

Stay in the Golden Zone

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

The peak high or buzz a person feels from alcohol is reached at BACs between **.02** and **.06**.

Reaching a BAC of **.05 or higher** is more likely to result in adverse consequences since this is the level where judgment and reaction skills are impaired.

Safer drinking means keeping your BAC below .05

Tips for a lower BAC

Pace & space - Sip your drink instead of chugging, alternate with water or soda and have no more than 1 drink/hour.

Eat before and while drinking - Alcohol is absorbed into the bloodstream more slowly when there is food (especially protein) in your stomach.

Avoid mixing alcohol with other drugs Some prescription, over-the-counter drugs (e.g. antihistamines, sedatives) and street drugs can increase alcohol's effects. Caffeine and other stimulants can trick you into feeling less impaired.

Use caution when sick or tired - When you're sleep deprived or ill, alcohol leaves the body more slowly.

Be aware of your environment - Alcohol can cause greater impairment when drinking different beverages or in new locations.

Student Health Resources

Counseling and Psychological Services (CAPS)
434-243-5150
www.virginia.edu/studenthealth/caps.html

Gordie Center for Substance Abuse Prevention
434-924-5276
www.virginia.edu/gordiecenter

Hoos In Recovery
Meets weekly, meal provided.
www.virginia.edu/hoosinrecovery

Alcohol and Drug Abuse Prevention Team (ADAPT)
To schedule a peer education program, visit
www.virginia.edu/adapt

Peer Health Educators (PHE)
To schedule a program call 434-924-1509
www.virginia.edu/studenthealth/phe.html

Free Online Alcohol Education Program
www.virginia.edu/gordiecenter
Click on **"online education"**

Additional Resources

Personalized drinking feedback
www.alcoholscreening.org

Substance abuse recovery meetings in walking distance of Grounds
www.virginia.edu/hoosinrecovery

SAFER DRINKING GUIDELINES

BROUGHT TO YOU BY



U.Va. Department of Student Health

Safer Drinking Guidelines

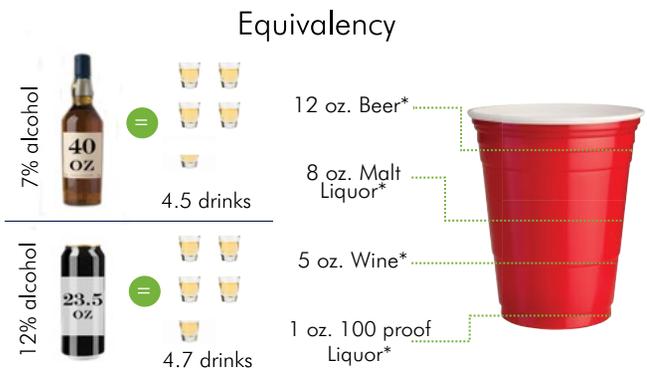
1 in 5 U.Va. students didn't drink in the past month⁴

The average BAC of U.Va. students when they party is 0.06⁴

What is a "standard drink" of alcohol?



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



*Lines indicate approximate measurements on a 16 oz cup

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

0 drinks is the only safe choice for people in certain higher-risk situations—for example when driving, pregnant, taking certain prescription or over-the-counter medications or with health conditions such as alcoholism.¹ Consuming alcohol under the age of 21 can lead to legal consequences.

No more than **1 drink** per hour.
On average, it takes nearly 3 hours for most people to eliminate the alcohol in 2 standard drinks.²

If you decide to drink, consider these lower-risk recommendations based on birth sex.

Women's guidelines
No more than 2 drinks in any 1 day³
No more than 7 drinks per week³

Men's guidelines
No more than 3 drinks in any 1 day³
No more than 14 drinks per week³

7 out of 10 U.Va. students consumed 0-5 drinks the last time they partied⁴

86% of U.Va. students who drink usually or always use the buddy system⁴

93% of U.Va. students want their friends to tell them if they've had too much to drink⁴

94% of U.Va. students usually or always eat before and/or while drinking⁴

¹Department of Health and Human Services and the Department of Agriculture. Dietary Guidelines for Americans 2005. Available online at: <http://www.health.gov/dietaryguidelines/dga2005/document/>.

²National Institutes on Alcohol Abuse and Alcoholism. Available online at <http://www.collegedrinkingprevention.gov/CollegeStudents/alcoholMyths.aspx#>

³National Institute on Alcohol Abuse and Alcoholism. (2006) Young Adult Drinking. Alcohol Alert, No. 68. Available online at <http://pubs.niaaa.nih.gov/publications/aa68/aa68.htm>

⁴U.Va 2013 Health Promotion Survey; random sample of 654 U.Va. undergraduate students.