

# 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 co-ordination, perception and judgment
- b) Because the driver runs the risk of a stiff fine or losing their licence
- c) Because the driver runs the risk of smashing up their 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)**

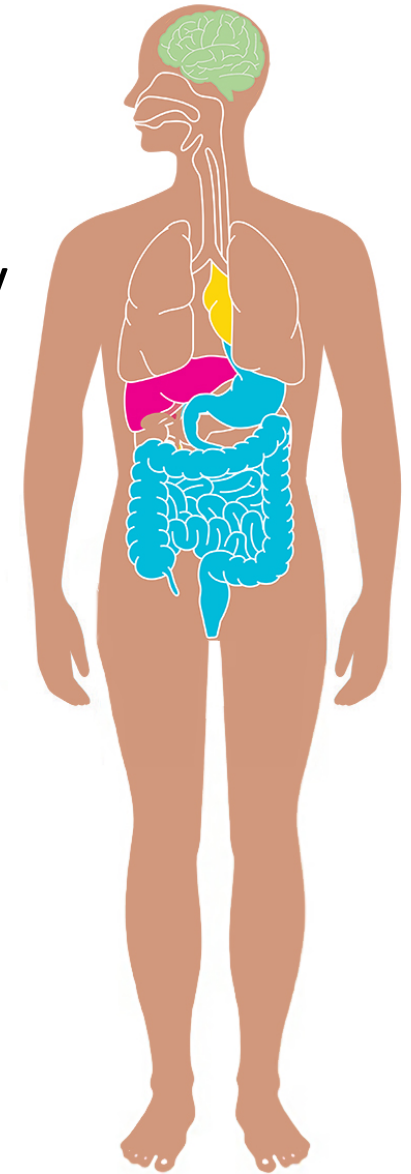
- a) The same for men and women, 14 units
- b) Men 21 units, women 14 units
- c) As much as needed to quench someone's thirst.



**Question 8: A majority of the alcohol a person drinks 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 is spent 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 someone's stomach is
- c) Whether the person drinking is 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 someone drinks alcohol?**

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





**Question 14: How many  
11–15 year-olds in the  
UK 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 someone 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



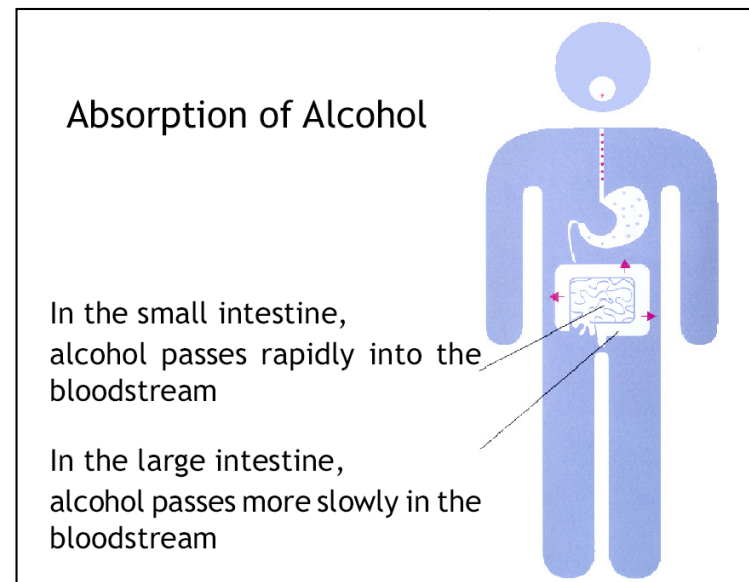
## Question 1:

# 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 women 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 someone drinks 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 a person gradually needs more and more alcohol to achieve the same effect.

**Addiction** means that a person can no longer cope without alcohol. They feel they have to drink. Without alcohol they feel sick and have withdrawal symptoms. They start trembling, shivering, feel nauseous or even need to vomit. These withdrawal symptoms make it very difficult to overcome addiction, and specialist help and support is required.



## 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 adults shouldn't drink, however, and these include if they work with machinery or at heights, as even small amounts of alcohol affect their coordination, reactions and judgement.

Other times that adults should avoid drinking alcohol include when planning to drive, use electrical equipment, playing sport, while on certain medications – (They should ask their Doctor if they're 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% – back labels can help to keep track of 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 co-ordination, perception and judgment

When someone drinks, alcohol passes through the stomach and into the small intestine, where it is absorbed into the blood-stream. From there it affects the nervous system. Alcohol affects signals in the brain, slowing down sensory perception, judgement and co-ordination. Therefore alcohol affects what the drinker sees, how they think and feel and how they move and react – what is known as ‘thinking distance’.

How much effect alcohol has on the body depends on the blood alcohol concentration (BAC) – i.e. the volume of alcohol in a drinker’s 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 to get home – or decide who will be the non drinking driver.

If anyone is ever tempted to drink and drive they face a fine of up to £5000 and losing their licence for a year, or six months in prison. Causing death by drink driving has a penalty of up to 14 years in jail and 2 year driving ban.

# 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:

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

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





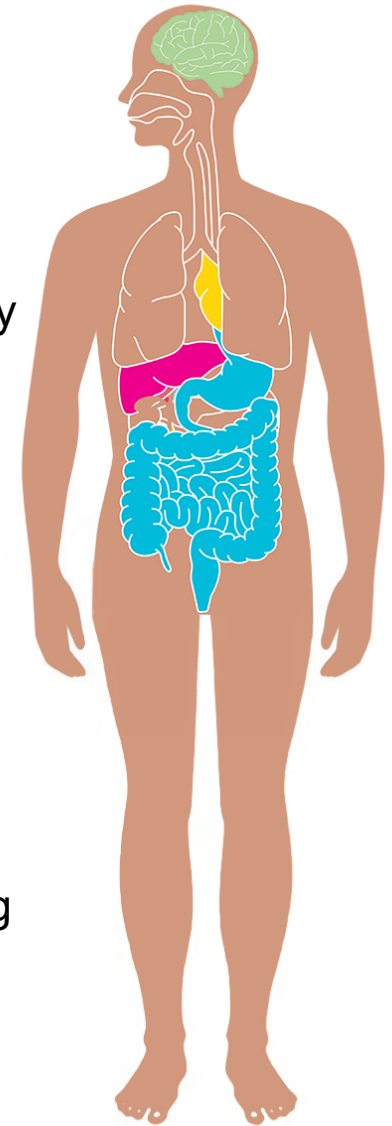
**Question 8: A majority of the alcohol a person drinks is broken down by the liver.**

**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 a majority of the alcohol consumed (95%), eventually into carbon dioxide and water. The liver needs an hour to break down a standard glass of an alcoholic drink, and there's nothing that can 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 anyone can do to speed up the break down of alcohol in the body, or to sober up quickly. People shouldn't ever be tempted to think a coffee or cold shower will make them fit to drive. Alcohol is a diuretic – or makes the body dehydrated, so drinking plenty of water before bed and during the evening helps. 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 someone drink is, of course, an important factor, but not the only one. The difference in effect also depends on:

- genetic make-up and general health
- Use of legal or illegal drugs
- gender, age, size and weight
- Whether someone have eaten and how quickly they have consumed their drinks
- Whether they 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 and heavily over a long period of time may get alcoholic liver disease or other alcohol-related illness (7,551 deaths a year) and some people who really overdo it end up with alcohol poisoning – 530 people died in 2016 from alcohol poisoning
  - Alcohol affects co-ordination, balance and judgement and many young people every year end up with facial injuries or broken bones – or occasionally even serious disabilities.

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



**d) There is no safe limit for alcohol consumption when someone is 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 a drinker's body, judgement, behaviour, personality and perception, initially usually in a pleasant way, but this changes after a drink or two. Legal BAC levels exist for driving as someone's reaction times slow even after one drink, which is why it is not advisable to drink while operating machinery or at heights, for example.

Too much alcohol can make a person act out of character – saying things they shouldn't, act in an embarrassing way, get into arguments, or have unsafe sex or sex they'll later regret. They are at increased risk of getting into a fight and having things like their phone stolen.





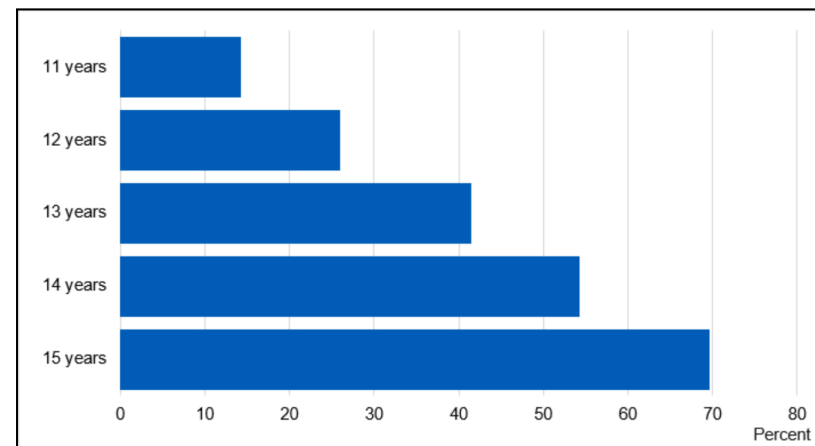
# Question 14: How many 11–15 year-olds in the UK regularly drink alcohol?

**a) Only 6% - less than one in every ten 11 to 15 year-olds in the UK regularly drink alcohol (weekly)**

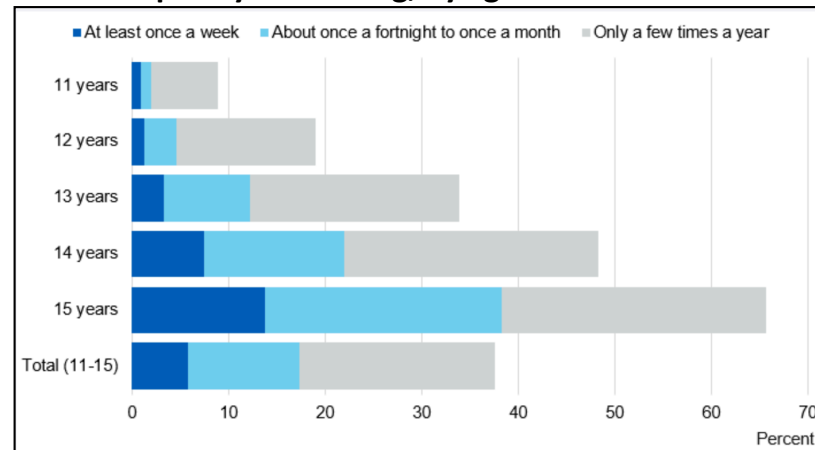
So around 94% don't drink regularly, or at all. <1% of 11 year olds drink at least weekly – rising to 14% of 15 year olds – but 56% of 11-15 year olds have never tried alcohol.

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.

Ever had an alcoholic drink, by sex and age



Usual frequency of drinking, by age



Source: Smoking, drinking and drug use among young people, 2018



## Question 15: How old must a person 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 someone is under 18 is illegal

It is also illegal for someone 18 or over to knowingly buy alcohol for someone under 18 – so if someone who is underage asks an adult to buy alcohol for them, they are also asking them to break the law.

