

Meeting Information				
Subject/Title:	Low-Risk Alcohol Drinking Guidelines (LRADG): Public Health Working Group			
Date/Time:	May 06, 2013 9:00 am to 1:00 pm Teleconference Option: Local: (416) 850-2050 Toll-Free: 1-866-261-6767 Access Code: 7789341# Webinar Information: Click on the link below and enter as a guest: http://pho.adobeconnect.com/r5cvj5eawbr/	Location:	Public Health Ontario 480 University Avenue, Toronto, ON Boardroom 941a (note: please come to reception, located on the 3rd floor, and notify them which meeting you are attending. A staff of PHO will accompany you to the appropriate boardroom)	
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"> • Attend to follow-up items from last meeting • Continue to discuss LRADG dissemination opportunities, including working with LCBO trade associations and injury and substance misuse networks • Discuss reports distributed since last meeting • Discuss draft survey and next steps • Share evaluation and next steps of three PHO LRADG communications workshop • Discuss high level action plan • Attend to other business, as arises 			
Meeting Participants				
Working Group Co-Chairs:	<ul style="list-style-type: none"> • 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	9:00-9:10	Roundtable Welcome and Introductions	All members
2	I	9:10-9:20	<ul style="list-style-type: none"> • Review and approval of Agenda • Review and approval of Meeting Minutes 	Co-Chairs
3	I/D	9:20-9:30	<i>Follow-up on Action Items from previous</i>	Elizabeth

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			<p><i>meeting:</i></p> <ul style="list-style-type: none"> • Update on cross-divisional working groups • Update on major trade association's potential dissemination of LRADG • Provincial contacts within the beverage alcohol trade industry • Opportunity to improve appearance of the LRADG pamphlet and have a higher profile on the LCBO website <p>Discussion and opportunities</p>	Kruzel, LCBO
4	I/D	9:30-9:40	<ul style="list-style-type: none"> • Update on any LRADG dissemination activities of the alcohol industry • Update on opportunities to share psychographic data from CAMH surveys 	Christie Collins-Williams, CAMH
5	I/D	9:40-9:50	<p>Follow-up to the Common Themes Report</p> <ul style="list-style-type: none"> • Review of original questions • Review of main themes of findings • Review of next steps with information <p>Discussion and opportunities</p>	Amy Fishleigh, Niagara PH
6	I/D	9:50-10:00	<p>Connections made:</p> <ul style="list-style-type: none"> • Hazel to inquire to OMA regarding dissemination of LRADGs • Laura will contact OCFP RE: dissemination of LRADGs • Laura to contact RNAO • Laura to follow-up with Ministry of Education 	Select members
7	I/D	10:00-10:10	<p>Introduction to document sharing site through alpha</p> <p>Discussion and opportunities</p>	Linda Stewart, alpha
8	I/D	10:10-10:20	LRADG workshop evaluations from 3 site visits in March and future plans for Spring workshops	Sophie Rosa and Ben Rempel, PHO
9	I/D	10:20-10:30	Presentation of Standard PPT deck for distribution to health units	Ben Rempel, PHO
	Break	10:30-10:45		
10	D/A	10:45-12:00	Introduction and review of draft public health survey including analysis responsibilities and next steps	Linda Stewart, alpha; Ben Rempel, PHO

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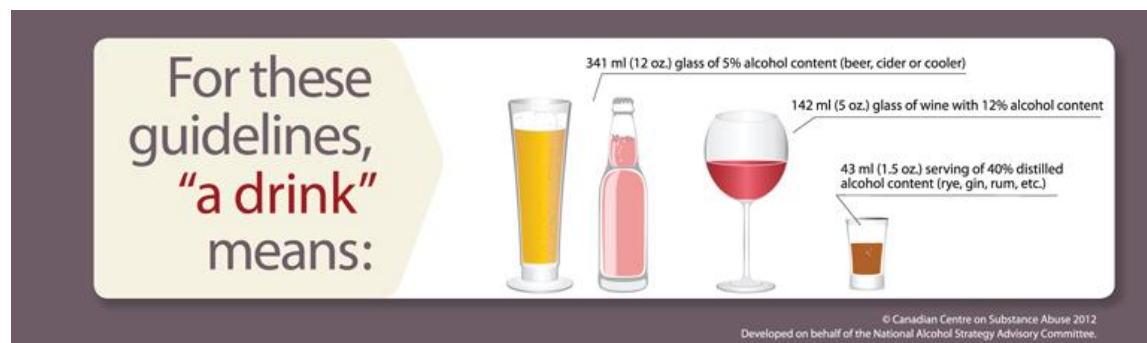
			<p>Discussion and opportunities</p> <p>Introduction of draft high level action plan for working group</p> <p>Discussion and opportunities</p>	<p>Ben Rempel, PHO</p>
	Light Lunch	12:00-12:30	A light networking lunch will be provided	
11	I/D/D	12:30-1:00	<ul style="list-style-type: none"> • Summary of meeting • Next Steps / Action Items • Suggested agenda items for next meeting • Future Meeting Dates • Other Business • Adjournment 	Co-Chairs

Working Group Members and Invitees:

Organization	Representative
Ministry of Health and Long-Term Care	<ul style="list-style-type: none"> • Co-Chair: Laura Pisko (Laura.Pisko@ontario.ca), Director, Health Promotion Implementation Branch, Health Promotion Division • (<i>ex officio</i>) Janette Bowie (Janette.Bowie@ontario.ca), Program and Standards Advisor, Health Promotion Performance & Accountability, Health Promotion Division
Ministry of Finance	<ul style="list-style-type: none"> • Allison Rickaby (Allison.Rickaby@ontario.ca), Director, Alcohol Policy Branch
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"> • Co-Chair: 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"> • Jodi Thesenvitz (Jodi.thesenvitz@oahpp.ca), Acting Manager of Health Promotion Capacity Building • Ben Rempel (benjamin.rempel@oahpp.ca), Health Promotion Field Support Specialist – Alcohol Policy • Sophie Rosa (sophie.rosa@oahpp.ca), Health Promotion Field Support Specialist – Health Communication • 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 (prb984@mail.usask.ca), 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.