

the **RED CUP** Q&A



separating alcohol fact from fiction
EVERY TUESDAY IN THE DAILY WILDCAT

Q Is it true that drinking beer by the shot results in greater intoxication?

A. There isn't anything special about drinking beer by the shot that results in greater intoxication – so why the confusion? The fact is, this probably has something to do with our association around shots, which usually hold hard liquor, as well as the so-called “power hour,” where individuals attempt to imbibe one shot of beer per minute for an hour.

In short, intoxication has nothing to do with these 1.25 oz. vessels by themselves, and everything to do with our behavior: how many shots we happen to be consuming, and the frequency in which we quaff them. It's the overindulgence in alcohol – however you drink it – that ultimately results in intoxication, along with other factors such as drinking time and our weight and sex.

Believe it or not, the “beer shot” idea actually highlights a concept you can use – if you drink – that may help you get the most out of a night out. Here's how it works: if you usually have mixed drinks, measure and make the drinks yourself with a shot glass or jigger to limit how much alcohol is in your drink. If you prefer beer, find out its alcohol content (percentage) and set a limit on how many drinks you will have over the course of the night. If you can stick to your plan, chances are your evening will be more enjoyable than if you hadn't, since you'll be controlling your drinks, rather than the other way around.

Like many things in life, the rules of moderation apply here. Experienced drinkers tend to practice these skills more – often to the point that they become ingrained – and as a result, are able to reap the rewards.



wildfact

50% of UA students set a limit on the number of drinks they will have before a night out. (2010 Health & Wellness Survey, N=2,931)



Got a question about alcohol?

Email it to redcup@email.arizona.edu



www.health.arizona.edu

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