

Alcohol Awareness

ALCOHOL AWARENESS



Several factors can affect how many drinks it will take an individual to get intoxicated. These include:

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A person's body size and composition.

Overall health.

What and how much someone recently ate.

Dehydration.

Percentage of alcohol content in drinks.

Rate and amount of alcohol consumption.

Ethnicity.

Hormones.

Mixing alcohol with energy drinks or carbonated beverages

Mixing alcohol with other drugs.

Sleep.

Our mood.

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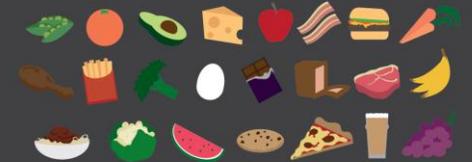


For example, women have less of the enzyme that metabolises alcohol, so alcohol remains in the bloodstream longer.



Our mood while consuming alcohol can also play a role, as strong feelings of anger, fear and loneliness can speed up impairment.

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What and how much we eat, how fast we drink, and the type of alcohol someone consumes all influence intoxication.

Alcohol mixed with fizzy drinks will be absorbed more quickly into the bloodstream.

