LOW-RISK DRINKING

Know your limits. Lower your risks.

Employee Wellness • Alcohol Awareness

Pau hana, a backyard party, a day at the beach: if you choose to drink, how much matters. A National Institutes of Health survey of 43,000 adults found that only about **2 in 100 people** who stay within the limits below have an alcohol use disorder.

Low-risk drinking limits	MEN under 65	WOMEN & all adults 65+
On any single day	**4** drinks or fewer	**3** drinks or fewer
AND		
Per week	**14** drinks or fewer	**7** drinks or fewer

*To stay low risk, keep within BOTH the daily AND weekly limits. Low risk is not **no** risk; less is always better.*

What counts as one drink?

12 oz	8–9 oz	5 oz	1.5 oz
beer	**malt liquor**	**wine**	**spirits / shot**
about 5% alcohol	about 7% alcohol	about 12% alcohol	about 40% alcohol

Watch out: a craft IPA, a big pour of wine, or a mixed drink like a mai tai can easily equal 2 or more standard drinks.

Six ways to lower your risk

1 Set a limit ahead of time
Decide how many drinks before you go, and stick to it.

2 Count and measure
Know your drink sizes. Skip refills until your glass is empty.

3 Pace and space
Sip slowly. Alternate with water or a soft drink.

4 Eat first
Food slows how fast alcohol is absorbed. Pupus count!

5 Take days off
Plan alcohol-free days each week to break the habit.

6 Plan your ride home
Use a designated driver or rideshare. Never drink and drive.

Skip alcohol completely if you:

are driving, boating, or operating machinery · are pregnant or may be pregnant · take medicines that interact with alcohol · have a health condition alcohol can worsen · are under 21 · have found it hard to cut back or stop.

WORRIED ABOUT YOUR DRINKING?
Call us
(808) 597-8222

Source: National Institute on Alcohol Abuse and Alcoholism (NIAAA), Rethinking Drinking, rethinkingdrinking.niaaa.nih.gov.

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Employee Assistance of the Pacific
1600 Kapiolani Blvd., Suite 1610 Honolulu, HI 96814
www.EAPacific.com
Toll-Free (877) 597-8222
(808) 597-8222