

the

# RED CUP Q&A



separating alcohol fact from fiction  
EVERY TUESDAY IN THE DAILY WILDCAT

## Q How many drinks do you have for a pre-game?

**A.** For many, pre-gaming means drinking lots of alcohol in a short period of time – but it doesn't have to be that way. No matter what your drinking buddies may be doing, the fact is that you ultimately decide what kind of night you'll have.

Most experienced drinkers know that “too much, too fast” is a recipe for things we all try to avoid: getting sick, run-ins with law enforcement, regrets/embarrassment, and injuries, to name a few.

Savvy drinkers control how they drink so their drinks don't wind up controlling them. How do they do it? Think of the pre-game as a time to be social before the big event, rather than just focusing on the alcohol. Keep these tried and true tips in mind for a night that you will actually enjoy (and remember):

- 1. Set a limit on the drinks you'll have** – Pick a number that will help you maintain your buzz (a blood alcohol content or BAC below .08 is best) and stick to it. You may be surprised how much better your night turns out. Online BAC calculators can help.
- 2. Avoid or limit shots** – While a shot of liquor has about the same amount of alcohol as a bottle of beer, the difference is the time it takes to drink it. Stick to beer or lower alcohol drinks to regulate your buzz without going overboard.
- 3. Eat food** – Yeah, we're all aware that college parties aren't known for their grub. Make sure your pre-game includes a good meal to avoid getting “shwasted” before things even get started. Added bonus: moderate drinkers consume fewer calories than heavy drinkers, because they avoid extra calories from alcohol as well as the dreaded “drunchies.”
- 4. If you drink, don't drive** – Do this and you're in good company: 89% of UA students have a designated driver when they drink, according to the 2013 Health & Wellness Survey, which had 3,055 undergraduate student respondents.
- 5. Step Up** – Help a friend in need and learn what to do if someone might be experiencing alcohol poisoning. Check out [www.health.arizona.edu](http://www.health.arizona.edu) for more info.



wildfact

New Year + New You event, 1/29 on the UA Mall from 10am-2pm. There will be games, giveaways, and tons of campus resources to help you get 2014 off to a great start!



Got a question about alcohol?

Email it to [redcup@email.arizona.edu](mailto:redcup@email.arizona.edu)



[www.health.arizona.edu](http://www.health.arizona.edu)

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