



# DOES DRINKING WITHIN CANADA'S LOW-RISK GUIDELINES PREVENT HARM?



## CANADA'S GUIDELINES:



MAX 10 DRINKS/WEEK; 2/DAY



MAX 15 DRINKS/WEEK; 3/DAY

## WHAT WE FOUND:



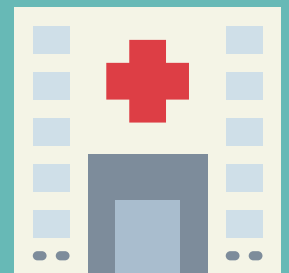
MORE THAN 50% OF ALCOHOL-CAUSED CANCER DEATHS ARE EXPERIENCED BY PEOPLE DRINKING WITHIN WEEKLY LIMITS.

## PEOPLE DRINKING WITHIN WEEKLY GUIDELINES EXPERIENCED:

**140**  
MORE  
DEATHS



**3,663** MORE  
HOSPITAL  
STAYS



THAN IF THEY DRANK NO ALCOHOL.

## OUR FINDINGS SUGGEST...

WHEN IT COMES TO ALCOHOL,  
LESS IS BETTER.

GUIDELINES OF AROUND  
ONE DRINK PER DAY MAY BE APPROPRIATE  
FOR HIGH-INCOME COUNTRIES.

Sherk, A., Thomas, G., Churchill, S., & Stockwell, T. (2020). Does drinking within low-risk guidelines prevent harm? Implications for high-income countries using the international model of alcohol harms and policies. *Journal of Studies on Alcohol and Drugs*, 81, 352-361. doi:10.15288/jsad.2020.81.352  
<https://www.jsad.com/doi/abs/10.15288/jsad.2020.81.352>