

16 What is the main chemical in alcohol?

- a. Zymase
- b. THC
- c. Nicotine
- d. Ethanol

Ethanol is the main chemical in alcohol.

17 Which of the following is NOT a long-term effect of alcohol use?

- a. Liver damage
- b. Pancreatic damage
- c. Destruction of brain cells
- d. Temporary nausea

While **nausea** may be a short-term side effect, damage to your major organs is a long-term effect of continual alcohol abuse.

18 It is legal to drive while intoxicated in some states.

- a. True
- b. False

**False.** It is illegal to operate a vehicle while intoxicated in all 50 states.

19 Which of the following is a special concern for older adults who misuse alcohol?

- a. Memory problems
- b. Falls and fractures
- c. Medication interactions
- d. All of the above

**d. All of the above.** Alcohol can interact with medications, worsen dementia, and greatly increase fall risks.

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

- a. It depresses brain and body functions.
- b. It affects women more quickly than men, even if they weigh the same.
- c. It is more harmful to teens than to adults.
- d. It takes 90 minutes for alcohol to affect your brain.

**"d" is False.** It actually takes only 90 seconds for alcohol to affect your brain.



## REFUSAL SKILLS

### Say "No" and Mean It!

How did you score on the questions? Were there any that caught you off guard? Use your new knowledge of alcohol to just say no when someone asks if you want to have a drink. Here are some easy ways for older adults to decline a drink politely:

- "No thanks, alcohol doesn't mix well with my medications."
- "I'm watching my health, so I'll stick with water."
- "Alcohol makes me dizzy – I'll pass."

# YOUR ALCOHOL IQ



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# WHAT DO YOU KNOW?

Alcohol is one of the most popular, legal drugs in the United States. Let's test your knowledge to see how much you know about it.



## QUESTIONS

**1 Alcohol is a stimulant.**

- a. True                      b. False

**False.** Alcohol is a depressant, meaning it slows down the central nervous system. For older adults, this can increase risks of falls, confusion, and slower reaction times.

**2 "Beer before liquor, never been sicker. Liquor before beer, you're in the clear."**

- a. True                      b. False

**False.** The order in which you drink does not matter. The amount of alcohol you drink is what makes you feel drunk and eventually sick.

**3 A 12 oz. beer, 5 oz. wine and 1 shot of liquor all have the same amount of alcohol.**

- a. True                      b. False

**True.** Each "standard" drink has approximately the same amount of alcohol concentration. But for older adults, even one drink may hit harder due to slower metabolism and medication interactions.

**4 Only people who get completely wasted get hangovers.**

- a. True                      b. False

**False.** While a larger amount of alcohol may result in a hangover, a hangover depends on other variables too. Genes, gender, body weight, amount of time spent consuming alcohol, how quickly drinks were consumed, how much food had been ingested, etc. all contribute. As you age, dehydration and poor sleep from alcohol are more likely.

**5 Which of the following is the best way to sober up?**

- a. Taking a cold shower                      b. Time  
c. Drinking coffee                              d. Exercising

**Time.** The liver breaks down alcohol at its own pace. Older adults process alcohol more slowly, so it stays in the body longer.

**6 How long does it take your body to metabolize one drink?**

- a. 10 minutes per drink                      b. 1 day per drink  
c. 1 hour per drink                              d. 2 hours per drink

**1 Hour per Drink.** With age, it may take longer, meaning alcohol can build up more quickly.

**7 Alcohol helps people get a good night's sleep.**

- a. True                      b. False

**False.** Alcohol may help you fall asleep but disrupts deep, restful sleep — especially concerning for older adults who already face sleep challenges.

**8 Six beers have the same amount of calories as three cheeseburgers.**

- a. True                      b. False

**True.** A fast food cheeseburger is approximately 300 calories. The average beer contains around 150 calories. Therefore, for every 2 beers, a person is consuming roughly one fast food cheeseburger in calories.

**9 After drinking alcohol, drinking water before bed can prevent dehydration.**

- a. True                      b. False

**True.** One major contribution to a hangover is dehydration. Hydration helps, but it doesn't prevent alcohol's other effects, like medication interactions or increased fall risk.

**10 Which of the following are symptoms of hangovers?**

- a. Fatigue                      b. Nausea, including vomiting  
c. Headaches                                      d. All of the above

**All of the above.** As previously mentioned, there are a variety of factors that indicate whether or not a person will experience a hangover. Older adults may also feel dizziness and confusion, which raises the risk of falls or injuries.

**11 Having a high alcohol tolerance is a good thing for your body.**

- a. True                      b. False

**False.** Having a high tolerance for alcohol is actually a bad thing because more alcohol is needed to get the same effects. More alcohol in the system negatively affects all of your organs, including the brain. A high tolerance also means more damage is being done over time to your liver, heart, and brain.

**12 When is the best time to eat food in relation to drinking alcohol?**

- a. Before drinking alcohol                      b. While drinking alcohol  
c. After drinking alcohol                              d. A & B  
e. A & C    f. All of the above

**A & B.** Food, especially high-carb foods like bread, helps to absorb liquors as you drink them and helps reduce the rate at which alcohol enters the blood stream. Once the alcohol has moved beyond the stomach and into the intestines, food will no longer have any effect on alcohol rate and absorption. For older adults, this helps protect against sudden spikes in blood alcohol levels.

**13 Alcohol can worsen depression, anxiety, or anger.**

- a. True                      b. False

**True.** Alcohol often amplifies emotions and can worsen mental health, especially in seniors dealing with grief, retirement, or loneliness.

**14 Alcohol is linked to more reports of assault than any other drug.**

- a. True                      b. False

**True.** Alcohol lowers inhibitions and impairs judgment, making older adults more vulnerable to abuse, scams, or unsafe situations.

**15 Alcohol warms your body.**

- a. True                      b. False

**False.** Alcohol is a vasodilator, which means it thins your blood and distributes it to your skin making you feel and look warmer. Alcohol only makes you feel warmer by bringing blood to the skin, but it actually lowers your core body temperature — dangerous for older adults sensitive to cold.

