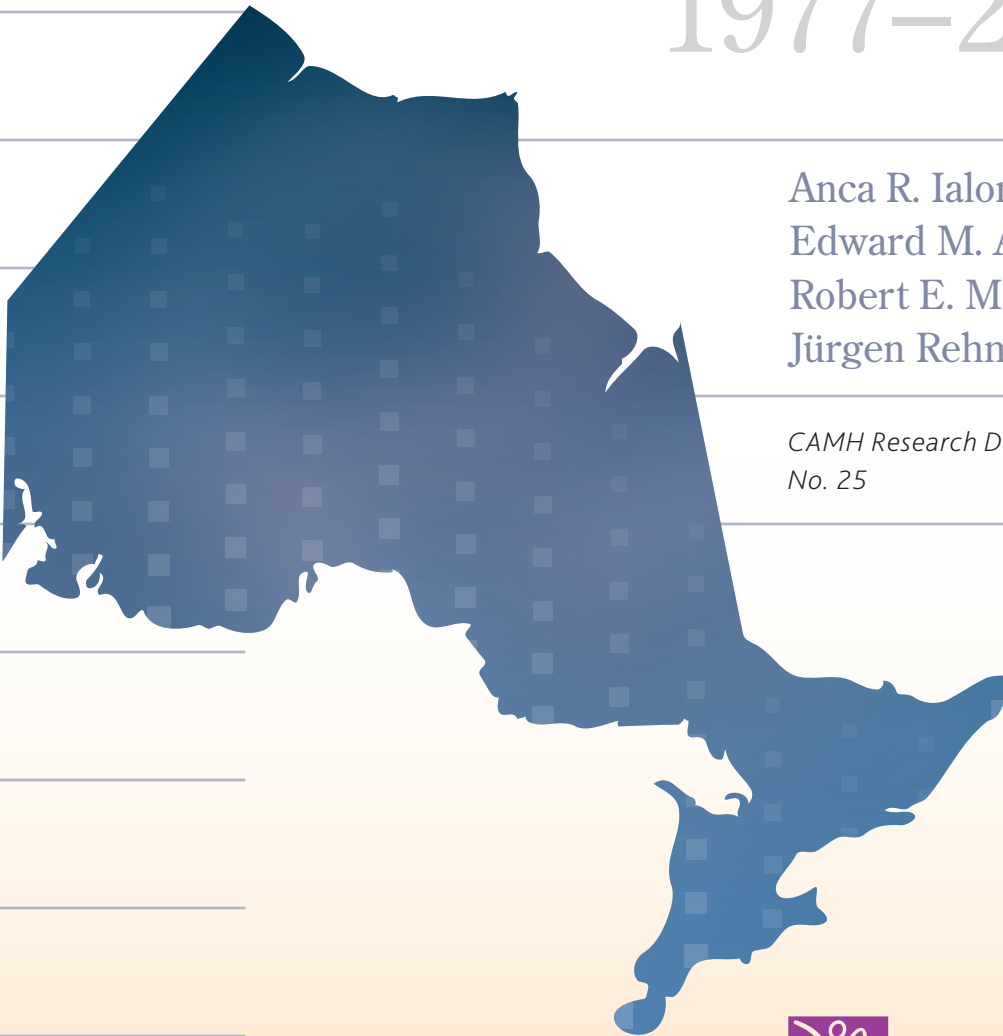


2007

CAMH Monitor eReport

Addiction and Mental Health Indicators Among Ontario Adults

1977–2007



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No. 25*



Centre for Addiction and Mental Health
Centre de toxicomanie et de santé mentale

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30th Anniversary

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THE CAMH MONITOR eREPORT 2006/2007

Executive Summary

The Centre for Addiction and Mental Health's CAMH Monitor survey is the longest ongoing study of adult substance use in Canada. The study, which now spans 30 years, is based on 22 surveys conducted between 1977 and 2007. The 2007 cycle of the CAMH Monitor is based on telephone interviews with 2,005 adults aged 18 and older (53% of eligible respondents) across Ontario. This report presents the 2007 estimates of substance use

and related problems, as well as mental health indicators among Ontario adults. However, estimates for 3 substance use measures which were not included in the 2007 survey (cocaine, prescribed anxiety medication, and prescribed depression medication) are from the 2006 cycle (N=2,016) of the CAMH Monitor. This report also describes changes in substance use and related problems since 1977.

Addiction and Mental Health Indicators, CAMH Monitor 2006/2007

	Measure	Percent Estimate	Population Estimate ¹
Alcohol	Percentage drinking alcohol in past 12 months	81.5%	8,135,446
	Percentage drinking daily	5.9% of total sample 7.3% of drinkers	584,923
	Average number of drinks consumed weekly among drinkers	3.8 drinks	
	Percentage exceeding the low risk drinking guidelines	23.4% of total sample 28.7% of drinkers	2,334,020
	Percentage consuming 5 or more drinks on a single occasion weekly (heavy drinking)	11.2% of total sample 13.8% of drinkers	1,112,002
	Percentage reporting hazardous or harmful drinking (AUDIT 8+)	15.6% of total sample 19.3% of drinkers	1,499,365
Tobacco	Percentage smoking cigarettes in past 12 months	21.6% 17.0% smoking daily	2,138,055 1,680,019
	Percentage of smokers consuming more than 20 cigarettes daily	16.5% of smokers	350,953
	Percentage of daily smokers reporting high smoking dependence	10.5% of daily smokers	174,662
Cannabis	Percentage using cannabis in lifetime	42.1%	4,156,026
	Percentage using cannabis in past 12 months	12.5%	1,249,655
	Percentage of cannabis users reporting hazardous or harmful cannabis use (CUDIT 8+)	2.1% of total sample 17.4% of users	206,367
Cocaine ²	Percentage using cocaine in lifetime	7.1%	578,853
	Percentage using cocaine in past 12 months	1.7%	147,056
Driving	Percentage of drivers who drank and drove in the past 12 months	6.1% of drivers	538,672
	Percentage of drivers who drove in the past 12 months after using cannabis	1.8% of drivers	159,960

	Measure	Percent Estimate	Population Estimate ¹
Mental Health ²	Percentage reporting elevated psychological distress during the past few weeks	12.7%	1,269,881
	Percentage using prescribed anxiety medication in the past 12 months	5.7%	564,931
	Percentage using prescribed depression medication in the past 12 months	6.6%	649,172
	Percentage reporting poor mental health in the past 12 months	6.2%	620,774
	Percentage reporting frequent mental distress days (14+) during the past 30 days	6.6%	649,172

Note: ¹ Population estimates, based on an adult population of 9,460,369, are rounded to the nearest hundred; ² Estimates for cocaine and anxiety and depression medication are based on data from the 2006 CAMH Monitor cycle.

Substance Use and Related Factors

Substance use was strongly associated with the following demographic factors:

- Gender was significantly associated with 8 of the 12 substance use measures.

Men had higher levels than women on all substance use measures. Specifically, men were significantly more likely to:

- drink alcohol during the past year
- drink alcohol daily
- consume more drinks weekly
- exceed the low risk drinking guidelines
- drink 5 or more drinks on a single occasion weekly
- drink hazardously or harmfully
- report drinking and driving
- use cannabis during the past year.

- Age of respondent was significantly associated with 11 of the 12 substance use measures. In most cases, use decreased with age or was highest among 18 to 29 year olds. One exception was daily drinking, which increased with age. Specifically, after adjusting for other demographic characteristics, 18 to 29 year olds were significantly more likely to:

- drink alcohol during the past year
- consume more drinks weekly

- drink 5 or more drinks on a single occasion weekly
- drink hazardously or harmfully
- report daily smoking
- report cannabis use and driving
- to use cannabis hazardously or harmfully.

- Marital status was significantly associated with 6 of the 12 substance use measures. After adjusting for age differences, never married respondents consumed the most drinks weekly and were the most likely to report drinking 5 or more drinks on a single occasion weekly, and to report hazardous or harmful drinking, smoking and cannabis use, and previously married respondents were the most likely to report daily smoking.

- Education level was associated with 7 of the 12 indicators. The most common pattern seen was that substance use declined with education, or was lowest among those with highest education.

- Differences in Public Health Region were seen with 5 of the 12 indicators: past year drinking, average number of drinks per week, drinking and driving, smoking and daily smoking. Those from Northern Ontario were the most likely to smoke and to smoke daily, those from

Toronto were the least likely to drink alcohol, while those from South West were the most likely to drink and drive and consumed the highest number of drinks per week.

- Income was significant for 7 of the 12 indicators. In most cases, substance use indicators tended to increase with increasing income. There were, however, two exceptions: smoking and cannabis use, which were highest among low-income respondents.

Mental Health Status and Related Factors

Overall, one in eight (12.8%) adults reported symptoms indicative of elevated psychological distress in 2007.

Elevated psychological distress was associated with gender, age, marital status, education and income.

- Women were significantly more likely than men to report experiencing elevated psychological distress over the past few weeks.
- Psychological distress was lowest among those aged 65 years and older.
- After adjusting for other factors, previously married respondents were the most likely to report elevated psychological distress in the past few weeks.
- Psychological distress was lowest among university graduates.
- Psychological distress declined with increasing income.

Poor Mental Health

Overall, about 6.2% of Ontario adults reported poor mental health in general in the past 12 months (defined as the percentage reporting “fair” or “poor” mental health in general). Only age and education were significantly related to reporting poor mental health.

- Those aged 40-49 reported the highest rate of poor mental health.

- Rates of poor mental health tended to decrease significantly with higher education. Rates were highest among those with less than high school education and lowest among university graduates.

Frequent Mental Distress Days

Overall, about 6.6% of Ontario adults reported frequent mental distress days during the past 30 days (defined as the percentage reporting 14 or more mentally unhealthy days).

Gender, age, education and income were significantly related to reporting frequent mental distress days.

- Women were significantly more likely than men to report frequent mental distress days.
- Those aged 65 or older reported the lowest rate of frequent mental distress days.
- Rates of frequent mental distress days tended to decrease significantly with higher education. Rates were lowest among university graduates.
- Rates of frequent mental distress days declined with increasing income.

Prescribed Medication to Treat Anxiety and Depression

Estimates for anxiety and depression medication are available only for 2006.

Anxiety. About 5.7% of adults reported using a prescribed medication for anxiety during the 12 months before the survey. Use was significantly related to gender, age, and income.

- Women were significantly more likely than men to report using anti-anxiety medication.
- Those aged 50 to 64 and those with annual incomes of less than \$30,000 were most likely to report use.

Depression. About 6.6% reported use of a prescribed medication for depression during the 12 months before the survey. Use of depression medication was significantly related to gender, age and income.

- Women were two times more likely than men to report use of depression medication.
- Those aged 40 to 49 years and those with annual incomes of less than \$30,000 were most likely to report use.

Trends in Substance Use

Alcohol

- Rates of past year alcohol use increased significantly between 2006 and to 2007 from 77.7% to 81.5%. The increase was especially evident among women (73.9% vs. 77.8%) and those aged 18-29 (84.5% vs. 89.5%).
- Over the past decade there was a significant non-linear variation in past year alcohol use, with a low in 1998 at 77.1% and a high of 81.5% in 2007. Significant increases during this period were found especially among women (from a low of 72.5% in 1998 to a high of 77.8% in 2007), those aged 18 to 29 (from a low of 82.5% in 1998 to a high of 89.5% in 2007) and those aged 65 and older (from 58.8% in 1997 to 73.5% in 2007).
- Overall, daily drinking and the average number of drinks consumed per week remained stable between 1996 and 2007 for men, but significant increases were found among women for both indicators. The prevalence of daily drinking increased among women from a low of 2.6% in 2001 to a high of 5.3% in 2007, and the average number of drinks increased from 1.9 to 2.4.
- However, the most dominant long-term change in daily drinking was a significant decline between 1977 and 2007. Although the percentage of the population drinking alcohol has varied between 77% and 87%, fewer drinkers are drinking daily, compared to decades ago. The percentage of drinkers who drink daily dropped from 13.4% in 1977 down to 7.3% in 2007.
- The rate of consuming five or more drinks on a single occasion weekly remained at an elevated rate. These increases were especially notable among men (varying from 10.7% in 1995 to

17.5% in 2007), and 18 to 29 year-olds (varying from 10.6% in 1995 to 26.1% in 2007). The 2007 estimate of five plus drinking among 18 to 29 year-olds is the highest on record (26.1% for the total sample and 29.2% among drinkers).

- Overall, the percentage reporting hazardous or harmful drinking (AUDIT 8+) remained stable between 2006 and 2007 among the total sample (13.8% vs. 15.6%), but significant increases were found among 18 to 29 year-olds (28.2% vs. 39.1%) and those aged 50 to 64 (8.3% vs. 13.5%). Over the past decade there was a significant increase in hazardous or harmful drinking from 12.9% in 2001 to 15.6% in 2007. This increase was especially evident among women and 18 to 29 year olds. The rate for women almost doubled over the study period, from 4.8% in 1998 to 8.4% in 2007 and significantly increased among 18 to 29 year olds from 26.9% in 1998 to 39.1% in 2007. In addition, the 2007 estimates for both women and 18 to 29 year olds are the highest on record.

Driving and Substance Use

- The prevalence of drinking and driving has displayed a steady decline from 13.1% in 1996 to 6.1% in 2007. Significant declining trends were evident for gender, age, public health regions, marital status and education.
- Overall, rates for cannabis use and driving remained stable between 2002 and 2007 (2.9% vs. 1.8%) and rates were stable for all demographic subgroups.

Tobacco

- The percentage reporting past year cigarette smoking remained stable between 2006 and 2007 (20.6% and 21.6%, respectively).

- The prevalence of past year cigarette smoking has significantly declined over the past decade, from 27.8% in 1996 to 21.6% in 2007, especially among women (from 25.7% to 19.6%). Further, daily smoking declined overall from 23% in 1996 down to 17% in 2007, and among women from 22.5% to 15.9%.

Cannabis

- Rates of past year cannabis use remained stable between 2006 and 2007 (13.4% and 12.5%, respectively).
- The prevalence of past year cannabis use has been steadily increasing over the past decade, from 8.7% in 1996 to 12.5% in 2007. This increase is evident among women (from 5.3% to 10.1%); 18-29 year-olds (from 18.3% to 33.6%); and among those aged 50 and older (from 1.4% in 1998 to 4.6% in 2007).
- The most salient long term change was an aging of cannabis users. On average, cannabis users in 2007 were older than their counterparts in 1977 (32.8 years vs. 25.6 years, respectively). In 1977, 81.8% of cannabis users were aged 18-29 years compared to 50.8% in 2007. Also the proportion of past year cannabis users aged 30 to 49 years increased from 15.4% in 1977 to 34.7% in 2007, and the proportion of past cannabis users aged 50 and older increased from 2.8% in 1977 to 14.5% in 2007.

Cocaine

- Estimates for cocaine use are available only for 2006. Rates of past year cocaine use remained stable between 2004 and 2006 (1.3% vs. 1.7%) and no subgroup changes were evident.

Short-Term Changes in Mental Health Indicators

Elevated Psychological Distress

- Overall, indicators of elevated psychological distress remained stable between 2006 and 2007 (13.2% vs. 12.7%) among the total sample, as well as among demographic subgroups.

Poor Mental Health and Frequent Mental Distress Days

- Overall, indicators of poor mental health and frequent mental distress days remained stable between 2006 and 2007 (respectively, 5.8 vs. 6.2% and 5.8% vs. 6.6%).

Prescribed Anxiety Medication

- Overall, the percentage reporting use of prescribed medication for anxiety increased between 1999 and 2006, varying from 4.5% to 5.7%. Significant increases were evident among women (from 5.6% to 7.9%) and 50 to 64 year-olds (from 5.2% to 8.4%).

Prescribed Depression Medication

- The percentage reporting use of prescribed medication for depression increased between 1999 and 2006, varying from 3.6% to 6.0%. Significant increases were evident among women (from 4.9% to 9.3%) and 40 to 49 year-olds (from 4.6% to 9.4%).

Encouraging Findings

The following findings in this report should be seen as encouraging.

- Cigarettes:** The majority of Ontario adults do not smoke cigarettes. The prevalence of past year cigarette smoking has significantly declined since 1996, as has daily smoking (from 23% to 17.0% in 2007).
- Alcohol:** Although the majority of Ontario adults (81.5%) are considered to be current drinkers, the most common frequency of drinking was less than once a month (24.5%) and fewer drinkers reported daily drinking and this decline was especially prominent among

men (from 19.5% in 1977 to 9.2% in 2007).

- Cannabis:** Although the percentage of the population who used cannabis in the past year has increased, use is generally infrequent. For example, among lifetime users, only 16% reported using cannabis once a month or more frequently. In addition, only 2% of Ontarians report hazardous or harmful cannabis use in the past 12 months.
- Drinking and driving:** Drinking and driving among licensed drivers declined significantly between 1996 and 2007 (from 13.1% to 6.1%).

Some Public Health Issues

The following findings should be viewed as potential public health concerns.

- **Cigarettes:** Despite the fact that the rate of cigarette smoking among Ontario adults declined substantially since 1995, there is still a significant percentage (21.6%) that does smoke (about 2,138,055 adults). Cigarette smoking is the leading preventable cause of disease in Canada.
- **Alcohol:** Although the percentage of the population who drink alcohol has not changed dramatically in the past decade, two indicators are worthy of attention. First, heavy drinking still remains at an elevated level, with almost one in seven drinkers (14%) reporting weekly heavy drinking. Second, the prevalence of hazardous/harmful drinking has increased significantly and these increases are especially prominent among women and 18 to 29 year-olds. Moreover, the rate of binge drinking and the rate of hazardous/harmful drinking among 18 to 29 year olds (26.1% and 39.1%, respectively) are the highest over the study period. In addition, significant increases were found among women for: past year drinking, daily drinking, the average number of drinks consumed per week, and hazardous/harmful drinking.
- **Cannabis:** The prevalence of past year cannabis use has been steadily increasing from 8.7% in 1996 to 12.5% in 2007, for both men and women and among all age groups. A substantial increase in cannabis use occurred among 18-29 year olds, from 18.3% in 1996 up to 33.6% in 2007. This increase in cannabis use among young adults corresponds to earlier increases seen in the late 1990s for cannabis use among Ontario students. Perhaps the most noticeable change, however, was the aging of cannabis users. Between 1996 and 2007, the percentage of past year cannabis users aged 50 years and older increased from 1.9% to 14.5%.
- **Mental Health:** A sizeable proportion of Ontario adults (about one in eight) experiences elevated psychological distress, which can reduce the ability to effectively function socially and emotionally. The percentage of Ontario adults reporting using prescribed depression medication almost doubled over the past decade, from 3.6% to 6.6%.

SOMMAIRE - INDICATEUR DE CAMH 2006-2007 (RAPPORT électronique)

L'Indicateur de CAMH, préparé par le Centre de toxicomanie et de santé mentale, est la plus ancienne étude sur l'utilisation de substances chez les adultes réalisée au Canada. Cette étude, effectuée depuis 30 ans, porte sur 22 sondages menés entre 1977 et 2007. Le cycle de 2007 de l'Indicateur de CAMH repose sur des entrevues téléphoniques menées auprès de 2 005 adultes âgés de 18 ans et plus (53 % des répondants admissibles) en Ontario. Le rapport présente les estimations des problèmes liés à l'utilisation d'une substance

et des problèmes connexes en 2007, ainsi que les indicateurs de la santé mentale chez les adultes ontariens. Les estimations de trois mesures de l'utilisation d'une substance qui n'étaient pas incluses dans le sondage de 2007 (cocaïne, anxiolytiques sur ordonnance et antidépresseurs sur ordonnance) sont tirées du cycle de 2006 (N=2 016) de l'Indicateur de CAMH. Le rapport décrit également l'évolution de l'utilisation de substances et des problèmes connexes depuis 1977.

Indicateurs de toxicomanie et de santé mentale, Indicateur de CAMH, 2006-2007

	Mesure	Estimation	Population estimative ¹
Alcool	Pourcentage de personnes ayant bu de l'alcool au cours des 12 mois écoulés	81,5 %	8 135 446
	Pourcentage de personnes ayant bu tous les jours	5,9 % de l'échantillon total 7,3 % des buveurs	584 923
	Nombre moyen de verres par semaine chez les buveurs	3,8 verres	
	Pourcentage de personnes ayant bu plus d'alcool que la quantité jugée acceptable dans les directives de consommation d'alcool à faible risque	23,4 % de l'échantillon total 28,7 % des buveurs	2 334 020
	Pourcentage de personnes ayant bu cinq verres ou plus en une occasion, par semaine (consommation excessive d'alcool)	11,2 % de l'échantillon total 13,8 % des buveurs	1 112 002
	Pourcentage de personnes ayant bu de façon dangereuse ou nocive (AUDIT 8+)	15,6 % de l'échantillon total 19,3 % des buveurs	1 499 365
Tabac	Pourcentage de personnes ayant fumé la cigarette au cours des 12 mois écoulés	21,6 % 17,0 % ayant fumé tous les jours	2 138 055 1 680 019
	Pourcentage de personnes ayant fumé plus de 20 cigarettes par jour	16,5 % des fumeurs	350 953
	Pourcentage des fumeurs quotidiens ayant signalé une forte dépendance au tabac	10,5 % des fumeurs quotidiens	174 662
Cannabis	Pourcentage de personnes ayant consommé du cannabis au cours de leur vie	42,1 %	4 156 026
	Pourcentage de personnes ayant consommé du cannabis au cours des 12 mois écoulés	12,5 %	1 249 655
	Pourcentage de personnes ayant consommé du cannabis de façon dangereuse ou nocive (CUDIT 8+)	2,1 % de l'échantillon total 17,4 % des usagers	206 367

	Mesure	Estimation	Population estimative ¹
Cocaïne ²	Pourcentage de personnes ayant consommé de la cocaïne au cours de leur vie	7,1 %	578 853
	Pourcentage de personnes ayant consommé de la cocaïne au cours des 12 mois écoulés	1,7 %	147 056
Conduite	Pourcentage des conducteurs ayant pris le volant après avoir bu au cours des 12 mois écoulés	6,1 % des conducteurs	538 672
	Pourcentage des conducteurs ayant pris le volant après avoir consommé du cannabis au cours des 12 mois écoulés	1,8 % des conducteurs	159 960
Santé mentale ²	Pourcentage de personnes ayant signalé un niveau élevé de détresse psychologique au cours des dernières semaines	12,7 %	1 269 881
	Pourcentage de personnes ayant pris des anxiolytiques sur ordonnance au cours des 12 mois écoulés	5,7 %	564 931
	Pourcentage de personnes ayant pris des antidépresseurs sur ordonnance au cours des 12 mois écoulés	6,6 %	649 172
	Pourcentage de personnes ayant signalé une mauvaise santé mentale au cours des 12 mois écoulés	6,2 %	620 774
	Pourcentage de personnes ayant signalé un nombre élevé de jours de détresse mentale (14 et plus) au cours des 30 jours écoulés	6,6 %	649 172

Nota : ¹Population estimative, d'après une population adulte de 9 460 369, arrondie à une centaine près ; ² les estimations pour la cocaïne et les anxiolytiques et les antidépresseurs reposent sur les données provenant du cycle de 2006 de l'Indicateur de CAMH.

Utilisation d'une substance et facteurs connexes

L'utilisation d'une substance était intimement liée aux facteurs démographiques suivants :

- Le sexe des répondants avait une influence significative sur 8 des 12 mesures de l'utilisation d'une substance.

La prévalence était plus élevée chez les hommes que chez les femmes pour toutes les mesures de l'utilisation d'une substance. Les hommes étaient nettement plus susceptibles :

- d'avoir bu de l'alcool au cours de l'année écoulée
- de boire de l'alcool tous les jours
- de prendre davantage de verres par semaine
- de boire plus d'alcool que la quantité jugée acceptable dans les

directives de consommation d'alcool à faible risque

- de boire cinq verres ou plus en une occasion, par semaine
- de boire de l'alcool de façon dangereuse ou nocive
- de déclarer avoir pris le volant après avoir bu
- d'avoir consommé du cannabis au cours de l'année écoulée

- L'âge des répondants avait une influence significative sur 11 des 12 mesures de l'utilisation d'une substance. Dans la plupart des cas, l'utilisation diminuait avec l'âge ou était la plus élevée chez les personnes de 18 à 29 ans. La consommation d'alcool tous les jours fait exception, car elle augmentait avec l'âge. En tenant compte d'autres caractéristiques démographiques, les personnes de 18 à

29 ans étaient nettement plus susceptibles :

- d'avoir bu de l'alcool au cours de l'année écoulée
 - de prendre davantage de verres par semaine
 - de boire cinq verres ou plus en une occasion, par semaine
 - de boire de l'alcool de façon dangereuse ou nocive
 - de déclarer fumer tous les jours
 - de déclarer avoir pris le volant après avoir consommé du cannabis
 - de consommer du cannabis de façon dangereuse ou nocive
- L'état civil avait une influence significative sur 6 des 12 mesures de l'utilisation d'une substance. Après avoir tenu compte des différences d'âge, on a constaté que les répondants qui n'avaient jamais été mariés buvaient le plus grand nombre de verres par semaine et étaient les plus susceptibles de déclarer avoir bu cinq verres ou plus en une occasion, par semaine, et boire, fumer et consommer du cannabis de façon dangereuse ou novice. Les répondants qui avaient été mariés étaient les plus susceptibles de déclarer fumer tous les jours.
- Le niveau de scolarité était associé à 7 des 12 indicateurs. Selon la tendance dominante, l'utilisation d'une substance diminuait lorsque le niveau de scolarité augmentait ou atteignait son niveau le plus bas chez les répondants les plus instruits.
- On a relevé des différences sur le plan de la région de la santé publique pour 5 des 12 indicateurs : consommation d'alcool au cours de l'année écoulée, nombre moyen de verres par semaine, conduite en état d'ivresse, usage du tabac et usage du tabac tous les jours. Les répondants du Nord de l'Ontario étaient les plus susceptibles de fumer et de fumer tous les jours ; ceux de Toronto étaient les moins susceptibles de consommer de l'alcool ; et ceux du Sud-Ouest étaient les plus susceptibles de conduire en état d'ivresse et prenaient le plus grand nombre de verres par semaine.
- Le revenu avait une influence significative sur 7 des 12 indicateurs. Dans la plupart des cas, l'utilisation d'une substance avait tendance à augmenter avec le revenu. Toutefois, il y avait deux exceptions : l'usage du tabac et la consommation de cannabis, qui étaient les plus élevés parmi les répondants à faible revenu.

État de santé mentale et facteurs connexes

Dans l'ensemble, un adulte sur huit (12,8 %) a signalé des symptômes d'un niveau élevé de détresse psychologique en 2007.

La détresse psychologique était associée au sexe, à l'âge, à l'état civil, au niveau de scolarité et au revenu.

- Les femmes étaient beaucoup plus susceptibles que les hommes de signaler un niveau élevé de détresse psychologique au cours des dernières semaines.
- Le niveau de détresse psychologique était à son plus bas chez les répondants de 65 ans et plus.
- Après avoir tenu compte d'autres facteurs, on a constaté que les répondants qui avaient déjà été mariés étaient les plus susceptibles de signaler un niveau élevé de détresse psychologique au cours des dernières semaines.

- Le niveau de détresse psychologique était le plus faible chez les diplômés universitaires.
- Le niveau de détresse psychologique diminuait à mesure que le revenu augmentait.

Mauvaise santé mentale

Dans l'ensemble, environ 6,2 % des adultes ontariens ont signalé une mauvaise santé mentale (pourcentage de répondants ayant signalé une santé mentale « passable » ou « mauvaise » en général) au cours des 12 mois écoulés. Seuls l'âge et le niveau de scolarité avaient une influence significative sur la mauvaise santé mentale.

- Ce sont les répondants de 40 à 49 ans qui ont signalé en plus grand nombre une mauvaise santé mentale.
- Les taux de répondants qui ont signalé une mauvaise santé mentale tendaient à diminuer considérablement à mesure que le niveau de scolarité augmentait. Ils étaient les plus élevés chez les personnes n'ayant pas terminé leurs études secondaires et les plus faibles chez les diplômés universitaires.

Nombre élevé de jours de détresse mentale

Dans l'ensemble, 6,6 % des adultes ontariens ont déclaré avoir éprouvé un nombre élevé de jours de détresse mentale (soit 14 jours ou plus) au cours des 30 jours écoulés.

Le sexe, l'âge, le niveau de scolarité et le revenu avaient une influence significative sur le nombre élevé de jours de détresse mentale.

- Les femmes étaient beaucoup plus susceptibles que les hommes de signaler un nombre élevé de jours de détresse mentale.

- Les personnes de 65 ans et plus ont signalé le plus faible nombre de jours de détresse mentale.
- Le nombre de jours de détresse mentale tendait à diminuer considérablement à mesure que le niveau de scolarité augmentait. Les taux étaient les plus faibles chez les diplômés universitaires.
- Le nombre de jours de détresse mentale diminuait à mesure que le revenu augmentait.

Anxiolytiques et antidépresseurs sur ordonnance

Les estimations concernant les anxiolytiques et les antidépresseurs sont disponibles pour 2006 seulement.

Anxiété. Environ 5,7 % des adultes ont déclaré avoir pris des anxiolytiques au cours des 12 mois précédant le sondage. Le sexe, l'âge et le revenu avaient une influence significative sur l'utilisation de ces médicaments.

- Les femmes étaient beaucoup plus susceptibles que les hommes de déclarer avoir pris des anxiolytiques.
- Les personnes de 50 à 64 ans et celles dont le revenu annuel est inférieur à 30 000 \$ étaient les plus susceptibles de déclarer avoir pris ces médicaments.

Dépression. Environ 6,6 % des répondants ont déclaré avoir pris des antidépresseurs sur ordonnance au cours des 12 mois précédant le sondage. Le sexe, l'âge et le revenu avaient une influence considérable sur l'utilisation de ces médicaments.

- Les femmes étaient deux fois plus susceptibles que les hommes de déclarer avoir pris des antidépresseurs.
- Les personnes de 40 à 49 ans et celles dont le revenu annuel est inférieur à

30 000 \$ étaient les plus susceptibles de déclarer avoir pris ces médicaments.

Tendances en matière d'utilisation d'une substance

Alcool

- Les taux de consommation d'alcool au cours de l'année écoulée ont augmenté considérablement entre 2006 et 2007, passant de 77,7 % à 81,5 %. Cette augmentation était manifeste chez les femmes (de 73,9 % à 77,8 %) et les personnes de 18 à 29 ans (de 84,5 % à 89,5 %).
- Au cours des 10 dernières années, il y a eu une variation non linéaire importante sur le plan de la consommation d'alcool au cours de l'année écoulée, qui a affiché son niveau le plus bas en 1998 (77,1 %) et atteint un sommet de 81,5 % en 2007. On a relevé des augmentations importantes au cours de cette période, particulièrement chez les femmes (du niveau le plus bas (72,5 %) en 1998 à un sommet de 77,8 % en 2007), les personnes de 18 à 29 ans (du niveau le plus bas (82,5 %) en 1998 à un sommet de 89,5 % en 2007) et les personnes de 65 ans et plus (de 58,8 % en 1997 à 73,5 % en 2007).
- Dans l'ensemble, la consommation d'alcool tous les jours et le nombre moyen de verres consommés par semaine sont demeurés stables entre 1996 et 2007 chez les hommes, mais ont augmenté considérablement chez les femmes. La prévalence de la consommation d'alcool tous les jours a augmenté chez les femmes, de son niveau le plus bas de 2,6 % en 2001 à un sommet de 5,3 % en 2007, et le nombre moyen de verres est passé de 1,9 à 2,4.
- Toutefois, le changement le plus important à long terme sur le plan de la consommation d'alcool tous les jours est la baisse importante survenue entre 1977 et 2007. Bien que le pourcentage de la population qui boit de l'alcool ait varié entre 77 % et 87 %, un moins grand nombre de personnes boivent tous les jours comparativement au nombre enregistré il y a des dizaines d'années. Le pourcentage de personnes qui boivent tous les jours est passé de 13,4 % en 1977 à 7,3 % en 2007.
- Le taux de consommation hebdomadaire de cinq verres ou plus en une occasion est demeuré élevé. On a relevé une augmentation importante chez les hommes (de 10,7 % en 1995 à 17,5 % en 2007) et les personnes de 18 à 29 ans (de 10,6 % en 1995 à 26,1 % en 2007). L'estimation de 2007 du nombre de personnes de 18 à 29 ans qui avaient pris cinq verres ou plus en une occasion par semaine est la plus élevée jamais enregistrée (26,1 % pour l'échantillon total et 29,2 % parmi les buveurs).
- Dans l'ensemble, le pourcentage de répondants ayant signalé une consommation d'alcool dangereuse ou nocive (AUDIT 8+) est demeuré stable entre 2006 et 2007 au sein de l'échantillon total (13,8 % par rapport à 15,6 %). Toutefois, on a relevé des augmentations importantes chez les personnes de 18 à 29 ans (de 28,2 % à 39,1 %) et celles de 50 à 64 ans (de 8,3 % à 13,5 %). La consommation d'alcool dangereuse ou nocive a augmenté considérablement au cours des 10 dernières années. Elle est passée de 12,9 % en 2001 à 15,6 % en 2007. Cette augmentation est manifeste chez

les femmes de 18 à 29 ans. Le taux enregistré chez les femmes a presque doublé pendant la période d'étude, passant de 4,8 % en 1998 à 8,4 % en 2007. On a également relevé une hausse importante chez les personnes de 18 à 29 ans, le taux passant de 26,9 % en 1998 à 39,1 % en 2007. En outre, les estimations de 2007, tant pour les femmes que pour les personnes de 18 à 29 ans, sont les plus élevées jamais enregistrées.

Conduite et utilisation d'une substance

- La prévalence de la conduite en état d'ivresse est en baisse, passant de 13,1 % en 1996 à 6,1 % en 2007. On a relevé une tendance à la baisse marquée selon le sexe, l'âge, les régions de la santé publique, l'état civil et le niveau de scolarité.
- Dans l'ensemble, les taux de conduite avec facultés affaiblies par le cannabis sont demeurés stables entre 2002 et 2007 (2,9 % par rapport à 1,8 %). Ces taux étaient stables pour tous les sous-groupes démographiques.

Tabac

- Le pourcentage de répondants ayant déclaré qu'ils avaient fumé la cigarette au cours de l'année écoulée est demeuré stable entre 2006 et 2007 (20,6 % et 21,6 %, respectivement).
- La prévalence de l'usage de la cigarette au cours de l'année écoulée a diminué considérablement au cours des 10 dernières années, passant de 27,8 % en 1996 à 21,6 % en 2007. Cette baisse est particulièrement marquée chez les femmes (de 25,7 % à 19,6 %). De plus, l'usage du tabac tous les jours est passé de 23 % en 1996 à 17 % en 2007. Chez

les femmes, il est passé de 22,5 % à 15,9 %.

Cannabis

- Les taux de consommation de cannabis au cours de l'année écoulée sont demeurés stables entre 2006 et 2007 (13,4 % et 12,5 % respectivement).
- La prévalence de la consommation de cannabis au cours de l'année écoulée a augmenté graduellement au cours des 10 dernières années, passant de 8,7 % en 1996 à 12,5 % en 2007. Cette augmentation est manifeste chez les femmes (de 5,3 % à 10,1 %) ; les personnes de 18 à 29 ans (de 18,3 % à 33,6 %) ; et celles de 50 ans et plus (de 1,4 % en 1998 à 4,6 % en 2007).
- Le changement à long terme le plus notable est l'âge plus mûr des usagers de cannabis. En 2007, les usagers de cannabis étaient, en moyenne, plus âgés que les personnes qui prenaient cette drogue en 1977 (32,8 ans et 25,6 ans respectivement). En 1977, 81,8 % des usagers de cannabis avaient entre 18 et 29 ans comparativement à 50,8 % en 2007. De plus, le pourcentage de personnes de 30 à 49 ans ayant pris du cannabis au cours de l'année écoulée est passé de 15,4 % en 1977 à 34,7 % en 2007 et la proportion de personnes âgées de 50 ans et plus en ayant déjà pris est passée de 2,8 % en 1977 à 14,5 % en 2007.

Cocaïne

- Les estimations concernant la consommation de cocaïne sont disponibles pour 2006 seulement. Les taux de consommation de cocaïne au cours de l'année écoulée sont demeurés stables entre 2004 et 2006 (1,3% par rapport à 1,7 %) et on n'a relevé aucun changement au sein des sous-groupes.

Changements à court terme des indicateurs de santé mentale

Niveau élevé de détresse psychologique

- Dans l'ensemble, les indicateurs de niveau élevé de détresse psychologique sont demeurés stables entre 2006 et 2007 (13,2 % par rapport à 12,7 %) au sein de l'échantillon total et des sous-groupes démographiques.

Mauvaise santé mentale et nombre élevé de jours de détresse mentale

- Dans l'ensemble, les indicateurs de mauvaise santé mentale et d'un nombre élevé de jours de détresse mentale sont demeurés stables entre 2006 et 2007 (5,8 % par rapport à 6,2 % et 5,8 % par rapport à 6,6 % respectivement).

Anxiolytiques sur ordonnance

- Dans l'ensemble, le pourcentage de personnes qui ont déclaré avoir pris des anxiolytiques sur ordonnance a augmenté entre 1999 et 2006, passant de 4,5 % à 5,7 %. On a relevé des hausses importantes chez les femmes (de 5,6 % à 7,9 %) et les personnes de 50 à 64 ans (de 5,2 % à 8,4 %).

Antidépresseurs sur ordonnance

- Le pourcentage de personnes qui ont déclaré avoir pris des antidépresseurs sur ordonnance a augmenté entre 1999 et 2006, passant de 3,6 % à 6,0 %. On a relevé des hausses importantes chez les femmes (de 4,9 % à 9,3 %) et les personnes de 40 à 49 ans (de 4,6 % à 9,4 %).

Constatations encourageantes

Les constatations suivantes devraient être considérées comme encourageantes.

- **Cigarettes :** La plupart des adultes ontariens ne fument pas la cigarette. La prévalence de l'usage de la cigarette au cours de l'année écoulée a diminué considérablement depuis 1996, tout comme l'a fait l'usage quotidien du tabac (de 23 % à 17,0 % en 2007).
- **Alcool :** Bien que la majorité des adultes ontariens (81,5 %) prennent de l'alcool, la consommation la plus fréquente est de moins d'une fois par mois (24,5 %). De plus, le nombre de personnes qui ont déclaré prendre de l'alcool tous les jours a diminué. Cette baisse est marquée chez les hommes (de 19,5 % en 1977 à 9,2 % en 2007).
- **Cannabis :** Bien que le pourcentage de personnes ayant consommé du cannabis au cours de l'année écoulée ait augmenté, l'usage est généralement peu fréquent. Par exemple, parmi les personnes en ayant consommé au cours de leur vie, seulement 16 % d'entre elles ont déclaré en prendre une fois par mois ou plus souvent. De plus, seulement 2 % des Ontariens ont déclaré avoir consommé du cannabis de façon dangereuse ou nocive au cours des 12 mois écoulés.
- **Conduite en état d'ivresse :** La conduite en état d'ivresse parmi les titulaires d'un permis de conduire a diminué considérablement entre 1996 et 2007, passant de 13,1 % à 6,1 %.

Enjeux en matière de santé publique

Les constatations suivantes devraient être considérées comme des préoccupations potentielles en matière de santé publique.

- **Cigarettes :** Bien que le taux d'usage de la cigarette ait diminué considérablement chez les adultes ontariens depuis 1995, le pourcentage d'adultes qui fument demeure élevé (21,6 %, soit environ 2 138 055 adultes). L'usage de la cigarette est la principale cause évitable de maladie au Canada.
- **Alcool :** Bien que le pourcentage de la population qui prend de l'alcool n'ait pas beaucoup changé au cours des 10 dernières années, deux indicateurs attirent notre attention. Premièrement, la consommation excessive d'alcool demeure à un niveau élevé. En effet, près d'un buveur sur sept (14 %) a déclaré boire trop d'alcool chaque semaine. Deuxièmement, la prévalence de la consommation d'alcool dangereuse ou nocive a augmenté considérablement, particulièrement chez les femmes et les personnes de 18 à 29 ans. De plus, le taux d'excès occasionnel d'alcool et le taux de consommation d'alcool dangereuse ou nocive chez les personnes de 18 à 29 ans (26,1 % et 39,1 % respectivement) ont atteint un sommet au cours de la période d'étude. On a relevé des hausses importantes chez les femmes dans les catégories suivantes : consommation d'alcool au cours de l'année écoulée, consommation d'alcool tous les jours, nombre moyen de verres consommés par semaine et consommation d'alcool dangereuse ou nocive.
- **Cannabis :** La prévalence de la consommation de cannabis au cours de l'année écoulée est en hausse, passant de 8,7 % en 1996 à 12,5 % en 2007, tant chez les hommes que chez les femmes et pour tous les groupes d'âge. On a relevé une hausse importante de la consommation de cannabis chez les personnes de 18 à 29 ans (de 18,3 % en 1996 à 33,6 % en 2007). Cette hausse chez les jeunes adultes s'inscrit dans le cadre d'augmentations de la consommation de cannabis chez les élèves ontariens qui ont été relevées à la fin des années 1990. Toutefois, le changement le plus évident est l'âge plus mûr des usagers de cannabis. Entre 1996 et 2007, le pourcentage de personnes de 50 ans et plus ayant consommé du cannabis au cours de l'année écoulée est passé de 1,9 % à 14,5 %.
- **Santé mentale :** Une proportion assez grande d'adultes ontariens (environ 1 sur 8) éprouve un niveau élevé de détresse psychologique, qui peut nuire à son fonctionnement social et affectif. Le pourcentage d'adultes ontariens qui ont déclaré prendre des antidépresseurs sur ordonnance a presque doublé au cours des 10 dernières années, passant de 3,6 % à 6,6 %.

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1. INTRODUCTION

Knowledge about the changing pattern and character of substance use and mental health in the population is essential to informed health policy. For example, whether a given drug causes problems for individuals and society depends on at least three primary factors: (1) the prevalence of use in the population -- what percentage use the substance; (2) its dependence liability -- the ability of the drug to produce dependence; and (3) its hazard liability -- the ability of the drug to produce lethal and other adverse effects. Thus, we should not equate prevalence of use with the extent of abuse. Indeed, drugs with a high prevalence can have relatively low rates of abuse (e.g., alcohol), while drugs with a low prevalence can have high rates of abuse (e.g., cocaine). The important point is that drug use in the population is but one factor in determining the abuse potential of a given substance. Population information on mental health indicators are likewise critical to informed social policy. Screening instruments assessing mental health can assist in identifying not only the prevalence of poor mental health, but also the related determinants and risk factors.

The purpose of this descriptive report is three-fold. First, we describe the extent of substance use (i.e., alcohol, tobacco and cannabis use) and mental health among Ontario adults in 2007. Second, we examine correlates and risk factors related to use of these outcomes; and third, based on 22 surveys conducted between 1977 and 2007, we examine aggregate trends in substance use.

Why is it important to monitor addiction and mental health indicators? Because addiction and mental health indicators are influenced by on-going societal changes in values, attitudes, lifestyles and larger demographic and economic changes, their character is rarely a static phenomenon. Indeed, the need for on-going surveillance

studies is critical to the development of knowledge of addiction and mental health (Stockwell, Gruenewald, Toumbourou, & Loxley, 2005).

Monitoring these addiction and mental health indicators serves several important purposes.

- First, monitoring builds knowledge and increases understanding of the processes that bring about population changes in addiction and mental health indicators.
- Second, monitoring informs social policy. Indeed, to be effective, social policies intended to reduce the harm caused by drugs and poor mental health must be informed by the most current information.
- Third, monitoring serves as a tool for the evaluation of health programs and objectives set by governmental and advisory bodies.

There are several means, including surveys and institutional aggregate data, to estimate and monitor addiction and mental health indicators in the population. Examples of aggregate data include per capita alcohol consumption, the number of drug arrests, convictions and seizures, and the number of hospitalizations. Indicators also include treatment and fatality data. Although aggregate data are useful in describing aggregate or social patterns of addiction and mental health indicators, because they are typically based on the summation of counts of cases, and not necessarily individuals, they are somewhat remote from individual use. For example, per capita alcohol consumption, based on sales data, is an aggregate measure averaged across both drinkers and non-drinkers; thus, rates of use among subgroups such as gender and age

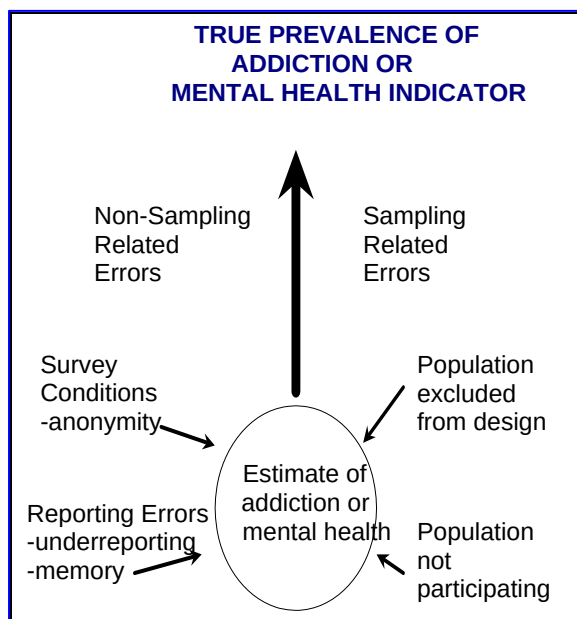
cannot be derived. Arrest and conviction data can reflect factors other than rate of use, such as the degree of enforcement and drug availability. In addition, such data apply to atypical cases, namely individuals who are both detected and apprehended for their use of drugs. Thus, there is no direct and necessary relationship between drug arrests and seizures and the size of the drug using population. Indeed, changes in such data must be carefully interpreted. For example, an increase in drug arrests and seizures may reflect many things other than

increasing drug use in the population. It may reflect more funds or a higher priority given to enforcement; it may reflect the same number of users using greater quantities; or it may reflect increases in use among restricted and typically small populations whose behaviour easily comes to the attention of authorities. Thus, although official aggregate indicators are important to help define the particular contours of the drug problem, they should not be confused with the extent of use in the population.

1.1 The Strengths and Weaknesses of Surveys

The most direct means of estimating and monitoring addiction and mental health indicators in the population is based on sample surveys. Although the sample survey method is not without limitations, it still remains the most feasible technique to monitor health behaviours and outcomes in the general

population. The strength of the survey method is the requirement of the random selection of respondents. Thus, assuming no bias in the selection process, drug users drawn from the sample should be more or less representative of drug users in the population at large.



Like other indicators of addiction and mental health, the survey method also has its weaknesses. First, as depicted graphically, estimates can be biased if the survey is used to project beyond the target population. For example, the 2007 cycle of this survey is based on a target population of households with telephones. Whether estimates would be significantly biased by projecting to all households depends on the size of non-telephone households and their demographic composition (using their Residential Telephone Service Survey (RTSS), Statistics Canada estimated that, in 2007, less than 1% of private households in Ontario did not have a

telephone and 6.4% of households reported having cell phones only (Statistics Canada, 2008a). As well, conventional household surveys are limited to those residing in conventional households and are not intended as a sample of all possible adults.

Thus, those in prisons, hospitals, military establishments, and, as well, transient populations such as the homeless are not included. These excluded groups often contain an especially large number of drug users and heavy drinkers (Rossi, 1989). However, the bias caused by such non-coverage depends upon firstly, the difference in drug use between those surveyed and those not surveyed, and secondly, the size of the group missed. Thus, even if indicators of addiction and mental health are substantially higher in the excluded group than those in the sampled group, if the size of the excluded group is small relative to the total population the bias is not necessarily substantial (Kandel, 1991).

One limitation of the sample survey is its reliance on self-reported behaviour. Reviews of self-report methods for alcohol and drug use suggest that although surveys tend to underestimate true usage, they are still regarded as the best available means to estimate such behaviours for public health purposes (Harrison, Haaga, & Richards, 1993; Turner, Lessler, & Gfroerer, 1992). Moreover, although these biases influence drug estimates at a single point in time, they

should have minimal impact on estimating trends as long as underreporting remains constant. It is also important to note that repeated cross-sectional surveys -- repeated surveys interviewing different respondents each time -- can assess only specific types of change. Because the same individuals are not surveyed at different times, repeated cross-sectional surveys cannot evaluate development patterns or individual change (e.g., how patterns of drinking change with increasing age), nor can they fully resolve issues of causal order (e.g., whether unemployment causes drinking problems or whether drinking problems causes unemployment). However, repeated cross-sectional surveys are especially efficient at *identifying* and *measuring* aggregate period trends (e.g., changes in the percentage of the population engaged in alcohol and other drug use behaviours). Indeed, in comparison to longitudinal follow-up designs, the advantages of repeated cross-sectional designs is firstly, that each survey takes into account population changes, and secondly, that estimates combine effects of changing values and changing populations, and therefore provide an efficient estimate of net (i.e., population) change.

2. METHOD

2.1 Sampling Designs

The series of data described in this report are based on 22 repeated cross-sectional surveys conducted with Ontarians aged 18 and older by the Addiction Research Foundation since 1977 through 1998, and the Centre for Addiction and Mental Health (CAMH) since 1999 through 2007. These data, which amalgamate previous monitoring studies, including the Ontario Adult Drug Use series and the Ontario Alcohol and Other Drug Opinion Survey series (Ialomiteanu & Bondy, 1997), represent the longest and most comprehensive ongoing study of adult drug use in Canada.

2.1.1 Sampling Designs, 1977-1995

As seen in Table 2.1.1, the five surveys conducted between 1977 and 1989 were based on face-to-face interviews administered by Gallup Canada. In contrast, the 17 surveys conducted between 1991 and 2007 were based on Computer Assisted Telephone Interviewing. Using random-digit-dialling methods, these surveys employed two-stage probability selection and were conducted by the Institute for Social Research, York University.

Table 2.1.1: ARF/ CAMH - Ontario Adult Population Surveys, 1977-2007

Year	Mode of Interview	Survey Organization	Sample Design	N Date	RR Deff	Source
1977	Face-to-face	Gallup	Modified-probability design: The sample design incorporated stratification by six community size groups, based on the most recent census data: cities of 500,000 population and over; those between 100,000 and 500,000; 30,000 to 100,000; 10,000 to 30,000; 1,000 to 10,000, and rural farm and rural non-farm areas. The population was arrayed in geographic order, by census enumeration areas. Enumeration areas, on the average, contain about 500 to 1,000 people. Up to 105 enumeration areas were selected randomly from this array. Within urban centres, a random block sampling procedure was used to select starting points for interviewers. The interviewer was provided with a map of the enumeration area, showing the location of the starting point and was required to follow a specified route in the selection of households. Within the household, the youngest male, 18 years and over at home at the time of the interview, was surveyed. If there is no male available, or when the male quota was completed, the youngest available female, 18 years and over, was interviewed. The selection of rural and rural non-farm interviewing locations followed the sample design established for the urban centres in terms of geographic dispersion and random selection of enumeration areas. Because of the low population density and wide dispersion of households, the random block sampling procedure was replaced by quota sampling based on sex and age. Weights for the 1977 through 1989 surveys employed post-stratification adjustments according to the gender and age distribution according to the most relevant census data.	N=1,059 June 16-18	NA	(R. G. Smart & Goodstadt, 1977)
1982	Face-to-face	Gallup		N=1,040 Feb. 22-28	NA	(Reginald G. Smart & Adlaf, 1982)
1984	Face-to-face	Gallup		N=1,050 Feb. 27-March 3	NA	(R. G. Smart & Adlaf, 1984)
1987	Face-to-face	Gallup		N=1,084 Jan. 8-23	NA	(R. G. Smart & Adlaf, 1987)
1989	Face-to-face	Gallup		N=1,101 Feb. 11, March 4	NA	(E.M. Adlaf & Smart, 1989)
1991	Face-to-face	Gallup		N=1,041 Feb 5-15	NA	(E. M. Adlaf, Smart, & Canale, 1991)
1991	Telephone	ISR	Full-probability RDD: The survey used random-digit-dialling (RDD) techniques through Computer Assisted Telephone Interviewing (CATI) methods. The design employed a two-stage probability random-digit-dialling (RDD) survey. From a sampling frame of all active area codes and exchanges in Ontario provided by the ATT Long Lines Tape, a random sample of telephone numbers was selected with equal probability in the first stage of selection (i.e., households). Within selected households, one respondent was selected according to the most recent birthday of household members. A minimum of 12 call-backs were made to each nonresponding household, and all households who refused to participate were re-contacted in order to secure participation. Sampling weights were a function of the number of household members.	N=1,047 Feb 20-March 18	RR=67% Deff=1.14	(E. M. Adlaf et al., 1991)
1992	Telephone	ISR		N=1,058 June 14- Aug 20	RR=63% Deff=1.19	(Ferris, Templeton, & Wong, 1994)
1993	Telephone	ISR		N=1,034 April 19- May 24	RR=65% Deff=1.10	(S. Bondy, 1994)
1994	Telephone	ISR		N=2,022 March 1-May 5	RR=63% Deff=1.16	(E. M. Adlaf, Ivis, & Smart, 1994; Paglia, 1995)
1995	Telephone	ISR		N=994 March 28-May 9	RR=62% Deff=1.16	(Anglin, 1995)
1996	Telephone	ISR		N=2,721 April 8- Jan 8	RR=64%	(E. M. Adlaf, Ivis, Bondy et al., 1997; E. M. Adlaf, Ivis, Ialomiteanu, Walsh, & Bondy, 1997)

Year	Mode of Interview	Survey Organization	Sample Design	N Date	RR Deff	Source
1997	Telephone	ISR	six geographical regions with sample sizes allocated equally (disproportionally). From a sampling frame of all active area codes and exchanges in Ontario provided by the ATT Long Lines Tape, within each regional strata a random sample of telephone numbers was selected with equal probability in the first stage of selection (i.e., households). Within selected households, one respondent was selected according to the most recent birthday of household members. A minimum of 12 call-backs were made to each nonresponding household, and all households who refused to participate were re-contacted in order to secure participation. Twelve monthly samples were cumulated to provide overall estimates. Sampling weights were a function of the number of household members, regional probabilities and wave.	N=2,776 Jan 14- Dec 21	RR=67%	(Edward M. Adlaf, Ivis, & Ialomiteanu, 1998; Edward M. Adlaf, Ivis, Ialomiteanu et al., 1998)
1998	Telephone	ISR		N=2,509 Jan 21- Dec 20	RR=69%	(E.M. Adlaf, Paglia, & Ialomiteanu, 1999; Edward M. Adlaf, Paglia, Ivis, & Ialomiteanu, 1999)
1999	Telephone	ISR		N=2,436 Jan 20- Dec 21	RR=69%	(E. M. Adlaf & Ialomiteanu, 2001a; Edward M. Adlaf, Ialomiteanu, & Paglia, 2000)
2000	Telephone	ISR		N=2,406 Jan 20- Dec 21	RR=61%	(E. M. Adlaf & Ialomiteanu, 2001b; E. M. Adlaf, Ialomiteanu, & Paglia, 2001)
2001	Telephone	ISR		N= 2627 Jan 25- Dec 20	RR=61%	(E. M. Adlaf & Ialomiteanu, 2002a, 2002b)
2002	Telephone	ISR		N= 2421 Jan 10- Dec 22	RR=58%	(Ialomiteanu & Adlaf, 2003)
2003	Telephone	ISR		N= 2411 Jan 10- Dec 30	RR=58%	(Ialomiteanu & Adlaf, 2004)
2004	Telephone	ISR		N= 2611 Jan 03- Dec 30	RR=59%	(Ialomiteanu & Adlaf, 2005)
2005	Telephone	ISR		N= 2445 Jan 10- Dec 22	RR=61%	(E.M Adlaf, Ialomiteanu, & Rehm, 2008; Ialomiteanu & Adlaf, 2006)
2006	Telephone	ISR		N= 2016 Jan 03- Dec 30	RR=61%	(Ialomiteanu & Adlaf, 2007)

Notes: ISR= Institute for Social Research, York University, RR = effective response rate; Deff = average design effect

2.1.2 The CM Sample Design

In 1996, general population survey research activities of the Addiction Research Foundation were amalgamated into the Ontario Drug Monitor (ODM). To enhance comparability to earlier surveys, the ODM was designed to maintain many of the features of previous surveys. In 1999, this development continued, and the expanded survey now includes indicators of health and mental health. To more formally recognize this wider focus, we have renamed this project the CAMH Monitor (CM).

There are three major differences between the CM and earlier surveys:

1. The CM is based on the aggregation of independent monthly surveys (versus the time-limited fieldwork period in earlier surveys). Such repeated or “rolling” surveys have several advantages over single time surveys including the following:
 - greater capacity to detect seasonal and secular trends;
 - greater capacity to provide up-to-date information needs;
 - the sum of the repeated samples lead to better statistical estimation.
2. The CM is regionally stratified (versus non-stratified, proportional allocation employed in earlier surveys). Thus, the precision of estimates from areas such as Northern Ontario are improved compared to earlier surveys. As well, the potential for regionally pooling cases across surveys is greatly enhanced.
3. The CM sample size is increased from earlier surveys - exceeding 2,000 per year.

The 1996 to 2007 cycles of the CM survey were administered by the Institute for Social Research (ISR), York University. The survey used random-digit-dialling (RDD) methods via Computer Assisted Telephone Interviewing (CATI).

Between 1996 and 2005 the sample size exceeded 2,400 each year. In 2006, the usual monthly allocation of 200 respondents was reduced to 150 beginning in April. In 2007, the monthly allocation varied between 149 and 174 completions. The design employed a two-stage probability selection procedure. Each month a sampling frame of all active area codes and exchanges in Ontario provided by the ATI Long Lines Tape, within each regional stratum, a random sample of telephone numbers was selected with equal probability in the first stage of selection (i.e., households). Within selected households, one respondent age 18 or older who could complete the interview in English or French was selected according to the most recent birthday of household members. A minimum of 12 call-backs were placed to unanswered numbers and all households who refused to participate on the first contact were re-contacted in order to secure participation. To increase the precision of estimates within different areas of the province, the sample was equally allocated among six strata according to area code and the resulting counties, thus resulting in a disproportional allocation. (see Appendix A, Table A1).

2.2 Interviews

Two categories of questions exist in the CM - full, and panel items. In total, **2,005** respondents completed the interview in 2007. Two CATI interviews were employed: Panel A represents interviews with **1,000** respondents interviewed January through June; while Panel B represents interviews with **1,005** respondents interviewed July through December. The purpose of designing two interview schedules was to increase the number of items without increasing the length of any single interview. In 2007, the CATI schedule consisted of a maximum of

192 questions. On average, interviews lasted **26.2** minutes (range 9-76 min.; median 25 min.; 84% of interviews completed within 30 min). Interviews were conducted by 24 ISR interviewers, many of who had considerable CATI experience and had completed interviews on prior CAMH surveys. In addition, all respondents who refused to participate on the first call, were recontacted by an experienced interviewer in order to maximize participation (6.8% of initial refusers agreed to participate).

2.3 Participation, Representativeness and Sample Characteristics

Across all 12 months of data collection, of the 5,135 selected telephone numbers (of which 3,677 were known to be eligible or estimated to be eligible), **2,005** respondents participated, representing an effective response rate of **53%** (monthly response rates varied from 46% to 60%). The CM response rates are higher than those of the recent Canadian alcohol and drug use survey, the CAS (Canadian Addiction Survey) conducted in 2004 (E. M. Adlaf, Begin, & Sawka, 2005), which obtained an overall response rate of 47%. The BRFSS, the largest Health Risk Survey conducted in the United States by the CDC, obtained a medium state overall response rate of 41.2% (22.0% - 63.4%) in 2004 (Centers for Disease Control and Prevention, 2005). This decline in response rates in the past decade is common for other high quality surveys. For example, the University of Michigan's Survey of Consumer Attitudes, has found a decline in response rates from 60% in 1996 to 48% in 2003 (Curtin, Presser, & Singer, 2005).

The CM2007 sample represents Ontarians aged 18 and older (approx. 9,923,991 people). To evaluate the representativeness of the sample we

compared characteristics of CM2007 respondents aged 18 and older with comparable 2006 Census data (Statistics Canada, 2008b). There were no significant differences between the two samples for gender and age. Additional demographic comparisons (for marital status, education and region) were available only for respondents aged 20 and older. For the three available comparisons, there were differences between the two samples for marital status and education. Compared to the 2006 Census, the CM sample under-represented those never married (18.7% vs. 25.4%), those widowed, divorced or separated (14.8% vs. 17.9%), and those with less than high school education (35.4% vs. 44.6%). The CM sample over-represented those married (66.5% vs. 56.6%) and those with a university degree (29.5% vs. 22.4%). This over-representation of high education is common to telephone surveys (Trewin & Lee, 1988). Information regarding selected sample characteristics is presented in Appendix A, and data weighting information is presented in Appendix B. Detailed information regarding the CM2007 survey is available in a companion technical document (Ialomiteanu & Adlaf, 2008).

2.4 Measures Used in this Report

Measuring the spectrum of alcohol and other drug use requires several related, but independent pieces of information. Some of the basic data required to estimate consumption are prevalence, (what percentage of the population uses a given drug), frequency, (how often the drug is used), quantity, (how much is consumed), and concentration, (how potent is the substance). In this report we limit our attention to only a few of these factors. For alcohol consumption, we present information on prevalence, frequency and quantity; for other drug

use, we present information on prevalence only. Although several questions have been added or deleted over the course of this study, drug use questions have remained similar across each of the 22 surveys. The demographic characteristics and drug use measures presented in this report are briefly outlined in Tables 2.1.2 and 2.1.3. In addition to age and gender, we also examine the relationship between substance use and other respondent characteristics.

Table 2.1.2 **Socio-Demographic Measures**

Measure	Categories
Gender	Men; Women
Age (in years)	1) 18-29; 30-39; 40-49; 50-64; 65+ 2) 18-29; 30-39; 40-49; 50+ 3) 18-29; 30-49; 50+
Marital Status	1) Never married; married; living with partner; previously married (i.e. widowed, divorced or separated). 2) Never married; married (including living as married); previously married (i.e. widowed, divorced or separated).
Region	1) Region Strata – Toronto (416 area code); Central West (705, 905); Central East (519, 905); West (519); East (613); North (705, 807) (Also see Appendix A, Table A-1) 2) Public Health Regions – based on OMH 7 planning regions – Toronto; Central South; Central West; South West; Central East; East; North (Also see Appendix A, Table A-2) 3) Local Health Integration Networks – based on 14 geographic areas of Ontario (LHINs): Erie St. Clair; South West; Waterloo Wellington; Hamilton Niagara Haldimand Brant; Central West; Mississauga Halton; Toronto Central; Central; Central East, South East; Champlain; North Simcoe Muskoka; North East, and North West (see appended map in Chapter 8)
Education	Less than high school; completed high school; some college or university; completed university degree
Gross Annual Family Income (in thousands)	Less than \$30k; \$30-\$49k; \$50-\$790k; \$80k+; not stated

Table 2.1.3: Addiction and Mental Health Indicators

Measure	Definition
Alcohol Prevalence	Percentage reporting drinking at least once during the 12 months before the survey (Available 1977-2007; Q#AC1 or AC5)
Daily Drinking	Percentage reporting drinking at least one drink everyday ?? during the 12 months before the survey (Available 1977-2007; Q#AC5)
Five or More Drinks	Percentage reporting drinking five or more drinks on a single occasion on a weekly basis during the 12 months before the survey (Available 1977-2007, excl. 1992, 1993; Q# FIVE)
Number of Drinks Consumed in Past 12 months	Estimated number of drinks consumed in past 12 months is the product of the frequency of drinking during the past 12 months and the number of drinks typically consumed per occasion. (Available 1991-2007; Q# AC5*AC6A)
Exceeding Low Risk Drinking Guidelines	Percentage reporting exceeding the Low Risk Drinking Guidelines. Based on exceeding weekly and daily sex specific limits (men: no more than 14 standard drinks per week; women: no more than 9 standard drinks per week). Also, alcohol intake on any one day should be limited to 2 standard drinks (Available 2002-2007, Q# LRISKDRK)
Drinking and Driving	Percentage of respondents with a valid driver's licence reporting driving within one hour of consuming two or more drinks of alcohol (Available 1996-2007; Q#DD1, DD2)
Hazardous or Harmful Drinking (AUDIT)	Percentage scoring 8+ on the AUDIT screen. Based on 10 items assessing alcohol consumption and past 12 months alcohol-related problems (Available 1998-2007; Q#s AUD1T-AUD10T).
Current Smoking	Current smoking is defined as someone who: 1) is a daily or occasional smoker (tc1), 2) has smoked over 100 cigarettes in his or her lifetime (tc2), and 3) has smoked within the past 30 days (tc5). (Available 1996-2007; Q# SSTATUS)
Cannabis Use (Lifetime)	Percentage reporting the use of marijuana or hashish at least once in their lifetime. (Available 1977-2007; Q# CN1)
Cannabis Use (Past 12 months)	Percentage reporting the use of marijuana or hashish at least once during the 12 months before the survey. (Available 1977-2007; Q# CN2)
Cannabis Use and Driving	Percentage of respondents with a valid driver's licence reporting driving within 2 hours of consuming cannabis (Available 2002-2007; Q#CD1, CD2)
Hazardous or Harmful Cannabis Use (CUDIT)	Percentage scoring 8+ on the CUDIT screen. Based on 10 items assessing cannabis consumption and past 12 months cannabis-related problems (Available 2007; Q#s CUD1T-CUD10T).
Cocaine Use (Lifetime)	Percentage reporting the use of marijuana or hashish at least once in their lifetime (Available 1984-2006; Q# CK1).
Cocaine Use (Past 12 months)	Percentage reporting the use of marijuana or hashish at least once during the 12 months before the survey (Available 1984-2006; Q# CK2).
Elevated Psychological Distress (GHQ 3+)	Percentage reporting at least 3 of the 12 symptoms of the GHQ screen. Based on 12 items assessing symptoms of anxiety and depression over the past few weeks (Available 2000 - 2007; Q# GHQ1-GHQ12).
Use of Prescribed Anxiety Medication	Percentage reporting the use of prescribed anxiety medication at least once during the 12 months before the survey, and percentage reporting using at least once during the past 7 days (Available 1997,1999 to 2006; Q# ANX12; ANX7).
Use of Prescribed Depression Medication	Percentage reporting the use of prescribed depression medication at least once during the 12 months before the survey, and percentage reporting using at least once during the past 7 days (Available 1997,1999 to 2006; Q# DEP12;DEP7).
Health-Related Quality of Life Measures	Percentage reporting general "poor mental health" (defined as ratings of "fair" or "poor" mental health; and "frequent mental distress days" (defined as reporting at least 14 days of unhealthy mental health during the past 30 days (Available 2003 – 2007; Q# GH1, HS1A, GH2R, GH3R, GH4R).

2.5 Data Weighting, Suppression & Analysis

Because most sample surveys do not select respondents at a probability indicative of their representation in the population, data require weighting to ensure a proper representation of each interview (see Appendix B).

There are two aspects to the statistical quality of survey data: *precision*, typically measured by the 95% confidence interval; and *stability*, typically measured by the ratio of the standard error to its estimate. Confidence intervals indicate the probable error of a given survey estimate; thus, a $\pm 1.9\%$, 95% CI (based on the total CM sample of 2000 with a percentage estimate of 50%) indicates that with repeated sampling, 95% of the samples would contain the true population estimate. Confidence intervals, however, do not reflect total errors or accuracy, but reflect errors due to the fact that we are surveying only a sample of the total population. Errors as measured by confidence intervals do not include nonsampling errors such as question nonresponse, problems of respondent memory and recall, interviewer effects, sensitivity of questions, underreporting of drug use, and the like. Thus, the reader should always bear in mind that the “precision” of an estimate, as indicated by the confidence interval, is not synonymous with “total accuracy” of an estimate.

The ratio of the standard error to its estimate is a measure especially useful when comparing the precision of different estimates based on different sample sizes and different measures. The criteria for the suppression for CM data are based on the coefficient of variation (CV).

- In this report estimates are considered unstable and thus are suppressed if the coefficient of variation exceeded 33.3 or if the percentage was less than 1%. Estimates adjacent to a † should be interpreted with caution due to moderate sampling variability ($CV > 16.6$).

Sample designs employing complex sampling procedures, such as stratification, weighting and multistage selection, tend to underestimate the variance (or error) of estimates when simple random sampling (SRS) formulas are used. The implication of using SRS formulas on estimates from complex sampling designs is that we are likely to compute too narrow a confidence interval than truly exists. We will, therefore, be more likely to find a greater number of statistically significant differences that ought to exist. The design effect (DEFF) is essentially the ratio of the variance of an estimate derived from the particular sampling design over the variance of the same estimate of an SRS of the same size. A DEFF of 1.0 indicates that the variance of a given sample design is equivalent to a SRS. Most complex designs, however, tend to have DEFFs larger than 1.0, and consequently, tend to underestimate sampling error.

- All 2007 estimates of variance are based on Taylor series methods implemented in Stata (StataCorp, 2007). Estimates of sampling error for surveys conducted between 1982 and 1995 are based on effective sample sizes derived from an average design effect (see Table 2.1.1).

2.6 Outline of the Report

Our analysis is descriptive. In reporting the 2007 findings, we present population estimates and estimates of probable error. As well, we examine associations between substance use and six demographic characteristics -- gender, age, marital status, region, education, and income. Our analysis is descriptive, but we do employ statistical controls for these six characteristics. Although such multivariate analysis complicates the reporting of results, we feel that this approach will reduce problems of misinterpretation of data that are common to simple descriptive reports, and will provide a more useful and accurate interpretation of the data. For example, it is commonly reported that alcohol and other drug use varies by marital status. However, those who have never been married are, on average, younger in age. Thus, we cannot know whether the variation in drug use by marital status is due to the unique aspects of marital status or whether they are due to age differences. Controlling for age (and other demographic factors) reduces the problem of misinterpretation of the data. All statistical analyses in this section are based on logistic regression models.

We also describe short-term and long-term changes in drug use. For the trend analyses, we merged all 12 surveys between the years 1996 and 2007, resulting in a data file with **29,384** respondents and 72 strata (6*12) (earlier years could not be merged because of a different survey design).

Our trend analysis is two-fold:

1. For each outcome, we compare the most recent estimate (2007) to the prior year (2006) and we identify whether the difference between these two estimates is statistically significant (i.e., it is likely that the difference is not due to chance). We employ a Wald test at the $p < .05$ level. It is important to note that the outcome of a statistically significant difference does not necessarily indicate an important public health finding.
2. For trend analyses between the years 1996 and 2007 we employ several strategies:
 - First, we assess overall change between 1996-2007 using the Wald statistic. This provides a general indication of whether there is any significant variation across years.
 - Second, we assess whether changes between 1996 and 2007 represent linear or non-linear patterns.
 - And third, we evaluate whether changes between 1996 and 2007 occur differentially for different subgroups. This is done by assessing change within each subgroup (sex, age, region, etc.) separately. In addition, for some indicators, we evaluate also year interaction terms (year by sex; year by age groups, year by region, etc.).

2.7 Presentation of Data

Readers should note the following:

- Sample sizes reported in tables refer to the actual number of people surveyed.
- We use the word “significant” (e.g., significant increase, non-significant decrease) to indicate relationships or differences that are statistically

significant at the $p < .05$ level. To compare the statistical significance of two percentages, we constructed 95% confidence intervals around the difference (Fleiss, 1981).

- Tables and figures frequently provide a 95% confidence interval, which gives an indication of probable sampling error.

Table Description

Below is a brief discussion of the tabular material.

Percentage ***Drinking Alcohol*** During the Past 12 Months, Adjusted Group Differences, Ontarians Aged 18+

		%	95%CI	Adjusted Odds Ratios for Factors 1-6
Total Sample		77.2	(75.1, 79.1)	
1) Gender				***
Women	(Comparison Group)	73.0	(70.1, 75.7)	---
Men		81.7	(78.8, 84.3)	1.49
2) Age		①	②	③ NS
18-29	(Comparison Group)	85.7	(81.5, 89.1)	---
30-39		80.3	(75.8, 84.1)	0.76
40-49		79.2	(74.8, 83.0)	0.70
50-64		76.5	(71.7, 80.7)	0.68
65+		61.9	(56.2, 67.3)	0.50*

① **Percentage estimate:** Displays the estimated percentage by group (e.g., gender, age group, etc.)

② **Confidence interval:** Displays the probable accuracy of the estimate - the “true” population value would be expected within this range (in 95 of 100 samples) 95% of the time. Confidence intervals account for characteristics of the sample design (e.g., design effects). For example, we see that 77.2% reported past 12 months drinking. Thus, ignoring nonsampling

errors, we can be reasonably confident that with repeated sampling the true percentage of people drinking in the population would fall within the interval 75.1% and 79.1%.

③ **Adjusted Odds Ratio:** Displays odds ratios after controlling for the other six factors in the table, including gender, age, marital status, region, education and income. For example, adjusting for other factors, the rate of drinking among men is 1.5 times higher than among women.

3. ALCOHOL

3.1. Alcohol Prevalence

The prevalence of past year drinking - the percentage consuming alcohol at least once during the 12 months before the survey - is an indicator of the relative size of the drinking population, and establishes the extent of potential exposure to alcohol-related problems.

2007 Table 3.1.1; Fig.3.1.1-3.1.2

Overall, the estimated percentage of Ontarians who have used alcohol in the 12 months before the survey is 81.5%, with probable estimates ranging from 79.4% to 83.4%. In addition, 13.6% did not drink alcohol during the past 12 months and 5.0% reported never drinking in their lifetime.

After adjusting for other demographic characteristics, gender, age, public health region, education, and income were all significantly related to past year use of alcohol.

- The odds of drinking among men were 1.4 times higher than among women (85.3% vs. 77.8%).
- Prevalence of drinking was highest among those aged 18 to 29 and lowest among those aged 65 or older (89.5% vs. 73.5%)
- Compared to the provincial average, prevalence of drinking was significantly higher among those living in the North (84.8%) and significantly lower among those living in Toronto (73.6%).
- The use of alcohol tended to increase with education. Use was lowest among those who have not completed high school (68.4%) and highest among those with some post-secondary education (83.2%).
- The rate of drinking increased significantly with income. The odds of drinking were 4.4 times higher among those with an income of \$80,000 or more,

compared to those earning less than \$30,000.

There were no significant effects for and marital status.

Frequency of Drinking... Fig. 3.1.3-3.1.6

Among drinkers, the most common frequency of drinking was less than once a month (24.5%). Almost one in five drinkers (18.2%) drank two to three times a week and about one in fifteen (7.3%) drank on a daily basis.

Despite some fluctuations in the frequency of drinking among the total sample, and among drinkers, between 1996 and 2007, there were no dominant changes within either group. Over the long-term, between 1977 and 2007, overall there was a decline in daily drinking among drinkers and among the total sample, but this decline seemed to have levelled off in 2007.

Trends..... Table 3.1.2; Fig. 3.1.7.

Alcohol prevalence increased significantly in 2007 compared to 2006 (81.5% vs. 77.7%). In addition, significant differences were found for gender, age, public health regions, marital status and education subgroups. Rates of alcohol use were significantly higher between these two years for women (77.8% vs. 73.9%), those aged 18 to 29 (89.5% vs. 84.5%), and those aged 50 to 64 (82.3% to 77.2%). Significant year over year increases were found also for those living in the Central East, in the East and in Northern Ontario, those married and those previously married and those who had completed high school education.

Between 1996 and 2007, overall there was a significant non-linear variation, with a low found in 1998 at 77.1% and a high of 81.5% in 2007.

Trend analyses done separately for each subgroup showed a significant nonlinear upward trend for: women (from a low of 72.5% in 1998 to a high of 77.8% in 2007); those aged 18 to 29 (from a low of 82.5% in 1998 to a high of 89.5% in 2007); and those aged 65 and older (from 58.8% in 1997 to 73.5% in 2007). There were also significant variation in past 12 months drinking among those who are married, those who completed high school and those with some college or university education.

There were no significant year-by-sex, year-by-age, year-by-public health region, year-by-marital status, or year-by-education interaction effects.

Long term trend analysis between 1977 and 2007 revealed both a significant linear and non-linear trend in alcohol use.

Table 3.1.1: Percentage ***Drinking Alcohol*** During the Past 12 Months and Adjusted Group Differences, Ontarians Aged 18+, 2007

	N	%	95% CI	Adjusted Odds Ratio
Total Sample	2005	81.5	(79.4, 83.4)	—
Gender				*
Men	840	85.3	(82.4, 87.9)	1.37
Women (<i>Comparison Group</i>)	1165	77.8	(74.8, 80.6)	—
Age				***
(<i>Comparison Group is previous age group</i>)				
18-29	258	89.5	(83.8, 93.3)	—
30-39	315	81.9	(76.4, 86.3)	0.38**
40-49	402	82.8	(78.0, 86.7)	0.89
50-64	551	82.3	(78.2, 85.7)	1.18
65+	417	73.5	(68.5, 77.9)	0.63**
Public Health Region				*
Toronto (<i>vs. Provincial Average</i>)	317	73.6	(67.8, 78.7)	0.64**
Central South	177	82.7	(75.6, 88.1)	1.09
Central West	244	80.3	(74.1, 85.3)	0.90
South West	339	84.3	(79.7, 88.0)	1.02
Central East	268	85.3	(80.3, 89.2)	1.06
East	351	85.6	(81.5, 89.0)	1.05
North	309	84.8	(80.3, 88.5)	1.42*
Marital Status				NS
Married/Partner (<i>Comparison Group</i>)	1177	81.4	(78.7, 83.8)	—
Previously Married	463	77.7	(73.2, 81.6)	1.13
Never Married	337	85.0	(79.4, 89.3)	1.06
Education				**
Less than high school (<i>Comparison Group</i>)	284	68.4	(61.2, 74.8)	—
Completed high school	480	81.9	(77.5, 85.7)	1.73**
Some college or university	679	84.7	(81.4, 87.5)	1.73**
University degree	525	83.2	(79.0, 86.7)	1.95**
Household Income				***
< \$30,000 (<i>Comparison Group</i>)	282	69.4	(62.6, 75.6)	—
\$30,000-\$49,000	311	80.7	(74.9, 85.4)	1.71*
\$50,000-\$79,000	373	78.1	(72.8, 82.7)	1.47
\$80,000+	549	91.2	(88.1, 93.6)	4.40***
Not stated	490	76.9	(72.1, 81.2)	1.63

Notes: (1) *p<.05; **p<.01; ***p<.001; CI = 95% confidence interval; NS – no significant difference.
(2) Asterisks in group row indicate the significance of the group effect, based on Wald test.
(3) Odds greater than 1.0 indicate that drug use is more likely to occur in the group being compared to the comparison group; odds less than 1.0 indicate that drug use is less likely to occur in the group being compared to the comparison group.
(4) Adjusted odds ratio adjusted for gender, age, region, marital status, education and income.
Q: During the past 12 months have you had a drink of any alcoholic beverage?
Source: The CAMH Monitor, Centre for Addiction and Mental Health

Table 3.1.2: Percentage *Drinking Alcohol* During the Past 12 Months, by Demographic Characteristics, Ontarians Aged 18+, 1977-2007

	1977	1982	1984	1987	1989	1991	1992	1993	1994	1995	1996	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007	Change
(N=)	(1059)	(1040)	(1051)	(1084)	(1101)	(1047)	(1058)	(941)	(2022)	(994)	(2721)	(2776)	(2509)	(2436)	(2406)	(2627)	(2421)	(2411)	(2611)	(2445)	(2016)	(2005)	
Total Sample	79.9	77.6	84.5	83.1	82.6	80.3	86.6	83.3	82.1	84.4	79.3	79.9	77.1	79.1	77.1	79.5	79.5	80.4	81.2	78.9	77.7	81.5	T 2Y
	(73.6, 86.2)	(75.1, 80.1)	(82.3, 86.7)	(80.9, 85.3)	(80.4, 84.8)	(77.9, 82.7)	(84.5, 88.7)	(80.9, 85.7)	(80.4, 83.8)	(82.1, 86.7)	(77.5, 81.1)	(78.1, 81.6)	(75.0, 79.0)	(77.2, 80.9)	(75.1, 79.1)	(77.6, 81.3)	(77.6, 81.3)	(78.5, 82.1)	(79.3, 83.0)	(77.0, 80.7)	(75.5, 79.8)	(79.4, 83.4)	
Gender																							
Men	85.9	81.6	86.8	87.6	85.8	81.8	89.7	91.6	84.7	86.8	82.7	83.2	82.1	85.1	81.7	83.6	82.3	83.4	85.2	83.3	84.2	85.3	— —
	(82.9, 88.9)	(78.3, 84.9)	(83.9, 89.7)	(84.8, 90.4)	(82.9, 88.7)	(78.4, 85.2)	(87.0, 92.4)	(89.1, 94.1)	(82.6, 86.8)	(83.8, 89.8)	(80.6, 84.8)	(81.1, 85.3)	(79.2, 84.6)	(82.4, 87.4)	(78.8, 84.3)	(80.8, 86.0)	(79.5, 84.8)	(80.8, 85.8)	(82.5, 87.5)	(80.3, 85.9)	(81.5, 86.6)	(82.4, 87.9)	
Women	73.4	73.6	82.3	78.8	79.6	78.7	83.9	75.4	79.8	82.0	76.4	76.9	72.5	73.6	73.0	75.7	76.9	77.5	77.5	72.4	73.9	77.8	T 2Y
	(69.6, 77.2)	(69.8, 77.4)	(79.0, 85.6)	(75.4, 82.2)	(76.2, 83.0)	(75.3, 82.1)	(80.9, 87.0)	(71.8, 79.0)	(77.2, 82.4)	(78.7, 85.3)	(74.3, 78.5)	(74.8, 79.0)	(69.6, 75.3)	(70.7, 76.3)	(70.1, 75.7)	(73.0, 78.3)	(74.1, 79.4)	(74.8, 80.0)	(74.8, 80.0)	(69.2, 75.4)	(71.1, 76.6)	(74.8, 80.6)	
Age																							
18 - 29 years	85.8	82.5	89.8	92.1	88.1	87.2	90.9	89.2	86.0	86.7	83.5	83.6	82.5	86.5	85.7	84.9	84.6	87.4	86.9	82.5	84.5	89.5	T 2Y
	(81.8, 89.8)	(78.0, 87.0)	(86.2, 93.3)	(88.7, 95.5)	(84.0, 92.2)	(83.2, 91.2)	(87.5, 94.3)	(85.3, 93.1)	(82.9, 89.1)	(82.4, 91.0)	(80.3, 86.7)	(80.5, 86.7)	(77.9, 86.3)	(82.4, 89.8)	(81.5, 89.1)	(80.4, 88.6)	(79.9, 88.3)	(83.4, 90.5)	(82.3, 90.4)	(77.4, 86.7)	(78.6, 89.1)	(83.8, 93.3)	
30 - 39 years	86.0	82.5	91.1	87.7	90.8	84.2	86.7	81.7	85.1	85.2	83.6	84.4	81.5	81.4	80.3	86.5	81.6	83.0	85.5	82.6	78.2	81.9	T —
	(81.4, 90.6)	(77.8, 87.2)	(87.5, 94.7)	(83.9, 91.5)	(87.5, 94.1)	(79.8, 88.6)	(82.7, 90.7)	(77.2, 86.2)	(82.1, 88.1)	(80.7, 89.7)	(80.8, 86.4)	(81.6, 87.2)	(77.5, 84.9)	(77.0, 85.0)	(75.8, 84.1)	(82.8, 89.5)	(77.3, 85.3)	(78.5, 86.7)	(81.1, 89.0)	(78.2, 86.3)	(72.8, 82.8)	(76.4, 86.3)	
40 - 49 years	88.6	80.6	88.6	87.7	87.3	81.2	90.4	85.7	84.1	86.0	81.6	85.2	78.0	81.5	79.2	79.1	84.0	81.6	82.9	83.1	82.4	82.8	— —
	(84.0, 93.2)	(74.0, 87.1)	(84.1, 93.1)	(82.8, 92.6)	(82.4, 92.2)	(7.60, 86.4)	(86.4, 94.4)	(80.9, 90.5)	(80.7, 87.5)	(81.3, 90.7)	(78.4, 84.8)	(82.3, 88.1)	(73.4, 81.9)	(77.1, 85.2)	(74.8, 83.0)	(74.7, 82.9)	(79.9, 87.4)	(77.7, 85.0)	(78.8, 86.4)	(79.3, 86.3)	(77.7, 86.3)	(78.0, 86.7)	
50 - 64 years	76.2	76.2	80.0	80.9	74.2	73.8	83.1	81.0	78.2	86.4	76.0	77.4	77.2	78.0	76.5	78.0	80.1	78.8	81.5	77.8	77.2	82.3	— 2Y
	(70.2, 82.2)	(70.4, 82.0)	(74.5, 85.5)	(75.6, 86.2)	(68.3, 80.1)	(66.7, 80.9)	(77.1, 89.1)	(74.9, 87.1)	(73.7, 82.7)	(81.2, 91.6)	(72.2, 79.8)	(73.8, 81.0)	(72.2, 81.6)	(73.2, 82.1)	(71.7, 80.7)	(73.7, 81.9)	(75.9, 83.7)	(74.3, 82.6)	(77.8, 84.7)	(73.7, 81.5)	(72.8, 80.9)	(78.2, 85.7)	
65+ years	53.5	58.5	64.8	58.2	66.8	63.8	73.6	72.0	67.0	71.6	66.2	58.8	65.5	66.6	61.9	67.0	65.9	69.9	70.6	67.6	65.9	73.5	T —
	(45.6, 61.4)	(49.8, 67.2)	(56.3, 73.3)	(50.7, 65.7)	(59.5, 74.1)	(55.6, 7.20)	(66.0, 81.2)	(64.3, 79.7)	(61.0, 73.0)	(63.6, 79.6)	(61.6, 70.8)	(54.0, 63.6)	(59.8, 70.9)	(61.2, 71.6)	(56.2, 67.3)	(61.6, 72.0)	(60.2, 71.1)	(64.7, 74.8)	(65.6, 75.2)	(62.3, 72.5)	(60.4, 71.0)	(68.5, 77.9)	
Region																							
Toronto	—	—	—	—	—	—	—	—	—	—	74.1	74.2	74.1	72.0	69.7	78.8	75.1	78.4	76.0	73.9	76.4	73.6	— —
											(69.1, 78.5)	(69.2, 78.6)	(68.9, 78.7)	(66.7, 76.6)	(64.4, 74.5)	(74.1, 82.9)	(70.1, 79.5)	(73.7, 82.4)	(70.9, 80.5)	(68.9, 78.4)	(70.8, 81.2)	(67.8, 78.7)	
Central South	—	—	—	—	—	—	—	—	—	—	80.2	78.1	77.5	81.6	78.3	78.2	77.4	85.7	83.2	80.7	76.1	82.7	— —
											(74.2, 85.1)	(71.9, 83.2)	(70.8, 83.1)	(75.6, 86.5)	(71.8, 83.6)	(71.3, 83.9)	(70.5, 83.0)	(79.8, 90.1)	(77.2, 87.8)	(74.3, 85.8)	(67.7, 82.8)	(75.6, 88.1)	
Central West	—	—	—	—	—	—	—	—	—	—	81.9	81.9	77.1	83.5	77.7	77.5	81.9	77.9	83.8	77.9	78.9	80.3	— —
											(77.1, 85.9)	(75.5, 86.9)	(71.3, 82.0)	(78.6, 87.4)	(72.0, 82.5)	(72.0, 82.2)	(76.8, 86.1)	(72.4, 82.6)	(78.7, 87.8)	(72.6, 82.5)	(72.9, 83.9)	(74.1, 85.3)	
South West	—	—	—	—	—	—	—	—	—	—	78.0	81.2	76.7	79.0	81.6	77.9	83.6	80.1	83.3	79.0	82.3	84.3	— —
											(73.9, 81.7)	(77.1, 84.6)	(71.8, 81.0)	(74.2, 83.1)	(77.1, 85.3)	(73.4, 81.8)	(79.2, 87.1)	(75.5, 84.1)	(79.2, 86.7)	(74.5, 82.9)	(77.8, 86.0)	(79.7, 88.0)	
Central East	—	—	—	—	—	—	—	—	—	—	82.7	84.2	80.6	80.6	76.9	83.3	78.6	85.5	83.1	81.9	78.3	85.3	— 2Y
											(77.5, 86.8)	(80.1, 87.5)	(74.9, 85.3)	(75.0, 85.2)	(71.0, 81.9)	(77.8, 87.7)	(72.4, 83.7)	(80.5, 89.4)	(77.6, 87.4)	(76.7, 86.2)	(72.2, 83.4)	(80.3, 89.2)	
East	—	—	—	—	—	—	—	—	—	—	81.1	81.2	79.5	81.7	80.8	81.4	83.3	78.2	82.6	81.6	76.0	85.6	— 2Y
											(77.0, 84.5)	(77.2, 84.7)	(74.9, 83.5)	(76.9, 85.6)	(76.2, 84.7)	(77.1, 85.1)	(79.0, 86.9)	(73.6, 82.2)	(78.4, 86.2)	(77.1, 85.4)	(70.5, 80.8)	(81.5, 89.0)	
North	—	—	—	—	—	—	—	—	—	—	82.0	81.1	74.8	81.2	83.2	80.0	77.7	79.6	81.1	82.2	74.6	84.8	T 2Y
											(78.1, 85.4)	(77.0, 84.5)	(69.9, 79.2)	(76.7, 84.9)	(79.1, 86.7)	(76.2, 83.4)	(73.1, 81.7)	(74.9, 83.5)	(77.6, 84.2)	(78.0, 85.8)	(69.0, 79.5)	(80.3, 88.5)	

Continued....

	1977	1982	1984	1987	1989	1991	1992	1993	1994	1995	1996	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007	Change
(N=)	(1059)	(1040)	(1051)	(1084)	(1101)	(1047)	(1058)	(941)	(2022)	(994)	(2721)	(2776)	(2509)	(2436)	(2406)	(2627)	(2421)	(2411)	(2611)	(2445)	(2016)	(2005)	
Marital Status																							
Married/Partner	—	—	—	—	—	79.3	87.4	82.0	81.5	85.1	79.8	79.9	77.7	78.9	76.5	80.0	81.3	79.9	82.0	79.8	77.5	81.4	T 2Y
Previously Married	—	—	—	—	—	73.6	81.1	76.5	76.8	80.5	72.5	74.3	65.3	69.5	68.9	73.7	70.8	72.6	74.0	72.5	66.0	77.7	– 2Y
Never Married	—	—	—	—	—	85.8	87.5	89.5	85.8	84.8	82.5	82.8	81.4	85.7	83.4	82.4	80.8	86.0	84.3	80.6	85.1	85.0	– –
Education																							
Less than HS	—	—	—	—	—	64.3	84.0	78.2	72.1	79.1	69.4	68.7	68.4	66.7	61.1	65.7	68.6	68.2	68.3	63.4	67.0	68.4	– –
Completed HS	—	—	—	—	—	81.4	84.4	81.7	83.1	83.0	79.8	77.0	73.0	78.7	76.6	80.8	77.6	80.1	82.0	79.2	74.8	81.9	T 2Y
Some College or Univ	—	—	—	—	—	87.2	90.2	81.8	85.9	84.2	82.4	86.1	81.7	83.0	84.6	83.6	83.3	82.4	85.2	82.9	80.5	84.7	T –
University Degree	—	—	—	—	—	87.4	88.2	92.4	85.3	91.4	84.0	83.4	83.4	83.9	79.2	81.4	83.6	85.8	83.2	80.7	81.9	83.2	– –

Notes: ^a 95% confidence interval; — data not available.

Trend Analysis: – change not significant at p<.05; **T** significant change (p<.05) between 1996-2007; **2Y** significant change (p<.05) between last two estimates.

Q: During the past 12 months have you had a drink of any alcoholic beverage?

Source: The CAMH Monitor, Centre for Addiction and Mental Health

Figure 3.1.1
Past Year Alcohol Use, Ontarians Aged 18+, 2007

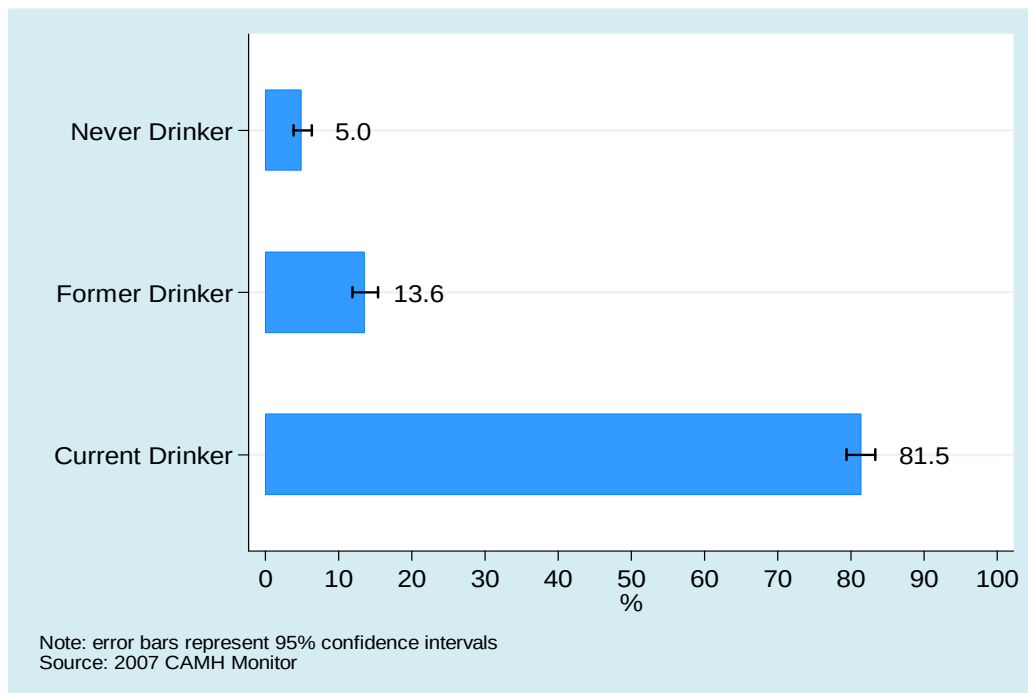


Figure 3.1.2
Past Year Alcohol Use by Gender, Age and Region, Ontarians Aged 18+, 2007

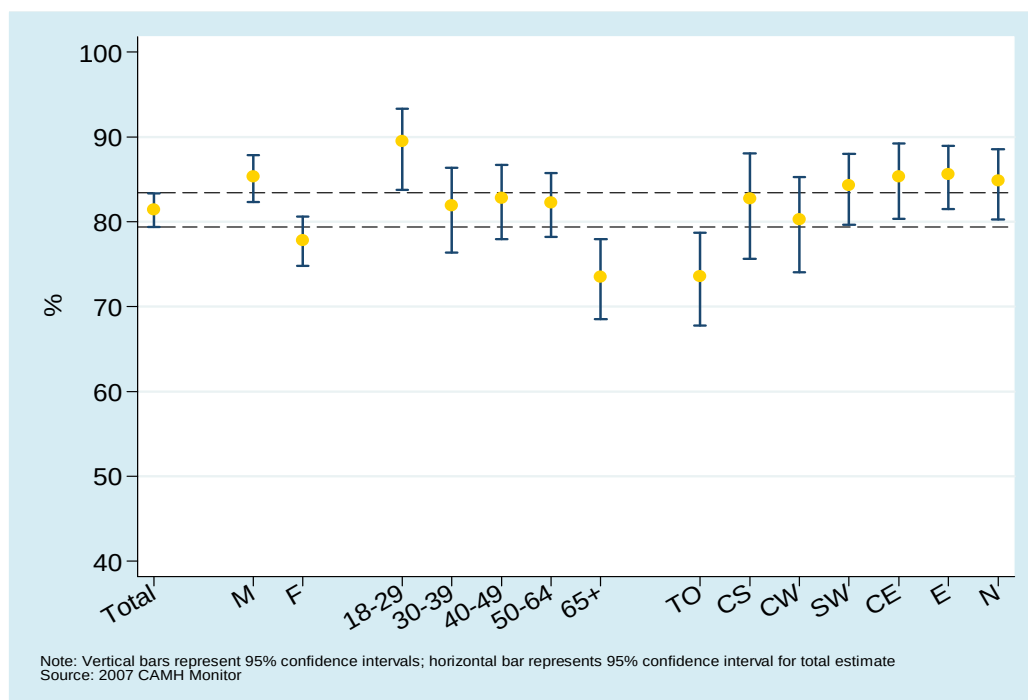


Figure 3.1.3
Past Year Frequency of Drinking Among Ontarians Aged 18+, 2007

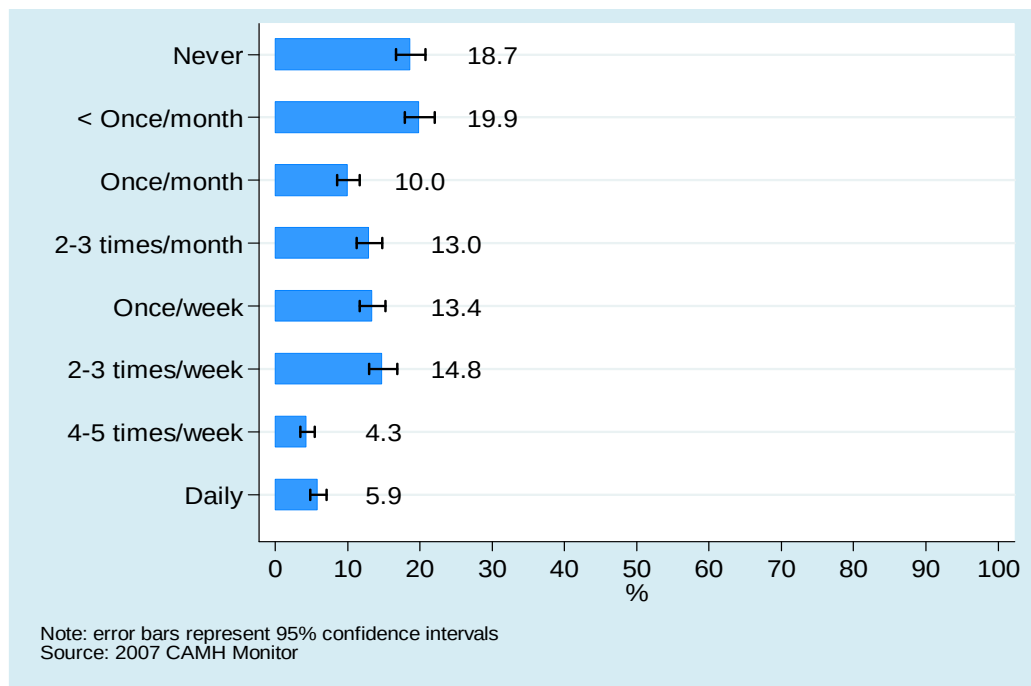


Figure 3.1.4
Past Year Frequency of Drinking Among Ontario Drinkers, Aged 18+, 2007

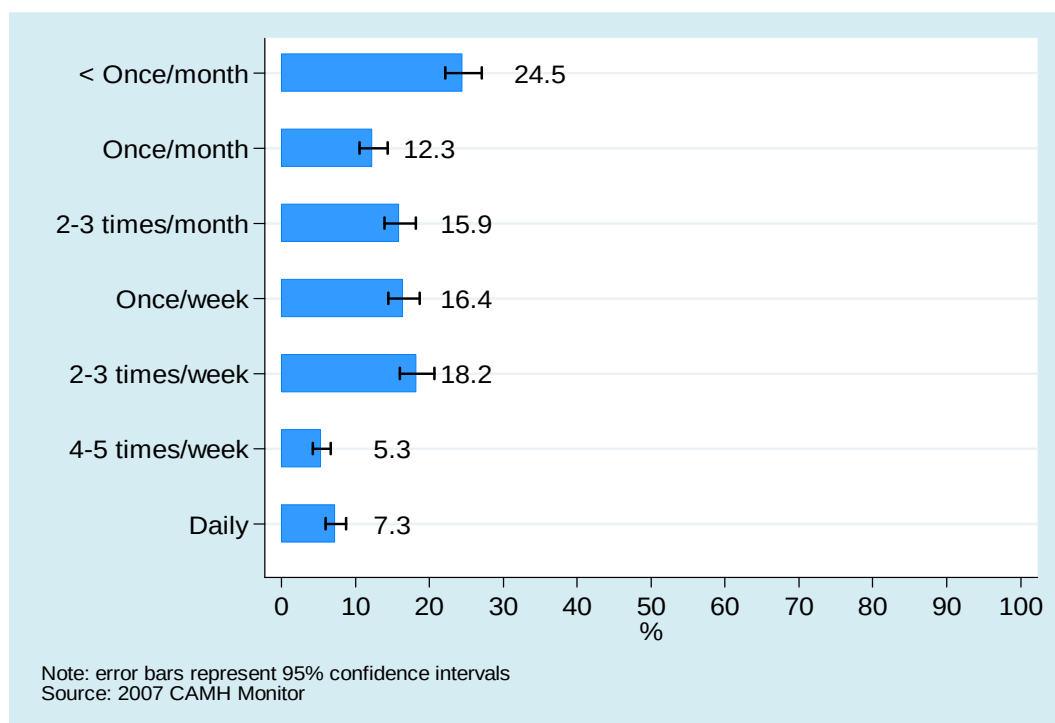


Figure 3.1.5
Frequency of Drinking Among Ontarians Aged 18+, 1977-2007

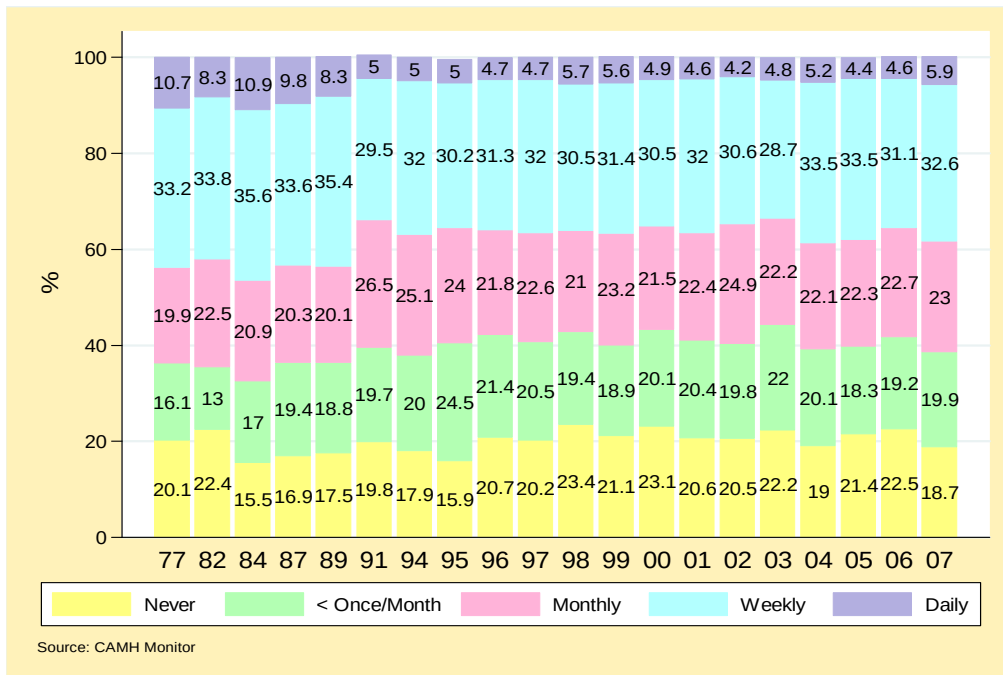


Figure 3.1.6
Frequency of Drinking Among Past Year Drinkers, 1977-2007

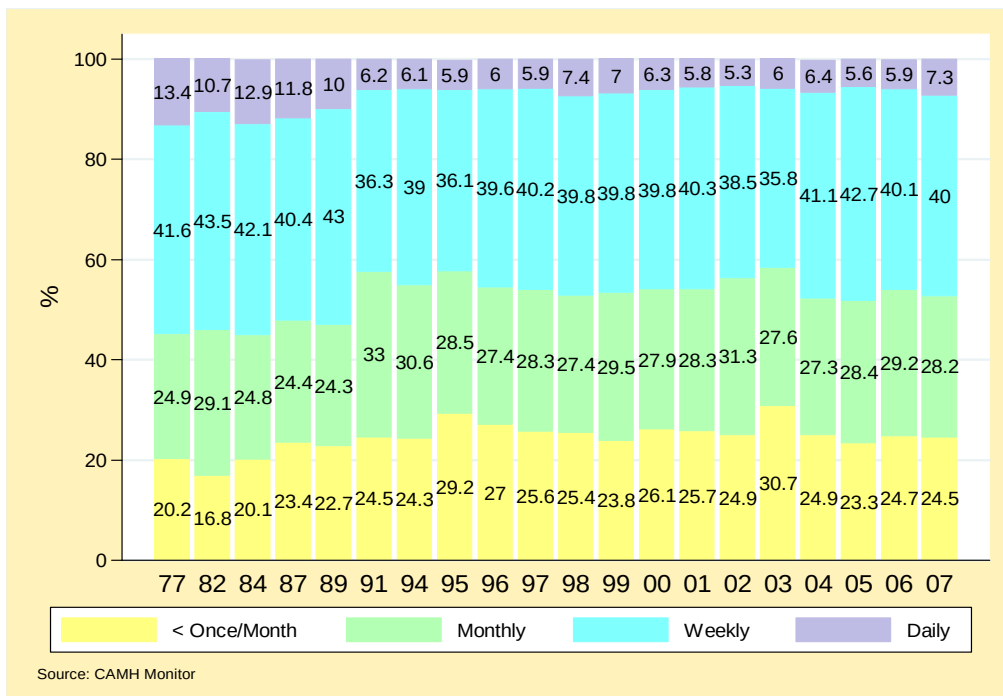


Figure 3.1.7
Past Year Alcohol Use, Ontarians Aged 18+, 1977-2007



3.2 Daily Drinking

The percentage drinking alcohol on a daily basis is an indicator of a regular pattern of drinking. This indicator, however, is not synonymous with a problematic drinking pattern.

2007.....Table 3.2.1, 3.2.2; Fig. 3.2.1

Approximately 5.9% (range: 4.9% to 7.1%) of Ontarians reported drinking daily in the past 12 months. Among past year drinkers, the prevalence was 7.3% (6.0% to 8.8%).

Among the demographic characteristics examined, after controlling for other variables, gender, age and income were significantly related to daily alcohol consumption.

- The odds of daily drinking were 2.4 times higher for men than women (7.8% vs. 4.1%).
- Daily drinking tended to increase significantly with age. It was lowest among those 18 to 29 year olds (less than 1%), and highest among those aged 65 or older (14.7%).
- Daily drinking was highest among those with an income of more than \$80,000 (7.6%) and lowest among those with incomes between \$50,000 and \$79,000 (2.9%).

Marital status, public health region, and education were not significantly related to daily drinking, after controlling for other demographics.

Past year drinkers displayed similar characteristics related to daily drinking: men and those aged 65 and older reported the highest rates of daily drinking among their respective demographic subgroups, and those with incomes between \$50,000 and \$79,000

reported the lowest rates of daily drinking.

Trends.....Table 3.2.3; Fig. 3.2.2

Between 2006 and 2007, although the prevalence of daily drinking among drinkers increased, the difference was not significant (5.9% vs. 7.3%). In addition, rates of daily drinking were stable for all gender, age, region, marital status, education, and income subgroups.

Between 1996 and 2007, daily drinking among drinkers did not vary significantly and there was no evidence of dominant differential change for most subgroups. However, there was a significant increase in daily drinking among women, from a low of 2.6% in 2001 to a high of 5.3% in 2007. Another significant linear increase was found for respondents living in the Central South region, from 2.6% in 2001 to 11.4% in 2007.

Between 1977 and 2007, overall daily drinking among drinkers decreased considerably. From a high of 13.4% in 1977, it decreased to a low of 4.1% in 1992 and has varied between 5.3% and 7.4% since 1993. This greater moderation was especially prominent among men, whose daily drinking dropped from 19.5% in 1977 to 9.2% in 2007.

Table 3.2.1: Percentage *Drinking Alcohol Daily* During the Past 12 Months and Adjusted Group Differences, Ontarians Aged 18+, 2007

	N	%	95% CI	Adjusted Odds Ratio
Total Sample	2005	5.9	(4.9, 7.1)	—
Gender				***
Men	840	7.8	(6.1, 9.9)	2.37
Women (<i>Comparison Group</i>)	1165	4.1	(3.0, 5.5)	—
Age				***
<i>(Comparison Group is previous age group)</i>				
18-29	258	†	—	—
30-39	315	† 3.2	(1.6, 6.4)	—
40-49	402	† 4.9	(2.9, 8.1)	1.29
50-64	551	† 6.9	(5.0, 9.5)	2.29**
65+	417	14.7	(11.1, 19.4)	2.14**
Public Health Region				NS
Toronto (<i>vs. Provincial Average</i>)	317	† 6.3	(4.0, 9.8)	1.21
Central South	177	9.4	(5.8, 14.9)	1.51
Central West	244	† 4.5	(2.6, 7.6)	1.15
South West	339	† 6.5	(4.3, 9.7)	1.12
Central East	268	† 5.0	(2.8, 8.7)	0.72
East	351	† 6.0	(3.9, 9.2)	1.06
North	309	† 2.6	(1.4, 5.0)	0.57*
Marital Status				NS
Married/Partner (<i>Comparison Group</i>)	1177	6.7	(5.3, 8.4)	—
Previously Married	463	7.9	(5.4, 11.5)	1.09
Never Married	337	† 1.8	(1.0, 3.3)	1.63
Education				NS
Less than high school (<i>Comparison Group</i>)	284	† 7.8	(4.7, 12.6)	—
Completed high school	480	6.2	(4.3, 8.9)	1.31
Some college or university	679	† 4.4	(3.0, 6.5)	1.01
University degree	525	† 6.4	(4.5, 9.0)	1.05
Household Income				*
< \$30,000 (<i>Comparison Group</i>)	282	† 6.4	(3.6, 11.0)	—
\$30,000-\$49,000	311	† 5.3	(3.3, 8.5)	1.35
\$50,000-\$79,000	373	† 2.9	(1.6, 5.2)	0.65
\$80,000+	549	† 7.6	(5.5, 10.5)	1.99
Not stated	490	† 6.1	(4.2, 8.8)	1.07

Notes: (1) *p<.05; **p<.01; ***p<.001; CI = 95% confidence interval; NS – no significant difference; † estimates unstable or suppressed.

(2) Asterisks in group row indicate the significance of the group effect, based on Wald test.

(3) Odds greater than 1.0 indicate that drug use is more likely to occur in the group being compared to the comparison group; odds less than 1.0 indicate that drug use is less likely to occur in the group being compared to the comparison group.

(4) Adjusted odds ratio adjusted for gender, age, region, marital status, education and income.

Q: How often did you drink alcoholic beverages during the past 12 months?

Source: The CAMH Monitor, Centre for Addiction and Mental Health

Table 3.2.2: Percentage ***Drinking Alcohol Daily*** During the Past 12 Months and Adjusted Group Differences, Ontarian *Drinkers* Aged 18+, 2007

	N	%	95% CI	Adjusted Odds Ratio
Total Sample	1618	7.3	(6.0, 8.8)	—
Gender				***
Men	710	9.2	(7.1, 11.7)	2.24
Women (<i>Comparison Group</i>)	908	5.3	(3.9, 7.1)	—
Age				***
<i>(Comparison Group is previous age group)</i>				
18-29	237	†	—	—
30-39	263	† 3.9	(1.9, 7.7)	—
40-49	333	† 5.9	(3.5, 9.8)	1.31
50-64	458	8.4	(6.1, 11.6)	2.31**
65+	289	20.2	(15.2, 26.2)	2.48**
Public Health Region				NS
Toronto (<i>vs. Provincial Average</i>)	237	† 8.6	(5.5, 13.3)	1.30
Central South	144	11.4	(7.0, 18.1)	1.51
Central West	197	† 5.6	(3.3, 9.5)	1.12
South West	276	† 7.7	(5.0, 11.5)	1.17
Central East	220	† 5.9	(3.3, 10.1)	0.71
East	289	† 7.1	(4.6, 10.7)	1.07
North	255	† 3.1	(1.6, 5.9)	0.51*
Marital Status				NS
Married/Partner (<i>Comparison Group</i>)	967	8.2	(6.5, 10.3)	—
Previously Married	344	10.2	(7.0, 14.8)	1.81
Never Married	287	† 2.1	(1.1, 3.9)	1.06
Education				NS
Less than high school (<i>Comparison Group</i>)	190	11.5	(7.0, 18.3)	—
Completed high school	392	7.6	(5.3, 10.8)	1.21
Some college or university	565	† 5.2	(3.5, 7.7)	0.92
University degree	445	7.7	(5.4, 10.8)	0.91
Household Income				*
< \$30,000 (<i>Comparison Group</i>)	190	† 9.2	(5.2, 15.7)	—
\$30,000-\$49,000	251	† 6.6	(4.1, 10.5)	1.05
\$50,000-\$79,000	295	† 3.7	(2.1, 6.6)	0.53
\$80,000+	505	8.4	(6.1, 11.5)	1.40
Not stated	377	† 7.9	(5.5, 11.4)	0.86

Notes: (1) *p<.05; **p<.01; ***p<.001; CI = 95% confidence interval; NS – no significant difference; † estimates unstable or suppressed.

(2) Asterisks in group row indicate the significance of the group effect, based on Wald test.

(3) Odds greater than 1.0 indicate that drug use is more likely to occur in the group being compared to the comparison group; odds less than 1.0 indicate that drug use is less likely to occur in the group being compared to the comparison group.

(4) Adjusted odds ratio adjusted for gender, age, region, marital status, education and income.

Q: How often did you drink alcoholic beverages during the past 12 months?

Source: The CAMH Monitor, Centre for Addiction and Mental Health

Table 3.2.3: Percentage *Drinking Daily* During the Past 12 Months, by Demographic Characteristics, Ontarian *Drinkers* Aged 18+, 1977-2007

	1977 (N=)	1977 (818)	1982 (795)	1984 (885)	1987 (893)	1989 (906)	1991 (841)	1992 (916)	1993 (783)	1994 (1660)	1995 (839)	1996 (2141)	1997 (2219)	1998 (1777)	1999 (1938)	2000 (1887)	2001 (2088)	2002 (1933)	2003 (1933)	2004 (2101)	2005 (1906)	2006 (1527)	2007 (1618)	Change	
Total Drinkers		13.4	10.7	12.9	11.8	10.0	6.2	4.1	6.9	6.1	5.9	6.0	5.9	7.4	7.0	6.3	5.8	5.3	6.0	6.4	5.6	5.9	7.3	-	-
		(11.1,15.7)	(8.5,12.9)	(10.7, 15.1)	(9.7,13.9)	(8.0,12.0)	(4.6, 7.8)	(2.8, 5.4)	(5.7, 8.1)	(4.9, 7.3)	(4.3, 7.5)	(5.0,7.2)	(4.8,7.1)	(6.0,9.1)	(5.9,8.5)	(5.2,7.7)	(4.7,7.1)	(4.3,6.5)	(4.9,7.3)	(5.3,7.8)	(4.6,6.8)	(4.8,7.3)	(6.0,8.8)		
Gender																									
Men		19.5	15.6	17.3	16.6	13.3	8.3	5.2	10.0	8.5	8.6	8.2	8.4	9.8	10.0	8.6	8.8	7.4	7.3	8.9	7.1	7.3	9.2	-	-
												(6.4,10.3)	(6.7,10.5)	(7.6,12.6)	(2.7,5.4)	(6.8,10.8)	(7.0,11.1)	(5.7,9.6)	(5.6,9.5)	(7.1,11.3)	(5.6,9.1)	(5.6,9.6)	(7.1,11.7)		
Women		5.7	5.2	8.6	6.7	6.7	4.1	3.0	3.6	3.8	2.9	3.9	3.4	5.0	3.9	4.1	2.6	3.1	4.6	3.9	3.9	4.4	5.3	T	-
												(2.9,5.3)	(2.3,4.9)	(3.5,7.0)	(8.1,12.4)	(2.8,5.9)	(1.7,3.9)	(2.2,4.4)	(3.4,6.2)	(2.8,5.3)	(2.7,5.5)	(3.1,6.1)	(3.9,7.1)		
Age																									
18 - 29		7.8	†4.1	†5.0	6.0	†3.7	†3.0	†1.8	†2.7	†2.0	†1.3	†1.4	†1.8	†3.5	†2.1	†1.3	†1.9	†	†2.3	†2.6	†	†	†	-	-
												(0.6,3.3)	(0.8,4.0)	(1.7,7.1)	(1.1,4.3)	(0.6,2.9)	(0.8,4.1)	-	(1.0,5.4)	(1.2,5.7)	-	-	-		
30 - 39		10.9	7.8	10.0	11.6	5.5	†4.5	†1.8	6.1	†4.2	†3.6	†3.6	†3.3	†3.9	†3.4	†3.8	†3.9	†2.0	†3.9	†3.4	†2.4	†4.1	†3.9	-	-
												(2.0,6.1)	(2.0,5.5)	(2.1,7.0)	(2.0,5.7)	(2.3,6.2)	(2.3,6.5)	(1.0,4.2)	(2.0,7.5)	(1.8,6.4)	(1.1,5.0)	(1.9,8.4)	(1.9,7.7)		
40 - 49		18.2	19.1	15.6	12.9	11.8	8.8	†5.8	6.1	9.0	†5.8	6.5	6.3	†5.0	†5.1	†5.0	†4.0	†3.0	†4.1	†3.9	†5.8	†3.8	†5.9	-	-
												(4.5,9.4)	(4.0,9.7)	(3.0,8.2)	(3.0,8.3)	(3.2,7.6)	(2.5,6.3)	(1.7,5.2)	(2.5, 6.5)	(2.2,6.9)	(3.7,8.9)	(2.2,6.5)	(3.5,9.8)		
50 - 64		22.1	15.7	22.2	15.7	17.6	7.9	7.8	9.7	8.0	8.2	9.8	9.6	12.0	13.7	10.9	7.2	9.6	10.6	10.6	8.0	9.7	8.4	-	-
												(7.0,13.6)	(6.8,13.5)	(8.1,17.5)	(10.1,18.4)	(7.3,16.0)	(4.9,10.5)	(7.0,13.1)	(7.7,14.4)	(7.8,14.4)	(5.5,11.4)	(7.0,13.2)	(6.1,11.6)		
65+		13.2	19.9	21.8	19.6	23.0	11.8	8.5	20.0	15.0	23.6	16.9	17.1	19.2	16.4	16.9	16.2	16.2	13.2	15.8	14.3	14.0	20.2	-	-
												(12.0,23.2)	(12.3,23.4)	(13.7,26.2)	(11.9,22.1)	(12.3,22.8)	(11.3,22.6)	(11.5,22.4)	(9.4,18.2)	(11.8,20.9)	(10.4,19.3)	(9.9,19.4)	(15.2,26.2)		
Region																									
Toronto		-	-	-	-	-	-	-	-	-	-	8.5	8.4	10.6	8.5	†5.4	†5.8	†6.6	†6.5	†7.2	†4.9	†6.6	†8.6	-	-
												(5.7,12.4)	(5.6, 12.4)	(7.1,15.6)	(5.7,12.7)	(2.9, 9.6)	(3.5,9.5)	(4.2,10.4)	(3.9,10.6)	(4.6,10.9)	(2.9,8.2)	(3.9,10.9)	(5.5,13.3)		
Central South		-	-	-	-	-	-	-	-	-	-	7.0	7.4	8.7	7.1	8.7	†2.6	†4.8	†3.8	†3.7	†5.8	†7.4	†11.4	T	-
												(4.0,12.2)	(4.5,12.1)	(4.3,16.7)	(3.7, 13.2)	(5.1,14.4)	(1.0,7.0)	(2.3,9.6)	(1.9,7.8)	(1.7,7.8)	(3.0,10.9)	(3.9,13.4)	(7.0,18.1)		
Central West		-	-	-	-	-	-	-	-	-	-	†4.6	†3.8	7.8	7.0	7.0	†4.3	†4.0	†5.6	†6.1	†6.0	†4.6	†5.6	-	-
												(2.8,7.4)	(1.8,7.7)	(4.7,12.7)	(4.4,10.9)	(4.3,11.1)	(2.3,7.8)	(2.2,7.2)	(3.2,9.7)	(3.6,10.1)	(3.5,10.2)	(2.6,8.0)	(3.3,9.5)		
South West		-	-	-	-	-	-	-	-	-	-	†4.2	†4.3	7.2	†6.2	†3.4	7.1	†5.5	†5.4	†6.8	†7.4	†5.5	†7.7	-	-
												(2.4,7.0)	(2.4,7.5)	(4.3,11.8)	(3.9,9.6)	(1.9,6.2)	(4.6,10.9)	(3.5,8.6)	(3.4,8.5)	(4.4,10.3)	(5.0,10.8)	(3.4,8.7)	(5.0,11.5)		
Central East		-	-	-	-	-	-	-	-	-	-	†5.1	†6.4	†2.8	7.3	7.0	8.0	†5.1	†5.2	†6.5	†4.3	†5.8	†5.9	-	-
												(2.9,8.8)	(4.2,9.7)	(1.2,6.5)	(4.4,11.7)	(4.2,11.4)	(4.9,12.6)	(2.8,9.1)	(3.0,8.9)	(3.7,11.3)	(2.3,7.8)	(3.2,10.3)	(3.3,10.1)		
East		-	-	-	-	-	-	-	-	-	-	†5.9	†4.8	†6.7	†5.7	†6.2	†5.2	†4.6	†7.0	†7.6	†5.0	†5.9	†7.1	-	-
												(3.9,8.9)	(2.9,7.7)	(4.2,10.5)	(3.5,9.1)	(3.9,9.7)	(3.2,8.3)	(2.7,7.8)	(4.5,10.7)	(5.1,11.2)	(3.1,8.0)	(3.7,9.4)	(4.6,10.7)		
North		-	-	-	-	-	-	-	-	-	-	†5.4	†3.6	†6.0	†6.6	8.4	6.9	†6.1	8.5	†6.0	†6.6	†6.1	†3.1	-	-
												(3.4,8.4)	(2.1,6.1)	(3.4,10.3)	(4.2,10.2)	(5.7,12.2)	(4.7,10.0)	(3.8,9.7)	(5.7,12.5)	(4.2,8.6)	(4.3,10.1)	(3.7,9.8)	(1.6,5.9)		

Continued...

	1977 (N=)	1982 (818)	1984 (795)	1987 (885)	1989 (893)	1991 (906)	1992 (841)	1992 (916)	1993 (783)	1994 (1660)	1995 (839)	1996 (2141)	1997 (2219)	1998 (1777)	1999 (1938)	2000 (1887)	2001 (2088)	2002 (1933)	2003 (1933)	2004 (2101)	2005 (1906)	2006 (1527)	2007 (1618)	Change
Marital Status																								
Married/Partner	—	—	—	—	—	—	4.7	4.5	7.8	6.0	6.6	6.6	6.6	8.1	8.1	7.4	6.6	6.1	7.2	6.9	6.8	5.9	8.2	—
Previously Married	—	—	—	—	—	—	8.1	6.7	7.8	5.5	9.7	9.2	9.3	9.7	8.8	10.8	6.4	7.4	6.6	8.0	8.4	10.1	10.2	—
Never Married	—	—	—	—	—	—	†4.5	†1.8	†4.5	†2.2	†2.3	†3.1	†2.7	†4.4	† 3.2	† 1.8	† 3.0	†1.7	†2.4	†4.5	†	†3.6	†2.1	—
Education																								
< than High School	—	—	—	—	—	—	6.4	7.2	9.1	6.3	6.3	7.5	9.8	5.6	12.2	9.8	12.0	7.2	11.0	9.6	8.5	8.7	11.5	—
Completed HS School	—	—	—	—	—	—	†4.6	†2.7	5.9	5.1	6.7	5.3	6.0	8.7	7.7	6.6	5.7	†4.3	5.2	6.3	7.1	†5.9	7.6	—
Some College or University	—	—	—	—	—	—	†4.1	†2.7	†4.2	†2.3	6.0	5.1	†4.5	6.2	†4.5	†4.5	† 3.8	5.6	†4.3	5.7	†4.6	†5.0	†5.2	—
University Degree	—	—	—	—	—	—	5.2	5.2	9.9	7.6	†4.4	6.7	†4.9	8.0	6.8	6.7	5.6	†4.5	6.6	6.1	†4.6	†5.9	7.7	—

Notes: ^a 95% confidence interval; — data not available; † Estimate suppressed or unstable;

Trend Analysis: – change not significant at p<.05; T significant change (p<.05) between 1996-2007; 2Y significant change (p<.05) between last two estimates.

Q: How often, if ever, did you drink alcoholic beverages during the PAST TWELVE months?

Source: The CAMH Monitor- Centre for Addiction and Mental Health

Figure 3.2.1
Daily Drinking by Gender, Age and Region, Ontarians Aged 18+, 2007

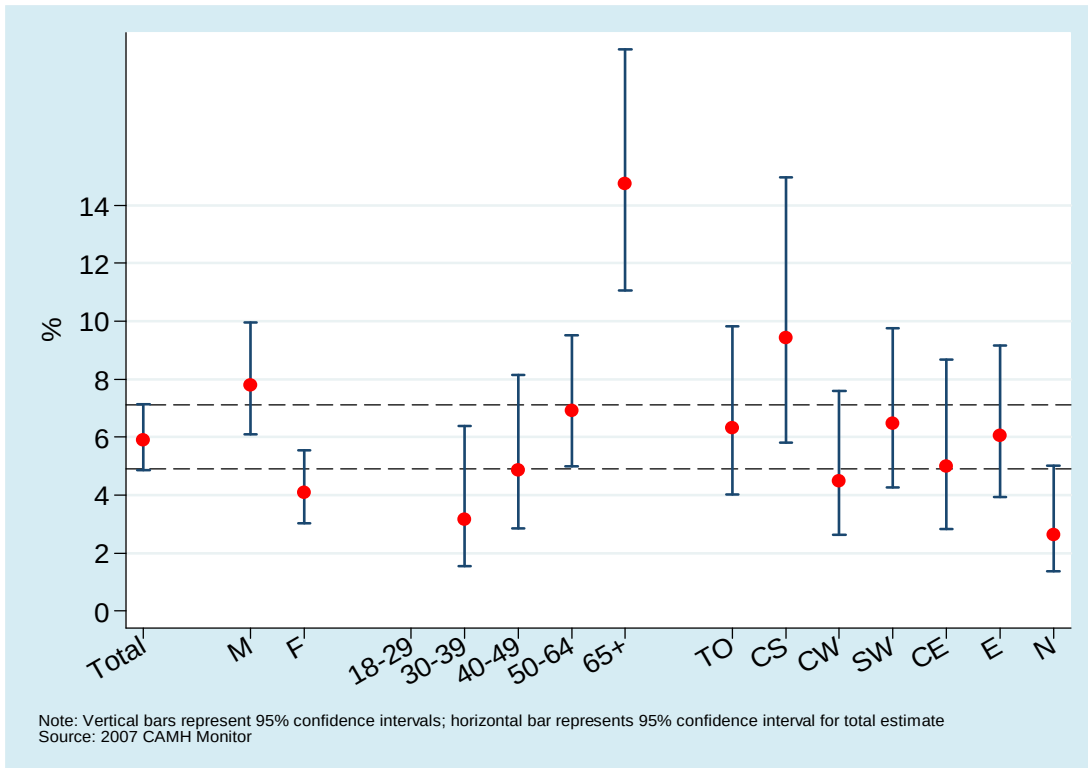
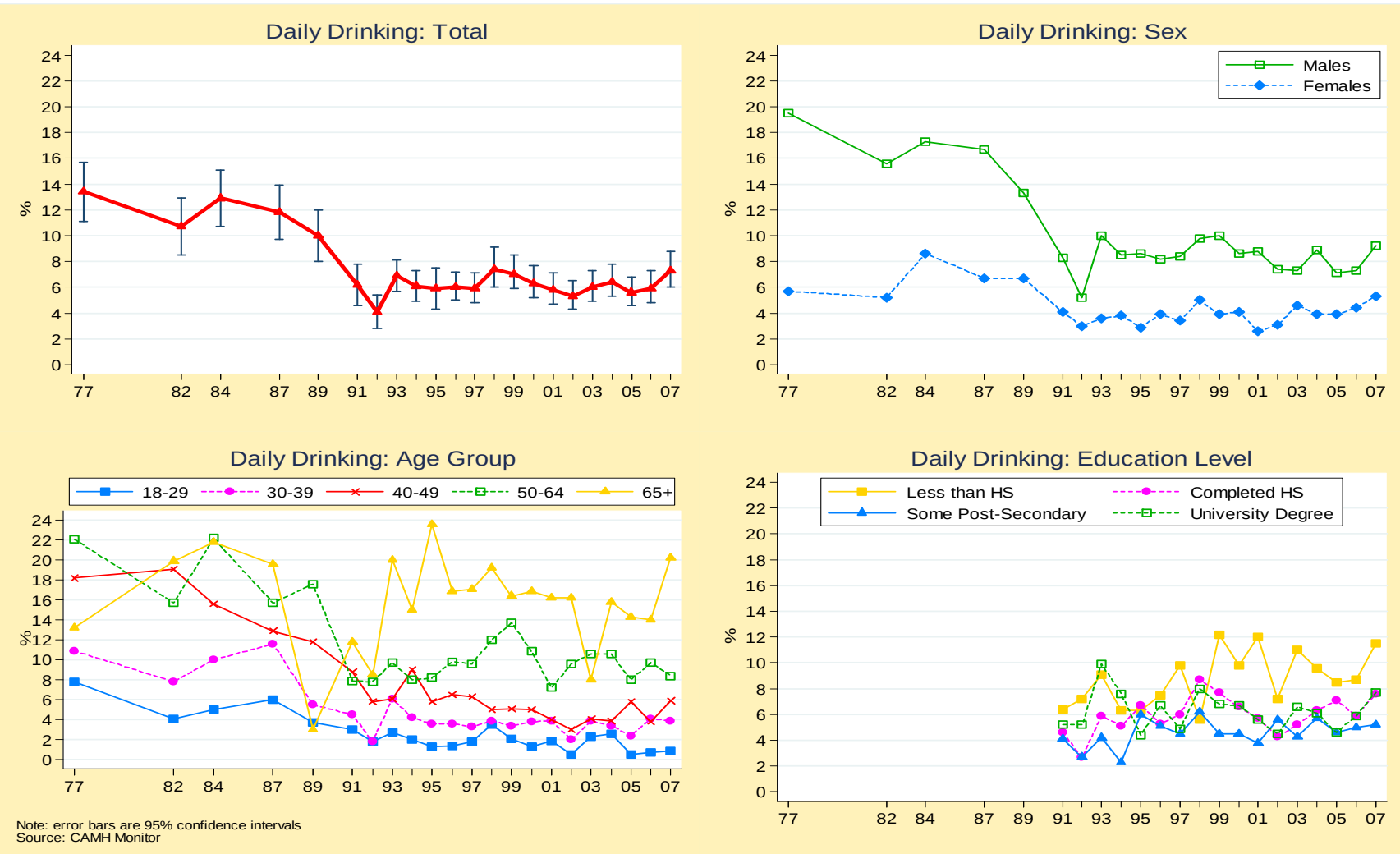


Figure 3.2.2
Daily Drinking, Ontarian Drinkers Aged 18+, 1977-2007



3.3 Estimated Number of Drinks Consumed Among Past Year Drinkers

The estimated number of drinks consumed is based on the respondents recall of both the frequency of drinking and the amount consumed on a typical drinking occasion. In contrast to the prevalence of past year drinking, which describes the size of the drinking population, and the prevalence of daily drinking, which describes the percentage drinking regularly, the estimated number of drinks consumed is an indicator of the quantity of alcohol typically consumed.

2007 Table 3.3.1

On average, Ontarian past year drinkers reported consuming about 3.7 (3.3 to 4.0) drinks weekly.

There were significant univariate effects for all five demographic factors examined: gender, age, public health regions, marital status and education.

- Men consumed an average of 5 drinks weekly, compared to only 2.4 drinks for women.
- The average number of weekly drinks was highest among those aged 18-29 years old (4.5 drinks) and lowest among those 30-39 years old (2.5 drinks).
- The average number of weekly drinks was highest among those living in the South West (4.6 drinks) and lowest among those living in the Central East and in the North (2.8 drinks).
- Those never married consumed the largest amount of drinks per week (4.9 drinks).
- The average number of weekly drinks tended to decrease with education. It was highest among those with less than high school education (6.1 drinks) and lowest among those with some college or university degree (3.2 drinks).

Trends Table 3.3.1; Fig.3.3.1

Between 2006 and 2007, the average number of drinks consumed weekly did not change significantly (3.9 vs. 3.7). In addition, the number of drinks consumed was stable for all sex, age, region, marital status, education and income subgroups.

Between 1996 and 2007, the average number of drinks consumed weekly remained stable for the total sample. There was, however, a significant increase in the number of drinks consumed among women (from 1.9 to 2.4) and among those with less than high school education (from 3.4 to 4.9).

Table 3.3.1: Estimated *Average Number of Drinks Consumed Per Week* During the Past 12 Months, Ontarian *Drinkers* Aged 18+, 1992-2007

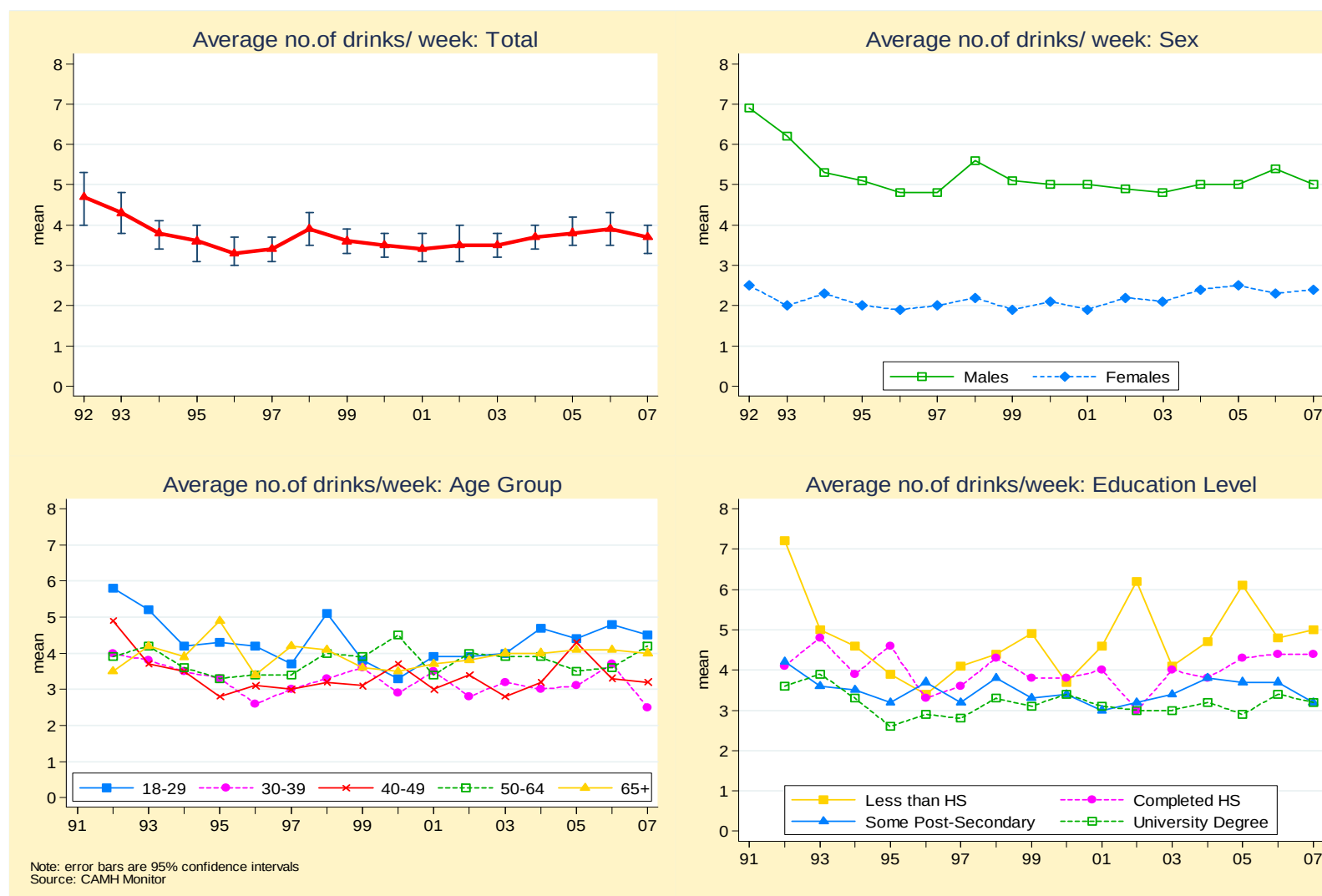
	1992	1993	1994	1995	1996	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007	Change	
(N=)	(916)	(783)	1660	(839)	(2141)	(2219)	(1582)	(1938)	(1887)	(2088)	(1933)	(1933)	(2101)	(1906)	(1527)	(1618)		
Total Sample	4.66	4.26	3.75	3.55	3.32	3.38	3.90	3.58	3.53	3.44	3.51	3.50	3.69	3.81	3.88	3.67	—	—
(95% CI)	(4.00,5.32)	(3.77,4.75)	(3.40,4.05)	(3.07,4.03)	(2.97,3.68)	(3.09,3.66)	(3.50,4.30)	(3.25,3.91)	(3.19,3.88)	(3.14,3.75)	(3.05, 3.97)	(3.18, 3.83)	(3.36, 4.02)	(3.47, 4.15)	(3.45, 4.31)	(3.33,4.02)		
Gender																	***	
Men	6.92	6.24	5.32	5.08	4.84	4.82	5.62	5.12	5.01	5.00	4.85	4.84	4.97	4.97	5.36	4.96	—	—
					(4.16, 5.52)	(4.31,5.32)	(4.91,6.34)	(4.55,5.69)	(4.40,5.61)	(4.44,5.53)	(4.05, 5.65)	(4.27, 5.41)	(4.41, 5.52)	(4.44, 5.49)	(4.60,6.13)	(4.37,5.54)		
Women	2.54	2.01	2.28	1.97	1.87	1.97	2.19	1.94	2.06	1.85	2.16	2.14	2.38	2.54	2.28	2.36	T	—
					(1.67, 2.08)	(1.74,2.19)	(1.89,2.49)	(1.68,2.21)	(1.77,2.34)	(1.64,2.06)	(1.75, 2.57)	(1.86, 2.41)	(2.06, 2.70)	(2.14, 2.95)	(1.98,2.57)	(2.04,2.68)		
Age																	**	
18 - 29	5.76	5.21	4.23	4.27	4.16	3.74	5.14	3.84	3.29	3.85	3.92	4.00	4.67	4.41	4.76	4.50	—	—
					(3.04, 5.28)	(3.10,4.37)	(4.04,6.24)	(3.01,4.68)	(2.72,3.86)	(3.11,4.60)	(2.79, 5.06)	(3.20, 4.81)	(3.69, 5.66)	(3.63,5.21)	(3.44,6.08)	(3.54,5.46)		
30 - 39	4.03	3.75	3.53	3.25	2.64	2.98	3.33	3.55	2.88	3.49	2.83	3.15	2.99	3.09	3.72	2.49	—	—
					(2.20, 3.07)	(2.50,3.46)	(2.49,4.17)	(2.80,4.31)	(2.37,3.38)	(2.80,4.17)	(2.34, 3.32)	(2.49, 3.82)	(2.45, 3.54)	(2.52,3.67)	(2.69,4.75)	(1.91,3.06)		
40 - 49	4.88	3.72	3.50	2.76	3.11	2.99	3.18	3.11	3.67	2.96	3.38	2.81	3.23	4.25	3.31	3.15	—	—
					(2.52, 3.70)	(2.45,3.53)	(2.61,3.74)	(2.61,3.61)	(2.82,4.54)	(2.39,3.52)	(1.91, 4.85)	(2.34, 3.28)	(2.50, 3.96)	(3.26, 5.24)	(2.64,3.96)	(2.65,3.65)		
50 - 64	3.91	4.17	3.57	3.33	3.44	3.42	3.95	3.87	4.53	3.43	3.96	3.92	3.90	3.45	3.60	4.15	—	—
					(2.86, 4.03)	(2.82,4.02)	(3.18,4.73)	(3.18,4.56)	(3.42,5.64)	(2.88,3.99)	(3.20, 4.73)	(3.10, 4.75)	(3.32, 4.48)	(2.93,3.97)	(3.02,4.18)	(3.32,4.98)		
65+	3.50	4.19	3.88	4.85	3.39	4.17	4.14	3.58	3.50	3.73	3.76	3.96	4.01	4.06	4.06	4.00	—	—
					(2.73, 4.04)	(3.08,5.25)	(3.11,5.18)	(2.83,4.32)	(2.73,4.27)	(2.78,4.67)	(2.90, 4.63)	(3.00, 4.92)	(3.27, 4.75)	(3.33, 4.79)	(3.14,4.98)	(3.15,4.85)		
Region																	*	
Toronto	—	—	—	—	3.59	3.15	4.20	3.67	3.07	3.22	3.21	3.50	3.54	3.18	3.61	3.65	—	—
					(2.89, 4.29)	(2.55, 3.76)	(3.26, 5.14)	(2.91, 4.42)	(2.43, 3.70)	(2.67, 3.76)	(2.38, 4.04)	2.70, 4.30)	(2.82, 4.28)	(2.59, 3.77)	2.68,4.54)	(2.92,4.37)		
Central South	—	—	—	—	3.16	4.03	3.80	3.29	4.14	3.00	3.52	2.97	3.46	3.90	5.16	3.78	—	—
					(2.52, 3.80)	(3.09, 4.97)	(2.64, 4.97)	(2.54, 4.04)	(2.56, 5.73)	(2.00, 4.00)	(2.24, 4.80)	(2.23, 3.71)	(2.13, 4.79)	(2.83, 4.98)	(3.51,6.81)	(2.76,4.80)		
Central West	—	—	—	—	2.66	3.09	3.37	3.33	3.41	3.00	2.97	3.73	3.46	4.27	3.62	3.63	—	—
					(2.21, 3.12)	(2.38, 3.81)	(2.47, 4.27)	(2.45, 4.21)	(2.71, 4.12)	(2.39, 3.62)	(2.41, 3.52)	(2.70, 4.75)	(2.63, 4.29)	(3.35, 5.19)	(2.28,4.97)	(2.53,4.72)		
South West	—	—	—	—	3.67	2.99	3.97	3.79	3.49	4.03	3.81	3.05	4.22	4.14	4.31	4.56	—	—
					(1.84, 5.50)	(2.26, 3.72)	(3.04, 4.90)	(2.96, 4.63)	(2.67, 4.31)	(3.21, 4.84)	(2.50, 5.13)	(2.49, 3.61)	(3.38, 5.05)	(3.38, 4.89)	(3.39,5.23)	(3.57,5.54)		
Central East	—	—	—	—	3.20	3.40	3.04	3.70	3.55	3.50	4.43	3.31	3.94	3.87	3.19	2.76	—	—
					(2.61, 3.80)	(2.75, 4.05)	(2.19, 3.88)	(2.82, 4.58)	(2.79, 4.30)	(2.57, 4.42)	(2.21, 6.65)	(2.59, 4.03)	(3.04, 4.84)	(2.83, 4.91)	(2.28,4.10)	(2.15,3.36)		
East	—	—	—	—	3.39	4.07	4.33	3.46	3.53	3.51	3.92	3.97	3.44	3.22	3.99	4.27	—	—
					(2.48,4.29)	(3.20, 4.94)	(3.40, 5.26)	(2.66, 4.26)	(2.57, 4.48)	(2.76, 4.25)	(2.70, 3.88)	(3.08, 4.86)	(2.82, 4.06)	(2.69, 3.75)	(3.19,4.79)	(3.33,5.20)		
North	—	—	—	—	3.65	2.92	4.03	3.92	4.23	4.42	3.64	4.19	3.83	4.67	3.67	2.78	—	—
					(2.53, 4.77)	(2.29, 3.56)	(3.09, 4.96)	(2.65, 5.19)	(2.97, 5.48)	(2.99, 5.85)	(2.84, 4.45)	(3.16, 5.22)	(3.09, 4.57)	(2.92, 6.40)	(2.69,4.65)	(2.14,3.43)		

	1992	1993	1994	1995	1996	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007	Change	
(N=)	(916)	(783)	1660	(839)	(2141)	(2219)	(1582)	(1938)	(1887)	(2088)	(1933)	(1933)	(2101)	(1906)	(1527)	(1618)		
Marital Status																	*	
Married/Partn.	4.19	3.98	3.42	3.07	2.70	3.04	3.02	3.26	3.30	3.21	3.09	3.30	3.28	3.58	3.29	3.30	—	—
Prev. Married	4.80	3.89	3.92	3.58	3.94	4.05	3.36	3.45	3.39	3.09	2.85	3.94	3.48	4.36	4.57	3.69	—	—
Never married	5.88	5.10	4.38	4.67	4.63	3.75	5.41	4.57	4.91	4.23	5.09	3.92	4.99	4.21	5.20	4.85**	—	—
Education																	*	
Less than High School	7.18	5.01	4.59	3.86	3.41	4.13	4.39	4.86	3.67	4.62	6.20	4.14	4.70	6.06	4.82	4.92	T	—
Completed High School	4.10	4.79	3.92	4.55	3.31	3.57	4.26	3.82	3.81	3.97	3.01	3.96	3.80	4.33	4.41	4.44	—	—
Some College or Univ	4.17	3.57	3.48	3.23	3.65	3.19	3.82	3.27	3.40	2.96	3.22	3.44	3.81	3.67	3.72	3.15*	—	—
Univ Degree	3.58	3.93	3.26	2.56	2.93	2.84	3.32	3.08	3.36	3.08	2.98	3.02	3.15	2.88	3.40	3.24	—	—

Notes: *p<.05; **p<.01; ***p<.001; based on F-tests; CI = 95% confidence interval; NS – no significant difference.; — data not available; † Estimate suppressed or unstable;
Trend Analysis: – change not significant at p<.05; T significant change (p<.05) between 1996-2007; 2Y significant change (p<.05) between last two estimates.
Q: Based on frequency of drinking and the amount consumed on a typical drinking occasion
Source: The CAMH Monitor, Centre for Addiction and Mental Health

Figure 3.3.1

Average Number of Drinks Consumed per Week, Ontarian Drinkers Aged 18+, 1992-2007



3.4 Exceeding Low Risk Drinking Guidelines

Canadian guidelines referring to “low-risk drinking” were disseminated in 1994 following an international conference on health benefits and risks (Ashley, Ferrence, Room, Rankin, & Single, 1994). In 1997, the former Addiction Research Foundation (currently CAMH) and the Canadian Centre on Substance Abuse released revised guidelines (Susan Bondy et al., 1999).

The “**low-risk drinking**” guidelines (LRDG) recommend that men and women limit weekly alcohol intake to no more than 14 and 9 standard drinks, respectively. Also, alcohol intake on any one day should generally be limited to 2 standard drinks. The guidelines are intended to represent low risk of the most important forms of harm and to address usual drinking over many years. The compliance with low-risk drinking guidelines variable is derived from the respondents’ self-reported consumption of standard drinks over the past seven days, measured daily. Respondents are considered to have **exceeded the guidelines** if they report a total weekly consumption of **15 drinks or more for males and 10 or more drinks for females**, or for both, a daily consumption exceeding two drinks at least once over the past week.

2007..... Tables 3.4.1, 3.4.2, Fig. 3.4.1

Overall, 23.4% (range: 21.2% to 25.7%) of Ontarians reported exceeding the low-risk drinking guidelines during the past 12 months. Among past year drinkers, the prevalence was 28.7% (26.1% to 31.4%).

After controlling for other demographic factors, among Ontarians, only gender, age and income remained significantly related to exceeding the drinking guidelines during the past year.

- The odds of men drinking at this rate were 2.3 times greater than women (30.6% vs. 16.6%).
- Prevalence of drinking at this level was highest among those aged 18-29 years (36.1%) and lowest among those 65 years old (13.3%).
- The odds of exceeding the low-risk drinking guidelines were 2.3 times higher among persons in the highest level of income (29.6%) compared to persons earning less than \$30,000 (20.2%).

Marital status, public health region, and education were not significantly related to exceeding the low-risk drinking guidelines, after controlling for other factors.

Similarly, among past year drinkers, gender, age, and income were significant predictors of exceeding the low-risk drinking guidelines, after controlling for other demographic factors. Male drinkers were 2.3 times more likely to drink at this rate than female drinkers (35.9% vs. 21.3%). Those aged 18-29 years (40.3%), and those earning more than \$80,000 (32.5%) were most likely to exceed drinking guidelines among their respective demographic subgroup.

Trends Tables 3.4.3; 3.4.4, Fig 3.4.2

The percent of Ontarians exceeding the low-risk drinking guidelines in 2007 (23.4%) was unchanged from 2006 (23.4%). In addition, rates of exceeding

the low-risk drinking guidelines were stable for all gender, age, region, marital status, education, and income subgroups.

Between 2003 and 2007, drinking at this level did not vary significantly and there was no evidence of dominant differential change for subgroups.

Past year drinkers displayed similar patterns. The percentage exceeding the low-risk drinking guidelines remained stable between 2006 and 2007 (30.1% vs. 28.7%) and rates of exceeding the low-risk drinking guidelines were stable for all gender, age, region, marital status, education, and income subgroups.

Between 2003 and 2007 the percentage exceeding the low-risk drinking guidelines among drinkers did not vary significantly (from 26.7% in 2003 to 28.7% in 2007).

However, there was a significant non-linear variation for 18 to 29 year-olds, from 35.35 in 2003 to 44.5% in 2005 and 40.3% in 2007.

Table 3.4.1: Percentage Exceeding *Low Risk Drinking Guidelines* During the Past 12 Months and Adjusted Group Differences, Ontarians Aged 18+, 2007

	N	%	95% CI	Adjusted Odds Ratio
Total Sample	2005	23.4	(21.2, 25.7)	—
Gender				***
Men	840	30.6	(27.1, 34.4)	2.31
Women (<i>Comparison Group</i>)	1165	16.6	(14.2, 19.3)	—
Age				***
<i>(Comparison Group is previous age group)</i>				***
18-29	258	36.1	(29.5, 43.3)	—
30-39	315	22.2	(17.6, 27.5)	0.61
40-49	402	26.2	(21.6, 31.3)	0.95
50-64	551	20.7	(17.1, 24.7)	0.80
65+	417	13.3	(9.7, 17.9)	0.55*
Public Health Region				NS
Toronto (<i>vs. Provincial Average</i>)	317	20.5	(16.0, 25.9)	0.97
Central South	177	25.3	(18.8, 33.0)	1.09
Central West	244	19.4	(14.3, 25.9)	0.78
South West	339	25.8	(20.9, 31.6)	1.02
Central East	268	21.3	(16.0, 27.8)	0.88
East	351	29.3	(24.0, 35.2)	1.18
North	309	26.7	(21.5, 32.7)	1.15
Marital Status				NS
Married/Partner (<i>Comparison Group</i>)	1177	21.7	(19.2, 24.3)	—
Previously Married	463	21.3	(16.3, 27.3)	1.39
Never Married	337	31.2	(25.4, 37.7)	1.21
Education				NS
Less than high school (<i>Comparison Group</i>)	284	20.6	(14.9, 27.9)	—
Completed high school	480	24.6	(20.2, 29.5)	1.02
Some college or university	679	26.0	(22.2, 30.1)	0.99
University degree	525	20.5	(16.9, 24.6)	0.88
Household Income				***
< \$30,000 (<i>Comparison Group</i>)	282	20.2	(14.5, 27.5)	—
\$30,000-\$49,000	311	20.9	(15.9, 26.9)	1.21
\$50,000-\$79,000	373	23.2	(18.5, 28.7)	1.35
\$80,000+	549	29.6	(25.6, 33.9)	2.28**
Not stated	490	18.4	(14.3, 23.3)	1.03

Notes: (1) *p<.05; **p<.01; ***p<.001; CI = 95% confidence interval; NS – no significant difference..
(2) Asterisks in group row indicate the significance of the group effect, based on Wald test.
(3) Odds greater than 1.0 indicate that drug use is more likely to occur in the group being compared to the comparison group; odds less than 1.0 indicate that drug use is less likely to occur in the group being compared to the comparison group
(4) Adjusted odds ratio adjusted for gender, age, region, marital status, education and income.
Def'n: Based on self-reported total weekly consumption of 15 drinks or more for males or 10 or more drinks for females, or for both, a daily consumption exceeding two drinks at least once over the past week.
Source: The CAMH Monitor, Centre for Addiction and Mental Health

Table 3.4.2: Percentage Exceeding *Low Risk Drinking Guidelines* During the Past 12 Months and Adjusted Group Differences, Ontarian *Drinkers* Aged 18+, 2007

	N	%	95% CI	Adjusted Odds Ratio
Total Sample	1618	28.7	(26.1, 31.4)	—
Gender				***
Men	710	35.9	(31.9, 40.1)	2.29
Women (<i>Comparison Group</i>)	908	21.3	(18.3, 24.6)	—
Age				***
<i>(Comparison Group is previous age group)</i>				
18-29	237	40.3	(33.2, 47.9)	—
30-39	263	27.1	(21.6, 33.3)	0.72
40-49	333	31.6	(26.3, 37.5)	0.97
50-64	458	25.1	(20.9, 29.9)	0.76
65+	289	18.1	(13.3, 24.0)	0.61*
Public Health Region				NS
Toronto (<i>vs. Provincial Average</i>)	237	27.8	(21.8, 34.7)	1.10
Central South	144	30.6	(22.9, 39.5)	1.01
Central West	197	24.2	(17.9, 31.8)	0.81
South West	276	30.7	(24.9, 37.1)	1.02
Central East	220	24.9	(18.8, 32.3)	0.87
East	289	34.2	(28.2, 40.8)	1.17
North	255	31.5	(25.5, 38.2)	1.08
Marital Status				NS
Married/Partner (<i>Comparison Group</i>)	967	26.6	(23.6, 29.8)	—
Previously Married	344	27.4	(21.2, 34.6)	1.34
Never Married	287	36.7	(30.1, 43.9)	1.22
Education				NS
Less than high school (<i>Comparison Group</i>)	190	30.1	(22.2, 39.4)	—
Completed high school	392	30.0	(24.8, 35.7)	0.83
Some college or university	565	30.7	(26.3, 35.4)	0.80
University degree	445	24.7	(20.4, 29.5)	0.68
Household Income				***
< \$30,000 (<i>Comparison Group</i>)	190	29.1	(21.2, 38.5)	—
\$30,000-\$49,000	251	25.9	(19.9, 33.1)	1.02
\$50,000-\$79,000	295	29.7	(23.9, 36.3)	1.23
\$80,000+	505	32.5	(28.2, 37.1)	1.74*
Not stated	377	23.9	(18.8, 29.9)	0.90

Notes: (1) *p<.05; **p<.01; ***p<.001; CI = 95% confidence interval; NS – no significant difference.
(2) Asterisks in group row indicate the significance of the group effect, based on Wald test.
(3) Odds greater than 1.0 indicate that drug use is more likely to occur in the group being compared to the comparison group; odds less than 1.0 indicate that drug use is less likely to occur in the group being compared to the comparison group.
(4) Adjusted odds ratio adjusted for gender, age, region, marital status, education and income.
Def'n: Based on self-reported total weekly consumption of 15 drinks or more for males or 10 or more drinks for females, or for both, a daily consumption exceeding two drinks at least once over the past week.
Source: The CAMH Monitor, Centre for Addiction and Mental Health

Table 3.4.3: Percentage Exceeding *Low Risk Drinking Guidelines* During the Past 12 Months and Adjusted Group Differences, Ontarians Aged 18+, 2003-2007

(N=)	2003 (2411)	2004 (2611)	2005 (2445)	2006 (2016)	2007 (2005)	Change	
Total Sample	21.4	22.7	25.0	23.4	23.4	–	–
	(19.6, 23.4)	(20.8, 24.8)	(23.0, 27.1)	(21.2, 25.7)	(21.2, 25.7)		
Gender							
Men	29.2	29.7	33.6	32.7	30.6	–	–
	(26.2, 32.4)	(26.6, 32.9)	(30.4, 37.0)	(29.1, 36.6)	(27.1, 34.4)		
Women	14.1	16.3	16.9	14.5	16.6	–	–
	(12.1, 16.4)	(14.1, 18.7)	(14.7, 19.4)	(12.2, 17.1)	(14.2, 19.3)		
Age							
18-29	30.9	38.6	36.7	35.0	36.1	–	–
	(26.0, 36.3)	(32.9, 44.5)	(31.1, 42.8)	(28.6, 42.1)	(29.5, 43.3)		
30-39	25.1	22.9	27.7	24.7	22.2	–	–
	(20.8, 29.9)	(19.0, 27.4)	(23.3, 32.6)	(20.0, 30.2)	(17.6, 27.5)		
40-49	21.4	21.9	28.1	24.3	26.2	–	–
	(18.0, 25.2)	(18.2, 26.0)	(24.1, 32.5)	(19.8, 29.4)	(21.6, 31.3)		
50-64	16.2	19.4	18.8	20.8	20.7	–	–
	(13.0, 20.1)	(16.0, 23.3)	(15.5, 22.6)	(17.1, 25.0)	(17.1, 24.7)		
65+	11.7	11.3	11.9	9.9	13.3	–	–
	(8.6, 15.8)	(8.2, 15.2)	(8.7, 16.1)	(6.9, 14.0)	(9.7, 17.9)		
Public Health Region							
Toronto	22.7	18.5	20.2	19.1	20.5	–	–
	(18.4, 27.7)	(14.6, 23.2)	(16.0, 25.1)	(14.5, 24.4)	(16.0, 25.9)		
Central South	20.6	24.3	26.4	24.4	25.3	–	–
	(15.4, 27.0)	(18.3, 31.5)	(20.0, 34.0)	(17.3, 33.3)	(18.8, 33.0)		
Central West	22.0	25.0	28.1	22.2	19.4	–	–
	(17.3, 27.4)	(19.9, 30.9)	(23.0, 33.8)	(17.0, 28.6)	(14.3, 25.9)		
South West	21.3	26.3	30.3	30.1	25.8	–	–
	(17.3, 25.9)	(21.8, 31.4)	(25.7, 35.4)	(24.8, 35.9)	(20.9, 31.6)		
Central East	20.1	22.7	23.3	22.5	21.3	–	–
	(15.4, 25.7)	(17.6, 28.7)	(18.2, 29.4)	(16.7, 29.7)	(16.0, 27.8)		
East	21.9	24.3	23.9	27.7	29.3	–	–
	(17.8, 26.7)	(20.1, 29.1)	(19.6, 28.8)	(22.5, 33.6)	(24.0, 35.2)		
North	19.7	21.7	24.4	18.8	26.7	–	–
	(15.8, 24.3)	(18.3, 25.5)	(20.1, 29.4)	(14.6, 23.8)	(21.5, 32.7)		
Marital Status							
Married/Partner	19.7	19.5	24.3	20.8	21.7	–	–
Previously Married	18.4	18.0	15.7	16.2	21.3	–	–
Never Married	28.5	36.1	33.0	35.3	31.2	–	–
Education							
Less Than High School	18.6	18.0	17.0	21.1	20.6	–	–
Completed High School	23.1	23.0	25.6	21.9	24.6	–	–
Some College or University	23.1	25.9	30.0	24.6	26.0	–	–
University Degree	20.3	21.9	21.7	24.6	20.5	–	–

Notes: (1) Based on exceeding weekly and daily sex-specific limits (men - no more than 14 standard drinks/week and women- no more than 9 standard drinks/week). Also, alcohol intake on any one day should be limited to 2 standard drinks.

(2) Trend Analysis: – change not significant at $p < .05$; T significant change ($p < .05$) between 2003-2007; 2Y significant change ($p < .05$) between last two estimates.

Source: CAMH Monitor, Centre for Addiction and Mental Health

Table 3.4.4:: Percentage Exceeding *Low Risk Drinking Guidelines* During the Past 12 Months and Adjusted Group Differences, Ontarian Drinkers Aged 18+, 2003-2007

(N=)	2003 (1933)	2004 (2101)	2005 (1906)	2006 (1527)	2007 (1618)	Change	
Total Sample	26.7 (24.5, 29.0)	28.1 (25.8, 30.4)	31.7 (29.3, 34.2)	30.1 (27.4, 33.0)	28.7 (26.1, 31.4)	–	–
Gender							
Men	35.0 (31.6, 38.7)	34.8 (31.4, 38.5)	40.0 (36.3, 43.8)	39.3 (35.1, 43.7)	35.9 (31.9, 40.1)	–	–
Women	18.2 (15.6, 21.1)	21.1 (18.3, 24.1)	22.9 (20.0, 26.1)	20.1 (17.0, 23.5)	21.3 (18.3, 24.6)	–	–
Age							
18-29	35.3 (29.9, 41.2)	44.4 (38.2, 50.7)	44.5 (38.1, 51.2)	41.5 (34.2, 49.1)	40.3 (33.2, 47.9)	T	–
30-39	30.2 (25.2, 35.8)	26.8 (22.3, 31.9)	33.6 (28.4, 39.2)	31.7 (25.7, 38.2)	27.1 (21.6, 33.3)	–	–
40-49	26.2 (22.1, 30.7)	26.4 (22.0, 31.2)	33.9 (29.2, 38.9)	29.5 (24.2, 35.4)	31.6 (26.3, 37.5)	–	–
50-64	20.6 (16.6, 25.4)	23.9 (19.7, 28.5)	24.2 (20.0, 28.9)	27.0 (22.4, 32.1)	25.1 (20.9, 29.9)		
65+	16.8 (12.4, 22.4)	16.0 (11.8, 21.4)	17.6 (13.0, 23.5)	15.1 (10.6, 21.0)	18.1 (13.0, 23.5)	–	–
Public Health Region							
Toronto	29.0 (23.6, 35.0)	24.4 (19.4, 30.2)	27.3 (21.9, 33.6)	25.0 (19.4, 31.6)	27.8 (21.8, 34.7)	–	–
Central South	24.2 (18.1, 31.4)	29.3 (22.3, 37.5)	32.7 (25.0, 41.5)	32.1 (23.1, 42.7)	30.6 (22.9, 39.5)	–	–
Central West	28.2 (22.5, 34.7)	29.8 (23.8, 36.5)	36.1 (29.8, 42.8)	28.2 (21.7, 35.7)	24.2 (17.9, 31.8)	–	–
South West	26.5 (21.7, 32.0)	31.7 (26.4, 37.6)	38.5 (33.0, 44.4)	36.6 (30.4, 43.2)	30.7 (24.9, 37.1)	–	–
Central East	23.5 (18.1, 29.9)	27.3 (21.4, 34.2)	28.5 (22.4, 35.5)	28.7 (21.5, 37.3)	24.9 (18.8, 32.3)	–	–
East	28.0 (22.9, 33.8)	29.5 (24.5, 35.1)	29.3 (24.2, 35.0)	36.4 (29.9, 43.5)	34.2 (28.2, 40.8)	–	–
North	24.8 (20.0, 30.3)	26.7 (22.6, 31.2)	30.0 (24.8, 35.7)	25.3 (19.8, 31.7)	31.5 (25.5, 38.2)	–	–
Marital Status							
Married/Partner	24.7	23.8	30.4	26.7	26.6	–	–
Previously Married	25.3	24.4	21.8	24.6	27.4	–	–
Never Married	33.1	42.8	41.0	41.5	36.7	–	–
Education							
Less Than High School	27.3	26.4	27.0	31.6	30.1	–	–
Completed High School	28.9	28.1	32.4	29.3	30.0	–	–
Some College or University	28.0	30.5	36.2	30.7	30.7	–	–
University Degree	23.6	26.4	26.9	30.0	24.7	–	–

Notes: (1) Based on exceeding weekly and daily sex-specific limits (men - no more than 14 standard drinks/week and women- no more than 9 standard drinks/week). Also, alcohol intake on any one day should be limited to 2 standard drinks.

(2) Trend Analysis: – change not significant at $p < .05$; **T** significant change ($p < .05$) between 2003-2005; **2Y** significant change ($p < .05$) between last two estimates.

Source: CAMH Monitor, Centre for Addiction and Mental Health

Figure 3.4.1
 Percent Exceeding Low Risk Drinking Guidelines by Gender, Age and
 Region, Ontarians Aged 18+, 2007

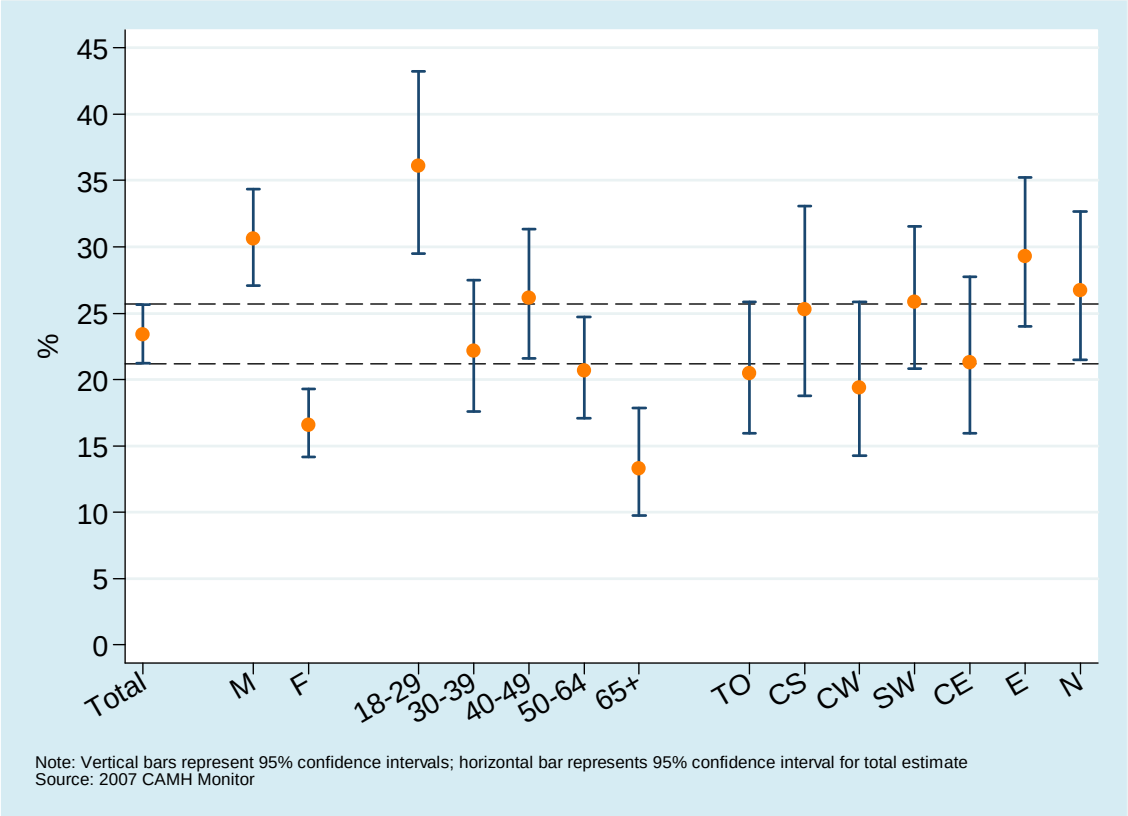
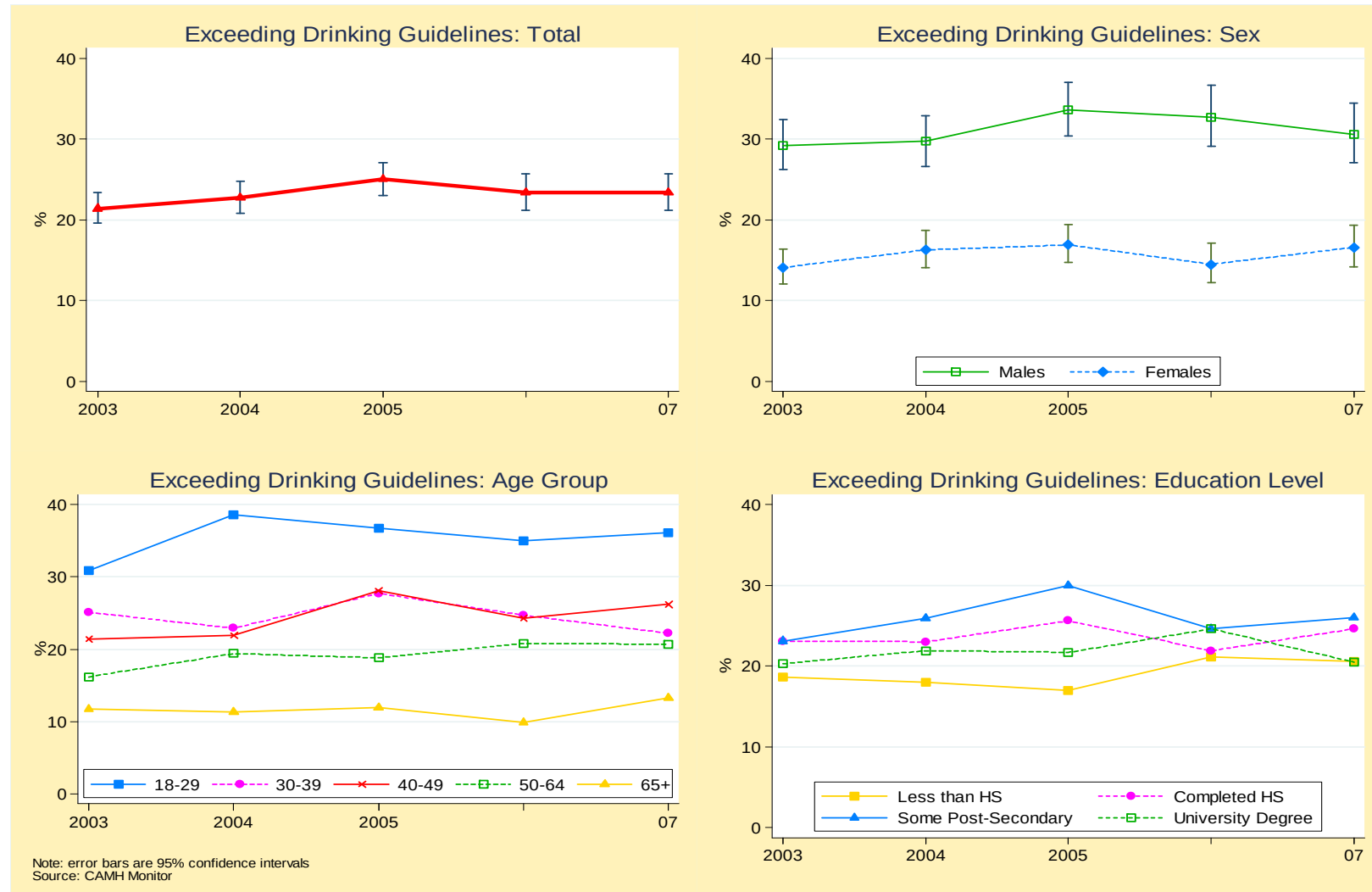


Figure 3.4.2
Percent Exceeding Low Risk Drinking Guidelines in the Past 12 Months, Ontarians Aged 18+, 2003-2007



3.5 Five or More Drinks in a Single Sitting Weekly

The percentage reporting the consumption of five or more drinks on a single occasion on a weekly basis (“binge drinking”) during the 12 months before the survey is an indicator of regular heavy intake of alcohol.

2007 Tables 3.5.1, 3.5.2; Fig. 3.5.1

The estimated percentage of Ontarians who drank five or more drinks in a single sitting on a weekly basis in the 12 months before the survey was 11.2% (range: 9.6% to 13.1%). Among past year drinkers, the prevalence was 13.8% (11.8% to 16.1%).

Gender, age, marital status and education were significant demographic factors related to five plus drinking, after controlling for other demographics:

- The odds of men drinking at this rate were about 4.6 times greater than women (17.5% vs. 5.3%).
- Those aged 18 to 29 reported the highest rate of consuming five or more drinks weekly (26.1%) and those aged 65 and older reported the lowest rate (5.8%).
- The rate of drinking five or more drinks weekly was highest among those who were never married (22.5%).
- The rate of drinking at this level was highest among those with only a high school education (17.3%). Those with a university degree had the lowest rate (4.3%).

Public health region, and income were not significantly related to five plus drinking.

Past year drinkers displayed similar characteristics related to drinking five plus: men, those aged 18 to 29, those never married and those with high school education reported the highest rates of five plus drinking.

Marital status, public health region, and income were not significantly related to five plus drinking among drinkers.

Trends Tables 3.5.3, 3.5.4; Fig. 3.5.2

Overall, between 2006 and 2007 the prevalence of five plus drinking for the total sample remained virtually unchanged (12.3% vs. 11.2%) and it was not significantly different for past year drinkers (15.9 vs. 13.8%). The only significant subgroup change was found among those with university degree. The prevalence of five plus drinking decreased significantly for this group from 10.7% to 4.3% among the total sample and from 13.1% to 5.2% among drinkers.

Between 1996 and 2007, rates of five plus drinking remained stable, varying between 10.5% and 12.7% among the total sample, and between 13.1% and 16.5% among past year drinkers. There were no major significant subgroup differences. The only significant non linear trend was evident among those with university degree for the total sample and also among drinkers.

Since 1977, rates of five plus drinking have ranged from a low of 7% (8.2% among drinkers) in 1995 to a high of 12.7% (16.5% among drinkers) in 2000. Two distinct periods are evident between 1977 and 2005. Rates of five plus drinking remained stable between 1977 and 1995, and then increased significantly in 1996 among the total sample (from 7.0% to 11.7%) and among past year drinkers (from 8.2% to 14.8%) and remained at this high level since. These increases were especially notable among men (varying from 10.7% in 1995 to 20.7% in 2001), and 18 to 29 year-olds (varying from 10.6% in 1995 to 26.1% in 2007). In addition, rates of five plus drinking among 18 to 29 year-olds, are at their highest level on record – 26.1% for the total sample and 29.2% among drinkers.

Table 3.5.1: Percentage ***Drinking Five or More Drinks in a Single Sitting Weekly*** During the Past 12 Months and Adjusted Group Differences, Ontarians Aged 18+, 2007

	N	%	95% CI	Adjusted Odds Ratio
Total Sample	2005	11.2	(9.6, 13.1)	—
Gender				***
Men	840	17.5	(14.6, 20.8)	4.64
Women (<i>Comparison Group</i>)	1165	5.3	(3.9, 7.3)	—
Age				**
<i>(Comparison Group is previous age group)</i>				
18-29	258	26.1	(20.1, 33.2)	—
30-39	315	7.9	(5.2, 11.8)	0.47**
40-49	402	8.6	(6.1, 11.9)	0.90
50-64	551	8.8	(6.5, 11.8)	1.14
65+	417	5.8	(3.8, 8.9)	0.54*
Public Health Region				NS
Toronto (<i>vs. Provincial Average</i>)	317	7.8	(5.0, 12.0)	0.86
Central South	177	13.8	(8.9, 20.8)	1.27
Central West	244	10.9	(6.7, 17.1)	1.05
South West	339	13.1	(9.2, 18.2)	0.90
Central East	268	7.9	(4.7, 13.0)	0.78
East	351	17.3	(12.8, 23.0)	1.36
North	309	9.7	(6.4, 14.4)	0.92
Marital Status				**
Married/Partner (<i>Comparison Group</i>)	1177	7.7	(6.2, 9.5)	—
Previously Married	463	12.1	(8.0, 17.9)	1.03
Never Married	337	22.5	(17.2, 28.7)	1.26
Education				***
Less than high school (<i>Comparison Group</i>)	284	11.9	(7.2, 19.0)	—
Completed high school	480	17.3	(13.5, 21.8)	1.34
Some college or university	679	12.6	(9.8, 16.2)	0.96
University degree	525	4.3	(2.7, 7.0)	0.61
Household Income				NS
< \$30,000 (<i>Comparison Group</i>)	282	12.1	(7.5, 18.9)	—
\$30,000-\$49,000	311	14.3	(10.0, 20.1)	1.09
\$50,000-\$79,000	373	10.5	(7.2, 15.0)	0.79
\$80,000+	549	11.2	(8.6, 14.5)	0.96
Not stated	490	9.6	(6.5, 13.9)	0.76

Notes: (1) *p<.05; **p<.01; ***p<.001; CI = 95% confidence interval; NS – no significant difference.
(2) Asterisks in group row indicate the significance of the group effect, based on Wald test.
(3) Odds greater than 1.0 indicate that drug use is more likely to occur in the group being compared to the comparison group; odds less than 1.0 indicate that drug use is less likely to occur in the group being compared to the comparison group.
(4) Adjusted odds ratio adjusted for gender, age, region, marital status, education and income.
Q: About how often during the past 12 months would you say you had five or more drinks at the same sitting or occasion?
Source: The CAMH Monitor, Centre for Addiction and Mental Health

Table 3.5.2: Percentage ***Drinking Five or More Drinks in a Single Sitting Weekly*** During the Past 12 Months and Adjusted Group Differences, Ontarian Drinkers Aged 18+, 2007

	N	%	95% CI	Adjusted Odds Ratio
Total Sample	1618	13.8	(11.8, 16.1)	—
Gender				***
Men	710	20.6	(17.2, 24.4)	4.69
Women (<i>Comparison Group</i>)	908	6.8	(5.0, 9.3)	—
Age				*
(<i>Comparison Group is previous age group</i>)				
18-29	237	29.2	(22.5, 36.8)	—
30-39	263	9.6	(6.3, 14.4)	0.55*
40-49	333	10.4	(7.4, 14.4)	0.93
50-64	458	10.7	(7.9, 14.3)	1.08
65+	289	8.0	(5.1, 12.1)	0.56
Public Health Region				NS
Toronto (<i>vs. Provincial Average</i>)	237	10.1	(6.9, 16.2)	0.95
Central South	144	16.8	(10.9, 25.0)	1.15
Central West	197	13.5	(8.4, 21.0)	1.09
South West	276	15.5	(11.0, 21.5)	0.89
Central East	220	9.3	(5.5, 15.1)	0.78
East	289	20.2	(15.0, 26.6)	1.37
North	255	11.4	(7.6, 16.9)	0.87
Marital Status				**
Married/Partner (<i>Comparison Group</i>)	967	9.5	(7.7, 11.7)	—
Previously Married	344	15.6	(10.4, 22.8)	2.03**
Never Married	287	26.5	(20.4, 33.5)	1.90**
Education				***
Less than high school (<i>Comparison Group</i>)	190	17.5	(10.8, 27.0)	—
Completed high school	392	21.1	(16.5, 26.5)	0.98
Some college or university	565	14.9	(11.6, 19.0)	0.59
University degree	445	5.2	(3.2, 8.3)	0.22*
Household Income				NS
< \$30,000 (<i>Comparison Group</i>)	190	17.4	(10.9, 26.6)	—
\$30,000-\$49,000	251	17.8	(12.5, 24.6)	1.43
\$50,000-\$79,000	295	13.4	(9.2, 19.1)	1.15
\$80,000+	505	12.3	(9.4, 15.9)	1.59
Not stated	377	12.5	(8.6, 18.0)	1.18

Notes: (1) *p<.05; **p<.01; ***p<.001; CI = 95% confidence interval; NS – no significant difference.
(2) Asterisks in group row indicate the significance of the group effect, based on Wald test.
(3) Odds greater than 1.0 indicate that drug use is more likely to occur in the group being compared to the comparison group; odds less than 1.0 indicate that drug use is less likely to occur in the group being compared to the comparison group.
(4) Adjusted odds ratio adjusted for gender, age, region, marital status, education and income.
Q: About how often during the past 12 months would you say you had five or more drinks at the same sitting or occasion?
Source: The CAMH Monitor, Centre for Addiction and Mental Health

Table 3.5.3: Percentage *Drinking Five or More Drinks in a Single Sitting Weekly* During the Past 12 Months, by Demographic Characteristics, Ontarians Aged 18+, 1977-2007

	1977	1982	1984	1987	1989	1991	1994	1995	1996	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007	Change	
(N=)	(1059)	(1040)	(1051)	(1084)	(1101)	(1047)	(2022)	(994)	(2721)	(2776)	(2232)	(2436)	(2406)	(2627)	(2421)	(2411)	(2611)	(2445)	(2016)	(2005)		
Total	8.9	8.3	9.3	8.7	9.5	7.4	8.4	7.0	11.7	11.1	11.8	11.8	12.7	12.3	10.5	11.0	11.4	10.8	12.3	11.2	-	-
	(7.2, 10.6)	(6.6, 10.0)	(4.5, 11.1)	(7.0, 10.4)	(7.8, 11.2)	(5.8, 9.0)	(7.2, 9.6)	(5.4, 8.6)	(10.3, 13.3)	(9.8, 12.6)	(10.3, 13.4)	(10.4, 13.4)	(11.2, 14.3)	(10.9, 13.9)	(9.1, 11.9)	(9.6, 12.6)	(9.9,13.1)	(9.4,12.4)	(10.6,14.3)	(9.6,13.1)		
Gender																						
Men	14.2	13.3	15.5	13.9	16.0	10.4	13.0	10.7	18.7	17.8	20.0	19.8	18.8	20.7	16.3	16.7	17.6	17.5	18.8	17.5	-	-
	(11.2, 17.2)	(10.4, 16.2)	(12.4, 18.6)	(11.0, 16.8)	(12.9, 19.1)	7.7, 13.1)	(11.0, 15.0)	(7.9, 13.5)	(16.3, 21.5)	(15.5, 20.4)	(17.1, 23.2)	(17.3, 22.7)	(16.3, 21.7)	(18.1, 23.6)	(14.0, 18.8)	(14.2, 19.5)	(15.1, 20.5)	(15.0,20.3)	(15.0,20.3)	(14.6,20.8)		
Women	3.1	3.3	3.6	3.8	3.4	4.5	4.3	3.2	5.5	5.1	4.4	4.4	7.1	4.4	4.9	5.7	5.6	4.6	6.2	5.3	-	-
	(1.6, 4.6)	(1.8, 4.8)	(2.0, 5.2)	(2.2, 5.4)	(1.9, 4.9)	(2.8, 6.2)	(3.0, 5.6)	(1.7, 4.7)	(4.3, 7.1)	(4.0, 6.6)	(3.4, 5.8)	(3.3, 5.9)	(5.7, 8.8)	(3.3, 5.9)	(3.7, 6.5)	(4.4, 7.4)	(4.3, 7.4)	(3.4, 6.1)	(4.7, 8.3)	(3.9, 7.3)		
Age																						
18 - 29	13.6	13.7	12.2	14.2	15.8	10.0	12.7	10.6	21.0	19.7	18.9	20.2	21.3	18.4	16.5	19.4	21.8	16.2	24.0	26.1	-	-
	(9.7, 17.5)	(9.6, 17.8)	(8.3, 16.1)	(9.8, 18.6)	(11.2, 20.4)	(6.4, 13.6)	(9.7, 15.7)	(6.7, 14.5)	(17.1, 25.4)	(16.3, 23.7)	(14.5, 23.8)	(16.2, 25.1)	(17.3, 25.9)	(14.7, 22.9)	(13.0, 20.7)	(15.3, 24.2)	(17.0, 27.3)	(12.3,21.1)	(18.4,30.7)	(20.1,33.2)		
30 - 39	4.3	9.0	11.6	8.7	6.9	8.3	9.2	9.2	11.7	10.7	11.1	11.0	13.1	13.8	9.7	11.6	11.8	9.9	12.8	7.9	-	-
	(1.6, 7.0)	(5.5, 12.6)	(7.6, 15.6)	(5.4, 12.0)	(4.0, 9.8)	(5.0, 11.6)	(6.8, 11.6)	(5.5, 12.9)	(9.2, 14.9)	(8.3, 13.6)	(8.5, 14.5)	(8.6, 14.1)	(10.3, 16.6)	(10.8, 17.4)	(7.1, 13.0)	(8.5, 15.8)	(8.7, 15.8)	(7.1,13.7))	(9.3,17.2)	(5.2,11.8)		
40 - 49	13.0	6.5	9.9	8.5	8.8	6.4	6.5	5.0	9.6	7.7	10.1	11.8	11.9	9.1	11.1	8.4	10.6	13.0	11.1	8.6	-	-
	(8.1, 17.9)	(2.4, 10.6)	5.6, 14.2)	(4.3, 12.7)	(4.7, 12.9)	(3.1, 9.7)	(4.2, 8.8)	(2.1, 7.9)	(7.2, 12.5)	(5.6, 10.5)	(7.5, 13.6)	(8.8, 15.6)	(9.1, 15.4)	(6.6, 12.4)	(8.3, 14.7)	(6.2, 11.2)	(7.9, 14.2)	(10.0,16.7))	(8.0,15.2)	(6.1,11.9)		
50 - 64	6.6	5.8	6.0	5.6	7.9	7.3	4.9	4.2	8.2	7.2	11.1	8.6	9.4	12.3	7.8	8.7	7.6	7.4	7.5	8.8	-	-
	(3.1, 10.1)	(2.7, 8.9)	(2.7, 9.3)	(2.5, 8.7)	(4.3, 11.5)	(3.1, 11.5)	(2.5, 7.3)	(1.2, 7.2)	(5.9, 11.2)	(5.1, 10.1)	(8.0, 15.1)	(6.2, 11.8)	(6.8, 12.9)	(9.4, 16.0)	(5.6, 10.8)	(6.3, 11.8)	(5.6, 10.3)	(5.4,10.1)	(5.3,10.4)	(6.5,11.8)		
65+	4.0	0.6	4.5	2.1	4.1	1.4	4.5	3.0	2.6	5.8	†5.8	†6.3	†4.6	†5.5	6.7	†6.0	†5.6	†6.4	†5.6	†5.8	T	-
	(0.9, 7.1)	(0.8, 2.0)	(0.8, 8.2)	(0.07, 4.3)	(1.0, 7.2)	(0.6, 3.4)	(1.9, 7.1)	(0.02, 6.0)	(1.4, 4.8)	(3.5, 9.5)	(3.4, 9.6)	(3.9, 9.8)	(2.5, 8.1)	(3.4, 8.9)	(4.3, 10.2)	(3.9, 9.1)	(3.7, 8.2)	(4.1,9.8)	(3.4, 9.0)	(3.8,8.9)		
Region																						
Toronto	—	—	—	—	—	—	—	—	13.0	11.0	11.4	10.7	11.9	14.8	8.9	11.0	8.7	11.1	10.7	7.8	-	-
	(9.5, 17.4) (8.2, 14.6) (8.1, 15.9) (7.8, 14.6) (8.8, 16.1) (11.3, 19.2) (6.3, 12.3) (7.9, 15.2) (5.9, 12.6) (7.8,15.4) (7.5,15.2) (5.0,12.0)																					
Central S	—	—	—	—	—	—	—	—	13.0	11.5	10.9	12.2	13.9	10.4	10.4	7.5	11.5	7.7	21.3	13.8	-	-
	(8.8, 18.0) (7.9, 16.5) (6.7, 17.3) (8.0, 18, 2) (9.4, 20.0) (6.8, 15.5) (6.5, 16.3) (4.6, 12.1) (7.2, 17.9) (4.6,12.9) (14.4,30.4) (8.9,20.8)																					
Central W	—	—	—	—	—	—	—	—	8.3	10.1	9.8	11.4	13.7	9.6	11.6	12.4	13.2	13.0	12.5	10.9	-	-
	(5.7, 11.9) (6.5, 15.2) (6.7, 14.3) (8.2, 15.8) (10.1, 18.4) (6.9, 13.2) (8.2, 16.2) (8.7, 17.4) (9.1, 18.7) (9.3,17.8) (8.3,18.5) (6.7,17.1)																					
South W	—	—	—	—	—	—	—	—	13.0	9.1	14.0	12.5	11.8	14.5	12.3	11.0	14.6	14.1	17.0	13.1	-	-
	(9.7, 17.1) (6.5, 12.6) (10.4, 18.5) (9.4, 16.6) (8.7, 15.9) (11.1, 18.7) (9.3, 16.1) (8.0, 14.9) (11.1, 19.1) (10.8,18.2) (12.7,22.4) (9.2,18.2)																					
Central E	—	—	—	—	—	—	—	—	12.4	12.9	9.5	14.5	12.2	12.8	9.4	11.6	13.1	8.5	6.8	7.9	-	-
	(8.9, 17.0) (9.8, 16.8) (6.1, 14.4) (10.4, 19.9) (8.6, 17.1) (9.0, 17.8) (11.6, 9.2) (8.0, 16.5) (9.1, 18.3) (5.6,12.7) (4.0,11.1) (4.7,13.0)																					
East	—	—	—	—	—	—	—	—	10.1	11.8	14.4	11.7	12.0	10.5	11.6	11.2	9.7	9.1	10.5	17.3	-	-
	(7.5, 13.6) (8.8, 15.5) (10.8, 19.0) (8.7, 15.6) (8.9, 15.9) (7.6, 14.3) (8.6, 15.5) (8.2, 15.0) (7.0, 13.2) (6.3,13.0) (7.2,15.2) (12.8,23.0)																					
North	—	—	—	—	—	—	—	—	12.9	12.7	13.2	9.1	14.4	11.2	9.2	11.2	10.9	10.8	8.3	9.7	-	-
	(9.8, 16.9) (9.7, 16.5) (9.7, 17.7) (6.5, 12.5) (10.9, 18.7) (8.7, 14.3) (6.5, 12.7) (8.2, 15.1) (8.4, 14.0) (7.9,14.6) (5.5,12.4) (6.4,14.4)																					

	1977	1982	1984	1987	1989	1991	1994	1995	1996	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007	Change	
(N=)	(1059)	(1040)	(1051)	(1084)	(1101)	(1047)	(2022)	(994)	(2721)	(2776)	(2232)	(2436)	(2406)	(2627)	(2421)	(2411)	(2611)	(2445)	(2016)	(2005)		
Marital Status																						
Married/ Partner	—	—	—	—	—	4.5	6.7	5.3	8.0	8.6	7.3	8.9	10.4	10.5	7.7	8.6	8.6	9.6	9.0	7.7	—	—
Previously Married	—	—	—	—	—	12.3	7.3	5.5	9.4	9.6	10.3	9.0	10.4	9.6	8.7	9.9	8.7	8.0	8.3	12.1	—	—
Never Married	—	—	—	—	—	11.9	12.7	11.3	22.7	17.8	18.8	22.5	19.4	18.8	19.3	18.5	21.4	16.0	25.0	22.5	—	—
Education																						
Less Than HS	—	—	—	—	—	8.8	8.9	9.9	10.9	11.0	15.2	14.9	10.1	12.7	14.4	11.7	14.2	9.4	9.6	11.9	—	—
Completed HS	—	—	—	—	—	10.6	10.6	10.4	14.6	13.0	13.8	12.2	15.0	18.0	12.0	13.3	12.4	14.8	17.8	17.3	—	—
Some College or University	—	—	—	—	—	6.2	8.9	6.1	13.1	12.3	10.0	12.0	15.0	11.8	11.5	11.7	13.0	11.1	10.9	12.6	—	—
University Degree	—	—	—	—	—	3.0	4.0	1.8	8.1	7.4	9.1	9.0	8.9	7.0	5.7	7.9	8.2	7.6	10.7	4.3	T	2Y

Notes: ^a95% confidence interval. — data not available; † Estimate suppressed or unstable.

Trend Analysis: — change not significant at p<.05 between 1996-2007; **T** significant change (p<.05) between 1996-2007; **2Y** significant change (p<.05) between last two estimates.

Q. How often DURING THE PAST TWELVE MONTHS would you say you had five or more drinks at the same sitting or occasion?

Source: The CAMH Monitor, Centre for Addiction and Mental Health

Table 3.5.4: Percentage *Drinking Five or More Drinks in a Single Sitting Weekly* During the Past 12 Months, by Demographic Characteristics, Ontarian Drinkers, Aged 18+, 1977- 2007

	1977	1982	1984	1987	1989	1991	1994	1995	1996	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007	Change	
(N=)	(818)	(792)	(891)	(889)	(908)	(841)	(1660)	(839)	(2141)	(2219)	(1777)	(1938)	(1887)	(2088)	(1933)	(1933)	(2101)	(1906)	(1527)	(1618)		
Total Drinkers	10.9	10.6	11.1	10.5	11.5	9.2	10.2	8.2	14.8	13.9	14.9	15.0	16.5	15.5	13.1	13.7	14.1	13.8	15.9	13.8	-	-
									(13.1, 16.7)	(12.4, 15.7)	(13.0, 16.9)	(13.2, 17.0)	(14.6, 18.5)	(13.7, 17.5)	(11.5, 15.0)	(12.0, 15.7)	(12.3, 16.1)	(12.0,15.7)	(13.7,18.4)	(11.8,16.1)		
Gender																						
Men	16.3	16.1	18.0	15.9	18.6	12.7	15.4	12.4	22.7	21.4	23.7	23.4	23.1	24.8	19.8	20.1	20.7	20.8	22.6	20.6	-	-
									(19.7, 25.9)	(18.7, 24.4)	(20.4, 27.2)	(20.4, 26.6)	(20.1, 26.5)	(21.8, 28.1)	(17.0, 22.8)	(17.2, 23.3)	(17.8, 24.0)	(17.9, 24.1)	(17.9, 24.1)	(17.2,24.4)		
Women	4.1	4.5	4.4	4.9	4.3	5.7	5.4	3.9	7.3	6.7	5.8	6.0	9.8	5.8	6.4	7.4	7.3	6.2	8.6	6.8	-	-
									(5.7, 9.3)	(5.2, 8.6)	(4.4, 7.7)	(4.5, 8.0)	(7.8, 12.1)	(4.4, 7.8)	(4.8, 8.5)	(5.7, 9.5)	(5.5, 9.5)	(4.7, 8.3)	(6.5,11.4)	(5.0,9.3)		
Age																						
18 - 29	16.0	16.8	13.6	15.4	18.0	11.5	14.8	12.2	25.1	23.6	22.5	23.5	24.3	21.7	19.5	22.2	25.0	19.7	28.4	29.2	-	-
									(20.6, 30.3)	(19.6, 28.2)	(17.9, 28.1)	(18.8, 28.9)	(20.2, 30.1)	(17.4, 26.8)	(15.4, 24.3)	(17.6, 27.5)	(19.7, 31.2)	(14.9,25.4)	(21.9,35.9)	(22.5,36.8)		
30 - 39	5.0	10.5	12.8	10.0	7.6	9.8	10.8	10.8	14.0	12.6	13.3	13.6	16.4	16.0	11.8	14.1	13.8	12.0	16.4	9.6	-	-
									(11.0, 17.7)	(9.9, 16.0)	(10.2, 17.2)	(10.6, 17.2)	(12.9, 20.6)	(12.5, 20.1)	(8.7, 15.8)	(10.3, 19.0)	(10.2, 18.4)	(8.6,16.5)	(12.2,21.9)	(6.3,14.4)		
40 - 49	14.4	8.1	11.2	9.7	10.2	7.9	7.8	5.8	11.8	9.1	12.7	14.5	15.1	11.5	13.2	10.3	12.8	15.7	13.5	10.4	-	-
									(8.9, 15.4)	(6.6, 12.3)	(9.4, 17.0)	(10.9, 19.1)	(11.6, 19.4)	(8.4, 15.6)	(9.9, 17.4)	(7.6, 13.7)	(9.6, 17.0)	(12.1,20.0)	(9.7, 18.4)	(7.4,14.4)		
50 - 64	7.9	7.1	7.6	7.0	10.6	9.9	6.3	4.8	10.8	9.3	14.0	11.0	12.4	15.8	9.7	11.1	9.4	9.6	9.7	10.7	-	-
									(7.8, 14.7)	(6.6, 13.0)	(10.1, 19.0)	(7.9, 15.1)	(9.0, 16.8)	(12.1, 20.4)	(7.0, 13.4)	(8.1, 14.9)	(6.9, 12.7)	(7.0,12.9)	(6.9,13.4)	(7.9,14.3)		
65+	6.6	1.1	7.0	3.7	6.2	2.2	6.8	4.1	4.0	9.9	8.4	9.5	7.5	8.3	10.1	8.5	7.9	9.5	8.6	8.0	-	-
									(2.2, 7.2)	(6.0, 15.9)	(5.0, 13.8)	(6.0, 14.6)	(4.2, 13.1)	(5.1, 13.2)	(6.6, 15.2)	(5.5, 12.9)	(5.3, 11.6)	(6.2, 14.4)	(5.3,13.6)	(5.1,12.1)		
Region																						
Toronto	—	—	—	—	—	—	—	—	17.5	13.5	15.0	15.0	17.2	18.9	11.8	14.1	11.5	15.0	14.1	10.1	-	-
									(13.0, 23.2)	(10.1, 17.9))	(10.7, 20.6)	(10.9, 20.3)	(12.7, 22.9)	(14.4, 24.3)	(8.4, 16.3)	(10.1, 19.3)	(7.9, 16.4)	(10.7,20.7)	(10.7,20.7)	(6.9,16.2)		
Central South	—	—	—	—	—	—	—	—	15.9	14.7	13.6	15.0	17.9	13.3	13.5	8.8	13.9	9.6	28.0	16.8	-	-
									(11.1, 22.3)	(10.1, 20.9)	(8.4, 21.3)	(9.9, 22.2)	(12.2, 25.4)	(8.8, 19.6)	(8.5, 20.8)	(5.4, 14.1)	(8.7, 21.4)	(5.7,15.8)	(19.2,38.9)	(10.9,25.0)		
Central West	—	—	—	—	—	—	—	—	10.1	12.3	12.6	13.7	17.7	12.4	14.2	16.0	15.7	16.7	15.9	13.5	-	-
									(7.0, 14.5)	(8.0, 18.5)	(8.6, 18.1)	(9.8, 18.9)	(13.1, 23.5)	(9.0, 17.0)	(10.0, 19.6)	(11.3, 22.1)	(10.9, 22.1)	(12.0,22.6)	(10.6,23.2)	(8.4,21.0)		
South West	—	—	—	—	—	—	—	—	16.7	12.3	17.6	16.0	14.6	18.6	14.8	13.8	17.7	17.9	20.7	15.5	-	-
									(12.6, 21.8)	(8.8, 16.9)	(13.1, 23.1)	(12.0, 20.9)	(10.8, 19.5)	(14.3, 23.9)	(11.2, 19.2)	(10.0, 18.6)	(13.5, 22.9)	(13.8, 22.9)	(15.6,27.0)	(11.0,21.5)		
Central East	—	—	—	—	—	—	—	—	15.0	15.3	11.5	18.1	16.0	15.4	11.9	13.6	15.7	10.3	8.6	9.3	-	-
									(10.8, 20.4)	(11.7, 19.9)	(7.4, 17.3)	(13.0, 24.5)	(11.3, 22.1)	(10.9, 21.2)	(7.9, 17.5)	(9.4, 19.3)	(11.1, 21.9)	(6.8,15.4)	(5.1,14.1)	5.5,15.1)		
East	—	—	—	—	—	—	—	—	12.5	14.5	17.6	14.4	14.9	12.9	13.9	14.3	11.7	11.2	13.9	20.2	-	-
									(9.3, 16.7)	(10.9, 19.0)	(13.3, 22.9)	(10.7, 19.1)	(11.1, 19.6)	(9.4, 17.5)	(10.3, 18.5)	(10.6, 19.0)	(8.5, 16.0)	(7.7, 15.9)	(9.5,19.8)	(15.0,26.6)		
North	—	—	—	—	—	—	—	—	15.8	15.7	17.2	11.4	17.3	14.1	11.8	14.1	13.4	13.3	11.3	11.4	-	-
									(12.0, 20.6)	(12.0, 20.3)	(12.7, 22.8)	(8.2, 15.6)	(13.2, 22.4)	(10.9, 17.9)	(8.4, 16.2)	(10.4, 18.9)	(10.4, 17.2)	(9.8,17.9)	(7.5,16.5)	7.6,16.9)		

	1977	1982	1984	1987	1989	1991	1994	1995	1996	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007	Change
(N=)	(818)	(792)	(891)	(889)	(908)	(841)	(1660)	(839)	(2141)	(2219)	(1777)	(1938)	(1887)	(2088)	(1933)	(1933)	(2101)	(1906)	(1527)	(1618)	
Marital Status																					
Married/Partner	—	—	—	—	—	5.7	8.3	6.2	10.0	10.8	12.3	11.3	13.7	13.1	9.4	10.8	10.6	12.0	11.7	9.5	– –
Previously Married	—	—	—	—	—	16.7	9.5	6.8	13.1	13.0	10.9	13.2	15.2	13.2	12.2	13.6	11.8	11.2	12.6	15.6	– –
Never Married	—	—	—	—	—	13.9	14.8	13.4	27.5	21.5	23.4	26.5	23.3	22.9	23.9	21.6	25.4	19.9	29.4	26.5	– –
Education																					
Less Than HS	—	—	—	—	—	13.7	12.4	12.5	15.8	16.1	21.4	22.8	16.7	19.6	20.9	17.3	21.0	15.1	14.4	17.5	– –
Completed HS	—	—	—	—	—	13.1	12.8	12.5	18.3	16.9	17.9	15.7	19.6	22.3	15.4	16.7	15.1	18.7	23.8	21.1	–
Some College/Univ	—	—	—	—	—	7.1	10.4	7.2	15.9	14.3	11.9	14.5	17.7	14.2	13.7	14.2	15.3	13.4	13.5	14.9	– –
University Degree	—	—	—	—	—	3.4	4.7	2.0	9.6	8.9	11.0	10.8	11.2	8.7	6.8	9.2	9.8	9.5	13.1	5.2	T 2Y

Notes: ^a95% confidence interval. — data not available; † Estimate suppressed or unstable.

Trend Analysis: – change not significant at p<.05 between 1996-2007; T significant change (p<.05) between 1996-2007; 2Y significant change (p<.05) between last two estimates.

Q. How often DURING THE PAST TWELVE MONTHS would you say you had five or more drinks at the same sitting or occasion?

Source: The CAMH Monitor, Centre for Addiction and Mental Health

Figure 3.5.1
Percent Drinking Five or More Drinks Weekly by Gender, Age and
Region, Ontarians Aged 18+, 2007

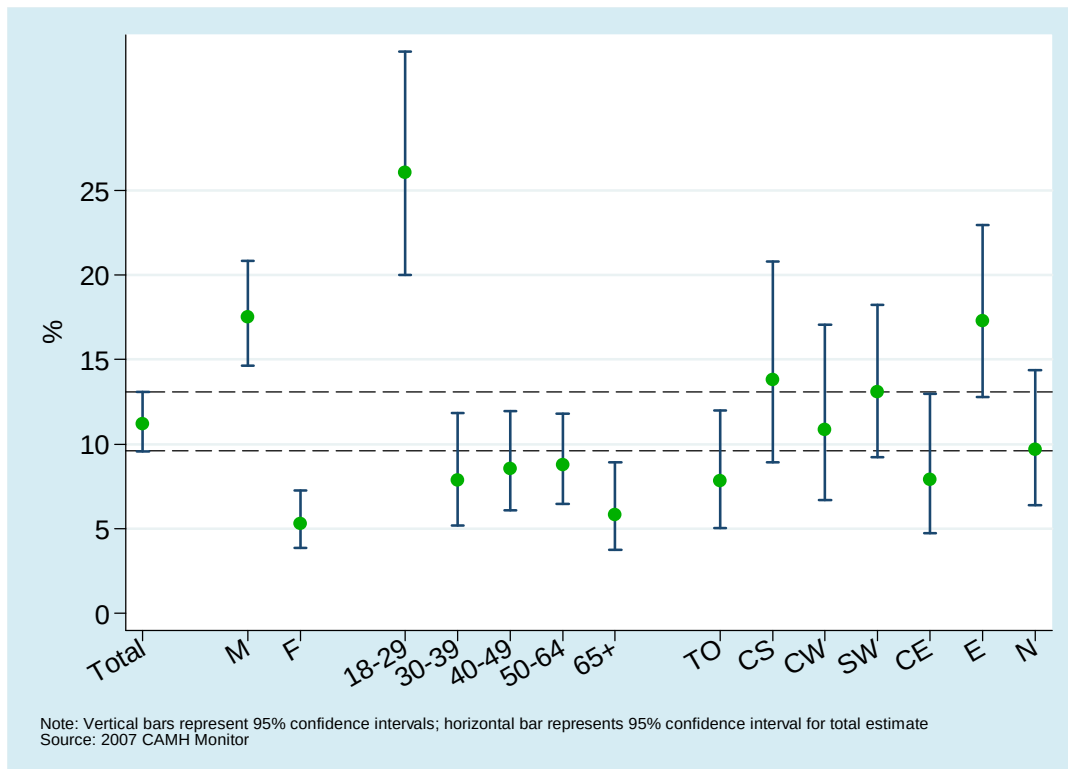
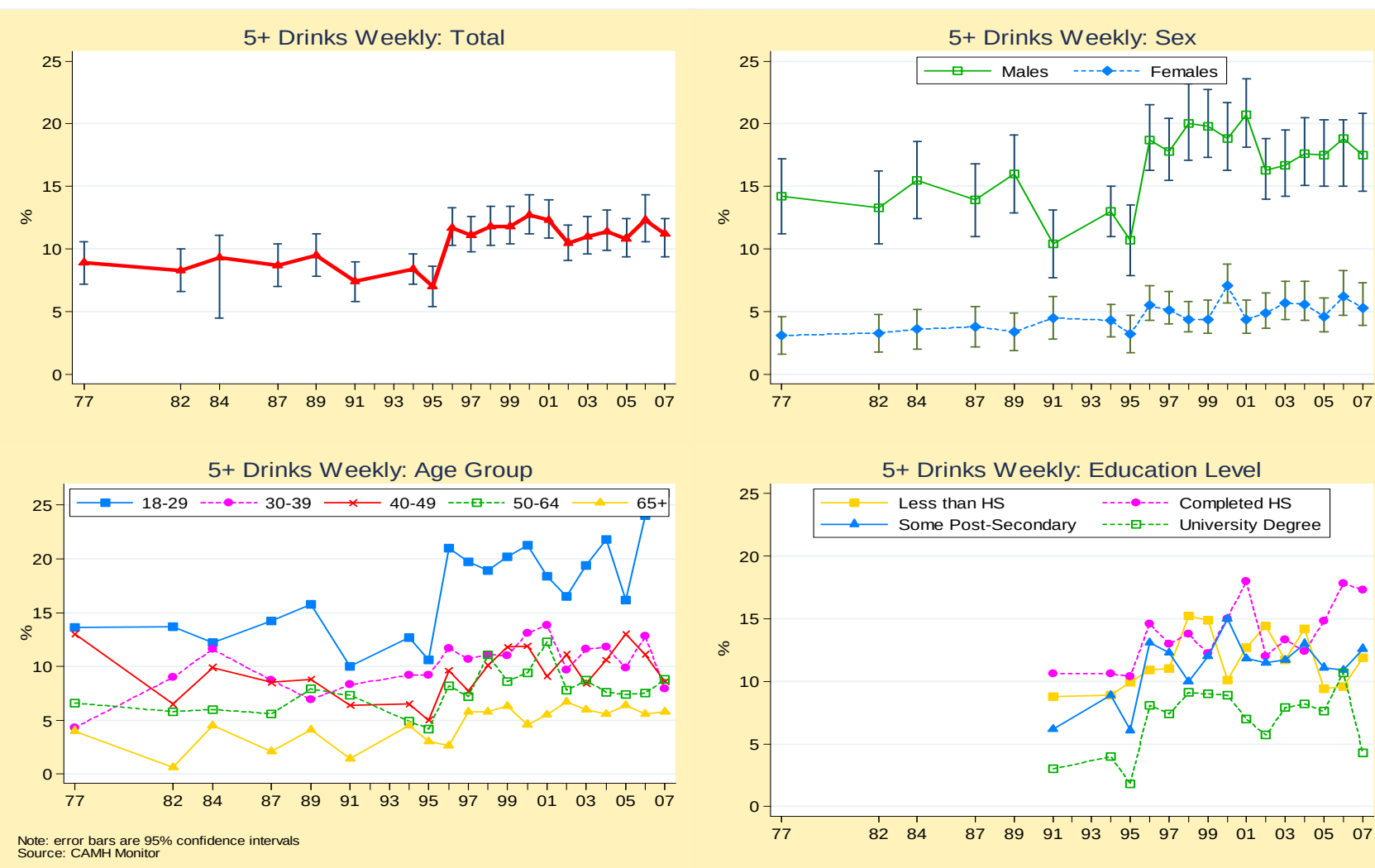


Figure 3.5.2
Percent Drinking Five or More Drinks Weekly in the Past 12 Months, Ontarians Aged 18+, 1977-2007



3.6 Hazardous Drinking (AUDIT)

The consequences of problematic alcohol use vary in their nature and quality. Alcohol problems are multidimensional; they can be indicated by excessive consumption, problematic consequences and dependence.

The development of the Alcohol Use Disorders Identification Test (AUDIT) was supported by the World Health Organization and designed to detect problem drinkers at the less severe end of the spectrum of alcohol problems. The AUDIT identifies hazardous alcohol use - an established pattern of drinking that increases the likelihood of future physical and mental health problems (e.g., liver disease), as well as harmful consequences of that use - a pattern of drinking that is already causing damage to health (e.g., alcohol-related injuries; depression) and indications of dependence (Babor, Higgins-Biddle, Saunders, & Monteiro, 2001; Saunders et al., 1993). It consists of a 10-item questionnaire (including lack of control over one's own drinking, failure to meet expectations, drinking in the morning, feelings of guilt, black-outs, injuries resulting from drinking, and having someone express concern about drinking) and a protocol for scoring responses to these items (Table 3.6.1.)

Conventionally, a score of 8 or more out of 40 on the AUDIT scale is used as a cut-off point to estimate the percentage who drink at hazardous or harmful levels or are dependent. A score of 8+ should not be viewed as "alcoholism", but, rather, as an indicator of high-risk drinking. We restrict the term to "hazardous" for convenience.

2007 Tables 3.6.1 - 3.6.3; Fig.3.6.1

Overall, 15.6% (range: 13.6% to 17.7%) of Ontario adults, and 19.3% (16.9% to 21.8%) of drinkers reported hazardous drinking (8+ cut-off) during the past 12 months.

Gender, age, marital status, and education, were significant demographic characteristics related to hazardous drinking, after controlling for other characteristics.

- Men were about 3.6 times more likely than women to report hazardous drinking (23.2% vs. 8.4%).
- Hazardous drinking declined significantly with age: it was highest among 18 to 29 year olds (39.1%) and lowest among those aged 65 and older (4.5%).
- The odds of hazardous drinking were 2 times higher among those never married compared to their married counterparts (33.7% vs. 10.6%) after adjusting for other characteristics.
- Those with a university degree reported the lowest rate of hazardous drinking (9.4%), while those who completed only high school reported the highest rate (22.0%).

Public health region and income were not significantly related to hazardous drinking.

Similarly, among past year drinkers, gender, age, marital status and education were all significantly related to hazardous drinking. Men, those aged 18 to 29, those never married, and those with completed high school education displayed the highest rates of hazardous drinking.

**Trends.....Table 3.6.4 -3.6.5;
Fig 3.6.2**

Hazardous drinking among Ontarians was not significantly different in 2007 (15.6%), compared to 2006 (13.8%). Rates of hazardous drinking were stable for gender, public health regions, marital status and education.

However, significant increases between 2006 and 2007 were found for 18 to 29 year-olds (28.2% vs. 39.1%) and those aged 50 to 64 (8.3% vs. 13.5%).

Between 1998 and 2007, there was a significant increase in hazardous drinking among Ontario adults, from 12.9% in 2001 to 15.6% in 2007 and there were significant increases among many subgroups.

The significant upward trend was evident among both men and women. The rate of hazardous drinking in 2007 for women almost doubled over the 10 years study period, from 4.8% in 1998 to 8.4% in 2007. In addition, the 2007 estimate is the highest on record for both men and women (23.2% and 8.4%, respectively).

There were also significant increases among 18 to 29 year olds (from 26.9% in 1998 to 39.1% in 2007), those aged 50 to 64 (from 9.3% to 13.5%). In addition the 2007 estimate of hazardous drinking among 18 to 29 year olds (39.1%) is the highest on record. Significant subgroup changes were also found for those never married and those with a university degree.

Ontario drinkers displayed similar characteristics. Women, those aged 18 to 29, and those never married, displayed significant increases between 1998 and 2006 and the highest rates of hazardous drinking on record (10.9%, 43.9% and 40.0%, respectively).

Table 3.6.1: Percentage **Reporting Hazardous Drinking (AUDIT) Symptoms**, Ontarians and Ontarian *Drinkers*, Aged 18+, 2007

AUDIT ITEMS		Total Sample (N=2005)	Drinkers (N=1618)
Alcohol Intake		%	%
1. How often did you drink alcoholic beverages during the past 12 months?	0. Never	18.7	—
	1. Monthly or less	29.9	36.8
	2. 2-4 times/month	26.3	32.4
	3. 2-3 times/week	14.8	18.2
	4. 4+ times/week	10.2	12.6
	Mean (SE)	1.68 (.03)	2.07 (.03)
2. On those days when you drink, how many drinks do you usually have?	0. None/ one	52.5	41.4
	1. Two to Three	34.9	43.0
	2. Four	4.2	5.2
	3. Five to Seven	6.0	7.4
	4. Eight or more	2.4	3.0
	Mean (SE)	.71 (.03)	.87 (.03)
3. About how often during the past 12 months would you say that you had five or more drinks at the same sitting or occasion?	0. Never	55.3	42.6
	1. Less than monthly	19.1	23.4
	2. Monthly	16.5	20.3
	3. Weekly	10.3	12.6
	4. Daily or almost daily	1.0	1.2
	Mean (SE)	.87 (.03)	1.06 (.03)
Dependence Indicators			
4. How often during the last year have you found that you were not able to stop drinking once you had started?	0. Never	95.4	94.3
	1. Less than monthly	2.0	2.5
	2. Monthly	1.8	2.3
	3. Weekly	†	†
	4. Daily or almost daily	†	†
	Mean (SE)	.08 (.01)	.10 (.01)
5. How often during the last year have you failed to do what was normally expected from you because of drinking?	0. Never	95.3	94.2
	1. Less than monthly	2.9	3.6
	2. Monthly	1.2	1.5
	3. Weekly	†	†
	4. Daily or almost daily	†	†
	Mean (SE)	.08 (.01)	.09 (.01)

6. How often during the last year have you needed a first alcoholic drink in the morning to get yourself going after a heavy drinking session?	0. Never	99.4	99.2
	1. Less than monthly	†	†
	2. Monthly	†	†
	3. Weekly	†	†
	4. Daily or almost daily	†	†
	Mean (SE)	.01 (.01)	.01 (.01)
Adverse Consequences			
7. How often during the last year have you had a feeling of guilt or remorse after drinking?	0. Never	92.5	90.8
	1. Less than monthly	5.4	6.6
	2. Monthly	1.3	1.6
	3. Weekly	†	†
	4. Daily or almost daily	†	†
	Mean (SE)	.11 (.01)	.13 (.01)
8. How often during the last year have you been unable to remember what happened the night before because you had been drinking?	0. Never	92.2	90.4
	1. Less than monthly	6.5	8.0
	2. Monthly	1.0	1.2
	3. Weekly	†	†
	4. Daily or almost daily	†	†
	Mean (SE)	.10 (.01)	.12 (.01)
9. Have you or someone else ever been injured as a result of your drinking?	0. No	94.5	93.2
	2. Yes, but not last year	3.7	4.5
	4. Yes, during last year	1.9	2.3
	Mean (SE)	.15 (.02)	.18 (.02)
10. Has a relative or friend or a doctor or other health worker ever been concerned about your drinking or suggested that you cut down?	0. No	93.3	91.8
	2. Yes, but not last year	4.2	5.2
	4. Yes, during last year	1.5	3.0
	Mean (SE)	.18 (.01)	.22 (.02)

Notes: † Estimate less than 1%;

(1) The “AUDIT” is a screener that measures hazardous and harmful drinking, as indicated by a score of 8 or more out of 40.

Source: CAMH Monitor, Centre for Addiction and Mental Health

Table 3.6.2: Percentage **Reporting Hazardous Drinking (AUDIT 8+)** During the Past 12 Months and Adjusted Group Differences, Ontarians Aged 18+, 2007

	N	%	95% CI	Adjusted Odds Ratio
Total Sample	2005	15.6	(13.6, 17.7)	—
Gender				***
Men	840	23.2	(19.9, 26.8)	3.64
Women (<i>Comparison Group</i>)	1165	8.4	(6.6, 10.8)	—
Age				***
<i>(Comparison Group is previous age group)</i>				***
18-29	258	39.1	(32.2, 46.4)	—
30-39	315	11.7	(8.3, 16.2)	0.36**
40-49	402	10.1	(7.3, 14.0)	0.70
50-64	551	13.5	(10.5, 17.2)	1.32
65+	417	4.5	(2.7, 7.5)	0.29**
Public Health Region				NS
Toronto (<i>vs. Provincial Average</i>)	317	13.4	(9.6, 18.4)	0.98
Central South	177	15.2	(10.1, 22.4)	1.06
Central West	244	15.2	(10.2, 22.1)	0.98
South West	339	17.8	(13.4, 23.3)	1.03
Central East	268	13.2	(8.9, 19.0)	0.97
East	351	22.0	(16.9, 28.0)	1.25
North	309	11.3	(7.8, 16.1)	0.79
Marital Status				**
Married/Partner (<i>Comparison Group</i>)	1177	10.6	(8.8, 12.7)	—
Previously Married	463	13.2	(8.6, 19.7)	1.44
Never Married	337	33.7	(27.6, 40.4)	1.96**
Education				**
Less than high school (<i>Comparison Group</i>)	284	13.1	(8.1, 20.3)	—
Completed high school	480	22.0	(17.7, 27.0)	1.11
Some college or university	679	17.1	(13.8, 21.1)	0.74
University degree	525	9.4	(6.9, 12.8)	0.54*
Household Income				NS
< \$30,000 (<i>Comparison Group</i>)	282	18.6	(12.8, 26.1)	—
\$30,000-\$49,000	311	15.1	(10.7, 20.8)	0.83
\$50,000-\$79,000	373	14.0	(10.0, 19.2)	0.79
\$80,000+	549	16.4	(13.3, 20.2)	1.34
Not stated	490	14.8	(10.9, 19.8)	0.97

Notes: (1) *p<.05; **p<.01; ***p<.001; CI = 95% confidence interval.

(2) Asterisks in group row indicate the significance of the group effect, based on Wald test.

(3) Odds greater than 1.0 indicate that drug use is more likely to occur in the group being compared to the comparison group; odds less than 1.0 indicate that drug use is less likely to occur in the group being compared to the comparison group.

(4) Adjusted odds ratio adjusted for gender, age, region, marital status, education and income.

Defn: The “AUDIT” is a screener that measures hazardous and harmful drinking, as indicated by a score of 8 or more out of 40.

Source: The CAMH Monitor, Centre for Addiction and Mental Health

Table 3.6.3: Percentage **Reporting Hazardous Drinking (AUDIT 8+)** During the Past 12 Months and Adjusted Group Differences, Ontarian *Drinkers* Aged 18+, 2007

	N	%	95% CI	Adjusted Odds Ratio
Total Sample	1618	19.3	(16.9, 21.8)	—
Gender				***
Men	710	27.4	(23.6, 31.5)	3.75
Women (<i>Comparison Group</i>)	908	10.9	(8.6, 13.9)	—
Age				***
<i>(Comparison Group is previous age group)</i>				
18-29	237	43.9	(36.5, 51.6)	—
30-39	263	14.3	(10.2, 19.7)	0.42**
40-49	333	12.3	(8.9, 16.9)	0.71
50-64	458	16.6	(12.9, 21.0)	1.28
65+	289	6.2	(3.7, 10.3)	0.31**
Public Health Region				NS
Toronto (<i>vs. Provincial Average</i>)	237	18.4	(13.3, 25.0)	1.13
Central South	144	18.7	(12.4, 27.1)	0.95
Central West	197	19.3	(13.1, 27.5)	1.07
South West	276	21.2	(16.0, 27.5)	1.01
Central East	220	15.5	(10.5, 22.2)	0.97
East	289	25.8	(20.0, 32.6)	1.23
North	255	13.4	(9.2, 19.0)	0.72
Marital Status				**
Married/Partner (<i>Comparison Group</i>)	967	13.1	(10.9, 15.7)	—
Previously Married	344	17.2	(11.3, 25.3)	1.44
Never Married	287	40.0	(33.1, 47.4)	2.09**
Education				**
Less than high school (<i>Comparison Group</i>)	190	19.8	(12.5, 29.7)	—
Completed high school	392	27.1	(21.9, 32.9)	0.86
Some college or university	565	20.4	(16.4, 25.0)	0.55
University degree	445	11.4	(8.3, 15.3)	0.38**
Household Income				NS
< \$30,000 (<i>Comparison Group</i>)	190	27.6	(19.5, 37.6)	—
\$30,000-\$49,000	251	18.9	(13.5, 25.7)	0.67
\$50,000-\$79,000	295	18.0	(13.0, 24.4)	0.68
\$80,000+	505	18.1	(14.6, 22.1)	0.99
Not stated	377	19.5	(14.4, 25.7)	0.84

Notes: (1) *p<.05; **p<.01; ***p<.001; CI = 95% confidence interval; NS – no significant difference.
(2) Asterisks in group row indicate the significance of the group effect, based on Wald test.
(3) Odds greater than 1.0 indicate that drug use is more likely to occur in the group being compared to the comparison group; odds less than 1.0 indicate that drug use is less likely to occur in the group being compared to the comparison group
(4) Adjusted odds ratio adjusted for gender, age, region, marital status, education and income.
Def: The “AUDIT” is a screener that measures hazardous and harmful drinking, as indicated by a score of 8 or more out of 40.
Source: The CAMH Monitor, Centre for Addiction and Mental Health

Table 3.6.4: Percentage *Reporting Hazardous Drinking (AUDIT 8+)* During the Past 12 Months, by Demographic Characteristics, Ontarians, Aged 18+, 1998-2007

	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007	Change	
(N=)	(2509)	(2436)	(2406)	(2627)	(2421)	(2411)	(2611)	(2445)	(2016)	(2005)		
Total Sample	13.3	13.2	13.3	12.9	13.0	13.2	13.9	10.4	13.8	15.6	T	–
	(11.7, 15.0)	(11.7, 14.9)	(11.8, 15.0)	(11.4, 14.4)	(11.5, 14.6)	(11.6, 14.9)	(12.3, 15.7)	(9.0, 12.0)	(11.9, 15.8)	(13.6, 17.7)		
Gender												
Men	22.9	21.7	20.0	19.7	19.9	19.4	20.6	15.5	21.6	23.2	T	–
	(20.1, 26.0)	(18.9, 24.8)	(17.4, 23.0)	(17.2, 22.4)	(17.3, 22.7)	(16.7, 22.4)	(17.8, 23.7)	(13.0, 18.3)	(18.4, 25.2)	(19.9, 26.8)		
Women	4.8	5.6	7.4	6.6	6.6	7.5	7.8	5.6	6.5	8.4	T	–
	(3.7, 6.2)	(4.3, 7.2)	(6.0, 9.0)	(5.3, 8.4)	(5.1, 8.5)	(5.9, 9.4)	(6.1, 9.8)	(4.3, 7.3)	(4.9, 8.5)	(6.6, 10.8)		
Age												
18-29	26.9	25.7	25.5	24.9	22.4	27.2	31.2	25.5	28.2	39.1	T	2Y
	(22.4, 31.9)	(21.2, 30.9)	(21.2, 30.4)	(20.7, 29.7)	(18.2, 27.2)	(22.4, 32.5)	(25.9, 37.1)	(20.6, 31.2)	(22.2, 35.0)	(32.2, 46.4)		
30-39	11.4	13.1	11.9	14.8	15.5	16.0	15.6	7.1	14.5	11.7	T	–
	(8.8, 14.6)	(10.2, 16.6)	(9.4, 15.1)	(11.7, 18.6)	(12.2, 19.6)	(12.3, 20.5)	(12.1, 20.0)	(5.0, 9.9)	(10.8, 19.3)	(8.3, 16.2)		
40-49	11.6	11.0	10.9	9.5	11.2	10.1	10.4	9.3	11.7	10.1	–	–
	(8.8, 15.1)	(8.2, 14.6)	(8.2, 14.2)	(7.2, 12.5)	(8.4, 14.6)	(7.6, 13.2)	(7.8, 13.7)	(6.8, 12.6)	(8.5, 15.8)	(7.3, 14.0)		
50-64	9.3	9.0	9.8	10.9	8.7	7.4	7.5	6.1	8.3	13.5	T	2Y
	(6.6, 12.9)	(6.2, 12.7)	(7.1, 13.4)	(8.2, 14.4)	(6.2, 12.0)	(5.2, 10.5)	(5.3, 10.4)	(4.2, 8.8)	(6.0, 11.5)	(10.5, 17.2)		
65+	†4.7	†4.7	†5.2	†2.4	†5.7	†3.2	†5.4	†3.1	†4.6	†4.5	–	–
	(2.7, 8.1)	(2.9, 7.6)	(3.0, 9.1)	(1.2, 4.7)	(3.3, 9.5)	(1.8, 5.9)	(3.3, 8.6)	(1.7, 5.7)	(2.7, 7.8)	(2.7, 7.5)		
Public Health Region												
Toronto	13.3	12.7	12.6	13.0	11.7	12.9	13.4	7.3	11.2	13.4	–	–
	(9.9, 17.7)	(9.3, 17.2)	(9.3, 16.7)	(9.8, 17.0)	(8.5, 15.7)	(9.5, 17.5)	(9.9, 17.9)	(4.8, 10.8)	(7.6, 16.1)	(9.6, 18.4)		
Central South	15.0	13.0	13.5	11.7	11.1	12.6	11.7	9.1	19.2	15.2	–	–
	(10.2, 21.7)	(8.5, 19.2)	(9.1, 19.4)	(7.7, 17.3)	(7.0, 17.3)	(8.4, 18.6)	(7.2, 18.5)	(5.4, 15.0)	(12.7, 28.2)	(10.1, 22.4)		
Central West	10.7	11.0	14.7	12.1	15.5	15.2	14.5	12.0	13.2	15.2	–	–
	(7.4, 15.1)	(7.7, 15.6)	(10.9, 19.4)	(8.8, 16.4)	(11.5, 20.7)	(11.2, 20.3)	(10.3, 20.0)	(8.3, 17.0)	(8.9, 19.1)	(10.2, 22.1)		
South West	15.4	14.5	12.2	15.9	12.0	12.9	15.8	13.2	19.2	17.8	–	–
	(11.6, 20.0)	(11.1, 18.7)	(9.0, 16.4)	(12.3, 20.3)	(9.0, 15.8)	(9.7, 16.9)	(12.2, 20.3)	(9.8, 17.5)	(14.7, 24.5)	(13.4, 23.3)		
Central East	10.5	15.8	13.0	11.1	13.9	14.0	16.1	9.7	9.2	13.2	–	–
	(7.1, 15.1)	(11.5, 21.3)	(9.2, 18.0)	(7.8, 15.7)	(10.0, 19.2)	(9.9, 19.4)	(11.7, 21.7)	(6.3, 14.7)	(5.7, 14.4)	(8.9, 19.0)		
East	13.9	12.5	12.1	13.2	13.6	11.8	11.1	10.4	14.9	22.0	–	–
	(10.4, 18.2)	(9.2, 16.8)	(8.9, 16.2)	(10.0, 17.3)	(10.2, 17.9)	(8.5, 16.1)	(8.2, 15.0)	(7.3, 14.6)	(10.6, 20.4)	(16.9, 28.0)		
North	16.4	13.6	17.1	13.1	12.2	12.0	14.2	12.7	11.3	11.3	–	–
	(12.6, 21.0)	(10.3, 17.8)	(13.3, 21.6)	(10.3, 16.5)	(9.0, 16.2)	(8.8, 16.1)	(11.3, 17.8)	(9.4, 17.0)	(7.9, 15.8)	(7.8, 16.1)		
Marital Status												
Married/Partner	9.9	9.7	10.4	9.8	10.4	10.0	9.7	7.2	9.8	10.6	–	–
Previously Married	8.7	9.7	11.5	8.7	10.9	11.8	8.4	7.3	9.8	13.2	–	–
Never Married	25.3	26.3	21.8	24.0	21.3	23.5	29.9	21.8	28.3	33.7	T	–
Education												
Less Than HS	15.8	13.7	10.3	9.4	14.8	12.3	17.6	10.0	12.7	13.1	–	–
Completed HS	12.9	15.0	15.5	17.9	14.7	15.3	16.4	14.7	16.9	22.0	–	–
Some College or University	14.9	13.0	15.0	13.1	13.6	14.4	15.0	11.7	13.4	17.1	–	–
University Degree	10.0	11.4	10.8	9.6	9.4	10.7	9.9	5.2	12.2	9.4	T	–

Notes: Trend Analysis: – change not significant at $p < .05$; T significant change ($p < .05$) between 1998-2007; 2Y significant change ($p < .05$) between last two estimates.

Source: CAMH Monitor, Centre for Addiction and Mental Health

Table 3.6.5: Percentage **Reporting Hazardous Drinking (AUDIT 8+)** During the Past 12 Months, by Demographic Characteristics, Ontarian *Drinkers*, Aged 18+, 1998-2007

(N\=)	1998 (1777)	1999 (1938)	2000 (1887)	2001 (2088)	2002 (1933)	2003 (1933)	2004 (2101)	2005 (1906)	2006 (1527)	2007 (1618)	Change	
Total Drinkers	17.4 (15.4, 19.6)	16.9 (15.0, 19.1)	16.7 (14.9,18.8)	16.7 (14.9,18.6)	16.5 (14.6, 18.6)	16.5 (14.6, 18.6)	17.3 (15.3, 19.5)	13.3 (11.6, 15.4)	17.9 (15.5, 20.5)	19.3 (16.9, 21.8)	T	–
Gender												
Men	28.0 (24.5, 31.8)	25.9 (22.6, 29.4)	23.9 (20.8, 27.3)	24.7 (21.7, 27.9)	24.4 (21.4, 27.8)	23.5 (20.4, 27.0)	24.4 (21.2, 28.0)	18.6 (15.7, 21.9)	26.2 (22.4,30.4)	27.4 (23.6, 31.5)	T	–
Women	6.8 (5.2, 8.8)	7.7 (5.9, 9.9)	9.5 (7.7,11.7)	8.3 (6.6,10.5)	8.6 (6.7, 11.1)	9.7 (7.6, 12.2)	10.1 (8.0, 12.8)	7.8 (6.0, 10.1)	9.0 (6.0, 10.1)	10.9 (8.6, 13.9)	T	–
Age												
18–29	32.1 (26.7, 38.0)	29.9 (24.7, 35.7)	29.6 (24.8,35.0)	30.3 (25.3,35.7)	26.6 (21.8, 32.2)	31.4 (26.0, 37.3)	36.2 (30.1, 42.7)	31.2 (25.3, 37.7)	33.5 (26.6,41.1)	43.9 (36.5, 51.6)	T	–
30–39	13.8 (10.5, 17.9)	16.2 (12.7, 20.4)	14.4 (11.3,18.2)	15.9 (12.6,20.0)	19.2 (15.2, 23.9)	19.4 (15.0, 24.7)	18.4 (14.3, 23.5)	8.6 (6.1, 12.1)	18.7 (13.9,24.6)	14.3 (10.2, 19.7)	T	–
40– 49	14.6 (11.0, 19.1)	13.7 (10.3, 18.1)	12.7 (9.7,16.6)	13.1 (10.1,16.8)	13.4 (10.1, 17.5)	12.5 (9.4, 16.2)	12.6 (9.5, 16.6)	11.3 (8.3, 15.3)	14.2 (10.4,19.2)	12.3 (8.9, 16.9)	–	–
50– 64	12.7 (9.0, 17.6)	11.6 (8.1, 16.3)	12.5 (9.0,17.0)	13.5 (10.2,17.7)	10.9 (7.8, 15.0)	9.5 (6.6, 13.4)	9.3 (6.6, 12.8)	7.9 (5.5, 11.3)	10.9 (7.8,14.9)	16.6 (12.9, 21.0)	T	–
65+	8.0 (4.6, 13.6)	7.5 (4.6, 11.9)	8.1 (4.6,13.8)	†5.2 (3.1,8.6)	8.9 (5.3, 14.7)	†4.7 (2.5, 8.4)	7.8 (4.8, 12.4)	†4.8 (2.6, 8.7)	7.2 (4.2,12.1)	†6.2 (3.7, 10.3)	–	–
Region												
Toronto	18.5 (13.7, 24.4)	18.2 (13.4, 24.3)	17.0 (12.6,22.5)	18.6 (14.3,23.8)	15.9 (11.7, 21.3)	16.7 (12.3, 22.3)	17.8 (13.3, 23.6)	10.1 (6.7, 14.8)	14.9 (10.2,21.2)	18.4 (13.3, 25.0)	–	–
Central South	18.8 (12.5, 27.1)	16.1 (10.6, 23.6)	16.0 (10.9,22.9)	14.0 (9.3,20.7)	14.6 (9.3, 22.3)	14.9 (9.9, 21.8)	14.3 (8.8, 22.3)	11.5 (6.8, 18.8)	25.5 (17.0, 36.4)	18.7 (12.4, 27.1)	–	–
Central West	13.1 (9.0, 18.7)	13.3 (9.3, 18.7)	17.1 (12.6,22.8)	14.6 (10.7,19.6)	19.1 (14.2, 25.2)	19.7 (14.6, 26.0)	17.5 (12.5, 23.9)	15.7 (10.9, 21.9)	16.8 (11.4,24.1)	19.3 (13.1, 27.5)	–	–
South West	20.5 (15.5, 26.5)	18.7 (14.4, 23.9)	15.5 (11.6,20.4)	20.3 (15.8,25.6)	14.5 (10.9, 18.9)	16.1 (12.2, 21.0)	19.2 (14.9, 24.5)	16.9 (12.6, 22.2)	23.5 (18.1,29.8)	21.2 (16.0, 27.5)	–	–
Central East	13.7 (9.2, 19.8)	19.7 (14.4, 26.3)	16.6 (11.7,22.8)	14.5 (10.5,19.7)	17.9 (12.9, 24.3)	16.5 (11.7, 22.7)	19.5 (14.3, 26.1)	11.9 (7.8, 17.9)	11.7 (7.3, 18.4)	15.5 (10.5, 22.2)	–	–
East	17.9 (13.5, 23.3)	15.5 (11.4, 20.6)	15.3 (11.4,20.2)	15.8 (12.0,20.5)	16.4 (12.4, 21.4)	15.2 (11.1, 20.5)	13.6 (10.0, 18.3)	12.9 (9.1, 17.9)	19.8 (14.2,26.7)	25.8 (20.0, 32.6)	–	–
North	22.4 (17.2, 28.7)	17.0 (12.9, 22.0)	21.0 (16.5,26.3)	17.8 (14.3,18.6)	15.8 (11.7, 20.9)	15.2 (11.2, 20.2)	17.7 (15.3, 19.5)	15.7 (11.6, 20.9)	15.4 (11.0, 20.5)	13.4 (9.2, 19.0)	–	–
Marital Status												
Married/Partner	12.7	12.5	12.5	12.2	12.9	12.6	11.9	9.1	12.8	13.1	–	–
Previously Married	12.7	14.4	17.5	11.9	15.6	16.5	11.6	10.5	15.3	17.2	–	–
Never Married	31.8	31.0	26.6	31.0	26.7	27.5	35.8	27.4	33.4	40.0	T	–
Education												
Less Than HS	24.4	21.6	17.6	16.0	22.3	18.2	27.0	16.8	19.8	19.8	–	–
Completed HS	18.4	19.4	20.3	23.0	19.1	19.3	20.1	18.8	22.9	27.1	–	–
Some College or University	17.3	15.8	17.4	16.3	16.5	17.6	17.8	14.2	16.7	20.4	–	–
University Degree	12.2	13.7	11.8	10.9	11.3	12.5	12.0	6.5	15.0	11.4	–	–

Notes: Trend Analysis: – change not significant at p<.05; T significant change (p<.05) between 1998-2005; 2Y significant change (p<.05) between last two estimates.

Source: CAMH Monitor, Centre for Addiction and Mental Health

Figure 3.6.1
Percent Drinking Hazardously or Harmfully (AUDIT 8+) by Gender, Age
and Region, Ontarians Aged 18+, 2007

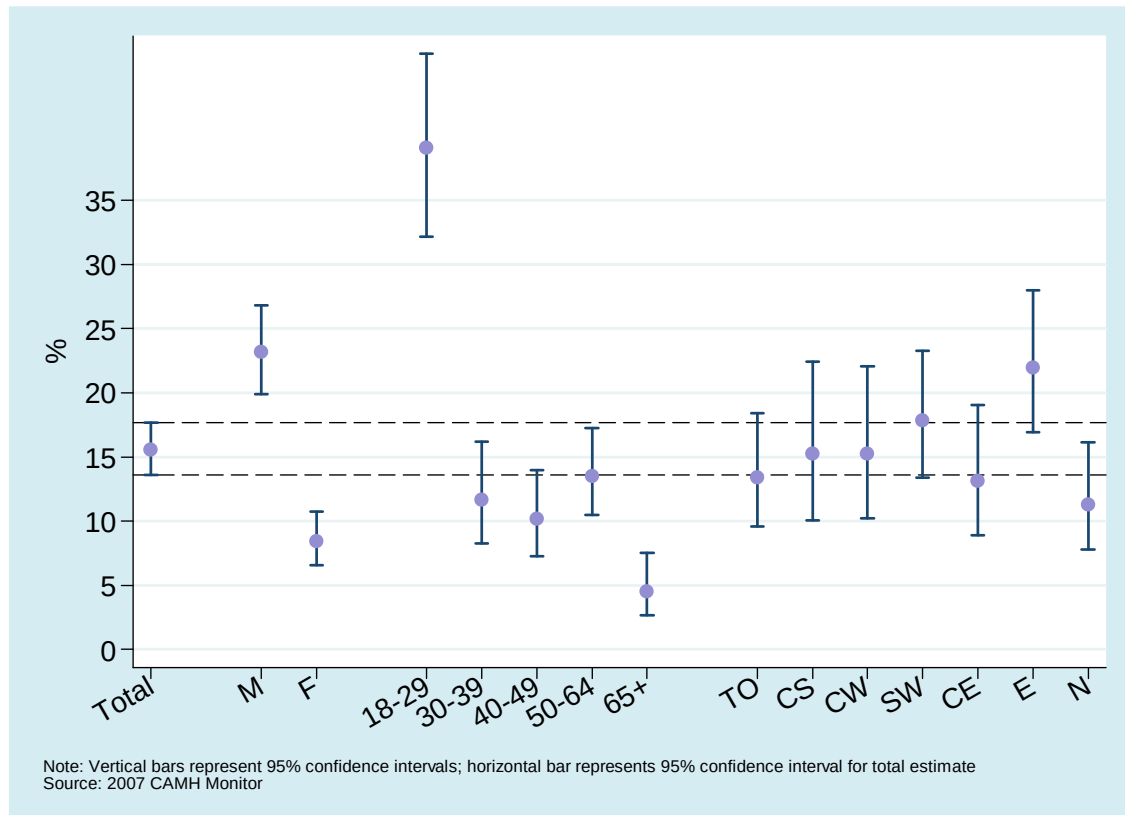
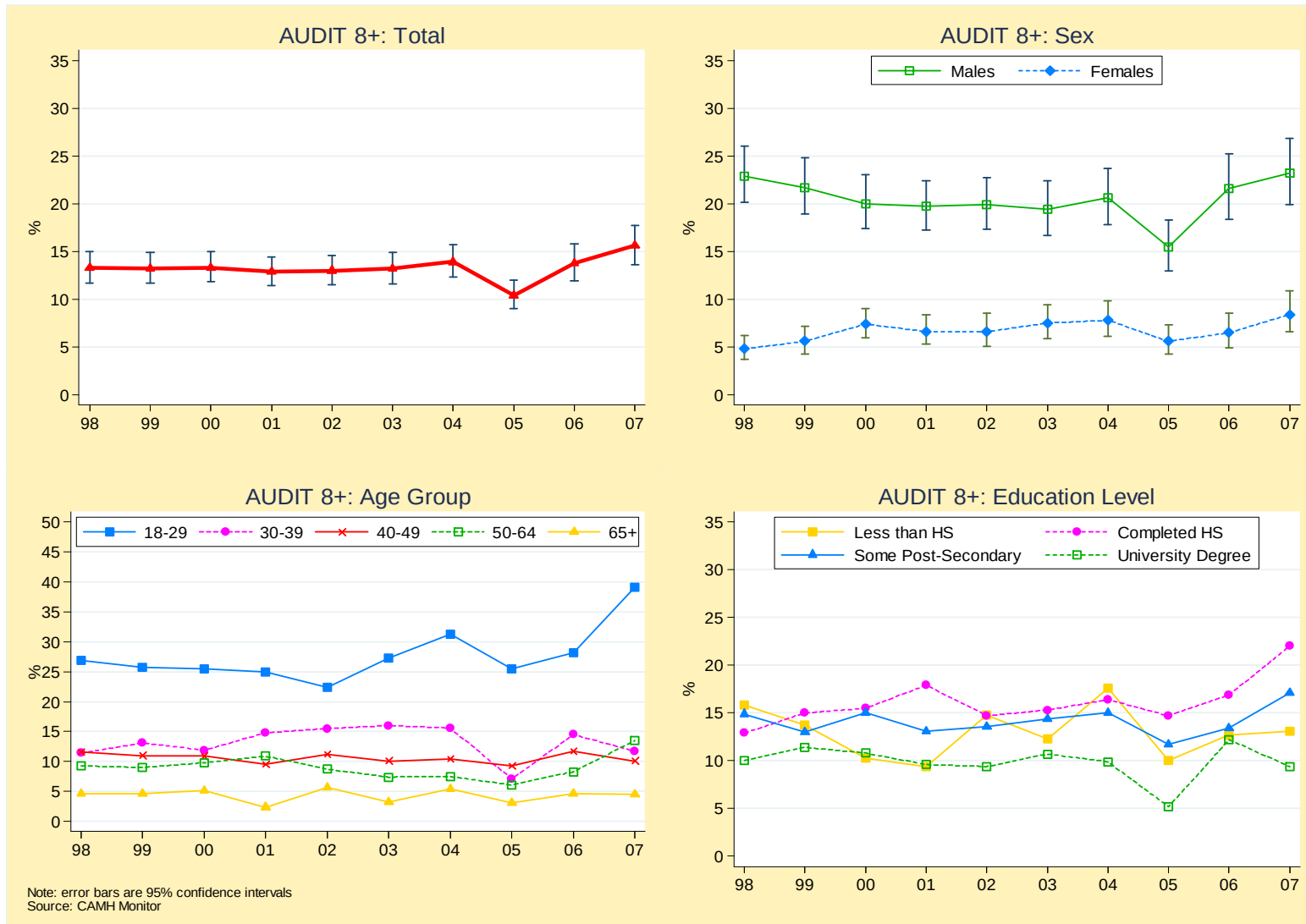


Figure 3.6.2
Percent Drinking Hazardously or Harmfully (AUDIT 8+), Ontarians Aged 18+, 1998-2007



4. TOBACCO

4.1 Cigarette Smoking

2007 Table 4.1; Fig. 4.1- 4.3

The estimated percentage of current smokers in Ontario was 21.6% (range: 19.5% to 23.9%). About half of Ontarians (52.1%) were classified as non-smokers (never smoked more than 100 cigarettes). The next largest group was former daily smokers (22.6%), followed by daily smokers (17.0%), non-daily smokers (4.6%) and former non-daily smokers (3.7%).

Age, public health region, marital status, education and income were significantly related to current smoking, after adjusting for other demographic factors.

- Smoking significantly decreased with age, from a high of 31.2% among 18 to 29 year-olds, to a low of 8.9% among those 65 and older.
- Smoking significantly varied by public health regions. Compared to the provincial average, respondents from the Central West were less likely to report smoking during the past year (15.0%), whereas the rate was highest among those living in the North (27.3%)
- Those previously married were significantly more likely to smoke compared to those who are married (26.6% vs. 18.1%).
- Smoking rates decreased significantly with education. Use was highest among those with less than high school education (35.1%), and lowest among those with a university degree (7.6%).

- Smoking rates tended to decrease with income. Use was highest among those with incomes of less than \$30,000 (28.2%), and lowest among those with an income of more than \$80,000 (19.2%).

There were no dominant sex differences after adjusting for other factors.

- On average, current smokers consumed 12.6 cigarettes per day. This number did not vary significantly by sex (13.1 among men vs. 11.9 among women), but increased significantly with age (ranging from 8.9 among 18 to 29 year-olds to 17.5 among those aged 65 and older).

4.2 Daily Smoking

2007 Table 4.2; Fig. 4.1- 4.3

Overall, 17.0% (range: 15.1% to 19.1%) of Ontario adults reported smoking cigarettes daily in the past 12 months.

Past year daily smokers displayed similar characteristics as current smokers: those aged 18 to 29, those previously married, those with less than high school education and those with incomes of less than \$30,000 reported the highest rates of daily smoking within their respective demographic subgroups, and respondents aged 65 and older, those married, those with university degrees and and those with incomes of more than \$80,000 reported the lowest rates of daily smoking.

There were no dominant sex and public health region differences after adjusting for other factors.

4.3 Smoking Dependence (HIS) ... Fig. 4.4

Smoking dependence was measured among daily smokers using the Heaviness of Smoking Index (HIS).

The HIS is based on points given for the time to the first cigarette each morning (TAC) and number of cigarettes smoked per day (CPD) (Heatherton, Kozlowski, Frecker, Rickert, & Robinson, 1989). Low scores (0-2) indicate low dependence on nicotine; scores ranging from 3-4 indicate moderate dependence, while scores ranging from 5-6 indicate high dependence.

Overall, among daily smokers, 10.5% (range: 7.2% to 15.1%) met the criteria for high smoking dependence.

(from 24.3% to 18.1%); and those with university education (from 14.6% to 7.6%). However this declining trend seemed to have leveled off in 2007.

Past year daily smoking displayed similar patterns. Prevalence of daily smoking in 2007 (17.0%) did not change significantly from 2006 (15.6%). There were, however, two subgroups that show significant increases between 2006 and 2007: rates of daily smoking among Toronto residents increased from 9.7% to 17.2%, as did the rates among those with less than high school education (from 24.3% to 30.9%).

Since 1996, daily smoking declined significantly from 23.0% to 17.0% in 2007. Significant subgroup changes were evident for gender, age, public health regions, marital status and education.

Trends Table 4.3-4.4; Fig. 4.5

Prevalence of cigarette smoking in 2007 (21.6%) did not change significantly from 2006 (20.6%). There were two significant increases during this period: among those with less than high school education, from 27.6% in 2006 to 35.1% in 2007 and among residents in the North, from 20.9% to 27.3% .

Over the long-term, the prevalence of current smoking moved downward from 28.5% in 1991 to 23.5% in 1993, and then rebounded to 28.5% in 1995.

Since 1996, current smoking has displayed a steady linear decline from 27.8% to 21.6% in 2007. Many subgroups also showed a significant decline over this period: men (from 29.3 in 1997 to 23.7 in 2007); women (from 25.7% in 1996 to 19.6% in 2007); those aged 30-39 (from 31.8% to 21.8%); those 65 and older (from 14.1% to 8.9%); those living in the Central South (from 31.5% to 21.9%) and in the East (from 27.5% to 22.5%); those married

Table 4.1: Percentage Reporting **Cigarette Smoking** During the Past 12 Months and Adjusted Group Differences, Ontarians Aged 18+, 2007

	N	%	95% CI	Adjusted Odds Ratio
Total Sample	2005	21.6	(19.5, 23.9)	—
Gender				NS
Men	840	23.7	(20.4, 27.3)	1.21
Women (<i>Comparison Group</i>)	1165	19.6	(17.1, 22.4)	—
Age				
(<i>Comparison Group is previous age group</i>)				**
18-29	258	31.2	(24.9, 38.4)	—
30-39	315	21.8	(17.2, 27.2)	1.21
40-49	402	26.3	(21.6, 31.5)	0.95
50-64	551	19.4	(16.0, 23.3)	0.64**
65+	417	8.9	(6.4, 12.3)	0.25**
Public Health Region				**
Toronto (<i>vs. Provincial Average</i>)	317	20.7	(15.9, 26.5)	1.06
Central South	177	21.9	(16.1, 29.2)	1.00
Central West	244	15.0	(10.4, 21.2)	0.71*
South West	339	24.0	(19.3, 29.4)	1.00
Central East	268	24.3	(18.7, 31.0)	1.23
East	351	22.5	(17.7, 28.1)	0.95
North	309	27.3	(22.2, 33.0)	1.13
Marital Status				**
Married/Partner (<i>Comparison Group</i>)	1177	18.1	(15.7, 20.8)	—
Previously Married	463	26.6	(21.4, 32.7)	1.76**
Never Married	337	30.1	(24.6, 36.4)	1.52*
Education				**
Less than high school (<i>Comparison Group</i>)	284	35.1	(28.4, 42.4)	—
Completed high school	480	26.8	(22.4, 31.8)	0.52**
Some college or university	679	25.4	(21.6, 29.5)	0.39**
University degree	525	7.6	(5.1, 11.1)	0.12**
Household Income				*
< \$30,000 (<i>Comparison Group</i>)	282	28.2	(22.4, 34.9)	—
\$30,000-\$49,000	311	24.6	(19.4, 30.7)	0.80
\$50,000-\$79,000	373	21.6	(17.1, 26.8)	0.71
\$80,000+	549	19.2	(15.7, 23.4)	0.70
Not stated	490	20.2	(15.9, 25.2)	0.71

Notes: (1) *p<.05; **p<.01; ***p<.001; CI = 95% confidence interval; NS – no significant difference.

(2) Asterisks in group row indicate the significance of the group effect, based on Wald test.

(3) Odds greater than 1.0 indicate that drug use is more likely to occur in the group being compared to the comparison group; odds less than 1.0 indicate that drug use is less likely to occur in the group being compared to the comparison group

(4) Adjusted odds ratio adjusted for gender, age, region, marital status, education and income.

Q: At the present time, do you smoke cigarettes daily, occasionally or not at all? AND (2) How long ago was it that you last smoked?

Source: The CAMH Monitor, Centre for Addiction and Mental Health

Table 4.2: Percentage Reporting **Daily Smoking** During the Past 12 Months and Adjusted Group Differences, Ontarians Aged 18+, 2007

	N	%	95% CI	Adjusted Odds Ratio
Total Sample	2005	17.0	(15.1, 19.1)	—
Gender				NS
Men	840	18.1	(15.2, 21.5)	1.20
Women (<i>Comparison Group</i>)	1165	15.9	(13.6, 18.5)	—
Age				
(<i>Comparison Group is previous age group</i>)				**
18-29	258	23.3	(17.5, 30.2)	—
30-39	315	17.0	(13.0, 22.0)	1.33
40-49	402	20.9	(16.7, 25.9)	0.93
50-64	551	15.2	(12.2, 18.9)	0.63**
65+	417	8.3	(5.9, 11.6)	0.28**
Public Health Region				
Toronto (<i>vs. Provincial Average</i>)	317	17.2	(12.7, 22.8)	1.09
Central South	177	13.4	(9.1, 19.3)	0.82
Central West	244	13.5	(9.1, 19.5)	0.88
South West	339	20.6	(16.2, 25.9)	1.03
Central East	268	17.4	(12.7, 23.4)	1.11
East	351	16.3	(12.3, 21.3)	0.91
North	309	23.8	(19.1, 29.4)	1.23
Marital Status				**
Married/Partner (<i>Comparison Group</i>)	1177	14.3	(12.1, 16.7)	—
Previously Married	463	23.4	(18.3, 29.5)	1.75**
Never Married	337	21.9	(17.2, 27.6)	1.37
Education				**
Less than high school (<i>Comparison Group</i>)	284	30.9	(24.4, 38.2)	—
Completed high school	480	21.1	(17.2, 25.5)	0.54**
Some college or university	679	19.8	(16.4, 23.7)	0.38**
University degree	525	4.8	(2.7, 8.3)	0.09**
Household Income				*
< \$30,000 (<i>Comparison Group</i>)	282	25.5	(19.9, 32.0)	—
\$30,000-\$49,000	311	19.9	(15.3, 25.4)	0.72
\$50,000-\$79,000	373	17.6	(13.5, 22.7)	0.62*
\$80,000+	549	13.2	(10.2, 17.1)	0.53**
Not stated	490	16.1	(12.3, 20.9)	0.62*

Notes: (1) *p<.05; **p<.01; ***p<.001; CI = 95% confidence interval; NS – no significant difference.

(2) Asterisks in group row indicate the significance of the group effect, based on Wald test.

(3) Odds greater than 1.0 indicate that drug use is more likely to occur in the group being compared to the comparison group; odds less than 1.0 indicate that drug use is less likely to occur in the group being compared to the comparison group

(4) Adjusted odds ratio adjusted for gender, age, region, marital status, education and income.

Q: At the present time, do you smoke cigarettes daily, occasionally or not at all? AND (2) How long ago was it that you last smoked?

Source: The CAMH Monitor, Centre for Addiction and Mental Health

Table 4.3: Percentage Reporting *Cigarette Smoking* During the Past 12 Months, by Demographic Characteristic, Ontarians Aged 18+, 1991-2007

	1991 (N=) (1047)	1992 (1058)	1993 (941)	1994 (2022)	1995 (994)	1996 (2721)	1997 (2776)	1998 (2509)	1999 (2436)	2000 (2406)	2001 (2627)	2002 (2421)	2003 (2411)	2004 (2611)	2005 (2445)	2006 (2016)	2007 (2005)	Change	
Total Sample	28.5 (25.8,31.2)	26.1 (23.5,28.7)	23.5 (20.8,26.2)	25.3 (23.4,27.2)	28.5 (25.7,31.3)	26.7 (25.0,28.4)	26.8 (25.2,28.4)	25.9 (24.0,27.9)	25.4 (23.5,27.4)	25.6 (23.7,27.6)	24.7 (22.8,26.7)	22.8 (20.1,24.8)	22.5 (20.7,24.5)	21.4 (19.6, 23.4)	20.3 (18.5, 22.2)	20.6 (18.5,22.8)	21.6 (19.5,23.9)	T	–
Gender																			
/Men	28.5 (24.5,32.5)	29.5 (25.5,33.5)	28.2 (24.2,32.2)	26.4 (23.8,29.0)	30.4 (26.3,34.5)	27.8 (25.3,30.3)	29.3 (26.8,31.8)	28.2 (25.2,31.4)	28.2 (25.2,31.3)	31.1 (28.0,34.4)	28.0 (25.2,31.1)	25.6 (22.8,28.6)	25.2 (22.4,28.3)	24.8 (21.9, 27.9)	21.7 (19.0, 24.7)	23.7 (20.4,27.3)	23.7 (20.4,27.3)	T	–
Women	28.6 (24.8,32.4)	23.2 (19.7,26.7)	19.7 (16.4,23.0)	24.3 (21.5,27.1)	26.7 (22.9,30.5)	25.7 (23.5,27.9)	24.5 (22.3,26.7)	23.8 (21.4,26.3)	22.9 (20.4,25.5)	20.6 (18.3,23.1)	21.5 (19.1,24.1)	20.2 (17.8,22.8)	20.0 (17.7,22.6)	18.3 (16.1, 20.7)	19.1 (16.8, 21.5)	17.6 (15.2,20.3)	19.6 (17.1,22.4)	T	–
Age																			
18 - 29	29.4 (23.9,34.9)	31.4 (25.9,36.9)	26 (20.5,31.5)	34.2 (29.9,38.5)	33.7 (27.7,39.7)	29.1 (25.2,33.0)	34.2 (30.3,38.1)	31.6 (26.9,36.7)	31.8 (27.1,36.8)	32.7 (28.0,37.8)	32.0 (27.2,37.1)	28.4 (23.8,33.5)	31.0 (26.3,36.2)	24.9 (20.1, 30.4)	27.8 (22.7, 33.5)	27.0 (21.4,33.5)	31.2 (24.9,38.4)	–	–
30 - 39	31.4 (25.8,37.0)	30.4 (25.0,35.8)	29.5 (24.1,34.9)	28.2 (24.4,32.0)	31.9 (26.0,37.8)	31.8 (28.3,35.3)	31.2 (27.6,34.8)	32.4 (28.4,36.7)	31.8 (27.6,36.3)	28.3 (24.3,32.6)	30.4 (26.2,35.0)	29.4 (25.1,34.1)	23.9 (19.6,28.7)	25.6 (21.3, 30.3)	23.6 (19.6, 28.2)	22.6 (18.0,27.9)	21.8 (17.2, 27.2)	T	–
40 - 49	28.7 (22.6,34.8)	25.8 (19.8,31.8)	24.9 (19.0,30.8)	21.6 (17.7,25.5)	30.3 (24.1,36.5)	29.0 (25.2,32.8)	28.1 (24.4,31.8)	27.1 (23.2,31.4)	26.7 (22.7,31.1)	29.6 (25.4,34.2)	25.6 (21.8,29.8)	25.2 (21.6,29.9)	23.9 (20.3,27.8)	23.4 (19.5, 27.9)	22.4 (18.8, 26.6)	21.7 (17.4,26.6)	26.3 (21.6,31.5)	–	–
50 - 64	31.3 (23.9,38.7)	18.2 (12.1,24.3)	17.6 (11.7,23.5)	19.1 (14.8,23.4)	25.6 (19.0,32.2)	23.2 (19.4,27.0)	21.2 (17.6,24.8)	20.2 (16.3,24.8)	20.2 (16.4,24.7)	20.6 (16.9,24.9)	23.1 (19.1,27.6)	21.1 (17.5,25.2)	20.7 (16.9,25.1)	22.6 (19.1,26.5)	18.6 (15.3, 22.4)	21.2 (17.4,25.6)	19.4 (16.0,23.3)	–	–
65+	18.8 (12.2,25.4)	12.7 (6.9,18.5)	10.0 (4.9,15.1)	12.4 (8.2,16.6)	10.8 (5.3,16.3)	14.1 (10.7,17.5)	9.3 (6.5,12.1)	15.2 (11.5,19.8)	13.3 (9.8,17.7)	13.6 (10.0,18.1)	10.1 (7.3,13.8)	6.6 (4.4, 9.7)	11.2 (8.1,15.4)	8.2 (6.0, 11.3)	8.0 (5.7, 11.2)	9.1 (6.4,12.9)	8.9 (6.4,12.3)	T	–
Region																			
Toronto	—	—	—	—	—	24.1 (22.1,30.5)	27.2 (22.8,32.1)	23.6 (19.3,28.5)	21.0 (16.9,25.8)	21.5 (17.4,26.3)	24.9 (20.5,29.9)	17.2 (13.5,21.8)	22.3 (18.0,27.3)	20.1 (16.1, 24.8)	15.4 (11.9, 19.7)	13.5 (9.8,18.2)	20.7 (15.9, 26.5)	T	–
Central South	—	—	—	—	—	31.5 (25.6,38.0)	29.6 (24.1,35.7)	26.4 (20.6,33.3)	27.9 (21.9,34.9)	31.0 (24.7,38.1)	19.8 (14.4,26.5)	20.3 (15.1,26.7)	19.8 (14.8,25.9)	21.8 (16.4, 28.3)	19.6 (14.1, 26.7)	21.7 (15.1, 30.0)	21.9 (16.1, 29.2)	T	–
Central West	—	—	—	—	—	21.8 (17.3,27.0)	27.1 (21.3,33.9)	23.2 (18.6,28.5)	23.4 (18.7,28.8)	21.6 (17.2,26.6)	23.7 (19.2,28.9)	27.7 (22.5,33.6)	19.7 (15.3,25.0)	20.1 (15.5, 25.6)	22.3 (17.9, 27.4)	20.8 (15.7,27.1)	15.0 (10.4,21.2)	–	–
South West	—	—	—	—	—	26.1 (19.8,29.0)	29.4 (25.2,34.0)	27.3 (22.9,32.1)	31.6 (26.9,36.7)	28.1 (23.5,33.2)	23.3 (19.2,28.0)	24.6 (20.4,29.3)	24.0 (19.8,28.7)	20.7 (16.8, 25.2)	20.4 (16.5, 24.9)	24.6 (20.0,29.8)	24.0 (19.3, 29.4)	T	–
Central East	—	—	—	—	—	29.5 (24.3,35.2)	23.7 (19.7,28.3)	27.1 (21.9,33.0)	24.5 (19.4,30.6)	24.2 (19.1,30.1)	26.2 (21.2,31.9)	23.8 (18.9,29.5)	22.8 (17.8,28.7)	23.3 (18.4, 29.1)	26.2 (20.8, 32.2)	24.1 (18.3,31.0)	24.3 (18.7,31.0)	–	–
East	—	—	—	—	—	27.5 (23.4,32.0)	21.7 (17.9,26.0)	27.7 (23.3,32.7)	26.4 (22.1,31.2)	28.1 (23.6,33.2)	25.3 (21.2,30.0)	20.8 (16.8,25.3)	21.4 (17.4,26.1)	22.1 (18.2, 26.6)	15.8 (12.3, 20.0)	22.3 (17.7,27.8)	22.5 (17.7,28.1)	T	–
North	—	—	—	—	—	31.5 (27.1,36.3)	32.9 (28.3,37.8)	29.5 (25.1,34.4)	28.8 (24.3,33.8)	32.2 (27.5,37.3)	29.9 (26.0,34.1)	29.6 (25.3,34.5)	31.0 (26.3,36.2)	24.5 (21.0, 28.4)	27.6 (18.5, 22.2)	20.9 (16.5, 26.2)	27.3 (22.2,33.0)	T	–

Continued...

	1991	1992	1993	1994	1995	1996	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007	Change	
(N=)	(1047)	(1058)	(941)	(2022)	(994)	(2721)	(2776)	(2509)	(2436)	(2406)	(2627)	(2421)	(2411)	(2611)	(2445)	(2016)	(2005)		
Marital Status																			
Married/Partner	26.8	25.0	21.0	22.7	26.4	24.3	21.8	23.6	23.4	22.7	22.0	20.7	20.0	18.7	18.9	18.3	18.1	T	–
Previously Married	39.4	31.8	30.4	30.7	34.9	32.9	35.4	29.4	25.6	26.2	27.8	25.4	23.1	26.5	21.8	24.2	26.6	T	–
Never Married	28.2	27.0	27.2	29.5	31.0	29.9	34.6	30.9	32.0	32.4	30.7	26.8	30.0	26.6	24.0	26.1	30.1	T	–
Education																			
Less Than HS	40.5	37.5	35.5	33.8	26.4	38.2	37.0	35.4	30.1	30.5	28.8	27.0	29.3	28.7	28.5	27.6	35.1	T	2Y
Completed HS	29.8	27.8	25.4	29.8	35.8	30.0	29.5	28.6	29.4	30.2	29.0	30.4	31.4	25.8	24.4	32.0	26.8	–	–
Some College or Univ	26	23.9	22.9	23.3	30.0	26.8	28.6	25.7	29.0	27.3	27.2	22.4	22.1	23.2	22.6	20.0	25.4	T	–
University Degree	16.9	14.9	10.1	14.2	19.4	14.6	14.7	15.8	13.1	15.9	15.3	14.4	12.9	13.7	11.2	9.5	7.6	T	–

Notes: 95% confidence interval; — data not available.

Trend Analysis: — change not significant at $p < .05$; T significant change ($p < .05$) between 1996-2007; 2Y significant change ($p < .05$) between last two estimates.

Q: (1) At the present time, do you smoke cigarettes daily, occasionally or not at all? AND (2) How long ago was it that you last smoked?

Source: The CAMH Monitor, Centre for Addiction and Mental Health

Table 4.4: Percentage Reporting **Daily Smoking** During the Past 12 Months, by Demographic Characteristic, Ontarians Aged 18+, 1996-2007

(N=)	1996 (2721)	1997 (2776)	1998 (2509)	1999 (2436)	2000 (2406)	2001 (2627)	2002 (2421)	2003 (2411)	2004 (2611)	2005 (2445)	2006 (2016)	2007 (2005)	Change	
Total Sample	23.0 (21.3, 24.9)	23.1 (21.4, 25.0)	22.0 (20.2, 23.9)	20.7 (19.0, 22.6)	20.3 (18.5, 22.1)	19.0 (17.4, 20.8)	18.0 (16.4, 19.8)	17.8 (16.2, 19.6)	16.5 (14.9, 18.3)	16.1 (14.5, 17.8)	15.6 (13.8, 17.6)	17.0 (15.1, 19.5)	T	–
Gender														
Men	23.6 (21.1, 26.4)	26.1 (23.4, 29.0)	24.4 (21.5, 27.5)	23.5 (20.8, 26.4)	24.9 (22.1, 28.0)	21.7 (19.1, 24.6)	20.3 (17.8, 23.1)	19.9 (17.3, 22.7)	18.9 (16.3, 21.8)	17.0 (14.6, 19.8)	16.6 (13.8, 19.6)	18.1 (15.2, 21.5)	T	–
Women	22.5 (20.2, 25.0)	20.4 (18.2, 22.8)	19.8 (17.6, 22.2)	18.2 (16.1, 20.6)	16.1 (14.1, 18.4)	16.5 (14.5, 18.8)	15.8 (13.8, 18.2)	15.9 (13.8, 18.2)	14.3 (12.3, 16.5)	15.2 (13.1, 17.4)	14.8 (12.6, 17.3)	15.9 (13.6, 18.5)	T	–
Age														
18-29	23.0 (19.2, 27.3)	28.3 (24.2, 32.8)	26.5 (22.0, 31.4)	24.2 (20.0, 28.9)	25.7 (21.4, 30.6)	22.5 (18.4, 27.1)	20.3 (16.4, 24.8)	22.9 (18.7, 27.6)	16.1 (12.2, 20.9)	20.2 (15.8, 25.4)	19.2 (14.5, 24.9)	23.3 (17.5, 30.2)	–	–
30-39	27.8 (24.2, 31.5)	26.1 (22.7, 30.0)	26.7 (22.9, 30.8)	24.4 (20.8, 28.3)	20.6 (17.2, 24.5)	22.7 (19.0, 26.9)	24.1 (20.1, 28.6)	18.8 (15.1, 23.2)	20.4 (16.6, 24.9)	17.8 (14.3, 22.0)	15.6 (11.8, 20.5)	17.0 (13.0, 22.0)	T	–
40-49	26.3 (22.4, 30.6)	25.6 (21.7, 29.8)	23.7 (20.0, 27.9)	24.0 (20.2, 28.3)	23.6 (19.7, 27.9)	21.3 (17.8, 25.3)	20.3 (16.8, 24.3)	20.6 (17.3, 24.4)	19.4 (15.8, 23.7)	18.2 (14.9, 22.0)	19.0 (15.0, 23.8)	20.9 (16.7, 25.9)	T	–
50-64	20.6 (17.0, 24.8)	19.4 (16.0, 23.3)	18.3 (14.6, 22.7)	17.9 (14.2, 22.2)	17.9 (14.4, 21.9)	19.7 (15.9, 24.0)	18.0 (14.6, 22.0)	16.3 (13.0, 20.2)	18.1 (15.0, 21.8)	17.1 (14.0, 20.9)	16.6 (13.2, 20.6)	15.2 (12.2, 18.9)	–	–
65+	13.4 (9.8, 18.1)	8.5 (5.8, 12.3)	12.8 (9.5, 17.2)	11.5 (8.4, 15.6)	11.8 (8.4, 16.2)	6.9 (4.7, 10.1)	5.4 (3.5, 8.2)	9.4 (6.5, 13.5)	6.6 (4.6, 9.3)	6.5 (4.5, 9.3)	6.8 (4.6, 9.9)	8.3 (5.9, 11.6)	T	–
Public Health Region														
Toronto	19.3 (15.5, 23.8)	22.1 (18.0, 26.8)	19.5 (15.5, 24.3)	15.3 (12.0, 19.4)	16.4 (12.8, 20.9)	19.1 (15.2, 23.6)	11.9 (8.8, 15.9)	17.4 (13.7, 21.8)	15.7 (12.1, 20.2)	10.1 (7.4, 13.6)	9.7 (6.6, 14.1)	17.2 (12.7, 22.8)	T	2Y
Central South	26.8 (21.3, 33.1)	24.2 (19.2, 30.0)	22.8 (17.4, 29.4)	26.6 (20.7, 33.5)	26.7 (20.7, 33.5)	16.6 (11.6, 23.1)	17.0 (12.2, 23.2)	16.6 (12.0, 22.5)	15.7 (11.3, 21.4)	16.3 (11.2, 23.1)	18.4 (12.3, 26.6)	13.4 (9.1, 19.3)	T	–
Central West	19.0 (14.8, 24.0)	24.1 (18.5, 30.7)	20.3 (15.9, 25.5)	19.9 (15.6, 25.0)	17.7 (13.7, 22.5)	16.5 (12.8, 21.0)	20.3 (15.8, 25.7)	14.8 (11.0, 19.7)	14.2 (10.4, 19.2)	16.5 (12.6, 21.3)	16.1 (11.6, 22.0)	13.5 (9.1, 19.5)	–	–
South West	23.8 (19.9, 28.3)	25.6 (21.6, 30.0)	21.5 (17.5, 26.0)	26.8 (22.4, 31.7)	23.5 (19.2, 28.4)	18.1 (14.4, 22.5)	21.4 (17.5, 25.9)	19.6 (15.7, 24.1)	16.1 (12.6, 20.3)	18.0 (14.3, 22.5)	19.8 (15.7, 24.6)	20.6 (16.2, 25.9)	T	–
Central East	26.0 (21.1, 31.6)	20.8 (16.9, 25.2)	25.5 (20.4, 31.3)	17.9 (13.5, 23.4)	17.4 (13.1, 22.8)	21.1 (16.6, 26.5)	20.1 (15.6, 25.6)	17.8 (13.4, 23.4)	18.8 (14.3, 24.3)	22.1 (17.1, 27.9)	16.3 (11.8, 22.0)	17.4 (12.7, 23.4)	T	–
East	24.3 (20.5, 28.6)	20.0 (16.3, 24.2)	21.6 (17.7, 26.2)	21.3 (17.3, 25.8)	22.7 (18.5, 27.6)	19.0 (15.4, 23.3)	17.2 (13.5, 21.6)	16.0 (12.6, 20.2)	16.1 (12.8, 20.1)	12.0 (9.0, 15.9)	15.6 (11.8, 20.2)	16.3 (12.3, 21.3)	T	–
North	28.1 (23.8, 32.1)	30.0 (25.6, 34.8)	26.3 (22.0, 31.0)	25.2 (20.9, 30.0)	23.9 (19.7, 28.7)	24.9 (21.2, 28.9)	23.0 (18.9, 27.7)	26.5 (22.1, 31.4)	21.0 (17.7, 24.6)	24.3 (20.0, 29.3)	18.4 (14.2, 23.6)	23.8 (19.1, 29.4)	–	–
Marital Status														
Married/Partner	21.9	19.0	19.9	19.8	18.1	16.9	16.0	16.2	14.8	15.1	14.2	14.3	T	–
Previously Married	29.4	30.8	27.2	22.2	22.2	22.4	21.9	20.2	22.1	17.8	18.2	23.4	T	–
Never Married	22.7	29.2	25.4	23.1	24.8	22.5	20.9	21.6	18.5	18.3	19.3	21.9	T	–
Education														
Less Than High School	35.0	35.0	32.6	28.7	26.2	23.8	23.7	26.2	24.4	26.5	24.3	30.9	T	2Y
Completed High School	27.0	26.6	24.5	25.7	23.9	23.0	23.7	26.1	21.9	22.0	25.3	21.1	–	–
Some College/University	22.9	24.0	20.9	22.5	21.8	20.5	17.8	17.7	15.8	16.5	14.7	19.8	T	–
University Degree	9.9	10.2	12.4	7.6	11.3	10.7	9.9	7.2	10.4	6.7	5.8	4.8	T	–

Notes: Trend Analysis: – change not significant at p<.05; **T** significant change (p<.05) between 1996-2007; **2Y** significant change p<.05) between last two estimates.

Q: (1) At the present time, do you smoke cigarettes daily, occasionally

Figure 4.1
Smoking Status (Past 12 Months), Ontarians Aged 18+, 2007

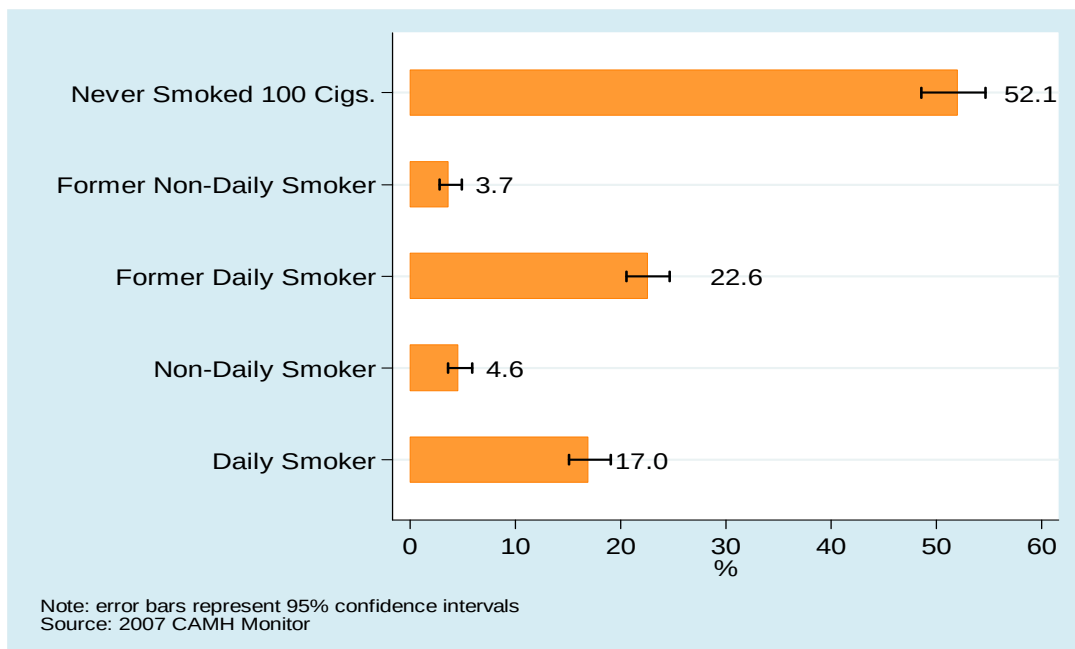


Figure 4.2
Past 12 Months Cigarette Use by Gender, Age and Region, Ontarians Aged 18+, 2007

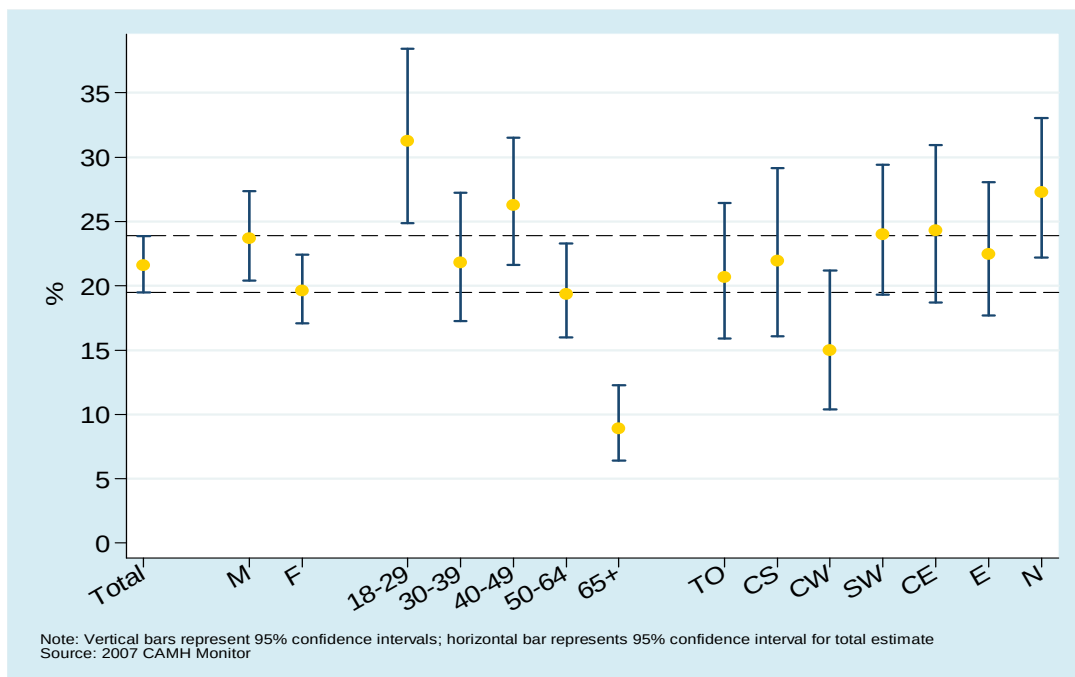


Figure 4.3
Average Number of Cigarettes Smoked Daily, Current
Smokers Aged 18+ (N=442), 2007

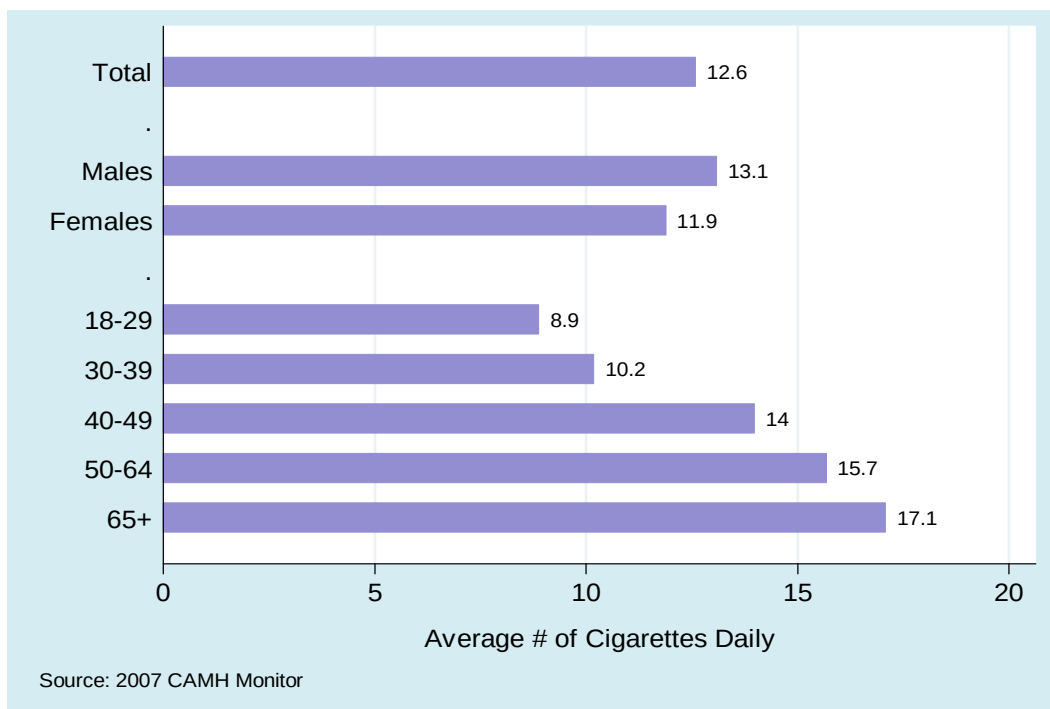


Figure 4.4
Smoking Dependence, Daily Smokers Aged 18+ (N=359), 2007

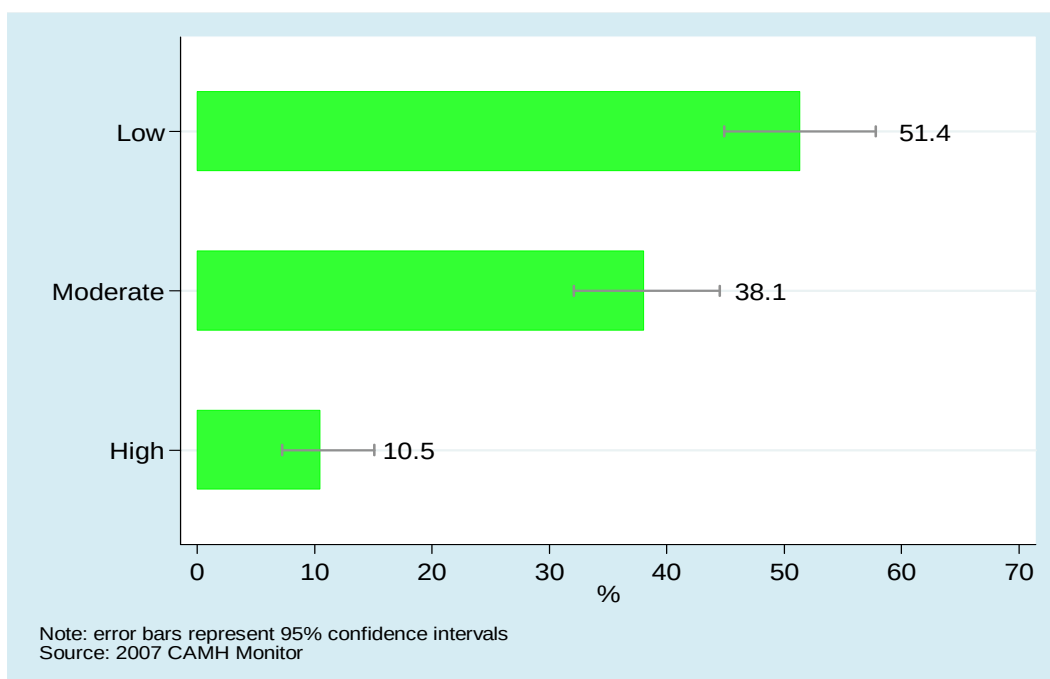
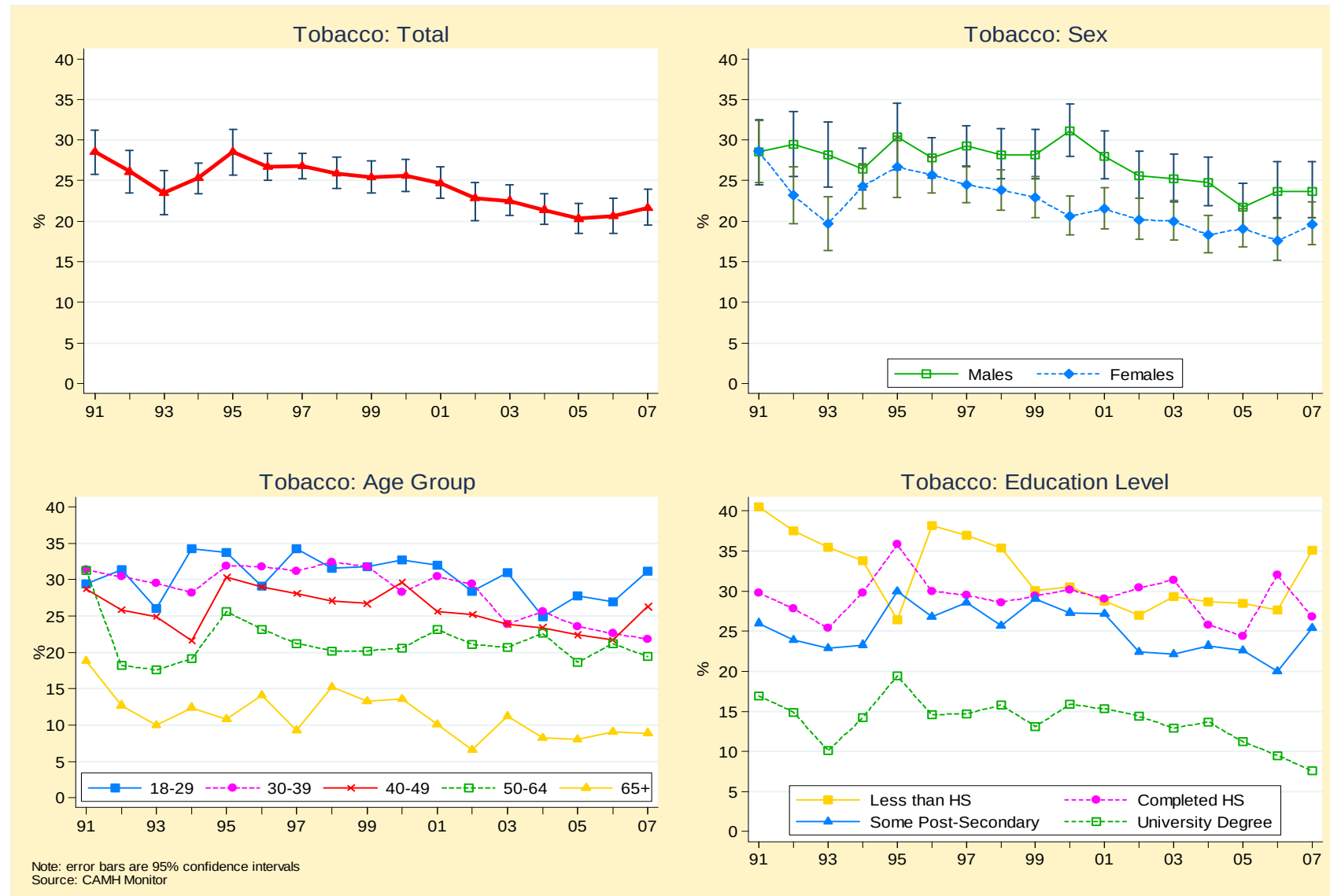


Figure 4.5
Past 12 Months Cigarette Use Among Ontarians Aged 18+, 1991-2007



5. ILLICIT DRUGS

5.1 Cannabis Use

2007 Tables 5.1.1 - 5.1.3;
Figures 5.1.1-5.1.2

Overall, 42.1% of Ontarians reported using cannabis at least once in their lifetime, while 12.5% (range: 10.8% to 14.5%) reported using it in the past 12 months. Use of cannabis is generally infrequent. Among lifetime users, 69.7% did not use cannabis during the 12 months before the survey, 14.2% used less than once a month, and 16.1% used once a month or more frequently. Among past year cannabis users, 46.8% used less than once a month and the 53.2% used more frequently.

Gender, age, marital status and income were significantly related to past year use of cannabis. Adjusted group differences showed that:

- The odds of use among men were 1.9 times higher than women (15.2% vs. 10.1%).
- Use was highest among 18-29 year-olds (33.6%), followed by 30-39 year-olds (12.5%), and lowest among those aged 50 and older (4.6%).
- Those never married were 2.6 times more likely to use cannabis than their married counterparts (31.8% vs. 7.8%).
- Past year cannabis use was highest among those with incomes of less than \$30,000 (21.1%), and lowest among those who did not declare their income (10.4%).

There were no dominant differences according to public health region, and education, after adjusting for other factors.

Trends Table 5.1.5; Figures 5.1.2-5.1.3

Prevalence of past year cannabis use in 2007 (12.5%) was not significantly different from 2006 (13.4%). In addition, rates of use were stable for all subgroups.

Since 1996, cannabis use has displayed a steady linear upward movement, increasing from 8.7% to 12.5% in 2007, among the total sample. While there were no significant year interactions between 1996 and 2007, there were significant increases among many subgroups. A significant increase occurred especially among women (from 5.3% to 10.1%); 18-29 year-olds (from 18.3% to 33.6%); and among those aged 50 and older (from 1.4% in 1998 to 4.6% in 2007).

There were also significant linear regional increases for Toronto (from 10.2% to 15.8%), the South West (from 7.6% to 14.0%) and for the North, where use doubled, increasing from 6.6% to 13.0%. Significant increases also occurred among all 3 marital status groups and among those with high school education (from 9.5% to 17.1%).

Over the long term, since 1977, past year use of cannabis has increased substantially. The current rate of 12.5% is significantly higher than that from 1977 (8.1%). There were also significant increases over the long-term among men (from 9.1% in 1992 to 18.6% in 2006); women (from 4.5% in

1977 to 10.1% in 2007) and all age groups, especially among 18 to 29 year olds (from 22.6% to 33.6%) and those aged 50 years and older (from 1.2% to 4.6%).

Perhaps the most noticeable change is the aging of cannabis users, as presented in Figure 5.1.2. In 1977, 81.8% of cannabis users were aged 18-29 years compared to 50.8% in 2007. Also, the proportion of past year cannabis users aged 30 to 49 years increased from 15.4% in 1977 to 34.7% in 2007, and the proportion of past cannabis users aged 50 and older increased from 2.8% in 1977 to 14.5% in 2007.

Table 5.1.1: Percentage Reporting ***Cannabis Use*** During their *Lifetime*, Ontarians Aged 18+, 2007

Total sample (N=2005)	Lower Bound %	Estimate %	Upper Bound %
Cannabis	39.5	42.1	44.7

Source: The CAMH Monitor, Centre for Addiction and Mental Health

Table 5.1.2: Frequency of ***Cannabis Use*** Among *Lifetime* and *Past Year Users* Aged 18+, 2007

Frequency	Cannabis	
	% Lifetime Users (N=807)	% Past Year Users (N=222)
Used in lifetime, but not past 12 months	69.7	—
Used less than once a month during past 12 months	14.2	46.8
Used once a month or more during past 12 months	16.1	53.2

Source: The CAMH Monitor, Centre for Addiction and Mental Health

Table 5.1.3: Percentage *Using Cannabis* During the Past 12 Months and Adjusted Group Differences, Ontarians Aged 18+, 2007

	N	%	95% CI	Adjusted Odds Ratio
Total Sample	2005	12.5	(10.8, 14.5)	—
Gender				***
Men	840	15.2	(12.5, 18.2)	1.89
Women (<i>Comparison Group</i>)	1165	10.1	(8.0, 12.6)	—
Age				***
<i>(Comparison Group is previous age group))</i>				
18-29	258	33.6	(27.3, 40.5)	—
30-39	315	12.5	(9.0, 17.2)	0.50**
40-49	402	9.9	(7.0, 13.8)	0.74
50+	968	4.6	(3.3, 6.4)	0.43**
Public Health Region				NS
Toronto (<i>vs. Provincial Average</i>)	317	15.8	(11.6, 21.0)	1.51*
Central South	177	12.3	(7.5, 19.5)	1.00
Central West	244	6.5	(3.7, 11.1)	0.52*
South West	339	14.0	(10.1, 19.0)	1.08
Central East	268	9.1	(5.7, 14.3)	0.93
East	351	16.8	(12.3, 22.6)	1.10
North	309	13.0	(9.3, 18.0)	1.13
Marital Status				***
Married/Partner (<i>Comparison Group</i>)	1177	7.8	(6.1, 9.6)	—
Previously Married	463	8.4	(5.5, 12.9)	1.58
Never Married	337	31.8	(25.9, 38.2)	2.59***
Education				NS
Less than high school (<i>Comparison Group</i>)	284	7.7	(4.8, 12.1)	—
Completed high school	480	17.1	(13.3, 21.7)	1.36
Some college or university	679	15.9	(12.6, 19.7)	1.17
University degree	525	7.4	(5.3, 10.4)	0.85
Household Income				*
< \$30,000 (<i>Comparison Group</i>)	282	21.1	(14.9, 29.0)	—
\$30,000-\$49,000	311	12.4	(8.8, 17.1)	0.90
\$50,000-\$79,000	373	10.3	(7.1, 14.9)	0.62
\$80,000+	549	13.0	(10.1, 16.5)	1.01
Not stated	490	10.4	(7.3, 14.8)	0.57**

Notes: (1) *p<.05; **p<.01; ***p<.001; CI = 95% confidence interval; NS – no significant difference.

(2) Asterisks in group row indicate the significance of the group effect, based on Wald test.

(3) Odds greater than 1.0 indicate that drug use is more likely to occur in the group being compared to the comparison group; odds less than 1.0 indicate that drug use is less likely to occur in the group being compared to the comparison group

(4) Adjusted odds ratio adjusted for gender, age, region, marital status, education and income.

Q: How many times, if any, have you used cannabis, marijuana or hash during the past 12 months?

Source: The CAMH Monitor, Centre for Addiction and Mental Health

Table 5.1.4: Percentage *Using Cannabis* in the Past 12 Months by Demographic Characteristic, Ontarians Aged 18+, 1977-2007

	1977	1982	1984	1987	1989	1991	1992	1994	1996	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007	Change	
(N=)	(1059)	(1026)	(1043)	(1075)	(1098)	(1047)	(1058)	(2022)	(2721)	(2776)	(2509)	(2436)	(2406)	(2627)	(2421)	(2411)	(2611)	(2445)	(2016)	(2005)		
Total Sample	8.1	8.2	11.2	9.5	10.5	8.7	6.2	9.0	8.7	9.1	8.6	10.4	10.8	11.2	11.5	12.8	12.4	14.4	13.4	12.5	T	-
(95% CI) ^a	(6.5,9.7)	(5.9,0.5)	(9.3,13.1)	(7.7,11.3)	(8.7,12.3)	7.0,10.4)	(4.7,7.7)	(7.8,10.2)	(7.6,9.8)	(7.8,10.3)	(7.3,10.0)	(9.1,11.9)	(9.4,12.4)	(9.9,12.8)	(10.1,13.1)	(11.4,14.5)	(10.8, 14.1)	(12.7, 16.2)	(11.5, 15.6)	(10.8,14.5)		
Gender																						
Men	11.2	12.3	15.6	12.3	13.0	11.5	9.1	11.4	12.6	11.4	12.1	13.2	14.3	15.4	15.3	16.0	16.0	18.8	18.6	15.2	T	-
	(8.5,13.9)	(9.5,15.1)	(12.5,18.7)	(9.5,15.1)	(10.2,15.8)	(8.7,14.3)	(6.6,11.6)	(9.5,13.3)	(10.7,14.5)	(9.3,13.5)	(9.9,14.7)	(11.1,15.8)	(12.0,16.9)	(13.2,18.0)	(12.9,17.9)	(13.6,18.7)	(13.5, 18.9)	(16.0, 21.9)	(15.4,22.3)	(12.5,18.2)		
Women	4.5	4.1	7.1	6.8	8.2	6.0	3.6	7.0	5.3	7.0	5.4	7.8	7.7	7.3	8.0	9.9	9.0	10.3	8.5	10.1	T	-
	(2.7,6.3)	(2.4,5.8)	(4.9,9.3)	(4.7,8.9)	(5.9,10.5)	(4.0,8.0)	(2.1,5.1)	(5.4,8.6)	(4.2,6.4)	(5.4,8.5)	(4.2,6.9)	(6.3,9.7)	(6.2,9.6)	(5.7,9.2)	(6.4,10.0)	(8.2,11.9)	(7.3, 11.1)	(8.4, 12.5)	(6.6,10.8)	(8.0, 12.6)		
Age																						
18 - 29	22.6	22.7	28.5	20	24.6	19.9	13.3	19.6	18.3	21.4	25.2	27.1	28.2	26.8	26.6	33.6	34.3	38.2	38.2	33.6	T	-
	(17.8,27.4)	(17.7,27.7)	(23.1,33.9)	(0.2,3.8)	(19.2,30.0)	(15.1,24.7)	(9.3,17.3)	(16.0,23.2)	(15.0,21.6)	(17.4,25.3)	(20.8,30.1)	(22.6,32.0)	(23.7,33.2)	(22.5,31.7)	(22.1,31.7)	(28.7,38.9)	(28.9, 40.2)	(32.4, 44.2)	(31.6,45.4)	(27.3,40.5)		
30 - 39	3.9	4.2	9.5	11.6	11.8	9.1	6.6	10.2	11.3	9.8	8.2	10.3	12.3	5.8	14.7	12.0	14.7	16.9	14.1	12.5	T	-
	(1.3,6.5)	(1.7,6.7)	(5.8,13.2)	(7.9,15.3)	(8.1,15.5)	(5.6,12.6)	(3.7,9.5)	(7.6,12.8)	(8.9,13.7)	(7.3,12.3)	(6.1,11.1)	(7.9,13.4)	(9.4,15.9)	(12.5,19.8)	(11.5,18.7)	(9.1,15.7)	(11.3, 19.0)	(13.1, 21.6)	(10.4,18.9)	(9.0,17.2)		
40 - 49	†2.3	†	†2.2	5.4	†3.9	†3.0	†2.4	4.3	6.1	4.3	4.6	6.8	6.4	7.2	7.6	9.5	7.3	10.8	8.4	9.9	T	-
	(0.1,4.5)	—	(0.1,4.3)	(2.0,8.8)	(1.1,6.7)	(0.7,5.3)	(0.3,4.5)	(2.4,6.2)	(4.1,8.1)	(2.6,6.1)	(3.1,6.7)	(4.8,9.5)	(4.5,9.1)	(5.3,9.7)	(5.4,10.5)	(7.3,12.3)	(5.2, 10.2)	(8.2, 14.1)	(5.8,12.1)	(7.0,13.8)		
50 +	†1.2	†1.3	†1.8	†	†1.4	†	†1.3	†	†	†1.7	†1.4	4.1	†2.9	†3.3	†3.3	†3.1	†3.0	†2.6	†2.6	†4.6	T	-
	(0.3,2.7)	(0.2,2.8)	(0.02,3.6)	—	(0.1,3.0)	—	(0.5,3.1)	—	—	(0.6,2.8)	(0.3,2.5)	(2.3,5.9)	(1.4,4.4)	(1.8,4.8)	(2.2, 5.0)	(2.0, 4.8)	(2.4, 4.4)	(1.7, 3.9)	(1.7, 3.8)	(3.3,6.4)		
Region																						
Toronto	—	—	—	—	—	—	—	—	10.2	10.9	13.0	10.1	14.2	14.3	13.0	14.7	13.7	19.0	13.7	15.8	T	-
	—	—	—	—	—	—	—	—	(7.5,13.8)	(8.1,14.7)	(9.7,17.3)	(7.3,13.6)	(10.9,18.4)	(10.9,18.7)	(9.7,17.2)	(11.3,19.0)	(10.2, 18.1)	(14.7, 24.1)	(9.7,19.0)	(11.6,21.0)		
Central South	—	—	—	—	—	—	—	—	8.8	8.1	5.1	8.9	11.0	10.8	12.6	10.8	9.2	16.0	15.8	12.3	-	-
	—	—	—	—	—	—	—	—	(5.8,13.3)	(5.2,12.4)	(2.8,9.2)	(5.4,14.0)	(7.0,16.7)	(7.0,16.4)	(8.4,18.6)	(7.2,16.0)	(5.2, 15.9)	(10.7, 23.3)	(9.7, 24.6)	(7.5,19.5)		
Central West	—	—	—	—	—	—	—	—	7.5	7.2	8.6	12.2	10.0	9.5	11.4	10.1	14.0	13.4	12.6	6.5	-	-
	—	—	—	—	—	—	—	—	(5.0,11.0)	(4.0,12.6)	(5.7,12.9)	(8.7,16.7)	(7.0,14.2)	(6.8,13.2)	(8.0,16.2)	(7.0,14.5)	(10.0, 19.3)	(9.7, 18.1)	(8.4,18.6)	(3.7,11.1)		
South West	—	—	—	—	—	—	—	—	7.6	8.0	4.6	10.6	11.0	9.6	10.0	11.6	11.1	11.6	15.9	14.0	T	-
	—	—	—	—	—	—	—	—	(5.2,10.8)	(5.6,11.3)	(2.8,7.4)	(7.7,14.4)	(7.8,15.2)	(7.0,13.2)	(7.2,13.7)	(8.5,15.6)	(8.1, 15.0)	(8.5, 15.6)	(11.7,21.3)	(10.1,19.0)		
Central East	—	—	—	—	—	—	—	—	10.3	8.7	10.0	11.4	9.0	11.3	13.0	14.5	13.1	14.8	13.7	9.1	-	-
	—	—	—	—	—	—	—	—	(7.0,15.0)	(6.2,12.2)	(6.8,14.4)	(7.7,16.6)	(5.9,13.7)	(8.0,15.7)	(9.2,18.2)	(10.4,19.9)	(9.2, 18.3)	(10.4, 20.5)	(8.8,20.7)	(5.7,14.3)		
East	—	—	—	—	—	—	—	—	8.0	11.0	7.4	9.7	9.0	10.9	8.2	14.4	11.9	11.4	10.1	16.8	-	-
	—	—	—	—	—	—	—	—	(5.6,11.3)	(8.1,14.7)	(5.0,11.0)	(7.0,13.3)	(6.2,12.7)	(8.0,14.8)	(5.6,11.8)	(11.0,18.6)	(8.8, 15.9)	(8.2, 15.6)	(6.6,15.2)	(12.3,22.6)		
North	—	—	—	—	—	—	—	—	6.6	5.5	7.2	9.0	8.5	8.8	11.8	11.5	11.1	10.9	11.5	13.0	T	-
	—	—	—	—	—	—	—	—	(4.4,9.7)	(3.7,8.2)	(4.8,10.7)	(6.3,12.9)	(5.9,12.3)	(6.6,11.7)	(8.8,15.7)	(8.5,11.3)	(8.6, 14.3)	(7.8, 15.1)	(8.2,16.1)	(9.3,18.0)		

Continued....

	1977	1982	1984	1987	1989	1991	1992	1994	1996	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007	Change
(N=)	(1059)	(1026)	(1043)	(1075)	(1098)	(1047)	(1058)	(2022)	(2721)	(2776)	(2509)	(2436)	(2406)	(2627)	(2421)	(2411)	(2611)	(2445)	(2016)	(2005)	
Marital Status																					
Married	—	—	—	—	—	4.0	3.5	4.1	4.9	5.1	4.3	6.4	6.2	6.7	7.4	7.6	6.4	7.2	7.4	7.8	T –
Previously Married	—	—	—	—	—	6.5	6.3	8.6	6.7	6.0	3.9	6.2	†6.0	9.0	9.2	10.5	9.9	10.0	9.4	8.4	T –
Never Married	—	—	—	—	—	20.2	13.7	20.9	19.5	20.1	22.9	25.3	26.4	25.4	24.3	29.2	31.9	31.6	34.4	31.8	T –
Education																					
Less Than HS	—	—	—	—	—	6.3	6.3	8.5	6.1	9.8	6.8	7.7	10.4	†7.8	11.0	9.9	7.0	10.3	13.1	7.7	– –
Completed HS	—	—	—	—	—	9.8	5.2	9.6	9.5	10.4	10.7	10.6	9.5	13.1	13.2	15.8	12.7	15.0	15.2	17.1	T –
Some College or University	—	—	—	—	—	10.7	6.7	10.3	11.3	9.0	10.2	13.5	15.7	12.3	13.3	15.4	15.7	17.0	14.2	15.9	T –
University Degree	—	—	—	—	—	7.6	7.2	7.0	7.0	7.4	5.6	8.5	7.0	10.2	8.8	9.2	11.2	12.4	11.7	7.4	T –

Notes: 95% confidence interval; — data not available.

Trend Analysis: – change not significant at p<.05; T significant change (p<.05) between 1996-2007; 2Y significant change (p<.05) between last two estimates.

Q: How many times, if any, have you used cannabis, marijuana or hash during the PAST TWELVE months?

Source: The CAMH Monitor, Centre for Addiction and Mental Health

Figure 5.1.1
Cannabis Use in the Past 12 Months by Gender, Age and Region, Ontarians Aged 18, 2007

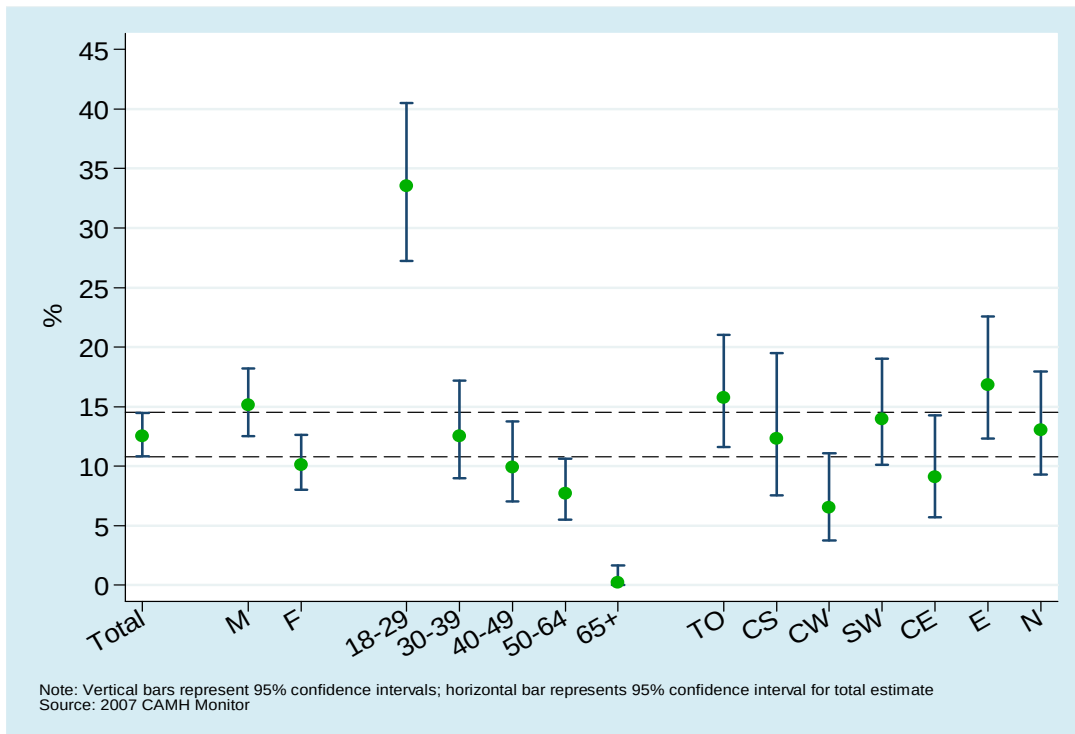


Figure 5.1.2
Age Distribution of Past Year Cannabis Users, Ontarians, Aged 18+, 1977-2007

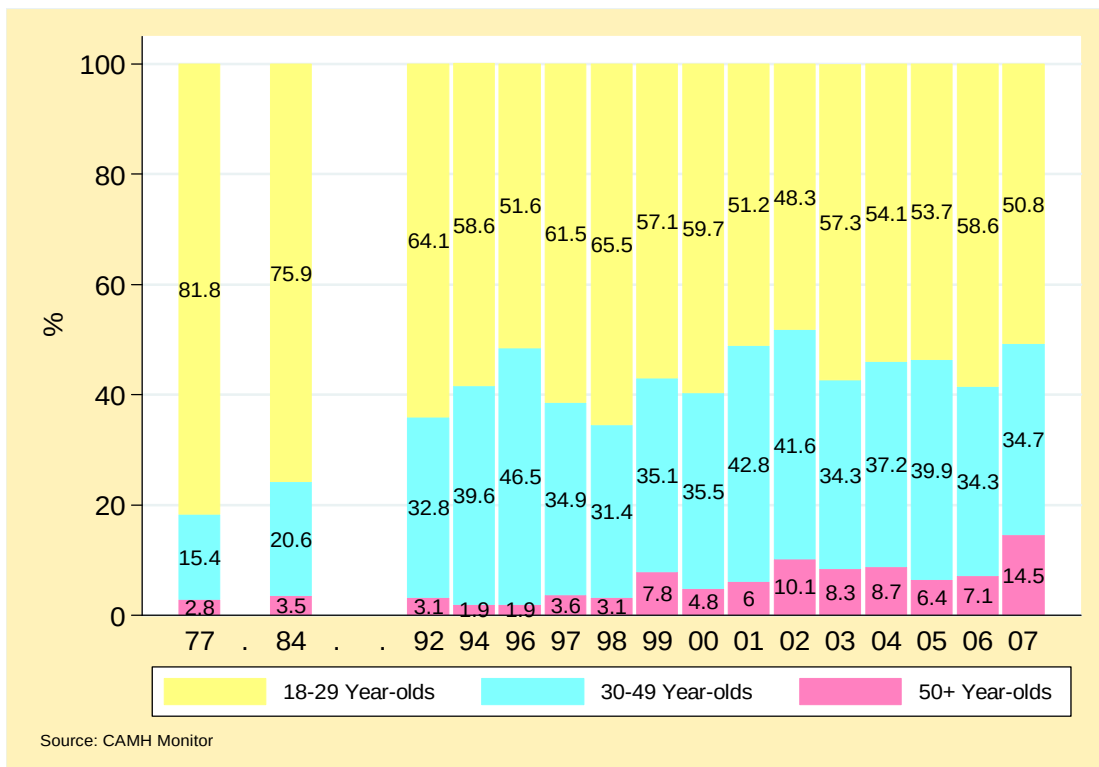
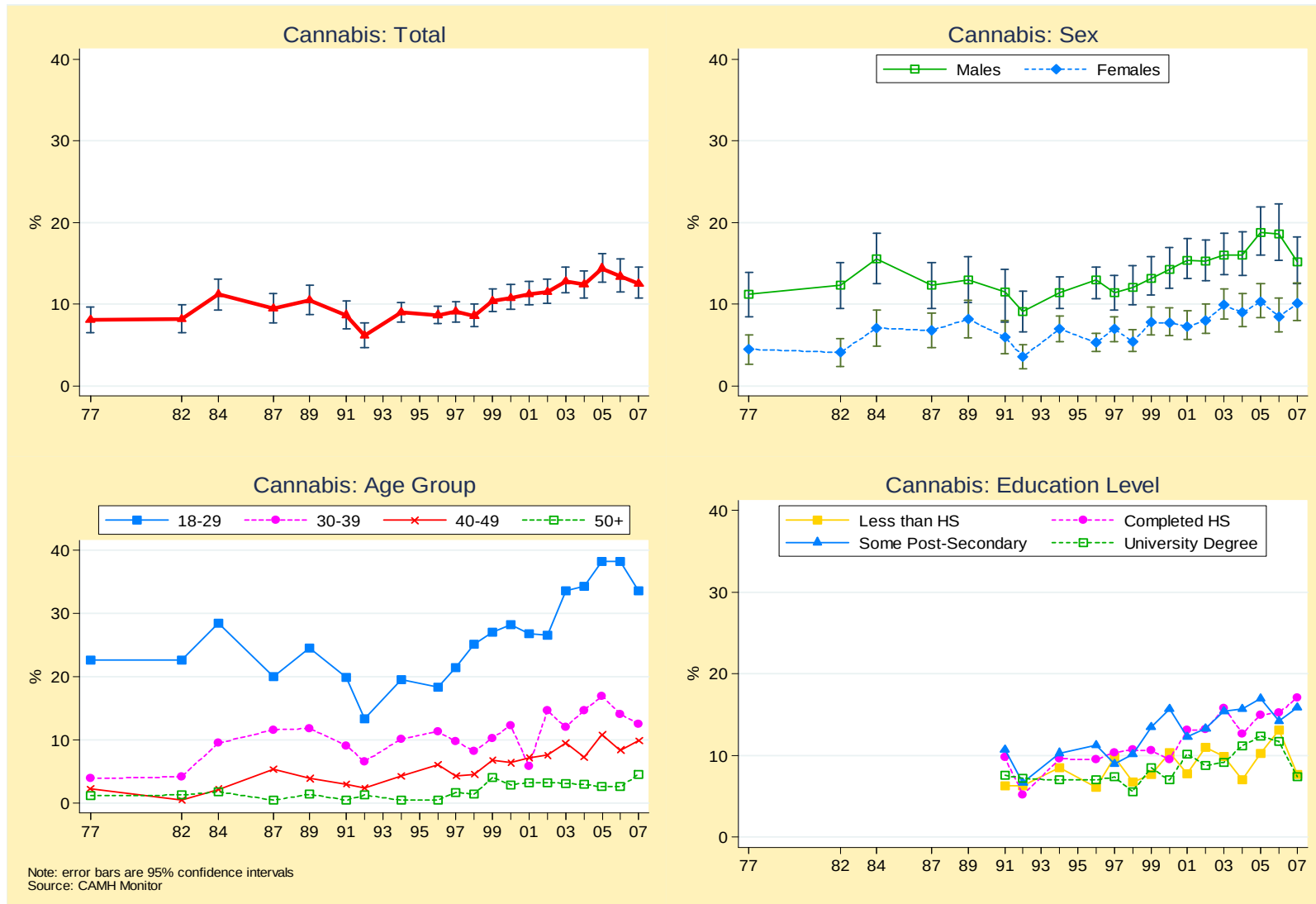


Figure 5.1.3
Past 12 Months Cannabis Use, Ontarians Aged 18+, 1998-2007



5.1.2 Cannabis Use Problems (CUDIT)

To provide estimates of cannabis use problems in the adult population, we used the **Cannabis Use Disorder Identification Test (CUDIT)**, a screening instrument based on the Alcohol Use Disorders Identification Test (AUDIT). The **CUDIT** was developed for identifying a current cannabis disorder (hazardous or harmful cannabis use or cannabis dependence) (Adamson & Sellman, 2003).

The CUDIT was first incorporated in the CM in 2005 and is asked only of past 3 months cannabis users. It consists of a 10-item questionnaire (addressing lack of control over one's own use, failure to meet expectations, using in the morning, feelings of guilt, black-outs, injuries resulting from drinking, and having someone express concern about using) and a protocol for scoring responses (Table 3 6.1).

A score of 8 or more out of 40 on the CUDIT scale is used as a cut-off point to estimate the percentage who use cannabis at hazardous or harmful levels, or may be dependent. A score of 8+ should not be viewed as "dependence," but, rather, as an indicator of high-risk cannabis use. We restrict the term to "hazardous" for convenience.

2007 Tables 5.1.5 - 5.1.7

Overall, 2.1% (range: 1.4% to 3.1%) of Ontarians aged 18 and older met the criteria for hazardous cannabis use. Among past year cannabis users, 17.4% (12.1% to 24.4%) met the criteria.

Adjusted group differences show that:

- Hazardous cannabis use was reported almost exclusively among those aged 18 to 29 years (8.1%), with those in older age groups reporting less than 1%.
- There were no significant differences by gender. Women were as likely as men to report hazardous cannabis use (2.0% vs. 2.1%).

Past year users displayed similar characteristics: no differences by sex and those aged 18 to 29 were 3.9 times more likely to report hazardous cannabis use compared to those aged 30 and older (24.5% vs. 10.0%).

Trends.....Table 5.1.8 -5.1.9

Trend data for hazardous cannabis use is available since 2005. Hazardous cannabis use among Ontarians was not significantly different in 2007 (2.1%), compared to 2006 (2.0%) and rates were stable for gender and age.

However, looking at trends among cannabis users, there was a significant increase in reporting hazardous use among women, from 2.5% in 2006 to 20.7% in 2007

Table 5.1.5: Percentage **Reporting Hazardous or Harmful Cannabis Use (CUDIT)** Indicators, Ontarians and Ontarian Cannabis Users, Aged 18+, 2007

CUDIT ITEMS		Total Sample (N=2005)	Cannabis Users ¹ (N=222)
Cannabis Consumption			
1. How often did you use cannabis in the past 3 months?	0. Never	90.5	24.0
	1. Monthly or less	4.6	36.9
	2. 2-4 times/month	1.5	12.0
	3. 2-3 times/week	1.1	8.4
	4. 4+ times/week	2.3	18.7
	Mean (SE)	0.20 (.01)	1.61 (.11)
2. How many hours were you intoxicated on a typical day when you had been using cannabis?	0. None / One or two	96.9	74.5
	1. Three to Four	2.2	17.8
	2. Five or Six	†	4.2
	3. Seven to Nine	†	1.1
	4. Ten or more	†	2.4
	Mean (SE)	.04 (.01)	.39 (.07)
3. About how often during the past 3 months were you intoxicated for 6 or more hours?	0. Never	97.1	76.5
	1. Less than monthly	1.6	13.1
	2. Monthly	†	1.8
	3. Weekly	†	4.7
	4. Daily or almost daily	†	4.0
	Mean (SE)	.06 (.02)	.47 (.08)
Dependence Indicators			
4. How often during the past 3 months you found that you were not able to stop using cannabis once you had started?	0. Never	98.7	89.9
	1. Less than monthly	†	4.3
	2. Monthly	†	2.2
	3. Weekly	†	1.0
	4. Daily or almost daily	†	2.6
	Mean (SE)	.03 (.02)	.22 (.06)
5. How often during the past 3 months have you failed to do what was normally expected from you because of your use of cannabis?	0. Never	99.3	94.6
	1. Less than monthly	†	2.2
	2. Monthly	†	1.4
	3. Weekly	†	1.1
	4. Daily or almost daily	†	†
	Mean (SE)	.02 (.01)	.11 (.04)

6. How often during the past 3 months did you need to use cannabis in the morning to get yourself going after a heavy session of using cannabis?	0. Never	99.2	93.7
	1. Less than monthly	†	4.2
	2. Monthly	†	†
	3. Weekly	†	†
	4. Daily or almost daily	†	2.1
	Mean (SE)	.02 (.01)	.12 (.05)
Adverse Consequences			
7. How often during the past 3 months have you had a feeling of guilt or remorse after using cannabis?	0. Never	98.7	89.5
	1. Less than monthly	1.0	5.3
	2. Monthly	†	†
	3. Weekly	†	3.1
	4. Daily or almost daily	1.0	2.1
	Mean (SE)	.03 (.01)	.23 (.06)
8. How often during the past 3 months have you had a problem with your memory or concentration after using cannabis?	0. Never	96.9	75.2
	1. Less than monthly	1.7	13.6
	2. Monthly	†	4.1
	3. Weekly	†	2.5
	4. Daily or almost daily	†	4.6
	Mean (SE)	.06 (.01)	.48 (.08)
9. Have you or someone else ever been injured as a result of your cannabis use?	0. No	99.8	98.2
	2. Yes, but not last year	†	1.1
	4. Yes, during last year	†	†
	Mean (SE)	.01 (.01)	.05 (.03)
10. Has a relative or friend or a doctor or other health worker ever been concerned about your use of cannabis or suggested that you cut down?	0. No	98.6	88.8
	2. Yes, but not last year	1.0	6.4
	4. Yes, during last year	†	4.8
	Mean (SE)	.04 (.02)	.32 (.08)

Notes: ¹ Past 12 months cannabis users; † Estimate less than 1%;
Source: CAMH Monitor, Centre for Addiction and Mental Health

Table 5.1.6: Percentage Reporting **Hazardous or Harmful Cannabis Use (CUDIT 8+)** During the Past 12 Months and Adjusted Group Differences, Ontarians Aged 18+, 2007

	N	%	95% CI	Adjusted Odds Ratio
Total Sample	2005	2.1	(1.4, 3.1)	—
Gender				NS
Men	840	† 2.1	(1.3, 3.7)	1.24
Women (<i>Comparison Group</i>)	1165	† 2.0	(1.2, 3.5)	—
Age				***
18-29	258	8.1	(3.7, 14.9)	15.5
30+ (<i>Comparison Group</i>)	1747	† 0.7	(0.4, 1.5)	—

Notes: (1) *p<.05; **p<.01; ***p<.001; CI = 95% confidence interval; NS – no significant difference; † Estimate suppressed or unstable.
(2) Asterisks in group row indicate the significance of the group effect, based on Wald test.
(3) Odds greater than 1.0 indicate that drug use is more likely to occur in the group being compared to the comparison group; odds less than 1.0 indicate that drug use is less likely to occur in the group being compared to the comparison group
(4) Adjusted odds ratio adjusted for gender, age, region, marital status, education and income.
Def'n: The CUDIT is a screener that measures hazardous and harmful cannabis use as indicated by a score of 8 or more out of 40.
Source: The CAMH Monitor, Centre for Addiction and Mental Health

Table 5.1.7: Percentage Reporting **Hazardous or Harmful Cannabis Use (CUDIT 8+)** During the Past 12 Months and Adjusted Group Differences, Ontarian Cannabis Users¹, Aged 18+, 2007

	N	%	95% CI	Adjusted Odds Ratio
Total Users¹	222	17.4	(12.1, 24.4)	—
Gender				NS
Men	125	15.0	(8.8, 24.3)	0.88
Women (<i>Comparison Group</i>)	97	20.7	(12.4, 32.6)	—
Age				**
18-29	88	24.5	(9.8, 34.9)	3.82
30+ (<i>Comparison Group</i>)	134	10.0	(5.0, 18.8)	—

Notes: ¹ Past 12 months cannabis users;
(1) *p<.05; **p<.01; ***p<.001; CI = 95% confidence interval; NS – no significant difference; † Estimate suppressed or unstable.
(2) Asterisks in group row indicate the significance of the group effect, based on Wald test.
(3) Odds greater than 1.0 indicate that drug use is more likely to occur in the group being compared to the comparison group; odds less than 1.0 indicate that drug use is less likely to occur in the group being compared to the comparison group
(4) Adjusted odds ratio adjusted for gender, age, region, marital status, education and income.
Def'n: The CUDIT is a screener that measures hazardous and harmful cannabis use as indicated by a score of 8 or more out of 40.
Source: The CAMH Monitor, Centre for Addiction and Mental Health

Table 5.1.8: Percentage Reporting *Hazardous or Harmful Cannabis Use (CUDIT 8+)* During the Past 12 Months, by Demographic Characteristics, Ontarians, Aged 18+, 2005-2007

(N=)	2005 (1185)	2006 (2016)	2007 (2005)	Change	
Total Sample¹ (95% CI) ^a	2.0 (1.1, 3.7)	2.0 (1.2, 3.3)	2.1 (1.4, 3.1)	–	–
Gender					
Men	†3.3 (1.6, 6.5)	†3.3 (1.6, 6.5)	†2.1 (1.3, 3.7)	–	–
Women	†1.0 (0.2, 2.6)	† —	†2.0 (1.2, 3.5)	–	–
Age					
18-29	7.6 (3.7, 14.9)	8.6 (5.0, 14.2)	8.1 (3.7, 14.9)	–	–
30 +	† —	† —	†0.7 (0.4, 1.5)	–	–

Notes: ^a95% confidence interval; † Estimate suppressed or unstable;

¹ CUDIT items were asked of a random half sample (N=1185) in 2005.

Trend Analysis: – change not significant at p<.05; **T** significant change (p<.05) between 2005-2007; **2Y** significant change (p<.05) between last two estimates.

Def'n: The CUDIT is a screener that measures hazardous and harmful cannabis use as indicated by a score of 8 or more out of 40.

Source: The CAMH Monitor, Centre for Addiction and Mental Health

Table 5.1.9: Percentage Reporting *Hazardous or Harmful Cannabis Use (CUDIT 8+)* During the Past 12 Months, by Demographic Characteristics, Ontarian Cannabis Users¹, Aged 18+, 2005-2007

(N=)	2005 (140)	2006 (209)	2007 (222)	Change	
Total Users¹ (95% CI) ^a	13.8 (7.7, 23.7)	15.8 (9.9, 24.4)	17.4 (12.1, 24.4)	–	–
Gender					
Men	17.2 (8.8, 30.7)	22.2 (13.7, 33.9)	15.0 (8.8, 24.3)	–	–
Women	†7.5 (2.2, 22.8)	†2.5 (1.0, 6.7)	†20.7 (12.4, 32.6)	T	2Y
Age					
18-29	19.5 (9.8, 34.9)	23.0 (13.9, 35.6)	24.5 (15.8, 36.0)	–	–
30 +	†6.7 (2.3, 17.7)	†5.3 (1.4, 17.9)	†10.0 (5.0, 18.8)	–	–

Notes: ^a95% confidence interval; † Estimate suppressed or unstable;

¹ Past 12 months cannabis users;

Trend Analysis: – change not significant at p<.05; **T** significant change (p<.05) between 2005-2007; **2Y** significant change (p<.05) between last two estimates.

Def'n: The CUDIT is a screener that measures hazardous and harmful cannabis use as indicated by a score of 8 or more out of 40.

Source: The CAMH Monitor, Centre for Addiction and Mental Health

5.2 Cocaine

2006 Tables 5.2.1, 5.2.2

Estimates for cocaine use are based on **2006** data. Overall, 7.1% (range: 5.8% to 8.7%) of Ontarians reported using cocaine in their lifetime, and 1.7% (1.0% to 2.8%) reported using in the 12 months before the survey. Among those reporting lifetime use, the majority (78%) did not use it in the past 12 months.

Only gender and age were significantly related to lifetime use of cocaine. Adjusted group differences showed the following:

- Men were approximately 2.4 times more likely than women to have used cocaine in their lifetime (10.1% vs 4.4%).
- Use was lowest among those aged 50 and older (3.6%) and highest among those aged 18-29 (10.7%).

Trends Table 5.2.2

Lifetime use of cocaine remained stable between the most recent surveys (6.0% in 2004 vs. 7.1% in 2006), and past year use continued to remain virtually unchanged. Further, no significant change occurred between 2004 and 2006 within any demographic subgroup.

Over the long-term, rates of lifetime cocaine use increased significantly between 1984 and 2002, from 3.3% to 6.6%, and remained steady since then. Past year cocaine use remained stable during the same period at around 1.7%.

Table 5.2.1: Percentage *Using Cocaine* During Lifetime and Adjusted Group Differences, Ontarians Aged 18+, 2006

	N	%	95% CI	Adjusted Odds Ratio
Total Sample^a	2016	7.1	(5.8, 8.7)	—
Gender				***
Men	884	10.1	(7.8, 13.0)	2.40
Women (<i>Comparison Group</i>)	1132	4.4	(3.2, 6.0)	—
Age				**
<i>(Comparison Group is previous age group)</i>				
18-29	264	10.7	(6.9, 16.2)	—
30-39	338	7.6	(5.0, 11.4)	0.98
40-49	421	10.2	(7.1, 14.5)	1.18
50+	958	†3.6	(2.5, 5.1)	0.40***
Public Health Region				NS
Toronto (<i>vs. Provincial Average</i>)	347	†7.0	(4.4, 10.9)	1.26
Central South	154	†7.1	(3.5, 13.9)	1.00
Central West	261	†7.1	(4.2, 12.0)	0.84
South West	361	†6.4	(4.0, 9.9)	0.84
Central East	234	†8.2	(4.5, 14.3)	0.98
East	323	†6.8	(4.2, 10.9)	0.99
North	336	†7.8	(5.2, 11.7)	1.17
Marital Status				NS
Married/Partner (<i>Comparison Group</i>)	1241	6.3	(4.8, 8.3)	—
Previously Married	396	†6.3	(3.8, 10.2)	1.40
Never Married	360	10.3	(7.0, 15.0)	1.62
Education				NS
Less than high school (<i>Comparison Group</i>)	280	7.9	(4.3, 14.1)	—
Completed high school	487	8.8	(5.7, 13.3)	1.21
Some college or university	660	7.4	(5.4, 9.9)	1.20
University degree	556	†5.4	(3.5, 8.1)	0.72
Household Income				NS
< \$30,000 (<i>Comparison Group</i>)	298	†4.5	(2.6, 7.8)	—
\$30,000-\$49,000	312	†6.5	(3.6, 11.2)	0.87
\$50,000-\$79,000	415	8.7	(5.7, 13.0)	1.39
\$80,000+	613	9.1	(6.6, 12.4)	1.39
Not stated	378	†3.7	(1.9, 7.1)	0.64

Notes: ^a Estimates for cocaine are available only for 2006.

(1) *p<.05; **p<.01; ***p<.001; CI = 95% confidence interval; NS – no significant difference; † Estimate suppressed or unstable.

(2) Asterisks in group row indicate the significance of the group effect, based on Wald test.

(3) Odds greater than 1.0 indicate that drug use is more likely to occur in the group being compared to the comparison group; odds less than 1.0 indicate that drug use is less likely to occur in the group being compared to the comparison group

(4) Adjusted odds ratio adjusted for gender, age, region, marital status, education and income.

Q: Have you ever in your lifetime used cocaine?

Source: The CAMH Monitor, Centre for Addiction and Mental Health

Table 5.2.2 Percentage **Using Cocaine** During Lifetime and During the **Past 12 Months**, by Demographic Characteristics, Ontarians Aged 18+, 1984-2006

(N=)	1984 (1050)	1987 (1081)	1989 (1101)	1991 (1047)	1994 (2022)	1996 (2721)	1998 (2509)	2000 (2406)	2002 (2421)	2003 (2411)	2004 (2611)	2006 (2016)	Change
Total Sample													
Lifetime Use (95% CI) ^a	3.3 (2.2, 4.4)	6.1 (4.7, 7.5)	5.6 (4.2, 7.0)	6.2 (4.7, 7.7)	5.7 (4.7, 6.7)	4.9 (4.1, 5.7)	4.6 (3.8, 5.7)	6.4 (5.4, 7.6)	6.6 (5.5, 7.8)	6.6 (5.5, 7.7)	6.0 (4.9, 7.3)	7.1 (5.8, 8.7)	T –
Past Year Use	†1.7 (0.9, 2.5)	†1.8 (1.0, 2.6)	†2.1 (1.3, 2.9)	†1.6 (0.8, 2.4)	† —	† —	† —	†1.4 (0.9, 2.2)	†1.5 (1.0, 2.3)	†1.6 (1.1, 2.3)	†1.3 (0.8, 2.0)	†1.7 (1.0, 2.8)	
Gender													
Men	†2.9 (1.5, 4.3)	†2.5 (1.2, 3.8)	†2.4 (1.1, 3.7)	†3.1 (1.6, 4.6)	† —	†1.1 (0.5, 1.7)	†1.5 (0.9, 2.8)	†2.1 (1.3, 3.5)	†2.2 (1.3, 3.6)	†1.9 (1.1, 3.2)	†2.3 (1.1, 3.2)	†3.0 (1.7, 5.1)	
Women	† —	†1.1 (0.2, 2.0)	†1.8 (0.7, 2.9)	† —	† —	† —	† —	† —	† —	†1.2 (0.7, 2.1)	† —	† —	
Age													
18-29	†4.1 (1.7, 6.5)	†4.7 (2.0, 7.4)	6.1 (3.1, 9.1)	†2.0 (0.3, 3.7)	†1.6 (0.5, 2.7)	†1.1 (0.2, 2.0)	†2.9 (1.5, 5.5)	5.0 (3.1, 8.1)	†4.3 (2.4, 7.8)	†4.3 (2.5, 7.3)	†4.6 (2.7, 7.6)	†4.9 (2.5, 9.5)	
30-39	†2.5 (0.6, 4.4)	†1.8 (0.2, 3.4)	†1.1 (0.1, 2.3)	†2.5 (0.6, 4.4)	† —	†1.1 (0.3, 1.9)	† —	† —	†1.8 (0.8, 3.7)	†2.1 (1.1, 4.1)	† —	† —	
40-49	† —	† —	†1.1 (0.4, 2.6)	†1.8 (0.1, 3.6)	† —	† —	† —	† —	† —	† —	† —	† —	
50+	† —	† —	† —	† —	† —	† —	† —	† —	† —	† —	† —	† —	
Region													
Toronto	—	—	—	—	—	† —	†1.5 (0.6, 3.6)	†1.5 (0.7, 3.5)	†2.2 (1.0, 4.7)	†2.7 (1.4, 5.3)	† —	†1.6 (0.5, 5.6)	
Central South	—	—	—	—	—	†1.2 (0.3, 3.9)	† —	† —	† —	†1.3 (0.4, 4.0)	†1.5 (0.5, 5.2)	†2.8 (0.7, 10.6)	
Central West	—	—	—	—	—	† —	† —	†2.6 (1.1, 6.0)	†1.9 (0.6, 5.8)	†2.0 (0.9, 4.5)	†3.1 (1.4, 7.0)	† —	
South West	—	—	—	—	—	† —	† —	†1.2 (0.4, 3.3)	† —	† —	†2.3 (1.1, 4.6)	†2.7 (1.2, 5.6)	
Central East	—	—	—	—	—	† —	† —	†1.9 (0.6, 5.6)	†2.3 (0.9, 5.5)	† —	† —	† —	
East	—	—	—	—	—	†1.1 (0.4, 2.8)	† —	† —	† —	†1.4 (0.5, 3.6)	† —	† —	
North	—	—	—	—	—	† —	† —	† —	†1.7 (0.6, 4.4)	† —	† —	†1.9 (0.8, 4.5)	

Notes: ^a 95% confidence interval; † Estimate suppressed or unstable; — data not available.

Trend Analysis for LIFETIME USE only: – change not significant at p<.05; T significant change (p<.05) between 1996-2006; 2Y significant change (p<.05) between last two estimates.

Q: (1) Have you EVER IN YOUR LIFETIME used cocaine AND (2) How many times, if any, have you used cocaine during the PAST TWELVE months?

Source: The CAMH Monitor, Centre for Addiction and Mental Health

6. DRIVING AND SUBSTANCE USE

6.1 Drinking and Driving

2007 Table 6.1.1, Fig 6.1.1

Overall, 6.1% (range: 4.9% to 7.5%) of Ontario adults with a valid driver's licence reported driving within one hour of consuming two or more drinks at least one time during the past 12 months.

After controlling for other demographic factors, gender, public health region, education and income were significantly related to drinking and driving.

- The odds of drinking and driving among men were 4.4 times higher than women (9.6% vs. 2.5%).
- After controlling for other factors and compared to the provincial average, drinking and driving was significantly higher among those living in the Central South and South West regions (10.1% and 10.8% vs. 6.2%, respectively), and was lowest in Toronto (3.5%).
- Drinking and driving was lowest among those with university degree (2.8%) and highest among those with only high school education (8.6%).
- The rate of drinking and driving increased with income. The odds of drinking and driving were 2.9 times higher among those with an income of \$80,000 or more, compared to those earning less than \$30,000.

Age, and marital status were not significantly related to drinking and driving.

Trends.....Table 6.1.2, Fig 6.1.2

Prevalence of drinking and driving in 2007 (6.1%) did not change significantly from 2006 (5.9%). In addition, rates were stable for all demographic subgroups.

Since 1996, drinking and driving has displayed a steady linear decline from 13.1% to 6.1% in 2007.

There were also significant changes since 1996 for gender, age, public health regions, marital status and education subgroups. This significant decline occurred among both men (from 21.2% to 9.6%), and women (from 4.9% to 2.5%); among those aged 18 to 29 (from 20.1% to 10.3%); those aged 30 to 39 (from 15.4% to 4.6%); and those aged 40-49 (from 11.8 to 5.8%).

A significant declining linear trend was also found for those living in Toronto (from 14.1% to 3.5%) and those living in the North (from 13.9% to 5.0%).

Significant decreases between 1996 and 2007 also occurred among all three marital status sub groups and among all four education subgroups.

Table 6.1.1: Percentage ***Driving Within One Hour After Consuming 2 or More Drinks*** During the Past 12 Months and Adjusted Group Differences, Ontario Adults with a Valid Driver's Licence Aged 18+, 2007

	N	%	95% CI	Adjusted Odds Ratio
Total Drivers	1745	6.1	(4.9, 7.5)	—
Gender				***
Men	769	9.6	(7.5, 12.2)	4.43
Women (<i>Comparison Group</i>)	976	† 2.5	(1.6, 3.9)	—
Age				
(<i>Comparison Group is previous age group</i>)				NS
18-29	217	10.3	(6.6, 15.8)	—
30-39	286	† 4.6	(2.6, 7.9)	0.59
40-49	369	† 5.8	(3.7, 9.1)	0.94
50-64	495	† 6.1	(4.1, 9.0)	1.42
65+	332	† 4.4	(2.3, 8.3)	0.55
Public Health Region				*
Toronto (<i>vs. Provincial Average</i>)	248	† 3.5	(1.7, 6.9)	0.56
Central South	150	† 10.1	(5.9, 17.0)	2.01*
Central West	221	† 3.7	(1.8, 7.3)	0.74
South West	307	† 10.8	(7.3, 15.6)	1.74*
Central East	239	† 3.2	(1.5, 7.0)	0.63
East	306	† 8.7	(5.5, 13.6)	1.29
North	274	† 5.0	(2.7, 9.2)	0.87
Marital Status				NS
Married/Partner (<i>Comparison Group</i>)	1098	5.4	(4.1, 7.0)	—
Previously Married	361	† 4.1	(2.3, 7.3)	1.04
Never Married	272	† 9.7	(6.2, 14.8)	1.51
Education				**
Less than high school (<i>Comparison Group</i>)	217	† 5.8	(3.0, 11.0)	—
Completed high school	404	8.6	(5.9, 12.5)	1.16
Some college or university	609	7.6	(5.5, 10.4)	1.25
University degree	492	† 2.8	(1.5, 5.0)	0.40*
Household Income				*
< \$30,000 (<i>Comparison Group</i>)	202	† 6.2	(2.9, 12.6)	—
\$30,000-\$49,000	269	† 8.1	(4.7, 13.4)	1.95
\$50,000-\$79,000	342	† 4.9	(2.9, 8.1)	1.38
\$80,000+	523	8.1	(5.9, 11.0)	2.91*
Not stated	409	† 3.1	(1.7, 5.7)	0.98

Notes: (1) *p<.05; **p<.01; ***p<.001; CI = 95% confidence interval; NS – no significant difference; † Estimate suppressed or unstable.
(2) Asterisks in group row indicate the significance of the group effect, based on Wald test.
(3) Odds greater than 1.0 indicate that drug use is more likely to occur in the group being compared to the comparison group; odds less than 1.0 indicate that drug use is less likely to occur in the group being compared to the comparison group.
(4) Adjusted odds ratio adjusted for gender, age, region, marital status, education and income.
Q: During the past 12 months, have you driven a motor vehicle after having two or more drinks in the previous hour?
Source: The CAMH Monitor, Centre for Addiction and Mental Health

Table 6.1.2: Percentage *Driving Within One Hour After Consuming 2 or More Drinks* During the Past 12 Months, by Demographic Characteristics, Ontario Adults with a Valid Driver's Licence, Aged 18+, 1996-2007

	1996	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007	Change	
(N=)	(2360)	(2432)	(2183)	(2101)	(2066)	(2308)	(2132)	(2124)	(2283)	(2126)	(1730)	(1745)		
Total Drivers	13.1	10.6	10.1	10.5	8.6	10.9	8.1	8.5	7.7	6.2	5.9	6.1	T	–
	(11.6,14.7)	(9.3,12.1)	(8.8,11.7)	(9.1,12.1)	(7.3,10.1)	(9.5,12.5)	(6.9,9.5)	(7.2,9.9)	(6.4, 9.2)	(5.1, 7.5)	(4.7, 7.4)	(4.9, 7.5)		
Gender														
Men	21.2	18.6	16.0	16.5	13.6	17.9	12.5	13.7	12.6	10.1	9.4	9.6	T	–
	(18.5,24.1)	(16.1,21.3)	(13.7,18.7)	(14.1,19.2)	(11.3,16.2)	(15.4,20.7)	(10.4,14.9)	(11.4,16.3)	(10.3, 15.2)	(8.2, 12.5)	(7.3,12.0)	(7.5, 12.2)		
Women	4.9	†2.9	4.1	4.1	3.4	3.5	3.5	3.0	†2.6	†2.1	†2.3	†2.5	T	–
	(3.8, 6.4)	(2.1,4.1)	(3.0,5.6)	(3.0,5.5)	(2.4,4.9)	(2.5,4.9)	(2.5,4.8)	(2.0,4.3)	(1.8, 3.8)	(1.4, 3.2)	(1.3,3.9)	(1.6, 3.9)		
Age														
18-29	20.1	13.0	14.0	13.9	11.2	12.5	11.9	12.4	14.6	†7.7	†10.2	†10.3	T	–
	(16.7,24.7)	(10.0,16.8)	(10.4,18.4)	(10.4,18.4)	(8.2,15.1)	(9.3, 16.6)	(8.8,15.9)	(9.0,16.9)	(10.5, 19.9)	(5.0, 11.8)	(6.3,15.9)	(6.6, 15.8)		
30-39	15.4	11.4	10.3	12.6	10.2	13.2	8.5	11.1	†7.1	†8.0	†3.4	†4.6	T	–
	(12.4,19.0)	(8.8,16.5)	(7.5,13.3)	(10.0,15.8)	(7.5,13.8)	(10.1,17.0)	(6.0,11.9)	(8.1,15.0)	(4.6, 10.7)	(5.4, 11.8)	(1.8, 6.3)	(2.6, 7.9)		
40-49	11.8	10.1	11.3	10.3	8.3	11.9	†6.3	8.7	†6.4	†8.0	†6.7	†5.8	T	–
	(9.1,15.1)	(7.3,13.8)	(8.6,14.9)	(7.5,13.9)	(6.0,11.4)	(9.0,15.5)	(4.3,9.2)	(6.3,11.9)	(4.4, 9.2)	(5.8, 11.0)	(4.4,10.1)	(3.7, 9.1)		
50-64	7.0	9.4	8.1	8.0	†5.9	9.9	9.6	†5.8	†5.6	†2.6	†5.8	†6.1	T	–
	(4.7,10.2)	(6.9,12.6)	(5.8,11.4)	(5.5,11.6)	(3.7,9.3)	(7.1, 13.5)	(7.0,13.2)	(3.8,8.7)	(3.9, 8.2)	(1.5, 4.6)	(3.8,8.9)	(4.1, 9.0)		
65+	5.8	7.8	6.4	6.8	†6.0	†5.0	†3.7	†3.4	†5.3	†4.3	†3.2	†4.4	–	–
	(3.3, 9.9)	(5.2,10.4)	(4.0,10.2)	(4.1,11.0)	(3.3,10.7)	(2.7, 9.4)	(1.9,7.1)	(1.8,6.6)	(3.1, 8.8)	(2.4, 7.6)	(1.5,6.6)	(2.3, 8.3)		
Public Health Region														
Toronto	14.1	7.8	9.9	8.5	9.0	10.4	†5.0	9.1	†7.3	†2.5	†4.5	†3.5	T	–
	(10.3,19.1)	(5.0,14.8)	(6.9,14.1)	(5.7,12.7)	(5.9,13.4)	(7.2,14.8)	(2.9,8.5)	(6.2,13.2)	(4.5, 11.7)	(1.3, 4.8)	(2.3,8.8)	(1.7,6.9)		
Central South	17.4	12.1	9.1	11.1	†6.6	11.6	11.4	†6.0	†5.7	†7.4	†4.4	†10.1	T	–
	(12.4,23.8)	(8.4,17.2)	(5.6,14.5)	(6.9,17.4)	(3.9,10.9)	(7.4,17.6)	(7.1,17.8)	(3.2,11.0)	(2.7, 11.7)	(4.0, 13.3)	(2.1,8.9)	(5.9,17.0)		
Central West	12.5	9.4	10.8	8.6	8.5	8.9	†4.6	9.3	†6.8	†8.1	†5.6	†3.7	–	–
	(9.2,16.7)	(5.8,14.8)	(7.5,15.4)	(5.7,12.7)	(5.7,12.5)	(6.2,12.7)	(2.5,8.2)	(6.2,13.9)	(4.3, 10.8)	(5.2, 12.4)	(3.1,10.6)	(1.8,7.3)		
South West	13.1	11.4	10.4	12.4	9.3	15.6	13.2	8.5	13.1	†9.2	†7.2	†10.8	–	–
	(9.9,17.1)	(8.5,15.1)	(7.5,14.2)	(9.3,16.3)	(6.2,13.7)	(12.0,20.0)	(10.0,17.3)	(5.9,12.2)	(9.7, 17.3)	(6.5, 12.9)	(4.4,11.5)	(7.3,15.6)		
Central East	12.0	11.5	8.8	10.7	†7.0	10.1	9.5	9.2	†7.8	†6.1	†6.5	†3.2	–	–
	(8.5,16.5)	(8.5,15.4)	(5.6,13.4)	(7.2,15.7)	(4.4,11.1)	(6.5,15.6)	(6.2,14.3)	(5.9,14.0)	(4.7, 12.8)	(3.6, 10.1)	(3.4,12.3)	(1.5,7.0)		
East	9.5	12.2	10.0	11.7	7.6	10.5	7.5	†7.0	†5.4	†4.4	†7.9	†8.7	T	–
	(6.8,13.2)	(9.2,16.1)	(7.1,13.8)	(8.5,15.8)	(5.0,11.5)	(7.7,14.3)	(5.0,11.0)	(4.6,10.5)	(3.4, 8.3)	(2.4, 8.0)	(5.1,12.0)	(5.5,13.6)		
North	13.9	11.5	12.8	12.8	13.2	9.9	8.1	9.0	6.8	†6.3	†7.3	†5.0	T	–
	(10.4,18.3)	(8.5,15.3)	(9.4,17.0)	(9.3,17.3)	(9.7,10.1)	(7.3,13.4)	(5.4,12.1)	(6.2,12.9)	(4.8, 9.5)	(3.9,10.0)	(4.6,11.5)	(2.7,9.2)		

Cont'd

	1996	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007	Change
(N=)	(2360)	(2432)	(2183)	(2101)	(2066)	(2308)	(2132)	(2124)	(2283)	(2126)	(1730)	(1745)	
Marital Status													
Married/Partner	10.5	9.0	9.1	9.7	7.4	9.8	7.5	7.6	6.5	5.6	5.5	5.4	T –
Previously Married	13.1	14.8	12.4	9.4	10.5	9.0	6.2	†5.4	†4.5	†5.7	†6.1	†4.1	T –
Never Married	20.7	13.4	12.5	14.1	11.3	15.6	11.1	12.9	13.6	†8.5	†7.2	†9.7	T –
Education													
Less Than HS	10.6	12.7	11.3	5.9	† 6.2	11.4	9.3	†7.8	†6.1	†6.1	†4.5	†5.8	T –
Completed HS	14.0	9.9	9.1	11.5	11.3	12.6	7.5	10.0	6.9	†6.0	†6.1	†8.6	T –
Some College or University	15.9	12.5	13.0	12.4	9.5	11.0	8.9	7.6	8.1	7.0	6.8	7.6	T –
University Degree	10.8	8.1	6.9	9.6	† 5.9	8.7	7.0	8.9	8.4	†5.4	†5.1	†2.8	T –

Notes: ^a 95% confidence interval; — data not available; † Estimate suppressed or unstable;

Trend Analysis: – change not significant at p<.05; **T** significant change (p<.05) between 1996-2007; **2Y** significant change (p<.05) between last two estimates.

Q: During the past 12 months, have you driven a motor vehicle after having two or more drinks in the previous hour?

Source: The CAMH Monitor, Centre for Addiction and Mental Health

Fig 6.1.1
 Percentage Reporting Drinking and Driving in the Past 12 Months by
 Sex, Age and Region, Ontario Drivers Aged 18+, 2007

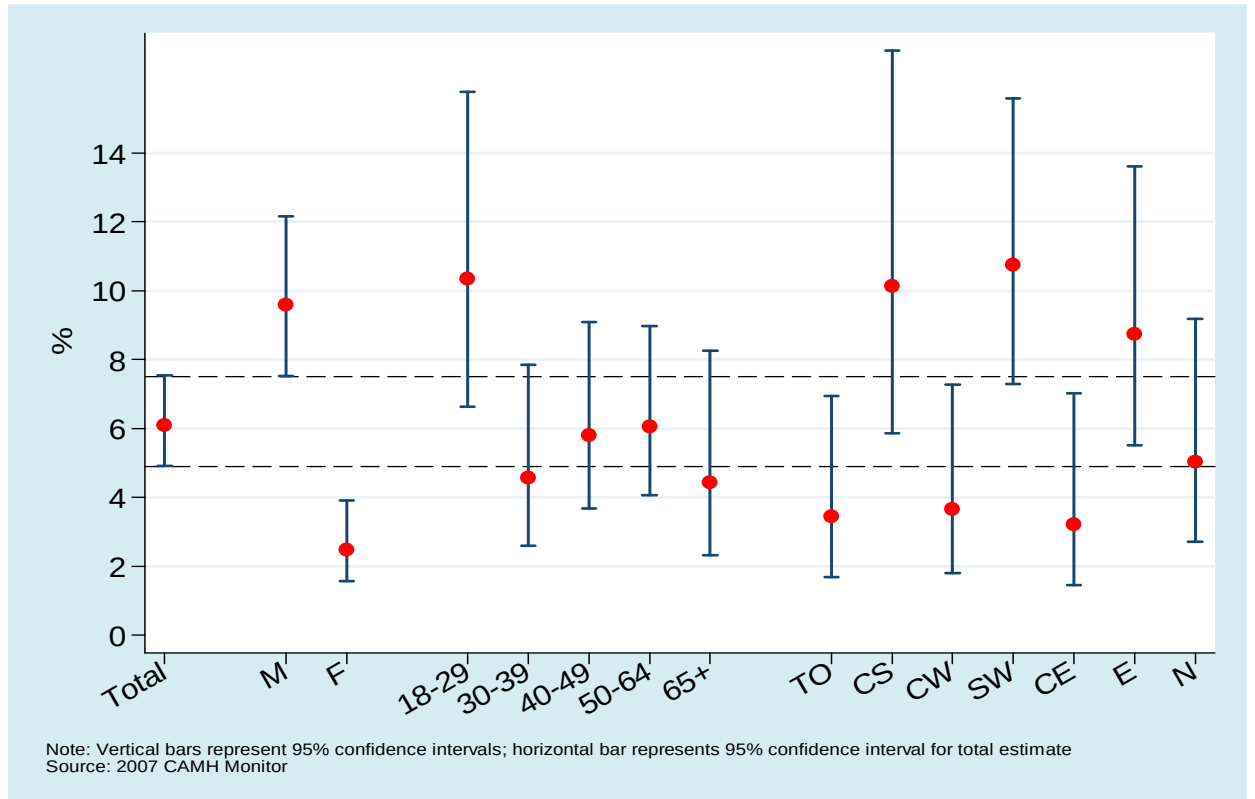
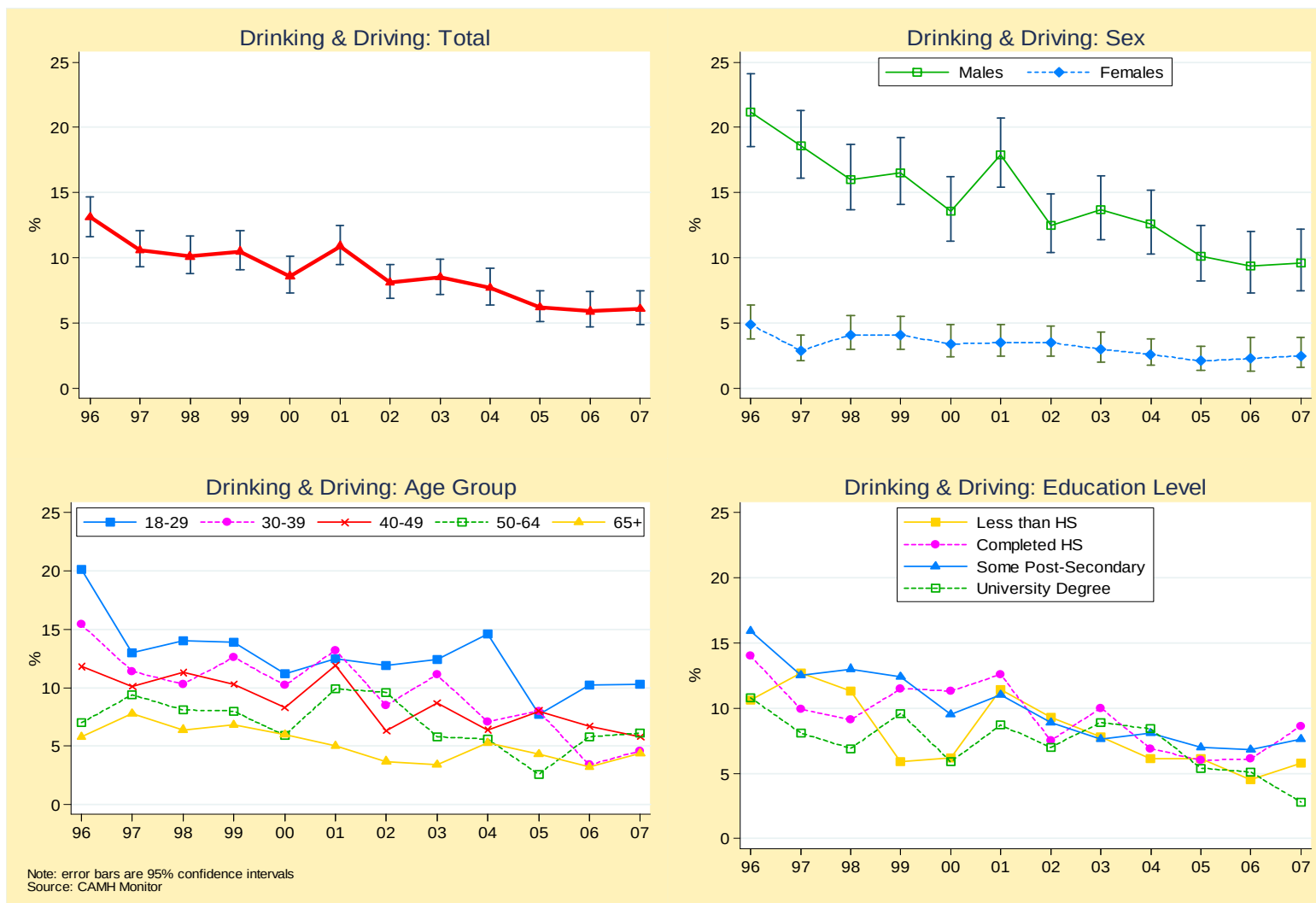


Fig 6.1.2
Past 12 Months Drinking and Driving, Ontario Drivers Aged 18+, 1996-2007



6.2 Cannabis Use and Driving

2007 Table 6.2.1, Fig 6.2.1

An estimated 1.8% (range: 1.2% to 2.7%) of Ontario adults with a valid driver's licence reported driving within one hour of consuming cannabis at least one time during the past 12 months.

After controlling for other demographic factors, only age was significantly related to cannabis use and driving.

- Cannabis use and driving was reported almost exclusively among those aged 18 to 29 years (6.3%), with those in older age groups reporting less than 1%.

There were no other significant subgroup differences.

Trends.....Table 6.2.2, Fig 6.2.2

Overall, the percentage of Ontario adults with a valid driver's licence reporting driving within one hour of consuming cannabis at least one time during the past 12 months in 2007 (1.8%) was not significantly different from 2006 (2.9%). There were no significant subgroup changes during this period.

Between 2002 and 2007, cannabis use and driving remained virtually unchanged (from 2.9% to 1.8%) and rates were stable for all demographic subgroups.

Table 6.2.1: Percentage ***Driving Within One Hour After Consuming Cannabis*** During the Past 12 Months and Adjusted Group Differences, Ontario Adults with a Valid Driver's Licence Aged 18+, 2007

	N	%	95% CI	Adjusted Odds Ratio
Total Drivers	1745	1.8	(1.2, 2.7)	—
Gender				NS
Men	769	†2.2	(1.3, 3.8)	2.17
Women (Comparison Group)	976	†1.3	(0.7, 2.6)	—
Age				
(Comparison Group is 30+ age group)				*
18-29	217	†6.3	(3.5, 11.0)	3.11*
30-39	286	†	—	—
40-49	369	†	—	—
50+	827	†	—	—
Public Health Region				NS
Toronto (vs. Provincial Average)	248	†1.7	(0.5, 5.3)	0.75
Central South	150	†1.9	(0.6, 6.3)	1.36
Central West	221	†1.8	(0.6, 5.6)	0.94
South West	307	†	—	—
Central East	239	†1.8	(0.7, 4.7)	1.69
East	306	†1.8	(0.7, 5.2)	0.74
North	274	†3.1	(1.4, 6.7)	2.09
Marital Status				NS
Married/Partner (Comparison Group)	1098	†	—	—
Previously Married	361	†	—	—
Never Married	272	†6.2	(3.5, 10.7)	3.01
Education				NS
Less than high school (Comparison Group)	217	†2.3	(1.0, 6.7)	—
Completed high school	404	†1.8	(0.7, 4.5)	0.48
Some college or university	609	†2.4	(1.2, 4.6)	0.71
University degree	492	†	—	—
Household Income				NS
< \$30,000 (Comparison Group)	202	†4.2	(1.6, 10.6)	—
\$30,000-\$49,000	269	†	—	—
\$50,000-\$79,000	342	†	—	—
\$80,000+	523	†2.2	(1.1, 4.2)	1.30
Not stated	409	†	—	—

Notes: (1) *p<.05; **p<.01; ***p<.001; CI = 95% confidence interval; NS – no significant difference; † Estimate suppressed or unstable.
(2) Asterisks in group row indicate the significance of the group effect, based on Wald test.
(3) Odds greater than 1.0 indicate that drug use is more likely to occur in the group being compared to the comparison group; odds less than 1.0 indicate that drug use is less likely to occur in the group being compared to the comparison group
(4) Adjusted odds ratio adjusted for gender, age, region, marital status, education and income.
Q: During the past 12 months, have you driven a motor vehicle within an hour of using cannabis, marijuana or hash?
Source: The CAMH Monitor, Centre for Addiction and Mental Health

Table 6.2.2: Percentage *Driving Within One Hour After Consuming Cannabis* During the Past 12 Months, by Demographic Characteristics, Ontario Adults with a Valid Driver's Licence, aged 18+, 2002-2007

(N=)	2002 (2132)	2003 (2124)	2004 (2283)	2005 (2126)	2006 (1730)	2007 (1745)	Change	
Total Drivers	2.9	3.0	2.5	2.9	2.9	†1.8	—	—
	(2.1, 4.1)	(2.2, 4.0)	(1.7, 3.6)	(2.1, 4.1)	(1.9, 4.3)	(1.2, 2.7)		
Gender								
Men	4.8	4.6	4.1	4.5	4.8	†2.2	—	—
	(3.4, 6.7)	(3.2, 6.4)	(2.8, 6.1)	(3.0, 6.6)	(3.1, 7.6)	(1.3, 3.8)		
Women	†1.0	1.3	†1.0	†1.3	†1.0	†1.3	—	—
	(0.5, 2.3)	(0.7, 2.4)	(0.4, 1.8)	(0.7, 2.4)	(0.5, 2.2)	(0.7, 2.6)		
Age								
18 - 29	†7.3	9.0	†8.6	†8.0	†11.9	†6.3	—	—
	(4.6, 11.3)	(6.0, 13.2)	(5.3, 13.5)	(5.0, 12.5)	(7.4, 18.4)	(3.5, 11.0)		
30 - 39	†4.2	†2.1	†1.0	†3.1	†1.5	†	—	—
	(2.3, 7.6)	(1.0, 4.2)	(0.3, 2.4)	(1.5, 6.6)	(0.5, 5.8)	—		
40 - 49	†	†2.4	†1.8	†2.4	†	†	—	—
	—	(1.4, 4.2)	(0.8, 4.0)	(1.2, 4.6)	—	—		
50+	†	†	†	†	†	†	—	—
	—	—	—	—	—	—		
Public Health Region								
Toronto	†4.1	†4.1	†2.0	†3.2	†3.3	†1.7	—	—
	(2.1, 7.9)	(2.1, 7.8)	(0.8, 5.2)	(1.4, 7.2)	(1.3, 8.2)	(0.5, 5.3)		
Central South	†2.2	†4.6	†3.5	†4.1	†4.2	†1.9	—	—
	(0.8, 5.9)	(2.3, 9.1)	(1.0, 10.9)	(1.6, 10.1)	(1.3, 12.6)	(0.6, 6.3)		
Central West	†3.6	†	†4.7	†2.4	†3.4	†1.8	—	—
	(1.6, 7.9)	—	(2.4, 9.1)	(1.1, 5.1)	(1.2, 9.0)	(0.6, 5.6)		
South West	†	†2.6	†2.1	†2.8	†4.2	†	—	—
	—	(1.3, 5.3)	(1.0, 4.4)	(1.3, 5.8)	(2.1, 8.2)	—		
Central East	†3.5	†3.1	†1.7	†5.4	†1.7	†1.8	—	—
	(1.6, 7.9)	(1.4, 6.6)	(0.6, 4.9)	(2.9, 9.9)	(0.5, 7.7)	(0.7, 4.7)		
East	†	†2.6	†1.6	†	†	†1.8	—	—
	—	(1.3, 5.5)	(0.7, 3.6)	—	—	(0.7, 5.2)		
North	†3.2	†2.2	†1.8	†	†1.7	†3.1	—	—
	(1.6, 7.7)	(1.0, 5.2)	(1.0, 3.5)	—	(0.7, 4.5)	(1.4, 6.7)		
Marital Status								
Married/Partner	†2.2	†1.3	†1.0	†2.0	†	†	—	—
Previously Married	†	†2.1	†	†1.6	†2.1	†	—	—
Never Married	†6.5	8.7	8.6	†6.8	†10.7	†6.2	—	—
Education								
Less Than High School	†5.0	†3.5	†2.1	†5.3	†1.5	†2.3	—	—
Completed High School	†2.6	†4.9	†3.8	†3.8	†4.8	†1.8	—	—
Some College or University	†3.2	†2.7	†2.3	†2.8	†3.0	†2.4	—	—
University Degree	†2.0	†1.7	†1.9	†1.7	†1.7	†	—	—

Notes: ^a 95% confidence interval; — data not available; † Estimate suppressed or unstable;
Trend Analysis: — change not significant at p<.05; **T** significant change (p<.05) between 1996-2007; **2Y** significant change (p<.05) between last two estimates.

Q: During the past 12 months, have you driven a motor vehicle within one hour of using cannabis, marijuana or hash?

Source: CAMH Monitor, Centre for Addiction and Mental Health

Figure 6.2.1
 Percentage Reporting Cannabis Use and Driving in the Past 12 Months
 by Sex, Age and Region, Ontario Drivers Aged 18+, 2007

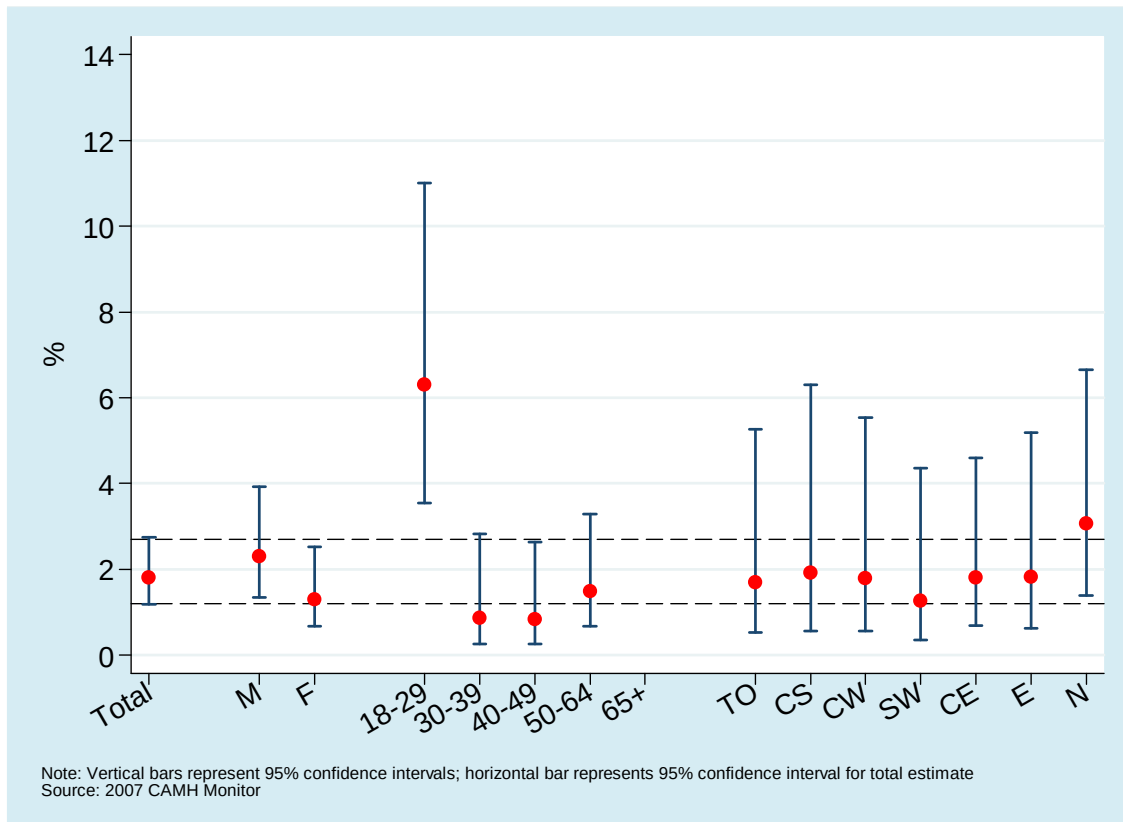
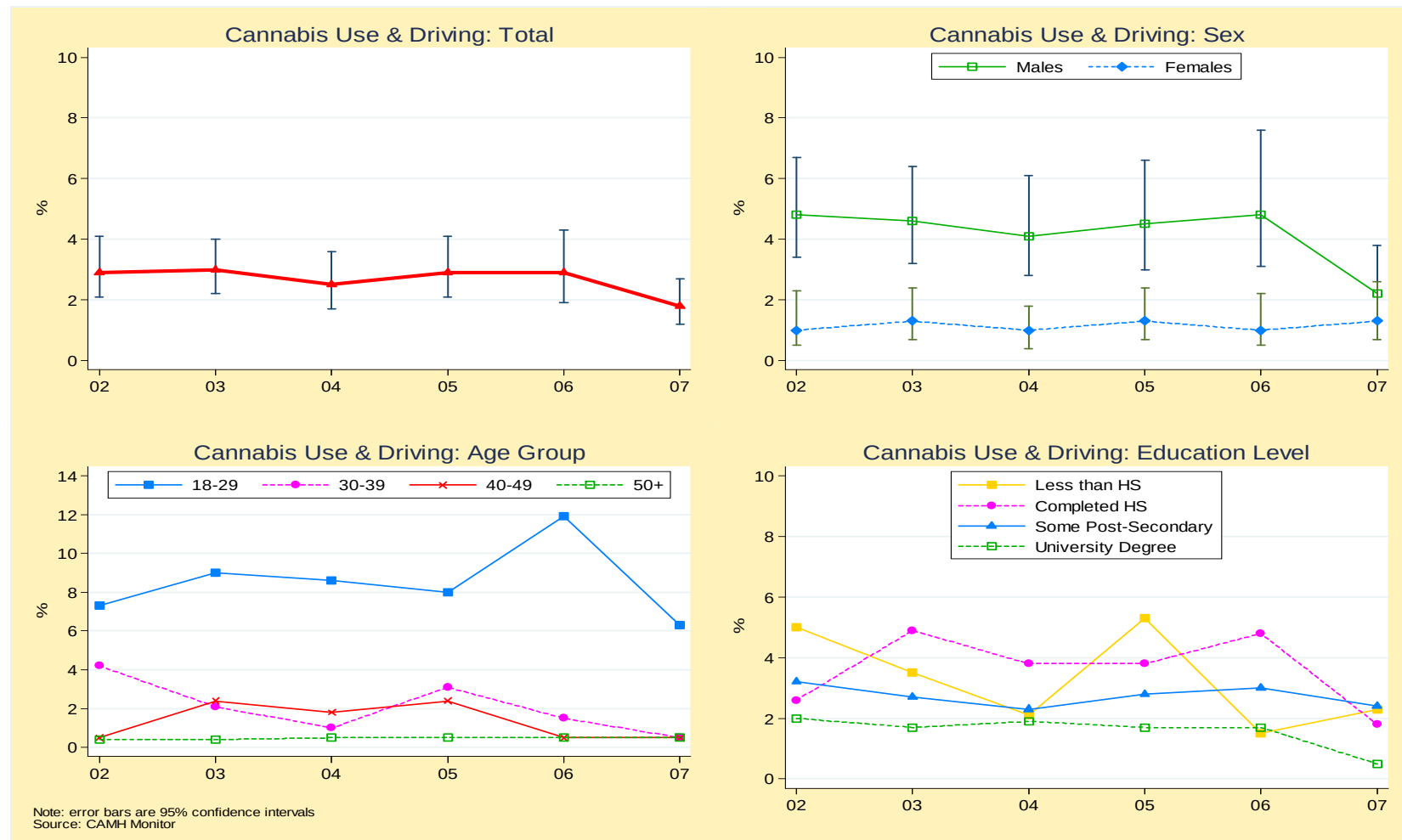


Figure 6.2.2
Past 12 Months Cannabis Use and Driving, Ontario Drivers Aged 18+, 2002-2007



6.3 Passenger with a Driver who used Alcohol or Cannabis

Beginning in 2006, respondents were asked if they had rode in a vehicle driven by someone who was drinking alcohol and if they had rode with a driver who had been using cannabis. Both questions refer to the past 12 months before the survey.

6.3.1. Passenger in a vehicle with a driver who was drinking

2007 Table 6.3.1

Overall, approximately 9.5% (range: 8.0% to 11.2%) of Ontario adults reported being a passenger in a vehicle with a driver who was drinking, at least one time during the past 12 months.

After controlling for other demographic factors, age, public health region and income were significantly related to riding in a vehicle with a driver who was drinking.

- Riding in a vehicle with a driver who was drinking declined significantly with age. Those aged 18 to 29 (22.0%) reported the highest rate, while those aged 65 and older reported the lowest rate (5.3%).
- Compared to the provincial average, riding in a vehicle with a driver who was drinking was significantly higher among those living in the Central South and South West regions (17.0% and 13.3% vs. 9.5%, respectively), and significantly lower in Toronto (5.2%) and in the Central West region (3.1%).

Gender, marital status, and education were not significantly related to riding in a vehicle with a driver who was drinking.

6.3.2. Passenger in a vehicle with a driver who was using cannabis

2007 Table 6.3.2

Overall, approximately 7.0% (range: 5.7% to 8.6%) of Ontario adults reported being a passenger in a vehicle with a driver who was using cannabis, at least one time during the past 12 months.

After controlling for other demographic factors, age and marital status were significantly related to riding in a vehicle with a driver who was using cannabis.

- Riding in a vehicle with a driver who was using cannabis tends to decline significantly with age. Those aged 18 to 29 (22.5%) reported the highest rate, while those aged 65 and older reported the lowest rate (2.4%).
- Those never married were 3.3 times more likely to ride in a vehicle with a driver who was using cannabis than their married counterparts (20.0% vs. 3.7%).

Gender, public health region, education and income were not significantly related to riding in a vehicle with a driver who was using cannabis.

Table 6.3.1: Percentage Reporting Being a *Passenger in a Motor Vehicle with a Driver who had 2 or More Drinks in the Previous Hour* during the Past 12 Months and Adjusted Group Differences, Ontarians Aged 18+, 2007

	N	%	95% CI	Adjusted Odds Ratio
Total Drivers	2005	9.5	(8.0, 11.2)	—
Gender				NS
Men	840	10.2	(7.9, 12.9)	0.89
Women (<i>Comparison Group</i>)	1165	8.8	(7.0, 11.0)	—
Age				***
(<i>Comparison Group is previous age group</i>)				
18-29	258	22.0	(16.9, 28.1)	—
30-39	315	9.4	(6.1, 14.3)	0.38**
40-49	402	7.5	(5.2, 10.8)	0.88
50+	968	5.3	(3.8, 7.2)	0.78
Public Health Region				***
Toronto (<i>vs. Provincial Average</i>)	317	†5.2	(3.1, 8.5)	0.60*
Central South	177	17.0	(11.1, 25.1)	2.01**
Central West	244	†3.1	(1.3, 7.4)	0.28**
South West	339	13.3	(9.6, 18.1)	1.51*
Central East	268	11.8	(7.9, 17.3)	1.38
East	351	11.6	(8.0, 16.6)	1.18
North	309	9.3	(6.2, 13.6)	1.20
Marital Status				NS
Married/Partner (<i>Comparison Group</i>)	1177	7.0	(5.6, 8.8)	—
Previously Married	463	†4.9	(3.2, 7.5)	1.03
Never Married	337	21.0	(16.0, 27.1)	1.70*
Education				NS
Less than high school (<i>Comparison Group</i>)	284	†6.6	(4.0, 10.7)	—
Completed high school	480	10.5	(7.7, 14.3)	1.01
Some college or university	679	11.3	(8.6, 14.5)	1.03
University degree	525	7.8	(5.3, 11.3)	0.82
Household Income				**
< \$30,000 (<i>Comparison Group</i>)	282	11.1	(7.0, 17.1)	—
\$30,000-\$49,000	311	†6.6	(4.0, 10.6)	0.82
\$50,000-\$79,000	373	10.6	(7.3, 15.0)	1.33
\$80,000+	549	12.2	(9.4, 15.6)	1.92*
Not stated	490	†6.4	(3.9, 10.2)	0.87

Notes: (1) *p<.05; **p<.01; ***p<.001; CI = 95% confidence interval; NS – no significant difference; † Estimate suppressed or unstable.

(2) Asterisks in group row indicate the significance of the group effect, based on Wald test.

(3) Odds greater than 1.0 indicate that drug use is more likely to occur in the group being compared to the comparison group; odds less than 1.0 indicate that drug use is less likely to occur in the group being compared to the comparison group

(4) Adjusted odds ratio adjusted for gender, age, region, marital status, education and income.

Q: During the past 12 months, have you been a passenger in a motor vehicle with a driver who had two or more drinks in the previous hour?

Source: The CAMH Monitor, Centre for Addiction and Mental Health

Table 6.3.2: Percentage Reporting Being a *Passenger in a Motor Vehicle with a Driver who Consumed Cannabis in the Previous Hour* during the Past 12 Months and Adjusted Group Differences, Ontarians Aged 18+, 2007

	N	%	95% CI	Adjusted Odds Ratio
Total Drivers	2005	7.0	(5.7, 8.6)	—
Gender				NS
Men	840	7.4	(5.4, 10.2)	1.05
Women (<i>Comparison Group</i>)	1165	6.6	(5.0, 8.7)	—
Age				***
(<i>Comparison Group is previous age group</i>)				
18-29	258	22.5	(17.0, 29.2)	—
30-39	315	† 5.2	(3.2, 8.5)	0.37**
40-49	402	† 4.1	(2.4, 7.0)	0.70
50+	968	† 2.4	(1.5, 3.9)	0.53
Public Health Region				NS
Toronto (<i>vs. Provincial Average</i>)	317	† 8.5	(5.1, 13.6)	1.15
Central South	177	† 9.1	(5.1, 15.7)	1.33
Central West	244	† 3.8	(1.9, 7.4)	0.68
South West	339	† 4.2	(2.4, 7.2)	0.69
Central East	268	† 6.6	(3.8, 11.1)	1.32
East	351	† 10.8	(7.2, 16.1)	1.20
North	309	† 5.0	(2.8, 8.8)	0.88
Marital Status				***
Married/Partner (<i>Comparison Group</i>)	1177	3.7	(2.5, 5.5)	—
Previously Married	463	† 4.3	(2.4, 7.7)	1.85
Never Married	337	20.0	(15.2, 25.7)	3.27**
Education				NS
Less than high school (<i>Comparison Group</i>)	284	† 4.4	(2.4, 7.9)	—
Completed high school	480	8.6	(6.0, 12.2)	1.13
Some college or university	679	9.6	(7.0, 12.9)	1.02
University degree	525	† 4.0	(2.1, 7.5)	0.68
Household Income				NS
< \$30,000 (<i>Comparison Group</i>)	282	† 11.5	(7.1, 18.0)	—
\$30,000-\$49,000	311	† 6.8	(3.9, 11.7)	0.71
\$50,000-\$79,000	373	† 6.4	(3.9, 10.5)	0.73
\$80,000+	549	7.9	(5.4, 11.4)	1.26
Not stated	490	† 4.7	(2.8, 7.9)	0.54

Notes: (1) *p<.05; **p<.01; ***p<.001; CI = 95% confidence interval; NS – no significant difference; † Estimate suppressed or unstable.
(2) Asterisks in group row indicate the significance of the group effect, based on Wald test.
(3) Odds greater than 1.0 indicate that drug use is more likely to occur in the group being compared to the comparison group; odds less than 1.0 indicate that drug use is less likely to occur in the group being compared to the comparison group
(4) Adjusted odds ratio adjusted for gender, age, region, marital status, education and income.
Q: During the past 12 months, have you been a passenger in a motor vehicle with a driver who used cannabis in the previous hour?
Source: The CAMH Monitor, Centre for Addiction and Mental Health

7. MENTAL HEALTH

7.1 Elevated Psychological Distress

To measure overall mental wellness in the general population, we used the 12-item General Health Questionnaire (GHQ 12) (Goldberg & Hillier, 1979) which is a screening instrument that evaluates two overarching domains: depression/anxiety and social functioning. Although the GHQ does not provide a clinical determination of psychiatric disorder, it does provide an indication of an individual's risk of current or future problems.

The CAMH Monitor first incorporated the GHQ into the 1999 survey. The item wording in 1999 took the form: "Over the past month, have you...." versus the standard GHQ wording which is "Over the past weeks, have you...". In 2000, an experiment involving an investigation of the impact of question wording on the GHQ was introduced (E. M. Adlaf et al., 2001). A random-half of respondents received the items beginning with "Over the past few weeks..." and a random half received the items beginning with "Over the past month...". An analysis found that "past month" items resulted in higher estimates than those beginning with "past few weeks."

Therefore, starting with the 2001 survey, the standard GHQ wording was used, and trends are available from 2000. The item wording took the form: "Over the past few weeks, have you....". Response categories are on a 4-point scale ranging from "better [more so] than usual" to "much less than usual"; or "not at all" to "much more than usual." The items wording and the percentage of respondents reporting psychological

distress symptoms are presented in Table 7.1.1.

In addition to the 12 individual symptoms, we present the percentage of Ontario adults experiencing "elevated psychological distress," defined here as reporting at least 3 of the 12 symptoms.

2007 Tables 7.1.1, 7.1.2; Fig 7.1.1- 7.1.3

The most common symptom experienced by respondents was the feeling of being constantly under stress (16.1%), followed by losing sleep because of worrying (12.9%). The least reported symptom was thinking of oneself as a worthless person (2.1%).

Overall, approximately 12.7% (range: 11.1% to 14.6%) of Ontario adults reported elevated psychological distress during the past few weeks (at least 3 of the 12 symptoms).

Gender, age, marital status, education and income were significantly related to elevated psychological distress after adjusting for other demographic factors.

- Women were significantly more likely to report psychological distress compared to men (15.3% vs. 10.0%).
- Elevated psychological distress tended to decrease with age, from a high of 16.5% among 18-29 year-olds, to a low of 7.2% among those 65 and older.
- Those previously married were significantly more likely to report elevated psychological distress compared to those who are married (17.5% vs. 10.7%).

- After controlling for other factors, elevated psychological distress was highest among those who completed high school (16.2%) and lowest among those with a university degree (9.8%).
- Rates of elevated psychological distress were highest among those with incomes of less than \$30,000 (19.0%), and lowest among those who did not declare their income (9.3%).

There were no dominant differences for public health regions, after adjusting for other factors.

Short Term Trends Table 7.1.3; Figure 7.1.4

Between 2006 and 2007, elevated psychological distress remained virtually unchanged (13.2 vs. 12.7%). In addition, rates of elevated psychological distress were stable for all gender, age, region, marital status, education, and income subgroups.

Between 2000 and 2007, elevated psychological distress did not vary significantly and there is no evidence of dominant differential change for subgroups (no significant year-by-sex, year-by-age, year-by-public health region, year-by-marital status, or year-by-education interactions).

Table 7.1.1: Percentage Reporting *Psychological Distress Symptoms (GHQ 12)* During the Past Few Weeks, Ontarians Aged 18+, 2007

Over the past few weeks, ...		Total Sample (N=2005)
1. ...have you been able to concentrate on whatever you're doing?	0. Better than usual	5.8
	1. Same as usual	84.2
	2. Less than usual	8.4
	3. Much less than usual	1.6
	Mean (SE)	1.05 (.01)
2. ... have you felt that you are playing a useful part in things?	0. More so than usual	11.1
	1. Same as usual	80.5
	2. Less useful than usual	6.1
	3. Much less useful	2.3
	Mean (SE)	1.00 (.01)
3. ... have you felt capable of making decisions about things?	0. More so than usual	7.9
	1. Same as usual	88.5
	2. Less so than usual	2.9
	3. Much less capable	1.0
	Mean (SE)	0.97 (.01)
4. ... have you been able to enjoy your day-to-day activities ?	0. More so than usual	7.1
	1. Same as usual	80.1
	2. Less so than usual	9.9
	3. Much less than usual	3.0
	Mean (SE)	1.09 (.01)
5. ... have you been able to face up to your problems?	0. More so than usual	10.4
	1. Same as usual	85.4
	2. Less so than usual	3.3
	3. Much less than usual	1.0
	Mean (SE)	0.95 (.01)
6. ... have you been feeling reasonably happy?	0. More so than usual	11.8
	1. Same as usual	79.4
	2. Less so than usual	6.9
	3. Much less than usual	1.8
	Mean (SE)	0.99 (.01)
7. ... have you lost much sleep because of worry?	0. Not at all	46.3
	1. No more than usual	40.9
	2. Rather more than usual	9.6
	3. Much more than usual	3.3
	Mean (SE)	0.70 (.02)

8. ... have you felt constantly under stress?	0. Not at all	40.7
	1. No more than usual	43.3
	2. Rather more than usual	12.7
	3. Much more than usual	3.4
	Mean (SE)	0.79 (.02)
9. ... have you felt you could not overcome your difficulties?	0. Not at all	65.1
	1. No more than usual	29.9
	2. Rather more than usual	3.4
	3. Much more than usual	1.5
	Mean (SE)	0.41 (.01)
10. ... have you been feeling unhappy and depressed?	0. Not at all	68.2
	1. No more than usual	23.5
	2. Rather more than usual	5.8
	3. Much more than usual	2.5
	Mean (SE)	0.43 (.02)
11. ... have you been losing confidence in yourself?	0. Not at all	77.0
	1. No more than usual	19.2
	2. Rather more than usual	3.6
	3. Much more than usual	1.2
	Mean (SE)	0.30 (.01)
12. ... have you been thinking of yourself as a worthless person?	0. Not at all	87.8
	1. No more than usual	10.1
	2. Rather more than usual	1.6
	3. Much more than usual	0.6
	Mean (SE)	0.15 (.01)

Source: The CAMH Monitor, Centre for Addiction and Mental Health

Table 7.1.2: Percentage Reporting *Elevated Psychological Distress (GHQ 3+)* During the Past Few Weeks and Adjusted Group Differences, Ontarians Aged 18+, 2007

	N	%	95% CI	Adjusted Odds Ratio
Total Sample	2005	12.7	(11.1, 14.6)	—
Gender				*
Men	840	10.0	(7.9, 12.6)	0.71
Women (<i>Comparison Group</i>)	1165	15.3	(13.2, 18.0)	—
Age				***
<i>(Comparison Group is previous age group)</i>				
18-29	258	16.5	(11.9, 22.5)	—
30-39	315	11.6	(8.3, 16.0)	0.89
40-49	402	14.3	(11.0, 18.5)	1.17
50-64	551	13.3	(10.4, 16.9)	0.78
65+	417	7.2	(4.8, 10.6)	0.36**
Public Health Region				NS
Toronto (<i>vs. Provincial Average</i>)	317	11.0	(7.7, 15.5)	0.81
Central South	177	14.1	(9.4, 20.6)	0.98
Central West	244	15.2	(10.7, 21.0)	1.23
South West	339	10.9	(7.2, 14.1)	0.76
Central East	268	13.0	(9.0, 18.4)	1.03
East	351	13.6	(10.2, 18.0)	1.24
North	309	12.8	(9.3, 17.3)	1.05
Marital Status				**
Married/Partner (<i>Comparison Group</i>)	1177	10.7	(8.9, 12.8)	—
Previously Married	463	17.5	(13.7, 22.2)	1.95**
Never Married	337	15.5	(11.3, 14.4)	1.22
Education				*
Less than high school (<i>Comparison Group</i>)	284	13.5	(9.4, 18.9)	—
Completed high school	480	16.2	(12.6, 20.6)	1.10
Some college or university	679	12.5	(9.9, 15.7)	0.87
University degree	525	9.8	(7.2, 13.1)	0.62
Household Income				***
< \$30,000 (<i>Comparison Group</i>)	282	19.0	(14.5, 24.4)	—
\$30,000-\$49,000	311	9.9	(6.4, 14.9)	0.30**
\$50,000-\$79,000	373	12.5	(9.0, 17.3)	0.41**
\$80,000+	549	15.0	(11.9, 18.8)	0.56*
Not stated	490	9.3	(6.7, 12.7)	0.44**

- Notes: (1) *p<.05; **p<.01; ***p<.001; CI = 95% confidence interval; NS – no significant difference.
(2) Asterisks in group row indicate the significance of the group effect, based on Wald test.
(3) Odds greater than 1.0 indicate that distress is more likely to occur in the group being compared to the comparison group; odds less than 1.0 indicate that distress is less likely to occur in the group being compared to the comparison group.
(4) Adjusted odds ratio adjusted for gender, age, region, marital status, education and income.
(5) “Elevated Psychological Distress” is defined as reporting at least 3 of the 12 symptoms on the GHQ scale (see Table 7.1.1)

Source: The CAMH Monitor, Centre for Addiction and Mental Health

Table 7.1.3: Percentage Reporting *Elevated Psychological Distress (GHQ 3+)* During the Past Few Weeks by Demographic Characteristics, Ontarians Aged 18+, 2000-2007

	2000 (N=)	2001 (1202)	2002 (2627)	2003 (2421)	2004 (2411)	2005 (2611)	2006 (2445)	2007 (2016)	2007 (2005)	Change	
Total Sample	12.7	12.7	12.8	13.2	12.9	12.9	13.2	12.7	12.7	–	–
	(10.7, 15.0)	(11.3, 14.3)	(11.4, 14.4)	(11.7, 14.8)	(11.4, 14.5)	(11.4, 14.6)	(11.5, 15.1)	(11.1, 14.6)			
Gender											
Men	11.4	10.3	10.9	11.4	11.1	10.3	10.6	10.0	10.0	–	–
	(8.7, 14.8)	(8.5, 12.5)	(9.0, 13.2)	(9.4, 13.8)	(9.0, 13.5)	(8.4, 12.7)	(8.3, 13.3)	(7.9, 12.6)			
Women	13.9	15.0	14.6	14.8	14.6	15.3	15.7	15.3	15.3	–	–
	(11.2, 17.1)	(12.9, 17.3)	(12.5, 17.0)	(12.8, 17.2)	(12.6, 16.9)	(13.2, 17.7)	(13.4, 18.4)	(13.2, 18.0)			
Age											
18-29	17.7	13.4	16.7	16.9	17.1	13.0	11.1	16.5	16.5	–	–
	(12.8, 23.9)	(10.2, 17.6)	(12.9, 21.2)	(13.1, 21.5)	(13.1, 21.9)	(9.4, 17.6)	(7.1, 16.8)	(11.9, 22.5)			
30-39	13.0	14.6	13.2	13.1	13.9	15.7	15.7	11.6	11.6	–	–
	(9.2, 18.0)	(11.6, 18.4)	(10.2, 17.0)	(10.0, 16.9)	(10.6, 18.0)	(12.0, 20.1)	(11.9, 20.5)	(8.3, 16.0)			
40-49	16.4	13.3	13.2	15.1	13.0	13.5	17.2	14.3	14.3	–	–
	(11.9, 22.3)	(10.5, 16.7)	(10.3, 16.8)	(12.2, 18.7)	(10.0, 16.6)	(10.7, 16.9)	(13.5, 21.8)	(11.0, 18.5)			
50-64	8.8	12.0	13.1	10.8	11.2	12.4	11.5	13.3	13.3	–	–
	(5.5, 13.9)	(9.0, 15.8)	(10.2, 16.7)	(8.1, 14.3)	(8.8, 14.2)	(9.7, 15.8)	(8.7, 15.0)	(10.4, 16.9)			
65+	6.7	9.7	6.3	7.9	7.8	10.1	10.8	7.2	7.2	–	–
	(3.9, 11.4)	(7.0, 13.3)	(4.2, 9.4)	(5.4, 11.4)	(5.6, 10.9)	(7.1, 14.2)	(7.9, 14.5)	(4.8, 10.6)			
Region											
Toronto	12.2	15.5	14.8	15.6	14.4	14.0	12.6	11.0	11.0	–	–
	(8.0, 18.3)	(11.9, 19.9)	(11.4, 19.0)	(12.1, 20.0)	(11.0, 18.6)	(10.5, 18.3)	(9.2, 17.0)	(7.7, 15.5)			
Central South	11.9	12.0	17.0	10.5	12.3	9.5	13.8	14.1	14.1	–	–
	(7.1, 19.3)	(8.0, 17.6)	(12.1, 23.4)	(6.9, 15.6)	(8.2, 18.1)	(6.0, 14.5)	(8.5, 21.6)	(9.4, 20.6)			
Central West	10.5	11.2	14.8	13.9	16.7	13.2	14.3	15.2	15.2	–	–
	(6.3, 16.9)	(8.1, 15.3)	(11.0, 19.6)	(10.3, 18.4)	(12.4, 22.0)	(9.4, 18.2)	(10.1, 19.9)	(10.7, 21.0)			
South West	7.2	12.1	9.5	11.7	10.2	10.9	11.5	10.9	10.9	–	–
	(4.4, 11.4)	(9.1, 15.9)	(6.9, 12.9)	(8.7, 15.6)	(7.5, 13.8)	(8.1, 14.4)	(8.5, 15.5)	(7.2, 14.1)			
Central East	17.6	10.6	9.8	13.7	11.3	14.2	13.5	13.0	13.0	–	–
	(11.8, 25.4)	(7.6, 14.7)	(6.5, 14.5)	(9.7, 19.0)	(7.8, 16.0)	(10.6, 18.9)	(9.2, 19.5)	(9.0, 18.4)			
East	16.6	14.8	11.0	11.8	11.5	15.1	13.6	13.6	13.6	–	–
	(11.8, 23.0)	(11.6, 18.7)	(8.3, 14.5)	(8.9, 15.6)	(8.6, 15.2)	(11.6, 19.4)	(10.1, 18.1)	(10.2, 18.0)			
North	12.9	9.9	12.3	11.5	11.9	11.3	13.4	12.8	12.8	–	–
	(8.7, 18.7)	(7.5, 12.9)	(9.2, 16.2)	(8.4, 15.4)	(9.4, 14.9)	(8.3, 15.2)	(9.9, 17.8)	(9.3, 17.3)			
Marital Status											
Married/Partner	10.0	12.0	10.5	10.2	10.0	10.9	12.4	10.7	10.7	–	–
Previously Married	19.2	15.8	16.2	19.7	18.4	19.4	17.4	17.5	17.5	–	–
Never Married	15.2	13.0	17.0	18.4	18.1	15.4	13.5	15.5	15.5	–	–
Education											
Less Than High School	12.7	13.5	15.2	13.8	11.0	15.6	17.6	13.5	13.5	–	–
Completed High School	12.0	11.6	13.4	13.0	14.9	13.6	14.3	16.2	16.2	–	–
Some College or University	15.1	13.7	13.8	13.6	12.0	12.9	11.8	12.5	12.5	–	–
University Degree	10.5	12.4	10.0	12.8	12.9	11.3	12.0	9.8	9.8	–	–

Notes: (1) 2000 estimates are based on random half sample;

(2) Trend Analysis: – change not significant at $p < .05$; T significant change ($p < .05$) between 2000-2007; 2Y significant change ($p < .05$) between last two estimates.

(3) “Elevated Psychological Distress” is defined as reporting at least 3 of the 12 symptoms on the GHQ scale

Source: The CAMH Monitor, Centre for Addiction and Mental Health

Figure 7.1.1
Percentage Reporting Psychological Distress Symptoms (GHQ12)
Over the Past Few Weeks, Ontarians Aged 18+, 2007



Figure 7.1.2
Percentage Reporting Psychological Distress Symptoms (GHQ12)
Over the Past Few Weeks by Gender, Ontarians Aged 18+, 2007

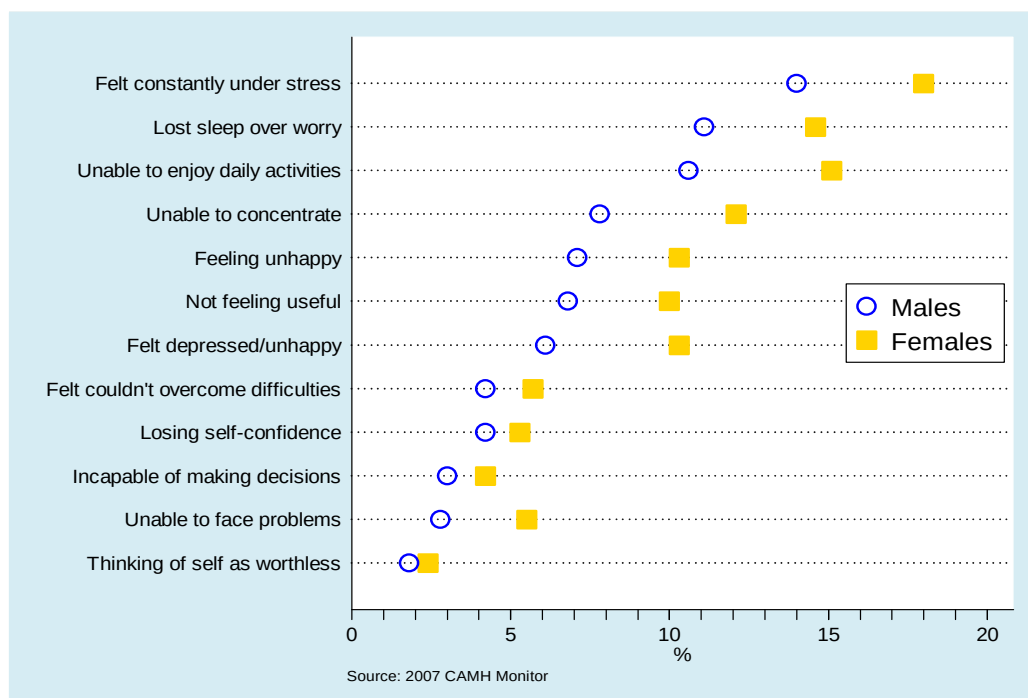


Figure 7.1.3
 Percentage Reporting Elevated Psychological Distress (GHQ3+)
 Over the Past Few Weeks by Gender, Age and Region,
 Ontarians Aged 18+, 2007

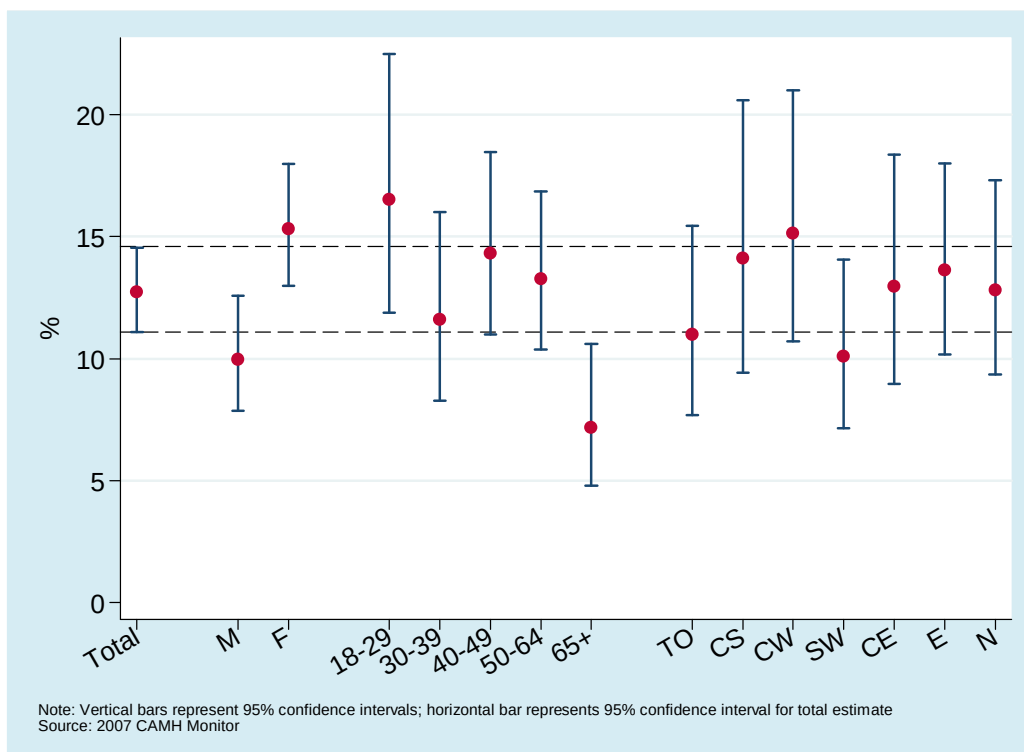
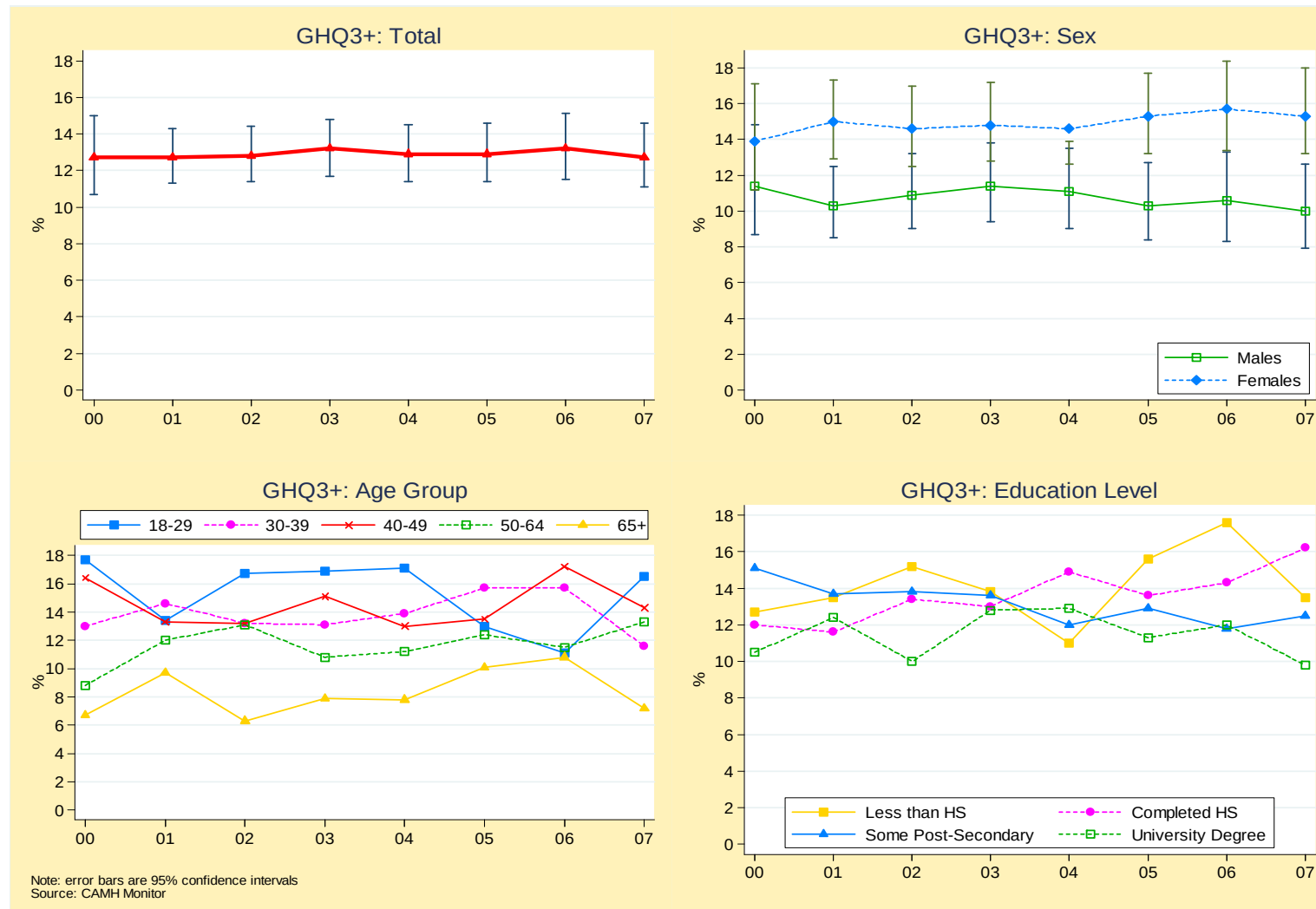


Figure 7.1.4
Percentage Reporting Elevated Psychological Distress (GHQ3+) Over the Past Few Weeks,
Ontarians Aged 18+, 2000-2007



7.2 Prescribed Medication for Anxiety and Depression

Anxiety and depression are some of the most prevalent mental health conditions experienced by adults. For monitoring purposes, we assess the percentage reporting having received prescribed medication to treat anxiety or depression during the 12 months before the survey, as well as during the past 7 days. Thus, these estimates do not reflect the total prevalence of anxiety or depressive disorders.

Estimates for anxiety and depression are available from **1997** to **2006**.

7.2.1 Anxiety

2006 Table 7.2.1

In 2006, about 5.7% (range: 4.7% to 6.8%) of Ontario adults reported using a prescribed medication to treat anxiety during the 12 months before the survey.

Use was significantly related to gender, age, and income.

- Women were significantly more likely than men to report use in the past year and the past week (7.9% vs. 3.4%).
- Use was lowest among those aged 18-29 (2.9%), and highest among those 50-64 year olds (8.4%).
- Use was also significantly related to income. The rate was highest among those with incomes of less than \$30,000 (13.0%) and lowest among those with incomes between \$50,000 and \$79,000 (4.5%).

Short Term Trend Table 7.2.3

Use of anti-anxiety medication in 2006 (5.7%) remained virtually unchanged from 2005 (5.4%), and there was only one significant subgroup change. A significant increase occurred among those aged 40 to 49 (from 4.7% to 7.1%).

Since 1997, use of anti-anxiety medication among the total sample has displayed a significant linear upward movement, increasing from 4.5% in 1999 to 5.7% in 2006.

While there were no significant year interactions between 1997 and 2006, there were some significant changes among subgroups. A significant increase occurred among women (from 5.6% to 7.9%) and 50 to 64 year-olds (from 5.2% to 8.4%).

There were also significant non-linear regional changes for Toronto (from 2.2% in 1999 to 6.9% in 2002 and 4.4% in 2006), and for the East region (from 5.2% in 1997 to 9.9% in 2004 and 5.6% in 2006).

7.2.2. Depression

2006 Table 7.2.2

In 2006, about 6.6% (range: 5.5% to 7.8%) of Ontario adults reported using a prescribed medication for depression during the 12 months before the survey.

Use of prescribed medication for depression was significantly related to gender, age and income.

- Women were about twice as likely than men to report use of a depression medication in the past year (9.3% vs. 3.6%).
- Those aged 40-49 years reported the highest use (7.1% and 6.1%, respectively).
- Use was highest among those with incomes of less than \$30,000 (14.4%) and lowest among those who did not declare their income (3.3%).

increases occurred among women (from 4.9% to 9.3%), among those aged 40 to 49 (from 4.6% in 1999 to 9.4% in 2006), among those living in the East (from 3.1% to 7.9%), and among those who are married (from 3.2% to 6.4% in 2006).

Significant increases occurred also among those who completed high school, those with some college or university education and those with university degrees.

Short Term Trend Tables 7.2.4

Prevalence of past year use of anti-depression medication in 2006 (6.6%) was not significantly different from 2004 (5.3%). In addition rates of use were stable between these two years for sex, region, marital status and education subgroups. The only significant increase occurred among those aged 40 to 49 (from 4.7% to 9.4%)

Since 1997, use of anti-depression anxiety medication among the total sample has displayed a significant linear upward movement, increasing from 3.6% in 1999 to 6.6% in 2006.

While there were no significant year interactions between 1997 and 2006, there were significant changes among many subgroups. Significant linear

Table 7.2.1 Percentage **Reporting Using Prescription Medication to Treat Anxiety or Panic Attacks** During the Past 12 Months and Adjusted Group Differences, Ontarians Aged 18+, 2006^a

	N	%	95% CI	Adjusted Odds Ratio
Total Sample	2016	5.7	(4.7, 6.8)	—
Gender				**
Men	884	† 3.4	(2.4, 4.7)	0.60
Women (Comparison Group)	1132	7.9	(6.3, 9.8)	—
Age				
(Comparison Group is previous age group)				***
18-29	264	† 2.9	(1.5, 5.5)	—
30-39	338	† 3.4	(2.0, 5.8)	1.61
40-49	421	† 7.1	(4.8, 10.2)	1.79
50-64	561	8.4	(6.3, 11.2)	1.13
65+	397	† 7.2	(4.7, 11.0)	0.38**
Public Health Region				NS
Toronto (vs. Provincial Average)	347	† 4.4	(2.7, 7.1)	0.77
Central South	154	† 4.7	(2.2, 9.4)	0.71
Central West	261	† 4.2	(2.4, 7.3)	0.92
South West	361	9.1	(6.3, 12.9)	1.64**
Central East	234	† 6.2	(3.7, 10.3)	0.98
East	323	† 5.6	(3.7, 8.4)	1.07
North	336	† 7.5	(5.0, 11.0)	1.15
Marital Status				NS
Married/Partner (Comparison Group)	1241	5.5	(4.3, 7.0)	—
Previously Married	396	11.2	(8.1, 15.2)	1.30
Never Married	360	† 3.5	(2.2, 5.5)	1.07
Education				NS
Less than high school (Comparison Group)	280	† 8.1	(5.5, 12.0)	—
Completed high school	487	† 6.3	(4.3, 9.0)	0.74
Some college or university	660	† 4.8	(3.3, 6.9)	0.68
University degree	556	† 5.2	(3.6, 7.4)	0.96
Household Income				***
< \$30,000 (Comparison Group)	298	13.0	(9.3, 17.8)	—
\$30,000-\$49,000	312	† 7.4	(4.9, 10.9)	0.67
\$50,000-\$79,000	415	† 4.5	(2.8, 7.2)	0.33**
\$80,000+	613	† 3.8	(2.5, 5.8)	0.25**
Not stated	378	† 4.7	(2.9, 7.5)	0.38**

Notes: ^a Estimates are available only for 2006.

(1) *p<.05; **p<.01; ***p<.001; CI = 95% confidence interval; NS – no significant difference; † Estimate suppressed or unstable.

(2) Asterisks in group row indicate the significance of the group effect, based on Wald test.

(3) Odds greater than 1.0 indicate that drug use is more likely to occur in the group being compared to the comparison group; odds less than 1.0 indicate that drug use is less likely to occur in the group being compared to the comparison group

(4) Adjusted odds ratio adjusted for gender, age, region, marital status, education and income.

Q: In the past 12 months, have you taken any prescription medication to reduce anxiety or panic attacks?

Source: The CAMH Monitor, Centre for Addiction and Mental Health.

Table 7.2.2 Percentage **Reporting Using Prescription Medication to Treat Depression** During the Past 12 Months and Adjusted Group Differences, Ontarians Aged 18+, 2006^a

	N	%	95% CI	Adjusted Odds Ratio
Total Sample	2016	6.6	(5.5, 7.8)	—
Gender				***
Men	884	† 3.6	(2.6, 5.0)	0.50
Women (Comparison Group)	1132	9.3	(7.6, 11.4)	—
Age				***
(Comparison Group is previous age group)				
18-29	264	† 5.2	(3.1, 8.6)	—
30-39	338	† 4.6	(2.9, 7.3)	1.03
40-49	421	9.4	(6.7, 12.9)	1.65
50-64	561	8.7	(6.5, 11.6)	1.09
65+	397	† 4.6	(2.8, 7.5)	0.27**
Public Health Region				NS
Toronto (vs. Provincial Average)	347	† 4.5	(2.8, 7.2)	0.77
Central South	154	† 2.1	(1.0, 5.5)	0.39*
Central West	261	† 8.1	(5.3, 12.3)	1.49
South West	361	† 8.4	(5.8, 12.0)	1.44
Central East	234	† 7.3	(4.5, 11.6)	1.11
East	323	† 7.9	(5.4, 11.5)	1.26
North	336	† 8.5	(5.7, 12.3)	1.13
Marital Status				NS
Married/Partner (Comparison Group)	1241	6.4	(5.1, 8.0)	—
Previously Married	396	11.1	(8.2, 14.9)	1.34
Never Married	360	† 4.8	(3.0, 7.7)	0.91
Education				NS
Less than high school (Comparison Group)	280	† 7.7	(5.0, 11.6)	—
Completed high school	487	† 6.3	(4.4, 8.9)	0.91
Some college or university	660	7.2	(5.3, 9.6)	0.88
University degree	556	† 5.8	(4.1, 8.2)	0.91
Household Income				***
< \$30,000 (Comparison Group)	298	14.4	(10.6, 19.3)	—
\$30,000-\$49,000	312	† 7.7	(5.0, 11.5)	0.52*
\$50,000-\$79,000	415	† 4.1	(2.5, 6.6)	0.22**
\$80,000+	613	6.6	(4.8, 9.1)	0.30**
Not stated	378	† 3.3	(1.9, 5.6)	0.18**

Notes: ^a Estimates are available only for 2006.

(1) *p<.05; **p<.01; ***p<.001; CI = 95% confidence interval; NS – no significant difference; † Estimate suppressed or unstable.

(2) Asterisks in group row indicate the significance of the group effect, based on Wald test.

(3) Odds greater than 1.0 indicate that drug use is more likely to occur in the group being compared to the comparison group; odds less than 1.0 indicate that drug use is less likely to occur in the group being compared to the comparison group

(4) Adjusted odds ratio adjusted for gender, age, region, marital status, education and income.

Q: In the past 12 months, have you taken any prescription medication to treat depression?

Source: The CAMH Monitor, Centre for Addiction and Mental Health.

Table 7.2.3: Percentage *Reporting Using Prescription Medication to Treat Anxiety or Panic Attacks* During the Past 12 Months, Ontarians Aged 18+, 1997-2006

	1997 (N=)	1999 (2568)	2001 (2436)	2002 (2627)	2003 (2421)	2004 (2411)	2006 (2611)	2006 (2016)	Change	
Total Sample	4.7	4.5	4.7	5.6	5.7	5.4	5.7	5.7	T	–
	(3.8, 5.6)	(3.7, 5.4)	(3.9, 5.7)	(4.7, 6.8)	(4.8, 6.8)	(4.5, 6.5)	(4.7, 6.8)			
Gender										
Men	3.7	2.8	3.4	3.1	4.1	3.3	3.4		–	–
	(2.7, 4.7)	(2.0, 4.1)	(2.2, 4.3)	(2.1, 4.6)	(3.1, 5.5)	(2.3, 4.8)	(2.4, 4.7)			
Women	5.6	6.0	6.3	8.0	7.2	7.3	7.9		T	–
	(4.4, 6.8)	(4.8, 7.5)	(5.0, 7.8)	(6.5, 9.9)	(5.8, 8.8)	(5.9, 9.1)	(6.3, 9.8)			
Age										
18-29	†1.7	†2.3	†2.5	†3.4	†3.7	†5.3	†2.9		–	–
	(0.6, 2.8)	(1.3, 3.9)	(1.4, 4.5)	(1.9, 5.8)	(2.1, 6.2)	(3.2, 8.8)	(1.5, 5.5)			
30-39	†4.8	†4.0	†5.1	†5.4	†6.1	†5.1	†3.4		–	–
	(3.2, 6.4)	(2.6, 6.1)	(3.5, 7.4)	(3.5, 8.4)	(4.0, 9.0)	(3.3, 7.8)	(2.0, 5.8)			
40-49	7.8	7.4	†6.3	7.2	8.5	†4.7	†7.1		–	2 Y
	(5.6, 10.0)	(5.2, 10.4)	(4.5, 8.7)	(5.1, 10.0)	(6.4, 11.1)	(2.9, 7.3)	(4.8, 10.2)			
50-64	†5.2	†4.2	†5.9	†4.3	†6.5	8.5	8.4		T	–
	(3.3, 7.1)	(2.7, 6.4)	(4.0, 8.7)	(2.8, 6.6)	(4.7, 9.0)	(6.4, 11.2)	(6.3, 11.2)			
65+	†4.9	†5.2	†4.1	8.2	†3.4	†3.3	†7.2		–	–
	(2.8, 7.0)	(3.4, 8.0)	(2.5, 6.8)	(5.6, 12.0)	(1.9, 5.9)	(2.0, 5.2)	(4.7, 11.0)			
Region										
Toronto	†3.7	†2.2	†3.1	†6.9	†4.4	†6.4	†4.4		T	–
	(2.2, 6.0)	(1.2, 4.1)	(1.7, 5.4)	(4.6, 10.3)	(2.8, 6.9)	(4.2, 9.6)	(2.7, 7.1)			
Central South	†6.2	†6.0	†6.4	†6.2	†6.5	†2.2	†4.7		–	–
	(3.6, 10.2)	(3.4, 10.3)	(3.7, 10.9)	(3.5, 10.8)	(5.9, 10.5)	(1.0, 5.0)	(2.2, 9.4)			
Central West	†5.4	†5.5	†2.7	†5.1	†3.9	†4.3	†4.2		–	–
	(3.0, 9.6)	(3.4, 8.8)	(1.4, 5.2)	(3.0, 8.6)	(2.2, 6.8)	(2.4, 7.6)	(2.4, 7.3)			
South West	†3.6	†6.9	†5.3	†5.1	7.5	†5.3	9.1		–	–
	(2.2, 6.0)	(4.7, 10.0)	(3.5, 8.1)	(3.3, 7.9)	(5.2, 10.7)	(3.6, 7.9)	(6.3, 12.9)			
Central East	†5.0	†3.7	†5.8	†3.8	†4.2	†3.0	†6.2		–	–
	(3.1, 7.9)	(2.1, 6.7)	(3.6, 9.1)	(2.1, 6.7)	(2.3, 7.3)	(1.6, 5.7)	(3.7, 10.3)			
East	†5.2	†3.7	†6.6	†6.8	8.7	9.9	†5.6		T	–
	(3.4, 8.0)	(2.2, 6.1)	(4.6, 9.5)	(4.5, 10.0)	(6.0, 12.3)	(7.2, 13.6)	(3.7, 8.4)			
North	†4.8	†5.6	†5.5	†4.8	†6.7	†5.9	†7.5		–	–
	(3.1, 7.4)	(3.7, 8.5)	(3.8, 7.8)	(3.0, 7.6)	(4.5, 9.5)	(4.1, 8.5)	(5.0, 11.0)			
Marital Status										
Married/Partner	4.4	4.5	4.4	5.0	5.4	4.0	5.5		–	–
Previously Married	10.4	6.9	8.3	10.2	7.5	9.3	11.2		–	–
Never Married	†2.7	†2.6	†3.6	†4.3	†5.6	7.1	†3.5		–	–
Education										
Less Than High School	†5.8	7.8	†3.4	6.1	7.0	†5.3	†8.1		–	–
Completed High School	†5.5	†5.4	†5.5	†5.8	6.6	7.7	†6.3		–	–
Some College/University	†4.0	†3.6	†4.6	7.2	†5.5	†5.3	†4.8		–	–
University Degree	†4.0	†2.1	†5.0	†3.4	†4.8	†3.9	†5.2		–	–

Notes: (1) † Estimate suppressed or unstable

(2) Trend Analysis: – change not significant at $p < .05$ between 1997-2006; **T** significant change ($p < .05$) between 1997-2006; **2Y** significant change ($p < .05$) between last two estimates.

Q: In the past 12 months have you taken any prescription medication to reduce anxiety or panic attacks?

Source: CAMH Monitor, Centre for Addiction and Mental Health

Table 7.2.4: Percentage **Reporting Using Prescription Medication to Treat Depression**
During the Past 12 Months, Ontarians Aged 18+, 1997-2006

	1997 (N=) (2568)	1999 (2436)	2001 (2627)	2002 (2421)	2003 (2411)	2004 (2611)	2006 (2016)	Change	
Total Sample	3.9 (3.1, 4.7)	3.6 (2.9, 4.4)	4.6 (3.8, 5.5)	5.2 (4.4, 6.3)	6.0 (5.0, 7.1)	5.3 (4.4, 6.5)	6.6 (5.5, 7.8)	T	–
Gender									
Men	†2.8 (1.9, 3.7)	†1.9 (1.2, 2.9)	†2.8 (2.0, 4.0)	†2.7 (1.9, 3.9)	4.1 (3.0, 5.6)	3.5 (2.4, 5.2)	†3.6 (2.6, 5.0)	–	–
Women	4.9 (3.8, 6.0)	5.2 (4.1, 6.5)	6.2 (5.0, 7.8)	7.6 (6.2, 9.3)	7.7 (6.3, 9.4)	7.1 (5.7, 8.7)	9.3 (7.6, 11.4)	T	–
Age									
18-29	†2.0 (0.8, 3.2)	†2.5 (1.4, 4.3)	†1.9 (1.0, 3.5)	†3.3 (2.0, 5.5)	†3.7 (2.2, 6.1)	†3.5 (1.9, 6.5)	†5.2 (3.1, 8.6)	–	–
30-39	†3.6 (2.2, 5.0)	†4.1 (2.8, 6.1)	†4.9 (3.3, 7.1)	†4.6 (2.9, 7.2)	6.3 (4.2, 9.3)	6.3 (4.3, 9.1)	†4.6 (2.9, 7.3)	–	–
40-49	6.9 (4.8, 9.0)	†4.6 (3.1, 6.9)	6.9 (5.0, 9.4)	8.2 (6.0, 11.1)	7.2 (5.3, 9.7)	†4.7 (3.2, 7.0)	9.4 (6.7, 12.9)	T	2Y
50-64	†4.1 (2.4, 5.8)	†3.5 (2.0, 5.8)	†4.5 (3.0, 6.8)	†4.8 (3.3, 6.9)	9.2 (6.8, 12.5)	7.1 (5.1, 9.7)	8.7 (6.5, 11.6)	T	–
65+	†4.1 (2.2, 6.0)	†3.1 (1.8, 5.1)	†4.7 (2.8, 7.8)	†5.7 (3.7, 8.8)	†2.9 (1.6, 5.2)	†4.2 (2.6, 6.9)	†4.6 (2.8, 7.5)	–	–
Region									
Toronto	†4.3 (2.6, 7.0)	† —	†3.6 (2.1, 6.0)	†6.6 (4.5, 9.6)	†6.3 (4.2, 9.1)	†5.8 (3.7, 9.0)	†4.5 (2.8, 7.2)	–	–
Central South	†4.9 (2.8, 8.4)	†4.8 (2.7, 8.3)	†6.9 (3.9, 11.7)	†4.9 (2.7, 8.8)	7.6 (4.6, 12.1)	†3.5 (1.8, 6.6)	†2.1 (1.0, 5.5)	–	–
Central West	†3.5 (1.7, 7.0)	†3.9 (2.2, 6.7)	† —	†3.4 (2.0, 6.0)	†3.9 (2.3, 6.5)	†4.2 (2.4, 7.2)	†8.1 (5.3, 12.3)	–	–
South West	†3.9 (2.4, 6.2)	†3.7 (2.2, 6.1)	†4.1 (2.6, 6.5)	†4.2 (2.6, 6.7)	†5.0 (3.1, 7.9)	†4.8 (3.1, 7.4)	†8.4 (5.8, 12.0)	–	–
Central East	†3.6 (2.2, 6.0)	†2.6 (1.4, 4.7)	†4.4 (2.6, 7.4)	†4.9 (2.9, 8.3)	†4.7 (2.7, 7.9)	†4.7 (2.6, 8.4)	†7.3 (4.5, 11.6)	–	–
East	†3.1 (1.7, 5.6)	†4.6 (2.9, 7.2)	8.0 (5.7, 11.2)	†6.6 (4.5, 9.4)	8.3 (5.7, 11.8)	8.7 (6.1, 12.2)	†7.9 (5.4, 11.5)	T	–
North	†4.1 (2.5, 6.6)	†6.3 (4.2, 9.2)	†6.0 (4.2, 8.5)	†5.7 (3.7, 8.8)	7.0 (4.8, 10.1)	†5.2 (3.7, 7.4)	†8.5 (5.7, 12.3)	–	–
Marital Status									
Married/Partner	3.2	3.2	4.3	4.4	5.3	4.5	6.4	T	–
Previously Married	8.7	†6.1	8.9	10.7	11.2	7.7	11.1	–	–
Never Married	†3.3	†3.0	†3.0	†4.2	†5.3	6.2	†4.8	–	–
Education									
Less Than High School	†4.2	†5.5	†3.7	†4.2	†5.4	†5.8	†7.7	–	–
Completed High School	†4.9	†3.0	†4.9	†5.7	6.9	7.9	†6.3	T	–
Some College or University	†3.1	†3.6	†5.8	†5.4	6.2	†5.4	7.2	T	–
University Degree	†3.8	†2.7	†3.5	†5.5	†5.3	†3.2	†5.8	T	–

Notes: (1) † Estimate suppressed or unstable

(2) Trend Analysis: – change not significant at p<.05 between 1997-2006; **T** significant change (p<.05) between 1997-2006; **2Y** significant change (p<.05) between last two estimates.

Q: In the past 12 months have you taken any prescription medication to treat depression?

Source: CAMH Monitor, Centre for Addiction and Mental Health

7.3 Health-Related Quality Of Life Measures

Health-Related Quality Of Life (HRQOL) Measures are relatively new to the CM. These items were asked in the survey for the first time in 2003. HRQOL items are based on the health-related quality of life core module (HRQOL-4) developed by the Centers for Disease Control and Prevention (CDC) in the United States.

Investigators at CDC have developed a brief survey tool to identify health-related quality of life in adult populations (Moriarty, Zack, & Kobau, 2003; Öunpuu, Krueger, Vermeulen, & Chambers, 2000). The four-item HRQOL core module measures self-perceived health, recent physical and mental health, and recent activity limitation. HRQOL measures capture the key concepts of health, identified by the World Health Organization (WHO) in 1948, as “a state of complete physical, mental, and social well-being – not merely the absence of disease or infirmity.”

The following 5 items were used:

- 1) In general, would you say your health is excellent, very good, good, fair or poor?
- 2) In general, would you say your overall mental health is excellent, very good, good, fair or poor?
- 3) Now thinking about your physical health, which includes physical illness and injury, for how many days in the last 30 days, was your physical health not good?
- 4) Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days in the last 30 days, was your mental health not good?
- 5) During the past 30 days for about how many days did poor physical or mental health keep you from doing your usual activities, such as self-care, work, or recreation?

Unlike other health profiles, the HRQOL measures do not use a summary score or

subscale scores based on psychometrically derived or preference-based weights. The only scoring used is a summary “unhealthy days” index, computed by adding a respondent’s physically and mentally unhealthy days, with a maximum of 30 days for one person.

In this report, we present only the measures for mental health-related quality of life: 1) the percent reporting “poor mental health,” defined as the percentage reporting fair or poor mental health in general, and 2) a derived measure “frequent mental distress days,” defined as the percentage reporting 14 or more mentally unhealthy days during the past 30 days.

7.3.1 Poor Mental Health

2007 Table 7.3.1

Overall, about 6.2% (range: 5.2% to 7.5%) of Ontario adults reported poor mental health in general.

Only age and education were significantly related to poor mental health, after adjusting for other demographic characteristics.

- Those aged 40 to 49 reported the highest rate (8.0%) and those aged 30 to 39 reported the lowest rate of poor mental health (3.9%).
- After controlling for other factors, poor mental health was highest among those with less than high school education (12.8%) and lowest among those with a university degree (4.0%).

There were no other dominant effects, after adjusting for other factors.

Short Term Trends Table 7.3.2

Prevalence of fair or poor mental health in 2007 (6.2%) was not significantly different from 2006 (5.8%). In addition, rates of use were stable for sex, age, region, marital status and education subgroups.

Between 2003 and 2007, there were no dominant changes in reports of poor mental health and no subgroup changes were evident.

7.3.2 Frequent Mental Distress Days

2007 Table 7.3.1

Overall, about 6.6% (range: 5.5% to 7.9%) of Ontario adults reported frequent mental distress days in the past 30 days.

Gender, age, education and income were significantly related to reporting frequent mental distress days, after adjusting for other demographic characteristics.

- Women were significantly more likely than men to report frequent mental distress days (8.4% vs. 4.7%).
- Those aged 30 to 39 reported the highest rate (8.5%) and those aged 65 and older reported the lowest rate of frequent mental distress days (3.1%).
- After controlling for other factors, poor mental health was highest among those with less than high school education (9.5%) and lowest among those with a university degree (3.4%).
- Rates of poor mental health tended to decrease significantly with income. Rates were highest among those with incomes of less than \$30,000 (13.5%) and lowest among those who did not declare their income (4.2%).

There were no dominant effects for public health region and marital status after adjusting for other factors.

Short Term Trends Table 7.3.3

Overall, the percent reporting frequent mental distress days in the past 30 days in 2007 (6.6%) was not significantly different from 2006 (5.8%). In addition, subgroup changes were not evident in these data.

Between 2003 and 2007, there were no dominant changes in reporting frequent mental distress days in the past 30 days. The only significant subgroup change occurred among 30 to 39 year-olds, showing an increase from 3.4% in 2003 to 8.5% in 2007.

Table 7.3.1 Percent Reporting **Poor Mental Health** and **Frequent Mental Distress Days (14+)** During the Past 30 Days and Adjusted Group Differences, Ontarians Aged 18+, 2007

	Poor Mental Health				Frequent Mental Distress Days		
	N	%	95% CI	Adjusted Odds Ratio	%	95% CI	Adjusted Odds Ratio
Total Sample	2005	6.2	(5.2, 7.5)	—	6.6	(5.5, 7.9)	—
Gender				NS			*
Men	840	5.1	(3.7, 6.9)	0.92	4.7	(3.3, 6.5)	0.66
Women (<i>Comparison Group</i>)	1165	7.3	(5.7, 9.3)	—	8.4	(6.7, 10.5)	—
Age				*			**
<i>(Comparison Group is previous age group)</i>							
18-29	258	†7.1	(4.4, 11.2)	—	†7.9	(5.1, 12.1)	—
30-39	315	†3.9	(2.3, 6.4)	0.91	†8.5	(5.6, 12.5)	1.26
40-49	402	8.0	(5.5, 11.5)	1.33	†7.2	(4.8, 10.5)	0.73
50-64	551	†6.5	(4.5, 9.3)	0.65	†6.2	(4.3, 9.0)	0.64
65+	417	†5.7	(3.5, 9.2)	0.50*	†3.1	(1.9, 5.2)	0.39**
Public Health Region				NS			NS
Toronto (<i>vs. Provincial Average</i>)	317	†6.5	(4.2, 10.0)	1.19	†5.1	(3.0, 8.5)	0.72
Central South	177	†6.9	(3.9, 11.8)	0.97	†8.0	(4.6, 13.6)	1.01
Central West	244	†7.5	(4.5, 12.2)	1.15	†8.2	(5.2, 12.8)	1.62*
South West	339	†5.9	(3.7, 9.2)	0.88	†4.3	(2.7, 7.0)	0.63
Central East	268	†4.6	(2.7, 7.8)	0.99	†5.5	(3.3, 8.9)	1.09
East	351	†5.2	(3.2, 8.3)	0.83	†8.3	(5.5, 12.4)	1.10
North	309	†7.5	(4.9, 11.3)	1.04	†8.4	(5.6, 12.4)	1.12
Marital Status				NS			NS
Married/Partner (<i>Comparison Group</i>)	1177	†5.2	(4.0, 6.7)	—	†5.8	(4.4, 7.4)	—
Previously Married	463	9.2	(6.5, 13.0)	1.46	8.8	(6.3, 12.2)	1.58
Never Married	337	7.1	(4.6, 10.9)	1.12	7.8	(5.1, 11.8)	1.09
Education				**			**
Less than HS (<i>Comparison Group</i>)	284	12.8	(9.0, 18.0)	—	†9.5	(6.5, 13.8)	—
Completed high school	480	7.6	(5.3, 10.8)	0.51**	8.9	(6.4, 12.2)	0.73
Some college or university	679	†4.7	(3.2, 6.8)	0.34**	6.6	(4.7, 9.2)	0.47**
University degree	525	†4.0	(2.4, 6.4)	0.24**	†3.4	(2.0, 5.8)	0.21**
Household Income				NS			**
< \$30,000 (<i>Comparison Group</i>)	282	10.0	(6.8, 14.5)	—	13.5	(9.6, 18.6)	—
\$30,000-\$49,000	311	8.4	(5.5, 12.9)	0.82	7.1	(4.5, 10.9)	0.53*
\$50,000-\$79,000	373	†5.2	(3.2, 8.3)	0.50*	†4.8	(2.9, 8.0)	0.31**
\$80,000+	549	†5.2	(3.5, 7.8)	0.60	†6.7	(4.6, 9.6)	0.51*
Not stated	490	†5.5	(3.6, 8.3)	0.64	†4.2	(3.0, 7.7)	0.35**

Notes: (1) *p<.05; **p<.01; ***p<.001; CI = 95% confidence interval; NS – no significant difference; † Estimate suppressed or unstable.
(2) Asterisks in group row indicate the significance of the group effect, based on Wald test.
(3) Odds greater than 1.0 indicate that drug use is more likely to occur in the group being compared to the comparison group; odds less than 1.0 indicate that drug use is less likely to occur in the group being compared to the comparison group
(4) Adjusted odds ratio adjusted for gender, age, region, marital status, education and income.

Qs: (1) In general, would you say your overall mental health is excellent, very good, good, fair, or poor?
(2) Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?

Def'n: Poor Mental Health – reporting fair or poor mental health in general; Frequent Mental Distress Days – reporting 14 or more mental distress days during the past 30 days;

Source: The CAMH Monitor, Centre for Addiction and Mental Health.

Table 7.3.2: Percentage **Reporting Poor Mental Health** During the Past 12 months, by Demographic Characteristic, Ontarians Aged 18+, 2003-2007

	2003 (N=) (2411)	2004 (2611)	2005 (2445)	2006 (2016)	2007 (2005)	Change	
Total Sample	4.7 (3.9, 5.8)	6.1 (5.1, 7.4)	5.2 (4.3, 6.3)	5.8 (4.7, 7.1)	6.2 (5.2,7.5)	–	–
Gender							
Men	5.0 (3.7, 6.7)	6.4 (4.8, 8.5)	4.3 (3.1, 6.0)	5.6 (4.4,7.8)	5.1 (3.7, 6.9)	–	–
Women	4.5 (3.4, 5.9)	5.8 (4.6, 7.4)	6.1 (4.8, 7.7)	5.9 (4.1, 7.6)	7.3 (5.7,9.3)	–	–
Age							
18-29	6.2 (3.9, 9.6)	5.1 (3.0, 8.4)	5.4 (3.4, 8.5)	4.7 (2.5,8.8)	†7.1 (4.5,11.2)	–	–
30-39	†4.8 (3.0, 7.5)	8.0 (5.6, 11.3)	6.1 (3.9, 9.4)	5.9 (3.6,9.5)	†3.9 (2.3,6.4)	–	–
40-49	†4.3 (2.8, 6.5)	5.3 (3.5, 11.3)	5.6 (3.8, 8.0)	7.3 (4.9,10.6)	8.0 (5.5,11.5)	–	–
50-64	†4.3 (2.9, 6.3)	6.4 (4.6, 9.0)	5.2 (3.5, 7.6)	5.4 (3.6, 8.2)	†6.5 (4.5,9.3)	–	–
65+	†3.5 (2.1, 5.8)	†4.2 (2.6, 6.8)	†3.3 (2.0, 5.5)	†5.7 (3.7,8.8)	†5.7 (3.5,9.2)	–	–
Region							
Toronto	†4.6 (2.8, 7.3)	†7.1 (4.7, 10.6)	†4.9 (3.0, 7.8)	†5.4 (3.2, 8.9)	†6.5 (4.2,10.0)	–	–
Central South	†6.8 (3.9, 11.6)	†5.1 (2.9, 10.0)	†3.3 (1.7, 6.3)	†6.0 (3.1,11.3)	†6.9 (3.9,11.8)	–	–
Central West	†2.5 (1.3, 4.8)	†5.3 (3.0, 9.2)	†6.0 (3.7, 9.7)	†6.8 (3.9, 11.6)	†7.5 (4.5,12.2)	–	–
South West	†4.2 (2.6, 6.8)	†5.2 (3.4, 7.9)	†6.4 (4.4, 9.4)	†5.2 (3.3, 8.1)	†5.9 (3.7,9.2)	–	–
Central East	†4.6 (2.3, 8.9)	†6.7 (4.2, 10.7)	†2.8 (1.4, 5.4)	†4.8 (2.7,8.5)	†4.6 (2.7,7.8)	–	2Y
East	†5.4 (3.4, 8.5)	†6.7 (4.2, 10.7)	†6.9 (4.5, 10.4)	†4.2 (2.5,7.1)	†5.2 (3.2,8.3)	–	–
North	†6.9 (4.8, 9.7)	†6.3 (4.2, 9.3)	†6.7 (4.5, 9.9)	†9.3 (6.4,13.5)	†7.5 (4.9,11.3)	–	–
Marital Status							
Married/Partner	†3.6	4.6	4.0	†5.4	†5.2	–	–
Previously Married	7.8	11.9	8.6	10.3	9.2	–	–
Never Married	†6.4	7.2	†6.7	4.4	7.1	–	–
Education							
Less Than High School	7.9	8.9	8.5	11.8	12.8	–	–
Completed High School	6.4	9.2	6.1	†4.1	7.6	–	–
Some College or University	†4.0	5.5	†3.8	†5.6	†4.7	–	–
University Degree	†2.9	†3.4	5.0	†4.8	†4.0	–	–

Notes: (1) † Estimate suppressed or unstable

(2) Trend Analysis: – change not significant at p<.05; T significant change (p<.05) between 2003-2007; 2Y significant change (p<.05) between last two estimates.

(3) Poor Mental Health –reporting fair or poor mental health in general;

Q: In general, would you say your overall mental health is excellent, very good, good, fair, or poor?

Source: The CAMH Monitor, Centre for Addiction and Mental Health.

Table 7.3.3: Percentage **Reporting Frequent Mental Distress Days** (14+) During the Past 30 Days, by Demographic Characteristic, Ontarians Aged 18+, 2003-2007

(N=)	2003 (2411)	2004 (2611)	2005 (2445)	2006 (2016)	2007 (2005)	Change	
Total Sample	5.4 (4.5, 6.5)	6.6 (5.5, 7.9)	5.4 (4.5, 6.6)	5.8 (4.7, 7.1)	6.6 (5.5,7.9)	–	–
Gender							
Men	4.2 (3.0, 5.8)	5.7 (4.3, 7.6)	4.4 (3.2, 6.2)	4.9 (3.4,6.9)	4.7 (3.3,6.5)	–	–
Women	6.5 (5.2, 8.2)	7.4 (6.0, 9.2)	6.3 (5.0, 8.0)	6.7 (5.2,8.6)	8.4 (6.7,10.5)	–	–
Age							
18-29	7.0 (4.6, 10.4)	8.2 (5.5, 12.1)	†5.7 (3.6, 9.0)	†5.4 (3.1,9.0)	†7.9 (5.1,12.1)	–	–
30-39	†3.4 (2.1, 5.4)	6.3 (4.2, 9.3)	7.6 (5.1, 11.1)	†7.6 (4.9,11.6)	†8.5 (5.6, 12.5)	T	–
40-49	6.8 (4.8, 9.4)	7.8 (5.5, 11.0)	†4.8 (3.2, 7.1)	†7.1 (4.8,10.4)	†7.2 (4.8,10.5)	–	–
50-64	6.9 (4.9, 9.8)	6.6 (4.8, 9.1)	†5.1 (3.4, 7.7)	†5.4 (3.6, 8.2)	†6.2 (4.3,9.0)	–	–
65+	†1.9 (1.0-3.8)	†3.8 (2.2, 6.4)	†3.6 (2.2, 5.8)	†3.2 (1.7,6.2)	†3.1 (1.9,5.2)	–	–
Region							
Toronto	†4.7 (3.0, 7.5)	†7.3 (5.0, 10.7)	†4.8 (3.0, 7.5)	†3.8 (2.0, 7.3)	†5.1 (3.0, 8.5)	–	–
Central South	†7.3 (4.4, 11.7)	†4.5 (2.5, 7.9)	†4.6 (2.5, 8.4)	†7.1 (3.6, 13.6)	†8.0 (4.6,13.6)	–	–
Central West	†4.7 (2.9, 7.6)	†7.9 (5.0, 12.5)	†6.5 (4.0, 10.6)	†7.3 (4.6, 11.5)	†8.2 (5.2,12.8)	–	–
South West	†6.0 (4.0, 9.1)	†8.6 (6.2, 12.0)	†5.1 (3.2, 8.0)	†6.0 (3.8, 9.5)	†4.3 (2.7,7.0)	–	–
Central East	†6.1 (3.4, 10.6)	†5.0 (2.9, 8.6)	†6.5 (4.1, 10.1)	†5.5 (3.2, 9.4)	†5.5 (3.3,8.9)	–	–
East	†4.5 (2.8, 7.2)	†6.0 (4.0, 9.0)	†5.1 (3.1, 8.2)	†5.4 (3.2, 9.0)	†8.3 (5.5,12.4)	–	–
North	†5.4 (3.5, 8.3)	†5.1 (3.6, 7.2)	†4.6 (2.9, 7.2)	†6.3 (3.9, 9.9)	†8.4 (5.6,12.4)	–	–
Marital Status							
Married/Partner	†4.4	†5.0	†4.0	†5.5	†5.8	–	–
Previously Married	7.4	10.6	9.2	8.5	8.8	–	–
Never Married	7.1	8.9	7.3	†5.4	7.8	–	–
Education							
Less Than High School	†5.7	7.3	†5.5	†7.9	†9.5	–	–
Completed High School	7.6	9.2	7.2	†6.3	8.9	–	–
Some College or University	5.7	7.4	5.0	†4.9	6.6	–	–
University Degree	†3.2	†3.5	†4.2	†5.5	†3.4	–	–

Notes: (1) † Estimate suppressed or unstable

(2) Trend Analysis: – change not significant at $p < .05$; **T** significant change ($p < .05$) between 2003-2007; **2Y** significant change ($p < .05$) between last two estimates.

(3) Frequent Mental Distress Days –reporting 14 or more mental distress days during the past 30 days;

Q: Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?

Source: The CAMH Monitor, Centre for Addiction and Mental Health.

8. REGIONAL OVERVIEW - SUBSTANCE USE AND MENTAL HEALTH INDICATORS IN THE ONTARIO LHINS

Major Substance Use and Mental Health Indicators in the Ontario LHINS

This chapter provides estimates of substance use and mental health indicators according to Ontario's Local Health Integration Networks (LHINS).

In 2006, the province designated 14 geographic areas, named the Local Health Integration Networks (LHINS) of Ontario, each to function as health systems that plan, integrate and fund local health services (see <http://www.lhins.on.ca>).

The 14 LHIN areas are: Erie St. Clair; South West; Waterloo Wellington; Hamilton Niagara Haldimand Brant; Central West; Mississauga Halton; Toronto Central; Central; Central East, South East; Champlain; North Simcoe Muskoka; North East, and North West (see map at the end of the chapter).

The LHINS were assigned at the individual-level according to the respondent's first three digits of his/her postal code (forward sortation area). Data from the 2004, 2005, 2006 and 2007 surveys were merged in order to obtain adequate sample sizes per LHIN. The present analyses are based on a total sample size of 8,162 (2425 in 2004, 2273 in 2005, 1647 in 2006, and 1817 in 2007). About 9% of respondents did not provide a postal code and therefore were excluded from the analyses. All survey estimates were weighted, and variance and statistical tests were corrected for the sampling design.

2004/2007 Tables 8.1- 8.3

Table 8.1 presents the detailed results for substance use and mental health indicators for each LHIN.

Compared to the **province** as a whole:

- **Past year drinking** was significantly higher in Waterloo Wellington and Champlain, and significantly lower in Central West and Central LHINS. (86.6%, 84.5%, 74.3% and 74.6% vs. **80.6%**, respectively).
- The percentage **exceeding the low-risk drinking guidelines** in the past 12 months was significantly higher in Erie St. Clair and Waterloo Wellington, and significantly lower in the Central LHIN (28.5%, 29.8% and 17.7% vs. **24%**, respectively).
- The percentage reporting **drinking 5 or more drinks on one occasion** (binge drinking) at least once a week was significantly higher in Erie St. Clair, Waterloo Wellington, and the South East LHIN (15.6, 14.6, and 15.1% vs. **11.5%**, respectively).
- The percentage reporting **hazardous/harmful drinking** was significantly higher in Waterloo Wellington, and the South East LHIN (19.6%, and 17.9% vs. **13.6%**, respectively).
- **Lifetime cannabis use** was significantly higher in Waterloo Wellington, Toronto Central, and Champlain and significantly lower in Mississauga Halton and the Central LHIN (49.1%, 49.1%, 46.0%, 34.0% and 32.9% vs. **41.2 %**, respectively).

- **Past year cannabis use** was significantly higher in Waterloo Wellington and Toronto Central, and significantly lower in Mississauga Halton and the Central LHIN (17.2%, 19.9%, 9.3% and 9.4% vs. **13.4%**, respectively).
- **Past year drinking and driving** was significantly higher in Erie St.Clair and South West, and significantly lower in Toronto Central, Mississauga Halton and the Central LHIN (10.1%, 10.4%, 4.2%, 4.3% and 4.4% vs. **6.7%**, respectively).
- **Past year driving after using cannabis** was significantly higher in Mississauga Halton and the Central LHIN (3.7%, and 3.9% vs. **2.4%**).
- **Past year daily cigarette smoking** was significantly lower in the Central LHIN and significantly higher in North Simcoe Muskoka, North East and North West LHIN (13.7%, 24.8%, 19.6% and 23.0% vs. **16.8%**).
- The percentage reporting **elevated psychological distress** (GHQ3+) during the past few weeks was significantly lower in Erie St.Clair, and significantly higher in Mississauga Halton (7.0% and 16.8% vs. **13.0%**, respectively).

Tables 8.2 and 8.3 summarize which LHINs are significantly different from the province as a whole on various substance use and mental health related indicators.

Table 8.1 : Percentage of Ontario Adults (18+) Reporting *Major Substance Use and Mental Health* Indicators by Ontario LHINs, CAMH Monitor, 2004–2007

	Erie St.Clair	South West	Waterloo Wellington	Hamilton Niagara Haldimand Brant	Central West	Mississa uga Halton	Toronto Central	Central	Central East	South East	Champlai n	North Simcoe Muskoka	North East	North West	ONT
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	
Total N =	540	854	405	757	220	418	635	594	679	448	899	330	969	414	8162
Alcohol															
Alcohol use (past 12m)	81.4 (77.4, 84.8)	80.5 (77.2, 83.4)	↑86.6 (82.7, 89.7)	82.8 (79.7, 85.5)	↓74.3 (66.9, 80.5)	77.6 (72.7, 81.8)	81.4 (77.9, 84.6)	↓74.6 (70.4, 78.3)	78.4 (74.6, 81.8)	81.2 (77.1, 84.7)	↑84.5 (81.8, 86.9)	83.5 (78.7, 87.5)	81.8 (78.3, 84.9)	77.4 (71.8, 82.1)	80.6 (79.7, 81.6)
Exceeding drinking guidelines	↑28.5 (24.5, 33.1)	25.6 (22.4, 29.0)	↑29.8 (25.0, 35.5)	24.9 (21.6, 28.7)	20.7 (15.0, 27.8)	22.8 (18.6, 27.6)	24.4 (20.8, 28.4)	↓17.7 (14.4, 21.6)	22.4 (18.9, 26.4)	23.7 (19.5, 28.6)	24.8 (21.8, 28.0)	26.9 (21.5, 33.0)	24.6 (21.3, 28.2)	20.8 (16.2, 26.3)	24.0 (22.9, 25.1)
Binge drinking weekly	↑15.6 (12.3, 19.8)	11.9 (9.6, 14.5)	↑14.6 (11.7, 19.7)	11.6 (9.1, 14.5)	13.2 (8.5, 20.1)	11.8 (8.6, 16.1)	10.6 (8.0, 14.0)	9.0 (6.6, 12.1)	10.9 (8.4, 14.1)	↑15.1 (11.8, 19.6)	10.0 (7.9, 12.5)	9.5 (6.1, 14.6)	9.8 (7.7, 12.3)	9.8 (6.4, 14.7)	11.5 (10.6, 12.3)
Hazardous/Harmful Drinking (AUDIT 8+)	13.5 (10.3, 17.5)	14.3 (11.8, 17.3)	↑19.6 (15.2, 25.1)	13.3 (10.6, 16.5)	13.9 (9.0, 20.9)	11.6 (8.3, 16.0)	14.0 (11.1, 17.5)	10.6 (8.1, 13.7)	13.6 (10.4, 16.0)	↑17.9 (14.0, 22.7)	11.2 (9.0, 13.9)	16.6 (11.7, 22.9)	12.0 (9.6, 14.8)	11.8 (8.3, 16.4)	13.6 (12.6, 14.5)
Cannabis															
Cannabis use (lifetime)	40.5 (35.8, 45.3)	40.8 (37.0, 44.6)	↑49.1 (43.6, 54.6)	42.6 (38.7, 46.6)	37.3 (30.1, 45.0)	↓34.0 (29.2, 39.2)	↑49.1 (44.6, 53.6)	↓32.9 (28.8, 37.4)	38.2 (34.0, 42.6)	40.2 (35.2, 45.4)	↑46.0 (42.4, 49.7)	47.4 (40.9, 53.8)	40.3 (36.5, 44.2)	37.0 (31.5, 42.9)	41.2 (40.0, 42.5)
Cannabis use (past 12m)	10.9 (8.2, 14.3)	12.6 (10.2, 15.5)	↑17.2 (13.9, 22.3)	14.8 (11.9, 18.2)	14.3 (9.2, 21.4)	↓9.3 (6.5, 13.2)	↑19.8 (16.4, 23.8)	↓9.4 (6.9, 12.5)	15.1 (12.1, 18.8)	13.5 (10.0, 17.9)	11.9 (9.6, 14.6)	14.3 (10.1, 19.8)	10.9 (8.7, 13.6)	11.2 (7.6, 16.2)	13.4 (12.5, 14.4)
Driving															
Drink & drive	↑10.1 (7.4, 13.5)	↑10.4 (8.2, 13.0)	6.7 (4.3, 10.3)	7.9 (5.8, 10.7)	8.2 (4.2, 15.5)	↓4.2 (2.5, 6.8)	↓4.3 (2.6, 6.8)	↓4.4 (2.9, 6.6)	6.0 (4.1, 8.8)	5.0 (2.9, 8.6)	7.4 (5.6, 9.8)	7.6 (4.4, 12.8)	5.6 (4.2, 7.5)	5.7 (3.3, 9.5)	6.7 (6.0, 7.4)
Cannabis & drive	↑2.2 (1.1, 4.4)	2.7 (1.6, 4.5)	↑3.3 (1.6, 6.5)	2.9 (1.6, 5.1)	↑ (1.6, 5.1)	↑3.7 (2.6, 6.9)	1.7 (1.0, 3.3)	1.8 (1.0, 4.1)	↑3.9 (2.5, 6.6)	↑ (1.0, 3.0)	1.5 (1.0, 3.0)	↑2.6 (1.1, 5.8)	1.6 (1.0, 3.1)	↑1.7 (1.0, 3.7)	2.4 (2.0, 3.0)

	Erie St.Clair	South West	Waterloo Wellington	Hamilton Niagara Haldimand Brant	Central West	Mississa uga Halton	Toronto Central	Central	Central East	South East	Champlai n	North Simcoe Muskoka	North East	North West	ONT
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	
Total N =	540	854	405	757	220	418	635	594	679	448	899	330	969	414	8162
Tobacco															
Daily Smoking	16.2 (13.2, 19.8)	18.7 (15.8, 21.9)	16.9 (13.0, 21.7)	15.1 (12.6, 18.1)	14.6 (10.2, 20.6)	14.6 (11.1, 18.9)	15.9 (12.8, 19.7)	<u>↓13.7</u> (10.9, 16.2)	17.9 (14.8, 21.4)	16.9 (13.2, 21.5)	15.7 (13.2, 18.5)	<u>↑24.8</u> (19.4, 31.2)	<u>↑19.6</u> (17.0, 22.6)	<u>↑23.0</u> (18.3, 28.4)	16.8 (15.8, 17.8)
Mental Health															
Elevated Psychological Distress (GHQ 3+)	<u>↓7.0</u> (5.1, 9.4)	12.8 (10.4, 15.6)	14.1 (10.4, 18.8)	11.7 (9.4, 14.4)	13.6 (8.8, 20.4)	<u>↑16.8</u> (13.1, 21.3)	12.7 (10.2, 15.8)	11.8 (9.3, 14.9)	15.0 (12.1, 18.4)	13.8 (10.6, 17.7)	13.1 (10.9, 15.8)	14.0 (10.1, 19.0)	12.0 (9.8, 14.6)	14.7 (10.7, 20.1)	13.0 (12.1, 13.9)

Notes: (1) entries in brackets are 95% confidence intervals; (2) underlined entries are significantly different from Ontario - higher (↑) or lower (↓); (3) Driving questions were asked only of those with a valid driver's licence (N=7,898); (4) † Estimate suppressed or unstable.

Legend: **Alcohol Use** (past 12 m drinking rate); **Exceeding Drinking Guidelines** (percentage consuming 15 or more drinks per week for men and 10 or more for women AND 3 or more drks/day); **Binge drinking weekly** (percentage consuming five or more drinks on a single occasion weekly); **Hazardous/Harmful Drinking** (percentage reporting hazardous or harmful drinking based on the AUDIT 8+); **Drink & Drive** (percentage drinking and driving among drivers); **Cannabis & Driving** (percentage driving after using cannabis among drivers); **Daily Smoking** (percentage smoking cigarettes daily); **Cannabis** (percentage using lifetime and past year); **Elevated Psychological Distress** (percent scoring 3+ on GHQ12).

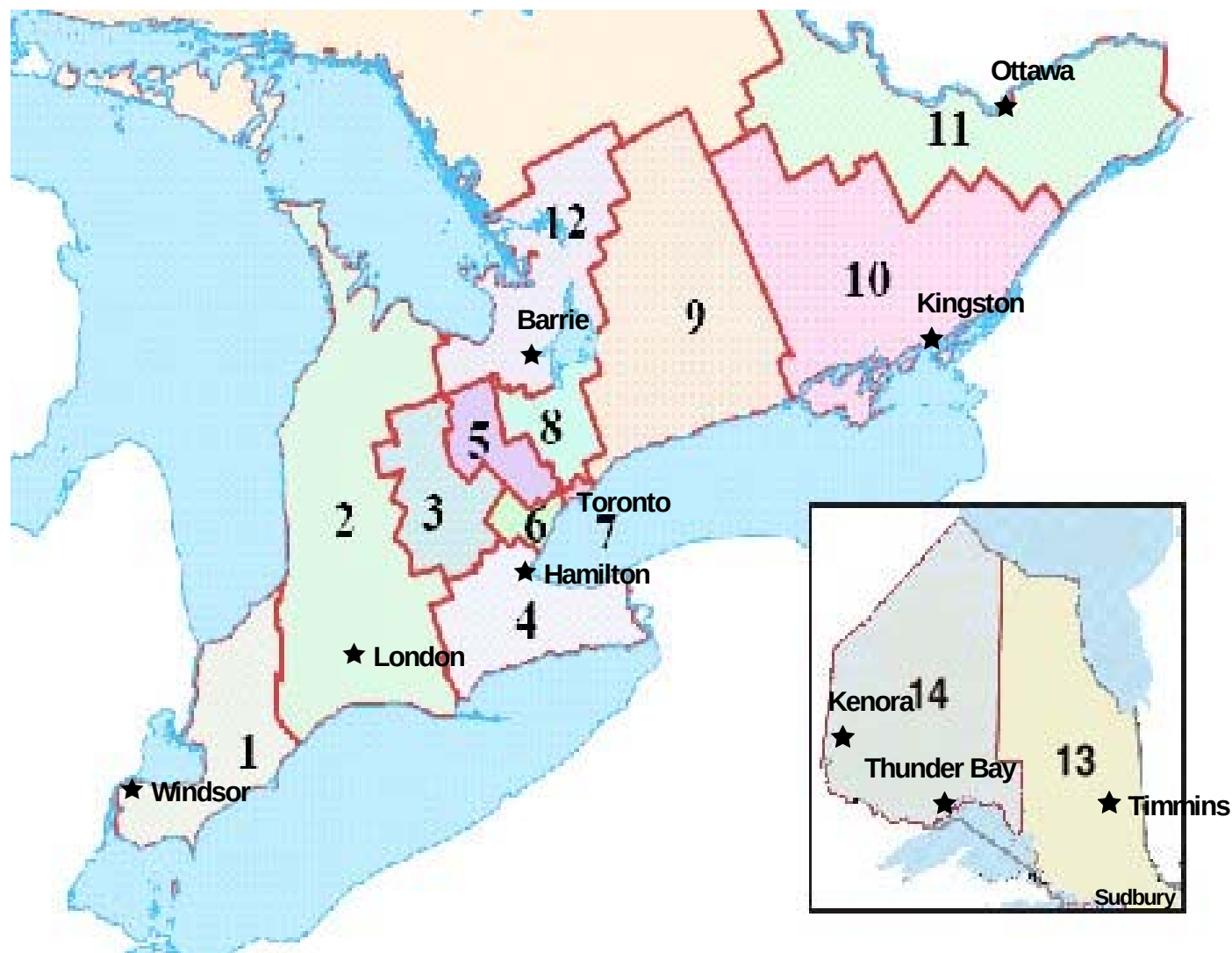
Table 8.2: Summary of LHIN Substance Use and Mental Health Indicators
Significantly **Lower** than the Province, 2004–2007 CAMH
Monitor

LHIN	Significantly Lower than Province
Erie St. Clair	• Elevated Psychological Distress (7.0% vs. 13.0%)
Central West	• Past Year Drinking (74.3% vs 80.6%)
Mississauga Halton	• Cannabis Use Lifetime (34.0% vs. 41.2%) • Cannabis Use Past Year (9.3% vs. 13.4%) • Drinking and Driving (4.2% vs 6.7%)
Toronto	• Drinking and Driving (4.3% vs 6.7%)
Central	• Past Year Drinking (74.6% vs 80.6%) • Exceeding Drinking Guidelines (17.7% vs 24.0%) • Cannabis Use Lifetime (32.9% vs. 41.2%) • Cannabis Use Past Year (9.4% vs. 13.4%) • Drinking and Driving (4.4% vs 6.7%) • Daily Smoking (13.7% vs. 16.8%)

Table 8.3: Summary of LHIN Substance Use and Mental Health Indicators
Significantly **Higher** than the Province, 2004–2007 CAMH
Monitor

LHIN	Significantly Higher than Province
Erie St. Clair	• Exceeding Drinking Guidelines (28.5% vs 24.0%) • Binge Drinking Weekly (15.6% vs 11.5%) • Drinking and Driving (10.1% vs 6.7%)
South West	• Drinking and Driving (10.4% vs 6.7%)
Waterloo Wellington	• Past Year Drinking (86.6% vs 80.6%) • Exceeding Drinking Guidelines (29.8% vs 24.0%) • Binge Drinking Weekly (14.6% vs. 11.5%) • Hazardous/Harmful Drinking (19.6% vs 13.6%) • Cannabis Use Lifetime (49.1% vs. 41.2%) • Cannabis Use Past Year (17.2% vs. 13.4%)
Mississauga Halton	• Cannabis and Driving (3.7% vs 2.4%) • Elevated Psychological Distress (16.8% vs. 13.0%)
Toronto Central	• Cannabis Use Lifetime (49.1% vs. 41.2%) • Cannabis Use Past Year (19.8% vs. 13.4%)
Central East	• Cannabis and Driving (3.9% vs 2.4%)
South East	• Binge Drinking Weekly (15.1% vs. 11.5%) • Hazardous/Harmful Drinking (17.9% vs 13.6%)
Champlain	• Past Year Drinking (84.5% vs 80.6%) • Cannabis Use Lifetime (46.0% vs. 41.2%)
North Simcoe Muskoka	• Daily Smoking (24.8 % vs. 16.8%)
North East	• Daily Smoking (19.6 % vs. 16.8%)
North West	• Daily Smoking (23.0% vs. 16.8%)

14 LHINs of Ontario



- 1 Erie St.Clair
- 2 South West
- 3 Waterloo Wellington
- 4 Hamilton Niagara Haldimand Brant
- 5 Central West
- 6 Mississauga Halton
- 7 Toronto Central
- 8 Central
- 9 Central East
- 10 South East
- 11 Champlain
- 12 North Simcoe Muskoka
- 13 North East
- 14 North West

9. SUMMARY AND DISCUSSION

The Public Health Approach Toward Substance Use and Mental Health Problems

Timely and relevant data on alcohol and other drug use are necessary prerequisites for effective health and social policy and programming, and for the monitoring of established health and social objectives.

Designating substance use and mental health problems as public health issues enables health professionals from various disciplines to work together on prevention efforts. Preventing problems from occurring, or at least reducing the risk, is preferable over treating problems, both on an individual and a societal level.

The public health approach involves: identifying the extent of alcohol and other drug use or pervasiveness of a given problem among the general population; identifying its timing and pattern during the life course; tracking trends in the prevalence and incidence over time; identifying risk and protective factors; designing preventive programs and active health promotion programs; and disseminating findings to the general public.

Data limitations

Before addressing our findings, it is important to highlight some of the limitations of this study. Although sample surveys are the most feasible means to establish and monitor substance use and mental health issues in the population, those interpreting CAMH Monitor (CM) data should consider the following:

Telephone households. The CM is based on a target population of households with telephones. However,

Statistics Canada estimated that, in 2007, 6.4% of households reported having cell phones only and less than 1% of private households in Ontario did not have a telephone (Statistics Canada, 2008). As well, our survey is limited to those residing in conventional households and is not intended as a sample of all possible adults. Finally, telephone surveys tend to over-represent those with higher education and under-represent those with lower education (Trewin & Lee, 1988).

Interview Barriers. Some interviews could not be completed because respondents could not adequately converse in English or French, or were too ill or aged.

Self-reports. We must recognize that our data are based on self-reports, which cannot be readily verified. However, reviews of self-report methods for alcohol and drug use suggest that although surveys tend to underestimate true usage, they are still regarded as the best available means to estimate such behaviours in the population (Harrison et al., 1993; Turner et al., 1992). Moreover, although these biases influence alcohol and drug use estimates at a single point in time, they should have less impact on estimating trends as long as under-reporting remains constant. If this is the case, estimates of change should remain unbiased and valid.

Repeated cross-sectional survey. Finally, it is important to note that the CM, a repeated cross-sectional survey, can assess only specific types of change. Because we do not survey the same individuals at different times, we cannot identify causes of individual change or the temporal ordering of effects.

Despite these limitations, such monitoring studies excel at identifying the extent and change of various health behaviours and

outcomes in the general population. Indeed, such studies help to identify which groups of the population are at the greatest risk for poor health outcomes, help to identify areas requiring more research, and help to identify potential future trends that may have implications for future service and programming needs.

2006/2007 Findings

In Table 9.1, we summarize significant associations among various respondent characteristics and past year substance use and mental health indicators. Given substantial age, gender and other social and socio-economic differences that occur in illness and health generally (D'Arcy, 1998), it should not be surprising that many of these same factors are associated with alcohol use, other drug use and mental health. As seen below, gender, age, marital status, education and income are important influences on rates of substance use and mental health indicators.

Gender was significantly associated with 12 of the 17 measures. Men were more likely than women to report alcohol and other drug use, whereas women were more likely to report poorer mental health.

Age of respondent was significantly associated with 16 of the 17 measures. With the exception of daily drinking (which increases with age), substance use indicators tended to decline with increasing age. However, use of prescription medication for anxiety and depression tended to peak during mid-age.

Marital status was associated with 7 indicators. Even after adjusting for age differences, the general pattern showed that rates of substance use were highest among those who were never married, whereas psychological distress and daily smoking were highest among those who were previously married (divorced or widowed).

Education level was related to 10 indicators. With the exception of past year drinking (which increased with education), the most dominant pattern showed that substance use declined with higher education level, or was lowest among those with the highest education.

Public Health Region was associated with 5 indicators. Rates of past year cigarette smoking, and daily smoking were above the provincial average in the North. Rates of past year drinking were lowest in Toronto, the average number of drinks consumed per week was highest in the South West., and drinking and driving was highest in the South West and Central South regions.

Income was associated with 11 indicators. The general pattern showed that rates of past year alcohol use, daily drinking, exceeding the drinking guidelines and drinking and driving tended to increase with increasing income. However, rates of smoking and cannabis use were highest among those with the lowest income, as was elevated psychological distress and the use of prescription medication for anxiety and depression.

Short Term Changes

As seen in Table 9.2, we did not find dramatic changes in substance use or mental health between 2006 and 2007. However, the prevalence of past year drinking is worthy of attention. Rates of past year alcohol use increased significantly between 2006 and 2007 from 77.7% to 81.5%. The increase was especially evident among women (73.9% vs. 77.8%) and those aged 18-29 (84.5% vs. 89.5%).

Short-term changes point to the complexity of trends in alcohol consumption. Between 1996 and 2007, prevalence of past year drinking showed a significant non-linear variation, with a low

in 1998 at 77.1% and a high of 81.5% in 2007. Most notably, an increase in alcohol consumption was especially evident among women. Past year drinking among women increased from a low of 72.5% in 1998 to a high of 77.8% in 2007, daily drinking increased from a low of 2.6% in 2001 to a high of 5.3% in 2007, and the average number of drinks increased from 1.9 in 1996 to 2.4 in 2007.

The rate of consuming five or more drinks on a single occasion weekly remained at an elevated rate over the past decade, with almost one in seven drinkers (13.8%) reporting weekly heavy drinking in 2007. Between 1995 and 2007, significant increases in five plus drinking were found among men (varying from 10.7% in 1995 to 17.5% in 2007), and 18 to 29 year-olds (varying from 10.6% in 1995 to 26.1% in 2007). The 2007 estimate of five plus drinking among 18 to 29 year-olds (26.1% for the total sample and 29.2% among drinkers) is the highest on record.

Another indicator worthy of attention is the percentage reporting hazardous or harmful drinking (AUDIT 8+). Although hazardous or harmful drinking remained stable between 2006 and 2007 among the total sample (13.8% vs. 15.6%), significant increases were found among 18 to 29 year-olds (28.2% vs. 39.1%) and those aged 50 to 64 (8.3% vs. 13.5%). Over the study period there was a significant increase in hazardous or harmful drinking among the total sample from 12.9% in 2001 to 15.6% in 2007. This increase was especially evident among women and 18 to 29 year olds. The rate for women almost doubled over the study period, from 4.8% in 1998 to 8.4% in 2007 and significantly increased among 18 to 29 year olds from 26.9% in 1998 to 39.1% in 2007. In addition, the 2007 estimates for both women and 18 to 29 year olds are the highest on record. Pattern of drinking is an important measure, and when monitoring trends in

drinking behaviour we should not limit measures to volume only.

The prevalence of drinking and driving among licensed drivers has displayed a steady linear decline between 1996 and 2007, from 13.1% to 6.1% .

Another significant short-term change is seen for prevalence of cigarette smoking. Between 1996 and 2007, current smoking displayed a linear decline from 27.8% in 1996 to 21.6% in 2007, especially among women (from 25.7% to 19.1%). Further, daily smoking declined overall from 23% in 1996 down to 17% in 2007, and among women from 22.5% to 15.9%.

A striking short-term change is seen for cannabis use. The prevalence of past year cannabis use has been steadily increasing from 8.7% in 1996 to 12.5% in 2007. This increase is evident among women (from 5.3% to 10.1%); 18-29 year-olds (from 18.3% to 33.6%); and among those aged 50 and older (from 1.4% in 1998 to 4.6% in 2007).

The increase in cannabis use among young adults corresponds to earlier increases seen in cannabis use among Ontario students (Edward M Adlaf, Paglia, Ivis, & Ialomiteanu, 2000; Edward M. Adlaf & Paglia-Boak, 2007). Perhaps the most noticeable change, however, was the aging of cannabis users. For example, between 1996 and 2007, the percentage of cannabis users aged 50 years and older increased from 1.9% to 14.5%.

Some short term changes in mental health indicators were seen. Although the proportion of the population reporting frequent mental distress days overall remained stable, among those aged 30-39 this proportion increased significantly from 3.4% in 2003 to 8.5% in 2007.

Antianxiety medication use showed a significant linear increase from 4.5% of the population in 1999 to 5.7% in 2007. Significant increases were seen among

women (from 5.6% to 7.9%) and those aged 50-64 (from 5.2% to 8.4%).

Use of antidepressant medication increased in a significant linear fashion from 5.6% in 1999 to 6.6% in 2007. Significant increases among women (from 4.9% to 9.3%) and those aged 40-49 were seen between 1999 and 2007. Significant increases in use were also seen in the eastern portion of the province, among those who are married, and those in with high school, college and university educations.

Long Term Changes, 1977–2007

The long-term changes in substance use are, by far, the most striking. Two trends are particularly noteworthy. The first is the decline in daily drinking that has occurred since 1977. Although the percentage of the population drinking alcohol has varied between 77% and 87%, fewer drinkers are drinking daily, compared to decades ago. The percentage of drinkers who drink daily dropped from 13.4% in 1977 down to 7.3% in 2007.

The second long-term notable trend pertains to the increase in past year cannabis use and the shifting age distribution of cannabis users. During the study period, cannabis use increased from 8.1% in 1977 to 12.5% in 2007.

In 1977, cannabis use was the domain of young adults, with only one in seven users aged 30 to 49 years. Current estimates, however, show that on average, cannabis users in 2007 were older than their counterparts in 1977 (32.8 years vs. 25.6 years, respectively). In 1977, 81.8% of cannabis users were aged 18-29 years compared to 50.8% in 2007. Also the proportion of past year cannabis users aged 30 to 49 years increased from 15.4% in 1977 to 34.7% in 2007, and the proportion of past cannabis users aged 50 and older increased from 2.8% in 1977 to 14.5% in 2007. This aging of cannabis

users has also been documented in American surveys (Substance Abuse and Mental Health Services Administration, 2008).

Encouraging Findings

The following findings in this report should be seen as encouraging.

Cigarettes: The majority of Ontario adults do not smoke cigarettes. The prevalence of past year cigarette smoking has significantly declined since 1996, as has daily smoking (from 23% to 17.0% in 2007).

Alcohol: Although the majority of Ontario adults (81.5%) are considered to be current drinkers, the most common frequency of drinking was less than once a month (24.5%) and fewer drinkers reported daily drinking and this decline was especially prominent among men (from 19.5% in 1977 to 9.2% in 2007).

Cannabis: Although the percentage of the population who used cannabis in the past year has increased, use is generally infrequent. For example, among lifetime users, only 16% reported using cannabis once a month or more frequently. In addition, only 2% of Ontarians report hazardous or harmful cannabis use in the past 12 months.

Drinking and driving: Drinking and driving among licensed drivers declined significantly between 1996 and 2007 (from 13.1% to 6.1%).

Some Public Health Implications

There are several public health issues raised by these CAMH Monitor findings.

First, as one of the health objectives set by Cancer Care Ontario for the Ontario Ministry of Health and Long Term Care (Cancer 2020 Steering Committee, 2003),

adult smoking should be reduced to 5% by 2020. Despite the fact that **the rate of cigarette smoking among Ontario adults has declined** substantially, the current rate of 21.6% is notably higher than the public health goal mentioned above. The health objectives developed by American health professionals (U.S. Department of Health and Human Services, 2000) set an objective of 12% of adults who smoke in the year 2010.

Second, **past year use of cannabis increased significantly** from 8.7% in 1996 to 12.5% in 2007, for both men and women and among all age groups. A substantial increase in cannabis use occurred among 18-29 year olds, from 18.3% in 1996 up to 33.6% in 2007. Although cannabis use is generally infrequent (47% of past-year users report use less than once a month), the percentage of users reporting daily use is 15.8%, thereby increasing the likelihood of respiratory illnesses. In addition, the shifting age distribution of cannabis users and especially the increase in past year cannabis use among middle-and older-aged adults is worthy of further study. Some research in the U.S. suggest that the aging cohort of cannabis users will place increasing demands on substance use treatment (Gfroerer, Wright, & Kopstein, 1997).

Third, although the percentage of the population who drink alcohol has not changed dramatically, two indicators are worthy of attention. First, **heavy drinking still remains at an elevated level.** The CAMH Monitor found that the rate of heavy drinking (defined as consuming five or more drinks on a single occasion weekly) increased significantly in 1996, and has since remained at this elevated level, with one in seven drinkers (13.8%) reporting heavy drinking in 2007. Second, the prevalence of **hazardous/harmful drinking** has increased significantly and the increases are especially prominent among women

and 18 to 29 year-olds. Moreover, the rate of heavy drinking and the rate of hazardous/harmful drinking among 18 to 29 year olds (26.1% and 39.1%, respectively) are the highest in the study period.

In addition, a **sizeable percentage of drinkers consume alcohol at levels exceeding recommended guidelines.** In fact, almost one in three drinkers (29%) reports exceeding the low risk drinking guidelines.

Another important public health issue relates to the measurement of alcohol problems in the population. It is evident that **indicators of alcohol problems should not be restricted to alcohol disorders such as alcohol dependence or abuse.** Indeed, an array of alcohol problems is experienced by those who do not meet the more severe forms of alcohol disorder. For example, the 2002 Canadian Community Health Survey found that 2.6% of Canadians (2.1% of Ontarians) aged 15 or older met the criteria for alcohol dependence (Statistics Canada, 2004). The CAMH Monitor found 16% were drinking at risky levels, and 11% report heavy drinking on a weekly basis. From a prevention standpoint, these latter groups are of greater concern if our goal is to prevent and reduce alcohol-related problems in the population. Thus, to reduce alcohol-related problems there is a need to increase the percentage of drinkers who do not exceed recommended guidelines.

It should also be noted that **alcohol and tobacco cause greater problems to individuals and society than do illicit drugs.** We can never ignore the tragedy of human suffering brought about by illegal drug use; but, at the same time, we must put these numbers into a broader context. If public concern and social policy are to be based on the harm caused to the greatest number of individuals, then clearly, alcohol and tobacco each

outweigh the problems caused by illegal drugs.

The CAMH Monitor shows that, among some nine million adult Ontarians, about 11.2% (1.1 million) drink heavily on a weekly basis, 15.6% (1.5 million) are consuming alcohol at hazardous or harmful levels, and 21.6% (2.1 million) are current smokers. In contrast, while cannabis is used by 12.5% (1.3 million), only 2.1% (200,000) report hazardous or harmful use.

The dominance of alcohol and tobacco use is also evident in economic cost studies (Rehm et al., 2006; Rehm et al., 2007; Single, Rehm, Robson, & Van Truong, 2000). The most recent study conducted by the Canadian Centre on Substance Abuse and CAMH found that alcohol, tobacco and illicit drug use represent a major source of death and illness in Canada (Rehm et al., 2006). In 2002, substance abuse accounted for 21.0% of total deaths, 25% of total potential years of life lost and 19.4% of total admissions to hospital for any cause. Although the deaths related to illicit drug use increased significantly between 1992 and 2002, they represented only 0.8% of all deaths and only 2.0% of total years of life lost through any cause in 2002. Thus, we must recognise that although illegal drugs cause significant socio-medical morbidity, in both relative and absolute terms, tobacco and alcohol cause much more.

Finally, our findings also speak to the issue of **mental well being** among Ontario adults. A sizeable percentage experience symptoms that, although would not qualify for a more severe mental disorder, would nonetheless reduce their ability to function productively in their emotional and social worlds. Indeed, we found that about one in seven (13%) report mental health problems, of which stress is a dominant symptom. These findings are particularly important given that depression is one of the leading global

contributors to total burden of disease, (Murray & Lopez, 1996; Üstün, 1999). The World Health Organization (WHO, 2002) reports that five of the 10 leading global causes of disability are related to mental disorders, and predicts that in less than 20 years depression will be the second-leading cause of disability in the world. Moreover, other research also shows that mental health problems pose a considerable economic burden for Canadians (Stephens & Joubert, 2001).

Substance use and mental health are ever-changing phenomena, requiring ongoing monitoring and evaluation. Timely and relevant data on alcohol and other drug use and mental health concerns are necessary prerequisites for effective health and social policy and programming. Monitoring health risk behaviours, such as substance use, over time provides valuable information about determinants, changes and co-occurrences of the behaviours. These data enable us to evaluate the effects of policies, education programs, and whether health objectives are achieved. Finally, scientific surveys such as the CAMH Monitor provide a useful tool to compare across different populations.

Table 9.1 Summary Findings: Significant Associations for Past Year Substance Use and Mental Health Indicators by Demographic Characteristics, Ontarians Aged 18+, CAMH Monitor 2006/2007

	2007 Indicators															2006 Indicators	
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
	Past Yr Drink	Daily Drink	Avg Nr. Drinks Week†	Exceed Drink Guidelines	Five plus weekly	Hazard Drink (Audit 8+)	Drink & Drive	Smoking	Daily Smoking	Cannab 12m	Cannab & driving	Hazard Cannab Use (Cudit 8+)	GHQ3+	Poor mental health	Freq mental distress days	Anx 12M	Dep 12M
Gender	Men higher	Men higher	Men higher	Men higher	Men higher	Men higher	Men higher	—	—	Men higher	—	—	Women higher	—	Women higher	Women higher	Women higher
Age	18-29 highest	Increase	18-29 highest	Decrease	18-29 highest	18-29 highest	—	Decrease	18-29 highest	Decrease	18-29 highest	18-29 highest	65+ lowest	40-49 highest	65+ lowest	50-64 highest	40-49 highest
Marital Status	—	—	Never married highest	—	Never married highest	Never married highest	—	Never married highest	Prev. married highest	Never married highest	—	—	Prev. married highest	—	—	—	—
Public Health Region	Toronto lowest	—	South-West highest	—	—	—	C-S & S-W highest	North highest	North highest	—	—	—	—	—	—	—	—
Education	< HS lowest	—	Decrease	—	Univ. Grad. Lowest	Univ. Grad. Lowest	Univ. Grad. Lowest	< HS highest	< HS highest	—	—	—	Univ. Grad. Lowest	< HS highest	Univ. Grad. Lowest	—	—
Income	\$80,000 highest	Increase	—	\$80,000 highest	—	—	\$80,000 highest	< 30,000 highest	< 30,000 highest	< 30,000 highest	—	—	< 30,000 highest	—	< 30,000 highest	< 30,000 highest	< 30,000 highest

Notes: — Not significant; † Unadjusted associations; all other associations are adjusted for sex, age, region, marital status, education, and income;

Legend: **Past Yr Drink** (past 12 m drinking rate); **Daily Drink** (percentage drinking daily past 12 m); **Avg. Nr. Drinks Weekly** (average number of drinks consumed weekly among drinkers); **Exceeding Drinking Guidelines** (percentage consuming 15 or more drinks per week for men and 10 or more for women AND 3 or more drks/day); **Five plus** (percentage consuming five or more drinks on a single occasion weekly); **Hazard Drink** (percentage reporting hazardous or harmful drinking based on the AUDIT 8+); **Drink & Drive** (percentage drinking and driving among drivers); **Smoking** (percentage smoking cigarettes); **Daily Smoking** (percentage smoking cigarettes daily); **Cannabis** (percentage using past year); **Cannabis & Driving** (percentage driving after using cannabis among drivers); **Hazard Cannab Use** (percentage reporting hazardous or harmful cannabis based on the CUDIT 8+); **GHQ3+** (Psychological Distress - percent scoring 3+ on GHQ12); **Poor Mental Health** (percent reporting fair or poor mental health in general); **Frequent Mental Distress Days** (percent reporting 14 or more mental distress days during the past 30 days); **Anx 12M** (percentage using anxiety medication past 12 m; **Anx 7d** (percentage using anxiety medication past 7 days); **Dep 12M** (percentage using depression medication past 12 m); **Dep 7d** (percentage using depression medication past 7 days).

Table 9.2 Summary of Short-Term and Long-Term Changes in Addiction and Mental Health Indicators, CAMH Monitor 2006/2007

Indicators	2006 vs. 2007	Short-Term: 1996-2007	Long-Term: 1977-2007
ALCOHOL			
Prevalence, past year use	• Overall increase from 77.7% to 81.5%. • Increases among women (73.9 vs. 77.8), those aged 18-29 (84.5% vs. 89.5%), and those aged 50-64 (77.2% vs. 82.3). Significant increases found also for those living in the Central East, East and Northern Ontario, those married, those previously married and those who had completed high school education.	• Significant non-linear variation, with a low in 1998 at 77.1% and a high of 81.5% in 2007. • Significant increases among women (from a low of 72.5% in 1998 to a high of 77.8% in 2007); those aged 18 to 29 (from a low of 82.5% in 1998 to a high of 89.5% in 2007); and those aged 65 and older (from 58.8% in 1997 to 73.5% in 2007). There were also significant increases among those who are married, those who completed high school and those with some college or university education.	• Significant linear and non-linear trends; peaks in the mid-1980s and again in the early 1990s.
Daily drinking (among drinkers)	• Overall stable (5.9% vs. 7.3%). • No subgroup changes.	• Overall stable. • Significant increases among women, from a low of 2.6% in 2001 to a high of 5.3% in 2007, and among those living in the Central South region, from 2.6% in 2001 to 11.4% in 2007.	• Significant linear and non-linear trends; overall decline from 13.4% in 1977 to 7.3% in 2005.
Mean number of drinks per week (among drinkers)	• Overall stable (3.9 vs. 3.7) • No subgroup changes.	• Overall stable. • Significant increases among women (from 1.9 to 2.4) and among those with less than high school education (from 3.4 to 4.9).	• Not available.
Percent exceeding the low drinking guidelines (among drinkers)	• Overall stable (30.1 vs. 28.7) • No subgroup changes.	• Overall stable. • Significant non-linear trend for 18 to 29 year-olds, from 35.35 in 2003 to 44.5% in 2005 and 40.3% in 2007.	• Not available.
Heavy drinking occasions (5+ drinks) weekly	• Overall stable (12.3% vs. 11.2%). • Significant decline among those with university degree (from 10.7% to 4.3%).	• Overall stable. • The 2007 estimate of five plus drinking among 18 to 29 year-olds, is the highest on record – 26.1% for the total sample and 29.2% among drinkers.	• Significant linear and non-linear trends; increases seen in the mid 1990s. • Rates remained stable between 1977 and 1995, but increased significantly in 1996 among the total sample (from 7.0% to 11.7%) and among past year drinkers (from 8.2% to 14.8%) and remained at this high level since. • These increases were especially notable among men (varying from 10.7% in 1995 to 20.7% in 2001), and 18 to 29 year-olds (varying from 10.6% in 1995 to an all time high of 26.1% in 2007).

Cont'd

Indicators	2006 vs. 2007	Short-Term: 1996-2007	Long-Term: 1977-2007
Hazardous drinking (AUDIT 8+)	- Overall stable (13.8% vs. 15.6%) - Significant increases among 18 to 29 year-olds (28.2% vs. 39.1%) and those aged 50 to 64 (8.3% vs. 13.5%).	- Available 1998 –2005: Overall significant increase from 12.9% in 2001 to 15.6% in 2007. - Significant increases among both men and women. The rate for women almost doubled over the study period, from 4.8% in 1998 to 8.4% in 2007. - The 2007 estimate is the highest on record for both men and women (23.2% and 8.4%, respectively). - Significant increases among 18 to 29 year olds (from 26.9% in 1998 to 39.1% in 2007), and those aged 50 to 64 (from 9.3% to 13.5%). - The 2007 estimate of hazardous drinking among 18 to 29 year olds (39.1% for total sample and 43.9% among drinkers) is the highest on record.	Not available.
TOBACCO			
Prevalence, past year cigarette smoking	- Overall stable (20.6% vs. 21.6%). - Increases among those with less than high school education (27.6% vs. 35.1%) and among residents in the North (20.9% vs. 27.3%) .	- Significant decline from 27.8% in 1996 to 21.6% in 2007. - Significant decline among women (from 25.7% to 19.6%); those aged 30-39 (from 31.8% to 21.8%); those 65 and older (from 14.1% to 8.9%); those living in the Central South (from 31.5% to 21.9%) and in the East (from 27.5% to 22.5%); those married (from 24.3% to 18.1%); and those with university education (from 14.6% to 7.6%).	Not available.
ILLCIT DRUGS			
CANNABIS Prevalence, past year use	- Overall stable (13.4% vs. 12.5%) - No subgroup changes.	- Significant linear upward movement, increasing from 8.7% in 1996 to 12.5% in 2007. - Significant increase among women (from 5.3% to 10.1%); 18-29 year-olds (from 18.3% to 33.6%); and among those aged 50 and older (from 1.4% in 1998 to 4.6% in 2007). - There are also significant linear regional trends for Toronto (from 10.2% to 15.8%), the South West (from 7.6% to 14.0%) and for the North, where use doubled, increasing from 6.6% to 13.0%. Significant increases also occurred among all 3 marital status groups and among those with high school education (from 9.5% to 17.1%). 1996-2007: among users, the percentage aged 50 years and over increased significantly (from 1.9% to 14.5%).	- Significant increase from 8.1% in 1977 to 12.5% in 2007. - Significant increases among men (from 9.1% in 1992 to 18.6% in 2006); women (from 4.5% in 1977 to 10.1% in 2007) and all age groups, especially among 18 to 29 year olds (from 22.6% to 33.6%) and those aged 50 years and older (from 1.2% to 4.6%). - More older users: in 1977, 81.8% of cannabis users were aged 18-29 years compared to 50.8% in 2007. Also the proportion of past year cannabis users aged 30 to 49 years increased from 15.4% in 1977 to 34.7% in 2007, and the proportion of past cannabis users aged 50 and older increased from 2.8% in 1977 to 14.5% in 2007.

Cont'd

Indicators	2006 vs. 2007	Short-Term: 1996-2007	Long-Term: 1977-2007
COCAINE Prevalence, past year use	• Available 2004 vs. 2006: Overall stable (1.3% vs. 1.7%) • No subgroup changes.	• Overall stable.	• Not available.
DRIVING AND SUBSTANCE USE			
Drinking & driving (among drivers)	• Overall stable (5.9% vs. 6.1%). • No subgroup changes.	• Steady linear decline from 13.1% in 1996 to 6.1% in 2007. • Significant declines between 1996 and 1997, 1999 and 2000, and 2001 and 2002. • Declining trends are evident for gender, age, public health regions, marital status and education.	• Not available.
Cannabis & driving (among drivers)	• Overall stable (2.9% vs. 1.8%). • No subgroup changes.	• Available 2002 – 2007. • Overall stable (2.9% vs. 1.8%) • Rates stable for all demographic subgroups.	• Not available.
MENTAL HEALTH			
Psychological Distress (GHQ3+)	• Overall stable (13.2 vs. 12.7%). • No subgroup changes.	• Available 2000- 2007: Overall stable. • Rates stable for all demographic subgroups.	• Not available.
Poor Mental Health	• Overall stable (5.8 vs. 6.2%). • No subgroup changes.	• Available 2003- 2007: Overall stable. • Rates stable for all demographic subgroups.	• Not available.
Frequent Mental Distress Days	• Overall stable (5.8 vs. 6.6%). • No subgroup changes.	• Available 2003- 2007: Overall stable. • Increase among 30 to 39 year-olds, from 3.4% in 2003 to 8.5% in 2007.	• Not available.
Anti-anxiety medication	• Available 2004 vs. 2006: Overall stable (5.7% vs. 5.4%) • Significant increase among those aged 40 to 49 (from 4.7% to 7.1%)	• Available 1997-2006. • Significant linear upward movement, increasing from 4.5% in 1999 to 5.7% in 2006. • Significant increases among women (from 5.6% to 7.9%) and 50 to 64 year-olds (from 5.2% to 8.4%).	• Not available.
Anti-depression medication	• Available 2004 vs. 2006: Overall stable (5.3% vs. 6.6%) • Significant increase among those aged 40 to 49 (from 4.7% to 9.4%)	• Available 1997-2006. • Significant linear upward movement, increasing from 3.6% in 1999 to 6.6% in 2006. • Significant increases among women (from 4.9% to 9.3%), and those aged 40 to 49 (from 4.6% in 1999 to 9.4% in 2006). • Significant increases evident also among those living in the East, among those who are married, those who completed high school, those with some college or university education and those with university degrees.	• Not available.

Appendix A

Sample Design

Table A-1: Regional Stratification of the CM 2007 Sample

Region	County	Area Code
Toronto	Toronto	416
Central West	Halton; Hamilton-Wentworth; Waterloo; Wellington; Dufferin; Niagara; Brant; Haldiman-Norfolk	519, 905
Central East	Peel; Simcoe; York; Haliburton; Peterborough; Victoria; Northumberland; Durham	705, 905
West	Kent; Huron; Perth; Elgin; Oxford; Middlesex; Grey; Bruce; Lambton; Essex	519
East	Stormont, Dundas and Glengarry; Prescott-Russell; Ottawa-Carleton; Renfrew; Lanark; Leeds-Grenville; Hastings; Prince Edward; Frontenac; Lennox and Addington	613
North	Kenora; Rainy River; Thunder Bay; Muskoka; Parry Sound; Nipissing; Timiskaming; Algoma; Manitoulin; Sudbury RM; Sudbury TD; Cochrane	705, 807

Table A-2: Ontario Health Survey (OHS) Planning Regions (Ontario Ministry of Health)

OHS Planning Region	Counties (23 Local Areas)
South West	Essex Kent, Lambton Elgin, Oxford, Middlesex Bruce, Grey, Perth, Huron
Central South	Niagara Hamilton-Wentworth Brant, Haldimand-Norfolk
Central West	Halton Peel Wellington, Dufferin Waterloo
Toronto	
Central East	Northumberland, Victoria, Haliburton, Peterborough Durham York Simcoe
East	Ottawa-Carleton Renfrew, Prescott & Russell, Stormont, Dundas & Glengarry Lanark/Leeds/Grenville, Hastings, Prince Edward, Frontenac, Lennox & Addington
North	Algoma, Cochrane Manitoulin, Sudbury (R.M.), Sudbury (T.D.) Muskoka, Parry Sound, Nipissing, Timiskaming Thunder Bay, Kenora, Rainy River

Ontario Ministry of Health – Planning Regions

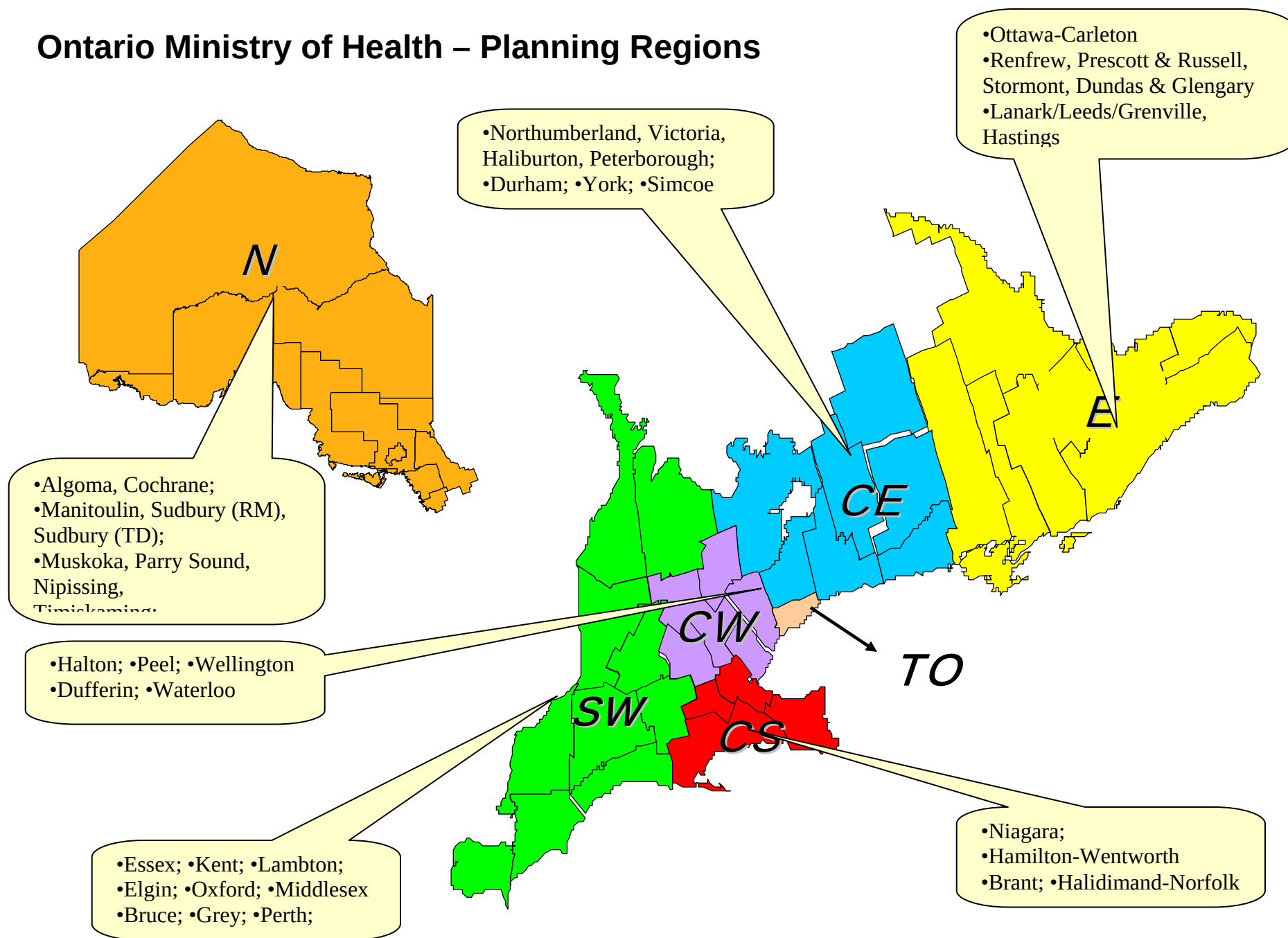


Table A-3: Number of Interviews by Demographic Characteristic, 1991-2007

	1991	1992	1993	1994	1995	1996	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007
Total Sample	1047	1058	1034	2022	994	2721	2776	2509	2436	2406	2627	2421	2411	2611	2445	2016	2005
Gender																	
Male	495	490	481	930	477	1206	1260	1088	1061	1052	1216	1100	1062	1122	1037	884	840
Female	552	568	553	1092	517	1515	1516	1421	1375	1354	1411	1321	1349	1489	1408	1132	1165
Age																	
18-29	267	272	241	472	240	533	560	457	427	458	473	426	427	391	354	264	258
30-39	264	283	280	541	240	685	654	580	567	538	547	523	438	463	453	338	315
40-49	215	207	208	434	212	562	571	567	505	507	597	513	575	552	569	421	402
50-64	150	153	162	320	168	483	508	448	470	466	531	518	521	651	570	561	551
65+	134	129	132	236	123	406	407	376	420	378	412	384	396	494	436	397	417
Marital Status																	
Married	597	579	554	1028	471	1450	1449	1336	1234	1252	1360	1217	1257	1354	1274	1095	1034
Living with Partner	–	65	54	118	61	146	176	151	193	161	190	146	190	190	183	146	143
Previously Married	173	171	187	347	192	508	510	467	490	456	500	503	449	531	503	396	463
Never Married	269	239	238	523	262	601	601	517	491	508	556	539	498	504	457	360	337
Public Health Region																	
Toronto	–	–	–	–	–	430	431	421	410	404	406	407	411	390	396	347	317
Central South	–	–	–	–	–	245	265	220	212	220	202	210	211	215	193	154	177
Central West	–	–	–	–	–	355	241	327	316	312	332	329	313	299	343	261	244
South West	–	–	–	–	–	461	465	414	403	404	408	403	397	412	427	361	339
Central East	–	–	–	–	–	307	441	284	285	276	313	272	262	286	284	234	268
East	–	–	–	–	–	481	470	424	409	394	420	402	416	407	404	323	351
North	–	–	–	–	–	442	463	419	401	396	545	398	401	602	398	336	309
Education																	
Less Than High School	244	223	225	403	180	600	554	480	438	362	418	417	375	421	322	280	284
Completed High School	302	295	276	552	281	713	710	649	655	701	672	609	572	639	612	487	480
Some College or University	255	329	315	614	304	775	839	779	758	715	874	740	814	840	842	660	679
University Degree	241	207	216	446	225	610	641	564	555	609	632	620	624	675	639	556	525

	1991	1992	1993	1994	1995	1996	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007
Total Sample	1047	1058	1034	2022	994	2721	2776	2509	2436	2406	2627	2421	2411	2611	2445	2016	2005
Income																	
<\$30,000	325	239	273	520	261	579	547	453	500	427	496	468	404	458	368	298	282
\$30,000 - \$49,000	212	224	227	435	226	534	510	455	450	403	501	422	446	454	390	312	311
\$50,000 - \$79,000	234	248	229	458	217	625	551	523	521	525	538	544	543	541	504	415	373
\$80,000+	106	178	179	294	158	439	471	442	475	496	557	568	618	643	737	613	549
Missing Responses	170	169	126	275	132	544	697	636	490	555	535	418	400	515	446	378	490
Employment Status																	
Full-Time	552	558	543	1010	500	1279	1363	1198	1255	1220	1343	1183	1150	1263	1186	990	937
Part-Time	111	111	100	203	114	303	311	296	240	249	260	215	219	213	225	179	164
Unemployed	64	63	52	132	39	142	102	82	63	60	91	87	83	71	67	55	65
Retired	139	137	148	269	139	465	484	491	483	456	500	465	460	589	514	452	472
Homemaker	68	77	72	141	61	203	154	133	118	111	139	116	122	122	118	90	69
Student	81	71	94	175	94	143	172	146	113	131	138	143	135	128	114	80	95
Self Employed	–	–	–	–	–	–	–	–	–	–	–	110	134	113	117	100	88
Other	30	37	44	92	43	171	167	146	147	162	140	90	81	83	72	53	98

Notes: – Data not available

Source: The CAMH Monitor, Centre for Addiction and Mental Health

Table A-4: Number of Interviews by Gender, Age, and Region of Respondent, 1977-2007

(N=)	1977 (1059)	1982 (1040)	1984 (1051)	1987 (1084)	1989 (1101)	1991 (1047)	1992 (1058)	1993 (1034)	1994 (2022)	1995 (994)	1996 (2721)	1997 (2776)	1998 (2509)	1999 (2436)	2000 (2406)	2001 (2627)	2002 (2421)	2003 (2411)	2004 (2611)	2005 (2445)	2006 (2016)	2007 (2005)
	% (N)	% (N)	% (N)	% (N)	% (N)	% (N)	% (N)	% (N)	% (N)	% (N)	% (N)	% (N)	% (N)	% (N)	% (N)	% (N)	% (N)	% (N)	% (N)	% (N)	% (N)	% (N)
Gender																						
Male	52.2 (529)	50 (517)	48.5 (524)	48.5 (539)	48.4 (551)	49.0 (495)	46.7 (490)	48.2 (481)	46.8 (1092)	49.7 (477)	47.0 (1206)	47.4 (1260)	47.5 (1088)	48.0 (1061)	47.5 (1052)	48.5 (1216)	48.6 (1100)	48.5 (1062)	48.3 (1122)	48.2 (1037)	48.6 (884)	48.5 (840)
Female	47.8 (529)	50 (523)	51.5 (527)	51.5 (545)	51.6 (550)	51.0 (552)	53.3 (568)	51.8 (553)	53.2 (930)	50.3 (517)	53.0 (1515)	52.6 (1516)	52.5 (1421)	52.0 (1375)	52.5 (1354)	51.5 (1411)	51.4 (1321)	51.5 (1349)	51.7 (1489)	51.8 (1408)	51.4 (1132)	51.5 (1165)
Age																						
18-29	30.0 (296)	31.9 (270)	29.6 (274)	29.6 (238)	28.0 (245)	29.5 (267)	29.6 (272)	26.8 (241)	26.7 (472)	26.9 (240)	24.3 (533)	26.1 (560)	23.1 (457)	21.7 (427)	23.3 (458)	20.9 (473)	21.2 (426)	22.4 (427)	20.0 (391)	20.8 (354)	20.9 (264)	19.5 (258)
30-39	21.7 (222)	23.2 (253)	20.4 (248)	22.5 (283)	23.2 (290)	24.4 (264)	25.1 (283)	25.8 (280)	26.1 (541)	23.3 (240)	24.0 (685)	23.2 (654)	21.7 (580)	22.1 (567)	21.4 (538)	19.8 (547)	22.4 (523)	19.0 (438)	21.3 (463)	20.3 (453)	20.8 (338)	19.2 (315)
40-49	17.1 (181)	13.2 (143)	15.7 (190)	13.6 (171)	14.5 (181)	20.7 (215)	20.0 (207)	20.3 (208)	21.2 (434)	22.5 (212)	20.7 (562)	20.5 (571)	21.9 (567)	19.4 (505)	20.5 (507)	21.7 (597)	20.6 (513)	23.3 (575)	21.8 (552)	22.3 (569)	20.7 (421)	21.0 (402)
50-64	18.3 (197)	20.1 (213)	21.5 (205)	19.2 (213)	19.3 (211)	14.5 (150)	14.7 (153)	16.4 (162)	15.6 (320)	17.1 (168)	17.1 (483)	18.4 (508)	16.8 (448)	18.7 (470)	18.3 (466)	19.1 (531)	19.4 (518)	18.9 (521)	20.5 (651)	20.2 (570)	21.3 (561)	23.7 (551)
65+	12.9 (155)	11.7 (125)	12.8 (122)	15.1 (168)	14.9 (163)	11.0 (134)	10.5 (129)	10.7 (132)	10.4 (237)	10.3 (123)	11.9 (406)	11.8 (407)	16.4 (376)	16.1 (420)	16.5 (378)	15.9 (412)	16.4 (384)	16.3 (396)	16.3 (494)	16.4 (436)	16.4 (397)	16.6 (417)
Region																						
Toronto	30.6 (314)	32.3 (329)	31.9 (331)	32.8 (351)	35.1 (383)	24.9 (237)	22.5 (239)	22.0 (214)	21.3 (435)	22.5 (230)	23.2 (427)	20.7 (390)	22.9 (421)	23.5 (410)	23.8 (424)	24.5 (417)	22.4 (407)	23.9 (411)	25.2 (390)	21.6 (396)	21.4 (347)	22.2 (317)
Non-Toronto	69.4 (745)	67.7 (711)	68.1 (720)	67.2 (733)	64.9 (718)	75.1 (705)	77.5 (772)	78.0 (785)	78.7 (1519)	77.5 (740)	76.8 (2294)	79.3 (2386)	77.1 (2088)	76.5 (2026)	76.2 (1982)	75.5 (2210)	77.6 (2014)	76.1 (2000)	74.8 (2221)	78.4 (2049)	78.6 (1669)	77.8 (1688)
Notes:	% based on weighted data; (N) based on number of interviews (unweighted)																					
Source:	The CAMH Monitor, Centre for Addiction and Mental Health																					

Appendix B

Weighting

Data Weighting

Because most sample surveys do not select respondents at a probability indicative of their representation in the population, data typically require weighting to ensure a proper representation of interviews.

1977-1989 Samples

Weights for the 1977 through 1989 surveys employed post stratification adjustments according to the gender by age distribution (based on the most relevant census data).

1991-1995 Samples

Weights for the 1991-1995 surveys were weighted to adjust for the number of individuals per household (i.e., 1 / number of adults), and then normed so that the weighted sample size represented the actual number of respondents.

1996-1997 Samples

Because the 1996 to 1997 samples were allocated equally within each of the six regions weights are required to restore population representation. Calculation of the overall weight variable consisted of three elements: household, region, and survey wave (month of sampling). Within each wave and region, relative household weight is directly proportional to the number of household residents age 18 and older. Within each cycle, relative region weight is directly proportional to the percentage of all Ontario households located in the region. Finally, cycles are weighted so that each monthly wave makes an equal contribution to the weighted N. At each stage, average weight is equal to 1.

The overall 12-month aggregated sampling weight variable is a function of the following quantity:

$$\frac{N \text{ adults in HH}}{\text{Mean } N \text{ adults}} \times \frac{P \text{ of HH in region}}{\text{Sample } P \text{ of HH in region}} \times \frac{\text{Total } N}{12 \text{ (monthly } N)}$$

1998 -2007 Samples

For the 1998 - 2007 cycles of the CM survey, the final weight factor is a function of the aggregated sampling weight (above) and a post stratification adjustment.

Telephone and other probability surveys typically apply post-strata population adjustments based on census information. Although this procedure does not remove all biases, it does provide a simultaneous adjustment for non-response and non-coverage of households without telephones (Casady & Lepkowski, 1999). Using the 2006 Census (Ontarians aged 18 and over), the post-stratification adjustment was based on six cells representing the age (18-39; 40-64; 65+) and gender (male; female) configuration. Previous surveys did not employ post-stratification adjustments.

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