

ALCOHOL AVAILABILITY IN ONTARIO



THE CHANGING LANDSCAPE

Ontario is experiencing a substantial **INCREASE** in the overall availability of alcohol.



Increased availability makes it easier to buy alcohol, including for someone who is:

- intoxicated
- underage, or
- has an alcohol use disorder.

Alcohol availability has increased **22%** between 2007 and 2017.

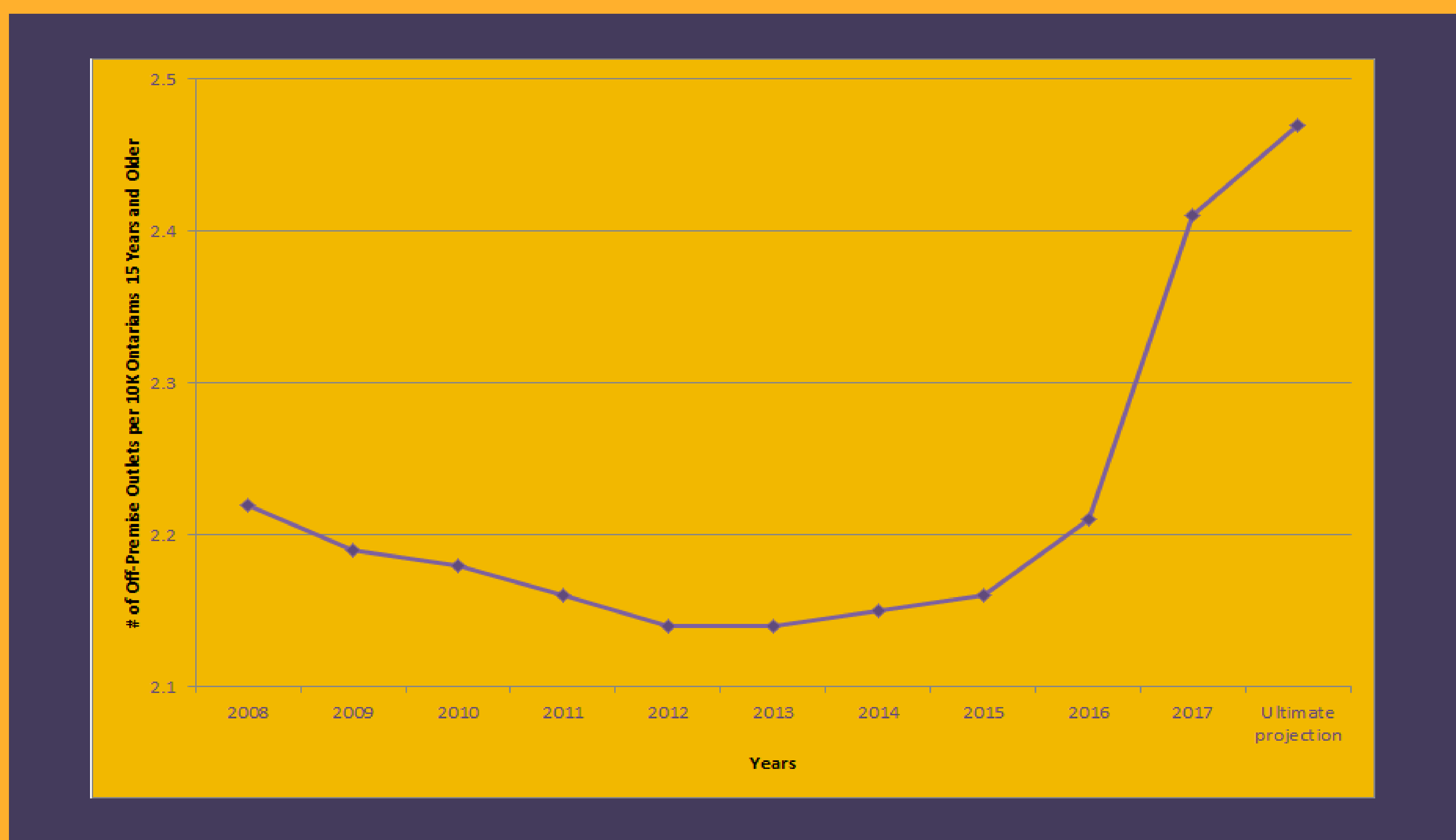


Expansion of private sales and outlets leads to greater pressure on government to further expand the availability of alcohol (e.g. farmers' markets and grocery stores).

Ontario has committed to making wine, beer and cider available in up to 450 grocery stores.



TOTAL NUMBER OF *OFF-PREMISE OUTLETS PER 10K ONTARIANS 15 YEARS AND OLDER



*Off-premise outlets include: LCBO and Agency stores, Beer Stores, Ontario wine stores, Grocery stores, On-site brewery and distillery stores, ferment on premise outlets, and Duty-free stores.

DID YOU KNOW?

Increased Alcohol Availability



Increased Alcohol Consumption



Increased Alcohol Harms and Costs



Alcohol is associated with: dependence, chronic diseases, violence, injuries and social problems.



In 2015, **15%** of Ontario adults reported harmful drinking behaviours.



Alcohol-related costs in Ontario amount to at least **\$5.3** billion annually.



Low-moderate alcohol consumption can cause damage to the brain.



1 in 3 Ontarians experienced harm as a result of someone else's drinking in the past year.



Alcohol causes various cancers, including:

- Mouth
- Esophagus
- Throat
- Colon and Rectum
- Voice Box
- Breast
- Liver

WHAT YOU CAN DO TO REDUCE THE IMPACT OF INCREASED ALCOHOL AVAILABILITY



Raise awareness about the impact of increased alcohol availability on community health and wellbeing.



Prioritize local surveillance by:

- Identifying indicators
- Partnering with stakeholders
- Collecting data
- Reporting to the community



Build stakeholder support to prevent the expansion of private sales and outlets.



Champion policy change on alcohol outlet density and hours of sale.



Educate local leaders on evidence-based strategies and **support municipal alcohol policies** to reduce access.



Support government action to develop a comprehensive, evidence-based alcohol strategy.

References

- Canadian Institute for Health Information. (2017). Alcohol Harm in Canada: Examining Hospitalizations Entirely Caused by Alcohol and Strategies to Reduce Harm. Ottawa, ON: CIHI. Available at: <https://www.cihi.ca/sites/default/files/document/report-alcohol-hospitalizations-en-web.pdf>
- Canadian Public Health Association. (2016). The Chief Public Health Officer's Report on the State of Public Health in Canada, 2015: Alcohol Consumption in Canada. Available at: <https://www.canada.ca/en/public-health/services/publications/chiefs-public-health-officer-reports-state-public-health-canada/2015-alcohol-consumption-canada.html>
- Giesbrecht, N., Ialomiteanu, A.R., Mann, R. (2016). Changes in Alcohol Distribution in Ontario, Canada: Public preferences and perceptions of risk. Toronto, ON: Centre for Addiction and Mental Health.
- Giesbrecht, N., Cukier, S., Steeves, D. (2010). Collateral damage from alcohol: implications of 'second-hand effects of drinking' for populations and health priorities. *Addiction* 105, 1323-25. Available at: <http://onlinelibrary.wiley.com/doi/10.1111/j.1360-0443.2009.02884.x/epdf>
- Ialomiteanu, A. R., Hamilton, H. A., Adlaf, E. M., & Mann, R. E. (2016). CAMH Monitor e-Report: Substance Use, Mental Health and Well-Being Among Ontario Adults, 1977-2015 (CAMH Research Document Series No. 45). Toronto, ON: Centre for Addiction and Mental Health. Available at: www.camh.ca/en/research/news_and_publications/Pages/camh_monitor.aspx
- Ontario Public Health Association. (2017). Timeline of Government of Ontario's Actions to Modernize Alcohol Sales and to Develop a Province-wide Alcohol Policy to Minimize Harms. Available at: <http://opha.on.ca/getmedia/bb2cb472-1988-418a-8b2e-4f5ff4022090/Modernization-of-Alcohol-Sales-in-Ontario-Timelines-OPHA.pdf.aspx>
- Topiwala, A., Allan, C. L., Valkanova, V., Zsoldos, E., Filippini, N., Sexton, C., Mahmood, A., Fooks, P., Singh-Manoux, A., Mackay, C. E., Kivimäki, M., Ebmeier, K. P. (2017). Moderate alcohol consumption as a risk factor for adverse brain outcomes and cognitive decline: Longitudinal cohort study. *British Medical Journal*; 357. Available at: <http://dx.doi.org/10.1136/bmj.j2353>

Thank you to the Alcohol Policy in Ontario Community of Interest for their review and contributions. This infographic was developed by Evidence Exchange Network (EENet).