

Drinking and Reproductive Health

STANDARD-SIZED DRINK EQUIVALENTS

APPROXIMATE NUMBER OF STANDARD-SIZED DRINKS IN:

BEER or COOLER

12 oz.

~5% alcohol

- 12 oz. = 1
- 16 oz. = 1.3
- 22 oz. = 2
- 40 oz. = 3.3



MALT LIQUOR

8–9 oz.

~7% alcohol

- 12 oz. = 1.5
- 16 oz. = 2
- 22 oz. = 2.5
- 40 oz. = 4.5



TABLE WINE

5 oz.

~12% alcohol

- a 750 mL (25 oz.)
bottle = 5



80-proof SPIRITS (hard liquor)

1.5 oz.

~40% alcohol

- a mixed
drink = 1 or more*
- a pint (16 oz.) = 11
- a fifth (25 oz.) = 17
- 1.75 L (59 oz.) = 39



Risky Drinking: More than 7 standard-sized drinks per week or more than 3 per occasion, and drinking when pregnant or trying to become pregnant.

*Note: Depending on factors such as the type of spirits and the recipe, one mixed drink can contain from one to three or more standard drinks.

For urgent assistance with a drinking problem, contact the Substance Abuse & Mental Health Services Administration at 1-800-273-8255.

Source: National Institute on Alcohol Abuse and Alcoholism. *A Pocket Guide for Alcohol Screening and Brief Intervention*. 2005. Rockville, MD: National Institutes of Health, 2005. Available at: http://pubs.niaaa.nih.gov/publications/Practitioner/PocketGuide/pocket_guide.htm.

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Screening for Risky Drinking

T-ACE TOOL

T Tolerance

"How many drinks does it take to make you feel high?"

(>2 drinks = 2 points)

A Annoyed

"Have people annoyed you by criticizing your drinking?"

(yes = 1 point)

C Cut down

"Have you ever felt you ought to cut down on your drinking?"

(yes = 1 point)

E Eye-opener

"Have you ever had a drink first thing in the morning to steady your nerves or get rid of a hangover?"

(yes = 1 point)

It takes about 1 minute to ask the T-ACE questions.

Determine the quantity and frequency of drinking

Educate the patient about what constitutes a standard drink by showing her the equivalency information on the other side of this card.

Ask:

"On average how many standard drinks containing alcohol do you have in a week?"

"When you drink, what is the maximum number of standard drinks you have at one time?"

Consider intervention when:

- her T-ACE score is 2 or more points
- the patient is not pregnant or not trying to become pregnant but has an average of more than 7 standard drinks per week or more than 3 standard drinks on any one occasion
- the patient is pregnant or trying to become pregnant and drinking