

Toronto Cancer Prevention Coalition Presentation to City of Toronto, Board of Health, 29 April 2024

Anne Wordsworth, Chair



Toronto **Cancer Prevention** Coalition

Who we are / What we do

Cancer, a major health problem
 Responsible for 30% of all deaths in Canada
 TCPC, established 1998, supported by Board of Health
 Health
 An organization of volunteers
 Mandate, to reduce the incidence of cancer in Toronto
 For over 25 years, involved in important activities to reduce cancer
 Our work continues ...



Toronto Cancer Prevention Coalition
 Environmental and Occupational Carcinogens Working Group

"...air pollution still poses a significant burden of illness in Toronto, and there is still much work to be done to reduce emissions that are harmful to health."
 - Dr. David McKeown, Toronto Medical Officer of Health

"Healthy cities don't just happen. They result from creative vision, strategic decision-making and thoughtful implementation that respects health needs and challenges of all residents; they happen by design-through intentional and thoughtful investment and provision of infrastructure, programs and services with health in mind."
 - Healthy Toronto by Design

It's in the Numbers
 • In 2012, Toronto reported 2,000 new cases of lung cancer, the most common cancer in men and women combined.
 • In 2012, about 100 buildings reported a total of 1,000 cases of mold-related illness.
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What is the Risk?
 Environmental Challenges
 • Air pollution: particulate matter (PM) and ground-level ozone (O₃) are major contributors to air pollution. PM is a known carcinogen and can cause lung cancer and other respiratory diseases. O₃ is a known irritant and can cause asthma and other respiratory diseases.
 • Noise: noise is a known irritant and can cause stress and other health problems.
 • Heat: heat is a known irritant and can cause dehydration and other health problems.

Occupational Challenges
 • Asbestos: asbestos is a known carcinogen and can cause lung cancer and mesothelioma.
 • Lead: lead is a known carcinogen and can cause cancer and other health problems.
 • Silica: silica is a known carcinogen and can cause lung cancer and other health problems.

Did You Know?
 • Air pollution is a leading cause of cancer deaths in Toronto.
 • Noise is a leading cause of stress and other health problems in Toronto.
 • Heat is a leading cause of dehydration and other health problems in Toronto.

Moving Forward
 • The Toronto Green Plan includes a goal to reduce air pollution by 10% by 2025.
 • The Toronto Green Plan includes a goal to reduce noise by 10% by 2025.
 • The Toronto Green Plan includes a goal to reduce heat by 10% by 2025.

Timeline:
 2001: The Environmental and Occupational Carcinogens Working Group is established.
 2002: The Working Group releases its first report, "Air Pollution and Occupational Carcinogens in Toronto."
 2003-04: The Working Group continues its work on air pollution and occupational carcinogens.
 2005-06: The Working Group releases its second report, "Air Pollution and Occupational Carcinogens in Toronto."
 2007-08: The Working Group continues its work on air pollution and occupational carcinogens.
 2009-10: The Working Group releases its third report, "Air Pollution and Occupational Carcinogens in Toronto."
 2011-12: The Working Group continues its work on air pollution and occupational carcinogens.
 2013-14: The Working Group releases its fourth report, "Air Pollution and Occupational Carcinogens in Toronto."
 2015-16: The Working Group continues its work on air pollution and occupational carcinogens.
 2017-18: The Working Group releases its fifth report, "Air Pollution and Occupational Carcinogens in Toronto."
 2019-20: The Working Group continues its work on air pollution and occupational carcinogens.
 2021-22: The Working Group releases its sixth report, "Air Pollution and Occupational Carcinogens in Toronto."
 2023-24: The Working Group continues its work on air pollution and occupational carcinogens.

Toronto Cancer Prevention Coalition
 Alcohol Working Group

Drinking any type of alcohol - hard liquor or spirits or all-day beer or wine - increases your risk of cancer. The more you drink, the more you increase your risk.

Current evidence does not identify a "safe" level of drinking.

Alcohol is the 3rd leading risk factor for mortality, morbidity and disability globally.

Ontario currently does not have a provincial alcohol strategy.

What is the Risk?
 • Drinking alcohol increases the risk of several types of cancer, including breast, colorectal, esophageal, liver, mouth, and pancreatic cancer.
 • The more you drink, the more you increase your risk.
 • Drinking alcohol also increases the risk of heart disease, stroke, and liver disease.

It's in the Numbers
 • In 2012, about 1,000 cases of cancer were attributed to alcohol consumption in Ontario.
 • In 2012, about 1,000 cases of cancer were attributed to alcohol consumption in Ontario.

Did You Know?
 • Drinking alcohol is a leading cause of cancer deaths in Toronto.
 • Drinking alcohol is a leading cause of heart disease and stroke in Toronto.

Moving Forward
 • The Toronto Green Plan includes a goal to reduce alcohol consumption by 10% by 2025.
 • The Toronto Green Plan includes a goal to reduce alcohol consumption by 10% by 2025.

Timeline:
 2000: The Alcohol Working Group is established.
 2001: The Working Group releases its first report, "Alcohol and Cancer in Toronto."
 2002: The Working Group continues its work on alcohol and cancer.
 2003: The Working Group releases its second report, "Alcohol and Cancer in Toronto."
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 2013: The Working Group releases its seventh report, "Alcohol and Cancer in Toronto."
 2014: The Working Group continues its work on alcohol and cancer.

Toronto Cancer Prevention Coalition
 Ultraviolet Radiation (UVR) / Shade Policy Committee

The International Agency for Research on Cancer (IARC) has determined that ultraviolet radiation and more precisely the ultra violet portion of solar radiation, is a human carcinogen for skin cancer.

Skincare is the most intensively diagnosed cancer in Canada, and is largely preventable.

Anyone can get skin cancer and it can be serious, even deadly.

Children are at higher risk.

To date, Toronto is the only city in Canada that has a shade policy to ensure shade through trees and structures in playgrounds and parks.

The 2014 US Surgeon General's Call to Action to prevent skin cancer calls for a "shade policy" in all of the nation's parks to reduce skin cancer risk.

What is the Risk?
 • Ultraviolet radiation (UVR) is a leading cause of skin cancer, including melanoma, basal cell carcinoma, and squamous cell carcinoma.
 • UVR is also a leading cause of eye cancer and cataracts.
 • UVR is also a leading cause of premature aging and wrinkles.

It's in the Numbers
 • In 2012, about 1,000 cases of skin cancer were attributed to UVR in Ontario.
 • In 2012, about 1,000 cases of skin cancer were attributed to UVR in Ontario.

Did You Know?
 • Skin cancer is the most common cancer in Toronto.
 • Skin cancer is the most common cancer in Toronto.

Moving Forward
 • The Toronto Green Plan includes a goal to increase shade coverage by 10% by 2025.
 • The Toronto Green Plan includes a goal to increase shade coverage by 10% by 2025.

Timeline:
 2000: The UVR / Shade Policy Committee is established.
 2001: The Committee releases its first report, "Ultraviolet Radiation and Skin Cancer in Toronto."
 2002: The Committee continues its work on UVR and skin cancer.
 2003: The Committee releases its second report, "Ultraviolet Radiation and Skin Cancer in Toronto."
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 2013: The Committee releases its seventh report, "Ultraviolet Radiation and Skin Cancer in Toronto."
 2014: The Committee continues its work on UVR and skin cancer.

TCPC Working Groups

Three working groups, addressing key risk factors for cancer prevention:

- The **Environmental and Occupational Carcinogens** working group
- The **Alcohol** working group
- The **Ultraviolet Radiation** working group, **Shade Policy**

Working groups focus on specific actions for cancer reduction of Torontonians



Why we are here

About the TCPC

Activities and working groups

A conversation about our future



Toronto Cancer Prevention Coalition
Environmental and Occupational Carcinogens Working Group

"...air pollution still poses a significant burden of illness in Toronto, and there is still much work to be done to reduce emissions that are harmful to health."
— Dr. David McKeown, Toronto Medical Officer of Health

"Healthy cities don't just happen. They result from creative vision, strategic decision-making and thoughtful implementation that respects healthiest and challenges of all residents; they happen by design through intentional and thoughtful investment and provision of infrastructure, programs and services with health in mind."
— Healthy Toronto by Design

It's in the Numbers
Toronto's population is projected to reach 6.5 million by 2031. In 2013, about 100 buildings reported a total of 1,000 tonnes of greenhouse gas emissions. The City of Toronto is committed to reducing greenhouse gas emissions by 50% by 2020.

What is the Risk?
Environmental carcinogens, such as air and water pollution, are a leading cause of cancer. In Toronto, air pollution is a significant risk factor for lung cancer. Water pollution is a risk factor for bladder and kidney cancer.

Occupational Challenge
Occupational carcinogens, such as asbestos and silica, are a leading cause of cancer. In Toronto, occupational carcinogens are a significant risk factor for lung and bladder cancer.

Our Network
The Toronto Cancer Prevention Coalition is a network of organizations and individuals who are committed to reducing cancer risk in Toronto.

Timeline: 2001-2013

Toronto Cancer Prevention Coalition
Alcohol Working Group

Drinking any type of alcohol—hard liquor or spirits or beer—increases your risk of cancer. The less alcohol you drink, the more you reduce your risk.

Current evidence does not identify a "safe" level of drinking.

Alcohol is the 3rd leading risk factor for mortality, morbidity and disability globally.

Ontario currently does not have a provincial alcohol strategy.

What is the Risk?
Alcohol consumption is a leading cause of cancer. In Toronto, alcohol consumption is a significant risk factor for liver, breast, and colorectal cancer.

It's in the Numbers
In 2013, about 1.5 million litres of alcohol were consumed in Toronto. This is equivalent to about 1.5 million glasses of wine.

Timeline: 2000-2014

Toronto Cancer Prevention Coalition
Ultraviolet Radiation (UVR) / Shade Policy Committee

The International Agency for Research on Cancer (IARC) has determined that overexposure to the ultra violet portion of solar radiation, is a human carcinogen for skin cancer.

Skin cancer is the most commonly diagnosed cancer in Canada, and it is largely preventable.

Anyone can get skin cancer and it can be serious, even deadly.

Children are at higher risk.

To date, Toronto is the only city in Canada that has a shade policy. Through trees and shade structures, the City of Toronto is committed to providing shade and protection from ultraviolet radiation to all residents, especially children.

The 2014 US Surgeon General's Call to Action to prevent skin cancer calls for a shade policy in all of the nation's states to reduce cancer risk.

What is the Risk?
Ultraviolet radiation is a leading cause of skin cancer. In Toronto, ultraviolet radiation is a significant risk factor for skin cancer.

It's in the Numbers
In 2013, about 1.5 million people in Toronto were exposed to ultraviolet radiation. This is equivalent to about 1.5 million hours of sun exposure.

Timeline: 2000-2014

Year	Key Event
2000	Formation of the Toronto Cancer Prevention Coalition
2001	Establishment of the Environmental and Occupational Carcinogens Working Group
2002	Establishment of the Alcohol Working Group
2003	Establishment of the Ultraviolet Radiation (UVR) / Shade Policy Committee
2004	Publication of the Toronto Cancer Prevention Coalition's Strategic Plan
2005	Publication of the Toronto Cancer Prevention Coalition's Environmental and Occupational Carcinogens Working Group Report
2006	Publication of the Toronto Cancer Prevention Coalition's Alcohol Working Group Report
2007	Publication of the Toronto Cancer Prevention Coalition's Ultraviolet Radiation (UVR) / Shade Policy Committee Report
2008-09	Publication of the Toronto Cancer Prevention Coalition's Environmental and Occupational Carcinogens Working Group Report
2010	Publication of the Toronto Cancer Prevention Coalition's Alcohol Working Group Report
2011	Publication of the Toronto Cancer Prevention Coalition's Ultraviolet Radiation (UVR) / Shade Policy Committee Report
2012	Publication of the Toronto Cancer Prevention Coalition's Environmental and Occupational Carcinogens Working Group Report
2013	Publication of the Toronto Cancer Prevention Coalition's Alcohol Working Group Report
2014	Publication of the Toronto Cancer Prevention Coalition's Ultraviolet Radiation (UVR) / Shade Policy Committee Report

Environmental & Occupational Carcinogens Working Group

- Toxics impact workers *and* public health
- 90% of environmental cancers in Ontario caused by solar ultraviolet radiation, radon and fine particulates (PM2.5) in air pollution
- Toronto Air pollution linked to 1,300 premature deaths, 3,550 hospitalizations

Toronto Cancer Prevention Coalition
Environmental and Occupational Carcinogens Working Group

"...air pollution still poses a significant burden of illness in Toronto, and there is still much work to be done to reduce emissions that are harmful to health."
- Dr. David McKeown, Toronto Medical Officer of Health

"Healthy cities don't just happen. They result from creative vision, strategic decision-making and thoughtful implementation that respects health needs and challenges of all residents. They happen by design-through intentional and thoughtful investment and provision of infrastructure, programs and services with health in mind."
- Healthy Toronto by Design

It's in the Numbers

- Pollution in Toronto's air contributes to **2000 hospitalizations** and **1,300 premature deaths** each year.
- In 2012, more than **700 facilities** reported a total of approximately 17,000 tonnes of priority pollutants manufactured, processed or used by Toronto's Chem/FAC program. Of these 8,000 tonnes were released to the environment, mostly to air.
- **Over half** of Toronto's air pollution is emitted within the City's boundaries, with the biggest total coming from motor vehicle traffic, including all types of personal and freight vehicles. City vehicles, these sources account for about **280 deaths** and **1,000 hospitalizations** in the City each year.
- In Ontario, occupational cancers accounted for **47%** of all cancer work-related health claims in 2012. Between 1997 and 2010, **71% of all occupational cancer health claims** in Ontario were job-related to asbestos exposure.

Did You Know?

- Toronto's air, soil and water contain countless pollutants generated by numerous sources: transportation, commercial, industrial and residential sources.
- Some residents - children, the sick and elderly are more at risk from these exposures.
- Workers are at increased risk in their workplaces from breathing these pollutants.
- Some Toronto neighbourhoods are more at risk from poor house-water quality, lack of access to parks and proximity to highways. Connections have been made between poor water and pollution in some of these communities.
- There is a growing movement to limit and substitute safer alternatives to the use of toxic pollutants in all of us: industry, manufacturing and consumer products.

Moving Forward

The Environmental and Occupational Working Group will continue to inform and educate the Toronto community about the risks to our health from exposure to carcinogens and other health-threatening substances while increasing their **right to know** about their health in their neighbourhoods. We will:

- Identify and encourage use of all City of Toronto's Toxic Reduction Tools.
- Identify and promote policies and actions resulting from Chem/FAC program data.
- Support City of Toronto Council staff, departments and workers on pollution prevention and health promotion opportunities.
- Advocate to City of Toronto on pollution prevention to City of Toronto.
- Campaign to improve Ontario Drinking Water Standards for our communities. Get water away from Ontario nuclear power plants.
- Advocate for pollution prevention planning in Ontario's Toxic Reduction Act.
- Create a cancer prevention plan for all City of Toronto neighbourhoods.
- Respond to requests from other communities interested in learning their own local cancer prevention initiatives.
- Ask new Working Group members to expand our reach and awareness.

What is the Risk?

Environmental Challenges

- Environmental exposures are difficult to track and measure from far distances. In Toronto, air quality monitoring is not carried out where particulates are expected to meet their.
- Environmental burdens of pollution may contribute to our health over our lifetimes and may years to result in health impacts. These diseases can be attributed to specific pollution sources.
- Local climate conditions, like heat alerts and violent storms can increase exposures to pollutants.
- Current regulations have not kept pace with the tens of thousands of new ethanol refineries (generally pollution) opened each year.

Occupational Challenges

- Occupational cancers are the leading cause of work-related fatalities in Ontario.
- Workplace exposures to carcinogens occur as early as 10 years prior to cancer onset. But workers often can continue living after retirement.

Our Partners: (Logos for various organizations)

Timeline:

- 2001** - The first Environmental and Occupational Health Working Group meeting. The group set up for pollution prevention from Ontario Environment Minister and Minister of Health, Ruth Cooper.
- 2002** - Dr. David McKeown, Toronto Medical Officer of Health, released the "City Report" on Environmental and Occupational Carcinogens in Toronto and "The City Carcinogens in Toronto: Workplace and Environment to the Board of Health, recommending steps to reduce exposures.
- 2003-04** - The WHO conducted a case study of two multi-agency to inform the residents of the Toronto/Scarborough neighbourhoods on the importance of the facilities in their area. The study concluded there was a deficit of information on local carcinogens.
- 2006-08** - A board of health advice recommending to set up an environmental monitoring strategy for Toronto, and started consultations.
- 2009** - The five year "Campaign for Implementation of Community Right to Know strategy" through a follow-up research in 2008 when the Environmental Reporting and Disclosure System was passed in Toronto.
- 2010-11** - The Working Group created a Low Green Green plan to help the public to use the toxic substances in their communities. Workshops were held in four Toronto neighbourhoods: Parkdale, South Toronto, Scarborough and North York.
- 2012** - The Working Group created a Low Green Green plan to help the public to use the toxic substances in their communities. Workshops were held in four Toronto neighbourhoods: Parkdale, South Toronto, Scarborough and North York.
- 2013-14** - The Toronto Toxic Reduction Tool Kit released by the WHO. This report provides other tips for reducing pollution in local neighbourhoods, workplaces, and homes and encourages the use of safe alternatives.



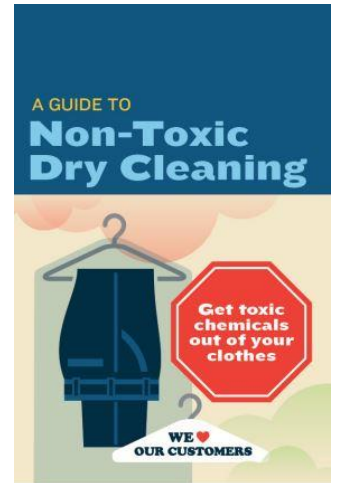
Occupational Factors

- Work is overlooked as a social determinant of health
- Occupational cancers claim more worker lives than other work-related causes
- Top work-related carcinogens in Ontario: **Solar UVR, Asbestos, Diesel Engine Exhaust, Crystalline Silica**



Community Right to Know

- Environmental Reporting and Disclosure Bylaw
- Report on releases of 25 priority substances
- Implemented through **chemTRAC** (paused since May 2020)
- Encourages use of safer alternatives
- Supports for workplaces, industry guides, **chemTRAC Toolkit**



Cancer Prevention Actions

- ✓ Reinststate and expand **chemTRAC** program
- ✓ Create a **cancer-prevention framework** for City decision-making and prioritize cancer prevention for City employees
- ✓ Establish a **registry for City buildings containing asbestos**, develop protocols for safe renovation, demolition and waste removal
- ✓ **Reduce Diesel Exhaust** through Idling Bylaw, greening of public transit, fleet vehicles



Alcohol Working Group

- In 2020 there were an estimated **17,000 deaths from alcohol**
- Many more cases of chronic disease, trauma, ER and hospital admissions, social problems
- Even at **3–6 standard drinks per week**, there is **increased risk of harm**, including developing several types of cancer

Toronto Cancer Prevention Coalition Alcohol Working Group

Drinking any type of alcohol – beer, wine or spirits – raises your risk of cancer. The less alcohol you drink, the more you reduce your risk.

Current evidence does not identify a “safe” level of drinking.

Alcohol is the 5th leading risk factor for mortality, morbidity and disability globally.

Ontario currently does not have a provincial alcohol strategy.

What is the Risk?

- Alcohol is recognized by the World Health Organization (WHO) as a Group 1 carcinogen, the highest risk of cancer-causing agents.
- There are no safe levels of drinking with regard to cancer.
- Alcohol use is one of the top three leading risk factors for cancer death worldwide.
- Alcohol consumption is a modifiable risk factor for several cancers, including breast, colorectal, and rectal, and pharynx, esophagus, larynx and liver.
- The 2016 Institute of Medicine (IOM) report on alcohol consumption identified that heavy or binge drinking is one of the most harmful contributors to preventable deaths and avoidable burden of disease worldwide.

It's in the Numbers

- In 2013, nearly 1 million, or 10% of Ontario adults aged 19 years and older reported drinking more alcohol than the upper limit recommended by the World Cancer Research Fund American Institute for Cancer Research.
- 20-30% of Ontario adults are aware that alcohol is a carcinogen.
- Young adults (19-29 years) are most likely to exceed current alcohol consumption.
- 1,900 and 3,000 cases of cancer diagnosed in Ontario during 2015-2018 by all four alcohol classes are attributed to be attributable to alcohol consumption.
- In Ontario, the gap between male and female alcohol consumption is closing in recent years. In 2012, 63% of males and 64% of females reported exceeding recommended consumption.
- The cost associated with alcohol use in Ontario was estimated at \$2.3 billion in 2012.

Our History

- 2000: Authored a report for the Ontario Health Services Review Commission on Alcohol and Cancer.
- 2005: Ontario Health Services Review Commission report on Alcohol and Cancer.
- 2007:
 - TCPC in partnership with the Centre for Addiction and Mental Health (CAMH) through regular public health, non-profit agencies, legal and social justice and provincial government partners to develop strategies to change the trends related to alcohol involving various sectors.
 - Presented Alcohol, Cancer & Public Policy, a seminar on current research and emerging prevention opportunities.
 - The Alcohol Working Group, along with the Toronto Medical Officer of Health launched the CAMH report, Alcohol and Cancer Best Advice.
- 2008: The Toronto Board of Health approved a report from the Medical Officer of Health recommending support of an international coalition for implementation of the Association of Local Public Health Agencies (ALPHA), which focused on strengthening alcohol policy and legislation in Ontario. Based on these findings, the Alcohol Working Group developed strategies to specifically reduce cancer risk from alcohol.
- 2011: The Toronto Board of Health approved a report from the Medical Officer of Health recommending support of an international coalition for implementation of the Association of Local Public Health Agencies (ALPHA), which focused on strengthening alcohol policy and legislation in Ontario. Based on these findings, the Alcohol Working Group developed strategies to specifically reduce cancer risk from alcohol.
- 2012:
 - Working Group Chair organized and coordinated a series of public consultations and public hearings on alcohol consumption.
 - In February, TCPC was selected 2nd Place for Poster Presentation at Ontario Disease Prevention Alliance Conference, 2012.
 - Presented the report “Outstanding alcohol-related issues in Ontario” to the health professions’ association including a scholarly publication in the Journal of Addictive Diseases.
- 2013:
 - TCPC leads Ontario’s Alcohol, Tobacco, and Other Health Products Policy.
- 2014:
 - Cancer and Alcohol, Tobacco, and Other Health Products Policy report released.

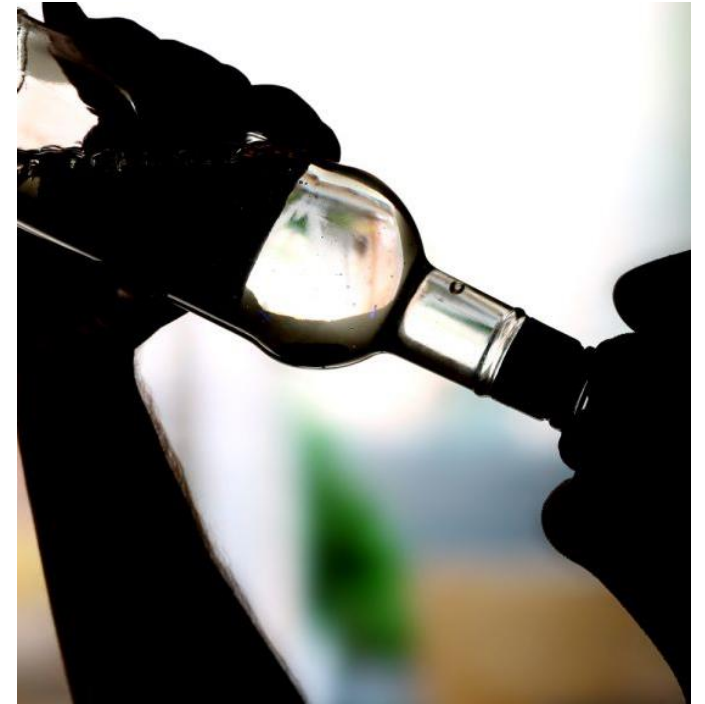
Our Partners: CAMH, Ontario Health Services Review Commission, OPIA, IOM, WHO, WCRF, ALPHA, and others.

www.toronto.ca/health/tcpc



ALCOHOL & CANCER

- The International Agency for Research on Cancer classified alcohol as a Group 1 carcinogen in 1988
- Further high-quality research supports this designation
- Alcohol is considered to be a contributing cause of several types of cancer including:
 - Mouth and oropharyngeal
 - Oesophageal
 - Liver
 - Colorectal
 - Female breast
- In 2020 it was estimated that there were 7,000 alcohol-related cancer deaths in Canada



We recommend that the City of Toronto endorse the Canadian Guidance on Alcohol and Health and promote this information on their website.



Drinking less is better

We now know that even a small amount of alcohol can be damaging to health.

Science is evolving, and the recommendations about alcohol use need to change. Research shows that no amount or kind of alcohol is good for your health. It doesn't matter what kind of alcohol it is—wine, beer, cider or spirits. Drinking alcohol, even a small amount, is damaging to everyone, regardless of age, sex, gender, ethnicity, tolerance for alcohol or lifestyle. That's why if you drink, it's better to drink less.

Alcohol consumption per week

Drinking alcohol has negative consequences. The more alcohol you drink per week, the more the consequences add up.

0 drinks per week. Not drinking has benefits, such as better sleep, and better sleep.	NO DRINKS	0	0
1 to 2 alcoholic drinks per week. You still have some alcohol-related consequences for yourself and others.	LOW RISK	1 2	1 2
3 to 6 alcoholic drinks per week. Your risk of developing several different types of cancer, including breast and colorectal cancer, increases.	MODERATE RISK	3 4 5 6	3 4 5 6
7 or more alcoholic drinks per week. Your risk of heart disease or stroke increases, and you experience alcohol-related consequences.	HIGH RISK	7 8	7 8

Carrying pregnancy, even a tiny bit, adds up.

A glassed wine, anyone?

- Beer: 330 mL (12 oz) of 5% alc/vol
- Cider: 330 mL (12 oz) of 5% alc/vol
- Wine: 150 mL (5 oz) of 12% alc/vol
- Spirits: 45 mL (1.5 oz) of 40% alc/vol

Aim to drink less

Drinking less benefits you and others. It reduces your risk of injury and violence, and many health problems that can shorten life.

Here is a good way to do it

Count how many drinks you have in a week.

Set a weekly drinking target. If you're going to drink, make sure you don't exceed 2 drinks on any day.

Go on to know

You can reduce your drinking in steps! Every drink counts: any reduction in alcohol use has benefits.

It's time to pick a new target

What will your weekly drinking target be?

0 1 2 3 4 5 6

Tips to help you stay on target

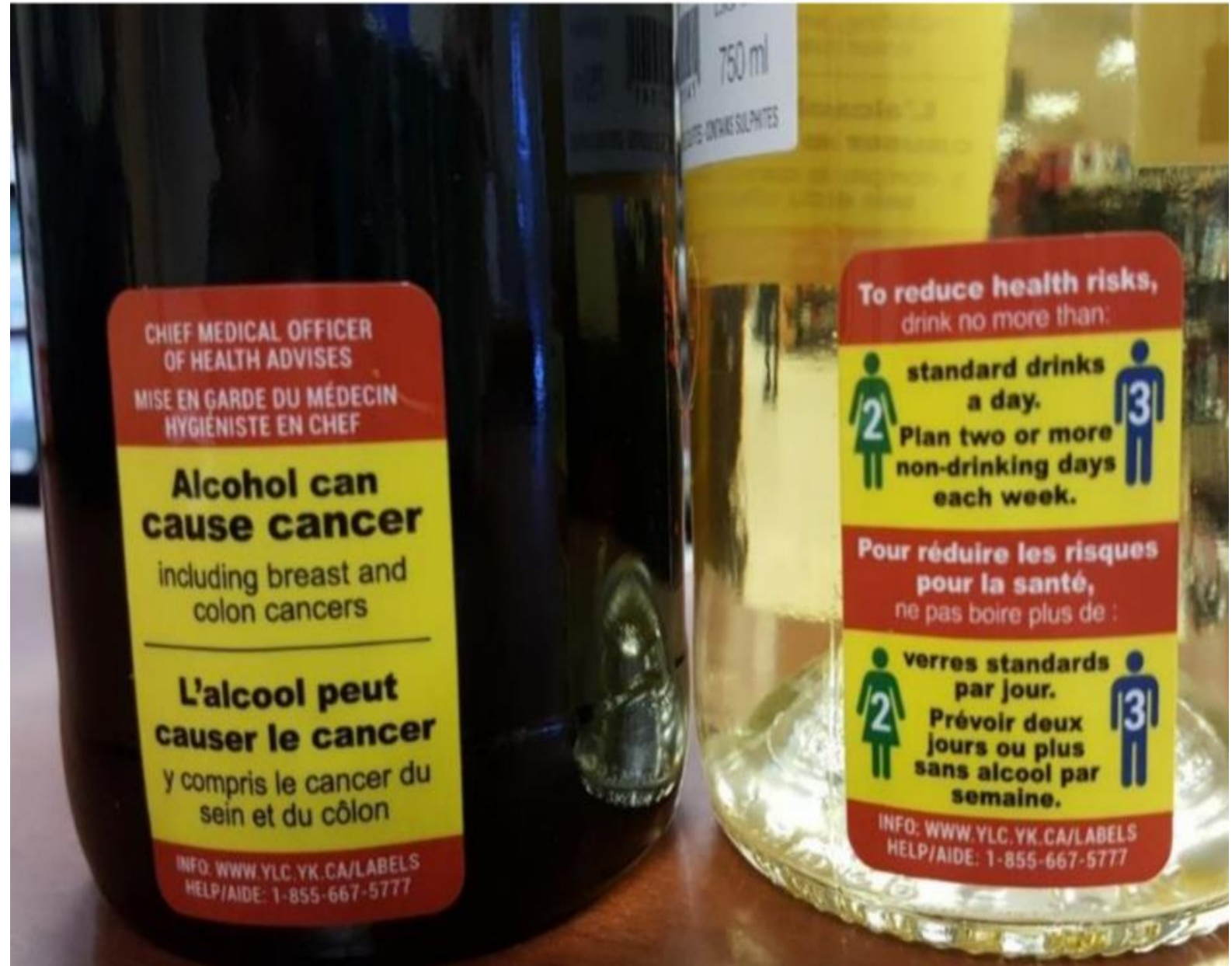
- Stick to the limits you've set for yourself.
- Drink slowly.
- Drink lots of water.
- For every drink of alcohol, have one non-alcoholic drink.
- Choose alcohol-free or low-alcohol beverages.
- Eat before and while you're drinking.
- Have alcohol-free weeks or do alcohol-free activities.

Canadian Centre on Substance Use and Addiction

The number of drinks you consume each day and the amount of alcohol you consume each week are important factors in determining your risk of health problems. The amount of alcohol you consume each week is a better predictor of health problems than the amount you consume each day.

Support Bill S-254

Support Bill S-254 an Act to amend Canada's Food and Drugs Act (warning label on alcoholic beverages) passed at 2nd reading on June 1, 2023



BAN ALCOHOL ADVERTISING on PUBLIC TRANSIT

New York City and other metropolitan areas no longer advertise alcohol on public transit vehicles, stations or shelters.

In Toronto, currently advertisements are seen daily by countless under age children and teenagers, persons who are lifetime abstainers, and those in recovery from alcohol dependence.



We recommend ... alcohol advertising be discontinued on TTC stations, vehicles and shelters.

Ultraviolet Radiation Working Group

The sun's Ultraviolet radiation (UVR) causes skin cancer

Early exposure to UVR can cause cancer later in life; children are vulnerable.

Ontario: 2,000 - 3,000 cases of cancer caused by UVR

UVRWG focus is on **Shade**, a primary protective measure

Working group members – planners, architects, landscape architect, arborists, children's care workers – promote creation of healthy communities.



Toronto Cancer Prevention Coalition
Ultraviolet Radiation (UVR) / Shade Policy Committee

The International Agency for Research on Cancer (IARC) has determined that solar radiation and more particularly the ultra violet portion of solar radiation, is a known carcinogen for skin cancer.

Ultraviolet radiation is the most commonly diagnosed cancer in Canada, yet it is largely preventable.

Anyone can get skin cancer and it can be serious, even deadly.

Children are at higher risk.

To date, Toronto is the only city in Canada with a mandate to ensure shade, through trees or structures, in a key consideration in planning and design of all City-owned and operated streets, parks, playgrounds, schools, and other public spaces, especially where children are most exposed.

This 2014 US Surgeon General's Call to Action to prevent skin cancer urges Toronto's Shade Policy as one of the seven steps in skin cancer prevention.

What is the Risk?
Ultraviolet radiation is a known carcinogen for skin cancer. It is the leading cause of skin cancer, which is the most common cancer in Canada. Skin cancer is preventable by avoiding sun exposure, wearing protective clothing, and using sunscreen.

It's in the Numbers
In 2014, it is estimated that 15,000 new cases of skin cancer will be diagnosed in Ontario. Skin cancer is the most common cancer in Ontario, with over 100,000 cases diagnosed each year. The number of people with skin cancer in Ontario is expected to increase significantly in the future.

There Are Many Benefits to Shade
Shade provides many benefits, including: reducing heat stress, improving air quality, reducing energy consumption, and providing a more comfortable and healthy environment. Shade is also a key component of a sustainable and resilient city.

Moving Forward
The Toronto Cancer Prevention Coalition is committed to promoting shade as a primary protective measure against skin cancer. We are working with the City of Toronto and other partners to ensure that shade is a key consideration in all City-owned and operated spaces, especially where children are most exposed.

Timeline: 2000, 2002, 2003, 2004, 2005, 2007, 2008-09, 2010, 2011, 2012, 2013, 2014

www.toronto.ca/health/tcpc

Shade Policy and Implementation

Policy: 2007 Board of Health approved
Shade Policy:

"The provision of shade can be an effective means of reducing exposure to ultraviolet radiation (UVR) and its associated health risks such as skin cancer."

Implementation: Shade standards, City
Departments creating protective shade.

Toronto is recognized as a leader in creating
shade for skin cancer prevention.



Board of Health consideration on September 19, 2007				
HL7.5	ACTION	Amended		

Shade Policy for the City of Toronto

Board Decision
The Board of Health:

1. endorsed the following Policy Statement for Shade and forwarded a copy of the Statement to the City Manager for implementation:

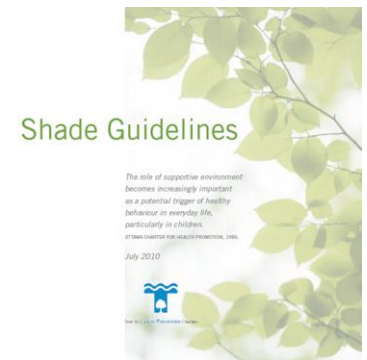
"The provision of shade can be an effective means of reducing exposure to ultraviolet radiation (UVR) and its associated health risks such as skin cancer. Furthermore, the presence of shade can encourage physical activity, reduce greenhouse gas and air pollutant emissions, mitigate the urban heat island effect, and reduce energy costs.

The provision of shade, either natural or constructed, should be an essential element when planning for and developing new City facilities such as parks or public spaces, and in refurbishing existing City-owned and operated facilities and sites. Increasing shade in Toronto contributes to a healthier and more sustainable City."
2. requested the Medical Officer of Health to direct the Shade Policy Committee to develop specific guidelines, by Summer 2008, to assist City agencies, boards, commissions and divisions to operationalize the Shade Policy; and
3. requested the Medical Officer of Health to forward this report to City Agencies, Boards, Commissions and Divisions.

June 4, 2013



Parks Forestry & Recreation
Shade Provision Design Standards Document



Victor Ford and Associates Inc Landscape Architects

Shade Policy Review – It's time to complete!

2018, review of shade policy began

On hold, due to pandemic.

Time to review and complete!

Seek a meaningful **commitment** by
TPH and BoH to complete the review.

Board of Health to **reaffirm support** for
policy and actions required to
implement policy.



To conclude ...

For 25 years, the TCPC has worked with Toronto Public Health to support cancer prevention.

Cancer doesn't have to happen.

We seek to continue the meaningful commitment of Toronto Public Health and the Board of Health as we work together in the cause of cancer prevention.



Questions / Comments

Thank you

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Environmental and Occupational Carcinogens working Group

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Credits

Material was assembled by members of the TCPC and its working groups, April 2024.



Toronto Cancer Prevention Coalition Presentation to City of Toronto, Board of Health, 29 April 2024

Anne Wordsworth, Chair



Toronto **Cancer Prevention** Coalition