

Drinking in excess of the low-risk alcohol guidelines

Core Indicator revision

Suzanne Fegan, Epidemiologist
KFL&A Public Health

Natalie Greenidge, Epidemiologist
Public Health Ontario

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Outline

- Canada's Low-Risk Alcohol Drinking Guidelines (LRADG)
- Current interpretations of Canada's LRADG
- Revision of APHEO Core Indicator
- Next Steps
- Questions

How much is too much?

Canada's Low-Risk Alcohol Drinking Guidelines

- Developed by the independent “Low-risk Drinking Guidelines Expert Advisory Panel” convened by the National Alcohol Strategy Advisory Committee^{1, 2}
- The committee:
 - Reviewed the literature on the association between alcohol consumption and various health outcomes²
 - Took a relative risk approach^{2,3} to develop the guidelines
 - Released the guidelines in November 2011

Canada's Low-Risk Alcohol Drinking Guidelines⁴

- Guideline 1 – Your Limits → Long-term risk
 - Guideline 2 – Special Occasions → Short-term risk
 - Guideline 3 – When zero's the limit
 - Guideline 4 – Pregnant? Zero is safest
 - Guideline 5 – Delay your drinking (debut)
- } Hazardous situations

Ontario's LRADG⁵ (prior to 2011)

No more than 2 standard drinks on any one day

Women - up to **9 standard drinks** a week

Men - up to **14 standard drinks** a week



Canada's LRADG⁴ Guideline 1

No more than 2 and 3 standard drinks a day (men and women respectively). Must have **2 non-drinking days** per week

Women - up to **10 drinks** a week

Men - up to **15 drinks** a week

*Standard drink is 13.6g of alcohol in a drink

Ontario's LRADG⁵ (prior to 2011)

Wait at least one hour
between drinks



Canada's LRADG⁴ Guideline 2

Reduce risk of injury and harm
by drinking no more than 3
drinks (for women) and 4
drinks (for men) on any single
occasion.

Drink in a safe environment.

Current Interpretation of Canada's LRADG – Guideline 1

- 2011 CMOH Report⁶
- MOHLTC 2011 – 2013 Accountability Agreement⁷

Women (≥19 years of age)	Men (≥19 years of age)
>10 drinks/week, OR	>15 drinks/week, OR
>2 drinks/day OR	>3 drinks/day OR
<2 non-drinking days/week	<2 non-drinking days/week

Note: Those under 19, or woman who are pregnant or breastfeeding are excluded from all LRADG calculations

Definitions for excess drinking

- **Binge Drinking⁸**: drinking 5 or more drinks on at least one occasion in the past 12 months
 - NIAAA: 4 (women) or 5 (men) drinks in about 2 hours – which usually results in a BAC of 0.08 or higher
- **Heavy Drinking⁹**: drinking 5 or more drinks on at least one occasion per month in the past 12 months

Current Interpretation of Canada's LRADG – Guideline 2

People exceeding
Guideline 2 for
MOHLTC 2011 –
2013
Accountability
Agreement⁷

↓
Heavy
Drinking

How often in the past 12 months have you had 5 or more drinks on one occasion?

No alcohol use in past year

Never (has drunk alcohol in past year but no 5+ drinking occasions)

Less than once a month

Once a month

2 to 3 times a month

Once a week

More than once a week

2011 Report of
the CMOH⁶

↓
Binge
Drinking

LRADG Core Indicator Revision - Methods

- Built on work done by the APHEO Healthy Eating Active Living (HEAL) subgroup which participated in defining the MOHLTC Accountability Agreement indicator.
- Reviewed:
 - Canada's new LRADG
 - Supporting documents from the Canadian Council on Substance Abuse
 - Literature
 - Corresponding indicators from other jurisdictions.
- Discussed two current interpretations of Canada's LRADG

Revised APHEO LRADG Core Indicator

Specific Indicator: Exceedance of Guideline 1

- Same calculation as 2011 CMOH Report⁶ and MOHLTC 2011 – 2013 Accountability Agreement⁷

Women	Men
>10 drinks /week, OR	>15 drinks /week, OR
>2 drinks/day OR	>3 drinks/day OR
<2 non-drinking days/week	<2 non-drinking days/week

Specific Indicator: Exceedance of Guideline 2

MOHLTC 2011 – 2013
Accountability Agreement⁷

Revised APHEO LRADG Core
Indicator

↓
Exceeding = 5 or more drinks on at least **one occasion** per month in the past 12 months

↓
Heavy Drinking

How often in the past 12 months have you had 5 or more drinks on one occasion?

No alcohol use in past year

Never (has drunk alcohol in past year but no 5+ drinking occasions)

Less than once a month

Once a month

2 to 3 times a month

Once a week

More than once a week

↓
Exceeding = 5 or more drinks on **one occasion** in the past 12 months

↓
Binge Drinking

Specific Indicator: Exceedance of Guideline 2

Risk level as defined by CCSA ¹⁰	How often in the past 12 months have you had 5 or more drinks on one occasion?
No risk	No alcohol use in past year
Low risk	Never (has drunk alcohol in past year but no 5+ drinking occasions)
Moderate Risk	Less than once a month
	Once a month
	2 to 3 times a month
High risk	Once a week
	More than once a week

Specific Indicator: Exceedance of Guideline 1 and/or 2

Women	Men
>10 drinks /week, OR	>15 drinks /week, OR
>2 drinks/day OR	>3 drinks/day OR
<2 non-drinking days/week OR	<2 non-drinking days/week OR
at least one 5+ drinking occasion in the past year	at least one 5+ drinking occasion in the past year

AA vs. APHEO definitions – What’s the difference?

Table 1: Difference in “Drinking in excess of the low-risk alcohol drinking guidelines” estimates based on method of calculation, Ontario, CCHS 2009/2010

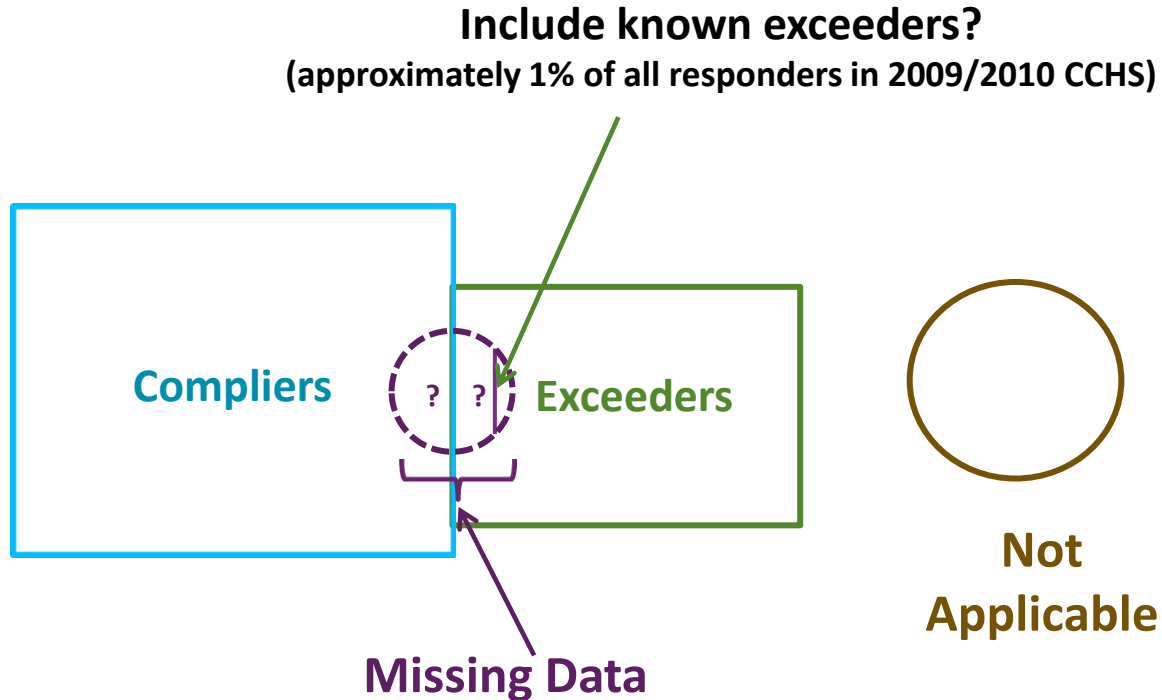
Exceedance of:	MOHLTC AA Indicator	APHEO Core Indicator
Guideline 2 - overall	17.3 (16.6 – 17.9)%	36.2 (35.4 – 37.0)%
Females (≥19 years of age)	9.2 (8.6 – 9.9)%	25.2 (24.2 – 26.2)%
Males (≥19 years of age)	25.5 (24.4. – 26.6)%	47.3 (46.1 – 48.6)%
Guideline 1 and/or 2 – overall	27.9 (27.1 – 28.7)%	41.0 (40.1 – 41.9)%
Females (≥19 years of age)	19.8 (18.8 – 20.7)%	30.4 (29.3 – 31.6)%
Males (≥19 years of age)	36.2 (35.0 – 37.5)%	51.8 (50.5 – 53.2)%

Challenges

- Data Limitations:
 - Estimates are based on self-reported alcohol use
 - For women, cannot capture consumption of 4+ drinks on one occasion in the past 12 months . Statistics Canada will address this issue in the 2015 redesign of the CCHS
 - Hard to accurately quantify long or short-term alcohol risk levels based on a few alcohol consumption questions
 - Confusion over what is meant by ‘one occasion’ – when asked “How often in the past 12 months have you had 5 or more drinks on one occasion?”

Challenges

- What about missing data?



Next Steps

- External review of the revised APHEO “Drinking in excess of the low-risk alcohol drinking guidelines”
Available from: <http://www.apheo.ca/index.php?pid=122>
- CCHS Redesign – 2015
- Foster discussion among the public health community in Ontario and beyond

Healthy Eating Active Living Sub-Group Members (current)

Suzanne Fegan, KFL&A Public Health

Natalie Greenidge, Public Health Ontario

Jeremy Herring, Public Health Ontario

Elsa Ho, Ministry of Health and Long-term Care

Carma Lynn Koole (past member involved in this revision)

Ahalya Mahendra, Public Health Agency of Canada

Elizabeth Rael, Ministry of Health and Long-term Care

Katherine Russell, Ottawa Public Health

Fangli Xie, Durham Region Health Department

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Questions?

suzanne.fegan@kflapublichealth.ca

natalie.greenidge@oahpp.ca