

# ALCOHOL AWARENESS

What you should know....

## HOLD MY BEER

ALCOHOL affects people differently based on age, gender, weight, type and number of drinks and time elapsed.

INDIVIDUAL REACTIONS TO ALCOHOL VARY FROM PERSON TO PERSON.

**4 out of 5 college students drink alcohol**

IT TAKES 60 MINUTES FOR YOUR BODY TO PROCESS 1 OZ. OF ALCOHOL

The definition for ONE DRINK is

- 12 oz. beer
- 5 oz. wine
- 1.5 oz of 80 proof liquor

**HEAVY DRINKING**  
CAN DAMAGE THE LIVER AND HEART. INCREASE YOUR RISK FOR CANCER, CONTRIBUTE TO DEPRESSION AND INTERFERE WITH RELATIONSHIPS

95% Of violent crimes on college campuses involve alcohol

1 in 4 students report academic consequences from drinking

If you or someone you know has a problem with alcohol, help is available

Copper Country Support Groups a helpful website that gives times and locations of various support groups, as well as other alcohol/drug abuse information and treatment.

### WHAT IS BINGE DRINKING?

+4 or more drinks (female)  
+5 or more drinks (male)  
\*On one occasion, generally within about 2 hours (Source: NIAAA)

A STANDARD DRINK IS:

- 12 oz BEER
- 5 oz WINE
- 1.5 oz distilled spirits or LIQUOR

12 oz Beer (2nd from top line)  
5 oz Wine (2nd from bottom line)  
1.5 oz Liquor (bottom line)

1 CUP OF JUNGLE JUICE ~5 OR 6 SHOTS

**65 MILLION AMERICANS BINGE DRANK LAST MONTH!**  
40% of all alcohol users binge drink regularly.



**4,700 TEENS**  
Teen alcohol use kills 4,700 people each year. That's more than double all illegal drugs combined.



**\$199 BILLION**  
Drunk driving cost the U.S. more than \$199 BILLION every year

## 88,000 DEATHS EACH YEAR ARE ATTRIBUTED TO EXCESSIVE ALCOHOL USE

Knowing the signs and symptoms of alcohol abuse is an important part of getting help. If you suspect someone you love is struggling with an alcohol use disorder, look for the following warning signs: Problems at work or school because of drinking, Engaging in dangerous activities, Blacking out and not being able to remember what happened, Legal problems, Friends & family members who are worried about your drinking

**1**

**15 MILLION**

15 Million people struggle with an alcohol disorder in the U.S.

**2**

**8%**

Less than 8% of the 15 Million people in the U.S. struggling with alcohol get help

**3**

**30%**

30% of all driving fatalities are caused by alcohol impaired drivers each year