



## Alcohol Use

### Interventions

Brief interventions are increasingly recommended in the management of individuals with alcohol-related problems. These interventions are low-cost and have been proven effective. Research has shown that many patients cut down on their drinking simply because they were asked about their alcohol use. Effective screening for problematic drinking can be completed in a short period of time.

### Alcohol Use in Our Community

In Hastings and Prince Edward Counties, as per the recent data, approximately 20% of males and 13% of females age 12+ reported binge drinking (five or more or four or more drinks on one occasion) at least once a month in the past year. This is a concern, considering excessive alcohol consumption significantly increases the risks of chronic diseases, seven types of cancers, injury, violence, and many second-hand harms. [Canada's Guidance on Alcohol and Health](#) indicate that:

- No risk results with 0 standard drinks per week
- Low risk alcohol consumption is 1 to 2 standard drinks per week
- Moderate risk alcohol consumption is 3 to 6 standard drinks per week
- High risk alcohol consumption is Seven or more standard drinks per week

### Resources for Health Care Professionals (HCPs)

- [Evidence Review Technical Report](#) of Canadian Centre on Substance Use and Addiction (CCSA) is for HCPs who are interested in knowing the detailed process with types of evidence that was used for the new alcohol guidance.

### Resources for Patients

The following patient resources may be provided to your patient for short or long-term intervention.

- [Drinking less is better](#) is available to download and print.

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