


**Topic:** Low-risk drinking guidelines & alcohol misuse

**Key Messages:** By following Canada’s low-risk drinking guidelines, members can reduce illness and injury caused by alcohol.

SLIDE	INFO	NOTES, AIDS, TIME
Slide 1	<p><b>Introduction:</b> Good morning / afternoon, my name is _____ and this is a briefing on Canada’s low-risk drinking guidelines and alcohol misuse.</p>	1 min
Slide 2	<p><b>Low-Risk Drinking Guidelines Summary:</b></p> <ul style="list-style-type: none"> <li>• 0-2 standard drinks per day for women.</li> <li>• 0-3 standard drinks per day for men.</li> <li>• No more than 10 standard drinks per week for women.</li> <li>• No more than 15 standard drinks per week for men.</li> <li>• Always have some non-drinking days per week to minimize tolerance and habit formation.</li> <li>• Do not exceed the daily limits (i.e. do not save up drinks for the weekend or an event).</li> </ul> <div data-bbox="261 926 1219 1268" style="border: 1px solid #ccc; padding: 10px; margin: 10px 0;"> <p style="font-size: 1.2em; color: #4a7c5c;">For these guidelines, "a drink" means:</p>  <p style="font-size: 0.8em; text-align: right;">© Canadian Centre on Substance Abuse 2012. Source: Canada's Low-Risk Alcohol Drinking Guidelines [Brochure], 2012.</p> </div>	1 min
Slide 3	<p><b>CAF Drinking Patterns:</b> The 2013/14 CF Health and Lifestyle Information Survey (HLIS) shows that :</p> <ul style="list-style-type: none"> <li>• 33.8% of males aged 18-29 consume over the maximum number of recommended drinks per week</li> <li>• Alcohol use exceeding the Low-Risk Drinking Guidelines is more common in: <ul style="list-style-type: none"> <li>○ Members aged 18 – 29 compared to those aged 30 - 60</li> <li>○ Males compared to females</li> <li>○ NCMs compared to officers</li> </ul> </li> </ul>	1 min
Slide 4	<p><b>Low-Risk Drinking Guidelines:</b> Remember not to drink in these situations:</p> <ol style="list-style-type: none"> <li>1. When operating any kind of vehicle, tools, or machinery</li> <li>2. When taking medications or other drugs that interact with alcohol</li> </ol>	2 min

<p><b>Slide 5</b></p>	<p>3. When engaging in sports or potentially dangerous physical activities  4. When in the workplace  5. When making important decisions  6. When pregnant, planning to become pregnant, or before breastfeeding  7. While responsible for the care or supervision of others  8. If suffering from serious physical illness, mental illness or alcohol dependence</p> <p><b>Reduce short-term risks by choosing safe situations and restricting your alcohol intake:</b>  On occasions when drinking at these upper levels, it is important to:</p> <ul style="list-style-type: none"> <li>• Set limits for yourself and stick to them</li> <li>• Drink slowly and have no more than 2 standard drinks in any 3 hours</li> <li>• Have one caffeine-free and non-alcoholic drink for every drink of alcohol consumed (preferably water)</li> <li>• Eat before and while you are drinking (i.e. do not drink on an empty stomach)</li> <li>• Avoid risky situations and activities while consuming alcohol</li> </ul>	<p><b>1 min</b></p>
<p><b>Slide 6</b></p>	<p><b>Consequences:</b>  There are multiple potential consequences for consuming more alcohol than is recommended by Canada’s low-risk drinking guidelines. These can include:</p> <ul style="list-style-type: none"> <li>• Federal and provincial penalties that may result from alcohol-related incidents.</li> <li>• Career implications, including administrative and/or disciplinary action.</li> <li>• Death – 11% (186 people) of CAF deaths between 1983 and 2007 were attributable to alcohol.</li> </ul>	<p><b>1 min</b></p>

**Resources:**

Health Promotion Services (PSP) - CFB Halifax and Region  
Addiction Prevention & Treatment Program  
Canadian Centre on Substance Abuse

902-722-4956  
902-721-8600  
[www.ccsa.ca](http://www.ccsa.ca)