

Booze and pregnancy risk

By Sarah Wiedersehn

THE occasional glass of wine or champagne during pregnancy cannot be considered safe due to a lack of evidence and alcohol must be avoided, researchers warn.

A systematic review of all available research on the impact of low levels of drinking in pregnancy, published in BMJ Open, has found there is a lack of evidence to support a "safe" level of maternal consumption of alcohol.

Because the evidence is sparse abstinence from alcohol during pregnancy is recommended, the British authors say.

Professor of Paediatrics and Child Health at the University of Sydney Elizabeth Elliot agrees.

"Even though there may be not obvious risk from low levels of alcohol our advice as health professionals must be the safest option is to avoid alcohol," Prof Elliot said.

"We know that alcohol can cause harm both at a cellular level and a clinical level therefore the precautionary approach is safest and one of the reasons is that often people who are given the go-ahead to drink will drink more than they are advised to drink."

British researchers looked at a total of 5000 observational studies and only 26

had data on the impact of light drinking – that is two units up to twice a week or four units a week (less than 32 grams) – during pregnancy compared with no alcohol at all.

They looked particularly at complications of pregnancy and birth characteristics, such as miscarriage, premature birth, and undersized babies, and longer term issues, such as the developmental delays.

The analysis showed that drinking up to four units a week while pregnant, on average, was associated with an eight per cent higher risk of having a small baby, compared with drinking no alcohol at all.



Researchers warn there is no evidence that there is a safe amount of alcohol for pregnant women.

Kids step up for walking challenge

MILDURA children and families are encouraged to get active this October by taking part in VicHealth's Walk to School program.

Mildura Rural City Council is teaming up with Healthy Together Mildura to work with local primary schools to deliver a range of activities encouraging more families to walk, ride or scoot to school this October thanks to a \$10,000 grant from VicHealth.

Councillor for community well-being and services Ali Cupper said VicHealth's Walk to School program was a free, easy and fun way for kids to get active and learn healthy habits for life.

"Last year, 12 local schools participated in this great VicHealth initiative, and we encourage more primary schools to get involved this year to make Walk to School bigger and better," Cr Cupper said.

"We'd love to see more families walking, scooting or riding to and from school each day to help local kids get active and build healthy habits, confidence and friendships."

Local schools which participate in Walk to School will receive certificates to celebrate their students' achievements and will be in the running for some fantastic local incentives provided by Healthy Together Mildura and regional prizes provided by VicHealth.

VicHealth CEO Jerril Rechter said each year the Walk to School program continued to grow with more and more schools taking part with fantastic results.

We'd love to see more families walking, scooting or riding to and from school each day to help local kids get active and build healthy habits, confidence and friendships

"Last year more than 144,000 kids from over 750 schools across Victoria took part in Walk to School," Ms Rechter said.

Together they walked more than 2.2 million kilometres – the equivalent of walking almost 55 times around the world," she said.

"This year, we hope to see even more local kids getting active as they travel to and from school.

"If you can't walk all the way, there are many great opportunities to get involved and support your school.

"Try parking the car a few blocks from school and walk, ride or scoot the rest.

"VicHealth's Walk to School initiative is a fun, free way to get school kids active and help them build lifelong healthy habits and it's also a great way for parents and carers to enjoy some quality time with their kids."



Mildura South Primary School students Charlotte Mouvet, Atreyu Cochrane, Emily Tyers and Caden Hanstock took up the Walk to School challenge last year.

WE ARE YOUR LOCAL ROOFING SPECIALISTS



ROOF | GUTTERS
New - Repair - Replace

ROBINSON PLUMBING

96 Eighth Street, Mildura | 5021 3546
arplumbingmildura.com.au
VIC: 38227 NSW: 295598C SA: PGE242338

Need Repairs or Service?

Your local whitegood specialist



Save a call out fee!

Drop your appliance off for a FREE quote

REFRIGERATION **TWO** APPLIANCES
PH. 50 215534 RIVERS FAX. 50 234191
119 EIGHTH STREET, MILDURA



Pink Ball

SATURDAY OCTOBER 28TH - 6PM
AT CLUB DA VINCI

THEME - PINK BALL GOES TO THE RACES
AUCTIONS, RAFFLES & LIVE ENTERTAINMENT
BY THE BEAGLES AND ANDREA & IWAN

TICKETS \$100pp

ON SALE FRIDAY 15TH SEPTEMBER

TICKET INCLUDES CANAPES, 2 COURSE MEAL, BEER, WINE & SOFT DRINK
TICKETS AVAILABLE FROM MILDURA SOUTH PRIMARY SCHOOL PHONE 50233 2148

TICKET REQUIRED FOR ENTRY

