

# Social Drinking versus Problem Drinking

WHAT'S THE DIFFERENCE?



# Objectives



## 01

Explain low-risk and high-risk alcohol use.

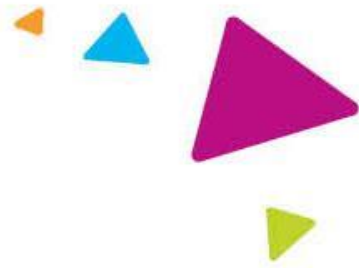
## 02

Describe healthy coping strategies to avoid the negative impacts of alcohol use.

## 03

Discuss when and where to get assistance for alcohol use issues.

# What Is a Standard Drink?



<b>Regular Beer</b> 12 oz	<b>Malt Liqueor</b> 8-9 oz	<b>Table Wine</b> 5 oz	<b>Fortified Wine</b> (like sherry or port) 3-4 oz	<b>Cordial, Liqueur, or Aperitif</b> 2-3 oz	<b>Brandy or Cognac</b> 1.5 oz	<b>80-Proof Distilled Spirits</b> 1.5 oz
						
About 5% Alcohol	About 7% Alcohol	About 12% Alcohol	About 17% Alcohol	About 24% Alcohol	About 40% Alcohol	40% Alcohol

# Drinking Risk Levels



## Low-Risk Drinking

**Men** – no more than 2 drinks in a day

**Women** – no more than 1 drink in a day



## Binge Drinking

**Men** – about 5 drinks in 2 hours

**Women** – about 4 drinks in 2 hours



## Risky or Harmful Drinking

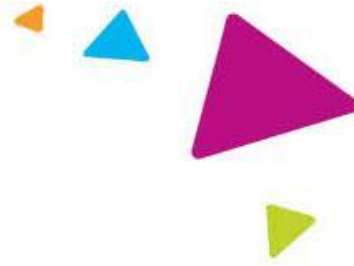
**Men** – 5 or more drinks in a day or more than 15 in a week

**Women** – 4 or more drinks in a day or more than 8 in a week





## What are the Negative Impacts?



### Short-term risks can include:

- Sleep disruption
- Risk of accidents/falls
- Upset stomach, gastrointestinal issues
- Increased risk of suicidal ideation as well as aggression

### Long-term risks can include:

- Weight gain
- Increased risk of breast, colon and other cancers
- Complicates managing diabetes, blood pressure and sleep disorders
- Liver disease
- Heart disease

# Coping and Alcohol

## Consider what alcohol does for you

- Socialization
- Relaxation
- Sleep
- Ritual or tradition
- Numbing





# Other Ways to Cope



## **Socialization**

- Connect with those you haven't seen in a while or try a new social activity

## **Relaxation**

- Meditation, reading, massage, non-screen activities

## **Sleep**

- Improve sleep hygiene, including turning off screens earlier

## **Ritual or tradition**

- Try mocktails, new recipes, dinners or baking for get-togethers

## **Numbing**

- Seek out mental health support

# How to Improve Coping with Less Alcohol

## Set a goal

### 1. Reduce alcohol use: amount, frequency or location

- “I am only going to drink two drinks two nights a month when out with friends.”

### 2. Think about the “whys:” health, finances, having more energy

- “I want to save money, sleep better and get up earlier on the weekends.”

### 3. Replace or modify behaviors

- I will “pace and space” when I go to an establishment that sells alcohol.
- Meet up at a dessert spot or activity center instead of a place that sells liquor.
- Enlist friends who are also focused on health.
- Plan a comfortable way to say “no.”





# Next Steps



**Assess your alcohol use**

AUDIT:

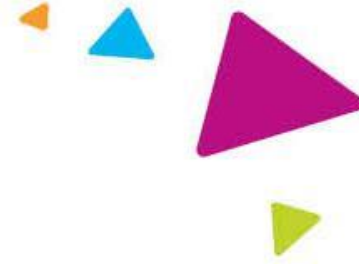
<https://auditscreen.org/check-your-drinking>

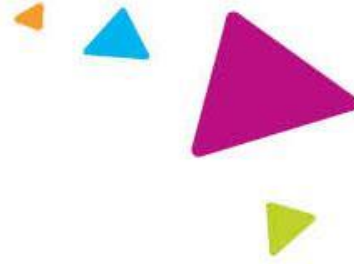


**Reach out to your  
program for support and  
further assessment**



**Contact SAMHSA's  
National Helpline at  
1-800-662-4357**





**Call toll-free or visit us on the web**

**24 hours a day/7 days a week**

**Thank you!**

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# Sources



- Centers for Disease Control and Prevention: <https://www.cdc.gov/alcohol/about-alcohol-use/moderate-alcohol-use.html>
- National Institute on Alcohol Abuse and Alcoholism: <https://www.niaaa.nih.gov/alcohols-effects-health/alcohol-topics/alcohol-facts-and-statistics/alcohol-use-united-states-age-groups-and-demographic-characteristics>
- National Institute on Alcohol Abuse and Alcoholism: <https://rethinkingdrinking.niaaa.nih.gov/how-much-too-much/what-are-us-guidelines-drinking>
- Substance Abuse and Mental Health Services Administration: <https://www.samhsa.gov/data/data-we-collect/nsduh-national-survey-drug-use-and-health>
- Substance Abuse and Mental Health Services Administration: <https://www.samhsa.gov/data/data-we-collect/nsduh-national-survey-drug-use-and-health>