



*Community connections for the
right care at the right time*

PREVENTING PROBLEMS REDUCING RISKS



Source: Prevention Research Institute

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What Do I Value?

- What is most important to me?
- Balloon Activity

Preventing Problems
Reducing Risks

Two Types of Problems

Health Problems

Impairment Problems

Preventing Problems
Reducing Risks

Two Kinds of Risks

Risks we cannot change

Risks we can change

What is a Standard Drink?

1 drink =



**5 ounces
of wine**

(Domestic wine
12% alcohol)



**12 ounces
of beer**

(American lager
4–5% alcohol)



**1½ ounces
of 80-proof
liquor**



**1 ounce of
100-proof
liquor**

- What do we need to know about our biological risk?
 - ▣ What is my biological risk?
 - ▣ How do I know where my trigger level is?
- What do we need to know about our choices?
 - ▣ How much is too much?
 - ▣ What is a low-risk drinking choice?

Research Findings

- Over 200 scientific studies that can help determine how many standard drinks would be low risk
- Risk is related to Quantity and Frequency
- Q = Quantity
- F = Frequency