



November 2019

# 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.

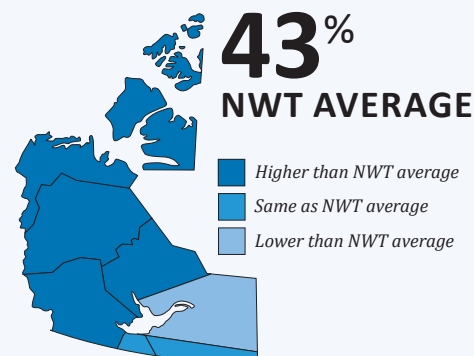
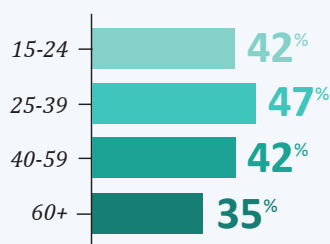
IN 2018

PERCENTAGE OF NWT POPULATION WHO ARE CONSIDERED HEAVY DRINKERS

### SEX



### AGE



## ASSOCIATED RISKS



Impaired social functioning



Injuries



Mental health disorders



Cancer or chronic disease



Risky sexual behaviour



Violence

## WHAT IS CONSIDERED "A DRINK?"



341 ml  
5% alcohol



341 ml  
5% alcohol



142 ml  
12% alcohol



43 ml  
40% alcohol



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.*

INDICATOR SOURCE: NWT Bureau of Statistics: 2018 Tobacco, Alcohol & Drug Survey. INDICATOR DEFINITION: Population aged 15 and over who self-reported five or more drinks on a single occasion at least once a month.