

This is around one Standard Drink

How many Standard Drinks did you have this week?



Half pint (330 ml) of beer at 4% alc



100ml glass of wine at 12.5% alc



A single 30ml measure of spirits

NOTE: how one Standard Drink is compared to a typical serving below

...and each of these is more than one Standard Drink



600ml pint of beer 4% alc



600ml pint of beer 5% alc



335ml bottle of RTD spirit or beer 5% alc



440ml can of beer 4% alc



440ml can of beer 5% alc



250ml glass of wine 12.5% alc



750ml bottle of wine 12% alc

Risk	Men	Women	Common Effects
Lower Risk	No more than 15 S.D. per week on a regular basis	No more than 10 S.D. per week on a regular basis	<ul style="list-style-type: none"> • Increased relaxation • Sociability • Reduced risk of heart disease (for men over 40 and post menopausal women)
Risky drinking or median AUDIT score	16 – 40 S.D. per week	10 - 28 S.D. per week	<p>Progressively increasing risk of:</p> <ul style="list-style-type: none"> • Low energy • Memory loss • Relationship problems • Cancer • Depression • Insomnia • Impotence • Injury • Cardio-vascular disease • Alcohol dependence • High blood pressure • Liver disease
Harmful drinking or high AUDIT score	40+ S.D. per week	28+ S.D. per week	

Drinking & Pregnancy

No alcohol in pregnancy is the safest choice for your baby

There is no safe time to drink alcohol during a pregnancy

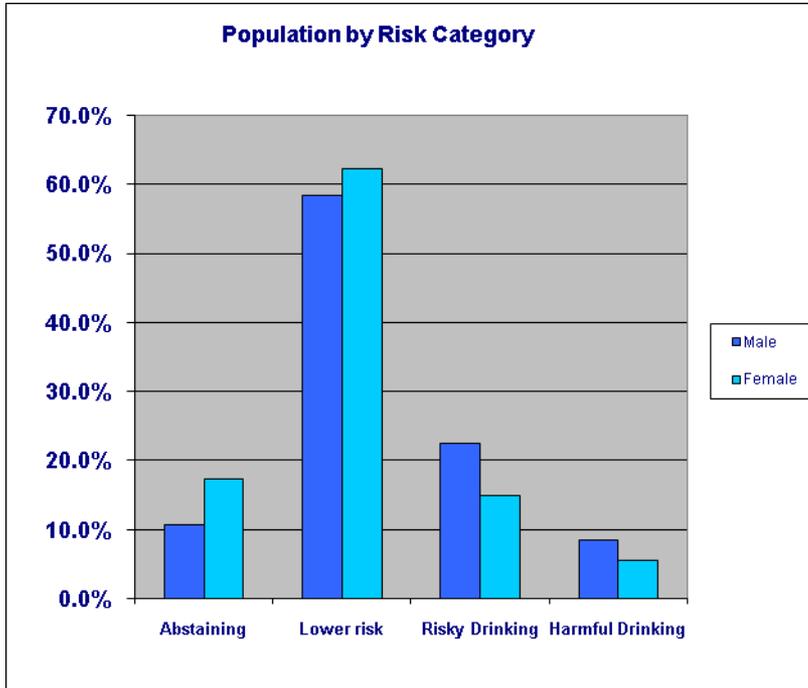
There is no known safe amount of alcohol to drink during pregnancy.

If you are finding it difficult to cut out alcohol during your pregnancy then talk to your GP or midwife about the support that's available

This tool can be accessed on *Health Pathways* on the **ALCOHOL INTERVENTION MANAGEMENT** main page under the link, 'Brief Advice Tool'

What's everyone else like?

% of Adult Population



What targets should you aim for?

Men

Should not regularly drink more than 15 Standard Drinks/week

Women

Should not regularly drink more than 10 Standard Drinks/week

'Regularly' means drinking every week.

Regardless of how much or little you drink you should have at least 2 alcohol free days per week

The benefits of cutting down

Psychological/Social/Financial Benefits

- Improved mood
- Improved relationships
- Reduced risks of drink driving
- Save money

Physical Benefits

- Sleep better
- More energy
- Lose weight
- No hangovers
- Reduced risk of injury
- Improved memory
- Better physical shape
- Reduced risk of high blood pressure/CVD
- Reduced risk of cancer
- Reduced risks of liver disease
- Reduced risks of brain damage

Making your plan

- When bored or stressed have a workout instead of drinking
- Avoid drinking alone
- Plan activities and tasks at those times you would usually drink
- When you do drink, set yourself a limit and stick to it
- Have your first drink after starting to eat
- Quench your thirst with non-alcohol drinks before and in-between alcoholic drinks
- Avoid drinking in shouts or in large groups
- Switch to lower alcohol beers
- Avoid or limit the time spent with "heavy" drinking friends

What is your personal target?