

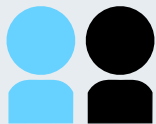
Let's Talk about Alcohol

How much are we drinking?

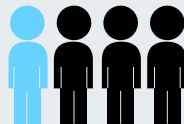


1 in 5 Ontarians drink above the Low Risk Alcohol Drinking Guidelines (LRADG).¹

In North Bay Parry Sound:



1 in 2 adults
(45-64 years old)
report drinking at levels that exceed the LRADG.²



1 in 4 men
(45-64 years old)
self-report heavy drinking.²



1 in 5 women
(45-64 years old)
self-report heavy drinking.²

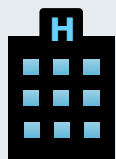
Why does it matter?



1 in 10 deaths in Ontario directly or indirectly result from alcohol misuse.³



Alcohol ranks 2nd (after tobacco) among **leading risk factors** for disease, disability and death.⁶



Alcohol consumption is a causal factor in **more than 200 disease and injury conditions**.⁴



40% of all **traffic collisions** involve alcohol.³



1 in 3 Ontario adults say they have experienced **harm from someone else's drinking**.⁵




Alcohol use and misuse **impacts** enforcement & healthcare services, impacts lost productivity in the workplace, and disrupts family dynamics.

Reduce Your Risk


Follow Canada's Low-Risk Alcohol Drinking Guidelines⁷

✓ Reduce your long term health risks:

 **2** No more than **2 drinks per day** most days for women

 **3** No more than **3 drinks per day** most days for men

 **10** No more than **10 drinks per week** for women

 **15** No more than **15 drinks per week** for men

When zero's the limit

Don't drink if you are:

- Pregnant or planning to become pregnant
- Driving a vehicle or using machinery/tools
- Taking medicine or drugs that interact with alcohol
- Responsible for the safety of others
- Living with mental or physical health problems
- Making important decisions



What is a drink?

Beer

341 ml (12 oz.)
5% alcohol content



Wine

142 ml (5 oz.)
12% alcohol content



Distilled Alcohol

(rye, vodka, rum, etc.)
43 ml (1.5 oz.)
40% alcohol content



Learn more about the guidelines at www.ccsa.ca

Sources: 1. Ialomiteanu, A.A. (2011). CAMH Monitor eReport: Addiction and Mental Health Indicators Among Ontario Adults, 1977-2009. Toronto: CAMH; 2. Public Health Ontario. Snapshots: Self-reported rate of exceeding either low-risk alcohol drinking guidelines. Toronto: PHO; 3. Ministry of Health and Long-Term Care. (2016). *Adult Heavy Drinking*. Retrieved from: http://www.health.gov.on.ca/en/public/publications/pubhealth/init_report/ahd.html; 4. World Health Organization. (2013). *Alcohol fact sheet*. Retrieved from: <http://www.who.int/mediacentre/factsheets/fs349/en/>; 5. Adlaf, E.S. (2005). *Canadian Addiction Survey (CAS): a national survey of Canadians' use of alcohol and other drugs. Prevalence of use and related harms: detailed report*. Ottawa: Canadian Centre on Substance Abuse; 6. Canadian Public Health Association. (2011). *Too High a Cost: A Public Health Approach to Alcohol Policy in Canada*. Retrieved from: http://www.cpha.ca/uploads/positions/position-paper-alcohol_e.pdf; 7. Canadian Centre on Substance Abuse. (2013). *Canada's Low-Risk Alcohol Drinking Guidelines*. Retrieved from: <http://www.ccsa.ca/Resource%20Library/2012-Canada-Low-Risk-Alcohol-Drinking-Guidelines-Brochure-en.pdf>.

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Produced by



North Bay Parry Sound District
Health Unit



North Bay & Area
Community Drug
Strategy Committee



Ontario Injury Prevention
Resource Centre

Helping injury prevention practitioners prevent injury in Ontario