

DrinkCheck

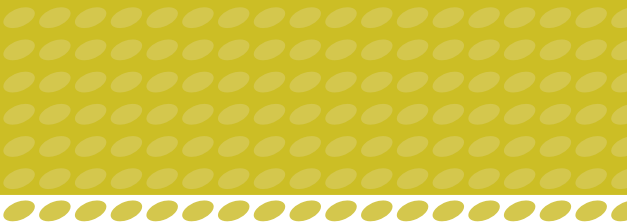
IS YOUR DRINKING OK?



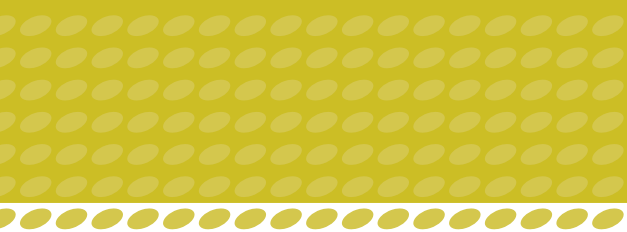
What sort of drinker are you?

DrinkCheck can help you
your drinking. Just comp
and add up your score. T
means. It's that easy! *

* DrinkCheck is for people 18 years or older.



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Test your drinking...



Is your drinking OK?

Answer each question by scratching the circle next to your choice. Pick the answer that is closest to your situation.

How often do you have a drink containing alcohol?

- Never..... 0
- Less than monthly..... 1
- Two to four times a month..... 2
- Two to three times a week..... 3
- Four or more times a week..... 4

YOUR SCORE

How many standard drinks do you have on a typical day when you are drinking? See the section on standard drinks.

- One to two..... 0
- Three to four..... 1
- Five to six..... 2
- Seven to nine..... 3
- Ten or more..... 4

YOUR SCORE

How often do you have six or more drinks in one session?

- Never..... 0
- Less than monthly..... 1
- Monthly..... 2
- Weekly..... 3
- Daily or almost daily..... 4

YOUR SCORE

How often in the last year have you found you were not able to stop drinking once you had started?

- Never..... 0
- Less than monthly..... 1
- Monthly..... 2
- Weekly 3
- Daily or almost daily 4

YOUR SCORE

How often during the last year have you failed to do what was normally expected from you because of drinking?

- Never..... 0
- Less than monthly..... 1
- Monthly..... 2
- Weekly 3
- Daily or almost daily 4

YOUR SCORE

How often during the last year have you needed a drink in the morning to get yourself going after a heavy drinking session?

- Never..... 0
- Less than monthly..... 1
- Monthly..... 2
- Weekly 3
- Daily or almost daily 4

YOUR SCORE

How often during the last year have you had a feeling of guilt or remorse after drinking?

- Never..... 0
- Less than monthly..... 1
- Monthly..... 2
- Weekly 3
- Daily or almost daily 4

YOUR SCORE

What your score means

WOMEN

13 POINTS OR MORE

MEN

15 POINTS OR MORE

WOMEN

6 - 12 POINTS

MEN

7 - 14 POINTS

WOMEN

0 - 5 POINTS

MEN

0 - 6 POINTS

High-risk

Your drinking will cause you or may have already caused you problems.

Medium-risk

Your drinking is putting you at risk of developing problems.

Low-risk

Your drinking is not likely to cause you problems if it remains at this level.

Low-risk guidelines

To be considered low-risk, you should drink no more than the standard drink amount suggested here – preferably less. You should also try to have at least two alcohol-free days a week.

Women

● ONE SESSION

No more than 4 standard drinks.

● WEEKLY MAXIMUM

No more than 14 standard drinks.

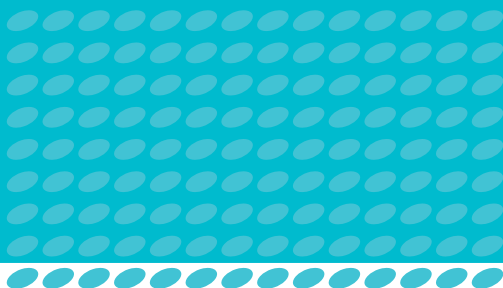
Men

● ONE SESSION

No more than 6 standard drinks.

● WEEKLY MAXIMUM

No more than 21 standard drinks.



Pregnant or think you might be?

You should not drink alcohol when you are pregnant. There is no known 'safe' level of drinking at any time during pregnancy.



What can you do now?

If you would like to cut down, here are some tips:

- Work out a personal limit per day, per week or per occasion – and stick to it.
- Do more activities that don't involve drinking.
- Ring the Alcohol Drug Helpline:
0800 787 797 for free, confidential advice and resources to help you cut down.

When socialising with friends or family:

- Eat before you drink and while you're drinking.
- Have some non-alcoholic drinks.
- Don't allow others to top up your drink.
- Count your drinks.
- Tell your friends that you are cutting down.



When should you not drink?

- If you are **pregnant** or thinking about becoming pregnant.
- If you are on **medication** or if you have a condition made worse by drinking.
- If you feel unwell, **depressed**, tired or cold as alcohol could make things worse.
- If you are about to **operate machinery or a vehicle** or do anything that is risky or **requires skill**.



Using standard drinks

What is a standard drink?

One thing you need to know about before you start DrinkCheck is standard drinks. The thing that matters when you're counting drinks is the amount of pure alcohol in a drink.

FOR EXAMPLE ▶

A mixed drink with 30ml (a single shot) of spirits gives you about the same amount of pure alcohol as a 330ml can of beer or a small 100ml glass of wine. They're all around one, to one and a half standard drinks.



APPROX.
1.5
Standard
Drinks™



APPROX.
8.0
Standard
Drinks™



Contains
approximately
32 standard
drinks

APPROX. 1.0 = 10G OF PURE ALCOHOL
Standard Drinks™



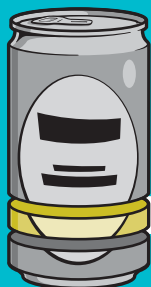
30ML OF STRAIGHT SPIRITS

APPROX. 10G PURE ALCOHOL



100ML GLASS OF TABLE WINE

APPROX. 10G PURE ALCOHOL



330ML CAN OF BEER

APPROX. 10G PURE ALCOHOL

Check the label

Check the label to see how many standard drinks there are in what you're drinking. For example, remember, if you get four glasses of wine from a bottle displaying eight standard drinks, then each glass contains two standard drinks.



For more help

The Alcohol Drug Helpline

For help, information or advice for yourself or others, call the Alcohol Drug Helpline: **0800 787 797.**

The Alcohol Drug Helpline can give you free and confidential:

- Information and self-help material.
- Advice.
- Referrals to your local alcohol and drug service.

Or visit **www.alac.org.nz** or talk to your doctor.

