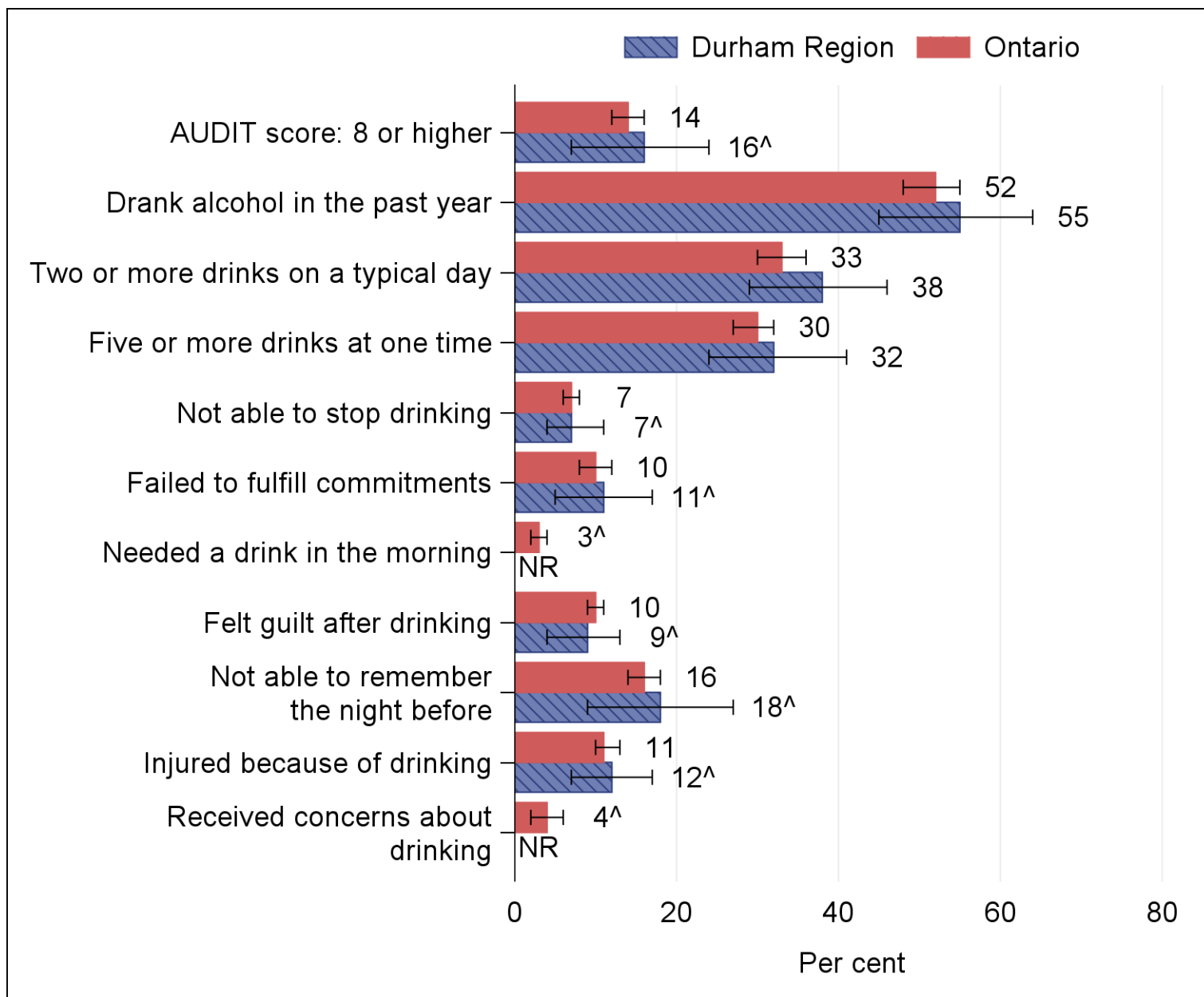


Quick facts:

Percentage of secondary school students reporting hazardous and harmful drinking, 2016-2017



Release date: December 2018



Notes

Results were weighted and sex-by-grade adjusted to the Ontario 2014-2015 student enrollment.

Error bars represent the 95 per cent confidence intervals around the percentage. The true or actual percentage falls within the range of values, 95 out of 100 times. A score of at least eight of 40 in the Alcohol Use Disorders Identification Test (AUDIT) screen identifies drinking hazardously or harmfully.

[^] – Interpret with caution as the coefficient of variation (CV) is between 16.6 and 33.3 per cent, inclusive.

NR – Unreliable and not releasable as the CV is greater than 33.3 per cent.

Source: Public Health Monitoring of Risk Factors in Ontario – Ontario Student Drug Use and Health Study (OSDUHS), 2016-2017.

Summary

Hazardous drinking is a pattern of drinking that increases the likelihood of future physical and mental health problems, including dependence. Harmful drinking is a pattern that is already causing harms (e.g., injuries). In Durham Region, 16% of secondary school students reported drinking hazardingly or harmfully as measured by the *AUDIT* screener. This estimate was similar to Ontario's rate.

Over half (55%) of Durham Region secondary school students consumed alcohol in the past year, and 38% reported consuming two or more drinks on a typical day when drinking. One-in-ten (11%) reported that they failed to do what was normally expected from them because of their drinking and 18% were unable to remember what happened the night before because of their drinking. One-in-ten (12%) were injured or injured someone else because of their drinking.

Related analysis, not shown in the figure, showed that 25% of Durham Region secondary school students drank at home with their friends. One-quarter (23%) got drunk at least once in the past 4 weeks.

Questions

Alcohol Intake:

In the last 12 months, how often did you drink alcohol – liquor (rum, whisky, etc.), wine, beer, coolers?

- Had a sip of alcohol to see what it's like
- Drank only at special events (for example, holidays or at weddings); once a month or less often; 2 or 3 times a month; once a week; 2 or 3 times a week; 4 or 5 times a week; almost every day – 6 or 7 times a week
- Drank, but not in the last 12 months; never drank alcohol in lifetime

How many drinks containing alcohol do you have on a typical day when you are drinking?

- 1 drink
- 2 to 3 drinks; 4 drinks; 5 to 7 drinks; don't drink alcohol, never drank alcohol in lifetime

How often do you have 5 or more drinks on one occasion?

- Never
- Less than once a month; about once a month; about once a week; daily or almost daily; don't drink alcohol, never drank alcohol in lifetime

Dependence:

How often in the last 12 months, have you found that you were not able to drop drinking once you had started?

How often in the last 12 months have you not done things you were supported to because of drinking?

How often in the last 12 months have you needed a first drink of alcohol in the morning to get yourself going after a heavy drinking session?

How often in the last 12 months have you been unable to remember what happened the night before because you had been drinking?

- Never in the last 12 months
- Less than once a month; about once a month; about once a week; daily or almost daily; don't drink alcohol; never drank alcohol in lifetime

Adverse Consequences:

How often in the last 12 months have you had a feeling of guilt or remorse after drinking?

- Never in the last 12 months
- Less than once a month; about once a month; about once a week; daily or almost daily; don't drink alcohol; never drank alcohol in lifetime

Have you or someone else been injured as a result of your drinking?

Has a relative or friend or a doctor or other health care worker been concerned about your drinking or suggested you cut down?

- No
- Yes, but not in the last 12 months; yes, in the last 12 months
- Don't drink alcohol; never drank alcohol in lifetime

Do your parents (or guardians) allow you and your friends to drink alcohol in your home while you are having a party or get-together?

- Yes; no; don't drink alcohol; never drank alcohol in lifetime

In the last 4 weeks, how often has drinking alcohol made you drunk (that is, you had so much to drink that you could not do what you wanted to do, or you threw up)?

- Once
- 2 times; 3 times; 4 times; 5 or more times
- Did not drink alcohol in the last 4 weeks; not been drunk in the last 4 weeks; never drank alcohol in lifetime

Survey methods

The Ontario Student Drug Use and Health Survey (OSDUHS) targets students, Grades 7 to 12, enrolled in the public and catholic regular school system. The OSDUHS uses a two-stage (school, class) stratified (region and school type) cluster sample design and oversampling in PMO-participating public health units. The survey is self-administered in the classroom, taking, on average, 35 minutes to complete. Participation is voluntary and anonymous. Students 17 years old and younger absent or without signed consent forms on the day of the survey do not participate.

This survey excluded groups, such as street youth and dropouts, in which health behaviours such as healthy eating, physical activity, drug use, etc. may be underestimated. In addition, self-reporting may result in under-reporting whether from social desirability or recall bias.

For a detailed description of the OSDUHS, visit the [CAMH website](#).

Data analysis

Data were analyzed using SAS 9.4. For 2016-2017, the analysis was based on a design of 17 strata (7 geographical strata for elementary schools and 10 for secondary schools), 214 schools, 764 classes and 11,435 students. Variables accounting for the probability of selection, stratification and clustering were used when analyzing the data. The final sampling weight was based on each regional stratum's sex-by-grade structure according to the provincial population structure.

Differences in two percentages may be clinically important. However, when error bars overlap, the difference cannot necessarily be interpreted as real or statistically significant.

Acknowledgement

The data used in this publication came from the OSDUHS conducted at the CAMH and administered by the Institute for Social Research, York University. Its contents and interpretation are solely the responsibility of the author and do not necessarily represent the official view of the CAMH.

For more information, contact Durham Region Health Department at 1-800-841-2729, by fax at 905-666-6241 or by visiting the [Durham Region website](#).