Is Alcohol a Drug?
Alcohol is a drug that is a member of the narcotics family. Narcotics dull the senses, produce drowsiness, and become addictive with prolonged use. If enough alcohol is consumed, brain activity can be so depressed that coma or death could follow.

What Is the Nutritional Value of Alcohol?
Technically, alcohol can be classified as a food item. Although it contains calories, alcohol has virtually no vitamins, minerals, or protein. Each time you consume one serving of alcohol (100-150 calories), you are gaining calories from a food which gives you no nutritional value in return.

How Much Alcohol Does One Drink Contain?

<table>
<thead>
<tr>
<th>Beverage</th>
<th>Alcohol Content (grams)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beer (12 oz.)</td>
<td>13</td>
</tr>
<tr>
<td>Light Beer (12 oz.)</td>
<td>10</td>
</tr>
<tr>
<td>Wine (3.5 oz.)</td>
<td>12</td>
</tr>
<tr>
<td>Hard Liquor 1.5 oz.</td>
<td>15</td>
</tr>
</tbody>
</table>

(Continued)

Is It Wise to Mix Beer and Exercise?
Drinking beer immediately before or during an athletic event is counter-productive to athletic performance. Since alcohol depresses the nervous system, your brain will not function as efficiently nor will your muscles work as skillfully. Drinking beer immediately after an athletic event is also unwise. Alcohol inhibits the release of ADH (antidiuretic hormone), which works to retain water in the body. Thus, in addition to losing fluids through sweat, you also lose fluids through more frequent urination. Instead, it is recommended that you drink three cups of water for every pound of sweat you lose after strenuous exercise.

Does Coffee Have a Sobering Effect?
The only way to sober up is with time. It takes about one and a half hours to metabolize one drink, depending on a person’s body size, on previous drinking experience, and on how recently the person has eaten. Neither exercise nor a cold shower can help someone get sober. Giving someone a cup of coffee only makes the person feel wide awake while still being intoxicated.

What Are the Negative Effects of Alcohol?
Heavy drinking can cause malnutrition due to substitution of alcohol for food in the diet. Liver disease, brain damage, and even death can occur. The negative effects of alcohol misuse also affects young adults in other ways. People age 18 to 24 account for approximately 40% of all alcohol-related traffic victims. Individuals who develop a high alcohol tolerance are not immune to this drug’s negative physical and psychological effects. A high tolerance to alcohol indicates a pattern of heavy use and a developing problem.

If you think a friend has or may be developing a problem with alcohol use:

- Let the person know that you care.
- Be specific about your concern.
- Talk about the drinking problem when the person is sober.
- Address the behavior.
- Remember, denial is part of the disease.
- Get support for yourself. It can be emotionally difficult to confront a friend with an alcohol problem.

Problem drinkers are usually the last to acknowledge they have a problem. Do not get discouraged, all you can do is try. People may not be ready to make a change, but your effort is an important first step.

To learn more about alcohol and its effects, please pick up a SNAC Supplementary Information Sheet.