



2.2 beers per day: That's how much we're all drinking

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If you are wondering why your beer belly is looking a little larger than normal, here could be the reason why.

The latest statistics released by the Organisation for Economic Cooperation and Development found that Australians drink 10.3 litres of pure alcohol every year

That's equivalent to 2.2 standard drinks per day, every day, for every Australian 15 years and over.

Given that the definition of binge drinking is four standard drinks in one sitting, there are some serious questions to be answered about Australian drinking culture.

Phillip Wadds, from the UWS Institute for Culture and Society, is currently studying drinking behaviour in night-time precincts.

"I think there needs to be an understanding developed around alcohol consumption issues," he said.

"At first glance, it would seem that there are a lot of underage teenagers getting access to alcohol which is a serious problem and needs to be looked at by the police and government. However, these statistics reflect Australians of all ages, not just teenagers."

Mr Wadds said that whilst there is a myth that Australians are heavy drinkers, the statistics show that compared to other countries in Europe, "we are not the heavy drinkers we think we are".

"There was a study done by the City of Sydney Council which showed that 80 to 90 per cent of participants incorrectly estimated their alcohol consumption patterns," he said.

Do we drink too much? Your views:
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