

Know Your BAC

What is "BAC"?

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

What is a Standard Drink?

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



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

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HOO knew |?

More than half of UVa students maintain a BAC of 0.05 or less when they party or 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 other drugs.

BAC for WOMEN after 1 HOUR

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
	Minor Impairment		Impaired Judgment & Reactions	Legally Intoxicated			

Source of BAC effects: National Highway Safety Traffic Administration.

BAC for MEN after 1 HOUR

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
	Minor Impairment			Impaired Judgment & Reactions	Legally Intoxicated		

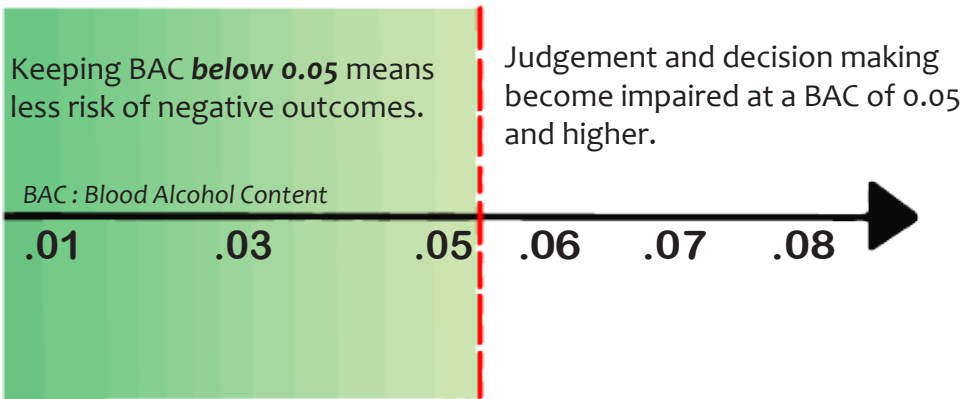
Source of BAC effects: National Highway Safety Traffic Administration.

Why are there different charts?

Women and men absorb and metabolize alcohol at different rates, even if they are the same weight.

Stay in the Pleasure Zone

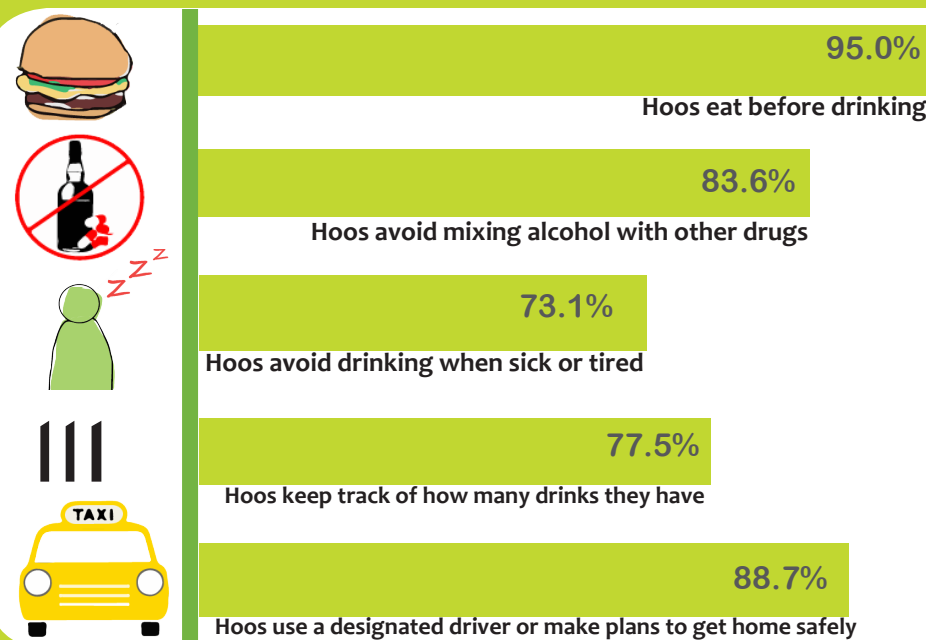
At lower BACs (the pleasure zone), a person gets the most benefits, like increased relaxation and sociability.



Tips for Managing 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 new environments - Alcohol can cause greater impairment when drinking different beverages or in new locations.

UVa Students Who Drink Use Protective Behaviors



Resources for Support

Got questions or concerns? Talk to your RA!

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

Gordie Center for Substance Abuse Prevention at Elson Student Health Center:

- Assess and reduce personal alcohol risk with the confidential BASICS program
- Learn from the Alcohol and Drug Abuse Prevention Team (ADAPT) peer educators
- Subscribe to the Hoos Sober listserv (weekly activities that are not alcohol-based)
- Connect with Hoos in Recovery (support network with free weekly lunches)
- Identify support resources

virginia.edu/gordiecenter

HOO knew |?

98.9% of UVa students who drink use two or more protective behaviors.*

