

Drinking in Excess of Low-Risk Drinking Guidelines, Waterloo Region & Ontario, 2007-2008, 2009-2010, 2011-2012

Table 1. Proportion of the population aged 19 years and older who exceeded Canada's Low-Risk Drinking Guidelines, Waterloo Region & Ontario, 2007-2008, 2009-2010, & 2011-2012

Place of residence	Year	Per cent
Waterloo Region	2007-2008	30.2 (CI: 26.6-33.9)
	2009-2010	27.5 (CI: 24.5-30.5)
	2011-2012	29.3 (CI: 25.5-33.0)
Ontario	2007-2008	28.7 (CI: 28.0-29.5)
	2009-2010	28.0 (CI: 27.2-28.8)
	2011-2012	28.9 (CI: 28.0-29.7)

Definition:

Proportion of the population 19 years of age and older who reported consuming alcohol at levels that exceed Canada's Low-Risk Alcohol Drinking Guidelines (Guidelines 1 and 2).

For details on the Low-Risk Alcohol Drinking Guidelines, see:

<http://chd.region.waterloo.on.ca/en/healthyLivingHealthProtection/lowriskalcoholdrinkingguidelines.asp>

Limitations and Notes:

The CCHS is based on self-reported data collected in telephone and in-person interviews. The CCHS excludes individuals living on Indian reserve communities, institutions, full-time members of the Canadian Armed Forces, and residents of remote regions of the country.

Self-reported measures are subject to such sources of bias as social desirability bias and recall bias.

'The 'Townships' category combines responses from North Dumfries, Wellesley, Wilmot and Woolwich townships.

Limitations and Notes (continued):

'Don't know', refused and not stated responses were removed from analysis when they represented less than five per cent of the sample. In removing these responses from the denominator, the assumption is that the missing values are random, which is not always the case.

'CI' refers to 95 per cent confidence limits. The superscript 'E' denotes high sampling variability, and estimates must be interpreted with caution. The 'F' denotes estimates which were suppressed due to unacceptably high sampling variability.

Estimates provided at the municipal level may not be representative of the given population as the CCHS sampling frame was not designed for analysis below the health region level.

This indicator does not assess if individuals are drinking in "safe environments" as per Guideline 2 because the CCHS does not collect this information.

Table 2. Proportion of population aged 19 years and older who exceeded Canada's Low-Risk Drinking Guidelines, by sex, age, municipality, Waterloo Region, 2011-2012

	Measure	Per cent
Sex	Male	36.0 (CI: 30.0-41.9)
	Female	22.7 (CI: 17.8-27.6)
Age group	19 to 24 years	43.5 (CI: 30.5-56.4)
	25 to 34 years	44.1 (CI: 32.5-55.7)
	35 to 49 years	25.4 (CI: 18.8-32.1)
	50 to 64 years	22.8 (CI: 16.6-29.1)
	65 years and older	19.4 (CI: 12.8-26.0) ^E
Municipality	Cambridge	30.9 (CI: 23.1-38.7)
	Kitchener	26.5 (CI: 20.9-32.0)
	Waterloo	39.4 (CI: 27.9-50.9)
	Townships	26.1 (CI: 17.3-34.9) ^E

Table 3. Proportion of population aged 19 years and older who exceeded Canada's Low-Risk Drinking Guidelines, by household income, level of education & immigration status, Waterloo Region, 2011-2012

	Measure	Per cent
Household income	Less than \$40,000	27.6 (CI: 20.7-34.6)
	\$40,000-\$69,999	23.7 (CI: 16.9-30.4)
	\$70,000-\$99,999	32.8 (CI: 24.0-41.7)
	\$100,000 or more	33.4 (CI: 25.4-41.3)
Level of education	Less than high school	29.7 (CI: 19.8-39.6) ^E
	High school diploma	27.7 (CI: 17.8-37.6) ^E
	Some post-secondary	35.0 (CI: 12.3-57.7) ^E
	Post-secondary degree	30.5 (CI: 25.9-35.0)
Immigration status	Immigrant	17.6 (CI: 11.4-23.8) ^E
	Canadian-born	34.1 (CI: 29.3-38.8)

Limitations and Notes (continued):

This indicator does not address Canada's Low-Risk Alcohol Drinking Guidelines 3 and 4, which recommend that individuals who meet the following criteria do not drink: mental or chronic health condition; alcohol dependent; breastfeeding, pregnant or planning to be pregnant; responsible for the safety of others; involved in at-risk activities (e.g., driving vehicles, using machinery or tools, taking medications or drugs that interact with alcohol, doing dangerous physical activity); making important decisions.

This indicator does not address Canada's Low-Risk Alcohol Drinking Guideline 5 which suggests that child and youth should delay drinking until they reach their late teens.

The low-risk drinking guidelines are for people of legal drinking age.

Source:

Canadian Community Health Survey, 2007-2008, 2009-2010, 2011-2012, Statistics Canada, Share File, Ontario MOHLTC.

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