

## This is one unit...



Half pint of regular beer, lager or cider



1 very small glass of wine(9%)



1 single measure of spirits



1 small glass of sherry



1 single measure of aperitifs

How many units did you drink today?

## ...and each of these is more than one unit



A pint of "regular" beer, lager or cider



A pint of "strong"/ "premium" beer, lager or cider



Alcopop or a 275ml bottle of regular lager



440ml can of "regular" lager or cider



440ml can of "super strength" lager



250ml glass of wine (12%)



Bottle of wine (12%)

Risk	Men	Women	Common Effects
<b>Lower Risk</b>	<b>No more than 14 units per week spread over 3 or more days</b>	<b>No more than 14 units per week spread over 3 or more days</b>	<ul style="list-style-type: none"> <li>•Increased relaxation</li> <li>•Sociability</li> <li>•Some possible evidence of protective effects for heart disease in small amounts</li> <li>•Small increased risk of some cancers</li> </ul>
<b>Increasing Risk</b>	<b>Over 14 units per week</b>	<b>Over 14 units per week</b>	<p><b>Progressively increasing risk of:</b></p> <ul style="list-style-type: none"> <li>•Low energy</li> <li>•Depression</li> <li>•Insomnia</li> <li>•Impotence</li> <li>•Injury &amp; social problems</li> <li>•Alcohol dependence</li> <li>•High blood pressure</li> <li>•Liver disease</li> <li>•Cancer &amp; many more</li> </ul>
<b>Higher Risk</b>	<b>28 units or more per week on a regular basis</b>	<b>28 units or more per week on a regular basis</b>	

There are times when you will be at risk even after one or two units. For example, with strenuous exercise, operating heavy machinery, driving or if you are on certain medication.

If you are pregnant or trying to conceive, it is recommended that you avoid drinking alcohol. But if you do drink, it should be no more than 1-2 units once or twice a week and avoid getting drunk.

Your screening score suggests you are drinking at a rate that increases your risk of harm and you might be at risk of problems in the future.

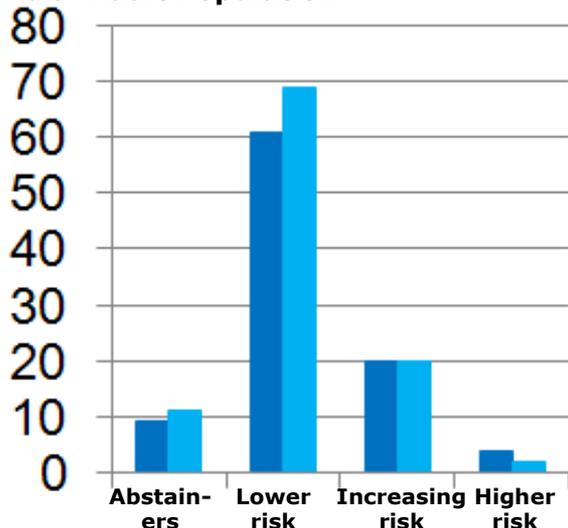
*What do you think?*



## What's everyone else like?

■ Male ■ Female

% of Adult Population



## Making your plan

- When bored or stressed have a workout instead of drinking
- Avoid going to the pub after work
- 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 rounds or in large groups
- Switch to low alcohol beer/lager
- Avoid or limit the time spent with "heavy" drinking friends

## The benefits of cutting down

### Psychological/Social/Financial

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

### Physical

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

## What targets should you aim for?

**Guidelines suggest that both men and women should aim for no more than 14 units per week.**

These should be spread out over 3 days or more and single occasion amounts should be limited.

These guidelines were reviewed in 2016 following new evidence that any amount of alcohol increases risk of some cancers.

## What is your personal target?

This brief advice is based on the "How Much Is Too Much?" Simple Structured Advice Intervention Tool, developed by Newcastle University and the Drink Less materials originally developed at the University of Sydney as part of a W.H.O. collaborative study.

