



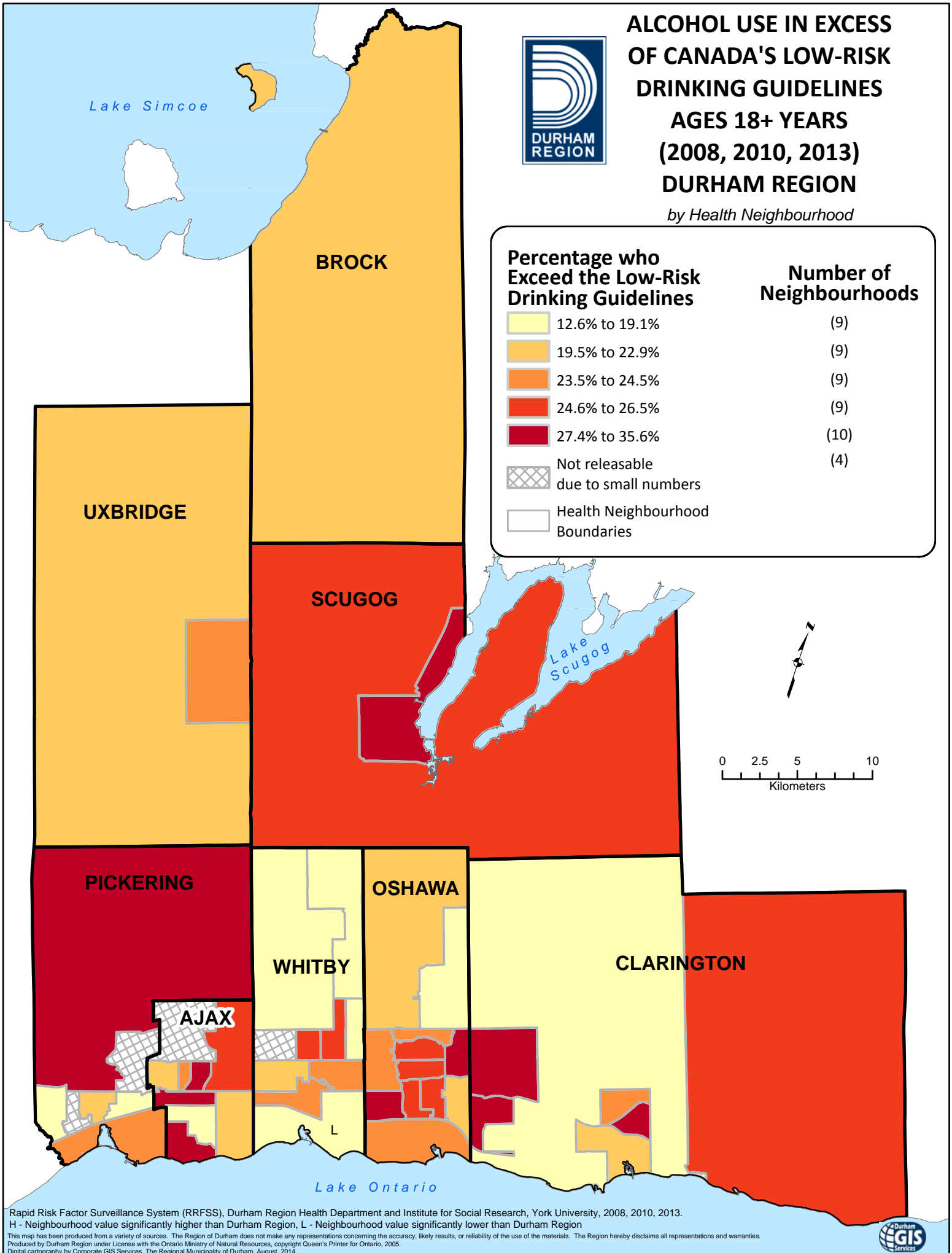
ALCOHOL USE IN EXCESS OF CANADA'S LOW-RISK DRINKING GUIDELINES AGES 18+ YEARS (2008, 2010, 2013) DURHAM REGION

by Health Neighbourhood

Percentage who Exceed the Low-Risk Drinking Guidelines

Number of Neighbourhoods

	12.6% to 19.1%	(9)
	19.5% to 22.9%	(9)
	23.5% to 24.5%	(9)
	24.6% to 26.5%	(9)
	27.4% to 35.6%	(10)
	Not releasable due to small numbers	(4)
	Health Neighbourhood Boundaries	



Rapid Risk Factor Surveillance System (RRFSS), Durham Region Health Department and Institute for Social Research, York University, 2008, 2010, 2013.
 H - Neighbourhood value significantly higher than Durham Region, L - Neighbourhood value significantly lower than Durham Region

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Alcohol Use in Excess of Canada's Low-Risk Drinking Guidelines, Ages 18+ Years (2008, 2010, 2013)

Table 1: Health Neighbourhoods Indicator Summary

↓ Lower is Better



	Percentage who Exceed the Low-Risk Drinking Guidelines	95% Confidence Interval	Compared to Durham Rate		
			Lower	Similar	Higher
Pickering	21%	17% - 25%			
Frenchman's Bay (P1)	24%*	17% - 32%			
West Rouge (P2)	13%*	8% - 23%			
Amberlee (P3)	NR				
Dunbarton (P4)	20%*	12% - 31%			
Pickering City Centre (P5)	19%*	11% - 32%			
Brock Ridge Pickering (P6)	NR				
Pickering North (P7)	28%*	18% - 41%			
Ajax	24%	21% - 28%			
Ajax Waterfront (A1)	27%*	19% - 38%			
Downtown Ajax (A2)	18%*	10% - 29%			
Carruthers (A3)	22%*	13% - 34%			
Central Ajax (A4)	32%*	22% - 44%			
Riverside-Hermitage (A5)	23%*	14% - 35%			
Westney Heights (A6)	24%*	13% - 38%			
Applecroft (A7)	36%*	23% - 50%			
Ajax Northwest (A8)	NR				
Ajax Northeast (A9)	27%*	14% - 45%			
Whitby	20%	18% - 23%			
Whitby South (W1)	13%*	7% - 21%	↓		
Downtown Whitby (W2)	24%	17% - 33%			
Cochrane South (W3)	21%*	14% - 30%			
Manning (W4)	24%*	17% - 33%			
Williamsburg (W5)	NR				
Whitby Brock North (W6)	26%*	17% - 37%			
Dryden-Anderson (W7)	25%*	17% - 35%			
Dryden East (W8)	16%*	8% - 27%			
Brooklin East (W9)	18%*	11% - 28%			
Brooklin West (W10)	18%*	11% - 28%			
Oshawa	24%	22% - 27%			
Lakeview (O1)	25%*	17% - 34%			
Gibb West (O2)	29%*	20% - 40%			
Downtown Oshawa (O3)	26%*	18% - 37%			
Central Park (O4)	26%*	17% - 38%			
Grandview South (O5)	22%*	15% - 32%			
Stevenson North (O6)	24%	17% - 32%			
Hillsdale (O7)	26%*	17% - 36%			
Beatrice South (O8)	26%*	18% - 35%			
Grandview North (O9)	30%*	20% - 42%			
Beatrice North (O10)	24%*	15% - 36%			
Oshawa Northwest (O11)	23%*	15% - 33%			
Oshawa Northeast (O12)	15%*	8% - 25%			
Clarington	25%	22% - 29%			
Courtice South (C1)	29%	21% - 39%			
Courtice North (C2)	35%*	24% - 47%			
Bowmanville South (C3)	21%*	14% - 30%			
Bowmanville Central (C4)	33%*	22% - 45%			
Bowmanville North (C5)	24%*	15% - 35%			
Darlington (C6)	16%*	10% - 25%			
Clarke (C7)	26%	19% - 34%			
Scugog	27%	21% - 34%			
Port Perry (S1)	29%*	19% - 40%			
Rural Scugog (S2)	26%	19% - 36%			
Uxbridge	24%	17% - 31%			
Urban Uxbridge (U1)	24%*	17% - 33%			
Rural Uxbridge (U2)	23%*	11% - 40%			
Brock					
Brock (B1)	20%*	14% - 28%			
Durham Region	23%	22% - 25%			
Range		13%- 36%			

Source: Rapid Risk Factor Surveillance System (RRFSS), Durham Region Health Department and Institute for Social Research, York University, 2008, 2010, 2013.

Note: Estimates marked with * should be used with caution because of high sampling variability with a Coefficient of Variation (CV) between 16.5% and 33.3%. Estimates with a CV greater than 33.3%, a numerator less than 5 or a denominator less than 30 have been suppressed and are marked as Not Releaseable (NR). Lower (down arrow) or Higher (up arrow) means that the 95% confidence intervals do not overlap with those of Durham Region and are significantly different.

Alcohol Use in Excess of Canada's Low-Risk Drinking Guidelines, Ages 18+ Years (2008, 2010, 2013)

Table 2: List of Health Neighbourhoods ranked from lowest to highest

Order	Health Neighbourhoods	Percentage who Exceed the Low-Risk Drinking Guidelines	Compared to Durham Region (Lower is Better)	Quintile
1	Whitby South (W1)	13%*	LOWER	1
2	West Rouge (P2)	13%*	similar	1
3	Oshawa Northeast (O12)	15%*	similar	1
4	Dryden East (W8)	16%*	similar	1
5	Darlington (C6)	16%*	similar	1
6	Brooklin West (W10)	18%*	similar	1
7	Downtown Ajax (A2)	18%*	similar	1
8	Brooklin East (W9)	18%*	similar	1
9	Pickering City Centre (P5)	19%*	similar	1
10	Dunbarton (P4)	20%*	similar	2
11	Brock (B1)	20%*	similar	2
12	Cochrane South (W3)	21%*	similar	2
13	Bowmanville South (C3)	21%*	similar	2
14	Carruthers (A3)	22%*	similar	2
15	Grandview South (O5)	22%*	similar	2
16	Rural Uxbridge (U2)	23%*	similar	2
17	Oshawa Northwest (O11)	23%*	similar	2
18	Riverside-Hermitage (A5)	23%*	similar	2
19	Bowmanville North (C5)	24%*	similar	3
20	Frenchman's Bay (P1)	24%*	similar	3
21	Westney Heights (A6)	24%*	similar	3
22	Stevenson North (O6)	24%	similar	3
23	Manning (W4)	24%*	similar	3
24	Urban Uxbridge (U1)	24%*	similar	3
25	Beatrice North (O10)	24%*	similar	3
26	Downtown Whitby (W2)	24%	similar	3
27	Lakeview (O1)	25%*	similar	3
28	Dryden-Anderson (W7)	25%*	similar	4
29	Hillsdale (O7)	26%*	similar	4
30	Beatrice South (O8)	26%*	similar	4
31	Whitby Brock North (W6)	26%*	similar	4
32	Clarke (C7)	26%	similar	4
33	Central Park (O4)	26%*	similar	4
34	Downtown Oshawa (O3)	26%*	similar	4
35	Rural Scugog (S2)	26%	similar	4
36	Ajax Northeast (A9)	27%*	similar	4
37	Ajax Waterfront (A1)	27%*	similar	5
38	Pickering North (P7)	28%*	similar	5
39	Gibb West (O2)	29%*	similar	5
40	Port Perry (S1)	29%*	similar	5
41	Courtice South (C1)	29%	similar	5
42	Grandview North (O9)	30%*	similar	5
43	Central Ajax (A4)	32%*	similar	5
44	Bowmanville Central (C4)	33%*	similar	5
45	Courtice North (C2)	35%*	similar	5
46	Applecroft (A7)	36%*	similar	5
47	Ajax Northwest (A8)	NR	--	--
48	Brock Ridge Pickering (P6)	NR	--	--
49	Amberlee (P3)	NR	--	--
50	Williamsburg (W5)	NR	--	--

Alcohol Use in Excess of Canada's Low-Risk Alcohol Drinking Guidelines (LRADG), Ages 18+ Years (2008, 2010, 2013)

Table 3: Percentage that exceed the LRADG by Durham Region Municipality

Municipality	Percentage who Exceed the LRADG	Compared to Durham Region (Lower is Better)
Pickering	21%	similar
Ajax	24%	similar
Whitby	20%	similar
Oshawa	24%	similar
Clarington	25%	similar
Scugog	27%	similar
Uxbridge	24%	similar
Brock	20%*	similar
Durham Region	23%	

What You Need to Know

- A lower rate of excess alcohol use is better for health.
- The percentage that exceeds the Guidelines ranges by Health Neighbourhood from 13% to 36%.
- The Guidelines recommend that women drink no more than 2 drinks a day and 10 per week, and that men drink no more than 3 drinks a day and 15 per week. An extra drink is allowed on special occasions. The aim is to reduce overall health and safety risks. To specifically reduce cancer risk, lower limits of less than 1 drink a day for women and 2 drinks a day for men are indicated. Neighbourhoods with the highest excess use tend to be more concentrated in Ajax, Oshawa, Clarington and Scugog.

Indicator Notes

- This indicator measures the percentage of adults aged 18 years or older who drink in excess of Canada's Low-Risk Alcohol Drinking Guidelines.
- Source: Rapid Risk Factor Surveillance System (RRFSS), Durham Region Health Department and Institute for Social Research, York University, 2008, 2010, 2013.
- RRFSS is an ongoing survey of adults in Durham Region that collects data related to health knowledge, attitudes and behaviours. Three years of data were combined to provide a large enough sample for analysis at the Neighbourhood level. Respondents were asked to report how often they drank alcohol and the average number of drinks consumed. Adherence to the Guidelines was derived from this information. Pregnant women were excluded from the analysis. Other zero consumption circumstances, such as driving, medication use, or mental health problems were not considered in the calculation.
- Neighbourhoods were sorted by the percentage drinking alcohol in excess of the Guidelines and divided into quintiles (five equal groupings). Approximately 10 Neighbourhoods are in each quintile.
- Neighbourhood rates were compared with Durham Region based on their 95 percent confidence intervals and those with intervals that did not overlap with the Region were either significantly higher or lower. Estimates marked with an asterisk (*) should be used with caution because they have high variability with a coefficient of variation between 16.5% and 33.3%. Estimates with a coefficient of variation greater than 33.3%, a numerator less than 5, or a denominator less than 30 are suppressed and marked as Not Releasable. Four Neighbourhoods had rates that were not releasable because of small numbers.
- For more information about rates of alcohol use in Durham Region, see Chronic Disease Prevention at durham.ca/healthstats. For information about the Guidelines, [Canadian Centre on Substance Abuse](http://www.ccsa.ca/en/substance_abuse).

Release Date: January 2015.

For more information, refer to The Guide to Health Neighbourhoods.

If you require this information in an accessible format, contact 1-800-841-2729.