



# Binge Drinking Facts & Stats

## Blood Alcohol Concentration for 140lb Person

Serving/ Hour	BAC	Mental and Physical Effects
1/1	0.01-0.03	<b>Lightheaded:</b> minor impairment in judgment; relaxed, altered mood
2/1	0.04-0.07	<b>Buzzed:</b> minor impairment in reasoning and memory; exaggerated emotions and behavior; lowered alertness, reduced coordination, less inhibition, less cautious; reduced ability to track moving objects
	<b>.08</b>	Illegal to drive
3/1-2	0.05-0.085	<b>Euphoric:</b> impairment in balance, speech, reaction time, hearing, judgment and self-control; fatigue; impaired perception, difficulty detecting danger; short-term memory loss
4/1-2	.09-.13	<b>Drunk:</b> significant impairment in motor coordination, balance, peripheral vision, hearing; deterioration of reaction time; loss of good judgment; slurred speech; slowed thinking; depressed affect

## BAC: Blood Alcohol Concentration

The amount of alcohol in the bloodstream (as milligrams of alcohol per 100 milliliters of blood). BAC is determined by measuring alcohol in the breath, blood or urine. The legal impairment level is .08 at age 21. There is no legal impairment level for those under the age of 21 because underage drinking is illegal.

## Symptoms of Alcohol Overdose

- Mental confusion and cloudy judgment
- Decreases in motor coordination
- Vomiting, clammy skin
- Trouble breathing, seizure
- Loss of consciousness (passing out)
- Amnesia (memory blackouts)
- Slow heart rate
- Dulled gag reflex (which prevents choking)
- Extremely low body temperature
- Increased risk of acts of violence
- Increased risk of falls and car crashes

## Healthy Drinking Formula =

Age 21 or older +  
1 serving per hour +  
No more than 2-4 servings per day  
depending on body weight and size +  
No more than 1-2 times per week

## What to do if someone is overdosing on alcohol...

- Do not assume they can sleep it off
- Check for slow or irregular breathing
- Call their name and shake them to wake them up if semi- or unconscious
- Do not wait for them to exhibit all the signs, such as pale skin or stupor
- Call 911 and stay with the person until first responders arrive
- Provide information to 911 responders
- Keep them sitting upright and leaning forward to prevent choking
- Do not encourage vomiting, or give them anything by mouth, such as food or coffee

61%

of youth who drink underage admit to binge drinking

38%

of college age students admit to binge drinking