleges Australia; 2016.**

**Statistical Information**

- Males in their 30s are now more likely to drink at lifetime risky levels (9%6).11
- 18.1% of 30–39 year olds and 16.2% of 40–49 year olds used an illicit drug in the past 12 months.8
- Unemployment is a major risk factor for substance use and the subsequent development of substance misuse.12
- In 2011 there were 21,668 police-reported incidents of alcohol related domestic violence in Australia.13
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Supporting Evidence

50+ years

Relevant Literature


Statistical Information

- Among females, those aged in their 50s (13.0%) are now the most likely to drink at risky levels.6
- In 2016, people in their 50s and 60s reported a significant increase in the proportion consuming 11 or more standard drinks on a single drinking occasion in the last year.6
- People in their 50s and 60s or over make up a much greater proportion of illicit drug users in 2016 than in 2001 [increased from 6.1% to 11.5% for people in their 50s and from 4.4% and 10.9% for people aged 60 or older].5
- Between 2013 and 2016, there was a slight but significant increase in the use of cannabis among people ages 60 or older (from 12.6% to 19.8%).8
- Those aged 50 or older were most likely to misuse pharmaceutical drugs once a month or more.6
- Alcohol can interact badly with many medications, and older adults often develop health conditions that require regular use of one or more prescription medications.8
- Between 2013 and 2016, people in their 50s and 60s both reported a significant increase in the proportion consuming 11 or more standard drinks on a single drinking occasion in the last year (from 9.1% to 11.9%, and from 6.7% to 6.1% respectively).8
- Increases in alcohol related ambulance attendances and hospital admissions have been noted in recent Australian research.15
- More than 20% of Australians over the age of 65 report experiencing some sort of persistent pain.16

Reference List for Statistics


2. Brand JE. Television Advertising to Children: A review of contemporary research on the influence of television advertising directed to children. Canberra: Australian Communications and Media Authority; 2007


12. Vossolo S, Smart D, Cockfield S, Gunatillake T, Harris A, Harrison W. In the driver’s seat II: Beyond the early driving years (Research Report No. 17). Melbourne: Australian Institute of Family Studies; 2010


