



APPROXIMATE **BAC** FOR BIOLOGICAL **MALES** AFTER **ONE HOUR** OF DRINKING

# OF DRINKS	WEIGHT IN POUNDS									
	100	120	140	160	180	200	220	240	260	280
1	.04	.03	.03	.02	.02	.02	.02	.02	.01	.01
2	.08	.06	.05	.05	.04	.04	.03	.03	.02	.02
3	.11	.09	.08	.07	.06	.06	.05	.05	.04	.04
4	.15	.12	.11	.09	.08	.08	.07	.06	.06	.05
5	.19	.16	.13	.12	.11	.09	.09	.08	.08	.07
6	.23	.19	.16	.14	.13	.11	.10	.09	.09	.09

SOURCE: NATIONAL HIGHWAY TRAFFIC SAFETY ADMINISTRATION



APPROXIMATE **BAC** FOR BIOLOGICAL **FEMALES** AFTER **ONE HOUR** OF DRINKING

# OF DRINKS	WEIGHT IN POUNDS								
	90	100	120	140	160	180	200	220	240
1	.05	.05	.04	.03	.03	.03	.02	.02	.02
2	.10	.09	.08	.07	.06	.05	.05	.04	.04
3	.15	.14	.11	.10	.09	.08	.07	.06	.06
4	.20	.18	.15	.13	.11	.10	.09	.08	.08
5	.25	.23	.19	.16	.14	.13	.11	.10	.09
6	.30	.27	.23	.19	.17	.15	.14	.12	.11

SOURCE: NATIONAL HIGHWAY TRAFFIC SAFETY ADMINISTRATION

What is Binge Drinking?

Binge Drinking is a pattern of consuming alcohol that brings a person's blood alcohol concentration (BAC) to **0.08 grams percent or above**. This typically happens when biological males consume **5 or more drinks** or biological females consume **4 or more drinks** in about 2 hours¹

¹ The National Institute on Alcohol Abuse and Alcoholism

Moderate Drinking

Females = 1 drink per day
Males = 2 drinks per day



Binge Drinking

Females = 4 drinks in 2 hours
Males = 5 drinks in 2 hours

23.2% OF COLLEGE STUDENTS IN COLORADO REPORT NOT CONSUMING ALCOHOL IN THE PAST MONTH²

² CADE Reference Data Set, NCHA Reference Data – Spring 2017

57.7% OF COLLEGE STUDENTS IN COLORADO, WHO CHOOSE TO DRINK, REPORT NOT BINGE DRINKING IN THE LAST TWO WEEKS³

³ CADE Reference Data Set, NCHA Reference Data – Spring 2017

A STANDARD DRINK IS:



12 OZ
SERVING OF A
REGULAR BEER
(5% alcohol)



5 OZ
GLASS OF WINE
(12% alcohol)



1.5 OZ
SERVING OF LIQUOR IN
A SHOT OR COCKTAIL
(40% alcohol)

Each beverage portrayed here represents one standard drink of "pure" alcohol, defined in the United States as 0.6 fl oz or 14 grams. The percent of pure alcohol, expressed here as alcohol by volume (alc/vol), varies within and across beverage types. Although the standard drink amounts are helpful for following health guidelines, they may not reflect customary serving sizes. If you are drinking out of a solo cup or other container, you may be consuming more than one standard drink⁴

⁴ niaaa.nih.gov

CADE

Coalition of
Colorado
Campus
Alcohol
& Drug
Educators

ALCOHOL BASICS



Don't Drive Impaired:

26.2% OF COLORADO COLLEGE STUDENTS REPORTED DRIVING AFTER CONSUMING ANY ALCOHOL IN THE LAST 30 DAYS, COMPARED TO **19.0%** OF COLLEGE STUDENTS NATIONALLY²

² CADE Reference Data Set NCHA Reference Data – Spring 2017

DUI FYI: THE AVERAGE COST OF A 1ST TIME OFFENSE IN 2016 WAS **\$13,530**. THIS INCLUDES FINES, COURT COSTS, SANCTIONS, AND INSURANCE INCREASES. A DUI COULD END UP COSTING THE SAME AS 984 LARGE PIZZAS OR 135 YEARS OF NETFLIX³

³ <http://www.9news.com/article/news/crime/cost-of-getting-a-dui-in-colorado-increased/366589323/> <http://www.noduicolorado.org>



A DESIGNATED DRIVER, RIDE SERVICES SUCH AS LYFT AND UBER, OR PUBLIC TRANSIT ARE **SAFE OPTIONS TO GET HOME**. MANY AREAS HAVE OTHER SAFE RIDE OPTIONS

Strategies to **Reduce Risks** When Drinking:



avoid drinking games,



eat a meal before or during drinking,



keep track of how many drinks you are consuming,

alternate alcoholic and non alcoholic beverages,



don't mix alcohol with other substances

Signs of Alcohol Poisoning

Source: <https://pubs.niaaa.nih.gov/publications/AlcoholOverdoseFactsheet/Overdosefact.htm>

How to know when someone has had too much to drink and may be in danger

- Confusion
- Slow breathing
- Vomiting
- Lack of consciousness
- Low body temperature
- Seizures



Did you know? Alcohol poisoning kills more than **2,200 people each year** in the United States¹

¹ cdc.gov

CALL 911 IF SOMEONE SHOWS SIGNS OF ALCOHOL POISONING

SIGNS OF ALCOHOL POISONING

How to know when someone has had too much to drink and may be in danger

Did you know? Alcohol poisoning kills more than 2,200 people each year in the United States¹

CONFUSION

If the person does not know things, like where they are, what day it is, or what they are doing they may be experiencing alcohol poisoning.

SLOW BREATHING

<8 breaths per min or irregular breathing is a sign of alcohol poisoning.

VOMITING

If the person is vomiting, especially for long periods of time, or if they are dry heaving after having vomited the contents of their stomach it is likely a sign of alcohol poisoning.

LACK OF CONSCIOUSNESS

If the person is passing out, you cannot wake them up, or you cannot keep them awake this is a sign of alcohol poisoning.

LOW BODY TEMPERATURE

If the person has a low body temperature, and is showing signs of hypothermia, there is a good chance they have alcohol poisoning.

SEIZURES

If the person is seizing, or moving limbs uncontrollably, especially if they have passed out, they are experiencing alcohol poisoning.

Source: <https://pubs.niaaa.nih.gov/publications/AlcoholOverdoseFactsheet/Overdosefact.htm>

¹ cdc.gov

CALL 911 IF SOMEONE SHOWS SIGNS OF ALCOHOL POISONING

HOW TO PREVENT ALCOHOL POISONING

**SET A LIMIT
OF DRINKS &
COUNT HOW
MANY
DRINKS YOU
HAVE**

**EAT
SOMETHING
BEFORE
DRINKING**

**ALTERNATE
ALCOHOLIC
AND
NON-ALCOHOLIC
BEVERAGES**

**AVOID
DRINKING
GAMES &
PACE
YOURSELF**

**BE THE
DESIGNATED
DRIVER OR
CHOOSE NOT
TO DRINK**

**DON'T MIX
ALCOHOL
WITH DRUGS
(INCLUDING
CAFFEINE)**

Source: <https://pubs.niaaa.nih.gov/publications/AlcoholOverdoseFactsheet/Overdosefact.htm>

**CALL 911 IF SOMEONE
SHOWS SIGNS OF
ALCOHOL POISONING**

HOW TO HELP SOMEONE WITH ALCOHOL POISONING

IMMEDIATELY CALL 911

The person may be having life threatening symptoms and only medical help can help. Tell the emergency responders how much they consumed and when.

KEEP THEM AWAKE

It is important they stay awake while you wait for help.

KEEP THEM SITTING UP

Alcohol poisoning can impair a person's gag reflex and they can choke on their own vomit so make sure they are not lying back.

ALWAYS KEEP SOMEONE WITH THEM

Always keep someone with them to keep them awake, sitting up, warm, and out of harms way.

KEEP THEM WARM IF THEY ARE COLD

If they are experiencing symptoms of hypothermia put blankets or layers on them to keep them warm.

DO NOT FORCE THEM TO EAT OR DRINK

This will not help them sober up and may lead to vomiting.

Source: <https://pubs.niaaa.nih.gov/publications/AlcoholOverdoseFactsheet/Overdosefact.htm>

CALL 911 IF SOMEONE SHOWS SIGNS OF ALCOHOL POISONING

COMMON MYTHS OF ALCOHOL POISONING

and what really happens

**YOU
CAN SLEEP
OFF
ALCOHOL
POISONING**

FALSE

The side effects of alcohol poisoning include vomiting and seizures, leaving someone to sleep can be life threatening.

FALSE

Blood Alcohol Content (BAC) can continue to rise after you stop drinking while the body metabolizes the alcohol. Water may help with dehydration but will not change the persons BAC. Coffee will only caffeinate the person.

**BLACK
COFFEE OR
WATER HELPS
SOBER YOU
UP**

**A COLD
SHOWER
WILL MAKE
YOU ALERT
AND SOBER**

FALSE

Alcohol poisoning can cause a person to have hypothermia and a cold shower will exasperate this. It does nothing to change the amount of alcohol in someones system.

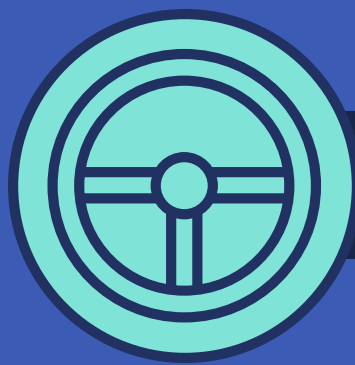
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SHOWS SIGNS OF
ALCOHOL POISONING**



CLICK IT OR TICKET

The state of Colorado requires drivers and passengers in the front seat to buckle up or get fined



EVERYONE'S DOING IT

95.5% OF COLORADO COLLEGE STUDENTS ALWAYS WEAR A SEAT BELT WHEN RIDING IN A CAR¹

IT COULD SAVE YOUR LIFE



SEAT BELTS REDUCE SERIOUS CRASH-RELATED INJURIES AND DEATHS BY ABOUT HALF² AND SAVED ALMOST 14,000 LIVES IN 2015³



ACCIDENTS HAPPEN, BE PREPARED

MORE THAN HALF OF TEENS AND ADULTS WHO DIED IN CRASHES IN 2015 WERE UNRESTRAINED AT THE TIME OF THE CRASH³

MAKE IT A HABIT



BUCKLE UP ON EVERY RIDE, NO MATTER HOW LONG.

Sources:

¹ ACHA NCHA NASPA CADE Executive Summary, Fall 2016 & Spring 2017

² <https://www.cdc.gov/motorvehiclesafety/seatbelts/facts.html>

³ <https://crashstats.nhtsa.dot.gov/Api/Public/ViewPublication/812374>



ARRIVE ALIVE

Distracted and impaired driving lead to many vehicle accidents and even death. Keep your eyes, mind, and car on the road by avoiding texting or drinking and driving.



DON'T TEXT & DRIVE

EVERY DAY, APPROXIMATELY 9 PEOPLE ARE KILLED AND MORE THAN 1,000 INJURED IN CRASHES THAT INVOLVE A DISTRACTED DRIVER¹

DON'T DRIVE IMPAIRED



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= 2 Drinks per Day

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= 4 Drinks in
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= 5 Drinks in
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A Standard Drink Is:



Beer

12 oz serving of
a regular beer
(5% alcohol)



Wine

5 oz glass of wine
(12% alcohol)



Liquor (Hard alcohol)

1.5 oz serving of liquor in a shot
or cocktail (40% alcohol)



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