

eBULLETIN Special Report

Adult Alcohol Use in the Local Health Integration Networks of Ontario

This extended *eBulletin* presents the prevalence of alcohol-related behaviours and problems among Ontario adults aged 18 and older, according to the Local Health Integration Networks (LHINs) of Ontario. In 2006, the province designated 14 geographic areas each to function as health systems that plan, integrate and fund local health services.¹ The 14 LHIN areas are: Erie St. Clair; South West; Waterloo Wellington; Hamilton Niagara Haldimand Brant; Central West; Mississauga Halton; Toronto Central; Central; Central East, South East; Champlain; North Simcoe Muskoka; North East, and North West (see appended map).

Data are from the *CAMH Monitor*, which is the longest ongoing survey of adult substance use and problems in Canada. The 2003, 2004, and 2005 surveys were merged in order to obtain adequate sample sizes per LHIN.

Tables 1 and 2 summarize which LHINs are significantly different from the province as a whole on various alcohol-related indicators, while Table 3 presents the detailed results. Figures 1 to 14 displays results for each LHIN.

The Mississauga Halton, Central East, North East, and North West LHINs did not significantly vary from the province on any of the alcohol-related behaviours and problems.

Table 1. Summary of LHIN Alcohol-Related Indicators Significantly Lower than the Province

LHIN	Significantly Lower than Province
Hamilton Niagara Haldimand Brant	• 1+ Dependence Symptoms (4% vs 6%)
Central West	• Past Year Drinking (72% vs 81%)
Central	• Past Year Drinking (76% vs 81%) • Weekly Binge Drinking (8% vs 11%) • Exceeding Drinking Guidelines (16% vs 23%) • Hazardous Drinking (7% vs 13%) • 1+ Alcohol-Related Problems (13% vs 20%)
South East	• Drinking and Driving (5% vs 8%)
Champlain	• Hazardous Drinking (10% vs 13%)

Table 2. Summary of LHIN Alcohol-Related Indicators Significantly Higher than the Province

LHIN	Significantly Higher than Province
Erie St. Clair	• Weekly Binge Drinking (15% vs 11%)
South West	• Drinking and Driving (10% vs 8%)
Waterloo Wellington	• Exceeding Drinking Guidelines (31% vs 23%) • Hazardous Drinking (23% vs 13%) • 1+ Dependence Symptoms (12% vs 6%) • 1+ Alcohol-Related Problems (29% vs 20%)
Hamilton Niagara Haldimand Brant	• Past Year Drinking (85% vs 81%)
Toronto Central	• 1+ Alcohol-Related Problems (27% vs 20%)
North Simcoe Muskoka	• Past Year Drinking (87% vs 81%) • Hazardous Drinking (20% vs 13%) • 1+ Dependence Symptoms (10% vs 6%)

Table 3. Percentage of Ontarians Aged 18+ Reporting Alcohol-Related Behaviours and Problems During the Past 12 Months, by Ontario Local Health Integration Network (LHIN), 2003-2005 CAMH Monitor

	Erie St.Clair	South West	Waterloo Wellington	Hamilton Niagara Haldimand Brant	Central West	Mississauga Halton	Toronto Central	Central	Central East	South East	Champlain	North Simcoe Muskoka	North East	North West	ONT
Number of Respondents	421	733	329	659	193	361	536	527	570	375	762	271	848	350	6,935
Alcohol Use (Past Year)	80 (75-84)	82 (79-85)	84 (80-88)	85* (82-87)	72** (64-79)	77 (72-82)	82 (78-85)	76** (71-79)	81 (78-85)	82 (77-85)	82 (79-85)	87* (82-90)	82 (79-84)	80 (76-84)	81 (80-82)
Weekly Binge Drinking	15* (11-19)	13 (10-16)	15 (11-20)	10 (8-13)	9 (6-16)	12 (8-16)	12 (9-15)	8* (6-11)	11 (8-14)	9 (6-13)	10 (8-13)	14 (9-20)	12 (9-14)	9 (6-13)	11 (10-12)
Exceeding Guidelines	26 (22-31)	26 (23-30)	31** (26-37)	24 (20-28)	19 (13-26)	22 (18-28)	25 (21-29)	16** (12-20)	22 (18-26)	21 (17-26)	24 (21-28)	28 (22-35)	22 (19-25)	20 (16-26)	23 (22-24)
Hazardous Drinking	13 (10-17)	15 (12-18)	23** (18-29)	12 (9-15)	11 (7-17)	9 (6-14)	14 (11-18)	7** (5-10)	13 (10-17)	14 (10-19)	10* (8-13)	20** (15-27)	14 (11-17)	10 (7-15)	13 (12-14)
1+ Dependence Symptoms	8 (5-12)	5 (4-8)	12** (8-17)	4* (3-6)	5 (2-12)	5 (3-9)	7 (5-9)	5 (4-8)	6 (4-9)	8 (5-12)	6 (5-9)	10* (7-16)	7 (5-9)	7 (4-11)	6 (6-7)
1+ Alcohol Problems	17 (14-22)	20 (17-24)	29** (23-35)	18 (15-22)	20 (14-29)	16 (12-21)	27** (22-31)	13** (10-17)	18 (14-22)	20 (16-25)	20 (17-24)	23 (17-30)	18 (16-22)	15 (11-20)	20 (18-21)
Drinking & Driving	10 (7-14)	10* (8-13)	10 (7-15)	8 (5-10)	8 (4-16)	5 (3-9)	6 (4-9)	7 (5-9)	7 (5-10)	5* (3-8)	6 (5-9)	10 (6-16)	7 (5-9)	9 (6-13)	8 (7-8)

Notes: (1) entries in brackets are 95% confidence intervals; (2) significantly different from Ontario, * p<.05 ** p<.01; (3) Drinking and Driving question asked of those with a valid driver's licence (N=6,108).

Figure 1. Percentage of Adults Aged 18+ in the Erie St. Clair LHIN (n=421) Reporting Alcohol-Related Behaviours and Problems, 2003-2005 CAMH Monitor

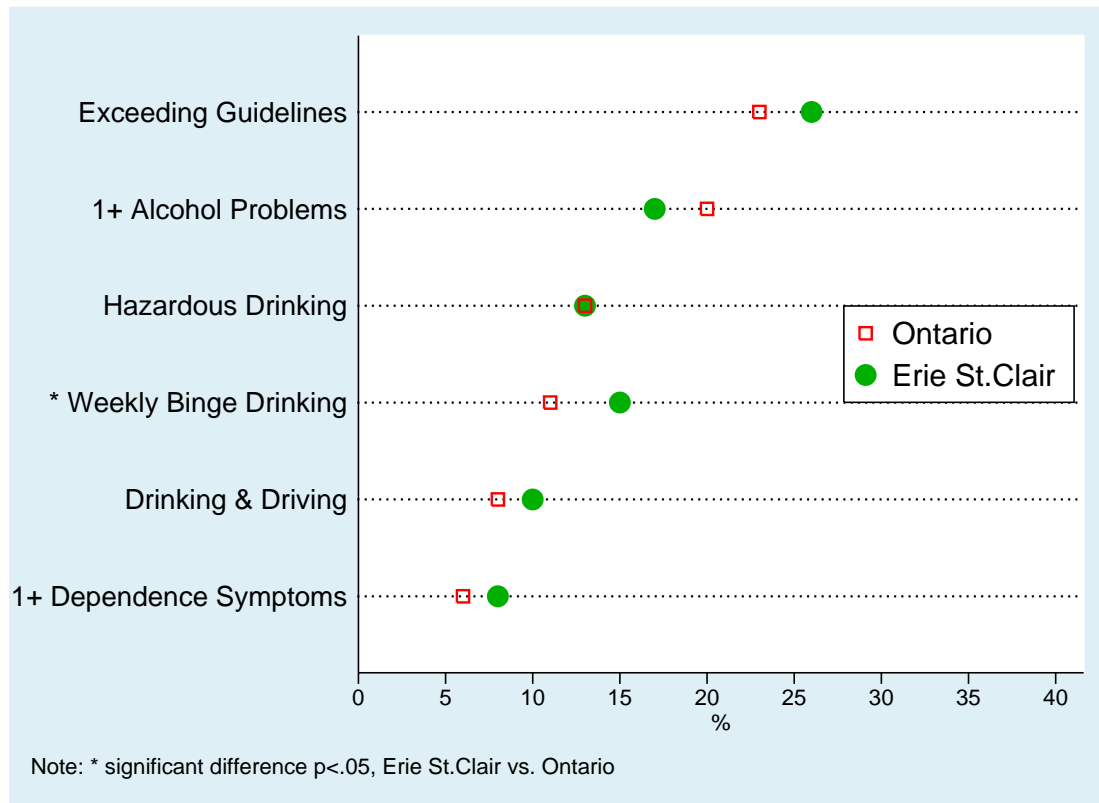


Figure 2. Percentage of Adults Aged 18+ in the South West LHIN (n=733) Reporting Alcohol-Related Behaviours and Problems, 2003-2005 CAMH Monitor

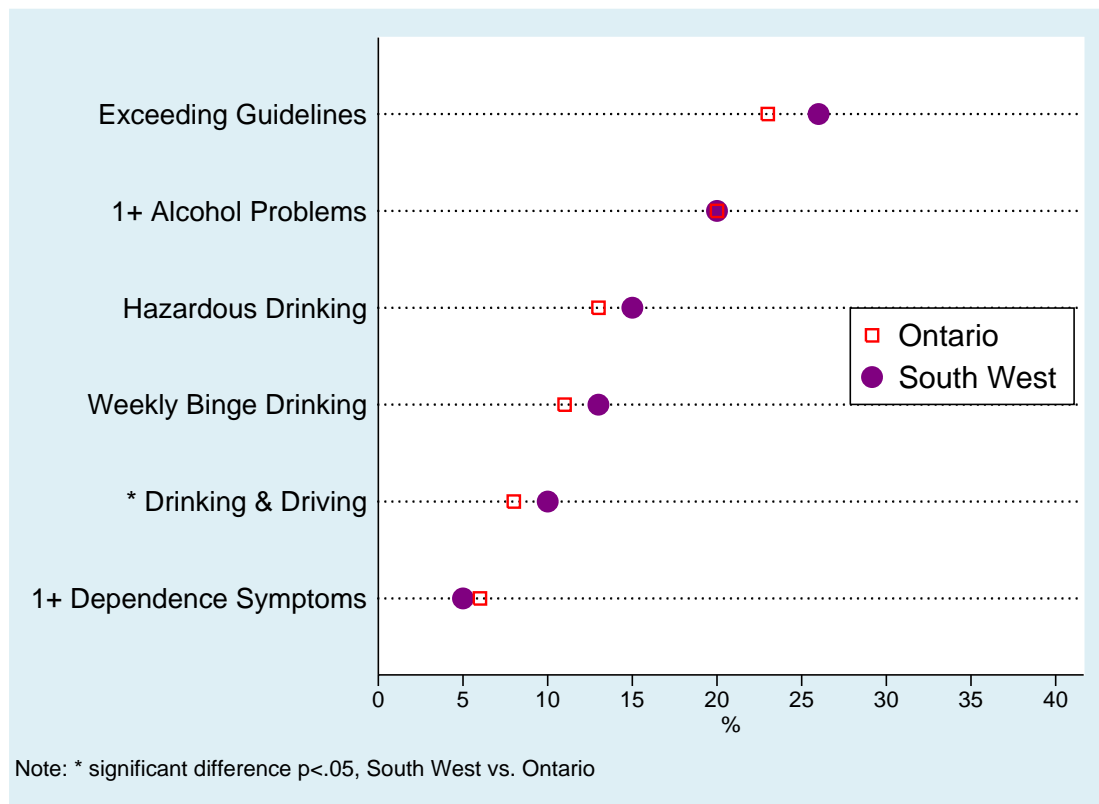


Figure 3. Percentage of Adults Aged 18+ in the Waterloo Wellington LHIN (n=329) Reporting Alcohol-Related Behaviours and Problems, 2003-2005 CAMH Monitor

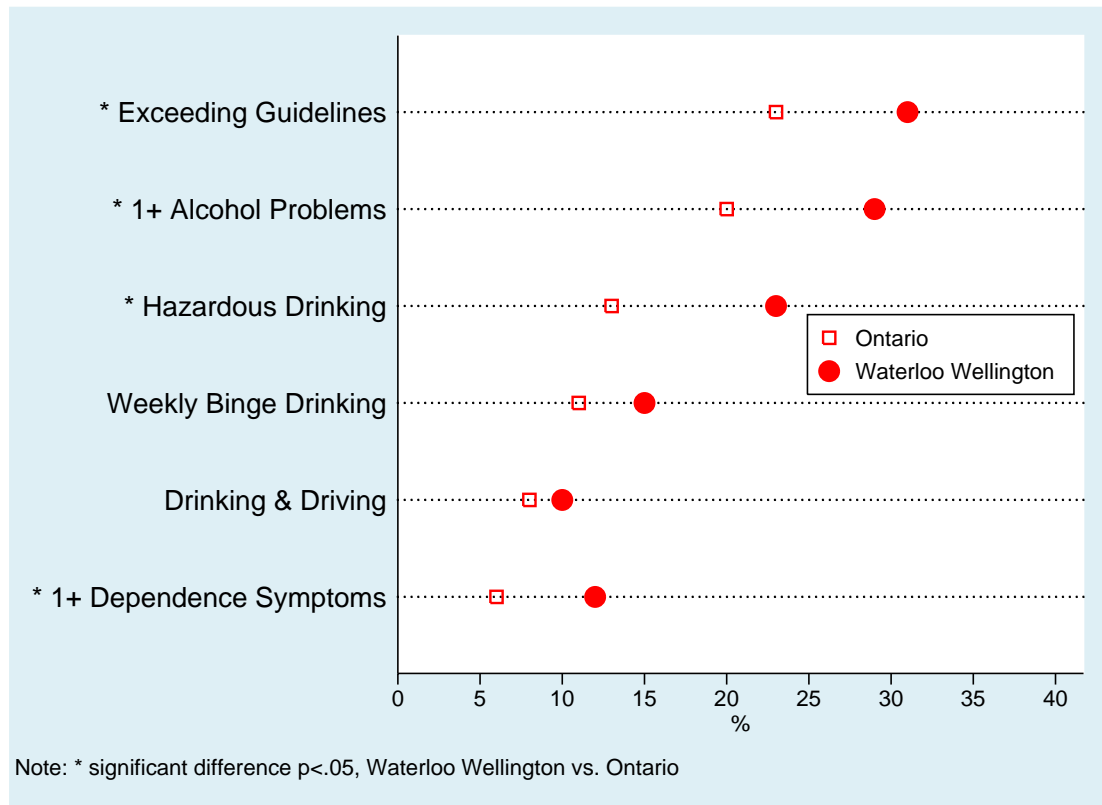


Figure 4. Percentage of Adults Aged 18+ in the Hamilton Niagara Haldimand Brant LHIN (n=659) Reporting Alcohol-Related Behaviours and Problems, 2003-2005 CAMH Monitor

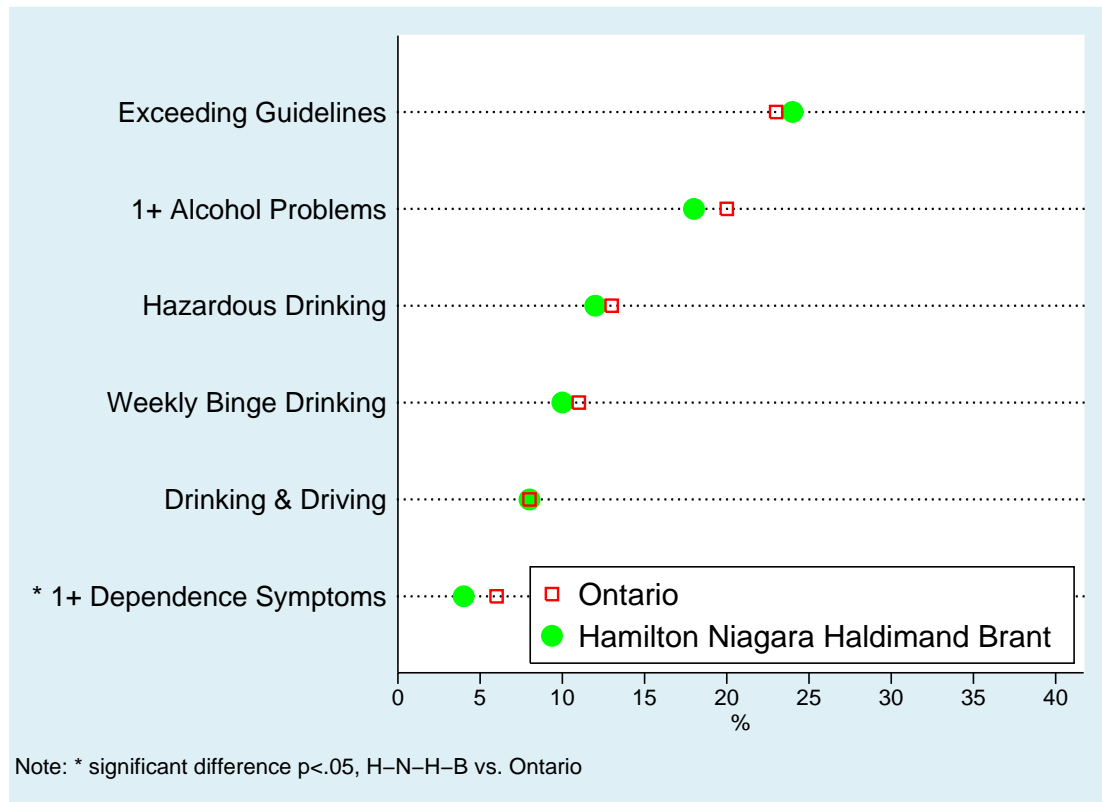


Figure 5. Percentage of Adults Aged 18+ in the Central West LHIN (n=193) Reporting Alcohol-Related Behaviours and Problems, 2003-2005 CAMH Monitor

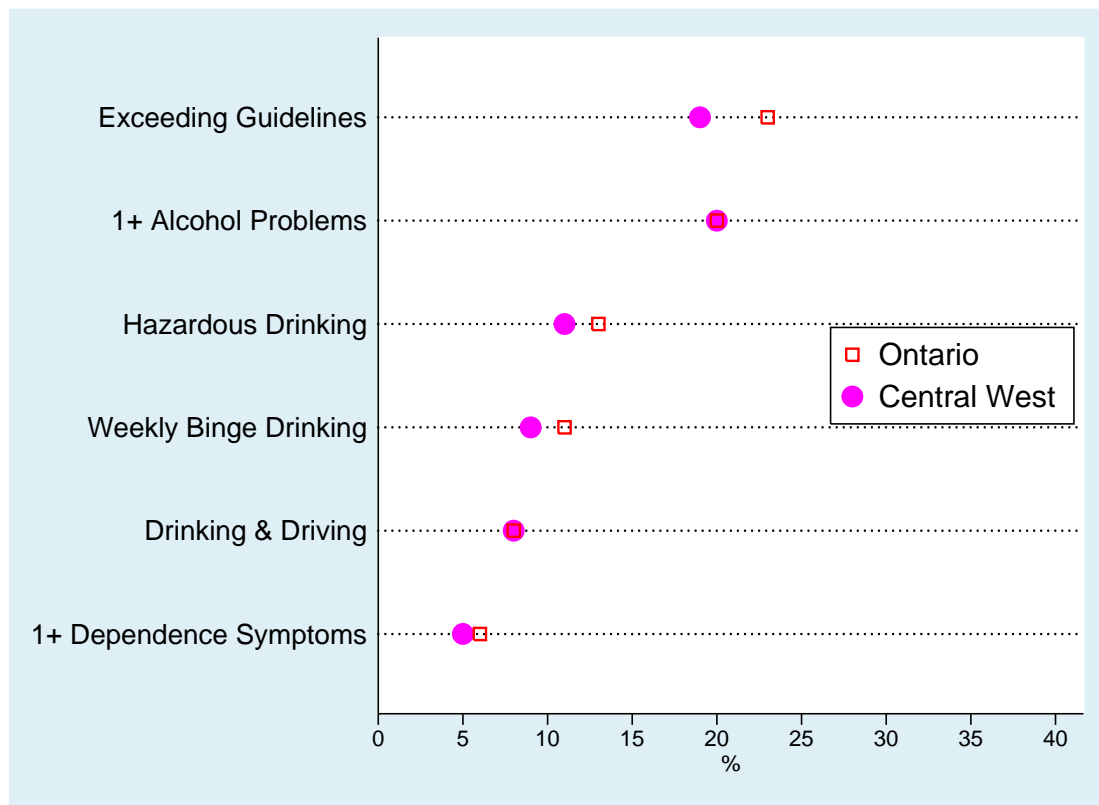


Figure 6. Percentage of Adults Aged 18+ in the Mississauga Halton LHIN (n=361) Reporting Alcohol-Related Behaviours and Problems, 2003-2005 CAMH Monitor

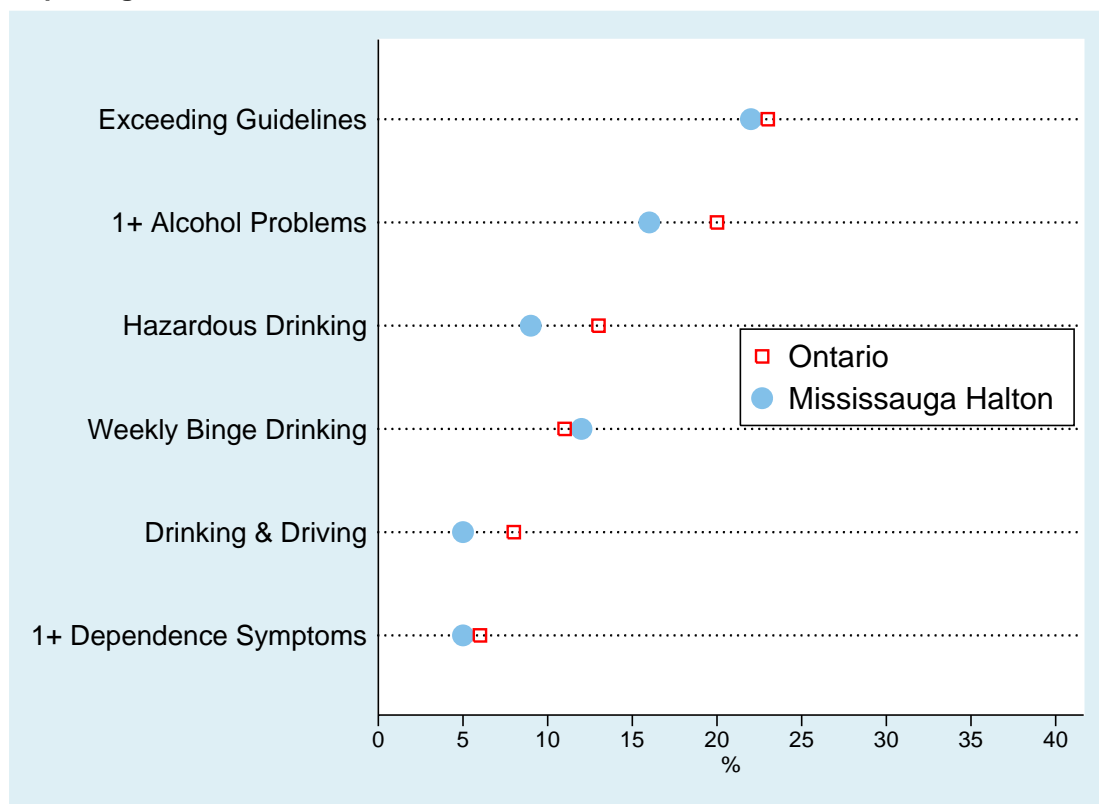


Figure 7. Percentage of Adults Aged 18+ in the Toronto Central LHIN (n=536) Reporting Alcohol-Related Behaviours and Problems, 2003-2005 CAMH Monitor

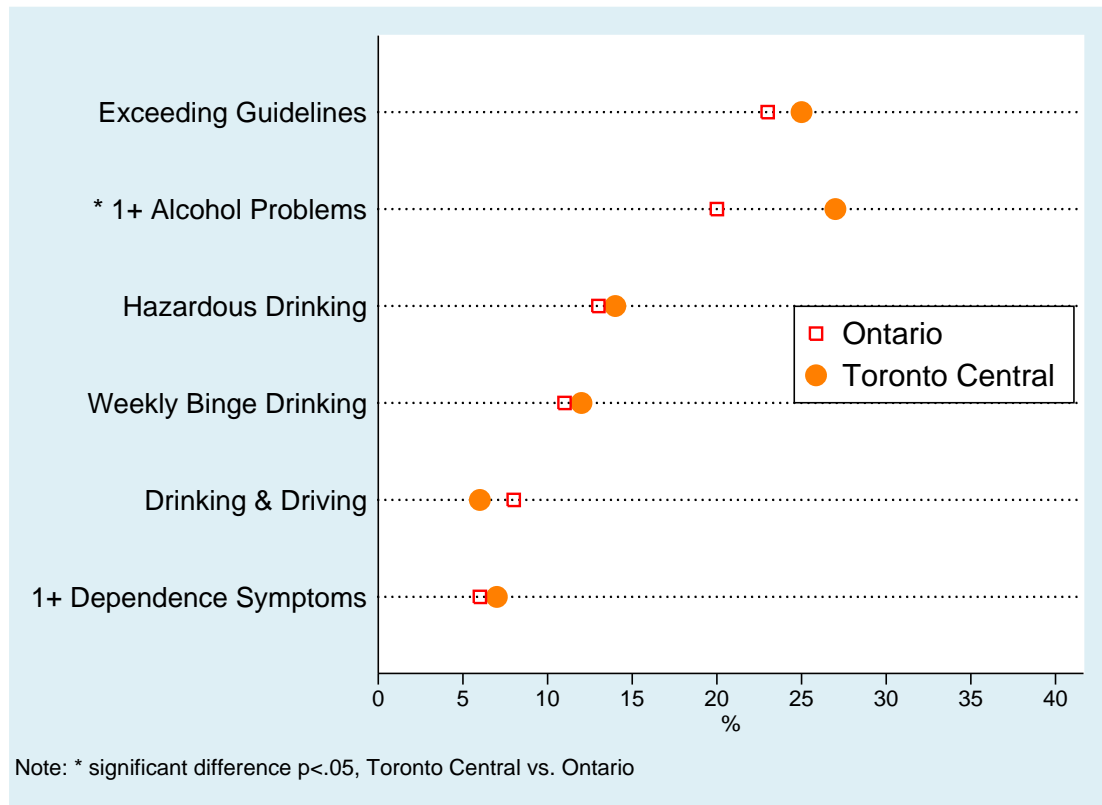


Figure 8. Percentage of Adults Aged 18+ in the Central LHIN (n=527) Reporting Alcohol-Related Behaviours and Problems, 2003-2005 CAMH Monitor

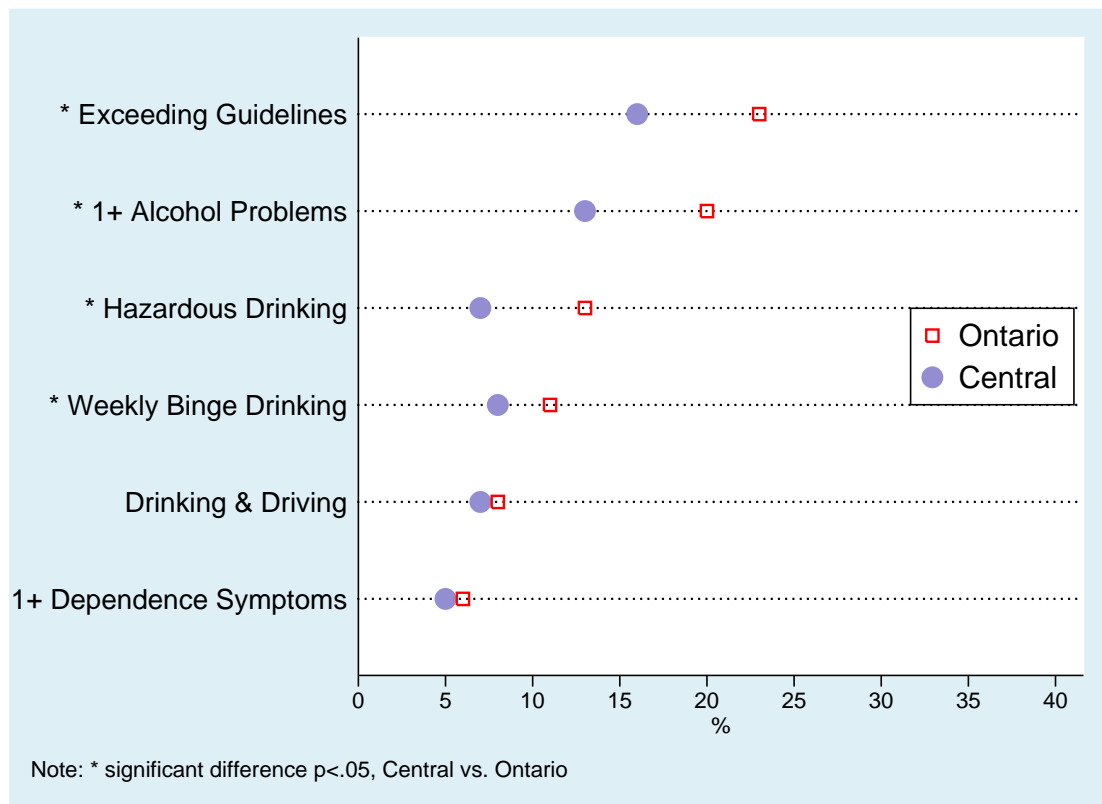


Figure 9. Percentage of Adults Aged 18+ in the Central East LHIN (n=570) Reporting Alcohol-Related Behaviours and Problems, 2003-2005 CAMH Monitor

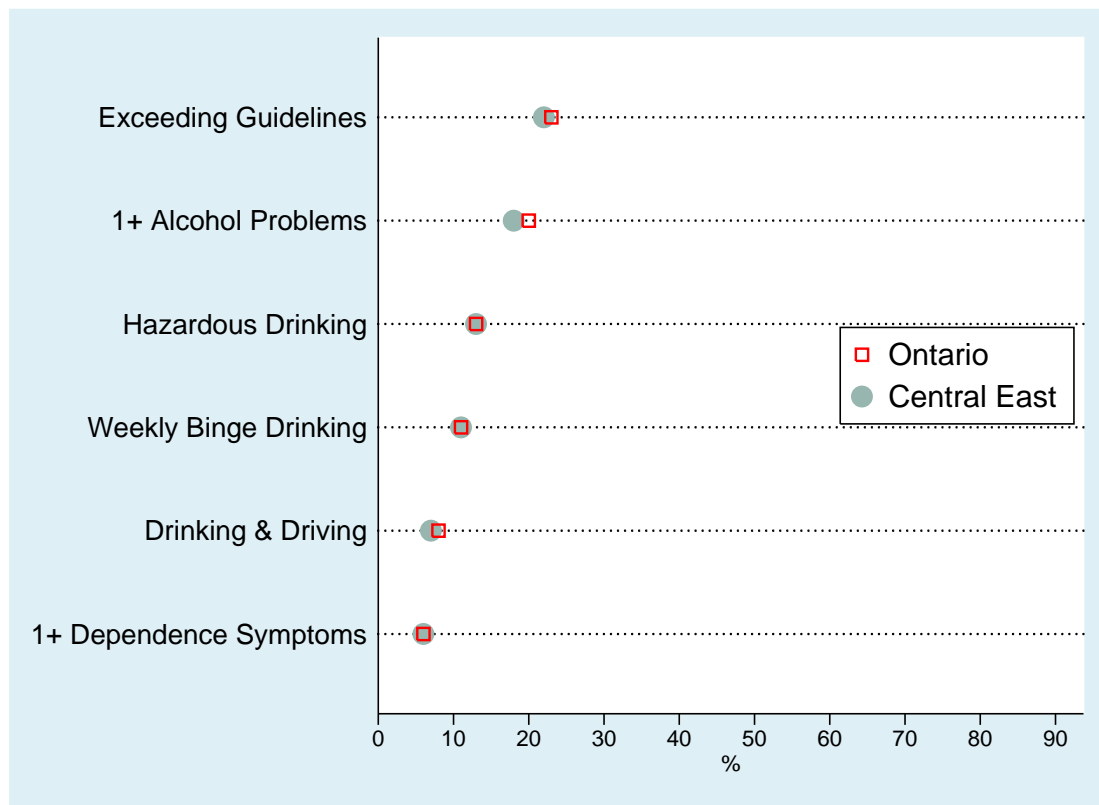


Figure 10. Percentage of Adults Aged 18+ in the South East LHIN (n=375) Reporting Alcohol-Related Behaviours and Problems, 2003-2005 CAMH Monitor

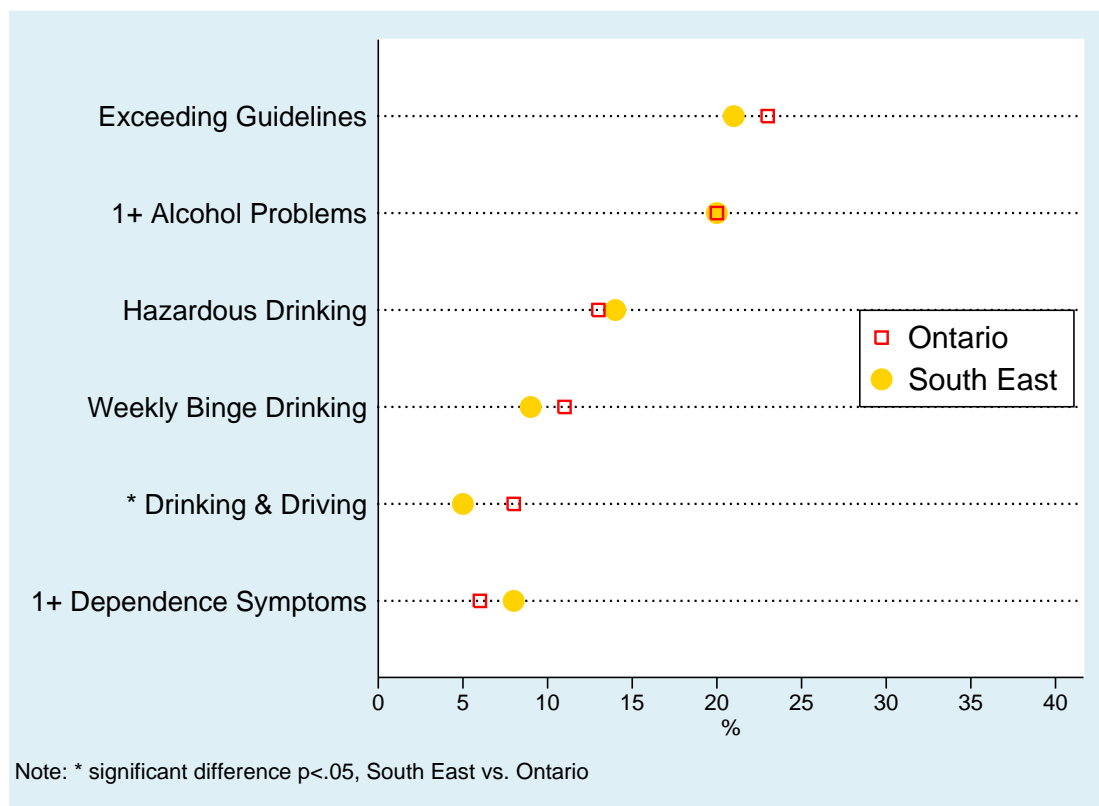


Figure 11. Percentage of Adults Aged 18+ in the Champlain LHIN (n=762) Reporting Alcohol-Related Behaviours and Problems, 2003-2005 CAMH Monitor

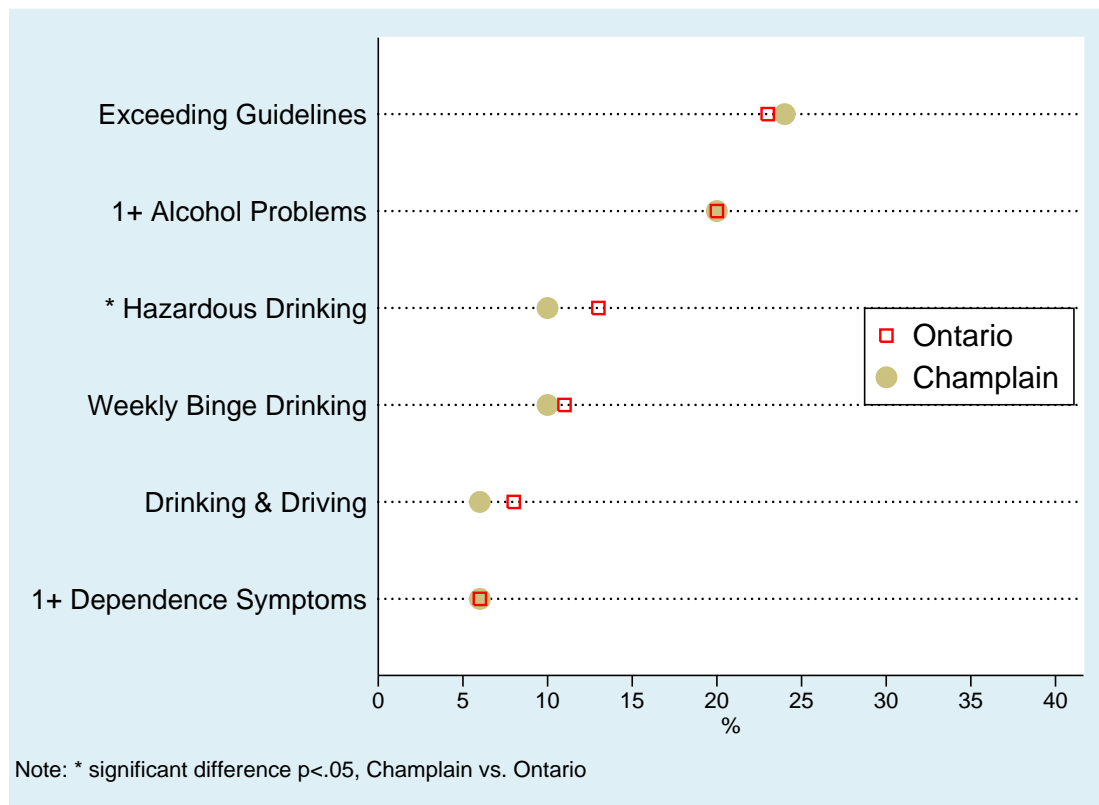


Figure 12. Percentage of Adults Aged 18+ in the North Simcoe Muskoka LHIN (n=271) Reporting Alcohol-Related Behaviours and Problems, 2003-2005 CAMH Monitor

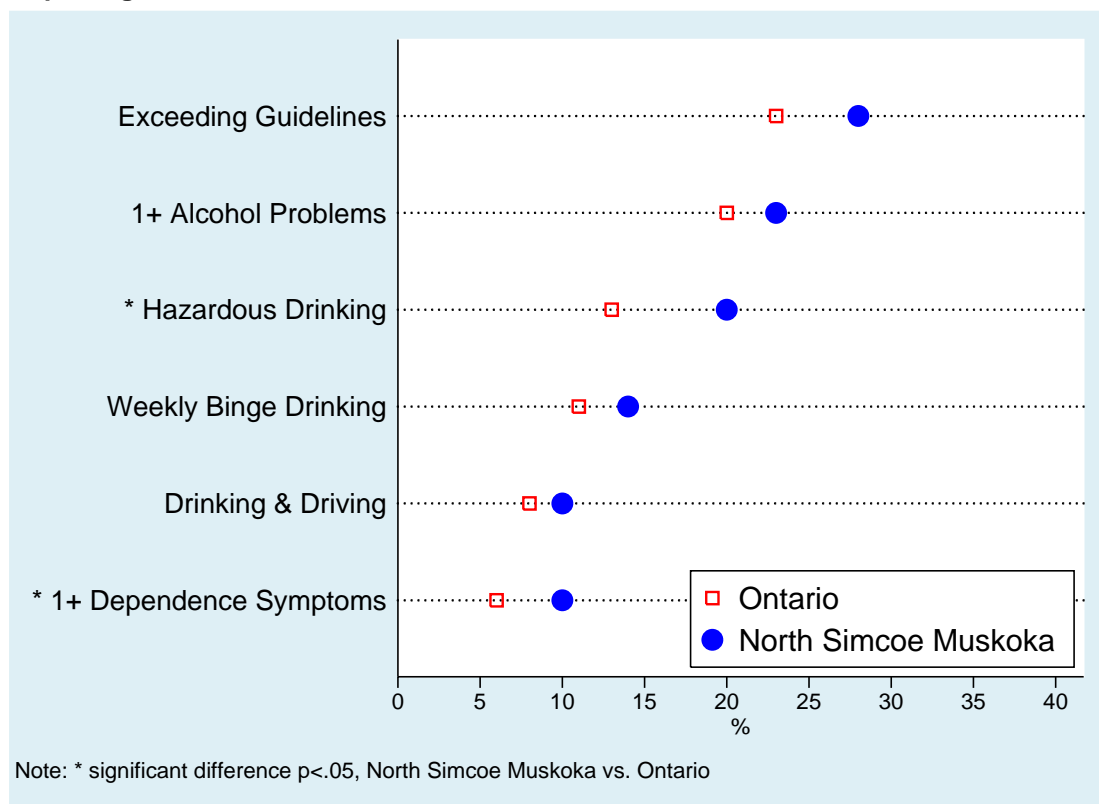


Figure 13. Percentage of Adults Aged 18+ in the North East LHIN (n=848) Reporting Alcohol-Related Behaviours and Problems, 2003-2005 CAMH Monitor

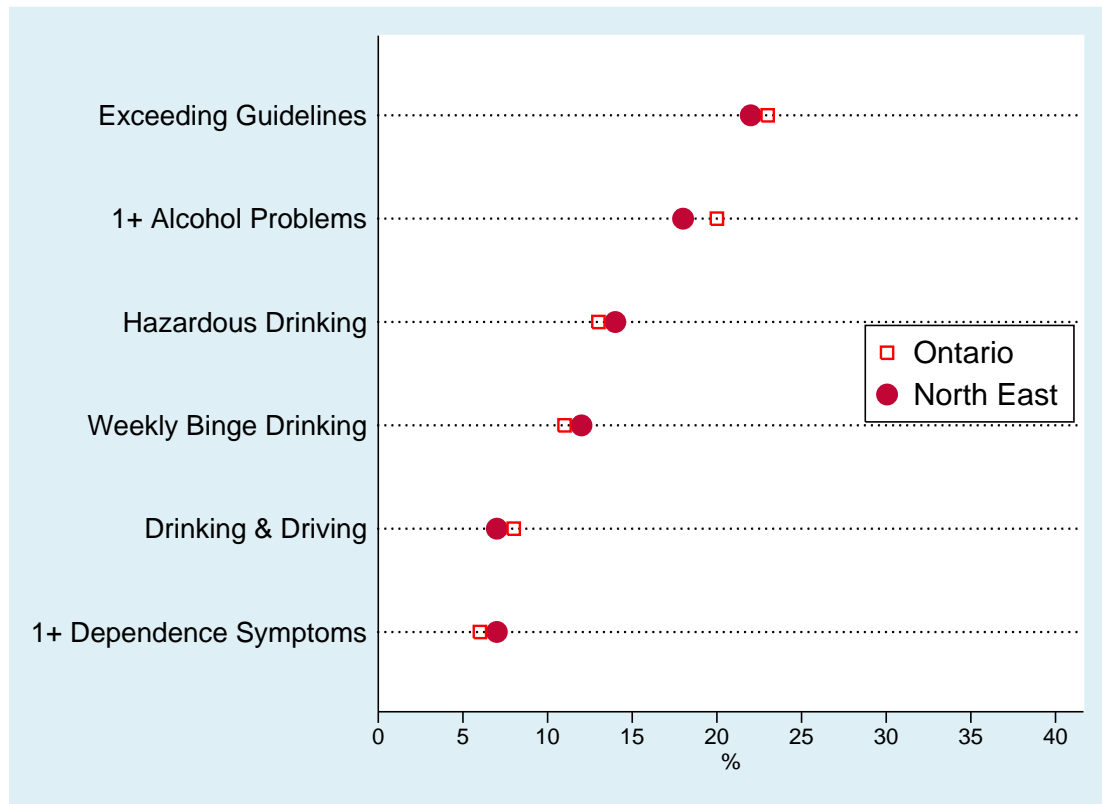
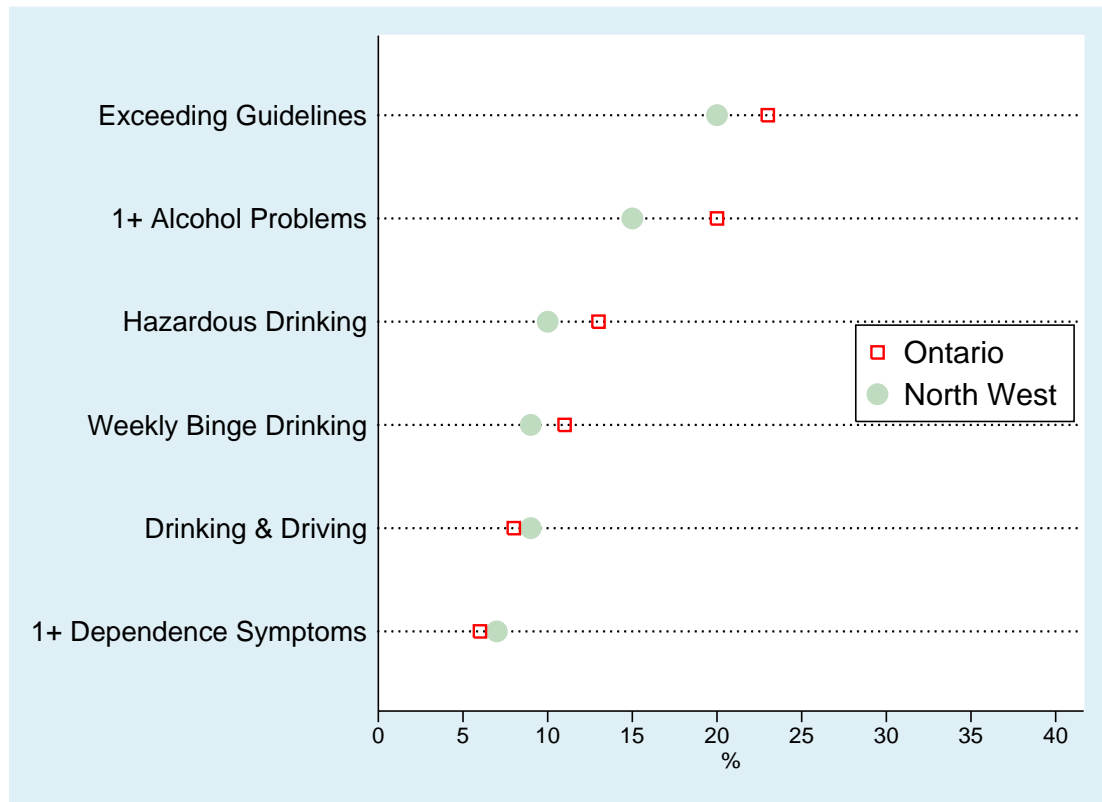


Figure 14. Percentage of Adults Aged 18+ in the North West LHIN (n=350) Reporting Alcohol-Related Behaviours and Problems, 2003-2005 CAMH Monitor



Methods:

The CAMH Monitor is an addiction and mental health random, anonymous telephone survey of the Ontario population aged 18 and older, administered by the Institute for Social Research, York University. The CAMH Monitor is conducted on an ongoing monthly basis and employs a stratified (region) two-stage (household, respondent) probability sample design. The following 6 regional strata are used: Toronto, Central East, East, Central West, West, and North. The annual sample size averages around 2,400 respondents.

The LHINs were assigned at the individual-level according to the respondent's first three digits of his/her postal code (forward sortation area). The present analyses are based on a total sample size of 6,935 (2237 in 2003, 2425 in 2004, and 2273 in 2005). About 7% of respondents did not provide a postal code and therefore were excluded from the analyses. All survey estimates were weighted, and variance and statistical tests were corrected for the sampling design.

Terminology:

- **Past Year Drinking** is defined as drinking any alcohol during the 12 months before the survey.
- **Weekly Binge Drinking** is defined as drinking 5 or more alcoholic drinks on one occasion at least once a week during the 12 months before the survey.
- **Exceeding Drinking Guidelines** refers to drinking beyond the amount recommended in Canada's "Low-Risk Drinking Guidelines." These guidelines recommend that men and women limit weekly drinking to no more than 14 and 9 standard drinks, respectively, and that daily alcohol intake should be limited to 2 drinks. Compliance is based on reported number of drinks daily for each of the past 7 days, and derived separately for men and women.
- **Hazardous Drinking** was measured with the Alcohol Use Disorders Identification Test (AUDIT), which is a 10-item instrument designed to detect problematic drinking at the less severe end of the spectrum. The percentage reported here is based on a cut-off score of at least 8 out of 40. This cut-off score represents an established high-risk pattern of drinking that increases the likelihood of future medical and physical problems, or indicates harmful consequences of use already experienced. The reference period for the AUDIT is the past 12 months before the survey.
- **1+ Dependence Symptoms** is based on the 3 AUDIT items that measure alcohol dependence symptoms experienced during the past 12 months. These are: lack of control over drinking, failure to meet normal expectations, and drinking first thing in the morning.
- **1+ Alcohol Problems** is based on the 7 AUDIT items that measure problems experienced due to drinking during the 12 months before the survey. These are: lack of control over drinking, failure to meet normal expectations, drinking first thing in the morning, feelings of guilt, black-outs, injuries due to drinking, and family/friend or doctor expressed concern about one's drinking.
- **Drinking and Driving** was measured with the question: "How many times in the past 12 months have you driven a motor vehicle after having two or more drinks in the previous hour?" Prevalence is based on those with a valid driver's licence who report having done so at least once during the 12 months before the survey.

(continued...)

- **95% Confidence Interval (CI)** can be crudely interpreted as being 95% likely to include the "true" value if every adult in Ontario was surveyed.
- **Significant Difference** refers to a difference between two percentages that is not likely due to chance. For example, a difference found at the $p < .05$ level of statistical significance is one that is less than 5% likely to occur by chance alone.

Source:

Based on the forthcoming 2005 *CAMH Monitor* Trend Report.

References:

1. Government of Ontario. (2006). Local Health Integration Networks. Retrieved May 1, 2007, from <http://www.lhins.on.ca/english/main/home.asp>

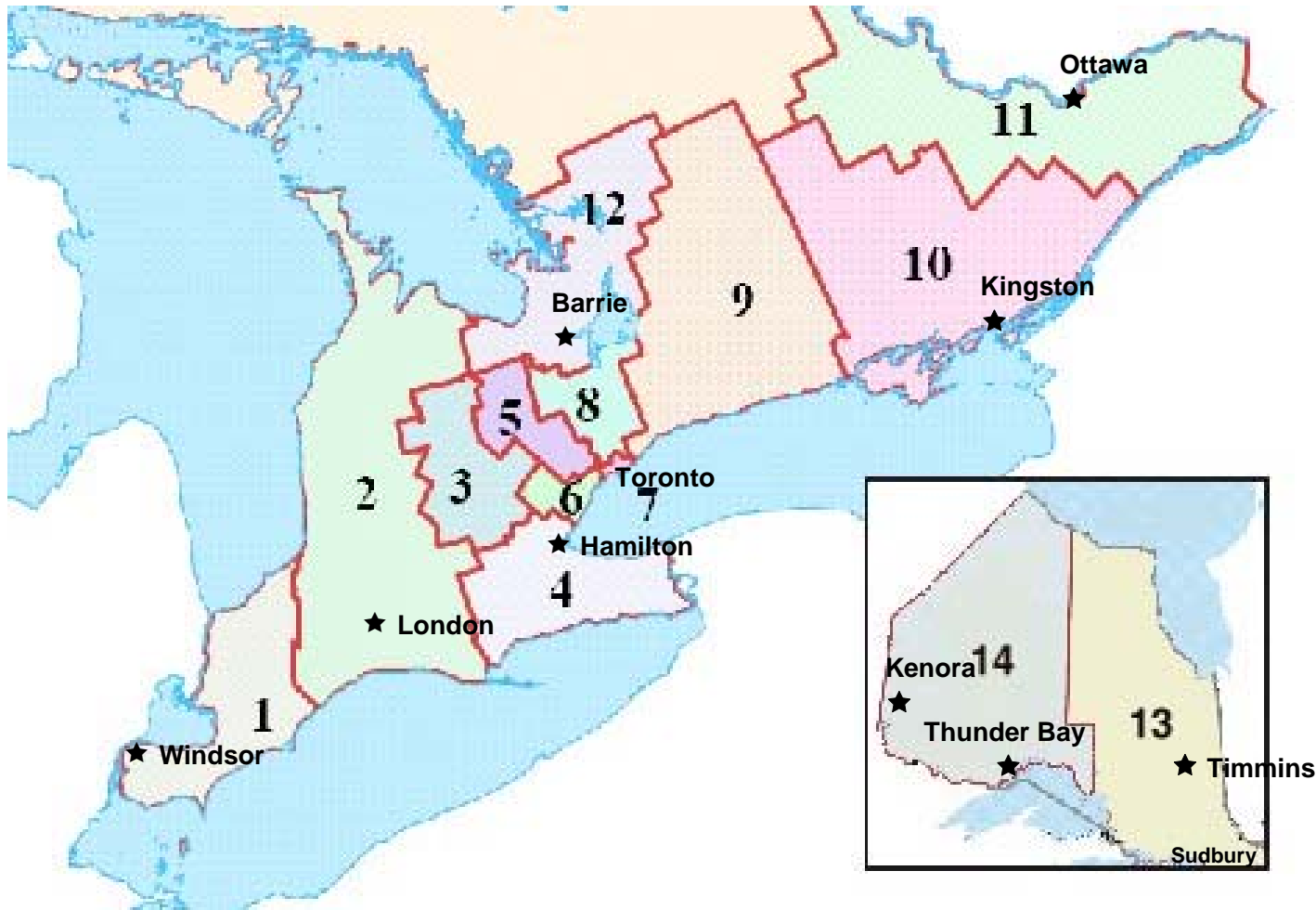
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14 LHINs of Ontario



- 1 Erie St.Clair
- 2 South West
- 3 Waterloo Wellington
- 4 Hamilton Niagara Haldimand Brant
- 5 Central West
- 6 Mississauga Halton
- 7 Toronto Central
- 8 Central
- 9 Central East
- 10 South East
- 11 Champlain
- 12 North Simcoe Muskoka
- 13 North East
- 14 North West