

FACT SHEET

All patients in HNE Health hospitals are asked about their health habits. By having good health habits you can lower your chance of disease and improve quality of life.

Act now and reduce how much alcohol you drink

Drink no more than 2 standard drinks per day and you can avoid long term health problems from too much alcohol.

Limit yourself to no more than 4 standard drinks on any single occasion and you can reduce the chance of falls, arguments and hangovers.

Go to the quiz on the back

See what information or support you may need based on your current levels of drinking.

Examples of a 'standard drink'

Light Beer



1 Schooner
425mls

Full Strength Beer



1 Middy
285mls

Wine



1 Glass
100ml

Spirits



1 Nip
30ml

Fortified Wine
(eg. port, sherry)



1 Glass
60ml

Reduce your Alcohol use

If your total score is 20 or above, ring the HNE Drug & Alcohol Service to make an appointment for further information and support:



4923 2060 (Hunter)

1300 660 059 (New England)

1300 662 263 (Lower Mid North Coast)

If your total score is 5 or above but below 20:

-  Ring the Alcohol and Drug Information Service on 1800 422 599 for information and support on reducing your drinking.
- Ask your local General Practice or Aboriginal Medical Service.
-  visit www.alcohol.gov.au

The safest option is to not drink any alcohol if you are under 18 or pregnant or breastfeeding. Please seek advice from a health professional.

Alcohol Quiz

Try to answer questions in terms of a 'standard drink.'

How to complete this quiz

1. Try to answer questions in terms of a standard drink
2. Circle the response that best fits your answer to each question
3. Write the score of your response (found at the top of the column in the score options) into the SCORE column on the right hand side
4. Add all the scores from the right hand column to get your total score.
5. Turn back to the front to see what to do if your scores are 20 or above, or between 5 and 20.

QUESTION	SCORE OPTIONS					SCORE
	0	1	2	3	4	
1. How often do you have a drink containing alcohol?	Never	Monthly or less	2-4 times a month	2-3 times a week	4 or more times a week	
2. How many standard drinks do you have on a typical day when you are drinking?	1 or 2	3 or 4	5 or 6	7 to 9	10 or more	
3. How often do you have four or more drinks on one occasion?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
4. How often during the last year have you found that you were not able to stop drinking once you had started?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
5. How often during the last year have you failed to do what was normally expected of you because of drinking?	Never	Less than monthly	Monthly	Weekly	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 a heavy drinking session?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
7. How often during the last year have you had a feeling of guilt or remorse after drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
8. How often during the last year have you been unable to remember what happened the night before because of your drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
9. Have you or someone else been injured because of your drinking?	No		Yes, but not in the last year		Yes, during the last year	
10. Has a relative, friend, doctor, or other health care worker been concerned about your drinking or suggested you cut down?	No		Yes, but not in the last year		Yes, during the last year	

TOTAL SCORE