

Heavy Drinking Episodes, Waterloo Region & Ontario, 2009-2010, 2011-2012, 2013-2014

Table 1. Proportion of the population aged 12 years and older who had at least one heavy drinking episode once a month in the last 12 months, Waterloo Region & Ontario, 2009-2010, 2011-2012, 2013-2014

Place of residence	Year	Per cent
Waterloo Region	2009-2010	16.5 (CI: 13.8-19.3)
	2011-2012	17.4 (CI: 14.5-20.4)
	2013-2014	18.2 (CI: 14.9-21.4)
Ontario	2009-2010	16.2 (CI: 15.6-16.7)
	2011-2012	16.8 (CI: 16.2-17.5)
	2013-2014	16.6 (CI: 16.0-17.3)

Definition:

Proportion of the population aged 12 years and older who had at least one heavy drinking episode once a month in the last 12 months, where an episode consists of consuming five or more alcoholic beverages on one occasion.

In 2013-2014, the number of alcoholic beverages on one occasion changed to four or more for females and five or more for males.

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.

Table 2. Proportion of population aged 12 years and older who had at least one heavy drinking episode once a month in the last 12 months, by sex, age & municipality, Waterloo Region, 2013-2014

	Measure	Per cent
Sex	Male	23.3 (CI: 18.6-27.9)
	Female	13.2 (CI: 9.3-17.0)
Age group	12 to 18 years	F
	19 to 24 years	32.4 (CI: 20.1-44.6) ^E
	25 to 34 years	31.8 (CI: 22.0-41.5)
	35 to 49 years	19.4 (CI: 12.0-26.9) ^E
	50 to 64 years	16.1 (CI: 10.9-21.3)
	65 years and older	F
Municipality	19 years and older	20.0 (CI: 16.5-23.6)
	Cambridge	23.8 (CI: 16.9-30.7)
	Kitchener	14.4 (CI: 10.6-18.2)
	Waterloo	13.8 (CI: 7.1-20.6) ^E
	Townships	21.1 (CI: 13.2-29.1) ^E

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.

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

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.

'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.

Since heavy drinkers are generally more difficult to reach in surveys, the proportion may be underestimated and the overall drinking profile skewed.

Source:

Canadian Community Health Survey, 2009-2010, 2011-2012, 2013-2014, Statistics Canada, Share File, Ontario MOHLTC.

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Table 3. Proportion of population aged 12 years and older who had at least one heavy drinking episode once a month in the last 12 months, by household income, level of education & immigration status, Waterloo Region, 2013-2014

	Measure	Per cent
Household income	Less than \$40,000	16.8 (CI: 9.3-24.2) ^E
	\$40,000-\$69,999	10.5 (CI: 6.5-14.5) ^E
	\$70,000-\$99,999	18.1 (CI: 12.2-24.0)
	\$100,000 or more	24.1 (CI: 17.1-31.0)
Level of education	Less than high school	14.9 (CI: 7.6-22.2) ^E
	High school diploma	19.8 (CI: 12.9-26.8) ^E
	Some post-secondary	25.4 (CI: 11.8-39.0) ^E
	Post-secondary degree	17.9 (CI: 13.9-21.8)
Immigration status	Immigrant	7.7 (CI: 3.7-11.7) ^E
	Canadian-born	21.6 (CI: 17.6-25.6)