

# LET'S TALK

ABOUT  
ALCOHOL SBI

A GUIDE FOR HEALTHCARE PROVIDERS



For more information, visit

[WWW.CDC.GOV/FASD](https://www.cdc.gov/fasd)

## ALCOHOL SCREENING AND BRIEF INTERVENTION (SBI)

is recommended by the U.S. Preventive Services Task Force (USPSTF) and endorsed by major medical professional organizations, such as the American College of Obstetricians and Gynecologists, American Academy of Family Physicians, American Medical Association, and American Academy of Pediatrics, as well as CDC.



### ALCOHOL SBI WORKS.

More than 30 years of research shows that alcohol SBI is effective for reducing excessive alcohol use.<sup>1,2</sup>



### ALCOHOL SBI IS QUICK AND REIMBURSABLE.

The entire service takes about 2-10 minutes and may be [REIMBURSABLE](#).



### ALCOHOL SBI GIVES YOU VALUABLE INSIGHT INTO PATIENTS' HEALTH.

EXCESSIVE ALCOHOL USE increases the risk of many harmful health conditions, including heart disease and stroke, some cancers, mental health problems, and adverse pregnancy outcomes such as miscarriage, stillbirth, and FETAL ALCOHOL SPECTRUM DISORDERS (FASDs).



### ALCOHOL SBI IS NEEDED.

Although 81% of patients reported being asked by their healthcare provider about alcohol use, only 38% reported being asked about binge drinking. Among those adults who reported being asked about their alcohol use and reported current binge drinking, four out of five were not counseled to reduce their drinking.<sup>3</sup>



### ALCOHOL SBI IS FOR ALL PATIENTS.

Screen patients 18 years or older, including pregnant patients, in primary healthcare settings and provide a brief intervention for those who DRINK EXCESSIVELY, per the USPSTF.<sup>1,4</sup> Research shows that most patients are comfortable answering questions about alcohol use and respond honestly.<sup>5</sup>

ALCOHOL SBI  
CAN HELP YOU  
IDENTIFY THE

**1/3**  
OF U.S.  
ADULTS

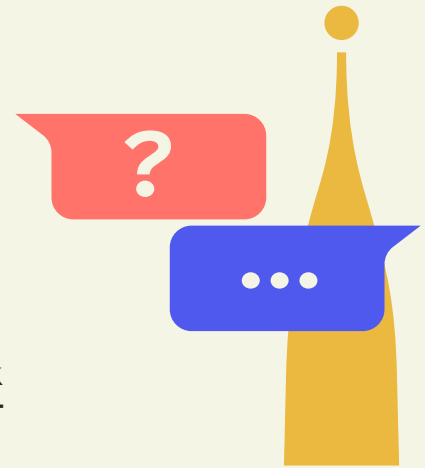
WHO DO NOT HAVE ALCOHOL USE DISORDER, BUT WHO  
**DRINK IN WAYS THAT PUT THEMSELVES  
AND OTHERS AT RISK OF HARM.<sup>6</sup>**

THE GOAL OF SBI IS TO MOTIVATE THEM TO CUT BACK OR STOP  
DRINKING TO REDUCE RISK OF ADVERSE HEALTH OUTCOMES.



## ALCOHOL SBI INVOLVES:

- 1 AN EVIDENCE-BASED SET OF SCREENING QUESTIONS TO IDENTIFY PATIENTS' DRINKING PATTERNS.  
EXAMPLES INCLUDE:
  - [SINGLE ALCOHOL SCREENING QUESTION \(SASQ\)](#)
  - [AUDIT-C QUESTIONNAIRE](#)
  - [AUDIT 1-3 \(US\)](#)
- 2 A SHORT CONVERSATION WITH PATIENTS WHO DRINK EXCESSIVELY, AS WELL AS REFERRAL TO TREATMENT WHEN APPROPRIATE.



## ALCOHOL SBI RESOURCES ARE AVAILABLE.

· CDC: [ALCOHOL SBI IMPLEMENTATION GUIDE](#)

· SAMHSA: [REIMBURSEMENT FOR SBIRT](#) TABLE

· CDC: [LET'S TALK ABOUT INCORPORATING ALCOHOL SBI INTO YOUR HEALTHCARE PRACTICE](#) FACT SHEET

## TO REDUCE THE RISK OF ALCOHOL-RELATED HARMS,

NONPREGNANT ADULTS OF LEGAL DRINKING AGE CAN CHOOSE NOT TO DRINK, OR TO DRINK IN MODERATION BY LIMITING CONSUMPTION TO

**2**  
DRINKS  
OR  
LESS  
IN A DAY  
FOR MEN

**1**  
DRINK  
OR  
LESS  
IN A DAY  
FOR WOMEN

## WHAT IS ONE DRINK?



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A SINGLE BEER  
OR  
12 FL. OZ  
ABOUT 5% ALCOHOL

A SINGLE SHOT  
OR  
1.5 FL. OZ  
ABOUT 40% ALCOHOL

A SINGLE GLASS OF WINE  
OR  
5 FL. OZ  
ABOUT 12% ALCOHOL

## REFERENCES:

1. Curry, S. et al. Screening and Behavioral Counseling Interventions to Reduce Unhealthy Alcohol Use in Adolescents and Adults: US Preventive Services Task Force. JAMA. 2018. 2. The Community Guide. Alcohol Excessive Consumption: Electronic Screening and Brief Interventions (e-SBI). <https://www.thecommunityguide.org/findings/alcohol-excessive-consumption-electronic-screening-and-brief-interventions-e-sbi> 3. McKnight-Eily, L. et al. Screening for Alcohol Use and Brief Counseling of Adults - 13 States and the District of Columbia, 2017. MMWR. 2020. 4. O'Connor, E. et al. Screening and Behavioral Counseling Interventions to Reduce Unhealthy Alcohol Use in Adolescents and Adults: Updated Evidence Report and Systematic Review for the US Preventive Services Task Force. JAMA. 2018. 5. Colorado Clinical Guidelines Collaborative. Guideline for Alcohol and Substance Use SBIRT. FAQs for Healthcare Providers. [https://www.thenationalcouncil.org/wp-content/uploads/2021/04/SBIRT\\_FAQ.pdf](https://www.thenationalcouncil.org/wp-content/uploads/2021/04/SBIRT_FAQ.pdf) 6. Centers for Disease Control and Prevention. Check Your Drinking: Make a Plan to Drink Less. <https://www.cdc.gov/alcohol/CheckYourDrinking/index.html>