

Introduction

1 What is your name?

Name:

2 What is your email address?

Email:

3 What is your organisation?

Organisation:

None

The weekly guideline as a whole

4 Is the weekly guideline for regular drinking as a whole, along with the explanation in the 'Summary of the proposed guidelines', clear and understandable?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

I want to know: 1) what conditions are impacted by alcohol consumption (e.g. bowel cancer) and 2) what the absolute risk of my being affected by those conditions are at various levels of consumption (e.g. 0, 2, 5 or 10 units / day).

Individual parts of the weekly guideline

5 Is it clear what the guideline – along with the explanation – means, for how you can seek to reduce long term risks to your health from alcohol? Is the explanation for how the weekly guideline was chosen clear?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

I want to make my own mind up about what "safe" means for me. I believe your judgement is biased by your own attitudes to risk. You do not give me the data I need to judge my level of risk.

6 Is it clear what the guideline – along with the explanation – means, for how you can keep your health risks within a low level, if you drink on only a few days each week?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

I cannot tell what the level of risk is and I want to make my own mind up about what I consider "low". Give me data like this:

- chance of getting bowel cancer @ 0 units = (say) 6%
- chance of @ 2 units = (say) 8%
- chance @ 5 units = (say) 9%

A graph would be best.

7 Is it clear what the guideline – along with the explanation – means? Is it clear how you could, if you wish, reduce your long term health risks below the low risk level set by the guideline?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

It's obvious I'll reduce risk by drinking less but how do I know it will be worthwhile? In other words, how much will my risks reduce?

8 Is it clear what the guideline – along with the explanation – means and how you could use this if you wished to reduce your drinking?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

No: the guideline is based on your judgement, which I do not accept without decent evidence.

Single occasions of drinking

9 Is the advice – along with the explanation – on single occasions of drinking clear? Do you understand what you could do to limit health risks from any single occasion of drinking?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

10 For the advice on single occasions of drinking, the expert group considered, but did not finally recommend, suggesting a specific number of units that you shouldn't drink more than on any occasion or day, for example, 7 units. They did not recommend this, for the reasons described in the box. However, there is evidence that it can be easier to follow advice with a simple number than to follow more general advice. If the health evidence justifies it, would you prefer advice on single occasions to be expressed in units?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

It would be better to give an "example" rather than a "rule".... "when thinking about this we thought no more than (say) 7 units would be sensible ...". Credit our intelligence for being able to make decisions about our own lives.

Guideline on pregnancy and drinking

11 Is the guideline on pregnancy and drinking clear? Do you understand what a pregnant women should do to keep risks to her baby to a minimum?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

12 In recommending this guideline, the expert group aimed for 1) a precautionary approach to minimising avoidable risks to babies2) openness about uncertainties in the evidence, particularly on the effects of low levels of drinking in pregnancy3) reasonable reassurance for women who may discover they have drunk alcohol before knowing they were pregnant Has the guideline met these aims?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Submitted to UK CMO Guidelines Review
Submitted on 2016-01-08 12:10:13

Introduction

1 What is your name?

Name:

2 What is your email address?

Email:

3 What is your organisation?

Organisation:
Charles Wells

The weekly guideline as a whole

4 Is the weekly guideline for regular drinking as a whole, along with the explanation in the 'Summary of the proposed guidelines', clear and understandable?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Confusion still remains on what a 'unit' refers to

Individual parts of the weekly guideline

5 Is it clear what the guideline – along with the explanation – means, for how you can seek to reduce long term risks to your health from alcohol? Is the explanation for how the weekly guideline was chosen clear?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Unclear as to how alcohol is different from other food and drink groups. Clarification would help consumers make a truly informed decision. Is there additional data available to corroborate the 'evidence' that is being quoted?

6 Is it clear what the guideline – along with the explanation – means, for how you can keep your health risks within a low level, if you drink on only a few days each week?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

7 Is it clear what the guideline – along with the explanation – means? Is it clear how you could, if you wish, reduce your long term health risks below the low risk level set by the guideline?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Don't understand how the new guidelines are the same for men and women when size, weight, metabolism etc are so different & don't appear to have been taken into account

8 Is it clear what the guideline – along with the explanation – means and how you could use this if you wished to reduce your drinking?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

I work in the drinks industry and yet still have to refer to a unit calculator to work out what the guidelines mean - how many people just won't bother & assume that 1 unit = 1 drink whatever it is?

Single occasions of drinking

9 Is the advice – along with the explanation – on single occasions of drinking clear? Do you understand what you could do to limit health risks from any single occasion of drinking?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

What is the definition of single occasion drinking? Those who wanted could describe the first 4 hrs of an evening as a single occasion if they were drinking at home, before moving on to a pub or club for a further 2 hrs & counting this as a second single occasion!

10 For the advice on single occasions of drinking, the expert group considered, but did not finally recommend, suggesting a specific number of units that you shouldn't drink more than on any occasion or day, for example, 7 units. They did not recommend this, for the reasons described in the box. However, there is evidence that it can be easier to follow advice with a simple number than to follow more general advice. If the health evidence justifies it, would you prefer advice on single occasions to be expressed in units?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

This could then become the accepted norm to aspire to rather than a maximum recommendation

Guideline on pregnancy and drinking

11 Is the guideline on pregnancy and drinking clear? Do you understand what a pregnant women should do to keep risks to her baby to a minimum?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

12 In recommending this guideline, the expert group aimed for 1) a precautionary approach to minimising avoidable risks to babies2) openness about uncertainties in the evidence, particularly on the effects of low levels of drinking in pregnancy3) reasonable reassurance for women who may discover they have drunk alcohol before knowing they were pregnant Has the guideline met these aims?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Submitted to UK CMO Guidelines Review
Submitted on 2016-01-08 15:19:18

Introduction

1 What is your name?

Name:

2 What is your email address?

Email:

3 What is your organisation?

Organisation:
NHS Western Isles

The weekly guideline as a whole

4 Is the weekly guideline for regular drinking as a whole, along with the explanation in the 'Summary of the proposed guidelines', clear and understandable?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Individual parts of the weekly guideline

5 Is it clear what the guideline – along with the explanation – means, for how you can seek to reduce long term risks to your health from alcohol? Is the explanation for how the weekly guideline was chosen clear?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

6 Is it clear what the guideline – along with the explanation – means, for how you can keep your health risks within a low level, if you drink on only a few days each week?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

7 Is it clear what the guideline – along with the explanation – means? Is it clear how you could, if you wish, reduce your long term health risks below the low risk level set by the guideline?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

8 Is it clear what the guideline – along with the explanation – means and how you could use this if you wished to reduce your drinking?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Single occasions of drinking

9 Is the advice – along with the explanation – on single occasions of drinking clear? Do you understand what you could do to limit health risks from any single occasion of drinking?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

10 For the advice on single occasions of drinking, the expert group considered, but did not finally recommend, suggesting a specific number of units that you shouldn't drink more than on any occasion or day, for example, 7 units. They did not recommend this, for the reasons described in the box. However, there is evidence that it can be easier to follow advice with a simple number than to follow more general advice. If the health evidence justifies it, would you prefer advice on single occasions to be expressed in units?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Guideline on pregnancy and drinking

11 Is the guideline on pregnancy and drinking clear? Do you understand what a pregnant women should do to keep risks to her baby to a minimum?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

12 In recommending this guideline, the expert group aimed for 1) a precautionary approach to minimising avoidable risks to babies2) openness about uncertainties in the evidence, particularly on the effects of low levels of drinking in pregnancy3) reasonable reassurance for women who may discover they have drunk alcohol before knowing they were pregnant Has the guideline met these aims?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Introduction

1 What is your name?

Name:

2 What is your email address?

Email:

3 What is your organisation?

Organisation:

Private person

The weekly guideline as a whole

4 Is the weekly guideline for regular drinking as a whole, along with the explanation in the 'Summary of the proposed guidelines', clear and understandable?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Individual parts of the weekly guideline

5 Is it clear what the guideline – along with the explanation – means, for how you can seek to reduce long term risks to your health from alcohol? Is the explanation for how the weekly guideline was chosen clear?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

No because it needs more quantification of the risks

Eg how do I compare the risks of drinking alcohol with riding a bicycle

6 Is it clear what the guideline – along with the explanation – means, for how you can keep your health risks within a low level, if you drink on only a few days each week?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

No because there are no statistics demonstrating how the risks can be altered by lifestyle changes, exercise and diet

7 Is it clear what the guideline – along with the explanation – means? Is it clear how you could, if you wish, reduce your long term health risks below the low risk level set by the guideline?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

No see comments in section 6

8 Is it clear what the guideline – along with the explanation – means and how you could use this if you wished to reduce your drinking?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Single occasions of drinking

9 Is the advice – along with the explanation – on single occasions of drinking clear? Do you understand what you could do to limit health risks from any single occasion of drinking?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

10 For the advice on single occasions of drinking, the expert group considered, but did not finally recommend, suggesting a specific number of units that you shouldn't drink more than on any occasion or day, for example, 7 units. They did not recommend this, for the reasons described in the box. However, there is evidence that it can be easier to follow advice with a simple number than to follow more general advice. If the health evidence justifies it, would you prefer advice on single occasions to be expressed in units?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Guideline on pregnancy and drinking

11 Is the guideline on pregnancy and drinking clear? Do you understand what a pregnant women should do to keep risks to her baby to a minimum?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

12 In recommending this guideline, the expert group aimed for 1) a precautionary approach to minimising avoidable risks to babies2) openness about uncertainties in the evidence, particularly on the effects of low levels of drinking in pregnancy3) reasonable reassurance for women who may discover they have drunk alcohol before knowing they were pregnant Has the guideline met these aims?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

No because we need to quantify the effects of small intakes of alcohol before pregnancy confirmed and what action should be taken(without embarrassment)and what agency should be approached for this information

Introduction

1 What is your name?

Name:

2 What is your email address?

Email:

3 What is your organisation?

Organisation:

The weekly guideline as a whole

4 Is the weekly guideline for regular drinking as a whole, along with the explanation in the 'Summary of the proposed guidelines', clear and understandable?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Individual parts of the weekly guideline

5 Is it clear what the guideline – along with the explanation – means, for how you can seek to reduce long term risks to your health from alcohol? Is the explanation for how the weekly guideline was chosen clear?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Evidence, based on multiple peer-reviewed studies, should be presented to support the claim that this guideline is evidence-based.

6 Is it clear what the guideline – along with the explanation – means, for how you can keep your health risks within a low level, if you drink on only a few days each week?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

It is unclear why, or even if, there is any risk in exceeding the guideline.

7 Is it clear what the guideline – along with the explanation – means? Is it clear how you could, if you wish, reduce your long term health risks below the low risk level set by the guideline?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

As above.

8 Is it clear what the guideline – along with the explanation – means and how you could use this if you wished to reduce your drinking?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

It doesn't even explain WHY I should reduce my drinking.

Single occasions of drinking

9 Is the advice – along with the explanation – on single occasions of drinking clear? Do you understand what you could do to limit health risks from any single occasion of drinking?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

These guidelines are totally unrealistic, confused and seem to have been written by a bot that has never met a real human being.

10 For the advice on single occasions of drinking, the expert group considered, but did not finally recommend, suggesting a specific number of units that you shouldn't drink more than on any occasion or day, for example, 7 units. They did not recommend this, for the reasons described in the box. However, there is evidence that it can be easier to follow advice with a simple number than to follow more general advice. If the health evidence justifies it, would you prefer advice on single occasions to be expressed in units?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

I would prefer that the government kept its nose out of my lifestyle.

Guideline on pregnancy and drinking

11 Is the guideline on pregnancy and drinking clear? Do you understand what a pregnant women should do to keep risks to her baby to a minimum?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

I understand that light drinking in pregnancy is fine.

12 In recommending this guideline, the expert group aimed for 1) a precautionary approach to minimising avoidable risks to babies2) openness about uncertainties in the evidence, particularly on the effects of low levels of drinking in pregnancy3) reasonable reassurance for women who may discover they have drunk alcohol before knowing they were pregnant Has the guideline met these aims?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

It's alarmist nonsense.

Introduction

1 What is your name?

Name:

2 What is your email address?

Email:

3 What is your organisation?

Organisation:
None

The weekly guideline as a whole

4 Is the weekly guideline for regular drinking as a whole, along with the explanation in the 'Summary of the proposed guidelines', clear and understandable?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Individual parts of the weekly guideline

5 Is it clear what the guideline – along with the explanation – means, for how you can seek to reduce long term risks to your health from alcohol? Is the explanation for how the weekly guideline was chosen clear?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

6 Is it clear what the guideline – along with the explanation – means, for how you can keep your health risks within a low level, if you drink on only a few days each week?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:
I don't believe the science. Other countries have different limits.

7 Is it clear what the guideline – along with the explanation – means? Is it clear how you could, if you wish, reduce your long term health risks below the low risk level set by the guideline?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:
I don't know what the agenda really is here, but I do not trust this government.

8 Is it clear what the guideline – along with the explanation – means and how you could use this if you wished to reduce your drinking?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:
Follow France's example and don't have guidelines. I don't trust the government.

Single occasions of drinking

9 Is the advice – along with the explanation – on single occasions of drinking clear? Do you understand what you could do to limit health risks from any single occasion of drinking?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

So you're telling me if I get drunk I could fall over and break my face? Quelle surprise.

10 For the advice on single occasions of drinking, the expert group considered, but did not finally recommend, suggesting a specific number of units that you shouldn't drink more than on any occasion or day, for example, 7 units. They did not recommend this, for the reasons described in the box. However, there is evidence that it can be easier to follow advice with a simple number than to follow more general advice. If the health evidence justifies it, would you prefer advice on single occasions to be expressed in units?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

This government is just one in a long line making life so utterly miserable for many that the only thing to do is get regularly hammered and hope for an early death to escape.

Guideline on pregnancy and drinking

11 Is the guideline on pregnancy and drinking clear? Do you understand what a pregnant women should do to keep risks to her baby to a minimum?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

You will notice that my comments have not answered your questions. I'm using this to express my feelings of disgust that you are continuing the time-honoured and utterly STUPID practice of hammering everyone for the sins of a minority instead of dealing directly with the real issue.

If you lot didn't make lives so intolerably miserable people might not drink quite so much.

12 In recommending this guideline, the expert group aimed for 1) a precautionary approach to minimising avoidable risks to babies2) openness about uncertainties in the evidence, particularly on the effects of low levels of drinking in pregnancy3) reasonable reassurance for women who may discover they have drunk alcohol before knowing they were pregnant Has the guideline met these aims?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Introduction

1 What is your name?

Name:

2 What is your email address?

Email:

3 What is your organisation?

Organisation:
Private individual

The weekly guideline as a whole

4 Is the weekly guideline for regular drinking as a whole, along with the explanation in the 'Summary of the proposed guidelines', clear and understandable?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

It is clearly nonsense based on a highly dubious study in which the authors' conclusions are not backed up by the data. The data itself supports a moderate protective effect of alcohol and not the conclusions twisted out by the authors whom committed a statistical school boy error of that "non-significance" is the same as "no effect" in a study lacking sufficient events. As such a government giving any advice based on bad science not "clear and understandable".

Individual parts of the weekly guideline

5 Is it clear what the guideline – along with the explanation – means, for how you can seek to reduce long term risks to your health from alcohol? Is the explanation for how the weekly guideline was chosen clear?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Long term health is determined more by genetic susceptibility than small changes in environmental or behavioural factors. That there is a difference in men and women and their ability to metabolise alcohol is a proven medical fact. To ignore this in official guidelines is to show ignorance of the human body's basic biology and reveals the guidelines are not based on science. If they are not based on science then they must be based on politics and as such should be treated as reliable as a party political broadcast.

6 Is it clear what the guideline – along with the explanation – means, for how you can keep your health risks within a low level, if you drink on only a few days each week?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

As the above advice does not take into account any benefits in reduction of stress or other factors that my health is more dependent on.

7 Is it clear what the guideline – along with the explanation – means? Is it clear how you could, if you wish, reduce your long term health risks below the low risk level set by the guideline?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

The guideline does nothing to reduce my long term health risks and could given other factors (depending on what I am at most risk from) increase my long term health risk.

8 Is it clear what the guideline – along with the explanation – means and how you could use this if you wished to reduce your drinking?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Whilst it is clear what the guideline means (the chief medical officer chooses to ignore 80 or more studies - including at least one meta-study - showing the long term health benefits of mild to moderate drinking) The most likely outcome is for this and other health advice will be routinely ignored.

Single occasions of drinking

9 Is the advice – along with the explanation – on single occasions of drinking clear? Do you understand what you could do to limit health risks from any single occasion of drinking?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

10 For the advice on single occasions of drinking, the expert group considered, but did not finally recommend, suggesting a specific number of units that you shouldn't drink more than on any occasion or day, for example, 7 units. They did not recommend this, for the reasons described in the box. However, there is evidence that it can be easier to follow advice with a simple number than to follow more general advice. If the health evidence justifies it, would you prefer advice on single occasions to be expressed in units?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Given the selective nature of the "health evidence" given to justify the obviously incorrect "no safe limit" I would not be able to trust any numbers be they expressed in units, unicorn tears or dog to fox conversion factors.

Guideline on pregnancy and drinking

11 Is the guideline on pregnancy and drinking clear? Do you understand what a pregnant women should do to keep risks to her baby to a minimum?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

12 In recommending this guideline, the expert group aimed for 1) a precautionary approach to minimising avoidable risks to babies2) openness about uncertainties in the evidence, particularly on the effects of low levels of drinking in pregnancy3) reasonable reassurance for women who may discover they have drunk alcohol before knowing they were pregnant Has the guideline met these aims?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Good advice even if "complicated" is better than bad advice given clearly.

Submitted to UK CMO Guidelines Review
Submitted on 2016-01-09 16:06:37

Introduction

1 What is your name?

Name:

2 What is your email address?

Email:

3 What is your organisation?

Organisation:
Personal User

The weekly guideline as a whole

4 Is the weekly guideline for regular drinking as a whole, along with the explanation in the 'Summary of the proposed guidelines', clear and understandable?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

It is not evidence-based - ergo wrong!

Individual parts of the weekly guideline

5 Is it clear what the guideline – along with the explanation – means, for how you can seek to reduce long term risks to your health from alcohol? Is the explanation for how the weekly guideline was chosen clear?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Not evidence-based again...

6 Is it clear what the guideline – along with the explanation – means, for how you can keep your health risks within a low level, if you drink on only a few days each week?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Use evidence!

7 Is it clear what the guideline – along with the explanation – means? Is it clear how you could, if you wish, reduce your long term health risks below the low risk level set by the guideline?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Use evidence!

8 Is it clear what the guideline – along with the explanation – means and how you could use this if you wished to reduce your drinking?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Use evidence!

Single occasions of drinking

9 Is the advice – along with the explanation – on single occasions of drinking clear? Do you understand what you could do to limit health risks from any single occasion of drinking?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

None of this is evidence-based - ergo it is wrong and cannot be used to make policy!

10 For the advice on single occasions of drinking, the expert group considered, but did not finally recommend, suggesting a specific number of units that you shouldn't drink more than on any occasion or day, for example, 7 units. They did not recommend this, for the reasons described in the box. However, there is evidence that it can be easier to follow advice with a simple number than to follow more general advice. If the health evidence justifies it, would you prefer advice on single occasions to be expressed in units?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Use evidence and tell us the evidence!!

Guideline on pregnancy and drinking

11 Is the guideline on pregnancy and drinking clear? Do you understand what a pregnant women should do to keep risks to her baby to a minimum?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Finally - some actual evidence!

12 In recommending this guideline, the expert group aimed for 1) a precautionary approach to minimising avoidable risks to babies2) openness about uncertainties in the evidence, particularly on the effects of low levels of drinking in pregnancy3) reasonable reassurance for women who may discover they have drunk alcohol before knowing they were pregnant Has the guideline met these aims?

Not Answered

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Submitted to UK CMO Guidelines Review
Submitted on 2016-01-10 11:50:58

Introduction

1 What is your name?

Name:

2 What is your email address?

Email:

3 What is your organisation?

Organisation:

None

The weekly guideline as a whole

4 Is the weekly guideline for regular drinking as a whole, along with the explanation in the 'Summary of the proposed guidelines', clear and understandable?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

It is rubbish. The real issue is excessive drinking in one evening: a weekly limit does not get to the meat of the matter.

Individual parts of the weekly guideline

5 Is it clear what the guideline – along with the explanation – means, for how you can seek to reduce long term risks to your health from alcohol? Is the explanation for how the weekly guideline was chosen clear?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

I selected 'no' because there are many studies that suggest that moderate consumption of alcohol reduces the risk of dying from heart disease.

The guidelines are not realistic and will be almost entirely ignored. If the guidelines are set according to scientific evidence then people might act on them.

6 Is it clear what the guideline – along with the explanation – means, for how you can keep your health risks within a low level, if you drink on only a few days each week?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

The guidelines say one ought to drink no more than 14 units per week, despite differences in physiology between men and women, and yet, it is quite normal to drink more than this amount in one day. The guidelines are not helpful because they seem to advocate almost teetotalism which is not a desired state for drinkers.

7 Is it clear what the guideline – along with the explanation – means? Is it clear how you could, if you wish, reduce your long term health risks below the low risk level set by the guideline?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

The guidelines are blatantly false and I would not adjust my alcohol consumption based on them.

8 Is it clear what the guideline – along with the explanation – means and how you could use this if you wished to reduce your drinking?

Not Answered

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Single occasions of drinking

9 Is the advice – along with the explanation – on single occasions of drinking clear? Do you understand what you could do to limit health risks from any single occasion of drinking?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Take a look at a country such as Japan, where drinking to the excess is prevalent and yet longevity is high, and you will see that social issues are not caused by alcohol but by society itself, and that there are places in the world in which one would simply not even need to consider all this tripe.

10 For the advice on single occasions of drinking, the expert group considered, but did not finally recommend, suggesting a specific number of units that you shouldn't drink more than on any occasion or day, for example, 7 units. They did not recommend this, for the reasons described in the box. However, there is evidence that it can be easier to follow advice with a simple number than to follow more general advice. If the health evidence justifies it, would you prefer advice on single occasions to be expressed in units?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

I am convinced that any damage caused by alcohol intake is going to be over a prolonged period of time so it is unnecessary to stop people drinking to excess on individual occasions.

Guideline on pregnancy and drinking

11 Is the guideline on pregnancy and drinking clear? Do you understand what a pregnant women should do to keep risks to her baby to a minimum?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

12 In recommending this guideline, the expert group aimed for 1) a precautionary approach to minimising avoidable risks to babies2) openness about uncertainties in the evidence, particularly on the effects of low levels of drinking in pregnancy3) reasonable reassurance for women who may discover they have drunk alcohol before knowing they were pregnant Has the guideline met these aims?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

If any woman has worries that they might have drunk alcohol prior to becoming pregnant then they are either very silly or the guidelines should be looked at more closely.

Submitted to UK CMO Guidelines Review

Submitted on 2016-01-11 08:10:51

Introduction

1 What is your name?

Name:

2 What is your email address?

Email:

3 What is your organisation?

Organisation:

Private

The weekly guideline as a whole

4 Is the weekly guideline for regular drinking as a whole, along with the explanation in the 'Summary of the proposed guidelines', clear and understandable?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

All the evidence points to the fact that drinking in moderation is actually beneficial to health. You can scrap the whole program and rely on the Law instead. You are wasting our taxes on pointless and twisted 'research'.

Individual parts of the weekly guideline

5 Is it clear what the guideline – along with the explanation – means, for how you can seek to reduce long term risks to your health from alcohol? Is the explanation for how the weekly guideline was chosen clear?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Guideline: The risk of developing a range of illnesses (including, for example, cancers of the mouth, throat and breast) increases with any amount you drink on a regular basis

This is untrue and backed up with no evidence

6 Is it clear what the guideline – along with the explanation – means, for how you can keep your health risks within a low level, if you drink on only a few days each week?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Regular and moderate intake of alcohol has proven health benefits.

7 Is it clear what the guideline – along with the explanation – means? Is it clear how you could, if you wish, reduce your long term health risks below the low risk level set by the guideline?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Again you have no proven evidence - in fact, studies have shown the opposite.

8 Is it clear what the guideline – along with the explanation – means and how you could use this if you wished to reduce your drinking?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Single occasions of drinking

9 Is the advice – along with the explanation – on single occasions of drinking clear? Do you understand what you could do to limit health risks from any single occasion of drinking?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

As well as the risk of accident and injury, drinking alcohol regularly is linked to long term risks such as heart disease, cancer, liver disease, and epilepsy.

This is the opposite of the result of actual studies.

10 For the advice on single occasions of drinking, the expert group considered, but did not finally recommend, suggesting a specific number of units that you shouldn't drink more than on any occasion or day, for example, 7 units. They did not recommend this, for the reasons described in the box. However, there is evidence that it can be easier to follow advice with a simple number than to follow more general advice. If the health evidence justifies it, would you prefer advice on single occasions to be expressed in units?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Replace all this with the phrase 'responsible drinking', and guidelines not to drive cars, stick knives in people and lie about in the street. Again, this is covered by the Law and doesn't need you wasting our taxes to tell us.

Guideline on pregnancy and drinking

11 Is the guideline on pregnancy and drinking clear? Do you understand what a pregnant women should do to keep risks to her baby to a minimum?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

12 In recommending this guideline, the expert group aimed for 1) a precautionary approach to minimising avoidable risks to babies2) openness about uncertainties in the evidence, particularly on the effects of low levels of drinking in pregnancy3) reasonable reassurance for women who may discover they have drunk alcohol before knowing they were pregnant Has the guideline met these aims?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

As with smoking, pregnant women should be advised to give up. The dangers from smoking far outweigh those from alcohol in moderation. Smoking should be where you are focusing your attentions. It should be illegal for pregnant women to smoke at all as this can cause serious health issues for the foetus.

Introduction

1 What is your name?

Name:

2 What is your email address?

Email:

3 What is your organisation?

Organisation:

Meltingclock

The weekly guideline as a whole

4 Is the weekly guideline for regular drinking as a whole, along with the explanation in the 'Summary of the proposed guidelines', clear and understandable?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

It is not based on any concrete medical proof and instead leans towards hysterical "headline style" decisions.

Individual parts of the weekly guideline

5 Is it clear what the guideline – along with the explanation – means, for how you can seek to reduce long term risks to your health from alcohol? Is the explanation for how the weekly guideline was chosen clear?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Besides the almost farcical use of the word "guideline" it doesn't take into account age or body weight or fitness. One-size-doesn't-fit-all is nothing but a panacea.

6 Is it clear what the guideline – along with the explanation – means, for how you can keep your health risks within a low level, if you drink on only a few days each week?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

It flies in the face of any credible study posted in ANY other country around the world and smacks of nanny state.

7 Is it clear what the guideline – along with the explanation – means? Is it clear how you could, if you wish, reduce your long term health risks below the low risk level set by the guideline?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

It flies in the face of any credible study posted in ANY other country around the world and smacks of nanny state.

8 Is it clear what the guideline – along with the explanation – means and how you could use this if you wished to reduce your drinking?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

It flies in the face of any credible study posted in ANY other country around the world and smacks of nanny state.

Single occasions of drinking

9 Is the advice – along with the explanation – on single occasions of drinking clear? Do you understand what you could do to limit health risks from any single occasion of drinking?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

It would be far more simple, and use words people understand to say "drink too much and you'll injure yourself or die of organ damage".

But nooooo, you have to cover it in loads of consultant-speak.

10 For the advice on single occasions of drinking, the expert group considered, but did not finally recommend, suggesting a specific number of units that you shouldn't drink more than on any occasion or day, for example, 7 units. They did not recommend this, for the reasons described in the box. However, there is evidence that it can be easier to follow advice with a simple number than to follow more general advice. If the health evidence justifies it, would you prefer advice on single occasions to be expressed in units?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Absolutely not.

Guideline on pregnancy and drinking

11 Is the guideline on pregnancy and drinking clear? Do you understand what a pregnant women should do to keep risks to her baby to a minimum?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

It has too much consultant-speak and should simply say "drinking whilst pregnant may injure, deform, or destroy your unborn child".

Why the heck are hundreds of words being added needlessly???

12 In recommending this guideline, the expert group aimed for 1) a precautionary approach to minimising avoidable risks to babies2) openness about uncertainties in the evidence, particularly on the effects of low levels of drinking in pregnancy3) reasonable reassurance for women who may discover they have drunk alcohol before knowing they were pregnant Has the guideline met these aims?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

It has too much consultant-speak and should simply say "drinking whilst pregnant may injure, deform, or destroy your unborn child".

Why the heck are hundreds of words being added needlessly???

Introduction

1 What is your name?

Name:

2 What is your email address?

Email:

3 What is your organisation?

Organisation:

private individual

The weekly guideline as a whole

4 Is the weekly guideline for regular drinking as a whole, along with the explanation in the 'Summary of the proposed guidelines', clear and understandable?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

The science of the proposed guidelines are being roundly lambasted as not having any serious scientific basis and that they are produced for political purposes rather than being a reasoned and well grounded scientific study. Therefore, I not only have no faith in the guidelines, but I will now disregard anything that comes out of this whole process and the department responsible, until they actually do their job rather than pander to political games. -

http://www.theregister.co.uk/2016/01/08/uk_alcohol_guidelines_are_junk_but_why/

Individual parts of the weekly guideline

5 Is it clear what the guideline – along with the explanation – means, for how you can seek to reduce long term risks to your health from alcohol? Is the explanation for how the weekly guideline was chosen clear?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

The science of the proposed guidelines are being roundly lambasted as not having any serious scientific basis and that they are produced for political purposes rather than being a reasoned and well grounded scientific study. Therefore, I not only have no faith in the guidelines, but I will now disregard anything that comes out of this whole process and the department responsible, until they actually do their job rather than pander to political games. -

http://www.theregister.co.uk/2016/01/08/uk_alcohol_guidelines_are_junk_but_why/

6 Is it clear what the guideline – along with the explanation – means, for how you can keep your health risks within a low level, if you drink on only a few days each week?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

The science of the proposed guidelines are being roundly lambasted as not having any serious scientific basis and that they are produced for political purposes rather than being a reasoned and well grounded scientific study. Therefore, I not only have no faith in the guidelines, but I will now disregard anything that comes out of this whole process and the department responsible, until they actually do their job rather than pander to political games. -

http://www.theregister.co.uk/2016/01/08/uk_alcohol_guidelines_are_junk_but_why/

7 Is it clear what the guideline – along with the explanation – means? Is it clear how you could, if you wish, reduce your long term health risks below the low risk level set by the guideline?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

The science of the proposed guidelines are being roundly lambasted as not having any serious scientific basis and that they are produced for political purposes rather than being a reasoned and well grounded scientific study. Therefore, I not only have no faith in the guidelines, but I will now disregard anything that comes out of this whole process and the department responsible, until they actually do their job rather than pander to political games. -

http://www.theregister.co.uk/2016/01/08/uk_alcohol_guidelines_are_junk_but_why/

8 Is it clear what the guideline – along with the explanation – means and how you could use this if you wished to reduce your drinking?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

The science of the proposed guidelines are being roundly lambasted as not having any serious scientific basis and that they are produced for political purposes rather than being a reasoned and well grounded scientific study. Therefore, I not only have no faith in the guidelines, but I will now disregard anything that comes out of this whole process and the department responsible, until they actually do their job rather than pander to political games. -

http://www.theregister.co.uk/2016/01/08/uk_alcohol_guidelines_are_junk_but_why/

Single occasions of drinking

9 Is the advice – along with the explanation – on single occasions of drinking clear? Do you understand what you could do to limit health risks from any single occasion of drinking?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

The science of the proposed guidelines are being roundly lambasted as not having any serious scientific basis and that they are produced for political purposes rather than being a reasoned and well grounded scientific study. Therefore, I not only have no faith in the guidelines, but I will now disregard anything that comes out of this whole process and the department responsible, until they actually do their job rather than pander to political games. -

http://www.theregister.co.uk/2016/01/08/uk_alcohol_guidelines_are_junk_but_why/

10 For the advice on single occasions of drinking, the expert group considered, but did not finally recommend, suggesting a specific number of units that you shouldn't drink more than on any occasion or day, for example, 7 units. They did not recommend this, for the reasons described in the box. However, there is evidence that it can be easier to follow advice with a simple number than to follow more general advice. If the health evidence justifies it, would you prefer advice on single occasions to be expressed in units?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

The science of the proposed guidelines are being roundly lambasted as not having any serious scientific basis and that they are produced for political purposes rather than being a reasoned and well grounded scientific study. Therefore, I not only have no faith in the guidelines, but I will now disregard anything that comes out of this whole process and the department responsible, until they actually do their job rather than pander to political games. -

http://www.theregister.co.uk/2016/01/08/uk_alcohol_guidelines_are_junk_but_why/

Guideline on pregnancy and drinking

11 Is the guideline on pregnancy and drinking clear? Do you understand what a pregnant women should do to keep risks to her baby to a minimum?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

The science of the proposed guidelines are being roundly lambasted as not having any serious scientific basis and that they are produced for political purposes rather than being a reasoned and well grounded scientific study. Therefore, I not only have no faith in the guidelines, but I will now disregard anything that comes out of this whole process and the department responsible, until they actually do their job rather than pander to political games. -

http://www.theregister.co.uk/2016/01/08/uk_alcohol_guidelines_are_junk_but_why/

12 In recommending this guideline, the expert group aimed for 1) a precautionary approach to minimising avoidable risks to babies2) openness about uncertainties in the evidence, particularly on the effects of low levels of drinking in pregnancy3) reasonable reassurance for women who may discover they have drunk alcohol before knowing they were pregnant Has the guideline met these aims?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

The science of the proposed guidelines are being roundly lambasted as not having any serious scientific basis and that they are produced for political purposes rather than being a reasoned and well grounded scientific study. Therefore, I not only have no faith in the guidelines, but I will now disregard anything that comes out of this whole process and the department responsible, until they actually do their job rather than pander to political games. -

http://www.theregister.co.uk/2016/01/08/uk_alcohol_guidelines_are_junk_but_why/

Introduction

1 What is your name?

Name:

2 What is your email address?

Email:

3 What is your organisation?

Organisation:

The weekly guideline as a whole

4 Is the weekly guideline for regular drinking as a whole, along with the explanation in the 'Summary of the proposed guidelines', clear and understandable?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Units do not necessarily mean anything to the general public. Units should be converted to amount of beer, wine, spirits that it actually means.

Individual parts of the weekly guideline

5 Is it clear what the guideline – along with the explanation – means, for how you can seek to reduce long term risks to your health from alcohol? Is the explanation for how the weekly guideline was chosen clear?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

6 Is it clear what the guideline – along with the explanation – means, for how you can keep your health risks within a low level, if you drink on only a few days each week?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

7 Is it clear what the guideline – along with the explanation – means? Is it clear how you could, if you wish, reduce your long term health risks below the low risk level set by the guideline?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

8 Is it clear what the guideline – along with the explanation – means and how you could use this if you wished to reduce your drinking?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Single occasions of drinking

9 Is the advice – along with the explanation – on single occasions of drinking clear? Do you understand what you could do to limit health risks from any single occasion of drinking?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

10 For the advice on single occasions of drinking, the expert group considered, but did not finally recommend, suggesting a specific number of units that you shouldn't drink more than on any occasion or day, for example, 7 units. They did not recommend this, for the

reasons described in the box. However, there is evidence that it can be easier to follow advice with a simple number than to follow more general advice. If the health evidence justifies it, would you prefer advice on single occasions to be expressed in units?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Not in units but the equivalent in the amount of beer, wine, spirits that it means.

Guideline on pregnancy and drinking

11 Is the guideline on pregnancy and drinking clear? Do you understand what a pregnant women should do to keep risks to her baby to a minimum?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

12 In recommending this guideline, the expert group aimed for 1) a precautionary approach to minimising avoidable risks to babies2) openness about uncertainties in the evidence, particularly on the effects of low levels of drinking in pregnancy3) reasonable reassurance for women who may discover they have drunk alcohol before knowing they were pregnant Has the guideline met these aims?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Introduction

1 What is your name?

Name:

2 What is your email address?

Email:

3 What is your organisation?

Organisation:

Private

The weekly guideline as a whole

4 Is the weekly guideline for regular drinking as a whole, along with the explanation in the 'Summary of the proposed guidelines', clear and understandable?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

The language is clear and understandable in its use, what I don't understand is how you came to these conclusions without using any evidence of studies actually done on the subject matter?

Are future policies and guidelines to be made without using evidence?

Individual parts of the weekly guideline

5 Is it clear what the guideline – along with the explanation – means, for how you can seek to reduce long term risks to your health from alcohol? Is the explanation for how the weekly guideline was chosen clear?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

There is no clear evidence for how this guideline was set, all of the evidence actually suggests that the guideline is set to be opposed to the outcome of the studies.

6 Is it clear what the guideline – along with the explanation – means, for how you can keep your health risks within a low level, if you drink on only a few days each week?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

7 Is it clear what the guideline – along with the explanation – means? Is it clear how you could, if you wish, reduce your long term health risks below the low risk level set by the guideline?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

8 Is it clear what the guideline – along with the explanation – means and how you could use this if you wished to reduce your drinking?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Single occasions of drinking

9 Is the advice – along with the explanation – on single occasions of drinking clear? Do you understand what you could do to limit health risks from any single occasion of drinking?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

10 For the advice on single occasions of drinking, the expert group considered, but did not finally recommend, suggesting a specific number of units that you shouldn't drink more than on any occasion or day, for example, 7 units. They did not recommend this, for the reasons described in the box. However, there is evidence that it can be easier to follow advice with a simple number than to follow more general advice. If the health evidence justifies it, would you prefer advice on single occasions to be expressed in units?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Guideline on pregnancy and drinking

11 Is the guideline on pregnancy and drinking clear? Do you understand what a pregnant women should do to keep risks to her baby to a minimum?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

12 In recommending this guideline, the expert group aimed for 1) a precautionary approach to minimising avoidable risks to babies2) openness about uncertainties in the evidence, particularly on the effects of low levels of drinking in pregnancy3) reasonable reassurance for women who may discover they have drunk alcohol before knowing they were pregnant Has the guideline met these aims?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Submitted to UK CMO Guidelines Review
Submitted on 2016-01-11 12:13:19

Introduction

1 What is your name?

Name:

2 What is your email address?

Email:

3 What is your organisation?

Organisation:

Private individual

The weekly guideline as a whole

4 Is the weekly guideline for regular drinking as a whole, along with the explanation in the 'Summary of the proposed guidelines', clear and understandable?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

It is incomprehensible, given the wealth of evidence that was either not looked at, or deliberately ignored in favour of specifically selected non-scientific studies that the limits should be as low as stated. The meta studies that produce the 'J graph' showing protective effect of alcohol for example. As for "no safe level", since oxygen has been shown to cause lung cancer [<https://peerj.com/articles/705/>] can we expect an edict from the CMO that there's no safe level of breathing and that we should restrict ourselves to 5 breaths per day to stop us getting cancer?

Individual parts of the weekly guideline

5 Is it clear what the guideline – along with the explanation – means, for how you can seek to reduce long term risks to your health from alcohol? Is the explanation for how the weekly guideline was chosen clear?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

As stated previously, deliberately selecting the few studies that appear to support the intended position of the CMO, and ignoring all the ones that don't, does not give validity to said position.

6 Is it clear what the guideline – along with the explanation – means, for how you can keep your health risks within a low level, if you drink on only a few days each week?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

How to make it clearer? How about by not lying about it.

7 Is it clear what the guideline – along with the explanation – means? Is it clear how you could, if you wish, reduce your long term health risks below the low risk level set by the guideline?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

See previous answers.

8 Is it clear what the guideline – along with the explanation – means and how you could use this if you wished to reduce your drinking?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

See previous answers.

Single occasions of drinking

9 Is the advice – along with the explanation – on single occasions of drinking clear? Do you understand what you could do to limit health risks from any single occasion of drinking?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

More lies and bully statism. People living longer are more of a burden on the NHS than those with "alcohol" "related" illnesses - the latter are more than well paid for by the overburdensome taxes applied to alcohol.

10 For the advice on single occasions of drinking, the expert group considered, but did not finally recommend, suggesting a specific number of units that you shouldn't drink more than on any occasion or day, for example, 7 units. They did not recommend this, for the reasons described in the box. However, there is evidence that it can be easier to follow advice with a simple number than to follow more general advice. If the health evidence justifies it, would you prefer advice on single occasions to be expressed in units?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Because it's all based upon policy-based evidence and full of holes to begin with. And this "advice" shouldn't be presented as "hard-limits" as it is currently.

Guideline on pregnancy and drinking

11 Is the guideline on pregnancy and drinking clear? Do you understand what a pregnant women should do to keep risks to her baby to a minimum?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

"Women who find out they are pregnant after already having drunk during early pregnancy, should avoid further drinking, but should be aware that it is unlikely in most cases that their baby has been affected. "

So - drinking while pregnant is "unlikely" to have any bad effect. Why bother having a "no drinking while pregnant" rule then? This is the state interfering where it shouldn't be. Again.

12 In recommending this guideline, the expert group aimed for 1) a precautionary approach to minimising avoidable risks to babies2) openness about uncertainties in the evidence, particularly on the effects of low levels of drinking in pregnancy3) reasonable reassurance for women who may discover they have drunk alcohol before knowing they were pregnant Has the guideline met these aims?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

"openness about uncertainties in the evidence": Fails miserably.

Submitted to UK CMO Guidelines Review
Submitted on 2016-01-11 12:23:14

Introduction

1 What is your name?

Name:

2 What is your email address?

Email:

3 What is your organisation?

Organisation:

None

The weekly guideline as a whole

4 Is the weekly guideline for regular drinking as a whole, along with the explanation in the 'Summary of the proposed guidelines', clear and understandable?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Individual parts of the weekly guideline

5 Is it clear what the guideline – along with the explanation – means, for how you can seek to reduce long term risks to your health from alcohol? Is the explanation for how the weekly guideline was chosen clear?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

You have distorted the facts to follow your own agenda, ignoring any number of actual, medically endorsed studies

6 Is it clear what the guideline – along with the explanation – means, for how you can keep your health risks within a low level, if you drink on only a few days each week?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Not applicable as the facts are incorrect

7 Is it clear what the guideline – along with the explanation – means? Is it clear how you could, if you wish, reduce your long term health risks below the low risk level set by the guideline?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Yes

It means the person doing the study had a personal agenda to follow, ignoring the good of the public

8 Is it clear what the guideline – along with the explanation – means and how you could use this if you wished to reduce your drinking?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

If I wished to reduce my drinking I would do so based on science, not something generated on incomplete data

Single occasions of drinking

9 Is the advice – along with the explanation – on single occasions of drinking clear? Do you understand what you could do to limit health risks from any single occasion of drinking?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Not applicable

10 For the advice on single occasions of drinking, the expert group considered, but did not finally recommend, suggesting a specific number of units that you shouldn't drink more than on any occasion or day, for example, 7 units. They did not recommend this, for the reasons described in the box. However, there is evidence that it can be easier to follow advice with a simple number than to follow more general advice. If the health evidence justifies it, would you prefer advice on single occasions to be expressed in units?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

There is no evidence of this

Guideline on pregnancy and drinking

11 Is the guideline on pregnancy and drinking clear? Do you understand what a pregnant women should do to keep risks to her baby to a minimum?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

But with the caveat the facts used are not proven

12 In recommending this guideline, the expert group aimed for 1) a precautionary approach to minimising avoidable risks to babies2) openness about uncertainties in the evidence, particularly on the effects of low levels of drinking in pregnancy3) reasonable reassurance for women who may discover they have drunk alcohol before knowing they were pregnant Has the guideline met these aims?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

But with the caveat the facts used are not proven

Introduction

1 What is your name?

Name:

2 What is your email address?

Email:

3 What is your organisation?

Organisation:

NHS / GP

The weekly guideline as a whole

4 Is the weekly guideline for regular drinking as a whole, along with the explanation in the 'Summary of the proposed guidelines', clear and understandable?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Total units. Very clear and good to have removed the variation between men and women, maybe making clear that it relates to a 1:100 risk of alcohol related mortality would be clearer as it has been when discussed with patients over the past week.

The advice about what heavy drinking is needs to be more specific, heavy to many is 10 pints or a bottle of wine, not 2-3 pints or half a bottle as is the new advice appears to suggest.

Clarify risk rather than just increasing

Individual parts of the weekly guideline

5 Is it clear what the guideline – along with the explanation – means, for how you can seek to reduce long term risks to your health from alcohol? Is the explanation for how the weekly guideline was chosen clear?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

yes but comparitors to other risks undertaken regularly might be useful eg RTA

6 Is it clear what the guideline – along with the explanation – means, for how you can keep your health risks within a low level, if you drink on only a few days each week?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

7 Is it clear what the guideline – along with the explanation – means? Is it clear how you could, if you wish, reduce your long term health risks below the low risk level set by the guideline?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

8 Is it clear what the guideline – along with the explanation – means and how you could use this if you wished to reduce your drinking?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Single occasions of drinking

9 Is the advice – along with the explanation – on single occasions of drinking clear? Do you understand what you could do to limit health risks from any single occasion of drinking?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Low level is too arbitrary and variable between people

I feel it would benefit from a unit guideline

10 For the advice on single occasions of drinking, the expert group considered, but did not finally recommend, suggesting a specific number of units that you shouldn't drink more than on any occasion or day, for example, 7 units. They did not recommend this, for the reasons described in the box. However, there is evidence that it can be easier to follow advice with a simple number than to follow more general advice. If the health evidence justifies it, would you prefer advice on single occasions to be expressed in units?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Yes as above too much ambiguity in what is otherwise v clear guidelines based on units.

Guideline on pregnancy and drinking

11 Is the guideline on pregnancy and drinking clear? Do you understand what a pregnant women should do to keep risks to her baby to a minimum?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

12 In recommending this guideline, the expert group aimed for 1) a precautionary approach to minimising avoidable risks to babies2) openness about uncertainties in the evidence, particularly on the effects of low levels of drinking in pregnancy3) reasonable reassurance for women who may discover they have drunk alcohol before knowing they were pregnant Has the guideline met these aims?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Submitted to UK CMO Guidelines Review
Submitted on 2016-01-14 12:17:30

Introduction

1 What is your name?

Name:

2 What is your email address?

Email:

3 What is your organisation?

Organisation:
Renewal Centre

The weekly guideline as a whole

4 Is the weekly guideline for regular drinking as a whole, along with the explanation in the 'Summary of the proposed guidelines', clear and understandable?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Individual parts of the weekly guideline

5 Is it clear what the guideline – along with the explanation – means, for how you can seek to reduce long term risks to your health from alcohol? Is the explanation for how the weekly guideline was chosen clear?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

6 Is it clear what the guideline – along with the explanation – means, for how you can keep your health risks within a low level, if you drink on only a few days each week?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

7 Is it clear what the guideline – along with the explanation – means? Is it clear how you could, if you wish, reduce your long term health risks below the low risk level set by the guideline?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

8 Is it clear what the guideline – along with the explanation – means and how you could use this if you wished to reduce your drinking?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Single occasions of drinking

9 Is the advice – along with the explanation – on single occasions of drinking clear? Do you understand what you could do to limit health risks from any single occasion of drinking?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

This is obscure. Each individual's size and metabolism are different and alcohol affects the brain and as a result there is no defined measure to be safe. Decision

making becomes 'blurred'.

10 For the advice on single occasions of drinking, the expert group considered, but did not finally recommend, suggesting a specific number of units that you shouldn't drink more than on any occasion or day, for example, 7 units. They did not recommend this, for the reasons described in the box. However, there is evidence that it can be easier to follow advice with a simple number than to follow more general advice. If the health evidence justifies it, would you prefer advice on single occasions to be expressed in units?

Not Answered

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

See previous comment

Guideline on pregnancy and drinking

11 Is the guideline on pregnancy and drinking clear? Do you understand what a pregnant women should do to keep risks to her baby to a minimum?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

In a TV documentary programme the doctor on screen advised that pre-conception no drinking of alcohol was advisable. Many countries recommend no drinking during pregnancy but it sometimes takes some months before pregnancy is recognised when the early development of the foetus is critical.

12 In recommending this guideline, the expert group aimed for 1) a precautionary approach to minimising avoidable risks to babies2) openness about uncertainties in the evidence, particularly on the effects of low levels of drinking in pregnancy3) reasonable reassurance for women who may discover they have drunk alcohol before knowing they were pregnant Has the guideline met these aims?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Too much 'either/or' and if you are a drinker then the facts can be 'twisted' to suit the person in this position.

Introduction

1 What is your name?

Name:

[REDACTED]

2 What is your email address?

Email:

3 What is your organisation?

Organisation:

N/A

The weekly guideline as a whole

4 Is the weekly guideline for regular drinking as a whole, along with the explanation in the 'Summary of the proposed guidelines', clear and understandable?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Individual parts of the weekly guideline

5 Is it clear what the guideline – along with the explanation – means, for how you can seek to reduce long term risks to your health from alcohol? Is the explanation for how the weekly guideline was chosen clear?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

6 Is it clear what the guideline – along with the explanation – means, for how you can keep your health risks within a low level, if you drink on only a few days each week?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

7 Is it clear what the guideline – along with the explanation – means? Is it clear how you could, if you wish, reduce your long term health risks below the low risk level set by the guideline?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

8 Is it clear what the guideline – along with the explanation – means and how you could use this if you wished to reduce your drinking?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Single occasions of drinking

9 Is the advice – along with the explanation – on single occasions of drinking clear? Do you understand what you could do to limit health risks from any single occasion of drinking?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

10 For the advice on single occasions of drinking, the expert group considered, but did not finally recommend, suggesting a specific number of units that you shouldn't drink more than on any occasion or day, for example, 7 units. They did not recommend this, for the reasons described in the box. However, there is evidence that it can be easier to follow advice with a simple number than to follow more general advice. If the health evidence justifies it, would you prefer advice on single occasions to be expressed in units?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Yes, I think that the general public will react better to a number being put on this.

Guideline on pregnancy and drinking

11 Is the guideline on pregnancy and drinking clear? Do you understand what a pregnant women should do to keep risks to her baby to a minimum?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

12 In recommending this guideline, the expert group aimed for 1) a precautionary approach to minimising avoidable risks to babies2) openness about uncertainties in the evidence, particularly on the effects of low levels of drinking in pregnancy3) reasonable reassurance for women who may discover they have drunk alcohol before knowing they were pregnant Has the guideline met these aims?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

I think that the advice is and has always been overcautious and risks women discounting it altogether, whereas suggesting a limit of 1-2 units per week/month might seem a more reasonable limit that high risk women might be more likely to consider. it's far more important to decrease the risk to babies of women who drink well in excess of all guidelines than to terrify the women who would only drink 1-2 units a week anyway.

Introduction

1 What is your name?

Name:

2 What is your email address?

Email:

3 What is your organisation?

Organisation:
NHS GPSTR

The weekly guideline as a whole

4 Is the weekly guideline for regular drinking as a whole, along with the explanation in the 'Summary of the proposed guidelines', clear and understandable?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Individual parts of the weekly guideline

5 Is it clear what the guideline – along with the explanation – means, for how you can seek to reduce long term risks to your health from alcohol? Is the explanation for how the weekly guideline was chosen clear?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

6 Is it clear what the guideline – along with the explanation – means, for how you can keep your health risks within a low level, if you drink on only a few days each week?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

7 Is it clear what the guideline – along with the explanation – means? Is it clear how you could, if you wish, reduce your long term health risks below the low risk level set by the guideline?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

8 Is it clear what the guideline – along with the explanation – means and how you could use this if you wished to reduce your drinking?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Single occasions of drinking

9 Is the advice – along with the explanation – on single occasions of drinking clear? Do you understand what you could do to limit health risks from any single occasion of drinking?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

I much prefer this advice on single sessions because it treats individuals like adults and leaves it to them on how they want to responsibly spread their alcohol

throughout the week.

10 For the advice on single occasions of drinking, the expert group considered, but did not finally recommend, suggesting a specific number of units that you shouldn't drink more than on any occasion or day, for example, 7 units. They did not recommend this, for the reasons described in the box. However, there is evidence that it can be easier to follow advice with a simple number than to follow more general advice. If the health evidence justifies it, would you prefer advice on single occasions to be expressed in units?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

I much prefer this advice on single sessions because it treats individuals like adults and leaves it to them on how they want to responsibly spread their alcohol throughout the week.

Guideline on pregnancy and drinking

11 Is the guideline on pregnancy and drinking clear? Do you understand what a pregnant woman should do to keep risks to her baby to a minimum?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

12 In recommending this guideline, the expert group aimed for 1) a precautionary approach to minimising avoidable risks to babies 2) openness about uncertainties in the evidence, particularly on the effects of low levels of drinking in pregnancy 3) reasonable reassurance for women who may discover they have drunk alcohol before knowing they were pregnant. Has the guideline met these aims?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Introduction

1 What is your name?

Name:

2 What is your email address?

Email:

3 What is your organisation?

Organisation:

NHS/King's College London

The weekly guideline as a whole

4 Is the weekly guideline for regular drinking as a whole, along with the explanation in the 'Summary of the proposed guidelines', clear and understandable?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Individual parts of the weekly guideline

5 Is it clear what the guideline – along with the explanation – means, for how you can seek to reduce long term risks to your health from alcohol? Is the explanation for how the weekly guideline was chosen clear?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

6 Is it clear what the guideline – along with the explanation – means, for how you can keep your health risks within a low level, if you drink on only a few days each week?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

7 Is it clear what the guideline – along with the explanation – means? Is it clear how you could, if you wish, reduce your long term health risks below the low risk level set by the guideline?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

8 Is it clear what the guideline – along with the explanation – means and how you could use this if you wished to reduce your drinking?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Single occasions of drinking

9 Is the advice – along with the explanation – on single occasions of drinking clear? Do you understand what you could do to limit health risks from any single occasion of drinking?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

10 For the advice on single occasions of drinking, the expert group considered, but did not finally recommend, suggesting a specific number of units that you shouldn't drink more than on any occasion or day, for example, 7 units. They did not recommend this, for the reasons described in the box. However, there is evidence that it can be easier to follow advice with a simple number than to follow more general advice. If the health evidence justifies it, would you prefer advice on single occasions to be expressed in units?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Guideline on pregnancy and drinking

11 Is the guideline on pregnancy and drinking clear? Do you understand what a pregnant women should do to keep risks to her baby to a minimum?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

12 In recommending this guideline, the expert group aimed for 1) a precautionary approach to minimising avoidable risks to babies2) openness about uncertainties in the evidence, particularly on the effects of low levels of drinking in pregnancy3) reasonable reassurance for women who may discover they have drunk alcohol before knowing they were pregnant Has the guideline met these aims?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

ADDITIONAL NOTE: If alcohol advice concerns pregnancy, I believe it should also concern breastfeeding. As a mother and student midwife of three years, I believe this is necessary, both for me and my peers (new mums), and for the women I care for in the postnatal period. In an age where exclusive breastfeeding for six months is widely promoted, women often ask about safe levels of consumption during breastfeeding. There's no clear consensus coming from the DoH. I fear that by omitting breastfeeding from the advice, the impression given is that alcohol consumption during breastfeeding is not an issue. An MSc in Public Health has given me ample evidence of the long-term benefits of such health messaging for a growing sector of the population (in this case, breastfeeding mothers). My number is 07771 643282. Many thanks.

Introduction

1 What is your name?

Name:

2 What is your email address?

Email:

3 What is your organisation?

Organisation:

My personal view

The weekly guideline as a whole

4 Is the weekly guideline for regular drinking as a whole, along with the explanation in the 'Summary of the proposed guidelines', clear and understandable?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Individual parts of the weekly guideline

5 Is it clear what the guideline – along with the explanation – means, for how you can seek to reduce long term risks to your health from alcohol? Is the explanation for how the weekly guideline was chosen clear?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

6 Is it clear what the guideline – along with the explanation – means, for how you can keep your health risks within a low level, if you drink on only a few days each week?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

7 Is it clear what the guideline – along with the explanation – means? Is it clear how you could, if you wish, reduce your long term health risks below the low risk level set by the guideline?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

8 Is it clear what the guideline – along with the explanation – means and how you could use this if you wished to reduce your drinking?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Single occasions of drinking

9 Is the advice – along with the explanation – on single occasions of drinking clear? Do you understand what you could do to limit health risks from any single occasion of drinking?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

10 For the advice on single occasions of drinking, the expert group considered, but did not finally recommend, suggesting a specific number of units that you shouldn't drink more than on any occasion or day, for example, 7 units. They did not recommend this, for the reasons described in the box. However, there is evidence that it can be easier to follow advice with a simple number than to follow more general advice. If the health evidence justifies it, would you prefer advice on single occasions to be expressed in units?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Guideline on pregnancy and drinking

11 Is the guideline on pregnancy and drinking clear? Do you understand what a pregnant women should do to keep risks to her baby to a minimum?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

12 In recommending this guideline, the expert group aimed for 1) a precautionary approach to minimising avoidable risks to babies2) openness about uncertainties in the evidence, particularly on the effects of low levels of drinking in pregnancy3) reasonable reassurance for women who may discover they have drunk alcohol before knowing they were pregnant Has the guideline met these aims?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Introduction

1 What is your name?

Name:

2 What is your email address?

Email:

3 What is your organisation?

Organisation:

None

The weekly guideline as a whole

4 Is the weekly guideline for regular drinking as a whole, along with the explanation in the 'Summary of the proposed guidelines', clear and understandable?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Individual parts of the weekly guideline

5 Is it clear what the guideline – along with the explanation – means, for how you can seek to reduce long term risks to your health from alcohol? Is the explanation for how the weekly guideline was chosen clear?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

The relationship between alcohol intake and health risk is not quantified. Nor is the risk put in the context of other lifestyle risks, making it difficult for the public to understand the level of risk alcohol implies for them.

What is most worrisome about this guidance is that the risk of drinking "too much" is not quantified. How the risk increases with increased levels of consumption is not quantified. The health benefits of moderate drinking seems to have been airbrushed out of the picture completely, which undermines the credibility of the advice.

Most worrying from the perspective of the usefulness of the advice for the general public, is the lack of any attempt to relate the risk of alcohol to other risks. For example: the cancer risk due to an hour's sunbathing a week, is that higher or lower than a bottle of wine a day? Is the risk of 2 litres of sugary drink more of a risk than 2 pints of beer a day? Without relating the alcohol to other risks the general public are left with no idea how the risks of alcohol compare to any other risks. Now, if you tell us you're 10 times more likely to get cancer from a pint than from a bottle of pop, you'll get people's attention. If you tell the truth and say the risk of a pint is a tenth the risk of a bottle of sugary pop your advice will get the reception it deserves.

6 Is it clear what the guideline – along with the explanation – means, for how you can keep your health risks within a low level, if you drink on only a few days each week?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

No. The 'risk' is not quantified and is thus meaningless. There is no way for anyone to know how much risk they are taking for any given level of alcohol intake.

7 Is it clear what the guideline – along with the explanation – means? Is it clear how you could, if you wish, reduce your long term health risks below the low risk level set by the guideline?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

No, it is not clear from the evidence presented what the risk is. The risk is not quantified for any given level of alcohol intake.

8 Is it clear what the guideline – along with the explanation – means and how you could use this if you wished to reduce your drinking?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

No, it is not at all clear.

Single occasions of drinking

9 Is the advice – along with the explanation – on single occasions of drinking clear? Do you understand what you could do to limit health risks from any single occasion of drinking?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

No, it is not at all clear, except for the bleedin' obvious, for example that if you get too drunk you might fall over and injure yourself. But we really did not need a government study to tell us that.

10 For the advice on single occasions of drinking, the expert group considered, but did not finally recommend, suggesting a specific number of units that you shouldn't drink more than on any occasion or day, for example, 7 units. They did not recommend this, for the reasons described in the box. However, there is evidence that it can be easier to follow advice with a simple number than to follow more general advice. If the health evidence justifies it, would you prefer advice on single occasions to be expressed in units?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

No. Neither I nor a majority of the UK's population need this kind of advice.

Guideline on pregnancy and drinking

11 Is the guideline on pregnancy and drinking clear? Do you understand what a pregnant women should do to keep risks to her baby to a minimum?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

12 In recommending this guideline, the expert group aimed for 1) a precautionary approach to minimising avoidable risks to babies2) openness about uncertainties in the evidence, particularly on the effects of low levels of drinking in pregnancy3) reasonable reassurance for women who may discover they have drunk alcohol before knowing they were pregnant Has the guideline met these aims?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Submitted to UK CMO Guidelines Review
Submitted on 2016-01-22 15:59:12

Introduction

1 What is your name?

Name:

2 What is your email address?

Email:

3 What is your organisation?

Organisation:
Camden Council

The weekly guideline as a whole

4 Is the weekly guideline for regular drinking as a whole, along with the explanation in the 'Summary of the proposed guidelines', clear and understandable?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

The guidance around spreading rinks over 3 days or more is clear. However, the guidance around 'one or two heavy drinking' sessions would need more time context - is this in a week (in which case person would probably be drinking over the recommended units in any case), once or twice a month, or longer time period.

Individual parts of the weekly guideline

5 Is it clear what the guideline – along with the explanation – means, for how you can seek to reduce long term risks to your health from alcohol? Is the explanation for how the weekly guideline was chosen clear?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

The section "If you have one or two heavy drinking sessions, you increase your risks of death from long term illnesses and from accidents and injuries." is not clear - over what time period. What is considered a heaving drinking session - e.g. having 7 units in one go? There seems to be a gap between max 14 units in a week over more than 3 days, and one or two heavy drinking sessions.

6 Is it clear what the guideline – along with the explanation – means, for how you can keep your health risks within a low level, if you drink on only a few days each week?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

7 Is it clear what the guideline – along with the explanation – means? Is it clear how you could, if you wish, reduce your long term health risks below the low risk level set by the guideline?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

8 Is it clear what the guideline – along with the explanation – means and how you could use this if you wished to reduce your drinking?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Single occasions of drinking

9 Is the advice – along with the explanation – on single occasions of drinking clear? Do you understand what you could do to limit health risks from any single occasion of drinking?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

10 For the advice on single occasions of drinking, the expert group considered, but did not finally recommend, suggesting a specific number of units that you shouldn't drink more than on any occasion or day, for example, 7 units. They did not recommend this, for the reasons described in the box. However, there is evidence that it can be easier to follow advice with a simple number than to follow more general advice. If the health evidence justifies it, would you prefer advice on single occasions to be expressed in units?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

For the reasons already outlined in the box above (comments from the expert group), also as people tend to significantly underestimate how many units drinks contain, and this can in turn encourage people to drink at unsafe levels.

Guideline on pregnancy and drinking

11 Is the guideline on pregnancy and drinking clear? Do you understand what a pregnant women should do to keep risks to her baby to a minimum?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

12 In recommending this guideline, the expert group aimed for 1) a precautionary approach to minimising avoidable risks to babies2) openness about uncertainties in the evidence, particularly on the effects of low levels of drinking in pregnancy3) reasonable reassurance for women who may discover they have drunk alcohol before knowing they were pregnant Has the guideline met these aims?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Submitted to UK CMO Guidelines Review
Submitted on 2016-01-23 12:06:53

Introduction

1 What is your name?

Name:

2 What is your email address?

Email:

3 What is your organisation?

Organisation:

www.thelifeclectic.co.uk

The weekly guideline as a whole

4 Is the weekly guideline for regular drinking as a whole, along with the explanation in the 'Summary of the proposed guidelines', clear and understandable?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Individual parts of the weekly guideline

5 Is it clear what the guideline – along with the explanation – means, for how you can seek to reduce long term risks to your health from alcohol? Is the explanation for how the weekly guideline was chosen clear?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

6 Is it clear what the guideline – along with the explanation – means, for how you can keep your health risks within a low level, if you drink on only a few days each week?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

7 Is it clear what the guideline – along with the explanation – means? Is it clear how you could, if you wish, reduce your long term health risks below the low risk level set by the guideline?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

8 Is it clear what the guideline – along with the explanation – means and how you could use this if you wished to reduce your drinking?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Single occasions of drinking

9 Is the advice – along with the explanation – on single occasions of drinking clear? Do you understand what you could do to limit health risks from any single occasion of drinking?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

10 For the advice on single occasions of drinking, the expert group considered, but did not finally recommend, suggesting a specific number of units that you shouldn't drink more than on any occasion or day, for example, 7 units. They did not recommend this, for the reasons described in the box. However, there is evidence that it can be easier to follow advice with a simple number than to follow more general advice. If the health evidence justifies it, would you prefer advice on single occasions to be expressed in units?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

I believe that giving a number would give some people the idea that it is okay to drink up to that number of units in any drinking session.

I think pressure should've brought on the industry to reduce the alcohol level of all their drinks by 50%.

Guideline on pregnancy and drinking

11 Is the guideline on pregnancy and drinking clear? Do you understand what a pregnant women should do to keep risks to her baby to a minimum?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

12 In recommending this guideline, the expert group aimed for 1) a precautionary approach to minimising avoidable risks to babies2) openness about uncertainties in the evidence, particularly on the effects of low levels of drinking in pregnancy3) reasonable reassurance for women who may discover they have drunk alcohol before knowing they were pregnant Has the guideline met these aims?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Submitted to UK CMO Guidelines Review
Submitted on 2016-01-25 09:32:35

Introduction

1 What is your name?

Name:

2 What is your email address?

Email:

3 What is your organisation?

Organisation:

london borough of barking and dagenham

The weekly guideline as a whole

4 Is the weekly guideline for regular drinking as a whole, along with the explanation in the 'Summary of the proposed guidelines', clear and understandable?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Individual parts of the weekly guideline

5 Is it clear what the guideline – along with the explanation – means, for how you can seek to reduce long term risks to your health from alcohol? Is the explanation for how the weekly guideline was chosen clear?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

6 Is it clear what the guideline – along with the explanation – means, for how you can keep your health risks within a low level, if you drink on only a few days each week?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

7 Is it clear what the guideline – along with the explanation – means? Is it clear how you could, if you wish, reduce your long term health risks below the low risk level set by the guideline?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

8 Is it clear what the guideline – along with the explanation – means and how you could use this if you wished to reduce your drinking?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Single occasions of drinking

9 Is the advice – along with the explanation – on single occasions of drinking clear? Do you understand what you could do to limit health risks from any single occasion of drinking?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

10 For the advice on single occasions of drinking, the expert group considered, but did not finally recommend, suggesting a specific number of units that you shouldn't drink more than on any occasion or day, for example, 7 units. They did not recommend this, for the reasons described in the box. However, there is evidence that it can be easier to follow advice with a simple number than to follow more general advice. If the health evidence justifies it, would you prefer advice on single occasions to be expressed in units?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Guideline on pregnancy and drinking

11 Is the guideline on pregnancy and drinking clear? Do you understand what a pregnant women should do to keep risks to her baby to a minimum?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

12 In recommending this guideline, the expert group aimed for 1) a precautionary approach to minimising avoidable risks to babies2) openness about uncertainties in the evidence, particularly on the effects of low levels of drinking in pregnancy3) reasonable reassurance for women who may discover they have drunk alcohol before knowing they were pregnant Has the guideline met these aims?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Introduction

1 What is your name?

Name:

2 What is your email address?

Email:

3 What is your organisation?

Organisation:

The weekly guideline as a whole

4 Is the weekly guideline for regular drinking as a whole, along with the explanation in the 'Summary of the proposed guidelines', clear and understandable?

Not Answered

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Individual parts of the weekly guideline

5 Is it clear what the guideline – along with the explanation – means, for how you can seek to reduce long term risks to your health from alcohol? Is the explanation for how the weekly guideline was chosen clear?

Not Answered

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

6 Is it clear what the guideline – along with the explanation – means, for how you can keep your health risks within a low level, if you drink on only a few days each week?

Not Answered

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

7 Is it clear what the guideline – along with the explanation – means? Is it clear how you could, if you wish, reduce your long term health risks below the low risk level set by the guideline?

Not Answered

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

8 Is it clear what the guideline – along with the explanation – means and how you could use this if you wished to reduce your drinking?

Not Answered

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Single occasions of drinking

9 Is the advice – along with the explanation – on single occasions of drinking clear? Do you understand what you could do to limit health risks from any single occasion of drinking?

Not Answered

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

10 For the advice on single occasions of drinking, the expert group considered, but did not finally recommend, suggesting a specific number of units that you shouldn't drink more than on any occasion or day, for example, 7 units. They did not recommend this, for the reasons described in the box. However, there is evidence that it can be easier to follow advice with a simple number than to follow more

general advice. If the health evidence justifies it, would you prefer advice on single occasions to be expressed in units?

Not Answered

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Guideline on pregnancy and drinking

11 Is the guideline on pregnancy and drinking clear? Do you understand what a pregnant women should do to keep risks to her baby to a minimum?

Not Answered

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

12 In recommending this guideline, the expert group aimed for 1) a precautionary approach to minimising avoidable risks to babies2) openness about uncertainties in the evidence, particularly on the effects of low levels of drinking in pregnancy3) reasonable reassurance for women who may discover they have drunk alcohol before knowing they were pregnant Has the guideline met these aims?

Not Answered

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Submitted to UK CMO Guidelines Review
Submitted on 2016-01-26 10:26:37

Introduction

1 What is your name?

Name:

[REDACTED]

2 What is your email address?

Email:

[REDACTED]

3 What is your organisation?

Organisation:

Hertfordshire County Council

The weekly guideline as a whole

4 Is the weekly guideline for regular drinking as a whole, along with the explanation in the 'Summary of the proposed guidelines', clear and understandable?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Individual parts of the weekly guideline

5 Is it clear what the guideline – along with the explanation – means, for how you can seek to reduce long term risks to your health from alcohol? Is the explanation for how the weekly guideline was chosen clear?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

For Professionals it would be helpful to have a link to the evidence behind these new guidelines as all we are being told is that they have resulted from advice from 'an expert group'.

6 Is it clear what the guideline – along with the explanation – means, for how you can keep your health risks within a low level, if you drink on only a few days each week?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

7 Is it clear what the guideline – along with the explanation – means? Is it clear how you could, if you wish, reduce your long term health risks below the low risk level set by the guideline?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

'there is no level of regular drinking that can be considered as completely safe.'

We are pleased to see this statement

8 Is it clear what the guideline – along with the explanation – means and how you could use this if you wished to reduce your drinking?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Single occasions of drinking

9 Is the advice – along with the explanation – on single occasions of drinking clear? Do you understand what you could do to limit health risks from any single occasion of drinking?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

10 For the advice on single occasions of drinking, the expert group considered, but did not finally recommend, suggesting a specific number of units that you shouldn't drink more than on any occasion or day, for example, 7 units. They did not recommend this, for the reasons described in the box. However, there is evidence that it can be easier to follow advice with a simple number than to follow more general advice. If the health evidence justifies it, would you prefer advice on single occasions to be expressed in units?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

If there is clear evidence to determine what that number of units should be

Guideline on pregnancy and drinking

11 Is the guideline on pregnancy and drinking clear? Do you understand what a pregnant women should do to keep risks to her baby to a minimum?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

We welcome the guidance that no alcohol during pregnancy is the safest option. It is with some concern that 41% of women drink alcohol during pregnancy - could this group be targetted more effectively as with smoking and pregnancy?

12 In recommending this guideline, the expert group aimed for 1) a precautionary approach to minimising avoidable risks to babies2) openness about uncertainties in the evidence, particularly on the effects of low levels of drinking in pregnancy3) reasonable reassurance for women who may discover they have drunk alcohol before knowing they were pregnant Has the guideline met these aims?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Introduction

1 What is your name?

Name:

2 What is your email address?

Email:

3 What is your organisation?

Organisation:

Retired Engineer- B Eng, M I Mech E

The weekly guideline as a whole

4 Is the weekly guideline for regular drinking as a whole, along with the explanation in the 'Summary of the proposed guidelines', clear and understandable?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Individual parts of the weekly guideline

5 Is it clear what the guideline – along with the explanation – means, for how you can seek to reduce long term risks to your health from alcohol? Is the explanation for how the weekly guideline was chosen clear?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

The Guideline is absolutely 100% clear, which I do not dispute. However if the scientific evidence were published simultaneously, then this would give the recommendation considerably more impact. My view is that the public no longer accept bland statements including 'expert evidence'. Please explain from where, and what precisely is the evidence to change the guidelines.

6 Is it clear what the guideline – along with the explanation – means, for how you can keep your health risks within a low level, if you drink on only a few days each week?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

7 Is it clear what the guideline – along with the explanation – means? Is it clear how you could, if you wish, reduce your long term health risks below the low risk level set by the guideline?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

8 Is it clear what the guideline – along with the explanation – means and how you could use this if you wished to reduce your drinking?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Single occasions of drinking

9 Is the advice – along with the explanation – on single occasions of drinking clear? Do you understand what you could do to limit health risks from any single occasion of drinking?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

10 For the advice on single occasions of drinking, the expert group considered, but did not finally recommend, suggesting a specific number of units that you shouldn't drink more than on any occasion or day, for example, 7 units. They did not recommend this, for the reasons described in the box. However, there is evidence that it can be easier to follow advice with a simple number than to follow more general advice. If the health evidence justifies it, would you prefer advice on single occasions to be expressed in units?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Guideline on pregnancy and drinking

11 Is the guideline on pregnancy and drinking clear? Do you understand what a pregnant women should do to keep risks to her baby to a minimum?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

12 In recommending this guideline, the expert group aimed for 1) a precautionary approach to minimising avoidable risks to babies2) openness about uncertainties in the evidence, particularly on the effects of low levels of drinking in pregnancy3) reasonable reassurance for women who may discover they have drunk alcohol before knowing they were pregnant Has the guideline met these aims?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Submitted to **UK CMO Guidelines Review**
Submitted on **2016-01-27 16:36:44**

Introduction

1 What is your name?

Name:

2 What is your email address?

Email:

3 What is your organisation?

Organisation:

Royal Borough of Greenwich

The weekly guideline as a whole

4 Is the weekly guideline for regular drinking as a whole, along with the explanation in the 'Summary of the proposed guidelines', clear and understandable?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Second bullet point I think it would be helpful to provide some definition of heavy drinking - is the guidance as before, that 6 units in one day would count as "heavy" drinking. Is there a different way of expressing this - I think public perception of what is "heavy" or "binge" is a some distance from 6 units. Perhaps better not to use either word, so the guidance would say "If you drink more than six units in one session, you increase your risk of death from long term illness and from accidents and injuries"

Individual parts of the weekly guideline

5 Is it clear what the guideline – along with the explanation – means, for how you can seek to reduce long term risks to your health from alcohol? Is the explanation for how the weekly guideline was chosen clear?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

See response to question 4. I think it could be further ammended to say add if you "If you regularly have more than 6 units in one session" as without the more detailed explanation it suggests that just one or two of these sessions increases risks - well by how much if you just do this once or twice a year. It may need separating out into increasing risk of death and long term illness (with regular "heavy" drinking) and accidents and injuries, where risk is increased on any occassion of "heavy" drinking.

6 Is it clear what the guideline – along with the explanation – means, for how you can keep your health risks within a low level, if you drink on only a few days each week?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

7 Is it clear what the guideline – along with the explanation – means? Is it clear how you could, if you wish, reduce your long term health risks below the low risk level set by the guideline?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

If you do drink, the less you drink, including having days when you don't drink, the lower the risks or impact on your health

8 Is it clear what the guideline – along with the explanation – means and how you could use this if you wished to reduce your drinking?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Single occasions of drinking

9 Is the advice – along with the explanation – on single occasions of drinking clear? Do you understand what you could do to limit health risks from any single occasion of drinking?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Small semantic issue - if you don't judge the risks from how you drink correctly, could be understood as there is a correct way to drink, surely the issue is to judge the risks correctly

10 For the advice on single occasions of drinking, the expert group considered, but did not finally recommend, suggesting a specific number of units that you shouldn't drink more than on any occasion or day, for example, 7 units. They did not recommend this, for the reasons described in the box. However, there is evidence that it can be easier to follow advice with a simple number than to follow more general advice. If the health evidence justifies it, would you prefer advice on single occasions to be expressed in units?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

I do think it is helpful to have a guidance limit in relation to higher level drinking in one session, or perhaps the range of 5-7 in a single session, but I recognise the difficulty

Guideline on pregnancy and drinking

11 Is the guideline on pregnancy and drinking clear? Do you understand what a pregnant women should do to keep risks to her baby to a minimum?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

12 In recommending this guideline, the expert group aimed for 1) a precautionary approach to minimising avoidable risks to babies2) openness about uncertainties in the evidence, particularly on the effects of low levels of drinking in pregnancy3) reasonable reassurance for women who may discover they have drunk alcohol before knowing they were pregnant Has the guideline met these aims?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Introduction

1 What is your name?

Name:

2 What is your email address?

Email:

3 What is your organisation?

Organisation:

Private individual

The weekly guideline as a whole

4 Is the weekly guideline for regular drinking as a whole, along with the explanation in the 'Summary of the proposed guidelines', clear and understandable?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

If, with one limited exception, the consumption of alcohol is as clearly detrimental to health as the new guidelines indicate, surely the only advice the guidelines can give is to abstain from alcohol altogether? To appear to encourage the consumption of any alcohol at all is inconsistent with the evidence cited of the harm it causes.

Individual parts of the weekly guideline

5 Is it clear what the guideline – along with the explanation – means, for how you can seek to reduce long term risks to your health from alcohol? Is the explanation for how the weekly guideline was chosen clear?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

See answer to 4, above.

6 Is it clear what the guideline – along with the explanation – means, for how you can keep your health risks within a low level, if you drink on only a few days each week?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

See answer to 4, above.

7 Is it clear what the guideline – along with the explanation – means? Is it clear how you could, if you wish, reduce your long term health risks below the low risk level set by the guideline?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

See answer to 4, above.

8 Is it clear what the guideline – along with the explanation – means and how you could use this if you wished to reduce your drinking?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

See answer to 4, above.

Single occasions of drinking

9 Is the advice – along with the explanation – on single occasions of drinking clear? Do you understand what you could do to limit health risks from any single occasion of drinking?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

See answer to 4, above.

10 For the advice on single occasions of drinking, the expert group considered, but did not finally recommend, suggesting a specific number of units that you shouldn't drink more than on any occasion or day, for example, 7 units. They did not recommend this, for the reasons described in the box. However, there is evidence that it can be easier to follow advice with a simple number than to follow more general advice. If the health evidence justifies it, would you prefer advice on single occasions to be expressed in units?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

See answer to 4, above.

Guideline on pregnancy and drinking

11 Is the guideline on pregnancy and drinking clear? Do you understand what a pregnant women should do to keep risks to her baby to a minimum?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

12 In recommending this guideline, the expert group aimed for 1) a precautionary approach to minimising avoidable risks to babies2) openness about uncertainties in the evidence, particularly on the effects of low levels of drinking in pregnancy3) reasonable reassurance for women who may discover they have drunk alcohol before knowing they were pregnant Has the guideline met these aims?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Introduction

1 What is your name?

Name:

2 What is your email address?

Email:

3 What is your organisation?

Organisation:

Norrig East Glasgow Public Partnership Forum

The weekly guideline as a whole

4 Is the weekly guideline for regular drinking as a whole, along with the explanation in the 'Summary of the proposed guidelines', clear and understandable?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

It is difficult to equate units with actual drinks information such as how many Pints or measures

Individual parts of the weekly guideline

5 Is it clear what the guideline – along with the explanation – means, for how you can seek to reduce long term risks to your health from alcohol? Is the explanation for how the weekly guideline was chosen clear?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

6 Is it clear what the guideline – along with the explanation – means, for how you can keep your health risks within a low level, if you drink on only a few days each week?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

7 Is it clear what the guideline – along with the explanation – means? Is it clear how you could, if you wish, reduce your long term health risks below the low risk level set by the guideline?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

8 Is it clear what the guideline – along with the explanation – means and how you could use this if you wished to reduce your drinking?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Single occasions of drinking

9 Is the advice – along with the explanation – on single occasions of drinking clear? Do you understand what you could do to limit health risks from any single occasion of drinking?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

10 For the advice on single occasions of drinking, the expert group considered, but did not finally recommend, suggesting a specific number of units that you shouldn't drink more than on any occasion or day, for example, 7 units. They did not recommend this, for the reasons described in the box. However, there is evidence that it can be easier to follow advice with a simple number than to follow more general advice. If the health evidence justifies it, would you prefer advice on single occasions to be expressed in units?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Guideline on pregnancy and drinking

11 Is the guideline on pregnancy and drinking clear? Do you understand what a pregnant women should do to keep risks to her baby to a minimum?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Some confusion its not that long ago the people were told it was o.k
now the advice is total ban

12 In recommending this guideline, the expert group aimed for 1) a precautionary approach to minimising avoidable risks to babies2) openness about uncertainties in the evidence, particularly on the effects of low levels of drinking in pregnancy3) reasonable reassurance for women who may discover they have drunk alcohol before knowing they were pregnant Has the guideline met these aims?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

now the message that it should be complete ban on alcohol is clear

Submitted to UK CMO Guidelines Review
Submitted on 2016-02-03 09:34:05

Introduction

1 What is your name?

Name:

2 What is your email address?

Email:

3 What is your organisation?

Organisation:
Cheshire East Council

The weekly guideline as a whole

4 Is the weekly guideline for regular drinking as a whole, along with the explanation in the 'Summary of the proposed guidelines', clear and understandable?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Individual parts of the weekly guideline

5 Is it clear what the guideline – along with the explanation – means, for how you can seek to reduce long term risks to your health from alcohol? Is the explanation for how the weekly guideline was chosen clear?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

6 Is it clear what the guideline – along with the explanation – means, for how you can keep your health risks within a low level, if you drink on only a few days each week?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

7 Is it clear what the guideline – along with the explanation – means? Is it clear how you could, if you wish, reduce your long term health risks below the low risk level set by the guideline?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

8 Is it clear what the guideline – along with the explanation – means and how you could use this if you wished to reduce your drinking?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Single occasions of drinking

9 Is the advice – along with the explanation – on single occasions of drinking clear? Do you understand what you could do to limit health risks from any single occasion of drinking?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

There could be a more specific reference to the potential of being a victim of crime, either an assault or robbery if consuming too much alcohol in a single

eposode.

10 For the advice on single occasions of drinking, the expert group considered, but did not finally recommend, suggesting a specific number of units that you shouldn't drink more than on any occasion or day, for example, 7 units. They did not recommend this, for the reasons described in the box. However, there is evidence that it can be easier to follow advice with a simple number than to follow more general advice. If the health evidence justifies it, would you prefer advice on single occasions to be expressed in units?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Guideline on pregnancy and drinking

11 Is the guideline on pregnancy and drinking clear? Do you understand what a pregnant women should do to keep risks to her baby to a minimum?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

12 In recommending this guideline, the expert group aimed for 1) a precautionary approach to minimising avoidable risks to babies2) openness about uncertainties in the evidence, particularly on the effects of low levels of drinking in pregnancy3) reasonable reassurance for women who may discover they have drunk alcohol before knowing they were pregnant Has the guideline met these aims?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Submitted to UK CMO Guidelines Review
Submitted on 2016-02-03 10:09:02

Introduction

1 What is your name?

Name:

2 What is your email address?

Email:

3 What is your organisation?

Organisation:

Barts Health NHS Trust / NHS England

The weekly guideline as a whole

4 Is the weekly guideline for regular drinking as a whole, along with the explanation in the 'Summary of the proposed guidelines', clear and understandable?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Point 2 and 4 could be regarded as contradictory - point 2 is about risk and point 4 is a method - if there is no evidence that drink-free days have a health benefit, perhaps the recommendation should not appear here. Those who criticize the whole think as an example of the 'Nanny State' may be particularly critical of the Government not only telling us to reduce our drinking, but how to reduce.

Individual parts of the weekly guideline

5 Is it clear what the guideline – along with the explanation – means, for how you can seek to reduce long term risks to your health from alcohol? Is the explanation for how the weekly guideline was chosen clear?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

As for the previous one, the final bullet point may not be useful here and could be confusing

6 Is it clear what the guideline – along with the explanation – means, for how you can keep your health risks within a low level, if you drink on only a few days each week?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

No - as for previous points

7 Is it clear what the guideline – along with the explanation – means? Is it clear how you could, if you wish, reduce your long term health risks below the low risk level set by the guideline?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

But the main message about quantity and not all on one day needs to be clearer

8 Is it clear what the guideline – along with the explanation – means and how you could use this if you wished to reduce your drinking?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Yes - but maybe not mixed with a quantity message

Single occasions of drinking

9 Is the advice – along with the explanation – on single occasions of drinking clear? Do you understand what you could do to limit health risks from any single occasion of drinking?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

10 For the advice on single occasions of drinking, the expert group considered, but did not finally recommend, suggesting a specific number of units that you shouldn't drink more than on any occasion or day, for example, 7 units. They did not recommend this, for the reasons described in the box. However, there is evidence that it can be easier to follow advice with a simple number than to follow more general advice. If the health evidence justifies it, would you prefer advice on single occasions to be expressed in units?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

A single number may be too inflexible for people and therefore ignored

Guideline on pregnancy and drinking

11 Is the guideline on pregnancy and drinking clear? Do you understand what a pregnant women should do to keep risks to her baby to a minimum?

Not Answered

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

12 In recommending this guideline, the expert group aimed for 1) a precautionary approach to minimising avoidable risks to babies2) openness about uncertainties in the evidence, particularly on the effects of low levels of drinking in pregnancy3) reasonable reassurance for women who may discover they have drunk alcohol before knowing they were pregnant Has the guideline met these aims?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Submitted to UK CMO Guidelines Review
Submitted on 2016-02-04 10:50:35

Introduction

1 What is your name?

Name:

2 What is your email address?

Email:

3 What is your organisation?

Organisation:
Teaching

The weekly guideline as a whole

4 Is the weekly guideline for regular drinking as a whole, along with the explanation in the 'Summary of the proposed guidelines', clear and understandable?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Individual parts of the weekly guideline

5 Is it clear what the guideline – along with the explanation – means, for how you can seek to reduce long term risks to your health from alcohol? Is the explanation for how the weekly guideline was chosen clear?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

6 Is it clear what the guideline – along with the explanation – means, for how you can keep your health risks within a low level, if you drink on only a few days each week?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

7 Is it clear what the guideline – along with the explanation – means? Is it clear how you could, if you wish, reduce your long term health risks below the low risk level set by the guideline?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

8 Is it clear what the guideline – along with the explanation – means and how you could use this if you wished to reduce your drinking?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Single occasions of drinking

9 Is the advice – along with the explanation – on single occasions of drinking clear? Do you understand what you could do to limit health risks from any single occasion of drinking?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

10 For the advice on single occasions of drinking, the expert group considered, but did not finally recommend, suggesting a specific number of units that you shouldn't drink more than on any occasion or day, for example, 7 units. They did not recommend this, for the reasons described in the box. However, there is evidence that it can be easier to follow advice with a simple number than to follow more general advice. If the health evidence justifies it, would you prefer advice on single occasions to be expressed in units?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

I find the explanation regarding the variation of this figure depending on the individual clear enough. I believe more information is needed on mindsets around drinking and how unnecessarily prevalent it has become in terms of UK socialising, but also as a standard way to escape the stresses of modern life.

Guideline on pregnancy and drinking

11 Is the guideline on pregnancy and drinking clear? Do you understand what a pregnant women should do to keep risks to her baby to a minimum?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

12 In recommending this guideline, the expert group aimed for 1) a precautionary approach to minimising avoidable risks to babies2) openness about uncertainties in the evidence, particularly on the effects of low levels of drinking in pregnancy3) reasonable reassurance for women who may discover they have drunk alcohol before knowing they were pregnant Has the guideline met these aims?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Submitted to UK CMO Guidelines Review
Submitted on 2016-02-10 08:23:55

Introduction

1 What is your name?

Name:

2 What is your email address?

Email:

3 What is your organisation?

Organisation:
public health

The weekly guideline as a whole

4 Is the weekly guideline for regular drinking as a whole, along with the explanation in the 'Summary of the proposed guidelines', clear and understandable?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

The guidance is clear but there is still the issue of public understanding about what a unit is.

Individual parts of the weekly guideline

5 Is it clear what the guideline – along with the explanation – means, for how you can seek to reduce long term risks to your health from alcohol? Is the explanation for how the weekly guideline was chosen clear?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Guideline: You are safest not to drink regularly more than 14 units per week, to keep health risks from drinking alcohol to a low level

I find this unclear and the public will struggle with it. It could be interpreted by young people as 'not a problem' as it indicates that the issue is in the future and they are invincible! the phrase 'so it may be after ten to ' is not specific, it allows the message to be put aside as a may not a clear message

the explanation is too technical/ wordy for use on a wider audience

6 Is it clear what the guideline – along with the explanation – means, for how you can keep your health risks within a low level, if you drink on only a few days each week?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

7 Is it clear what the guideline – along with the explanation – means? Is it clear how you could, if you wish, reduce your long term health risks below the low risk level set by the guideline?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

8 Is it clear what the guideline – along with the explanation – means and how you could use this if you wished to reduce your drinking?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

by saying several you are leaving it open to interpretation, far better to say at least 3 drink free days each week and if possible more drink free days to allow your body to remove the alcohol you have consumed and reduce the potential for long term damage

Single occasions of drinking

9 Is the advice – along with the explanation – on single occasions of drinking clear? Do you understand what you could do to limit health risks from any single occasion of drinking?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

some groups dilutes the message, its easy to put yourself outside of this category
Its a professional message not a public one and overall it is unclear

10 For the advice on single occasions of drinking, the expert group considered, but did not finally recommend, suggesting a specific number of units that you shouldn't drink more than on any occasion or day, for example, 7 units. They did not recommend this, for the reasons described in the box. However, there is evidence that it can be easier to follow advice with a simple number than to follow more general advice. If the health evidence justifies it, would you prefer advice on single occasions to be expressed in units?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Guideline on pregnancy and drinking

11 Is the guideline on pregnancy and drinking clear? Do you understand what a pregnant women should do to keep risks to her baby to a minimum?

Not Answered

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

The risk of harm to the baby is likely to be low if a woman has drunk only small amounts of alcohol before she knew she was pregnant or during pregnancy.
by adding this line you immediately dilute the message it should be removed.

12 In recommending this guideline, the expert group aimed for 1) a precautionary approach to minimising avoidable risks to babies2) openness about uncertainties in the evidence, particularly on the effects of low levels of drinking in pregnancy3) reasonable reassurance for women who may discover they have drunk alcohol before knowing they were pregnant Has the guideline met these aims?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

it is a mixed message, we need clarity
the evidence suggests that

If you are pregnant or planning a pregnancy, the safest approach is not to drink alcohol at all, to keep risks to your baby to a minimum.
• Drinking in pregnancy can lead to long-term harm to the baby, with the more you drink the greater the risk.
just stick with it

Introduction

1 What is your name?

Name:

2 What is your email address?

Email:

3 What is your organisation?

Organisation:

Derbyshire Alcohol Advice Service

The weekly guideline as a whole

4 Is the weekly guideline for regular drinking as a whole, along with the explanation in the 'Summary of the proposed guidelines', clear and understandable?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Individual parts of the weekly guideline

5 Is it clear what the guideline – along with the explanation – means, for how you can seek to reduce long term risks to your health from alcohol? Is the explanation for how the weekly guideline was chosen clear?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

6 Is it clear what the guideline – along with the explanation – means, for how you can keep your health risks within a low level, if you drink on only a few days each week?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

7 Is it clear what the guideline – along with the explanation – means? Is it clear how you could, if you wish, reduce your long term health risks below the low risk level set by the guideline?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

8 Is it clear what the guideline – along with the explanation – means and how you could use this if you wished to reduce your drinking?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Single occasions of drinking

9 Is the advice – along with the explanation – on single occasions of drinking clear? Do you understand what you could do to limit health risks from any single occasion of drinking?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

10 For the advice on single occasions of drinking, the expert group considered, but did not finally recommend, suggesting a specific number of units that you shouldn't drink more than on any occasion or day, for example, 7 units. They did not recommend this, for the reasons described in the box. However, there is evidence that it can be easier to follow advice with a simple number than to follow more general advice. If the health evidence justifies it, would you prefer advice on single occasions to be expressed in units?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Guideline on pregnancy and drinking

11 Is the guideline on pregnancy and drinking clear? Do you understand what a pregnant women should do to keep risks to her baby to a minimum?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

12 In recommending this guideline, the expert group aimed for 1) a precautionary approach to minimising avoidable risks to babies2) openness about uncertainties in the evidence, particularly on the effects of low levels of drinking in pregnancy3) reasonable reassurance for women who may discover they have drunk alcohol before knowing they were pregnant Has the guideline met these aims?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Introduction

1 What is your name?

Name:

[REDACTED]

2 What is your email address?

Email:

[REDACTED]

3 What is your organisation?

Organisation:

Cardiff & Vale NHS Trust

The weekly guideline as a whole

4 Is the weekly guideline for regular drinking as a whole, along with the explanation in the 'Summary of the proposed guidelines', clear and understandable?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Individual parts of the weekly guideline

5 Is it clear what the guideline – along with the explanation – means, for how you can seek to reduce long term risks to your health from alcohol? Is the explanation for how the weekly guideline was chosen clear?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

6 Is it clear what the guideline – along with the explanation – means, for how you can keep your health risks within a low level, if you drink on only a few days each week?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

7 Is it clear what the guideline – along with the explanation – means? Is it clear how you could, if you wish, reduce your long term health risks below the low risk level set by the guideline?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

8 Is it clear what the guideline – along with the explanation – means and how you could use this if you wished to reduce your drinking?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Single occasions of drinking

9 Is the advice – along with the explanation – on single occasions of drinking clear? Do you understand what you could do to limit health risks from any single occasion of drinking?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

10 For the advice on single occasions of drinking, the expert group considered, but did not finally recommend, suggesting a specific number of units that you shouldn't drink more than on any occasion or day, for example, 7 units. They did not recommend this, for the reasons described in the box. However, there is evidence that it can be easier to follow advice with a simple number than to follow more general advice. If the health evidence justifies it, would you prefer advice on single occasions to be expressed in units?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Guideline on pregnancy and drinking

11 Is the guideline on pregnancy and drinking clear? Do you understand what a pregnant women should do to keep risks to her baby to a minimum?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

12 In recommending this guideline, the expert group aimed for 1) a precautionary approach to minimising avoidable risks to babies2) openness about uncertainties in the evidence, particularly on the effects of low levels of drinking in pregnancy3) reasonable reassurance for women who may discover they have drunk alcohol before knowing they were pregnant Has the guideline met these aims?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Submitted to UK CMO Guidelines Review
Submitted on 2016-02-15 11:54:00

Introduction

1 What is your name?

Name:

[REDACTED]

2 What is your email address?

Email:

[REDACTED]

3 What is your organisation?

Organisation:

Nottingham CDP service user alcohol panel

The weekly guideline as a whole

4 Is the weekly guideline for regular drinking as a whole, along with the explanation in the 'Summary of the proposed guidelines', clear and understandable?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Individual parts of the weekly guideline

5 Is it clear what the guideline – along with the explanation – means, for how you can seek to reduce long term risks to your health from alcohol? Is the explanation for how the weekly guideline was chosen clear?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

6 Is it clear what the guideline – along with the explanation – means, for how you can keep your health risks within a low level, if you drink on only a few days each week?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

7 Is it clear what the guideline – along with the explanation – means? Is it clear how you could, if you wish, reduce your long term health risks below the low risk level set by the guideline?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

8 Is it clear what the guideline – along with the explanation – means and how you could use this if you wished to reduce your drinking?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Single occasions of drinking

9 Is the advice – along with the explanation – on single occasions of drinking clear? Do you understand what you could do to limit health risks from any single occasion of drinking?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

10 For the advice on single occasions of drinking, the expert group considered, but did not finally recommend, suggesting a specific number of units that you shouldn't drink more than on any occasion or day, for example, 7 units. They did not recommend this, for the reasons described in the box. However, there is evidence that it can be easier to follow advice with a simple number than to follow more general advice. If the health evidence justifies it, would you prefer advice on single occasions to be expressed in units?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Guideline on pregnancy and drinking

11 Is the guideline on pregnancy and drinking clear? Do you understand what a pregnant women should do to keep risks to her baby to a minimum?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

12 In recommending this guideline, the expert group aimed for 1) a precautionary approach to minimising avoidable risks to babies2) openness about uncertainties in the evidence, particularly on the effects of low levels of drinking in pregnancy3) reasonable reassurance for women who may discover they have drunk alcohol before knowing they were pregnant Has the guideline met these aims?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Submitted to **UK CMO Guidelines Review**
Submitted on **2016-02-16 13:06:27**

Introduction

1 What is your name?

Name:

2 What is your email address?

Email:

3 What is your organisation?

Organisation:
UCL Institute of Neurology

The weekly guideline as a whole

4 Is the weekly guideline for regular drinking as a whole, along with the explanation in the 'Summary of the proposed guidelines', clear and understandable?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Individual parts of the weekly guideline

5 Is it clear what the guideline – along with the explanation – means, for how you can seek to reduce long term risks to your health from alcohol? Is the explanation for how the weekly guideline was chosen clear?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

1. The statement "there is no level of regular drinking that can be considered as completely safe" contains no useful information because NOTHING is absolutely safe. The next grape you put in your mouth could choke and kill you. The proper concept to use is 'acceptable risk'. Eating a grape is associated with an acceptable risk level and so does drinking one unit of alcohol, as a general rule.
2. The guidance totally ignores any psychological benefit (through the simple pleasure of taste or other psychological or even social phenomena) from alcohol consumption, which in the era of increasing mental health awareness is a huge omission. The total focus on physical health needs to be at the very least admitted clearly.

6 Is it clear what the guideline – along with the explanation – means, for how you can keep your health risks within a low level, if you drink on only a few days each week?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

7 Is it clear what the guideline – along with the explanation – means? Is it clear how you could, if you wish, reduce your long term health risks below the low risk level set by the guideline?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

8 Is it clear what the guideline – along with the explanation – means and how you could use this if you wished to reduce your drinking?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Single occasions of drinking

9 Is the advice – along with the explanation – on single occasions of drinking clear? Do you understand what you could do to limit health risks from any single occasion of drinking?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

10 For the advice on single occasions of drinking, the expert group considered, but did not finally recommend, suggesting a specific number of units that you shouldn't drink more than on any occasion or day, for example, 7 units. They did not recommend this, for the reasons described in the box. However, there is evidence that it can be easier to follow advice with a simple number than to follow more general advice. If the health evidence justifies it, would you prefer advice on single occasions to be expressed in units?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Guideline on pregnancy and drinking

11 Is the guideline on pregnancy and drinking clear? Do you understand what a pregnant women should do to keep risks to her baby to a minimum?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Again, the mental health benefits of drinking are totally ignored. Sometimes, a glass of wine can be a real pleasure or even act as relief from stress, and lead to eventual better overall health for all affected: parent and baby. The advice needs to acknowledge this and take it into account; it's about dose. Based on this consideration alone the optimal dose cannot be zero.

12 In recommending this guideline, the expert group aimed for 1) a precautionary approach to minimising avoidable risks to babies2) openness about uncertainties in the evidence, particularly on the effects of low levels of drinking in pregnancy3) reasonable reassurance for women who may discover they have drunk alcohol before knowing they were pregnant Has the guideline met these aims?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

See above; the total focus on physical health is misplaced.

Introduction

1 What is your name?

Name:

2 What is your email address?

Email:

3 What is your organisation?

Organisation:

Crisis Pregnancy Care

The weekly guideline as a whole

4 Is the weekly guideline for regular drinking as a whole, along with the explanation in the 'Summary of the proposed guidelines', clear and understandable?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Drinking a small amount of alcohol won't do you any harm, unless you have an allergy to it. This means you can drink a couple of beers or a glass of wine, typically 3 to four units. The stronger the alcohol, the less you should drink in one go.

If you drink more than 3 or four units a day, a unit is every 10ml of pure alcohol, the body will be poisoned and your health will suffer. (insert number) people die every year from drinking too much alcohol. It causes long-term damage to the brain and affects unborn children.

Don't poison your baby, don't die from alcohol, be sensible

Individual parts of the weekly guideline

5 Is it clear what the guideline – along with the explanation – means, for how you can seek to reduce long term risks to your health from alcohol? Is the explanation for how the weekly guideline was chosen clear?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

People won't drink less because they care about what happens in 20 or 30 years time, no-one cares about that.

Like anything, moderation is good for you. Continually putting the body under pressure from having to detox the alcohol will eventually make it shut down. Too many people die before their time, don't be one of them.

6 Is it clear what the guideline – along with the explanation – means, for how you can keep your health risks within a low level, if you drink on only a few days each week?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Studies have shown, if the total number of 'units' of alcohol you drink every week is less than 14, you have a much better chance of not dying from a horrible disease like cancer or stroke or heart failure.

They also show that spacing these drinks out is the best option, because drinking 14 in one go will make your body very ill, even if it has learned to tolerate this amount. You wouldn't eat 14 meals all at once then nothing for the rest of the week, would you?

7 Is it clear what the guideline – along with the explanation – means? Is it clear how you could, if you wish, reduce your long term health risks below the low risk level set by the guideline?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Let's just repeat something important, alcohol is poisonous. This is why it is in cleaning products. This is why you feel relaxed when you drink alcohol, your body is actually having an allergic reaction to the poison. Use it wisely

Studies have shown (insert study) that even small amounts of alcohol drunk regularly can increase the risk of developing cancer

8 Is it clear what the guideline – along with the explanation – means and how you could use this if you wished to reduce your drinking?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

It's a little bit judgey, reminds me of my primary headmistress

Your body will thank you if you let it 'breathe' once in a while, in other words, have a few days without drinking any alcohol. In fact, nobody is saying you have to drink at all. Take the pressure off.

Single occasions of drinking

9 Is the advice – along with the explanation – on single occasions of drinking clear? Do you understand what you could do to limit health risks from any single occasion of drinking?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

10 For the advice on single occasions of drinking, the expert group considered, but did not finally recommend, suggesting a specific number of units that you shouldn't drink more than on any occasion or day, for example, 7 units. They did not recommend this, for the reasons described in the box. However, there is evidence that it can be easier to follow advice with a simple number than to follow more general advice. If the health evidence justifies it, would you prefer advice on single occasions to be expressed in units?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

I think people at risk of drinking too much don't take a lot of notice of these figures anyway. You'd be better off saying 3 or 4 then people will drink 7 or 8. If you say 7, they'll find an excuse to drink more than that: they'll buy a bottle of wine that is 9 units and see it a waste if they don't drink the extra. If you say 3 or 4, they'll get it into their heads to drink half a bottle now, half tomorrow.

Restaurants are serving single drinks these days that are already 3 or 4 units. If you say 3 or 4, they'll have the one drink then switch to lemonade or coffee. Just makes more sense

Guideline on pregnancy and drinking

11 Is the guideline on pregnancy and drinking clear? Do you understand what a pregnant women should do to keep risks to her baby to a minimum?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

It's pretty clear

12 In recommending this guideline, the expert group aimed for 1) a precautionary approach to minimising avoidable risks to babies2) openness about uncertainties in the evidence, particularly on the effects of low levels of drinking in pregnancy3) reasonable reassurance for women who may discover they have drunk alcohol before knowing they were pregnant Has the guideline met these aims?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

It has in older generations but we are seeing many teens and young adults who don't take the advice seriously and are drinking high amounts and still smoking during pregnancy.

I think the only way forward is to use social media and television to highlight the dangers of drinking (and smoking) during pregnancy

Submitted to UK CMO Guidelines Review
Submitted on 2016-02-22 16:12:10

Introduction

1 What is your name?

Name:

2 What is your email address?

Email:

3 What is your organisation?

Organisation:

Addiction NI

The weekly guideline as a whole

4 Is the weekly guideline for regular drinking as a whole, along with the explanation in the 'Summary of the proposed guidelines', clear and understandable?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:
message is clear but for those who do not understand units we need to ensure that the info is shared pictorially and clearly.
please underline the impact on individual mental ill health.

Pictures being used to explain units have omitted spirits and ciders in the pictures. it is important that this is included.

Individual parts of the weekly guideline

5 Is it clear what the guideline – along with the explanation – means, for how you can seek to reduce long term risks to your health from alcohol? Is the explanation for how the weekly guideline was chosen clear?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:
need to include impact on mental health and potential increase risk of suicide ideation with drinking. better to say " you are safest not to drink more than 14 units per week on a weekly bases. need to have clearer wording of the guidelines so that general public can easily understanding.

6 Is it clear what the guideline – along with the explanation – means, for how you can keep your health risks within a low level, if you drink on only a few days each week?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:
need to include impact on mental health.

7 Is it clear what the guideline – along with the explanation – means? Is it clear how you could, if you wish, reduce your long term health risks below the low risk level set by the guideline?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:
should start with

"Any amount of alcohol you drink can increase the risk of developing a range of physical and mental illnesses"

8 Is it clear what the guideline – along with the explanation – means and how you could use this if you wished to reduce your drinking?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:
for general population this is ok but for those who are dependent it is not.

Single occasions of drinking

9 Is the advice – along with the explanation – on single occasions of drinking clear? Do you understand what you could do to limit health risks from any single occasion of drinking?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

need to be clearer about what risky place and risky activity is etc not something that people may understand or associate with this one persons idea of risk can be an other person idea of adventure. The word risky is not effective in getting the message. Need to keep language simple and avoid terminology like risky place and activity. more user friendly language. important to avoid listing people who maybe more affected as individuals may not feel they fit into the category so therefore it does not apply to them. Everyone is at risk of being effected by theirs or someone else's alcohol use.

10 For the advice on single occasions of drinking, the expert group considered, but did not finally recommend, suggesting a specific number of units that you shouldn't drink more than on any occasion or day, for example, 7 units. They did not recommend this, for the reasons described in the box. However, there is evidence that it can be easier to follow advice with a simple number than to follow more general advice. If the health evidence justifies it, would you prefer advice on single occasions to be expressed in units?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:
not deemed to be really helpful we need to help educate and support people with harm reduction

Guideline on pregnancy and drinking

11 Is the guideline on pregnancy and drinking clear? Do you understand what a pregnant women should do to keep risks to her baby to a minimum?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

need to state that the impact will:

"lead to long term mental, physical and social harm to the baby."

12 In recommending this guideline, the expert group aimed for 1) a precautionary approach to minimising avoidable risks to babies2) openness about uncertainties in the evidence, particularly on the effects of low levels of drinking in pregnancy3) reasonable reassurance for women who may discover they have drunk alcohol before knowing they were pregnant Has the guideline met these aims?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

feel it is important that expectant mothers can come forward with out social or legal consequences. sometimes people will have been drinking heavily but unaware of being pregnant and when they advise they can end up being referred through to social services etc.

Introduction

1 What is your name?

Name:

[REDACTED]

2 What is your email address?

Email:

[REDACTED]

3 What is your organisation?

Organisation:

Community Nursing

The weekly guideline as a whole

4 Is the weekly guideline for regular drinking as a whole, along with the explanation in the 'Summary of the proposed guidelines', clear and understandable?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Individual parts of the weekly guideline

5 Is it clear what the guideline – along with the explanation – means, for how you can seek to reduce long term risks to your health from alcohol? Is the explanation for how the weekly guideline was chosen clear?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

We feel that units of alcohol need to be explained in terms of pints or glasses, certain people would not realise how many units are in the alcohol they drink on a weekly or daily basis.

6 Is it clear what the guideline – along with the explanation – means, for how you can keep your health risks within a low level, if you drink on only a few days each week?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

7 Is it clear what the guideline – along with the explanation – means? Is it clear how you could, if you wish, reduce your long term health risks below the low risk level set by the guideline?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

We feel that they have explained alcohol free days well enough but people may still interpret this as its ok to consume their weekly alcohol intake on certain days like weekends.

8 Is it clear what the guideline – along with the explanation – means and how you could use this if you wished to reduce your drinking?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Single occasions of drinking

9 Is the advice – along with the explanation – on single occasions of drinking clear? Do you understand what you could do to limit health risks from any single occasion of drinking?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

10 For the advice on single occasions of drinking, the expert group considered, but did not finally recommend, suggesting a specific number of units that you shouldn't drink more than on any occasion or day, for example, 7 units. They did not recommend this, for the reasons described in the box. However, there is evidence that it can be easier to follow advice with a simple number than to follow more general advice. If the health evidence justifies it, would you prefer advice on single occasions to be expressed in units?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

People find guidelines or advice easier to follow when there is a specific number of units to set the limit of the alcohol intake. However we feel that it would be easier again if this was listed in terms of pints or glasses.

Guideline on pregnancy and drinking

11 Is the guideline on pregnancy and drinking clear? Do you understand what a pregnant women should do to keep risks to her baby to a minimum?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

12 In recommending this guideline, the expert group aimed for 1) a precautionary approach to minimising avoidable risks to babies2) openness about uncertainties in the evidence, particularly on the effects of low levels of drinking in pregnancy3) reasonable reassurance for women who may discover they have drunk alcohol before knowing they were pregnant Has the guideline met these aims?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Submitted to UK CMO Guidelines Review
Submitted on 2016-02-29 20:51:41

Introduction

1 What is your name?

Name:

2 What is your email address?

Email:

3 What is your organisation?

Organisation:
NHS CCG

The weekly guideline as a whole

4 Is the weekly guideline for regular drinking as a whole, along with the explanation in the 'Summary of the proposed guidelines', clear and understandable?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Individual parts of the weekly guideline

5 Is it clear what the guideline – along with the explanation – means, for how you can seek to reduce long term risks to your health from alcohol? Is the explanation for how the weekly guideline was chosen clear?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

6 Is it clear what the guideline – along with the explanation – means, for how you can keep your health risks within a low level, if you drink on only a few days each week?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

7 Is it clear what the guideline – along with the explanation – means? Is it clear how you could, if you wish, reduce your long term health risks below the low risk level set by the guideline?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

8 Is it clear what the guideline – along with the explanation – means and how you could use this if you wished to reduce your drinking?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Single occasions of drinking

9 Is the advice – along with the explanation – on single occasions of drinking clear? Do you understand what you could do to limit health risks from any single occasion of drinking?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

10 For the advice on single occasions of drinking, the expert group considered, but did not finally recommend, suggesting a specific number of units that you shouldn't drink more than on any occasion or day, for example, 7 units. They did not recommend this, for the reasons described in the box. However, there is evidence that it can be easier to follow advice with a simple number than to follow more general advice. If the health evidence justifies it, would you prefer advice on single occasions to be expressed in units?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Guideline on pregnancy and drinking

11 Is the guideline on pregnancy and drinking clear? Do you understand what a pregnant women should do to keep risks to her baby to a minimum?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

12 In recommending this guideline, the expert group aimed for 1) a precautionary approach to minimising avoidable risks to babies2) openness about uncertainties in the evidence, particularly on the effects of low levels of drinking in pregnancy3) reasonable reassurance for women who may discover they have drunk alcohol before knowing they were pregnant Has the guideline met these aims?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Response ID ANON-FRVK-5YFD-H

Submitted to UK CMO Guidelines Review

Submitted on 2016-03-11 07:53:07

Introduction

1 What is your name?

Name:

2 What is your email address?

Email:

3 What is your organisation?

Organisation:

Stockton Borough Council Licensing

The weekly guideline as a whole

4 Is the weekly guideline for regular drinking as a whole, along with the explanation in the 'Summary of the proposed guidelines', clear and understandable?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Individual parts of the weekly guideline

5 Is it clear what the guideline – along with the explanation – means, for how you can seek to reduce long term risks to your health from alcohol? Is the explanation for how the weekly guideline was chosen clear?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

6 Is it clear what the guideline – along with the explanation – means, for how you can keep your health risks within a low level, if you drink on only a few days each week?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

7 Is it clear what the guideline – along with the explanation – means? Is it clear how you could, if you wish, reduce your long term health risks below the low risk level set by the guideline?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

8 Is it clear what the guideline – along with the explanation – means and how you could use this if you wished to reduce your drinking?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Single occasions of drinking

9 Is the advice – along with the explanation – on single occasions of drinking clear? Do you understand what you could do to limit health risks from any single occasion of drinking?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

10 For the advice on single occasions of drinking, the expert group considered, but did not finally recommend, suggesting a specific number of units that you shouldn't drink more than on any occasion or day, for example, 7 units. They did not recommend this, for the reasons described in the box. However, there is evidence that it can be easier to follow advice with a simple number than to follow more general advice. If the health evidence justifies it, would you prefer advice on single occasions to be expressed in units?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

We support that the low risk drinking guidelines does not advise on a specific number for single occasion drinking. Our position is based on the following:
Best possible communication: We believe low risk drinking guidelines needs to be easy to communicate to make the public aware and understand the guidelines, and should therefore only be one number (14), with the additional information that this amount should be spread on several days. Introducing a number for drinking on a single occasion can confuse the messaging, and as a result disrupt the main message of 14 units per week.

Risk of higher consumption levels perceived as low risk drinking: If a single occasion low risk drinking guideline were introduced, we believe this would be the dominant guideline remembered by the consumers compared to the weekly guideline, and thus confuse consumers on what the limit for low risk drinking is. If for example a single occasion guideline is set to 7 units, we end up risking that consumers think they are within the low risk drinking patterns by never consuming more than 7 units per occasion. If this is repeated several times a week, consumers easily exceed the weekly limit of 14.

Guideline on pregnancy and drinking

11 Is the guideline on pregnancy and drinking clear? Do you understand what a pregnant women should do to keep risks to her baby to a minimum?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

12 In recommending this guideline, the expert group aimed for 1) a precautionary approach to minimising avoidable risks to babies2) openness about uncertainties in the evidence, particularly on the effects of low levels of drinking in pregnancy3) reasonable reassurance for women who may discover they have drunk alcohol before knowing they were pregnant Has the guideline met these aims?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Introduction

1 What is your name?

Name:

[REDACTED]

2 What is your email address?

Email:

[REDACTED]

3 What is your organisation?

Organisation:

The weekly guideline as a whole

4 Is the weekly guideline for regular drinking as a whole, along with the explanation in the 'Summary of the proposed guidelines', clear and understandable?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Individual parts of the weekly guideline

5 Is it clear what the guideline – along with the explanation – means, for how you can seek to reduce long term risks to your health from alcohol? Is the explanation for how the weekly guideline was chosen clear?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

6 Is it clear what the guideline – along with the explanation – means, for how you can keep your health risks within a low level, if you drink on only a few days each week?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

7 Is it clear what the guideline – along with the explanation – means? Is it clear how you could, if you wish, reduce your long term health risks below the low risk level set by the guideline?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

8 Is it clear what the guideline – along with the explanation – means and how you could use this if you wished to reduce your drinking?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Single occasions of drinking

9 Is the advice – along with the explanation – on single occasions of drinking clear? Do you understand what you could do to limit health risks from any single occasion of drinking?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

10 For the advice on single occasions of drinking, the expert group considered, but did not finally recommend, suggesting a specific number of units that you shouldn't drink more than on any occasion or day, for example, 7 units. They did not recommend this, for the reasons described in the box. However, there is evidence that it can be easier to follow advice with a simple number than to follow more general advice. If the health evidence justifies it, would you prefer advice on single occasions to be expressed in units?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Numbers can be more tangible, but they don't take into account other factors

Guideline on pregnancy and drinking

11 Is the guideline on pregnancy and drinking clear? Do you understand what a pregnant women should do to keep risks to her baby to a minimum?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

12 In recommending this guideline, the expert group aimed for 1) a precautionary approach to minimising avoidable risks to babies2) openness about uncertainties in the evidence, particularly on the effects of low levels of drinking in pregnancy3) reasonable reassurance for women who may discover they have drunk alcohol before knowing they were pregnant Has the guideline met these aims?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Introduction

1 What is your name?

Name:

2 What is your email address?

Email:

3 What is your organisation?

Organisation:

Aneurin Bevan University Health Board

The weekly guideline as a whole

4 Is the weekly guideline for regular drinking as a whole, along with the explanation in the 'Summary of the proposed guidelines', clear and understandable?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Individual parts of the weekly guideline

5 Is it clear what the guideline – along with the explanation – means, for how you can seek to reduce long term risks to your health from alcohol? Is the explanation for how the weekly guideline was chosen clear?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

The headline box seems almost alarmist. I accept that any increase in risk has to be stated (and you can only say a certain level of drinking is safe if it has been proven to be so) but the language used makes it sound as if the risks of 'certain cancers' are quite high rather than the 1% risk quoted.

6 Is it clear what the guideline – along with the explanation – means, for how you can keep your health risks within a low level, if you drink on only a few days each week?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

7 Is it clear what the guideline – along with the explanation – means? Is it clear how you could, if you wish, reduce your long term health risks below the low risk level set by the guideline?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

8 Is it clear what the guideline – along with the explanation – means and how you could use this if you wished to reduce your drinking?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Single occasions of drinking

9 Is the advice – along with the explanation – on single occasions of drinking clear? Do you understand what you could do to limit health risks from any single occasion of drinking?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

10 For the advice on single occasions of drinking, the expert group considered, but did not finally recommend, suggesting a specific number of units that you shouldn't drink more than on any occasion or day, for example, 7 units. They did not recommend this, for the reasons described in the box. However, there is evidence that it can be easier to follow advice with a simple number than to follow more general advice. If the health evidence justifies it, would you prefer advice on single occasions to be expressed in units?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

The effects are highly dependent on factors specific to the individual and factors specific to the environment. It might be better on giving advice on early warning signs that one's judgement is becoming impaired.

Guideline on pregnancy and drinking

11 Is the guideline on pregnancy and drinking clear? Do you understand what a pregnant women should do to keep risks to her baby to a minimum?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

12 In recommending this guideline, the expert group aimed for 1) a precautionary approach to minimising avoidable risks to babies2) openness about uncertainties in the evidence, particularly on the effects of low levels of drinking in pregnancy3) reasonable reassurance for women who may discover they have drunk alcohol before knowing they were pregnant Has the guideline met these aims?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Submitted to UK CMO Guidelines Review
Submitted on 2016-03-15 09:58:45

Introduction

1 What is your name?

Name:

2 What is your email address?

Email:

3 What is your organisation?

Organisation:

Matrix Young People's Service

The weekly guideline as a whole

4 Is the weekly guideline for regular drinking as a whole, along with the explanation in the 'Summary of the proposed guidelines', clear and understandable?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Individual parts of the weekly guideline

5 Is it clear what the guideline – along with the explanation – means, for how you can seek to reduce long term risks to your health from alcohol? Is the explanation for how the weekly guideline was chosen clear?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

6 Is it clear what the guideline – along with the explanation – means, for how you can keep your health risks within a low level, if you drink on only a few days each week?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

7 Is it clear what the guideline – along with the explanation – means? Is it clear how you could, if you wish, reduce your long term health risks below the low risk level set by the guideline?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

8 Is it clear what the guideline – along with the explanation – means and how you could use this if you wished to reduce your drinking?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Single occasions of drinking

9 Is the advice – along with the explanation – on single occasions of drinking clear? Do you understand what you could do to limit health risks from any single occasion of drinking?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

10 For the advice on single occasions of drinking, the expert group considered, but did not finally recommend, suggesting a specific number of units that you shouldn't drink more than on any occasion or day, for example, 7 units. They did not recommend this, for the reasons described in the box. However, there is evidence that it can be easier to follow advice with a simple number than to follow more general advice. If the health evidence justifies it, would you prefer advice on single occasions to be expressed in units?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Guideline on pregnancy and drinking

11 Is the guideline on pregnancy and drinking clear? Do you understand what a pregnant women should do to keep risks to her baby to a minimum?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

12 In recommending this guideline, the expert group aimed for 1) a precautionary approach to minimising avoidable risks to babies2) openness about uncertainties in the evidence, particularly on the effects of low levels of drinking in pregnancy3) reasonable reassurance for women who may discover they have drunk alcohol before knowing they were pregnant Has the guideline met these aims?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Introduction

1 What is your name?

Name:

2 What is your email address?

Email:

3 What is your organisation?

Organisation:

Turning Point

The weekly guideline as a whole

4 Is the weekly guideline for regular drinking as a whole, along with the explanation in the 'Summary of the proposed guidelines', clear and understandable?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Individual parts of the weekly guideline

5 Is it clear what the guideline – along with the explanation – means, for how you can seek to reduce long term risks to your health from alcohol? Is the explanation for how the weekly guideline was chosen clear?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

6 Is it clear what the guideline – along with the explanation – means, for how you can keep your health risks within a low level, if you drink on only a few days each week?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

7 Is it clear what the guideline – along with the explanation – means? Is it clear how you could, if you wish, reduce your long term health risks below the low risk level set by the guideline?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

8 Is it clear what the guideline – along with the explanation – means and how you could use this if you wished to reduce your drinking?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Single occasions of drinking

9 Is the advice – along with the explanation – on single occasions of drinking clear? Do you understand what you could do to limit health risks from any single occasion of drinking?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

10 For the advice on single occasions of drinking, the expert group considered, but did not finally recommend, suggesting a specific number of units that you shouldn't drink more than on any occasion or day, for example, 7 units. They did not recommend this, for the reasons described in the box. However, there is evidence that it can be easier to follow advice with a simple number than to follow more general advice. If the health evidence justifies it, would you prefer advice on single occasions to be expressed in units?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Guideline on pregnancy and drinking

11 Is the guideline on pregnancy and drinking clear? Do you understand what a pregnant women should do to keep risks to her baby to a minimum?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

However I feel that adding Drinking "heavily" during pregnancy can cause a baby to develop fetal alcohol syndrome

Should read drinking "Regularly" during pregnancy can cause a baby to develop fetal alcohol syndrome, as the paragraph below states.

I think stating "heavily" is left up to interpretation and not specific enough

12 In recommending this guideline, the expert group aimed for 1) a precautionary approach to minimising avoidable risks to babies2) openness about uncertainties in the evidence, particularly on the effects of low levels of drinking in pregnancy3) reasonable reassurance for women who may discover they have drunk alcohol before knowing they were pregnant Has the guideline met these aims?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Submitted to UK CMO Guidelines Review
Submitted on 2016-03-16 13:40:34

Introduction

1 What is your name?

Name:

2 What is your email address?

Email:

3 What is your organisation?

Organisation:

Northern Ireland Alcohol and Drugs Alliance (NIADA)

The weekly guideline as a whole

4 Is the weekly guideline for regular drinking as a whole, along with the explanation in the 'Summary of the proposed guidelines', clear and understandable?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

The guideline and associated summary should be in plainer English so that it is easily understandable to all - particularly the first point 'You are safest not to drink regularly more than 14 units per week' is not clear. The language and questions used in this consultation is repetitive and unclear.

The guidance is not realistic for all types of drinkers. People generally don't know what a unit is or understand the relative strengths of wines, beers and spirits.

How will the guidelines be communicated to the general public?

We suggest four key messages:

14 units maximum per week

Alcohol is a poison and long term drinking is bad for your physical AND mental health

Try to have plenty of drink-free days

If you're drinking alcohol, drink water too

Individual parts of the weekly guideline

5 Is it clear what the guideline – along with the explanation – means, for how you can seek to reduce long term risks to your health from alcohol? Is the explanation for how the weekly guideline was chosen clear?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

We cannot see a clear explanation for how the guidance was chosen. This needs to be explained in plain English and the source made clear.

The points made about risk are likewise written in a way that is difficult to understand. The CMOs should consult key groups of people to ensure that the guidance is delivered in a way that can be understood by those who do not work in the health field.

How will the guidelines be communicated to the general public?

We suggest four key messages:

14 units maximum per week

Alcohol is a poison and long term drinking is bad for your physical AND mental health

Try to have plenty of drink-free days

If you're drinking alcohol, drink water too

6 Is it clear what the guideline – along with the explanation – means, for how you can keep your health risks within a low level, if you drink on only a few days each week?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

The guideline is prescriptive but not specific. How many days is a few? Several? Again this is not clear. Is it the case that the more drink free days, the lower the risk? If so, this should be made clear as well. Another important message is that you should not save up your units for a one day binge or over two to three weeks.

Drink free days can be a good first step for many who wish to cut down. This message should be up front in this campaign as a key public health message, which could link to, for example, social media and popular TV/radio.

7 Is it clear what the guideline – along with the explanation – means? Is it clear how you could, if you wish, reduce your long term health risks below the low risk level set by the guideline?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

The message needs to be made clear - that there is no safe limit.

8 Is it clear what the guideline – along with the explanation – means and how you could use this if you wished to reduce your drinking?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Again, the drink free days message needs to be clearly and strongly emphasised - a step on the way to reducing drinking, allowing the liver to heal and potentially stop drinking entirely.

The link between alcohol and other cancers (beyond liver) and diseases is not clear to the public - likewise the link between alcohol and mental health issues.

Single occasions of drinking

9 Is the advice – along with the explanation – on single occasions of drinking clear? Do you understand what you could do to limit health risks from any single occasion of drinking?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Yes, to an extent. This guidance is written more accessibly and would be understandable to more people.

Other suggestions include:

Prominence of the message about drinking water

Calorie content being displayed

Stressing that single drinking occasions can also lead to bad judgement

10 For the advice on single occasions of drinking, the expert group considered, but did not finally recommend, suggesting a specific number of units that you shouldn't drink more than on any occasion or day, for example, 7 units. They did not recommend this, for the reasons described in the box. However, there is evidence that it can be easier to follow advice with a simple number than to follow more general advice. If the health evidence justifies it, would you prefer advice on single occasions to be expressed in units?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

Again this goes back to the issue about units - understanding of what a unit is and the alcohol content of various drinks. If this was clearer, then a suggested limit would be useful.

Guideline on pregnancy and drinking

11 Is the guideline on pregnancy and drinking clear? Do you understand what a pregnant women should do to keep risks to her baby to a minimum?

Yes

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

We welcome the message that the safe drinking level in pregnancy is no alcohol at all.

The guidance on early pregnancy could be read as contradictory and imply that it is OK to drink during the early weeks.

However at the same time it is important to ensure that pregnant women are not demonised and are properly supported if they have consumed alcohol while pregnant, before becoming aware of the fact.

12 In recommending this guideline, the expert group aimed for 1) a precautionary approach to minimising avoidable risks to babies2) openness about uncertainties in the evidence, particularly on the effects of low levels of drinking in pregnancy3) reasonable reassurance for women who may discover they have drunk alcohol before knowing they were pregnant Has the guideline met these aims?

No

If you answered 'No' above, please explain here how the advice could be made clearer [maximum 200 words]:

See above re 3)