

# HEAVY DRINKING

## CANADIAN LOW-RISK ALCOHOL DRINKING GUIDELINES RECOMMEND:

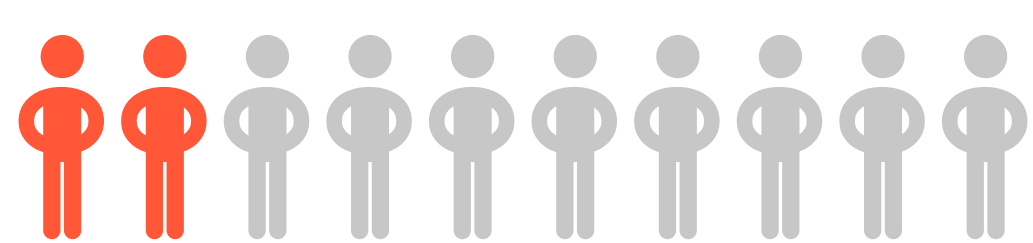
 **MALES:** Maximum 15 drinks/week, with no more than 3 drinks a day most days. No more than 4 drinks on special occasions.

 **FEMALES:** Maximum 10 drinks/week, with no more than 2 drinks a day most days. No more than 3 drinks on special occasions.



# 22%

**OF GREY BRUCE RESIDENTS DRINK HEAVILY ON A REGULAR BASIS**



## HIGHER RATES THAN ONTARIO

Overall, Grey Bruce residents are more likely than Ontarians to regularly drink alcohol in excess of Canadian Low-Risk Alcohol Drinking Guidelines.

This is also true of male residents of Grey Bruce and of those aged 35 to 49 when compared to their counterparts in Ontario.

## RATES TWICE AS HIGH AMONG MALES

Male residents of Grey Bruce are about twice as likely as female residents to drink alcohol in excess of Canadian guidelines regularly.



30%



13%\*

18 to 34



38%

35 to 49



29%

50 to 64



19%

65+



8%

## LESS COMMON AMONG OLDER ADULTS

Grey Bruce residents over the age of 50 are less likely than those in younger age groups to be regular heavy drinkers.

### NOTES:

1. \* Interpret this estimate with caution due to small sample size. Small sample sizes can cause unreliable estimates.

2. The following local estimates were not reported and could not be compared to Ontario:  
- Heavy drinking among 12 to 17 year-olds

3. Data source: Canadian Community Health Survey, 2015-16