

## Lower-Risk Drinking Guidelines 2.0: Orientation Sessions

**September 29–30, 2020**

**1:00 p.m. – 4:15 p.m.**

Please note all times are in EST

### Meeting Objectives

1. Introduce the guideline development process and ADOLOPMENT of guidelines
2. Review and analyse the challenges faced by non-alcohol guideline development groups
3. Review and analyse the challenges faced by alcohol guideline development groups

### Agenda

September 29, 2020 – Part 1, 1:00 p.m.–4:15 p.m. EST			
Join by Telus via this link: <a href="https://meetings.businessconnect.telus.com/j/1431506505">https://meetings.businessconnect.telus.com/j/1431506505</a>			
Item	Time	Topic	Lead
1.	1:00–1:15	Introduction to guideline development for Low Risk Alcohol Drinking Guidelines (LRDGs)	Dr. Peter Butt & Dr. Catherine Paradis
2.	1:15–1:45	General introduction to guideline development process and GRADE approach	Dr. Nancy Santesso, GRADE Centre, McMaster University
3.	1:45–1:55	Q&As	Session led by facilitator
4.	1:55–2:00	<b>Break</b>	
Lessons learned from other guideline development groups			
5.	2:00–2:20	Canada's 2011 LRDGs	Dr. Tim Stockwell University of Victoria
6.	2:20–2:30	Q&As	Session led by facilitator
7.	2:30–2:50	Canada's Lower-Risk Gambling Guidelines: The complexities of incorporating social harms as an outcome of interest	Dr. Matthew Young, CCSA



8.	2:50–3:00	Q&As	Session led by facilitator
9.	3:00–3:05	<b>Break</b>	
10.	3:05–3:25	Approach to Revision of Canada's Food Guide	Dr. Alfred Aziz, Office of Nutrition Policy and Promotion, Health Canada
11.	3:25–4:05	Q&As Discussion about the challenges and solutions to developing populational guidelines	Session led by facilitator
12.	4:05–4:15	Closing remarks for Part 1	Dr. Peter Butt & Dr. Catherine Paradis

<b>September 30, 2020 – Part 2, 1:00 p.m.–4:15 p.m. EST</b> Join by Telus via this link: <a href="https://meetings.businessconnect.telus.com/j/1433380598">https://meetings.businessconnect.telus.com/j/1433380598</a>			
Item	Time	Topic	Lead
1.	1:00–1:10	Summary of highlights from Part 1 discussion	Dr. Peter Butt & Dr. Catherine Paradis
2.	1:10–1:40	General introduction to ADOLOPMENT of guidelines	Dr. Nancy Santesso, GRADE Centre, McMaster University
3.	1:40–1:50	Q&As	Session led by facilitator
4.	1:50–2:00	<b>Break</b>	
Low-Risk Alcohol Drinking Guidelines for potential ADOLOPMENT			
5.	2:00–2:40	The review of the UK Chief Medical Officer's Alcohol Guidelines	Dr. Mark Petticrew, London School of Hygiene and Tropical Medicine
6.	2:40–2:50	Q&As	Session led by facilitator
7.	2:50–3:30	Updating the Australian guidelines to reduce health risks from drinking alcohol	Dr. Kate Conigrave, The University of Sydney
8.	3:30–4:10	Q&As Discussion about the ADOLOPMENT of other alcohol drinking guidelines	Session led by facilitator
9.	4:10–4:15	Closing remarks for Part 2	Dr. Peter Butt & Dr. Catherine Paradis



## Appendix A: Canada's LRDG Update Executive Committee and Scientific Panels

Please note that we are still waiting on a few confirmations and the lists below are subject to change.

### Executive Committee

Rita Notarandrea, Co-chair	CEO, Canadian Centre on Substance Use and Addiction
Eric Costen, Co-chair	Associate Assistant Deputy Minister, Health Canada
Anna Romano	Vice-President, Health Promotion and Chronic Disease Prevention Branch, Public Health Agency of Canada
Taryn Walsh	Assistant Deputy Minister, Ministry of Mental Health and Addictions, British Columbia
Frank Cesa	Director, Office of Alcohol Policy, Controlled Substances Directorate, Health Canada
Dr. Heather Morrison	Chief Public Health Officer, Prince Edward Island, and Chair, Council of Chief Medical Officers of Health
Dr. Sam Weiss	Scientific Director, Canadian Institutes of Health Research

### Scientific Expert Panel

Dr. Catherine Paradis, Co-chair	Senior Research and Policy Analyst, Canadian Centre on Substance Use and Addiction
Dr. Peter Butt, Co-chair	Associate Professor, Department of Family Medicine, College of Medicine, University of Saskatchewan

### Knowledge Mobilization Expert Panel:

Dr. Justin Pesseau	Scientist, Ottawa Hospital Research Institute, and Associate Professor, School of Epidemiology and Public Health and School of Psychology, University of Ottawa
Dr. Tim Stockwell	Scientist, Canadian Institute for Substance Use Research, and Professor, Department of Psychology, University of Victoria
Dr. Erin Hobin	Scientist, Health Promotion, Chronic Disease and Injury Prevention, Public Health Ontario
Jennifer Heatley	Project Executive, Health Promotion, Department of Health and Wellness, Nova Scotia
Brittany Sauvé	Manager, Office of Alcohol Policy, Health Canada
Dr. Sharon Straus	Director, Knowledge Translation Program, Physician-in-Chief, St. Michael's Hospital, and Professor, Department of Medicine, University of Toronto.
Dr. Danielle Buell	Chief Medical Resident, St. Michael's Hospital



## Medical Effects Expert Panel

Dr. Kevin D. Shield	Independent Scientist, Institute for Mental Health Policy Research, and Head, World Health Organization/Pan-American Health Organization Collaborating, Centre for Addiction and Mental Health
Dr. Daniel Myran	Family Physician and Resident, Public Health and Preventive Medicine, University of Ottawa
Dr. Adam Sherk	Postdoctoral Fellow, Canadian Institute for Substance Use Research, University of Victoria
Dr. Matthew Young	Senior Research and Policy Analyst, Canadian Centre on Substance Use and Addiction
Frank Cesa	Director, Office of Alcohol Policy, Controlled Substances Directorate, Health Canada

## Mental Health and Social Effects Expert Panel

Dr. Samantha Wells	Senior Director and Senior Scientist, Institute for Mental Health Policy Research, Centre for Addiction and Mental Health
Dr. Mark Asbridge	Professor, Department of Community Health and Epidemiology, Department of Emergency Medicine, Dalhousie University
Dr. Kara Thompson	Assistant Professor of Psychology, St. Francis Xavier University
Dr. Nancy Poole	Director, British Columbia Centre of Excellence for Women's Health
Dr. Tim Naimi	Director, Canadian Institute for Substance Use Research, University of Victoria
Frank Cesa	Director, Office of Alcohol Policy, Controlled Substances Directorate, Health Canada

## CCSA Staff

Dr. Jennifer Reynolds	Knowledge Broker, CCSA
Alan Martino	Knowledge Broker, CCSA
Dr. Hanie Edalati	Research and Policy Analyst in Research, CCSA
Lauren Levett	Project Coordinator, CCSA

## Observers

Dr. Marc Avey	Senior Manager, Public Health Agency of Canada
Kate Morissette	Senior Epidemiologist, Public Health Agency of Canada

- This meeting will be facilitated by Dr. Rebecca Sutherns – Sage Solutions Inc.

## Appendix B: Presenter Biographies

### Dr. Nancy Santesso

Nancy Santesso is Assistant Professor in the Department of Health Research Methods, Evidence and Impact at McMaster University, Canada, and a Registered Dietitian. She is a member of the GRADE Working Group - a group dedicated to the rigorous development of clinical practice guidelines and the use of evidence from systematic reviews in guidelines. She has trained guideline developers and facilitated guideline panel meetings using the GRADE approach for the World Health Organization (WHO) and other professional organizations nationally and internationally. Nancy has also been a strong supporter of the Cochrane Collaboration since 2002, and is currently the Deputy Director of Cochrane Canada and editor of the Cochrane Consumers and Communication Review Group. She has provided training in Cochrane systematic reviews for over 15 years. Her research interests include the communication of guidelines and evidence to patients and the public as plain language summaries of systematic reviews and as patient versions of guidelines.

### Dr. Tim Stockwell

Dr Stockwell is a Scientist at the Canadian Institute for Substance Use Research (CISUR) and a Professor of Psychology at the University of Victoria, Canada. He has published over 400 research papers, reports and books on substance use epidemiology and policy. He was a clinician and researcher in the UK before joining Australia's National Drug Research Institute as Director. Moving to Canada in 2004 he established the Canadian Institute for Substance Use Research BC (now CISUR) as a multidisciplinary research enterprise investigating the determinants of harmful substance use and also effective harm reduction strategies. He is a Fellow of the Canadian Academy of Health Sciences, recipient of the international 2013 E.M Jellinek Memorial Award for alcohol research, a recipient of the inaugural national award from Research Canada in 2014 for health research leadership and advocacy and a Fellow of the Royal Society of Canada. He lives in Victoria with his wife Paula and daughter Matilda.

### Dr. Matthew Young

Matthew Young is a Senior Research and Policy Analyst at the Canadian Centre on Substance Use and Addiction (CCSA) and an adjunct research professor of psychology at Carleton University in Ottawa. He leads CCSA's substance use epidemiology research activities, which includes co-chairing the scientific committee tasked with estimating the economic burden of substance use in Canada ([www.csuch.ca](http://www.csuch.ca)) and the Canadian Community Epidemiology Network on Drug Use. Matthew also co-chairs the scientific committee tasked with developing the first lower-risk gambling guidelines.

### **Dr. Alfred Aziz**

Dr. Alfred Aziz holds a PhD in Nutritional Sciences from the University of Toronto. He joined Health Canada in 2006, first as postdoctoral fellow and then as a research scientist. After completing a few assignments as part of Health Canada's Science Management Development Program, Alfred was appointed the Chief of Nutrition Regulations and Standards Division in 2014. Alfred led the updates to the Nutrition Labelling regulations and a multi-disciplinary team responsible for managing and integrating initiatives under the Healthy Eating Strategy, while directly being responsible for leading the work on labelling initiatives, sodium reduction and trans-fat elimination. In February 2019, Alfred assumed the role of the Director General of the Office of Nutrition Policy and Promotion, which is the federal authority on dietary guidance and healthy eating policies.

### **Dr. Mark Petticrew**

Mark Petticrew is Professor of Public Health at the London School of Hygiene and Tropical Medicine (LSHTM). He is Director of the NIHR Public Health Policy Research Unit and is also a member of the Policy Innovation Research Unit (PIRU: <http://www.piru.ac.uk/>). He is also Co-Director of the NIHR School for Public Health Research at LSHTM (see <http://sphr.lshtm.ac.uk/>).

His main research interests are in evidence-based policymaking, and the evaluation of the effects on health of social and other policies. His work also has a focus on the commercial determinants of health – in particular, the influence of unhealthy commodity industries on health (e.g. through the promotion of tobacco, alcohol, and unhealthy foods). Recent research includes the evaluation of the Public Health Responsibility Deal. This policy, launched in 2012, involved voluntary agreements between government and the alcohol and food industries, among others. He also co-chaired the Committee which developed the UK's alcohol consumption guidelines in 2016. Other research has examined alcohol advertising and marketing from a systems perspective, and includes analyses of misinformation disseminated by alcohol industry corporate social responsibility (CSR) bodies such as Drinkaware and Drinkwise.

He currently leads a work package as part of the SPECTRUM Consortium (See: <https://ukprp.org/what-we-fund/spectrum/>). This consortium investigates the commercial determinants of health and health inequalities, focusing mainly on tobacco and alcohol but extending work to unhealthy food (e.g. high in fat, salt and sugar). It aims to increase understanding of the complex systems of production, distribution and promotion underlying the consumption of these unhealthy commodities; and wider understanding of the influence of producers of the commodities on the systems that promote or harm health.

### **Dr. Kate Conigrave**

Kate Conigrave is an addiction medicine physician and public health physician. Her clinical work is based at Royal Prince Alfred Hospital in Sydney. She is also a conjoint Professor at the University of Sydney and joint director of the Centre of Research Excellence in Indigenous Health and Alcohol. Kate has been an author on over 130 journal articles and is an editor of the Oxford University Press handbook, Addiction Medicine. She has acted as a consultant to the World Health Organization on

early intervention for alcohol problems. Kate chairs the Australian National Health and Medical Research Council committee which is responsible for revising Australia's drinking guidelines. These are due for release before the end of 2020.

