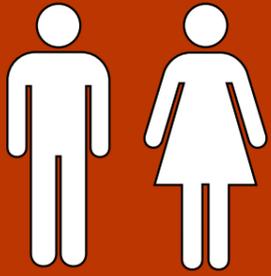


# Alcohol & the Highlands

Alcohol is often seen to be part of Highland culture. Whilst it can be enjoyed in moderation, it's all too easy to forget about the negative impact on ourselves and those around us.



No more than 14 units per week is the recommended 'low risk' alcohol intake for both men and women. Spreading your intake across the week, and having several alcohol free days reduces the risk of harm.

In the Highlands, 37% of men and 18% of women exceed the 'low risk' weekly guideline for alcohol units. How do you compare?

## What's a unit?\*

\*These amounts are for guidance purposes only.



Normal strength beer/lager/cider  
1 pint = 2.3 Units  
(4% ABV)



Mid strength beer/lager/cider  
1 pint = 2.6 Units  
(4.5% ABV)



Increased strength beer/lager/cider  
1 bottle = 1.7 Units  
(5% ABV)



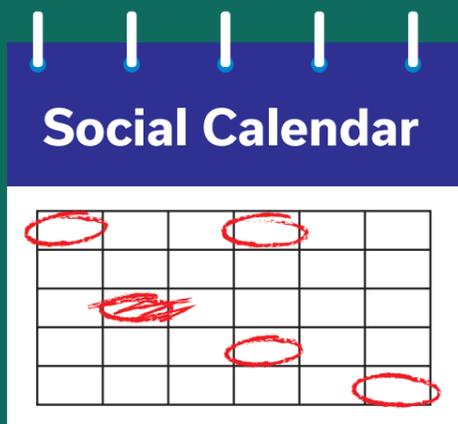
Alcopop (275ml)  
1 bottle = 1.1 Units  
(4% ABV)



Wine (175ml)  
1 glass = 2.1 Units  
(12% ABV)



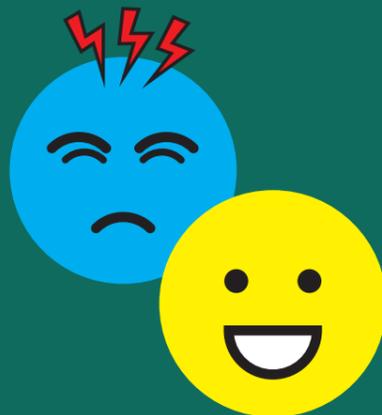
Spirits (25ml)  
single = 1 Unit  
(40% ABV)



## Tips on how to cut down

Any reduction in the amount of alcohol is a reduction in the risk of harm. How could you cut down?

- Drink on fewer occasions
- When socialising, drink fewer alcoholic drinks
- Reduce the amount of alcohol in each drink, or have a spacer - an alcohol free one
- Swap pints for bottles
- Instead of wine, choose a spirit (single measure)



## See and feel the benefits

The benefits from reducing your alcohol intake include:

- Saving money
- Fewer hangovers
- Lower risk of liver disease
- Lower risk of accidents or injury
- Feeling more positive about yourself
- Improved wellbeing
- Lower risk of cancer



## Pregnant or trying for a baby?

When trying to conceive or if you are already pregnant, avoid drinking any alcohol - no alcohol means no risk of harm to the baby.

HIGHLAND  
alcohol & drugs  
PARTNERSHIP