

## Purpose

The purpose of this data summary sheet is to provide an overview of binge drinking prevalence among different population groups across Vancouver Coastal Health (VCH) and Fraser Health (FH). The intent is to provide a better understanding of the factors influencing binge drinking prevalence within each health authority at the health service delivery area (HSDA) level.

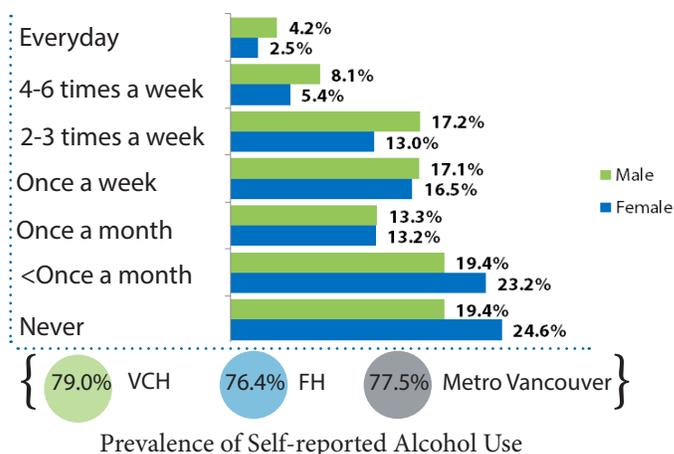
## Overview

Alcohol consumption is a known risk factor for a number of serious health conditions including cancer, liver disease, heart disease, and a variety of mental health issues.<sup>1,2,3,4</sup> More specifically, binge drinking has been reported to have long-lasting health effects such as brain damage and liver disease.<sup>1,3,5</sup> Between 2002 and 2008, liters of absolute alcohol per person consumed in British Columbia (BC) was higher than the rest of Canada.<sup>6</sup> In both the VCH and FH regions, alcohol consumption is the second leading cause of substance-related hospitalizations. In 2015, VCH and FH reported 4,697 and 6,881 alcohol related hospitalizations respectively.<sup>6</sup>

## Overall Alcohol Use

- 76.8% of respondents report having drunk alcohol within the past 12 months.
- The prevalence of male respondents reporting drinking alcohol is significantly higher than female respondents (80.3% vs. 75.0%).
- The prevalence of respondents reporting not drinking alcohol is significantly higher among female respondents compared to their male counterparts (25.0% vs. 19.7%).
- The prevalence of alcohol drinking is highest among adults aged 18-39 and lowest among seniors aged 65+ (81.0% vs. 65.8%).

### Self-reported alcohol use (AGED 18+ YEARS)

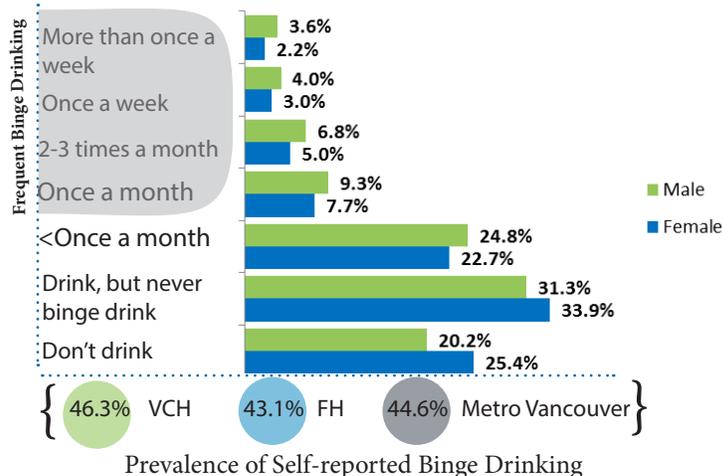


## Overall Binge Drinking Prevalence

Binge drinking was defined for males as consuming 5+ drinks per occasion, and females consuming 4+ drinks per occasion:

- 44.4% of respondents report binge drinking, a significantly higher proportion of which are males (48.5% vs. 40.6%).
- The highest proportion of male and female respondents who report binge drinking, report doing so less than once a month.
- Among male respondents, 9.3% report binge drinking once a month, 6.8% report binge drinking 2-3 times a month, 4.0% report binge drinking once a week, and 3.6% report binge drinking more than once a week.
- Among female respondents, 7.7% report binge drinking once a month, 5.0% report binge drinking 2-3 times a month, 3.0% report binge drinking once a week, and 2.2% report binge drinking more than once a week.

### Self-reported binge drinking (AGED 18+ YEARS)

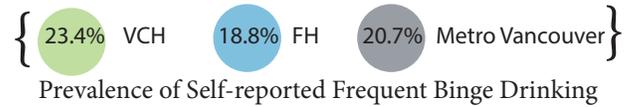
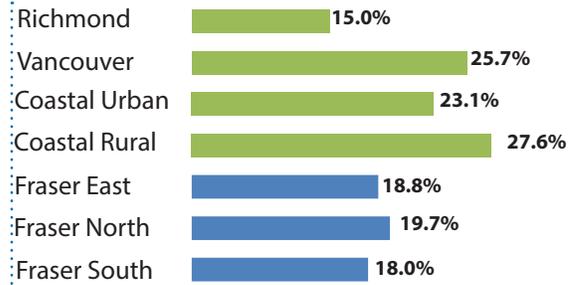


## Frequent Binge Drinking Prevalence

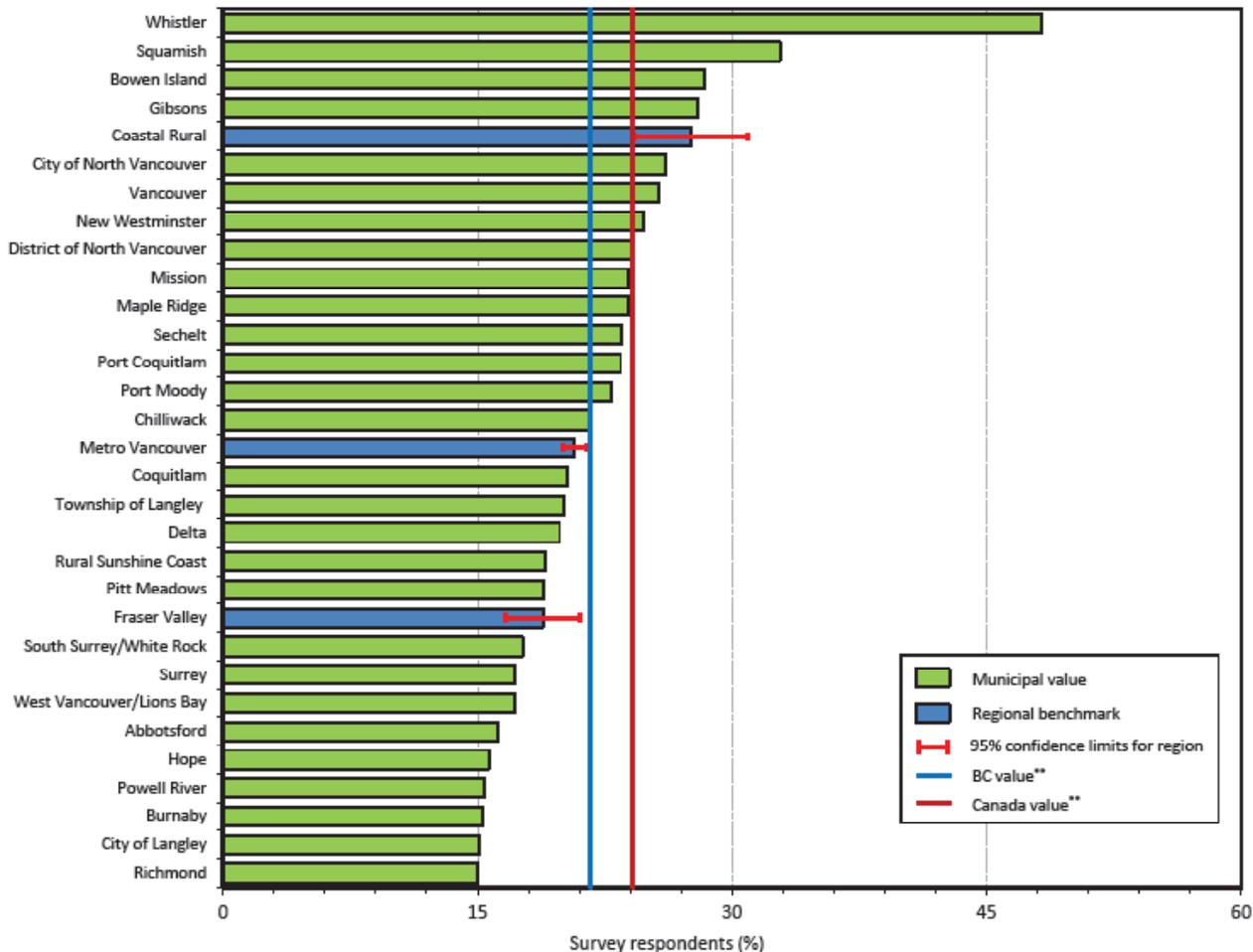
Frequent binge drinking is defined as binge once a month or more (1+ times/month):

- 23.4% of VCH and 18.8% of FH respondents aged 18+ years report frequent binge drinking, which translates to approximately 234,739 and 272,787 people respectively in each health region.
- Richmond has a significantly lower proportion of frequent binge drinking (15.0%) when compared to the overall VCH value. There are no significant differences in binge drinking prevalence between the rest of the regions and VCH.
- For FH, there are no significant differences in frequent binge drinking prevalence between its regions and the overall FH value.
- Frequent binge drinking prevalence is significantly higher among the following population segments: adults 18-39, those with a household income \$100,000+, employed, Canadian born, and those who smoke (daily/occasional).

## Self-reported frequent binge drinking - 1+ times/month (AGED 18+ YEARS)



## Frequent Binge Drinking (1+ times a month) Prevalence by Municipality



a place of mind  
THE UNIVERSITY OF BRITISH COLUMBIA



## Highlights: Vancouver Coastal Health

### ➔ SOCIO-DEMOGRAPHIC

- Males have a significantly higher prevalence of frequent binge drinking compared to females (27.2% vs. 20.0%).
- Young adults aged 18-24 years have the highest proportion (37.5%) of frequent binge drinking (translates to 41,844 young adults).
- VCH respondents with a household income of \$100,000 have a significantly higher prevalence of frequent binge drinking compared to respondents with income under \$40,000 (28.1% vs. 22.0%).
- VCH respondents who report being employed have a significantly higher prevalence of frequent binge drinking compared to those who report being unemployed (28.8% vs. 22.0% respectively).

### ➔ HEALTH-STATUS

- VCH respondents with perceived excellent or very good general health have a significantly higher prevalence of frequent binge drinking, compared to those with perceived fair or poor general health (26.1% vs. 14.0%).
- VCH respondents who reported having diabetes have a significantly lower prevalence of frequent binge drinking, compared to those who did not report having diabetes (10.5% vs. 24.4%).
- Those with reported mood or anxiety disorder report a higher prevalence of frequent binge drinking, compared to respondents with no reported mood or anxiety disorder (26.8% vs. 22.9%).

### ➔ LIFESTYLE, BUILT ENVIRONMENT & COMMUNITY RESILIENCY

- VCH respondents who report being smokers (daily/occasionally) have a significantly higher prevalence of frequent binge drinking, compared to non-smokers (44.6% vs. 21.1%).
- VCH respondents who report having a very weak or somewhat weak sense of community belonging have a significantly higher prevalence of frequent binge drinking, compared to respondents who report having a strong or somewhat strong sense of community belonging (25.1% vs. 22.4%).

## Highlights: Fraser Health

### ➔ SOCIO-DEMOGRAPHIC

- Males have a significantly higher prevalence of frequent binge drinking compared to females (21.3% vs. 16.5%).
- FH respondents with a household income of \$100,000 or higher have a significantly higher prevalence of frequent binge drinking, compared to those with a household income under \$40,000 (24.0% vs. 17.2%).
- FH respondents who report being employed have a higher prevalence of frequent binge drinking compared to those who report being unemployed (21.6% vs. 18.0% respectively).

### ➔ HEALTH-STATUS

- FH respondents with perceived excellent or very good general health have a significantly higher prevalence of frequent binge drinking, compared to those with perceived fair or poor general health (19.1% vs. 14.5%).
- FH respondents who reported having diabetes have a significantly lower prevalence of frequent binge drinking, compared to those who did not report having diabetes (11.7% vs. 19.4%).
- Those with reported mood or anxiety disorder report a significantly higher prevalence of frequent binge drinking, compared to respondents with no reported mood or anxiety disorder (20.7% vs. 18.4%).

### ➔ LIFESTYLE, BUILT ENVIRONMENT & COMMUNITY RESILIENCY

- FH respondents who report being smokers (daily/occasionally) have a significantly higher prevalence of frequent binge drinking, compared to non-smokers (38.4% vs. 16.5%).
- FH respondents who report having a very weak or somewhat weak sense of community belonging have a significantly higher prevalence of binge drinking, compared to respondents who report having a strong or somewhat strong sense of community belonging (20.4% vs. 17.3%).

## Data Tables: Vancouver Coastal Health

**Table 1. Proportion of survey respondents aged 18+ years by indicator who report frequent binge drinking.**

Domain	Indicator	Richmond (n=350)			Vancouver (n=2,404)			Coastal Urban (n=566)			Coastal Rural (n=450)			VCH (n=3,760)			Metro Vancouver (n=5,419)		
		%	95% CI		%	95% CI		%	95% CI		%	95% CI		%	95% CI		%	95% CI	
	<b>Binge drinking rate (1 + times/month)<sup>1</sup></b>	15.0	13.3	16.7	25.7	24.6	26.8	23.1	20.8	25.4	27.6	24.2	30.9	23.4	22.6	24.3	20.7	20.0	21.4
<b>Socio-Economic</b>	<b>Female</b>	11.9	10.2	13.6	22.2	21.0	23.4	19.5	17.1	21.9	24.7	21.2	28.1	20.0	19.1	20.9	18.0	17.2	18.7
	<b>Male</b>	18.5	15.4	21.6	29.4	27.6	31.3	27.3	23.2	31.5	31.1	24.9	37.2	27.2	25.8	28.7	23.8	22.6	25.0
	<b>Young adults aged 18-24 years</b>	21.8	15.9	27.8	39.3	35.2	43.5	49.3	38.9	59.6	40.1*	20.7	59.6	37.5	34.1	40.9	30.9	28.6	33.2
	<b>Adults aged 18-39 years</b>	19.6	16.5	22.7	37.3	35.5	39.1	38.0	32.8	43.3	40.6	33.3	47.9	34.6	33.1	36.1	29.1	27.9	30.2
	<b>Adults aged 40-64 years</b>	14.5	12.0	17.1	20.3	18.8	21.9	20.4	17.5	23.3	26.4	22.1	30.7	19.6	18.4	20.8	18.2	17.2	19.1
	<b>Seniors age 65+ years</b>	6.3*	4.0	8.6	5.9	4.4	7.4	7.5*	4.4	10.7	11.2*	6.5	16.0	6.7	5.5	7.9	7.6	6.2	9.1
	<b>Education level high school or less</b>	15.9	12.3	19.6	24.5	22.1	27.0	29.4	23.2	35.6	27.1	20.3	33.9	23.5	21.6	25.4	20.8	19.3	22.3
	<b>Education level Bachelor's degree or higher</b>	12.4	10.2	14.7	26.2	24.9	27.5	19.6	17.1	22.2	26.2	21.7	30.8	22.9	21.9	23.9	19.2	18.4	19.9
	<b>Household income under \$40,000</b>	11.3	8.0	14.6	24.4	22.1	26.6	21.4	15.1	27.8	30.1	22.4	37.7	22.0	20.2	23.7	19.4	17.9	21.0
	<b>Household income \$100,000+</b>	20.4	16.1	24.6	29.1	26.9	31.3	30.1	25.8	34.3	32.3	25.3	39.3	28.1	26.4	29.9	26.0	24.5	27.5
	<b>Employed</b>	18.7	16.1	21.3	31.3	29.9	32.7	27.5	24.4	30.6	33.2	28.7	37.7	28.8	27.6	29.9	24.7	23.8	25.6
	<b>Unemployed</b>	17.4*	9.1	25.8	23.2	18.2	28.2	24.2*	11.4	36.9	s	-	-	22.0	18.0	26.1	19.6	16.2	23.0
	<b>Born in Canada</b>	21.6	18.5	24.8	31.0	29.5	32.5	26.9	23.9	30.0	29.2	25.4	33.1	29.0	27.8	30.1	25.3	24.3	26.2
	<b>Not Born in Canada</b>	10.3	8.2	12.3	15.6	14.1	17.1	15.5	12.0	18.9	20.4	12.8	28.1	14.3	13.1	15.4	12.3	11.4	13.3
	<b>Time in Canada 0-5 years</b>	9.8*	5.3	14.3	25.7	20.7	30.8	10.5*	3.7	17.3	25.6*	9.6	41.5	17.4	14.3	20.5	12.6	10.4	14.8
	<b>Time in Canada 6-15 years</b>	15.0*	9.3	20.6	18.5	14.6	22.4	15.7*	7.8	23.5	s	-	-	17.7	14.6	20.7	13.7	11.6	15.8
	<b>Time in Canada 16+ years</b>	8.0	5.7	10.4	12.8	11.0	14.6	16.9	12.2	21.7	16.3*	8.9	23.6	12.4	11.0	13.8	11.8	10.5	13.0
	<b>Aboriginal</b>	37.4*	15.8	58.9	40.6	33.9	47.2	28.8*	14.7	42.8	30.2*	16.8	43.6	37.3	31.9	42.8	31.9	27.5	36.3
	<b>Caucasian</b>	19.7	16.5	22.9	31.4	29.9	32.9	24.3	21.6	26.9	27.2	23.6	30.9	28.2	27.0	29.3	24.8	23.8	25.7
	<b>Chinese</b>	8.8	6.7	10.9	7.7	6.3	9.1	s	-	-	s	-	-	8.4	7.1	9.6	8.0	6.9	9.1
<b>South Asian</b>	21.5*	13.6	29.4	27.1	20.9	33.3	s	-	-	s	-	-	25.7	20.9	30.5	16.0	13.7	18.4	
<b>LGBT</b>	26.1*	11.9	40.2	32.1	28.4	35.9	25.5*	12.2	38.8	33.7*	14.0	53.5	31.4	27.9	34.8	28.8	25.3	32.3	
<b>Health Status</b>	<b>General health (excellent/very good)</b>	18.4	15.6	21.1	28.7	27.2	30.2	24.3	21.3	27.3	25.1	21.3	28.9	26.1	24.9	27.2	22.4	21.5	23.4
	<b>General health (fair/poor)</b>	11.4*	7.5	15.4	14.8	12.4	17.3	11.6*	6.7	16.6	23.3*	13.9	32.8	14.0	12.1	15.9	14.0	12.4	15.7
	<b>Mental health (excellent/very good)</b>	15.4	12.9	17.8	26.0	24.5	27.4	22.2	19.4	24.9	25.5	21.4	29.6	23.4	22.3	24.5	20.8	19.9	21.7
	<b>Mental health (fair/poor)</b>	13.3	9.0	17.6	24.8	22.0	27.7	24.9	16.9	32.9	31.7*	20.6	42.8	23.0	20.7	25.2	21.8	19.8	23.8
	<b>Obesity (BMI 30+)</b>	16.9	12.0	21.8	22.3	19.5	25.1	21.2	16.2	26.2	28.7	21.4	35.9	21.8	19.7	23.9	19.8	18.2	21.4
	<b>Diabetes</b>	s	-	-	10.7	7.3	14.1	13.9*	4.8	22.9	s	-	-	10.5	7.8	13.2	11.5	8.9	14.1
	<b>High blood pressure</b>	11.9	8.1	15.8	17.1	14.3	19.8	16.6	11.8	21.4	25.1	17.0	33.2	16.4	14.4	18.4	15.8	14.2	17.4
	<b>Chronic breathing condition</b>	17.4*	10.5	24.3	26.2	22.0	30.3	23.2*	15.1	31.3	23.5*	11.2	35.9	24.2	21.0	27.4	18.8	16.5	21.1
	<b>Arthritis</b>	10.3*	6.2	14.5	15.6	12.7	18.5	18.2	12.3	24.1	21.3*	13.2	29.4	15.6	13.4	17.8	14.9	13.0	16.9
	<b>Mood or anxiety disorder</b>	16.9*	11.0	22.8	28.6	25.8	31.3	26.2	19.6	32.8	28.5	20.3	36.6	26.8	24.5	29.0	23.5	21.7	25.4
<b>Multiple chronic conditions<sup>2</sup></b>	12.8*	6.5	19.1	12.7	8.9	16.4	9.9*	2.9	16.9	21.0*	9.7	32.3	12.8	10.0	15.7	11.2	9.0	13.4	
<b>Lifestyle</b>	<b>Smoker (daily/occasionally)</b>	33.0	22.9	43.1	46.5	42.4	50.7	47.6	36.9	58.3	41.7	30.2	53.2	44.6	41.1	48.1	41.0	38.0	43.9
	<b>Non-smoker</b>	13.4	11.7	15.1	23.0	21.9	24.1	21.1	18.7	23.4	26.1	22.6	29.6	21.1	20.2	21.9	18.4	17.7	19.1
	<b>Physical activity (150+ minutes/week)</b>	18.2	15.2	21.3	30.2	28.4	31.9	26.7	23.1	30.3	28.2	23.6	32.9	27.7	26.3	29.0	24.5	23.3	25.6
	<b>5+ servings of fruits and vegetables (/day)</b>	15.3	11.5	19.0	26.4	24.4	28.4	21.9	17.8	26.0	23.9	18.7	29.2	23.9	22.3	25.4	20.2	19.0	21.5
	<b>0-4 servings of fruits and vegetables (/day)</b>	14.6	12.6	16.6	25.4	24.1	26.8	23.2	20.3	26.2	29.2	24.6	33.7	23.1	22.1	24.2	20.7	19.9	21.6
	<b>Stress (extremely/quite stressed)</b>	14.2	9.9	18.5	29.7	26.9	32.5	30.5	24.2	36.7	31.8	21.8	41.9	27.6	25.4	29.9	22.8	21.1	24.5
	<b>Screen time (2+ hours/day)</b>	14.1	11.7	16.5	26.6	25.0	28.3	23.8	20.2	27.4	27.9	23.3	32.6	24.0	22.7	25.2	21.4	20.4	22.5
<b>Built environment</b>	<b>Second hand smoke exposure (public places)</b>	15.2	11.4	19.0	26.5	24.4	28.5	28.8	22.1	35.4	26.0*	16.4	35.6	24.8	23.0	26.5	22.1	20.6	23.5
<b>Community resiliency</b>	<b>Community belonging (strong/somewhat strong)</b>	15.4	12.8	17.9	23.9	22.4	25.5	22.0	19.1	24.8	28.0	23.8	32.1	22.4	21.2	23.5	19.3	18.3	20.2
	<b>Community belonging (very weak/ somewhat weak)</b>	14.9	12.1	17.8	28.3	26.5	30.1	23.6	19.0	28.1	25.0	18.5	31.5	25.1	23.6	26.5	22.7	21.5	23.8

s = Estimates with coefficients of variation (CV) greater than 33.3% were considered unreliable due to small sample size and were suppressed. CI = Confidence interval.

\*Estimate is associated with sampling variability (CV) between 16.6-33.3% to be interpreted with caution.

<sup>1</sup> Five or more drinks on one occasion for males, and 4 or more drinks on one occasion for females.

<sup>2</sup> Reported diagnosis of two or more of the following: diabetes, heart disease, stroke, high blood pressure or chronic breathing condition.

For indicator definitions, please refer to Technical Notes at: [www.myhealthmycommunity.org/Results/TechnicalNotes](http://www.myhealthmycommunity.org/Results/TechnicalNotes)

**Table 2. Projected population aged 18+ years by indicator who report frequent binge drinking**

Domain	Indicator	Richmond	Vancouver	Coastal Urban	Coastal Rural	VCH	Metro Vancouver
		#	#	#	#	#	#
	<b>Frequent Binge Drinking (1+ times/month)</b>	27,182	151,484	53,709	19,967	234,739	458,375
<b>Demographic</b>	<b>Female</b>	11,201	67,087	23,310	8,851	103,171	203,476
	<b>Male</b>	16,112	84,449	30,841	11,356	132,546	257,981
	<b>Young adults 18-24 years</b>	4,721	25,973	11,753	2,523	41,844	80,835
	<b>Adults aged 18-39 years</b>	12,777	95,247	27,408	9,298	135,863	250,183
	<b>Adults aged 40-64 years</b>	11,354	46,002	21,195	65,164	80,127	168,333
	<b>Seniors age 65+ years</b>	23,765	6,341	4,237	13,077	13,513	32,659

Population source: BC Statistics Agency, Population Estimates, 2017.

## Data Tables: Fraser Health

**Table 3. Proportion of survey respondents aged 18+ years by indicator who report frequent binge drinking.**

Domain	Indicator	Fraser East (n=488)			Fraser North (n=1,075)			Fraser South (n=1,034)			FH (n=2,597)			Metro Vancouver (n=5,419)		
		%	95% CI		%	95% CI		%	95% CI		%	95% CI		%	95% CI	
	<b>Binge drinking rate (1 + times/month)<sup>1</sup></b>	18.8	16.7	21.0	19.7	18.2	21.2	18.0	16.6	19.3	18.8	17.9	19.7	20.7	20.0	21.4
<b>Socio-Economic</b>	<b>Female</b>	16.2	13.9	18.6	17.1	15.7	18.5	16.0	14.5	17.5	16.5	15.5	17.4	18.0	17.2	18.7
	<b>Male</b>	21.7	17.9	25.5	22.5	19.8	25.2	20.1	17.8	22.5	21.3	19.7	22.9	23.8	22.6	25.0
	<b>Young adults aged 18-24 years</b>	25.1*	16.5	33.7	28.0	23.2	32.7	23.6	19.6	27.5	25.5	22.6	28.5	30.9	28.6	33.2
	<b>Adults aged 18-39 years</b>	24.5	20.4	28.7	26.1	23.6	28.6	23.1	20.8	25.3	24.5	22.9	26.0	29.1	27.9	30.2
	<b>Adults aged 40-64 years</b>	17.5	14.7	20.3	17.4	15.3	19.5	17.5	15.5	19.5	17.5	16.2	18.8	18.2	17.2	19.1
	<b>Seniors age 65+ years</b>	11.5*	6.4	16.5	10.0*	6.4	13.5	7.9*	4.7	11.2	9.3	7.1	11.5	7.6	6.2	9.1
	<b>Education level high school or less</b>	19.0	15.1	22.8	21.5	18.3	24.8	17.5	14.9	20.1	19.1	17.3	20.9	20.8	19.3	22.3
	<b>Education level Bachelor's degree or higher</b>	14.6	11.6	17.5	14.6	13.0	16.3	14.4	12.7	16.0	14.5	13.4	15.6	19.2	18.4	19.9
	<b>Household income under \$40,000</b>	17.3	12.4	22.2	17.9	14.2	21.6	16.7	13.4	20.0	17.2	15.1	19.4	19.4	17.9	21.0
	<b>Household income \$100,000+</b>	21.1	16.4	25.8	23.5	20.4	26.6	25.5	22.4	28.7	24.0	22.0	26.1	26.0	24.5	27.5
	<b>Employed</b>	20.8	18.1	23.5	22.0	20.2	23.8	21.5	19.7	23.3	21.6	20.4	22.7	24.7	23.8	25.6
	<b>Unemployed</b>	22.3*	11.2	33.4	24.4	14.4	34.4	12.3*	7.2	17.4	18.0	13.2	22.8	19.6	16.2	23.0
	<b>Born in Canada</b>	20.4	17.8	22.9	23.1	21.2	25.0	22.1	20.3	24.0	22.1	21.0	23.3	25.3	24.3	26.2
	<b>Not Born in Canada</b>	12.8	8.8	16.8	12.9	10.5	15.3	8.8	7.2	10.4	10.9	9.6	12.2	12.3	11.4	13.3
	<b>Time in Canada 0-5 years</b>	s	-	-	9.7*	4.6	14.7	6.2*	2.8	9.7	9.1*	6.1	12.1	12.6	10.4	14.8
	<b>Time in Canada 6-15 years</b>	s	-	-	17.5	12.2	22.8	6.6*	2.8	9.7	10.6	8.0	13.3	13.7	11.6	15.8
	<b>Time in Canada 16+ years</b>	14.5*	8.8	20.2	12.7	9.2	16.1	10.0	7.6	12.3	11.6	9.7	13.6	11.8	10.5	13.0
	<b>Aboriginal</b>	28.4	19.7	37.2	20.6*	12.7	28.4	29.8	20.5	39.2	26.5	21.3	31.8	31.9	27.5	36.3
	<b>Caucasian</b>	18.5	16.0	21.0	24.0	21.9	26.2	20.4	18.6	22.3	21.4	20.2	22.6	24.8	23.8	25.7
	<b>Chinese</b>	s	-	-	7.3*	4.8	9.8	7.0*	3.5	10.6	7.3	5.3	9.4	8.0	6.9	9.1
<b>South Asian</b>	16.9*	8.9	25.0	16.7*	9.3	24.1	12.6	9.8	15.4	13.9	11.3	16.4	16.0	13.7	18.4	
<b>LGBT</b>	28.8*	13.9	43.7	29.1*	17.2	41.0	19.5	11.6	27.4	25.0	18.3	31.7	28.8	25.3	32.3	
<b>Health Status</b>	<b>General health (excellent/very good)</b>	18.7	15.7	21.7	21.8	19.7	23.9	16.9	15.2	18.7	19.1	17.9	20.4	22.4	21.5	23.4
	<b>General health (fair/poor)</b>	15.1*	9.8	20.3	13.5	9.5	17.5	15.2	11.7	18.7	14.5	12.2	16.9	14.0	12.4	15.7
	<b>Mental health (excellent/very good)</b>	17.6	14.8	20.4	20.1	18.2	22.1	17.9	16.1	19.7	18.7	17.5	18.9	20.8	19.9	21.7
	<b>Mental health (fair/poor)</b>	22.3	15.6	29.0	21.2	16.5	25.9	21.0	16.6	25.3	21.3	18.4	24.2	21.8	19.8	23.8
	<b>Obesity (BMI 30+)</b>	19.5	15.1	23.8	19.4	16.1	22.8	19.0	16.1	21.9	19.2	17.3	21.2	19.8	18.2	21.4
	<b>Diabetes</b>	9.7*	4.1	15.2	14.3	6.5	22.1	11.0*	7.1	15.0	11.7	8.5	15.0	11.5	8.9	14.1
	<b>High blood pressure</b>	12.5	8.5	16.5	14.9	11.8	18.0	16.5	13.2	19.9	15.2	13.2	17.2	15.8	14.2	17.4
	<b>Chronic breathing condition</b>	15.8*	8.9	22.7	15.6	11.5	19.8	13.2*	8.8	17.7	14.6	11.8	17.4	18.8	16.5	21.1
	<b>Arthritis</b>	13.9*	9.0	18.8	13.3	9.9	16.6	15.9	11.6	20.2	14.6	12.1	17.1	14.9	13.0	16.9
	<b>Mood or anxiety disorder</b>	19.6	14.7	24.6	21.4	17.2	25.6	20.7	17.1	24.2	20.7	18.3	23.2	23.5	21.7	25.4
	<b>Multiple chronic conditions<sup>2</sup></b>	8.0*	3.5	12.5	12.7*	7.9	17.6	9.2	5.3	13.1	10.2	7.5	12.8	11.2	9.0	13.4
<b>Lifestyle</b>	<b>Smoker (daily/occasionally)</b>	40.4	32.2	48.7	39.8	32.9	46.6	36.4	30.6	42.1	38.4	34.4	42.3	41.0	38.0	43.9
	<b>Non-smoker</b>	16.3	14.1	18.5	17.2	15.8	18.6	15.9	14.5	17.2	16.5	15.6	17.3	18.4	17.7	19.1
	<b>Physical activity (150+ minutes/week)</b>	19.5	15.9	23.0	23.2	20.6	25.7	20.5	18.2	22.8	21.3	19.8	22.9	24.5	23.3	25.6
	<b>5+ servings of fruits and vegetables (/day)</b>	17.7	12.9	22.5	17.9	15.3	20.4	15.9	13.1	18.8	17.0	15.2	18.8	20.2	19.0	21.5
	<b>0-4 servings of fruits and vegetables (/day)</b>	19.5	17.0	22.1	20.4	18.6	22.3	18.0	16.4	19.6	19.2	18.1	20.3	20.7	19.9	21.6
	<b>Stress (extremely/quite stressed)</b>	20.8	15.5	26.1	20.1	16.7	23.6	19.3	16.0	22.6	19.8	17.7	22.0	22.8	21.1	24.5
	<b>Screen time (2+ hours/day)</b>	17.3	14.2	20.5	20.3	18.1	22.5	18.7	16.6	20.9	19.1	17.7	20.5	21.4	20.4	22.5
<b>Built environment</b>	<b>Second hand smoke exposure (public places)</b>	20.4	14.4	26.3	21.0	17.6	24.3	18.2	15.3	21.2	19.7	17.6	21.8	22.1	20.6	23.5
<b>Community resiliency</b>	<b>Community belonging (strong/somewhat strong)</b>	18.2	15.2	21.2	18.1	16.1	20.1	16.2	14.3	18.0	17.3	16.0	18.5	19.3	18.3	20.2
	<b>Community belonging (very weak/somewhat weak)</b>	18.2	14.8	21.7	20.8	13.4	23.2	20.8	18.4	23.2	20.4	18.9	21.9	22.7	21.5	23.8

s = Estimates with coefficients of variation (CV) greater than 33.3% were considered unreliable due to small sample size and were suppressed. CI = Confidence interval.

\*Estimate is associated with sampling variability (CV) between 16.6-33.3% to be interpreted with caution.

<sup>1</sup> Five or more drinks on one occasion for males, and 4 or more drinks on one occasion for females.

<sup>2</sup> Reported diagnosis of two or more of the following: diabetes, heart disease, stroke, high blood pressure or chronic breathing condition.

For indicator definitions, please refer to Technical Notes at: [www.myhealthmycommunity.org/Results/TechnicalNotes](http://www.myhealthmycommunity.org/Results/TechnicalNotes)

**Table 4. Projected population aged 18+ years by indicator who report frequent binge drinking**

Domain	Indicator	Fraser East	Fraser North	Fraser South	FH	Metro Vancouver
		#	#	#	#	#
<b>Demographic</b>	<b>Frequent Binge Drinking (1 + times/month)</b>	45,078	109,052	118,377	272,787	458,375
	<b>Female</b>	19,566	48,037	53,384	121,331	203,476
	<b>Male</b>	25,824	61,346	65,125	152,435	257,981
	<b>Young adults aged 18-24 years</b>	7,055	18,833	19,531	45,422	80,835
	<b>Adults aged 18-39 years</b>	21,400	56,838	57,588	135,831	250,183
	<b>Adults aged 40-64 years</b>	17,303	41,235	48,846	107,620	168,333
	<b>Seniors age 65+ years</b>	6,159	9,882	10,209	26,190	32,659

Population source: BC Statistics Agency, Population Estimates, 2017.

## Methods

Data summarized in this report are from the My Health My Community (MHMC) survey that was conducted between June 2013 and July 2014. People who responded to the survey were 18+ years of age and lived within the VCH or FH regions. Detailed information on the survey tool and questions, recruitment of participants and calculation of indicators can be found in the MHMC Technical Report at: [www.myhealthmycommunity.org/results/technicalnotes](http://www.myhealthmycommunity.org/results/technicalnotes).

The data were further stratified into a number of socio-demographic, health status, lifestyle behaviours and built environment population segments. Binge drinking prevalence and confidence intervals (CI) were calculated for each population segment by HSDA and summarized in Tables 1 and 3.

Significant differences exist where confidence intervals are non-overlapping. Projected population numbers for binge drinkers found in Tables 2 and 4 were calculated using the binge drinking prevalence and the 2016/2017 population estimates for the specified sex and age population segments available from the BC Statistics Agency (BC Stats).

In contrast to the Community Health Profiles, Neighbourhood Profiles and Atlas where the data are reported by either municipality or neighbourhood, this data summary sheet reports binge drinking prevalence for the larger geographic area of an HSDA.

## Additional Resources

- HealthLink BC, Provincial Low-Risk Drinking Guidelines: <https://www.healthlinkbc.ca/health-topics/abj7553>
- Vancouver Coastal Health, Canada's Low-Risk Alcohol Drinking Guidelines: <http://vch.eduhealth.ca/PDFs/DB/DB.200.AL18.pdf>
- Healthy Families BC, Alcohol Sense: <https://www.healthyfamiliesbc.ca/home/articles/topic/alcohol-sense>
- My Health My Community (MHMC) Atlas: <http://www.fraserhealth.ca/MHMCAtlas/index.html>

## References

1. World Health Organization. Global status report on alcohol and health—2014. Geneva, Switzerland: World Health Organization; 2014.
2. International Agency for Research on Cancer. Personal Habits and Indoor Combustions: A Review of Human Carcinogens, Volume 100E 2012. Available from: <http://monographs.iarc.fr/ENG/Monographs/vol100E/index.php>.
3. Rehm J, Baliunas D, Borges GL, Graham K, Irving H, Kehoe T, et al. The relation between different dimensions of alcohol consumption and burden of disease: an overview. *Addiction*. 2010;105(5):817-43.
4. Miller JW, Naimi TS, Brewer RD, Jones SE. Binge drinking and associated health risk behaviors among high school students. *Pediatrics*. 2007;119(1):76-85.
5. Castaneda R, Sussman N, Westreich L, Levy R, O'Malley M. A review of the effects of moderate alcohol intake on the treatment of anxiety and mood disorders. *J Clin Psychiatry* 1996;57(5):207-212.
6. BC Alcohol and Other Drugs (AOD) Monitoring Project, Centre for Addictions Research of BC. 2015