

# Is Your Drinking Pattern Risky?

**Too Much + Too Often = Too Risky**

## What Counts as a Drink?

In the U.S, a standard drink contains about 0.6 fluid ounces or 14 grams of pure alcohol (also known as an alcoholic drink-equivalent). Although the drinks pictured are different sizes, each contains approximately the same amount of alcohol and counts as one U.S. standard drink. NIAAA Rethinking Drinking, 2019



1.5-oz. ("Shot")  
Distilled Spirits  
40% ABV



5-oz. Wine  
12% ABV



8-oz. Malt  
Beverage  
7% ABV



12-oz.  
Regular Beer  
5% ABV

## How strong is your mixed drink?

Be aware, different bars and people make these drinks differently, and alcohol content or standard drinks may vary. To learn more, visit [www.rethinkingdrinking.niaa.nih.gov/Tools/Calculators/Default.aspx](http://www.rethinkingdrinking.niaa.nih.gov/Tools/Calculators/Default.aspx). NIAAA Rethinking Drinking, 2019

COCKTAIL	STANDARD DRINKS	%ALC./ VOL.	SIZE
Mojito	1.3	13.3% ABV	6 Fl. Oz.
Margarita	1.7	33.3% ABV	3 Fl. Oz.
Pina Colada	2.0	13.3% ABV	9 Fl. Oz.
Bourbon & Water	1.3	13.3% ABV	6 Fl. Oz.
Cosmopolitan	1.3	27.3% ABV	2.75 Fl. Oz.

## What is "low-risk" drinking?

	MEN	WOMEN
On any single DAY	No more than 4 drinks 	No more than 3 drinks 
	<b>**AND**</b>	<b>**AND**</b>
Per WEEK	No more than 14 drinks 	No more than 7 drinks 

"Low-risk" is NOT "no risk." It's safest to avoid alcohol altogether if you are:

- \* Taking medications that interact with alcohol
- \* Underage
- \* Planning to drive a vehicle
- \* Pregnant or trying to become pregnant NIAAA Rethinking Drinking, 2019

# College Drinking Prevention

**Your Mind. Your Body. Your Future.**

[KYPrevention.com/Higher-Education/](http://KYPrevention.com/Higher-Education/)

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**ALCOHOL USE:** *Drank alcohol in the past month*

**2 in 3** (61%) U.S. full-time college students ages 18-22  
NSDUH, 2017

**BINGE DRINKING:** *5 or more alcoholic drinks on one occasion*

**1 in 3** (33%) U.S. full-time college students ages 18-22



## Consequences of High-risk College Drinking

Estimated Among Full-time College Students Ages 18-24 NIAAA, 2018; Journal of Studies on Alcohol and Drugs, 2009



**Academic Problems = 1 in 4**

Journal of American College Health, 1998



**Abuse/ Dependence = 1 in 5**

General Psychiatry, 2008



**599,000  
Injuries**

**97,000  
Sexual  
Assaults**



**1,825  
Deaths**

**2.7 Million  
Drive Under  
The Influence  
of Alcohol**



**Do The Right Thing:** If you suspect alcohol poisoning, **CALL 911**

Alcohol poisoning can be fatal. Call 911 if a person has any of the following symptoms:

- \* Unconscious or semiconscious
- \* Slow or irregular breathing
- \* Pale, bluish, color or clammy skin
- \* Inability to be awakened by shouting, pinching or shaking
- \* Vomiting while passed out