

HALTON REGION PUBLIC HEALTH • Office of the Medical Officer of Health

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TO: Halton Physicians, Nurse Practitioners, Emergency Departments, other Healthcare Providers

FROM: Dr. Hamidah Meghani, Medical Officer of Health

DATE: March 13, 2023

RE: Webinar recording and primary care resources re. updated “Canada’s Guidance on Alcohol”

QUICK FACTS

- The [webinar recording](#) and resources from Halton Region Public Health’s March 8 webinar on the clinical implications of the new alcohol guidance and how reducing alcohol intake reduces the risk of disease are now posted [online](#).
- Research shows even a small amount of alcohol can be damaging to health and that no amount or kind of alcohol is good for people’s health.
- “[Canada’s Guidance on Alcohol and Health](#)” replaces “Canada’s Low-Risk Alcohol Drinking Guidelines” and provides Canadians with information they need to make well-informed and responsible decisions about their alcohol consumption and how it impacts their health.
- The new guidance outlines a continuum of risk associated with drinking. The risk of harm is “low” for people who consume two standard drinks or fewer per week; “moderate” for those who consume between three and six standard drinks per week; and “increasingly high” for those who consume seven or more standard drinks per week.
- The burden of health conditions attributable to alcohol in Halton is estimated to be similar to the burden of COVID-19. In the roughly three year period from March 1, 2020 to February 22, 2023, there were 1,765 hospitalizations and 412 deaths due to COVID-19 among Halton residents, compared to an estimated 2,184 hospitalizations and 375 deaths in a three year period related to alcohol use.
- In addition, Public Health Ontario estimates that 5,546 emergency department visits are attributable to alcohol in people age 15 and over in Halton each year.

ADDITIONAL RESOURCES

- [Canada’s Guidance on Alcohol and Health \(2023\)](#), Canadian Centre on Substance Use and Addiction
- [Burden of Health Conditions Attributable to Smoking and Alcohol by Public Health Unit in Ontario](#), Public Health Ontario, February 6, 2023
- [Webinar series \(March 14, 21 and 28, 2023 from 1-2 p.m.\)](#) covering creation, clinical implications and Frequently Asked Questions from Canada’s Guidance on Alcohol and Health, The Canadian Centre on Substance Use and Addiction. [Register online](#).

Please report all suspected/confirmed cases of [Diseases of Public Health Significance](#) to Public Health immediately by calling 311, 905-825-6000 or toll free at 1-866-442-5866.

PLEASE PROVIDE A COPY TO ALL PHYSICIANS IN YOUR OFFICE AND/OR POST IN EMERGENCY DEPARTMENTS AND PHYSICIAN LOUNGES. IF YOU HAVE ANY ISSUES WITH THIS ATTACHMENT, PLEASE EMAIL DOCTORS@HALTON.CA.