

Part of the

The dicash

The dicash

The dicash sellbeing group

ALCOHOL AUDIT

One unit of

alcohol

There's never a bad time to assess our existing behaviours and set new goals.

Alcohol can have a huge impact on our physical, emotional, and even financial health. As such, it's important to monitor our alcohol intake to maintain a safe and healthy level. We've put together the following self-assessment using NHS guidelines to help you audit your own alcohol intake and view recommendations for setting healthy behaviours.

Enter the relevant number in brackets in the box for each question, then add up your total score. If you're unsure of unit measures, please use the reference guide below.

1 single

measure

of spirits

1 single

measure

of aperitifs

1 small

alass of

sherry

Half a

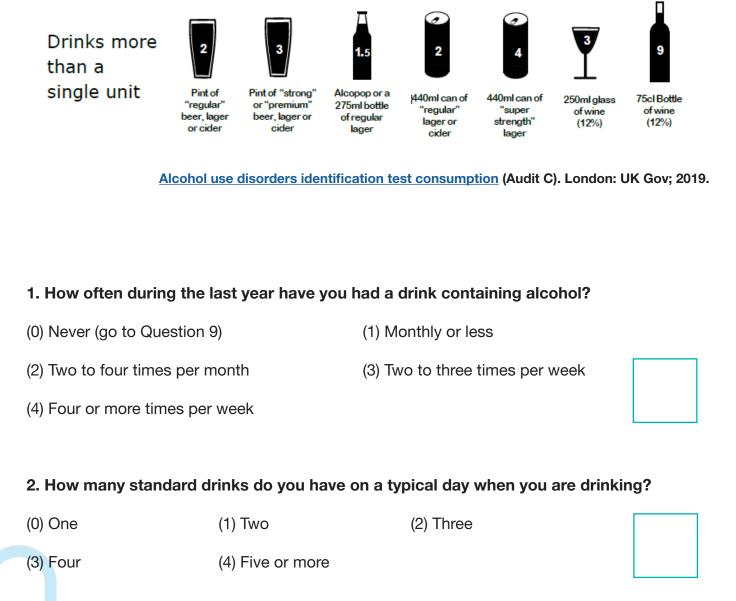
small

glass of

Half pint of

"regular" beer,

lager or cider



(0) Never	(1) Less than monthly	(2) Monthly	
(3) Weekly	(4) Daily or almost daily		
4. How often during you had started?	g the last year have you found yo	u were not able to stop dr	inking once
(0) Never	(1) Less than monthly	an monthly (2) Monthly	
(3) Weekly	(4) Daily or almost daily		
5. How often during of drinking?	g the last year have you failed to	do what was expected of y	you becaus
(0) Never	(1) Less than monthly	(2) Monthly	
(3) Weekly	(4) Daily or almost daily		
	g the last year have you needed a er the night before?	a first drink in the morning	to get
(0) Never	(1) Less than monthly	(2) Monthly	
(3) Weekly	(4) Daily or almost daily		
7. How often during drinking?	g the last year have you had a fee	eling of guilt or remorse af	ter
(0) Never	(1) Less than monthly	(2) Monthly	
(3) Weekly	(4) Daily or almost daily		
	g the last year have you been una se you had been drinking?	able to remember what ha	ppened the
(0) Never	(1) Less than monthly	(2) Monthly	
(3) Weekly	(4) Daily or almost daily		

3. How often do you have three or more standard drinks during one occasion?

(0) No	(2) Yes, but not in the last year				
(4) Yes, during the last year					
10. Has a relative, friend, doctor or other health worker ever been concerned about your drinking and suggested you cut down?					
arınkın	ig and suggested you cut down?				
(0) No	(2) Yes, but not in the last year				

9. Have you or someone else ever been injured as a result of your drinking?

Please add up your score and find out your risk level on the next page



Assessing your results

Using your total score please find below your risk level and recommendations for behaviour changes.

TOTAL SC	CORE	RISK LEVEL	RECOMMENDATIONS
0-7		Lower Risk	This is the healthiest category to be in. However, if you do drink any alcohol at all, low risk does not mean no risk. Always stick to the recommended guidelines and aim to consciously maintain sensible drinking habits.
8-15		Increasing Risk	Your score indicates your level of drinking is potentially hazardous to your health and could be having a detrimental impact on your life. Making changes to your drinking habits could have a beneficial effect. It might be helpful to make plans about how you could start to make gradual changes to reduce how often and the amount of alcohol that you drink.
16-19)	Higher Risk	A score of 16 or above suggests that your drinking habits are harmful to your health in both the short and long term and will have a detrimental impact on your life. It is advised that you make changes to your drinking habits - this may be easier if you seek support from your GP or local support service.
20+		Possible Dependence	It is strongly recommended that you seek support from your GP or local alcohol support service to make changes to your drinking habits. Your alcohol intake is likely to be harmful to your health and have a significant impact on your life.



DRINKING GUIDELINES

Please find below some drinking guidlines.

UK CHIEF MEDICAL OFFICER'S LOW RISK DRINKING GUIDELINES

- You should not drink more than 14 units of alcohol per week
- Units should be spread over 3 or more days
- You should have at least 2 alcohol free days per week
- Drinking any amount of alcohol increases the risk of developing a range of cancers
- Those who are pregnant should not drink at all
- There is no justification for drinking for health reasons
- Those who have one to two heavy drinking sessions per week increase their risk of premature death

USEFUL RESOURCES

Adfam

A national charity working with families affected by drugs and alcohol. www.adfam.org.uk

Al-anon Family Groups

Offers support and understanding to the families and friends of problem drinkers.

Call: 0800 0086 811 www.al-anonuk.org.uk

Alcoholics Anonymous

Call: 0800 917 7650

www.alcoholics-anonymous.org.uk

Drinkaware Home | Drinkaware

Drinkline

The national alcohol helpline. If you're worried about your own or someone else's drinking, you can call this free helpline in complete confidence.

Call: 0300 123 1110 (weekdays 9am to 8pm, weekends 11am to 4pm).

Talk to FRANK

A government-funded free service offering information and sources of support.

Call: 0300 123 6600 www.talktofrank.com

We Are With You (formerly Addaction) - Drug, alcohol and mental health charity www.wearewithyou.org.uk



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