

Low-Risk Drinking Limits



Men ages 21-65
No more than:
4 drinks per day
and no more than:
14 drinks per week



Women 21+ • Men 65+
No more than:
3 drinks per day
and no more than:
7 drinks per week



*To stay low-risk,
keep within BOTH
the single-day AND
weekly limits*

Source: National Institute of Health

Alcohol Risk Calculator



What counts as a drink
12 oz of regular beer
About 5% alcohol



8-9 oz malt liquor
About 7% alcohol

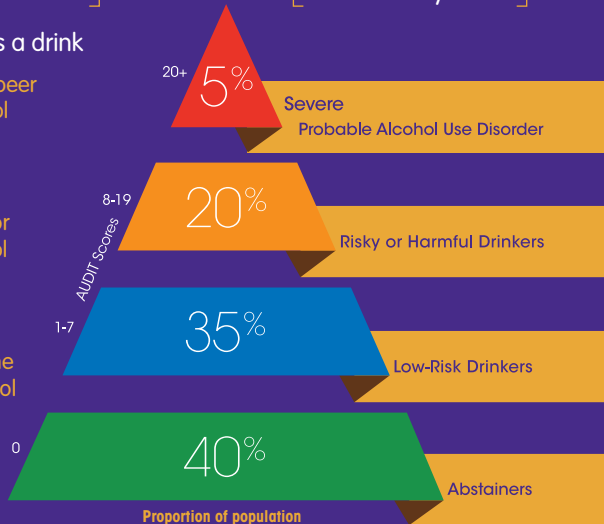


5 oz glass of wine
About 12% alcohol



1.5 oz of liquor
40% alcohol

Risk Level Pyramid



Something to think about: 25% of the population will score an 8 or above on the AUDIT. That means 1 in 4 people will be at risk for or already have an alcohol use disorder

0 1 2 3 4 5 6 7 8 9 10

Not at all

Very

How ready are you to make a change?

Risk Scoring	Low Risk	Risky	Harmful	Severe
AUDIT Score	0 – 7	8 – 15	16 – 19	20+
DAST Score	0	1 – 2	3 – 5	6+
CRAFFT	0	1	2 – 4	5+

Build Rapport	<ul style="list-style-type: none"> • <i>Introduce yourself and ask permission to discuss alcohol and/or drug use.</i>
Pros & Cons	<ul style="list-style-type: none"> • <i>Ask the patient to discuss the pros and cons of using alcohol and/or drugs.</i>
Feedback/ Discussion	<ul style="list-style-type: none"> • <i>Ask permission to discuss AUDIT/DAST/CRAFFT scores and identify risk.</i> • <i>Review NIAAA guidelines and connect alcohol and/or drug use to health problems.</i> • <i>Ask for patient feedback about results.</i>
Assess Readiness	<ul style="list-style-type: none"> • <i>Use the readiness ruler to assess readiness for change.</i> • <i>Reinforce positives and ask about a lower number.</i>
Action Plan	<ul style="list-style-type: none"> • <i>Ask patient what they would like to change about their alcohol and/or drug use.</i> • <i>Write down steps, provide a copy to patient and offer appropriate resources.</i> • <i>Thank patient and negotiate follow-up (if warranted).</i>

