

Getting Healthy By Drinking Less

What you can do.

Help with drinking less

Drinking too much alcohol on a single day or over time can have serious consequences on your health.

Low risk drinking limits are:

For healthy **men up to age 65**

- No more than **14** drinks in a **week**, **AND**
- Never more than **4** drinks in any one **day**

For healthy **women of any age** (and healthy **men over age 65**)

- No more than **7** drinks in a **week**, **AND**
- Never more than **3** drinks in any one **day**

How much do you drink?

Your Alcohol Use score is: _____

- If your score is 8 to 15 - we recommend you cut down on your drinking.
- If your score is 16 or above – a social worker may speak with you to give you more information.

Tips for cutting down on drinking

Cutting back on drinking can lower your risk for many health problems, including diabetes, high blood pressure, problems at work and depression. Small changes can make a **big** difference. Depending on your health status, we may advise you to drink less or quit completely.

To help you to stay healthy and reduce alcohol consumption, we recommend that you try 2 or 3 of the tips below. If one doesn't work, try a different one.

Set Goals

Decide how many days a week you want to drink and how many drinks you'll have on those days. It's a good idea to have some days when you don't drink.

Pace and Space

Pace yourself. Sip your drink slowly. Have no more than one alcoholic drink per hour. Alternate "drink spacers" such as water, juice or soda between drinks.

Include Food

Don't drink on an empty stomach. Enjoy some healthy food so the alcohol will be absorbed more slowly into your system.

Avoid Triggers

If certain people or places make you feel like drinking even when you don't want to, try to avoid them. If certain activities, times of day, or feelings trigger the urge, plan what you'll do instead of drinking. If drinking at home is a problem, don't keep alcohol there.

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For more tips on cutting down go to <http://rethinkingdrinking.niaaa.nih.gov/>

Try one strategy at a time and add another down the road. But if you haven't made progress in cutting down after 2 to 3 months, consider quitting drinking altogether, seeking professional help, or both.

Tips for Quitting Drinking

If you want to quit drinking altogether, avoiding triggers, handling urges and saying no can help. In addition, ask for support from people who are willing to help, such as a spouse or non-drinking friends.

If you drink heavily and decide to stop drinking completely, don't do it alone. Sudden withdrawal from heavy drinking can cause dangerous side effects such as seizures. Kaiser Permanente has health programs to help you quit.

Schedule an appointment with your physician to discuss your drinking. Your physician can refer you to a Kaiser Permanente Chemical Dependency Program. You may also contact Chemical Dependency Services directly to schedule an evaluation.

Go to kp.org to get information about Kaiser's Chemical Dependency Programs and read more about alcohol problems.

Self Help Support Groups

Self-help groups are an important part of recovery from substance use disorders and are recommended in addition to Chemical Dependency services. You can choose from a variety of self-help groups:

12 step programs such as Alcoholics Anonymous, Narcotics Anonymous emphasize abstinence and have 12 "steps" to recovery from alcohol or drug abuse.

More information at: www.aa.org, www.na.org.


Al-Anon is a 12 step group available to provide support to family and friends of persons with substance use disorders. More information at: www.al-anon.org.

LifeRing is a secular recovery support group that involves meetings and a workbook. More information at: www.lifering.org.

SMART Recovery is a self-help program based on scientific research and self-empowerment. More information at: www.smartrecovery.org.

Women for Sobriety is a national self-help group solely for women wishing to stop using alcohol and drugs. More information at: www.womenforsobriety.org

Celebrate Recovery is a Christian-centered recovery program that involves meetings and the Celebrate Recovery curriculum. More information at: www.celebraterecovery.com

<p>Standard Drink Measurements</p> <p>1 drink = 12oz beer 5oz wine 1.5oz liquor</p> 	<p>Beer (5% alc) 12oz = 1 16oz = 1.5 22oz = 2</p> <p>Alcopop/ Wine Cooler (5% alc) 12oz = 1</p> <p>Malt Beverage/Liquor 16oz (6-8% alc) = 2-3 16oz (12% alc) = 4 24oz (12% alc) = 5 40oz (6-9% alc) = 5-7</p>
<p>Liquor (80 proof = 40% alc/vol) *Increase # drinks if liquor is 100 proof (50% alc/vol).</p> <p>Shot 1.5oz = 1</p> <p>Nip 2oz = 1.6</p> <p>Pint 16oz = 11</p> <p>Fifth 26oz = 17</p> <p>Liter/Quart 32oz = 21</p> <p>Mixed Drink Rum & cola = 1 Margarita = 1.5 Martini = 2 LI Ice Tea = 4-5</p> <p>Handle 1/2 gallon 3-5L = 24-40</p>	<p>Wine (12% alc/vol) *Increase # drinks if >12% alc/vol.</p> <p>Glass 5oz = 1</p> <p>Bottle 26oz = 6</p> <p>Magnum ~ 2 reg. wine bottles 1.5L = 12</p> <p>Jug/Cask 3-5L = 24-40</p>

BNI-ART Institute, Boston University School of Public Health

NIAAA Safer Drinking Guidelines

Those at greater risk for illness and/or injury:

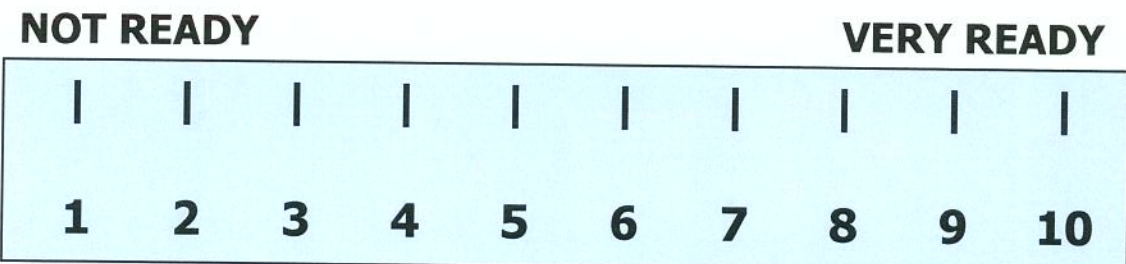
Men >14 drinks per week 5+ drinks per occasion (2-hour period)

Women >7 drinks per week 4+ drinks per occasion (2-hour period)

Age 65+ >7 drinks per week 2+ drink per day

Readiness Ruler

How ready are you to make any changes?



BNI-ART Institute, Boston University School of Public Health