

Thursday, 21 December 2023

Health and Social Wellbeing Improvement

ALCOHOL MOT PART ONE

NO MORE THAN 14 UNITS
MEN AND WOMEN SHOULD DRINK NO MORE THAN 14 UNITS

Is your drinking putting you at risk?
Most adults who live in Northern Ireland drink some alcohol. Many drink at a level that does not put their health at risk, and if you drink, you may think you are one of them. To find out for sure, use the alcohol unit guide to answer the three questions below.

ALCOHOL UNITS GUIDE

- Pint of beer (4%) = 2.3 units
- Pint of cider (5%) = 2.8 units
- Alcopop (5%/275ml) = 1.4 units
- Can/bottle of beer (5%/330ml) = 1.7 units
- Spirits eg vodka/whisky (40%/35ml) = 1.4 units
- Bottle of spirits (40%/700ml) = 28 units
- Bottle of wine (12%/750ml) = 9 units
- Small pub bottle of wine (12%/187.5ml) = 2.3 units

Please enter your score for each question and add up to get your sub total.

	Initial screening questions					Scoring system					Your overall score
	0	1	2	3	4	0	1	2	3	4	
1	How often do you have a drink containing alcohol?					Never	Monthly or less	2-4 times per month	2-3 times per week	4+ times per week	
2	How many units of alcohol do you drink on a typical day when you are drinking?					1-2	3-4	5-6	7-9	10+	
3	How often have you had six or more units if female, or eight or more if male, on a single occasion in the last year?					Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
SUB TOTAL:											

Your overall score for this section

If you are a man and scored four or less, or if you are a woman and scored three or less, you are a low-risk drinker. Aim to keep your drinking at these low levels. If you are a man and scored five or more, or if you are a woman and scored four or more, your drinking may be putting your health at risk.

HSC Public Health Agency
Project supported by the PHA

Now please answer the questions overlaid to find out more.

The Alcohol MOT is designed to support those working in primary care to carry out alcohol brief interventions. There is extensive evidence to show that primary care-based brief interventions are very effective at reducing drinking at both hazardous and harmful levels. The MOT enables patients to work out if they are drinking at hazardous or harmful levels, and is designed so that a practitioner can work through it with a patient, or a patient can work through it alone.

As with most activities, drinking alcohol carries a degree of risk. A set of guidelines, developed by the UK Chief Medical Officers, exists to help people understand the risks alcohol may pose to their health and to help them make decisions in light of the risks. The guidelines can be viewed at www.pha.site/alcohol-CMOs-report

Details

Format

A4, 2 parts, 2 pages each

Target group

General public

Downloads

Attachment	Size
Alcohol MOT Part1 2022.pdf	4.5 MB
Alcohol MOT Part2 2022.pdf	416.37 KB

Tags

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