In Bristol, alcohol is part of our social and family life. However drinking too much can lead to poor health and harm to others.

How many units of alcohol does your drink contain?

- Pub measure of spirits: 1 unit
- Alcopops: 1.5 units
- Glass of wine 175ml: 2 units
- Pint of regular beer 3.6% ABV: 2 units
- Pint of strong cider or larger 7.5% ABV: 4-5 units
- Bottle of wine 12% ABV: 9 units

You could develop health problems if you drink too much:

- You are safest not to regularly drink more than 14 units per week, to keep health risks from drinking alcohol to a low level.
- If you do drink as much as 14 units per week, it is best to spread this evenly over 3 or more. If you have one or two heavy drinking sessions, you increase your risk of death from long term illnesses and from accidents and injuries.
- If you are pregnant or planning a pregnancy, the safest approach is not to drink alcohol at all, to keep risks to your baby to a minimum. Drinking in pregnancy can lead to long-term harm to the baby, with the more you drink the greater the risk.
How much do you drink?

<table>
<thead>
<tr>
<th>Questions</th>
<th>Scoring System</th>
<th>Your Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>How often do you have a drink that contains alcohol?</td>
<td>Never</td>
<td>0</td>
</tr>
<tr>
<td>How many units of alcohol do you have on a typical day?</td>
<td>1-2</td>
<td>1</td>
</tr>
<tr>
<td>How often do you have more than 6 units on one occasion?</td>
<td>Never</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td>Less than monthly</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>Monthly</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>Weekly</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>Daily or almost daily</td>
<td>4</td>
</tr>
</tbody>
</table>

A total of 5+ indicates increasing risk or higher risk drinking.

*Increasing risk drinking* is regularly drinking above the recognised sensible levels at which alcohol is likely to damage health.

*Higher risk drinking* is regularly drinking at levels that lead to significant harm to physical and mental health and at levels that may be causing substantial harm to others.

If you are not sure about whether you fall into these groups ask your doctor.
You could develop health problems if you drink too much:

- Sexual problems.
- Becoming overweight or obese (alcohol is high in calories).
- Serious liver disease (cirrhosis or hepatitis).
- Stomach and pancreas disorders.
- Anxiety and depression.
- Muscle and heart disease.
- High blood pressure.
- Damage to the nervous tissue.
- Accidents – in particular injury and death from fire and car crashes.
- Cancers (particularly mouth, gullet, liver, colon and breast).

If you would like help, ask at your doctor’s surgery or contact the ROADS Engagement Team.
Tel: 0117 987 6000. Weekdays 9am – 8pm, Sat 10am – 5pm.

The national helpline is Drinkline.
Tel: 0300 123 1110. Weekdays 9am – 8pm, Weekends 11am – 4pm.

Thanks to PharmacyHealthLink for providing information for this leaflet.