HEALTH INDEX SCORE
HEALTH ENHANCEMENT RESPONSE
Learning how to live healthy

ALCOHOL

While you may know that drinking too much is unhealthy, you may not know that just one drink can greatly affect your ability to think and react. A driver is 4-11 times more likely to crash if they are above the legal limit. Many people drink to deal with life's problems without realizing that alcohol dependence only makes life more difficult.

MY ALCOHOL DRINK INTAKE IS:

Healthy is 2 or fewer daily (Men)
1 or fewer daily (Women or anyone over 65)

Health Risk is 14 weekly or 4 daily (Men)
7 weekly or 4 daily (Women or anyone over 65)

Unhealthy is 15 weekly or 5 daily (Men)
8 weekly or 4 daily (Women or anyone over 65)

● **HEALTHY** – Well done! Look on the back side of this card to see how to keep your drinking safe

● **HEALTH RISK** – Excessive and binge drinking causes health problems. Look on the back of this card to see how you can control this behavior.

● **UNHEALTHY** – Extreme drinking can be due to addiction. This kind of drinking will damage your body. Look on the back of this card to see how you can leave addiction behind.

CRCH
CENTER FOR RURAL &
COMMUNITY HEALTH

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What to do for ...

HEALTHY DRINKING: Spread drinks out over hours, don't mix alcoholic drinks. Remember, even occasional binge drinking can hurt you.

HEALTH RISK DRINKING: Avoid mixed drinks and hard liquor, alternate alcoholic and non-alcoholic drinks. Ask your doctor or community health worker for advice.

UNHEALTHY DRINKING: To fight alcohol addiction, seek help in support groups, friends and family. See your doctor or community health worker for help.

Get more information
ABOUT ALCOHOL AND HOW TO MAINTAIN A HEALTHY APPROACH TO DRINKING BY...

- Showing this card to your doctor or other health care professional.

- Contacting the WVSOM Center for Rural and Community Health online at www.CRCH.wvsom.edu, by calling 800-566-1258, or by e-mail CRCH@osteo.wvsom.edu

- Talking with a Community Health Education Resource Person (CHERP) in your community. To find a CHERP near you, contact the WVSOM Center for Rural and Community Health as directed above.

Tracking _____

Identification _____