

# Women & Alcohol

Women can accomplish anything that men can, but when it comes to drinking, women and men are not created equal.

There are three main reasons why women are unable to drink like men. Women are smaller on average than men, so there's less mass to distribute the alcohol. Women have on average 10% more fat than men meaning there's less body fluid to dilute alcohol, so it travels around women's bodies in more concentrated form and causes more harm. Men's bodies contain more water in their bloodstream which dilutes the alcohol more than in women. Women's livers produce less of the substance the body uses to break alcohol down (an enzyme called alcohol dehydrogenase). This means women not only get drunk quicker but the effects last longer.

This brochure designed for women, by women, provides the essential tools to make healthy, responsible decisions about alcohol use while in college. Alcohol is a drug, and like many drugs, can affect women's bodies in different ways than men are affected.

## For more answers, contact:

### Harris-Stowe State University

Office of Counseling Services  
(314) 340-5053

### Lincoln University

Student Health Services  
Thompkins Center  
(573) 681-5476

### Missouri State University

Taylor Health and Wellness Center  
(417) 836-4000

### Missouri Southern State University

Advising, Counseling, and Testing  
(417) 625-9324

### Missouri Western State University

Counseling Center  
(816) 271-4327

### Northwest Missouri State University

Wellness Center  
(660) 562-1348, [peeredu@nwmissouri.edu](mailto:peeredu@nwmissouri.edu)

### Southeast Missouri State University

Substance Abuse Prevention and Education  
Center for Health and Counseling  
(573) 986-6191, [chc@semo.edu](mailto:chc@semo.edu)  
<http://www6.semo.edu/SAPE/>

### Truman State University

University Counseling Services  
(660) 785-4014  
<http://ucs.truman.edu>

### University of Central Missouri

Office of Violence and Substance Abuse Prevention  
660.543.8338

### University of Missouri

Wellness Resource Center  
(573) 882-4634  
<http://wellness.missouri.edu>

### University of Missouri-Kansas City

Counseling, Health and Testing  
(816) 235-1635, [chtc@umkc.edu](mailto:chtc@umkc.edu)  
<http://www.umkc.edu/chtc/>

### Missouri University of Science and Technology

Health Education Office  
(573) 341-4225, [mstshs@mst.edu](mailto:mstshs@mst.edu)  
<http://studenthealth.mst.edu/wellness/>

### University of Missouri-St. Louis

Wellness Resource Center  
(314) 516-5380, [Health\\_services@umsl.edu](mailto:Health_services@umsl.edu)  
[www.umsl.edu/services/health](http://www.umsl.edu/services/health)

For further information on wellness issues facing college students, contact:

### Missouri Partners in Prevention

34 Brady Commons  
Columbia, MO 65211  
(573)882-4634  
<http://pip.missouri.edu>



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# Alcohol & Nutrition

When you drink alcohol, a small portion of the alcohol is converted into fat. Your liver then converts most of the alcohol into acetate. The acetate is then released into your bloodstream, and replaces fat as a source of fuel.

Pure alcohol contains about 7 calories per gram, which makes it nearly twice as fattening as carbohydrates or protein (both contain about 4 calories per gram) and only just under the caloric value for fat (9 calories per gram).

## Type of Alcohol Number of Calories

Shot of Liquor	115-200 per single 1.5 oz shot
Light Beer	100 or more per 12 oz. can
Glass of Wine	62-160 per 4 oz. glass
Gin & Tonic	280
Frozen, Creamy Drinks	Over 800

One drink =



12 oz. Beer  
4 oz. Wine  
1 oz. Shot

# Helpful Hints

- Try alternating alcoholic drinks with low calorie non-alcoholic drinks or water.
- Ask for low calorie / diet mixers where possible.
- Eating a meal high in protein before you go out will line your stomach and slow the rate at which alcohol absorbs into your bloodstream, keeping you in control of how much you eat and drink.
- Steer clear of carbohydrates. It is a common myth that carbs will slow down absorption.

# Health Related Consequences

- More than 150 prescription and over-the-counter medications interact negatively with alcohol.

In 67% of unplanned pregnancies, the woman reported being drunk. If you vomit within two hours of taking the pill, it may not be effective.

- Alcohol is especially harmful during early pregnancy and may lead to Fetal Alcohol Syndrome. Half of women who get pregnant do not suspect they are pregnant for several weeks, so during this time you may not even know you are exposing your fetus to alcohol.

- Women who drink alcohol have a higher risk of breast cancer and other cancers.

# Alcohol & Menstruation

- It is important to remember that your tolerance for alcohol decreases the week before your monthly period.
- For most women, regular alcohol consumption can also increase the duration and severity of symptoms associated with pre-menstrual syndrome.

# Alcohol & Academics

- Alcohol-dependent women showed less activation in brain areas that are needed for spatial tasks like puzzles, maps and mechanics, and for working with information that is held mentally, like doing math inside your head or making sense of a lecture or set of complex instructions.

# Ways to Avoid Weeknight Drinking

- Make it a point to schedule your study hours, your free hours, your working hours, your social hours, etc. This way, you'll never be caught unguarded when someone asks you why you can't go out

- Strength in numbers. Seek out like minded students Offer to be the sober driver

## Students Who Practice Weeknight Sobriety:

- Have consistently higher GPAs
- Have higher graduation rates
- Hold more leadership roles across campus
- Become more active and engaged in class
- Receive more university and national awards

# Alcohol & Sex

Many people enjoy alcohol because it helps them get the courage to approach that really cute person they've been eyeing, giving it the name "liquid courage." But, alcohol might also have very negative consequences such as engaging in risky sexual behavior.

# Did You Know?

60% of STDs were transmitted under the influence of alcohol.

- On college campuses, 1 in 4 college women will be the victims of an attempted or completed sexual assault. Alcohol is involved in 90% of these cases. In Missouri, a person cannot give consent to sex if they're intoxicated. If you or someone you know has been the victim of a sexual assault or rape and would like more information, contact your counseling center, student health center, or Women's Center on campus.

**In addition to the above consequences, other negative effects may include:**

- Surprisingly, drinking can cause women to be less lubricated and intercourse might be uncomfortable or painful.
- Drinking is also associated with reduced vaginal blood flow and decreased intensity of orgasms.
- Most alcoholic women report a high level of sexual dissatisfaction and dysfunction.

# Blood Alcohol Content

After 3 hours of drinking.

Chart for general information purposes only.

		BODY WEIGHT IN LBS. (WOMEN)					
		100	120	140	160	180	200
NUMBER OF DRINKS	1	.000	.000	.000	.000	.000	.000
	2	.042	.027	.016	.008	.002	.000
	3	.087	.064	.048	.036	.027	.019
	4	.132	.102	.080	.064	.052	.042
	5	.177	.139	.112	.092	.077	.064
	6	.222	.177	.144	.120	.102	.087
	7	.267	.214	.177	.148	.127	.109
	8	.312	.252	.209	.177	.152	.132
	9	.357	.289	.241	.205	.177	.154
	10	.402	.327	.273	.233	.202	.177