

ALCOHOL/DRUG USE

Did you know...

**In the last month, did you drink 4 to 5 or more drinks in a couple of hours?
A drink equals 1 beer (12 oz.), 1 glass of wine (5 oz.), or 1 shot of liquor (80 proof).**

- If yes, you **heavily drank more often than 61%** of full time college students in the US.

DID YOU KNOW THAT ...*drinking 4-5 or more drinks within a couple of hours is considered to be an episode of heavy drinking. If you drink heavily, you are at risk for:*

- ❖ Getting hurt, injured, or assaulted
- ❖ Doing something you regret
- ❖ Getting into trouble
- ❖ Having unprotected sex
- ❖ Having problems at school or work

In the last month, have you used marijuana or other illegal drugs?

- If yes, you **used drugs more often than 77.8%** of full time college students.

DID YOU KNOW THAT *Drinking and drug use lengthens depressive episodes, decreases the effectiveness of medications, and is associated with a 3-5 fold increase in suicidal behavior. Mixing alcohol and other drugs with medications prescribed for problems like depression, anxiety, or other physical conditions can be very dangerous. Mixing alcohol and anxiety medications, in particular, can lead to death.*

HOW MUCH DO YOU THINK THAT OTHER STUDENTS DRINK?

College student think that other students are drinking a lot more than they actually are. Some studies show that undergraduates estimate that their peers are drinking 50% more drinks per week than they actually are.

CALCULATE YOUR APPROXIMATE BLOOD ALCOHOL LEVEL (BIOLOGICAL FEMALE)

Alcohol affects people differently. Your age, gender, physical condition, amount of food consumed, and any drugs or medication may affect your blood alcohol level (BAL). In addition, different drinks may contain different amounts of alcohol, so it's important to know how much and the concentration of alcohol you consume. "One drink" is equal to 1.25 oz. shot of 80 proof liquor, 12 oz. of regular beer, or 5 oz. of table wine. A woman drinking an equal amount of alcohol in the same period of time as a man of an equivalent weight may have a higher BAL than that man.

Please think about the most you ever drank on one occasion (i.e., within a few hours). Now think about how many drinks you had. Please locate your BAL (cross number of drinks with your weight). Then locate your highest level of intoxication on the next page.

Biological Female										
Drinks	Body Weight in Pounds									
	90	100	120	140	160	180	200	220	240	
0	.00	.00	.00	.00	.00	.00	.00	.00	.00	Only Safe Driving Limit
1	.05	.05	.04	.03	.03	.03	.02	.02	.02	Impairment Begins
2	.10	.09	.08	.07	.06	.05	.05	.04	.04	Driving Skills Significantly Affected
3	.15	.14	.11	.10	.09	.08	.07	.06	.06	
4	.20	.18	.15	.13	.11	.10	.09	.08	.08	
5	.25	.23	.19	.16	.14	.13	.11	.10	.09	Possible Criminal Penalties
6	.30	.27	.23	.19	.17	.15	.14	.12	.11	Legally Intoxicated
7	.35	.32	.27	.23	.20	.18	.16	.14	.13	
8	.40	.36	.30	.26	.23	.20	.18	.17	.15	
9	.45	.41	.34	.29	.26	.23	.20	.19	.17	Criminal Penalties
10	.51	.45	.38	.32	.28	.25	.23	.21	.19	

LEVELS OF ALCOHOL INTOXICATION

.31+ FATAL

At this level, people are typically **unconscious** and **unresponsive**. Alcohol affects the part of the brain that controls breathing, which can stop at this BAL. Sometimes people reach this level by drinking a large amount of alcohol very quickly, like in drinking games. People at this level should be in an Emergency Room or hospital.

.21-.30 SEVERE DANGER

In this range, people may **lose consciousness**. If you get hurt, you may not realize it because you won't feel pain. Your gag reflex doesn't always work at this level, so you could choke on vomit. For all of these reasons, people in this BAL range should not be left alone, and may need to be seen in an Emergency room.

.16-.20 DANGER

At this level, people may **stagger or fall**. Since motor ability is severely impaired, there is a very high risk for getting hurt or having an accident. Since judgment is poor, people don't make good decisions about safety. The risk of vomiting is also very high. It is common for memory loss or blackouts to occur.

.11 - .15 SEVERELY IMPAIRED

In this range, people have **slurred speech and may have trouble walking**. Emotions are exaggerated – some people become loud and angry, others become very quiet. Vomiting can occur, especially if the BAL is reached very quickly. A BAL of .10 is legally intoxicated in all states in the US.

.05 - .10 MODERATELY IMPAIRED

In this range, people can have **problems making good decisions**, and may do things they would not normally do. Your ability to pay attention, how quickly you react, and your coordination are affected. People tend to believe that they are doing things like driving better than they really are. Teenagers who drive with a BAL between .02 and .07 in VA (equivalent to one drink in an hour), if convicted, are charged with a class 1 misdemeanor, may face up to 12 months of jail or detention, lose the privilege to drive for 1 year, *and* incur fines starting at a minimum of \$500 or be required to perform a minimum of 50 hours of community service.

.02 - .04 SOMEWHAT IMPAIRED

In this range, people sometimes feel relaxed and lightheaded. But, even at these levels, driving is affected (like the ability to pay attention to two or more things at once) and you can face legal charges (see above). Any BAL is illegal for someone under 21.

IMPORTANT: Typically, drinking one drink per hour keeps your BAL in a moderately impaired range. You may feel less impaired than you really are if you have developed a tolerance or when your blood alcohol level is falling. Your body no longer sends off "alarms" to let you know how impaired you really are when drinking. If you drank at a dangerous level but did not pass out or experience other serious effects, this may be because BALs are also affected by the amount of food in your stomach (which absorbs some of the alcohol). If you vomited, this may have also decreased your BAL.