



DrinkCheck

Is your drinking okay?



Health Promotion Agency

WHAT'S OF DRINKING ARE YOU

**DrinkCheck can help you
about your drinking. Just
questionnaire and add up
Then find out what it me**

***DrinkCheck is for people 18 years or older.**

SPORT DRINKER YOU?

you find out more
t complete the
up your score.
ans. It's that easy!*

Test your drinking...



Health Promotion Agency

Is your drinking Okay?

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 | ● |
| Less than monthly | ● |
| Two to four times a month | ● |
| Two to four times a week | ● |
| Four or more times a week | ● |

How many standard drinks containing alcohol do you have on a typical day when you are drinking? (to find out what a standard drink is see *Understanding standard drinks in the next section*)

- | | |
|---------------|---|
| One to two | ● |
| Three to four | ● |
| Five to six | ● |
| Seven to nine | ● |
| Ten or more | ● |

How often do you have six or more drinks on one occasion?

- | | |
|---------------------------|---|
| Never | ● |
| Less than monthly | ● |
| Two to four times a month | ● |
| Two to four times a week | ● |
| Four or more times a week | ● |

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	☐

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

Never	☐
Less than monthly	☐
Monthly	☐
Weekly	☐
Daily or almost daily	☐

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

Never	☐
Less than monthly	☐
Monthly	☐
Weekly	☐
Daily or almost daily	☐

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

Never	☐
Less than monthly	☐
Monthly	☐
Weekly	☐
Daily or almost daily	☐

How often in the last year have you been unable to remember what happened the night before because you had been drinking?

Never



Less than monthly



Monthly



Weekly



Daily or almost daily



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

No



Yes, but not in the past year



Yes, but during the past year



Has a relative, friend or doctor, or other health worker been concerned about your drinking or suggested that you should cut down?

No



Yes, but not in the past year



Yes, but during the past year



Add up the scores

Add up all your scores and turn the page to find out what sort of drinker you are.

Your total score:



What your score means



13

POINTS OR MORE



15

POINTS OR MORE



6-12

POINTS



7-14

POINTS



0-5

POINTS



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 drinking advice for adults

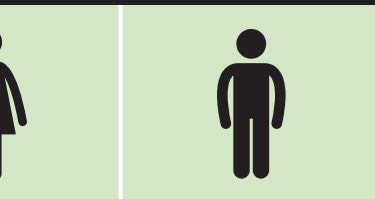


Reduce your **long-term health risks** by drinking **no more than:**

- 2 standard drinks *a day for women* and no more than 10 standard drinks *a week*
- 3 standard drinks *a day for men* and no more than 15 standard drinks *a week*

AND at least two *alcohol-free days* every week.

Reduce your risk of injury



No more than...

4

STANDARD DRINKS

5

STANDARD DRINKS

on any single occasion

Pregnant women



No alcohol

0

STANDARD DRINKS

There is no known safe level of alcohol use at any stage of pregnancy

Reduce **your risk of injury** on a single occasion of drinking by drinking **no more than:**

- 4 standard drinks *for women* on any single occasion
- 5 standard drinks *for men* on any single occasion

Advice for pregnant women or those planning to get pregnant

- no alcohol

There is no known safe level of alcohol use at any stage of pregnancy.

ONLINE TOOLS

alac.org.nz/alcohol-you

What can you do now?

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

1. Work out a personal limit per day, per week or per occasion – and stick to it.
2. Do more activities that don't involve drinking. Alternate alcoholic and non-alcoholic drinks.
3. 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:

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

When should you not drink?

It's advisable not to drink if you:

- are pregnant or planning to get pregnant
- are on medication that interacts with alcohol
- have a condition made worse by drinking alcohol

- feel unwell, depressed, tired or cold as alcohol could make things worse
- are about to operate machinery or a vehicle or do anything that is risky or requires skill.

If you are not sure or concerned, check with your doctor.

Understanding 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.



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.

3 LITRE
CASK
OF WINE @
12.5% ALC

330ML
BOTTLE OF
BEER @
5% ALC

750ML
BOTTLE
OF BEER @
4% ALC

600ML
PINT
OF BEER @
4.5% ALC

100ML
GLASS
OF TABLE
WINE @
12.5% ALC



30

1.3

2.4

2.1

1

STANDARD
DRINKS

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 100ml glass of wine. They're all around one standard drink.

100ML GLASS OF
TABLE WINE

330ML CAN
OF BEER

30ML OF
STRAIGHT
SPIRITS



=



**Standard
Drinks™**

For help

For help, contact the
Alcohol Drug Helpline on

0800 787 797

Free confidential information, insight and
support for you and your family.

Māori line

0800 787 798

Free confidential information, insight and
support for you and your whānau.

Whaka-tu-tangata
stand tall – It's your call



Pasifika line

0800 787 799

Free confidential information, insight and
support for you and your family.

It's your call



For up-to-date statistics and information check out:

alac.org.nz





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Southern Regional Office

Please contact Wellington
Customhouse Quay Office.

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**For help, contact the Alcohol Drug
Helpline on 0800 787 797**

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