

Alcohol Consumption Guideline

Low Risk Alcohol Consumption



Men

No more than 4 drinks per day
OR 14 drinks per week

Women

No more than 3 drinks per day
OR 7 drinks per week

Binge Drinking



Men

5 or more drinks
in less than 2 hours
anytime in the past 30 days

Women

4 or more drinks
in less than 2 hours
anytime in the past 30 days

Heavy Drinking



Men & Women

Binge drinking on 5 or more days in the past 30 days OR
exceeding weekly alcohol consumption recommendations.

A Standard Drink in the US

12 fl oz of
regular beer



(about 5% alcohol)

8-9 fl oz of
malt liquor



(about 7% alcohol)

5 fl oz of
table wine



(about 12% alcohol)

1.5 fl oz shot of
80-proof spirits



(about 40% alcohol)

Sources: Substance Abuse Mental Health Service Administration (SAMHSA), National Institute on Alcohol Abuse and Alcoholism (NIAAA), Centers for Disease Control and Prevention (CDC).



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Scoring Guidelines for Select Alcohol Screening Tools

Single Question Screening



How many times in the past year have you had X or more drinks in a day? (X = 5 for men, and 4 for women and adults over 65 years old)

Single Question Scoring



Patients who report having exceeded the number of drinks one or more times within the past year are considered positive. *Suggestion: Administer the full Audit US screen.*

AUDIT 1-3 US Scoring—Modified for US standard drink



The AUDIT 1-3 (US) is scored on a scale of 0-18. Each question has 7 answer choices (0-6).



A total of 8 or more for men under 65 years old is considered positive.

OR



A total of 7 or more for women and adults 65 years old and older is considered positive.

AUDIT US Scoring—Modified for US standard drink



Scores between 0-6/7 suggest abstinence or drinking below low-risk guidelines. *Suggestion: Education on risky drinking limits.*



Scores between 7/8-15 suggests drinking above recommended guidelines. *Suggestion: Brief intervention.*



Scores between 16-24 suggest drinking above guidelines and experiencing alcohol-related harm. *Suggestion: Brief intervention and follow up.*



A score of 25 or more suggests alcohol dependence symptoms. *Suggestion: Referral to specialized alcohol treatment may be required.*