



# ALCOHOL AUDIT

Assess your alcohol consumption and personal risk levels

## ALCOHOL AUDIT

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.

One unit of alcohol



Half pint of "regular" beer, lager or cider



Half a small glass of wine



1 single measure of spirits



1 small glass of sherry



1 single measure of aperitifs

Drinks more than a single unit



Pint of "regular" beer, lager or cider



Pint of "strong" or "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%)



75cl Bottle of wine (12%)

[Alcohol use disorders identification test consumption](#) (Audit C). London: UK Gov; 2019.

**1. How often during the last year have you had a drink containing alcohol?**

(0) Never (go to Question 9)

(1) Monthly or less

(2) Two to four times per month

(3) Two to three times per week

(4) Four or more times per week

**2. How many standard drinks do you have on a typical day when you are drinking?**

(0) One

(1) Two

(2) Three

(3) Four

(4) Five or more

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

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

**4. How often during the last year have you found you were not able to stop drinking once you had started?**

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

**5. How often during the last year have you failed to do what was expected of you because of drinking?**

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

**6. How often during the last year have you needed a first drink in the morning to get yourself going, after the night before?**

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

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

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

**8. How often during the last year have you been unable to remember what happened the night before because you had been drinking?**

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

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

- (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?**

- (0) No                      (2) Yes, but not in the last year  
(4) Yes, during the last year

**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 SCORE	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 guidelines.

### 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](http://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](http://www.al-anonuk.org.uk)

### Alcoholics Anonymous

Call: 0800 917 7650

[www.alcoholics-anonymous.org.uk](http://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](http://www.talktofrank.com)

**We Are With You (formerly Addaction) - Drug, alcohol and mental health charity**

[www.wearewithyou.org.uk](http://www.wearewithyou.org.uk)



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