Alcohol Consumption

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Why Should I Care?

- Short Term
  - Hangovers
  - Risky behavior
- Long Term
  - Health problems
  - Dependence
- Stats
  - 1.5 million DUI's per year [1]
    - 25% are 18-24 years old [1]
  - 88,000 alcohol related deaths per year [2]
- Edays
A Standard Drink [2]

- 12 oz beer
- 8 oz malt liquor
- 5 oz wine
- 1.5 oz distilled liquor

- This boot from the Rhein Haus (2L = 67 oz) was just over 5 standard drinks!

Excessive Drinking [2]

- Women
  - Binge Drinking = 4 drinks per occasion
  - Heavy Drinking = 8 drinks per week
    - 3 Coors Lab Trips
- Men
  - Binge Drinking = 5 drinks per occasion
  - Heavy drinking = 15 drinks per week
    - 6 Coors Lab Trips
How to Drink Safely [3]

- Know you limit
- Eat food before and during
- Sip your drink
- Drink water in between drinks of alcohol
- Know what you are drinking
- Avoid drinking games
- Plan your rides
- Consent cannot be given when consuming alcohol

Getting Help [4]

- Spot the signs
  - Prevent problems before they arise
- Serious signs - call 911
  - Loss of coordination
  - Vomiting
  - Seizures
  - Irregular breathing
  - Cold and pale
- IF IN DOUBT, CALL 911
  - Lives could be in danger
Sources