



**Put In Your 2¢ Worth...**  
**About 2¢ a drink yields \$44 million annually  
to reduce the impact of  
alcohol problems in Missouri.**

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**Question:**

*You mentioned the CAGE in Alcohol Impact Fact #46. What is that, and how is it used?*

**Answer:**

The CAGE Questionnaire is a valid and reliable survey instrument used in screening and intervention, to identify alcohol problems. It is useful in a preliminary way. A complete assessment is still necessary to determine severity of the problem and the steps that should be taken to address it.

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## MISSOURI ALCOHOL IMPACT FACT #47

Screening should begin with quantity-frequency questions, to determine the extent to which the person may be at risk for developing alcohol-related problems:

- *On average, how many days a week do you drink alcohol?*
- *On a typical day, when you drink, how many drinks do you have?*
- *What is the maximum number of drinks you have on any given day in the past month?*

Answers of more than 14 per week from men, or more than 7 per week for women -- or more than 4 maximum on any given day in the past month (more than 3 for women) – indicate that the person may be at risk for developing alcohol-related problems.

Each of the letters in the acronym CAGE refers to one of the questions:

- *Have you ever felt that you should Cut down on your drinking?*
- *Have people Annoyed you by criticizing your drinking?*
- *Have you ever felt bad or Guilty about your drinking?*
- *Have you ever had a drink the first thing in the morning to steady your nerves or get rid of a hangover? (Eye-opener)*

If YES to 3 or 4 questions in the past year, the person may be alcohol dependent.

If YES to 1 or 2 questions in the past year, the person may have current alcohol-related problems.

If NO to all 4 questions, the person may still be at risk because of quantity or frequency of drinking.

If this is the case, an assessment should follow.

*\*Sources: Helping Patients With Alcohol Problems: A Health Practitioner's Guide, National Institute on Alcohol Abuse and Alcoholism, NIH Publication No- 03-3769, January, 2003. Also R. Saitz, "Unhealthy Alcohol Use," New England Journal of Medicine (352:6), February 10, 2005.*

**For more information call one of the  
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