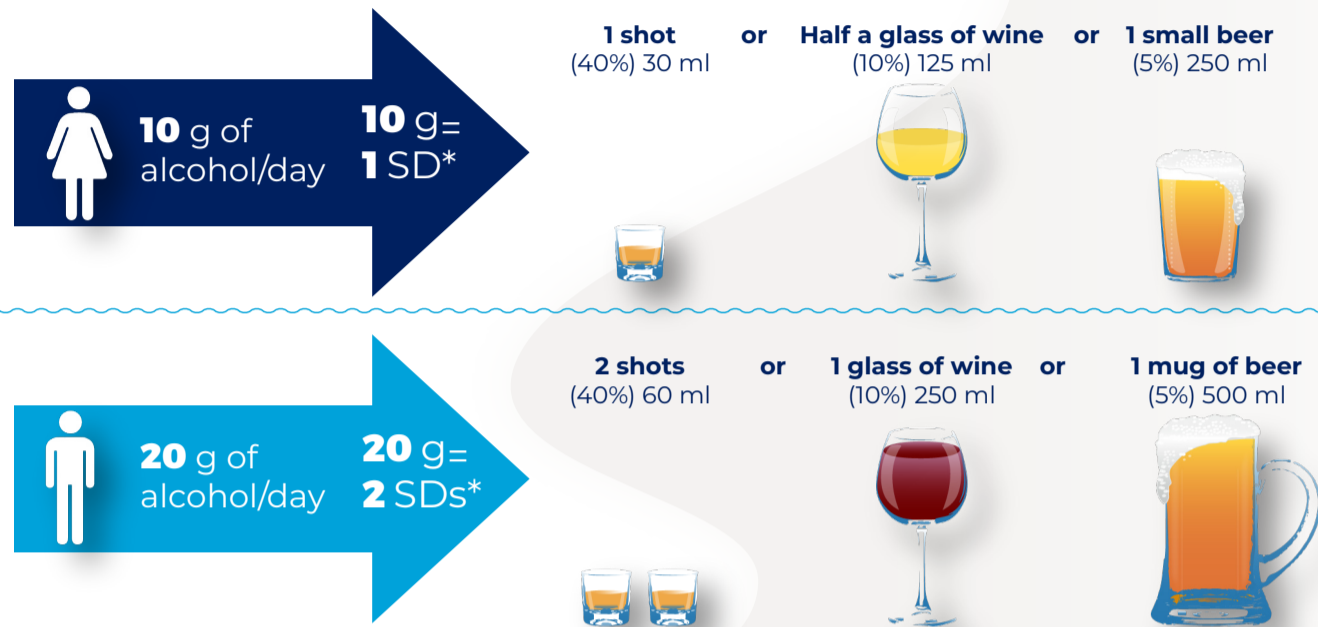


# Preventing alcohol consumption

## Information for healthcare professionals

### 1 Low-risk consumption thresholds

Consuming above the threshold significantly increases mortality



THESE ARE CONSUMPTION THRESHOLDS AND NOT TARGETS

\* SD: Standard Drink

**Any level of consumption involves risk.** It has been proven there is no safe level of alcohol consumption for certain conditions (gastrointestinal diseases, cancer and injuries)

Document: [Low-Risk Alcohol Consumption Thresholds](#)

### 2 Criteria for hazardous consumption

If your consumption exceeds these current thresholds, you are advised to consult a healthcare professional

CRITERIA	MEN	WOMEN
SDs/day	>4	>2-2,5
AUDIT <sup>(Alcohol Use Disorders Identification Test)</sup>	>7 points	>5 points
SDs/week	>28	>17
SDs/session	≥6	≥4

Comprehensive lifestyle counselling at the primary healthcare level, linked to community resources:

<https://www.msrebs.gob.es/profesionales/saludPublica/prevPromocion/Estrategia/estrategiaPromocionPrevention.htm>

### 3 Binge drinking

The consumption of **≥ 60 g (6 SDs) for men** and **≥ 40 g (4 SDs) for women**, concentrated in **a single session (usually 4-6 hours)**, maintaining a blood alcohol level of at least 0.8 g/l. For example:



Consult official sources for information:

<https://estilosdevidasaludable.sanidad.gob.es/en/home.htm>

<https://www.msrebs.gob.es/en/home.htm>

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GOBIERNO DE ESPAÑA

MINISTERIO DE SANIDAD