

Meeting Information				
Subject/Title:		Low-Risk Alcohol Drinking Guidelines (LRADG): Public Health Working Group		
Date/Time:		March 5, 2013 9:00 am to 12:00 pm Teleconference Option: Tel: 416-212-8014 Toll Free: 1-866-500-5845 Passcode: 2662611#	Location:	Health Promotion Boardroom 777 Bay Street, 19th Floor, Suite 1903, Toronto Please call Vijay Patel 416-326-4363 to be let in the suite 1903.
Working Group Scope		<ul style="list-style-type: none">• Coordination of public health initiatives to facilitate optimal dissemination and public awareness of the LRADG's		
Meeting Objectives:		<ul style="list-style-type: none">• Introduce partners• Understand action being done locally and provincially in relation to the LRADG's• Identify opportunities for collaboration and increased dissemination of LRADG's• Begin discussions on a group work plan		
Meeting Participants				
Working Group Co-Chairs:		Laura Pisko, Director - Health Promotion Implementation Branch, MOHLTC Dr. Hazel Lynn, Medical Officer of Health, Grey Bruce Health Unit		
Working Group Members and Invitees:		Please see attached membership list		
Working Group Support		Public Health Ontario		
MEETING AGENDA				
Item No.	Purpose I – Information D – Discussion A – Advice	Time	Topic	Lead
1	I	9:00-9:15	Roundtable Welcome and Introductions	Co-Chairs
2	I	9:15-9:25	Review of Agenda and Purpose of Meeting	Co-Chairs & Members
3	I/D	9:25-9:35	Review Draft Terms of Reference <ul style="list-style-type: none">○ Confirm ToR○ Confirm roles and responsibilities of working group members	Co-Chairs

Meeting Information				
4	I/D	9:35-9:55	Background and history of Canada's LRADG	CCSA
5	I/D	9:55-10:50	Dissemination of the LRADG - Current Context <ul style="list-style-type: none"> ○ Each WG member to present a short description of what their organization has done to date, lessons learned and opportunities identified ○ Identify gaps, barriers, and opportunities 	All members
6		10:50-11:00	Break	
7	D	11:00-11:30	Discuss potential opportunities for collaboration from a systems perspective <ul style="list-style-type: none"> ○ How can you/your organization contribute? 	All members
8	D/A	11:30-11:45	Develop Draft Working Group Action Plan	Co-Chairs
9	I	11:45-12:00	Summary, Next Steps, Agenda items for next meeting, and future Meeting Dates	Co-Chairs

Task-Force Members and Invitees:

Organization	Suggested Representative
Ministry of Health and Long-Term Care	<ul style="list-style-type: none"> • Laura Pisko (Laura.Pisko@ontario.ca), Director, Health Promotion Implementation Branch, Health Promotion Division • Janette Bowie (Janette.Bowie@ontario.ca), Program and Standards Advisor, Health Promotion Performance & Accountability, , Health Promotion Division
Liquor Control Board of Ontario	<ul style="list-style-type: none"> • Elizabeth Kruzel (Elizabeth.kruzel@lcbo.com), Senior Policy Advisor and Coordinator of Social Responsibility
Centre for Addiction and Mental Health	<ul style="list-style-type: none"> • Christie Collins-Williams (Christie.Williams@camh.ca), Manager of Health Promotion and Prevention, Provincial System Support Program
Ontario Public Health Association	<ul style="list-style-type: none"> • Claudia Swoboda-Geen, (Claudia.Swoboda@smdhu.org), Chair, Alcohol Policy Workgroup
Association of Local Public Health Agencies	<ul style="list-style-type: none"> • Linda Stewart (linda@alphaweb.org), Executive Director
Public Health Units	<p><i>Medical Officer of Health to serve as co-chair:</i></p> <ul style="list-style-type: none"> • Dr. Hazel Lynn (h.lynn@publichealthgreybruce.on.ca), Medical Officer of Health, Grey Bruce Health Unit <p><i>Regional representatives:</i></p> <ul style="list-style-type: none"> • Dr. Fabio Cabarcas (Fabio.cabarcas@halton.ca), Senior Policy Analyst, Chronic Disease Prevention and Oral Health Division, Halton Region Health Department • Cathy Edwards (Cathy.Edwards@kflapublichealth.ca), Public Health Nurse, Kingston, Frontenac, Lennox & Addington Public Health • Amy Fishleigh (amy.fishleigh@niagararegion.ca) , Health Promoter, Niagara Public Health • Lorraine Gravelle, Public Health Nurse, (lgravelle@algomapublichealth.com), Algoma Public Health
Public Health Ontario (<i>ex officio</i>)	<ul style="list-style-type: none"> • Melody Roberts (melody.roberts@oahpp.ca), Manager of Health Promotion Capacity Building • Ben Rempel (benjamin.rempel@oahpp.ca), Health Promotion Field Support Specialist • Sophie Rosa (sophie.rosa@oahpp.ca), Health Communication Field Support Specialist • Kathy Dermott (kathy.dermott@oahpp.ca), Masters Practicum Student
Content Experts (invited as guests as needed)	<ul style="list-style-type: none"> • Dr. Peter Butt, on behalf of the Canadian Centre on Substance Abuse

Canada's Low-Risk Alcohol Drinking Guidelines

Drinking is a personal choice. If you choose to drink, these guidelines can help you decide when, where, why and how. Visit <http://www.ccsa.ca/eng/priorities/alcohol/canada-low-risk-alcohol-drinking-guidelines/Pages/default.aspx> for further details and additional resources.



Guideline 1 (Your limits)

Reduce your long-term health risks by drinking no more than:

- 10 drinks a week for women, with no more than 2 drinks a day most days
- 15 drinks a week for men, with no more than 3 drinks a day most days

Plan non-drinking days every week to avoid developing a habit.

Guideline 2 (Special occasions)

Reduce your risk of injury and harm by drinking no more than 3 drinks (for women) and 4 drinks (for men) on any single occasion. Plan to drink in a safe environment. Stay within the weekly limits outlined in Guideline 1.

Guideline 3 (When zero's the limit)

Do not drink when you are:

- driving a vehicle or using machinery and tools
- taking medicine or other drugs that interact with alcohol
- doing any kind of dangerous physical activity
- living with mental or physical health problems
- living with alcohol dependence
- pregnant or planning to be pregnant
- responsible for the safety of others
- making important decisions

Guideline 4 (Pregnant? Zero is safest)

If you are pregnant, planning to become pregnant, or about to breastfeed, the safest choice is to drink no alcohol at all.

Guideline 5 (Delay your drinking)

Alcohol can harm the way the body and brain develop. Teens should speak with their parents about drinking. If they choose to drink, they should do so under parental guidance; never more than 1–2 drinks at a time, and never more than 1–2 times per week.