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Minister for Veterans' Affairs Mailing List

VA090
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Thursday, 29 October

VETERANS URGED TO RETHINK THE NEXT DRINK

Veterans have new tools to manage alcohol consumption with the updated *The Right Mix — Your Health and Alcohol* package, Minister for Veterans' Affairs Alan Griffin announced today.

“As the spring racing calendar and festive season is upon us, it is timely to reinforce the message that a healthier life involves the right mix of sensible alcohol use, good nutrition and exercise,” Mr Griffin said.

“There is an estimated 12,300 Australian veterans with drug or alcohol dependence or abuse, and alcohol has been a major contributor to both mental and physical health problems in the veteran community.

“*The Right Mix* program can help veterans, and the wider community, better understand and moderate their drinking.” *The Right Mix — Your Health and Alcohol* includes a website www.therightmix.gov.au and resources such as fact sheets, questionnaires and practical tips to moderate drinking.

“Understanding the effects of alcohol on the body and how it can interact with certain medications will help veterans make sensible choices about their drinking,” Mr Griffin said.

“By moderating their consumption, veterans can avoid the problems associated with heavy drinking that can lead to illness, injury and even premature death.”

The Right Mix was originally launched in 2001 as part of a project to reduce alcohol-related harm in the veteran community and address these issues in an integrated way with other physical and mental health conditions. It has been updated to reflect the recently published *Australian Guidelines to Reduce Health Risks from Drinking Alcohol*.

“My Department’s update of *The Right Mix* involved consultation with veterans and members of the ex-service and Australian Defence Force communities, with the aim of making it more relevant and appealing to these groups,” Mr Griffin said.

“An education program is also underway to ensure key health professionals are aware of the revised guidelines and updated resources are available.”

Australians are encouraged to access *The Right Mix* website and use the interactive tools to assess their drinking behaviour.

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