

LOW-RISK DRINKING LIMITS

Source: National Institutes of Health

MEN 18-65



No more than:
≤ **4 drinks per day**
AND no more than:
≤ **14 drinks per week**

WOMEN 18-65*



No more than:
≤ **3 drinks per day**
AND no more than:
≤ **7 drinks per week**

AGE 66+



No more than:
≤ **3 drinks per day**
AND no more than:
≤ **7 drinks per week**

*Women who are pregnant or breastfeeding should not drink.

Alcohol Risk Calculator

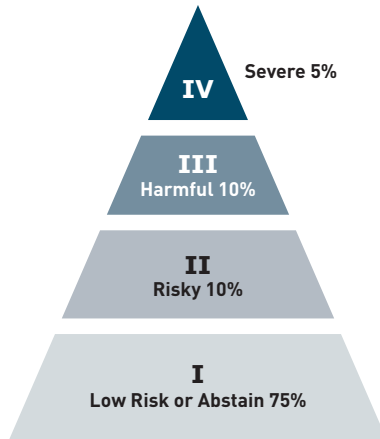
WHAT COUNTS AS A DRINK?



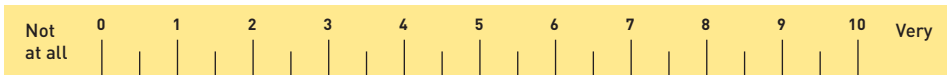
A drink is:

- One 12-ounce can of beer
- One 5-ounce glass of wine
- One shot of hard liquor (1½ ounces)

RISK LEVEL PYRAMID



Adapted from World Health Organization



ZONE OF USE	I: LOW RISK	II: RISKY	III: HARMFUL	IV: SEVERE
AUDIT Score	0-7	8-15	16-19	20+
DAST Score	0	1-2	3-5	6+

Raise the subject

- Explain your role and ask permission to discuss alcohol/drug use:
“Would it be okay if we talked about the annual screening forms you filled out today?”
- Ask for alcohol/drug use patterns in patient’s own words:
“Tell me about your alcohol/drug use? In a typical week, what does your alcohol/drug use look like?”
- Listen carefully; use reflections to demonstrate understanding; avoid discord

Provide feedback

- Share AUDIT/DAST scores; review low-risk drinking limits; ask for response:
“Your score on the screening forms puts you in the xxx zone, which means... What do you think about that?”
- If applicable, explore possible connection to health, social, and/or work issues:
“What connection might there be between your alcohol/drug use and...”
- Share patient education materials

Enhance motivation

- Summarize zone of risk and health connection: *“As we just talked about, your alcohol/drug use puts you in...”*
- Explore readiness for change and reasons for change:
“On a scale of 0-10, how ready are you to make a change in your use?”
 - *“If > 2: Why did you choose that number and not a ____ (lower one)?”*
 - *“If 0-2: How would your alcohol/drug use have to impact your life in order for you to start thinking about cutting back?”*
- Ask about pros/cons: *“What do you like about your alcohol/drug use?” “What don't you like about your alcohol/drug use?”*

Negotiate plan

- Summarize pros/cons: *“On the one hand you like...on the other hand you don't like (you are concerned about)...”*
- Ask a key question: *“What do you think you will do?”* or *“What steps would you be willing to take to cut back?”*
- If not ready to plan, stop the intervention; thank patient
- If needed, offer a menu of choices for change using patient education materials; identify specific steps for change
- Assess patient's confidence in achieving his/her goal:
“On a scale of 0-10, how confident are you to make these changes?”
- Thank patient and negotiate follow-up

To find a Treatment Provider go to:
findtreatment.samhsa.gov/TreatmentLocator,
 or call 800-662-HELP (4357)