



ALCOHOL

TORY PEEK, MPH, CPH

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OBJECTIVES

- Understand how alcohol consumption is significant to public health
- Identify how an alcoholic drink is measured
- Evaluate myths associated with alcohols consumption
- Discuss the factors impacting alcohol absorption

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More than 93,000 people die from excessive alcohol use in the U.S. each year

PUBLIC HEALTH IMPACT

3

Prevalence of Binge Drinking Among US Adults, 2015

PUBLIC HEALTH IMPACT

Prevalence

- 10.9 – 16.1
- 16.3 – 18.1
- 18.3 – 24.9

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MYTH #1 – “I Can Drink And Still Be In Control”

FACT
Drinking...

- Impairs your judgement
- Increases likelihood of regrettable behavior
- Increases chances of causing harm to others
- Decreases awareness to potential dangers
- Diminished critical decision-making abilities (even before a person may feel “drunk”)

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MYTH #2 – “DRINKING ISN’T ALL THAT DANGEROUS”

FACT

Risks of drinking include:

- Impaired judgement
- Impaired driving
- _____
- Violence
- Unsafe sexual behavior
- Suicide attempts
- _____
- Death
- Secondary effects to others who are not drinking

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MYTH #3 – “I Can Sober Up Quickly If I Have To”

FACT

Alcohol...

- Takes about 2 hours to be eliminated from the body
- Elimination _____ be sped up – even by coffee or cold showers

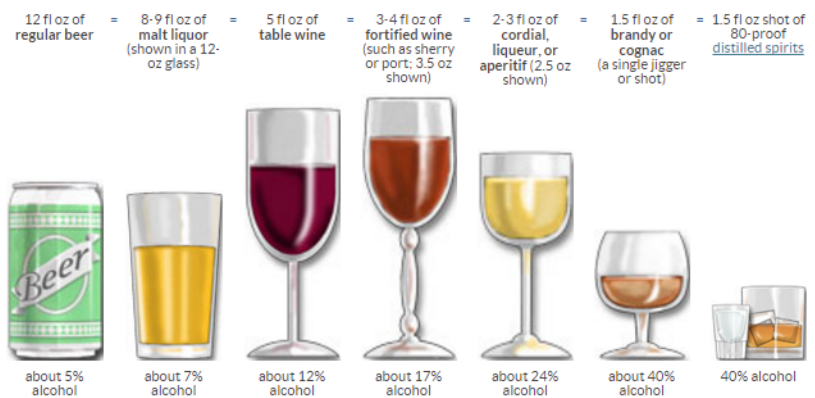


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MYTH #4 – “Beer Doesn’t Have As Much Alcohol As Liquor”

FACT:

Alcohol By Volume



The percent of "pure" alcohol, expressed here as alcohol by volume (alc/vol), varies by beverage.

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MYTH #5 – “I’ll Be Better Off If I Learn To Hold My Liquor”



This is called "_____", and...

- Can signal the development of more serious alcohol problems (dependency)
- Should not be used to estimate blood alcohol concentration (BAC)

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MYTH #6 – “I Can Manage To Drive Well Enough After A Few Drinks”

FACT

The effects of alcohol...

- _____
- Can cause impairment at as low as .05% BAC
- Increase the chance of a fatal car accident, and continue to increase as BAC increases
- Impact critical decision making long before a person feels “drunk”



Nationally, the estimated average cost of a misdemeanor first-offense DUI conviction is about \$10,000, and sometimes it's even more.



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STIMULANTS

DEPRESSANTS

ALCOHOL IS A DRUG

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WHAT IS BAC?

Blood Alcohol Concentration (BAC) is the amount of alcohol in your body.

- Ratio of alcohol to blood, represented as a %

BAC levels can differ greatly depending on absorption factors

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THE BAC LIMIT – FLORIDA

- .___% - over 21
- .___% - under 21 – “zero tolerance”



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ABSORPTION

Factors that determine how alcohol is absorbed and metabolized:

- _____
- Weight
- Medications
- Health conditions
- Empty stomach vs. full stomach
- “chugging” vs “sipping” (How much? How fast?)

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HOW TO CONTROL YOUR BAC?

- 1 Pace your drinking
- 2 Keep track of how much you have been drinking
- 3 Alternate or switch to non-alcoholic beverages
- 4 Avoid chugging contests or drinking games
- 5 Keep active
- 6 Eat

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THE SOLO CUP IS
YOUR FRIEND

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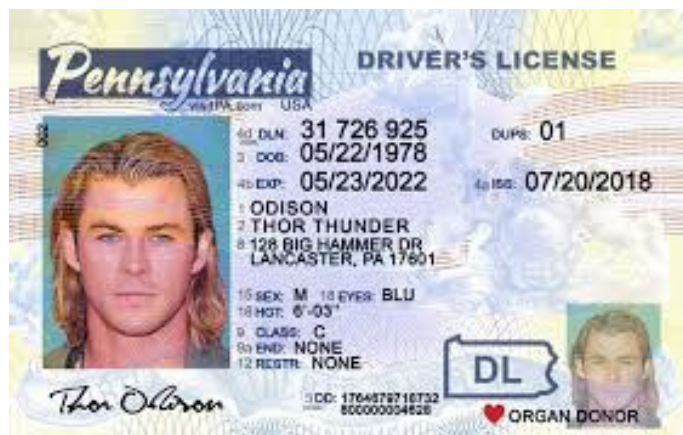
ALCOHOL AND STIMULANTS (CAFFEINE)

- Very popular
- 4x more likely to binge drink at high intensity (6+ drinks)
- Increases risk of _____
- Increases chance of drunk driving or riding with a drunk driver
- Increases chance of alcohol related injuries

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FAKE ID = FELONY

- Easy to spot
- It's not worth it



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CHOOSING A DESIGNATED DRIVER



Plan Ahead!



Driving service – Uber, Lyft, Taxi, free ride service



Designated Driver – _____

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WORST CASE

Plan B

- Call a friend that is sober and not at the party
- Can a sober person at the party can drive you home
- Stay at the apartment/house

Bystander intervention

- Offer a place to stay
- Take the keys at the beginning of the party
- Have driving service numbers/apps on hand
- Inform people if you see a DD drinking
- Know your friend's 'normal'

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Health Topics

Center for Student Well-Being / Health Topics / Alcohol & Other Drugs

OVERVIEW

VIRTUAL HEALTH EDUCATION

PHYSICAL ACTIVITY

ALCOHOL & OTHER DRUGS

COLD & FLU

HEALTHY RELATIONSHIPS

NUTRITION

LIFE BALANCE

MENTAL HEALTH

ALCOHOL & OTHER DRUGS

ALCOHOL

Do you think movies with party scenes paint the true picture of alcohol use on campus again. Most students are smart when it comes to their alcohol use. USF first-year students do not drink at all and over a quarter of students drink responsibly.

[Counseling Center Services](#) →

[Alcohol Screening](#) →

[USF Alcohol Policy](#) →

[Alcohol Awareness Week](#) →

RESOURCES