

## Smoking and Alcohol Questionnaire

This questionnaire is designed to evaluate your alcohol consumption and smoking levels. This questionnaire is being asked as part of new NHS prevention measures.

### 1. Smoking

Please can you select one answer from this list.

Non Smoker	Social Smoker – 1 to 15 Cigarettes Per Week	Social Smoker - > 15 Cigarettes Per Week	1-15 Cigarettes Per Day	>15 Cigarettes Per Day
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### 2. Alcohol Intake

Alcohol Unit Reference

1 unit

A small bottle (275ml) of lower strength (4%) alcopop

A half pint of lower strength (4%) lager, beer or cider

A single measure of spirit (40%)

2 units

A standard glass (175ml) of lower strength (12%) wine or champagne

A pint of lower strength (4%) lager, beer or cider

A 440ml can of medium strength (4.5%) lager, beer or cider

A double measure of spirit (40%)

3 units

A pint of medium strength (5%) lager, beer or cider

A large glass (250ml) of low strength (12%) wine or champagne

A large bottle (750ml) of lower strength (4%) alcopop

4 units

A large bottle (750ml) of higher strength (5.5%) alcopop

A 500ml can of high strength (7.5%) lager, beer or cider Please can you select one activity from this list, then record limitation relating to the selected activity.

Male Alcohol intake

None	Yes – 1-28 units per week	Yes – 29-49 units per week	Yes – More than 50 units per week
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Female Alcohol intake

None	Yes – 1-21 units per week	Yes – 22-34 units per week	Yes – More than 35 units per week
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