

BAC to Basics

What is BAC? Blood alcohol concentration (BAC) is the percentage of alcohol in the blood.

The Golden Zone

In the golden zone, when BAC is low, a person experiences benefits like increased relaxation and sociability.

Keeping BAC in the golden zone (BAC below 0.05) limits the risk of negative outcomes, like throwing up, getting hurt, feeling embarrassed, or missing class.

Judgment and decision-making become impaired at a BAC of 0.05 and higher, increasing the risk of negative outcomes. At a BAC of 0.08 and higher, a person is legally intoxicated and is at higher risk of more serious negative outcomes.

Tips for Managing BAC

✿ Pace and space

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

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

✿ Avoid mixing alcohol with other drugs

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

✿ Use caution when sick or tired

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

✿ Be aware of new environments

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

Resources for Support

Whether choosing to drink or not, there are communities at UVA to support you.

Gordie Center for Substance Abuse Prevention
virginia.edu/gordiecenter

- Subscribe to the **Hoos Sober listserv** for weekly activities that are not alcohol-based.
- Learn from the **ADAPT** peer educators.
- Assess and reduce personal alcohol risk with the confidential **BASICS** program.
- Connect with **Hoos in Recovery**, a social support network with free food.

Counseling and Psychological Services (CAPS)
(434) 243-5150

One-on-one support and referrals, plus a support group for concerns about substance use.

Questions or concerns? Talk to your RA!

Golden Zone:

Maximum benefits and less risk of negative outcomes.

Impairment:

Judgment and decision-making become impaired.

Legal Intoxication:

Increased impairment and greater risk of negative outcomes.

BAC (Blood Alcohol Content)

.01

.05

.08

HOO KNEW?

More than half of UVA students maintain a BAC of 0.05 or less when they party or socialize.*

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



*Lines indicate approximate measurements



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

Estimating BAC

These charts help estimate BAC when drinking. Alcohol is absorbed differently in different people, and actual BAC will depend on many factors, like sleep, illness, and other substance use.

Why two different charts?

Females and males absorb and metabolize alcohol at different rates, even if they are the same weight. These charts correspond to sex assigned at birth.



UVA Students Who Drink Use Protective Behaviors*

HOO KNEW?

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

✿ Want this poster for your room? Feel free to take me home Oct. 10 - 14.



95.0%

Hoos eat before drinking

83.6%

Hoos avoid mixing alcohol with other drugs

73.1%

Hoos avoid drinking when sick or tired

77.5%

Hoos keep track of how many drinks they have

88.7%

Hoos make plans to get home safely or use a designated driver