Drinking in excess of the low-risk alcohol guidelines

Core Indicator revision

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KFL&A Public Health

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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 outcomes\(^2\)
  • Took a relative risk approach\(^2,\ 3\) to develop the guidelines
  • Released the guidelines in November 2011
Canada’s Low-Risk Alcohol Drinking Guidelines

- Guideline 1 – Your Limits
- Guideline 2 – Special Occasions
- Guideline 3 – When zero’s the limit
- Guideline 4 – Pregnant? Zero is safest
- Guideline 5 – Delay your drinking (debut)

Long-term risk

Short-term risk

Hazardous situations
Ontario’s LRADG\textsuperscript{5} (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 LRADG\textsuperscript{4}

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 LRADG\textsuperscript{5} (prior to 2011)

Wait at least one hour between drinks

Canada’s LRADG\textsuperscript{4}
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 Report\(^6\)
- MOHLTC 2011 – 2013 Accountability Agreement\(^7\)

<table>
<thead>
<tr>
<th>Women (≥19 years of age)</th>
<th>Men (≥19 years of age)</th>
</tr>
</thead>
<tbody>
<tr>
<td>&gt;10 drinks/week, OR</td>
<td>&gt;15 drinks/week, OR</td>
</tr>
<tr>
<td>&gt;2 drinks/day OR</td>
<td>&gt;3 drinks/day OR</td>
</tr>
<tr>
<td>&lt;2 non-drinking days/week</td>
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</table>

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

• **Binge Drinking**: 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 Drinking**: 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 Agreement
- Heavy Drinking

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

<table>
<thead>
<tr>
<th>Frequency</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>No alcohol use in past year</td>
<td></td>
</tr>
<tr>
<td>Never (has drank alcohol in past year but no 5+ drinking occasions)</td>
<td></td>
</tr>
<tr>
<td>Less than once a month</td>
<td></td>
</tr>
<tr>
<td>Once a month</td>
<td></td>
</tr>
<tr>
<td>2 to 3 times a month</td>
<td></td>
</tr>
<tr>
<td>Once a week</td>
<td></td>
</tr>
<tr>
<td>More than once a week</td>
<td></td>
</tr>
</tbody>
</table>

### Binge Drinking
- 2011 Report of the CMOH

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[6] CMOH

[7] MOHLTC
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 Report\(^6\) and MOHLTC 2011 – 2013 Accountability Agreement\(^7\)

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</tr>
<tr>
<td>&lt;2 non-drinking days/week</td>
<td>&lt;2 non-drinking days/week</td>
</tr>
</tbody>
</table>
Specific Indicator: Exceedance of Guideline 2

MOHLTC 2011 – 2013 Accountability Agreement

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 drank 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 at least one occasion per month in the past 12 months

Heavy Drinking

Revised APHEO LRADG Core Indicator

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

Binge Drinking
## Specific Indicator: Exceedance of Guideline 2

<table>
<thead>
<tr>
<th>Risk level as defined by CCSA&lt;sub&gt;10&lt;/sub&gt;</th>
<th>How often in the past 12 months have you had 5 or more drinks on one occasion?</th>
</tr>
</thead>
<tbody>
<tr>
<td>No risk</td>
<td>No alcohol use in past year</td>
</tr>
<tr>
<td>Low risk</td>
<td>Never (has drank alcohol in past year but no 5+ drinking occasions</td>
</tr>
<tr>
<td>Moderate Risk</td>
<td>Less than once a month</td>
</tr>
<tr>
<td></td>
<td>Once a month</td>
</tr>
<tr>
<td></td>
<td>2 to 3 times a month</td>
</tr>
<tr>
<td>High risk</td>
<td>Once a week</td>
</tr>
<tr>
<td></td>
<td>More than once a week</td>
</tr>
</tbody>
</table>
Specific Indicator: Exceedance of Guideline 1 and/or 2

<table>
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<th>Women</th>
<th>Men</th>
</tr>
</thead>
<tbody>
<tr>
<td>&gt;10 drinks /week, OR</td>
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<td>&gt;2 drinks/day OR</td>
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</tr>
<tr>
<td>&lt;2 non-drinking days/week OR</td>
<td>&lt;2 non-drinking days/week OR</td>
</tr>
<tr>
<td>at least one 5+ drinking occasion in the past year</td>
<td>at least one 5+ drinking occasion in the past year</td>
</tr>
</tbody>
</table>
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

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

Include known exceeders?
(approximately 1% of all responders in 2009/2010 CCHS)
Next Steps

- External review of the revised APHEO “Drinking in excess of the low-risk alcohol drinking guidelines”

- CCHS Redesign – 2015

- Foster discussion among the public health community in Ontario and beyond
Healthy Eating Active Living Sub-Group Members (current)

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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
References


References - continued


Questions?

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