



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.¹

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.