

## THE PROBLEM

Many young adults and teens are exposed to alcoholic beverages without a thorough understanding of their own alcohol tolerance. This can lead to potential health and social problems such as fatal motor vehicle accidents, interpersonal violence, and a decline in academic performance. Moreover, there is a significant proportion of adolescents who experience the effects of unchecked drinking, whether or not they participate. Our challenge is to build a design that helps to create a healthy and balanced relationship with alcohol, while remaining as unobtrusive as possible.

There are many methods for managing risks associated with alcohol consumption. Some practice abstinence to avoid the complications associated with drinking alcohol altogether. Although this lowers the encounter of alcohol-related incidents, this practice consequently ignores the benefits of consuming alcohol in moderation, which include lowering the chances of diabetes, or acting as a social lubricant<sup>1</sup>. On the other end of the spectrum, particularly for adolescents, there tends to be the perception that alcohol consumption is a rite of passage or an integral part of one's higher-education experience. This often leads to abusive drinking habits. When people do attempt to gauge their alcohol tolerance, such as through experimentation, the results are unreliable and such a method can be dangerous. Firstly, assessment regarding the level of alcohol consumption and corresponding state of mind tend to rely on impaired memories. Additionally, alcohol tolerance is a complex variable that depends on a variety of factors; it should not be estimated solely by the type and amount of alcohol consumed over a certain period of time.

### Sources:

1. Koppes LL, Dekker JM, Hendriks HF, Bouter LM, Heine RJ. (2005, Mar). Moderate alcohol consumption lowers the risk of type 2 diabetes: a meta-analysis of prospective observational studies. Retrieved from <http://care.diabetesjournals.org/content/28/3/719.full.pdf+html>