Let's Start
A conversation about alcohol in our community.

HOW MUCH ARE WE DRINKING?

1 in 2
Nearly half of adults 19+ in Thunder Bay District report drinking in excess of the Low Risk Drinking Guidelines.1

1 in 3
high school students in Northern Ontario report binge drinking at least once in the past month.2

WHY DOES IT MATTER?

Alcohol ranks 2nd (behind tobacco) as a leading risk factor for disease, disability and death.3

Don’t drink if you are:

• Under the legal drinking age
• Driving a vehicle or using machinery/tools
• Taking medicine or other drugs that interact with alcohol
• Responsible for the safety of others
• Living with mental or physical health problems
• Making important decisions

What is a drink? When zero is the limit

1 in 10 Ontario deaths are directly or indirectly related to alcohol misuse.5

In 2011, alcohol consumption cost Ontario an estimated $1.7 billion in direct health care costs and $3.6 billion in indirect costs.8

Nearly half of adults 19+ in Thunder Bay District report drinking in excess of the Low Risk Drinking Guidelines.1

1 in 3 adults in Ontario report experiencing harm from someone else’s drinking.7

Reduce your short term risk of injury

No more than 2 drinks a day most days for women
No more than 3 drinks a day most days for men

Reduce your long term risk of disease

No more than 10 drinks a week for women
No more than 15 drinks a week for men

WHEN ZERO IS THE LIMIT

Don’t drink if you are:

• Under the legal drinking age
• Driving a vehicle or using machinery/tools
• Taking medicine or other drugs that interact with alcohol
• Responsible for the safety of others
• Living with mental or physical health problems
• Making important decisions

WHAT IS A DRINK?

Beer
341 ml (12 oz.)
5% alcohol content

Wine
142 ml (5 oz.)
12% alcohol content

Distilled Alcohol (1.5 oz.)
(rye, gin, rum, etc.)
40% alcohol content

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Reduce your long term risk of disease

No more than 10 drinks a week for women
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Sources:

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