

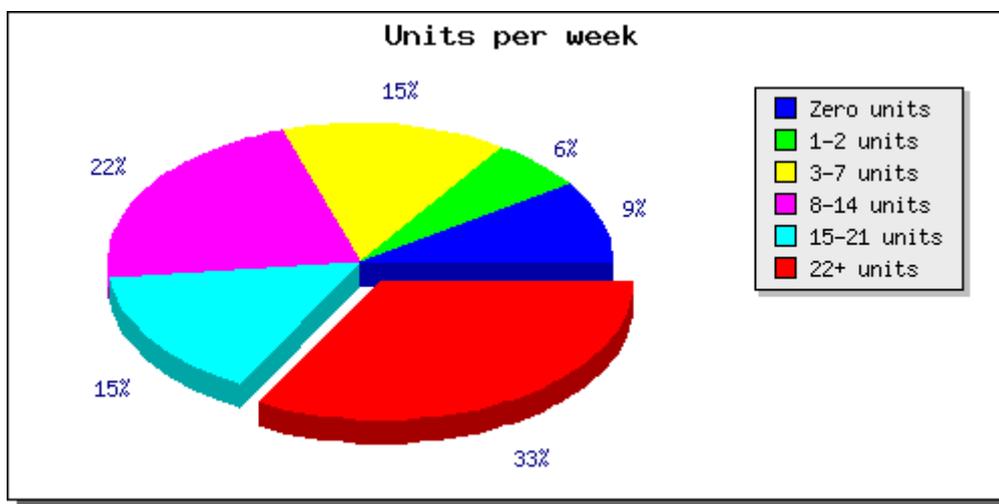
# Your Personalized Drinking Profile

Hello [name omitted],

This summary gives you the results of your assessment and provides information about alcohol and how this affects you. The feedback will help you create a clear picture of your drinking - information you will need to make realistic choices. You might want to print out a copy of this feedback to keep and look at later.

## Where Does Your Drinking Fit In?

The average number of units you reported consuming per week was 84 units. Use the following graph to see how much you drink compared to your University colleagues. The red segment is where your drinking falls on the chart.



Graph 1 - Units of alcohol per week, UK University Students

## Drinking Norms

In the questionnaire, you filled out questions about what you believed to be the average frequency and quantity of alcohol consumed by other University students.

You told us that you believed that the average student drinks daily and during each occasion they consume 8 drinks. The actual drinking norm for UK University Students is once a week, drinking about 5 drinks on each occasion.

## What About You?

### Based on your drinking during a typical week:

- You reported drinking on 100% of all the days last year
- You also reported that you drank a total of 4368 units in the last year

**This means that:**

- You spent between £4368 and £17472 in the last year, depending on where you drank (e.g. at home, in the bar)
- You also consumed, on average, 960 added calories per drinking day from alcohol

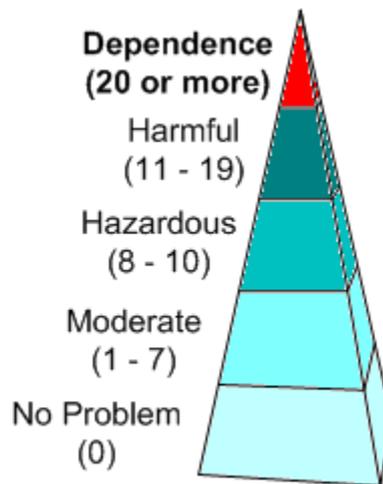
## Risky Drinking Days

Drinking more than 2 - 3 units on one occasion is risky drinking. This type of drinking places you at increased risk of experiencing negative consequences because of your drinking. If you stop these risky drinking days, you would reduce your risk of experiencing problems by about 50%.

## AUDIT Score

The Alcohol Use Disorders Identification Test (AUDIT) was developed by the World Health Organization (WHO) as a simple method of screening for excessive drinking and to assist in brief assessment. The AUDIT score shows whether a person's drinking should be considered a problem. Higher scores usually mean serious problems.

**Where do you fit in?** Your AUDIT score is **37**. The red area on the chart shows where your score falls.



**Graph 2 - AUDIT Pyramid**

## How quickly do you "Burn" Alcohol?

Your liver metabolizes or burns at a constant rate - about 1 gram an hour for every 10kg / 1.57 stones of your body weight. Exercising or drinking coffee will not get the alcohol out of your body any quicker. Although you may not feel some of the effects of alcohol, your body is working long after you stop drinking to remove it from your body. Depending on how much you drink and weigh, your liver can be under extra strain for a very long time. This is one example of the health risks of heavy drinking.

There are also other kinds of risk that heavy drinking presents. Even small amounts of alcohol can affect your ability to drive or operate heavy equipment safely. If you have a drink, don't drive! Take a bus or taxi home or get a lift from a friend who hasn't been drinking.

You reported that you weigh 8 stone 8.

**This means that:**

- If your liver is healthy, burning one drink takes you 2.5 hours. Burning four drinks takes about 9.5 hours. If you had ten drinks, it is about 23 hours until there is no alcohol in your system.
- In the last year you spent about 250 hours (10.42 days) under the influence of alcohol (based on your typical drinking during one week).

## **Sensible Drinking**

The Department of Health advises that men should not drink more than 3 - 4 units of alcohol per day, and women should drink no more than 2 - 3 units of alcohol per day. After an episode of heavier drinking it is advisable to refrain from drinking for 48 hours to allow your body to recover. This is a short term measure and people whose pattern of drinking places them at significant risk should seek professional advice.

There are some occasions when it makes sense to drink less than the daily benchmarks, or not to drink at all. Women who are trying to become pregnant, for example, or indeed are at any stage of pregnancy, should cease to drink any alcohol. Sometimes people feel that their own or someone else's drinking is getting out of control. If you are concerned, you should seek help in the first instance from your GP. As well as visiting your GP you might like to try:

- Calling Drinkline. Drinkline is a free and confidential telephone helpline for people who need help and support with their own or someone else's drinking. The Drinkline number is 0800 917 8282 and lines are open 24 hours a day, seven days a week.
- Taking the "Down your Drink" online programme (<http://www.downyourdrink.org.uk/>), which tells drinkers what they need to know to stay drinking sensibly. The programme takes less than an hour a week over 6 weeks. It's free, confidential and part of the NHS.

Contact for Further Information:

[details omitted]