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PUBLIC HEALTH
ASSOCIATION

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SANTÉ PUBLIQUE

26 August 2025

The Honourable Marjorie Michel, P.C., M.P.
Minister of Health
Health Canada
Ottawa, Ontario

Dear Minister Michel:

On behalf of the Canadian Public Health Association (CPHA), I am writing to strongly encourage the Government of Canada to amend the alcohol consumption guidance on Health Canada's website to reflect *Canada's Guidance on Alcohol and Health*, developed by the Canadian Centre on Substance Use and Addiction (CCSA) in collaboration with leading scientists and public health experts across the country.

Canadians depend on government to provide clear, evidence-based information that enables them to make informed decisions about their health. The current "low-risk" alcohol consumption guidelines are outdated and inconsistent with the most recent science. As the CCSA guidance makes clear, alcohol consumption—even at relatively low levels—poses health risks. In fact, alcohol is causally linked to over 200 diseases and injuries, including at least seven types of cancer, cardiovascular disease, liver disease, and mental health harms. Each year, alcohol contributes to thousands of premature deaths and places a heavy burden on our health-care system.

This burden is not only measured in lives lost and diminished well-being, but also in economic terms. The most recent estimates show that alcohol-related harms cost governments billions of dollars more in health-care and lost productivity than they receive in revenue from alcohol sales. In 2020, for example, alcohol cost Canadian society over \$19 billion, while generating just \$13 billion in revenue—a substantial deficit borne by taxpayers.

The Government of Canada has both a responsibility and an opportunity to ensure that all Canadians have access to accurate, up-to-date health information. Adopting *Canada's Guidance on Alcohol and Health* as the official federal standard is a vital step in fulfilling this duty. It would align Canada's public health messaging with the best available evidence, empower people with reliable information, and signal clearly that the health and well-being of Canadians is being placed ahead of industry influence.

I urge you to act swiftly to update Health Canada's website to reflect this new guidance and to resist pressure from vested interests. The public deserves nothing less than transparency, accuracy, and evidence-based leadership on this critical public health issue.

Thank you for your attention and for your ongoing commitment to the health of Canadians.

Sincerely,

Ian Culbert
Executive Director

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