

the **RED CUP** Q&A

separating alcohol fact from fiction

wildfact

A 40 oz. Budweiser is actually 3.8 standard drinks.

How many drinks will get me to the .08 DUI limit or above?

You may be surprised that just 2-4 drinks in one hour will land most drinkers above .08 blood alcohol concentration (BAC). Your BAC depends on four factors: weight, gender, time, and strength of the drinks. While you can control how much and how fast you drink, weight and gender aren't changeable in one evening.

A standard drink is 12 ounces of beer or 4 oz. of wine or 1 ounce shot of 80 proof liquor (40% ethanol). Every standard drink that a 140 pound woman consumes will raise her BAC .032. So, 3 drinks x .032 puts her at .096, which is over the legal DUI limit of .08 for those 21 and older. Every standard drink that a 180 male consumes will raise his BAC .02. Four standard drinks would put him right at .08. To see how weight and gender affect BAC see the tables to the right.

Women	BAC/drink
100 lbs.	.045
140 lbs.	.032
180 lbs.	.025

Men	BAC/drink
140 lbs.	.026
180 lbs.	.020
220 lbs.	.017

Why such a big difference in how alcohol affects men and women? Weight is big factor. Females generally weigh less than men and they have less alcohol dehydrogenase (the liver enzyme that metabolizes alcohol) than males. Men typically have more muscle mass than women – which helps dilute alcohol in the blood stream.

To stay safer when drinking alcohol, it's recommended that women limit themselves to one standard drink an hour and men limit drinks to one or two drinks per hour. With moderate drinking, you likely will have better times, better memories, and fewer regrets.

Got a question about alcohol? Email it to redcup@email.arizona.edu



www.health.arizona.edu



CAMPUS HEALTH

The Red Cup Q&A is written by Lynn Reyes, LCSW, LISAC, David Salafsky, MPH, Lee Ann Hamilton, MA, CHES, Spencer Gorin, RN, and Christiana Castillo, MPH, in the Health Promotion and Preventive Services (HPPS) department of the UA Campus Health Service.