

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

New research from CARBC

## WHAT ARE CANADA'S LOW-RISK DRINKING GUIDELINES?

SHORT TERM (E.G. INJURY)

MEN  $\leq$   4

WOMEN  $\leq$   3

UPPER LIMIT OF STANDARD DRINKS\* PER DAY

LONG TERM (E.G. CANCER)



$\leq 15$   
STANDARD  
DRINKS\* PER  
WEEK

$\leq 10$   
STANDARD  
DRINKS\* PER  
WEEK

## ONCE WE ADJUSTED SURVEYS FOR UNDERREPORTING WE FOUND...

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**



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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](mailto: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