

Did you Know

- Alcohol is the major cause of death from injuries among young people.
- Many of NH suicides, violent crimes, ER admissions, fatal car accidents and domestic violence problems are related to alcohol.
- Early drinking can lead to alcohol dependency and alcoholism later on.
- Women who drink are more vulnerable to sexual exploitation.
- Alcohol used during pregnancy can cause babies to be born with a variety of problems.
- Consequences of underage drinking may be: license suspension, loss of vehicle, fines and prison sentence.



- It is YOUR decision to drink or not to drink. Always ask yourself if you would do the same thing if you were not impaired.
- If going out, ALWAYS have a designated driver!
- Call someone if you need help.
- Remember, you are the only one in control of your life.
- How you live today effects how you live tomorrow!

For more INFORMATION and HELP:

Emergencies: 911

www.drugfreeNH.org
www.checkyourself.com
www.abovetheinfluence.com

Confidential NH lines to call

Helpline: 211
NH Bureau of Drug &
Alcohol Services: 800-804-0909



Promoting Prevention and Recovery

NH DHHS' Bureau of Drug and
Alcohol Services

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Uncover The Truth

About Alcohol

Truth About Alcohol

- Drinking **can** be dangerous . . .
- Alcohol messes up your judgment. You might do something you will regret.
- Mixing alcohol with prescription medications or illegal drugs can cause health problems, even death!
- Alcohol can lead to bad grades, run-ins with the law, and other experimental drug use.
- Too often, one drink can lead to another. This can quickly add up to binge drinking* possible alcohol poisoning and/or alcoholism, AND you can be pulled over for a DUI!

**Binge drinking is 5 drinks for men, 4 drinks for women, in 2 hours or less.*

Alcohol & The Brain

- Drinking large amounts of alcohol in a short time destroys nerves that affect walking, speech, memory, and reaction time.
- Drinking can cause short and long term memory loss.
- Binge drinking kills brain cells!
- Alcohol poisoning can harm your central nervous system, slowing your breathing, heart rate and gag reflex. This can lead to choking, coma and even death.

Alcohol & The Body

- Drinking alcohol causes less coordination and balance.
- Drinking alcohol, even the day before exercising, can cause: muscle cramping, dehydration, and fatigue, which can lead to serious injury.
- Drinking liquor with energy drinks confuses your heartbeat, resulting in mood swings and possible heart failure.
- Alcohol contains calories, leading to serious weight gain:
 - 12oz beer has 148 calories
 - 5oz of wine has 226 calories
 - 1 ½ oz of liquor (80 proof) has 97 calories

Drink Conversion

One Standard Drink is equal To:

Beer (5% alc.)	=	12 oz. (341ml.)
Wine (12-17%)	=	5 oz. OR
Fortified Wine	=	3 oz.
Hard Liquor (80 proof)	=	1 1/2 oz.

One Stanard Drink represents 13.6 grams of absolute alcohol.

WINE: 1 Bottle

25 oz./750ml.	=	5 standard drinks
40 oz./1.14 L.	=	8 standard drinks
25 oz. Fortified	=	8 standard drinks

HARD LIQUOR: 1 Bottle

12 oz. (mickey)	=	8 standard drinks
25 oz./750 ml.	=	17 standard drinks
40 oz./1.14 L	=	27 standard drinks

For light beer or light wine, standard drinks are calculated in terms of a ratio.

For example:

*2 oz. of a 2.5 % light beer = 0.5 SDs
while 12 oz. of a 4% light beer = 0.8.*

For help or more information

1-800-804-0909