WHAT ARE CANADA’S LOW-RISK DRINKING GUIDELINES?

**SHORT TERM** (E.G. INJURY)
- MEN ≤ 4
- WOMEN ≤ 3

**LONG TERM** (E.G. CANCER)
- ≤ 10 STANDARD DRINKS’ PER WEEK
- ≤ 15 STANDARD DRINKS’ PER WEEK

**UPPER LIMIT OF STANDARD DRINKS’ PER DAY**

**HOW MANY CANADIANS DRINK WITHIN THE LOW-RISK DRINKING GUIDELINES?**

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<th>SHORT TERM</th>
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**SHORT TERM**

- THE PERCENTAGE OF DRINKERS EXCEEDING SHORT-TERM LIMITS ROSE FROM 17% TO 39%.
- THE AMOUNT OF ALCOHOL CONSUMED WHEN SHORT-TERM LIMITS WERE EXCEEDED ROSE FROM 53% TO 81%.

**LONG TERM**

- THE PERCENTAGE OF DRINKERS EXCEEDING LONG-TERM LIMITS ROSE FROM 7% TO 27%.
- THE AMOUNT OF ALCOHOL CONSUMED WHEN LONG-TERM LIMITS WERE EXCEEDED ROSE FROM 42% TO 68%.

**DID YOU KNOW?**

- **DRINKERS AGED 15-24 ARE MORE LIKELY TO EXCEED SHORT-TERM LIMITS AND UNDERESTIMATE THEIR CONSUMPTION.**
- **BEER AND SPIRIT CONSUMPTION IS MORE LIKELY TO BE RISKY AS WELL AS UNDERREPORTED.**
- **THERE ARE 10 QUESTIONS ABOUT ALCOHOL ON THE CANADIAN TOBACCO, ALCOHOL AND DRUGS SURVEY, AND OVER 100 ON TOBACCO AND ILLICIT DRUGS.**

**WHAT SHOULD WE DO?**

- HAVE SURVEYS ASK PEOPLE WHAT THEY DRANK YESTERDAY TO IMPROVE ACCURACY.
- STRENGTHEN HARM REDUCING POLICIES (E.G. MINIMUM PRICING) TO DISCOURAGE RISKY USE, ESPECIALLY AMONG HEAVIER DRINKERS.

An adaptation of the Yesterday Method to correct for underreporting of alcohol consumption and estimate compliance with Canadian low risk drinking guidelines, Canadian Public Health Association Journal, 2015. To request a copy of this paper, email carbc@uvic.ca. *A standard drink is a 341mL/12oz beer, cider or cooler at 5% abv; a 142mL/5oz glass of wine at 12% abv; or a 43mL/1.5oz shot of spirits at 40% abv.