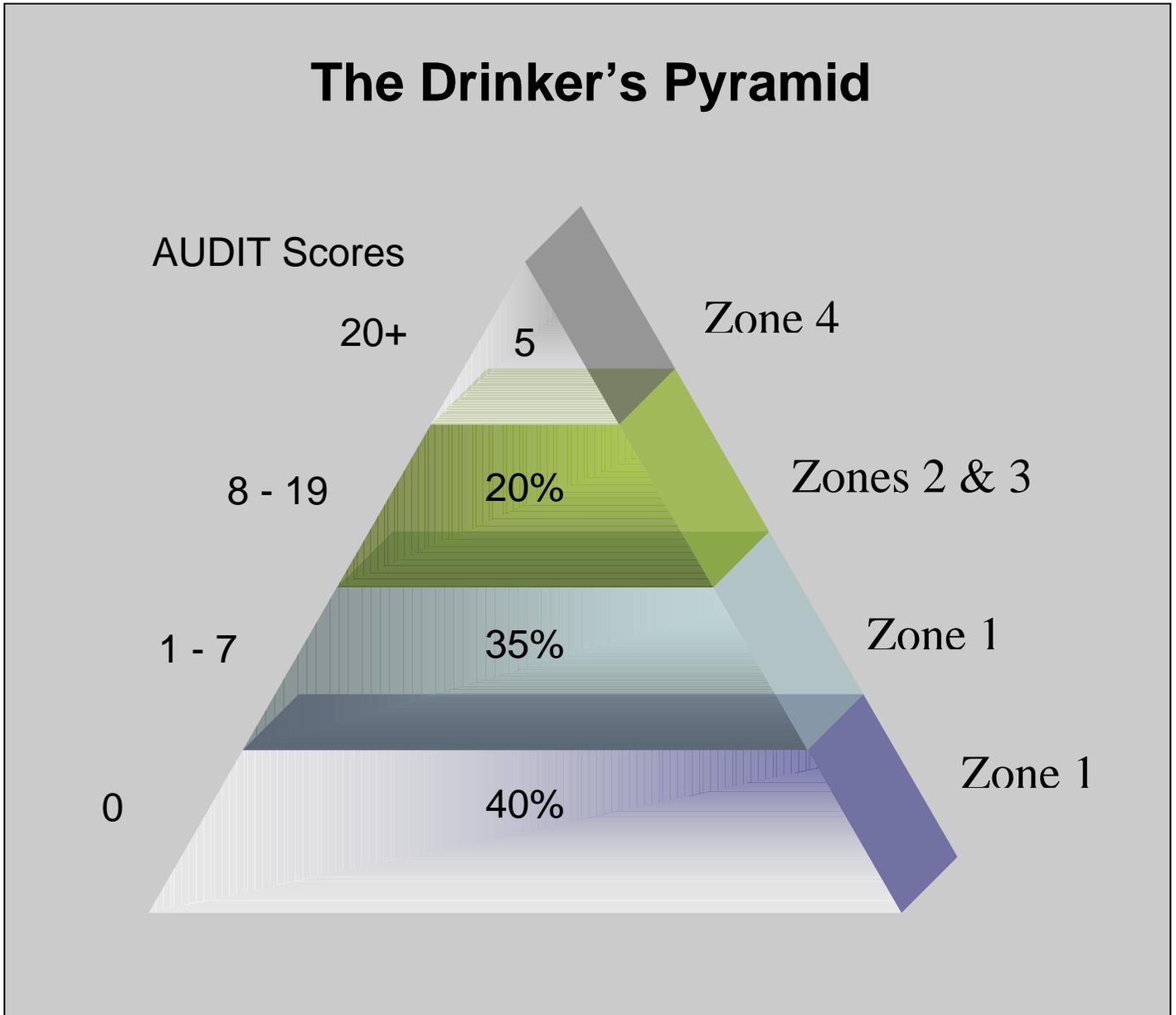


Know your Zone



Here are some of the guidelines established by the World Health Organization (WHO) for low-risk drinking:

- No more than 2 drinks per day
- Drink no more than five days per week
- Do not use any alcohol at times when you:
 - Drive or operate machinery
 - Are pregnant or breast feeding
 - Are taking medications that react with alcohol
 - Have medical conditions made worse by alcohol
 - Cannot stop or control your drinking

The AUDIT: Self-Report Version

Important! No one will see this worksheet but you, so please be honest with yourself when you fill it out. When answering these questions, a drink is equal to 1.25 ounces of hard liquor (vodka, rum, etc.), a 12-ounce can of beer, and/or 4 to 5 ounces of wine. Once you are through filling it out, carry your score from the top row to the far right hand "Total" column and then add the "Total" column down to ascertain your AUDIT score. Compare your AUDIT score to the pyramid on the front page to determine your "Zone." Zone recommendations follow this survey.

Score	0	1	2	3	4	Total
1. How often do you have a drink containing alcohol?	Never	Monthly or less	2-4 times a month	2-3 times a week	4 or more times a week	
2. How many drinks containing alcohol do you have on a typical day when you are drinking?	1 or 2	3 or 4	5 or 6	7 to 9	10 or more	
3. How often do you have six or more drinks on one occasion?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
4. How often during the last year have you found that you were not able to stop drinking once you had started?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
5. How often during the last year have you failed to do what was normally expected of you because of drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
6. How often during the last year have you needed a first drink in the morning to get yourself going after a heavy drinking session?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
7. How often during the last year have you had a feeling of guilt or remorse after drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
8. How often during the last year have you been unable to remember what happened the night before because of your drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
9. Have you or someone else been injured because of your drinking?	No		Yes, but not in the last year		Yes, during the last year	
10. Has a relative, friend, doctor, or other health care worker been concerned about your drinking or suggested you cut down?	No		Yes, but not in the last year		Yes, during the last year	
Total					Total	

Zone One

Congratulations, you scored in the low risk range. That means that you are either abstaining from alcohol or keeping your drinking well within the established limits. Here are some facts to review about responsible alcohol use.

- Keeping your alcohol consumption at low levels will definitely be healthier for your body
- The more often you drink, the harder your liver must work to rid your body of the toxin
- Frequent drinking leads to an increased tolerance, so that you'll have to drink more to achieve the same effect. (So, drinking less often will give you more bang for your buck and save bucks too!)
- Low risk drinking will reduce the risk of accidents, unwanted sex or sexual assault incidents, blackouts, and subsequent alcohol-related medical issues among other possible risks

Scoring a 3 or more on any question may indicate an area of greater risk. The bottom line is that how you manage your use of alcohol is completely ***your choice***. Surveys consistently show that the huge majority of active duty Air Force members either abstain, drink responsibly, or plan to make positive lifestyle changes; the ones who will be most successful are the ones who have a solid plan for dealing with *high risk* situations involving alcohol, and who have a written plan for the changes they plan to make.

Zone Two

According to the experts, your score indicates that, for the average person, you drink too much, too often, or both. You might be interested in how best to enjoy the benefits alcohol has to offer and at the same time ensure that you are protecting yourself and others by doing so responsibly. Based on this, we recommend the following:

- Reduce the numbers of standard drinks you consume per drinking occasion. Experts recommend 4 or less for males or 3 or less for females
- Drink fewer days per week. Experts recommend at least two non-drinking days per week
- Having an accountability partner (or "Wingman") may help you to set and keep your goals

Scoring a 3 or more on any question may indicate an area of greater risk. The bottom line is that how you manage your use of alcohol is completely ***your choice***. Surveys consistently show that the huge majority of active duty Air Force members either abstain, drink responsibly, or plan to make positive lifestyle changes; the ones who will be most successful are the ones who have a solid plan for dealing with *high risk* situations involving alcohol, and who have a written plan for the changes they plan to make.

Zone Three

Typically those scoring in this category have already experienced some negative consequences from their drinking and are aware of some need to reduce their risk or cut down on their drinking. Below are some recommendations for reducing your risk of harm to yourself or others:

- Set limits to how much you will drink before entering a drinking situation
- Set aside certain days of the week as non-drinking days
- Pace yourself; experiment with drinking less by alternating with non-alcoholic beverages
- Educate yourself about the physical and psychological effects of excessive drinking

Zone Four

A score in this range is usually an indication that a person may have experienced harmful consequences from excessive alcohol use. People scoring in this zone may have unsuccessfully attempted to somehow change or reduce their alcohol consumption. You may want to consider further evaluation or expert assistance. Seeking assistance does not impact your military career—alcohol related incidents do.

If you are experiencing any of the following – Please seek assistance:

- Repeated unsuccessful attempts to curb amount/frequency of drinking
- Physical/emotional harm to self or others due to your drinking (including blackouts)
- Alcohol interferes with work or social responsibilities
- Difficulties with the law