



ALCOHOL

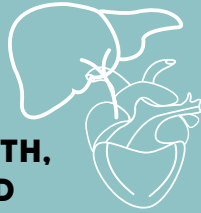


KNOWING THE IMPACTS

ALCOHOL AND HEALTH



CANCER (LIVER, MOUTH, BREAST, THROAT, AND OTHERS), CARDIOVASCULAR DISEASE, CIRRHOSIS



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

HOSPITALIZATIONS IN B.C. CAUSED BY ALCOHOL/YEAR



8 Canadians died per day in hospital from conditions entirely caused by alcohol (2019)

STATISTICS

77%

OF BRITISH COLUMBIANS CONSUMED ALCOHOL IN 2019-2020

HEAVY DRINKERS* IN B.C.



17%

\$2.3 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.

YOUTH AND DRINKING



Mean age of first use in B.C.

44%

OF B.C. STUDENTS GRADES 7-12 HAVE TRIED ALCOHOL (2018)

Starting **YOUNG**, drinking **HEAVILY** and **FREQUENTLY** all increase risk of: depression, suicide attempts, serious injury and doing poorly at school.



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 & NORMALIZATION OF ALCOHOL USE

WHAT CAN MY COMMUNITY DO?



PROMOTE CANADA'S GUIDANCE ON ALCOHOL AND HEALTH



PROMOTE SAFER DRINKING ENVIRONMENTS






CREATE MUNICIPAL ALCOHOL POLICIES

Address the **social determinants of health** in your community to support populations **disproportionally 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	Wine	Distilled Alcohol
		
341 ml (12oz) 5% alcohol	142 ml (5oz) 12% alcohol	43 ml (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 → **MEDIUM RISK**

7 drinks or more → **INCREASINGLY HIGH RISK**

DO NOT DRINK WHEN PREGNANT, DRIVING OR USING ANY OTHER DRUG



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 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)

FOR MORE HELP, READ THE **LOCAL GOVERNMENT GUIDE TO CREATING ALCOHOL POLICY.**



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.

