

BAC TO BASICS

STALL SEAT JOURNAL

Blood Alcohol Concentration (BAC) is the percentage of alcohol in the blood.

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Office of Health Promotion // Department of Student Health // University of Virginia

THE GOLDEN ZONE

In the Golden Zone, when BAC is low, a person experiences affects like increased relaxation and sociability.

Golden Zone:

Maximum benefits and less risk of negative outcomes.

Impairment:

Judgment and decision-making become impaired.

Intoxication:

Increased impairment and greater risk of negative outcomes.

.01

.05

.08

HOO

KNEW ?

Most UVA students keep their BAC below 0.05 when they socialize.*

ESTIMATING BAC

Alcohol is absorbed differently in different people, but these charts help estimate BAC when drinking. Actual BAC will depend on many factors, like sleep, illness, and use of other drugs. Women and men absorb and metabolize alcohol at different rates, even if they are the same weight.

BAC FOR FEMALES AFTER 1 HOUR

NUMBER OF STANDARD DRINKS

BODY WEIGHT	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
	Minor Impairment		Impaired Judgment & Reactions	Legally Intoxicated			

Source of BAC effects: National Highway Safety Traffic Administration.

BAC FOR MALES AFTER 1 HOUR

NUMBER OF STANDARD DRINKS

BODY WEIGHT	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
	Minor Impairment		Impaired Judgment & Reactions	Legally Intoxicated			

Source of BAC effects: National Highway Safety Traffic Administration.

WHAT IS A STANDARD DRINK?

1 standard drink = .06 fluid oz. of 100% alcohol

BEER



12 oz.
5% alcohol

WINE



5 oz.
12% alcohol

LIQUOR



1.5 oz.
80 proof

EQUIVALENCY



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

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TIPS FOR MANAGING BAC

PACE AND SPACE

1 Sip a drink instead of chugging, alternate with water or soda, and have no more than one drink per hour. On average, it takes nearly three hours for the alcohol in two standard drinks to leave the body.

EAT BEFORE AND WHILE DRINKING

2 Alcohol is absorbed into the bloodstream more slowly when there is food (especially protein) in the stomach.

AVOID MIXING ALCOHOL WITH OTHER DRUGS

3 Some prescription and over-the-counter drugs (e.g. antihistamines and narcotics) can increase alcohol's effects. Caffeine and other stimulants can trick a person into feeling less impaired, increasing the risk of making dangerous choices.

USE CAUTION WHEN SICK OR TIRED

4 When a person is sleep deprived or ill, alcohol leaves the body more slowly.

BE AWARE OF NEW ENVIRONMENTS

5 Alcohol can cause greater impairment when drinking in new locations or when trying new drinks. (Weird, but true!)

Hoos use protective behaviors when they drink.*



88.7% stay in a group (use the buddy system).



95.3% eat before and/or while drinking.



81.6% avoid mixing alcohol with other drugs.



74.7% avoid drinking when sick or tired.



86.6% plan to get home safely or use a designated driver.

HOO

KNEW ?

Almost all UVA students who drink use five or more protective behaviors.*

*From the Spring 2017 Health Survey with responses from 1,010 UVA students

STUDENT HEALTH RESOURCES

Join the CHOICES support group for concerns about substance use, or get one-on-one support and referrals to other services. Call to see how CAPS can best support you. (434) 243-5150

Subscribe to the Hoos Sober listserv for weekly activities that are not alcohol-based. Email sympa@virginia.edu with subject "subscribe hoos-sober."

Identify strategies for successful change of alcohol, marijuana, or other drug use with the confidential BASICS program. virginia.edu/basicsprogram

Connect with Hoos in Recovery, a UVA community for people in recovery or considering recovery from alcohol or other drug use disorders. virginia.edu/hoosinrecovery