

Audit your Alcohol use

1. How often do you have a drink containing alcohol?

- Never (0 points)
- Monthly or less (1 point)
- 2-4 times a month (2 points)
- 3-4 times a week (3 points)
- 4 or more times a week (4 points)

2. How many standard drinks containing alcohol do you have on a typical day when drinking?

- 1 or 2 (0 points)
- 3 or 4 (1 point)
- 5 or 6 (2 points)
- 7 to 9 (3 points)
- 10 or more (4 points)

3. How often do you have six or more drinks on one occasion?

- Never (0 points)
- Less than monthly (1 point)
- Monthly (2 points)
- Weekly (3 points)
- Daily or almost daily (4 points)

4. During the past year, how often have you found that you were not able to stop drinking once you had started?

- Never (0 points)
- Less than monthly (1 point)
- Monthly (2 points)
- Weekly (3 points)
- Daily or almost daily (4 points)

5. During the past year, how often have you failed to do what was normally expected of you because of drinking?

- Never (0 points)
- Less than monthly (1 point)
- Monthly (2 points)
- Weekly (3 points)
- Daily or almost daily (4 points)

Total Number of Points: _____

A score of 8 or more is associated with harmful or hazardous drinking, a score of 13 or more in women, and 15 or more in men, is likely to indicate alcohol dependence. See CDCH if you are concerned about your drinking

6. During the past year, how often have you needed a drink in the morning to get yourself going after a heavy drinking session?

- Never (0 points)
- Less than monthly (1 point)
- Monthly (2 points)
- Weekly (3 points)
- Daily or almost daily (4 points)

7. During the past year, how often have you had a feeling of guilt or remorse after drinking?

- Never (0 points)
- Less than monthly (1 point)
- Monthly (2 points)
- Weekly (3 points)
- Daily or almost daily (4 points)

8. During the past year, have you been unable to remember what happened the night before because you had been drinking?

- Never (0 points)
- Less than monthly (1 point)
- Monthly (2 points)
- Weekly (3 points)
- Daily or almost daily (4 points)

9. Have you or someone else been injured as a result of your drinking?

- No (0 points)
- Yes, but not in the past year (2 points)
- Yes, during the past year (4 points)

10. Has a relative or friend, doctor or other health worker been concerned about your drinking or suggested you cut down?

- No (0 points)
- Yes, but not in the past year (2 points)
- Yes, during the past year (4 points)

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Health & Wellbeing Newsletter



**Castlemaine District
Community Health**
Facilitating Better Health

Alcohol Edition

February is FebFast, the month dedicated to giving up alcohol. Do you think you could give up alcohol for a whole month? Castlemaine District Community Health (CDCH) has services that could help you either to reduce your drinking or quit completely. The Alcohol and Other Drugs (AOD) team at CDCH can support you to make changes to your alcohol use. Janet is a withdrawal nurse who can support with alcohol withdrawal in hospital or at home. Cher is an AOD Counsellor who can help you to make changes – or just be a listening ear for you to talk about the changes you would like to make. We can also provide counselling and education to support to family members affected by someone with an alcohol dependency. All our support is confidential and non-judgmental. In this issue, you will also learn about other supports we offer, such as help to manage weight gain as a result of alcohol use. To access our AOD services, contact the Australian Community Support Organisation (ACSO) on 1300 022 760. Alternatively, ring CDCH reception on 5479 1000 and make an appointment.

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your drink?

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Febfasters report feeling healthier each year, they get more sleep, save money and are more productive at work.



62%

lose weight



81%

save money to
invest in something
awesome like a
holiday



86%

become more aware
of how their habits
impact their health



60%

are more productive
at work, giving them
more time with
friends & family



44%

get better sleep,
giving them more
energy to exercise
or take that Sunday
morning art class

A whopping 85% of
febfasters complete
the challenge and

100% help improve the lives of young people who face serious disadvantage all across Australia.

febfast
pause for a cause

For more information, visit febfast.org.au

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**Castlemaine District
Community Health**
Facilitating Better Health

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If you would like to receive this newsletter by email

please email: email@cdch.com.au

How to Drink Less Alcohol

Drinking alcohol can be a risk to your health, but there are ways you can reduce that risk, while still enjoying a drink.

- Set limits for yourself and stick to them.
- Alternate between alcoholic and non-alcoholic drinks.
- Drink slowly.
- Eat before or while you are drinking.
- Try drinks with a lower alcohol content.
- Follow the Australian Alcohol Guidelines (see below)

If you are trying to stop drinking, try these tips to help you succeed.

- Go to the supermarket for groceries before the bottle shop opens, or after the bottle shop is closed.
- Take a friend with you for support when you need to go somewhere that alcohol is available.
- Distract yourself with exercise, and use exercise to break unwanted routines related to drinking. Instead of a drink, go for a walk.
- Set yourself positive goals and focus on them, rather than focusing on avoiding behaviours.

Avoiding alcohol related weight gain

Drinking alcohol contributes to weight gain. Making sure your drinking follows the Australian Alcohol Guidelines minimises weight gain and other harms related to alcohol. For healthy men and women, this means no more than two standard drinks daily with at least two alcohol free days each week. But even when following these guidelines, weight gain can occur and exercise is essential to maintain a healthy weight.

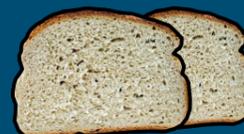
To prevent unhealthy weight gain, most adults need five hours of moderate exercise each week. This exercise needs to elevate heart rate, and could be something like a brisk walk, or raking leaves. If doing vigorous exercise such as jogging or aerobics, you need 2.5 hours each week to prevent weight gain.

This may seem like a lot, especially if you are not already active. CDCH has an Exercise Physiologist (Ann) who can help you to work out an exercise routine that supports your lifestyle and a healthy weight. We also offer a variety of supported exercise groups, as well as walking and Tai Chi groups to keep you active.

Phone 5479 1000 to make an appointment or find out about our many exercise groups.

How many kilojoules are in your drink?

Drinking one bottle of beer has the same amount of kilojoules as 3.8 pieces of bread.



Drinking one glass of wine has the same amount of kilojoules



as 4 squares of chocolate.

To burn off those kilojoules you need to



Walk for 30 minutes (join one of our walking groups for company while you walk)

More than 2 standard drinks daily over the long term increases your risk of:



- Poor concentration, judgement, mood and memory
 - stroke & dementia
- High blood pressure, heart damage & Heart attack
 - Liver cancer & cirrhosis (liver scarring)
 - Stomach & bowel cancer & stomach ulcers
 - Depression, anxiety & suicide
- Reduced testosterone & sperm count (men)
 - Irregular periods (women)

Risks of drinking too much on a single occasion:

Dizziness, lack of judgement, loss of coordination, memory loss, vomiting, headaches & hangovers, accidental injury to yourself & others, being in a road accident, deliberately harming yourself or others, and alcohol poisoning (which can be fatal).

For more information about our programs and services, visit:

www.cdchcastlemaine.com.au