### What is “BAC”? 
**Blood Alcohol Concentration (BAC)** is the percentage of alcohol in the blood.

### What is a Standard Drink?

**1 Standard Drink** = 0.6 fluid oz. of 100% alcohol

- **Beer**: 12 oz. 5% alcohol
- **Wine**: 5 oz. 12% alcohol
- **Liquor**: 1.5 oz. 80 proof

#### Alcohol Equivalency

- 12 oz. of beer
- 5 oz. of wine
- 1 oz. of 80 proof liquor

#### Tips for Managing BAC

- **Pace and space** - Sipping a drink instead of chugging it, alternating alcoholic beverages with water or soda, and having no more than 1 drink per hour all give the body time to process the alcohol.
- **Eat before and while drinking** - Alcohol is absorbed into the bloodstream more slowly when there is food (especially protein) in the stomach.
- **Avoid mixing alcohol with other drugs** - Some prescription, over-the-counter, and illicit drugs (e.g., antihistamines and narcotics) can increase alcohol’s effects. Caffeine and other stimulants can trick people into feeling less impaired, which could lead to dangerous choices.
- **Use caution when sick or tired** - Alcohol leaves the body more slowly when a person is sleep deprived or ill.
- **Be aware of new environments** - Alcohol can cause greater impairment when drinking different beverages or in new locations.

### Why are there different charts?

Women and men absorb and metabolize alcohol at different rates, even if they are the same weight.

### Estimating BAC

**BAC for WOMEN after 1 HOUR**

<table>
<thead>
<tr>
<th>Number of Standard Drinks</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weight (lb)</td>
<td>100</td>
<td>110</td>
<td>120</td>
<td>130</td>
<td>140</td>
<td>150</td>
<td>160</td>
</tr>
<tr>
<td>BAC</td>
<td>.03</td>
<td>.02</td>
<td>.01</td>
<td>.02</td>
<td>.01</td>
<td>.03</td>
<td>.03</td>
</tr>
<tr>
<td>Minor Impairment</td>
<td>Impaired Judgment &amp; Reactions</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Legally Intoxicated</td>
<td>Legally Intoxicated</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**BAC for MEN after 1 HOUR**

<table>
<thead>
<tr>
<th>Number of Standard Drinks</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weight (lb)</td>
<td>120</td>
<td>140</td>
<td>160</td>
<td>180</td>
<td>200</td>
<td>220</td>
<td>240</td>
</tr>
<tr>
<td>BAC</td>
<td>.02</td>
<td>.01</td>
<td>.01</td>
<td>.02</td>
<td>.02</td>
<td>.02</td>
<td>.02</td>
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### Resources for Support

- **Counseling and Psychological Services (CAPS)**: Visit the CHODS support group for concerns about alcohol use, or get one-on-one support and referrals to other services. Call to see how CAPS can best support you: (434) 243-5150.
- **Gordie Center for Substance Abuse Prevention at Elson Student Health Center**: • Assess and reduce personal alcohol risk with the confidential BASICS program • Learn from the Alcohol and Drug Abuse Prevention Team (ADAPT) peer educators • Subscribe to the Hoos Sober listserv (weekly activities that are not alcohol-based) • Connect with Gordon’s Call (support network with free weekly lunches) • Identify support resources

### UVa Students Who Drink Use Protective Behaviors

- **95.0%** Hoos eat before drinking
- **83.6%** Hoos avoid mixing alcohol with other drugs
- **73.1%** Hoos avoid drinking when sick or tired
- **77.5%** Hoos keep track of how many drinks they have
- **88.7%** Hoos use a designated driver or make plans to get home safely

### Stall Seat Journal

*More than half of UVa students maintain a BAC of 0.05 or less when they party or socialize.*