

the

RED CUP

Q&A



separating alcohol fact from fiction
EVERY TUESDAY IN THE DAILY WILDCAT

Q How much is too much in one night?

A. Sounds like you want to have a good night instead of a negative outcome. There's not a one-size-fits all answer to your question. Variables to consider in this equation are:

- Gender
- What you're drinking
- Weight
- Amount of time drinks are consumed

Let's review how these factors can impact your drinking experience:

Gender is an important factor because females have less of the enzyme needed to metabolize alcohol meaning that they typically get intoxicated faster and stay intoxicated longer. So if you're female, drink less than 4 standard drinks in an evening to avoid your "too much" limit. If you have low tolerance, one or two is your limit.

Weight comes into play in that heavier drinkers can have more than a smaller person. It doesn't seem fair for our smaller friends but it's the difference between having a great evening and a possible hospital transport. Check out your personal limit here for Safer Drink Level Guidelines for Men and Women: bit.ly/SaferDrink (or stop by UA Campus Health to pick one up).

The amount of time you take to consume your drinks determines how fast you'll get intoxicated. Four drinks in 30 minutes is very different from four drinks over four hours. Pacing is key to avoiding too much too fast.

What you're drinking is important due to the range of alcohol content of drinks. A beer at 5.9% alcohol content delivers a very different experience than a 4.2% alcohol content. Know your drink.

Combine all these factors and you're sure to have a successful evening of consuming just the right amount for you. Keep your BAC around a .05 and you won't have to worry about passing out, blacking out, vomiting, or otherwise doing something you later regret. Happy Halloween!



wildfact

61% of UA students usually or always stop drinking at least 1-2 hours before going home.

(2013 Health & Wellness Survey, n=3,055)



Got a question
about alcohol?

Email it to redcup@email.arizona.edu



www.health.arizona.edu

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