

How Much is Too Much Alcohol?

The Problem

There are higher rates of heavy or binge drinking for military members versus civilians.

Knowledge is Key

Know what constitutes 'ONE Drink'

Beer = 12 ounces (Malt Beer = 7 ounces)

Wine = 5 ounces

Liquor = 1.25 ounces (average—depends upon alcohol content)

Your Body and Alcohol

- Blood alcohol concentration peaks 30-90 minutes after ingestion.
- Your Blood Alcohol Concentration (BAC) depends upon your weight, body chemistry, emotional state, general health, body fat, amount and type of food you recently ate, outdoor temperature, alcohol percentage in the drink, if the drink had carbonation added, temperature of the drink, if there is water/ice added, and your gender.

Understand Your Level of Intoxication

- Use chart on the back of this handout.
- Calculate the number of maximum drinks you can have based on your weight and time elapsed. For example, if you are a male and weigh 180 lbs, you have had four drinks since 5:00 PM and it is 8:00 PM the math looks like this:

$$.08 \text{ BAC} \quad \textit{minus} \quad .045 \text{ (three hours since drinking began)} \quad = \quad \textbf{.035 BAC}$$

A Useful Rule--0-0-1-3

- 0 = Zero Alcohol before the age of 21
- 0 = Zero DUI's
- 1 = One Drink per Hour
- 3 = Three Drinks per episode

Men										
?	Approximate Blood Alcohol Percentage									
Drinks	Body Weight in Pounds									?
?	100	120	140	160	180	200	220	240	?	
0	.00	.00	.00	.00	.00	.00	.00	.00	.00	Only Safe Driving Limit
1	.04	.03	.03	.02	.02	.02	.02	.02	.02	Impairment Begins
2	.08	.06	.05	.05	.04	.04	.03	.03	Driving Skills Affected	
3	.11	.09	.08	.07	.06	.06	.05	.05		
4	.15	.12	.11	.09	.08	.08	.07	.06		
5	.19	.16	.13	.12	.11	.09	.09	.08	Possible Criminal Penalties	
6	.23	.19	.16	.14	.13	.11	.10	.09	Legally Intoxicated	
7	.26	.22	.19	.16	.15	.13	.12	.11		
8	.30	.25	.21	.19	.17	.15	.14	.13		
9	.34	.28	.24	.21	.19	.17	.15	.14	Criminal Penalties	
10	.38	.31	.27	.23	.21	.19	.17	.16		

Your body can get rid of one drink per hour.
One drink is 1.25 oz. of 80 proof liquor, 12 oz. of beer, or 5 oz. of table wine.

Women										
?	Approximate Blood Alcohol Percentage									
Drinks	Body Weight in Pounds									?
?	90	100	120	140	160	180	200	220	240	?
0	.00	.00	.00	.00	.00	.00	.00	.00	.00	Only Safe Driving Limit
1	.05	.05	.04	.03	.03	.03	.02	.02	.02	Impairment Begins
2	.10	.09	.08	.07	.06	.05	.05	.04	.04	Driving Skills Affected
3	.15	.14	.11	.10	.09	.08	.07	.06	.06	
4	.20	.18	.15	.13	.11	.10	.09	.08	.08	
5	.25	.23	.19	.16	.14	.13	.11	.10	.09	Possible Criminal Penalties
6	.30	.27	.23	.19	.17	.15	.14	.12	.11	Legally Intoxicated
7	.35	.32	.27	.23	.20	.18	.16	.14	.13	
8	.40	.36	.30	.26	.23	.20	.18	.17	.15	
9	.45	.41	.34	.29	.26	.23	.20	.19	.17	Criminal Penalties
10	.51	.45	.38	.32	.28	.25	.23	.21	.19	

Your body can get rid of one drink per hour.
One drink is 1.25 oz. of 80 proof liquor, 12 oz. of beer, or 5 oz. of table wine.

Time Table Factors

Hours since first drink	1	2	3	4	5
Subtract from BAC	0.015	0.03	0.045	0.06	0.075

Resources

- Joint Substance Abuse Prevention Program
- Airman & Family Readiness Office: 716-236-3411
- Chaplain Office: 716-236-2395
- Veterans' Crisis Line, 24/7 800-273-TALK (8255), option 1
- Wing Director of Psychological Health Mobile: 716-534-4209
- Military & Family Life Consultants
- VA/Vet Center 716-862-7350
- www.MilitaryOneSource.com 800-342-9647 (24/7)
- www.WingmanProject.org

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