

### WHAT IS ALCOHOL?

Ethyl Alcohol is the intoxicating ingredient found in beer, wine, and liquor. Produced by the fermentation of yeast, sugars, and starches, alcohol is a central nervous system depressant. Absorbed by the stomach and small intestine into the bloodstream, the intensity of alcohol's effect on the body is directly related to the amount that is consumed. Individual reactions to alcohol vary from person to person and are influenced by: gender, age, physical condition, amount of food consumed before drinking, the speed at which it was consumed, use of drugs, family medical history.

### IT TAKES 60 MINUTES FOR YOUR BODY TO PROCESS 1 OZ OF ALCOHOL.

#### A DRINK IS A DRINK IS A DRINK

A standard drink is equal to 14.0 grams (.6 ounces) of pure alcohol. That equals:



### BLOOD ALCOHOL CONCENTRATION

Blood alcohol concentration (BAC) refers to the amount of alcohol circulating in a person's bloodstream. For reference: A BAC of .10 means that .1% of a person's bloodstream is composed of alcohol.

0.02

impairment begins

0.08

too drunk to drive

0.150

most people blackout

### MODERATE DRINKING



- This definition refers to the amount consumed on a single day, not an average of several days.
- Can help reduce the risk of heart attack, stroke, heart disease, and sudden cardiac death.

### HEAVY DRINKING



- Heavy drinking can damage the liver and heart, harm an unborn child, increase your risk for breast cancer, contribute to depression, and interfere with relationships.

### BINGE DRINKING



- Defined as a pattern of drinking that brings the BAC level to 0.08% or more in a single occasion, generally within 2 hours.
- Twice as prevalent among men.
- More than 50% of the alcohol consumed by adults is in the form of binge drinking.
- Associated with an increased risk for high blood pressure, heart attack, and STDs. It's also a risk factor for injury, violence, and suicide.
- 1 in 6 adults binge drink 4 times a month, consuming about 8 drinks per binge.