

# BAC

Blood Alcohol Content



Blood Alcohol Content (BAC) = the in your bloodstream.



Contrary to popular belief, nothing can lower BAC EXCEPT TIME.



BAC can be measured within **30-70 minutes** of drinking<sup>1</sup>.

## A PERSON'S BAC CAN VARY<sup>1</sup>



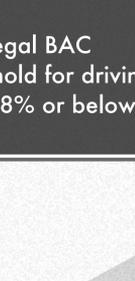
The more you drink, the higher your BAC will be.



The faster you drink, the higher your BAC will be.



Women tend to have more body fat, leading to a higher BAC.



Smaller people have less water in their body, leading to a higher BAC.



Eating before drinking helps to slow alcohol processing, leading to a delayed BAC peak.

## THE LIMIT

Binge drinking means having a BAC of **0.08%** or higher<sup>2</sup>.



## WHAT IS A "STANDARD DRINK"?<sup>4</sup>



**5%**  
12 oz. Beer



**12%**  
5 oz. Wine



**40%**  
1.5 oz. Liquor

Not All Drinks are Equal

One drink may have multiple standard drinks in it.



## WHAT HAPPENS AS YOU INCREASE YOUR BAC?<sup>1, 5, 6.</sup>

And How Many Drinks Is That Over the Course of an Evening?<sup>7, 8, 9\*\*</sup>



**0.00%**  
(0 Drinks) Sober and in control



1-4 drinks (Men) / 1-3 drinks (Women)  
**0.01 - 0.02**

Relaxed  
Mood change



5-6 drinks (Men) / 3-4 drinks (Women)  
**0.03 - 0.05**

Minor reduction in muscle control and coordination  
Slight speech, memory, and attention impairment  
Exaggerated emotions and behaviors  
Light drowsiness



6-7 drinks (Men) / 4-5 drinks (Women)  
**0.06 - 0.08**

Speech, memory, attention, and coordination problems become more noticeable  
Sense of increased confidence  
Impaired vision and hearing  
Difficulty concentrating



8-9 drinks (Men) / 6-7 drinks (Women)  
**0.09 - 0.10**

Poor reaction time  
Poor self-control  
Moderate memory problems  
Poor depth perception



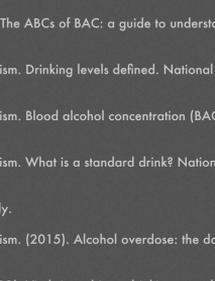
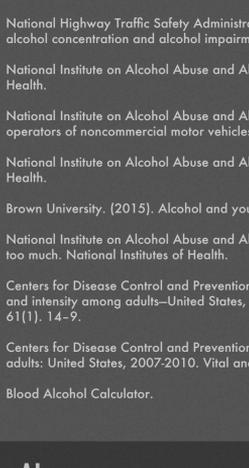
12-14 drinks (Men) / 8-10 drinks (Women)  
**0.16 - 0.20**

Reduced reflexes, staggering, and slurred speech  
Impaired sexual functioning  
Possible nausea or vomiting  
Reduced mental capacity



15-19 drinks (Men) / 10-13 drinks (Women)  
**0.21 - 0.30**

Very obvious intoxication  
Almost complete loss of motor control  
Vomiting or passing out  
Serious memory impairments  
Medical care recommended



20+ drinks (Men) / 14+ Drinks (Women)  
**0.31 and Over**

Unconscious  
Likely alcohol poisoning  
Major risk of death or overdose  
Needs immediate medical assistance

\*\* Calculated based on the average weight for men (195.5 lbs) and women (166.2 lbs), 25 years old, consumed over the course of 4 hours without drinking water.



- National Highway Traffic Safety Administration. The ABCs of BAC: a guide to understanding blood alcohol concentration and alcohol impairment.
- National Institute on Alcohol Abuse and Alcoholism. Drinking levels defined. National Institute of Health.
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- National Institute on Alcohol Abuse and Alcoholism. What is a standard drink? National Institute of Health.
- Brown University. (2015). Alcohol and your body.
- National Institute on Alcohol Abuse and Alcoholism. (2015). Alcohol overdose: the dangers of drinking too much. National Institutes of Health.
- Centers for Disease Control and Prevention. (2012). Vital signs: binge drinking prevalence, frequency, and intensity among adults—United States, 2010. MMWR Morbidity and Mortality Weekly Report, 61(1), 14-9.
- Centers for Disease Control and Prevention. (2012). Anthropometric reference data for children and adults: United States, 2007-2010. Vital and Health Statistics, 11(252).
- Blood Alcohol Calculator.