

## Glossary

**Alcohol consumption:** consumption of at least one type of alcoholic beverage (wine, beer, other drinks) at least once a year.

**Daily alcohol consumption:** consumption of at least one type of alcoholic beverage (wine, beer, other drinks) on a daily basis.

**Occasional alcohol consumption:** consumption of at least one type of alcoholic beverage (wine, beer, other drinks) on an occasional basis (less than once a day).

**Outside meal alcohol consumption:** consumption of at least one type of alcoholic beverage (wine, beer, other drinks) at least once a year outside meals.

Alcohol units: one alcohol unit corresponds to the quantity of alcohol contained in a small glass (125 ml) of medium-strength wine, or in a can (330 ml) of medium-strength beer, or in a small glass (40 ml) of spirits.

**Non-moderate daily alcohol consumption:** consumption in excess of: 2-3 alcohol units a day for adult males; 1-2 alcohol units for adult women; 1 unit for the elderly aged 65 and over; any daily quantity for minors aged 11-17.

**Binge drinking:** consumption of 6 or more glasses of an alcoholic beverage on a single occasion.  
Alcohol-related health-risk behaviour:

- consumption in excess of: 2-3 alcohol units a day for adult males; 1-2 alcohol units for adult women; 1 unit for the elderly aged 65 and over; any daily quantity for minors aged 11-17;
- consumption of 6 or more glasses of an alcoholic beverage on a single occasion (binge drinking);
- consumption of at least one alcoholic beverage during the year for minors aged 11-15.