

How much do other people in Somerset drink?

Lower Risk - 77% (280,554)

Increasing Risk - 19% (70,171)

Higher Risk - 4% (15,462)

Source: <http://www.alcoholconcern.org.uk/campaign/alcohol-harm-map>

Are you up for changing things a bit?

Step 1: Identify good reasons to change

Pick your 3 best reasons to change how much you drink.

Step 2: Set your own goals

Plan how much you will have when you go out or when you are drinking at home.

Step 3: Plan for any difficult times

Recognise when it might be difficult for you and identify how you will deal with those situations.

- Plan activities or tasks at those times when you would usually drink.
- Avoid going to the pub after work.
- When you drink, set yourself a limit and stick to it.
- Eat before you start drinking.
- Switch to lower strength or non-alcoholic options.
- Think about alternatives, that you could easily opt for instead of having drink. The options are endless but could include: having a relaxing bath, catching up with friends on the phone, going for a walk, a swim, or a bike ride, doing some odd jobs you've been putting off for ages, learning a new hobby.

Step 4: Find support

It can really help to talk to someone you trust and ask for advice when you need it.

Step 5: Stick to your goals, taking one day at a time

Small changes can make a big difference. Cutting back on alcohol helps with your general wellbeing.

You'll probably notice the benefits quite quickly.

- Feeling better in the mornings.
- Having more energy and feeling less tired in the day.
- Sleep better.
- You'll start to look and feel healthier.
- You may stop gaining weight or lose some pounds.
- Improved relationships with those you care about and who care about you.
- Saving money.
- Reduced risks of injury, high blood pressure, cancer, liver disease.

What targets should you aim for?

There is no completely safe level of drinking, but to keep health risks from alcohol to a low level:



Men and women should not drink more than 14 units a week on a regular basis.

Spread your drinking over 3 or more days if you regularly drink as much as 14 units a week.

Try to have several alcohol-free days each week.

For more information on ways to change your drinking take a look at:

www.drinkaware.co.uk

www.nhs.uk/oneyou/drinking

Up for changing things a bit?

SDAP
Somerset Drug &
Alcohol Partnership



Each of these is one unit....

(to nearest half unit)



Half a pint of regular beer, lager or cider
(284ml; 3.8%ABV)

Half a glass of wine
(87.5ml; 12%ABV)



1 single measure of spirits
(25ml; 40%ABV)



1 small glass of sherry
(50ml; 17.5%ABV)

Alcopop
(275ml; 4%ABV)

.... And each of these is more



A pint of regular beer or lager (568ml; 3.8%)

2

A pint of 'premium' beer, lager or Cider (568ml; 5%)

3



Can of regular beer or lager (440ml; 3.8%)

1.5

Can of super strength lager (440ml; 9%)

4



Bottle of 'premium' lager (330ml; 4.6%)

1.5

Bottle of 'strong' cider (500ml; 7%)

3.5



Large glass of wine (250ml; 12%)

3



Bottle of wine (75cl; 12%)

9

How do you feel?

Your screening score suggests you appear to be drinking at a rate that increases your risk of harm and you might be at risk of problems in the future. What do you think?

There are times when you will be at risk even after one or two units. For example, with strenuous exercise, operating heavy machinery, driving, or if you are on certain medications.

If you are pregnant, or think you could become pregnant, the safest approach is not to drink alcohol at all, to keep risks to your baby to a minimum.

Calculate the units in your favourite drink...

Here's the maths...

$$\frac{\text{ml} \times \text{ABV}}{1000} = \text{units}$$

For example...

$$\frac{750\text{ml bottle of wine} \times 12\% \text{ ABV}}{1000}$$

$$= 9 \text{ units}$$

Risk	Men	Women	Common effects
Lower risk	No more than 14 units per week, spread over 3 or more days		<ul style="list-style-type: none"> Increased relaxation Sociability Reduced risk of heart disease at older ages in some
Increasing risk	Regularly drinking 15-50 units per week	Regularly drinking 15-35 units per week	Progressively increasing risk of: <ul style="list-style-type: none"> Low energy Low mood Insomnia Injury Impotence High blood pressure Memory loss Liver disease Cancer Alcohol dependence
Higher risk	More than 8 units a day on a regular basis or more than 50 units per week	More than 6 units a day on a regular basis or more than 35 units per week	

Remember: Look at the label for information about units.

This brief intervention information is based on the "How much is too much?" Simple Structured Advice Intervention tool, developed by Newcastle University and the Drink Less materials originally developed at the University of Sydney as part of a W.H.O collaborative study.