

# Creep It Real Know Your Boos

## Alcohol Education Resources

### What is Blood Alcohol Concentration (BAC) ?

BAC= Blood Alcohol Concentration (sometimes also referred to as Blood Alcohol Content, Blood Alcohol Level) The amount of alcohol present in someone's bloodstream (or breath). Can be tested by blood, breath or urine. BAC measures intoxication levels. **The legal BAC limit for driving is 0.08%**

### BAC is impacted by

- Sex assigned at birth and hormone levels
- Body Weight
- Time
- Alcohol content /Proof
- Food & Hydration

## Calculate your BAC

### How is BAC determined?

$BAC = [Alcohol\ consumed\ in\ grams / (Body\ weight\ in\ grams \times r)] \times 100.$

*In this formula, "r" is the sex assigned at birth constant: r = 0.55 for AFAB and 0.68 AMAB.*

### What are the behaviors and impairments associated with each BAC level?

BAC (%)	Behavior	Impairment
<b>0.001–0.029</b>	Average individual appears normal	Subtle effects that can be detected with special

		tests
<b>0.030–0.059</b>	Mild euphoria, Relaxation, Joyousness, Talkativeness,  Decreased inhibition	Concentration
<b>0.060–0.099</b>	Blunted feelings, Reduced sensitivity to pain,  Euphoria, Disinhibition, Extraversion	Reasoning, Depth perception. Peripheral vision, Glare recovery
<b>0.100–0.199</b>	Over-expression, Boisterousness, Possibility of nausea  and vomiting	Reflexes, Reaction time, Gross motor control, Staggering, Slurred speech, Temporary erectile dysfunction
<b>0.200–0.299</b>	Nausea, Vomiting, Emotional swings, Anger or sadness,  Partial loss of understanding,	Severe motor impairment, Loss of consciousness, Memory blackout

	Impaired sensations, Decreased libido,  Possibility of stupor	
<b>0.300–0.399</b>	Stupor, Central nervous system depression, Loss of  understanding, Lapses in and out of consciousness, Low possibility of death	Bladder function, Breathing, Dysequilibrium. Heart rate
<b>0.400–0.500</b>	Severe central nervous system depression, Coma,  Possibility of death	Breathing, Heart rate, Positional alcohol nystagmus
<b>&gt;0.50</b>	High possibility of death	

### What is Alcohol By Volume (ABV) ?

ABV is the percentage (%) of alcohol in any given alcoholic drink.

**This number can normally be found on the bottle in a percentage.**

Not all drinks have the same ABV and not all drinks of the same kind (i.e. not all Wine) have the same ABV.

Knowing the strength (ABV) of what you are drinking is very important to drinking responsibly.

**Your body can only metabolize (aka process) one standard drink per hour**, which is why knowing how strong the drinks you consume is equally as important to the size of the drink you are having.

### **What is a Standard Drink?**

A "Standard Drink" in the USA contains roughly 14 grams of pure alcohol in the total drink content which is equivalent to each other.

**Keep in mind most drinks you buy at a bar/restaurant or what you pour yourself (without measuring) are more than a standard drink!**

<b>12oz Beer</b>	=	<b>5oz Wine</b>	=	<b>1.5oz Liquor</b>
(5% ABV)		(12% ABV)		(40% ABV)

### **What is Proof?**

Proof is another term used to describe the strength of alcohol.

Proof is 2x the ABV of a drink.

Example: Vodka with 40% ABV = 80 Proof

Rum with 50% ABV = 100 Proof