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Nota di contenuto	Chapter 1: Alcohol consumption and harms -- Chapter 2: Alcohol and young people -- Chapter 3: Reducing alcohol-related harm.
Sommario/riassunto	Alcohol consumption is widespread within Australia and is associated with many social and cultural activities, where it is frequently consumed at harmful levels. Binge drinking and excessive long-term alcohol consumption are significant causes of injury, addiction, ill health, violence, crime, family breakdown, road accidents, lost workplace productivity and death in Australia. What are safe drinking levels according to the latest guidelines, and what are the immediate and long-term risks of alcohol consumption? This book also explores how we can prevent the harmful impacts of excessive alcohol intake and promote responsible drinking choices, especially among younger people. What social and health-based strategies can be implemented to arrest Australians' longstanding booze binge?