WHY DOES ALCOHOL AFFECT WOMEN MORE THAN MEN?

- **Women tend to weigh less than men**
  People who have a smaller body mass achieve higher blood alcohol concentrations sooner.

- **Women have 10% less water in their bodies and a higher percentage of body fat than men**
  Thus, women reach higher blood alcohol concentrations with less alcohol than men.

- **Women have 70-80% less of the stomach and liver enzyme that breaks down alcohol**
  This enzyme aids in the metabolism of alcohol before it enters the bloodstream and in the filtering of blood in the liver to remove alcohol.

- **Hormone differences affect blood alcohol concentration**
  One week prior to menstruating, people who menstruate maintain the peak degree of intoxication for longer periods of time. This peak is attributed to an increase in estrogen. Taking an increased amount of estrogen (birth control, hormone therapy, etc.) also makes individuals more sensitive to alcohol. For more information, please consult your doctor.

- **Women may be more likely to drink Jungle Juice and other sweet alcoholic drinks with high alcohol content**
  Jungle Juice is made up of hard liquor (sometimes grain alcohol which is 99% pure alcohol) and assorted fruit juices served in large tub-like containers. One glass could equal ten drinks because the alcohol content is unknown.

- **Women who abuse alcohol become addicted more quickly than men**
  It takes an average of six years for women to experience the negative consequences of alcohol abuse, while it takes men about 13 years.

**NOTE:** The above differences are based on biological sex and not gender identity. If someone identifies as transgender or gender non-conforming, their blood alcohol concentration would be impacted by alcohol consumption and biological sex assigned at birth.