



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

Question:

What kinds of screening tests for unhealthy alcohol use, other than the CAGE Questionnaire, are available?

Answer:

The AUDIT, an acronym for Alcohol Use Disorders Identification Test, is another screening device. It is lengthier than the CAGE, and it can detect the spectrum of unhealthy drinking: risky use – problem drinking – alcohol abuse or harmful use – alcohol dependence or alcoholism.

MISSOURI ALCOHOL IMPACT FACT #48

The Alcohol Use Disorders Identification Test (AUDIT) consists of the following questions, which refer to “standard drinks” (12 oz. of beer, 5 oz. of wine, or 1.5 oz. of 80-proof liquor). Each question has several options and a 0 to 4 rating scale:

- ✓ How often do you have a drink containing alcohol?
- ✓ How many drinks containing alcohol do you have on a typical day when you are drinking?
- ✓ How often do you have 6 or more drinks on one occasion?
- ✓ How often during the past year have you found that you were not able to stop drinking once you had started?
- ✓ How often during the past year have you failed to do what was normally expected from you because of drinking?
- ✓ How often during the past year have you needed a drink in the morning to get yourself going after a heavy drinking session the previous night?
- ✓ How often during the past year have you had a feeling of guilt or remorse after drinking?
- ✓ How often during the past year have you been unable to remember what happened the night before because you had been drinking?
- ✓ Have you or someone else been injured as a result of your drinking?
- ✓ Has a relative, friend, doctor or other health worker been concerned about your drinking or suggested you cut down?
- ✓ For women: When was the last time you had more than 4 drinks in one day?
- ✓ For men: When was the last time you had more than 5 drinks in one day?
- ✓ On average, how many days per 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 had on any given occasion during the past month?

Source: Richard Saitz, M.D., M.P.H., “Unhealthy Alcohol Use,” New England Journal of Medicine (352:6), February 10, 2005.

**For more information call one of the
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