

ALCOHOL FACTS



What is alcohol?

The alcohol in alcoholic beverages is called ethanol. This is made when yeast ferments the sugars in grains, fruits, and vegetables.



What are the health effects of alcohol?

- High blood pressure
- Heart disease
- Stroke
- Liver disease
- Digestive issues
- Cancer
- Weakening of the immune system
- Memory problems (learning, dementia)

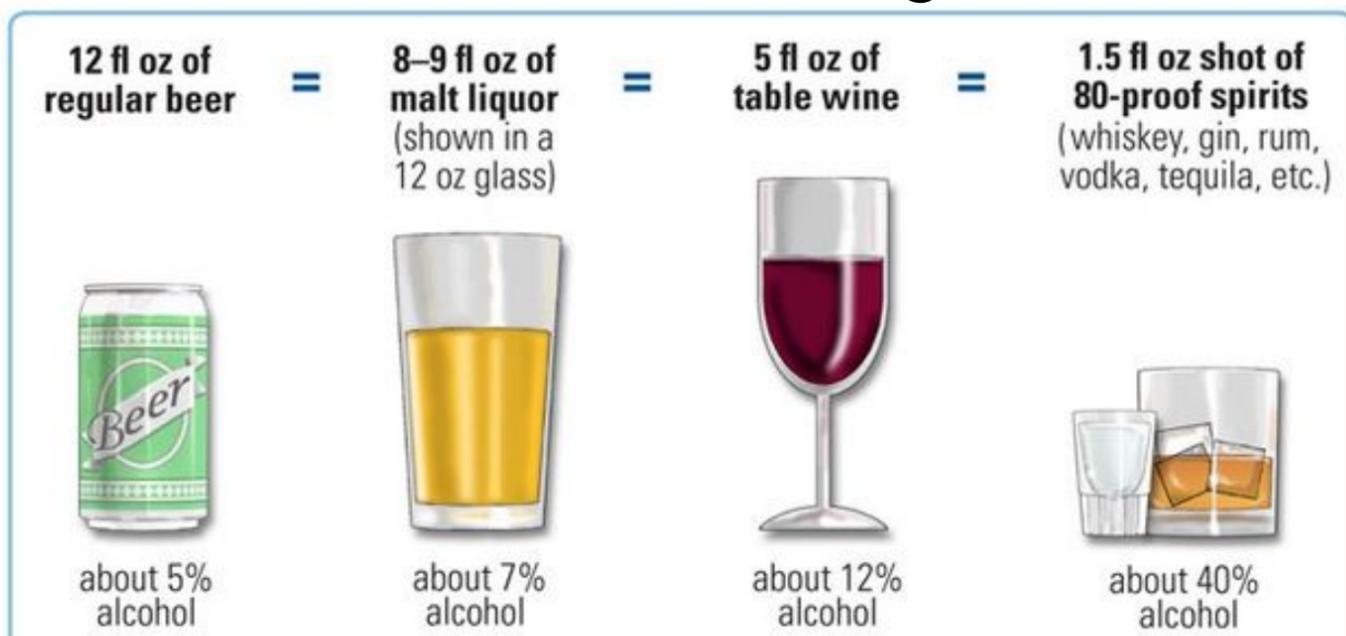


What factors impact how quickly you get drunk?

- Body weight
- Gender
- Age
- The type of beverage
- Whether you have drank water or eaten
- Medications in your system
- The state of your health



What is one serving of alcohol?



What is binge drinking?

- Binge drinking is incredibly impactful on mental and physical health. It is defined as;
 - Drinking more than 4 drinks per occasion for women
 - Drinking more than 5 drinks per occasion for men



IMPAIRED DRIVING FACTS



THE EFFECTS OF BLOOD ALCOHOL CONCENTRATION (BAC)

It's important to know why anyone driving with a BAC over 0.08 is charged with a DUI.

Blood Alcohol Concentration (BAC)	Typical Effects	Effects On Driving
.02	Loss of judgement, relaxation, altered mood, body warmth	Decline in visual functions, decline in multitasking ability
.05	Lowered alertness and inhibition, impaired judgement	Reduced coordination, difficulty tracking moving objects
.08	Poor muscle coordination, harder to detect danger	Poor speed control, reduced information processing ability
0.10	Slurred speech, slowed thinking, poor coordination	Reduced ability to maintain lane position and brake appropriately
0.15	Poor muscle control, vomiting, major loss of balance	Impairment in vehicle control, & necessary visual processing

Fact One

In the U.S. about 32 people die every day from drunk driving crashes. That's about 1 person every 45 minutes.

Fact Two

In 2020, 11,684 people died from alcohol-impaired driving traffic accidents.

Fact Three

Those who drink underage are more likely to drive under the influence. Teaching alcohol safety and best practices is the key to helping teens make the safer choice.