What is Alcohol?

- Ethyl Alcohol (ethanol), the active ingredient in alcohol, is produced by yeast cells acting on carbohydrates in fruits and grains.

- Ethyl Alcohol acts as an anesthetic to put the brain to sleep.

- Alcohol is a central nervous system depressant that slows down body functions such as heart rate and respiration.

- Alcohol is the most widely used and abused drug in America.
How much is "a standard drink" of alcohol?

A standard drink is 12 grams of pure ethanol which equals:
"a standard drink" of alcohol is equal to

12 ounces of beer or wine cooler
"a standard drink" of alcohol is equal to 8 ounces of malt liquor.
"a standard drink" of alcohol is equal to 5 ounces of wine.
"a standard drink" of alcohol is equal to

1.5 ounces of 80 proof liquor

Proof is defined as the alcohol strength of liquor, expressed by a number that is twice the percentage by volume of alcohol present. Example: 86 proof contains 43% alcohol.
Effects of Alcohol

Although effects will vary from person to person, the following are some short-term effects that may be experienced after moderate to light drinking:

- Distorted vision, hearing, and coordination
- Altered perceptions and emotions
- Anxiety
- Slowed Breathing
- Mental confusion
- Memory loss
- Increased aggression
Long-Term effects of alcohol use include:

• Alcohol Dependence
• Liver disease
• Heart disease and stroke
• Brain cell death
• Stomach ailments
• Sexual impotence
• Central Nervous System damage
• Death
Elimination of Alcohol from the Body

The liver is the largest glandular organ in the body. It is responsible for filtering 95% of ingested alcohol out of the body. An important fact to remember is that the body will eliminate only one standard drink per hour. So the more you drink, the longer the alcohol will remain in the body.
The Chemistry of Alcohol

- Alcohol is absorbed directly into the blood stream through the lining of the mouth and the tissue that lines the stomach and small intestine. Food, water, and fruit juice help to slow this absorption. Carbonated beverages speed the absorption of alcohol, which means that the drinker feels the effects sooner.
The Chemistry of Alcohol

Once alcohol (or ethanol, the chemical in alcoholic beverages) is in your bloodstream, it is carried to the brain and all the organs of your body within 90 seconds. The affects of alcohol vary according to the individual’s sex, body size, amount of body fat, the amount of alcohol consumed, the situation, and the amount of food in the stomach.
The Chemistry of Alcohol

- When the amount of alcohol consumed exceeds the liver’s ability to break down the alcohol, the concentration of alcohol in the bloodstream (the proportion of alcohol to blood in the body) increases. Increased blood alcohol concentrations (higher proportions of alcohol to blood) impair thought processes and coordination, and slow automatic functions such as breathing. Excessive blood alcohol concentration can lead to coma or possibly death.
• The legal system uses a more scientific method for determining when a person is drunk, Blood Alcohol Concentration (BAC,) the percentage of alcohol in the blood (or proportion of alcohol to blood in the body) as someone drinks.

• In most states, a BAC of .08% is considered legally drunk, which means that for every 1000 milliliters of blood, the body contains 8/10ths of a milliliter of alcohol.
Following are ten snapshots of increasing drunkenness and impairment as blood alcohol concentration increases. Ranges are approximate and vary with the drinker:

1. **BAC = .02** = Drinkers begin to feel moderate effects.

2. **BAC = .04** = Most people begin to feel relaxed, mildly euphoric, sociable, and talkative.

3. **BAC = .05** = Judgment, attention, and control are somewhat impaired. Ability to drive safely begins to be limited. Sensory-motor and finer performance are impaired. People are less able to make rational decisions about their capabilities (for example, about driving.)

4. **BAC = .08** = This is legal level for intoxication in some states. There is a definite impairment of muscle coordination and driving skills.

5. **BAC = .10** = This is legally drunk in most states. There is a clear deterioration of reaction time and control.
Blood Alcohol Concentration (BAC) cont.

6. BAC = .12-.15 = Vomiting usually occurs, unless this level is reached slowly or a person has developed a tolerance to alcohol. Drinkers are drowsy. Drinkers display emotional instability, loss of critical judgment, impairment of perception, memory, and comprehension. Lack of sensor-motor coordination and impaired balance are typical. Decreased sensory responses and increased reaction times develop. The vision is significantly impaired, including limited ability to see detail, peripheral vision, and slower glare recovery.

7. BAC = .15 = This blood-alcohol level means the equivalent of 1/2 pint of whiskey is circulating in the blood stream.

8. BAC = .18-.25 = Drinkers are disoriented, confused, dizzy, and have exaggerated emotional states. Vision is disturbed, as is perception of color, form, motion, and dimensions. Drinkers have increased pain threshold and lack of muscular coordination. Drinkers stagger or lose the ability to walk and have slurred speech. Apathy and lethargy are typical.

9. BAC = .25-.30 = Drinkers display general inertia, near total loss of motor functions, little response to stimuli, inability to stand or walk, vomiting, and incontinence. Drinkers may lose consciousness or fall into a stupor.

10. BAC = .30-.50 = Symptoms are complete unconsciousness, depressed or absent reflexes, subnormal body temperature, incontinence, and impairment of circulation and respiration.

Death may occur at .37% or higher. BACs of .45% and higher are fatal to nearly all individuals.
Blood Alcohol Concentrations (BAC) Tables

The tables below show typical BAC’s for different numbers of drinks. However, these tables don’t take into account individual body composition, medications taken, or amount of food in the stomach. Therefore, an individual’s BAC on any given occasion may be slightly different than the tables show.

Note: A standard drink is 12 grams of pure ethanol = 12 ounces of beer or wine cooler, 8 ounces of malt liquor, 5 ounces of wine, or 1 1/2 ounces of 80-proof distilled spirits.
Possession, use, or distribution of alcoholic beverages is prohibited by anyone under the age of 21 on campus. All laws consistent with relate municipal, state, county, or federal laws and related University regulations govern the consumption of alcoholic beverages.

No person under the legal age for drinking should consume, possess, or distribute alcohol in any area of the University. Individuals of legal age are permitted consumption within the privacy of their room. At no time is alcohol allowed in public areas of housing, including but not limited to the grounds and surrounding building perimeters.

The students found to be in violation of policies addressing alcohol and underage drinking, on campus, will be referred for disciplinary actions which may include suspension from the University.
ALCOHOL AND THE LAW:
DUI/DWI

DUI: Driving Under the Influence

• A level of .08 or more will get you convicted of DUI.
• Mandatory 45 day suspension of license for 1\textsuperscript{st} offense.
• Mandatory 90 day suspension of license for 2\textsuperscript{nd} offense.
• 12 points
• Up to $1,000 and/or 1 year in jail for 1\textsuperscript{st} offense
• Up to $2,000 and/or 2 years in jail for 2\textsuperscript{nd} offense
ALCOHOL AND THE LAW: DUI/DWI

A level of .07 will get you convicted of DWI.
Up to 60 day suspension of license.
8 points
Up to $500 and/or 2 months in jail for 1st offense
Up to $500 and/or 1 year in jail for 2nd offense
ALCOHOL AND THE LAW: DUI/DWI

Breath Test Refusal

• Refusal to take a breath test can now be admitted as evidence during a trial. Penalties for drunk driving and refusing a breath test will cost you – and it will be more than just money.

• Mandatory 120 day suspension of license.