

Low-Risk Drinking Guidelines

Table of Contents for Resource Binder

In 1999, Toronto Public Health compiled a resource binder on the Low-Risk Drinking Guidelines (LRDG). This 'Table of Contents' for the LRDG resource binder includes suggested sections, contents and links to resources. These are some initial steps we have taken in promoting the LRDG and we hope you will find this information useful if you decide to create your own resource binder. In turn, we would like to learn from your experiences, actions, and any other resources you are currently developing or would like to develop in your work with the general population you serve, your clients, and your co-workers.

Table of Contents for the Low-Risk Drinking Guidelines Resource Binder could include:

1. SAMPLE OUTLINES OF A LRDG PRESENTATION
2. NEWS RELEASES AND NEWS CLIPPINGS about the Guidelines
 - News release - <http://www.arf.org/lowriskEnglish.html>
 - Speech from Dr. Perry Kendall - <http://www.arf.org/lowriskspeech.html>
 - Questions and Answers- http://sano.arf.org/announce/n_a9710c.htm
 - The Toronto Star, October 3, 1997, Health section
 - The Globe and Mail, January 3, 1998, Section A11
3. SAMPLE OF THE LRDG BROCHURE
 - Alcohol and Your Health: Low-Risk Drinking Guidelines. Product Code: P128. The Centre for Addiction and Mental Health, Marketing and Sales Services at 1-800-661-1111. (Please call to confirm product code)
4. SAMPLES OF PUBLIC INFORMATION MATERIALS about alcohol. For copies of these materials, call Centre for Addiction and Mental Health, Marketing and Sales Services at 1-800-661-1111. (Please call to confirm product code)
 - Having a Party? Pamphlet. Product Code: PZZ66
 - Facts About- Alcohol pamphlet. Product Code: P001
 - About Alcohol booklet. Product Code: P380
 - Do You Know- Alcohol pamphlet. Product Code: P251
 - Me..On Drugs? Poster. Product Code: P123

- Facts About- Alcohol, Other Drugs and Driving pamphlet. Product Code: P015
 - Do You Know- Alcohol Other Drugs and Driving pamphlet. Product Code: P264
 - Dealing with Drinking pamphlet. Product Code: P391
 - Take Action: Alcohol, Other Drug Problems and Your Family booklet. Product Code: PH044
5. SAMPLES OF MATERIALS DESIGNED FOR PEOPLE SEEKING HELP for themselves or others, and information services for professionals – including referral numbers. For more information, please contact the Centre for Addiction and Mental Health, Marketing and Sales Services at 1-800-661-1111. (Please call to confirm product code)
- Alcohol and Drug Treatment in Ontario: A Guide for Helping Professionals. Product Code: PZZ93.
 - Alcohol and Drug Treatment in Ontario: A Guide for People Seeking Help. Product Code: PZZ91.
 - Addiction Clinical Consultation Service 1-888-720-ACCS brochure
 - Info-ARF Drug and Alcohol Information Line 1-800-INFO-ARF. Product code PZZ05 or <http://sano.arf.org/infoline/line.htm>
 - Women and Alcohol booklet. Product Code: P161.
 - Other resources: Drug and Alcohol Registry of Treatment (DART). Help is just a call away pamphlet. 1-800-565-8603 <http://www.dart.on.ca/>
 - Other resources: Metro Addiction Assessment Referral Service (MAARS) (for Toronto area) Tel : 416-599-1448
6. STATISTICS on Alcohol Use/Misuse/Abuse
- Quick Facts on Alcohol and Health in Ontario. #011(94/95) former Addictions Research Foundation (ARF) media release
 - Ontario Profile, 1998: Alcohol and Other Drugs. ARF Statistical Information
 - The Costs of Substance Abuse in Canada. <http://www.ccsa.ca/costhigh.htm>
 - The Economic Costs of Alcohol, Tobacco and Illicit Drug Abuse in Ontario, 1992. #25 (96-97). ARF media release
 - The Economic Costs of Alcohol, Tobacco and Illicit Drug Abuse in Ontario, 1992. Media Highlights. #26 (96-97) ARF media release

- Alcohol and Drug Related Injury Deaths in All Ages and in 16-24 Year Olds. Ontario Trauma Registry Info Page Volume 17, May 1997, CIHI, Don Mills, Ontario ISSN 1206-2421.
- Canadian Profile. Alcohol, tobacco and other drugs. 1999. Canadian Centre on Substance Abuse and Centre for Addiction and Mental Health
- Drug Use Among Ontario Students. Findings from the OSDUS 1977-1999. Centre for Addiction and Mental Health. <http://www.camh.net>
- Canadian Campus Survey 1998. Centre for Addiction and Mental Health. <http://www.camh.net>

7. INFORMATION ON HOW THE BODY METABOLIZES ALCOHOL

- Computerized Blood Alcohol Calculator (CBAC) by the former ARF
- Evaluate Your Drinking. <http://arfnet.arf.org/alcohol.nsf/newform>
- Alcohol Metabolism. Alcohol Alert. No. 35 PH 372 January 1997. National Institute of Alcohol Abuse and Alcoholism. <http://silk.nih.gov/silk/niaaa1/publication/aa35.htm>
- Gesima Longenecker. How Drugs Works: Drug Abuse and The Human Body. Emeryville, CA: Ziff-Davis, 1994. Chapter 6: How Alcohol Works
- Alcohol: Its Effects. Tape 3011 Drug and Alcohol Information Line. <http://sano.arf.org/infoline/tp11.htm>
- Brands B., Sproule B & Marshman J. (1998) Drugs and Drug Abuse. Third Edition. Ontario: Addiction Research Foundation. Section 3: Ethyl Alcohol

8. REVIEW AND RESEARCH PAPERS on the ‘Low-Risk Drinking Guidelines’

- Walsh, G., Bondy, S., and Rehm, J. (1998). Review of Canadian Low-Risk Drinking Guidelines and Their Effectiveness. Canadian Journal of Public Health 89 (4):241-247.
- Neves, P., Kobus-Matthews M., DePape D. and Giesbrecht N. (October 1999) Progress Report on the Dissemination of Ontario’s Low-Risk Drinking Guidelines
- Bondy, S., Rehm, J, Ashley M., Walsh G., Single E., Room R. (1999) Low-risk Drinking Guidelines: The Scientific Evidence. Canadian Journal of Public Health 90 (4) 264-270.
- Bondy, S., Ashley M., Rehm, J, Walsh G. (1999) Do Ontarians Drink Moderation? A Baseline Assessment Against Canadian Low Risk Drinking Guidelines. Canadian Journal

of Public Health 90 (4) 272-276.

9. ARTICLES ON THE RISKS AND BENEFITS OF ALCOHOL CONSUMPTION

- Harrison, P. (1998) Royal College debates whether MDs should promote moderate consumption of alcohol. Canadian Medical Association Journal 159 (10): 1289-90.
- Steinhardt, L. and Hacker G. (1997) Vintage Deception: The Wine Institute's Manipulation of Scientific Research to Promote Wine Consumption. Centre for Science in the Public Interest.
- University of Toronto. Is moderate drinking good for you? Health News Vol. 13 No. 2
- Fleming MF, Manwell LB, Barry KL and Johnson K. (1998) At-Risk in an HMO Primary Care Sample: Prevalence and Health Policy Implications. American Journal of Public Health 1998; 88: 90-93.
- Beatty D (1998) To your health? Canadian Living: March 1998 Vol. 23 (3)
- Campbell N., Ashley M., Carruthers S., Lacourciere Y., McKay D. (1999) Recommendations on alcohol consumption. Canadian Medical Association Journal 160 (9 Suppl.) S13-20.
- Resources from the Alcohol Policy Network website - <http://www.apolnet.web.net/resources/respaper.html#low>

It's a work in progress....

We are still in the process of condensing and refining the content of the presentation and adding the linking items into the support packages and reference binder. We will gladly share information with you. In turn, we welcome opportunities to learn from work in other parts of Ontario.

If you would like to connect about the guidelines or would like to exchange information about ways you are working with the guidelines and promoting low risk drinking, please contact:

Yvonne Cheung, Health Education Consultant
Toronto Public Health, Planning and Policy
277 Victoria Street, Suite 202
Toronto, ON M5B 1W2
Tel: (416) 392-1560 ext 87120
Fax: (416) 392-0635
E-mail: ycheung@city.toronto.on.ca

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