These documents were created to support the work of the Coalition of Colorado Campus Alcohol and Drug Educators. We welcome prevention teams at institutions of higher education to utilize these documents to support health and wellness efforts. To learn more about the work of the CADE or obtain additional resources/citations, please email cade@naspa.org.
### APPROXIMATE BAC FOR BIOLOGICAL MALES AFTER ONE HOUR OF DRINKING

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### APPROXIMATE BAC FOR BIOLOGICAL FEMALES AFTER ONE HOUR OF DRINKING

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### What is Binge Drinking?
Binge Drinking is a pattern of consuming alcohol that brings a person’s blood alcohol concentration (BAC) to 0.08 grams percent or above. This typically happens when biological males consume 5 or more drinks or biological females consume 4 or more drinks in about 2 hours.

### A STANDARD DRINK IS:

- **12 OZ SERVING OF A REGULAR BEER** (5% alcohol)
- **5 OZ GLASS OF WINE** (12% alcohol)
- **1.5 OZ SERVING OF LIQUOR IN A SHOT OR COCKTAIL** (40% alcohol)
Don’t Drive Impaired:
26.2% of Colorado College students reported driving after consuming any alcohol in the last 30 days, compared to 19.0% of college students nationally.¹

DUI FYI: The average cost of a first time offense in 2016 was $13,530. This includes fines, court costs, sanctions, and insurance increases. A DUI could end up costing the same as 984 large pizzas or 135 years of Netflix.²

A designated driver, ride services such as Lyft and Uber, or public transit are safe options to get home. Many areas have other safe ride options.

Strategies to Reduce Risks When Drinking:
- Avoid drinking games,
- Eat a meal before or during drinking,
- Keep track of how many drinks you are consuming,
- Alternate alcoholic and non-alcoholic beverages,
- Don’t mix alcohol with other substances.

Signs of Alcohol Poisoning
Source: https://pubs.niaaa.nih.gov/publications/AlcoholOverdoseFactsheet/Overdosefact.htm

- Confusion
- Slow breathing
- Vomiting
- Lack of consciousness
- Low body temperature
- Seizures

How to know when someone has had too much to drink and may be in danger

Did you know? Alcohol poisoning kills more than 2,200 people each year in the United States.¹

CALL 911 IF SOMEONE SHOWS SIGNS OF ALCOHOL POISONING

¹ cdc.gov

² CADE Reference Data Set NCHA Reference Data – Spring 2017
³ http://www.noduicolorado.org
# Signs of Alcohol Poisoning

How to know when someone has had too much to drink and may be in danger

Did you know? Alcohol poisoning kills more than 2,200 people each year in the United States

## Confusion

If the person does not know things, like where they are, what day it is, or what they are doing they may be experiencing alcohol poisoning.

## Slow Breathing

<8 breaths per min or irregular breathing is a sign of alcohol poisoning.

## Vomiting

If the person is vomiting, especially for long periods of time, or if they are dry heaving after having vomited the contents of their stomach it is likely a sign of alcohol poisoning.

## Lack of Consciousness

If the person is passing out, you cannot wake them up, or you cannot keep them awake this is a sign of alcohol poisoning.

## Low Body Temperature

If the person has a low body temperature, and is showing signs of hypothermia, there is a good chance they have alcohol poisoning.

## Seizures

If the person is seizing, or moving limbs uncontrollably, especially if they have passed out, they are experiencing alcohol poisoning.

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Source: https://pubs.niaaa.nih.gov/publications/AlcoholOverdoseFactsheet/Overdosefact.htm

1. cdc.gov

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**Call 911 if Someone Shows Signs of Alcohol Poisoning**
# HOW TO PREVENT ALCOHOL POISONING

<table>
<thead>
<tr>
<th>Set a limit of drinks &amp; count how many drinks you have</th>
<th>Eat something before drinking</th>
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<tbody>
<tr>
<td>Alternate alcoholic and non-alcoholic beverages</td>
<td>Avoid drinking games &amp; pace yourself</td>
</tr>
<tr>
<td>Be the designated driver or choose not to drink</td>
<td>Don't mix alcohol with drugs (including caffeine)</td>
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</table>

Source: [https://pubs.niaaa.nih.gov/publications/AlcoholOverdoseFactsheet/Overdosefact.htm](https://pubs.niaaa.nih.gov/publications/AlcoholOverdoseFactsheet/Overdosefact.htm)

**Call 911 if someone shows signs of alcohol poisoning**
**HOW TO HELP SOMEONE WITH ALCOHOL POISONING**

**IMMEDIATELY CALL 911**

The person may be having life threatening symptoms and only medical help can help. Tell the emergency responders how much they consumed and when.

**KEEP THEM AWAKE**

It is important they stay awake while you wait for help.

**KEEP THEM SITTING UP**

Alcohol poisoning can impair a person’s gag reflex and they can choke on their own vomit so make sure they are not lying back.

**ALWAYS KEEP SOMEONE WITH THEM**

Always keep someone with them to keep them awake, sitting up, warm, and out of harms way.

**KEEP THEM WARM IF THEY ARE COLD**

If they are experiencing symptoms of hypothermia put blankets or layers on them to keep them warm.

**DO NOT FORCE THEM TO EAT OR DRINK**

This will not help them sober up and may lead to vomiting.

**CALL 911 IF SOMEONE SHOWS SIGNS OF ALCOHOL POISONING**

Source: https://pubs.niaaa.nih.gov/publications/AlcoholOverdoseFactsheet/Overdosefact.htm
COMMON MYTHS OF ALCOHOL POISONING
and what really happens

YOU CAN SLEEP OFF ALCOHOL POISONING

FALSE

The side effects of alcohol poisoning include vomiting and seizures, leaving someone to sleep can be life threatening.

FALSE

Blood Alcohol Content (BAC) can continue to rise after you stop drinking while the body metabolizes the alcohol. Water may help with dehydration but will not change the persons BAC. Coffee will only caffeinate the person.

BLACK COFFEE OR WATER HELPS SOBER YOU UP

FALSE

Alcohol poisoning can cause a person to have hypothermia and a cold shower will exacerbate this. It does nothing to change the amount of alcohol in someones system.

A COLD SHOWER WILL MAKE YOU ALERT AND SOBER

FALSE

CALL 911 IF SOMEONE SHOWS SIGNS OF ALCOHOL POISONING

Source: https://pubs.niaaa.nih.gov/publications/AlcoholOverdoseFactsheet/Overdosefact.htm
CLICK IT OR TICKET

The state of Colorado requires drivers and passengers in the front seat to buckle up or get fined.

EVERYONE'S DOING IT
95.5% OF COLORADO COLLEGE STUDENTS ALWAYS WEAR A SEAT BELT WHEN RIDING IN A CAR¹

IT COULD SAVE YOUR LIFE
SEAT BELTS REDUCE SERIOUS CRASH-RELATED INJURIES AND DEATHS BY ABOUT HALF² AND SAVED ALMOST 14,000 LIVES IN 2015³

ACCIDENTS HAPPEN, BE PREPARED
MORE THAN HALF OF TEENS AND ADULTS WHO DIED IN CRASHES IN 2015 WERE UNRESTRAINED AT THE TIME OF THE CRASH⁴

MAKE IT A HABIT
BUCKLE UP ON EVERY RIDE, NO MATTER HOW LONG.

Sources:
1. ACHA NCHA NASPA CADE Executive Summary, Fall 206 & Spring 2017
3. https://crashstats.nhtsa.dot.gov/Api/Public/ViewPublication/812374
ARRIVE ALIVE
Distracted and impaired driving lead to many vehicle accidents and even death. Keep your eyes, mind, and car on the road by avoiding texting or drinking and driving.

DON'T TEXT & DRIVE
EVERY DAY, APPROXIMATELY 9 PEOPLE ARE KILLED AND MORE THAN 1,000 INJURED IN CRASHES THAT INVOLVE A Distracted Driver

DON'T DRIVE IMPAIRED
26.2% OF COLORADO COLLEGE STUDENTS REPORTED DRIVING AFTER HAVING ANY ALCOHOL IN THE LAST 30 DAYS, COMPARED TO 19.0% OF COLLEGE STUDENTS NATIONALLY

DUI FYI
THE AVERAGE COST OF A 1ST TIME OFFENSE IN 2016 WAS $13,530. THIS INCLUDES FINES, COURT COSTS, SANCTIONS, AND INSURANCE INCREASES

DD, LYFT, & UBER
A DESIGNATED DRIVER, RIDE SERVICES SUCH AS LYFT AND UBER, OR PUBLIC TRANSIT ARE SAFE OPTIONS TO GET HOME. MANY AREAS HAVE OTHER SAFE RIDE OPTIONS

Sources:
1 https://www.cdc.gov/motorvehiclesafety/seatbelts/facts.html
2 CADE Reference Data Set NCHA Reference Data – Spring 2017
WHAT IS BINGE DRINKING?

Binge Drinking is a pattern of consuming alcohol that brings a person’s blood alcohol concentration (BAC) to 0.08 grams percent or above. This typically happens when men consume 5 or more drinks or women consume 4 or more drinks in about 2 hours.

**Moderate Drinking**

- = 1 Drink per Day
- = 2 Drinks per Day

**Binge Drinking**

- = 4 Drinks in TWO HOURS
- = 5 Drinks in TWO HOURS

23.2% OF COLLEGE STUDENTS IN COLORADO REPORT NOT CONSUMING ALCOHOL IN THE LAST MONTH

57.7% OF COLLEGE STUDENTS IN COLORADO, WHO CHOOSE TO DRINK, REPORT NOT BINGE DRINKING IN THE LAST TWO WEEKS.

A Standard Drink Is:

**Beer**

12 oz serving of a regular beer (5% alcohol)

**Wine**

5 oz glass of wine (12% alcohol)

**Liquor (Hard alcohol)**

1.5 oz serving of liquor in a shot or cocktail (40% alcohol)

Each beverage portrayed above represents one standard drink of "pure" alcohol, defined in the United States as 0.6 fl oz or 14 grams. The percent of pure alcohol, expressed here as alcohol by volume (alc/vol), varies within and across beverage types. Although the standard drink amounts are helpful for following health guidelines, they may not reflect customary serving sizes.

1. The National Institute on Alcohol Abuse and Alcoholism
2. CADE Reference Data Set, NCHA Reference Data – Spring 2017
3. CADE Reference Data Set, NCHA Reference Data – Spring 2017
4. niaaa.nih.gov