

Alcohol and Tobacco Use among Students in the HKPR District:

Results from the 2013 Ontario Student Drug Use and Health Survey (OSDUHS)

Alcohol and tobacco are drugs* that can be legally purchased by persons who have reached a prescribed age (19 years in most Canadian provinces). Among the general population 15 years of age or older, alcohol and tobacco are the most commonly used drugs in Canada with nearly 80% of individuals reporting to have consumed alcohol in the past 12 months¹ and 16% indicating they are a current smoker with a further 26% indicating they are a former smoker[†].² Among grade 7 – 12 students in Ontario, during the 2012/2013 school year, nearly half (49.5%) report consuming alcohol in the past 12 months and 8.5% of students reported daily or occasional cigarette smoking.

Despite the successes of tobacco prevention and control efforts, which have resulted in a 20% decline in the percentage of student (grade 7 – 12) smokers since 1999³, in recent years the emergence of new products—generally thought to be targeted at younger age-groups—has increased. These emerging products and trends, including candy and various other flavoured tobacco products, electronic cigarettes, vaporizers, and Hookahs and Hookah Lounges are a concern to public health.

Furthermore, although recent research indicates that the percentage of adolescents and youth consuming alcohol and binge drinking behaviours is decreasing³, the percentage is still relatively high. Between 1999 and 2013, the percentage of grade 7 – 12 students who reported binge drinking declined by 7.8%, from 27.6% to 19.8%.³

Alcohol and tobacco are known to negatively affect one's health and well-being. Negative effects of alcohol may occur quickly (i.e., alcohol poisoning, verbal/physical altercations, injuries) or may occur after a longer period of time (i.e., addictions, mental health, liver disease, cancer)⁴, while the negative effects of tobacco use are primarily long-term and include heart disease, stroke, and cancer.⁵ As well as the implications for chronic diseases in later years, the potential effects of alcohol and tobacco on the developing brains of children and youth is also a cause for concern.

The purpose of this *inFORM* is to highlight some of the findings on alcohol and tobacco use from the 2013 Ontario Student Drug Use and Health Survey (OSDUHS) for the Haliburton, Kawartha, Pine Ridge (HKPR) District.

Methods & Data Notes[†]

The OSDUHS is a biennial population survey of Ontario students from grade 7 through grade 12 that is distributed within publicly funded schools within Ontario.³ In 2013, the HKPR District Health Unit purchased an over-sample of the OSDUHS in order to obtain more precise estimates for youth in the HKPR District.

There are two versions of the survey (A & B) which had 385 and 373 respondents within the HKPR District, respectively. The survey is self-administered, anonymous, and considered representative of all

* A drug is a “substance other than food intended to affect the structure or function of the body.”⁶

† Former smoker is a person who is not smoking but has smoked at least 100 cigarettes in their lifetime.

Ontario students in both English and French language schools, within the Public and Catholic School Boards.¹

- There were 758 surveys completed by students within the HKPR District.
- Males accounted for 46.3% and females accounted for 53.7% of the respondents.
- Surveys were completed for students in grade 7 (n=238), grade 8 (238), and grades 9 – 12 (282).
- The median age of respondent was 14 years of age (mean: 14.6; SD: 1.87; IQR: 13, 16).

Results

- 11.9% (95% Confidence Interval (CI): 9.07, 15.52) of grade 7 – 12 students reported smoking a whole cigarette in the past 12 months.
- Among grade 7 – 12 students, the percent of daily smokers is 8.0% (95% CI: 3.79, 16.00), which is 4.7% higher than the rest of Ontario; this is not statistically significantly different, however the estimate is highly variable.
- One-quarter (24.5% (95% CI: 18.96, 31.08)) of grade 7 – 12 students reported ever trying a cigarette. The estimate for the HKPR District is 4.68% higher than for the rest of Ontario, but not statistically significantly different.
- 7.8% (95% CI: 4.76, 12.49) of grade 7 – 12 students reported using smokeless tobacco in the previous 12 months. The estimate for HKPR is 2.1% higher ($p > 0.05$) than the rest of Ontario.
- 9.0% (95% CI: 7.67, 10.50) of grade 7 – 12 students reported using a water-pipe in the previous 12 months. The estimate for HKPR is 3.45% lower ($p > 0.05$) than the rest of Ontario.
- 17.3% (95% CI: 11.55, 25.21) of grade 7 – 12 students reported using an electronic cigarette in the previous 12 months. The estimate for HKPR is 2.8% higher ($p > 0.05$) than the rest of Ontario.
- 61.4% (95% CI: 46.69, 74.31) of grade 7 – 12 students reported using alcohol in the previous 12 months. The estimate for HKPR is 12.87% higher ($p > 0.05$) than the rest of Ontario.
- 13.9% (95% CI: 10.77, 17.72) of grade 7 – 12 students reported mixing alcohol and energy drinks in the previous 12 months. The estimate for HKPR is 2.0% lower ($p > 0.05$) than the rest of Ontario.
- 47.4% (95% CI: 29.70, 65.74) of grade 7 – 12 students reported consuming alcohol in the previous 4 weeks. The estimate for HKPR is 15.27% higher ($p > 0.05$) than the rest of Ontario.
- 25.3% (95% CI: 17.72, 34.64) of grade 7 – 12 students reported consuming 5 or more alcoholic drinks on the same occasion in the past 4 weeks (i.e., binge drinking). The estimate for HKPR is 5.35% lower ($p > 0.05$) than the rest of Ontario.
- Nearly 1 in 4 (23.6% (95% CI: 15.45, 34.32)) grade 7 – 12 students reported being drunk[‡] in the previous 4 weeks. The estimate for HKPR is 6.2% higher ($p > 0.05$) than the rest of Ontario.
- Nearly one third (31.6% (95% CI: 21.77, 43.39)) of students had yet to consume alcohol for the first time.
- Most students first consumed alcohol in high-school (31.6%; 95% CI: 25.08, 39.01; $p > 0.05$), but 25.8% (95% CI: 20.13, 32.50) of students had first consumed alcohol in grade 7 or 8 ($p < 0.05$).

[‡] Drunk is defined in the survey question as “had so much to drink that you could not do what you wanted to do, or you threw up.”

- Nearly 20% (17.8% (95% CI: 14.12, 22.25)) of grade 10 – 12 students indicated that, in the previous 12 months, they had been a passenger in a vehicle whose driver had been drinking. The estimate for HKPR is the same as the rest of Ontario ($p > 0.05$).
- Nearly 1 in 8 (11.6% (95% CI: 7.10, 18.47)) of grade 10 – 12 students indicated that, in the previous 12 months, they had driven a snowmobile, motorboat, Sea-doo, or all-terrain vehicle (ATV) within an hour of drinking 1 or more drinks of alcohol. The estimate for HKPR is 6.6% higher and significantly different ($p < 0.05$) compared to the rest of Ontario.

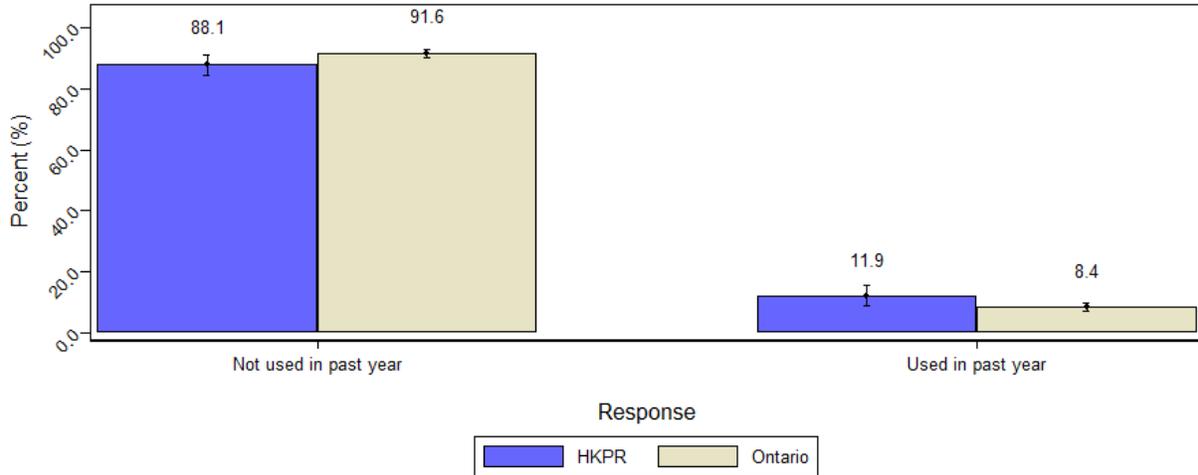
HKPR Actions

The HKPR District Health Unit (HKPRDHU) is working with community partners and the respective school boards to provide programming on tobacco prevention and preventing substance misuse among local youth. One example of tobacco prevention is through enforcement activities, where the HKPRDHU inspects more than 200 tobacco local retailers to prevent persons under 19 years of age from purchasing cigarettes and tobacco products. Additionally, along with our partners, the HKPRDHU participates in “Race Against Drugs”, a four day event in the City of Kawartha Lakes, focusing on substance misuse prevention, facilitated by multiple community partners. Additionally, the tobacco prevention team works with local youth on creating and implementing a variety of tobacco prevention programs and activities to other youth in the district through youth engagement through events such as “Bookface”, an event to increase awareness and skills related to chronic diseases, injury prevention, and substance misuse issues. and through “Connect/Change/Connect”, a youth cessation program delivered by the HKPRDHU, the Peterborough City and County Health Unit within the Kawartha Pine Ridge District School Board region.

The Chronic Disease and Injury Prevention Department also works with local municipalities, schools, and families to identify key issues and provide guidance, support, and resources for addressing alcohol-related issues among youth. One example is how the Chronic Disease and Injury Prevention Department supports the Low-Risk Drinking Guidelines, which provide an evidence-based approach for messaging on alcohol consumption, through programming for schools and youth.

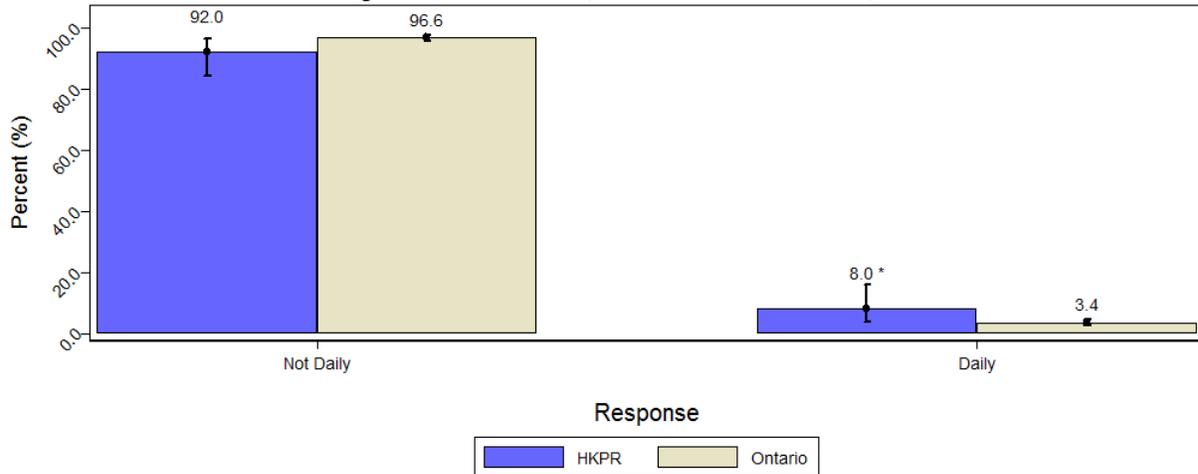
“The data used in this publication came from the Ontario Student Drug Use and Health Survey conducted by the Centre for Addiction and Mental Health and administered by the Institute for Social Research, York University. Its contents and interpretation are solely the responsibility of the author and do not necessarily represent the official view of the Centre for Addiction and Mental Health”.

Percentage of students who reported smoking a whole cigarette or more in the past 12 months, grade 7 - 12 students, HKPR District vs. Ontario, 2013



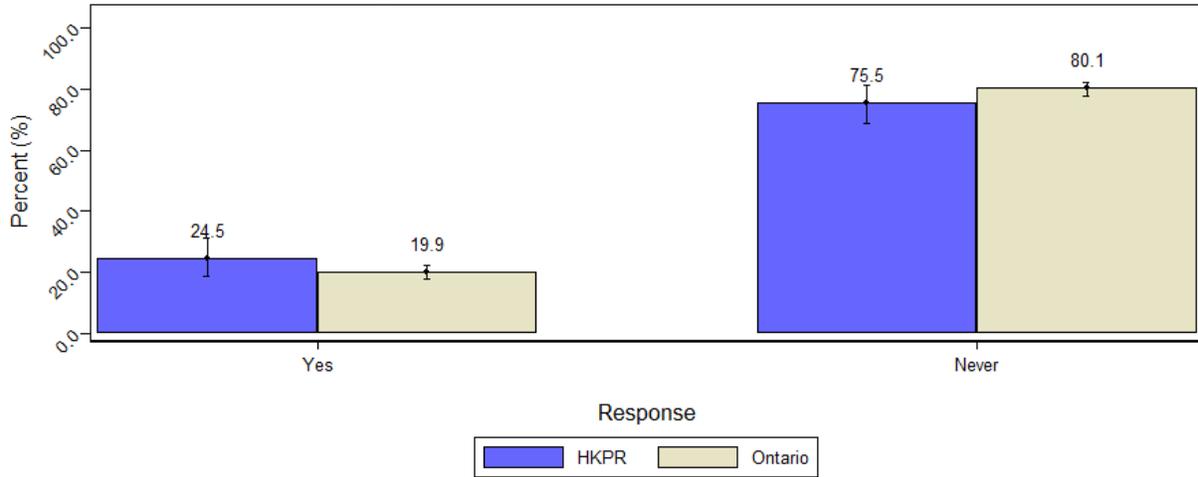
Source: 2013 Ontario Student Drug Use and Health Survey (OSDUHS), Centre for Addiction and Mental Health
 * Interpret with caution; ** Data not released

Percentage of students who reported daily cigarette use, grade 7 - 12 students, HKPR District vs. Ontario, 2013



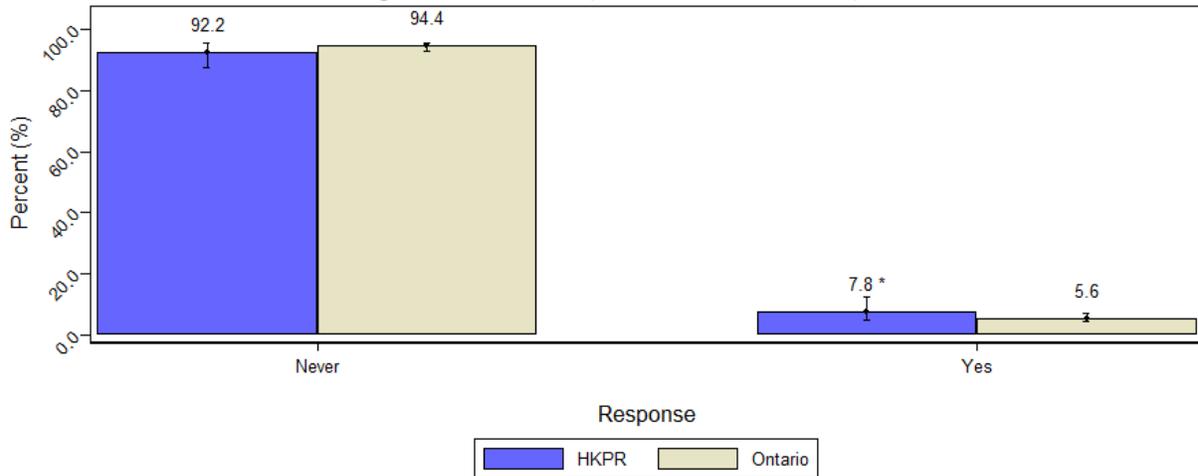
Source: 2013 Ontario Student Drug Use and Health Survey (OSDUHS), Centre for Addiction and Mental Health
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Percentage of students who reported ever trying or using cigarettes, grade 7 - 12 students, HKPR District vs. Ontario, 2013



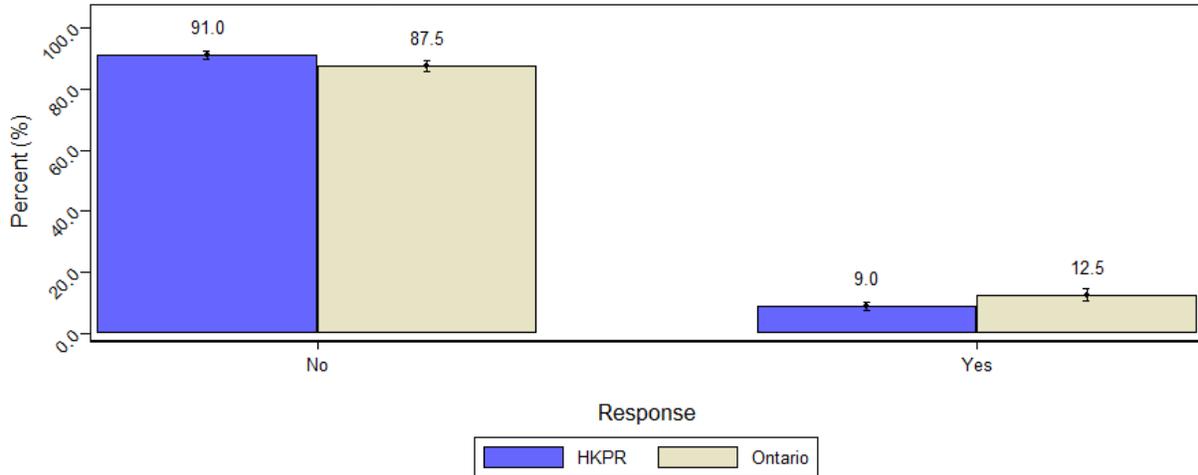
Source: 2013 Ontario Student Drug Use and Health Survey (OSDUHS), Centre for Addiction and Mental Health
 * Interpret with caution; ** Data not released

Percentage of students who reported using smokeless tobacco in the past 12 months, grade 7 - 12 students, HKPR District vs. Ontario, 2013



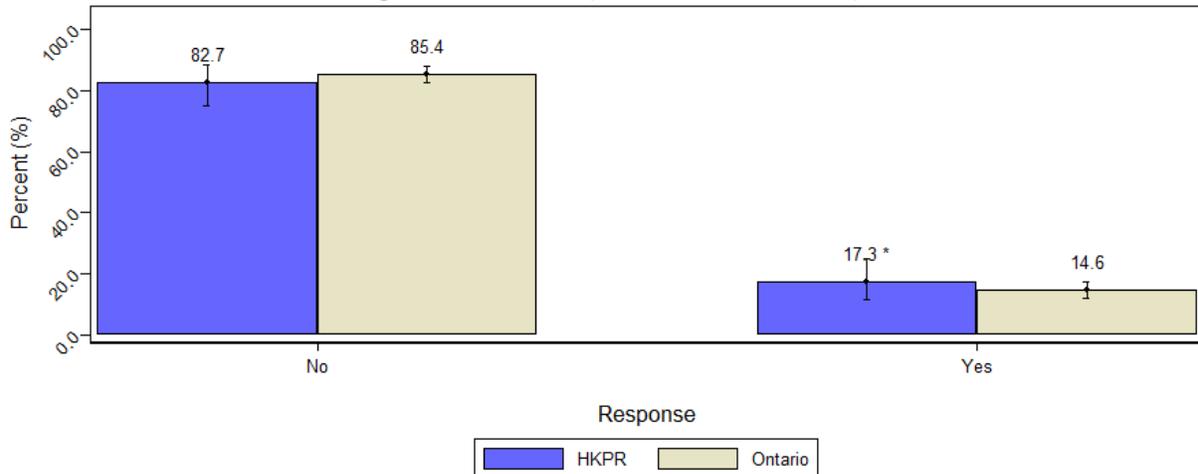
Source: 2013 Ontario Student Drug Use and Health Survey (OSDUHS), Centre for Addiction and Mental Health
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Percentage of students who reported using a waterpipe in the past 12 months, grade 7 - 12 students, HKPR District vs. Ontario, 2013



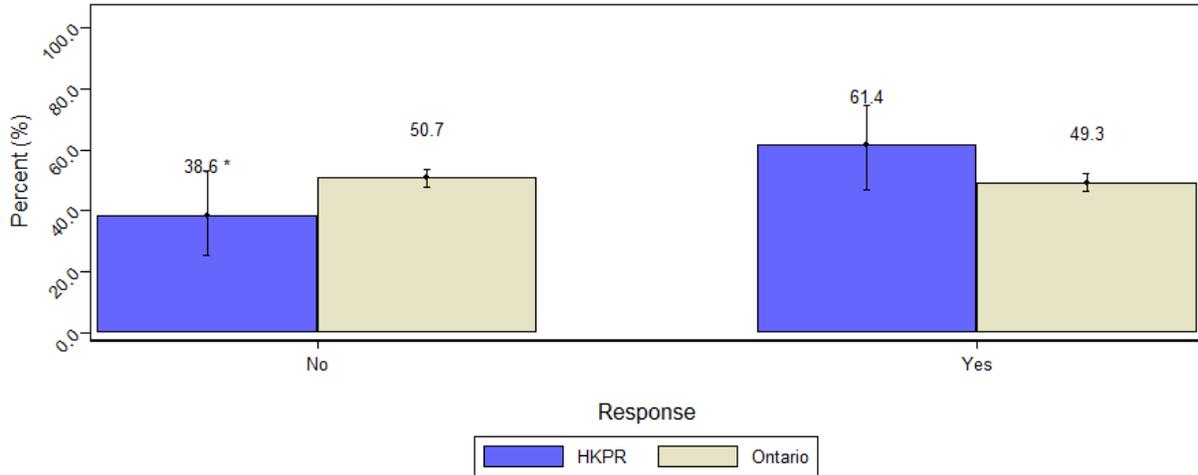
Source: 2013 Ontario Student Drug Use and Health Survey (OSDUHS), Centre for Addiction and Mental Health
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Percentage of students who reported ever using an electronic cigarette, grade 7 - 12 students, HKPR District vs. Ontario, 2013



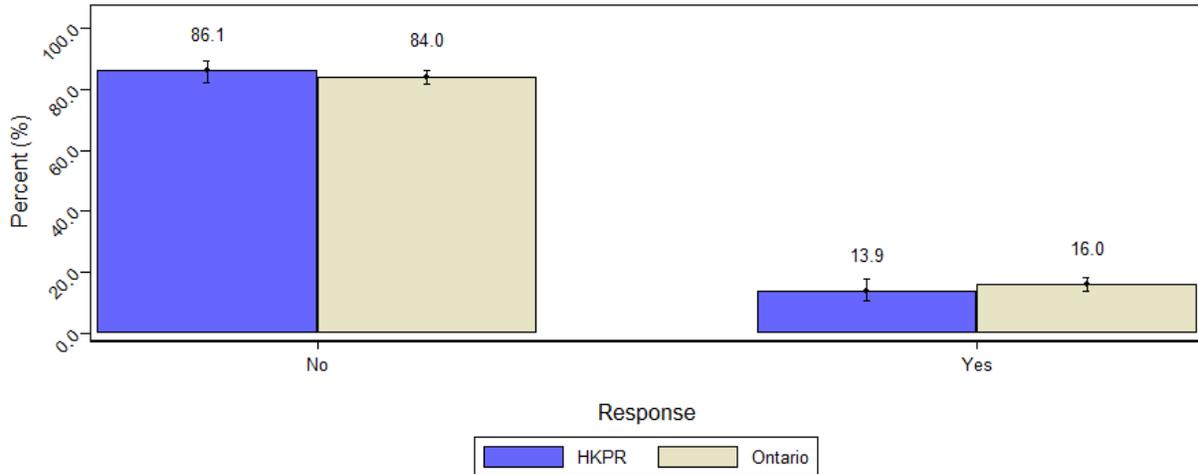
Source: 2013 Ontario Student Drug Use and Health Survey (OSDUHS), Centre for Addiction and Mental Health
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Percentage of students who reported alcohol use in the past 12 months,
grade 7 - 12 students, HKPR District vs. Ontario, 2013



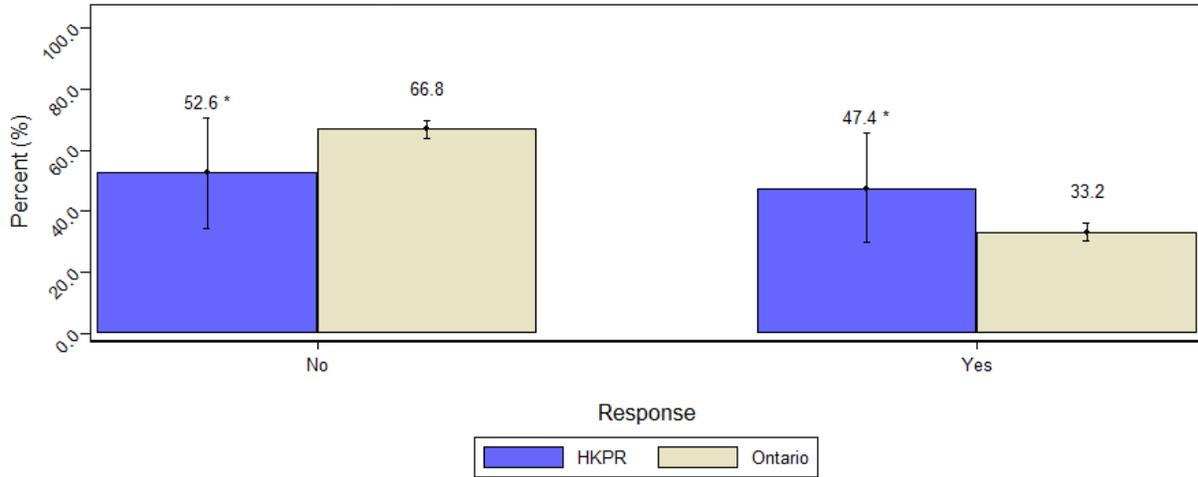
Source: 2013 Ontario Student Drug Use and Health Survey (OSDUHS), Centre for Addiction and Mental Health
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Percentage of students who reported mixing alcohol and energy drinks in the past 12 months,
grade 7 - 12 students, HKPR District vs. Ontario, 2013



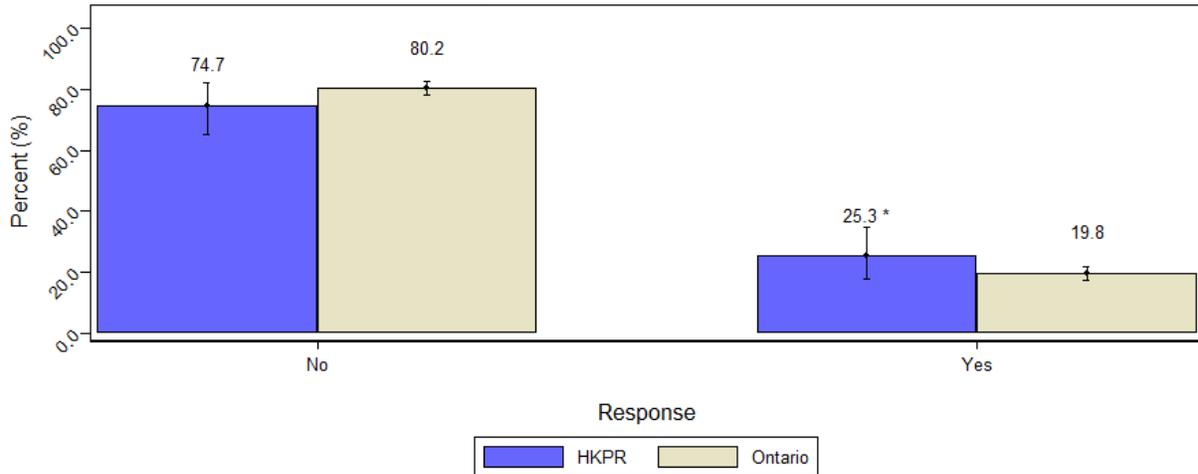
Source: 2013 Ontario Student Drug Use and Health Survey (OSDUHS), Centre for Addiction and Mental Health
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Percentage of students who reported consuming alcohol in the in the past 4 weeks, grade 7 - 12 students, HKPR District vs. Ontario, 2013



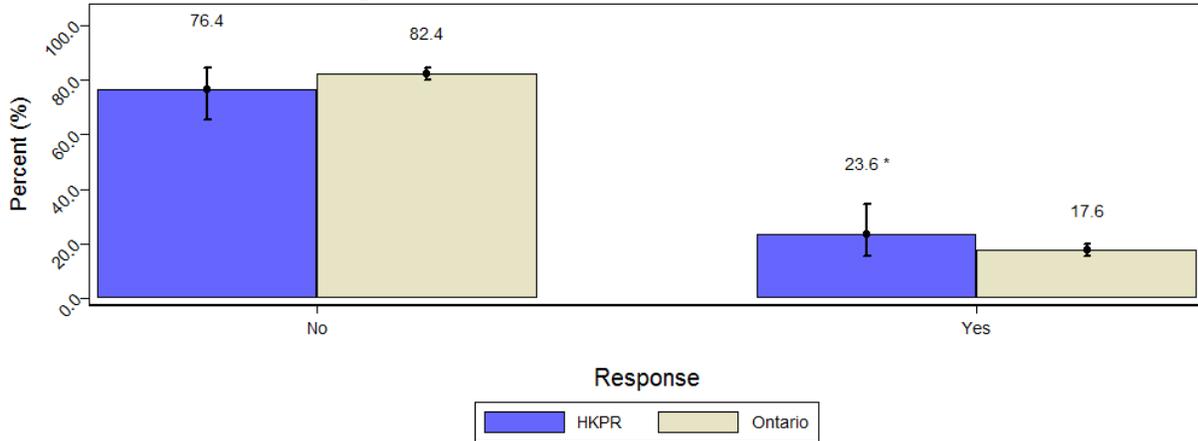
Source: 2013 Ontario Student Drug Use and Health Survey (OSDUHS), Centre for Addiction and Mental Health
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Percentage of students who reported having 5 or more alcoholic drinks on the same occasion in the past 4 weeks, grade 7 - 12 students, HKPR District vs. Ontario, 2013



Source: 2013 Ontario Student Drug Use and Health Survey (OSDUHS), Centre for Addiction and Mental Health
 * Interpret with caution; ** Data not released

Percentage of students who reported being drunk[†] in the past 4 weeks,
grade 7 - 12 students, HKPR District vs. Ontario, 2013

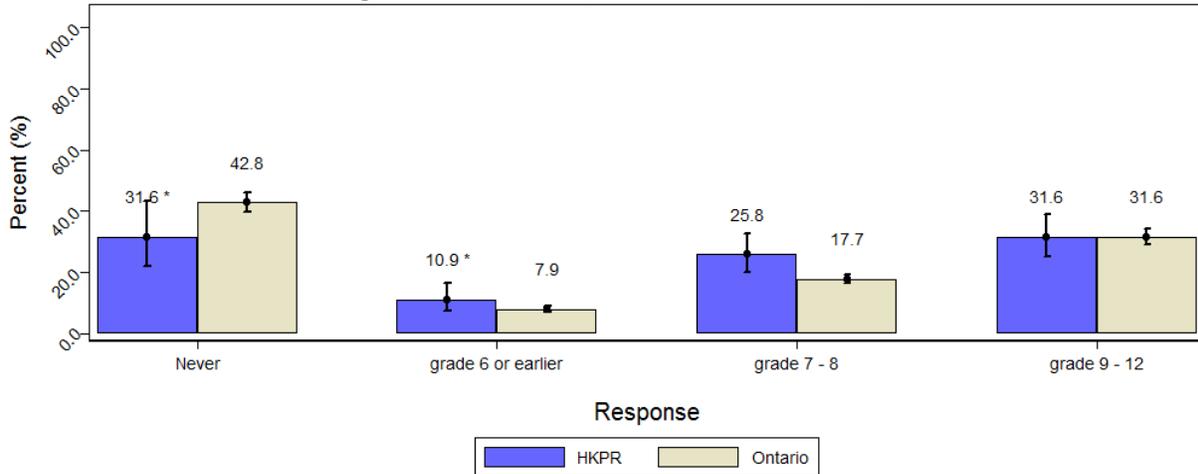


Source: 2013 Ontario Student Drug Use and Health Survey (OSDUHS), Centre for Addiction and Mental Health

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[†]Drunk: had so much to drink that you could not do what you wanted to do, or you threw up.

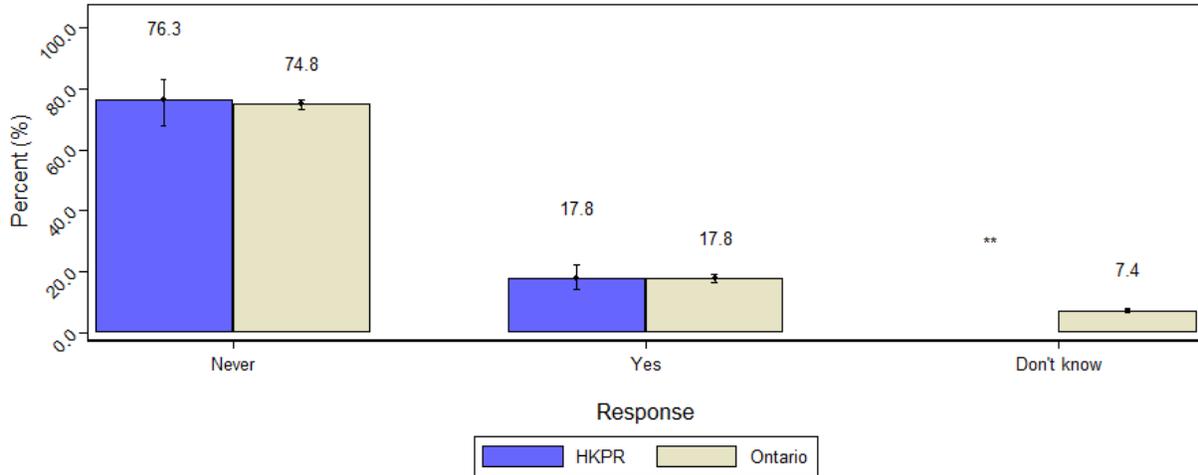
Percentage of students who reported the grade in which then first consumed alcohol,
grade 7 - 12 students, HKPR District vs. Ontario, 2013



Source: 2013 Ontario Student Drug Use and Health Survey (OSDUHS), Centre for Addiction and Mental Health

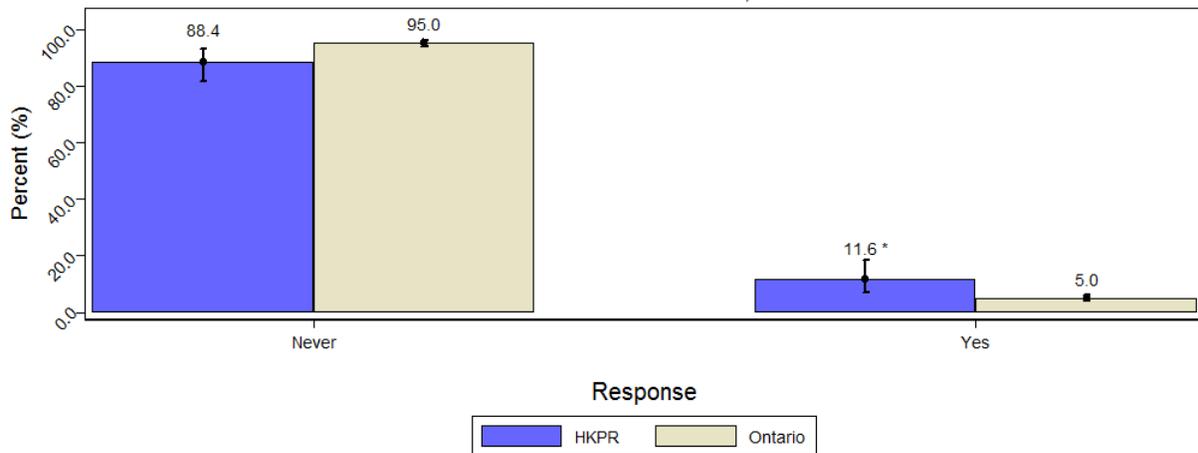
* Interpret with caution; ** Data not released

Percentage of students who reported being a passenger in a vehicle with a driver who had been drinking, previous 12 months, grade 7 - 12 students, HKPR District vs. Ontario, 2013



Source: 2013 Ontario Student Drug Use and Health Survey (OSDUHS), Centre for Addiction and Mental Health
 * Interpret with caution; ** Data not released

Percentage of students who reported driving a snowmobile, motor boat, Sea-doo, or all-terrain vehicle (ATV) within an hour of drinking 1 or more drinks of alcohol, previous 12 months, grade 10 - 12 students, HKPR District vs. Ontario, 2013



Source: 2013 Ontario Student Drug Use and Health Survey (OSDUHS), Centre for Addiction and Mental Health
 * Interpret with caution; ** Data not released

References

- 1) Health Canada. Canadian Alcohol and Drug Use Monitoring Survey (CADUMS) 2012 [Internet]. 2012 [updated 2014 Apr 08; cited 2015 Dec 15] Available from: <http://www.hc-sc.gc.ca/hc-ps/drugs-drogués/stat/2012/summary-sommaire-eng.php#s7>
- 2) Health Canada. Canadian Tobacco Use Monitoring Survey (CTUMS) 2012 [Internet]. 2012 [updated 2014 Apr 08; cited 2015 Dec 15] Available from: http://www.hc-sc.gc.ca/hc-ps/tobac-tabac/research-recherche/stat/ctums-esutc_2012-eng.php
- 3) Boak A, Hamilton HA, Adlaf EM, & Mann RE (2013). Drug Use among Ontario students, 1977-2013: Detailed OSDHUS findings (CAMH Research Document Series No. 36). Toronto, ON: Centre for Addiction and Mental Health.
- 4) Health Canada. Alcohol [Internet]. 2014 [updated 2014 Jun 17; cited 2015 Dec 15] Available from: <http://www.hc-sc.gc.ca/hc-ps/alc/index-eng.php>
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