

DO THE MATH

DISCUSSION LEADER'S OUTLINE

INTRODUCTION

Good morning my name is _____. Today we will be talking about the costs of drinking.

The **ground rules** for this discussion are:

- (1) No personal attacks on anyone's opinions
- (2) Allow each participant to express themselves
- (3) Make head calls at your leisure, just don't interrupt the group
- (4) Keep your language clean as not to offend others
- (5) PARTICIPATION BY ALL!!!!!!

Gain Attention

Do you know how much money you spend on alcohol every year? How about the number of calories you consume through drinking? Drinking can shrink your bank account while adding to your waistline. There are easy ways for you to determine the costs of drinking.

Key points for the discussion today will be:

- (1) Calculating the financial cost of alcohol consumption annually
- (2) Calculating the caloric cost of alcohol consumption annually

Learning Objective: After this guided discussion, you will be able to determine the financial and caloric costs of drinking over a year.

DISCUSSION

We will begin by using a simple formula to figure out your average spending on alcohol every year.

KEY POINT 1

1. First, you need to think about a few key pieces of information:
 - a) The average number of drinks you consume each day
 - b) The average price per drink you consume
 - c) The number of days per week you drink
2. Insert your information into this formula:
$$(\text{Average number of drinks per day}) \times (\text{Average price per drink}) \times (\text{Number of days per week you drink}) \times 52 \text{ weeks per year} = \text{Average annual spending on alcohol}$$
3. Even if you have only two beers a day, at a cost of one dollar per beer, five nights a week, it can add up:
$$(2 \text{ beers per day}) \times (\$1 \text{ per beer}) \times (5 \text{ days per week}) \times (52 \text{ weeks per year}) = \$520$$

Interim Summary: We just used a very easy formula to calculate average annual spending on alcohol. When you do the math, the costs of drinking can be surprising. However, in addition to the financial costs of drinking, there are caloric costs as well.

KEY POINT 2

1. The number of calories varies in every drink. Each of the following is considered one standard drink:
 - a) One can of regular beer (12 oz.): 153 calories
 - b) 9 oz. of malt liquor: 120-139 calories
 - c) Half a glass of red wine (5 oz.): 125 calories
 - d) One shot of 80-proof vodka, tequila, whiskey, or rum (1.5 oz.): 97 calories
2. The number of calories really increases for mixed drinks:
 - a) One martini (2.25 oz.): 124 calories
 - b) One mojito (6 oz.): 143 calories
 - c) One whiskey sour (3.5 oz.): 160 calories
 - d) One manhattan (3.5 oz.): 164 calories
 - e) One pina colada (9 oz.): 490 calories
3. You can calculate the number of alcohol calories you consume on average per year with a straightforward formula:
$$(\text{Average number of drinks per day}) \times (\text{Average number of calories per drink}) \times (\text{Number of days per week you drink}) \times (52 \text{ weeks per year}) = \text{Average annual number of alcohol calories consumed}$$
4. Let's figure out the calories from our earlier example of two beers a day, five nights a week:
$$(2 \text{ beers per day}) \times (153 \text{ calories per beer}) \times (5 \text{ days per week}) \times (52 \text{ weeks per year}) = 79,560 \text{ calories}$$

Using the formula we just went through, you can determine how many calories you consume through alcohol. The caloric costs of drinking can grow just like the financial costs. If you are trying to stay fit, rethinking your drinking is a good place to start.

SUMMARY/CONCLUSION

Today we worked through simple formulas for calculating the average annual financial and caloric costs of drinking. Not only can drinking be expensive, it can also contribute to weight gain. While a single drink may not seem to cost very much or have too many calories, it all adds up over the course of a year.

Closing Statement:

Many of us like to relax with a drink, but drinking can be costly. The objective for today was to teach you how to calculate the costs of alcohol consumption, both in terms of money and calories. The next time you want a drink, think about whether it's worth the cost to your bank account and waistline.

END OF DISCUSSION

RESOURCES

1. <http://rethinkingdrinking.niaaa.nih.gov/ToolsResources/CalculatorsMain.asp>