

Global Study Confirms Benefit of Moderate Drinking

29 April 2016

For Immediate Release

A just released global study has found the benefit of moderate drinking on a healthy heart is much stronger than previously thought. The study, published in the British medical journal BMC Public Health yesterday, has found that the number of cardiovascular deaths involving alcohol is 30% lower than previously estimated and that men and women who drink moderately are less likely to suffer from two key heart disorders – ischemic heart disease and ischemic stroke.

“This study, which adds to the growing evidence of the benefit of moderate drinking on heart health and lifespan, shows that sensible drinking can be a part of a healthy lifestyle,” said Spirits New Zealand Chief Executive, Robert Brewer.

“The study also clearly shows that if you drink moderately then you are less likely to suffer from some heart disorders than those who don’t drink at all,” said Mr Brewer.

Mr Brewer says the key to healthy drinking is about frequency, or drinking patterns, and volume.

“The Ministry of Health drinking guidelines are very clear – no more than 15 standard drinks a week for men and ten for women,” he said.

And Mr Brewer says if drinkers were wondering what this amount actually looked like then they should visit www.cheers.org.nz which has information on standard drinks and a test to see if their drinking is normal and within moderate drinking guidelines.

“As always, to be healthy we have to eat well, stay active and – if we choose to drink – drink moderately.”

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