

How much do you know?

Quiz



Question 1: Why does alcohol affect men and women differently?

- a) The liver breaks down alcohol more quickly in men than women
- b) Women's bodies are generally smaller and have less body water, so alcohol concentrations rise more quickly
- c) Men's stomachs are bigger so alcohol is absorbed more slowly

Question 2:

Pregnant women are advised not to drink: why?



- a) Unborn babies get drunk very quickly
- b) Alcohol can harm an unborn baby in various ways
- c) Alcohol and the amniotic fluid don't mix.

Question 3: Those who persistently drink too much can become addicted to alcohol. Kicking the habit is exceptionally difficult. Why?

- a) Because alcoholics are chronically thirsty
- b) Because alcoholics drink out of habit
- c) Because alcoholics feel wretched without alcohol

Question 4: When should adults avoid drinking any alcohol?



- a) If they're operating machinery or working at a height
- b) If they're over 40
- c) If they're going to be a passenger in a car

Question 5: In a bar there's a standard glass of beer and a standard shot of whisky. Which glass contains the most alcohol?

- a) The glass of beer
- b) The shot of whisky
- c) Both contain the same amount of alcohol



Question 6: Why don't alcohol and driving mix?



- a) Because alcohol has a negative effect on your co-ordination, perception and judgment
- b) Because you run the risk of a stiff fine or losing your licence
- c) Because you run the risk of smashing up your car or injuring someone

Question 7: What is the advised maximum intake of alcohol per week for healthy adult men and women? (a drink, or unit contains 8 grams alcohol)

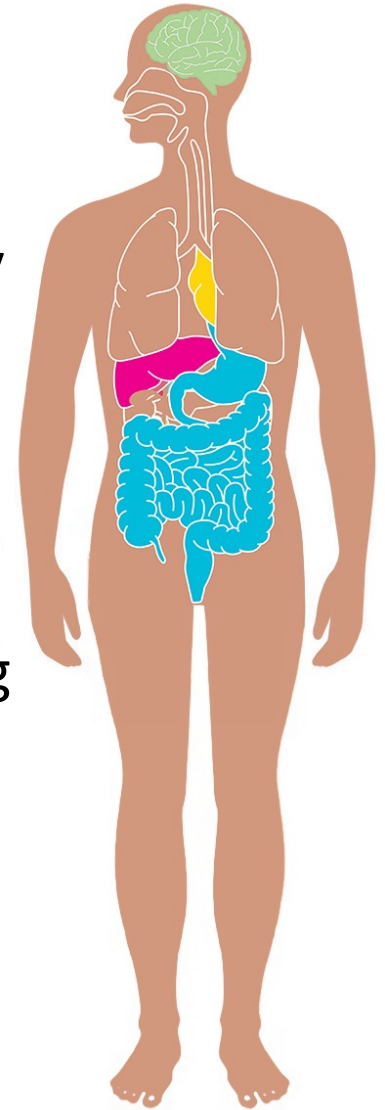
- a) The same for men and women, 14 units
- b) Men 21 units, women 14 units
- c) As much as needed to quench your thirst.



Question 8: The majority of the alcohol you drink is broken down by the liver.

How long does the liver take to break down the alcohol in ONE "unit" of alcohol (8 grams)?

- a) Half an hour
- b) Approximately one hour
- c) Roughly the same amount of time as you spend drinking



Question 9: What's the best way to reduce the effect of a hangover?



- a) Drink some water - it helps to rehydrate the body, but there is no cure
- b) Have a cold shower - it gets the blood moving around the body
- c) Have a strong coffee - it makes the heart pump faster to get rid of the alcohol.

Question 10: The effect of alcohol differs from person to person. What does this depend on?



- a) Genetic make-up and health
- b) How strong your stomach is
- c) Whether you are very thirsty

**Question 11: What
is the most
common risk
associated with
alcohol
consumption by
young people?**

- a) Getting liver disease, like cirrhosis or cancer
- b) Losing weight
- c) Coming out in spots and developing a rash
- d) Going into a coma
- e) Having an accident

Question 12: What is the safe limit for alcohol consumption for under 15s?



- a) One drink
- b) Two drinks
- c) Four drinks
- d) There is no safe limit

Question 13: What is affected when you drink alcohol?

- a) Your body
- b) Your judgement
- c) Your behaviour
- d) Your personality
- e) Your perception



Question 14: How many 15 year-olds in Scotland regularly drink alcohol?



- a) less than 1 in 10
- b) 2 in 10
- c) 5 in 10
- d) 8 in 10
- e) Almost all

Question 15: How old must you be to buy alcohol legally in a pub, bar, or shop?



- a) 16 years-old
- b) 18 years-old
- c) 21 years-old
- d) 16 to buy beer in an off licence or shop, 18 to buy beer, wine or spirits in a pub or bar
- e) 16 to buy beer in a pub or bar, 18 to buy beer, wine or spirits in an off licence or shop

Answers

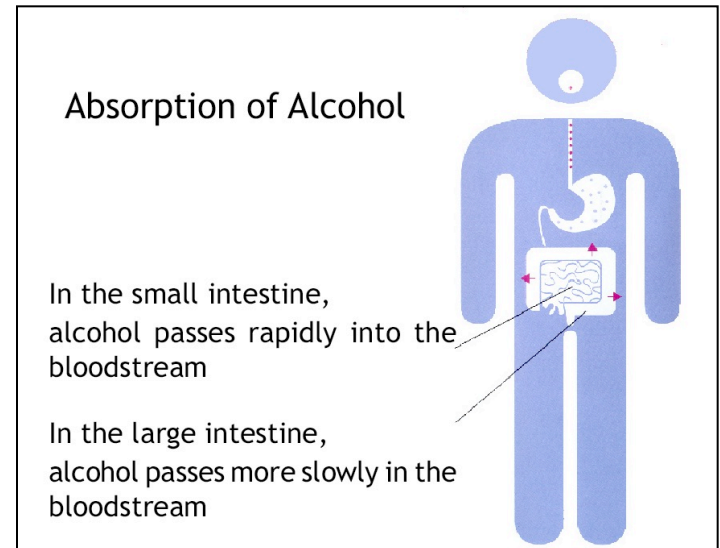
Question 1:

Why does alcohol affect men and women differently?

b) Women's bodies are generally smaller and have less body water, so alcohol concentrations rise more quickly

Sorry ladies, but you can't drink as much as men. That's not a male conspiracy theory but a biological fact! Women have less body water than men so the concentration of alcohol in their blood stream is proportionally higher. So, if a woman weighing 60 kgs drinks a double vodka then a man of the same size will need to drink a triple in order to reach the same blood alcohol level.

There is also some evidence that women break down alcohol slightly differently. The enzyme ADH breaks down alcohol in the liver and in the lining of the stomach; and women have less of it, so alcohol is broken down more slowly.



Question 2:

Pregnant women are advised not to drink: why?



b) Alcohol can harm an unborn baby in various ways

Alcohol can harm the unborn baby as it passes through the placenta to the fetus. Because no safe level of drinking has been established for pregnant women then the best advice is not to drink at all.

If you drink heavily during pregnancy, then the risk of various birth defects increase significantly, these abnormalities are called Fetal Alcohol Syndrome.

Question 3: Those who persistently drink too much can become addicted to alcohol. Kicking the habit is exceptionally difficult. Why?



c) Because alcoholics feel wretched without alcohol

There is alcohol tolerance and alcohol addiction.

Toleration is when you gradually need more and more alcohol to achieve the same effect.

Addiction means that you can no longer cope without alcohol. You feel you have to drink. Without alcohol you feel sick and have withdrawal symptoms. You start trembling, shivering, feel nauseous or even have to vomit. These withdrawal symptoms make it very difficult to overcome addiction, and specialist help and support is needed.



Question 4: When should adults avoid drinking any alcohol?



a) If they're operating machinery or working at a height

In most circumstances drinking in within the guidelines (14 units for per week for both women and men) is a pleasant and relaxing thing to do for adults and is not harmful. There are certain occasions when you shouldn't drink, however, and these include if you work with machinery or at heights, as even small amounts of alcohol affect your coordination, reactions and judgement.

Other times you should avoid alcohol include: when planning to drive, use electrical equipment, competing at sport, while on certain medications – (ask your Doctor if you are unsure) or when pregnant.

Question 5: In a bar there's a standard glass of beer and a standard shot of whisky. Which glass contains the most alcohol?



c) Both contain a similar amount of alcohol

Half a pint of beer (3.5% ABV) and a single spirits (40% ABV) both contain about 1 unit of alcohol.

The alcohol by volume of each type of drink varies - beer can range from 3.5 - 8% alcohol by volume (ABV).

Wine varies from 9 – 14.5%, meaning a 175 ml glass of wine can contain between 1.5 and 3 units.

Spirits are mainly 40% – check the back label to keep track of your unit intake.

Drinks poured at home are often larger than standard drinks too.

Question 6: Why don't alcohol and driving mix?



a) Because alcohol has a negative effect on your co-ordination, perception and judgment

The alcohol you drink passes through the stomach and into the small intestine, where it is absorbed into the blood-stream. From there it affects your nervous system. Alcohol affects signals in the brain, slowing down sensory perception, judgement and co-ordination. Therefore alcohol affects what you see, how you think and feel and how you move and react – what is known as your 'thinking distance'.

How much effect alcohol has on the body depends on the blood alcohol concentration (BAC) – i.e. the volume of alcohol in your blood. This is why governments set legal BAC levels, in England and Wales at 80mg and in Scotland and most of Europe 50mg.

Before going out, always plan how you'll get home – or decide who will be the non drinking driver.

If you're ever tempted to drink and drive you face an unlimited fine and losing your licence for a year, or six months in prison.. If you cause death due to careless driving while under the influence of alcohol, the maximum penalty is life imprisonment.

Question 7: What is the advised maximum intake of alcohol per week for healthy adult men and women? (a drink, or unit contains 8 grams alcohol)

WHAT DOES 14 UNITS LOOK LIKE?

A pint of beer, lager or cider at 4% abv (2.3 units)



x 6

A 330ml bottle of beer, lager or cider at 5% (1.7 units)



x 8

A 50ml measure (double) of spirits at 40% abv (2.0 units)



x 7

A 125ml glass of sparkling wine at 11% (1.4 units)



x 10

A 175ml glass of wine @ 12% abv (2.1 units)



x 6

a) 14 units for both men and women

The alcohol limit for men was lowered in January 2016 to be the same as for women. The UK's Chief Medical Officer (CMO) guideline for both men and women is that:

You are safest not to drink regularly more than 14 units per week. This is to keep health risks from drinking alcohol to a low level.

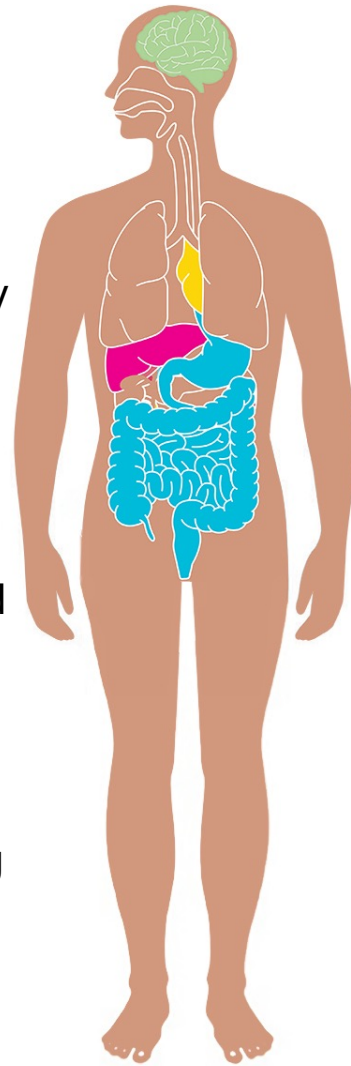
If you do drink as much as 14 units week it is best to spread this evenly across the week.

Question 8: The majority of the alcohol you drink is broken down by the liver.

How long does the liver take to break down the alcohol in ONE "unit" of alcohol (8 grams)?

b) Approximately one hour

The liver breaks down the majority of alcohol consumed (95%), eventually into carbon dioxide and water. Your liver needs an hour to break down a standard glass of an alcoholic drink, and there's nothing you can do to speed this up. This explains why someone who has drunk a lot the night before can still be under the influence, or 'over the limit' the following morning. The last 5% is excreted via urine, breath and perspiration.



Question 9: What's the best way to reduce the effect of a hangover?



a) Drink some water - it helps to rehydrate the body, but there is no cure

There is nothing you can do to speed up the break down of alcohol in your body, or to sober yourself up quickly. Don't ever be tempted to think a coffee or cold shower will make you fit to drive. Alcohol is a diuretic – or makes you dehydrated, so drinking plenty of water before bed and during the evening helps your body. Water, sleep and time are the best remedy.

Question 10: The effect of alcohol differs from person to person. What does this depend on?

a) Genetic make-up and health

The precise affect of alcohol varies from person to person. The amount you drink is of course an important factor, but not the only one. The difference in effect also depends on:

- Your genetic make-up and general health
- Use of legal or illegal drugs
- Your gender, age, size and weight
- Whether you have eaten and how quickly you have drunk your drinks
- Whether you are tired or depressed.

Question 11: What is the most common risk associated with alcohol consumption by young people?



e) By far the most common risk young people take when drinking alcohol is having an accident

- It's true that people who drink regularly over a long period of time may get liver disease (there are 25 year-olds dying from cirrhosis), and occasionally some people who really overdo it end up in a coma. Alcohol affects your coordination, balance and judgment and many young people every year end up with facial injuries or broken bones – or occasionally even serious disabilities.
- Approximately 20% of all UK Accident and Emergency department hospital admissions are linked to drinking and 22% of accidental deaths are alcohol-related in the UK.
- The rate of alcohol-related hospitalisations for children aged under 15 years-old in Scotland was 21.2 per 100,000 population in 2016/7.

Question 12: What is the safe limit for alcohol consumption for under 15s?



d) There is no safe limit for alcohol consumption when you're under 15.

Young people are less well equipped to cope with the effects of alcohol, physically and emotionally. This is because the body and brain have not developed fully yet, so are more affected by alcohol than adults would be.

The Chief Medical Officer advises 'if teenagers aged 15 to 17 drink alcohol they should do so infrequently and on no more than one day a week'.

Question 13: What is affected when you drink alcohol?

- a) Your body
- b) Your judgement
- c) Your behaviour
- d) Your personality
- e) Your perception

a) b) c) d) e). Whichever answer you chose, you were correct!

Drinking alcohol affects your body, your judgement, your behaviour, your personality and your perception, initially usually in a pleasant way, but this changes after a drink or two. Legal BAC levels exist for driving as your reaction times slow even after one drink, which is why you are advised not to drink while operating machinery or at heights for example. Too much alcohol can make you act out of character – saying things you shouldn't, acting in an embarrassing way, getting into arguments, or having unsafe sex or sex you'll later regret. Your risk of getting into a fight and having things like your phone stolen also increases.

Question 14: How many 11–15 year-olds in Scotland regularly drink alcohol?

b) 2 in 10

Among 15 year-olds in Scotland, only 17% of boys and 11% of girls regularly drink alcohol. So around 83% don't drink regularly.

Less than 2% of 11 year-olds drink weekly – rising to about 4% of 13 year-olds – but 72% of 13 year-olds and 34% of 15 year-olds have never had a whole drink.

Even though many young people have tried alcohol – legally at home with their parents or illegally with friends in public places – most do not drink regularly, whatever they might say. Only a small minority drink a lot (33% of 15 year-olds say they have been drunk at least twice). So, choosing not to drink is a good option and one chosen by many young people.

Source: 'Findings from the HBSC 2014 survey in Scotland', 'Monitoring and Evaluating Scotland's Alcohol Strategy: Monitoring Report 2018' and 'Guidance on the consumption of alcohol by children and young people' (Chief Medical Officer, Department of Health, 2009).

Question 15: How old must you be to buy alcohol legally in a pub, bar, or shop?



b) 18 years-old

The law about consuming alcohol is complicated but buying alcohol if you're under 18 is illegal in almost all circumstances and ignoring it could land you and your friends in trouble.

It is also illegal for someone over 18 to buy alcohol knowingly for someone underage – so if you ask an older friend to buy you alcohol, you're asking them to break the law.

HOW DID YOU DO?

Hopefully you feel you have more know-how now and can make informed choices about drinking as you get older – if you choose to drink, make drinking part of the evening and not the focus of it – the trick is to have a good time without letting things getting out of control or ending badly, and always look out for each other.

Try the interactive games in our online Learning Zone

www.talkaboutalcohol.com

