



You may have a drinking problem if you

- ◆ Can never stick to “just one” drink
- ◆ Feel guilty or ashamed about your drinking
- ◆ Lie to others or hide your drinking habits
- ◆ Have friends or family members who are worried about your drinking
- ◆ Need to drink in order to relax or feel better
- ◆ Ever “black out” or forget what you did while you were drinking
- ◆ Regularly drink more than you intended to

Drinking Tips

- ◆ Eat before and during drinking
- ◆ Before you celebrate....Designate. Identify a responsible driver or use public transportation
- ◆ Don’t chug your drinks; drink slowly and make your drinks last
- ◆ Alternate between alcoholic and nonalcoholic drinks
- ◆ Remember the word HALT, don’t drink if you are Hungry, Angry, Lonely, or Tired

Additional information on Responsible Drinking can be found by contacting your installation’s Army Substance Abuse Program (ASAP) or by visiting

acsap.army.mil

ALCOHOL

ALCOHOL

ARMY SUBSTANCE ABUSE PROGRAM



acsap.army.mil

Definitions

Binge Drinking: Having five or more drinks on a single occasion at least once in the past 30 days

Responsible Drinking: Drinking in a way that does not adversely affect an individual's ability to fulfill their legal, morale, or social obligations nor does it negatively impact their health, job performance, or quality of life

- Responsible drinking habits vary from person to person; biology, sociology, and genealogy all play a role in what is considered responsible drinking
- Due to medical conditions or dependence issues some individuals must abstain from alcohol to be considered a responsible drinker
- Knowing what is low risk is easy as 0 1 2 3



Low Risk Drinking Guidelines

0 - Zero quantity and zero frequency, people who abstain have no alcohol-related problems

1 - For those who do drink, having more than one drink in one hour increases risk for injuries and other impairment problems

2 - Health problems are more common for people who average more than two drinks per day

3 - Research shows that people who have more than three drinks on any day are more likely to experience some alcohol-related impairment or health problem



One Standard Drink is defined as:

- 5 oz of wine (12 percent alcohol)
- 1.5 oz of 80-proof distilled spirits
- 12 oz of regular beer

Results of Irresponsible Drinking

- Driving under the influence (DUI)
- Hangover
- Loss of control
- Reduced work quality and performance
- Injury
- Problems with friends and family
- Health related problems
- Spouse/child abuse
- Blackouts
- Death

AR 600-85

Abuse of alcohol or the use of illicit drugs by both military and civilian personnel is inconsistent with Army Values, the Warrior Ethos, and the standards of performance, discipline, and readiness necessary to accomplish the Army's Mission.

