

LOST IN TRANSLATION

UNDERSTANDING HOW DRINKING PATTERNS CONTRIBUTE TO AUD

“

How many drinks do you have per week?

”

A couple, maybe 3 or 4.

It's more complicated than just a number.
It starts with the definition of a standard drink.

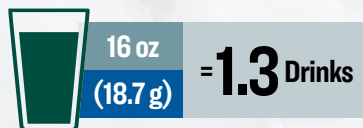
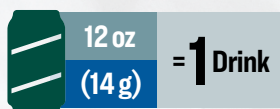
What is a “*standard drink*?”

In the US, a standard drink is defined by the CDC as **14g** of ethanol^{1,2}

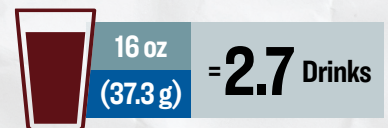
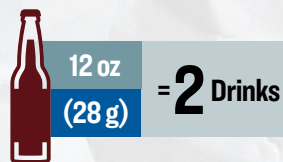
CDC=Centers for Disease Control and Prevention.

A single drink can be more than one “*standard drink*.”^{2-4*}

STANDARD BEER/HARD SELTZER | ~5% ABV



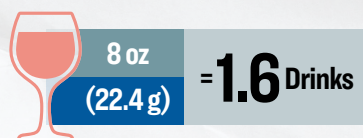
SOME CRAFT BEER | ~10% ABV



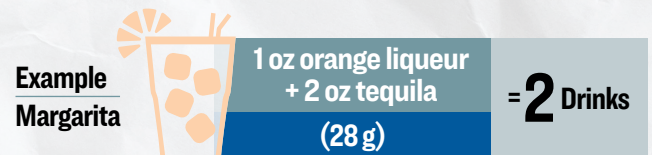
For a drink of a given ABV

Drink size (oz)	Number of standard drinks
Ethanol content (g)	

HOUSE WINE | 12% ABV



MIXED DRINK | 80 PROOF SPIRIT 40% ABV



*The drinks listed above and their specified volumes reflect beverages available in the United States.

ABV=alcohol by volume.
AUD=alcohol use disorder.

Individuals may underestimate how much alcohol they are consuming in “one drink,”
*which can lead to inaccurate reporting.*⁵

Drinking patterns can increase the risk for AUD.



How much, how fast, and where
patients drink may
increase their AUD risk.⁶⁻⁸

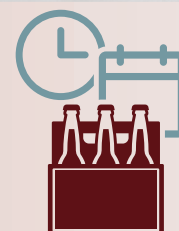


Heavy Drinking is defined as⁶

 **≥5 DRINKS/DAY**
≥15 DRINKS/WEEK

 **≥4 DRINKS/DAY**
≥8 DRINKS/WEEK

HEAVY DRINKING
increases the likelihood
of AUD over time.⁶



Consider the period over which a person is drinking heavily.



BINGE DRINKING
is defined in the US by **the NIAAA**
as a pattern of drinking alcohol that brings
blood alcohol concentration to **0.08%**
(0.08 g of alcohol per deciliter) **or higher,**
which, for the typical adult, equates to⁶:

 **~2-HOUR TIMEFRAME**

 **≥5 DRINKS**

 **≥4 DRINKS**

NIAAA=National Institute on Alcohol Abuse and Alcoholism.

Context matters for AUD risk.



Solitary drinking (vs social drinking) has been
associated with heightened alcohol-related
consequences such as **interpersonal problems** and
may promote an **increased risk** for developing AUD.^{7,8}



See the whole picture of AUD.

Asking “how many drinks do you have in a week” might not be the best or only question to ask.



Talking to patients about their patterns of drinking may help identify hidden risks.

Find more resources on AUD at the
LILLY MEDICAL WEBSITE



References

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3. National Institute on Alcohol Abuse and Alcoholism. Rethinking Drinking: Mixed drink and cocktail calculator. Accessed April 15, 2026. <https://rethinkingdrinking.niaaa.nih.gov/tools/calculators/mixed-drink-and-cocktail-content-calculator>
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5. Gilligan C, et al. *BMC Public Health*. 2019;19(1):1639.
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7. Corbin WR, et al. *Addict Behav*. 2020;102:106147.
8. Waddell JT, et al. *Drug Alcohol Depend*. 2022;238:109576.