

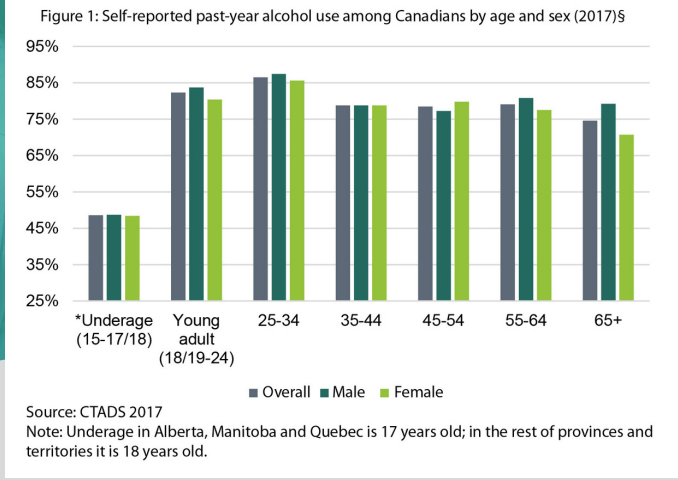
Early Adulthood

Why is this important to talk about?

The risky use of alcohol is still most prevalent among young adults (aged 18–24 yrs)⁽¹⁾ and is the leading risk factor for death and social problems. This includes:⁽¹⁾

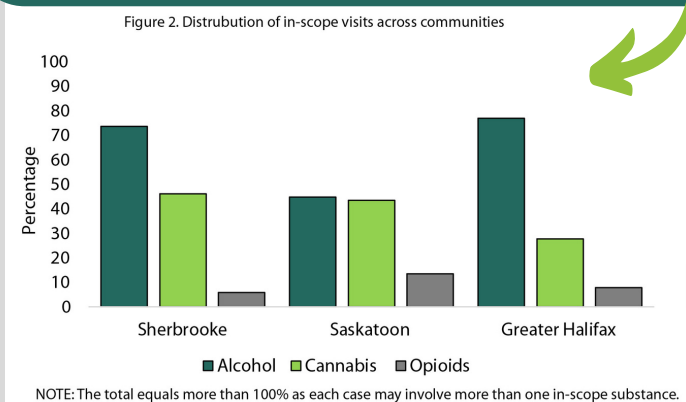
- Physical Risk - injury to self or others
- Physiological Risk - impacts as a result of events that took place during the consumption of alcohol
- Social Risk - diminished relationships with friends and family
- Economic Risk - personal, professional (productivity), and health care costs

Among the postsecondary age population, 33% of Nova Scotians reported heavily drinking more than once a month, almost twice the heavy drinking rate for the general Nova Scotian population and higher than the Canadian average for the same age group.⁽²⁾



If we don't take action

According to a study done by Canadian Center on Substance Use and Addiction, released in 2022, 76.8% (of in-scope visits) of youth and young adult visits to the ER in the Greater Halifax Area are attributed to alcohol consumption.⁽³⁾



662 MILLION

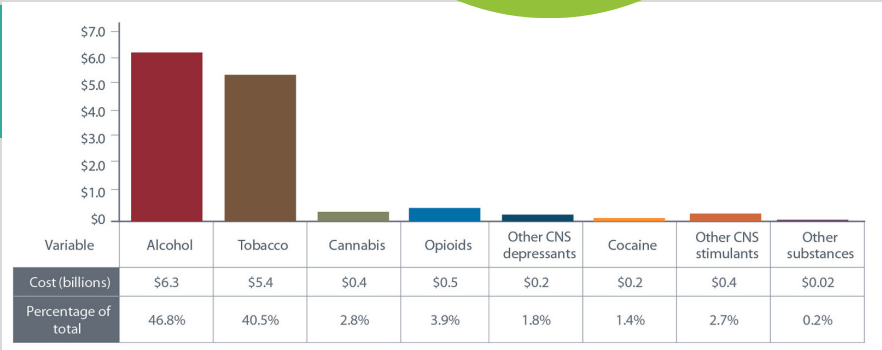
The healthcare cost directly attributed to alcohol consumption in Canada is 6.3 billion.⁽⁴⁾ In Nova Scotia, 662 million is directly attributed to the healthcare costs associated with alcohol consumption.⁽⁵⁾

40% of young adults reported alcohol-related⁽⁶⁾ harms compared to only 18% of adults over age 25.

What we can do!

Encourage enjoyable alcohol-free spaces. By increasing alcohol-free spaces and normalizing alcohol-free events, we will decrease alcohol-related harms in our young adult population and beyond. For example,⁽⁷⁾

- One of the ways this can be achieved is through Municipal Alcohol Policies. Write/Talk to municipal counselors about updating their municipal alcohol policies



Note: These estimates do not include costs associated with in-patient hospitalizations, day surgeries, emergency department visits and paramedic services in Quebec. A rough calculation based on Ontario per-person costs and data available from Quebec suggests that these per-person costs are likely conservative by about 8%.

