What
you
will
learn
How many
calories
are you drinking?
How does
your drinking
Compare?
<table>
<thead>
<tr>
<th>Drinks</th>
<th>1 hr</th>
<th>2 hrs</th>
<th>3 hrs</th>
<th>4 hrs</th>
<th>5 hrs</th>
<th>6 hrs</th>
<th>7 hrs</th>
<th>8 hrs</th>
<th>9 hrs</th>
<th>10 hrs</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 drinks</td>
<td>0.25</td>
<td>0.24</td>
<td>0.22</td>
<td>0.21</td>
<td>0.19</td>
<td>0.18</td>
<td>0.16</td>
<td>0.15</td>
<td>0.13</td>
<td>0.12</td>
</tr>
<tr>
<td>9 drinks</td>
<td>0.23</td>
<td>0.21</td>
<td>0.20</td>
<td>0.18</td>
<td>0.17</td>
<td>0.15</td>
<td>0.14</td>
<td>0.12</td>
<td>0.11</td>
<td>0.09</td>
</tr>
<tr>
<td>8 drinks</td>
<td>0.20</td>
<td>0.18</td>
<td>0.17</td>
<td>0.15</td>
<td>0.14</td>
<td>0.12</td>
<td>0.11</td>
<td>0.09</td>
<td>0.08</td>
<td>0.06</td>
</tr>
<tr>
<td>7 drinks</td>
<td>0.17</td>
<td>0.16</td>
<td>0.14</td>
<td>0.13</td>
<td>0.11</td>
<td>0.10</td>
<td>0.08</td>
<td>0.07</td>
<td>0.05</td>
<td>0.04</td>
</tr>
<tr>
<td>6 drinks</td>
<td>0.15</td>
<td>0.13</td>
<td>0.12</td>
<td>0.10</td>
<td>0.09</td>
<td>0.07</td>
<td>0.06</td>
<td>0.04</td>
<td>0.03</td>
<td>0.01</td>
</tr>
<tr>
<td>5 drinks</td>
<td>0.12</td>
<td>0.10</td>
<td>0.09</td>
<td>0.07</td>
<td>0.06</td>
<td>0.04</td>
<td>0.03</td>
<td>0.01</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>4 drinks</td>
<td>0.09</td>
<td>0.08</td>
<td>0.06</td>
<td>0.05</td>
<td>0.03</td>
<td>0.02</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>3 drinks</td>
<td>0.07</td>
<td>0.05</td>
<td>0.04</td>
<td>0.02</td>
<td>0.01</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>2 drinks</td>
<td>0.04</td>
<td>0.02</td>
<td>0.01</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>1 drink</td>
<td>0.01</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>
Your personal
BAC chart
How much
money
are you
spending on
Alcohol?
What are your
personal risk
factors?
What percent of male US College Students *drink MORE* than you in a typical week?

- You said: 30%
- Survey results indicate: 25%

What percent of Missouri University of Science and Technology students have four drinks or less in a TYPICAL WEEK?

- You said: 70%
- Survey results indicate: 65%

What percent of Missouri University of Science and Technology students do not drink at all in a TYPICAL WEEK?

- You said: 80%
- Survey results indicate: 43%

What percent of Missouri University of Science and Technology students smoke marijuana or a marijuana derivative (e.g., wax, dabs, oil) AT LEAST ONCE A MONTH?

- You said: 10%
- Survey results indicate: 12%
What's your
Perception vs. reality?
Identify strategies
to reduce risks
while drinking.
Take a quick alcohol self-assessment at minerwellness.mst.edu/wellnessresources

MISSOURI S&T
Miner Wellness
minerwellness.mst.edu | 573-341-4225 | minerwellness@mst.edu