

Know Your Limit

Alcohol Use in Haldimand-Norfolk

HOW MUCH ARE WE DRINKING?

*83.7% of H-N adults drink alcohol (77.9% in Ontario)¹



Adults 19+ in H-N report drinking in excess of the Low Risk Drinking Guidelines.²



H-N students ages 12-18 drink alcohol.³

WHY DOES IT MATTER?

Alcohol is **not harmless** and is costing us **more** than just a hangover.



40% of car crashes involve alcohol.⁷



Alcohol ranks **2nd** (behind tobacco) as a leading risk factor for disease, disability and death.⁴



1 in 3 adults in Ontario report experiencing harm from someone else's drinking.⁸



Alcohol is related to **over 65 diseases** and conditions and is a known factor for cancer, including prostate and breast cancer.⁵



In 2011, alcohol consumption cost Ontario an estimated **\$1.7 billion** in direct health care costs and **\$3.6 billion** in indirect costs.⁹



1 in 10 Ontario deaths are directly or indirectly related to alcohol misuse.⁶



Those of lower income drink less but are at **increased risk of harm from alcohol**.¹⁰

REDUCE YOUR RISK: Follow Canada's Low-Risk Alcohol Drinking Guidelines¹¹

Reduce your short term risk of injury



No more than **2 drinks a day** most days for women.
No more than **3 drinks a day** most days for men.

Reduce your long term risk of disease



No more than **10 drinks a week** for women.
No more than **15 drinks a week** for men.

WHEN ZERO IS THE LIMIT

Don't drink if you are:

- **Under the legal** drinking age
- **Driving a vehicle or** using machinery/tools
- **Taking medicine or** other drugs that interact with alcohol
- **Responsible for the** safety of others
- **Living with mental or** physical health problems

- **Making important** decisions
- **Doing any kind of** dangerous physical activity



- **Living with alcohol** dependence
- **Pregnant or** planning to become pregnant

WHAT IS A STANDARD DRINK?



Beer
341 ml (12 oz.) 5% alcohol content



Wine
142 ml (5 oz.) 12% alcohol content



Distilled Alcohol
(1.5 oz.) (rye, gin, rum, etc.) 40% alcohol content

¹Total is the # of Regular and Occasional drinker; Indicator Definition: Regular drinker has at least one drink a month and occasional drinker drinks less than once per month.

²Data Source: Public Health Ontario. Snapshots: Haldimand and Norfolk Public Health Unit: Self-reported rate of exceeding either low-risk alcohol drinking guideline (Overall crude rate, both sexes, males, females) (2013/2014). Toronto ON: Ontario Agency for Health Protection and Promotion; 2017 Jan 4. ³Data Source: Canadian Community Health Survey 2003-2014. Statistics Canada, Share File, Knowledge Management and Reporting Branch, Ontario MOHLTC. Self-Reported Underage (Age 12-18) Drinking Rate, Crude Rate, both Sexes Combined). ⁴World Health Organization. (2014). Global status report on alcohol and health. Geneva, Switzerland: World Health Organization. ⁵Cancer Care Ontario (2014). Cancer Risk Factors in Ontario: Alcohol. Toronto: Queen's Printer for Ontario. Zhao J, Stockwell T, Thomas G. (2015) An adaptation of the Yesterday Method to correct for under-reporting of alcohol consumption and estimate compliance with Canadian low-risk drinking guidelines. Can J Public Health. 2015 Apr 29;106(4):204-9. ⁶Ontario Ministry of Health and Long-Term Care. (2012) Alcohol and substance abuse prevention. [Internet]. Toronto, ON: Queen's Printer for Ontario. ⁷Ministry of Health and Long-Term Care.(2012) Initial report on public health: Adult heavy drinking [Internet] Queens Printer for Ontario. ⁸Giesbrecht et al (2010) Collateral damage from alcohol: implications of 'secondhand effects of drinking' for population and health priorities. Addiction, 105, 1323-1325. ⁹Durham Region Health Department, Region of Waterloo, Public Health, York Region Community and Health Services, Public Health Branch & Halton Region Health Department; (2014) Addressing alcohol consumption and alcohol-related harms at the local level: A locally driven collaborative project. Retrieved 03/27/17 from <http://www.oninjuryresources.ca/lcdpalcohol>. ¹⁰Gallinat, A. (2013). The Alcohol Harm Paradox – Or why alcohol related harm affects poor people more, although they drink less. EuroHealthNet Magazine. #8. Retrieved on March 2, 2017 from <http://www.eurohealthnet-magazine.eu/ehm-magazine-8/the-alcohol-harm-paradox-or-why-alcohol-related-harm-affects-poor-people-more-although-they-drink-less/?platform=hootsuite>. ¹¹Canadian Centre on Substance Abuse (CCSA). Canada's Low-Risk Alcohol Drinking Guidelines. Retrieved 03/27/17 from <http://www.ccsa.ca/Eng/topics/alcohol/drinking-guidelines/Pages/default.aspx>