

# the RED CUP Q&A

separating alcohol fact from fiction

wildfact

Here at the UA, 38% of students didn't drink in the past 30 days. Of those who do, 63% make their own drinks to limit their alcohol intake. (2016 Health & Wellness Survey, n= 3,113)

## Is hard alcohol worse for you?

Maybe. Red Cup readers know that the alcohol in hard liquor is no different than what's found in beer or wine — there's just more of it, ounce for ounce.

We've all heard that "Beer is good, but liquor's quicker" (and could leave you sicker), which is what makes staying in your "sweet spot" (think social buzz) that much harder. Sure, you can overdo it with any kind of alcohol, but drifting off into the land of hangovers, drama, regrets — even a trip to the hospital or worse — is that much easier if your drink is 40% alcohol, compared to the 5% typically found in beer.

That higher concentration of alcohol makes measuring your drink even more important. Do this by skipping the "handle pulls" and, instead, using a shot glass or the bottom

line/indentation found on many party cups to measure a single standard drink of liquor (1oz). Looking for an even easier strategy? Keep it simple by steering clear of the hard stuff altogether.

Choose drinks like beer, wine, or even a mixed drink with the alcohol dialed down to help regulate not only how much you drink, but how fast you drink it. It might just make your night out more fun, safe, and social — and who doesn't want that?

Keep in mind that when drinking turns competitive, the alcohol almost always wins — especially when hard alcohol is involved. Call us biased, but we think "handle pulls" make for a better American Ninja Warrior obstacle name, anyway.

Got a question about alcohol? Email it to [redcup@email.arizona.edu](mailto:redcup@email.arizona.edu)



[www.health.arizona.edu](http://www.health.arizona.edu)



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