

# the RED CUP Q&A

separating alcohol fact from fiction

wildfact

38% of UA students did not have alcohol in the past 30 days. (2016 Health & Wellness Survey, n=3,113)

We asked UA STUDENTS what they wanted to change about their drinking style. Here's what they said:

"Slow down my rate of drinking"

"My drinking style is fairly tame, so it does not require a huge adjustment"

"Eat before drinking"

"Drink more water and eat before going out"

"Don't blackout, drink at least one night a week less"

"Count my intake"

"Limit my amount of drinks throughout the night and who I drink with and where we are"

"Don't use it to fix problems"

"Try and stay in the sweet spot .05-.08 BAC"

"I want to drink less frequently so my tolerance is not as high"

"I want to drink less and buy less hard alcohol like Bacardi 151 and Everclear"

"I want to drink less and know my limit so I have more fun"

"Don't drink as much in the first hour"

"Not drinking on week nights"

"Monitor how many drinks I have at a party"

"Don't pregame as much"

"Amount of money I spend yearly on alcohol"

"Only drinking on very special occasions. Just casual drinking and no partying"

"Set a limit in order to stay at the sweet spot"



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)



**CAMPUS HEALTH**

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