



SOBER OCTOBER

What Is Sober October?

Sober October first originated in 2014 by a United Kingdom-based charity 'Macmillan Cancer Support' with the idea to support people who are living with cancer.

The objective of Sober October is for people to challenge themselves and avoid the consumption of alcohol for the whole month of October - this is to provide participants with an insight into how alcohol may affect their day to day life.

Effects Of Alcohol Consumption

Excessive alcohol use can have detrimental effects on the human body, both physiologically and psychologically.

Alcohol consumption can affect our minds and bodies acutely (short-term) and chronically (long-term).

Some *acute effects* of alcohol consumption include:

- lowered inhibitions / awareness
- interpersonal conflicts
- falls and accidents
- alcohol poisoning

Some *chronic effects* of alcohol consumption include:

- cardiovascular disease
- diabetes
- liver disease
- cognitive impairment
- being overweight and obese
- various cancers

Sobering Statistics



Alcohol is the **most commonly** used drug in Australia.



4 in 5 adults consumed alcohol within the previous year in 2019.



1 in 7 Australians have consumed 11 or more standard drinks in one occasion at least once in the previous 12 months.



Alcohol is the **sixth highest** risk factor contributing to the burden of disease in Australia.

(AIHW 2019)

Adult Alcohol Guidelines

Drink no more than
10 standard drinks a week



AND

no more than **4 standard drinks**
on **any one day**



(NHMRC 2021)

What Is A Standard Drink?

One standard drink contains 10 grams of pure alcohol. The type of alcoholic beverage does not impact how many grams of alcohol are in one standard drink, however, standard drink size does vary beverage to beverage (i.e. wine contains a higher percentage alcohol volume than beer, hence the standard drink size of wine is smaller).

Tips To Sticking It Out!

- Understand no alcohol for the whole month of October is meant to be challenge!
- Remind yourself of the benefits (i.e. improved sleep quality)
- Select a different drink - water, tea, juice, a smoothie (try to substitute for something nutritional or hydrating)
- Challenge others to participate - motivating them and you!
- Do it for a cause!

Often adults use Sober October as an opportunity to support a charity and raise some money, donated by those encouraging the person to abstain from alcohol from the whole month of October. A worthy incentive!