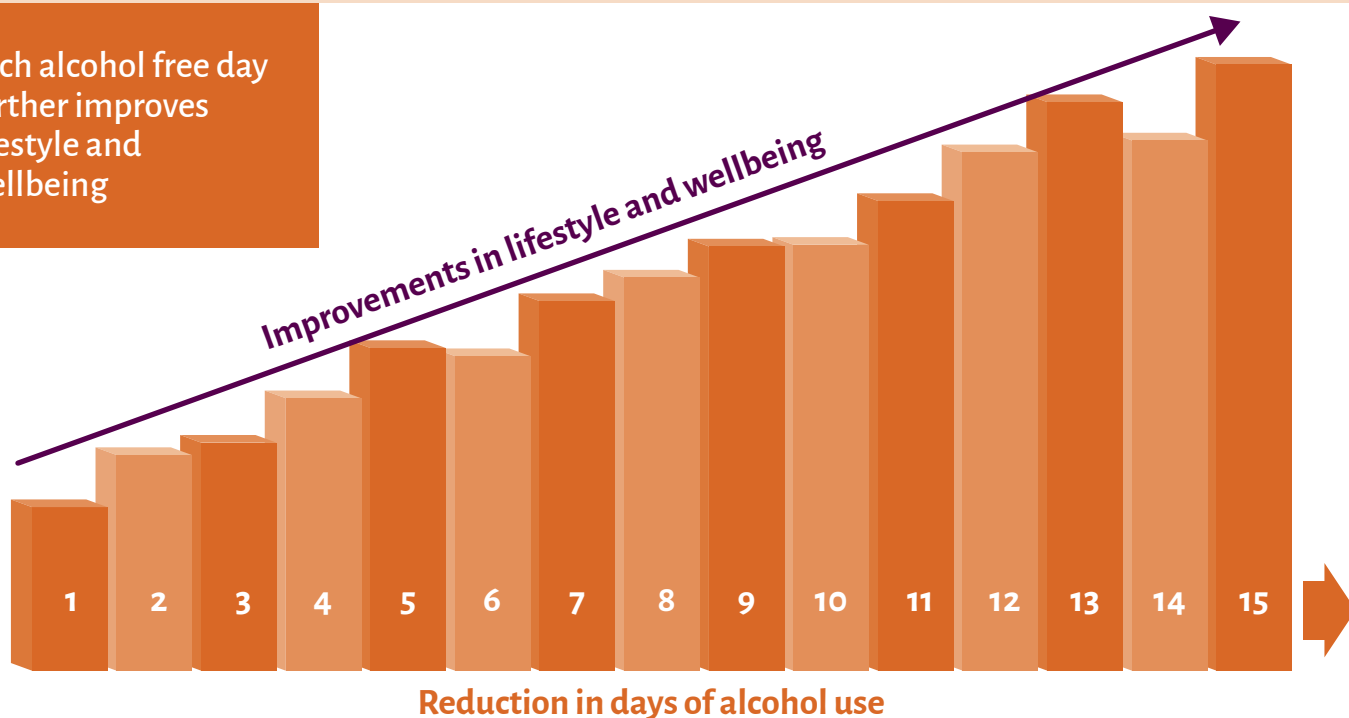


Improve your lifestyle and wellbeing by drinking less alcohol



Did you know that even a one day cessation of alcohol consumption is associated with improvements in lifestyle and wellbeing?

Each alcohol free day further improves lifestyle and wellbeing



Note. Based on an analysis of pre- and post- treatment ADOM scores for people who accessed AOD community services with alcohol use in 2017. Lifestyle and wellbeing includes; mental health, physical health, social relationships, participation in work or other activities, housing, and involvement in criminal activity.

To find out more about our research showing the benefits of reduced alcohol use, read our article published in the New Zealand Medical Journal titled - *Reducing days of alcohol use improves lifestyle and wellbeing: An analysis of outcomes data from New Zealand adult community alcohol and other drug services.*

Alcohol and Drug Outcome Measure (ADOM) data underpins these findings. ADOM is rich data, providing tāngata whai ora with a way to rate and track key areas of change during their treatment journey.

Visit www.tepou.co.nz to learn more about ADOM.

Te Pou o te Whakaaro Nui

Matua Raki
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