Alcohol Use and Rural Youth

SEDRD & OMAFRA 2018 Rural Symposium

Hello!

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Trying to delve into my thesis topic

1.

How I Got Here

My Interest in
Alcohol Use and
Rural Youth

My concern?

$\frac{1}{2}$ of the students at the University of Guelph had used alcohol before the age of 16 and more than $\frac{1}{3}$ had been drunk before the age of 16 (University of Guelph, 2014).

But why was I concerned?

An early age of onset of alcohol use is a serious indicator of future alcohol use and abuse issues (Chou & Pickering, 1992; Skidmore et al., 2011)

**Did this have anything to
do with the rural
population?**

2.

What I've Learned

Literature and
Data Available
on Alcohol Use
in Rural Youth

Alcohol Use amongst Ontario Youth is Dropping

Harmful & hazardous

drinking is at an all time low in the province

Alcohol remains

the most frequently used substance by youth

Urban areas

have lower rates of drunkenness amongst youth

Reported rates of drunkenness by region

13.4%

Greater Toronto Area

17.2%

North

19.8%

West

17.3%

East

Erie St. Clair & South West LHINs

Percentages of Students Reporting Alcohol Use in the Past Year

	Alcohol	Binge Drinking	Drunkenness
Erie St. Clair + South West	60.0	26.9	27.1
Central West	41.1	11.1	8.9
Toronto Central + Central	45.9	19.5	18.1
North East + North West	65.5	27.2	23.7

Rates of Hazardous and Harmful Drinking

	1999	2007	2017
GTA	17.0	20.4	12.2
North	41.8	35.4	17.6
West	29.8	29.5	20.1
East	24.5	28.4	11.7

What research is out there?

Interventions

Often not studied or published by the community.

Social norming works.

Impacts on Behaviours

Ethnicity, family, location etc.

Local Policy

MAPs.

Educational initiatives.

International Data

Cultural differences and merging.

Canadian Quantitative Data

Provincial data.

Canadian Qualitative Data

Nova Scotian focus groups.

3.

Where to Next

Research Plans

**What's
Missing?**

What more do I want to learn?

- To determine social and contextual factors that lead to the first instance of alcohol use
- To determine social and contextual factors that lead to subsequent alcohol use
- To investigate rural youths' reflections of their experiences of past instances of use and the impacts on their lives

In two or three columns

Key Informant Interviews

Meeting with key adult community members.

- e.g., health care providers, politicians, community organizations

Participatory Workshop

Discussing the harms associated with alcohol use amongst their peers.

- Followed by invitation to interviews

Social Media Analysis

Review of party and drinking events documented on social media by youth participants.

4.

Canada's Low Risk Drinking Guidelines

A Plug and
Explanation

Canada's Low Risk Drinking Guidelines

For Women

- No more than 10 drinks a week
- No more than 2 drinks a day on most days

For Men

- No more than 15 drinks a week
- No more than 3 drinks a day most days

For Special Occasions

- Reduce risk of injury and harm by drinking no more than 3 drinks (for women) or 4 drinks (for men) on a single occasion

Just so we're clear..

**341 ml (12 oz.)
glass of 5%
alcohol content**

- e.g., beer,
cider, cooler

**142 ml (5 oz.)
glass of 12%
alcohol content**

- e.g., wine

**43 ml (1.5 oz.)
serving of 40%
alcohol content**

- e.g., gin, rum,
whiskey

Thanks!

Any questions?

You can find me at
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Credits

Special thanks to all the people who made and released these awesome resources for free:

- Presentation template by [SlidesCarnival](#)
- Photographs by [Unsplash](#)