

How Alcohol Affects Women



If you are a serious athlete, the best choice is to choose not to drink alcohol. If you do choose to drink, the recommendation is no more than 1 drink per day.

Consider these Factors:

- Many variables such as body weight, size, how fast you drink, fitness level, whether you've eaten & the amount of alcohol consumed will determine the affect alcohol has on an individual.
- Women's response to alcohol may fluctuate during their menstrual cycle & be affected by the use of contraceptives.
- Women have more fat content and less lean muscle mass than men. Lean muscle contains more water which absorbs alcohol from the bloodstream and lowers blood alcohol content. Women absorb alcohol into the bloodstream faster than men and eliminate it slower.
- Women have 1/3 less of alcohol dehydrogenase (enzyme responsible for the breakdown of alcohol) in their bodies.



This Means Women Will:

- Become intoxicated faster
- Feel the effects longer
- Get addicted with less amount of alcohol & over shorter period of time.

Facts

- 1 in 6 (16%) women admit to having unsafe sex after drinking too much,
- Young women aged 16-24 have a greater risk for a violent act to occur against them when drinking.
- Females who are heavy drinkers consume about 300-500 more calories daily than non-drinkers.
- Women are more likely to develop eating disorders to deal with the caloric intake of alcohol.
- Alcohol may be a risk factor for breast cancer.

If you would like additional information on alcohol & athletics, or to discuss concerns about your own or another's alcohol use, contact the
Office of Health Education & Promotion,
UNH Health Services
603.862.3823
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