THSO CHASCo RETREAT 2019
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BINGE DRINKING AND IMPAIRED DRIVING
About Me

- University of Tennessee, Knoxville
- Junior
- Neuroscience, Child and Family Studies
- VOLS 2 VOLS Peer Health Educator
Overview

- Standard Drink Sizes
- BAC
- Chromosomal Affects
- Common Misconceptions
- Alcohol Emergency/ Overdose
- Intervening
- Impaired Driving
TRUE OR FALSE

• COFFEE AND EXERCISE HELP ALCOHOL LEAVE THE SYSTEM.
TRUE OR FALSE

• BREAD AND WATER REDUCE THE AFFECTS OF ALCOHOL.
TRUE OR FALSE

- Tolerance affects BAC.
STANDARD DRINKS

12 oz beer 3-5% ABV*
5 oz wine 12-15% ABV*
1.5 oz shot 40% ABV*

One Standard Drink
*Alcohol By Volume
### KEEP IT IN THE GREEN

<table>
<thead>
<tr>
<th>BAC</th>
<th>Description</th>
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<tbody>
<tr>
<td>0.02 - 0.03</td>
<td>No loss of coordination; slight euphoria; loss of shyness</td>
</tr>
<tr>
<td>0.04 - 0.06</td>
<td>Feeling of relaxation; lower inhibitions; some minor impairment of reasoning and memory; lowering of cautions</td>
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### BE CAREFUL OF THE YELLOW

<table>
<thead>
<tr>
<th>BAC</th>
<th>Description</th>
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<tbody>
<tr>
<td>0.07 - 0.09</td>
<td>Slight impairment of balance, speech and reaction time; judgement reduced; reason impaired</td>
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<tr>
<td>0.10 - 0.12</td>
<td>Significant impairment of motor coordination and loss of good judgement; slurred speech; balance and reaction time impaired</td>
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<tr>
<td>0.13 - 0.15</td>
<td>Gross motor impairment and lack of physical control; blurred vision; loss of balance; anxiety; judgement and perception severely impaired</td>
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<tr>
<td>0.16 - 0.19</td>
<td>Nausea and more anxiety; appears as “sloppy drunk”</td>
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<tr>
<td>0.20 - 0.24</td>
<td>Disoriented; needs help to stand and walk; nausea and vomiting; blackouts likely</td>
</tr>
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### KEEP OUT OF THE RED

<table>
<thead>
<tr>
<th>BAC</th>
<th>Description</th>
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<tbody>
<tr>
<td>0.25 - 0.29</td>
<td>Mental, physical and sensory functions severely impaired; risk of serious injury</td>
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<tr>
<td>0.30 - 0.34</td>
<td>Stupor; little comprehension; may pass out and be difficult to awaken</td>
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<tr>
<td>0.35+</td>
<td>Coma and/or death possible</td>
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</tbody>
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Information adapted from brad21.org
BINGE DRINKING

- WHEN MEN CONSUME 5 OR MORE STANDARD DRINKS IN TWO HOURS
- WHEN WOMEN COMSUME 4 OR MORE STANDARD DRINKS IN TWO HOURS

National Institute on Alcohol Abuse and Alcoholism
chromosomal affects
IMPAIRED DRIVING

- BAC LEVELS
- Under 21 - 0.02
- 21 and Up 0.08
RECOGNIZING ALCOHOL OVERDOSE

C Cold Skin
U Unresponsive
P Puking
S Slow Breathing
INTERVENING

- DIRECT
- DELEGATE
- DISTRACT
Good and Not So Good
SAFE PRACTICES

- CASH ONLY
- DESTINATION WITHIN WALKING DISTANCE OF HOME
- DO NOT DRIVE TO THE PLACE YOU ARE GOING TO
- DRINKING IN MODERATION
- EATING BEFORE DRINKING
- DESIGNATED DRIVER
- KNOWING YOUR LIMIT
THANK YOU

QUESTIONS?