



## ***I. Could You or Someone You Know Have a Problem with Alcohol?***

Problem drinking often has its seeds in the teen years. Significant health consequences typically arise in adulthood. It is a contributor to 5 of the 10 leading causes of death in North America. The social consequences of alcohol dependency include divorce, unemployment, and poverty. The following questionnaire was developed by the National Council on Alcoholism. With this assessment, you can determine whether you or someone you know might need help. Answer the following questions by placing an “X” in the appropriate blank.

	<b>Yes</b>	<b>No</b>
1. Do you occasionally drink heavily after disappointment, after a quarrel, or when someone gives you a hard time?	_____	_____
2. When you have trouble or feel under pressure, do you drink more heavily than usual?	_____	_____
3. Have you ever noticed that you’re able to handle liquor better than you did when you first started drinking?	_____	_____
4. Do you ever wake up the morning after you’ve been drinking and discover that you can’t remember part of the evening before, even though your friends tell you that you didn’t pass out?	_____	_____
5. When drinking with other people, do you try to have a few extra drinks when others won’t know it?	_____	_____
6. Are there certain occasions when you feel uncomfortable if alcohol isn’t available?	_____	_____
7. Have you recently noticed that when you begin drinking, you’re in more of a hurry to get the first drink than you used to be?	_____	_____
8. Do you sometimes feel a little guilty about your drinking?	_____	_____
9. Are you secretly irritated when your family or friends discuss your drinking?	_____	_____
10. Have you recently noticed an increase in the frequency of memory blackouts?	_____	_____
11. Do you often find that you wish to continue drinking after your friends say they’ve had enough?	_____	_____
12. Do you usually have a reason for the occasions when you drink heavily?	_____	_____
13. When you’re sober, do you often regret things you have done or said while drinking?	_____	_____
14. Have you tried switching brands or following different plans to control your drinking?	_____	_____
15. Have you often failed to keep promises you’ve made to yourself about controlling or stopping your drinking?	_____	_____
16. Have you ever tried to control your drinking by changing jobs or moving to a new location?	_____	_____
17. Do you try to avoid family or close friends while you’re drinking?	_____	_____
18. Are you having an increasing number of financial and work problems?	_____	_____
19. Do more people seem to be treating you unfairly without good reason?	_____	_____
20. Do you eat very little or irregularly when you’re drinking?	_____	_____
21. Do you sometimes have the “shakes” in the morning and find that it helps to have a little drink?	_____	_____
22. Have you recently noticed that you can’t drink as much as you once did?	_____	_____
23. Do you sometimes stay drunk for several days at a time?	_____	_____
24. Do you sometimes feel very depressed and wonder whether life is worth living?	_____	_____
25. Sometimes after periods of drinking do you see or hear things that aren’t there?	_____	_____
26. Do you get terribly frightened after you have been drinking heavily?	_____	_____

## **Interpretation**

These are all symptoms that may indicate alcoholism. “Yes” answers to several of the questions indicate the following stages of alcoholism:

Questions 1–8: Potential drinking problem

Questions 9–21: Drinking problem likely

Questions 22–26: Definite drinking problem

It is vital that people assess themselves honestly. If you or someone you know demonstrates some or a number of these symptoms, it is important that help be sought. If there is even a question in your mind, go talk to a professional about it. Alcohol abuse is one of many problems that adults, including older people, face.

## ***II. Investigate the Calorie Cost of Alcohol Use***

On an upcoming weekend (Friday night through Sunday night) have a few friends keep a log of their alcoholic beverage intake. Include males and females. Then use Table 7-1 or your diet analysis software to calculate the amount of calories provided by alcoholic beverages over that time period. Assuming that an active man needs about 2800 kcal per day and an active woman needs about 2200 kcal per day, is the amount of calories provided by alcoholic beverages large (i.e., 25% or more of needs) or small (i.e., 10% or less of needs)?

