DRUG USE AMONG ONTARIO STUDENTS

Part 1: Highlights from the Ontario Student Drug Use and Health Survey (OSDUHS)

Wednesday June 22, 2016
About 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

• Surveys students in grades 7 to 12 in Ontario’s publicly-funded schools

• Includes drug use, mental health, physical health, bullying, gambling, & other risk behaviours

• Conducted every two years since 1977

• Longest ongoing student survey in Canada and one of the longest in the world
Overview of OSDUHS topics

- Family life, school life
- Drug use & related harm indicators
- Drug perceptions, context
- Mental & physical health indicators
- Antisocial behaviours
- Violence at school
- Bullying at school, cyberbullying
- Gambling activities & problems
- Video gaming & problems
Survey design

- Target is a representative sample of grades 7-12 in Ontario’s publicly funded school system

- Elementary and secondary 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
2015 participation

- **43** public and Catholic school boards
- **220** schools
- **750** classes
- **10,426** students in grades 7–12
- **5,225** students in grades 7, 9, and 11
- **59%** of eligible students participated
2015 OSDUHS results

- Overview of drug use in 2015
- Drug specific highlights
- Vehicle-related risks
- School context
OVERVIEW OF DRUG USE
Poll

In the past year, what were the three highest reported drugs reported by students in Gr 7-12?
Percentage of students reporting past year drug use

Notes: (1) NM = nonmedical use, without a doctor's prescription; (2) drugs shown for 'Grades 9-12 only' were not asked of Grade 7 and 8 students; (3) estimates for crack and modafinil (NM) among Grades 9-12 were suppressed due to unreliability.
<table>
<thead>
<tr>
<th>Drug</th>
<th>1-2 Times</th>
<th>3-9 Times</th>
<th>10+ Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cannabis</td>
<td>26</td>
<td>28</td>
<td>47</td>
</tr>
<tr>
<td>Cocaine</td>
<td>48</td>
<td>16</td>
<td>37</td>
</tr>
<tr>
<td>ADHD Drugs (NM)</td>
<td>47</td>
<td>23</td>
<td>30</td>
</tr>
<tr>
<td>Opioid Pain Relievers (NM)</td>
<td>39</td>
<td>36</td>
<td>25</td>
</tr>
<tr>
<td>Ecstasy</td>
<td>48</td>
<td>29</td>
<td>23</td>
</tr>
<tr>
<td>Inhalants (Glue, Solvents)</td>
<td>65</td>
<td>15</td>
<td>19</td>
</tr>
<tr>
<td>LSD</td>
<td>71</td>
<td>11</td>
<td>19</td>
</tr>
<tr>
<td>Tranquillizers/Sedatives (NM)</td>
<td>58</td>
<td>27</td>
<td>16</td>
</tr>
<tr>
<td>OTC Cough/Cold Medication</td>
<td>53</td>
<td>32</td>
<td>15</td>
</tr>
<tr>
<td>Synthetic Cannabis ('Spice')</td>
<td>55</td>
<td>31</td>
<td>14</td>
</tr>
<tr>
<td>Mushrooms/Mescaline</td>
<td>69</td>
<td>25</td>
<td>6</td>
</tr>
<tr>
<td>Salvia Divinorum</td>
<td>86</td>
<td>13</td>
<td>1</td>
</tr>
</tbody>
</table>

Notes: (1) NM=nonmedical use, without a doctor's prescription; (2) OTC=over-the-counter; (3) ADHD=Attention-Deficit Hyperactivity Disorder; (4) frequencies displayed only for drugs with 50 or more users.
Sex differences in past year drug use

Notes: (1) cannabis in electronic cigarette, mushrooms, and tranquillizers were asked of Grades 9-12 only; (2) NM=nonmedical use, without a doctor’s prescription
Regional differences in past year drug use

Notes: (1) West region does not significantly differ from Ontario on any drug; (2) binge drinking refers to the past 4 weeks
Changes since the last survey (Grades 7-12)

Notes: (1) NM=nonmedical use; (2) OTC= over-the-counter; (3) error bars represent 95% confidence intervals; (4) all three drugs showed a significant decrease between 2013 and 2015 (p<.01)
Changes since the last survey (Grades 9-12 only)

Notes: (1) error bars represent 95% confidence intervals; (2) significant increase between 2013 and 2015 (p<.01) among Grades 9-12 only
Average age of initiation

Age

First Cigarette
First Alcohol
First Cannabis

1999 2001 2003 2005 2007 2009 2011 2013 2015
No drug use in the past year (Grades 7-12)

Notes: (1) vertical 'whiskers' represent 95% confidence intervals; (2) the number of drugs asked about increases over time
Drug Use Among Ontario Students

Detailed OSDUHS Findings

1977-2015

DRUG-SPECIFIC HIGHLIGHTS
Drinking alcohol

439,200 students in grades 7-12

46%

47%  45%

Males  Females
Drinking alcohol

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

168,100 students in grades 7-12

19% Males
16% Females
Binge drinking in the past month

Notes: (1) vertical 'whiskers' represent 95% confidence intervals; (2) horizontal band represents 95% CI for total estimate; (3) estimates for Grades 7 and 8 were suppressed; (4) significant differences by grade and region (p<.05), no significant difference by sex
Binge drinking 1999-2015

Binge drinking: total

Note: some estimates for Grades 7 and 8 were suppressed due to unreliability
Alcohol mixed with an energy drink

Notes: (1) vertical 'whiskers' represent 95% confidence intervals; (2) horizontal band represents 95% CI for total estimate; (3) estimate for Grade 7 was suppressed; (4) significant differences by grade and region (p<.05), no significant difference by sex
Parental permission to drink at home with friends

Notes: (1) vertical 'whiskers' represent 95% confidence intervals; (2) horizontal band represents 95% CI for total estimate; (3) significant differences by grade and region (p<.05), no significant difference by sex
TOBACCO, WATERPIPES, E-CIGARETTES
Tobacco cigarette smoking

- 82,700 students in grades 7-12
- 9% Males
- 8% Females
Tobacco cigarette smoking

Notes: (1) vertical 'whiskers' represent 95% confidence intervals; (2) horizontal band represents 95% CI for total estimate; (3) estimates for Grades 7 and 8 were suppressed; (4) significant differences by grade and region (p<.05), no significant difference by sex
Notes: (1) vertical 'whiskers' represent 95% confidence intervals; (2) horizontal band represents 95% CI for total estimate; (3) estimates for Grades 7 and 8 were suppressed; (4) significant difference by grade (p<.05), no significant differences by sex or region.
Electronic cigarette use

107,800 students in grades 7-12

12%

15% Males
9% Females
Use of cannabis oil/liquid/wax in e-cigarettes

Notes: (1) vertical 'whiskers' represent 95% confidence intervals; (2) horizontal band represents 95% CI for total estimate; (3) estimate for Grade 9 was suppressed; (4) significant differences by sex and grade (p<.05), no significant difference by region
CANNABIS

Drug Use Among Ontario Students

Detailed OSDUHS Findings

1977-2015
Cannabis use

203,900 students in grades 7-12

22% Males
21% Females
Notes: (1) vertical ‘whiskers’ represent 95% confidence intervals; (2) horizontal band represents 95% CI for total estimate; (3) estimates for Grades 7 and 8 were suppressed; (4) significant difference by grade (p<.05), no significant differences by sex or region
Frequency of cannabis use (grades 7-12)

- No Use/Never Used: 86.2%
- 1-2 Times: 6.9%
- 1-2 Times Each Week: 2.7%
- 3-6 Times Each Week: 2.1%
- Daily: 2.1%

Note: error bars represent 95% confidence intervals.
PRESCRIPTION OPIOIDS
Nonmedical opioid pain reliever use

- 95,000 students in grades 7-12
- 10% Males
- 10% Females
Nonmedical opioid pain reliever use

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
VEHICLE-RELATED RISKS
In the past year, were students (Gr 10 – 12) more likely to report driving after drinking alcohol or using cannabis?

- Alcohol
- Cannabis
Driving after drinking alcohol or using cannabis (Grades 10-12)

- Drinking-Driving: 5.1% (est. 15,300 drivers)
- Cannabis Use-Driving: 9.8% (est. 29,500 drivers)
Passenger with driver who drank alcohol or used drugs

15.3
(est. 146,400 students)

12.3
(est. 117,700 students)
THE SCHOOL CONTEXT
Drunk or high at school

Notes: (1) vertical 'whiskers' represent 95% confidence intervals; (2) horizontal band represents 95% CI for total estimate; (3) estimates for Grades 7 and 8 were suppressed; (4) significant difference by grade (p<.05), no significant differences by sex or region
Offered, given, or sold an illegal drug at school

Notes: (1) vertical 'whiskers' represent 95% confidence intervals; (2) horizontal band represents 95% CI for total estimate; (3) estimate for Grade 7 was suppressed; (4) significant differences by sex, grade, and region (p<.05)
Today’s Panel

Dr. Robert Mann
Senior Scientist, Institute for Mental Health Policy Research, CAMH

Dr. Hayley Hamilton
Research Scientist, Institute for Mental Health Policy Research, CAMH; Assistant Professor, Dalla Lana School of Public Health, University of Toronto

Gloria Chaim
Associate Director, Child, Youth and Family Services; Head, Community Engagement and Partnerships, Margaret and Wallace McCain Centre for Child, Youth & Family Mental Health, CAMH

Angela Boak
Research Coordinator and Analyst, Institute for Mental Health Policy Research, CAMH
Positive findings
Some concerns
Thank you!

To access the OSDUHS report, please go to:
www.camh.ca/research/osduhs

For more information, please contact:

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