

# how healthy are you?

take our quick test to see **how alcohol responsible you are**

## How often do you have a drink containing alcohol?

Never

Monthly or less

2 to 4 times  
per month

2 to 3 times  
per week

4 + times  
per week

0

1

2

3

4

## How many units of alcohol do you drink on a typical day when you are drinking? See reverse to calculate how many units you're drinking.

1 to 2

3 to 4

5 to 6

7 to 9

10 +

0

1

2

3

4

## How often have you had 6 or more units if female, or 8 or more if male, on a single occasion in the last year?

Never

Less than  
monthly

Monthly

Weekly

Daily or  
almost daily

0

1

2

3

4

**Do you  
want to quit  
smoking?**

Scratch  
here if  
you **are** in  
hospital

Please contact Inpatient Tobacco  
Specialists on 01253 957 303

Scratch  
here if you  
**are not** in  
hospital

Please contact Stop Smoking  
Service on 01253 651 570



# How did you score?

## AUDIT-C Scoring:

**A total score of 5 or less –**  
No further action required.

**A total score of 6 or more –**  
You may be drinking too much alcohol. Please hand this card to your healthcare professional.

**SHOULD NOT  
REGULARLY EXCEED**

	
<b>MEN</b>	<b>WOMEN</b>
<b>3-4</b>	<b>2-3</b>
UNITS DAILY	UNITS DAILY

**INCLUDE 2 ALCOHOL  
FREE DAYS PER WEEK**

## Unit calculator



Wine (250ml):  
ABV 12%

**3 UNITS**



Pint of Beer / Lager / Cider:  
ABV 5.2%

**3 UNITS**



Spirit / Shot (25ml):  
ABV 38-40%

**1 UNIT**



Spirit / Shot (35ml):  
ABV 38-40%

**1.4 UNITS**



Wine (175ml):  
ABV 12%

**2.1 UNITS**



Alcopop (330ml):  
ABV 5%

**1.7 UNITS**

## Smoking seriously harms your health

Specialist Stop Smoking Services, including provision of nicotine replacement therapy, are available in both the community and hospital.

If you continue to smoke whilst sick you run the risk of:

- Contracting a range of diseases affecting the heart, lungs and other organs
- Delaying your recovery during periods of sickness
- Contracting infections and prolonging the healing of wounds

If you would like support to stop smoking contact the number on the front of this card.

a better tomorrow