How many times in the past year have you had x or more drinks in one day?

Men x = 5 · Women x = 4 · Positive = 1 or more times

Tips for Giving Feedback

- HEALTH
- LEGAL
- PREGNANCY
- ALCOHOL
- WORK
- INJURY
- SLEEP
- FAMILY
- FINANCES

A Standard Drink

Any Drink Containing About 14 Grams Of Alcohol*

*NIAAA (www.RethinkingDrinking.NIAAA.NIH.gov)

<table>
<thead>
<tr>
<th>12 fl oz beer</th>
<th>5 fl oz table wine</th>
<th>1.5 fl oz liquor</th>
</tr>
</thead>
<tbody>
<tr>
<td>~5% alcohol</td>
<td>~12% alcohol</td>
<td>~40% alcohol</td>
</tr>
</tbody>
</table>

Craft beers often contain a higher % alcohol. See Lower Risk Drink Limits chart to know your limit.

Lower Risk Drink Limits*

<table>
<thead>
<tr>
<th></th>
<th>Per Day</th>
<th>Per Week</th>
</tr>
</thead>
<tbody>
<tr>
<td>WOMEN</td>
<td>3</td>
<td>7</td>
</tr>
<tr>
<td>MEN</td>
<td>4</td>
<td>14</td>
</tr>
<tr>
<td>OVER 65</td>
<td>3</td>
<td>7</td>
</tr>
</tbody>
</table>

LESS IS BETTER

AVOID ALCOHOL IF YOU

- take medications that interact with alcohol
- have a health condition made worse by drinking
- are under 21 years of age
- plan to drive a vehicle or operate machinery
- are pregnant or trying to become pregnant
01 RAISE THE SUBJECT

Ask permission: “Would you mind taking a few minutes to discuss your screening results?”

02 PROVIDE FEEDBACK

• Review reported alcohol use and refer to lower risk alcohol guidelines.
• Discuss possible health and other consequences of use; link to purpose of visit, if applicable.
• Express concern.
• Elicit the person’s response: “What do you think about this information?”

03 ENHANCE MOTIVATION

• “On a scale of 0-10, how important is it to you to decrease (or quit) your drinking?”
• “On a scale of 0-10, how confident are you that you will be able to make this change?”
• “How does your current level of drinking fit with what matters most to you?”
• When readiness is low, ask, “What do you enjoy about drinking? What do you not enjoy about drinking?” Then summarize both sides.

04 NEGOTIATE AND ADVISE

• Elicit response: “What are your thoughts about our conversation?”
• Negotiate a goal: “What steps are you interested in taking to make a change?”
• Assist in developing a plan: “What could help you accomplish your goal? What will be challenging?”
• Summarize the conversation. Arrange follow-up.
• Thank the person for having the conversation.

OPTIONS FOR MORE HELP
Medication • Referral • www.LinkingCare.org

This guide can be used for other risky behaviors, such as tobacco or illicit drug use. 8/2016