



Gwneud i bob cyswllt gyfrif
Making every contact count



lechyd Cyhoeddus
Cymru
Public Health
Wales

Beth yw eich sgôr? What's Your Score?

	Byth	Misol neu lai	2-4 gwaith y mis	2-3 gwaith yr wythnos	4+ gwaith yr wythnos
Pa mor aml ydych chi'n cael diod yn cynnwys alcohol? How often do you have a drink containing alcohol?	0 Never	1 Monthly or less	2 2-4 times per month	3 2-3 times a week	4 4+ times a week
Sawl uned ydych chi'n ei yfed ar ddiwrnod arferol pan fyddwch chi'n yfed? How many units do you drink on a typical day when you are drinking?	0 0-1	1 1-2	2 3-4	3 5-6	4 7+
Pa mor aml ydych chi wedi cael 6 uned neu fwy os yn fenyw, neu 8 uned neu fwy os yn wryw, ar un achlysur yn y flwyddyn ddiweddar? How often have you had 6 or more units if female, or 8 or more if male, on a single occasion in the last year?	0 Never	1 Llai na misol Less than monthly	2 Misol Monthly	3 Wythnosol Weekly	4 Dyddiol, neu bron dyddiol Daily or almost daily



Hanner pint cwrw neu seidr 'arferol'
Half pint regular beer, larger or cider



Trydydd gwydriad mawr o win
One third of a large glass of wine



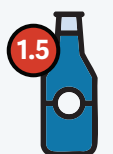
Peint 'arferol' cwrw neu seidr
Pint of 'regular' beer, lager or cider



Potel o win 12%
Bottle of 12% wine



Mesur sengl o wirodydd
Single measure of spirit



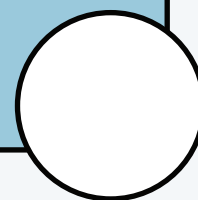
Potel o alcopop neu gwrw 275ml
275ml alcopop or lager



Peint 'cryf' neu 'premium' cwrw neu seidr
Pint of 'strong' or 'premium' lager or cider

Eich Cyfanswm? Your Total?

Edrychwch dros y dudalen am eich canlyniadau
Look overleaf for your results





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0-4

Mae 0 i 4 yn dynodi risg isel.

0 to 4 indicates low risk.

Llongyfarchiadau, rydych chi'n yfed ar lefel risg isel. Daliwch ati.

Congratulations, your drinking is low-risk. Keep it up.

Am fwy o wybodaeth am yfed llai ewch i /

For more info on how to cut down your drinking visit:

www.alcoholchange.org.uk/cymraeg

www.alcoholchange.org.uk

5-10

Mae 5 i 10 yn dynodi risk gynyddol ac uwch.

5 to 10 indicates increasing and higher risk.

Gallai'r lefel hon o yfed roi eich iechyd mewn perygl. Gallwch gadw eich risg iechyd yn isel gyda'r newidiadau bach hyn:

- **Yfwch llai na 14 uned yr wythnos**
- **Gwasgarwch eich yfed dros dri diwrnod neu fwy**
- **Dewiswch diodydd sydd â llai o alcohol neu maint llai**
- **Yfwch yn fwy araf neu yfwch fwy o ddiodydd meddal**

This level of drinking could put your health at risk. Keep your health risk low with these small changes.

- Drink less than 14 units a week
- Spread your drinking over three or more days
- Choose a lower strength or smaller sized drinks
- Drink slower and have more soft drinks

11-12

Mae 11 i 12 yn dynodi bod dibyniaeth yn bosibl.

11 to 12 indicates possible dependence.

Mae eich yfed yn rhoi eich iechyd mewn perygl. Siaradwch â'ch Meddyg Teulu neu ffoniwch Dan 24/7

Your drinking is putting your health at risk. Speak to your GP or call Dan 24/7

DAN 24/7

Rhadffôn: 0808 808 2234

Gwefan: dan247.org.uk

E-bost: dan@helpline.wales

Freephone: 0808 808 2234

Website: dan247.org.uk

Email: dan@helpline.wales