



Congratulations on completing Under the Influence. This is a summary of the information you provided during the program. The goal is to give you information so you can make the changes that are right for you.

YOUR DRINKING PROFILE

This section shows the how much alcohol you reported drinking at the time you completed Under the Influence. If you have made changes since that time, the numbers in this, and other sections, may be different.

Average Drinking

A “standard drink” is the amount of alcohol in about:

- 10-12 ounces of beer (5% alcohol) or
- 4-5 ounces of table wine (12% alcohol) or
- 1.5 ounces of 80 proof liquor (a “shot” of 40% alcohol)

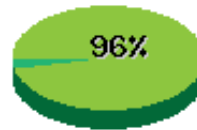
Too much drinking can sometimes lead to health or social problems. Research suggests that adult women who drink four or more drinks on any day are at higher risk for problems. Under some conditions, drinking *any* amount of alcohol can cause legal problems.

One way to look at your drinking is in terms of how much you drink in a typical week or month.

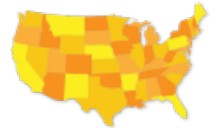
You drink **17 standard drinks** per month.

In a typical week you drink **17 standard drinks**.

Based on the amount of alcohol you reported:



96% of American women drink less than you in a *typical week*.



96% of American women drink less than you in a *typical week*.

This means that out of 100 people, 96 drink less than you, or that 4 drink more than you.

This information comes from a large national survey of U.S. adults, age 18-25. The survey asked adults all over the country about their drinking.



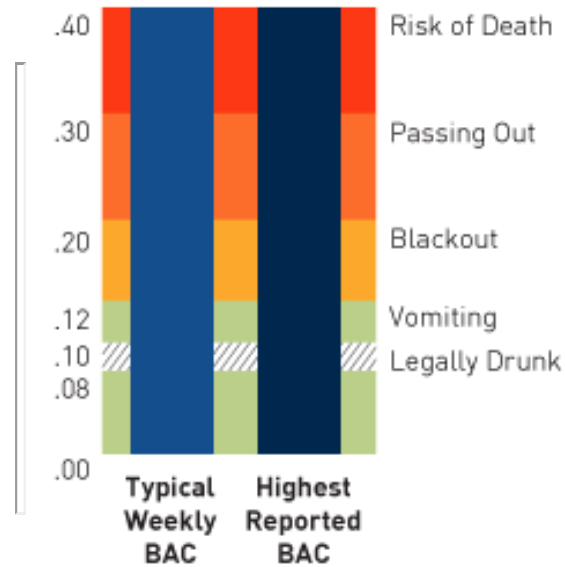
The personal feedback used in this MI SUMMARY comes directly from the eCHECKUP TO GO component within your course. For your complete eCHECKUP TO GO report please log into your course and print a copy the course home page.

BAC

Blood alcohol concentration (BAC) tells how much alcohol is in your bloodstream. BAC is the best measure of how alcohol is affecting your body and behavior. For instance, the police use BAC to measure whether a person is too intoxicated to drive. Taking into account your gender, weight, and drinking:

Your estimated highest BAC during a typical week was: **0.41%**

Your estimated highest BAC during the time you drank the most was: **0.48%**



BAC depends on your gender, weight, how much you drink, and how quickly you drink.

People who drink more, or drink more quickly, will reach higher BACs. Females and people who weigh less can also reach higher BACs more quickly.

Your body gets rid of alcohol at a relatively constant rate. Once alcohol is in your bloodstream, there is nothing you can do to speed up how quickly it gets out.

With your typical weekly BAC of 0.41, it would take 27 hours and 20 minutes for your BAC to return to zero.

With your highest estimated BAC of 0.48, it would take 32 hours and 0 minutes for your BAC to return to zero.



It may take you longer to process alcohol than reported in this program. This information is meant for educational purposes only and should not be used as a guide to determine when it is safe for you to drive or perform other activities.



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Personal Risk

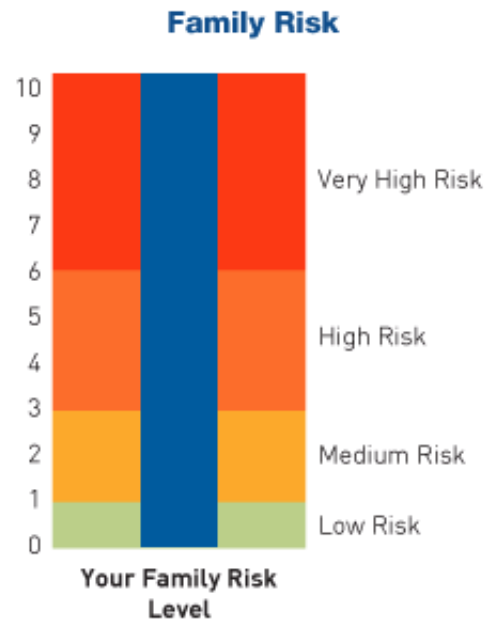
This section shows your level of risk on three factors—family history, dependence symptoms, and number of recent alcohol-related problems. “High risk” doesn’t mean that you will definitely have problems with alcohol. “Low risk” doesn’t mean that you won’t ever have problems. But the higher your risk in each of these areas, the higher the chances of developing problems in the future.

Family History

People with a family history of alcohol or drug problems are at higher risk themselves. This may happen through inheriting a higher tolerance or sensitivity to alcohol. The more relatives with alcohol problems you have, the greater your risk for problems.

Your risk increases if these relatives are the same gender and/or more closely related to you.

Your family risk level is: **37**



Based on your family risk level, your risk of developing future alcohol dependence or related problems is: **very high**.

Alcohol Dependence

The AUDIT questionnaire was developed by the World Health Organization to help identify people whose drinking has become more risky. Higher scores mean that a person is at greater risk for alcohol dependence and problems.

Based on your response, your risk of having alcohol related problems or developing dependence is .

On a set of alcohol screening questions, you received a score of .

This score puts you in the **xx** range for experiencing future drinking-related problems, compared to other adults.

The World Health Organization says that people who score at least 6-8 are at elevated risk for future problems.

Alcohol-related accidents and violence are the leading cause of death for Americans under the age of 35. When you drive after drinking (or ride with a driver who has been drinking), you greatly increase your risk for alcohol-related injuries or legal problems.



You reported that you drove **20 times in the past month** after having 3 or more drinks. It is very likely that **you were driving while intoxicated**.

You also reported that, in the past month, **you rode 8 times** with a driver that drank 3 or more drinks. It is very likely that **your driver was driving while intoxicated**.



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LOOKING AHEAD

People who decide to make changes in their drinking do it in different ways. Some people decide to quit drinking entirely. Other people are able to cut back and keep their drinking at low levels. People in the criminal justice system may have requirements not to drink at all.

On a scale of 1 to 10:

You rated the **importance** of making a change in your personal use of alcohol as a **1**.



You rated your **confidence** in your ability to quit using alcohol as a **1**.



You said that it is not very important for you to change your alcohol use at this time, and you are not sure that you could make changes even if you wanted to. People in your situation sometimes find it helpful to consider additional information about alcohol to determine if a change might be worthwhile. Each person is different, but when individuals choose to cut down or quit drinking, they often report increased energy and more time for other activities.



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NEXT STEPS

Based on your responses, here are some other things that might help you avoid future problems:

Write down the date and time of my next probation visit.

Date: ___/___/___ Time: _____ am/pm

Avoid people or places that might get me in trouble.

Tell someone about my plans to make changes.

Someone I could talk to: _____

Put a number in my phone of someone I could call if I needed to talk.

Someone I could talk to: _____

Make a list of my goals and plans for the next year.

Other goal: _____

Thanks again for completing Under the Influence. We hope this information helps you to make the changes that are right for you.

You can find more information about alcohol use at <http://rethinkingdrinking.niaaa.nih.gov/>

You can find drug and alcohol treatment services in your community by calling the National Drug and Alcohol Treatment Referral Service at (800) 662-HELP (1-800-662-4357), or by visiting <http://findtreatment.samhsa.gov/>