

**Sri Lanka Diabetes and Cardiovascular Diseases Study (SLDCS)**

(Annexure 3) to Main Questionnaire

**Quantification of Units of alcohol consumed within a week**

- Have you taken an alcoholic drink during the last 6 months?    Yes
- No
- If the answer to the above question is **Yes**, indicate the **type** of alcoholic drink you **mostly** consume and the quantity **per week**

Type of alcoholic beverage	Quantity per single consumption (Drinks, Glasses, Pints)	Frequency per week (How many times do you drink per week?)	Total units* consumed per week by each beverage
Arrack	..... (drinks) <i>(1 drink= 25-30 ml)</i>	.....	.....
Whisky	..... (drinks) <i>(1 drink= 25-30 ml)</i>	.....	.....
Other**	..... (drinks) <i>(1 drink= 25-30 ml)</i>	.....	.....
Illicit spirits	..... .. (drinks) <i>(1 drink= 50 ml)</i>	.....	.....
Wine	..... .. (glasses of wine) <i>(1 glass of wine= 175 ml)</i>	.....	.....
Beer	..... (Pints) <i>(1 pint= 200-250 ml)</i>	.....	.....
Toddy	..... (Pints) <i>(1 pint= 200-250 ml)</i>	.....	.....
<b>Total units consumed per week</b>			<b>: .....</b>

\*1 unit of alcohol= 1 drink of arrack/whisky, 2 drinks of illicit spirit, 1 small glass of wine, half a pint of beer/toddy (ref- Calculation of the number of units of different types of alcohol in Sri Lanka-Reference table)

\*\* Other alcoholic spirits/beverages such as brandy, gin, vodka.