

Alcohol Know the impacts



Alcohol and health

Increasing risk of cancer

(liver, mouth, breast, throat, and others), cardiovascular disease, cirrhosis

Prenatal and early exposure to alcohol can have life long developmental impacts.



Hospitalizations entirely caused by alcohol are **3x** more common than those for opioids and than those for cannabis



253

hospitalizations in Canada each day entirely caused by alcohol



10 Canadians

died per day in hospital from conditions entirely caused by alcohol (2022)

Youth and drinking

14 years old

Most common age of first use in B.C.

38%

of B.C. students grades 7-12 have tried alcohol (2023)

Starting young, drinking heavily and frequently all increase risk of: depression, suicide attempts, serious injury and doing poorly at school.



What can my community do?

- Promote Canada's Guidance on Alcohol and Health
- Promote safer drinking Environments
- Create Municipal Alcohol Policies

Statistics

77%

of British Columbians consumed alcohol in 2019 - 2020

18.9%

Heavy Drinkers* in B.C.

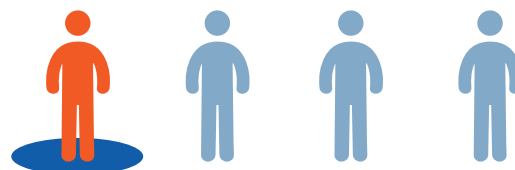
\$2.8

Billion

annual health care, criminal justice and lost productivity costs in B.C.

*Males who have 5+ drinks or women who have 4+ drinks on one occasion, at least once a month in the past year.

Covid-19 Impact



In 2021, Nearly 25% of people in B.C. increased their drinking Expanded access: (home delivery, public spaces, extended hours, etc.)

Potential for increased harms & over-normalization of alcohol use

Address the social determinants of health in your community to support populations disproportionately affected by alcohol-related harms.

Alcohol: What can my community do?

Promote Canada's Guidance on Alcohol and health

One drink means



Beer/Cider/Cooler
341 ml (12oz)
5% alcohol



Wine
142 ml (5oz)
12% alcohol



Distilled alcohol
43ml (1.5oz)
40% alcohol

The more alcohol you drink per week, the more the health consequences add up

2 drinks or less

Low Risk

Between 3 and 6 drinks

Increased risk of developing several different types of cancer

Medium Risk

7 drinks or more

Increased risk of heart disease or stroke

Increasingly high Risk

Do not drink when pregnant, driving or using any other drug

Create Municipal Alcohol Policies

What

- Provides clear guidelines for where alcohol use is prohibited and permitted in municipally owned or managed settings and events (rec centres, parks, sports arenas, etc.)
- Includes requirements for server training, insurance for event operators, signage and penalties for violations

Why

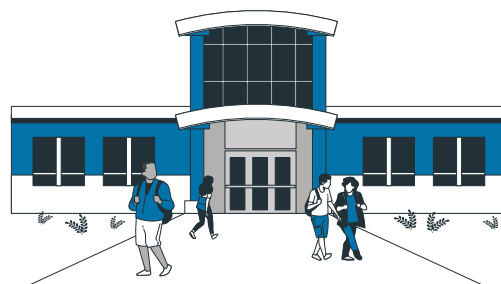
- Promotes a culture of moderation
- Helps to reduce the risk of alcohol-related harms (reduced under age drinking, extreme intoxication and impaired driving)

Protect Youth and Vulnerable Populations

Restrict alcohol advertising and sponsorship at municipally owned or managed facilities

Reduce availability through zoning and licensing (location proximity to schools/parks, hours of business operation, enforcement)

Increase access to community programming and wellness activities for youth



Create Safer Drinking Environments

- Establish and enforce public nuisance and noise bylaws to address disorderly behaviour.
- Have ample garbage/recycling to avoid littering and injury from glass.
- Implement fees through licensing bylaws that can then be redirected to programs supporting prevention and harm reduction around alcohol.
- Provide alcohol-free events/options whenever possible.

For more help, read the [local government guide](#) to creating alcohol policy.

References available upon request:
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