

Evaluate Yourself. How are you doing as a role model for responsible alcohol use? Are you just okay, or are you an excellent role model? On the following rulers, put an X on the blank where you fall by comparison with the general US population ages 17–49 years.¹ More information about how your drinking compares with US population norms is available at <http://rethinkingdrinking.niaaa.nih.gov/>.

Typical Daily Drinks: In the past month, on a day when you drank, how many drinks did you usually have?

	Healthy Nondrinker	Healthy Drinker	At Risk	
Women	None (46%)	1 or fewer (17%)	2–3 (26%)	4 plus (11%)
Men	None (34%)	2 or fewer (29%)	3–4 (18%)	5 plus (19%)
	Healthy Nondrinker	Healthy Drinker	At Risk	

Maximum Occasional Drinks: In the past month, how often did you have 5 or more drinks (4 or more for women) on one occasion or within a 2-hour period?

	Healthy Nondrinker	Healthy Drinker	At Risk	
Women	None (46%)	Nonbinge (18%)	Occasional binge (1–4 times; 27%)	Heavy (9%)
Men	None (34%)	Nonbinge (23%)	Occasional binge (1–4 times; 28%)	Heavy (15%)
	Healthy Nondrinker	Healthy Drinker	At Risk	

Note: Heavy drinking is defined as 5 or more drinks (4 or more for women) on one occasion (2-hour period) 5 or more times per month. A drink is 12 oz of regular beer, 5 oz of wine, or 1½ oz of 80-proof alcohol. A nondrinker is someone who reports no alcohol use in the past month.

¹Substance Abuse and Mental Health Services Administration. *National Survey on Drug Use and Health, 2007* [computer file]. Ann Arbor, MI: Consortium for Political and Social Research; 2008.