

GETTING BACK TO ZERO: A CONVERSATION STARTER

Compared with how quickly your body can absorb alcohol, the rate of metabolism is very constant.

- The liver can only metabolize alcohol at a rate of 0.016% per hour. The rate of metabolism can be thought of as the speed at which a person “sober up.”
- There is no way to speed up the “sobering up” process. This includes vomiting.
- Coffee, water, exercise, etc., might cause a shock to the system, but it won’t impact your blood alcohol level.

Studies have shown, drinks poured by students are typically stronger than standard drinks.

- This means you are consuming more alcohol than you think and your BAC rises quickly.
- The sobering-up process takes much longer than you realize.

Let’s first get on the same page. **What is a standard drink?**

A standard drink is any beverage that contains ½ ounce of ethyl alcohol.

- ✓ 12 ounces of beer
- ✓ 4 ounces of wine
- ✓ 1.25 ounces of 80 proof hard alcohol (40% alcohol by volume)

You can consume a dangerous amount of alcohol while thinking it was only “a few drinks.”

Many things will go into determining an individual’s BAC. **Can you name the five main factors?**

1. Strength of the drink
2. Amount you’ve consumed
3. Time period over which you’ve been drinking
4. Weight
5. Gender

Though many factors will go into what it takes for two individuals to reach a certain BAC, once they do, the amount of time needed to get back to ZERO will pretty much be the same.

.08% BAC will take you 5 hours to get back to 0.0%

.16% BAC will take you 10 hours to get back to 0.0%

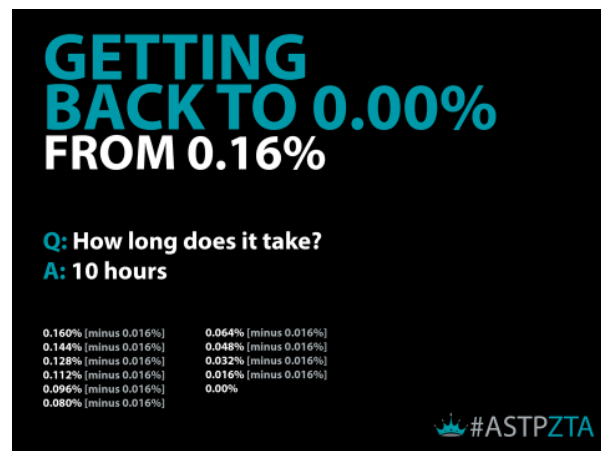


GETTING BACK TO 0.00% FROM 0.08%

Q: How long does it take?
A: 5 hours

0.080% [minus 0.016%]
0.064% [minus 0.016%]
0.048% [minus 0.016%]
0.032% [minus 0.016%]
0.016% [minus 0.016%]
0.00%

#ASTPZTA



GETTING BACK TO 0.00% FROM 0.16%

Q: How long does it take?
A: 10 hours

0.160% [minus 0.016%] 0.064% [minus 0.016%]
0.144% [minus 0.016%] 0.048% [minus 0.016%]
0.128% [minus 0.016%] 0.032% [minus 0.016%]
0.112% [minus 0.016%] 0.016% [minus 0.016%]
0.096% [minus 0.016%] 0.00%

#ASTPZTA

With a BAC of 0.24%, it takes 15 hours to get back to 0.0%.

- **What is surprising about this?**

The poster illustrates what it actually look likes:

- Going to sleep at 2:00 a.m. with a BAC of 0.24% doesn't mean you'll wake up sober.
- It's tough to make the grade when you are still drunk (0.144%) at your 8:00 a.m. class.
- Your morning drive to work or an internship at 10:00 a.m. means you're driving impaired (0.112%).
- Alcohol will still be in your system (0.048%) at 2:00 p.m. during an advisor meeting.
- By dinner time at 5:00 p.m. your BAC will be back to 0.0%.

Which of these is most concerning to you?

What are other examples of when what you've consumed can be an issue at:

- **0.08%?**
- **0.16%?**
- **0.24%?**

Tips for moderating your drinking

What can you do to make drinking a fun, yet safe, experience?

- ✓ Set your drinking limit before a social drinking occasion.
- ✓ Keep track of how much you drink.
- ✓ Space your drinks.
- ✓ When drinking mixed drinks, only accept drinks made by a bartender.
- ✓ Do not do shots.
- ✓ Alternate alcoholic drinks with nonalcoholic beverages.
- ✓ Drink for quality, not quantity.
- ✓ Avoid drinking games.
- ✓ Learn drink refusal skills.
- ✓ Find other things to do.
- ✓ Don't accept a drink if you don't know what is in it.

Any steps toward reduced risk are steps in the right direction.

