

**While stopping or reducing your alcohol intake can be hard, most people can stop or limit their drinking by changing certain behaviors** that encourage drinking, getting support from family, friends, and community, and by seeking professional help from their doctor.

### Tips for Reducing Your Drinking

- Keep track of how much you drink.
- Try to have no more than one alcoholic drink per hour.
- Don't drink on an empty stomach.
- Avoid situations that might trigger your urge to drink such as parties or bars.
- Get support - ask your partner, family, and friends to help you stay away from alcohol.
- Find other activities to get involved with that don't involve alcohol.
- Talk to your doctor.

### Mutual Help Resources

#### Alcoholics Anonymous (AA)

[www.aa.org](http://www.aa.org)  
(212) 870-3400

#### SMART Recovery

[www.smartrecovery.org](http://www.smartrecovery.org)  
(440) 951-5357

#### Al-Anon/Alateen

[www.al-anon.alateen.org](http://www.al-anon.alateen.org)  
(888) 425-2666

#### Families Anonymous

[www.familiesanonymous.org](http://www.familiesanonymous.org)  
(800) 736-9805

#### Adult Children of Alcoholics

[www.adultchildren.org](http://www.adultchildren.org)  
(310) 534-1815

# Alcohol

It May Be Legal, But  
It Can Hurt Your Health



### Acknowledgements

Portions of the information provided in this brochure were adapted from the World Health Organization (WHO) Brief Intervention Manual and the National Institutes of Health Rethinking Drinking.

This brochure was developed by a collaboration of

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According to the National Institute on Alcohol Abuse and Alcoholism, **3 in 10 adults** drink at levels that elevate their risk of physical, mental health, and social problems.

For most adults, drinking small amounts of alcohol is safe. However, moderate to heavy drinking can increase your risk for a range of physical, mental health, and social problems.

**Am I a heavy or risky drinker?**

A standard drink contains about 14 grams of “pure” alcohol. The amount is equivalent to one beer, one glass of wine, or one mixed drink. Doctors recommended guidelines for moderate drinking are:

**Women (age 21-64)**

No more than 3 standard drinks per occasion and no more than 7 standard drinks per week.

**Men (age 21-64)**

No more than 4 standard drinks per occasion and no more than 14 standard drinks per week.

To determine if you are at risk for increased mental, medical, or social problems, complete the **Alcohol Use Disorders Identification Test (AUDIT)**.

For each question, circle the number that matches your answer. When you've answered all of the questions, add up the numbers circled to get your score.

**My score is:** \_\_\_\_\_

**AUDIT Assessment**

1. How often do you have a drink containing alcohol?  
(0) Never. Skip to question 9.  
(1) Monthly or less  
(2) 2 to 4 times a month  
(3) 2 to 3 times a week  
(4) 4 or more times a week
2. On a typical day when you are drinking, how many drinks containing alcohol do you have?  
(0) 1 or 2  
(1) 3 or 4  
(2) 5 or 6  
(3) 7, 8, or 9  
(4) 10 or more
3. How often do you have six or more drinks on one occasion?  
(0) Never  
(1) Less than monthly  
(2) Monthly  
(3) Weekly  
(4) Daily or almost daily
4. During the last year, how often have you found that you were not able to stop drinking once you had started?  
(0) Never  
(1) Less than monthly  
(2) Monthly  
(3) Weekly  
(4) Daily or almost daily
5. During the last year, how often have you failed to do what was normally expected of you because of drinking?  
(0) Never  
(1) Less than monthly  
(2) Monthly  
(3) Weekly  
(4) Daily or almost daily
6. During the last year, how often have you needed a first drink in the morning to get yourself going after a heavy drinking session?  
(0) Never  
(1) Less than monthly  
(2) Monthly  
(3) Weekly  
(4) Daily or almost daily
7. During the last year, how often have you had a feeling of guilt or remorse after drinking?  
(0) Never  
(1) Less than monthly  
(2) Monthly  
(3) Weekly  
(4) Daily or almost daily
8. During the last year, how often have you been unable to remember what happened the night before because of your drinking?  
(0) Never  
(1) Less than monthly  
(2) Monthly  
(3) Weekly  
(4) Daily or almost daily
9. Have you or someone else been injured because of your drinking?  
(0) No  
(2) Yes, but not in the last year  
(4) Yes, during the last year
10. Has a relative, friend, doctor, or other health care worker been concerned about your drinking or suggested you cut down?  
(0) No  
(2) Yes, but not in the last year  
(4) Yes, during the last year

**0 to 7: You are in the low risk range.** Stay within the recommended drinking limits.

**8 to 19: You are in the at risk or high risk range.** Reduce drinking to within the recommended limits. See Tips for Reducing Your Drinking.

**20+: You are in the severe risk range.** Try to abstain from alcohol and get further medical assistance.