**Wellness Week Alcohol Quiz**

Complete the quiz, print, and return to Nurse Clemens to be entered into a drawing for a $10 gift card to the DCB bookstore.

For more great information on alcohol and other health related issues, visit http://www.intheknowzone.com/

*What is the chemical in alcohol?*

ethanol
zymase
dehydrogenase
nicotine

*Which of these drink contains the least alcohol?*

12 ounces of beer
5 ounces of wine
1 1/2 ounces of vodka
8 ounces of malt liquor
All are equal

*How long does it take for alcohol to affect the brain?*

10 seconds
90 seconds
10 minutes
90 minutes

*Which of the following does not equal one "standard drink?*

12 ounces of wine cooler
12 ounces of malt liquor
5 ounces of wine
1 1/2 ounces of whiskey

*How long does it take the body to process or break down one standard drink?*

Half an hour
One hour
An hour and a half
Depends on the drink

*What is blood alcohol concentration?*

The ability to concentrate after drinking alcohol
The amount of alcohol that will kill a person
The proportion of alcohol to blood in the body as someone drinks
The legal limit for drinking

*How long must a person wait after drinking before he or she is totally sober?*

An hour
Eight hours
One hour for each drink consumed
Half an hour for each drink consumed
Twenty-four hours

*Which of the following statements about drinking alcohol is false?*

It depresses, or slows down, brain and body functions.
It affects women more quickly than men, even if they weigh the same.
It is more harmful to teens than to adults.
It stimulates, or speeds up, brain and body functions.

*Which essential body organ suffers the most life-threatening damage from alcohol?*

Lungs
Heart
Liver
Kidneys

*Which of the following is a special concern for teenagers in alcohol abuse?*

Liver damage
Heart damage
Tooth and gum damage
Bone and muscle damage

*What is "tolerance" of alcohol?*

It is the amount a person can drink before feeling any effects
It is the amount a person can allow his or her friends to drink.
It is the amount a person can drink before vomiting.
It is the need for increasing amounts of alcohol before feeling any effect.
It is the amount just below 'legally intoxicated'.

*Why is increasing tolerance a problem?*

It isn’t a problem.
People’s friends become more obnoxious with higher tolerance.
It leads to more DUI arrests.
It is a sign of growing addiction.

*How does a family history of alcoholism affect someone’s risk of being an alcoholic?*

Children of alcoholics cannot drink at all or they will become alcoholics.
Genes can cause vulnerability to alcoholism.
There is no added risk of alcoholism to children of alcoholics.
Growing up in a home with alcoholics can cause vulnerability to alcoholism even in adopted children.
Both genes and growing up in a home with alcoholics affect risk.

*How can you tell if you are sober enough to drive safely?*

If you can recite the alphabet backwards, touch your finger to your nose with your eyes closed, and walk a straight line.
If you feel sober, you probably are.
If an hour has passed since your last drink.
If an hour has passed for each drink you had.

**Answer Key: Check your understanding**

Q 1.  What is the chemical in alcohol?

A. ethanol - Ethanol is the chemical in alcohol. It is created through the fermentation process. The yeast enzyme zymase changes simple sugars in potatoes, corn or other cereals, or grapes into ethanol.

Q 2.  Which of these drink contains the least alcohol?

A. All are equal - All of these drink contain an equal amount of alcohol (or ethanol,) 12 grams. 12 grams is the amount of ethanol in one "standard" drink.

Q 3.  How long does it take for alcohol to affect the brain?

A. 90 seconds - It takes about 90 seconds for alcohol to affect the brain.

Q 4.  Which of the following does not equal one "standard drink?

A. 12 ounces of malt liquor - Twelve ounces of malt liquor is about one and half standard drinks. Because malt liquor has a higher alcohol percentage than beer, 8 ounces of malt liquor is one standard drink. A standard drink is 12 grams of pure ethanol, which equals:

* + 12 ounces of beer.
	+ 12 ounces of wine cooler.
	+ 5 ounces of wine.
	+ 1 1/2 ounces of 80-proof distilled spirits (whiskey, vodka, rum, etc.)

Q 5.  How long does it take the body to process or break down one standard drink?

A. One hour - It takes the body one hour to process or break down one standard drink.

Q 6. What is blood alcohol concentration?

A. The proportion of alcohol to blood in the body as someone drinks - Blood alcohol concentration is the proportion of alcohol to blood in the body as someone drinks.

Q 7.  How long must a person wait after drinking before he or she is totally sober?

A. One hour for each drink consumed - After drinking, a person must wait one hour for each drink they consumed before he or she is sober. In other words, if someone had two drinks, he’d need to wait at least two hours without drinking before he would be sober. If someone else had four drinks, she would need to wait at least four hours. Nothing will speed up this process, not food, coffee, cold showers, or exercise.

Q 8.  Which of the following statements about drinking alcohol is false?

A. It stimulates, or speeds up, brain and body functions. - Alcohol is not a stimulant that speeds up brain and body functions. It is a depressant, which depresses, or slows down, brain and body functions. It is also true that alcohol affects women more quickly than men, even if they weigh the same, and that alcohol is more harmful to teens than to adults.

Q 9. Which essential body organ suffers the most life-threatening damage from alcohol?

A. Liver - The liver suffers the most life-threatening damage from alcohol, but all major body systems are damaged by heavy drinking.

Q 10. Which of the following is a special concern for teenagers in alcohol abuse?

A. Bone and muscle damage - Alcohol causes damage to the liver, heart, teeth and gums, but a special concern for teenagers in alcohol abuse is bone and muscle damage. Someone who begins drinking regularly as a young teen can limit his or her growth, and never get as tall as nature intended.

Q 11. What is "tolerance" of alcohol?

A. It is the need for increasing amounts of alcohol before feeling any effect. - "Tolerance" of alcohol is the need for increasing amounts of alcohol before feeling any effects. Tolerance is a concept that applies to any addiction. Over time, the body learns to tolerate a set amount of the drug. The person will feel mostly normal even though he or she will be intoxicated. If the user wants to feel "high," he or she will have to take more and more alcohol or other drugs as time passes in order to feel that effect.

Q 12. Why is increasing tolerance a problem?

A. It is a sign of growing addiction. - Increasing tolerance is a problem because it is a sign of growing addiction.

Q 13. How does a family history of alcoholism affect someone’s risk of being an alcoholic?

A. Both genes and growing up in a home with alcoholics affect risk. - A family history of alcoholism affects someone’s risk of being an alcoholic in two ways. Either genes or growing up in a home with alcoholics can cause vulnerability to alcoholism. That does mean that children of alcoholics tend to have a higher rate of alcoholism than other people. However, it does not mean that all children of alcoholics will become alcoholics themselves. It also does not mean that children of non-alcoholics are immune. Anyone who drinks alcohol can become an alcoholic.

Q 14. How can you tell if you are sober enough to drive safely?

A. If an hour has passed for each drink you had. - The only way to know you are sober enough to drive safely is if at least one hour has passed for each drink you had. Only the passage of an adequate amount of time will make a drunk person sober. Just because someone feels sober is definitely not a good reason for him to assume he is sober. Many drunk people have decided they were "sober enough" and have driven off into accidents that injure and kill people. Being able to complete some of the tasks in a roadside sobriety test are no guarantee of sobriety. Plenty of people can do some or all of these tasks, even if they are drunk, if they try hard enough. Being able to do silly parlor tricks like these doesn’t mean it’s safe for the person to drive. Only the passage of at least one non-drinking hour per drink consumed will make a person sober again.