

# Alcohol: Rethink Your Drink

12 fl oz of regular beer = 8–9 fl oz of malt liquor (shown in a 12 oz glass) = 5 fl oz of table wine = 1.5 fl oz shot of 80-proof spirits

*a standard bottle of wine contains 5 drinks*

("hard liquor"—whiskey, gin, rum, vodka, tequila, etc.)

*a fifth of liquor contains 17 shots — 17 drinks*



about 5% alcohol



about 7% alcohol



about 12% alcohol



about 40% alcohol

The percent of "pure" alcohol, expressed here as alcohol by volume (alc/vol), varies by beverage.

Beer  
(12 oz)

Malt Liquor  
(8–9 oz)

Wine  
(5 oz)

Hard Liquor  
(1.5 oz)



## Low Risk Drinking Limits



MEN 18–65

No more than:  
**14 drinks per week**  
= AND no more than:  
**4 drinks per day**



WOMEN 18–65

No more than:  
**7 drinks per week**  
= AND no more than:  
**3 drinks per day**



ALL AGE 66+

No more than:  
**7 drinks per week**  
= AND no more than:  
**3 drinks per day**

## Readiness / Confidence / Importance Ruler



Not ready for change

Ready for change

## Raise the subject

- Establish rapport
- Ask permission to have a discussion about the patient's alcohol/drug use
- Explain your role to set the agenda

## Provide feedback

- Review the patient's substance use patterns using NIDA and ASSIST if indicated
- Share score and review guidelines and what their score means
- Explore possible connections between health problems and substance use

## Enhance motivation

- Assess Readiness to Change — use Readiness/Confidence/Importance Ruler
  - What change(s) are you considering?
  - How important is it that you make this change?
  - How confident are you that you are able to make this change?
  - How ready are you to make this change?

## Negotiate plan

- Provide a summary and ask, "What do you think you will do?"
- Offer a menu of choices for change, provide recommendation, seek agreement

### Low Risk

#### ASSIST -based Assessment

0–10 Alcohol  
0–3 All other substances



### Moderate Risk

#### ASSIST -based Assessment

11–26 Alcohol  
4–26 All other substances



### High Risk

#### ASSIST -based Assessment

27+ on any substance;  
or Injected drugs more than 4 times monthly in the last 3 months