

## 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.

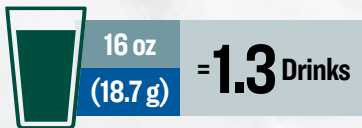
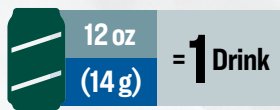
What is a "standard drink?"

In the US, a standard drink is defined by the CDC as **14 g** of ethanol<sup>1,2</sup>

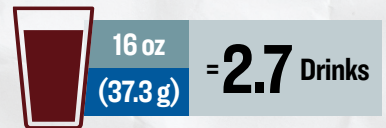
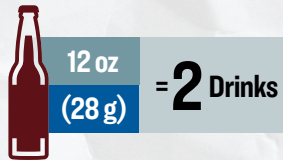
CDC=Centers for Disease Control and Prevention.

A single drink can be more than one "standard drink."<sup>2-4\*</sup>

### STANDARD BEER/HARD SELTZER | ~5% ABV

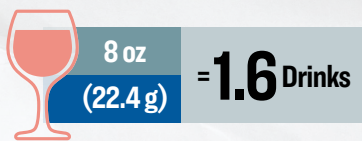


### SOME CRAFT BEER | ~10% ABV

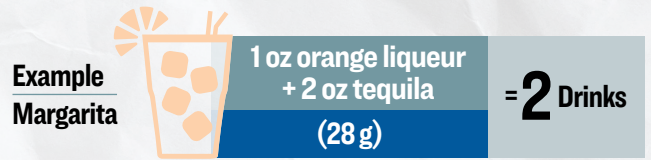


For a drink of a given ABV

### HOUSE WINE | 12% ABV



### MIXED DRINK | 80 PROOF SPIRIT 40% ABV



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

\*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.<sup>5</sup>

Drinking patterns can increase the risk for AUD.



**How much, how fast, and where patients drink may increase their AUD risk.<sup>6-8</sup>**



**Heavy Drinking is defined as<sup>6</sup>**

 **≥5 DRINKS/DAY**  
**≥15 DRINKS/WEEK**

 **≥4 DRINKS/DAY**  
**≥8 DRINKS/WEEK**

**HEAVY DRINKING** increases the likelihood of AUD over time.<sup>6</sup>



**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 to<sup>6</sup>:

 **~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.<sup>7,8</sup>



## 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>
4. Choudhary S, Hung J. Ranked: Hard seltzers. Washington Square News. Published November 8, 2021. Accessed April 22, 2026. <https://nyunews.com/culture/2021/11/08/seltzers-truly-whiteclaw-budlight-cacti/>
5. Gilligan C, et al. *BMC Public Health*. 2019;19(1):1639.
6. National Institute on Alcohol Abuse and Alcoholism. Understanding Alcohol Drinking Patterns. Updated January 2026. Accessed April 15, 2026. <https://www.niaaa.nih.gov/alcohols-effects-health/alcohol-drinking-patterns>
7. Corbin WR, et al. *Addict Behav*. 2020;102:106147.
8. Waddell JT, et al. *Drug Alcohol Depend*. 2022;238:109576.