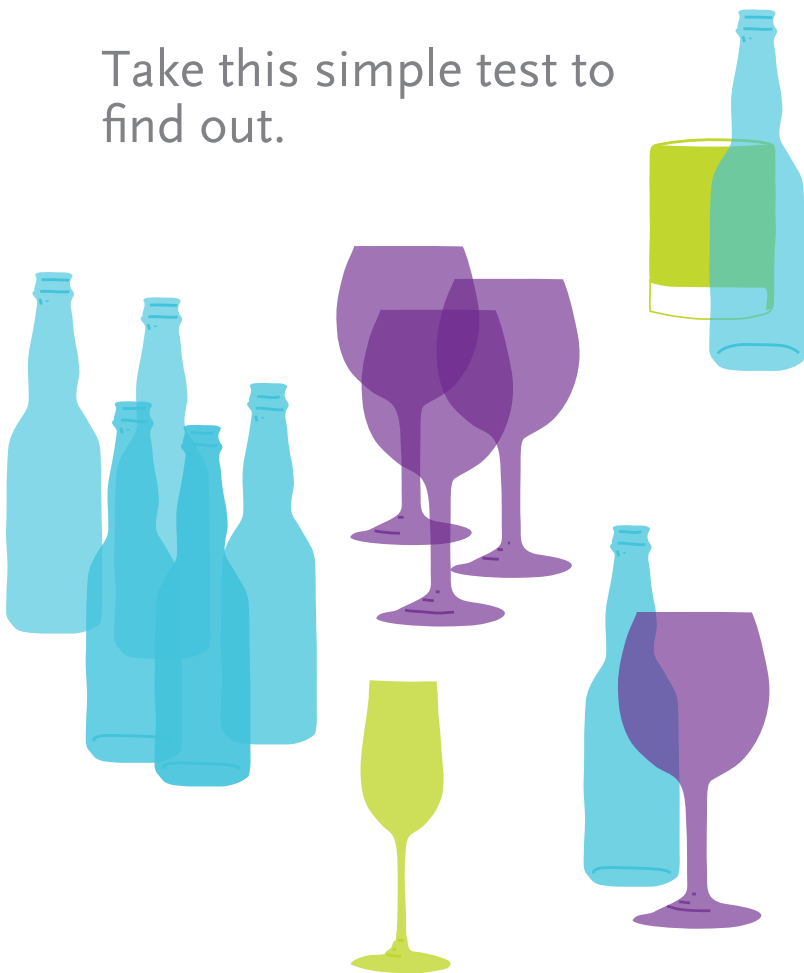


# Thinking about Drinking

Would you like to know how your drinking compares to other Canadians?

Take this simple test to find out.



## 1 What was your drinking like during a typical week in the past year?

List roughly how many drinks you have on each day of a typical week and add up the total:

Monday \_\_\_\_\_

Tuesday \_\_\_\_\_

Wednesday \_\_\_\_\_

Thursday \_\_\_\_\_

Friday \_\_\_\_\_

Saturday \_\_\_\_\_

Sunday \_\_\_\_\_

TOTAL \_\_\_\_\_

Be sure to estimate the number of “standard” drinks you usually have. Each of the drinks on the chart below have the same amount of alcohol in them and will all affect you in the same way.

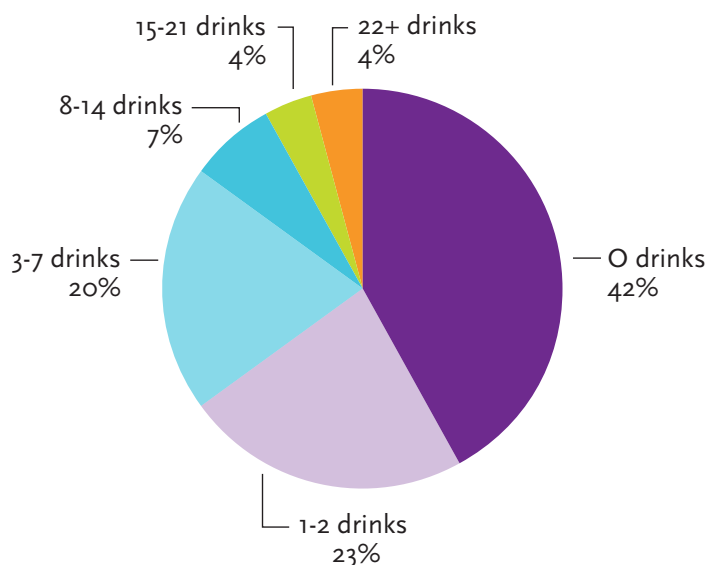
### ONE STANDARD DRINK



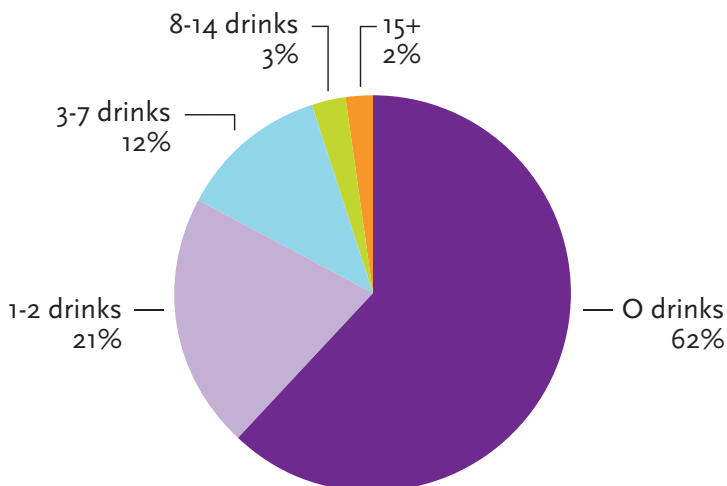
# 2 Now compare your weekly total to that of other Canadians

Look at the pie charts below. Where does your drinking fit? For example, if you are a male who drinks 15 standard drinks per week, you drink more alcohol than 92 per cent of other men in Canada do.

## DRINKS PER WEEK: MEN



## DRINKS PER WEEK: WOMEN



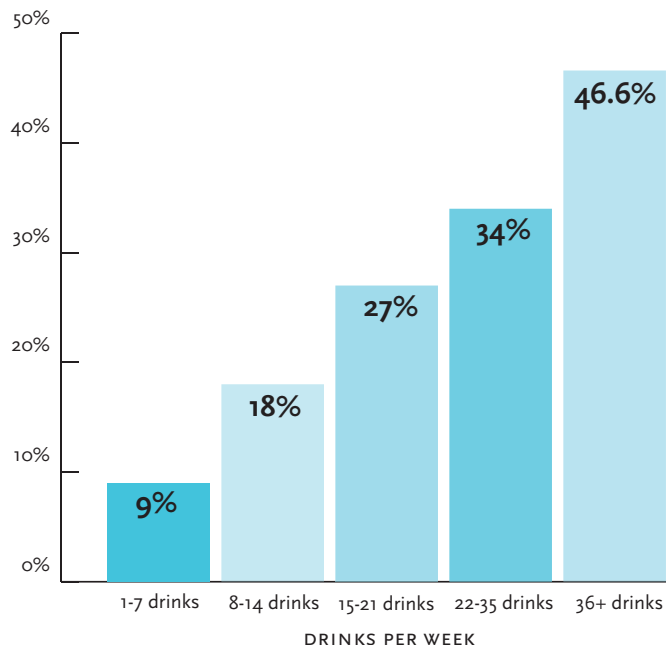
# 3 Risky drinking

## How does your drinking affect your life?

A national survey asked Canadians how much they drank in a week. The survey also asked how their drinking affects different areas of their lives, such as physical health, friendships, marriage or home life, finances and work or studies. The results showed that the more people drank in a week, the more areas of their lives were negatively affected by their drinking.

How likely are you to have problems as a result of your drinking? Look at the chart below to see where you fit.

## CHANCE OF NEGATIVE CONSEQUENCES RELATED TO NUMBER OF DRINKS PER WEEK



# Your choices about drinking

Are you concerned about your drinking? Take a look at the options below to see if there is anything you would like to do right now. It is your choice.

- My drinking is fine for now. I will continue to watch how much I drink.
- I will think about changing my drinking. (Seventy-five per cent of people change their drinking on their own.)
- I will reduce my drinking to a low-risk level by following Canada's Low-Risk Alcohol Drinking Guidelines\*. This means:
  - For adult women, no more than two drinks a day most days, and no more than 10 drinks a week.
  - For adult men, no more than three drinks a day most days, and no more than 15 drinks a week.
  - For special occasions, the limits are three drinks for women and four drinks for men.

Low-risk drinking can also mean not drinking at all. This includes when driving a vehicle, when pregnant or when taking certain medications.

When I do drink, I will drink more safely by:

- having no more than two drinks in a three-hour period
  - alternating alcoholic and non-alcoholic drinks
  - eating before and while I am drinking
  - planning to drink in a safe environment
  - planning non-drinking days every week to avoid developing a habit.
- I will contact the Drug and Alcohol Helpline to find out about services that can help me or someone that I am concerned about. (Check online at [www.drugandalcoholhelpline.ca](http://www.drugandalcoholhelpline.ca) or call toll free 1 800 565-8603.)

\* For more information on Canada's Low-Risk Alcohol Drinking Guidelines, visit [www.ccsa.ca](http://www.ccsa.ca).

Want to know more about your drinking? Try the online survey Check Your Drinking at [www.alcoholhelpcenter.net](http://www.alcoholhelpcenter.net).

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