

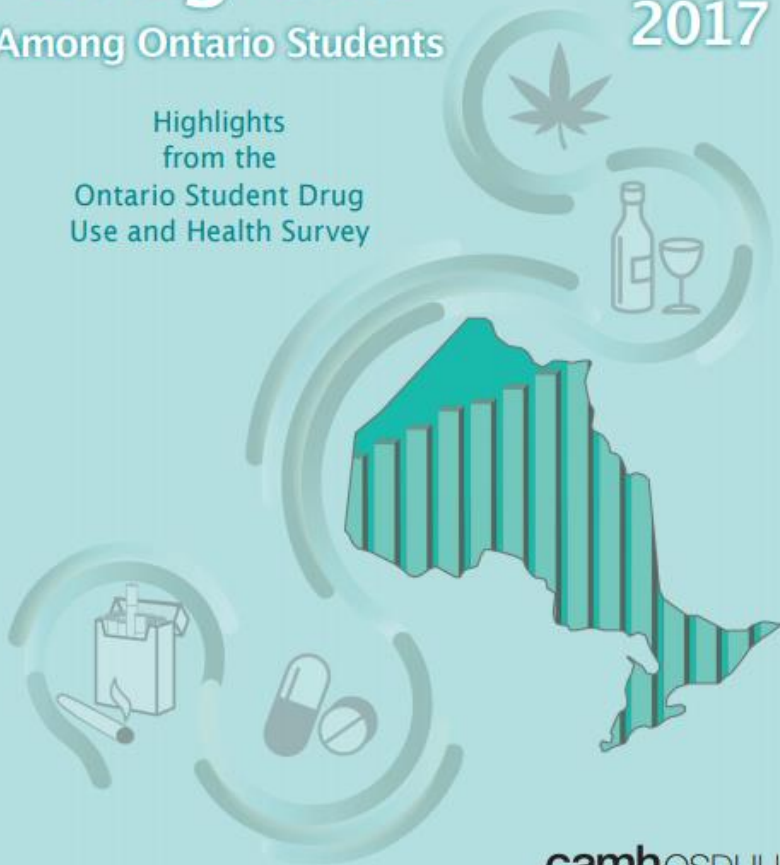
*Celebrating 40 Years of OSDUHS*

# Drug Use

Among Ontario Students

1977-  
2017

Highlights  
from the  
Ontario Student Drug  
Use and Health Survey



camhOSDUHS  
Ontario Student Drug  
Use and Health Survey

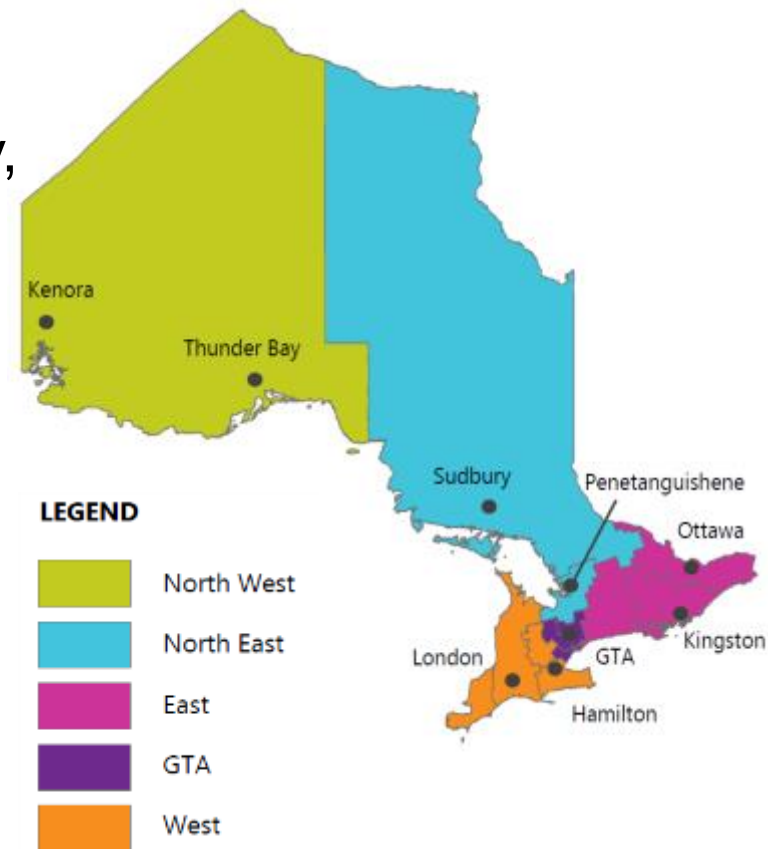
# DRUG USE AMONG ONTARIO STUDENTS

## Highlights from the Ontario Student Drug Use and Health Survey (OSDUHS)

January 31, 2018  
10:30am-12pm

# About the Provincial System Support Program (PSSP)

- Supports Ontario's Comprehensive Mental Health and Addictions Strategy, through system interventions.
- Provides capacity and expertise in:
  - knowledge exchange
  - information management
  - implementation
  - coaching
  - equity and engagement
  - evaluation



# We connect people and evidence.

Evidence Exchange Network (EENet) is a knowledge exchange network that brings together mental health and addictions stakeholders from across Ontario.

**JOIN THE  
NETWORK**



# What is the Ontario Student Drug Use and Health Survey (OSDUHS)?

- A repeated, cross-sectional, anonymous survey
- Self-reported questionnaires
- Grades 7 to 12 in Ontario's publicly-funded schools
- Schools are randomly selected with probability proportionate to school enrolment size
- All students in a class with signed consent forms are eligible to participate
- French questionnaires used in French schools

# HAPPY 40<sup>TH</sup> BIRTHDAY OSDUHS!

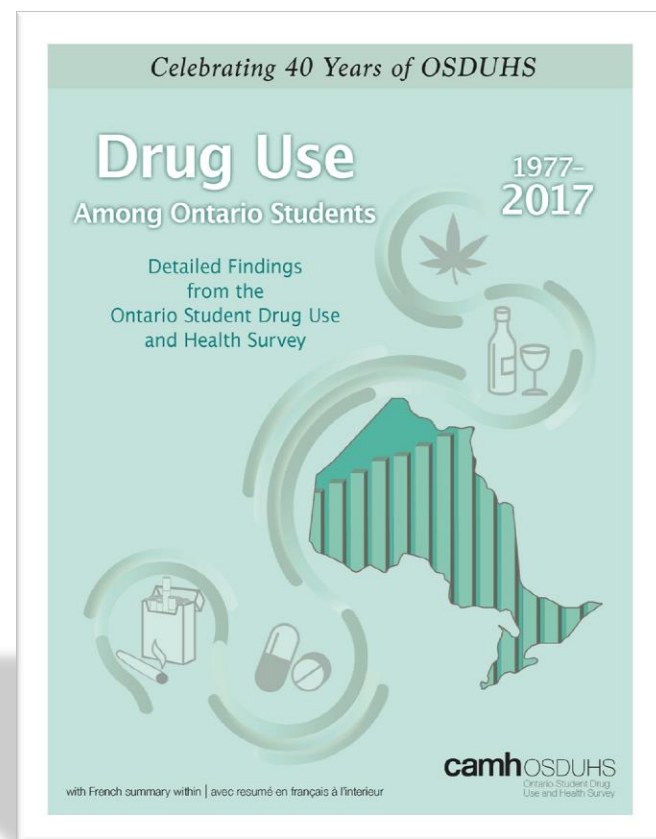
## 1977- 2017



- Conducted every two years since 1977
- Longest ongoing student survey in Canada and one of the longest in the world

# Topics Explored

- Drug use and related harm indicators
- Family and school life
- Drug perceptions
- Substance use and injury
- Mental and physical health indicators
- Antisocial behaviours
- Violence at school
- Bullying (including cyberbullying)
- Gambling and video gaming problems



# About the 2017 Survey

## Participants:



**11,435** students in  
grades 7-12

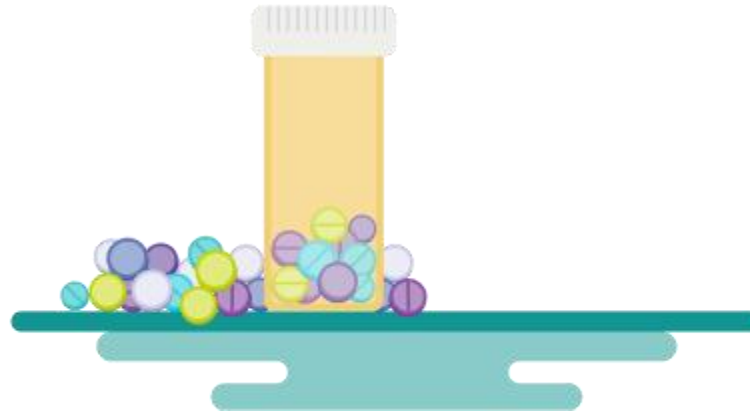


**52** school boards



**764** classes and  
**214** schools





# Overview of Drug Use





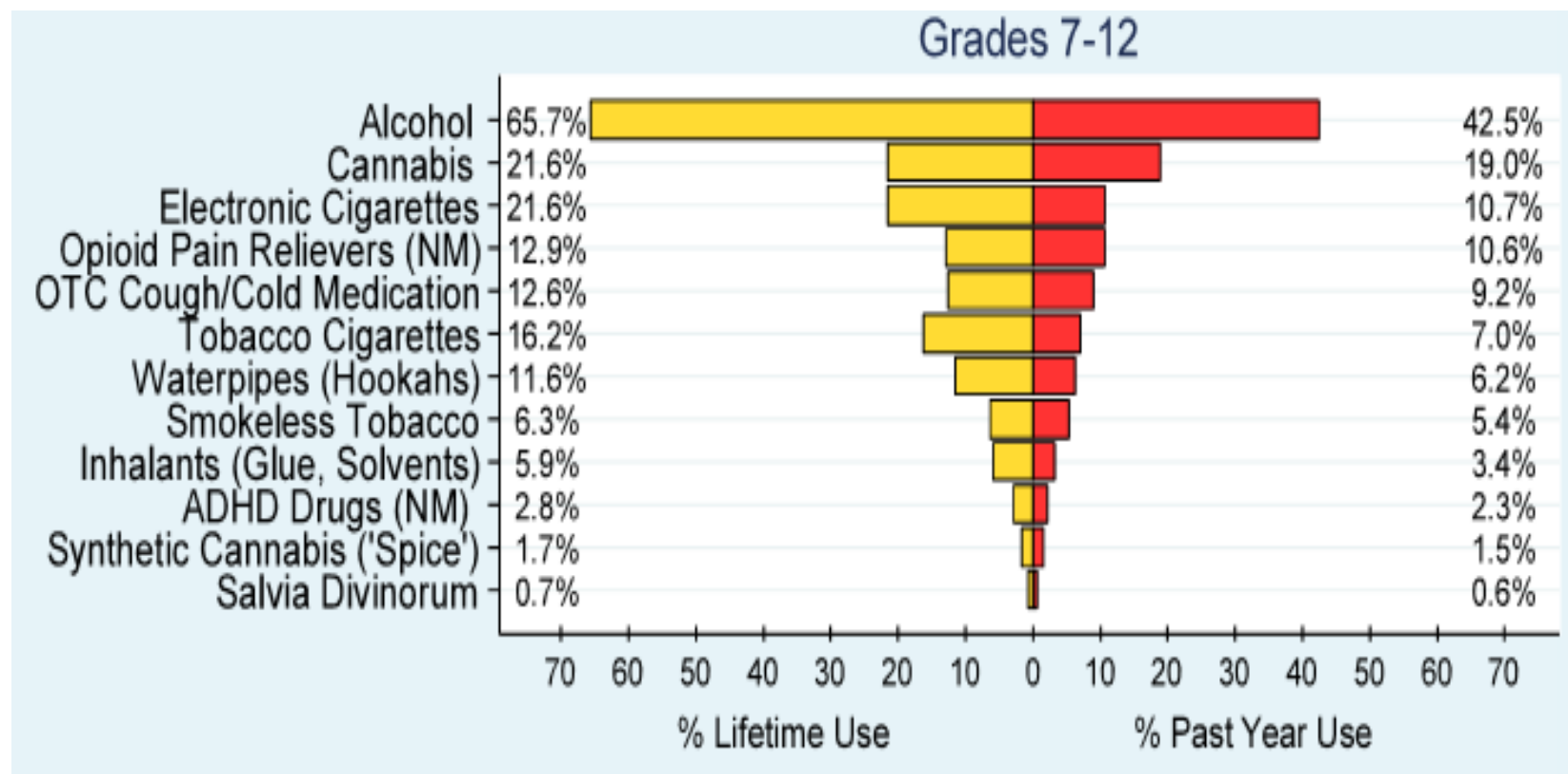
# Poll:

**In the past year, what were the 3 drugs Gr. 7- 12 students reported using the most?**



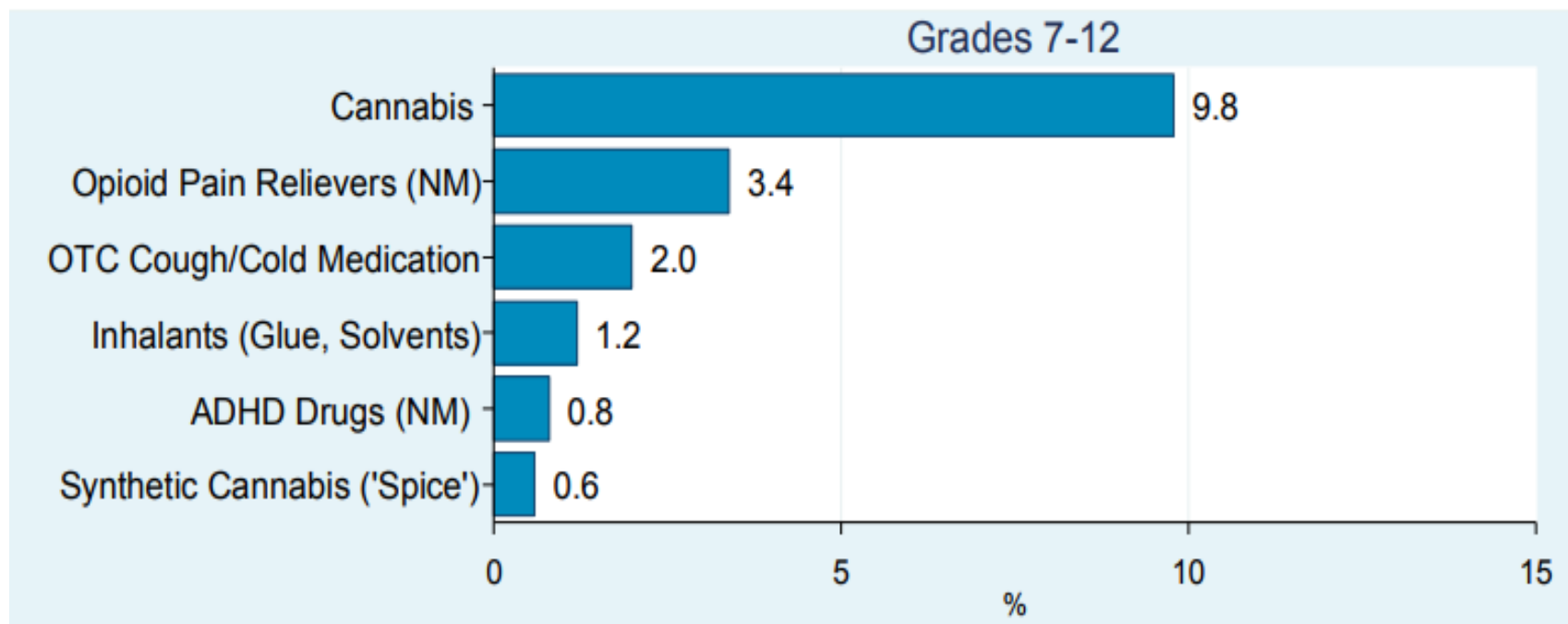
# Lifetime and Past Year Drug Use

- Percentage of students reporting lifetime and past year drug use



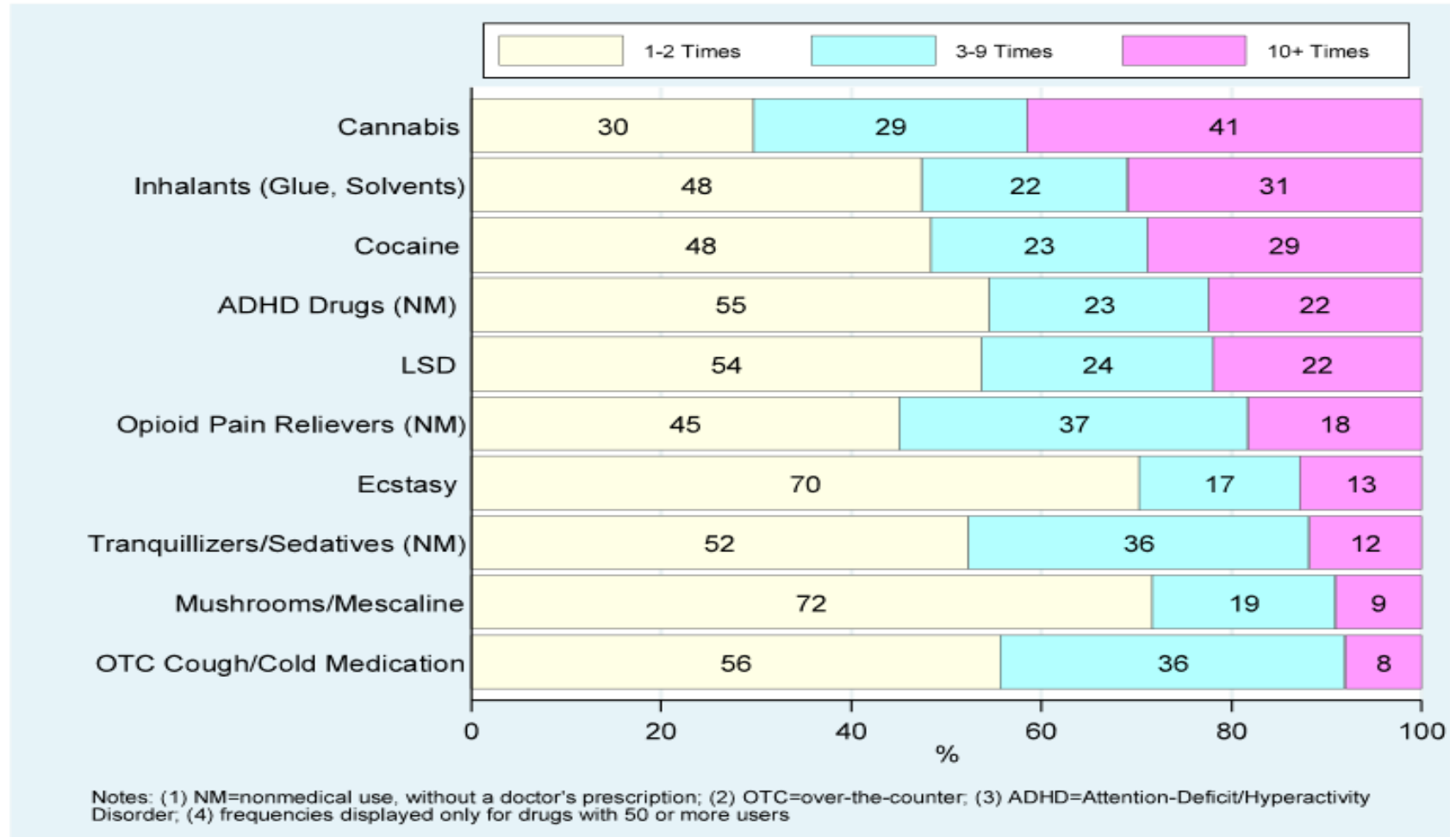
# Frequency of Drug Use (total sample)

Percentage Reporting Frequent Drug Use (Six Times or More Often) in the Past Year, 2017 OSDUHS (Total Sample)

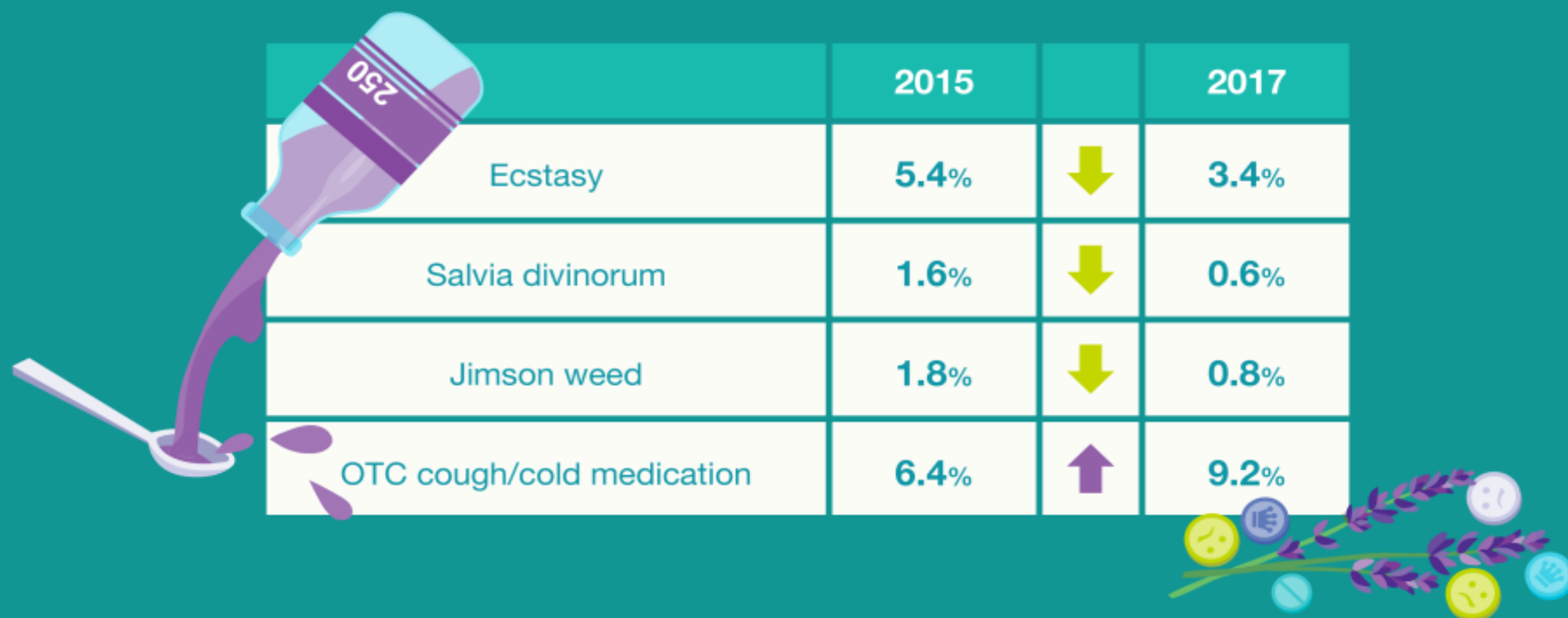


# Frequency of Drug Use (among users)

Frequency of Drug Use in the Past Year, Among Users, 2017 OSDUHS (Grades 9–12 only)



# Significant Changes in the Past Year Drug Use





# DRUG SPECIFIC HIGHLIGHTS

# Alcohol



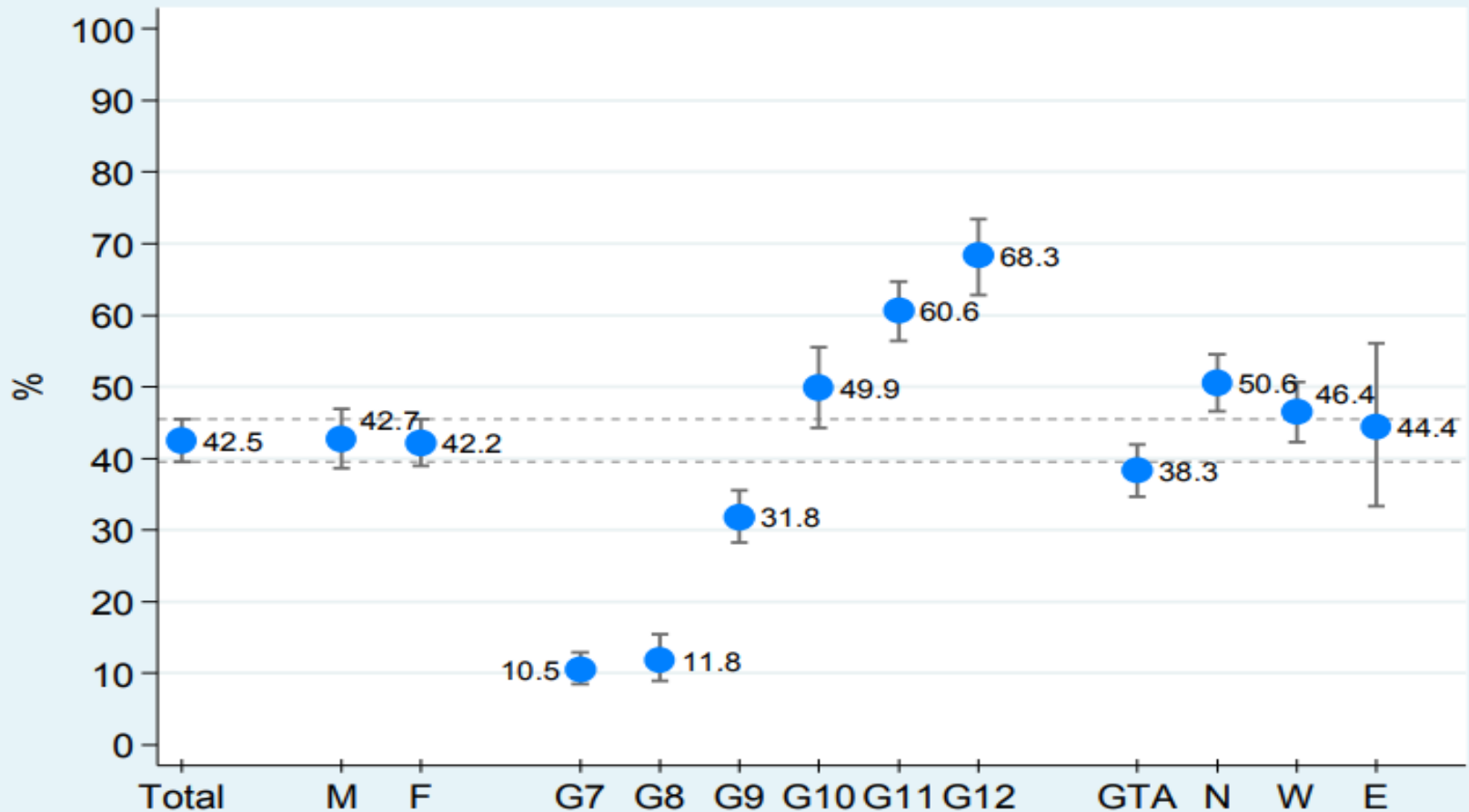
**43%**

of grades 7–12 students report drinking  
in the past year.



# Past Year Alcohol Use

Past Year Alcohol Use by Sex, Grade, and Region, 2017 OSDUHS



Notes: (1) vertical 'whiskers' represent 95% confidence intervals; (2) horizontal band represents 95% CI for total estimate; (3) significant difference by grade ( $p < .05$ ), no significant differences by sex or region

# Alcohol

- **16%** students report getting drunk at least once in the past month
- **17%** (1 in 6) students report binge drinking
- **14%** (1 in 7) gr. 9-12 students report drinking hazardously or harmfully (*AUDIT screener*)
- Males and females are equally likely to drink alcohol and to drink hazardously or harmfully



# Cigarettes



**7%**

of grades 7–12 students report smoking tobacco cigarettes in the past year.

# E-Cigarettes, Waterpipes, Hookah



- **11%** (~80,800) gr. 7-12 students report using an e-cigarette in the last year
- **2%** use an e-cigarette daily
- **6%** gr. 7-12 students used a waterpipe at least once in the past year
- Likelihood of e-cigarette and waterpipe/hookah use increases with grade

# Cannabis

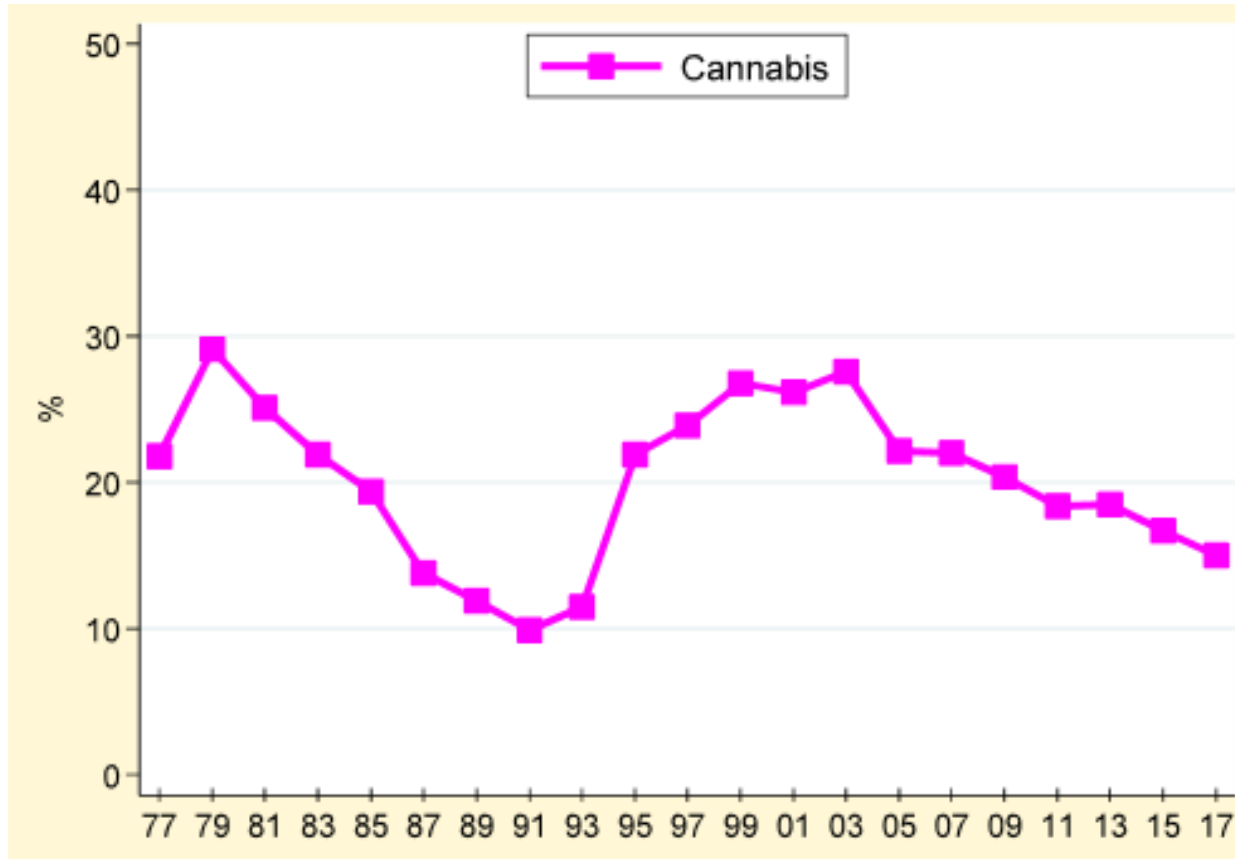


The infographic features a central illustration of cannabis-related items: a green cannabis plant in a purple pot, a lit purple cigarette with smoke, a small blue bag of cannabis, and some orange and green items. To the right, a donut chart shows a purple segment representing 19% of the total. The background is a solid purple color.

**19%**

of grades 7–12 students report using  
cannabis in the past year.

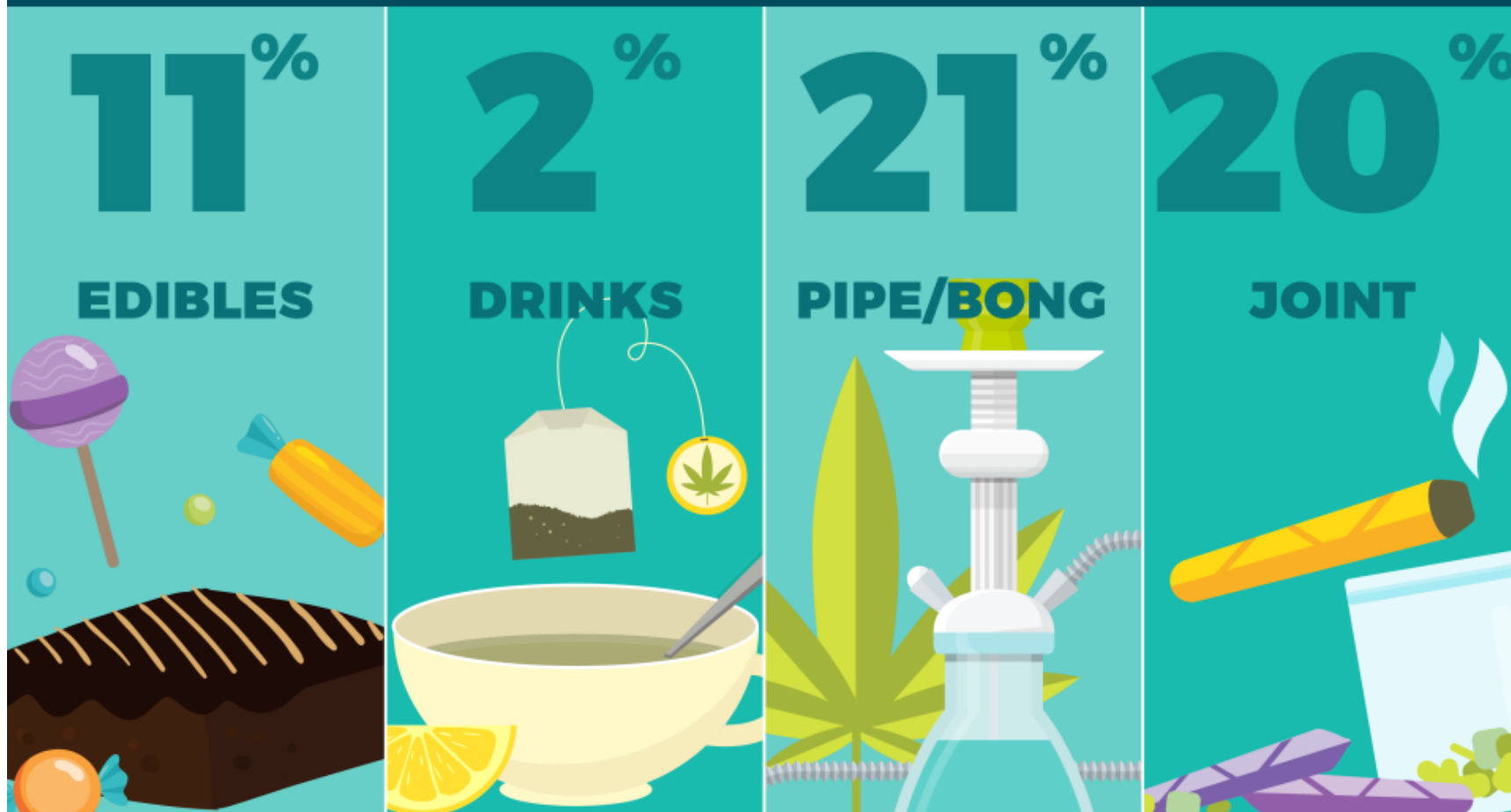
# Long-term cannabis use trends



- Current cannabis use is significantly higher than low levels of use seen in the late 80's and early 90's

Long-term cannabis use trends, 1977- 2017

# MODES OF CANNABIS USE\*





# Impaired Driving



# Impaired Driving & Injury

- **16%** (1 in 6) gr. 7-12 students reported riding in a vehicle driven by someone who had been drinking
- **8%** (1 in 12) students reported being injured or someone else was injured because of their drinking



# Cannabis Legalization

- **35%** gr. 7-12 students think cannabis should be legal for adults
- **11%** students say they will use the same amount of cannabis as they did before legalization
- **8%** say they will try cannabis
- **4%** say they will use cannabis more often post legalization



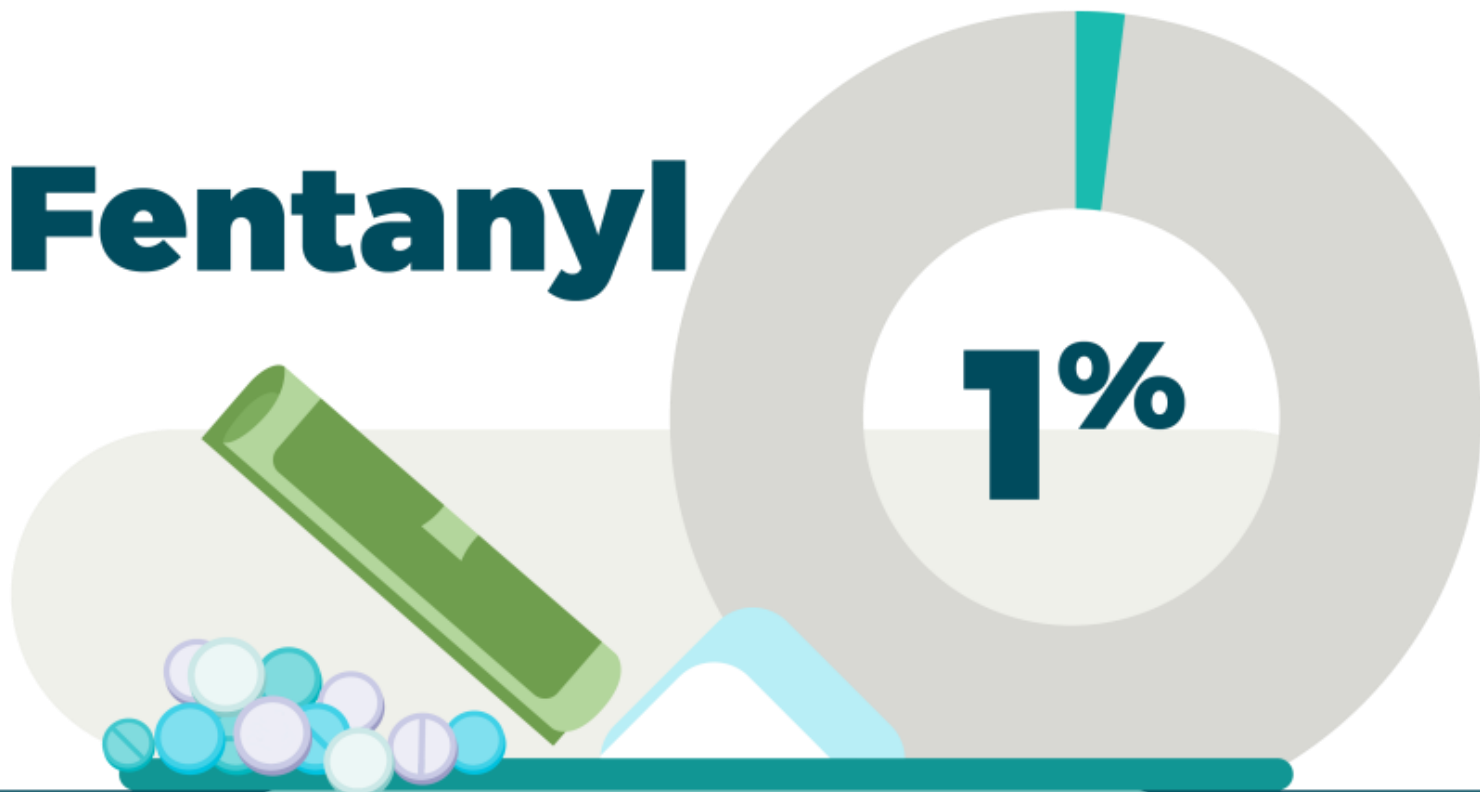
# Opioids



**11%**

of grades 7–12 students report using opioids for nonmedical use in the past year.

# Fentanyl



of grades 9–12 students report using fentanyl in the past year (~5,800 students in Ontario).



# OTHER NOTABLE FINDINGS

# Last year use of...

## Nonmedical Prescription Drugs

- **2%** of students used ADHD medication without a prescription

## Over-the-Counter (OTC) Drugs

- **9%** of students used OTC cough and cold medications to get high

## Caffeine & Energy Drinks

- **34%** of students consumed an energy drink
- **11%** of students consumed coffee and/or caffeinated tea daily





# Sex Differences

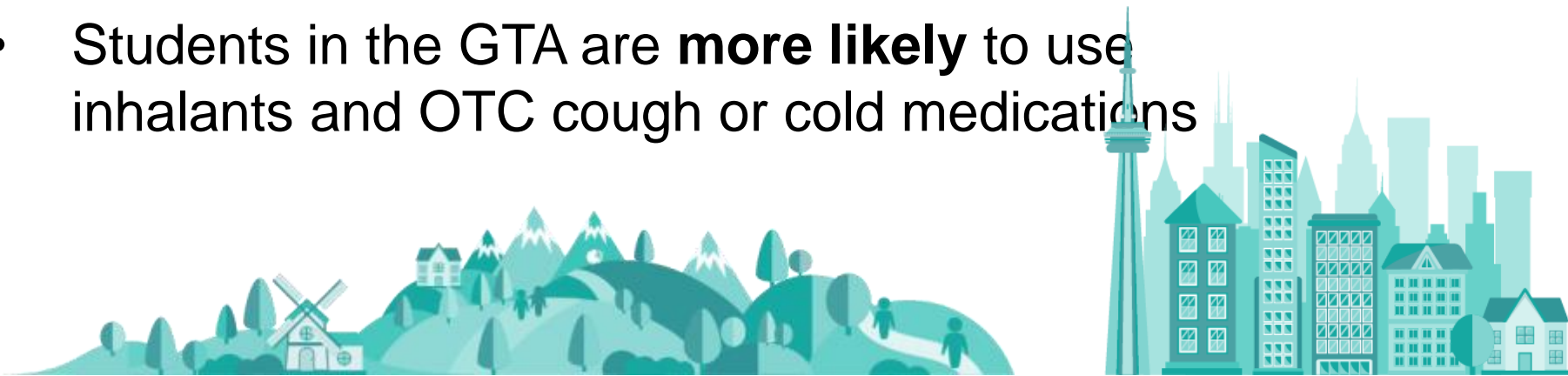
Males are significantly more likely than females to use the following drugs:

- Tobacco cigarettes
- Electronic cigarettes
- Waterpipes/ Hookahs
- Smokeless tobacco
- OTC cough/ cold medication
- Energy drinks
- Mushroom/ Mescaline
- LSD



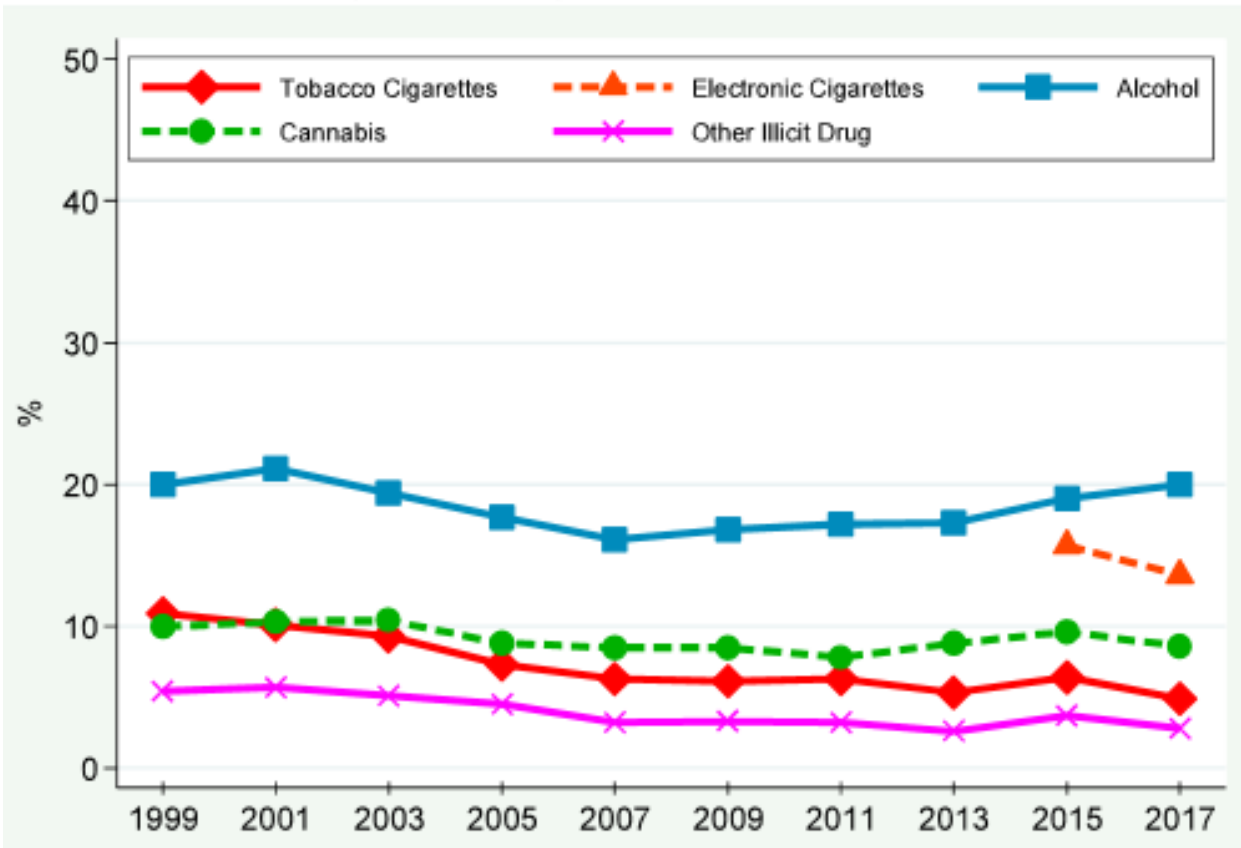
# Regional Differences

- Students in the **North, West and East do not significantly differ** from provincial averages and use measures
- Students in the GTA are **less likely** to smoke tobacco cigarettes, use mushrooms and energy drinks
- Students in the GTA are **more likely** to use inhalants and OTC cough or cold medications



# Age of Initiation

Percentage Reporting First-Time Use of the Substance in the Past Year, 1999–2017 OSDUHS (Grades 7–12)



- Students today are initiating substance use at older ages than in the past.

# Shifts in Substance Use

- **44%** (~332,000) gr. 7-12 students report using no drug at all during the past year
- Past year abstinence significantly decreases with grade
- Significant increasing trend in abstinence between 1999 and 2017

# Drug Use Problems

- **14%** (1 in 7, ~109,700) students report symptoms of a drug use problem (*CRAFFT screener*)
- **0.6%** (~3,800) gr. 9-12 students report that they have been in a treatment program during the past year due to alcohol and/ or drug use
- **2%** (~ 9,800) of gr. 9- 12 students report symptoms of cannabis dependence



# Today's Panel



**Dr. Robert Mann**, Senior Scientist, Population Health and Community Transformation, Institute for Mental Health Policy Research, CAMH, and Associate Professor, Dalla Lana School of Public Health, University of Toronto



**Dr. Hayley Hamilton**, Research Scientist, Population Health and Community Transformation, Institute for Mental Health Policy Research, CAMH



**Joanna Seel**, Social Worker, Youth Concurrent Disorders Services, CAMH



# Positive Findings



# Some Concerns





# Thank you!

**To access the OSDUHS report, please go to:**

**[www.camh.ca/research/osduhs](http://www.camh.ca/research/osduhs)**

**For more information, please contact:**

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