

Health Indicator Report

Low-Risk Alcohol Drinking Guidelines

Background

The purpose of this health indicator report is to provide information on the percentage of adults aged 19 and over in Halton Region and Ontario who exceeded the Canadian Low-Risk Alcohol Drinking Guidelines (LRADG).

In 2011, Canada introduced new LRADG.¹ A full description of the Canadian LRADG are available on the [Canadian Centre on Substance Abuse](#) website.¹ The LRADG measured in this report are an adaptation of the actual guidelines based on the data available.

Continuous, long term use of alcohol can lead to chronic conditions such as cirrhosis of the liver, cancer, cardiovascular disease and mental illnesses.¹ Binge/heavy drinking causes intoxication which can lead to injuries, car crashes or death.¹

This Health Indicator Report uses data from the Canadian Community Health Survey (CCHS).

LRADG Summary

The low-risk alcohol drinking guidelines that are relevant to this report are summarized below.

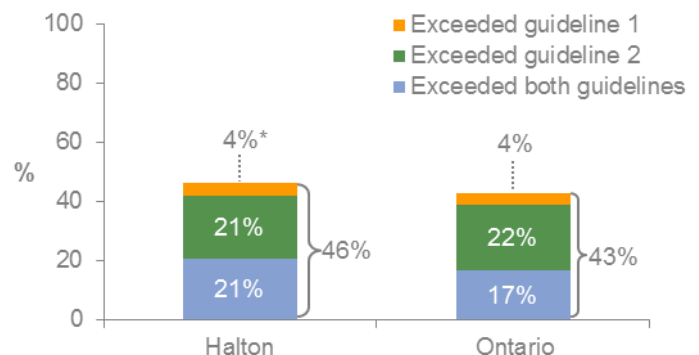
GUIDELINE 1	Men	Women
On any single <u>day</u>	No more than 3 Drinks on any day	No more than 2 Drinks on any day
	AND	AND
Per <u>week</u>	No more than 15 Drinks per week	No more than 10 Drinks per week
	AND	AND
Only consume alcohol 5 days per week or less		
GUIDELINE 2	No more than 5 drinks on any occasion in the past 12 months	No more than 4 drinks on any occasion in the past 12 months

Halton vs. Ontario

In 2013/14, 46% of Halton adults reported exceeding the LRADG. More specifically, 4%* reported exceeding guideline 1, 21% exceeding guideline 2, and 21% exceeding both guidelines.

In 2013/14, 43% of Ontario adults reported exceeding the LRADG. More specifically, 4% reported exceeding guideline 1, 22% exceeding guideline 2, and 17% exceeding both guidelines.

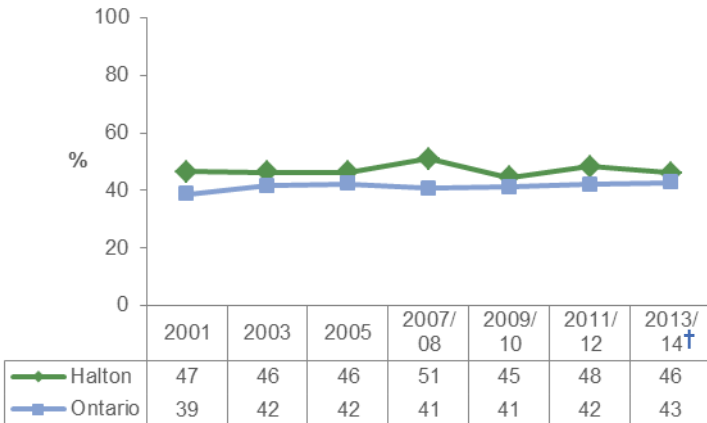
In 2013/14, there was no statistically significant difference between Halton and Ontario in the percent of adults who reported exceeding the LRADG.



Percentage of adults aged 19 and over who reported exceeding the LRADG, by guideline exceeded, Halton Region and Ontario, 2013/14

Trends Over Time

There have been no statistically significant changes in the percentage of adults aged 19 and over in either Halton or Ontario who reported exceeding the LRADG from 2001 to 2014.

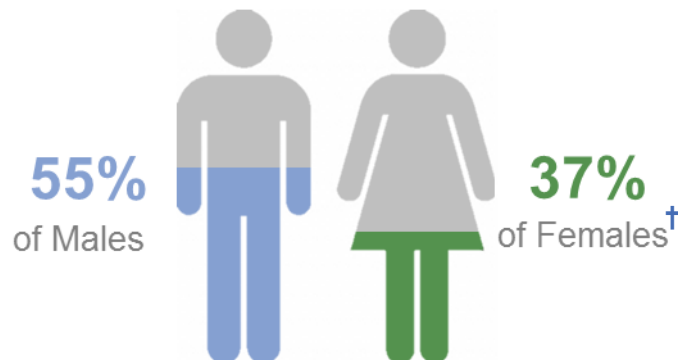


† See [Limitations](#)

Percentage of adults aged 19 and over who reported exceeding the LRADG, Halton Region and Ontario, 2001-2014

Sex

In 2013/14, Halton males were more likely than females to report exceeding the LRADG. This difference was **statistically significant**.

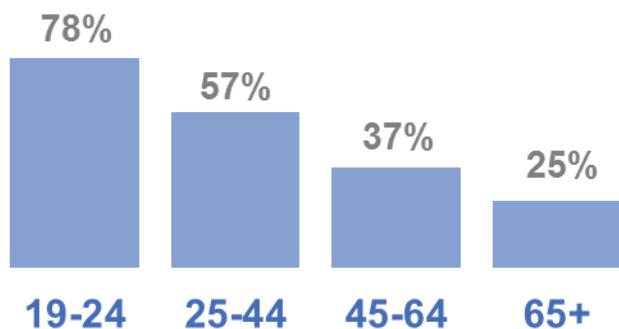


† See [Limitations](#)

Percentage of adults aged 19 and over who reported exceeding the LRADG, by sex, Halton Region, 2013/14

Age

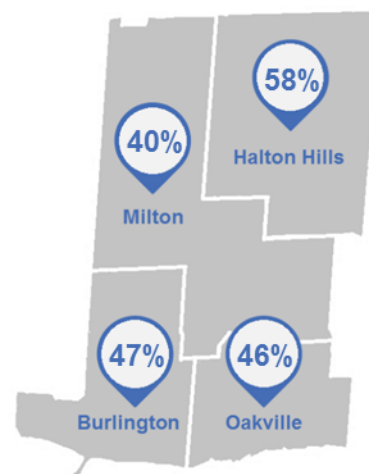
In 2013/14, the percentage of Halton adults who reported exceeding the LRADG decreased with age. This difference was **statistically significant** when comparing adults aged 19-24 and 25-44 to adults aged 45-64 and 65+.



Percentage of adults aged 19 and over who reported exceeding the LRADG, by age, Halton Region, 2013/14

Municipality

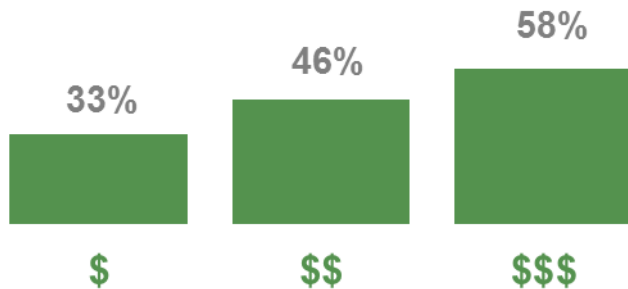
In 2013/14, adults in Halton Hills were more likely than adults in Burlington, Oakville and Milton to report exceeding the LRADG, however these differences were not statistically significant.



Percentage of adults aged 19 and over who reported exceeding the LRADG, by municipality, Halton Region, 2013/14

Income

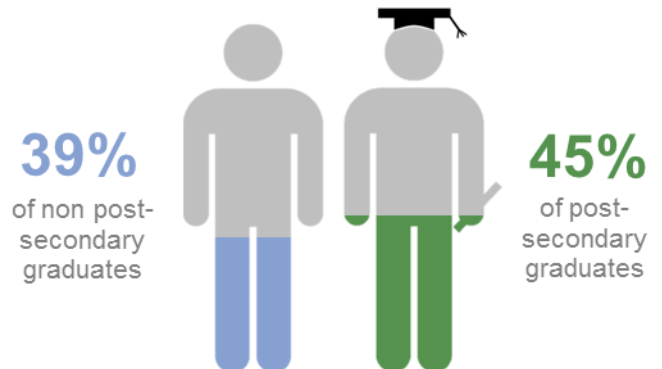
In 2013/14, the percentage of Halton adults who reported exceeding the LRADG increased as income increased. This difference was **statistically significant** when comparing adults in the lowest income group to adults in the highest income group.



Percentage of adults aged 19 and over who reported exceeding the LRADG, by income, Halton Region, 2013/14

Education

In 2013/14 there was no statistically significant difference by education in the percentage of Halton adults who reported exceeding the LRADG.



Percentage of adults aged 19 and over who report exceeding the LRADG, by education, Halton Region, 2013/14

Data Notes

For more information on CCHS, methods, statistical significance and limitations associated with health indicator reports, please see the Data Notes and Guide available at www.halton.ca/healthstats

Definitions:

A *drink* is defined by CCHS as one bottle/can/pint of beer, one glass of wine or one wine cooler, one drink or cocktail with 1.5oz of liquor.²

Data Source: Canadian Community Health Survey [2001, 2003, 2005, 2007-2014], Statistics Canada, Share File, Ontario MOHLTC.

Estimates marked with an asterisk (*) should be interpreted with caution due to high variability.

Limitations:

† In 2013/14 one of the questions (alc_3) used to calculate the LRADG indicator asked females how often in the past 12 months they had 4 or more drinks on one occasion, and males were asked how often in the past 12 months they had 5 or more drinks on one occasion. In previous years, both males and females were asked how often in the past 12 months they had 5 or more drinks. Therefore, any differences over time may be due to changes in question wording and not actual changes in the population.

References

1. Drinking Guidelines. 2014. Canadian Centre on Substance Abuse (CCSA). Accessed June 2015 from <http://www.ccsa.ca/Eng/topics/alcohol/drinking-guidelines/Pages/default.aspx>

For more health indicator and health status reports, visit the Halton Health Statistics website at www.halton.ca/healthstats

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