CANADIAN ALCOHOL POLICY EVALUATION (CAPE) COMMUNITY OF PRACTICE

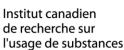


Alcohol and cancer: strategies, impacts and challenges of public health campaigns and advocacy efforts

Event #31: December 5, 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.





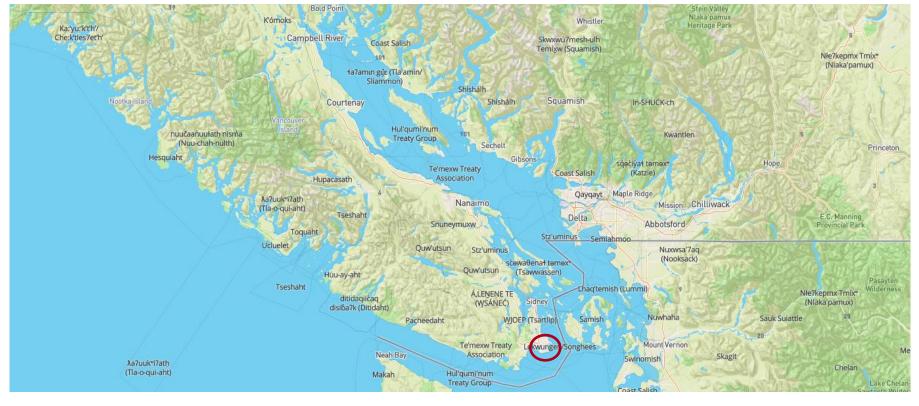


INTERPRÉTATION SIMULTANÉE



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





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

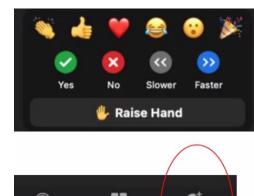
HOUSEKEEPING



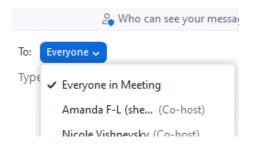
- Today's webinar includes three presentations with Q&A after each presentation, 90mins total
- The webinar will be recorded. The Q&A segments will be edited out of the recording that will be shared after the event. Links to the recording (English and French) and webinar slides will be sent via email.
- 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

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



Dr Fawaad Iqbal

Radiation Oncologist, Durham Regional Cancer Centre

Cheryl Peters

Senior Scientist, Prevention, Screening and Hereditary Cancer, BC Cancer

Brandon Purcell

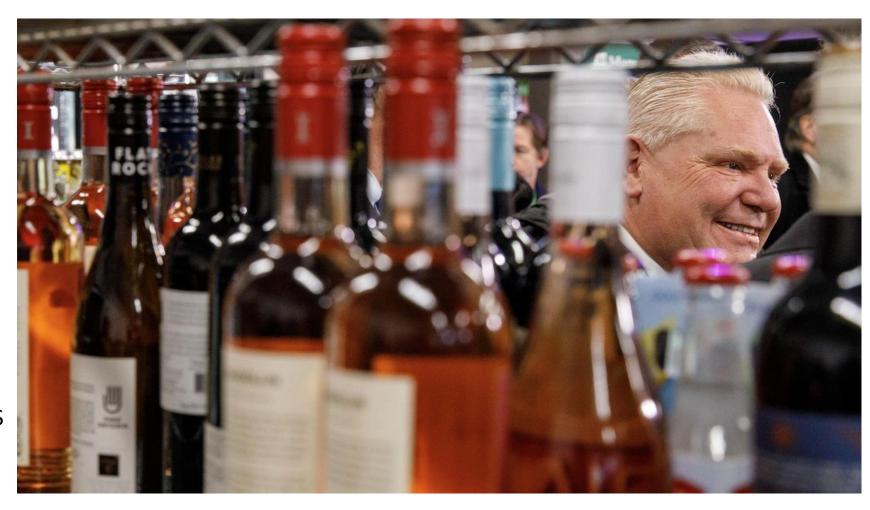
Advocacy Manager, Prevention and Early Detection, Canadian Cancer Society

Alcohol and cancer: strategies, impacts and challenges of public health campaigns and advocacy efforts

Fawaad Iqbal MD FRCPC Radiation Oncology

On behalf of the Durham Regional Cancer Centre Cancer Screening and Prevention

Thanks to Shannon Bourke BHsc, MHS

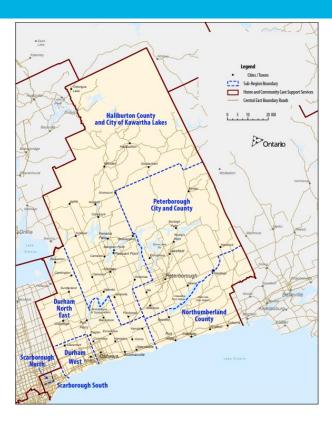


Central East Region

- Durham the traditional territory of the Mississaugas of Scugog Island First Nation.
- Northumberland the traditional territory of the Anishnabek, Huron-Wendat, Haudenosaunee (Iroquois), Ojibway/Chippewa peoples.
- Peterborough the traditional territory of the Anishinaabe
 Mississauga adjacent to Haudenosaunee Territory.
- Quinte the traditional territory of the Anishnabek, Huron-Wendat, Haudenosaunee (Iroquois).

Central East Regional Cancer Program Overview

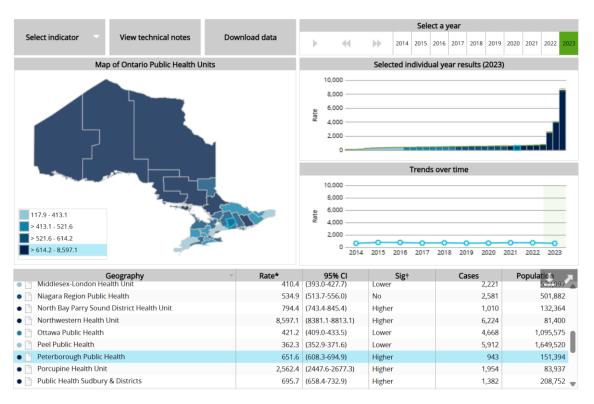




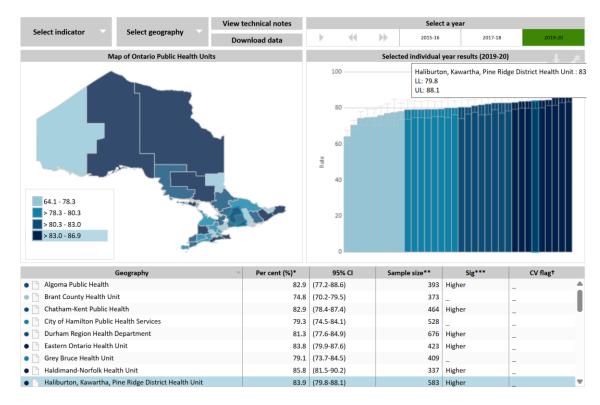
Catchment population ~1.6 million

Public Health Ontario data

ED visits for conditions entirely attributable to alcohol >> Agestandardized rate (both sexes) >> 2023



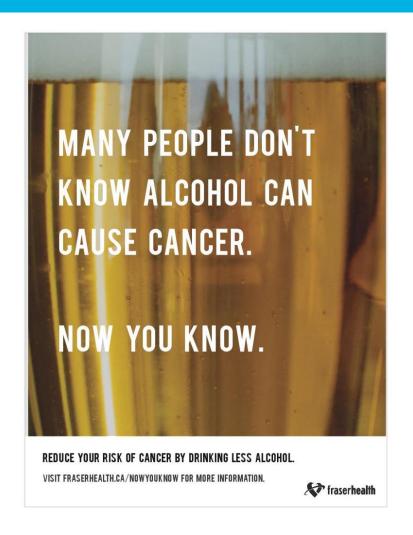
Self-reported rate of current drinking (i.e., had one or more drinks in the past 12 months) >> Age-standardized rate (both sexes) >> 2019-20



https://www.publichealthontario.ca/en/Data-and-Analysis/Substance-Use

Fraser Health Authority "Now You Know" 2020







2023 Updated Guidelines



Evidence. Engagement. Impact.

www.ccsa.ca • www.ccdus.ca

Canada's Guidance on Alcohol and Health: Final Report

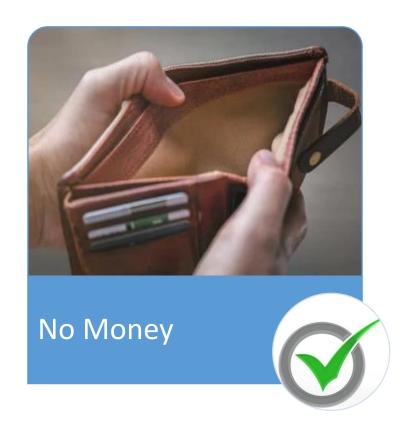
January 2023

Alcohol Awareness Campaign

Goals:







- Static Billboard- \$2000/4 weeks
 - Limitations:
 - Limited Reach
 - High Cost
 - Effectiveness?



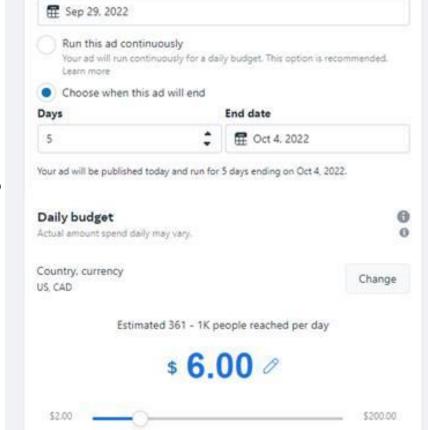
- Radio Advertising- \$20 800/4 weeks
 - Limitations:
 - Limited Reach
 - Very High Cost
 - Effectiveness?

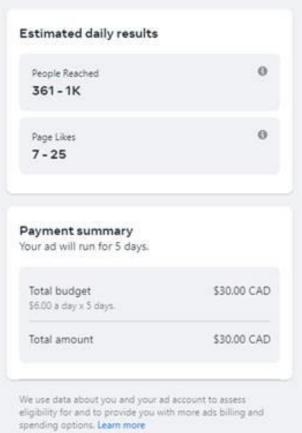


- Print Advertising- \$1000-\$4600 for 1 full page
 - Limitations:
 - Limited Reach
 - Very High Cost
 - Effectiveness?



- Social Media- Any budget
 - Strengths:
 - Designate reach
 - Low/custom Cost
 - Effectiveness metrics





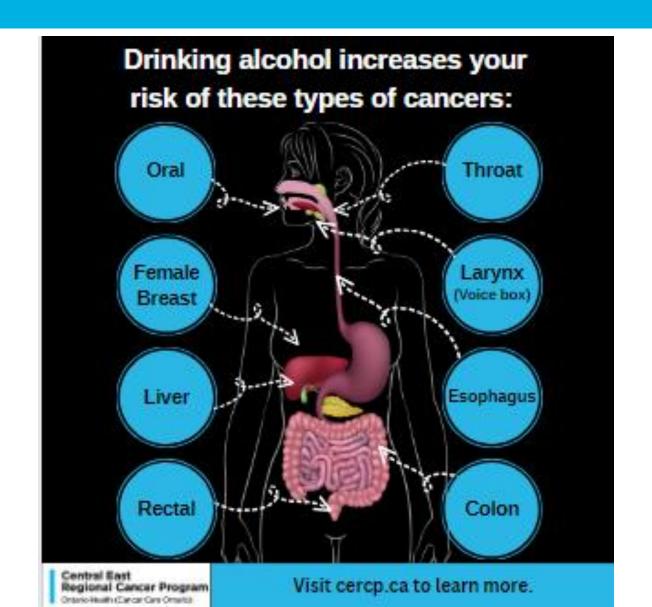


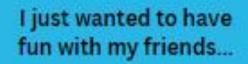


Central East Regional Cancer Program Ontario Health (Cancer Care Ontario)

Visit cercp.ca to learn more.











I just wanted to relax at home...

I just wanted a break...





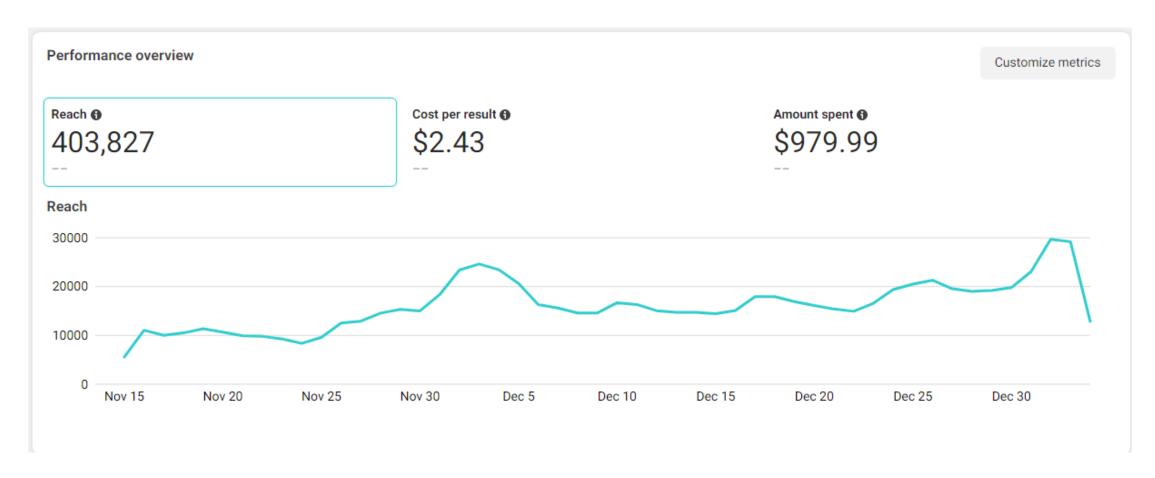
I did not know drinking alcohol increased my risk of cancer.

Now you know.

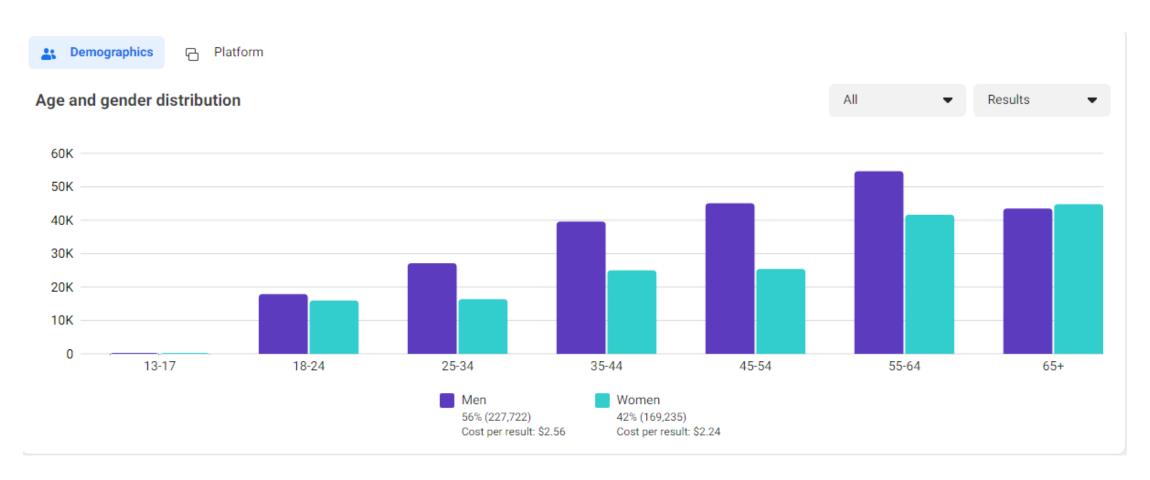
Central East Regional Cancer Program Ontario Health (Cancer Care Ontario)

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

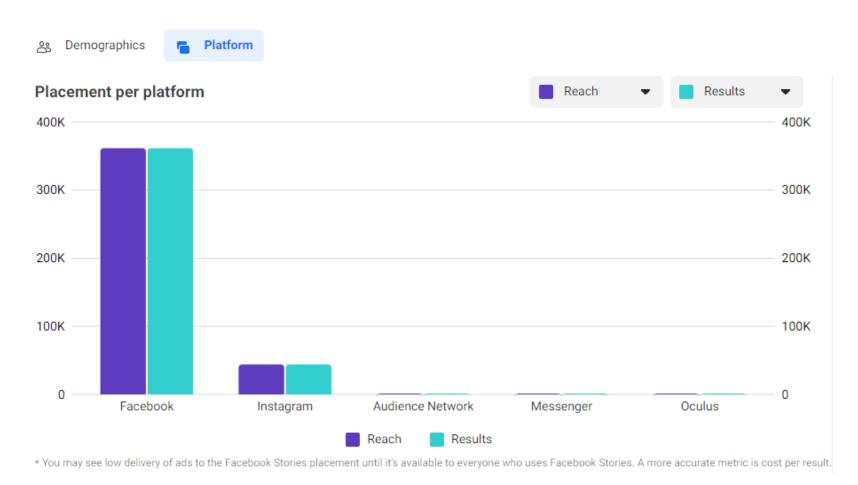
Results (Nov. 15/2023 to Jan. 3/2024)



Results (Nov. 15/2023 to Jan. 3/2024)

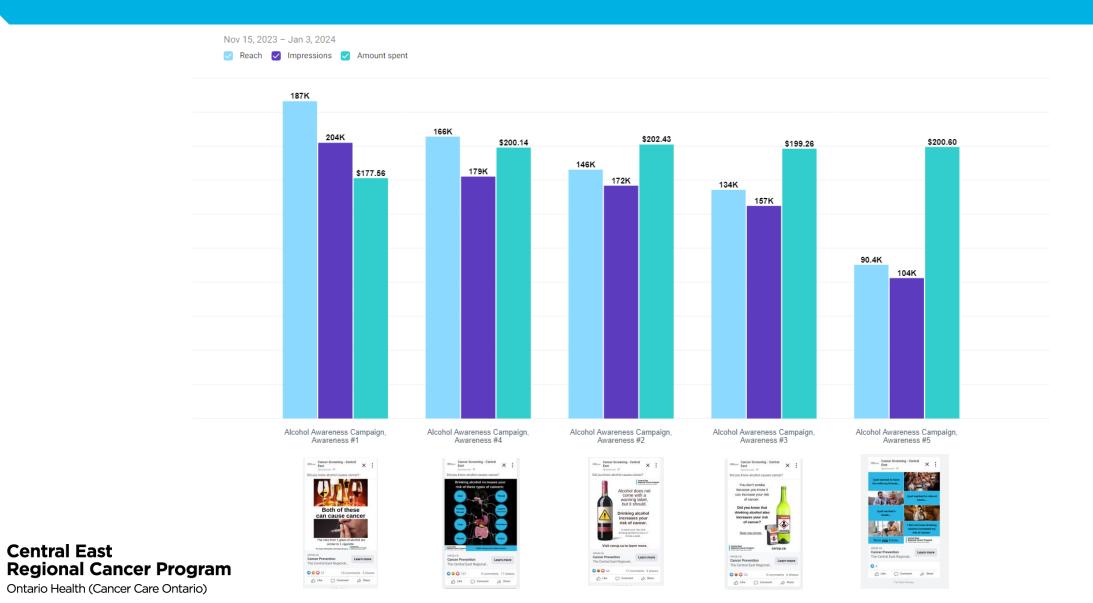


Results (Nov. 15/2023 to Jan. 3/2024)



Campaign Summary by Ad

Central East



Questions?





Provincial Health Services Authority

The Proof Campaign: Distilling the Evidence About Alcohol and Cancer

Dr. Cheryl Peters, Senior Scientist, Cancer Prevention BC Centre for Disease Control and BC Cancer

Acknowledging the contributions of Javis Lui, Health Promotion Manager, BC Cancer



I acknowledge with gratitude, that we are gathered on the traditional, ancestral and unceded territories of the x^wməðk^wəyəm (Musqueam), Skwxwú7mesh Úxwumixw (Squamish), and səlilwəta? (Tsleil-Waututh) First Nations who have nurtured and cared for the lands and waters around us for all time. I give thanks for the opportunity to live, work and support care here.



Background

BC Cancer



Provincial Health Services Authority

BC Cancer provides a comprehensive cancer control program for the people of BC in partnership with regional health authorities. This includes primary cancer prevention and highlighting cancer risk factors, such as alcohol consumption.

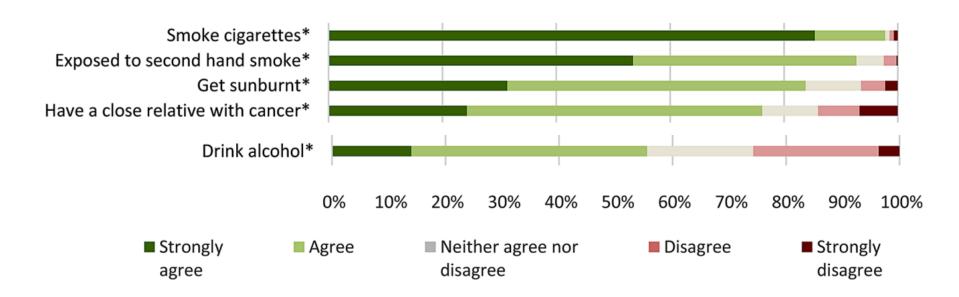
Cancer and Alcohol Knowledge

Over 40% are not aware that alcohol consumption increases the risk of cancer.

Canadian Cancer Society, 2024

Cancer and Alcohol Knowledge

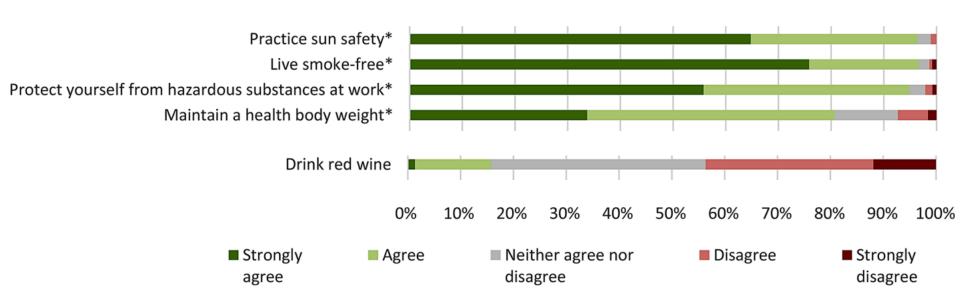
"To what extent do you agree that the following can increase cancer risk?"



* Indicates known risk factors

Cancer and Alcohol Knowledge

"To what extent do you agree that the following can reduce cancer risk?"



* Indicates known protective factors

Discourse – January/February 2023

HEALTH News

Low-risk alcol as drinkers st evidence

Health

NP Comment

Sabrina Maddeaux: Two drinks a week? New guidelines are unsupported and puritanical killiovs

Students, expert have mixed reactions to new CCSA alcohol guidelines

Canada's drastic new alcohol guidelines demand a closer look

DAN MALLECK

CONTRIBUTED TO THE GLOBE AND MAIL

Campaign Background

Launched in April 2023, in partnership with B.C.'s Ministry of Health



Target audience: B.C. residents aged 25-49

Communications goals:

- 1. Increase awareness of the link between alcohol and cancer;
- 2. Provide tools to help audiences better understand their alcohol intake and corresponding cancer risk levels; and,
- 3. Increase awareness of Canada's Guidance on Alcohol and Health and the data behind them

The Campaign

The proof



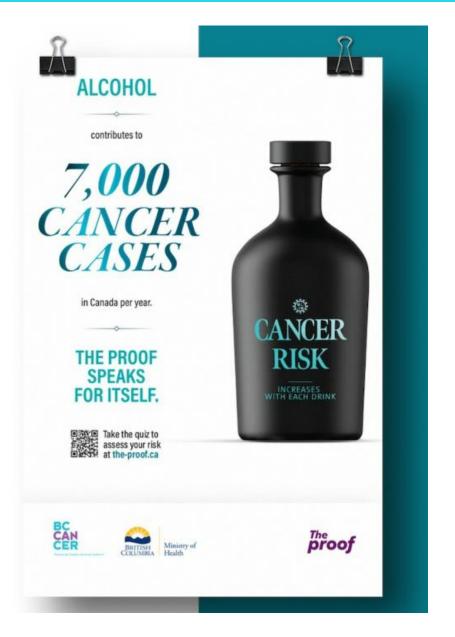
The Concept



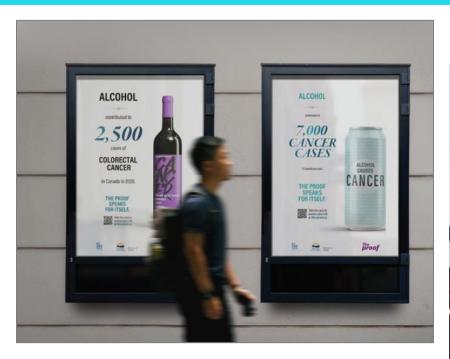


The Concept





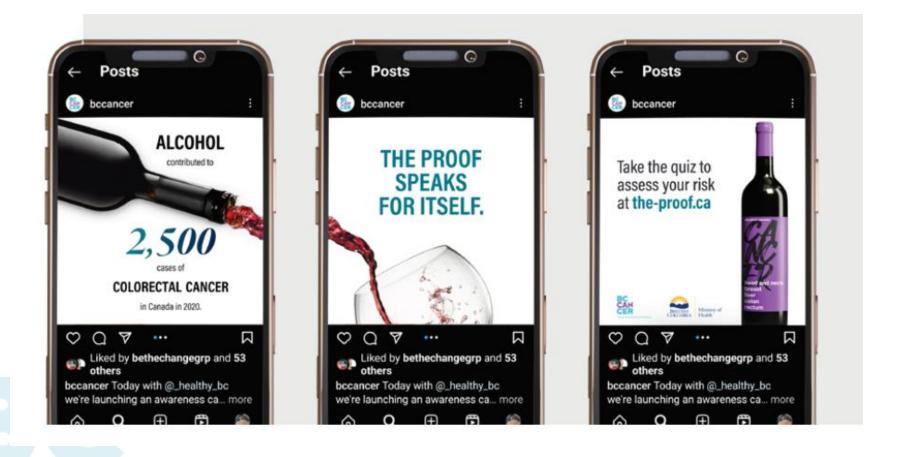
Out-of-Home Advertising



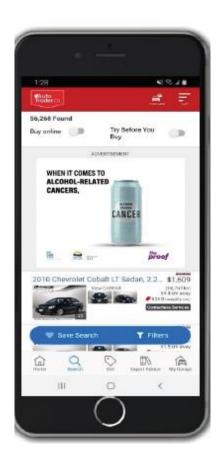




Digital / Social Media Advertising



Digital / Social Media Advertising





ਸ਼ਰਾਬ ਵਕਾਰਨ 7,000 ਕੈਂਸਰ ਕੇਸ

(Cancer Cases) ਕੈਨੇਡਾ ਵਿੱਚ ਹਰ ਸਾਲ ਸਾਹਮਣੇ ਆਉਂਦੇ ਹਨ





ਇਹ ਸਾਰੇ ਸਬੂਤ ਸਾਡੇ ਸਾਹਮਣੇ ਹਨ



Influencer Campaign



Media Outreach



JOIN OUR NEWSLETTER

Global

New B.C. awareness campaign sends tough message:

alcohol causes cancer



Cindy E. Harnett May 11, 2023 5:55 AM



A public awareness campaign by B.C. Cancer an

Listen to this article 00:05:28

After decades of industry ads promoting ald awareness campaign in B.C. is sending a mo

Canada's new Low-Risk Alcohol Drinking C the risk of developing breast, colon, rectum





NOVA SCOTIA FLOODS

Sell more with the new Campaign Manager

More than two alcoholic drinks a week increases cancer risk, scientists say

By Jasmine King · Global News Posted May 10, 2023 7:09 pm - Updated May 11, 2023 1:06 pm



WATCH: The mindset surrounding alcohol has changed rapidly. In the past, it was said that 10 to 15 drinks a week was the limit and in the past few months that has changed to just two. Scientists are now saying any more than that can lead to an increased





ere is a new campaign to help people become more aware of nd cancer. We learn more about this link in this week's to you

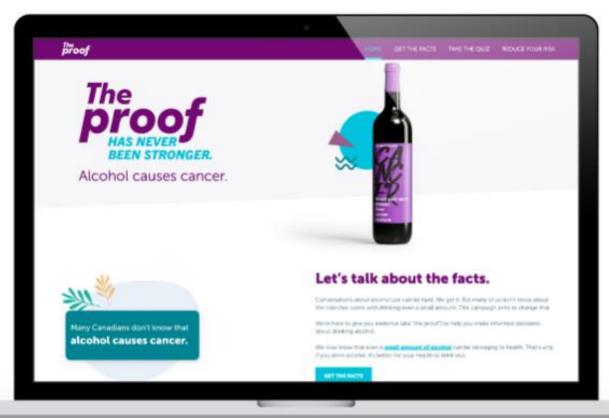
Agency and the B.C. Government have launched a campaign re aware of the links between alcohol and certain types of car

Toolkits



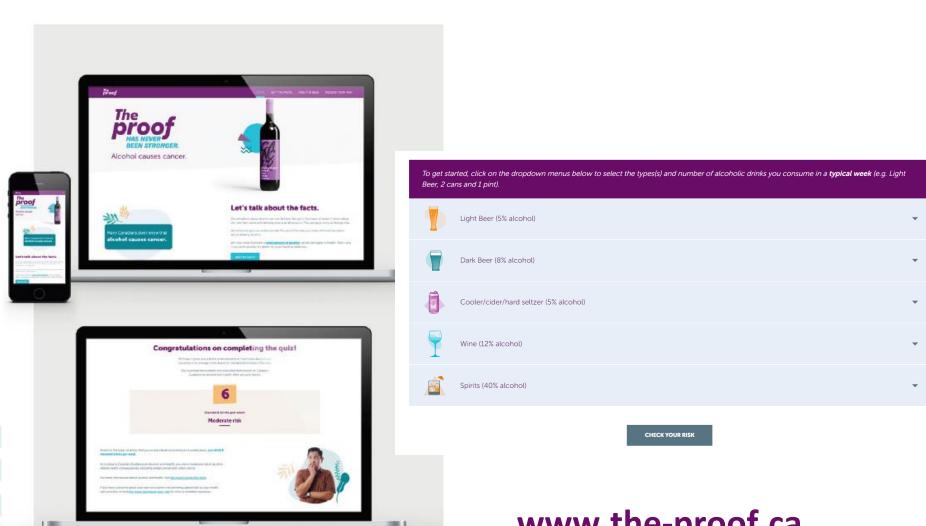


Website



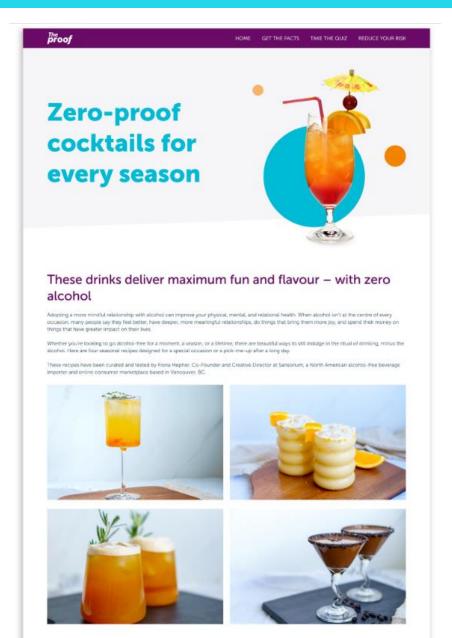


Website



www.the-proof.ca

Website





Outcomes and Responses

Outcomes



+17k

Responses to website risk calculator

Website Survey (n=920)

44.8%

Reported knowledge of alcohol and cancer link improved after seeing campaign

In-Person Survey (n=152)

67.4%

Reported that understanding that they are in a higher risk category for alcohol related cancer would encourage them to drink less

Digital / Social Media Advertising – Responses



Learn more

glass of wine.

bccancer It's a shocking nur

You can take small steps to like making sure to eat and

while you drink alcohol to h non-alcoholic cocktail inste

Find recipes for alcohol-freand take the quiz to find ou you're consuming in an ave



TREND 1: CHALLENGING THE FACTS THAT WERE SHARED (N=6)

Example comments:

- » Your manipulation of the statistics is ridiculous. Double the risk doesn't mean much when the original risk is .001%
- » Where's the citation of scholarly research that states that this is a statically relevant link? Right up there with their "Vaping causes Popcorn Lung". Vapes don't even contain that chemical that causes that.
- » Haha priceless! I was only able to find one study on your site and the stats posted are in relation to pure ethanol, not standard alcoholic drinks
- » What other factors were linked tho (shrugging emoji)
- » If that's true I should have double super-cancer by now
- » Says who? What study? You make a claim and lack proof. Be better.

Digital / Social Media Advertising – Responses

TREND 2: REDIRECTING THE FOCUS TO OTHER POTENTIAL CAUSES OF CANCER/POOR HEALTH OUTCOMES (N=6)

Example comments:

- » Ummmm 7000, let's do a comparison with diet and then we can talk.
- » What about pop, candy, fast food, caramel additives, marijuana smoke, barbeques, campfires, forest fires, wrappers and packaging on food products, processed food colourings/flavourings/aromatizing agents, 'cheese slices', vehicle exhaust, industrial exhaust, effluent in waterways, exposure to sunlight, fire retardants, paint, wood preservative, pesticides, chemical fertilizers etc....???
- » So what about white sugar? Nothing?
- » So does stress. Like from working hard and still not being able to afford to live.
- » Why not talk about how meat is a class-A carcinogen akin to tobacco?
- » Always demonizing Alcohol. What about the harms of hard drugs?

TREND 3: DISREGARD OF THE LINK BETWEEN ALCOHOL AND CANCER. (N=5)

- » Is that a seltzer? Can I buy a 6 pack?
- » I drink to forget about the carcinogens I am ingesting in all the petro chemical produced food.
- » I say enjoy your life, have a drink
- » Canada's population...38.25million in 2021. So, that's like 0.02%? i'll drink to those odds!
- » cheers, I'll drink to anything

All comments are quoted verbatim and include spelling and/or grammatical errors from the original posts.

Influencer Content - Feedback

100% sober year last year. Worth making the change!

7 months without a sip of alcohol and I feel superhuman!!

#lowerprooflife been off alcohol for a while now, concentration levels have been at an all time high, and the best part, I actually remember what all I did when I went out 199

Glad this is being discussed. Not enough lifestyle and diet aka prevention talked about. Like the fact a plant based diet also lowers risk drastically 🍅

The lower proof life. I love that!

Ooo! We love a good mocktail.



Would love to know how the stats would relate to someone who only has 1 big drinking night every couple of months compared to consistently drinking on a day to day basis!

Responses - Organizations



Opinion: New campaign on alcohol consumption guidelines is fear mongering

Guest Author | Jun 7 2023, 12:41 pm



Insights and Recommendations

Insights and Recommendations



- Campaign provided evidence that there is interest in understanding risk and openness to consideration of alcohol intake
- Providing self-assessment tools can encourage engagement with touchy health topics
- Use of advocates (e.g. influencers) can support delivering message in different ways and help overcome skepticism

Questions?



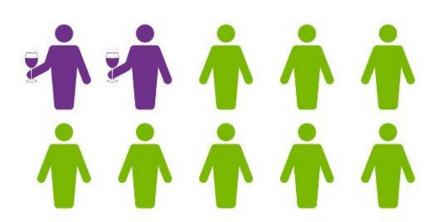
Alcohol and cancer

December 2024

Brandon Purcell
Advocacy Manager, Prevention and Early Detection







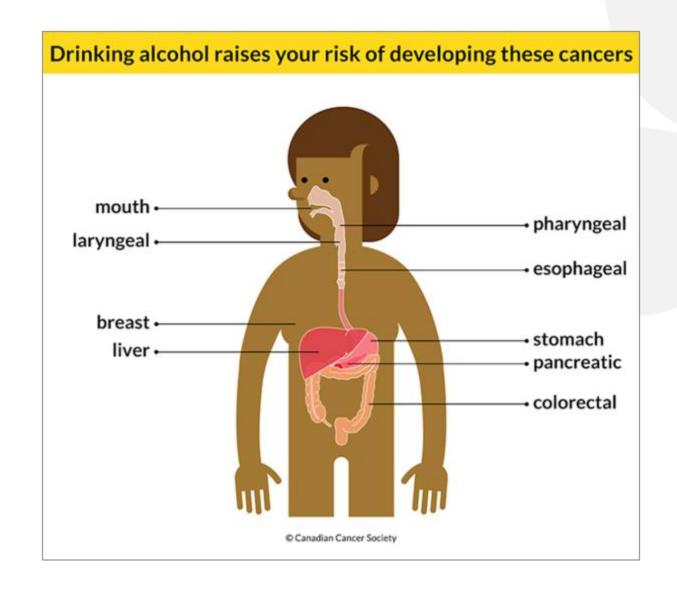
2 out of 10 Canadian adults drink alcohol daily

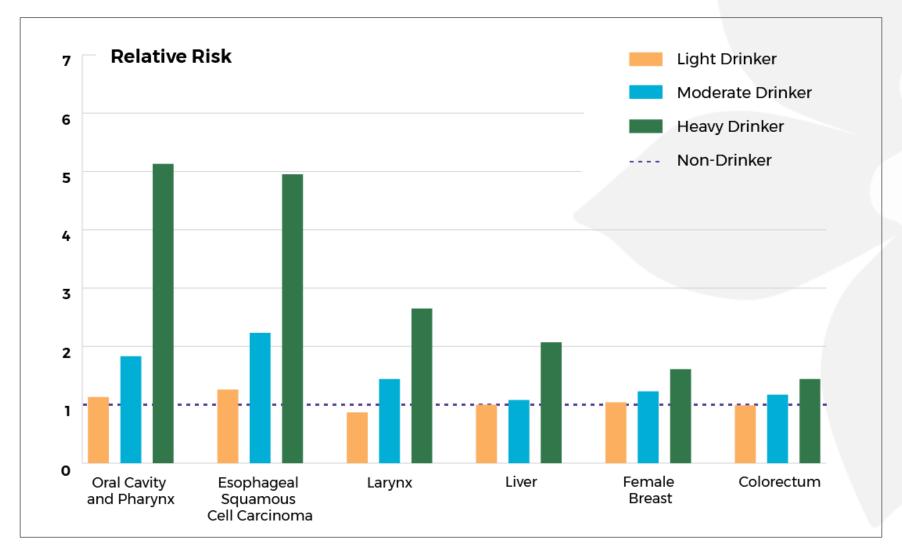
Drinking alcohol is defined as more than 1 drink a day.





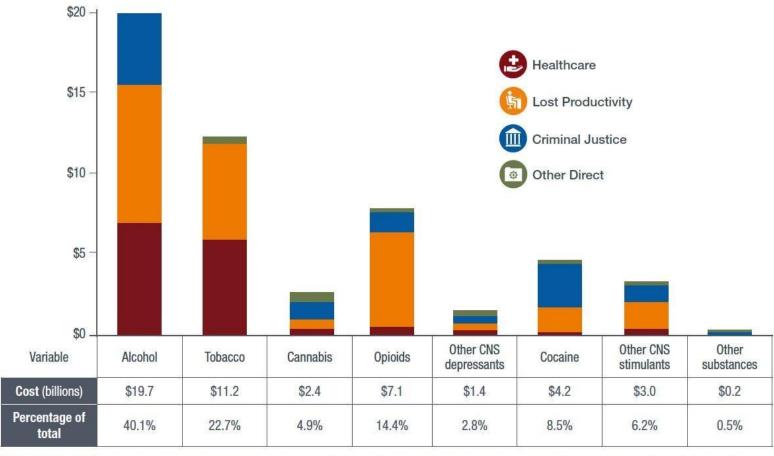






Canadian Substance Use Costs and Harms

Figure 1. Costs (in billions) and percentage of total costs attributable to substance use in Canada by substance and cost type, 2020



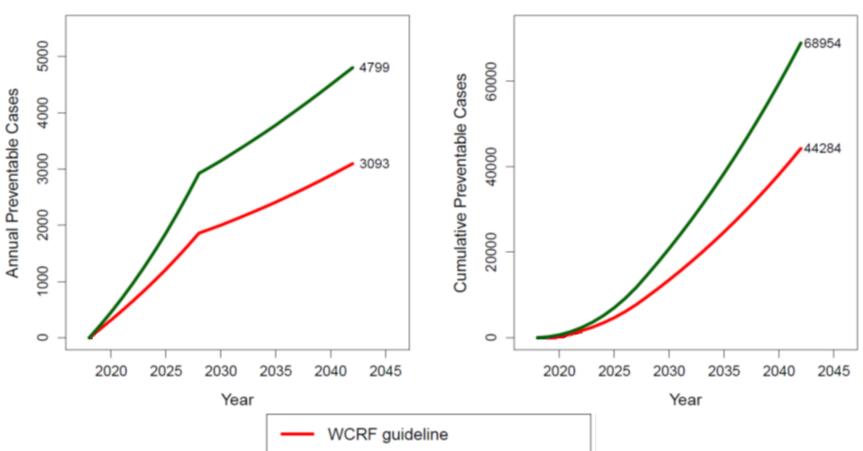
Note: These estimates do not include costs associated with in-patient hospitalizations, day surgeries, emergency department visits or paramedic services in Quebec, nor costs associated with lost productivity due to premature deaths in Yukon.

Source: Canadian Substance Use Costs and Harms Scientific Working Group. (2023). Canadian substance use costs and harms 2007–2020. (Prepared by the Canadian Institute for Substance Use Research and the Canadian Centre on Substance Use and Addiction.) Ottawa, Ont .: Canadian Centre on Substance Use and Addiction.



Projected annual preventable cancer cases attributable to alcohol consumption by applying two intervention scenarios;

Projected cumulative preventable cancer cases attributable to alcohol consumption by applying two intervention scenarios.

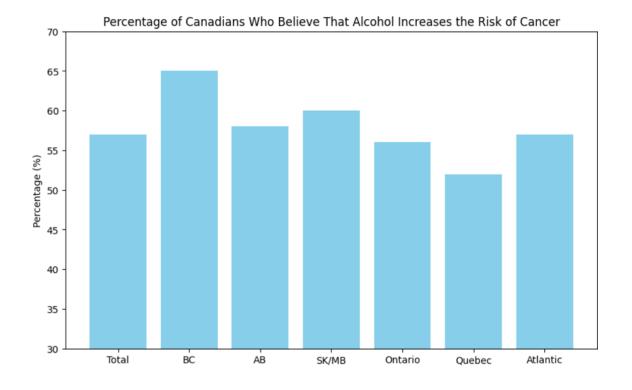


Reduction in number of drinks by 1



What Canadians know

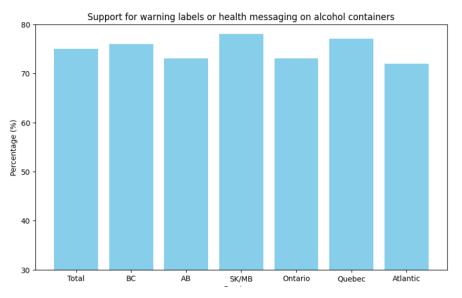
Over **40%** of Canadians are not aware that alcohol consumption increases the risk of cancer.

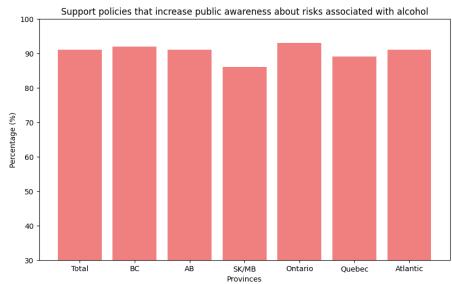


What Canadians want to see

Large majorities support public policy options such as adding warning labels.

There is near universal support for policies to increase public awareness on harms.





Alcohol policy position

The Canadian Cancer Society is committed to advocating for stronger policies that reduce the alcohol consumption of Canadians and increase their awareness about the risk of cancer related to alcohol consumption.

Alcohol policy advocacy

- 1. Alcohol warning labels
- 2. "Escalator tax"
- 3. Advertising restrictions
- 4. Endorse Canada's Guidance on Alcohol and Health

Alcohol warning labels

CHIEF MEDICAL OFFICER
OF HEALTH ADVISES
MISE EN GARDE DU MÉDECIN
HYGIÉNISTE EN CHEF

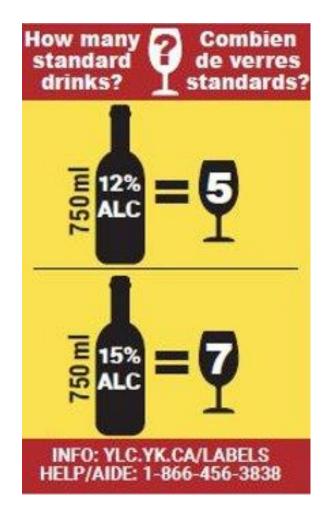
Alcohol can cause cancer

including breast and colon cancers

L'alcool peut causer le cancer

y compris le cancer du sein et du côlon

INFO: WWW.YLC.YK.CA/LABELS HELP/AIDE: 1-855-667-5777





Research: alcohol warning labels





Source: Hobin E, Thielman J, Forbes SM, Poon T, Bélanger-Gravel A, Demers-Potvin É, Haynes A, Li Y, Niquette M, Paradis C, Provencher V, Smith BT, Wells S, Atkinson A, Vanderlee L. Can a health warning label diminish the persuasive effects of health-oriented nutrition advertising on ready-to-drink alcohol product packaging? A randomized experiment. Addiction. 2024 Mar 25. doi: 10.1111/add.16475. Epub ahead of print. PMID: 38528612.

Coalitions: Escalator tax & GST/HST holiday

• GST/ HST holiday - the recent announcement of a two-month lifting of the GST/HST from alcohol.

• "Escalator tax" - the annual inflation adjusted tax increase on alcohol.

How we increase awareness

Fundraiser



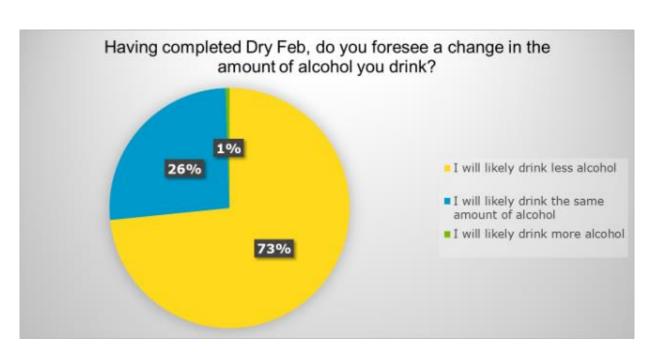
The Go Dry Challenge

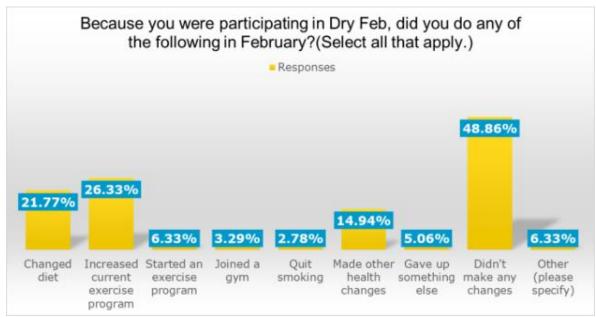
Go alcohol-free to kick-start the new year and raise funds for Canadians living with cancer.

Know Alcohol



Go dry results







It's just the beginning





Take action

- Sign our next letter to Minister Freeland
- Visit <u>cancer.ca</u>
- Challenge yourself -- join Go Dry this January!
- E-mail <u>Brandon.Purcell@cancer.ca</u>



Thank you.

info@cancer.ca (cancer information and support) connect@cancer.ca (general inquiries)

1-888-939-3333 1-800-268-8874 (donate)

Merci.

info@cancer.ca (information sur le cancer et soutien) connect@cancer.ca (demandes générales)

> 1 888 939-3333 1 800 268-8874 (faire un don)













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 ACKNOWLEDGMENT OF FUNDING AND SUPPORT





Health Canada | Santé Canada

Substance Use and Addictions Program | Programme sur l'usage et les dépendances aux substances



Social Sciences and Humanities Research Council (SSHRC) Connection

Grant



Public Health Agency of Canada | Agence de la santé publique du Canada



In-kind funding and support from co-investigator institutions, knowledge users, and government stakeholders