Updating Canada’s Low-Risk Alcohol Drinking Guidelines

Process and Timeline

Source guidelines
- 2011 Canadian LRDGs
- 2016 U.K. LRDGs
- 2020 Australian Guidelines to Reduce Health Risks from Drinking Alcohol

Disclosure of Affiliations and Interests
COMPLETED

Terms of Reference
COMPLETED

Prioritize research questions
COMPLETED

Evaluate Canadian, U.K. and Australian guidelines
COMPLETED

Public consultation on the LRDGs
COMPLETED

Evidence on Understanding and Response to Alcohol Consumption Guidelines
COMPLETED

Women’s focus groups on the LRDGs
UNDER REVIEW

Review on women’s health and alcohol
UNDER REVIEW

Stakeholder consultation on the LRDGs
WINTER 2022

Draft recommendations for knowledge mobilization of LRDGs
SPRING 2022

Public consultations
SUMMER 2022

Technical report evaluating the evidence on the health effects of alcohol consumption
WINTER 2022

Rapid review on the effects of alcohol on mental health
SPRING 2022

Rapid review on the effects of alcohol on violence
SPRING 2022

Systematic review on the effects of alcohol on cardiovascular diseases
WINTER 2022

Report of lifetime risk of alcohol-attributable death and disability
UNDER REVIEW

Draft updated LRDGs
SPRING 2022

External review
SUMMER 2022

Final updated LRDGs | Fall 2022

Updated December 2021