

the RED CUP Q&A

separating alcohol fact from fiction

wildfact

You can check out rec.arizona.edu for a list of Campus Rec activities, events, classes, and more!

I want to drink less this year. How can I do it?

1. Moderate. Set a limit. Talk with your friends ahead of time and let them know how much you plan on drinking (and not drinking) when you go out. Ask them to respect your new goal and healthier lifestyle; or better yet, ask them to join you!

Use the Safer Drink Level Guidelines cards to the right to help you stay in your Sweet Spot (BAC \leq 0.05).

2. Drink water. Before, during, and after drinking alcohol. Alternating with non-alcoholic beverages can slow down your rate of alcohol consumption.

3. Get involved. Join a club or group on campus that allows you to express your creative side. Volunteer at a local community organization. Work out at Campus Rec or join an intramural/club sport.

4. Explore Tucson. There is plenty to do in Tucson that does not involve alcohol. Go to the movies. Go for a hike. Filling your weekend with extracurricular activities will limit the amount of time you have for drinking and allow more quality time with friends.

safer* drink level guidelines for MEN

BODY WEIGHT	NUMBER OF DRINKS	TIME SPENT DRINKING				
		1hr	2hrs	3hrs	4hrs	5hrs
130		2.2	2.8	3.3	3.9	4.5
150		2.6	3.2	3.9	4.5	5.2
160		2.7	3.4	4.1	4.8	5.5
170		2.9	3.6	4.4	5.1	5.9
185		3.2	4.0	4.8	5.6	6.4
210		3.6	4.5	5.4	6.4	7.3
240		4.1	5.2	6.2	7.3	8.3

*EXAMPLE: A 160 LB. MAN WHO HAS 4.8 DRINKS OR LESS IN 4 HOURS IS "SAFER."



1 DRINK =

12 oz. beer
4-5 oz. wine
1 oz. liquor

safer* drink level guidelines for WOMEN

BODY WEIGHT	NUMBER OF DRINKS	TIME SPENT DRINKING				
		1hr	2hrs	3hrs	4hrs	5hrs
110		1.6	2.0	2.4	2.8	3.2
120		1.7	2.2	2.6	3.0	3.5
130		1.9	2.3	2.8	3.3	3.8
140		2.0	2.5	3.0	3.6	4.1
155		2.2	2.8	3.4	4.0	4.5
180		2.6	3.3	3.9	4.6	5.3

*EXAMPLE: A 120 LB. WOMAN WHO HAS 3.0 DRINKS OR LESS IN 4 HOURS IS "SAFER."

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.