

REVIEW OF EVIDENCE ON ALCOHOL AND HEALTH

Statement of Task

The National Academies of Sciences, Engineering, and Medicine will convene a committee of experts to undertake a review of the current scientific evidence on the relationship between consumption of alcohol and health outcomes. The committee will carry out an assessment and prioritization process for reviewing the current literature to determine whether the quality and availability of peer-reviewed published evidence is sufficient to conduct a full systematic review. When a systematic review is warranted, the committee will determine whether an existing systematic review can be updated, or a new review is needed. The committee will consider the following questions, previously published by USDA and HHS as the focus of the review:

1. What is the relationship between alcohol consumption and growth, size, body composition, and risk of overweight and obesity?
2. What is the relationship between alcohol consumption and risk of certain types of cancer?
3. What is the relationship between alcohol consumption and risk of cardiovascular disease?
4. What is the relationship between alcohol consumption and neurocognitive health?
5. What is the relationship between alcohol consumption and risk of all-cause mortality?
6. What is the relationship between alcohol consumption during lactation and post-partum weight loss?
7. What is the relationship between alcohol consumption during lactation and human milk composition and quantity?
8. What is the relationship between alcohol consumption during lactation and infant developmental milestones, including neurocognitive development?

The committee will produce a report that summarizes the evidence in conclusion statements that have been graded to indicate the strength of evidence, but do not include dietary guidance statements, recommendations, or advice.