




DRINKING PATTERNS

WHAT'S YOUR DRINKING PATTERN?	HOW COMMON IS THIS PATTERN?	HOW COMMON ARE ALCOHOL DISORDERS IN DRINKERS WITH THIS PATTERN?
<p>Based on the following limits—number of drinks:</p> <p>On any DAY—Never more than 4 (men) or 3 (women)</p> <p>– and –</p> <p>In a typical WEEK—No more than 14 (men) or 7 (women):</p>	<p>Percentage of U.S. adults aged 18 or older*</p>	<p>Combined prevalence of alcohol abuse and dependence</p>
<p>Never exceed the daily or weekly limits</p> <p>(2 out of 3 people in this group abstain or drink fewer than 12 drinks a year)</p>	 <p>72%</p>	<p>fewer than 1 in 100</p>
<p>Exceed only the daily limit</p> <p>(More than 8 out of 10 in this group exceed the daily limit <i>less than once a week</i>)</p>	 <p>16%</p>	<p>1 in 5</p>
<p>Exceed both daily and weekly limits</p> <p>(8 out of 10 in this group exceed the daily limit <i>once a week or more</i>)</p>	 <p>10%</p>	<p>almost 1 in 2</p>





*Not included in the chart, for simplicity, are the 2 percent of U.S. adults who exceed *only* the weekly limits. The combined prevalence of alcohol use disorders in this group is 8 percent.

Source: 2001–2002 National Epidemiologic Survey on Alcohol and Related Conditions (NESARC), a nationwide NIAAA survey of 43,093 U.S. adults aged 18 or older.

Excerpt from: A Pocket Guide for Alcohol Screening and Brief Intervention (2005)
http://pubs.niaaa.nih.gov/publications/practitioner/pocketguide/pocket_guide3.htm

WHAT'S A STANDARD DRINK?

A standard drink in the United States is any drink that contains about 14 grams of pure alcohol (about 0.6 fluid ounces or 1.2 tablespoons). Below are U.S. standard drink equivalents as well as the number of standard drinks in different container sizes for each beverage. These are approximate, since different brands and types of beverages vary in their actual alcohol content.

STANDARD DRINK EQUIVALENTS	APPROXIMATE NUMBER OF STANDARD DRINKS IN:
BEER or COOLER	
<p>12 oz.</p>  <p>~5% alcohol</p>	<ul style="list-style-type: none"> • 12 oz. = 1 • 16 oz. = 1.3 • 22 oz. = 2 • 40 oz. = 3.3
MALT LIQUOR	
<p>8–9 oz.</p>  <p>~7% alcohol</p>	<ul style="list-style-type: none"> • 12 oz. = 1.5 • 16 oz. = 2 • 22 oz. = 2.5 • 40 oz. = 4.5
TABLE WINE	
<p>5 oz.</p>  <p>~12% alcohol</p>	<ul style="list-style-type: none"> • a 750-mL (25-oz.) bottle = 5
80-proof SPIRITS (hard liquor)	
<p>1.5 oz.</p>  <p>~40% alcohol</p>	<ul style="list-style-type: none"> • a mixed drink = 1 or more* • a pint (16 oz.) = 11 • a fifth (25 oz.) = 17 • 1.75 L (59 oz.) = 39 <p><small>*Note: Depending on factors such as the type of spirits and the recipe, one mixed drink can contain from one to three or more standard drinks.</small></p>