

Alcohol

And your health



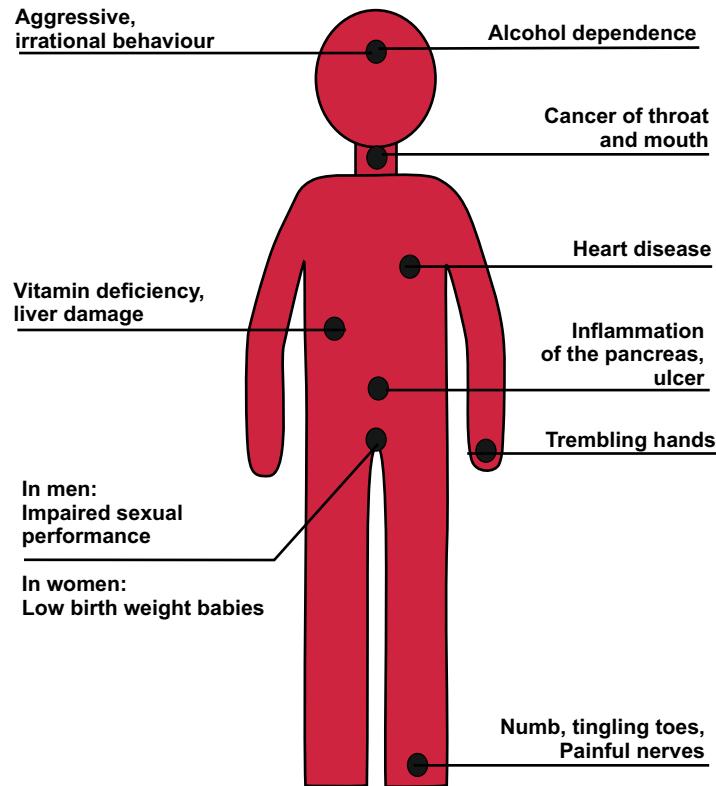
Developed by

WHO Collaborating Centre for Capacity Building and Research in Community-based Noncommunicable Disease Prevention and Control

Centre for Community Medicine, All India Institute of Medical Sciences (AIIMS), New Delhi, India

What are the risks of harmful use of alcohol?

Alcohol is associated with many health problems



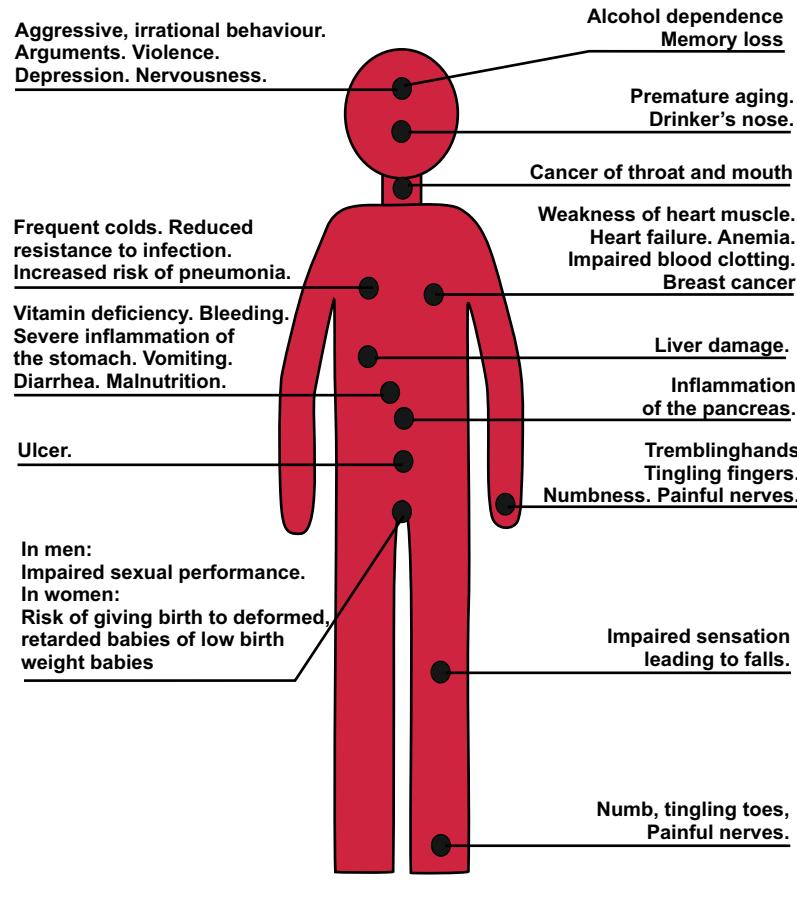
Problems related to excessive alcohol consumption-

- Work absenteeism
- Traffic and work accidents
- Homicides
- Family violence



FOR PATIENTS

What are the risks of harmful use of alcohol?



FOR HEALTH CARE PROVIDER

What is a standard drink?

One standard drink

- $\frac{1}{2}$ bottle of standard beer
- 300 - 400 ml standard beer
- $\frac{1}{4}$ bottle strong beer
- 30 ml of spirits (whisky, gin, vodka)
- $\frac{1}{2}$ packet of locally brewed eg. arrack (calculate according to the strength of the local alcohol)



FOR PATIENTS

What is a standard drink?

A standard drink is a measure of the amount of pure alcohol consumed, usually between 8 g and 12 g. If the amount of alcohol contained in a standard drink in that country is outside these limits, the number of standard drinks may need to be adjusted.

One standard drink

- $\frac{1}{2}$ bottle of standard beer
- 300 - 400 ml standard beer
- $\frac{1}{4}$ bottle strong beer
- $\frac{1}{2}$ packet of arrack/Handia/Toddy/ Jungli (Locally brewed)
- 30 ml of spirits (whisky, gin, vodka)

What is a standard drink?

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- $\frac{1}{2}$ packet of locally brewed eg. arrack (calculate according to the strength of the local alcohol)

330ml can of beer at 4% alcohol

100ml glass of wine at 12.5% alcohol

FOR PATIENTS

FOR HEALTH CARE PROVIDER

Do you have a drinking problem?

1. How often do you have a drink containing alcohol? (0) Never [Skip to Qs 9-10] (1) Monthly or less (2) 2 to 4 times a month (3) 2 to 3 times a week (4) 4 or more times a week	<input type="checkbox"/>	6. How often during the last year have you needed a first drink in the morning to get yourself going after a heavy drinking session? (0) Never (1) Less than monthly (2) Monthly (3) Weekly (4) Daily or almost daily	<input type="checkbox"/>
2. How many drinks containing alcohol do you have on a typical day when you are drinking? (0) 1 or 2 (1) 3 or 4 (2) 5 or 6 (3) 7, 8, or 9 (4) 10 or more	<input type="checkbox"/>	7. How often during the last year have you had a feeling of guilt or remorse after drinking? (0) Never (1) Less than monthly (2) Monthly (3) Weekly (4) Daily or almost daily	<input type="checkbox"/>
3. How often do you have six or more drinks on one occasion? (0) Never (1) Less than monthly (2) Monthly (3) Weekly (4) Daily or almost daily Skip to Questions 9 and 10 if Total Score for Questions 2 and 3 = 0	<input type="checkbox"/>	8. How often during the last year have you been unable to remember what happened the night before because you had been drinking? (0) Never (1) Less than monthly (2) Monthly (3) Weekly (4) Daily or almost daily	<input type="checkbox"/>
4. How often during the last year have you found that you were not able to stop drinking once you had started? (0) Never (1) Less than monthly (2) Monthly (3) Weekly (4) Daily or almost daily	<input type="checkbox"/>	9. Have you or someone else been injured as a result of your drinking? (0) No (2) Yes, but not in the last year (4) Yes, during the last year	<input type="checkbox"/>
5. How often during the last year have you failed to do what was normally expected from you because of drinking? (0) Never (1) Less than monthly (2) Monthly (3) Weekly (4) Daily or almost daily	<input type="checkbox"/>	10. Has a relative or friend or a doctor or another health worker been concerned about your drinking or suggested you cut down? (0) No (2) Yes, but not in the last year (4) Yes, during the last year	<input type="checkbox"/>

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FOR PATIENTS

Screening for alcohol use disorder

Screening for alcohol is used identifying individuals with alcohol use disorder or at the risk of developing alcohol use problems by a tool named Alcohol Use Disorder Identification Test (AUDIT). It has 10 questions with the total score of 40 points based on which the risk level can be categorized and intervention can be provided.

Risk Level	Intervention	AUDIT score
Zone I	Alcohol Education	0-7
Zone II	Simple Advice	8-15
Zone III	Simple Advice plus Brief Counseling and Continued Monitoring	16-19
Zone IV	Referral to Specialist for Diagnostic Evaluation and Treatment	20-40

Do you have a drinking problem?

1. How often do you have a drink containing alcohol? (0) Never (Skip to Q 9-10)
(1) Less than monthly
(2) 2 to 4 times a month
(3) Weekly
(4) Daily or almost daily

2. How often during the last year have you needed a drink or two more than you wanted to stop drinking after a heavy drinking session?
(1) Less than monthly
(2) Monthly
(3) Weekly
(4) Daily or almost daily

3. How often do you have six or more drinks on one occasion? (0) Never (Skip to Q 9-10)
(1) Less than monthly
(2) Weekly
(3) Monthly
(4) Daily or almost daily
Total Score: Add up the scores for Questions 2 and 3 = Q 3 + Q 4

4. How often during the last year have you been so drunk that you had trouble doing what you had planned?
(1) Never
(2) Less than monthly
(3) Weekly
(4) Daily or almost daily

5. How often during the last year have you failed to do what was normally expected from you because of your drinking?
(1) Less than monthly
(2) Weekly
(3) Monthly
(4) Daily or almost daily

6. Have you or someone else been injured as a result of your drinking?
(1) No
(2) Yes, but not in the last year
(3) Yes, during the last year
(4) Don't know

7. Has a relative or friend or a doctor or another health worker been concerned about your drinking?
(1) No
(2) Yes, but not in the last year
(3) Yes, during the last year

FOR PATIENTS

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FOR HEALTH CARE PROVIDER



ZONE I

SCORE 0-7

ALCOHOL EDUCATION

FOR PATIENTS

Audit score (0-7) : Zone 1

- No intervention required
- Individual alcohol advice to provide
- Information about the risks of drinking
- Patients should also be praised for their current low-risk practices and reminded that, if they do drink, they should stay within the recommended allowances
- Patients should be reminded about the standards drinks and the limits (see above)
- Congratulate patients for their adherence to the guidelines.



ZONE 1 SCORE 0-7 ALCOHOL EDUCATION

FOR PATIENTS

FOR HEALTH CARE PROVIDER



ZONE II

SCORE 8-15

SIMPLE ADVICE

FOR PATIENTS

Audit score (8-15): Zone II

- Simple advice.
- Inform them that -
 - they are at risk of chronic health conditions due to regular alcohol use in excess of drinking guidelines
 - they are at risk of injury, violence, legal problems, poor work performance, or social problems due to episodes of acute intoxication



ZONE II SCORE 8-15 SIMPLE ADVICE

FOR PATIENTS

FOR HEALTH CARE PROVIDER



ZONE III

SCORE 16-19

**SIMPLE ADVICE &
BRIEF COUNSELING**

FOR PATIENTS

Audit score (16-19): Zone III

- Simple advice plus brief counseling and continued monitoring
- Give brief advice
- The specific harm(s) (both identified by the AUDIT and from the patient's presenting symptoms) should be itemized, and the seriousness of the situation should be emphasized



ZONE III	SCORE 16-19	SIMPLE ADVICE & BRIEF COUNSELING
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FOR PATIENTS

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FOR HEALTH CARE PROVIDER



ZONE IV

SCORE 20-40

**REFERRAL & TREATMENT
FOR ALCOHOL DEPENDANCE**

FOR PATIENTS

Audit score (20-40): Zone IV

Referral to specialist for diagnostic evaluation and treatment alcohol dependence

Refer for
de-addiction
services



ZONE IV	SCORE 20-40	REFERRAL & TREATMENT FOR ALCOHOL DEPENDANCE
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FOR PATIENTS

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FOR HEALTH CARE PROVIDER

What is the best way to avoid any problems with alcohol?

- Clearly the best way to avoid ANY PROBLEM with alcohol is to AVOID alcohol.
- Remember, no one HAS to drink alcohol to stay healthy and well and to have friends



FOR PATIENTS

What is the best way to avoid any problems with alcohol?

- Clearly the best way to avoid ANY PROBLEM with alcohol is to AVOID alcohol.
- Be SMART- weigh the pros and cons and make your own decision.
- If friends pressurize you - **learn to say NO**
- Remember, no one HAS to drink alcohol to stay healthy and well and to have friends



What is the best way to avoid any problems with alcohol?

- Clearly the best way to avoid ANY PROBLEM with alcohol is to AVOID alcohol.
- Remember, no one HAS to drink alcohol to stay healthy and well and to have friends



FOR PATIENTS

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FOR HEALTH CARE PROVIDER

Who should NOT DRINK at all?

- Children and adolescents (under legal age)
- People who cannot keep drinking to a moderate level
- Pregnant or breast feeding women
- People taking medications that can interact with alcohol
- People who are and will be driving



FOR PATIENTS

Who should NOT DRINK at all?

- Women who are pregnant or considering becoming pregnant should avoid alcohol completely.
- Women that consuming even small amounts of alcohol early in pregnancy can harm the developing foetus
- Given the benefits of exclusive breastfeeding (particularly in the first 6 months), mother should not drink alcohol since it is secreted in the breast milk
- Those who are on certain medications



Who should NOT DRINK at all?

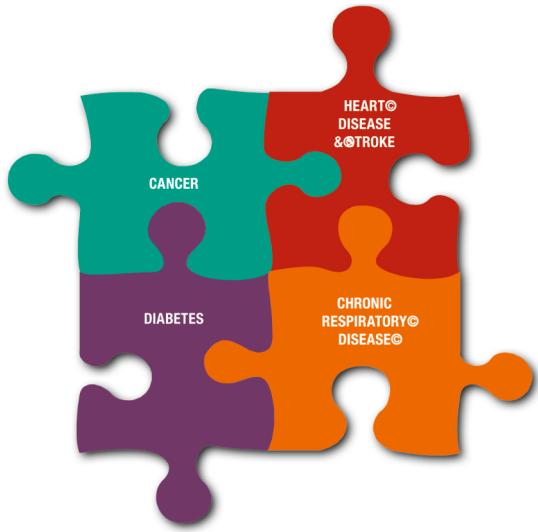
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FOR PATIENTS

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FOR HEALTH CARE PROVIDER



**World Health
Organization**

Regional Office for South-East Asia