

# How many times in the past year have you had 4 or more drinks in one day? 1 or more times = Positive

## Tips for Giving Feedback



## A Standard Drink

Any Drink Containing About 14 Grams Of Alcohol\*

\*NIAAA ([www.RethinkingDrinking.NIAAA.NIH.gov](http://www.RethinkingDrinking.NIAAA.NIH.gov))

12 fl oz beer

=

5 fl oz table wine

=

1.5 fl oz liquor  
(vodka, tequila, etc.)

Craft beers often contain a higher % alcohol.



~5% alcohol



~12% alcohol



~40% alcohol

## Lower Risk Drink Limits

No more than...  
PER DAY PER WEEK

WOMEN	3	and	7
MEN	4	and	14

Women experience alcohol-related negative health outcomes at lower levels of drinking than men.

### Why?

- Less body water to dilute alcohol
- More fatty tissue to retain alcohol
- Lower levels of enzymes that metabolize alcohol

Alcohol remains at higher concentrations for longer periods of time in a woman's body.

### Key points for alcohol brief interventions:

- **Breast**, liver, throat, colon cancers
- Liver disease
- Low bone density
- Alcohol-induced brain damage
- Experiencing violence
- Unintended or unwanted sexual activity, STIs, and unintended pregnancy

Consider history of trauma as a contributing factor for substance use. Consider risk for an alcohol or drug-exposed pregnancy by addressing substance use and/or contraception

See the Adult SBIRT pocket card for other alcohol-related consequences.

NOT AT ALL

HOW IMPORTANT IS IT TO YOU? | HOW READY ARE YOU? | HOW CONFIDENT ARE YOU?

EXTREMELY

## 01 RAISE THE SUBJECT

**Ask permission:** *“Would you mind taking a few minutes to discuss your screening results?”*

## 02 PROVIDE FEEDBACK

- **Review reported alcohol use and refer to lower risk alcohol guidelines.**
- **Discuss possible health and other consequences of use; link to purpose of visit, if applicable.**
- **Express concern.**
- **Elicit the person’s response:** *“What do you think about this information?”*

## 03 ENHANCE MOTIVATION

- *“On a scale of 0-10, how important is it to you to decrease (or quit) your drinking?”*
- *“On a scale of 0-10, how confident are you that you will be able to make this change?”*
- *“How does your current level of drinking fit with what matters most to you?”*
- **When readiness is low, ask,** *“What do you enjoy about drinking? What do you not enjoy about drinking?”* Then summarize both sides.

## 04 NEGOTIATE AND ADVISE

- **Elicit response:** *“What are your thoughts about our conversation?”*
- **Negotiate a goal:** *“What steps are you interested in taking to make a change?”*
- **Assist in developing a plan:** *“What could help you accomplish your goal? What will be challenging?”*
- **Summarize the conversation. Arrange follow-up.**
- **Thank the person for having the conversation.**

OPTIONS FOR MORE HELP

Referral • [www.colorado.gov/ladders](http://www.colorado.gov/ladders)

*This guide can be used for other substance use, including tobacco, marijuana, or illicit drug use. 6/2021*

