

SUPPLEMENTAL MATERIAL: SURVEY QUESTIONS

1. Have you heard about Canada’s Low-Risk Alcohol Drinking Guidelines (LRDG)?

Please choose only one of the following:

Yes

No

2. If you answered yes to question 1, where did you hear about the LRDG?

Please choose **ALL** that apply:

PEILCC

Social Media / Online

Family / Friends

School (University/College)

Health Care Setting

TV Commercial (CBC and Eastlink)

T-3 Bus/Shelters

Radio

Resto-bar Screens

Print Advertisement (Penny Saver or The Buzz)

Received in mail

*Should I Have Another?* Campaign

Last Year’s Survey

Other, specify

3. What best describes the moderate daily drink limit?

Please choose the appropriate response for each item:

	1	2	3	4	5	Depends on individual
Men	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Women	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

4. What best describes the moderate weekly drink limit?

Please choose the appropriate response for each item:

	5	10	15	20	Depends on individual
Men	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Women	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

5. Zero alcohol is the limit when?

Please choose ALL that apply:

- Using machinery or tools
- Making important decisions
- Living with alcohol dependence
- Playing sports
- Living with mental/physical health problems
- Caring for children/elderly persons
- Taking medications that may interact with alcohol
- Pregnant or planning to become pregnant

*Canada's LRDG state that you can reduce your long-term health risks by drinking no more than 10 drinks a week for women and 15 drinks a week for men.*

6. I believe drinking in excess of these limits puts me at long-term risk for health problems.

Please choose **only one** of the following:

- Strongly agree
- Agree
- Disagree
- Strongly disagree

*Canada's LRDG state that you can reduce your risk of injury and harm by drinking no more than 3 drinks for women or 4 drinks for men on any single occasion.*

7. I believe drinking in excess of these daily limits puts me at risk for injury and harm.

Please choose **only one** of the following:

- Strongly agree
- Agree
- Disagree
- Strongly disagree

8. Knowing these limits will change how much Islanders drink.

Please choose **only one** of the following:

- Strongly agree
- Agree
- Disagree
- Strongly disagree