

Alcohol use

Health indicator report

Background

- The purpose of this health indicator report is to provide information about alcohol use among adults aged 19 and over living in Halton Region.
- Alcohol use is one of the leading preventable causes of death, disability and social problems in Canada.¹ Alcohol use increases the risk of several types of cancer, cardiovascular disease, liver disease, unintentional injuries and violence.¹
- In 2023, the Canadian Centre on Substance Use and Addiction released [Canada's Guidance on Alcohol and Health](#). It replaces the 2011 Canada's Low-Risk Alcohol Drinking Guidelines. According to the new guidance, consuming three or more standard alcoholic drinks per week can increase the risk of negative health outcomes.¹ The more alcohol consumed per week, the greater the risk.¹
- This report uses data from the Canadian Community Health Survey.

Key findings

- In 2019-20, 51% of Halton adults aged 19 and over reported that they did not consume any alcohol in the past week, 18% consumed 1-2 standard drinks, 18% consumed 3-6 drinks, and 13% consumed 7 or more drinks.
- The percentage of Halton adults aged 19 and over who reported consuming three or more standard drinks in the past week decreased between 2015-16 and 2019-20.
- Adults aged 19 and over in Milton, and adults in the lowest income groups, were the least likely to report consuming three or more standard drinks in the past week.



Alcohol use

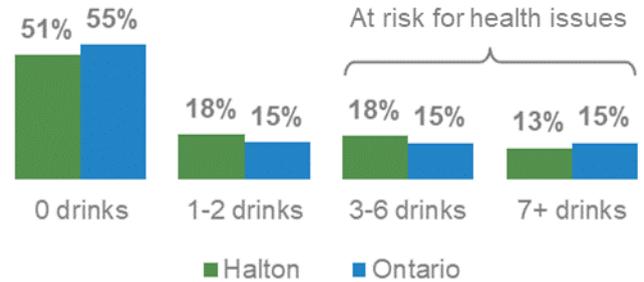
Risks of alcohol consumption

Number of standard drinks per week	Risk level	Type of risks
0	No risk	Not drinking has benefits, such as better health and better sleep.
1-2	Low risk	You will likely avoid alcohol-related consequences for yourself and others.
3-6	Moderate risk	Your risk of developing several different types of cancer, including breast and colon cancer, increases.
7 or more	Increasingly high risk	Your risk of heart disease or stroke increases. Each additional drink radically increases the risk of alcohol-related consequences.

Adapted from [Canada's Guidance on Alcohol and Health](#), 2023

Number of standard drinks per week

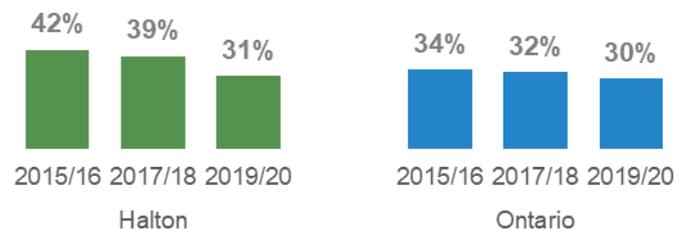
- In 2019-20, there were no statistically significant differences between Halton and Ontario in the percentage of adults aged 19 and over who reported having 0 standard alcoholic drinks, 1-2 drinks, 3-6 drinks, or 7 or more drinks in the past week.



Number of standard alcoholic drinks consumed in the past week, adults aged 19 and over, Halton Region and Ontario, 2019-20

Trends over time

- Drinking three or more standard alcoholic drinks in a week can increase the risk of negative health outcomes.
- In Halton, the percentage of adults aged 19 and over who reported having three or more standard alcoholic drinks in the past week decreased from 42% in 2015/16 to 31% in 2019/20. This difference was **statistically significant**.
- In Ontario, there were no significant changes from 2015-16 to 2019-20 in the percentage of adults aged 19 and over who reported having three or more standard alcoholic drinks in the past week.



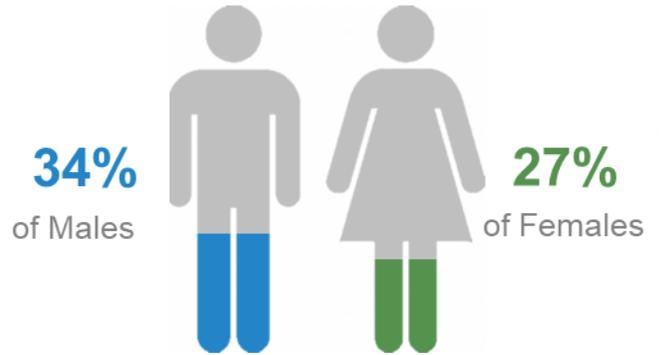
Percentage of adults aged 19 and over who reported consuming three or more standard alcoholic drinks in the past week, Halton Region and Ontario, 2015-16 to 2019-20



Alcohol use

Sex

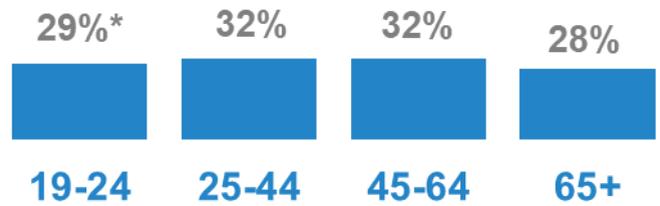
- In 2019-20, there was no statistically significant difference by sex in the percentage of adults aged 19 and over who reported consuming three or more standard alcoholic drinks in the past week.



Percentage of adults aged 19 and over who reported consuming three or more standard alcoholic drinks in the past week, by sex, Halton Region, 2019-20

Age

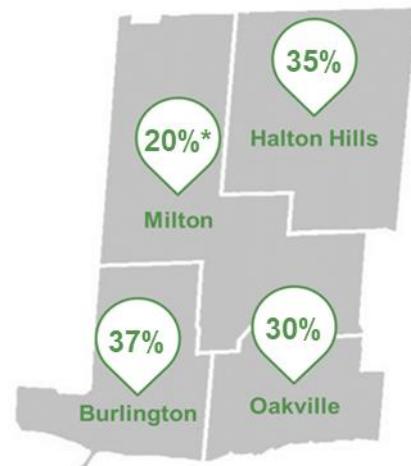
- In 2019-20, there were no statistically significant differences by age in the percentage of adults aged 19 and over who reported consuming three or more standard alcoholic drinks in the past week.



Percentage of adults aged 19 and over who reported consuming three or more standard alcoholic drinks in the past week, by age, Halton Region, 2019-20

Municipality

- In 2019-20, adults aged 19 and over in Milton were least likely to report consuming three or more standard alcoholic drinks in the past week. These differences were **statistically significant** when comparing adults in Milton to adults in Burlington.



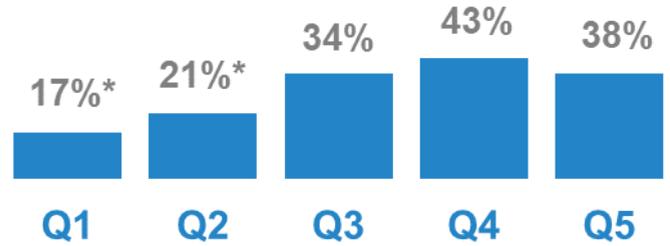
Percentage of adults aged 19 and over who reported consuming three or more standard alcoholic drinks in the past week, by municipality, Halton Region, 2019-20



Alcohol use

Income

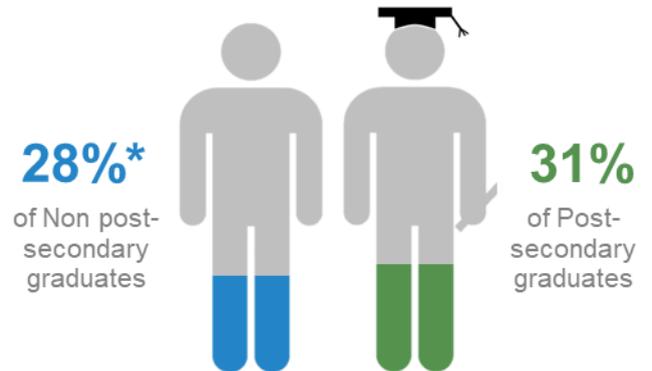
- In 2019-20, adults aged 19 and over in the highest income quintiles (Q4 and Q5) were more likely than adults in the lowest income quintiles (Q1 and Q2) to report consuming three or more standard alcoholic drinks in the past week. These differences were **statistically significant**.



Percentage of adults aged 19 and over who reported consuming three or more standard alcoholic drinks in the past week, by income, Halton Region, 2019-20

Education

- In 2019-20, there were no statistically significant differences by education in the percentage of adults aged 25 and over who reported consuming three or more standard alcoholic drinks in the past week.



Percentage of adults aged 19 and over who reported consuming three or more standard alcoholic drinks in the past week, by education, Halton Region, 2019-20

About CCHS

- The Canadian Community Health Survey (CCHS) is a voluntary, cross-sectional survey that collects information related to health status, health system utilization and health determinants for the Canadian population. CCHS is conducted by Statistics Canada.
- Each year, CCHS surveys 65,000 people aged 12 and over from across Canada. The survey provides health information at the provincial and regional levels. CCHS is designed to provide reliable estimates at the health unit level every 2 years. In 2019-20, there were 1,097 respondents from Halton, and 28,798 respondents from Ontario aged 12 and over.
- In 2015, CCHS was redesigned, including major changes to content and methodology. **Therefore, it is not recommended to compare data from the 2015 cycle onwards to past CCHS cycles.**
- For more information on CCHS methodology and limitations, see the Data Notes and Data Interpretation Guide at www.halton.ca/For-Residents/Public-Health/Health-Statistics.

Data notes

Definitions:

A **standard drink** means 341 ml (12 oz) of beer, cooler, cider, or other ready-to-drink alcoholic beverage at 5% alcohol by volume OR 142 ml (5 oz) of wine at 12% alcohol by volume, OR 43 ml (1.5 oz) of spirits such as whisky, vodka, or gin at 40% alcohol by volume.

Data Source: Canadian Community Health Survey [2015-20], Statistics Canada, Share File, Ontario MOHLTC.

Estimates marked with an asterisk (*) should be interpreted with caution due to high variability.

References

1. Canadian Centre on Substance Use and Addiction. 2023. Canada's Guidance on Alcohol and Health: Final Report. Retrieved July 2023 from https://ccsa.ca/sites/default/files/2023-01/CCSA_Canadas_Guidance_on_Alcohol_and_Health_Final_Report_en.pdf

For more health indicator and health status reports, visit the Halton Health Statistics webpage at halton.ca.

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