

Complete the diary by hand for one whole week starting on any day you like ...

Example: Friday 20 Jan	<ul style="list-style-type: none"> • 5 shots of Bourbon (5 shots x 1 standard drink) • 4 bottles of 5% beer (4 bottles x 1.5 standard drinks) • 1 standard can of 7% Woodies 	<p>5 units</p> <p>6 units</p> <p>2 units</p>
Day 1:		
Day 2:		
Day 3:		
Day 4:		
Day 5:		
Day 6:		
Day 7:		

How much alcohol in your drink?

Use this guide to work out roughly how many alcohol units you drink (rounded to the nearest 1/2 unit)

Beers/Ciders/RTDs



330ml bottle of beer/cider/RTD at 5% alc



330ml can of beer/cider/RTD at 7-8% alc



500ml bottle of beer/cider at 5% alc



600ml 'pint' of beer at 5% alc



745ml 'swappa' bottle at 5% alc

Wines



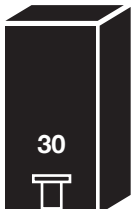
125ml small glass of wine at 13% alc



250ml large glass of wine at 13% alc



750ml bottle of wine at 13% alc



3 litre cask of wine at 13% alc

Spirits



30ml (single) of spirit at 40% alc



60ml (double) of spirit at 40% alc



750ml bottle at 40% alc

TOTAL UP BELOW







How Many Units This Week?

Turn over to find out what impact this level of drinking is likely to be having on you?

JUST ASK ABOUT ALCOHOL

How Does Your Weekly Alcohol Intake Impact on Your Health?

JUST ASK
ABOUT
ALCOHOL

Units you drank this week ...	Your risk level ...	
<p>Women who drink between 0 and 10 units per week </p>	<p>Your drinking is classed as LOW RISK – 61% of adults report drinking at this level</p>	<p>Did You Know ...</p> <ul style="list-style-type: none"> • Drinking at this level is classed as LOW RISK (not 'safe') because there is still a 1% lifetime chance of dying from an alcohol-related condition if you drink at the top of this threshold • There is no safe limit of alcohol consumption with regard to alcohol-related cancers (like bowel and breast) • NZ alcohol units are also referred to as Standard Drinks
<p>Men who drink between 0 and 15 units per week </p>		
<p>Women who drink between 11 and 28 units per week </p>	<p>Your drinking is classed as RISKY – 15% of drinkers report drinking at this level</p>	<p>If you are drinking around the RISKY threshold, compared to nondrinkers:</p> <ul style="list-style-type: none"> • Men are 1.8 to 2.5 times as likely to get cancer of the mouth, pharynx or larynx (part of the neck and throat), whilst women are 1.2 to 1.7 times as likely. • Women are 1.2 times as likely to get breast cancer. • Men are 2 times as likely to develop liver cirrhosis, and women 1.7 times as likely. • Men are 1.8 times as likely to develop high blood pressure, with women 1.3 times as likely.
<p>Men who drink between 16 and 40 units per week </p>		
<p>Women who drink over 28 units per week </p>	<p>Your drinking is classed as HARMFUL – 4% of drinkers report drinking at this level</p>	<p>If you regularly drink above the HARMFUL threshold, compared to nondrinkers</p> <ul style="list-style-type: none"> • You are 3 to 5 times more likely to get cancer of the mouth, pharynx or larynx (i.e. cancers of the mouth, neck and throat). • You are 3 to 10 times more likely to develop liver cirrhosis. • Men are 4 times the risk of suffering from high blood pressure, and women are at least twice as likely to develop it. • You are 2 times more likely to suffer from irregular heartbeat. • Women are around 50% more likely to get breast cancer.
<p>Men who drink over 40 units per week </p>		

If you are concerned about your drinking you can ...

• contact your GP • call Alcohol Helpline on 0800 787 797 • Take a more detailed test at www.alcohol.org.nz/alcohol-you/your-drinking-okay