

What's everyone else like?

In England in 2016:

Abstainers: 17% of men and 22% of women had not drunk any alcohol in the last year

Increasing risk drinkers: 26% of men and 12% of women were increasing risk drinkers

Higher risk drinkers: 5% of men and 3% of women were higher risk drinkers

Source: Health Survey for England 2016

Benefits of cutting down

Psychological/Social/Financial

- Improved mood
- Improved relationships
- Avoid risks of drink driving
- Save money

Physical

- Sleep better
- No hangovers
- More energy
- Lose weight
- Improved memory
- Better physical shape
- Reduced risk of:
 - injury
 - high blood pressure
 - liver disease
 - cancer
 - brain damage

Making your plan

Some suggestions:

- Plan things to do at the times you would usually drink
- When you do drink, set yourself a limit - and stick to it
- Eat something before you start drinking
- Start drinking later in the day
- Avoid going to the pub after work
- Quench your thirst with non-alcoholic drinks before and between alcoholic drinks
- Avoid drinking in rounds
- Drink lower strength alcohol
- Have smaller drinks
- Take smaller sips
- Explore other interests
- Have a few alcohol free days each week

What's your target?

Men and women should not regularly drink more than 14 units a week

If you regularly drink 14 units a week, it is best to spread your drinking evenly over 3 or more days.

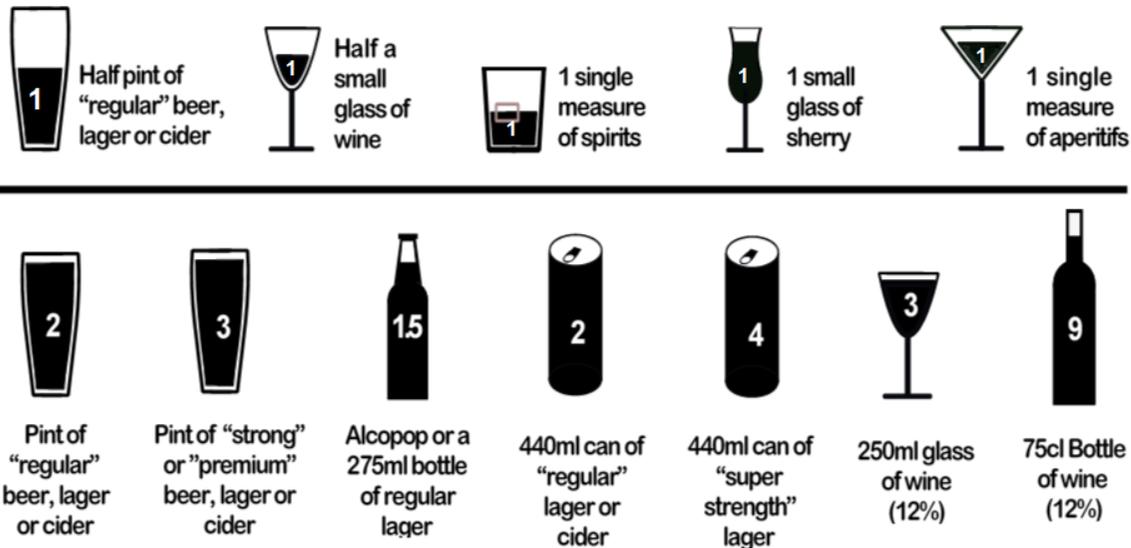
This brief advice/intervention tool has drawn upon material from the Drinkaware website, the SIPS Brief Advice about Alcohol Risk sheet, the How Much Is Too Much? Simple Structured Advice Intervention tool developed by Newcastle University and the Drink Less materials developed at the University of Sydney as part of a WHO collaborative study.

Alcohol

Brief advice for service users



How many units of alcohol?



Is your drinking putting you at risk of harm?

Lower Risk	For men and women, 14 units or fewer a week spread over 3 or more days	Common effects <ul style="list-style-type: none"> • Increased relaxation • Sociability
Increasing Risk	Regularly drinking more than 15 units a week	Increasing risk of: <ul style="list-style-type: none"> • Low energy • Memory loss • Relationship problems • Depression • Insomnia • Impotence • Injury • Alcohol dependence • High blood pressure • Liver disease • Cancer
Higher Risk	For men, more than 50 units a week For women, more than 35 units a week	

What's everyone else drinking? See back page

General tips

- Anyone that gets intoxicated may be at risk of accidents or injuries.
- If you are taking mental health medication, drinking alcohol can increase the severity of side effects such as severe drowsiness, dizziness and fainting, which can cause falls.
- If your liver is damaged as a result of your drinking, your body might not be able to break down your medication.
- If you drive or operate machinery, you may be at risk after only one or two units.
- Avoid drinking during pregnancy - you could harm your unborn child.

Get the app!

For a free drinks tracker app that makes it easy to monitor your drinking and provides tips and feedback go to:

www.nhs.uk/oneyou/apps