### Low Risk Drinking Limits:

#### Women
- For Zone III: Brief Intervention
- Audit 0-7
  - Low risk/Abstain
- Audit 8-15
  - Risky
- Audit 16-19
  - Harmful
- Audit 20+
  - Dependent

#### Men
- Audit 0-7
  - Low risk/Abstain
- Audit 8-15
  - Risky
- Audit 16-19
  - Harmful
- Audit 20+
  - Dependent

### Raise the subject:
- "If it’s okay with you, let’s talk about the health and wellness form you filled out today."

### Provide feedback:
- "I am concerned about how your drinking may affect your health and possibly the health problem you came in for today."
- State low-risk drinking limits.

### Assess readiness to change:
- "Are you ready to cut back your use?"
- YES: Proceed to plan
- NO: Select: Not ready to change. "What would have to happen for you to consider cutting back?" If patient is unwilling, the Brief Intervention will end here.

### Negotiate a plan:
- "Let’s set a drinking goal; what do you think will work best for you?"
- (Try to make it within limits, but keep realistic.)
- Enter goal: # drinks per week and per day on drinking agreement.

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#### What is a standard drink?

<table>
<thead>
<tr>
<th>Drink</th>
<th>Alcohol Percentage</th>
<th>Number of Drinks</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.5 fl oz shot 80-proof liquor (vodka, tequila, etc)</td>
<td>~ 40% alcohol</td>
<td>1 drink</td>
</tr>
<tr>
<td>5 fl oz table wine</td>
<td>~ 12% alcohol</td>
<td>1 drink</td>
</tr>
<tr>
<td>12 fl oz regular beer</td>
<td>~ 5% alcohol</td>
<td>1 drink</td>
</tr>
<tr>
<td>8-9 fl oz malt liquor (shown in 12 oz bottle)</td>
<td>~ 7% alcohol</td>
<td>1 drink</td>
</tr>
</tbody>
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#### NO DRINKING IF DRIVING, PREGNANT OR POSSIBLY DEPENDENT

<table>
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<tr>
<th>Drink</th>
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</tr>
</thead>
<tbody>
<tr>
<td>All ages &gt; 65</td>
<td>Woman</td>
</tr>
<tr>
<td>1 drink per week</td>
<td>3 drinks per day</td>
</tr>
<tr>
<td>7 drinks per week</td>
<td>2 drinks per day</td>
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