



Alcohol Use

DRAFT: August, 2016

Data Source

Canadian Community Health Survey (CCHS)

Modules

Public Health Ontario Snapshot on Self-Reported Health Behaviours: Alcohol Use

Data Notes

- Error bars represent 95% confidence limits and show the range of variability for a population estimate. There is a 95% probability that the true estimate is within that range.
- Differences between Lambton and Ontario rates are considered statistically significant when the 95% confidence intervals do not overlap.
- Proportions have been age-standardized using the 1991 Canadian population.

Limitations

- Survey completion is voluntary.
- Results are based on self-reported behaviours, attitudes and opinions.
- Questions are only asked of residents aged 12+.
- Excluded populations include persons living on reserves and other Aboriginal settlements in the provinces; full-time members of the Canadian Forces; the institutionalized population.
- †: indicates to interpret with caution: large variability (CV: 16.6-33.3).
- NR: indicates data is not released due to small sample size.

EXCEEDING LOW-RISK DRINKING GUIDELINES (LRDG)

57% of Lambton residents aged 19+ were classified as exceeding either the long-term or short-term low-risk drinking guidelines (2013-14, n=328). This is significantly higher than the Ontario rate (Figure 1).

- More males than females were classified as exceeding the low-risk drinking guidelines. Both the male and female rates of exceeding the LRDG in Lambton were significantly higher than Ontario rates in 2013-14.
- 70% of Lambton adults aged 20-44 exceeded the LRDG in 2013-14, a significantly higher proportion than the Ontario rate of 55% for this age group.

HEAVY DRINKING

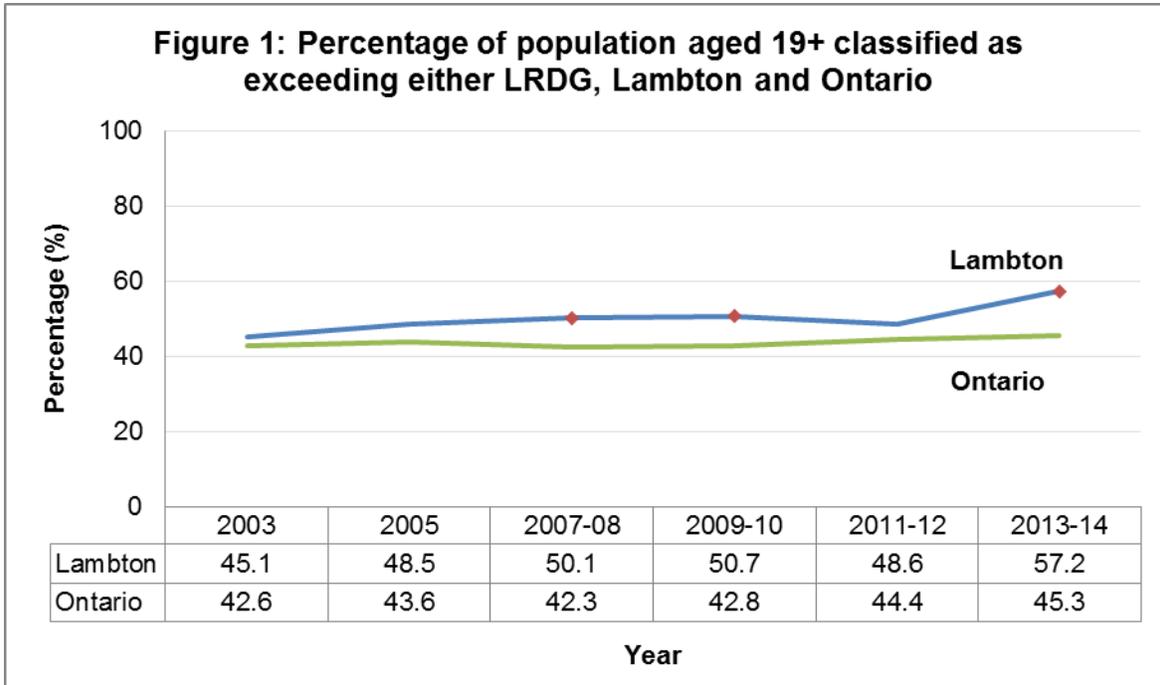
32% of Lambton residents aged 12+ reported drinking 5 or more drinks on at least one occasion per month in the past 12 months (2013-14, n=169). This is significantly higher than the Ontario rate (Figure 2).

- More males than females were classified as drinking heavily. Both male and female heavy drinking rates in Lambton were significantly higher than Ontario rates in 2013-14.
- Among Lambton adults aged 20-44, the rate of heavy drinking is almost twice the Ontario rate (47% and 25%, respectively).

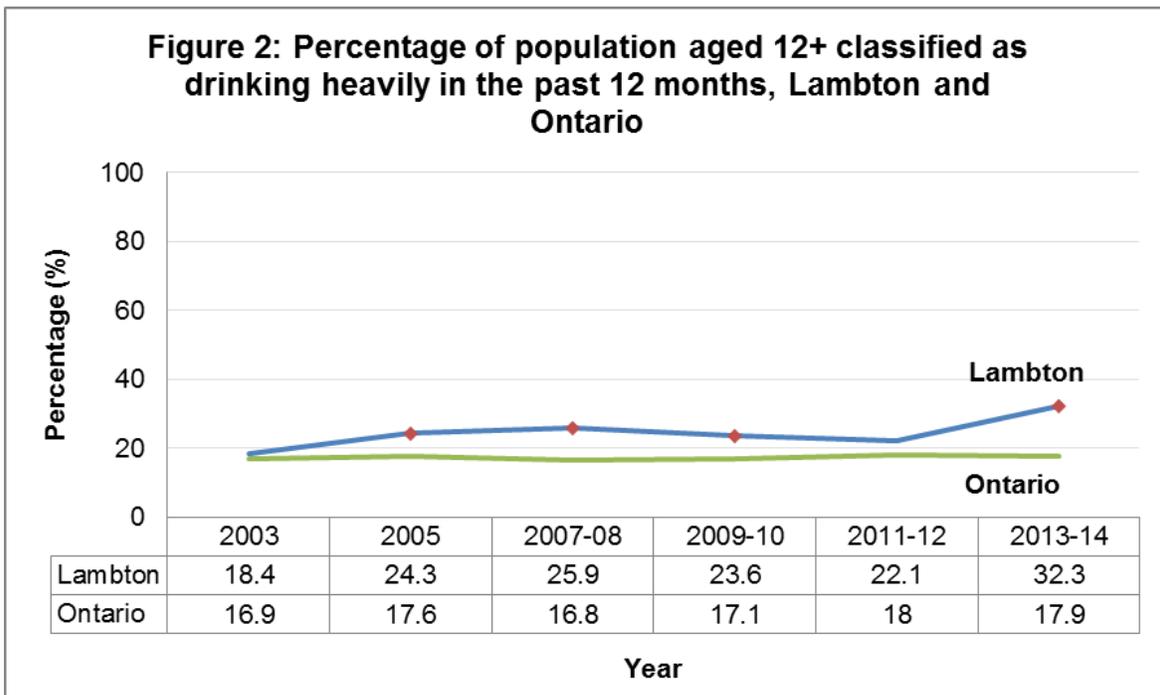
UNDERAGE DRINKING

40%[†] of Lambton adolescents aged 12-18 reported consuming alcohol in the past 12 months (2013-14, n=20). This does not differ significantly from the Ontario rate.

- Lambton sex-specific rates of underage drinking were not reportable due to small sample size. In Ontario, males and females reported similar rates of underage drinking (33% and 29%, respectively).



◆ Indicates significant difference from Ontario



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Canada's Low Risk Alcohol Drinking Guidelines

Long-term risk: The guidelines recommend no more than 3 drinks per day and 15 drinks per week for men of legal drinking age. For women of legal drinking age, the guidelines recommend no more than 2 drinks per day and 10 drinks per week.

Short-term risk: The guidelines also recommend that even for "occasional drinkers," men should not exceed 4 drinks in one day and women should not exceed 3 drinks in one day.

Source: Canadian Centre on Substance Abuse: Drinking Guidelines. Accessed: August 19, 2016. [<http://www.ccsa.ca/Eng/topics/alcohol/drinking-guidelines/Pages/default.aspx>]

The information in this summary document may be quoted in interviews and written materials. All written materials should be reviewed by the epidemiologist before release to ensure the data is being used correctly.

Proper Citations:

1. Public Health Ontario. Snapshots: Lambton Public Health: Self-reported alcohol use - age-adjusted rates 2003-2013/14. Toronto, ON: Ontario Agency for Health Protection and Promotion; 2016 Feb 1 [cited 2016 August 19]. Available from: <https://www.publichealthontario.ca/en/DataAndAnalytics/Snapshots/Pages/Health-Behaviours---Alcohol-Use.aspx>

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