



FAX about ...



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Alcohol Availability in Ontario: The Changing Landscape

Alcohol is one of the most commonly used **psychoactive substances** in Ontario. There is strong scientific evidence that alcohol use is associated with **health risks** such as seven different types of cancer, heart disease, stroke, type 2 diabetes, and may contribute to mental health problems such as depression and suicide. Alcohol also impacts people's lives through **serious negative effects** including injuries and deaths caused by impaired driving, assaults, property damage, domestic violence, child neglect, abuse, and Fetal Alcohol Spectrum Disorder (FASD).

Ontario is experiencing a **drastic increase** in the availability of alcohol, with a **22%** increase between 2007 and 2017. In addition to this, Ontario has committed to a **27%** increase in the availability of wine, beer and cider in grocery stores. An increase in alcohol availability makes it easier for someone who is intoxicated, underage, and/or has an alcohol use disorder to purchase it. As alcohol availability increases, so does consumption and alcohol-related harms.

The Alcohol Policy in Ontario Community of Interest has developed an **infographic** on the availability of alcohol in Ontario. The objective of the infographic is to provide evidence-based information to service providers and healthcare professionals who are working to improve the health of Ontarians who use alcohol.

The infographic can be found at the following website:

<http://eenet.ca/article/new-infographic-alcohol-availability-in-ontario>

Healthcare professionals are in a **key position** to assess their clients and share pertinent information about the health risks associated with alcohol use. Evidence-based information allows individuals to make informed choices about their alcohol use.

Please use and share this infographic to increase awareness of current trends related to alcohol availability and the impact on the health of your patients and Ontarians.

Health care provider resources now available to order online durham.ca/HCP.

Durham Region Health Department: 905-668-7711, 1-800-841-2729

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If you prefer to receive this information in an electronic format please submit your request to healthresources@durham.ca

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