

WHICH ALCOHOL USE DO I HAVE ?

A glass or a unit of alcohol equals 10 grams of ALCOHOL

10 g of pure alcohol =



Evaluate yourself if your ALCOHOL use is a risk for your health !

The questionnaire AUDIT is created by the WHO (World Health Organization) for all adults above 18 years of age.

	0	1	2	3	4	Score
How often do you drink alcohol ?	Never	Once a month or less	2 to 4 times a month	2 to 3 times a week	4 times or more a week	
How many glasses do you drink on a normal day on which you drink alcohol?	1 or 2	3 or 4	5 or 6	7 to 9	10 or more	
How often do you drink six glasses alcohol or more on the same occasion ?	Never	Less than once a month	Once a month	Once a week	Every day or almost every day	
How often in the last 12 months did you notice that you couldn't stop drinking once started?	Never	Less than once a month	Once a month	Once a week	Every day or almost every day	
How often in the last 12 months couldn't you do what was expected from you because you had been drinking alcohol?	Never	Less than once a month	Once a month	Once a week	Every day or almost every day	
How often in the last 12 months, after drinking a lot of alcohol, did you drink alcohol to get back into shape again?	Never	Less than once a month	Once a month	Once a week	Every day or almost every day	
How often in the last 12 months did you regret or felt guilty after drinking alcohol?	Never	Less than once a month	Once a month	Once a week	Every day or almost every day	
How often in the last 12 months couldn't you remember what happened the night before because you have been drinking ?	Never	Less than once a month	Once a month	Once a week	Every day or almost every day	
Did you get injured or did you injured somebody else because you had been drinking?	No		Yes, but not in the last 12 months		Yes, in the last 12 months	
Did a friend or a doctor or a healthcare professional express worries about drinking and advise you to reduce it ?	No		Yes, but not in the last 12 months		Yes, in the last 12 months	
Calculate your risk level by adding the scores of every line						

YOUR ANSWERS ON THE AUDIT-QUESTIONNAIRE

- **From 0 to 5 for a woman and from 0 to 6 for a man**

The way you drink alcohol does not affect your health. Don't hesitate to ask for advice to a healthcare professional if the situation changes: the start of a treatment, a chronic disease, pregnancy...

- **From 6 to 12 for a woman and from 7 to 12 for a man**

You are taking risks with your health even if you don't suffer from anything yet. Read carefully the recommendations and don't hesitate to ask advice from a healthcare professional of your choice.

- **Above 12**

It is possible that you are addicted to alcohol. This can be a psychological addiction if you feel the need to consume alcohol despite the (physical) effects of this alcohol use or through the withdrawal symptoms that you get when you diminish your alcohol use. Don't hesitate to contact a healthcare professional to ask for advice or consult the websites below.

RECOMMENDATIONS

If you are drinking and you want to limit the risks for your health, IT IS RECOMMENDED TO :

- Drink not more than **10 standard glasses per week** and not more than **2 standard glasses per day**
- At least **2 days per week without alcohol**

Women who want to become pregnant, are pregnant or who are breastfeeding : the best option to limit the risks for your health and your child's health is not to drink any alcohol.

For young people and teenagers: the best way to limit the risks for your health, is not to drink any alcohol.

In general the best option is NOT TO DRINK ALCOHOL in case : • you are driving • you have to use tools or operate machinery (renovation, repairing, etc.) • you do a sport with risks • you use certain medications • you suffer from certain disorders.

PROPOSITIONS to help you to reduce your alcohol consumption

- Take your first glass only after the start of your meal
- Quench your thirst with non-alcoholic drinks before you start using alcohol
- Take a non-alcoholic drink before you take an alcoholic drink
- Choose beers with a low alcohol percentage
- Take small sips.
- Plan the things that you have to do at times when you usually drink alcohol
- Do a physical activity instead of drinking a glass of alcohol when you are stressed or irritated.
- Avoid bars and after work sessions
- If you feel obliged to drink, you can always say that you cannot drink "for medical reasons".
- Make sure that you have people around you and that you can get safely home.

USEFUL SOURCES

- reseaulcool.be
- aide-alcool.be
- jeunesetalcool.be
- Infodrogues.be (or 02/227.52.52)
- Vous pouvez également contacter Télé-Accueil, 24h/24, au numéro de téléphone gratuit 107 ou via le chat à l'adresse www.tele-accueil.be

- Works if you want to know more (in French):
L'alcool, tout ce qu'on ne nous a jamais dit, T Orban
L'alcool en questions, Vincent Seutin
L'alcoolisme est-il une fatalité ?, Philippe de Timary
Le binge-drinking chez les jeunes, P Maurage et S Campanella
Sans alcool, Claire Touzard
Chroniques d'une génération qui boit, M Folley
Vertige de l'ivresse, alcool et lien social, V Nahoum-Grappe
Jeunes et alcool, génération jouissance, M de Duve et JP Jacques