MU MYTHBUSTERS

MYTH

ONLY PEOPLE WHO ARE COMPLETELY DRUNK & DRIVE HOME GET DWIS.

I’LL BE OK IF I’VE ONLY HAD ONE DRINK PER HOUR...

BUSTED

Most of the students referred to the MU Office of Student Conduct for a DWI arrest did not have an excessively high BAC.

Factors that affect how quickly your body metabolizes alcohol:

Weight
Size of drinks/amount of alcohol in them
Gender (women metabolize drinks slower than men)

The amount of sleep you’ve been getting will also factor in to your ability to drive safely after drinking.

For example:
If a 120 lb woman has 5 drinks (in the form of 12 oz beers, 4 oz of wine or 1 oz shots), and waits 5 hours to drive, her BAC is still .107, well over the legal limit.

Learn more about your BAC here:
http://wellness.missouri.edu/alcohol.html

WANT MORE PROOF?

WELLNESS.MISSOURI.EDU/MYTHBUSTERS

Brought to you by the Wellness Resource Center. wellnesm.missouri.edu
Division of Student Affairs / Department of Student Life / Enhancing Your Mizzou Experience