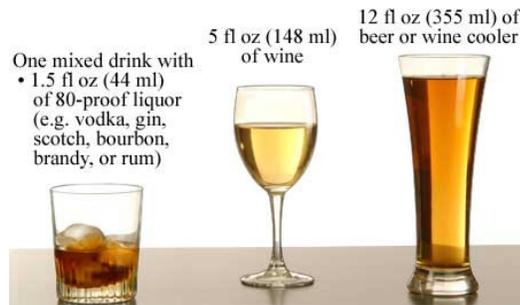


# Calculating Your BAC

What is a drink?



What is B.A.C.?

B.A.C. stands for Blood Alcohol Concentration. It is the amount of alcohol in the blood. Absolute BAC's can only be obtained by drawing a sample of blood. The best way to determine a reliable estimate is by using a breathalyzer.

## What CAN affect your BAC?

- **Number of standard drinks** (the more you drink, the higher the BAC)
- **How fast you drink** (consume quickly, the higher the BAC)
- **Gender** (females have less water and more body fat so more alcohol remains in the blood meaning women will always have a higher BAC)
- **Body weight** (the more you weigh, the more water in your body to dilute the alcohol which lowers the BAC)
- **Food in your stomach** (eating slows alcohol absorption for a lower BAC)
- **Body type** (alcohol is absorbed by muscle tissue, not fat, the more body fat the higher the BAC will be)
- **Fatigue** (when tired, the liver is less efficient resulting in a higher BAC)
- **Hydration** (when the body is dehydrated, BAC rises quicker and for longer)
- **Mixer** (water and juice mixed with alcohol slows absorption for a lower BAC, carbonated beverages speed up absorption for a higher BAC)

## What does NOT affect your BAC?

- **Tolerance** (tolerance affects HOW you feel, BAC is simply the amount of alcohol in your body; therefore, the more tolerance you have, the harder it is to judge your BAC)
- **Type of drink** (a standard drink is 1 shot of liquor, 12 oz. of beer, or 5 oz. of wine. A drink is a drink, is a drink . . . the *quantity* not the type of drink affects your BAC)
- **Emotions** (while they can affect the way you feel from alcohol, it does not effect on your actual BAC)
- **Sobering Up Techniques** (coffee, cold shower, and exercise do not affect your BAC, only TIME decreases your BAC)