

Active Duty: 2011 DOD Health Related Behaviors Survey Definitions

Type	Number of Drinks	Time Period
Abstainer	<12 drinks in lifetime	0 in past 12 mos
Former Drinker	≥12 drinks in lifetime	0 in past 12 mos
Infrequent/Light Drinker	<4 drinks per week	In past 12 mos
Moderate Drinker	4-14 drinks per week (men) 4-7 drinks per week (women)	In past 12 mos
Heavy Drinker	>14 drinks per week (men) >7 drinks per week (women)	In past 12 mos
Binge Drinker	≥5 drinks (men) ≥4 drinks (women)	At least once in last 30 days

Department of Defense (2013)