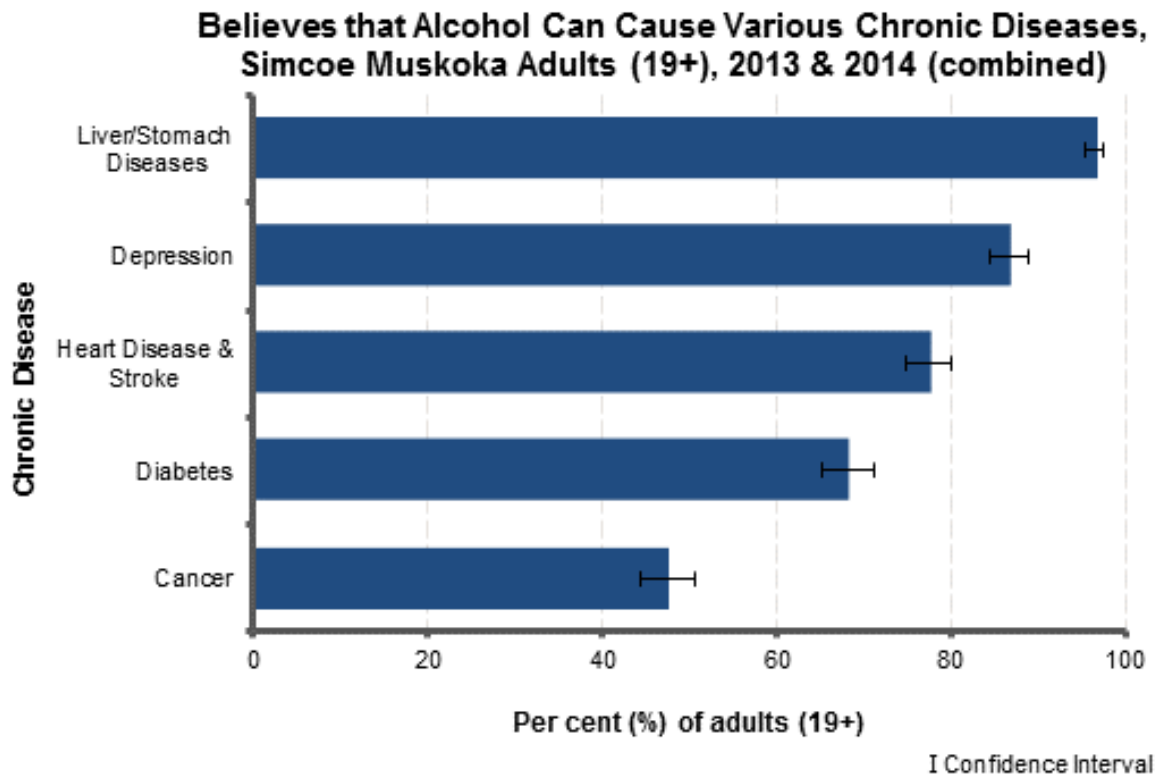


## Alcohol Use & Chronic Diseases

In 2013 & 2014, approximately 1100 randomly selected adults (19 years and older) in Simcoe Muskoka were asked a series of questions related to the link between alcohol use and various chronic diseases as part of the Rapid Risk Factor Surveillance System (RRFSS).

Nearly all (96% [95.4%, 99.7%]) adults of legal drinking age in Simcoe Muskoka reported that drinking alcohol can cause liver or stomach diseases and a large majority (86% [86.6%, 88.8%]) said that drinking alcohol can cause depression. Approximately three-quarters (77% [74.9%, 80.2%]) said that alcohol can cause heart disease or stroke and about two-thirds (68% [65.3%, 71.1%]) said it can cause diabetes. Less than half (47% [44.5%, 50.8%]) of those surveyed reported hearing that alcohol can increase your risk of getting cancer (see [figure 1](#)).

Figure 1: Percent of adults (19+) that reported if they believe consuming alcohol can cause various chronic diseases, 2013 & 2014 (combined).



Data Sources: Rapid Risk Factor Surveillance System (RRFSS), Simcoe Muskoka District Health Unit, Cycles 13; 16-18 (Jan-Apr, 2013; Jan-Dec, 2014) - combined. Data collected on behalf of the health unit by the Institute for Social Research (ISR) at York University, Toronto, Canada.