



# Men vs Women: Not Equal When Consuming Alcohol

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Alcohol affects men and women differently. Members need to understand the different effects to better understand and facilitate safe and responsible drinking. Use this guide to reinforce the key messages of the “Men vs. Women” poster.

## **Know the Strength**

Proof is the amount of ethanol (alcohol) contained in each beverage. Understanding the amount of alcohol in different types of drinks is just as important as the size of the drink.

- ABV (alcohol by volume) is how much of the beverage is comprised of alcohol.
- Proof is equal to double the ABV\*

## **How does knowing the proof influence how we should consume different types of alcoholic drinks?**

### **Know the Amount**

#### **Standard Drink:**

- 12. oz. beer
- 4 oz. wine
- 1.5 oz. 80 proof liquor
- 3.3 oz. champagne
- 8 oz. malt liquor

Knowing the size of a standard drink is helpful to keep track of how many beverages you are consuming and how these drinks can affect you. Many people do not recognize that their drink is often larger than the standard drink size.

## **How does knowing the standard drink size influence how we should consume different types of alcoholic drinks?**

### **Know the Time**

Timing is everything, and drinking too much too fast can cause serious health concerns. Many issues are a result of an increase in the rate of consumption and not allowing the body enough time to process the alcohol already consumed. It takes a long time for alcohol to leave the system. In fact, your BAC can continue to rise even after you have stopped consuming alcoholic beverages.

Note: Women who consume the same amount of alcohol as their male counterparts have a higher blood alcohol content (BAC). The effects of those drinks have a long lasting effect; an individual's BAC will only reduce by .015 per hour.

**What are some situations in which an increase in consumption might occur? What can we do to monitor our rate of consumption in those situations?**

## **Resources**

### **Risk Reduction Policy and Guidelines**

[HTTP://WWW.SIGMANU.ORG/DOCUMENTS/RISK\\_REDUCTION\\_POLICY\\_AND\\_GUIDELINES.PDF](http://www.sigmanu.org/documents/risk_reduction_policy_and_guidelines.pdf)

### **GreekLifeEdu**

[HTTP://WWW.SIGMANU.ORG/PROGRAMS/ONLINE\\_EDUCATIONAL\\_PROGRAMS/ABOUT\\_GREEKLIFEEDU.PHP](http://www.sigmanu.org/programs/online_educational_programs/about_greeklifeedu.php)

### **\*National Institute on Alcohol Abuse and Alcoholism: What is a Standard Drink?**

[HTTP://WWW.NIAAA.NIH.GOV/ALCOHOL-HEALTH/OVERVIEW-ALCOHOL-CONSUMPTION/WHAT-STANDARD-DRINK](http://www.niaaa.nih.gov/alcohol-health/overview-alcohol-consumption/what-standard-drink)