

Drinking Patterns of U.S. Adults

What is a drink?

A DRINK means a can or bottle of beer, a glass of wine cooler, or a shot or hard liquor (like scotch, gin, vodka), including a mixed drink.

BEER (12 OZ)	WINE (4 OZ)	WINE COOLERS (4 OZ)	MIXED DRINK (with 1 shot)
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Instructions:

1. Circle the average number of drinks you consume in a week.
PLEASE NOTE: 29% OF MEN AND 41% OF WOMEN DO NOT DRINK AT ALL!
2. Move across the row containing the circled number to find your score. If you are a man you will Move to the second column; if you are a woman, you will move to the third column.
3. The number represents your percentile in terms of how much you drink. For example, a woman who drinks seven (7) drinks per week drinks more than approximately 89% of U.S. adult women.

Drinks per week	Men	Women
1	46	68
2	54	77
3	57	78
4	61	82
5	67	86
6	68	87
7	70	89
8	71	89
9	73	90
10	75	91
11	75	91
12	77	92
13	77	93
14	79	94
15	80	94
16	81	94
17	82	95
18	84	96
19	85	96
20-25	88	97
26-35	91	97
36-48	94	99
49-101	97	>99.5
102-159	99	>99.9
160+	>99.5	>99.9