



-A Shot of Information -

ETA SIGMA GAMMA, ALPHA LAMBDA CHAPTER

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Objectives

1. Learn safe alcohol consumption practices.
2. Determine what a proper pour is
3. Learn lifelong alcohol management skills
4. Analyze your own level of dependence for alcohol

Numbers

➤ How much is a drink?

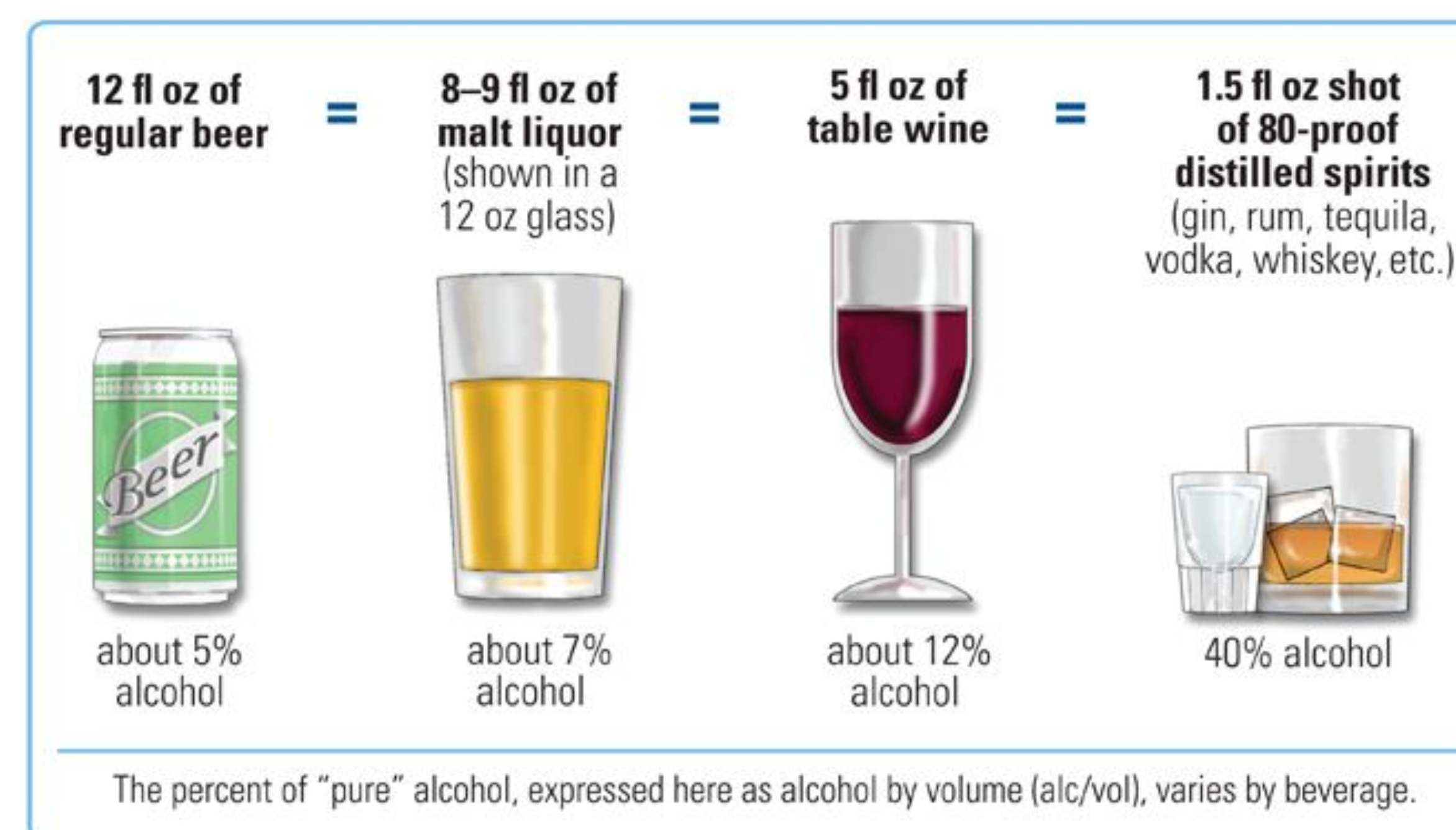
- 12.0 oz of beer with about 5 percent alcohol content
- 5.0 oz of wine with about 12 percent alcohol content
- 1.5 oz of distilled spirits (e.g., gin, rum, tequila, vodka, and whiskey) with about 40 percent alcohol content

➤ Statistics

- 33% of college students engage in binge drinking behavior.
- Blood Alcohol Volume
 - For a 240 pound person, 3 drinks averages to about a .07% BAV
 - For a 120 pound person, 1 drink averages to about a .07% BAV
- ¼ college students report academic difficulties (missing class/getting behind).

Tips & Tricks on Safe Drinking

- Have one drink or less per hour
- Respect a person's decision not to drink
- Drink less on a hot day or more water
- More tips can be found on our videos



Why does this matter?

Think about how many times per week you wake up regretting how much you drank the night before. Are you drinking the optimal amount of alcohol to enjoy your night out safely?

➤ Consequences

- Death: 1,519 die from related accidents.
- Assault: about 700 thousand events.
- Academic Problems: Students who binge drank 3 x per week were 6 x more likely to perform poorly.

No More Pour Descisions!

➤ How much is too much?

- 5 or more drinks (male), or 4 or more drinks (female), in about 2 hours is *binge drinking*
 - Research was conducted according to sex assigned at birth.

Resources

➤ National Institute on Alcohol Abuse and Alcoholism

- A guide to address alcohol abuse or dependency
- Tips, treatments, and options for those who qualify as alcohol dependent

➤ UF Counseling and Wellness Center

- Recovery Support Groups
- Substance Abuse Screening and Intervention Program
- Success Not Excess

➤ LYFT

- LYFT UF partners with LYFT to provide safe rides at a 50% discount.
- Vehicle for hire program to avoid drinking and driving