

# the **RED CUP** Q&A



**separating alcohol fact from fiction**  
EVERY TUESDAY IN THE DAILY WILDCAT

## Hello Wildcats...

Welcome to the new, weekly Red Cup Q&A column. This feature is devoted to your alcohol questions and concerns. Our goal is to provide Wildcat readers with accurate information, to dispel myths and give you the facts.

- Did you know that the alcohol content of a 12 oz. bottle of beer, a 4-5 oz. glass of wine and a 1 oz. shot are about the same? It's true – given that the alcohol contents are 5% for the beer, 12% for the wine and 40% for the shot. A standard drink contains 1/2 oz. of pure ethanol. You can calculate the number of standard drinks in your favorite beverage by using the following formula:
  1. Multiply the serving size (in ounces) by the alcohol percent to get the total ounces of alcohol
  2. Then divide by 0.5 (the size of one standard drink)Example: a 12 oz. can of beer with 5% alcohol content = 1.20 or a little over one standard drink

Applying this formula, a 40 oz. can of an "ice" beer (5.9% alcohol) is actually 4.7 standard drinks. Measuring standard drinks, and pacing your drinking accordingly, can be a helpful tool to moderate your consumption and avoid the unpleasant results of heavy drinking.

- Did you know that your iPhone has an alcohol app? Keep track of your BAC (Blood Alcohol Concentration) in Drink Tracker while you're drinking by entering a few numbers and... voila, it lets you know when your target BAC has been reached. You can set your own target for your profile as well as a friend's with a countdown timer showing how long before the target is reached. BAC is calculated using gender, weight, height, # of drinks, what you are drinking and amount of time drinking. Then use Google Maps to find a taxi.
- You can check out the UA's e-chug website to assess your use of alcohol and receive personalized feedback regarding your drinking and potential risks. Just search for "echug" at [www.arizona.edu](http://www.arizona.edu) to access this brief, 10 minute program.



### wildfact

For more info on alcohol use, abuse, BAC, tolerance, moderation, safer drinking, and more, check out the Campus Health website at [www.health.arizona.edu](http://www.health.arizona.edu).

### Got a question about alcohol?

Email it to [redcup@email.arizona.edu](mailto:redcup@email.arizona.edu) and have a chance to win a \$100 Best Buy gift card during the Spring 2010 semester.



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