



Grayken Center
for Addiction
at Boston Medical Center

BMC CARES

Rethinking Drinking | How Much is Too Much

BMC is committed to helping our employees' improve their overall wellbeing. In support of this goal, we offer tools, resources, and programs that can benefit our people and/or their families.

Being mindful of daily decisions can have a large impact on the quality of your life. Take a minute to try this alcohol screening tool to learn your risk level.

How much is too much?

WOMEN



NO MORE THAN
3 DRINKS
on any single
DAY

NO MORE THAN
7 DRINKS
per
WEEK

MEN



NO MORE THAN
4 DRINKS
on any single
DAY

NO MORE THAN
14 DRINKS
per
WEEK

What's your drinking pattern?

One drink consists of: 12 oz. of beer/5 fl. oz of wine/1.5 oz of spirits

Think about your typical week:

On average, how many days a week do you drink alcohol? _____

On a typical drinking day, how many drinks do you have? _____

Heavy drinking is considered as any single day you have exceeded your daily drink limit. Even one day of heavy drinking can increase your risk level.

The majority of US adults (7 out of 10) either abstain or always drink within low-risk limits. **Which group are you in?**

Drinking Amounts	% of US Population	Risk Level
Drink more than both the single-day and the weekly limits	9%	Highest
Drink more than either the single-day or the weekly limits	19%	Increased
Always drink at or less than single-day and weekly limits	37%	Low
Never drink alcohol	35%	None

When choosing to drink it is important to be aware of the risks in order to limit any potential harm.

Thinking about a change? Check out: *National Institute of Health*

www.rethinkingdrinking.niaaa.nih.gov / *Mental Health and Addiction Resource Guide for Employees* <http://internal.bmc.org/hr>