Heavy Drinking
IN THE NORTHWEST TERRITORIES

What is shown here?
Information displayed is on heavy drinking, which is defined as drinking four to five or more alcoholic beverages in a single sitting or occasion at least once a month. Individuals were only included if they had at least one drink in the past 12 months.

IN 2018
PERCENTAGE OF NWT POPULATION WHO ARE CONSIDERED HEAVY DRINKERS

<table>
<thead>
<tr>
<th>SEX</th>
<th>39% FEMALE</th>
<th>47% MALE</th>
</tr>
</thead>
</table>

ASSOCIATED RISKS

- Impaired social functioning
- Injuries
- Mental health disorders
- Cancer or chronic disease
- Risky sexual behaviour
- Violence

WHAT IS CONSIDERED “A DRINK?”

<table>
<thead>
<tr>
<th>Alcohol</th>
<th>Percentage</th>
<th>Alcohol Content</th>
</tr>
</thead>
<tbody>
<tr>
<td>341 ml, 5% alcohol</td>
<td>12%</td>
<td></td>
</tr>
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<td>341 ml, 5% alcohol</td>
<td>13%</td>
<td></td>
</tr>
<tr>
<td>142 ml, 12% alcohol</td>
<td>12%</td>
<td></td>
</tr>
<tr>
<td>43 ml, 40% alcohol</td>
<td>12%</td>
<td></td>
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</tbody>
</table>

12% of alcohol consumers reported driving within one hour of having two or more drinks.

13% of NWT residents reported being a passenger with someone who had consumed two or more drinks within one hour prior to driving.

There are many options available in the NWT to help treat addictions.

NEED HELP QUITTING?
Call the confidential toll-free Help Line at 1-800-661-0844.

There is a strong link between binge drinking and sexual violence.