

# BAC to BASICS

**Blood Alcohol Concentration (BAC)** is the percentage of alcohol in blood. Everyone absorbs alcohol differently and many factors can affect BAC. Use these charts and strategies to stick to **your** limit.

Regardless of prior experiences with alcohol, it's important for everyone to use safer strategies to stay in control if choosing to drink:

## PACE & SPACE

Go slow and alternate with water or other caffeine-free drinks, and limit to one or less alcoholic drink per hour. Remember to pour your own drink or watch it being made and continuously keep a close eye on it.

## AVOID MIXING ALCOHOL WITH OTHER SUBSTANCES

Some over-the-counter and prescription drugs (e.g. allergy antihistamines and narcotics), as well as caffeine and nicotine, can increase alcohol's effects or make people feel less impaired than they really are.

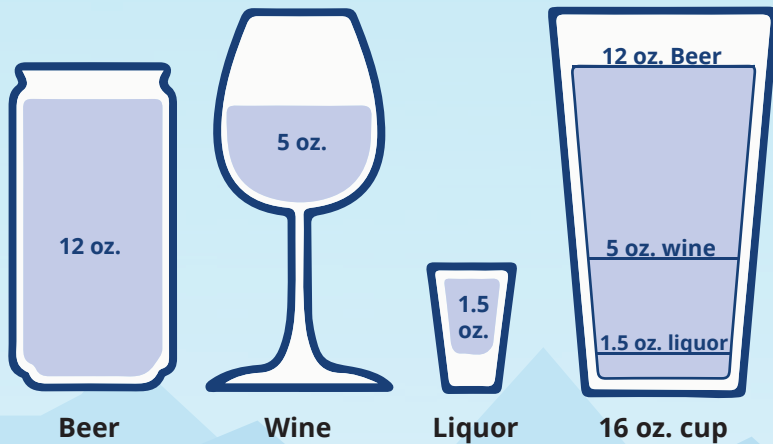
## AVOID DRINKING WHEN SICK OR TIRED

Alcohol is processed slower when sleep deprived or ill. Pay attention to how you're feeling both physically and emotionally.

## EAT BEFORE DRINKING

Food slows the absorption of alcohol in the bloodstream.

## What's in a standard drink?



On average, it takes nearly 3 hours for 2 standard drinks to leave the body.

If you get an email to take the Spring Health Survey, please do! Your input provides the data you see in the Stall Seat Journal! Must be at least 18 years of age to participate. IRB-SBS 3024.

## TIP

Please call for help if needed. Here's what to expect when getting help:



## Stay in the Golden Zone!

Golden Zone	Impairment	Legal Intoxication
Increased relaxation and sociability while still being in control.	Impaired judgement and decision-making.	Increased risk of injury, alcohol overdose, legal issues, and other unwanted outcomes.
< .05	.05 - .08	.08 <

Sex assigned at birth causes people to metabolize alcohol differently. Weight, time, and sex are not the only factors that affect BAC. Use these charts as a guide, not a rule.

Body weight in lbs.	Number of standard drinks											
	1	2	3	4	1	2	3	4	5	6	7	
100	.03	.07	.12	.16	120	.02	.05	.08	.11	.14	.17	.20
110	.02	.07	.11	.15	140	.01	.04	.06	.09	.12	.14	.17
120	.02	.06	.10	.13	160	.01	.03	.05	.08	.10	.12	.15
130	.02	.05	.09	.12	180	.00	.03	.05	.07	.09	.11	.13
140	.02	.05	.08	.11	200	.00	.02	.04	.06	.08	.10	.12
150	.01	.04	.07	.10	220	.00	.02	.04	.05	.07	.09	.10
170	.01	.04	.06	.09	240	.00	.02	.03	.05	.06	.08	.09
190	.01	.03	.06	.08	260	.00	.01	.03	.04	.06	.07	.08

Female

Male

## HOO? KNEW?

2 out of 3 UVA undergraduates drank 0-4 drinks the last time they had alcohol in a social setting.\*

\*From the February 2022 NCHA with responses from 1040 UVA undergraduates.

## HOO? KNEW?

6 out of 7 of UVA undergraduates who drink keep track of how many drinks they have had.\*\*

\*\*From the March 2021 Spring Health Survey with responses from 607 UVA undergraduates.

## RESOURCES

- WahooWell:** Free, confidential coaching to explore your strengths, goals, and motivations related to well-being, including substance use counseling (434) 924-1512.
- Collegiate Recovery Program:** Support network for students in recovery or considering recovery from a substance use disorder: <https://www.studenthealth.virginia.edu/CRP>
- CAPS:** Individual recovery and substance use counseling (434) 243-5150.
- Poison Control:** Contact Poison Control for free and confidential help. 1-800-222-1222.
- Wahoo Weekender:** Email listserv with substance-free weekend activities. Subscribe here:



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Feel free to take this poster home after Feb. 6th.