

CANADIAN ALCOHOL POLICY EVALUATION (CAPE) COMMUNITY OF PRACTICE



Know Alcohol web app launch and Canada's Guidance on Alcohol and Health knowledge mobilization activities update

Event #30: November 20, 2024

The views and opinions expressed as part of this presentation are those of the presenters and do not necessarily represent those of our funders or other organizations acknowledged.



**University
of Victoria**

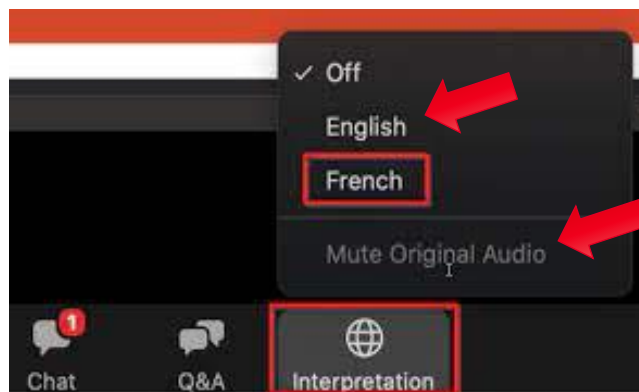
Canadian Institute
for Substance
Use Research

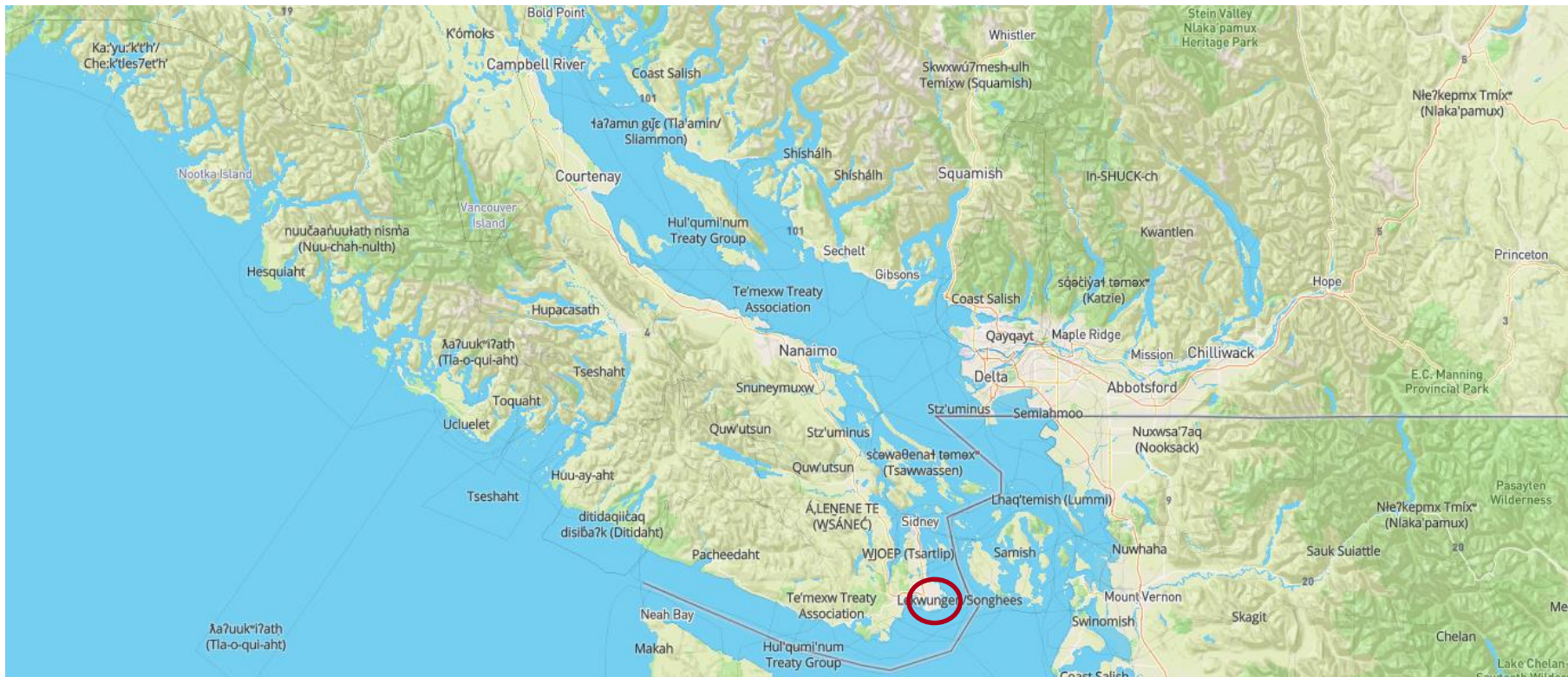
Institut canadien
de recherche sur
l'usage de substances

camh
Centre for Addiction and Mental Health

INTERPRÉTATION SIMULTANÉE

- Veuillez noter que l'événement sera en anglais / This event will be in English.
- Une interprétation simultanée en français est offerte sauf pour la période de questions / Simultaneous French interpretation is available **except** for the Q&A portion.





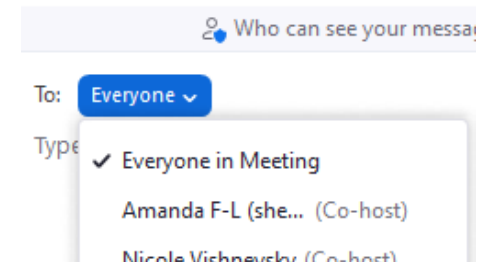
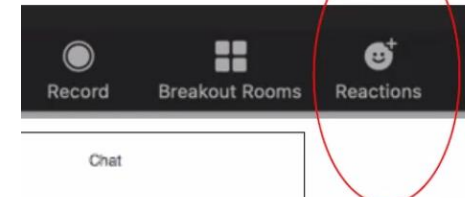
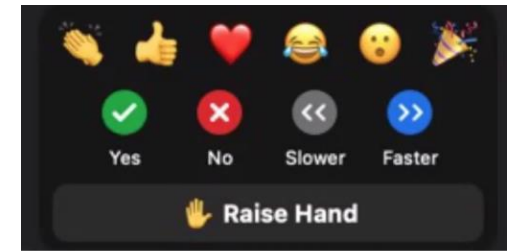
We acknowledge and respect the Lək̓ʷəŋən (Songhees and Esquimalt) Peoples on whose territory the university stands, and the Lək̓ʷəŋən and W̱SÁNEĆ Peoples whose historical relationships with the land continue to this day.

HOUSEKEEPING

- Today's webinar includes a presentation and Q&A = 90mins
- The presentation segment will be recorded (not Q&A). Links to the recording and webinar slides (English and French), will be emailed.
- We invite your feedback about today's session. A survey link will be shared in the Chat box and via email.
- For persons with lived/living experience stipends: email capecopcoord@uvic.ca
- Next event: **Thursday, December 5**
Alcohol and cancer: strategies, impacts and challenges of public health campaigns and advocacy efforts

Q&A FORMAT

- Use the chat box or Q&A tool to submit a question at any time (either privately to the moderator or to everyone).
- 'raise hand' during Q&A segment. The moderator will ask you to unmute to pose your question.
- The moderator may read aloud questions typed in the chat or Q&A tool.
- Technical difficulties? please message us in the chat.



PRESENTERS

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Canadian Centre on Substance Use and Addiction

Andrea Cowan, Know Alcohol Web App Team
Canadian Institute for Substance Use Research

Priya Johal, Know Alcohol Web App Team
Canadian Institute for Substance Use Research

Dr. Tim Naimi, Director
Canadian Institute for Substance Use Research



Canadian Centre
**on Substance Use
and Addiction**

Centre canadien sur
**les dépendances et
l'usage de substances**



 @CCSA.CCDUS

 ccsa_ccdus

 @CCSAcanada
@CCDUScanada

 Can Centre on Substance Use and Addiction
Centre can sur les dépendances et l'usage de substances



Canadian Centre
on Substance Use
and Addiction

Evidence. Engagement. Impact.

Centre canadien sur
les dépendances et
l'usage de substances

Données. Engagement. Résultats.



Canada's Guidance on Alcohol and Health and Know Alcohol

Bryce Barker, PhD, Senior Knowledge Broker,
Canadian Centre on Substance Use and Addiction
Ottawa, Ontario











Land Acknowledgment



CGAH Messages

To reduce the risk of harm from alcohol, it is recommended that people living in Canada consider reducing their alcohol use.

Alcohol Consumption Per Week

0 drinks per week Not drinking has benefits, such as better health and better sleep.	No risk	0 
1 to 2 standard drinks per week You will likely avoid alcohol-related consequences for yourself and others.	Low risk	1  2 
3 to 6 standard drinks per week Your risk of developing several different types of cancer, including breast and colon cancer, increases.	Moderate risk	3  4  5  6 
7 or more standard drinks per week Your risk of heart disease or stroke increases. Each additional standard drink Radically increases the risk of these alcohol-related consequences.	Increasingly high risk	7  8  +  ++



Alcohol Consumption Per Day

If you are going to drink, don't exceed 2 drinks on any day.

Drinking less benefits you and others. It reduces your risk of injury and violence, and many health problems that can shorten life.



Pregnant, Trying to Get Pregnant or Breastfeeding

During pregnancy or when trying to get pregnant, there is no known safe amount of alcohol use.

When breastfeeding, not drinking alcohol is the safest.



Sex and Gender

Health risks increase more quickly at 7 or more standard drinks per week for females.

Overall, far more injuries, violence and deaths result from men's drinking.



The Canadian Centre on Substance Use and Addiction was commissioned by Health Canada to produce Canada's Guidance on Alcohol and Health. This document is a summary for the public of the new guidance. For more information, please visit www.ccsa.ca.

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Drinking less is better

We now know that even a small amount of alcohol can be damaging to health.

Remember that there is no amount of drinking that you can safely drink. Every time you drink alcohol you are increasing your risk of health problems. The more you drink, the greater the risk. There is no safe level of drinking. The only way to avoid the health risks of alcohol is to not drink at all.

Remember that you can get drunk on a small amount of alcohol. It's not the amount you drink that matters, it's the amount of alcohol in your blood. So, if you drink a small amount of alcohol, you can still get drunk. And if you get drunk, you are at a higher risk of health problems.

Alcohol consumption per week

Drinking less than 14 units per week is considered low risk. The more you drink, the higher the risk of health problems.

Alcohol consumption per week	Risk of health problems
Less than 14 units per week	Low risk
14 to 20 units per week	Medium risk
21 to 28 units per week	High risk
29 to 36 units per week	Very high risk
37 to 44 units per week	Extremely high risk

Remember that you can get drunk on a small amount of alcohol. It's not the amount you drink that matters, it's the amount of alcohol in your blood. So, if you drink a small amount of alcohol, you can still get drunk. And if you get drunk, you are at a higher risk of health problems.

Am to drink less

Drinking less than 14 units per week is considered low risk. The more you drink, the higher the risk of health problems.

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It's time to pick a new target

What will your monthly drinking target be?

Remember that you can get drunk on a small amount of alcohol. It's not the amount you drink that matters, it's the amount of alcohol in your blood. So, if you drink a small amount of alcohol, you can still get drunk. And if you get drunk, you are at a higher risk of health problems.

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[illegible][illegible][illegible]











Brochure

- <https://ccsa.ca/canadas-guidance-alcohol-and-health#communications-toolkit>.

Guidance and Know Alcohol


To reduce the risk of harm from alcohol, it is recommended that people living in Canada consider reducing their alcohol use.

Alcohol Consumption Per Week

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7 or more standard drinks per week Your risk of heart disease or stroke increases. Each additional standard drink Radically increases the risk of these alcohol-related consequences.	Increasingly high risk	7  8  +  ++

Alcohol and health:
It adds up.

Calculate now



KNOWALCOHOL.CA

University of Victoria | Canadian Institute for Substance Use Research | Institut canadien de recherche sur l'usage de substances

Knowledge Mobilization Approach



Focus on:

- answering questions most important to communities,
- building awareness.

Goal:

- Facilitate collaboration and encourage tailoring and use of the guidance.

Plan:

- Support the building of tools tailored specifically to community needs, outlooks, interests, and priorities.

Partner Reception and Endorsement

- The Council of Chief Medical Officers of Health
- Health Officers Council of British Columbia, Position Statement on Alcohol
- Chief Medical Officer of Health Report, Ontario
- Ontario Association of Local Public Health Agencies, Resolution
- Canadian Medical Association, Policy Endorsement
- Government of British Columbia Clinical Practice Guideline, High-Risk Drinking and Alcohol Use Disorder

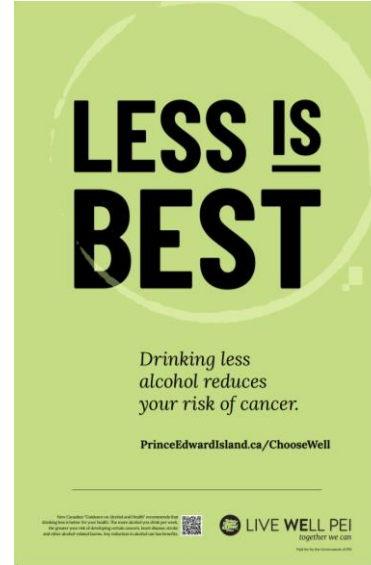
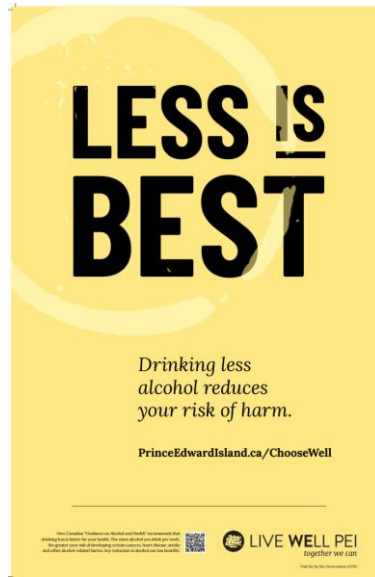


National Engagement

- National events (e.g., Canadian Public Health Association Conference)
- Canadian Cancer Society, Canadian Partnership Against Cancer, Canadian Armed Forces, Association of Faculties of Medicine of Canada
- **CISUR collaboration on Know Alcohol**



Regional Guidance Campaigns: PEI



www.livewellpei.ca

Regional Guidance Campaigns: ON



Central East
Regional Cancer Program
Ontario Health (Cancer Care Ontario)

Alcohol does not
come with a
warning label,
but it should.

Drinking alcohol
increases your
risk of cancer.

To lower your risk, limit
drinking alcohol to only 1-2
drinks a week.

Visit cercp.ca to learn more.

You have the right to know!
Alcohol research has changed.
It might be time to

RETHINK^o:
YOUR DRINKING.ca

The more
alcohol you
drink, the
higher your
risk of
developing
Cancer

Get the straight up facts.
straightupfacts.ca

Regional Guidance Campaigns: NB

Less is better

Reduce your risk of cancer, heart disease and stroke by making informed decisions about your intake.



GNB.CA/AlcoholRisks

Br^unswick



More than two
standard drinks on a
single occasion means a
greater risk of harm.



Alcohol use is a major
risk factor for cancer,
heart disease, and
liver disease.



There is no safe
amount of alcohol use
when pregnant or
breastfeeding.

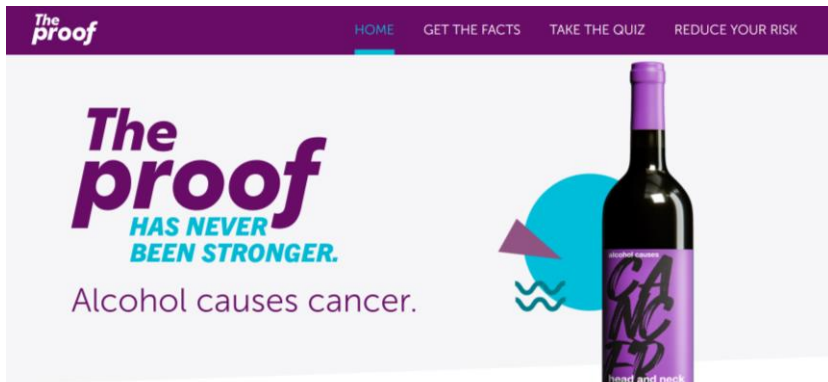


There are no
“better” or “healthier”
types of alcohol.




Alcohol deprives you
of the restorative,
deep sleep that
leaves you feeling
rejuvenated.

Regional Guidance Campaign: BC




About the campaign

This campaign is a joint initiative of BC Cancer^[2] and British Columbia's Ministry of Health^[3]. It reflects Canada's new Guidance on Alcohol and Health^[4], which provides evidence-based advice on alcohol to support you in making informed decisions about your health.




BC
CANCER
Provincial Health Services Authority



BRITISH
COLUMBIA
Ministry of
Health

Learn more about Canada's Guidance on Alcohol and Health.

[READ THE NEW GUIDANCE](#)



Drink Less, Live More

paalcoholstrategy.ca

Drink Less

Live More

Canadian Centre on Substance Use and Addiction

SG Saskatchewan
In partnership with
for Northern Alcohol Strategy

Any reduction in alcohol use has benefits.
Visit DrinkLessLiveMore.ca

Regional/Local amplification

Health regions and organizations amplified the campaign:

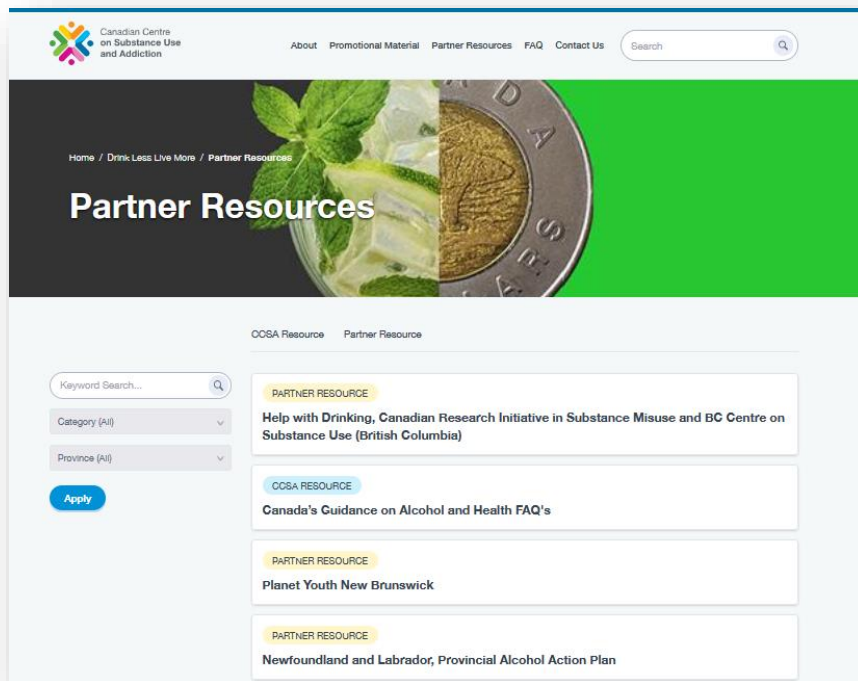
- Adapted one-pager for geo-targeted campaign: Southwestern Public Health; Middlesex-London Health Unit; York Region Public Health
- Adapted ads for Kingston, Frontenac and Lennox & Addington Public Health for digital screens in region.
- Alberta Health Services adapted ads for electronic billboards in health environments in their jurisdiction.
- The Nunalituqait Ikajuqatigiittut Inuit Association translated one of the ads into Inuktitut to be used in 14 municipalities.

Regional/Local amplification

- Community Alcohol Strategy Steering Committee in Prince Albert created a digital community billboard ad that cycles through all nine ads.
- Durham County Public Health has used the ads for Go Transit, Landmark movie theatres, OHL hockey arenas and more.
- Uptake continues, with Sudbury, Middlesex 2.0 and more...

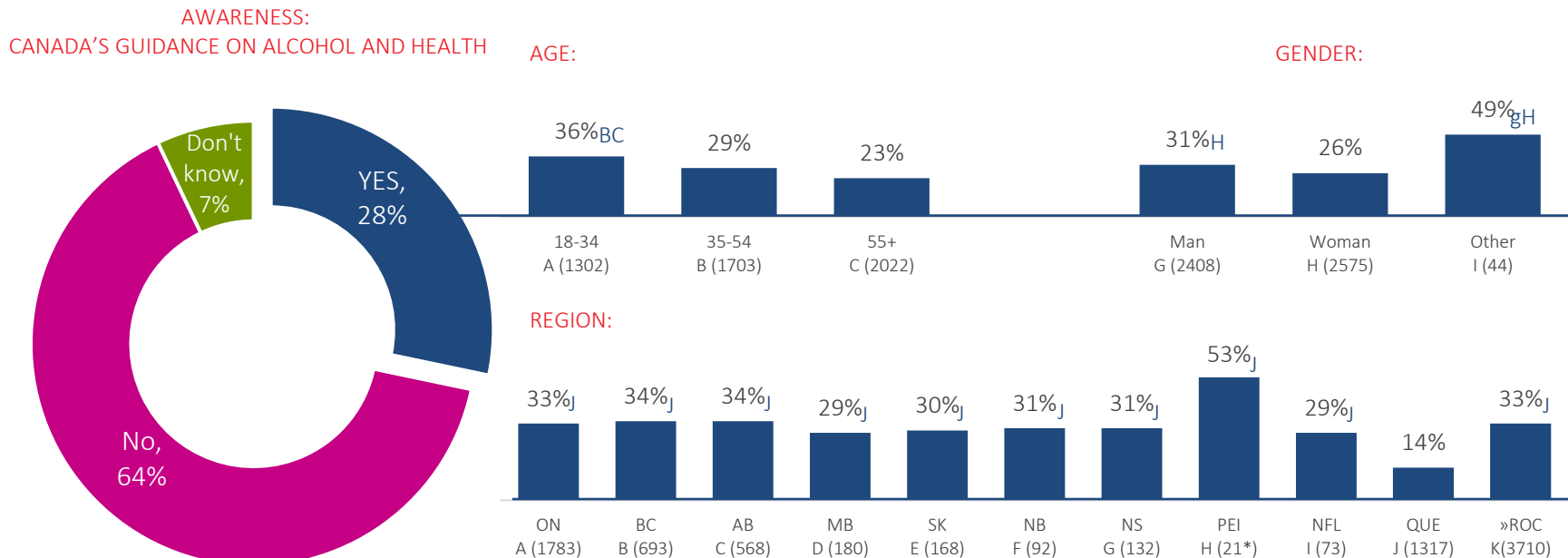


Microsite: Partner Resource Hub



- Partner Resources tab allows partners to find existing campaigns that use the guidance.
- Allows sorting by province and resource type.
- Intention is to show how the guidance is being used and increase connections.











28% of respondents are aware of Canada's Guidance on Alcohol and Health



Guidance and Know Alcohol


To reduce the risk of harm from alcohol, it is recommended that people living in Canada consider reducing their alcohol use.

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Alcohol and health:
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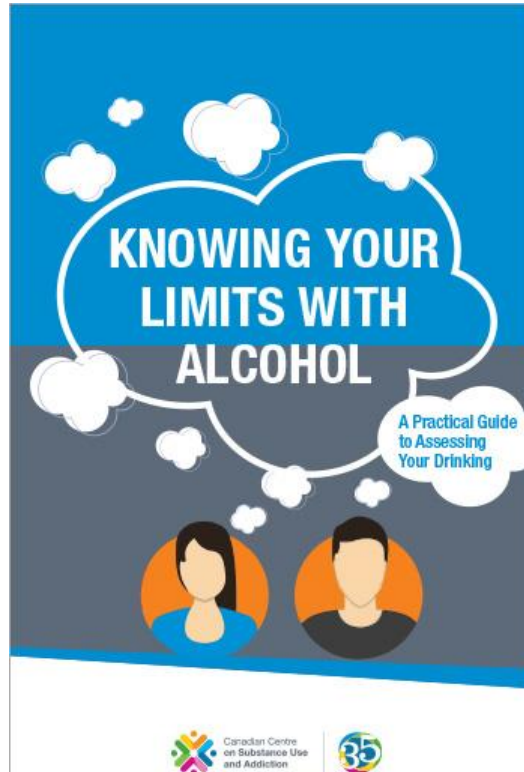
Calculate now



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Knowing Your Limits with Alcohol



Contact Information

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alcohol@ccsa.ca

KNOW ALCOHOL

An Interactive Web Application in Support
of Canada's Guidance on Alcohol and
Health

Presenters: Dr. Timothy Naimi, Andrea Cowan, Priya Johal



**University
of Victoria**

Canadian Institute for
Substance Use Research

Acknowledgements

- Kevin D. Shield
- Canadian Center for Substance Use and Addiction
- Scientific Panel - Canada's Guidance on Alcohol and Health
- SuperUs
- Be the Change
- Autrement Dit
- Health Canada

Canada's Guidance on Alcohol and Health

Per week

No risk

0 

Low risk

1 

2 

Moderate
risk

3 

4 

5 

6 

Increasingly
high risk

7 

8 

+ 

Table 2. Increased risk of diseases and injuries for males based on average weekly alcohol use (standard drinks per week)

Disease or injury	1	2	3	4	5	6	7	14	21	35
Tuberculosis	3.7%	7.5%	11.4%	15.5%	19.7%	24.1%	26.3%	62.4%	105.2%	233.3%
Lower respiratory infections	1.0%	1.9%	2.9%	3.9%	4.9%	5.9%	6.4%	13.7%	21.0%	37.6%
Oral cavity and pharynx cancer	5.1%	10.3%	15.8%	21.6%	27.6%	33.8%	37.0%	89.4%	152.3%	338.4%
Oesophagus cancer	2.7%	5.4%	8.2%	11.1%	14.1%	17.2%	18.7%	42.7%	69.1%	139.3%
Colorectal cancer	1.4%	2.7%	4.1%	5.6%	7.0%	8.5%	9.2%	20.0%	31.1%	57.4%
Liver cancer	0.8%	1.6%	2.4%	3.2%	4.0%	4.8%	5.2%	11.2%	17.0%	30.1%
Breast cancer	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Larynx cancer	3.0%	6.0%	9.1%	12.3%	15.5%	18.8%	20.5%	46.3%	73.8%	143.5%
Pancreatitis	3.5%	7.2%	11.0%	14.9%	18.9%	23.1%	25.3%	59.7%	100.1%	219.7%
Diabetes Mellitus	0.0%	0.0%	0.1%	0.1%	0.2%	0.2%	0.3%	1.1%	2.4%	5.9%
Liver cirrhosis	6.2%	12.4%	18.8%	25.6%	32.9%	40.5%	44.5%	113.6%	207.1%	553.0%
Atrial fibrillation and flutter	1.3%	2.6%	3.9%	5.3%	6.6%	8.0%	8.7%	18.9%	29.2%	53.7%
Hypertension	2.8%	5.7%	8.7%	11.8%	15.0%	16.6%	17.4%	29.3%	35.9%	47.2%
Ischemic heart disease	-5.0%	-5.0%	-5.0%	-5.0%	-5.0%	-5.0%	-5.0%	4.0%	4.0%	15.0%
Ischemic stroke	-8.0%	-8.0%	-8.0%	-8.0%	-8.0%	-8.0%	-8.0%	8.0%	8.0%	14.0%
Intracerebral hemorrhage	-8.0%	-8.0%	-8.0%	-8.0%	-8.0%	-1.0%	-1.0%	25.0%	25.0%	67.0%
Subarachnoid haemorrhage	21.0%	21.0%	21.0%	21.0%	21.0%	11.0%	11.0%	39.0%	39.0%	82.0%
Epilepsy	3.1%	5.7%	8.3%	11.0%	13.8%	16.6%	18.0%	40.2%	64.5%	129.2%
Road injuries	3.0%	6.1%	9.2%	12.5%	15.9%	19.3%	21.1%	48.8%	80.2%	168.0%
Other unintentional injuries	1.6%	3.2%	4.8%	6.4%	8.1%	9.8%	10.6%	23.3%	36.5%	68.3%
Intentional injuries	5.1%	10.5%	16.1%	22.1%	28.3%	34.9%	38.3%	96.1%	171.2%	431.9%

Dark red > 50%; light red 20% to 50%; yellow 10% to < 20%; green < -10%

KNOWALCOHOL.CA

- Bilingual web application
- Personalized alcohol information
- Standard drink visualizer & calculator
- Quiz
- Tips & resources
- General health information

KNOWALCOHOL.CA

- Engagement ✓
- Design ✓
- Development ✓
- Promotion
- Evaluation

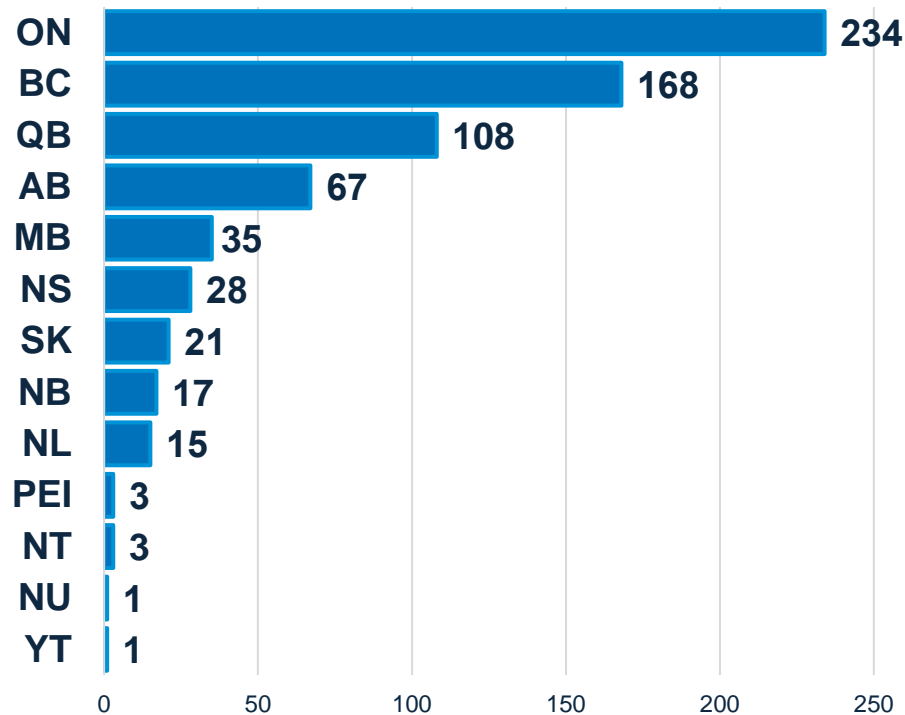
Engagement

National Survey (*N*=944)

- Alcohol consumption
- Alcohol literacy
- Guidance knowledge
- Preferences and motivations for Know Alcohol

Survey Results ($n=660$)

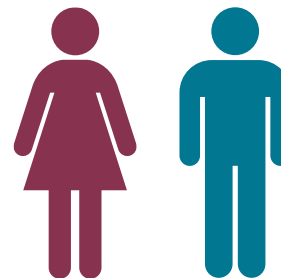
Province or Territory



Age

Mean = 39.84

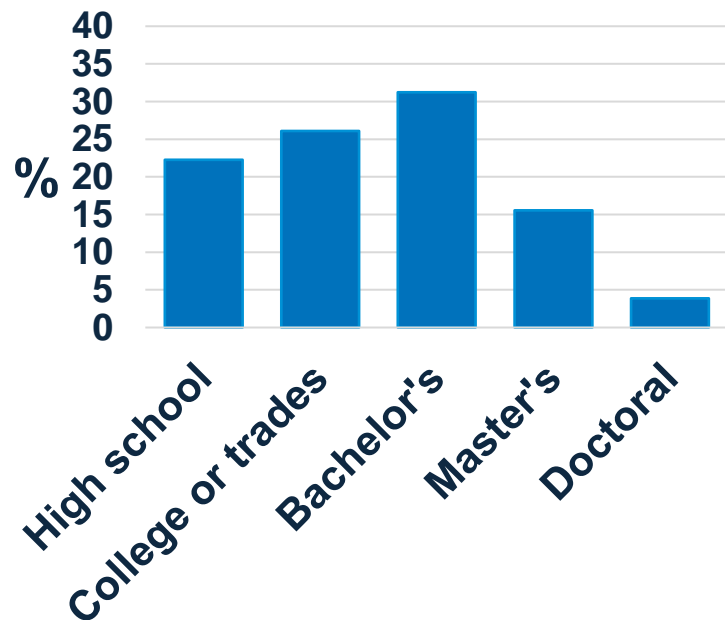
Gender



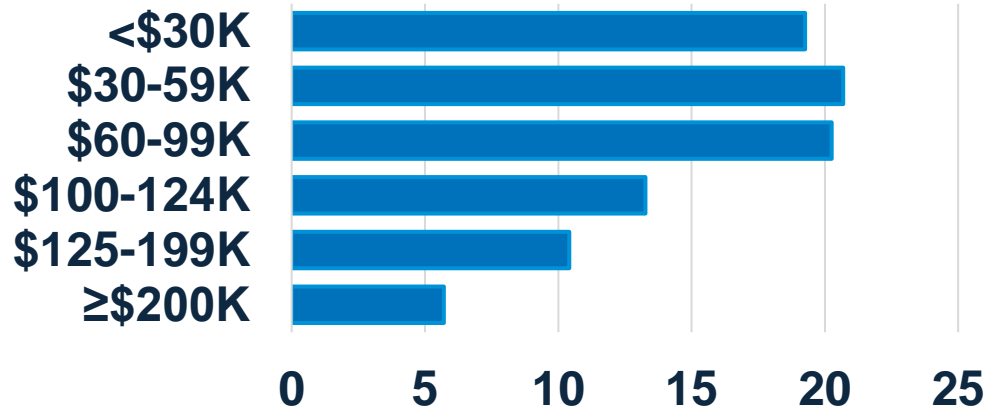
60%
Women

36%
Men

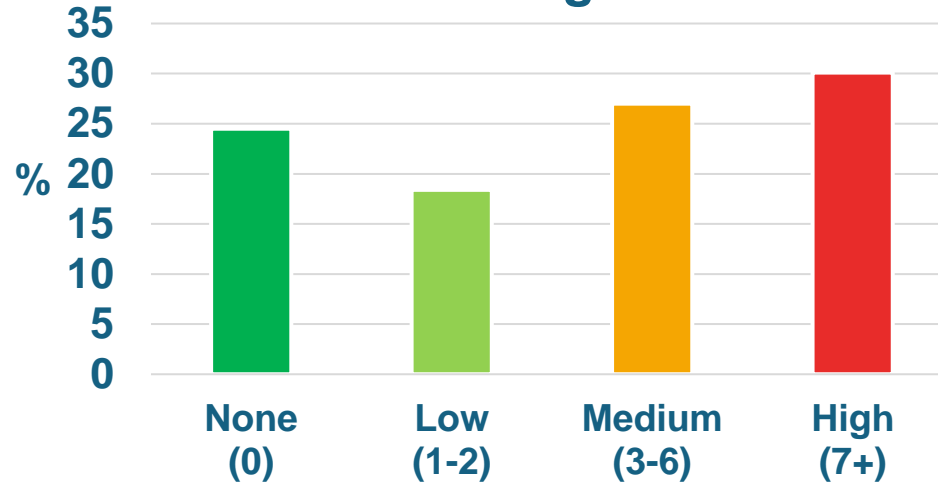
Education



Household Income



Guidance Drinking Risk Zone



(Drinks)



>50%

Binge drank



54%

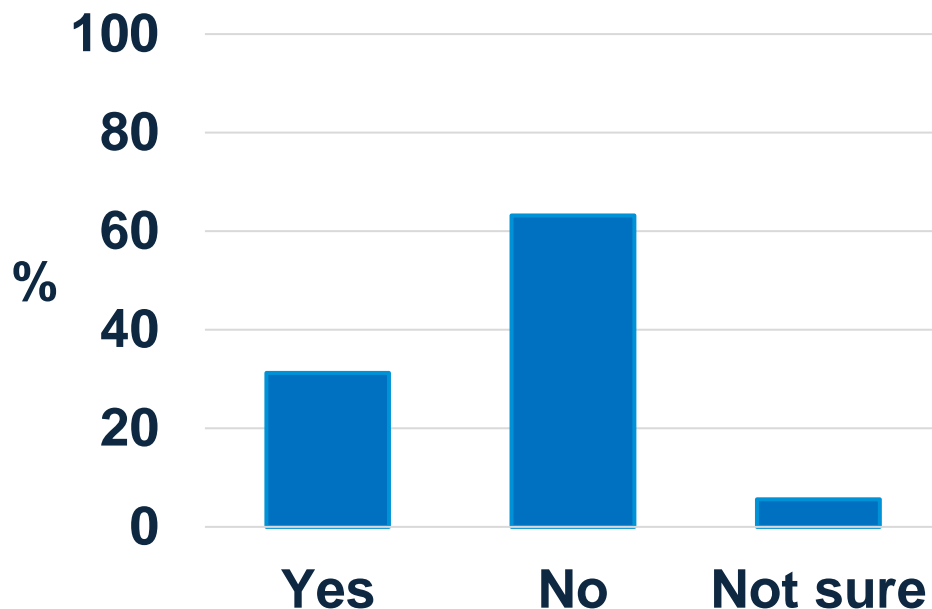
First-hand harms



61%

Second-hand harms

Have you heard of Canada's Guidance on Alcohol and Health?



Canada's Guidance on Alcohol and Health

Guidance to support people in Canada to make informed decisions about alcohol and consider reducing their alcohol use

A standard drink means:

Beer
341 ml (12 oz) of beer
5% alcohol

Cooler, cider, ready-to-drink
341 ml (12 oz) of drinks
5% alcohol

Wine
142 ml (5 oz) of wine
12% alcohol

Spirits
(whisky, vodka, gin, etc.)
43 ml (1.5 oz) of spirits
40% alcohol

To reduce the risk of harm from alcohol, it is recommended that people living in Canada consider reducing their alcohol use.

Alcohol Consumption Per Week

0 drinks per week Not drinking has benefits, such as better health and better sleep.	No risk	0
1 to 2 standard drinks per week You will likely avoid alcohol-related consequences for yourself and others.	Low risk	1 2
3 to 6 standard drinks per week Your risk of developing several different types of cancer, including breast and colon cancer, increases.	Moderate risk	3 4 5 6
7 or more standard drinks per week Your risk of heart disease or stroke increases. Each additional standard drink Radically increases the risk of these alcohol-related consequences.	Increasingly high risk	7 8 + ++



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Pregnant, Trying to Get Pregnant or Breastfeeding

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Sex and Gender

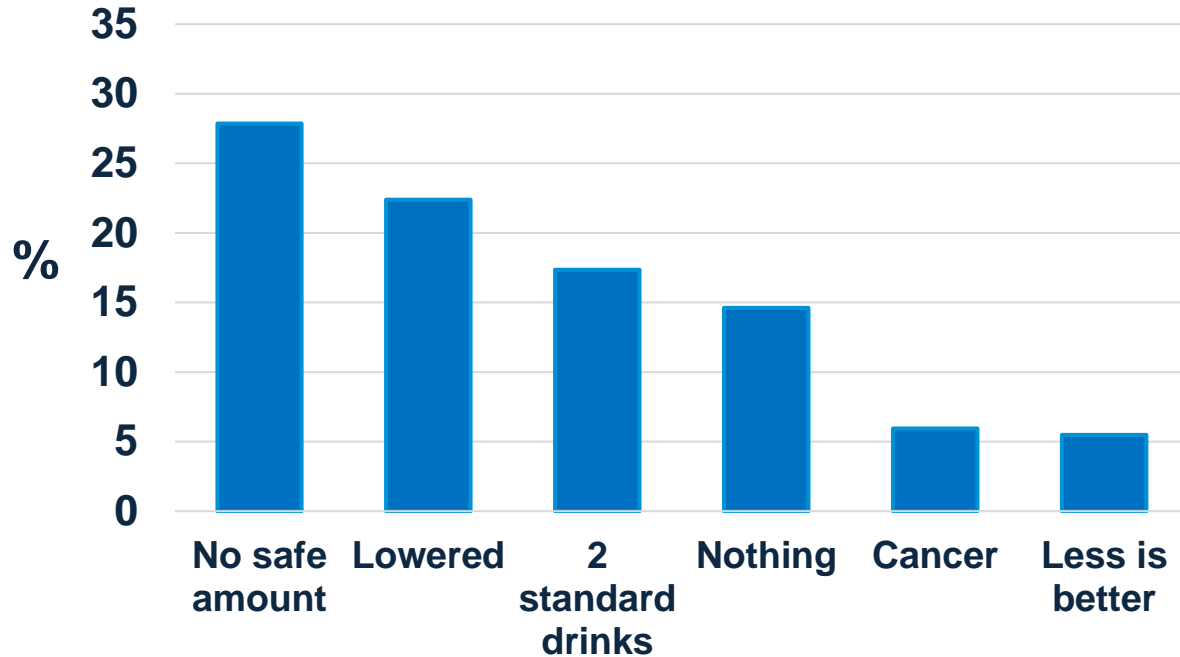
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The Canadian Centre on Substance Use and Addiction was commissioned by Health Canada to produce Canada's Guidance on Alcohol and Health. This document is a summary for the public of the new guidance. For more information, please visit www.ccsa.ca.
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CGAH Knowledge



Alcohol can cause...

Cancers: 67% Yes

Breast cancer: 32% Yes

Birth defects: 92% Yes



**A little alcohol is good
for heart health?**

26% Yes

Topics of Interest



Tips & resources

Health risks

Mental health

Binge drinking

Standard drinks

Why people drink

Interest in Personalized Information



Health risks, costs, and calories from alcohol:

70%

Disease-specific risks:

80%

Engagement

Web App Advisory Group

- **19** members
- Age range: **18-58**
- **9 of 13** P/Ts represented
- Monthly consultations

Advisory Group

- **Domain name**

- *Drink less live more.ca*

- *My alcohol goals.ca*

- *Know alcohol.ca*

- **Development: calculator inputs and outputs**

- **Design: colours, fonts, imagery, icons, etc.**

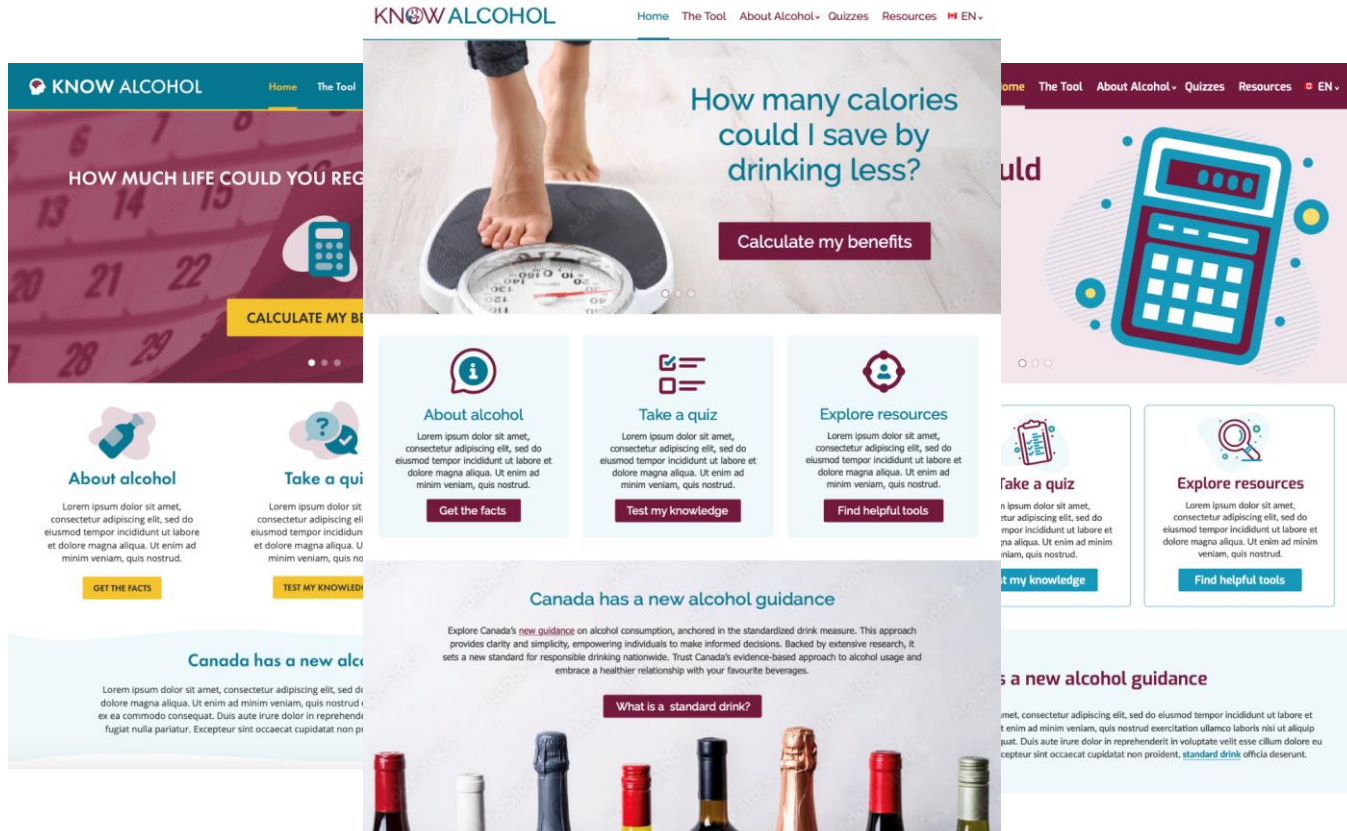


Development

OUTPUT			
	Based on Current Average Alcohol Use	Based on Target Average Alcohol Use	For Abstainers
Alcohol use (average use)	18 per week	5 per week	Abstainer
Percent - in population	You drink more than 94.3% of the population your age and sex	You drink more than 75.5% of the population your age and sex	You and 21.7% of the population of your age and sex group do not drink
Percent - among drinkers	You drink more than 92.7% of drinkers your age and sex	You drink more than 73.8% of drinkers your age and sex	You and 21.7% of the population of your age and sex group do not drink
Risk zone - Canadian Guidance on Alcohol and Health (based on)	Increasingly high risk	Moderate risk	No risk
	The Canadian Guidance on Alcohol and Health recommends that you consume no more than 2 drinks on one drinking occasion. The drinking pattern puts you at a higher risk of infectious diseases, digestive diseases, cardiovascular diseases, epilepsy, cancer and injuries as compared to someone who does not exceed 2 drinks on one drinking occasion. Binge drinking is defined for men as consuming 5 or more drinks on one occasion; this puts you at a very high risk of experiencing negative consequences related to alcohol use. For more information about about, options help with use.		
Lifetime Risk of an Alcohol-Attributable Death			
Infectious diseases	0.53%	0.15%	0.00%
Cancers	1.54%	0.89%	0.00%
Cardio-vascular diseases	1.48%	0.58%	0.00%
Digestive diseases	0.72%	0.54%	0.00%
Diabetes	0.04%	0.00%	0.00%
Neurological disorders	0.02%	0.01%	0.00%
Injuries	1.47%	0.37%	0.00%
Total	5.79%	3.49%	0.00%
Current life expectancy	81.688	82.293	82.365
Life expectancy loss - years (compared to abstinence)	0.679	0.073	
Life expectancy loss - years (target alcohol use compared to current)	0.685		
Life expectancy loss (current vs abstinence)	8 months, 4 days	3 weeks, 5 days	
Go to lowest common denominator (1 unit)	To regain 1 month of life you need to cut down your alcohol intake by 3 drinks per week	To regain 1 month of life you need to reduce your drinking to 15 drinks per week	
	If you consumed 2 drinks per week you would live 8 months, 1 week, 3 days longer compared to how long you would live now		
Life expectancy loss (current vs target)	7 months, 1 week		
Life expectancy change per drink consumed over your lifetime	Based on your current alcohol use, you lose 10 mins of	Based on your target alcohol use, you lose 4 mins of life for each drink	
Cigarette Equivalent (Cigarettes per week)	13	2	-
Number of drinks (lifetime)	35,620	10,106	-
Number of drinks (past year)	939	261	-
Cost of drinks (month)	\$ 211.96	\$ 58.89	-
Cost of drinks (past year)	\$ 2,543.52	\$ 706.54	-
	To save \$1000 in the next year you would need to reduce your alcohol use to 19 drinks per week		
	Cost savings to 2 drinks per week		
	You could save \$2439 over the next year if you reduced your alcohol use to 2 drinks per week		
Cost of drinks (lifetime)	\$ 97,072	\$ 27,388.52	-
Cost of drinks up until 65 years of age	\$ 53,414	\$ 14,837.25	-
Cost of drinks up until 65 years of age - 4.9% yearly compound	\$ 89,795	\$ 24,943.10	-
Excess calories per day	386	107	-
% of daily recommended calories (2,000 per day)	19.3%	5.4%	-



Design



KNOW ALCOHOL

KNOW ALCOHOL

[Home](#) [About Alcohol](#) [Calculator](#) [Resources](#) [Quiz](#) [Language](#)

What are my health risks, costs and calories from drinking alcohol?

What could I gain or save from drinking less?

CALCULATE NOW

Canada's Guidance on Alcohol & Health



Canada has a new [alcohol](#) guidance that outlines a continuum of risk for alcohol-related harms as follows:

- **No risk** at 0 standard drinks per week
- **Low risk** at ≤ 2 standard drinks per week
- **Moderate risk** at 3-6 standard drinks per week
- **Increasingly high risk** at ≥ 7 standard drinks per week

Did you know?

- Consuming more than 2 [standard drinks](#) per occasion increases the risk of [harm](#) to yourself and others
- When [pregnant](#), trying to get pregnant, or breastfeeding, no alcohol use is safest
- [Youth](#) under the legal drinking age should delay alcohol use for as long as possible

No matter where you are on the continuum, [drinking less is best](#). Explore our [calculator](#) to see how alcohol impacts you and what you can gain from drinking less.

Promotion

- Target audiences ✓
 - General population
 - Men (25-50, high-risk drinkers)
 - Women (18-40)
 - Youth (15-24)
- Campaign concepting & assets ✓
- Media buys & communications plan ✓
- Launch!
- Evaluation

BETHECHANGE GROUP

Campaign Concepts

**IT
ADDS
UP**

**FIND OUT WHAT YOU G
BY CUTTING BACK.**

USE OUR CALCULATOR AT **KNOWALCOHOL**.CA

Are you making
pour decisions about
your drinking habits?

**No helmet ,
no mask ,
no problem !**

ange.
about alcohol is changing too.

Use our
owalcohol.ca

Campaign Assets

- **Focus group tested**
- **Emphasis on knowledge**
- **Leverage curiosity (provocative, catchy taglines)**
- **Direct users to the calculator**
- **Simple but bold imagery**
- **CISUR logo for credibility**

Know the true
cost of happy

Calculate

KNOWALCOHOL.CA



**University
of Victoria**

Canadian Institute
for Substance
Use Research

**The price
of your drink
is higher than
you think.**

Calculate now

KNOWALCOHOL.CA



**University
of Victoria**

Canadian Institute
for Substance
Use Research

Institut canadien
de recherche sur
l'usage de substances

**Do you really
know the longer
cost of money?**

Calculate a shot

KNOWALCOHOL.CA

Canadian Institute
for Substance
Use Research

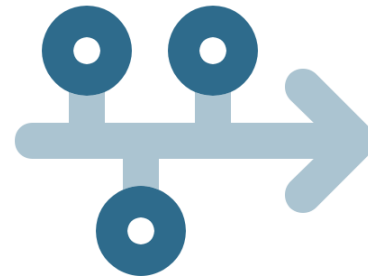
Institut canadien
de recherche sur
l'usage de substances

Campaign Rollout

- **National & bilingual ad campaign**
- **Digital ads (primarily on social media)**
- **Outreach with social media package**
 - **CISUR's network (CAPE CoP)**
 - **UVic network**
 - **Health authorities & agencies**
 - **Community organizations**
- **St. Francis Xavier University**

Campaign Timeline

- General public: **January 2025**
- Men: **March 2025**
- Youth: **May 2025**
- Women: **July 2025**



KNOWALCOHOL.CA

Next steps

- **Jan 2025** launch
- **Invitation to partner & help promote**
 - **Social media package coming soon**
- **Evaluation study**
- **Ongoing optimization**

Thank You!

<https://knowalcohol.ca>

Coming Soon

KNOW ALCOHOL

Know Alcohol is being designed by the Canadian Institute for Substance Use Research (CISUR). Based on research from Canada's Guidance on Alcohol and Health, this site will provide Canadians with information about alcohol and the benefits of drinking less.



webapp.team@uvic.ca

Questions?



Thank you for attending!

Complete our 3min feedback survey:

English: <https://www.surveymonkey.ca/r/CV657SK>

French: <https://www.surveymonkey.ca/r/CV657SK?lang=fr>

CAPE COMMUNITY OF PRACTICE

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