

CALCULATE YOUR WEEKLY UNITS

	DESCRIPTION	UNITS
MONDAY		
TUESDAY		
WEDNESDAY		
THURSDAY		
FRIDAY		
SATURDAY		
SUNDAY		
WEEKLY TOTAL		

EASY HINTS AND TIPS



Weigh up the pros and cons of your current drinking habits and try to think of positive changes you could make. If you find this difficult, there are some ideas below that could help:

- Change your scene!** Instead of socialising in pubs or clubs, try meeting somewhere else for a change.
- Slow down.** Avoid drinking in rounds and pace yourself. If you're thirsty, have a soft drink or water.
- Set your own limits.** Plan ahead for how long you will stay out or how many drinks you will have and stick to it.
- Take the car.** A perfect excuse to avoid drinking alcohol.
- Eat before and while you drink.** Food makes the body absorb alcohol more slowly, so limits how quickly it gets into the bloodstream
- Check the strength and units in your drink.** Drink strengths vary between brands. Why not choose a lower alcohol option to help you cut down?
- Try not to drink at home before you go out** as you could lose track of how much you have drunk.
- Be aware of your glass being topped up by other people,** especially when drinking at home.
- Use a drinks diary** to keep track of how much you drink as it's easy to underestimate.

HELP & SOURCES OF SUPPORT

If you would like to discuss any changes you'd like to make, contact your GP or one of the services below that is in your area:

Glasgow
Glasgow Council on Alcohol 0141 353 1800

East Dunbartonshire
Alcohol and Drug Service 0141 562 2311

West Dunbartonshire
Dumbarton Area Council on Alcohol
0141 952 0881 or 01389 731456

East Renfrewshire
Community Addiction Team 0141 577 3368

Renfrewshire
Integrated Alcohol Team 0300 300 1199

Inverclyde
Integrated Alcohol Service 01475 715 353

For details of alcohol and drugs recovery services, please visit website www.nhsggc.org.uk

LESS IS BETTER LESS ALCOHOL IS BETTER FOR YOU AND YOUR LIFESTYLE

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Sit down and find out how we can help you.

THE TRUTH ABOUT ALCOHOL



Alcohol is widely consumed by the people of Scotland including the residents of Greater Glasgow and Clyde area. When it is consumed within low risk guidelines it can be safely enjoyed. However, in recent years a number of factors including:

- larger glass sizes
- the increasing strength of alcoholic drinks
- the relatively low price of alcohol

have contributed to many people drinking more than is good for their health without realising it.

Did you know...
20% of local drinkers had consumed twice the guideline amount on their heaviest drinking day in the last week (SHS).

Did you know...
In Scotland, 35,500 hospital admissions annually are alcohol related (ISD).

Did you know...
After a spell of heavy drinking, it is not advisable to drink for at least 24 hours to allow your body time to recover.

Did you know...
26% of adults drink above low risk guidelines (SHS).

GUIDE TO LOW RISK DRINKING



Chief Medical Officer guidelines advise that:

- To keep health risks from alcohol to a low level it is safest not to drink more than 14 units a week on a regular basis.
- If you regularly drink as much as 14 units per week, it is best to spread your drinking evenly over 3 or more days.
- If you are pregnant or think you could become pregnant, the safest approach is not to drink alcohol at all, to keep risks to your baby to a minimum.

But what's in a unit?

Units are a standard way of measuring how much alcohol is in any alcoholic drink. 40 years ago, this was quite straightforward as there wasn't as big a range of drinks on the market as there are today.

The 'How To Calculate Units' table tells you how many units are in common drinks.

BENEFITS OF REDUCING YOUR ALCOHOL INTAKE

LESS IS BETTER. There are a number of benefits to reducing how much alcohol you drink. Some of these are short term benefits and will make a difference almost immediately while others will take a bit of time to kick in.

If you drink less alcohol, the benefits might include:

- | | |
|---------------------------|------------------------------|
| LESS chance of | MORE chance of |
| • accidental injury | • enjoying your night out |
| • being assaulted | • getting home safely |
| • unsafe or unplanned sex | • having a good nights sleep |

The next day you might notice there is:

- | | |
|--------------------------------------|--------------------------------|
| LESS chance of | MORE chance of |
| • being hungover | • having more energy |
| • driving while still over the limit | • remembering the night before |
| • making mistakes at work | • having money left over |
| • having to call in sick | |

The longer term health and social benefits of drinking less alcohol include:

- reduced risk of cancer, high blood pressure, having a stroke, liver or heart disease or stomach problems
- improved relationships
- better mental health
- better physical health
- coping better with everyday life

UNIT CALCULATOR

If your favourite drink isn't listed here, use the formula below to work out how many units are in it. You need to know the size of the measure in millilitres and the strength as a percentage.

Strength (%) multiplied by volume (ml) divided by 1000.
For example, a 175ml glass of wine at 11% would be:
11 x 175 = 1925 / 1000 = 1.92 units

 1	25ml pub measure (gin, vodka, whisky)
 2.3	175ml 13% strength red or white wine
 3.25	250ml 13% strength red or white wine
 1	125ml glass prosecco 8%
 1.7	330ml bottle 5% strength beer or lager
 2.8	pint 5% strength beer or lager
 26	37.5% strength 700ml bottle vodka/gin/rum
 28	40% strength 700ml bottle whisky/bourbon/brandy
 4	440ml can super strength beer or lager
 2.8	pint 5% strength cider
 4.8	pint 8.5% strength cider
 11.25	750ml bottle tonic wine
 3	average cocktail, 40%