

# CAMH Monitor eReport 2015: Highlights

The Centre for Addiction and Mental Health's (CAMH) Monitor is the longest ongoing representative survey of adult substance use and related harms, and mental health and well-being in Canada. The study, administered by the Institute for Mental Health Policy Research at CAMH, has been gathering data on Ontarians since 1977, and this cycle collected responses from 5,013 adults via telephone interviews. It also describes changes in substance use and health indicators since 1996 and since 1977, where available, and provides a breakdown of data by sex, age, education level, income, marital status, and region (including breakdown by Local Health Integration Network). Findings from the Monitor are used to inform programming, planning and policy at local and system levels to improve the quality of healthcare delivery in Ontario.

A few key highlights are presented in the table below:

Survey Measure	Percentage (%)	Total Population Estimate
<b>Alcohol</b>		
% drinking alcohol in the past year	80%	8,125,700
% exceeding low-risk alcohol drinking guidelines	14.2%	1,447,500
% experiencing symptoms of alcohol dependence	7.2%	725,400
<b>Tobacco</b>		
% currently smoking	13.2%	1,336,100
% using electronic cigarettes in the past year	10.9%	1,113,000
<b>Cannabis</b>		
% using cannabis in lifetime	45.3%	4,576,900
% using cannabis in past year	14.5%	1,467,400
<b>Prescription Opioids</b>		
% using prescription opioids for any reason in past year	22.6%	2,280,400
% using prescription opioids for non-medical reasons in past year	4.1%	414,600
<b>Mental Health</b>		
% reporting moderate to serious psychological distress during the past month	25.7%	2,598,800
% reporting poor mental health	6.7%	676,000
% reporting suicidal ideation in the past year	2.4%	238,600
<b>Physical Health</b>		
% reporting fair/poor health	9.9%	1,000,000
<b>Use of Electronic Devices</b>		
Average number of hours/week using e-mail and social media	11.5	-

The CAMH Monitor examines trends over time to see changes in behavior. Highlights include:

- **Binge drinking declined** from 12.3% in 2006 to 7.5% in 2015 for the total sample and from 15.9% to 9.3% among drinkers.
- Current **cigarette smoking declined** significantly from 26.7% in 1996 to 13.2% in 2015.
- A **significant increase** was found for **electronic cigarette use**, from 6.9% in 2013 to 10.9% in 2015.
- Past year **cannabis use increased** from 8.7% in 1996 to 14.5% in 2015, but the overall trend has been generally stable since 2005.
- Past year **nonmedical use of prescription opioids declined** from 7.7% in 2010 to 2.1% in 2014. From 2014 to 2015 rates changed significantly, **doubling** to 4.1%.
- **Driving after cannabis use increased** significantly from 1.5% in 2010 to 2.9% in 2015.
- Between 2003 and 2015, there was a **significant increase** in self-rated **poor mental health** (from 4.7% to 6.7%). These increases were especially evident among women (from 4.5% in 2003 to 7.3% in 2015) and among 18 to 29 year olds (from 2.9% in 2009 to 8.5% in 2015).

The Monitor provides evidence of some encouraging statistics:

- The majority of Ontario adults (86.8%) do not smoke cigarettes.
- Although the majority of Ontario adults (80.0%) are past year drinkers, most do not drink excessively. Indeed, the survey noted that 82.5% do not exceed recommended drinking guidelines and 82% do not exceed the AUDIT threshold for hazardous or harmful drinking.
- Between 1996 and 2015, driving after drinking declined by more than half, from 13.1% to 4.9%.

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Reference: Ialomiteanu, A. R., Hamilton, H. A., Adlaf, E. M., & Mann, R. E. (2016). CAMH Monitor e-Report: Substance Use, Mental Health and Well-Being Among Ontario Adults, 1977–2015 (CAMH Research Document Series No. 45). Toronto, ON: Centre for Addiction and Mental Health. Available at:

[http://www.camh.ca/en/research/news\\_and\\_publications/Pages/camh\\_monitor.aspx](http://www.camh.ca/en/research/news_and_publications/Pages/camh_monitor.aspx)