Updating Canada's Low-Risk Alcohol Drinking Guidelines

Process and Timeline

Source guidelines
2011 Canadian LRDGs
2016 U.K. LRDGs
2020 Australian Guidelines to Reduce Health Risks from Drinking Alcohol
COMPLETED

Disclosure of Affiliations and Interests — COMPLETED

Terms of Reference — COMPLETED

Prioritize research questions — COMPLETED

Evaluate Canadian, U.K. and Australian guidelines — COMPLETED

Recommendations for knowledge mobilization

- **Public consultation on the LRDGs** — COMPLETED
- **Evidence on Understanding and Response to Alcohol Consumption Guidelines** — COMPLETED
- **Women's focus groups on the LRDGs** — UNDER REVIEW
- **Stakeholder consultation on the LRDGs** — WINTER 2022
- **Draft recommendations for knowledge mobilization of LRDGs** — SPRING 2022
- **Public consultations** — SUMMER 2022

Updating the LRDGs recommendations

- **Review on women's health and alcohol** — UNDER REVIEW
- **Technical report evaluating the evidence on the health effects of alcohol consumption** — WINTER 2022
  - **Rapid review on the effects of alcohol on mental health** — SPRING 2022
  - **Rapid review on the effects of alcohol on violence** — SPRING 2022
  - **Systematic review on the effects of alcohol on cardio-vascular diseases** — WINTER 2022
  - **Report of lifetime risk of alcohol-attributable death and disability** — UNDER REVIEW
- **Draft updated LRDGs** — SPRING 2022
- **External review** — SUMMER 2022

Final updated LRDGs | Fall 2022

Canadian Centre on Substance Use and Addiction

Updated December 2021