

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 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.

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.