

# Alcohol & Public Parks

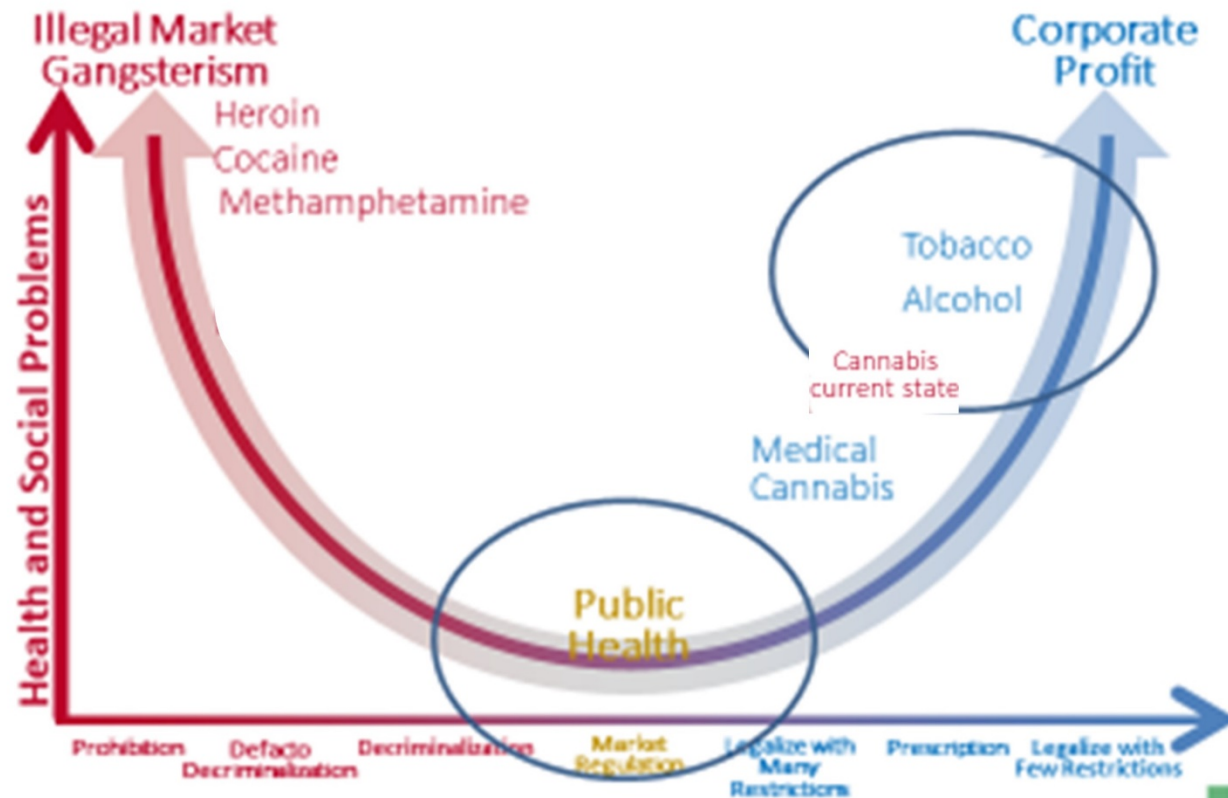


## Maintaining Edmonton Parks and Picnic Sites as Health-Promoting Environments

Moving alcohol use policy to the Public Health balance point on the curve

## Public Health Approach

The Paradox of Prohibition



Canadian Drug Policy Coalition, [www.drugpolicy.ca](http://www.drugpolicy.ca), concept from John Marks.





Less

~~More alcohol available~~  
(in more spaces including parks)

Decreased

~~Increased~~  
consumption

Decreased

~~Increased~~  
alcohol-related harms

*Did you say?*

An Opportunity for Dialogue on Preventing and Reducing Alcohol Related Harms

*Alcohol policies restrict individual freedom?*

*You are the only person who should influence your drinking behavior?*

*Are you sure?*

*Are you sure you prefer to address all the risk from alcohol personally?*

Municipal alcohol policies aim to give all people the freedom to safely enjoy their communities, while helping to make healthy choices related to alcohol easier and more accessible.

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# Alcohol use is prevalent

## Alberta Statistics

Commonwealth Fund Survey 2020

2.9% heavy drinking DAILY

12.7% heavy drinking WEEKLY

18.3% heavy drinking MONTHLY

TOTAL = **33.9% of Albertans at least monthly**



# Increasing awareness and implementation of Canada's Low Risk Drinking Guidelines

**A  
standard  
drink is:**

**Beer/  
Cider/Cooler**



341ml (12 oz.) glass with  
5% alcohol content

**Wine**



142 ml (5 oz.) glass with  
12% alcohol content

**Distilled  
Alcohol**



43 ml (1.5 oz.) serving with  
40% alcohol content (rye,  
gin, rum, etc.)

Canada's low-risk drinking guidelines suggest you have non-drinking days. How could you spend your day without alcohol?



Canadian Centre  
on Substance Use  
and Addiction



0-2

Women should have no more than 10 drinks per week, with no more than two drinks per day most days.



0-3

Men should have no more than 15 drinks per week, with no more than three drinks per day most days.