### 1 Feedback – Are YOU at risk from drinking alcohol?

<table>
<thead>
<tr>
<th>Score</th>
<th>Benefits</th>
<th>Problems</th>
</tr>
</thead>
<tbody>
<tr>
<td>0–7</td>
<td>• Increased relaxation</td>
<td>• Sometimes any drinking can be risky (e.g. driving, pregnancy, some medical conditions)</td>
</tr>
<tr>
<td>Low RISK</td>
<td></td>
<td>• Even occasional heavy drinking can put you at risk of injury</td>
</tr>
<tr>
<td>8–12</td>
<td>• Health benefits minimal</td>
<td>• Less energy</td>
</tr>
<tr>
<td>At risk</td>
<td></td>
<td>• Poor sleep</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Poor co-ordination</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Less able to think clearly</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• High blood pressure</td>
</tr>
<tr>
<td>13+</td>
<td>• Health benefits lost</td>
<td>• Depression/stress</td>
</tr>
<tr>
<td>High risk of dependence</td>
<td></td>
<td>• Impotence</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Risk of injury</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Danger driving &amp; using machinery</td>
</tr>
</tbody>
</table>

#### What is everyone else like?

Most people drink at safe levels

<table>
<thead>
<tr>
<th></th>
<th>High risk/dependent</th>
<th>At risk</th>
<th>Low risk</th>
<th>Non-drinkers</th>
</tr>
</thead>
<tbody>
<tr>
<td>%</td>
<td>5%</td>
<td>20%</td>
<td>55%</td>
<td>20%</td>
</tr>
</tbody>
</table>

**Australian general population**

### 2 Have YOU thought about changing your drinking?

### 3 What benefits will you get from cutting down?

- sleep better
- more energy
- lose weight
- no hangovers
- better memory
- better physical shape
- improved mood
- less family hassles
- more money

**Reduced risk of**

- high blood pressure
- liver damage
- brain damage
- cancer
- drink driving
- injury (to you and others)
How to do it

4 Goals

<table>
<thead>
<tr>
<th>Who</th>
<th>How many drinks are safe?</th>
</tr>
</thead>
</table>
| Healthy adults                           | • No more than 2 standard drinks per day reduces the lifetime risk of harm  
                                           | • No more than 4 standard drinks on any occasion reduces risk of injury  |
| Special situations (e.g. driving, using machinery, some medical conditions or medicines) | • Lower limits apply                                           |
| Pregnant or breastfeeding Under 18 years | • Not drinking is safest                                      |
| Alcohol dependence or physical damage from alcohol | • Not safe to drink at all                                    |

1 standard drink:

OR

- middy of beer (285mls)

OR

- small glass of wine (100mls)

- nip of spirits (30mls)

5 Strategies

How do I cut down?

- Drink only with food
- Have a glass of water to quench thirst & between drinks
- Switch to smaller drinks
- Switch to low-alcohol beer
- Avoid going to the pub after work
- Avoid or limit time spent with ‘heavy drinking’ friends
- If under pressure to drink, say “I’m getting fit” or “My doctor has told me to cut down”

Alternatives

- Plan other activities at a time when you usually have a drink
- When stressed, take a walk or exercise instead of drinking
- Explore new interests

Tips for keeping on track

Questions to ask yourself

- What are the most difficult times? 
  Plan to avoid these situations or plan activities to help you cope
- How am I doing? 
  Occasionally, try writing down how much you have to drink over a week
- Am I losing motivation? 
  Remind yourself of your reasons for cutting down
- Do I need more help? 
  Don’t feel embarrassed to come back for help. Specialist services are also available.

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