

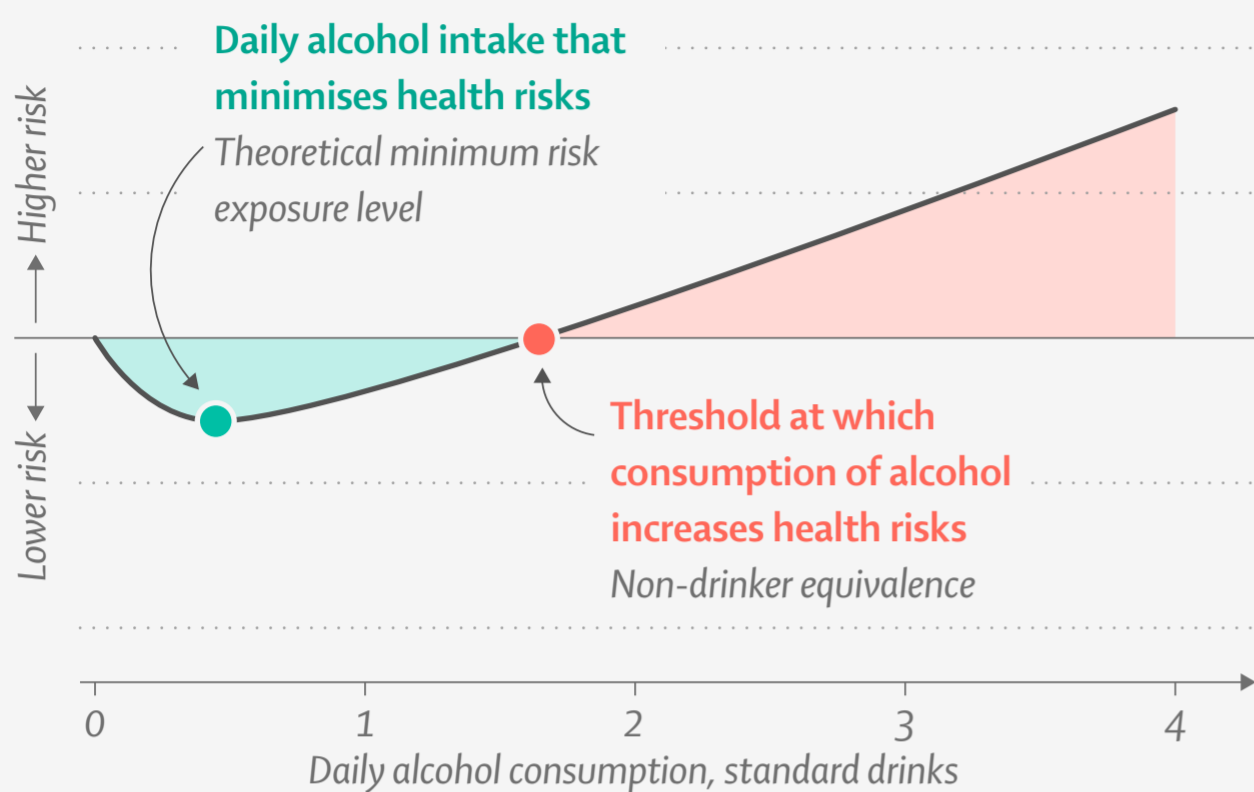
Drinking alcohol has significant health risks for young people, small amounts may be beneficial for some older adults

New analysis suggests that recommendations for how much one can drink should be based on age and local disease rates

Good and bad alcohol consumption

For individuals aged 40+, drinking small amounts of alcohol is not harmful to health, but drinking more than a certain amount increases health risks.

Relative risk of alcohol consumption vs zero alcohol consumption



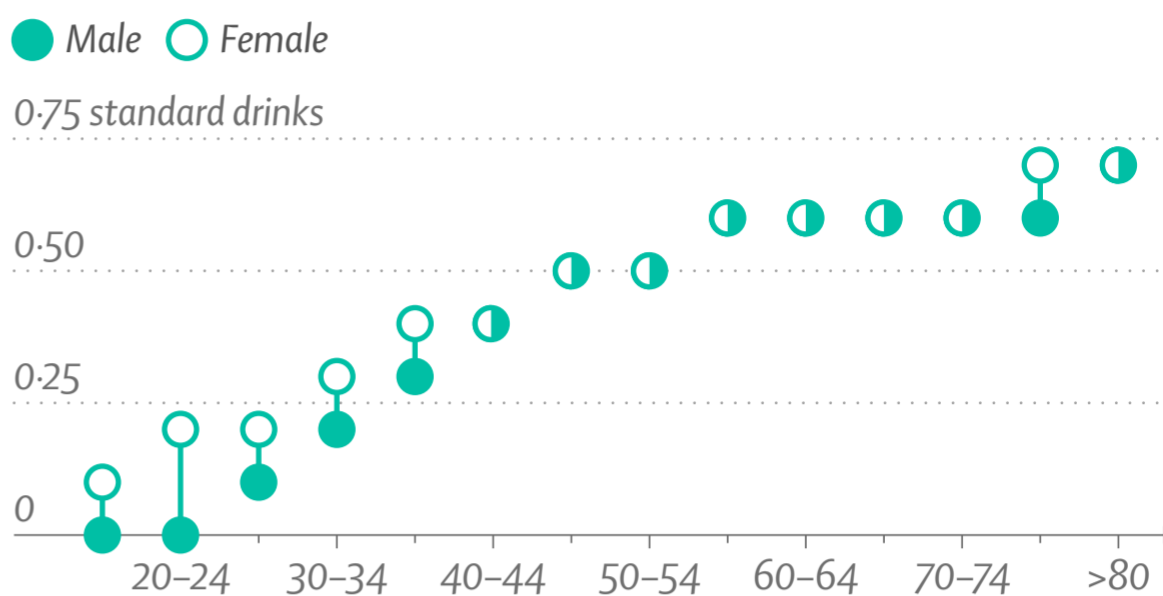
One standard drink is equivalent to...

10 g of ethanol = 100 mL of wine at 13% vol = 375 mL of beer at 3.5% vol

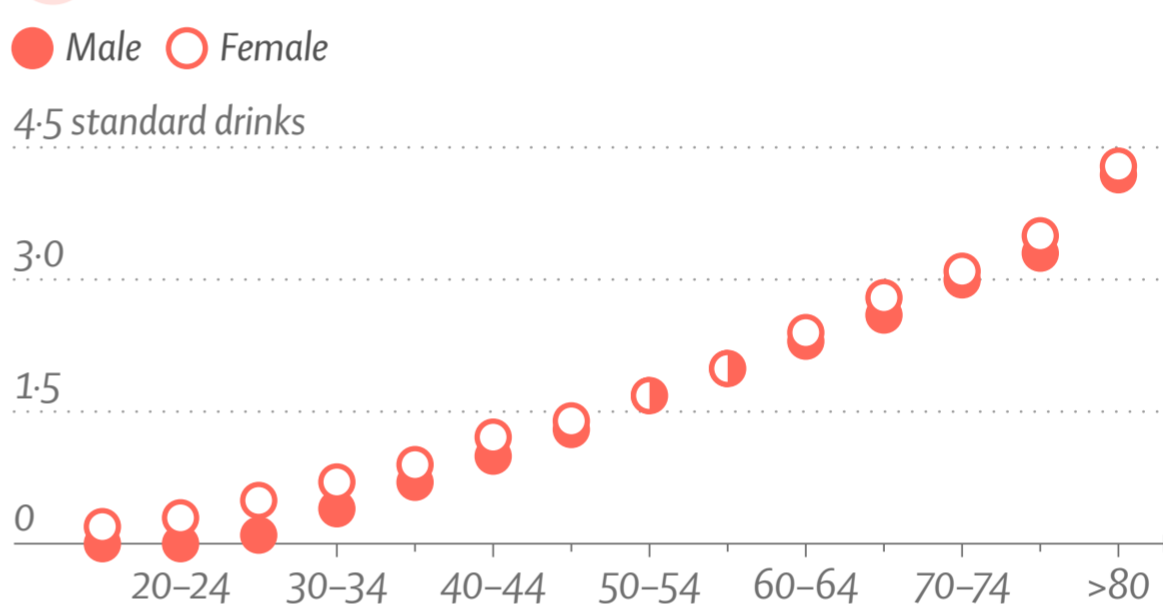
People 40+ can safely drink small amounts of alcohol

Guidance on alcohol consumption should be based on age and location.

Daily alcohol intake that minimises health risks, by age and sex



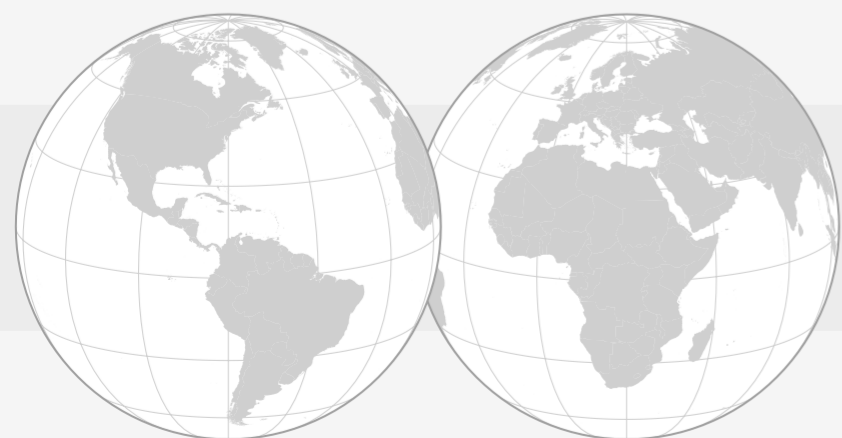
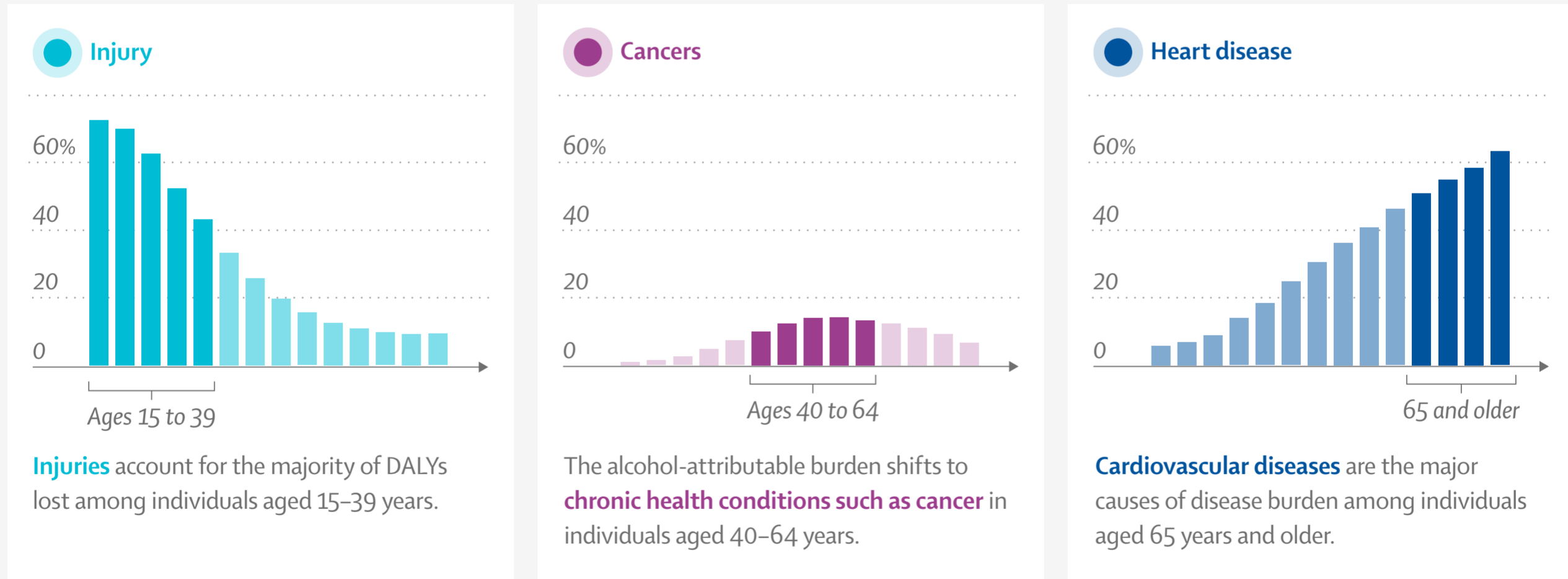
Daily threshold at which health risks increase, by age and sex



Understanding disease burden is key to setting effective guidelines

The **level of alcohol that can be consumed without increasing health risks** rises throughout a lifetime. This is driven by differences in the major causes of death and disease burden at different ages. Any level of drinking leads to a higher probability of injuries, while small amounts of alcohol decrease the risk of some conditions prevalent in older ages, such as ischaemic heart disease and diabetes.

Relative proportions of global disability-adjusted life years (DALYs) for causes associated with alcohol use, by cause and age (2020)



Substantial differences in the burden of major causes of death and disease exist between geographical regions. **Understanding these differences and how they impact a population's threshold for non-harmful alcohol consumption is important for setting effective guidelines.**

Read the full paper at [thelancet.com/gbd](https://www.thelancet.com/gbd)