

Alcohol Quiz



Drinking is part of many people's social life.

Do you think you drink more, less or the same as people around you?

Are you worried about how this might affect your health, money or relationships?

Once you understand the effects of how much alcohol you drink,
it's easier to make some simple changes for the better.

**Take our quick and easy quiz to see how your drinking
is affecting you, your health and your family.**



Healthier
lifestyles
Gloucestershire

Questions

score 0 if...

score 1 if...

How often do you have a drink containing alcohol?	Hardly ever	Monthly or less
How many units of alcohol do you drink on a typical day?	1 or 2	3 or 4
How often have you had 6 or more units on one occasion in the last year?	Never	Less than monthly
How often during the last year have you not been able to stop drinking once you had started?	Never	Less than monthly
How often in the last year have you failed to do something as a result of your drinking? e.g. get up to meet someone / go to work?	Never	Less than monthly
How often have you needed an alcoholic drink in the morning to get yourself going after a heavy drinking session?	Never	Less than monthly
How often in the last year have you felt guilty or remorse after drinking?	Never	Less than monthly
How often in the last year have you been unable to remember what happened the night before because of your drinking?	Never	Less than monthly
Have you or someone else been injured as a result of your drinking?	No	
Has anyone in your family, friends, someone at work or a doctor raised concern about your drinking or suggested you cut down?	No	

One
unit of
Alcohol =



218ml of
Standard
4.5% Cider
less than
half a pint
/284ml

OR



76ml of
Standard
13% Wine
less than
half a
standard
glass/175ml

OR



25ml of
Standard
40% Spirit
about
half a
measure
/50ml

OR



score 2 if...

score 3 if...

score 4 if...

Score

2-4 times a month

2-3 times a week

4 or more times a week

5 or 6

7, 8 or 9

10 or more

monthly

weekly

Daily or almost daily

monthly

weekly

Daily or almost daily

monthly

weekly

Daily or almost daily

monthly

weekly

Daily or almost daily

monthly

weekly

Daily or almost daily

monthly

weekly

Daily or almost daily

Yes, not in the last year

Yes, in the last year

Yes, not in the last year

Yes, in the last year

OR



250ml of
Standard
4% Lager
or Ale
less than
half a pint
/284ml



250ml of
Standard
4% Alcopop
less than
a bottle
/275ml

Total Score

Find out what
your score means
on the next page...

What your score means

0-7 Low Risk You are drinking in safe and sensible amounts. You are causing little danger to your health and keeping your risks of damage from alcohol at a low level.

8-15 Risky Your levels of drinking could cause you harm. The amount you're drinking is either already causing hidden harms or could cause harm to your body and health in the future. **Speak to a healthy lifestyle coach now to get free, confidential support** Freephone **0800 122 3788** or info@hlsghos.org

16+ High Risk Your drinking is putting your health at high risk. It's important to make changes to your drinking. Speak to a healthy lifestyle coach now to get **free, confidential support** Freephone **0800 122 3788** or info@hlsghos.org

Weekly recommended drinking limit*

To keep health risks from alcohol low it is **best not to regularly drink more than 14 units per week**. This means that in a week you should drink no more than:



**6x 175ml
glasses
of Standard
13% Wine**

OR



**6x 568ml
pints
of Standard
4% Lager or Ale**

OR



**5x 568ml
pints
of Standard
4.5% Cider**

OR



**14x 25ml
glasses
of Standard
10% Spirits**

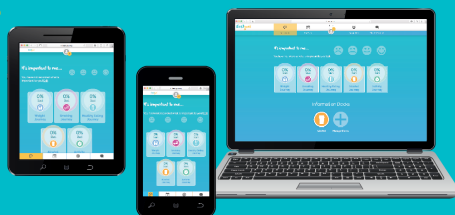
*UK Chief Medical Officers' low risk drinking guidelines, August 2016

Pregnant women, or women trying to conceive should not drink alcohol at all. Drinking during pregnancy can lead to long-term harm to the baby, and this risk increases the more you drink.

Healthy lifestyles

Gloucestershire

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speak to one of our coaches
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or info@hlsghos.org
or visit www.hlsghos.org



www.bestyouglos.org