

# Project Healthy Choices

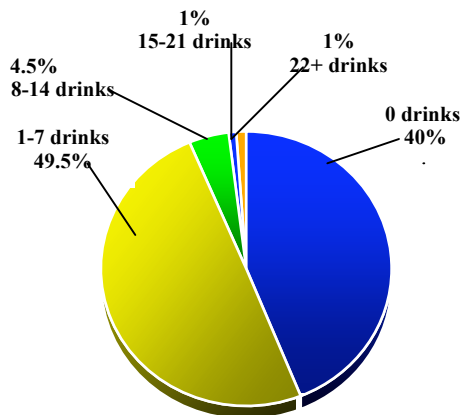
## Personalized Feedback for

The information below gives you a picture of the average number of drinks you reported consuming per week in the **90 days before** the study and **after** your participation. The pie chart below allows you to compare your drinking to other women and how your drinking has changed.

Your  
Average  
Before:

Your  
Average  
Now:

### Where does your current drinking fit in?\*



\* From the 2000 National Alcohol Survey (N=7,612). Alcohol Research Group, Berkeley, CA.

### Are you at Risk of Having an Alcohol-Exposed Pregnancy?

#### Your Risk for an Alcohol Exposed Pregnancy After Participating in the Study.

Low risk

\_\_\_ You reported using birth control as prescribed.

\_\_\_ You reported drinking less than 5 drinks in a day and no more than 7 drinks per week.

At Risk

\_\_\_ You reported not using birth control as prescribed and drinking **5 or more** drinks in a day.

\_\_\_ You reported not using birth control as prescribed and drinking **8 or more** drinks per week.

\_\_\_ You reported not using birth control and drinking **5 or more** drinks in a day.

#### Calories You Consumed From Drinking Alcohol

Alcohol has calories with no nutritional value. Because of the extra calories from alcohol, it is easy to gain weight.

You reported drinking an average of \_\_\_ drinks per drinking day.

An average drink has 100 calories. You are consuming about \_\_\_ calories per drinking day from alcohol.

#### Cost of Drinking Alcohol

You reported drinking an average of \_\_\_ drinks in the past 90 days.

**Home Drinking:** An average drink at home usually costs at least \$1.25. In the last year your drinking would have cost about \$\_\_\_\_\_.

**Bar or Restaurant Drinking:** An average drink at a bar or restaurant typically costs at least \$5.00. In the last year your drinking would have cost about \$\_\_\_\_\_.

#### How Does Your Current Drinking Compare?

You reported drinking \_\_\_ drinks per week. You also said that on some occasions you drank 5 or more drinks in a single day.

#### Recommended Drinking Guidelines For Women\*\*

- **7 or less standard drinks\*\*\* per week and no more than 3 drinks per day**
- **No more than 1 drink per hour**
- **No drinking, if pregnant**

\*\*\*A standard drink is defined as one 12-oz bottle of beer, one 5-oz glass of wine, or 1.5 oz spirits or hard liquor.

\*\* From the 2005 National Institute on Alcohol Abuse and Alcoholism. Pub.No. 05-3769.