

# Alcohol Consumption Guideline

## Moderate Alcohol Consumption

Men 

Women 



No more than 2 drinks per day

No more than 1 drink per day

## At Risk Alcohol Consumption

Men 

Women 



≥ 4 drinks per day  
14 drinks per week

≥ 3 drinks per day  
7 drinks per week

## Heavy Drinking

 Men & Women 



5 or more drinks on the same occasion  
on 5 or more days in the past 30 days

## Binge Drinking

 Men & Women 



5 or more drinks on the same occasion at least 1 time  
in the past 30 days  
4 or more drinks in less than 2 hours on any occasion

Source: Substance Abuse Mental Health Service Administration (SAMHSA), The National Institute on Drug Abuse (NIDA) and the World Health Organization



**Quality Improvement Organizations**  
Sharing Knowledge. Improving Health Care.  
CENTERS FOR MEDICARE & MEDICAID SERVICES

**Lake Superior Quality Innovation Network**  
MICHIGAN | MINNESOTA | WISCONSIN

This material was prepared by the Lake Superior Quality Innovation Network, under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. The materials do not necessarily reflect CMS policy. 11SOW-MI/MN/WI-A1-15-04 042915



# Scoring Guidelines for Select Alcohol Screening Tests

## CAGE Scoring



Item responses on the CAGE are scored **0** or **1**, with a higher score being an indication of alcohol problems.



A total score of **2** or greater is considered clinically significant.



Suggest that any score of **1** or above be further evaluated for potential alcohol misuse, abuse or dependence.

## AUDIT Scoring



Scores between **8** and **15** are most appropriate for simple advise focused on the reduction of hazardous drinking.



Scores between **16** and **19** suggest brief counseling and continued monitoring.



Scores of **20** or above clearly warrant further diagnostic evaluation for alcohol dependence.

## AUDIT-C Scoring

0  12

The AUDIT-C is scored on a scale of **0-12** (**0** = no alcohol use)  
Each AUDIT-C question has 5 answer choices:  
**a=0 b=1 c=2 d=3 e=4**



In men, a score of **4** or more is considered positive; in women, a score of **3** or more is considered positive.



Generally, the higher the AUDIT-C score, the more likely a patient's drinking is affecting his/her health safety.