

B.A.C. CARD

Female

Blood Alcohol Content (BAC) is calculated by determining how many milligrams of alcohol are present in 100 milliliters of blood. In computing these BAC charts, a drink is defined as follows:



Stay in the **GOOD**

.01-.039 = Mild euphoria, slight muscle relaxation, increased sociability

.04-.069 = Lowered inhibition, reason and judgment slightly impaired, exaggerated behaviors

Beware of the **BAD**

.07-.129 = Slurred speech, memory loss, impaired balance, coordination, judgement, focus, reasoning, and reaction time

.13-.199 = severely impaired coordination and judgement, blurred vision, anxiety, agitation, nausea, possible blackout

Don't let things get **Ugly**

.20-.299 = Severe impairment of mental, physical, and sensory functions, difficulty standing or walking, disorientation, increased pain threshold, blackouts likely

.30-.349 = Impaired circulation and respiration, loss of consciousness, death possible

.35+ = Unresponsive, slow breathing, coma or death likely

Most MSU students stay in the good when partying:

- The average BAC for MSU students when partying is **.060**†
- **84%** of MSU students make it a point to eat before or while drinking to help limit the negative effects of alcohol‡
- **98%** use one or more protective strategies (i.e. pacing drinks, staying with friends) to help keep themselves safe when drinking‡
- **94%** approve of cutting off a friend before they have had too much to drink°

It is best to use this BAC card as a **guide** and not a hard and fast rule

Female in 1 hour

3. Now find your approximate body weight in pounds located on the top row of the chart.

		body weight (lbs.)							
		90	100	120	140	160	180	200	220
number of drinks	1	.038	.032	.024	.018	.014	.010	.008	.005
	2	.093	.082	.065	.053	.045	.038	.032	.028
	3	.147	.131	.106	.089	.075	.065	.057	.050
	4	.202	.180	.147	.124	.106	.093	.082	.073
	5	.257	.229	.188	.159	.137	.120	.106	.095
	6	.312	.279	.229	.194	.168	.147	.131	.117
	7	.366	.328	.271	.229	.199	.175	.156	.140
	8	.421	.377	.312	.265	.229	.202	.180	.162
	9	.476	.427	.353	.300	.260	.229	.205	.185
	10	.531	.476	.394	.335	.291	.257	.229	.207

6. These factors include: body type, muscle tone, metabolism, having a full/empty stomach, and the presence of other drugs or medications.

Female in 3 hours

2. Go to the first column of the chart you selected and find the number of drinks you consumed.

		body weight (lbs.)							
		90	100	120	140	160	180	200	220
number of drinks	1	.004	*	*	*	*	*	*	*
	2	.059	.048	.031	.019	.011	.004	*	*
	3	.113	.097	.072	.055	.041	.031	.023	.016
	4	.168	.146	.113	.090	.072	.059	.048	.039
	5	.223	.195	.154	.125	.103	.086	.072	.061
	6	.278	.245	.195	.164	.137	.117	.103	.091
	7	.332	.294	.237	.195	.165	.141	.122	.106
	8	.387	.343	.278	.231	.195	.168	.146	.128
	9	.442	.393	.319	.266	.226	.195	.171	.151
	10	.497	.442	.360	.301	.257	.223	.195	.173

5. Keep in mind there are a number of other factors that can affect your BAC that are not accounted for here.

Female in 5 hours

1. How to use this card: Select the length of time you drank or are planning to drink (1, 3, or 5 hours).

		body weight (lbs.)							
		90	100	120	140	160	180	200	220
number of drinks	1	*	*	*	*	*	*	*	*
	2	.025	.014	*	*	*	*	*	*
	3	.079	.063	.038	.021	.007	*	*	*
	4	.134	.112	.079	.056	.038	.025	.014	.005
	5	.189	.161	.120	.091	.069	.052	.038	.027
	6	.244	.211	.161	.126	.100	.079	.063	.049
	7	.298	.260	.203	.161	.131	.107	.088	.072
	8	.353	.309	.244	.197	.161	.134	.112	.094
	9	.408	.359	.285	.232	.192	.161	.137	.117
	10	.463	.408	.326	.267	.223	.189	.161	.139

4. Follow the row and column of these two values to where they intersect. The box at this intersection is your approximate BAC.

* indicates negligible BAC