

Do you know your BAC?

What is "BAC"?

Blood Alcohol Concentration (BAC) is the percentage of alcohol in the blood. A BAC of 0.10 means that 0.10% (one tenth of one percent) of a person's blood is alcohol.

What is a Standard Drink?

Beer **Wine** **Liquor** **Equivalency**

12 oz. 5% alcohol 5 oz. 12% alcohol 1.5 oz. 80 proof

1 Standard Drink = 0.6 fluid oz. of 100% alcohol

12 oz. Beer*
8 oz. Malt Liquor*
5 oz. Wine*
1 oz. 100 proof Liquor*

*Lines indicate approximate measurements on a 16 oz. cup.

Alcohol percentage and container volume will determine number of standard drinks.

BAC for WOMEN after 1 HOUR

Number of Standard Drinks

Body Weight (lbs)	Number of Standard Drinks						
	1	2	3	4	5	6	7
100	.03	.07	.12	.16	.21	.25	.30
110	.02	.07	.11	.15	.19	.23	.27
120	.02	.06	.10	.13	.17	.21	.25
130	.02	.05	.09	.12	.16	.19	.23
140	.02	.05	.08	.11	.14	.18	.21
150	.01	.04	.07	.10	.13	.16	.19
170	.01	.04	.06	.09	.12	.14	.17
190	.01	.03	.06	.08	.10	.13	.15
	Pleasure Zone (Minor Impairment)		Impaired Judgment & Reactions	Legally Intoxicated			

BAC for MEN after 1 HOUR

Number of Standard Drinks

Body Weight (lbs)	Number of Standard Drinks						
	1	2	3	4	5	6	7
120	.02	.05	.08	.11	.14	.17	.20
140	.01	.04	.06	.09	.12	.14	.17
160	.01	.03	.05	.08	.10	.12	.15
180	.00	.03	.05	.07	.09	.11	.13
200	.00	.02	.04	.06	.08	.10	.12
220	.00	.02	.04	.05	.07	.09	.10
240	.00	.02	.03	.05	.06	.08	.09
260	.00	.01	.03	.04	.06	.07	.08
	Pleasure Zone (Minor Impairment)			Impaired Judgment & Reactions	Legally Intoxicated		

Why are there different charts for men and women?

If a man and a woman of the same height and weight consume the same amount of alcohol over the same period of time, the woman will have a higher BAC.

Absorption

Many factors impact how quickly alcohol is absorbed into the bloodstream, including factors that can vary from day to day (illness, lack of sleep, food in stomach, medication, etc.).



The median BAC of UVa students while drinking is 0.06.*

Tips for a lower BAC

- * **Pace and space** - Sipping a drink instead of chugging it, alternating alcoholic beverages with water or soda, and having no more than 1 drink per hour all give the body time to process the alcohol.
- * **Eat before and while drinking** - Alcohol is absorbed into the bloodstream more slowly when there is food (especially protein) in the stomach.
- * **Avoid mixing alcohol with other drugs** - Some prescription, over-the-counter, and illicit drugs (e.g., antihistamines and narcotics) can increase alcohol's effects. Caffeine and other stimulants can trick people into feeling less impaired, which could lead to dangerous choices.
- * **Use caution when sick or tired** - Alcohol leaves the body more slowly when a person is sleep deprived or ill.
- * **Be aware of the environment** - Alcohol can cause greater impairment when drinking different beverages or in new locations.

Use Protective Behaviors

93% of UVa students want their friends to tell them if they've had too much to drink.

86% of UVa students who drink use the buddy system.

94% of UVa students eat before and/or while drinking.*



1 in 5 UVa students didn't drink in the past month.*



Safer Drinking Guidelines

0 drinks is the only safe choice for people in certain higher-risk situations—for example when driving, pregnant, or taking certain prescription or over-the-counter medications or with health conditions such as alcoholism. Consuming alcohol under the age of 21 can lead to legal consequences.

No more than **1 drink** per hour. On average, it takes nearly three hours for most people to eliminate the alcohol in 2 standard drinks.

Women's guidelines
No more than 2 drinks on any one day.
No more than 7 drinks per week.

Men's guidelines
No more than 3 drinks on any one day.
No more than 14 drinks per week.