

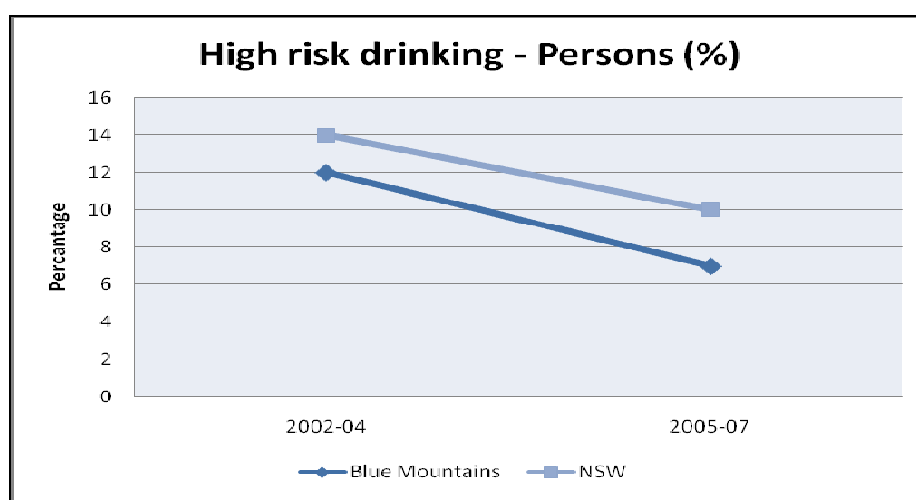
Population – health

What are we monitoring?

Percentage of residents over 16 by gender who report high risk drinking

What is the trend?

The trend shows a fall in high risk drinking between 2002/04 to 2005/07. Although the number of people surveyed in the Blue Mountains was relatively small, it should be noted that this reduction in high risk drinking is also reflected at the NSW level.



HIGH RISK DRINKING						
	BLUE MOUNTAINS			NSW		
Year	Male %	Female %	Persons %	Male %	Female %	Persons %
2002-04	18	7	12	17	11	14
2005-07	8	7	7	13	7	10

This data refers to those who consume alcohol and have had [11 or more if male/7 or more if female] standard drinks in a day. The questions used to define the indicator were: How often do you usually drink alcohol? In the last 4 weeks how often have you had [11 or more if male/7 or more if female] drinks in a day? (Based on the NHMRC Australian Alcohol Guidelines) It should be noted that Blue Mountains data is based on small sample sizes.

Why is monitoring this trend important?

High risk levels of drinking place people at increased risk accidents and injury and to a range of health problems. Of particular concern in the Blue Mountains is the high numbers of young males drinking at high risk levels, with 51% of young males (16-24) surveyed drinking alcohol at this level in 2005/07.

Source: NSW Health (2009), New South Wales Population Health Survey. 2005-2007 Report on adult health. Blue Mountains Division of General Practice.