

Number of units in typical alcoholic drinks

1.5
units



Small glass red/white/rosé wine
(125ml, ABV 12%)

2.1
units



Standard glass red/white/rosé wine
(175ml, ABV 12%)

3
units



Large glass red/white/rosé wine
(250ml, ABV 12%)

2
units



Pint of lower-strength lager/beer/cider
(ABV 3.6%)

3
units



Pint of higher-strength lager/beer/cider
(ABV 5.2%)

1.7
units



Bottle of lager/beer/cider
(330ml, ABV 5%)

2
units



Can of lager/beer/cider
(440ml, ABV 4.5%)

1.5
units



Alcopop
(275ml, ABV 5.5%)

1
unit



Single small shot of spirits*
(25ml, ABV 40%)

A UK unit is
10ml of pure
alcohol.

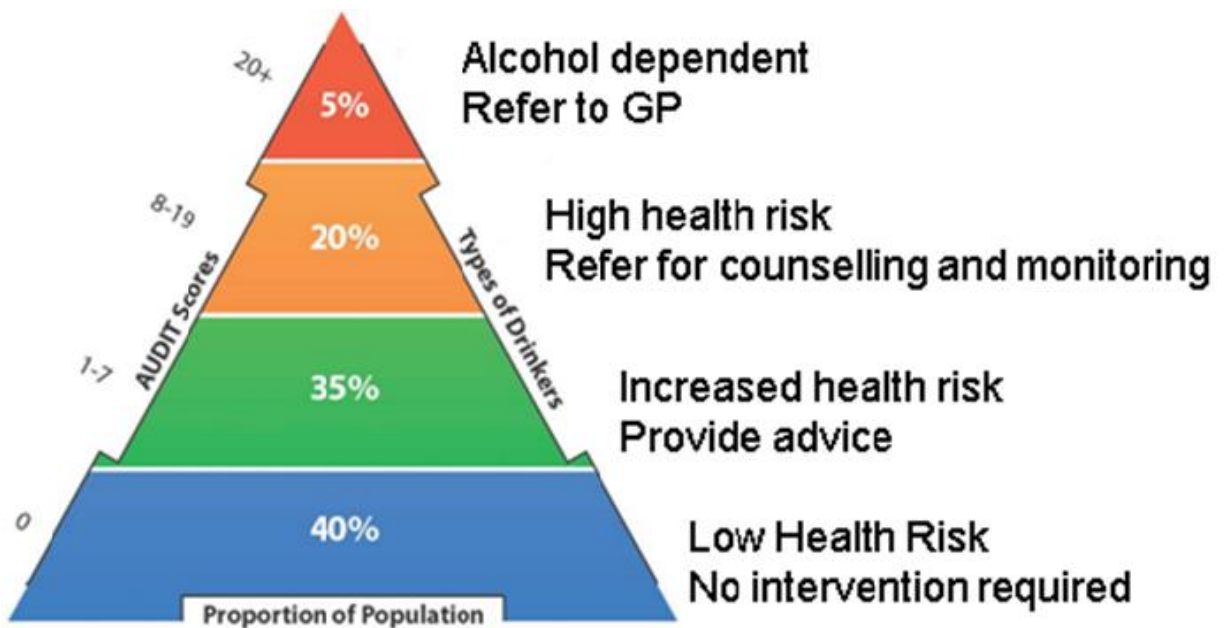


Using AUDIT-C to measure your health risk

AUDIT

Alcohol Use Disorders Identification Test

- Developed by the World Health Organisation (WHO).
- Validated across genders and in a wide range of racial/ethnic groups.
- Calculates your alcohol related health risk based upon 10 variables including:
 - Frequency.
 - Amount.
 - Binge drinking.
 - Injury and loss of memory through drinking.
 - Guilt.
 - Dependency.



How alcohol affects your health

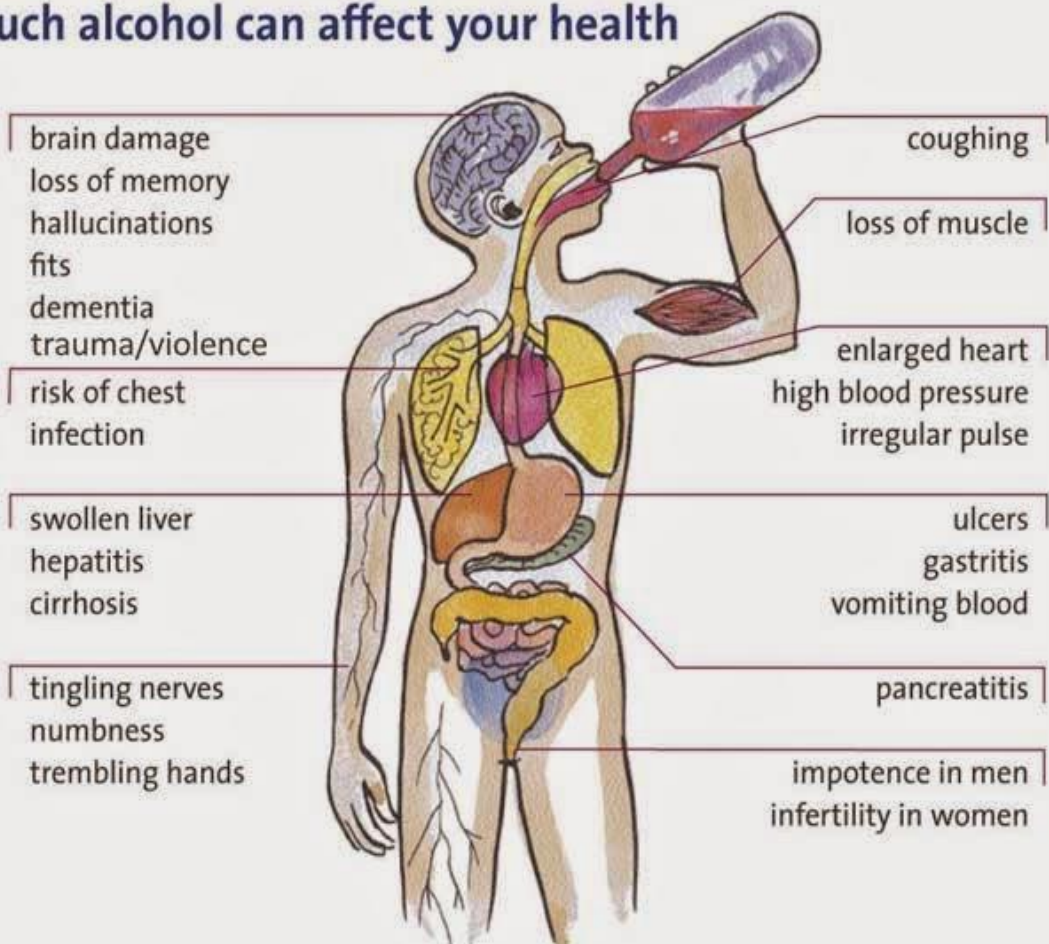
Alcohol is a depressant = leads to loss of vital body functions:

Stage	Units	Effect
Euphoria	4	Lose inhibitions
Excitement	8	Lose self criticism
Confusion	14	Lose sensitivity to pain
Stupor	20	Lose motor functions
Coma		Lose consciousness
Death		

- Effect is just a guide.
- Actual effect depends upon rate of consumption, food intake, environment, body mass and metabolism.

Breaking down alcohol forms harmful compounds which damage the DNA in our cells

Too much alcohol can affect your health



How to reduce your alcohol risk

Recommended weekly alcohol consumption



MAXIMUM WEEKLY ALCOHOL GUIDANCE

Limits are now the same
for men and women at 14
units a week. That equals...



Six pints of beer (4% strength)



Seven glasses of wine (11.5 strength, 175ml)



Fourteen single shots (40% strength, 175ml)

Signposting

Alcohol information, advice and guidance:

www.alcoholconcern.org.uk

Information on alcohol, units and calories, and how to change your drinking behaviour: www.drinkaware.co.uk

Everything you might want to know about alcohol and substance misuse: www.talktofrank.com