Got a question about alcohol?
Email it to redcup@email.arizona.edu
and have a chance to win a $100 Best Buy gift card during the Spring 2010 semester.

The Red Cup Q&A is written by Lynn Reyes, LCSW, LSAC, David Salafsky, MPH and Lee Ann Hamilton, MA, CHES, in the Health Promotion and Preventive Services (HPPS) department of the UA Campus Health Service.

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Q: How much of beer is actually pure alcohol?

A: Not very much, actually. Many beers have 4.5%-5.0% alcohol content. In a typical 12 ounce beer, only about half an ounce is pure alcohol. Water comprises more than 90% of beer. The rest of the amber beverage is made up malt, hops, and yeast. You may find it interesting that “ice” beers are higher in alcohol at roughly 6%. And you can’t always judge the strength of a beer by its color. The dark brown Guinness Extra Stout of Ireland is 4.3% alcohol while the pale McEwen’s Scotch Ale of Scotland registers a whopping 9.5%. As with all types of alcohol, it is helpful to read the label and know the strength of your drink before you drink it. While hard liquor and wine bottle labels are clearly marked with the alcohol percentage of the beverage, most beer bottles or beer cans do not list their alcohol content. A quick look on the internet will get you the info on the strength of your favorite beer. This can help the smart, moderate drinker enjoy the benefits of good brew without the downsides (hangovers and worse) of overdrinking.

Q: Can you get an MIP (Minor in Possession) if you are at a party where there is underage drinking but you are not drinking?

A: It really depends on who owns the property, according to sources at the University or Arizona Police Department. If you are at a party, not drinking, not possessing any alcohol, and do not own the property, you would not be charged for an MIP. However, if you own or control the house, apartment or residence hall room where underage drinking is happening, you could be charged even if you are not consuming alcohol.

The City of Tucson and Pima County have “Social Host” ordinances which hold adult (21 and up) property owners/hosts liable for underage drinking that takes place on their property.

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75% of UA students drink 25% of all alcohol consumed by students. Conversely, 25% of students drink 75% of the alcohol.

(2009 Health & Wellness Survey, N=1,720)