



University of Victoria
Centre for Addictions Research of BC

The ins and outs of ALCOHOL

40% of BC car crash deaths in 2010 involved alcohol

Alcohol is a carcinogen and among the **TOP 3** leading risk factors for death from cancer

1 in 3 Canadians report experiencing harm from someone else's drinking

Alcohol-Related Costs in BC:

Every year there are more than

- > **80,000** CRIMES
- > **1,800** DEATHS
- > **18,000** HOSPITALIZATIONS

(Annual average for 2002-2011)

\$939 million in health care and policing costs

Alcohol revenue = **\$887 million** (2010)

Reduce your **SHORT-TERM RISK:** (i.e., injury)

Men ≤ 
Women ≤ 
per occasion

Reduce your **LONG-TERM RISK:** (i.e., disease)

≤ **10** DRINKS PER WEEK 
≤ **15** DRINKS PER WEEK 

What is a drink?



BEER COOLER CIDER
341ml/12oz at 5%



WINE
142ml/5oz at 12% (x5 is one 750ml bottle)



SPIRITS
43ml/1.5oz at 40% (x17 is one 750ml/26oz bottle)



University of Victoria

Centre for Addictions Research of BC
www.carbc.ca

 facebook.com/carbc.uvic

 @carbc_uvic

 carbc2300.wordpress.com