Alcohol: a depressant—it slows down the body and in small doses creates short term effects like reduced tension and relaxation. These effects are accompanied by reduced inhibitions, coordination, and reaction time. According to the US Department of Health and Human Services, 5000 people under the age of 21 die as a result of underage drinking. This includes about 1900 deaths from alcohol related car accidents, 1600 homicides, 300 suicides, and hundreds of other deaths due to accidents like falls, burns, and drownings. If you choose to drink, alcohol use doesn’t have to result in negative experiences.

How much is too much?
There are several factors to consider when deciding what or how much to drink. One’s BAL—Blood Alcohol Level is dependent on:

- gender
- body weight/size
- the time over which you consume
- the number of drinks you consume

Medications will not change your BAL but may affect how the alcohol you consume makes you feel.

What is a drink?
The amount of liquid in your glass, can, or bottle does not necessarily match up to how much alcohol is actually in your drink. Different types of beer, wine, or liquor can have very different amounts of alcohol content. For example, many light beers have almost as much alcohol as regular beer. Also, the typical red plastic cup so many choose to drink from is 16 oz. As you can see below, there is no standard drink that comes in a 16 oz size.

<table>
<thead>
<tr>
<th>12 fl oz of regular beer</th>
<th>8–9 fl oz of malt liquor (shown in a 12 oz glass)</th>
<th>5 fl oz of table wine</th>
<th>1.5 fl oz shot of 80-proof spirits (whiskey, gin, rum, vodka, tequila, etc.)</th>
</tr>
</thead>
<tbody>
<tr>
<td>about 5% alcohol</td>
<td>about 7% alcohol</td>
<td>about 12% alcohol</td>
<td>about 40% alcohol</td>
</tr>
</tbody>
</table>

The percent of “pure” alcohol, expressed here as alcohol by volume (alc/vol), varies by beverage.

Did you know that 35% of UR students choose not to drink?

Want to learn more about alcohol and how to help a friend?

Attend a SWARM program!
Offered in the evenings, this program is taught by your peers in order to give you all the information you need to know about policies on campus and how to help a friend who may have had too much to drink!

Do you want to attend a SWARM program?

Call: 565-273-5775
Email: agleichman@uhs.rochester.edu

Want to talk about your alcohol use?
Melissa Kelley, a Health Educator at the UHS Health Promotion Office, meets with students year round to talk about their use of alcohol. If you would like to have a confidential conversation about your use, email: mkelley@uhs.rochester.edu to set up a time to talk!

Get your FLU SHOT!
Oct. 15th 11 am—7 pm
GAC

Source: www.niaaa.nih.gov