



Risky Drinking Checkup for Adults Take-home Results

Risk 1 Long-term health related to the number of standard drinks (SD) you consume per week

MAN		WOMAN
≤20 SD	Low Risk <input type="checkbox"/>	≤10 SD
21–30 SD	Increased Risk <input type="checkbox"/>	11–20 SD
>30 SD	High Risk <input type="checkbox"/>	>20 SD

Risk 2 Immediate harms related to the amount you drink per day and your drinking in situations when it is inappropriate (driving; use of machinery; when alertness is required; with other depressant substances, including medications; when pregnant or breastfeeding)

MAN		WOMAN
0 days >4 SD and 0 times inappropriate use	Low Risk <input type="checkbox"/>	0 days >3 SD and 0 times inappropriate use
1 day 5–7 SD and/or 1 time inappropriate use	Increased Risk <input type="checkbox"/>	1 day 4 SD and/or 1 time inappropriate use
2 or more days 5–7 SD or 1 or more days >7 SD or >1 time inappropriate use	High Risk <input type="checkbox"/>	2 or more days 4 SD or 1 or more days >4 SD or >1 time inappropriate use

Risk 3 Developing dependence related to how often you drink and whether you have difficulty stopping once you start drinking

MAN		WOMAN
1 or more days alcohol-free and 0 days difficulty	Low Risk <input type="checkbox"/>	1 or more days alcohol-free and 0 days difficulty
0 days alcohol-free and/or 1 or more days difficulty	Increased Risk <input type="checkbox"/>	0 days alcohol-free and/or 1 or more days difficulty

(See back of card for summary of overall drinking pattern and recommendations)

Overall drinking pattern provided your answers represent a typical week

- Low Risk
- Increased Risk
- High Risk

Recommendations

If your responses indicate a **low risk** pattern of managing alcohol consumption, you are encouraged to continue monitoring your performance on a regular basis (e.g., by consulting the online checkup at www.alcoholreality.ca). For further helpful insight on issues related to alcohol intake, consult the other resources listed below.

If your responses indicate a pattern of **increased risk** in alcohol use, you are exposing yourself and others to increased possibility of harm in either the near or long term. You are advised to consider making changes to your drinking practice. For further perspective and aids in regard to managing alcohol, check out the resources listed below.

If your responses indicate a **high risk** drinking pattern, you are very likely to cause harm to yourself and others. You are advised to make changes to reduce risk. Beyond informing yourself through the resources listed below, you may want to seek direction and support from your family doctor, a health professional, or a substance use counsellor.

Resources

- www.carbc.ca: Centre for Addictions Research of BC
- www.alcoholreality.ca: an online alcohol checkup
- www.heretohelp.bc.ca: BC Partners for Mental Health and Addictions Information
- Alcohol and Drug Information and Referral Service: Lower Mainland 604-660-9382; toll-free BC 1-800-663-1441
- BC NurseLine: 1-866-215-4700

