

# ALCOHOL AVAILABILITY IN ONTARIO



## DID YOU KNOW?

Increased Alcohol Availability



Increased Alcohol Consumption



Increased Alcohol Harms and Costs



**Alcohol is associated** with: dependence, suicide, mental health concerns, chronic diseases, violence, injuries and social problems.



In 2022, approximately **20%** of adults in Ontario (compared to 15% in 2015) reported harmful drinking behaviours.



In 2020, alcohol-related costs in Ontario amounted to at least **\$7.1** billion.



A study comparing the number of emergency visits attributable to alcohol in the 2 years pre-deregulation of alcohol in Ontario (2013 and 2014) with the number of emergency visits attributable to alcohol in the 2 years post-deregulation (2016 and 2017) revealed that the number of visits had increased by more than **24,000** after post-deregulation.



In a 2004 Canadian Addiction Survey, **1 in 3** Ontarians reported experiencing harm as a result of someone else's drinking in the past year.



**Alcohol causes** various cancers, including:

- Mouth
- Esophagus
- Throat
- Colon and Rectum
- Voice box
- Breast
- Liver.

\*deregulation: easing of alcohol regulations and restrictions on alcohol distribution and sales.

## CHANGES DURING COVID-19

**Covid-19 stress amplified** mental health and substance use concerns.



**Increased** availability due to:

- extended off premise retail hours 9 am to 11 pm
- takeout and delivery from licensed establishments
- LCBO convenience store outlets, and
- third-party delivery (e.g., UberEats).



**25%** of Canadians (aged 35-54) were drinking more while at home due to COVID-19 pandemic.

**Increased** availability makes it easier to buy alcohol, including for someone who is:

- intoxicated
- underage, or
- has an alcohol use disorder.

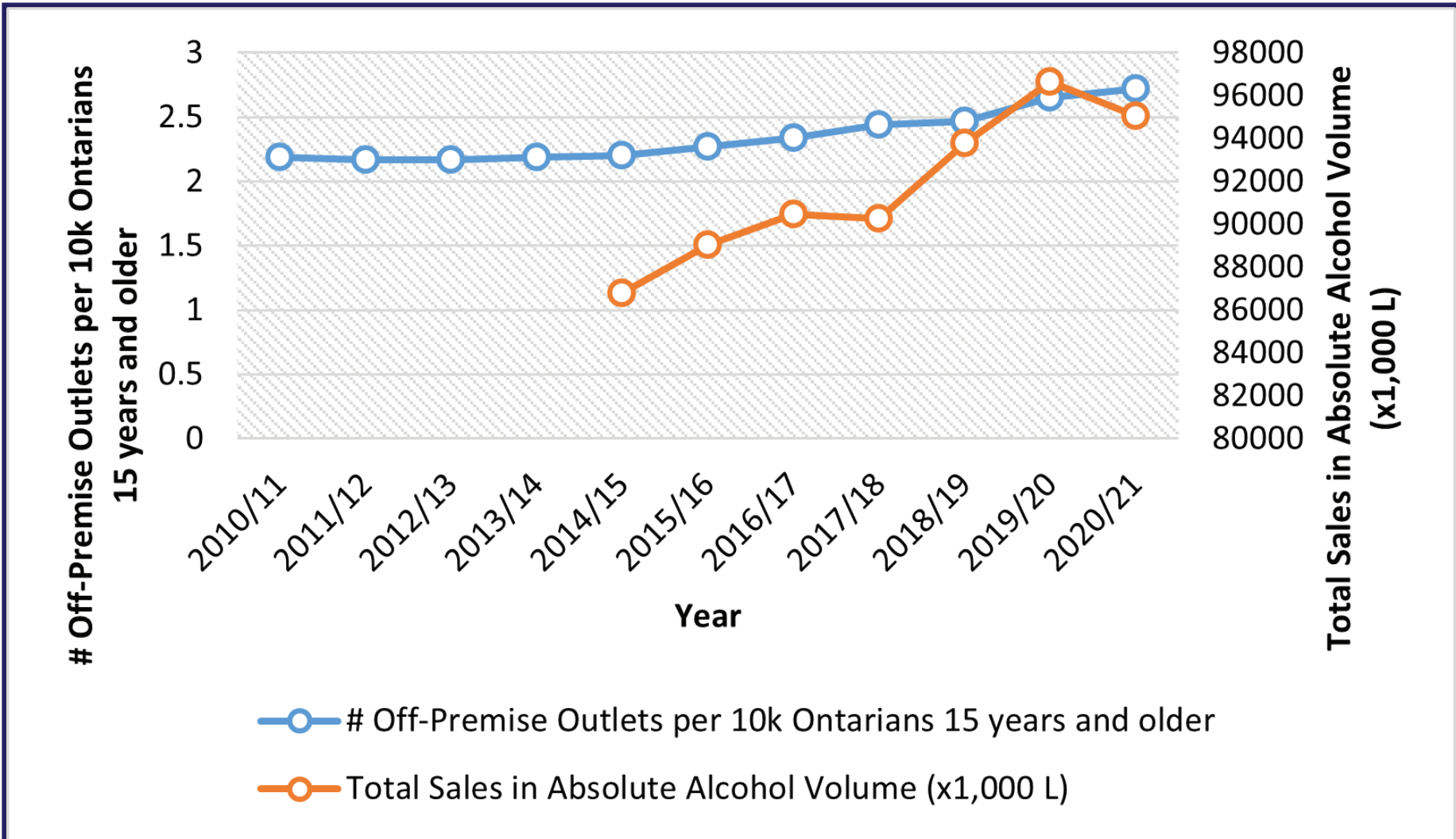
Ontario is experiencing an **increase** in alcohol availability. Sales of alcohol have continued to increase.



**Increased** availability and permanent changes to alcohol delivery rules.



## DENSITY OF OFF-PREMISE\* ALCOHOL OUTLETS AND TOTAL ALCOHOL SALES IN ONTARIO



\*Off-premise outlets include: LCBO and Agency stores, Beer Stores, Ontario wine stores, Grocery stores, On-site brewery and distillery stores, ferment on premise outlets, and Duty-free stores.

## HOW CAN LOCAL HEALTH UNITS AND MUNICIPALITIES REDUCE ALCOHOL-RELATED HARMS?



**Recognize that increased** alcohol availability affects community health and prioritize health in all policy decisions.



**Prioritize local surveillance for alcohol use and harms by:**

- partnering with stakeholders.
- identifying indicators.
- collecting data.
- reporting to the community.



**Champion policy change** to prevent further expansion of alcohol availability in Ontario. Municipalities are encouraged to take a cautious [or precautionary] approach to liquor licensing.



**Consider and integrate** alcohol policy in mental health, addictions and community safety and well-being policies.



**Municipalities can work with Public Health** to support evidence-based strategies, such as strengthening municipal alcohol policies to reduce alcohol-related harms.



**Advocate for government action** to develop a comprehensive, evidence-based alcohol strategy.

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