



# small actions make big differences

## Canada's Low-Risk Alcohol Drinking Guidelines

Drinking is a personal choice. If you choose to drink, these guidelines can help you decide when, where, why and how.

### 1 Your limits

Reduce your long-term health risks by drinking no more than:

- 10 drinks a week for women, with no more than 2 drinks a day most days
- 15 drinks a week for men, with no more than 3 drinks a day most days

### 2 Special occasions

Reduce your risk of injury and harm by drinking no more than 3 drinks (for women) and 4 drinks (for men) on any single occasion.

### 3 When zero's the limit

Do not drink when you are:

- driving a vehicle or using machinery and tools
- taking medicine or other drugs that interact with alcohol
- doing any kind of dangerous physical activity
- living with mental or physical health problems
- living with alcohol dependence
- pregnant or planning to be pregnant
- responsible for the safety of others
- making important decisions

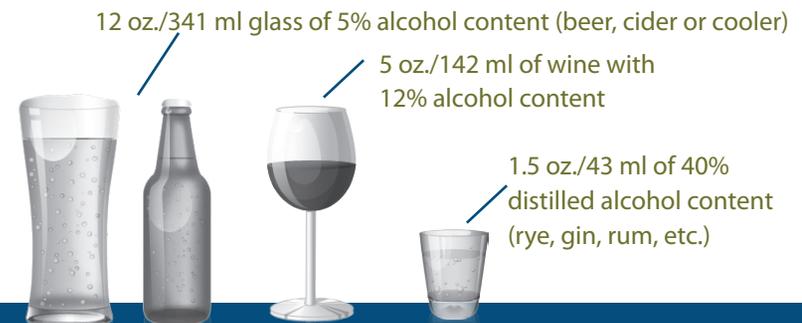
### 4 Pregnant? Zero is safest

If you are pregnant, planning to become pregnant or about to breastfeed, the safest choice is to drink no alcohol at all.

### 5 Delay your drinking

If you are a child or youth, you should delay drinking until your late teens. Talk with your parents about drinking. Alcohol can harm the way your brain and body develop.

#### For these guidelines, "a drink" means:



#### Reference:

Butt, P., Beirness, D., Gliksman, L., Paradis, C., & Stockwell, T. (2011). *Alcohol and health in Canada: A summary of evidence and guidelines for low-risk drinking*. Ottawa, ON: Canadian Centre on Substance Abuse. Developed by the National Alcohol Strategy Advisory Committee



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## When you were young...

**Remember how good it felt to have a caring adult in your life, someone:**

- who was there for you
- who saw the real you
- who listened to what you had to say
- who inspired you to be the best you could be

**Kids who have caring, supportive relationships with an adult:**

- have improved mental health, self-esteem and confidence
- are less likely to be harmfully involved with alcohol, other drugs and gambling
- are more likely to stay in school

**Be a positive role model in the life of a child.  
You can make a difference!**





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## The workplace can have a big impact on the health of employees.

On average, Canadian workers spend about 60% of their waking hours at work.

### What can employers do to make a difference?

**Educate and inform employees** about topics like addiction, mental health and healthy living.

**Provide resources and support** such as programs to quit smoking, an employee and family assistance program or performance management training for managers and supervisors.

**Create ways for employees to be actively involved in decisions about health**, allowing them to identify concerns and provide feedback.

**Establish policies about health and make sure employees and managers know about them and understand them.** Include areas like

- tobacco use
- safety
- work-life balance: flexible schedules, working from home or job sharing
- vacation
- alcohol and other drugs

**Host fun, alcohol-free, active family gatherings** to celebrate staff and promote family well-being.

**Encourage employees to look after their own health** by avoiding harmful behaviour and finding healthy ways to beat or reduce stress through exercise, a hobby, restful sleep, or talking with a friend or family member.

**A business can save money while supporting the health of their employees.** For example, eight organizations in Halifax calculated that they got a return of \$1.64 for every dollar invested in a comprehensive workplace wellness program.<sup>1</sup>

**Your local Alberta Health Services Addiction and Mental Health Services office can help you to set up a workplace health program. To find contact information for your local office, call 1-866-332-2322.**

1. Lowe, G. 2012. *Creating healthy organizations: How vibrant workplaces inspire employees to achieve sustainable success.* Toronto, ON: University of Toronto Press.