

U in the Driver Seat

Be in the **KNOW**

You have just completed the U in the Driver Seat DWI Simulation. This may have just felt like a game, but making the choice to drink and drive isn't. Before you drink, be sure you're in the know.

KNOW YOUR DRINK

The total amount of alcohol in a drink depends on two things: size and alcohol content. Don't be a rookie and assume that size doesn't matter or that 1 cup = 1 drink.



A 40 ounce Colt 45 has a total of 2.6 oz of alcohol in it. Drinking 2 of these at once can equal a total of nearly 9 standard drinks.*

40 oz x 6.5% a.c. = 2.6 oz of alcohol**



A 2.7 oz cosmo can be deceiving as it contains a total of .75 oz of alcohol, more than 1 standard drink.*

2.75 oz x 27.3% a.c. = .75 oz of alcohol**



A standard 5 oz glass of Chardonnay can have .70 oz of alcohol, nearly equaling more than 1 standard drink.*

5 oz x 14% a.c. = .70 oz of alcohol**



Mixed beverages used in drinking games can contain an unknown amount of alcohol making it a dangerous combo.

*A standard drink of alcohol is one that contains around .60 oz of pure alcohol (NIAA).

**Pabst Brewing Company; Rethinking Drinking 'Cocktail Content Calculator'; (NIAA); winefolly.com

KNOW YOUR LIMIT

When it comes to alcohol there is more to it than just knowing where to buy it. Understanding how your body absorbs alcohol can help avoid crossing over from party rockin' to party fouls.

A person's weight and size affect absorption. The smaller the individual, the smaller amount of alcohol needed for impairment.



Your body eliminates alcohol at .015% an hour. It can take an average 140lb woman close to 3 hours to eliminate 1 cosmo.



Females absorb alcohol faster because they have more body fat and less of the enzyme required to break down alcohol.



Alcohol is absorbed 10-20 minutes faster on an empty stomach compared to a full one.

KNOW YOUR DUDE

One thing that shouldn't need explaining is knowing who your Designated Unimpaired Driver Extraordinaire (DUDE) is. If you make the choice to drink DON'T make the choice to drive.

Nationally, around

1 in every **4**

college students reported driving after drinking any amount of alcohol in the past 30 days.*

It's a fact that 1 drink can impair your ability to drive so don't be a stat and get a



*American College Health Association. National College Health Assessment, 2013