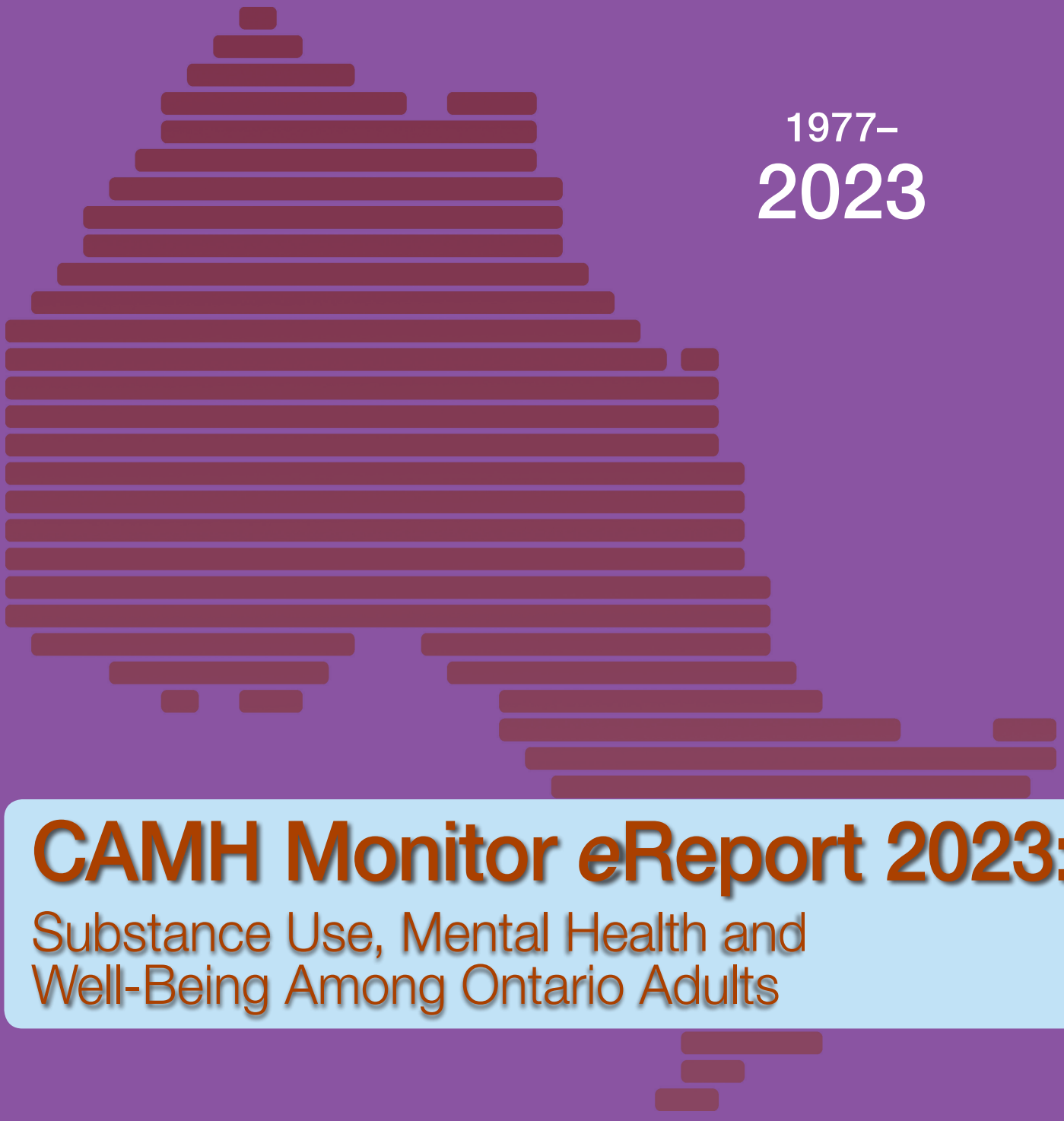

1977–
2023

CAMH Monitor *e*Report 2023:

Substance Use, Mental Health and Well-Being Among Ontario Adults

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The 2023 CAMH MONITOR *e*REPORT
Executive Summary

The Centre for Addiction and Mental Health's *CAMH Monitor* is the longest ongoing population survey of adult substance use and mental health in Canada. The study, which spans **47** years, consists of 37 repeated cross-sectional surveys among adults aged 18 and older across Ontario, conducted between 1977 and 2023.

This summary presents the estimates of substance use, mental health and well-being indicators among Ontario adults in the 2022 and 2023 surveys. It also compares estimates of substance use and mental health indicators from 2023 to those from five years (2018) and ten years (2013) ago.

Substance Use, Mental Health & Well-Being Indicators, 2022/2023 CAMH Monitor

Indicator	2022 (n=2,650)				2023 (n=2590)			
	T %	M %	W %		T %	M %	W %	
Alcohol								
Percentage drinking alcohol - past 12 months	**80.4**	82.1	78.8		**78.3**	78.4	78.3	
Percentage drinking daily - total sample	**9.2**	11.3	7.3	*	**8.0**	10.2	6.1	*
- among drinkers	**11.4**	13.8	9.2		**10.3**	13.2	7.9	*
Percentage consuming 5 or more drinks on a single occasion weekly (weekly binge drinking)								
- total sample	**10.7**	15.1	6.8	*	**8.9**	13.1	5.2	*
- among drinkers	**13.3**	18.4	8.6	*	**11.4**	16.8	6.7	*
Percentage reporting hazardous or harmful drinking (AUDIT 8+) - total sample	**20.1**	25.7	15.0	*	**18.9**	22.4	15.9	*
- among drinkers	**25.3**	31.6	19.3	*	**24.6**	29.3	20.6	*
Percentage reporting symptoms of alcohol dependence (based on the AUDIT) - total sample	**14.1**	18.0	10.7	*	**12.8**	13.6¶	12.0	
Tobacco								
Percentage currently smoking cigarettes	**17.7**	19.9	15.7	*	**18.0**	20.5	15.8	*
Daily smoking	**12.3**	12.9	11.8		**12.5**	13.4	11.7	
Percentage of daily smokers reporting high nicotine dependence - among daily smokers	**9.4**	8.7	10.1		**8.8**	9.8	7.8	
Percentage reporting electronic cigarette use - past 12 months	**13.7**	17.0	10.7	*	**16.0**¶	17.3	14.9¶	
Percentage reporting electronic cigarette use - past 30 days	**8.2**	10.9	5.7	*	**11.5**¶	12.7	10.4¶	
Cannabis								
Percentage using cannabis in lifetime	**54.1**	56.9	51.7	*	**52.1**	51.1¶	52.9	
Percentage using cannabis - past 12 months	**32.9**	35.7	30.3	*	**31.3**	30.5¶	32.1	
Percentage using cannabis - past 3 months	**28.0**	32.0	24.4	*	**25.8**	26.6	25.1	
Percentage using cannabis – daily in the past 3 months	**7.9**	7.8	8.1		**8.6**	9.0	8.2	
Percentage reporting moderate to high risk of cannabis use problems (ASSIST-CIS 4+) in the past 3 months								
- total sample	**19.4**	23.3	16.2	*	**16.7**	17.9¶	15.7	
- among users	**64.4**	73.0	56.5	*	**56.7**¶	61.8¶	52.4	
Percentage using cannabis for medical purposes - past 12 months -total sample	**14.2**	13.7	14.7		**13.0**	12.1	13.7	
Cocaine								
Percentage using cocaine in lifetime	**15.1**	17.2	13.1	*	**14.0**	16.4	11.9	*
Percentage using cocaine - past 12 months	**3.0**	4.0	2.1	*	**3.7**	4.3	3.2	

Indicator	2022 (n=2,650)				2023 (n=2590)			
	T %	M %	W %		T %	M %	W %	
Prescription Opioid Pain Relievers								
Percentage reporting any use (medical or nonmedical) of prescription opioid pain relievers - past 12 months	**31.3**	31.8	30.9		**31.4**	29.6	32.9	
Percentage using prescription opioid pain relievers for nonmedical purposes - past 12 months	**18.0**	20.1	16.2		**16.4**	16.8	16.0	
Driving[2]								
Percentage of drivers who drove after drinking two or more drinks in the previous hour - past 12 months	**3.9**	6.0	2.0	*	**4.5**	7.2	2.0	*
Percentage of drivers who drove after using cannabis in the previous hour - past 12 months	**2.5**	2.9	2.1		**2.8**	3.5	2.2	
Percentage of drivers who reported texting while driving - past 12 months	**23.5**	21.3	25.3		**26.0**	24.2	27.7	
Percentage of drivers who reported texting while driving - past 30 days	**18.4**	16.6	19.9		**21.8**¶	19.6	23.8	
Mental Health								
Percentage reporting moderate to serious psychological distress during the past 30 days (K6/8+)	**34.7**	29.9	38.6	*	**37.1**	35.9¶	38.1	
Percentage reporting serious psychological distress during the past 30 days (K6/13+)	**14.9**	12.4	16.9	*	**17.1**	16.8	17.4	
Percentage using prescribed antianxiety medication - past 12 months	**20.4**	16.5	23.5	*	**22.6**	18.6	26.1	*
Percentage using prescribed antidepressant medication - past 12 months	**17.3**	13.1	20.8	*	**18.5**	16.0	20.7	*
Percentage reporting fair or poor mental health in general	**31.8**	29.4	34.0	*	**30.7**	27.5	33.5	*
Percentage reporting frequent mental distress days (14+) during the past 30 days	**19.3**	14.9	22.9	*	**18.8**	16.0	21.2	*
Percentage reporting suicidal ideation - past 12 months	**7.7**	5.6	9.4	*	**8.0**	7.8	8.2	
Physical Health								
Percentage reporting fair or poor health in general	**19.2**	17.9	20.3		**19.1**	19.5	18.8	
Percentage reporting frequent physically unhealthy days (14+) during the past 30 days	**14.3**	10.9	17.2	*	**12.3**	10.4	14.0	*

Notes: * Within year significant difference between men (M) and women (W) at p<0.05; ¶ Significant change between 2022 and 2023; [2] estimates are based on licensed drivers.

Key Findings in 2023

Significant sex differences

Men are more likely to:	Women are more likely to:
♦ report daily drinking	♦ report fair/poor self-rated mental health
♦ report weekly binge drinking	♦ report frequent mental distress days
♦ drinking hazardously or harmfully	♦ report antianxiety medication use in the past year
♦ report current smoking	♦ report use of antidepressants in the past year
♦ report lifetime cocaine use	♦ report frequent physically unhealthy days
♦ report driving after drinking two or more drinks in the previous hour during the past year	

Significant age and regional differences

Adults **18 to 29 years old** were more likely than their older counterparts to:

- report weekly binge drinking
- report drinking hazardously or harmfully
- report symptoms of alcohol dependence
- report e-cigarette use in the past year
- report e-cigarette use in the past 30 days
- report past year cannabis use
- report cannabis use in past three months,
- report moderate to high risk cannabis use problems in the past three months
- report cannabis use for medical purposes
- report texting while driving in the past year and 30 days
- report moderate to serious psychological distress
- report serious psychological distress
- report fair or poor mental health
- report suicidal ideation

Adults aged **65 years and older** were more likely than their younger counterparts to:

- report drinking daily in the past year
- report fair or poor overall health
- report frequent physically unhealthy days in the past 30 days

Significant **regional** differences were evident compared to the provincial average for:

- current smoking (higher in Toronto and the North)
- daily smoking (higher in the North)
- cannabis use in the past year (higher in the East and North, lower in Central East)
- cannabis use in the past three months (higher in the East and North)
- daily cannabis use in the past three months (higher in the East and North, lower in Toronto)
- cannabis use for medical purposes (higher in the East and North, lower in Central East)
- lifetime cocaine use (higher in the East and North, and lower in Central East)
- moderate to serious psychological distress (higher in the East, lower in Toronto)

Overall changes between 2022 and 2023

Indicators	2022		2023
Electronic cigarette use in the past year	13.7%	↑	16.0%
Electronic cigarette use in the past 30 days	8.2%	↑	11.5%
Moderate to high risk of cannabis use problems among past year cannabis users	64.4%	↓	56.7%
Texting while driving at least once in the past 30 days	18.4%	↑	21.8%

Subgroup differences between 2022 and 2023

There were some significant differences between the 2022 and 2023 estimates among men that were not evident among women, and vice versa. Specifically,

- Among **men**, a significantly **higher** percentage in the 2023 compared to the 2022 survey indicated moderate to serious psychological distress, and **lower** percentages reported symptoms of alcohol dependence, cannabis use during lifetime and in the past year, and moderate to high cannabis use problems in the past three months among total sample and cannabis users.
- Among **women**, significantly **higher** percentages in the 2023 compared to the 2022 survey reported electronic cigarette use in the past year and past 30 days.

Age group and **regional** differences (▲increase /▼decrease) were also observed between 2022 and 2023 for the following substance use and mental health indicators:

- Daily smoking (▲ 18 to 29 years old)
- Moderate to high cannabis use problems (▼30 years or older)
- Moderate to high cannabis use problems among past year cannabis users (▼30 years or older)
- Cannabis use for medical purposes (▼50 to 64 years old, ▼Central East)
- Cocaine use in the past year (▲18 to 29 years old)
- Cocaine use life time (▼40 to 49 years old, ▼Central East)
- Moderate to serious psychological distress (▲50 to 64 years old, ▲Central West)
- Serious psychological distress (▲50 to 64 years old, ▲Central West)
- Antianxiety medication use (▲Central West)
- Antidepressant use (▲50 to 64 years old, ▼ 65 years or older)
- Fair or poor mental health (▼Toronto)
- Frequent physically unhealthy days (▼40 to 49 years old)

Indicators of Substance Use, Mental Health and Well-Being among Ontario Adults: Comparing 2023 to 2013 and 2018, CAMH Monitor[1]

Indicator	10-year period *2023 vs. 2013*	5-year period *2023 vs. 2018*
% drinking alcohol in the past year	↓	—
% drinking daily (total sample)	—	—
% drinking daily (among drinkers)	—	—
% weekly binge drinking (5+ drinks)	↑	↑
% hazardous or harmful drinking (AUDIT 8+)	↑	↑
% reporting symptoms of alcohol dependence	↑	↑
% currently smoking cigarettes	↑	↑
% daily smoking cigarettes	—	↑
% using e-cigarettes in the past year	↑	↑
% using cannabis in the past year	↑	↑
% using cannabis in the past three months	↑	↑
% cannabis use problems in the past three months	↑	↑
% cannabis use for medical purposes in the past year	↑	↑
% use of prescription opioid pain relievers	↑	↑
% moderate-to-serious psychological distress	¶	↑
% fair or poor self-rated mental health	↑	↑
% frequent mental distress days	↑	↑
% prescription for anxiety in the past year	↑	↑
% prescription for depression in the past year	↑	↑
% fair or poor self-rated health	↑	↑
% frequent physically unhealthy days	↑	↑

Note: [1]The arrows indicate higher or lower odds of each indicator in 2023 compared to 10 years (2013) and 5 years (2018) ago, and are based on adjusted regression models accounting for sample size composition differences between years; adjusted models include age, sex, educational status, household income, region of residence and immigration status. ¶ Data not available for 2013, — No statistically significant difference between estimates. Statistically significant difference considered at $p<0.05$.

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The views expressed in this report are those of the authors and do not necessary reflect those of CAMH.

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1. INTRODUCTION

Population surveillance studies inform the development of prevention programs, health and social policies, and estimates of future service or treatment needs at the population level. The *CAMH Monitor* is a population surveillance study that provides a description of changes in the pattern, nature, and social demography of substance use, substance use harms, and mental health concerns.

The capacity of a particular drug to cause harm to users, those close to them, and broader communities depends on several main factors, including (1) how common the use of the drug in the population (what proportion of people use it); (2) the capacity of the drug to cause dependence, and (3) the capacity of the drug to generate negative or deadly consequences (Brands, Sproule, & Marshman, 1998).

The inclusion of screening instruments that assess mental health concerns within population surveillance studies can help to determine the pervasiveness of such concerns and related risk factors (Tsuang & Tohen, 2002). There are strong connections between addiction and mental health concerns and thus the ability to examine the extent to which they co-occur as well as changes over time improves the public health utility of such data.

The *CAMH Monitor* (CM) is a repeated survey of adults aged 18 and older in Ontario. The main purpose of this report is to (1) provide estimates of substance use (tobacco, alcohol, cannabis and other drugs), indicators of health and mental health concerns (self-rated poor health and mental health, psychological distress, and antianxiety and antidepressant medication use), and impaired and distracted driving; (2) assess variations in substance use and mental health concerns by demographic characteristics (sex, age, region); and (3) compare estimates of such behaviours and indicators over time.

The 2019 and earlier cycles of the *CAMH Monitor* are based on telephone interviews among adults aged 18 and older across Ontario. Beginning in 2020, the *CAMH Monitor* became a web survey with the sample derived from a web-panel of Ontario residents aged 18 and older. In the present report, we provide the percentage estimates of substance use and mental health for the latest survey (CM2023) as well as estimates from 1977 to 2023 as available. We also examine changes by comparing the 2022 vs. 2023, 2018 vs.2023, and 2013 vs. 2023 estimates[1] of substance use and related harms, as well as mental health and well-being indicators among Ontario adults.

[1] Adjusted estimates of mental health and other health measures for design changes and sample composition differences.

2. METHOD

2.1 Sampling Designs

This report describes data from 37 repeated cross-sectional surveys conducted during a **47-year period from 1977 to 2023** that targeted the population of noninstitutionalized Ontarians aged 18 and older.[2]

This surveillance program was initiated and supported by the Addiction Research Foundation (ARF) and administered from 1977 through 1998, and maintained by the Centre for Addiction and Mental Health (CAMH) since 1999 (see **Table 2.1.1**).[3] These data—which amalgamate previous monitoring activities, including the *Ontario Adult Drug Use* series (1977–1994) (Adlaf, Ivis, & Smart, 1994), the *Ontario Alcohol and Other Drug Opinion Survey* series (1992–1995) (Ialomiteanu & Bondy, 1997) and the Monitor (1996–2023) – represent the longest and most comprehensive surveillance program of adult drug use in Canada.[4]

2.1.1 Sampling Designs 1977–1995 Series

As presented in **Table 2.1**, the five modified-probability (a stratified, three-stage area sample)[5] periodic surveys conducted between 1977 and 1989 employed face to face interviews (personal-visit) administered by Ian Sone and Associates (1977) and Gallup Canada (1982–1989). Whereas, the surveys conducted annually from 1991 through 1995 employed a **stratified two-stage** random-digit-dialing (RDD) (telephone number followed by household respondent) probability selection of telephone numbers with data collected by means of computer assisted telephone interviewing (CATI). The survey were administered at the CATI facility at York University's Institute for Social Research (ISR).[6]

2.1.2 The *CAMH Monitor* Series 1996–2019

In 1996, the population survey research program at the Addiction Research Foundation was amalgamated with the *Ontario Drug Monitor* (ODM). The major change was a **transition to a continuously administered CATI**. In 1999, the survey questionnaire was expanded to include modules of health and mental health measures to better capture the wider institutional work of CAMH. To more formally recognize this wider scope, the survey was rebranded the *CAMH Monitor* (*CM*).[7]

[2] The target population for all surveys includes noninstitutionalized adults aged 18 and older residing in Ontario; however, the frame population varied from geo-based areas (1977 through 1989) to telephone number elements (1991-2019) and web panel (2020 onwards).

[3] In 1998, the Government of Ontario amalgamated the ARF with three other substance use and mental health organizations, creating what is now *CAMH*, a full affiliate of the University of Toronto and a Pan American Health Organization/ World Health Organization Collaborating Centre.

[4] Each cycle of the *CAMH Monitor* procedures and interviews was approved by the CAMH Research Ethics Board and the CATI instrument and data collection procedures related to ISRs contractual involvement were also approved by the York University REB.

[5] A critical drawback of these early surveys is that although such designs typically yield a sample with "representative" characteristics, these five surveys do not technically qualify for a *full probability* designation because (1) respondents within households were not randomly selected (in all households, the youngest male aged 18 and older was interviewed until the quota was achieved), and (2) quota sampling was employed in rural areas.

[6] ISR, which operates a fully-supervised, centralized CATI facility, was responsible for generating the sampling frame and drawing the sample(s); pretesting and deploying the CATI; developing the sampling weights; and preparing the data and dataset. The *CAMH Monitor* research team was responsible for the overall management and direction of the survey; the interview content, the post-collection data preparation (e.g., creation of derived variables and post strata weight adjustments); the management of cross-cycle process quality; building the multi-year dataset; and all surveillance data analysis and interpretation.

[7] The *CAMH Monitor* is supported by the Ontario Ministry of Health and Long-term Care (MOHLTC) and supplemented by

The *CAMH Monitor* is regionally stratified with equal allocation of respondents within each of the six regional strata (versus proportional allocation employed in earlier cycles (Table 2.1.2). This equal allocation produces disproportional-to-population stratification. As a result, the precision of estimates from areas such as Northern Ontario is improved compared with earlier surveys, although this improvement comes at a cost to more populous regions, whose equally allocated sample size is lessened versus proportional allocation.[8] Also, the potential for pooling or cumulating data across time (i.e., samples) for regional or rare subgroup analyses is greatly enhanced.

Commencing in 2000, the *CAMH Monitor* sampling plan introduced list-assisted sampling, thereby including the possible selection of cell phones (as well as newly connected or listed and unpublished numbers) into the survey population frame.

In 2017, a dual-frame sampling strategy was introduced. Specifically, a parallel subsample of cell-phone numbers was added to the landline sampling frame, resulting in two independent subsamples. The combined *CAMH Monitor* sample size has been expanded now approaching or exceeding 3,000 per year. Between 1996 and 2019, the annual sample size varied from 2,005 to 5,013 respondents. [9]

2.1.3 The *CAMH Monitor* Series 2020–2023

Starting from 2020, the CAMH *Monitor* employed non-probability samples. Although selecting a probability sample (e.g. RDD) has been the standard for decades for making inferences from a sample to a finite population, data collection without a defined sampling frame (i.e. non-probability sampling) is becoming increasingly popular as large amounts of data can be collected faster and with fewer resources relative to most probability-based designs. Online or web panels, which are made up of volunteer participants who receive compensation (in terms of redeemable points) for completing surveys, provide such non-probability samples.

In 2020, 2022 and 2023, the CAMH Monitor utilized the web panel members of Leger Opinion (also referred to as "LEO"), who were invited to participate in the surveys. Leger Opinion is the largest proprietary panel in Canada. Leger Opinion recruits panel members largely through random selection using traditional telephone and cell phone methodologies through LEO's call centre.[10]

The sample for the CM survey was selected based on forward sortation area (FSA, which is based on the first three characters of the postal code) so that respondents could be distributed as evenly as possible across the six regions of Ontario. The counties and FSAs included in each of the six regions, and the number of online surveys by questionnaire panel and region are presented in detail in the CM2023 metadata guide (Nigatu & Hamilton, 2023).

It is important to note that non-probability sampling involves recruiting participants in a non-random fashion such that there might be a potential for selection bias, limiting the generalizability of the study findings. Those who participate in the study may share attributes that may be systematically different from the attributes of those who do not participate. For example, online panel respondents tend to be somewhat more experienced and comfortable in using computer technology. Pre-screened panel respondents who wish to regularly complete surveys may be more committed in providing accurate responses to survey questions which

investigator- and organization-initiated and extramural research activities.

[8] The increased allocation to Northern Ontario has substantive significance seeing as this region has traditionally displayed elevated rates of alcohol-related morbidity and mortality, as well as alcohol-related problem in prior surveys, yet, despite showing higher drinking problems, the Norther sample was insufficient to establish a statistical difference.

[9] Samples can vary widely in size when investigator- or organizational-initiated studies are embedded in the CM.

[10] https://leger360.com/wp-content/uploads/2019/12/Panel-book-LEO-EN.pdf

improves data quality.[11] Although selection bias cannot be completely eliminated when using non-probability sampling, it can be minimized by matching those who complete the survey to the characteristics of the population. To do this, quotas by questionnaire panel were employed so that those who completed the survey approximated the distributions shown in Table 2.1.1.

2.2. Data collection

The 2023 CAMH Monitor was conducted between January 30 and March 29, 2023, approximately 12 months after the 2022 cycle, and utilized the same web panel provider. To reduce the response load or burden while maximizing questionnaire content and flexibility, the CM employed two questionnaire formats (Panel A and Panel B) whereby, within each questionnaire panel, random subsets of respondents were asked various modules of questions, while other respondents were concurrently asked modules of alternative questions. Both questionnaire panels included core items (questions asked among all respondents) and panel items (questions asked among only a single panel (panel subsample) of respondents.

Most of the questions used in the 2023 web panel survey had been used in previous versions of the CAMH Monitor. However, there were three new questions related to recreational cannabis use, past seven days alcohol use and risk harm perception of alcohol use in a week. Overall, the average length of the survey was 13.6 minutes (11.8 minutes for Panel A and 14.5 for Panel B).

As per the AAPOR Task Force (Baker et al. 2013) recommendation, the **"**participation rate," (defined as the number of respondents who have provided a usable response divided by the total number of initial personal invitations requesting participation) for the CM2023 was 14%. While "the completion rate" (defined as the number of respondents who completed the survey divided by the estimated number of eligible respondents (invitation sent-quota full-screened) was 15.3%.

Table 2.1.1 Quotas for survey sample

Variables	Percentages*
Age	
18-29 years of age	17%
30-44 years of age	29%
45-64 years of age	35%
65+ years of age	19%
	100%
Sex	
Male	50%
Female	50%
	100%
Education	
High school or less	20%
Some post-secondary	40%
Completed diploma/degree	40%
	100%
Born in Canada	
Yes	85%
No	15%
	100%

Note: * Rounded percentages

[11] https://www.qualtrics.com/experience-management/research/research-panels-samples/

Table 2.1.2: ARF/CAMH–Ontario Adult Population Survey Program, 1977–2023

Year	Mode of Interview	Survey Organization	Sample Design	Sample (N) Date	RR *deff*	Standard Error Calculation Model	Source
1977 (1)	Face-to-face	Gallup	**Area-based modified-probability design**: The sample design incorporated stratification by six community size groups, based on the most recent census figures: cities of 500,000 populations 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. **Stage 1**: 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. **Stage 2**: 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. **Stage 3**: Within the household, the youngest male, 18 years and over at home at the time of the interview, was interviewed in-person. If there was no male available, or when the male quota was filled, 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. Sampling weights for the 1977 through 1989 surveys employed post-stratified classes according to the sex and age distribution of the most recent census year. Note: the within household quota sampling approach is unable to calculate response rate seeing as the denominator (number of selections) is unknown.	N=1,059 Periodic: June 16-18	NA		(Smart & Goodstadt, 1977)
1982 (2)	Face-to-face	Gallup		N=1,040 Periodic: Feb. 22-28	NA		(Smart & Adlaf, 1982)
1984 (3)	Face-to-face	Gallup		N=1,050 Periodic: Feb. 27-March 3	NA		(Smart & Adlaf, 1984)
1987 (4)	Face-to-face	Gallup		N=1,084 Periodic: Jan. 8-23	NA		(Smart & Adlaf, 1987)
1989 (5)	Face-to-face	Gallup		N=1,101 Periodic: Feb. 11 - March 4	NA		(Adlaf & Smart, 1989)
1991 (6)	Telephone	ISR	**Full-probability landline RDD**: The survey used random-digit-dialing (RDD) techniques through computer assisted telephone interviewing (CATI) methods. The design employed *single-strata, two-stage probability RDD survey* administered during a 2-3 month period. **Stage 1**: From a sampling frame of all active area codes and exchanges in Ontario provided by the ATT Long Lines Tape, a random sample of 10-digit telephone numbers was selected with equal probability. **Stage 2:** Within selected telephone households, one respondent was selected according to the household member with the most recent birthday. A minimum of 12 callbacks were made to each nonresponding household, and all households who refused to participate were re-contacted in order to convert their refusal to participation. Sampling weights were a function of the probability of selecting the telephone number and number of household members.	N=1,047 Periodic: Feb 20-March 18	RR=67% *deff*=1.14	1 SE strata; 1047 SECU; 1046 design df	(Adlaf et al., 1991)
1992 (7)	Telephone	ISR		N=1,058 Periodic: June 14- Aug 20	RR=63% *deff* =1.19	1 SE strata; 1058 SECU; 1057 design df	(Ferris, Templeton, & Wong, 1994)
1993 (8)	Telephone	ISR		N=1,034 Periodic: April 19- May 24	RR=65% *deff* =1.10	1 SE strata; 1034 SECU; 1033 design df	(Bondy, 1994)

1994 (9)	Telephone	ISR		N=2,022 Periodic: March 1- May 5	RR=63% *deff* =1.16	1 SE strata; 2022 SECU; 2021 design df	(Adlaf et al., 1994; Paglia, 1995)
1995 (10)	Telephone	ISR		N=994 Periodic: March 28- May 9	RR=62% *deff* =1.16	1 SE strata; 994 SECU; 993 design df	(Anglin, 1995)
1996 (11)	Telephone	ISR	***Ontario Drug Monitor* (ODM)** **Full-probability monthly landline RDD**: The survey used RDD techniques through CATI methods. The design employed a **rolling monthly** *two-stage probability RDD survey* stratified by six geographical/area-code regions with sample sizes allocated equally (disproportionally). **Stage 1**: From a sampling frame of all active area codes and exchanges in Ontario provided by the ATT Long Lines Tape, within each regional stratum a random sample of telephone numbers was selected with equal probability. **Stage 2**: Within selected telephone households, one respondent was selected according to the most recent birthday of household members. A minimum of 12 call-backs were made to each non-responding household, and all households who refused to participate were re-contacted in order to secure participation**. Twelve monthly samples were cumulated** to provide annual estimates. Sampling weights were a function of the probability of selecting the telephone number and number of household members, regional probabilities and month.	N=2,721 **12m rolling:** April 8 - Jan 8	RR=64%	6 SE strata; 2721 SECU; 2715 design df	(Adlaf, Ivis, Bondy et al., 1997; Adlaf, Ivis, Ialomiteanu, Walsh, & Bondy, 1997)
1997 (12)	Telephone	ISR		N=2,776 12m rolling: Jan 14 - Dec 21	RR=67%	6 SE strata; 2776 SECU; 2770 design df	(Adlaf, Ivis, & Ialomiteanu, 1998; Adlaf, Ivis, Ialomiteanu et al., 1998)
1998 (13)	Telephone	ISR		N=2,509 12m rolling: Jan 21- Dec 20	RR=69%	6 SE strata; 2509 SECU; 2503 design df	(Adlaf, Paglia, & Ialomiteanu, 1999; Adlaf, Paglia, Ivis, & Ialomiteanu, 1999)
1999 (14)	Telephone	ISR		N=2,436 12m rolling: Jan 20- Dec 21	RR=69%	6 SE strata; 2436 SECU; 2430 design df	(Adlaf & Ialomiteanu, 2001a; Adlaf, Ialomiteanu, & Paglia, 2000)
2000 (15)	Telephone	ISR	***CAMH Monitor* (*CM*)** **Full-probability monthly RDD**: The survey used RDD techniques through CATI methods. The design employed a rolling monthly *two-stage probability list-assisted RDD survey stratified by six geographical/area-code regions* with sample sizes allocated equally (disproportionally). A list of 10-digit telephone numbers in Ontario can be constructed from CD-ROM versions of telephone books and the other commercially available lists of telephone numbers. Entries from these sources, as well as telephone numbers between or on either side of listed numbers are included in the sampling frame. Since unlisted numbers, cell phone numbers and newly published numbers are interspersed among published numbers, this strategy provides a superior sample than one based on listed numbers alone. **Stage 1**: Within each of the six regional strata, each month a random sample of telephone numbers was selected with equal probability. **Stage 2**: Within selected telephone households, one respondent age 18 or older who could complete the interview in English was selected by means of the "last birthday" method of	N=2,406 12m rolling: Jan 20- Dec 21	RR=61%	6 SE strata; 2406 SECU; 2400 design df	(Adlaf & Ialomiteanu, 2001b; Adlaf, Ialomiteanu, & Paglia, 2001)
2001 (16)	Telephone	ISR		N= 2,627 12m rolling: Jan 25- Dec 20	RR=61%	6 SE strata; 2627 SECU; 2621 design df	(Adlaf & Ialomiteanu, 2002a, 2002b)
2002 (17)	Telephone	ISR		N= 2,421 12m rolling: Jan 10- Dec 22	RR=58%	6 SE strata; 2421 SECU; 2415 design df	(Ialomiteanu & Adlaf, 2003)
2003 (18)	Telephone	ISR		N= 2,411 12m rolling: Jan 10- Dec 30	RR=58%	6 SE strata; 2411 SECU; 2405 design df	(Ialomiteanu & Adlaf, 2004)

2004 (19)	Telephone	ISR	household members. A minimum of 12 call-backs were placed to unanswered numbers and most households who refused to participate on the first contact were re-contacted in order to secure participation Twelve monthly samples were cumulated to provide annual estimates. Sampling weights were a function of the number of household members, regional probabilities and month. In 2000, the stage one selection was revised to a **list-assisted** RDD selection, with a sampling frame including landline, cell, unlisted and unpublished telephone numbers.	N= 2,611 12m rolling: Jan 03- Dec 30	RR=59%	6 SE strata; 2611 SECU; 2605 design df	(Ialomiteanu & Adlaf, 2005)
2005 (20)	Telephone	ISR		N= 2,445 12m rolling: Jan 10- Dec 22	RR=61%	6 SE strata; 2445 SECU; 2439 design df	(Adlaf, Ialomiteanu, & Rehm, 2008; Ialomiteanu & Adlaf, 2006)
2006 (21)	Telephone	ISR		N= 2,016 12m rolling: Jan 03- Dec 30	RR=61%	6 SE strata; 2016 SECU; 2010 design df	(Ialomiteanu & Adlaf, 2007)
2007 (22)	Telephone	ISR		N= 2,005 12m rolling: Jan 02- Dec 30	RR=53%	6 SE strata; 2005 SECU; 1999 design df	(Ialomiteanu & Adlaf, 2008; Ialomiteanu, Adlaf, Mann, & Rehm, 2009)
2008 (23)	Telephone	ISR		N= 2,024 12m rolling: Jan 05- Dec 28	RR=55%	6 SE strata; 2024 SECU; 2018 design df	(Ialomiteanu & Adlaf, 2009)
2009 (24)	Telephone	ISR	In 2006, the target sample was reduced to 2,000 completions. In 2009, all selected numbers received advance letter.	N=2,037 12m rolling: Jan 2- Dec 30	RR=57%	6 SE strata; 2037 SECU 2031 design df	(Ialomiteanu & Adlaf, 2010; Ialomiteanu, Adlaf, Mann, & Rehm, 2011)
2010 (25)	Telephone	ISR	In 2010, the target sample was increased to 3,000 completions	N=3,030 12m rolling: Jan 2- Dec 28	RR=51%	6 SE strata; 3030 SECU 3024 design df	(Ialomiteanu & Adlaf, 2011)
2011 (26)	Telephone	ISR	In 2011, the sampling revised to 4 quarterly (from 12 monthly) samples.	N=3039 **4Q rolling:** Jan 4–Dec 20	RR=51%	6 SE strata; 3039 SECU 3033 design df	(Ialomiteanu & Adlaf, 2012; Ialomiteanu, Adlaf, Hamilton, & Mann, 2012)
2012 (27)	Telephone	ISR		N=3030 **4Q rolling:** Jan 3–Dec 28	RR=51%	6 SE strata; 3030 SECU 3024 design df	(Ialomiteanu & Adlaf, 2013)
2013 (28)	Telephone	ISR		N=3021 **4Q rolling:** Jan 2–Dec 20	RR=48%	6 SE strata; 3021 SECU 3015 design df	(Ialomiteanu & Adlaf, 2013; Ialomiteanu, Adlaf, Hamilton, & Mann, 2014)
2014 (29)	Telephone	ISR		N=3043 Jan 02–Dec 17	RR=45%	6 SE strata; 3043 SECU 3037 design df	(Ialomiteanu & Adlaf, 2015)

2015 (30)	Mixed Mode Telephone + Online pilot	ISR		N=5013 Jan 05–Dec 23	RR=41% CR=46%	6 SE strata; 5013 SECU 5007 design df	(Ialomiteanu, Adlaf, & Mann, 2016; Ialomiteanu, Hamilton, Adlaf, & Mann, 2016)
2016 (31)	Telephone (landline +cell pilot in Toronto)	ISR		N=3042 Jan 04–Dec 06	CR=46% RR=38%	6 SE strata; 3042 SECU 3036 design df	(Ialomiteanu, Adlaf, & Mann, 2017)
2017 (32)	Telephone Dual-Frame (landline+cell)	ISR	A dual-**frame** RDD sampling frame was introduced culminating in two parallel samples: (1) a **list-assisted** RDD sampling frame (90% of the sample) and (2) a cell-**phone** RDD sampling frame (10% of the sample). In 2017, the target sample was reduced to 2,800 completions; both panels conducted January through December.	N=2812 Jan 02–Dec 18	CR=46% RR=35%	6 SE strata; 2812 SECU 2806 design df	(Ialomiteanu, Adlaf, & Mann, 2018; Ialomiteanu, Hamilton, Adlaf, & Mann, 2018)
2018 (33)	Telephone Dual-Frame (landline+cell)	ISR	The dual-**frame** RDD sampling frame was amended so that the **cell-phone** RDD sampling frame was increased to 20% of the sample; both panels conducted concurrently January through December.	N=2806 Jan 02–Dec 18	CR=39% RR=30%	6 SE strata; 2806 SECU 2800 design df	(Ialomiteanu, Hamilton, & Mann, 2019)
2019 (34)	Telephone Dual-Frame (landline+cell)	ISR	The **dual-frame** RDD sampling frame was amended so that the **cell-phone** RDD sampling frame was increased to 33% of the sample; both panels conducted concurrently January through December.	N=2827 Jan 02–Dec 19	CR=37% RR=28%	6 SE strata; 2827 SECU 2821 design df	(Ialomiteanu, Elton-Marshall, Mann, & Hamilton, 2020)
2020 (35)	Telephone Dual-Frame (landline+cell) Web survey (Quota sampling)	ISR ISR	The province-wide **dual-frame** RDD sampling frame, only panel B were conducted January through March (i.e. cycle 1) due to COVID-19 restrictions. Both panels were conducted from September to December (Panel A=1019, Panel B=2014)	N=324 Jan-Mar N=3,033 Sept –Dec 2020	 CR=15.5%		(Nigatu, Elton-Marshall, Ialomiteanu, Mann & Hamilton, 2021; Mercier & McCague, 2021)
2022 (36)	Web survey (Quota sampling)	ISR	Both panels were conducted from January to February 2022 (Panel A=1000, Panel B=2000). There was no data collection in 2021.	N=3005 Jan –Feb 2022	CR=14.8%		(Nigatu, Elton-Marshall & Hamilton, 2022; Mercier & McCague, 2022)
2023 (37)	Web survey (Quota sampling)	ISR	Both panels were conducted from about January to June 2023 (Panel A=1000, Panel B=2000)	N=3007 Jan –Mar 2023	CR=15.3%		(Nigatu & Hamilton, 2023; Mercier & McCague, 2023)

Notes: **ARF**, Addiction Research Foundation; **ISR**= Institute for Social Research, York University, **RR** = unweighted unit response rate; **CR** = cooperation rate (completion rate for web panels); ***deff*** = average design effect; **SE** = standard error; **SECU**=Standard Error Calculation Unit).

2.3. Data Weighting

For many good reasons, most notably the control of precision, most sample surveys do not select respondents at a probability matching their representation in the population. Consequently, such data require sample or case weights attached to each respondent to ensure that their share of the sample equals their share of the population. The detailed description of the weights is available in the technical documents (Nigatu, Elton-Marshall, & Hamilton, 2021; Nigatu, Elton-Marshall, & Hamilton, 2022; Nigatu & Hamilton, 2023).

As in previous cycles, the final weights are the product of the household weights, region weights, and the age/gender weights. In this manner, the final weights take account of regional population size, age and gender population compositions. However, weights did not include adjustments for household size because individuals were approached directly (considered as 1). In addition, surveys typically apply post-strata population adjustments to the base weight based on census information, to account for differential response rates by gender and age. Using the 2021 Census (Ontarians aged 18 and older), the post stratification adjustment was based on eight post-strata representing the cross classification of four age groups (18–24, 25–44, 45–64, 65+) by sex (men, women). The use of the final weights assist in making the results more representative of the population with respect to these demographic characteristics. The final weight *samprhhagwgtall* sums to the sample (3,007) and *poprhhagwgtall* sums to the population (11,492,915).

Data users have the option of using one of two analysis or case weights — a **population-scaled (or expansion) weight** (**XWGHTWP**)[12] scaled to sum to the total population size (11,492,915 Ontarians aged 18 and over), or a **sample-scaled** (equivalently known as relative or normalized) **weight** (**FWGHTWP**) scaled to sum to the number of interviewed respondents. Both weights are a function of the inclusion probability and a post-stratification adjustment, and because both are rescaled versions of one another, both will provide identical point estimates (within rounding error), but will produce different sum of weights (sample sizes). Although both expansion and relative weights are provided on the dataset, most complex sampling software requires only the expansion population weights for analysis (Heeringa, West & Berglund, 2010). We recommend using weights for all descriptive analyses making inference to the Ontario adult population.

2.4. Sample evaluation and characteristics of the CM2023 web sample

Although the CM2023 employed a non-probability sample, which may induce selection bias, it can still be minimized by matching those who complete the survey to the characteristics of the population. Table 2.1.3 shows the weighted distribution (including post-stratification adjustments) of the CM2023 web sample compared to the 2021 Census. Additional demographic comparisons were available for marital status and region. There were significant differences between the 2021 Census and CM2023 figures only for marital status (data were available only for adults aged 20 and older) (Table 2.1.3).

[12] In this document dataset variable names are presented in caps; variable names in the Stata dataset are lowercase.

Table 2.1.3 Selected Demographic Characteristics: Post-adjusted Weighted CM2023 versus 2021 Census Figures, Ontario Population, Aged 18 and Older (or 20 and older)

	CM2023 Unweighted (3,007)	CM2023[a] (*n*=3,007) (postadjusted)			2021 Ontario Census (N=11,492,915)
SEX					
Men	**45.2**	(46.5	**48.4**	50.4)	48.0
Women	**54.8**	(49.6	**51.6**	50.4)	52.0
AGE					
18–24	**5.8**	(7.6	**9.0**	10.6)	10.6
25–44	**34.1**	(31.7	**33.5**	35.3)	33.0
45–64	**36.7**	(31.3	**33.0**	34.8)	33.4
65+	**23.4**	(22.9	**24.5**	26.3)	23.0
REGION					
Toronto	**16.8**	(20.9	**21.3**	21.8)	21.1
Rest of Ontario	**83.2**	(78.2	**78.7**	79.1)	78.9
MARITAL STATUS (respondents aged 20 and older)					
Never married	**23.6**	(24.2	**26.0**	27.9)	24.3
Married/Living as married	**62.4**	(58.0	**60.0**	62.0)	60.6
Widowed/Separated/ Divorced	**14.0**	(12.7	**14.0**	15.4)	15.1

Notes: [a] CM data refer to: lower limit of 95% confidence interval, percentage estimate, and upper limit of 95% confidence interval; * indicates census figure is outside the bounds of the CM confidence interval.
Source: Statistics Canada. [On-line]. Available: http://www12.statcan.ca/english/census/index.cfm.

Methodology

The CM2023 survey is the 27th cycle and was conducted using an online web panel. The CM2023 survey utilized a quota-sampling approach by targeting respondents with particular demographic characteristics, and used post-stratification adjustments (weights) to compensate for noncoverage and nonresponse. In total, **3,007 Ontario adults** aged 18 and older completed the survey in English (Panel A=**1,001**; Panel B=**2,006**) between January 29 and March 29, 2023.

The sample data are weighted based on regional population size, and age and gender population compositions from the 2021 Census. Weights for the CM2023 survey did not include adjustments for household size because individuals were approached directly. The use of the final weights assist in making the results more representative of the population with respect to these demographic characteristics.

The CM2023 was administered by the Institute for Social Research at York University using a Leger Opinion web panel.

Please visit the CAMH Monitor webpage for reports and FAQs:

www.camh.ca/camh-monitor

2.5. Analyses and reporting

Our analyses offers several features:

- The 2023 CAMH Monitor was conducted approximately 12 months after the 2022 cycle and utilized the same web panel provider. As such, there was heightened possibility of having some respondents complete the survey in both 2020 and 2022, and 2022 and 2023 especially in certain regions. During analyses, respondents who participated in both surveys were excluded by using the *SUBPOP* command in Stata 16 software (StataCorp, 2019).

- One unique feature of complex survey analysis is the **estimation among subpopulations** (e.g., harmful drinking among drinkers or drinking men; driving while intoxicated among drivers). When such analyses are implemented by simply omitting observations outside the subpopulation (as is done with the use of conditional selection methods (e.g., *select if drinker*)) the software does not retain access to the full sampling error codes needed to properly compute degrees of freedom and variances, thereby resulting in understated variances and overstated inferences.[13] In this report, all subgroup analyses employ **unconditional subclass analysis** by specifying a *SUBPOP* option in Stata 16 ensuring the correct identification of design codes of the sampling structure.[14] All analyses are based on sample members who provided responses to *all* analysis variables (i.e., listwise deletion).

- In the present report, coefficients of variation (CV) were used to evaluate the untrustworthy estimates, and estimates that may have a disclosure risk. CV values less than or equal to 16.5 indicate the estimate is trustworthy and reportable. The CV values from 16.6 to 33.2 indicate the estimate is reportable, but has moderate sampling variability and should be interpreted with caution. CV values of greater than or equal to 33.3 indicate the estimate is untrustworthy and is therefore suppressed (not reported).

- In order to evaluate cross-time change in the target population by contrasting the adjusted estimates[15] of 2018 and 2013 with 2023 estimates, all estimates were adjusted for age, sex, education, region, household income and immigration status using logistic regression modelling in Stata 16, based on the *svy: logit* command[16].

- Odds ratio (OR) obtained from logit models reflect the odds of reporting the use of substances or experiencing mental health issues in 2023 compared to 10 years ago (2013) and five years ago (2018).

[13] This underestimation occurs because a conditional IF restriction removes all cases not satisfying the logical statement, *including their PSU and stratum codes*. Consequently, the correct denominator for the number of PSUs and strata for the full design, which are components of the calculation of the degrees of freedom and variances, are understated. The SUBPOP () option is especially critical for thinly sampled subpopulations.

[14] Such a procedure rather than removing respondents, assigns a weight of zero to all cases outside the subclass and retains the original weight for subclass cases thereby retaining the relevant design codes necessary for estimation (Heeringa et al., 2010; Korn & Graubard, 1999).

[15] We apply a logit transformation meaning that as percentage estimates near 0 or 100, CIs will not subceed 0 nor exceed 100.

[16] The Stata *sampling error calculation model* used for this analysis was as follows: *svyset IDNUM [pweight = FWGHTWP], strata (REGION*), where IDNUM represents respondents (the PSU codes); FWGHTWP represents the final normalized (or "sample-scaled") weight factor, whereas XWGHTWP represents the expansion "population-scaled" weights used to calculate population count estimates); and REGION represents the six area code based regions (stratum codes).

3. ALCOHOL

3.1. Alcohol Use

Past year drinking refers to the consumption of alcohol at least once during the 12 months prior to the survey.

The estimated percentage of adults who have used alcohol in the 12 months before the survey is **78.3%** (95% CI: 76.5% to 80.1%).

About 14% did not drink alcohol during the past 12 months (i.e., former drinkers) and 8% had never consumed alcohol in their lifetime (i.e., lifetime abstainers) (Figure 3.1.1).

There were no statistically significant difference in percentages reporting past year alcohol use by sex, age group or region (Figure 3.1.3).

Frequency of Drinking

Among past year drinkers, about 22% reported drinking less than once a month.

One-in-six drinkers (17.2%) drank two to three times a month.

One-in-five drinkers drank two to three times a week (20.6%), and about one in 10 (10.3%) drank on a daily basis (Figure 3.1.2).

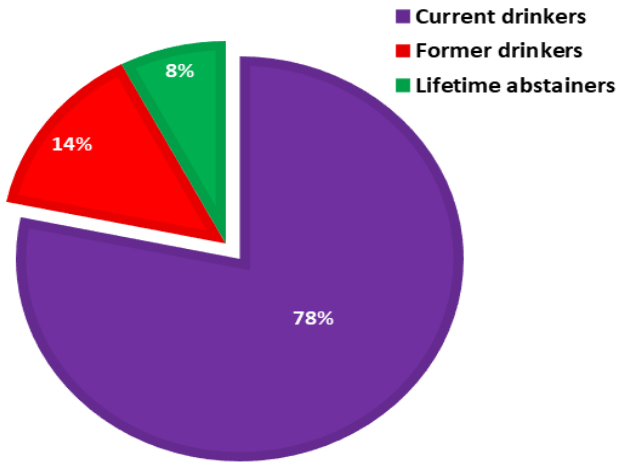
Trends

1977–2023…… Fig. 3.1.4, Tables 3.1.2a-b

2022–2023

The percentage reporting past year drinking did not change significantly between 2022 and 2023 (80.4% vs. 78.3%, respectively). Similarly, the percentages remained stable among men, women, age subgroups, and regions (Figure 3.1.3).

Figure 3.1.1 Drinking Status, Adults Aged 18+, 2023 (N=2590)



2013-2023

Between 2013 and 2023, the percentages reporting past year drinking varied from 78.1% in 2018 to 81.2% in 2014. After adjusting for sample characteristics including sex, age, education, household income, region and immigration status, the odds of reporting past year drinking was lower in 2023 compared to 2013. In the past five years, the percentages reporting past year drinking in 2018 and 2023 were 78.1% and 78.3%, respectively. The odds of past year drinking was not significantly different after adjusting for sample characteristics (Table 3.1.1).

When examining subgroups separately, the adjusted odds of past year drinking decreased significantly between 2013 and 2023 among men, those 18-29 and 40-49 years old, and those residing in the Central West and North regions.

Compared to 2018, the adjusted odds of past year drinking were also lower in 2023 for men and those 18-29 years old, whereas the odds were higher for those aged 65 or older. There was no

significant difference in the odds of past year drinking among women between 2023 and 2018, or between 2023 and 2013 (Table 3.1.1).

Figure 3.1.2 Frequency of Drinking Among Past Year Drinkers, Aged 18+, 2023

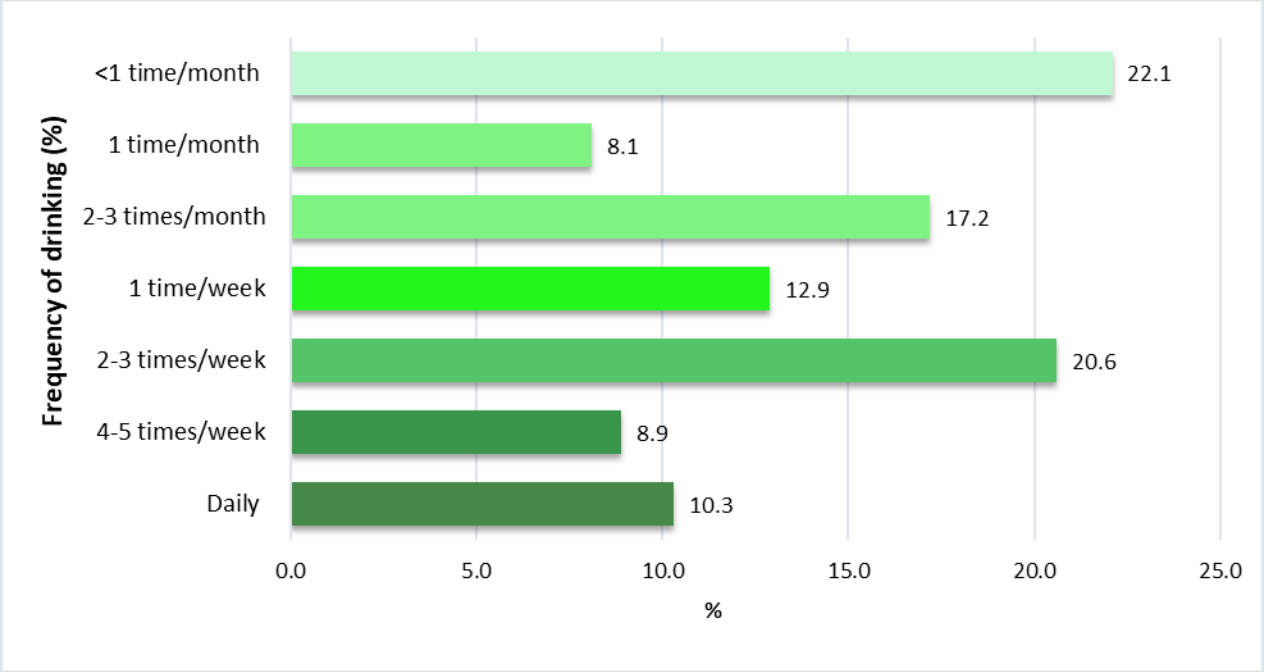
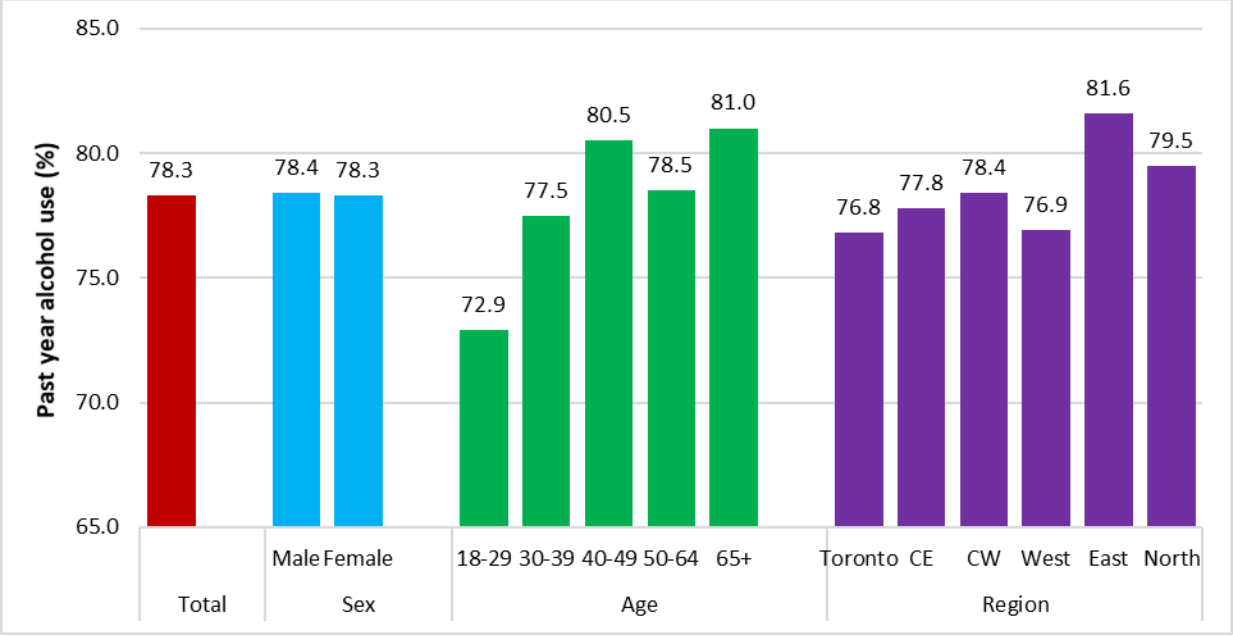


Figure 3.1.3 Past Year Alcohol Use by Sex, Age and Region, Aged 18+, 2023 (N=2590)



Note: Note: CE: Central East; CW: Central West

Table 3.1.1: Changes in Past Year Alcohol Use Between 2013 and 2023 Among Sex, Age and Regional Subgroups

Variables		2023 vs. 2013				2023 vs. 2018			
		OR	95%CI		Sig.	OR	95%CI		Sig.
Total		0.79	0.67	0.93	*	0.87	0.73	1.03	
Sex	Men	0.61	0.46	0.81	*	0.74	0.57	0.97	*
	Women	0.94	0.77	1.15		0.98	0.78	1.24	
Age	18 to 29	0.38	0.22	0.66	*	0.49	0.30	0.81	*
	30 to 39	0.78	0.50	1.20		0.76	0.46	1.27	
	40 to 49	0.65	0.45	0.94	*	0.81	0.52	1.26	
	50 to 64	0.86	0.65	1.13		0.95	0.69	1.31	
	65+	1.31	0.98	1.76		1.44	1.08	1.93	*
Region	Toronto	0.79	0.55	1.14		0.69	0.47	1.00	
	Central East	1.04	0.71	1.51		1.12	0.75	1.68	
	Central West	0.57	0.39	0.83	*	0.82	0.54	1.22	
	West	0.74	0.50	1.08		0.85	0.58	1.25	
	East	0.78	0.53	1.16		0.87	0.57	1.33	
	North	0.66	0.45	0.96	*	0.89	0.60	1.31	

OR: adjusted odds ratio for age, sex, educational status, household income, region of residence and immigration status. * Statistically significant (Sig.) difference at $p<0.05$.

Table 3.1.2a: Percentage ***Drinking Alcohol*** in the Past 12 Months, by Demographic Characteristics, Aged 18+, 1977–2003

	1977	1982	1984	1987	1989	1991	1992	1993	1994	1995	1996	1997	1998	1999	2000	2001	2002	2003
(N=)	(1059)	(1040)	(1051)	(1084)	(1101)	(1047)	(1058)	(941)	(2022)	(994)	(2721)	(2776)	(2509)	(2436)	(2406)	(2627)	(2421)	(2411)
Total	**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**
(95%CI)¶	(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)
Sex																		
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**
	(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)
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**
	(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)
Age																		
18 - 29	**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**
	(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)
30 - 39	**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**
	(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)
40 - 49	**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**
	(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, 84.78	(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)
50 - 64	**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**
	(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)
65+	**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**
	(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)
Region																		
Toronto	—	—	—	—	—	—	—	—	—	—	**74.1**	**74.2**	**74.1**	**71.9**	**69.7**	**78.8**	**75.1**	**78.4**
											(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)
C-East	—	—	—	—	—	—	—	—	—	—	**81.7**	**80.0**	**79.4**	**84.6**	**80.8**	**79.3**	**82.2**	**84.3**
											(77.6, 85.3)	(75.6, 83.8)	(74.6, 83.5)	(80.5, 87.9)	(76.4, 84.5)	(74.8, 83.3)	(77.7, 85.9)	(80.0, 87.8)
C-West	—	—	—	—	—	—	—	—	—	—	**81.7**	**83.8**	**77.5**	**79.7**	**74.6**	**80.3**	**77.4**	**81.1**
											(77.4, 85.3)	(79.8, 87.2)	(72.6, 81.8)	(75.1, 83.6)	(69.5, 79.1)	(75.4, 84.5)	(72.4, 81.7)	(76.6, 85.0)
West	—	—	—	—	—	—	—	—	—	—	**78.0**	**81.1**	**76.7**	**79.0**	**81.6**	**77.9**	**83.6**	**80.1**
											(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)
East	—	—	—	—	—	—	—	—	—	—	**81.1**	**81.2**	**79.5**	**81.7**	**80.8**	**81.4**	**83.3**	**78.2**
											(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)
North	—	—	—	—	—	—	—	—	—	—	**82.0**	**81.1**	**74.8**	**81.2**	**83.2**	**79.7**	**77.7**	**79.5**
											(78.1, 85.4)	(77.0, 84.5)	(69.9, 79.2)	(76.7, 84.9)	(79.1, 86.7)	(76.0, 83.0)	(73.1, 81.7)	(74.9, 83.5)

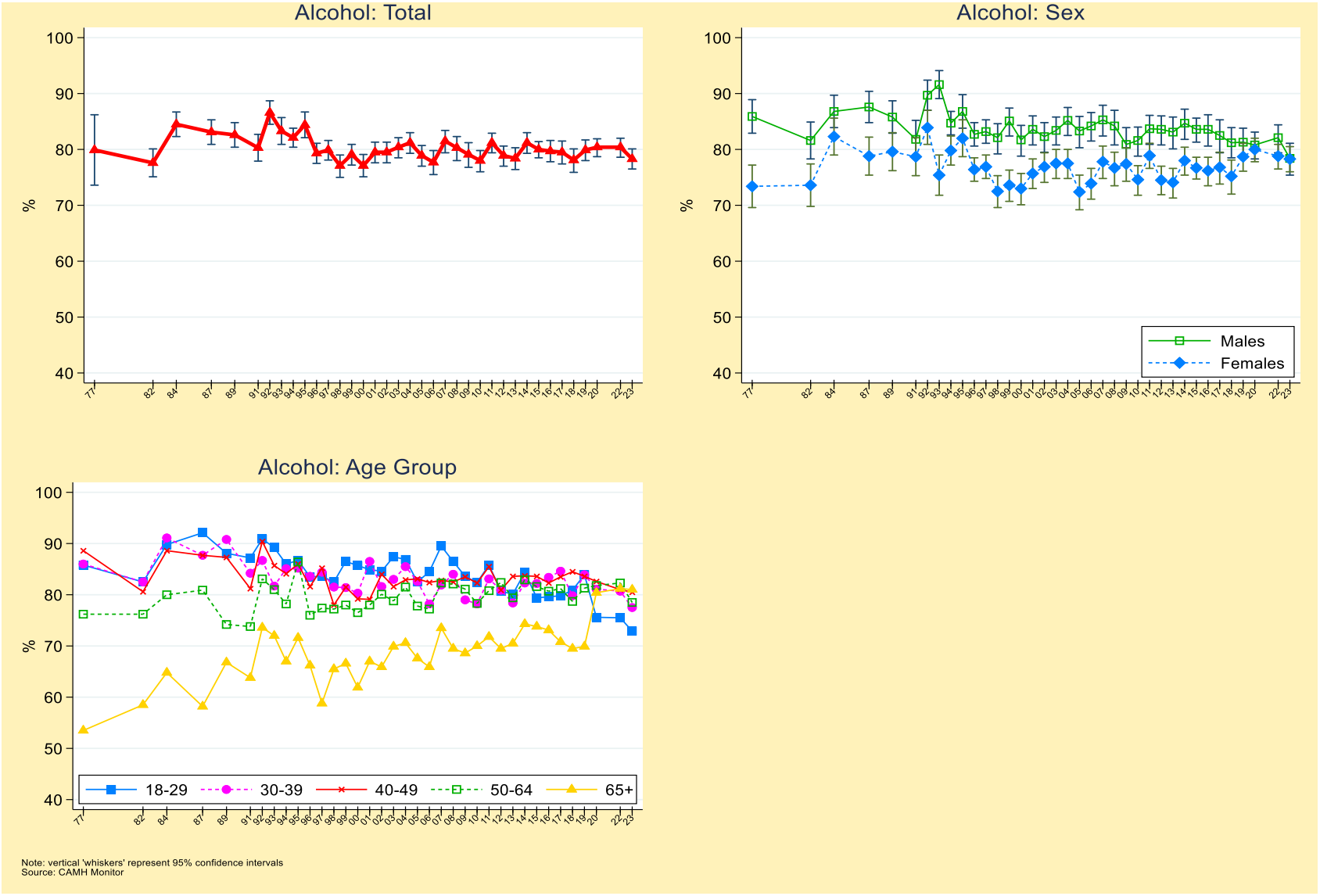
Notes: ¶ 95% confidence interval; — data not available; regional data not available;
Q: *During the past 12 months, have you had a drink of any alcoholic beverage?*
Source: The *CAMH Monitor*, Centre for Addiction and Mental Health

Table 3.1.2b: Percentage ***Drinking Alcohol*** in the Past 12 Months, by Demographic Characteristics, Aged 18+, 2004–2023

	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2022	2023
(N=)	(2611)	(2445)	(2016)	(2005)	(2024)	(2037)	(3030)	(3039)	(3030)	(3021)	(3043)	(5013)	(3042)	(2812)	(2806)	(2827)	(3033)	(2650)	(2590)
Total	**81.2**	**78.9**	**77.7**	**81.5**	**80.3**	**79.1**	**78.0**	**81.2**	**78.9**	**78.4**	**81.2**	**80.0**	**79.7**	**79.5**	**78.1**	**79.9**	**80.4**	**80.4**	**78.3**
aa(95%CI)[¶]	(79.3, 83.0)	(77.0, 80.7)	(75.5,79.8)	(79.4,83.4)	(78.0, 82.3)	(76.8, 81.2)	(76.0, 79.8)	(79.4, 82.9)	(77.0, 80.6)	(76.4, 80.3)	(79.3, 83.0)	(78.5, 81.4)	(77.8, 81.6)	(77.4, 81.5)	(75.9, 80.1)	(78.0, 81.7)	(78.7, 81.9)	(78.6, 82.0)	(76.5, 80.1)
Sex																			
Men	**85.2**	**83.3**	**84.2**	**85.3**	**84.2**	**80.9**	**81.6**	**83.7**	**83.6**	**83.1**	**84.7**	**83.5**	**83.6**	**82.5**	**81.2**	**81.3**	**80.8**	**82.1**	**78.4**
	(82.5, 87.5)	(80.3, 85.9)	(81.5, 86.6)	(82.4,87.9)	(80.8, 87.0)	(77.5, 83.9)	(78.8, 84.0)	(80.9, 86.1)	(80.8, 86.0)	(80.1, 85.8)	(81.8, 87.2)	(81.3, 85.6)	(80.6, 86.2)	(79.4, 85.3)	(78.5, 83.8)	(82.6, 83.7)	(78.3, 83.1)	(79.4, 84.4)	(75.4, 81.1)
Women	**77.5**	**72.4**	**73.9**	**77.8**	**76.7**	**77.4**	**74.6**	**78.9**	**74.5**	**74.1**	**78.0**	**76.7**	**76.2**	**76.8**	**75.2**	**78.7**	**80.0**	**78.8**	**78.3**
	(74.8, 80.0)	(69.2,75.4)	(71.1,76.6)	(74.8,80.6)	(73.5,79.5)	(74.3, 80.3)	(71.8, 77.1)	(76.6, 81.1)	(71.9, 77.0)	(71.3, 76.6)	(75.4, 80.4)	(74.7, 78.6)	(73.5, 78.6)	(73.8, 79.5)	(72.0, 78.1)	(76.1, 81.1)	(77.8, 82.0)	(76.5, 80.9)	(76.0, 80.5)
Age																			
18 - 29	**86.9**	**82.5**	**84.5**	**89.5**	**86.5**	**83.6**	**82.4**	**85.8**	**80.7**	**80.1**	**84.4**	**79.4**	**79.6**	**79.8**	**80.9**	**83.9**	**75.6**	**75.5**	**72.9**
	(82.3, 90.4)	(77.4, 86.7)	(78.6,89.1)	(83.8,93.3)	(79.6, 91.4)	(76.6, 88.8)	(76.6, 87.0)	(80.1, 90.0)	(73.8, 86.1)	(72.3, 86.1)	(77.6, 89.3)	(74.5, 83.6)	(73.2, 84.8)	(73.4, 85.1)	(75.1, 85.7)	(79.4, 87.6)	(70.7, 80.0)	(70.2, 80.1)	(66.7, 78.4)
30 - 39	**85.5**	**82.6**	**78.2**	**81.9**	**84.0**	**79.0**	**78.2**	**83.1**	**80.9**	**78.4**	**82.3**	**82.2**	**83.4**	**84.6**	**79.8**	**83.9**	**81.1**	**80.7**	**77.5**
	(81.1, 89.0)	(78.2, 86.3)	(72.8,82.8)	(76.4,86.3)	(78.0, 88.6)	(72.8, 84.1)	(72.9, 82.7)	(78.3, 87.0)	(75.9, 85.0)	(72.3, 83.4)	(76.5, 86.9)	(77.6, 86.0)	(77.1, 88.3)	(78.0, 89.5)	(72.3, 85.6)	(78.4, 88.1)	(77.5, 84.2)	(76.7, 84.1)	73.3, 81.3)
40 - 49	**82.9**	**83.1**	**82.4**	**82.8**	**82.5**	**83.5**	**82.3**	**85.5**	**80.9**	**83.6**	**83.7**	**83.6**	**82.3**	**83.5**	**84.5**	**83.6**	**82.6**	**81.0**	**80.5**
	(78.8, 86.4)	(79.3, 86.3)	(77.7,86.3)	(78.0,86.7)	(77.6, 86.5)	(78.8, 87.3)	(78.4, 85.7)	(81.6, 88.6)	(76.5, 84.6)	(79.6, 87.0)	(79.3, 87.3)	(80.3, 86.5)	(77.3, 86.5)	(78.0, 87.8)	(79.4, 88.5)	(77.9, 88.1)	(78.8, 85.8)	(76.8, 84.6)	(76.3, 84.1)
50 - 64	**81.5**	**77.8**	**77.2**	**82.3**	**82.1**	**81.1**	**78.3**	**80.8**	**82.4**	**79.4**	**82.9**	**81.6**	**80.7**	**81.2**	**78.7**	**81.3**	**81.8**	**82.3**	**78.5**
	(77.8, 84.7)	(73.7, 81.5)	(72.8, 80.9)	(78.2,85.7)	(78.1, 85.5)	(77.0, 84.7)	(75.1, 81.3)	(77.6, 83.7)	(79.3, 85.1)	(76.3, 82.2)	(79.8, 85.7)	(79.3, 83.7)	(77.8, 83.3)	(77.3, 84.5)	(74.3, 82.5)	(77.4, 84.7)	(78.7, 84.5)	(79.2, 85.0)	(75.2, 81.6)
65+	**70.6**	**67.6**	**65.9**	**73.5**	**69.5**	**68.6**	**70.0**	**71.8**	**69.5**	**70.5**	**74.3**	**73.8**	**73.1**	**70.8**	**69.5**	**69.9**	**80.4**	**81.2**	**81.0**
	(65.6, 75.2)	(62.3, 72.5)	(60.4, 71.0)	(68.5,77.9)	(64.4, 74.2)	(63.6, 73.3)	(66.0, 73.8)	(68.1, 75.2)	(65.9, 72.9)	(67.0, 73.8)	(71.1, 77.2)	(71.2, 76.2)	(70.0, 76.1)	(67.5, 74.0)	(66.0, 72.8)	(66.6, 73.0)	(76.8, 83.6)	(77.7, 84.3)	(77.2, 84.3)
Region																			
Toronto	**76.0**	**73.9**	**76.4**	**73.6**	**76.0**	**77.6**	**72.3**	**75.4**	**72.3**	**72.4**	**77.9**	**76.6**	**78.8**	**78.5**	**78.5**	**78.1**	**79.5**	**79.9**	**76.8**
	(70.9, 80.5)	(68.9, 78.4)	(70.8,81.2)	(67.8,78.7)	(70.4,80.9)	(71.7, 82.7)	(67.3, 76.7)	(70.5, 79.7)	(67.3, 76.9)	(66.9, 77.2)	(73.3, 82.0)	(72.7, 80.1)	(73.9, 83.0)	(73.5, 82.8)	(74.0, 82.5)	(73.8, 81.9)	(75.5, 82.9)	(75.8, 83.5)	(72.4, 80.7)
C-East	**86.8**	**83.3**	**77.4**	**83.6**	**76.0**	**76.2**	**75.9**	**82.5**	**78.3**	**75.9**	**78.7**	**80.4**	**77.7**	**79.1**	**75.8**	**81.5**	**81.7**	**79.7**	**77.8**
	(82.9, 89.9)	(79.3, 86.7)	(71.9, 82.1)	(78.7, 87.5)	(70.5, 80.8)	(70.8, 80.9)	(71.3, 79.9)	(78.4, 85.9)	(73.8, 82.2)	(71.1, 80.1)	(73.9, 82.8)	(77.1, 83.4)	(72.7, 82.1)	(73.9, 83.5)	(70.2, 80.7)	(77.1, 85.2)	(77.9, 84.9)	(75.6, 83.2)	(73.4, 81.7)
C-West	**80.4**	**76.2**	**78.7**	**81.8**	**84.4**	**81.1**	**81.7**	**83.3**	**81.8**	**83.1**	**85.8**	**80.9**	**81.5**	**79.4**	**77.6**	**79.1**	**78.9**	**81.8**	**78.4**
	(75.8, 84.4)	(71.2, 80.6)	(73.6, 83.1)	(76.7, 86.0)	(78.9,88.6)	(75.9, 85.4)	(77.6, 85.1)	(79.3, 86.7)	(77.4, 85.5)	(79.1, 86.6)	(82.3, 88.7)	(77.4, 83.9)	(77.3, 85.1)	(77.1, 83.8)	(72.1, 82.3)	(74.4, 83.1)	(74.9, 82.5)	(78.1, 85.0)	(74.1, 82.2)
West	**83.3**	**79.0**	**82.3**	**84.3**	**82.7**	**78.2**	**80.6**	**83.4**	**82.1**	**78.0**	**82.5**	**81.0**	**79.4**	**79.7**	**75.8**	**77.3**	**83.8**	**77.9**	**76.9**
	(79.2, 86.7)	(74.5, 82.9)	(77.8,86.0)	(79.7,88.0)	(78.1,86.5)	(73.1, 82.6)	(76.2, 84.4)	(79.7, 86.5)	(78.3, 85.3)	(73.4, 82.0)	(78.0, 86.2)	(77.7, 83.8)	(75.0, 83.1)	(75.1, 83.6)	(70.6, 80.3)	(72.4, 81.5)	(80.1, 87.0)	(73.5, 81.7)	(72.4, 80.9)
East	**82.6**	**81.6**	**76.0**	**85.6**	**86.3**	**85.6**	**80.0**	**82.4**	**83.5**	**83.7**	**83.1**	**80.1**	**82.0**	**80.9**	**83.1**	**84.0**	**81.8**	**80.6**	**81.6**
	(78.4, 86.2)	(77.1, 85.4)	(70.5, 80.8)	(81.5,89.0)	(81.9,89.7)	(81.4, 89.1)	(75.8, 83.7)	(78.3, 85.8)	(79.8, 86.7)	(79.6, 87.2)	(79.0, 86.6)	(76.6, 83.2)	(77.6, 85.7)	(75.9, 85.1)	(78.7, 86.8)	(80.0, 87.4)	(78.2, 84.9)	(76.4, 84.2)	(77.4, 85.2)
North	**81.1**	**82.2**	**74.6**	**84.5**	**82.9**	**78.5**	**84.2**	**82.2**	**77.3**	**82.9**	**82.5**	**85.5**	**81.3**	**81.8**	**78.1**	**81.0**	**76.9**	**81.8**	**79.5**
	(77.6, 84.2)	(78.0, 85.8)	(69.0, 79.5)	(80.1, 88.0)	(78.4, 86.6)	(73.3, 82.8)	(80.5, 87.3)	(78.4, 85.5)	(72.9, 81.2)	(78.9, 86.2)	(78.2, 86.0)	(82.7, 87.9)	(77.3, 84.8)	(77.7, 85.3)	(73.4, 82.2)	(76.7, 84.6)	(72.8, 80.6)	(76.9, 85.9)	(74.9, 83.4)

Notes: (1) [¶]95% confidence interval; the sampling and data collection method were changed in 2020 from telephone interview to web survey.
(2) [a] Significant change between last two estimates (2022 vs.2023), p<0.05.
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 3.1.4 Past Year Alcohol Use, Aged 18+, 1977–2023



3.2. Daily Drinking

Drinking alcohol on a daily basis is an indicator of a regular pattern of drinking.

The estimated percentage reporting daily drinking was 8.0% (95% CI: 7.0% to 9.3%).

Overall, men were more likely to drink daily than women (10.2% vs. 6.1%, respectively). Similarly, among those who drink, men were more likely to drink daily than women (13.2% vs 7.9%, respectively) in 2023. However, there was no significant difference in daily drinking between age groups and regions.

Trends
1977–2023.....Figure 3.2.3, Table 3.2.3a-b

2022-2023

The estimated percentage reporting daily drinking in 2023 (8.0%) was not significantly different from the 2022 estimate (9.2%). There were also no significant changes among men and women, among age subgroups and regions.

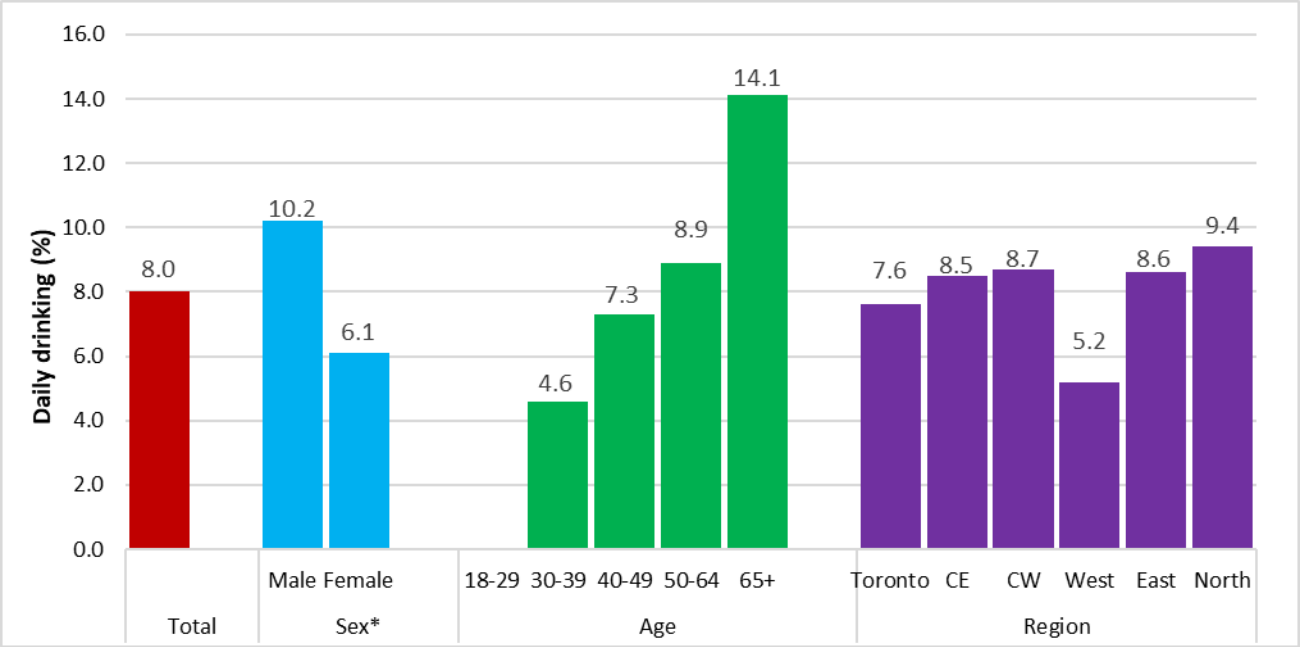
Among past year drinkers**,** daily drinking was not significantly changed between 2022 and 2023 (11.4% vs 10.3%, respectively). Similarly, there were also no changes in daily drinking among men and women, age subgroups and regions.

2013-2023

Between 2013 and 2023, the percentage reporting daily drinking varied from 5.6% in 2019 to 9.7% in 2020 among total sample, and 7.1% in 2019 to 10.3% in 2023 among past year drinkers, however the odds of daily drinking was not significantly different between 2013 and 2023.

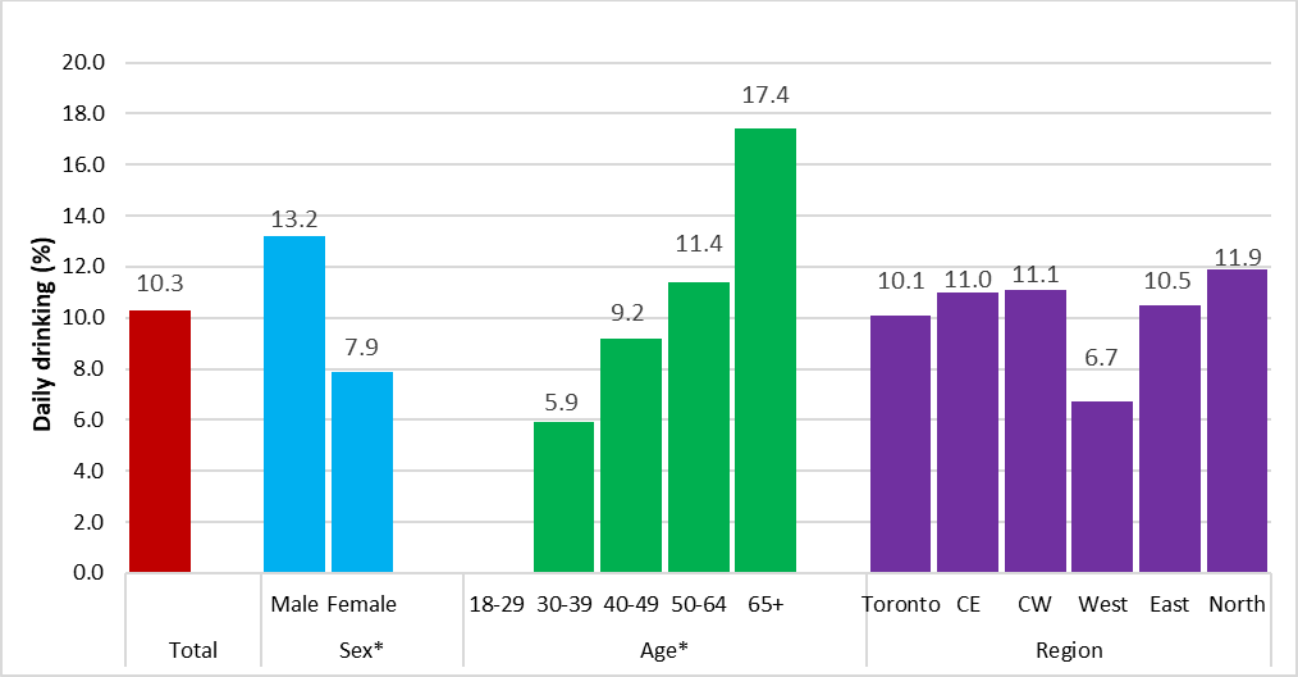
There were also no significant differences in odds of reporting daily drinking between 2013 and 2023 among men, women, age groups and regions (Table 3.2.1). Similarly, there were no significant differences in the odds of daily drinking between 2013 and 2023 among past year drinkers (Table 3.2.2).

Figure 3.2.1 Daily Drinking by Sex, Age and Region, Aged 18+, 2023 (N=2590)



Note: CE: Central East; CW: Central West; *Statistically significant differences between estimates, (p<0.05); Estimates for 18 to 29 were suppressed due to unreliability.

Figure 3.2.2 Past Year Daily Drinking by Sex, Age and Region, Aged 18+, 2023



Note: CE: Central East; CW: Central West; * Statistically significant differences between estimates, (p<0.05); Estimates for 18 to 29 were suppressed due to unreliability.

Table 3.2.1: Changes in Daily Drinking Between 2013 and 2023 Among Sex, Age and Regional Subgroups

Variables		2023 vs. 2013				2023 vs. 2018			
		OR	95%CI		Sig.	OR	95%CI		Sig.
Total	Total	1.09	0.86	1.39		1.10	0.86	1.41	
Sex	Men	1.00	0.73	1.37		1.09	0.77	1.52	
	Women	1.26	0.88	1.80		1.12	0.78	1.62	
Age	18 to 29	1.50	0.26	8.68		1.64	0.46	5.90	
	30 to 39	0.99	0.45	2.22		0.74	0.26	2.07	
	40 to 49	1.33	0.72	2.46		1.06	0.46	4.21	
	50 to 64	1.07	0.73	1.57		1.43	0.93	2.18	
	65+	0.99	0.70	1.39		0.92	0.66	1.28	
Region	Toronto	1.16	0.68	1.98		1.19	0.67	2.12	
	Central East	1.39	0.76	2.55		1.12	0.66	1.90	
	Central West	1.01	0.59	1.74		1.13	0.61	2.07	
	West	0.62	0.33	1.14		0.80	0.41	1.54	
	East	1.18	0.72	1.92		1.21	0.72	2.04	
	North	1.14	0.68	1.91		0.97	0.58	1.63	

OR: adjusted odds ratio for age, sex, educational status, household income, region of residence and immigration status. * Statistically significant (Sig.) difference at $p<0.05$.

Table 3.2.2: Changes in Daily Drinking Among Past Year Drinkers Between 2013 and 2023 Among Sex, Age and Regional Subgroups

Variables		2023 vs. 2013				2023 vs. 2018			
		OR	95%CI		Sig.	OR	95%CI		Sig.
Total	Total	1.12	0.88	1.42		1.08	0.84	1.39	
Sex	Men	1.06	0.77	1.47		1.09	0.77	1.53	
	Women	1.21	0.85	1.73		1.08	0.75	1.56	
Age	18 to 29	1.94	0.33	11.47		1.90	0.54	6.69	
	30 to 39	1.02	0.46	2.25		0.81	0.29	2.31	
	40 to 49	1.46	0.79	2.71		1.11	0.59	2.11	
	50 to 64	1.12	0.76	1.64		1.43	0.93	2.21	
	65+	0.94	0.66	1.33		0.83	0.60	1.17	
Region	Toronto	1.21	0.71	2.07		1.20	0.66	2.16	
	Central East	1.36	0.74	2.51		1.07	0.63	1.83	
	Central West	1.07	0.62	1.86		1.08	0.58	2.00	
	West	0.64	0.34	1.19		0.79	0.40	1.53	
	East	1.18	0.71	1.94		1.18	0.70	2.01	
	North	1.22	0.72	2.07		0.94	0.56	1.59	

OR: adjusted odds ratio for age, sex, educational status, household income, region of residence and immigration status. * Statistically significant (Sig.) difference at $p<0.05$.

Table 3.2.3a: Percentage ***Drinking Daily*** in the Past 12 Months, by Demographic Characteristics, Ontarian ***Past Year Drinkers*** Aged 18+, 1977-2003

(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)
Total (95%CI)[¶]	**13.4** (11.1,15.7)	**10.7** (8.5,12.9)	**12.9** (10.7, 15.1)	**11.8** (9.7,13.9)	**10.0** (8.0,12.0)	**6.2** (4.6, 7.8)	**4.1** (2.8, 5.4)	**6.9** (5.7, 8.1)	**6.1** (4.9, 7.3)	**5.9** (4.3, 7.5)	**6.0** (5.0,7.2)	**5.9** (4.8,7.1)	**7.4** (6.0,9.1)	**7.0** (5.9,8.5)	**6.3** (5.2,7.7)	**5.8** (4.7,7.1)	**5.3** (4.3,6.5)	**6.0** (4.9,7.3)
Sex																		
Men	**19.5** —	**15.6** —	**17.3** —	**16.6** —	**13.3** —	**8.3** —	**5.2** —	**10.0** —	**8.5** —	**8.6** —	**8.2** (6.4,10.3)	**8.4** (6.7,10.5)	**9.8** (7.6,12.6)	**10.0** (8.1,12.4)	**8.6** (6.8,10.8)	**8.8** (7.0,11.1)	**7.4** (5.7,9.6)	**7.3** (5.6,9.5)
Women	**5.7** —	**5.2** —	**8.6** —	**6.7** —	**6.7** —	**4.1** —	**3.0** —	**3.6** —	**3.8** —	**2.9** —	**3.9** (2.9,5.3)	**3.4** (2.3,4.9)	**5.0** (3.5,7.0)	**3.9** (2.7,5.2)	**4.1** (2.8,5.9)	**2.6** (1.7,3.9)	**3.1** (2.2,4.4)	**4.6** (3.4,6.2)
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** (0.6,3.3)	**† 1.8** (0.8,4.0)	**† 3.5** (1.7,7.1)	**† 2.1** (1.1,4.3)	**† 1.3** (0.6,2.9)	**† 1.9** (0.8,4.1)	**†** -	**†2.3** (1.0,5.4)
30 - 39	**10.9** —	**7.8** —	**10.0** —	**11.6** —	**5.5** —	**† 4.5** —	**†1.8** —	**6.1** —	**†4.2** —	**†3.6** —	**†3.6** (2.0,6.1)	**†3.3** (2.0,5.5)	**†3.9** (2.1,7.0)	**†3.4** (2.0,5.7)	**†3.8** (2.3,6.2)	**†3.9** (2.3,6.5)	**†2.0** (1.0,4.2)	**†3.9** (2.0,7.5)
40 - 49	**18.2** —	**19.1** —	**15.6** —	**12.9** —	**11.8** —	**8.8** —	**†5.8** —	**6.1** —	**9.0** —	**†5.8** —	**6.5** (4.5,9.4)	**6.3** (4.0,9.7)	**†5.0** (3.0,8.2)	**†5.1** (3.0,8.3)	**†5.0** (3.2,7.6)	**†4.0** (2.5,6.3)	**†3.0** (1.7,5.2)	**†4.1** (2.5, 6.5)
50 - 64	**22.1** —	**15.7** —	**22.2** —	**15.7** —	**17.6** —	**7.9** —	**7.8** —	**9.7** —	**8.0** —	**8.2** —	**9.8** (7.0,13.6)	**9.6** (6.8,13.5)	**12.0** (8.1,17.5)	**13.7** (10.1,18.4)	**10.9** (7.3,16.0)	**7.2** (4.9,10.5)	**9.6** (7.0,13.1)	**10.6** (7.7,14.4)
65+	**13.2** —	**19.9** —	**21.8** —	**19.6** —	**23.0** —	**11.8** —	**8.5** —	**20.0** —	**15.0** —	**23.6** —	**16.9** (12.0,23.2)	**17.1** (12.3,23.4)	**19.2** (13.7,26.2)	**16.4** (11.9,22.1)	**16.9** (12.3,22.8)	**16.2** (11.3,22.6)	**16.2** (11.5,22.4)	**13.2** (9.4,18.2)
Region																		
Toronto	—	—	—	—	—	—	—	—	—	—	**8.5** (5.7,12.4)	**8.4** (5.6, 12.4)	**10.6** (7.1,15.6)	**8.5** (5.7,12.7)	**†5.4** (2.9, 9.6)	**†5.8** (3.5,9.5)	**†6.6** (4.2,10.4)	**†6.5** (3.9,10.6)
C-East	—	—	—	—	—	—	—	—	—	—	**†6.4** (4.3,9.6)	**†5.1** (3.2,7.9)	**†8.0** (5.0,12.7)	**†8.0** (5.4,11.8)	**†7.8** (5.3,11.4)	**†3.7** (2.0,6.5)	**†4.1** (2.4,7.0)	**†5.8** (3.6,9.1)
C-West	—	—	—	—	—	—	—	—	—	—	**†4.4** (2.7,7.2)	**†6.8** (4.5,10.0)	**†4.7** (2.5,8.5)	**†6.3** (4.0,9.7)	**†7.0** (4.5,10.7)	**†6.6** (4.2,10.3)	**†5.0** (3.1,8.1)	**†4.4** (2.6,7.2)
West	—	—	—	—	—	—	—	—	—	—	**†4.2** (2.4,7.0)	**†4.3** (2.4,7.5)	**†7.2** (4.3,11.8)	**†6.2** (3.9,9.6)	**†3.4** (1.9,6.2)	**†7.1** (4.6,10.9)	**†5.5** (3.5,8.6)	**†5.4** (3.4,8.5)
East	—	—	—	—	—	—	—	—	—	—	**†5.9** (3.9,8.9)	**†4.8** (2.9,7.7)	**†6.7** (4.2,10.5)	**†5.7** (3.5,9.1)	**†6.2** (3.9,9.7)	**†5.2** (3.2,8.3)	**†4.6** (2.7,7.8)	**†7.0** (4.5,10.7)
North	—	—	—	—	—	—	—	—	—	—	**†5.4** (3.4,8.4)	**†3.6** (2.1,6.1)	**†6.0** (3.4,10.3)	**†6.6** (4.2,10.2)	**†8.4** (5.7,12.2)	**†7.2** (5.1,10.3)	**†6.1** (3.8,9.7)	**†8.5** (5.7,12.5)

Notes: [¶] 95% confidence interval; — data not available; regional data not available; † Estimate suppressed or unstable;
Q: *Response of "daily" or "almost daily" to the question: How often, if ever, did you drink alcoholic beverages during the past 12 months?*
Source: The *CAMH Monitor*, Centre for Addiction and Mental Health

Table 3.2.3b: Percentage ***Drinking Daily*** in the Past 12 Months, by Demographic Characteristics, ***Past Year Drinkers*** Aged 18+, 2004-2023

	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2022	2023
(N=)	(2101)	(1906)	(1527)	(1618)	(1599)	(1602)	(2352)	(2401)	(2355)	(2330)	(2422)	(3967)	(2368)	(2195)	(2187)	(2200)	(2454)	(2134)	(2040)
Total	**6.4**	**5.6**	**5.9**	**7.3**	**8.6**	**9.3**	**8.7**	**8.6**	**7.9**	**8.5**	**8.1**	**8.8**	**9.2**	**9.0**	**9.1**	**7.1**	**12.1**	**11.4**	**10.3**
(95%CI)¶	(5.3,7.8)	(4.6,6.8)	(4.8,7.3)	(6.0,8.8)	(7.3, 10.2)	(7.7, 11.1)	(7.5, 10.0)	(7.4, 10.0)	(6.8, 9.2)	(7.4, 9.9)	(7.0, 9.3)	(7.9, 9.9)	(8.0, 10.7)	(7.6, 10.7)	(7.8, 10.7)	(6.0, 8.3)	(10.8, 13.6)	(10.1, 12.9)	(8.9, 11.9)
Sex																			
Men	**8.9**	**7.1**	**7.3**	**9.2**	**10.9**	**12.5**	**11.2**	**11.6**	**10.6**	**11.4**	**10.7**	**11.8**	**11.7**	**11.3**	**11.6**	**9.0**	**14.9**	**13.8**	**13.2**
	(7.1,11.3)	(5.6,9.1)	(5.6,9.6)	(7.1,11.7)	(8.8, 13.5)	(9.9, 15.6)	(9.3, 13.5)	(9.4, 14.0)	(8.7, 12.8)	(9.4,13.7)	(8.8,12.8)	(10.1,13.7)	(9.7,14.0)	(9.2,13.8)	(9.4, 14.2)	(7.3, 11.1)	(13.0, 17.2)	(11.7, 16.1)	(10.9, 15.8)
Women	**3.9**	**3.9**	**4.4**	**5.3**	**6.3**	**6.1**	**6.1**	**5.7**	**5.2**	**5.6**	**5.5**	**5.8**	**6.8**	**6.8**	**6.6**	**5.2**	**9.5**	**9.2**	**7.9**
	(2.8,5.3)	(2.7,5.5)	(3.1,6.1)	(3.9,7.1)	(4.8, 8.3)	(4.4, 8.3)	(4.8, 7.7)	(4.5, 7.2)	(4.1, 6.4)	(4.5, 7.1)	(4.4, 6.8)	(4.9, 6.9)	(5.4, 8.6)	(4.9, 9.2)	(5.2, 8.4)	(4.0, 6.6)	(7.8, 11.5)	(7.5, 11.3)	(6.3, 9.8)
Age																			
18 - 29	**†2.6**	†	†	†	**†4.0**	**†7.2**	**†3.3**	**†3.1**	†	†	†	†	†	†	†	**†1.9**	†	†	†
	(1.2,5.7)	-	-	-	(1.8,8.4)	(3.4, 14.5)	(1.6, 6.7)	(1.3, 7.3)	-	-	-	-	-	-	-	(1.0, 3.5)	-	-	-
30 - 39	**†3.4**	**†2.4**	**†4.1**	**†3.9**	**†3.5**	**†3.9**	**†3.9**	**†4.4**	**†3.4**	**†5.5**	†	**†5.2**	†	†	†	†	**†8.0**	**†6.9**	**†5.9**
	(1.8,6.4)	(1.1,5.0)	(1.9,8.4)	(1.9,7.7)	(1.8,6.8)	(1.9,7.8)	(2.1, 7.0)	(2.6, 7.6)	(1.6,7.3)	(3.1, 9.6)	-	-	-	-	-	-	(5.7, 11.1)	(4.5, 10.3)	(3.8, 9.0)
40 - 49	**†3.9**	**†5.8**	**†3.8**	**†5.9**	**†7.3**	**†5.1**	**†6.3**	**†7.1**	**†4.4**	**†6.1**	**†5.4**	**†5.2**	**†6.4**	**†7.5**	**†7.7**	**†4.2**	**11.0**	**10.9**	**9.2**
	(2.2,6.9)	(3.7,8.9)	(2.2,6.5)	(3.5,9.8)	(4.6, 11.2)	(3.1, 8.1)	(4.2, 9.4)	(4.7, 10.7)	(2.8, 6.8)	(4.0, 9.3)	(3.3, 8.8)	(3.6,7.3)	(4.1, 9.9)	(4.7, 11.6)	(4.9, 11.9)	(2.2, 7.6)	(8.3, 14.5)	(7.9, 14.8)	(6.3, 13.1)
50 - 64	**10.6**	**8.0**	**9.7**	**8.4**	**11.1**	**12.1**	**11.2**	**11.1**	**9.6**	**10.7**	**9.5**	**11.3**	**11.7**	**10.6**	**8.2**	**7.5**	**14.7**	**13.5**	**11.4**
	(7.8,14.4)	(5.5,11.4)	(7.0,13.2)	(6.1,11.6)	(8.3,14.6)	(8.8, 16.2)	(8.9, 14.0)	(8.7, 14.1)	(7.5,12.2)	(8.5, 13.4)	(7.5, 12.0)	9.35, 13.5)	(9.4, 14.4)	(8.0, 13.9)	(6.1, 10.9)	(5.4, 10.4)	(12.0, 17.9)	(10.8, 16.6)	(8.9, 14.6)
65+	**15.8**	**14.3**	**14.0**	**20.2**	**21.1**	**22.2**	**22.0**	**22.8**	**20.9**	**18.1**	**21.0**	**20.1**	**20.8**	**17.7**	**19.5**	**17.6**	**21.5**	**19.6**	**17.4**
	(11.8,20.9)	(10.4,19.3)	(9.9,19.4)	(15.2,26.2)	(16.4,26.6)	(17.5, 27.8)	(17.9, 26.8)	(17.1, 25.1)	(17.3, 25.0)	(15.1, 21.7)	(17.8, 24.5)	(17.6, 22.9)	(17.7, 24.1)	(14.8, 21.0)	(16.5, 23.0)	(14.5, 21.3)	(17.9, 25.6)	(16.2, 23.6)	(14.1, 21.4)
Region																			
Toronto	**†7.2**	**†4.9**	**†6.6**	**†8.6**	**†8.4**	**†8.0**	**†7.5**	**†9.5**	**†7.9**	**†8.0**	**10.0**	**9.5**	**8.5**	**†8.8**	**†7.6**	**†4.5**	**12.0**	**12.5**	**10.1**
	(4.6,10.9)	(2.9,8.2)	(3.9,10.9)	(5.5,13.3)	(5.6,12.3)	(5.0, 12.5)	(5.1, 11.0)	(6.9,12.9)	(5.6,11.0)	(5.6,11.2)	(7.2,13.6)	(7.4,12.2)	(6.2,11.4)	(6.1,12.4)	(5.0, 11.3)	(2.9, 7.0)	(9.2, 15.7)	(9.6, 16.1)	(7.3, 13.7)
C-East	**†5.4**	**†5.3**	**†6.3**	**†8.3**	**†7.4**	**†11.2**	**†9.0**	**†7.6**	**†7.7**	**†7.1**	**†6.2**	**7.8**	**†9.5**	**†8.9**	**10.1**	**†7.3**	**9.1**	**11.6**	**†11.0**
	(3.3,8.6)	(3.4,8.3)	(4.0,9.8)	(5.6,12.1)	(4.7,11.4)	(7.3, 16.7)	(6.3, 12.5)	(5.1,11.0)	(5.3,11.2)	(4.8,10.5)	(4.2,9.0)	(5.8,10.4)	(6.6,13.4)	(6.3,12.3)	(7.4, 13.8)	(4.8, 11.0)	(6.7, 12.3)	(8.7, 15.3)	(7.9, 15.1)
C-West	**†5.9**	**†5.4**	**†5.0**	**†6.2**	**†9.4**	**†11.3**	**9.9**	**†8.3**	**†8.1**	**†9.0**	**†6.7**	**7.6**	**8.2**	**†10.0**	**†9.2**	**†6.1**	**11.9**	**11.4**	**11.1**
	(3.6,9.6)	(3.1,9.2)	(3.0,8.3)	(3.8,9.9)	(6.4, 13.8)	(8.0, 15.8)	(7.2, 13.5)	(5.8,11.7)	(5.8, 11.2)	(6.4,12.7)	(4.8,9.4)	(5.8,9.8)	(5.9,11.3)	(6.5,15.0)	(6.1, 13.5)	(4.1, 9.0)	(9.1, 15.5)	(8.7, 15.0)	(8.1, 14.9)
West	**†6.8**	**†7.4**	**†5.5**	**†7.7**	**†7.1**	**†5.3**	**8.8**	**†7.2**	**†7.7**	**9.2**	**9.5**	**9.5**	**†9.6**	**†8.9**	**†8.3**	**†8.9**	**14.3**	**†9.2**	**†6.7**
	(4.4,10.3)	(5.0,10.8)	(3.4,8.7)	(5.0,11.5)	(4.6,10.7)	(3.1, 8.9)	(6.4, 12.0)	(5.0,10.3)	(5.4,10.9)	(6.7,12.6)	(6.9,12.9)	(7.3,12.4)	(6.8,13.3)	(5.9,13.3)	(5.7, 11.9)	(6.2, 12.6)	(11.1, 18.1)	(6.6, 12.6)	(4.3, 10.5)
East	**†7.6**	**†5.0**	**†5.9**	**†7.1**	**†10.9**	**†8.1**	**†7.4**	**11.5**	**7.4**	**9.8**	**9.3**	**10.1**	**11.7**	**†9.5**	**†9.1**	**9.6**	**13.3**	**11.4**	**10.5**
	(5.1,11.2)	(3.1,8.0)	(3.7,9.4)	(4.6,10.7)	(7.6,15.5)	(5.6, 11.7)	(5.3, 10.4)	(8.4,15.7)	(5.4,10.2)	(7.2,13.2)	(6.7,12.7)	(7.8,12.8)	(8.4,15.9)	(6.7,13.4)	(6.5, 12.7)	(6.9, 13.1)	(10.4, 16.9)	(8.5, 15.2)	(7.7, 14.1)
North	**†6.0**	**†6.6**	**†6.0**	**†3.1**	**†9.7**	**†10.1**	**9.7**	**†8.2**	**9.5**	**10.0**	**8.8**	**9.9**	**†8.4**	**†6.0**	**12.4**	**†9.5**	**14.1**	**†11.4**	**11.9**
	(4.2,8.6)	(4.3,10.1)	(3.7,9.8)	(1.7,5.8)	(6.5,14.2)	(6.7, 14.7)	(7.1,13.2)	(5.7,11.7)	(6.9,13.1)	(7.3,13.5)	(6.4,11.9)	(7.7,12.7)	(6.0,11.7)	(3.9,9.2)	(9.0, 16.8)	(6.6, 13.3)	(10.9, 18.1)	(8.0, 16.0)	(8.7, 16.2)

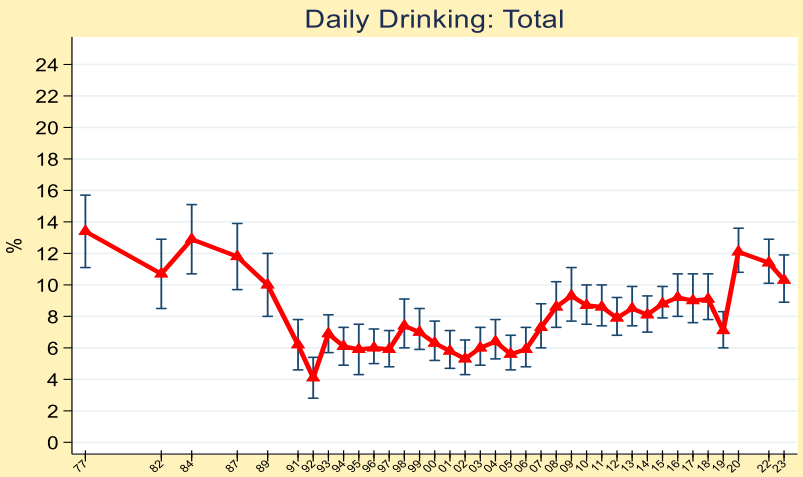
Notes: (1) ¶95% confidence interval; the sampling and data collection method were changed in 2020 from telephone interview to web survey.

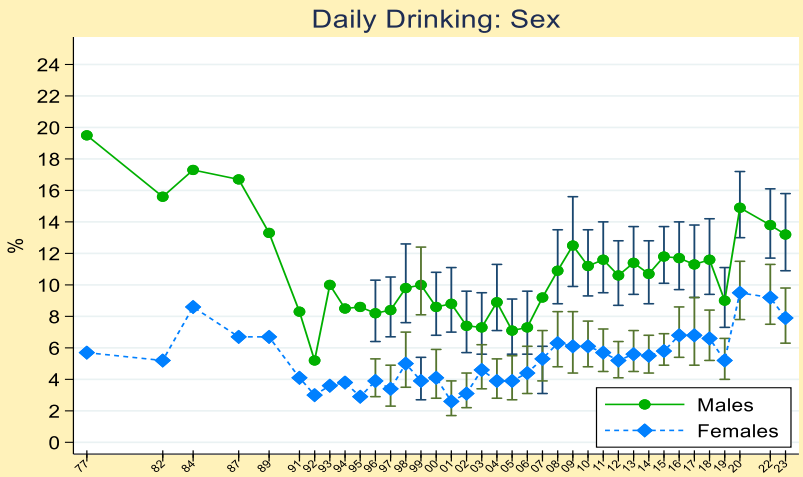
(2) [a] Significant change between last two estimates (2022 vs.2023), p<0.05.

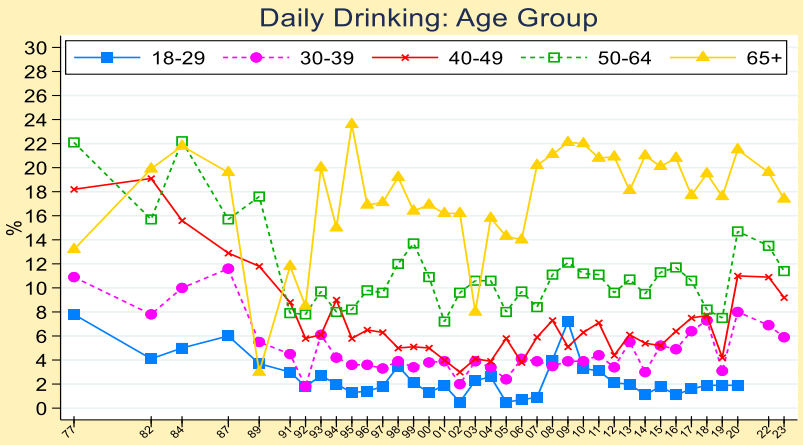
Q: *Response of "daily" or "almost daily" to the question: How often, if ever, did you drink alcoholic beverages during the PAST TWELVE months?*

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

Figure 3.2.3 Daily Drinking Among Past Year Drinkers Aged 18+, 1977–2023







Note: vertical 'whiskers' represent 95% confidence intervals
Source: CAMH Monitor

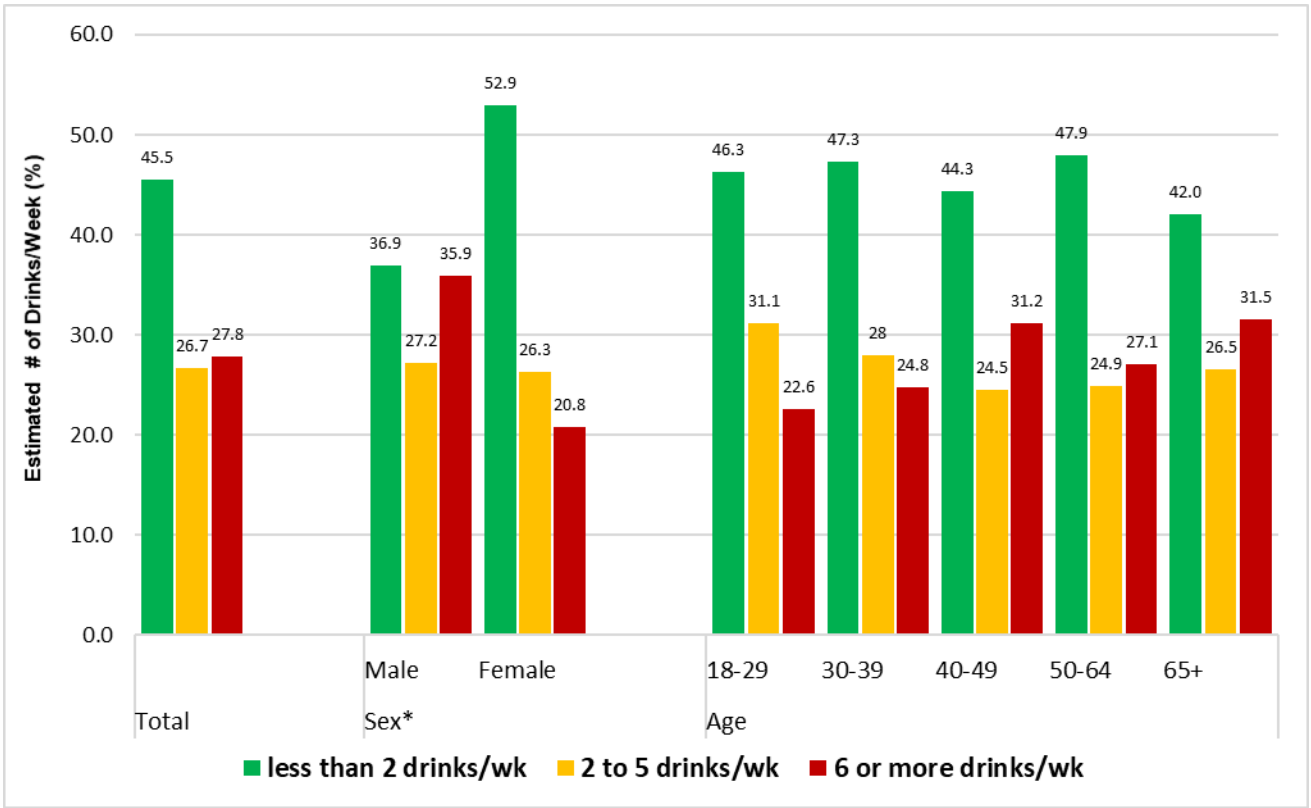
3.3. Number of Drinks Consumed Weekly

The estimated number of drinks consumed reflects respondent's recall of both the frequency of drinking and the amount consumed on a typical drinking occasion. In contrast to past year drinking, which indicates the percentage who are current drinkers, and daily drinking, which describes the percentage drinking regularly, the estimated number of drinks consumed is an indicator of the quantity of alcohol typically consumed.

In 2023, about 33.1% of adults consumed one drink per week, 26.7% consumed 2 to 5 drinks per week. 11.6% consumed 6 to 10 drinks, and 16.15 consumed more than 10 drinks per week (Figure 3.3.1).

There was a significant association between number of drinks consumed weekly and sex, with a higher proportion of men than women consuming 6 or more drinks per week (35.9% vs. 20.9%, respectively). However, there was no association between number of drinks and age among past year drinkers.

Figure 3.3.1 Estimated Number of Drinks Consumed Weekly Among Past Year Drinkers by Sex and Age, Aged 18+, 2023 (N=2019)



3.4. Weekly Binge Drinking: Five or More Drinks on a Single Occasion Weekly

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. Binge drinking is also referred to as "heavy episodic drinking," and "risky single occasion drinking".

In 2023, the estimated percentage reporting binge drinking was 8.9% (95% CI: 7.7% to 10.2%). Men were more likely to report weekly binge drinking than women (13.1% vs. 5.2%, respectively). Differences were also evident among age groups (Figure 3.4.1).

Trends

1977-2023……. Figure 3.4.2, Table 3.4.2a-b

2022-2023

Compared to the 2022 estimate (10.7%), there was no significant change in weekly binge drinking in 2023 (8.9%).

There were also no changes in weekly binge drinking among men (15.1% vs. 13.1%) and women (6.8% vs. 5.2%) between 2022 and 2023, respectively. Similarly, no significant changes were evident among age groups and regional subgroups.

2013-2023

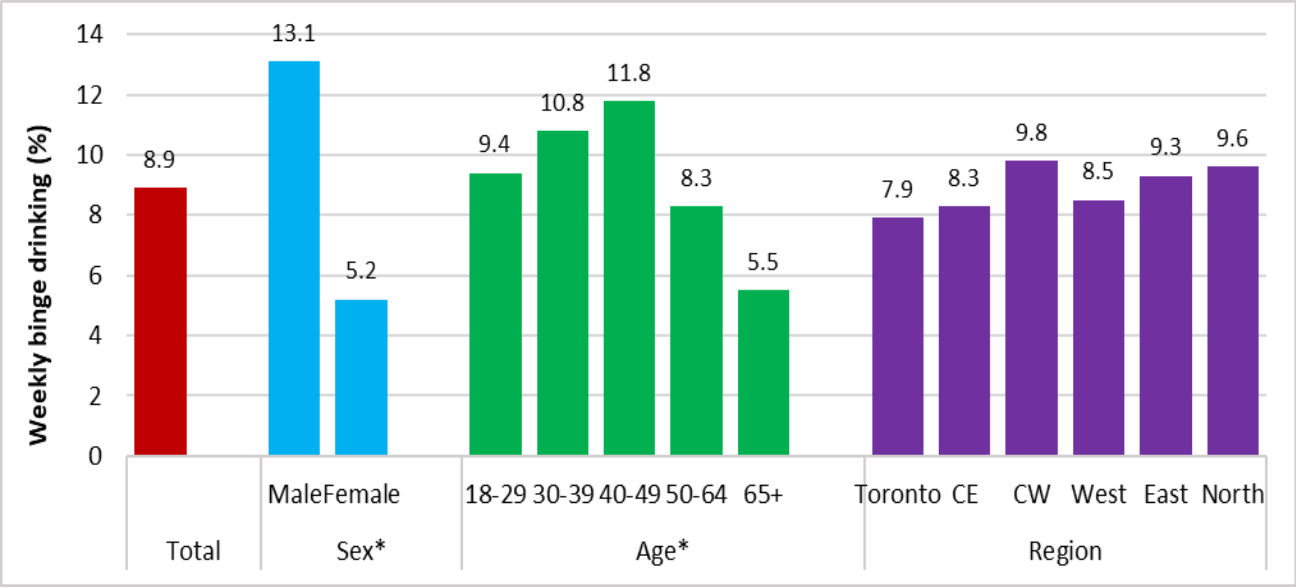
Between 2013 and 2023, the percentages reporting weekly binge drinking varied from 6.0% in 2019 to 11.3% in 2020 (Table 3.4.2b).

Compared to 2013, the odds of weekly binge drinking was higher in 2023 after adjusting for sample characteristics across surveys. There was also greater odds of reporting weekly binge drinking in 2023, compared to 2018 (Table 3.4.1).

There were greater odds of weekly binge drinking in 2023 than 2013 among women, those aged 40 to 49, 50 to 64, and 65 or older, and those residing in the North (Table 3.4.1).

Compared to 2018, greater odds of weekly binge drinking were evident in 2023 among women, those aged 40 to 49 and those aged 50 to 64 years (Table 3.4.1).

Figure 3.4.1 Percentage Drinking Five or More Drinks on a Single Occasion Weekly in the Past Year by Sex, Age and Region, Adults Aged 18+, 2023 (N=2590)



Note: CE: Central East; CW: Central West; *: Statistically significant differences between estimates, (p<0.05).

Table 3.4.1: Changes in Drinking Five or More Drinks on A Single Occasion Weekly Between 2013 And 2023 Among Sex, Age and Regional Subgroups

Variables		2023 vs. 2013				2023 vs. 2018			
		OR	95%CI		Sig.	OR	95%CI		
Total	Total	1.55	1.18	2.04	*	1.51	1.15	1.99	*
Sex	Men	1.16	0.84	1.60		1.31	0.94	1.83	
	Women	4.22	2.44	7.30	*	2.11	1.30	3.43	*
Age	18 to 29	0.62	0.31	1.26		1.22	0.65	2.29	
	30 to 39	1.50	0.82	2.72		1.00	0.47	2.10	
	40 to 49	2.87	1.67	4.91	*	2.38	1.25	4.53	*
	50 to 64	1.74	1.14	2.67	*	1.92	1.20	3.07	*
	65+	3.46	1.79	6.67	*	1.26	0.72	2.20	
Region	Toronto	1.54	0.75	3.16		1.65	0.85	3.23	
	Central East	1.48	0.79	2.78		1.48	0.78	2.80	
	Central West	1.63	0.92	2.91		1.66	0.88	3.16	
	West	1.53	0.79	2.98		1.31	0.63	2.74	
	East	1.31	0.74	2.33		1.31	0.76	2.26	
	North	1.98	1.07	3.64	*	1.55	0.89	2.70	

OR: adjusted odds ratio for age, sex, educational status, household income, region of residence and immigration status. Sig. Statistically significant difference at $p<0.05$

Table 3.4.2a: ***Weekly Binge Drinking*** – Percentage Drinking ***Five or More Drinks*** on a Single Occasion Weekly in the Past 12 Months, by Demographic Characteristics, Aged 18+, 1977–2003

(N=)	1977 (1059)	1982 (1040)	1984 (1051)	1987 (1084)	1989 (1101)	1991 (1047)	1994 (2022)	1995 (994)	1996 (2721)	1997 (2776)	1998 (2232)	1999 (2436)	2000 (2406)	2001 (2627)	2002 (2421)	2003 (2411)
Total (95%CI)[¶]	**8.9** (7.2, 10.6)	**8.3** (6.6, 10.0)	**9.3** (4.5, 11.1)	**8.7** (7.0, 10.4)	**9.5** (7.8, 11.2)	**7.4** (5.8, 9.0)	**8.4** (7.2, 9.6)	**7.0** (5.4, 8.6)	**11.7** (10.3, 13.3)	**11.1** (9.8, 12.6)	**11.8** (10.3, 13.4)	**11.8** (10.4, 13.4)	**12.7** (11.2, 14.3)	**12.3** (10.9, 13.9)	**10.5** (9.1, 11.9)	**11.0** (9.6, 12.6)
Sex																
Men	**14.2** (11.2, 17.2)	**13.3** (10.4, 16.2)	**15.5** (12.4, 18.6)	**13.9** (11.0, 16.8)	**16.0** (12.9, 19.1)	**10.4** 7.7, 13.1)	**13.0** (11.0, 15.0)	**10.7** (7.9, 13.5)	**18.7** (16.3, 21.5)	**17.8** (15.5, 20.4)	**20.0** (17.1, 23.2)	**19.8** (17.3, 22.7)	**18.8** (16.3, 21.7)	**20.7** (18.1, 23.6)	**16.3** (14.0, 18.8)	**16.7** (14.2, 19.5)
Women	**3.1** (1.6, 4.6)	**3.3** (1.8, 4.8)	**3.6** (2.0, 5.2)	**3.8** (2.2, 5.4)	**3.4** (1.9, 4.9)	**4.5** (2.8, 6.2)	**4.3** (3.0, 5.6)	**3.2** (1.7, 4.7)	**5.5** (4.3, 7.1)	**5.1** (4.0, 6.6)	**4.4** (3.4, 5.8)	**4.4** (3.3, 5.9)	**7.1** (5.7, 8.8)	**4.4** (3.3, 5.9)	**4.9** (3.7, 6.5)	**5.7** (4.4, 7.4)
Age																
18 - 29	**13.6** (9.7, 17.5)	**13.7** (9.6, 17.8)	**12.2** (8.3, 16.1)	**14.2** (9.8, 18.6)	**15.8** (11.2, 20.4)	**10.0** (6.4, 13.6)	**12.7** (9.7, 15.7)	**10.6** (6.7, 14.5)	**21.0** (17.1, 25.4)	**19.7** (16.3, 23.7)	**18.9** (14.5, 23.8)	**20.2** (16.2, 25.1)	**21.3** (17.3, 25.9)	**18.4** (14.7, 22.9)	**16.5** (13.0, 20.7)	**19.4** (15.3, 24.2)
30 - 39	**4.3** (1.6, 7.0)	**9.0** (5.5, 12.6)	**11.6** (7.6, 15.6)	**8.7** (5.4, 12.0)	**6.9** (4.0, 9.8)	**8.3** (5.0, 11.6)	**9.2** (6.8, 11.6)	**9.2** (5.5, 12.9)	**11.7** (9.2, 14.9)	**10.7** (8.3, 13.6)	**11.1** (8.5, 14.5)	**11.0** (8.6, 14.1)	**13.1** (10.3, 16.6)	**13.8** (10.8, 17.4)	**9.7** (7.1, 13.0)	**11.6** (8.5, 15.8)
40 - 49	**13.0** (8.1, 17.9)	**6.5** (2.4, 10.6)	**9.9** 5.6, 14.2)	**8.5** (4.3, 12.7)	**8.8** (4.7, 12.9)	**6.4** (3.1, 9.7)	**6.5** (4.2, 8.8)	**†5.0** (2.1, 7.9)	**9.6** (7.2, 12.5)	**7.7** (5.6, 10.5)	**10.1** (7.5, 13.6)	**11.8** (8.8, 15.6)	**11.9** (9.1, 15.4)	**9.1** (6.6, 12.4)	**11.1** (8.3, 14.7)	**8.4** (6.2, 11.2)
50 - 64	**6.6** (3.1, 10.1)	**5.8** (2.7, 8.9)	**6.0** (2.7, 9.3)	**5.6** (2.5, 8.7)	**7.9** (4.3, 11.5)	**7.3** (3.1, 11.5)	**4.9** (2.5, 7.3)	**†4.2** (1.2, 7.2)	**8.2** (5.9, 11.2)	**7.2** (5.1, 10.1)	**11.1** (8.0, 15.1)	**8.6** (6.2, 11.8)	**9.4** (6.8, 12.9)	**12.3** (9.4, 16.0)	**7.8** (5.6, 10.8)	**8.7** (6.3, 11.8)
65+	**4.0** (0.9, 7.1)	**†0.6** (0.8, 2.0)	**4.5** (0.8, 8.2)	**†2.1** (0.7, 4.3)	**†4.1** (1.0, 7.2)	**†1.4** (0.6, 3.4)	**†4.5** (1.9, 7.1)	**†3.0** (0.2, 6.0)	**†2.6** (1.4, 4.8)	**†5.8** (3.5, 9.5)	**†5.8** (3.4, 9.6)	**† 6.3** (3.9, 9.8)	**† 4.6** (2.5, 8.1)	**† 5.5** (3.4, 8.9)	**6.7** (4.3, 10.2)	**† 6.0** (3.9, 9.1)
Region																
Toronto	—	—	—	—	—	—	—	—	**13.0** (9.5, 17.4)	**11.0** (8.2, 14.6)	**11.4** (8.1, 15.9)	**10.7** (7.8, 14.6)	**11.9** (8.8, 16.1)	**14.8** (11.3, 19.2)	**8.9** (6.3, 12.3)	**11.0** (7.9, 15.2)
C-East	—	—	—	—	—	—	—	—	**10.4** (7.7, 13.8)	**11.2** (8.4, 14.8)	**†9.8** (6.9, 13.7)	**12.1** (9.0, 16.1)	**14.5** (11.1, 18.8)	**11.6** (8.8, 15.2)	**12.0** (8.9, 16.2)	**12.0** (8.9, 16.0)
C-West	—	—	—	—	—	—	—	—	**11.4** (8.6, 15.0)	**12.3** (9.4, 16.0)	**†9.3** (6.7, 12.9)	**13.3** (10.0, 17.5)	**12.1** (9.0, 16.0)	**10.2** (7.3, 14.0)	**†9.8** (7.0, 13.5)	**†10.0** (7.1, 14.0)
West	—	—	—	—	—	—	—	—	**13.0** (9.7, 17.1)	**9.1** (6.5, 12.6)	**14.0** (10.4, 18.5)	**12.5** (9.4, 16.6)	**11.8** (8.7, 15.9)	**14.5** (11.1, 18.7)	**12.3** (9.3, 16.1)	**11.0** (8.0, 14.9)
East	—	—	—	—	—	—	—	—	**10.1** (7.5, 13.6)	**11.8** (8.8, 15.5)	**14.4** (10.8, 19.0)	**11.7** (8.7, 15.6)	**12.0** (8.9, 15.9)	**10.5** (7.6, 14.3)	**11.6** (8.6, 15.5)	**11.2** (8.2, 15.0)
North	—	—	—	—	—	—	—	—	**12.9** (9.8, 16.9)	**12.7** (9.7, 16.5)	**13.2** (9.7, 17.7)	**9.1** (6.5, 12.5)	**14.4** (10.9, 18.7)	**11.2** (8.7, 14.3)	**9.2** (6.5, 12.7)	**11.2** (8.2, 15.1)

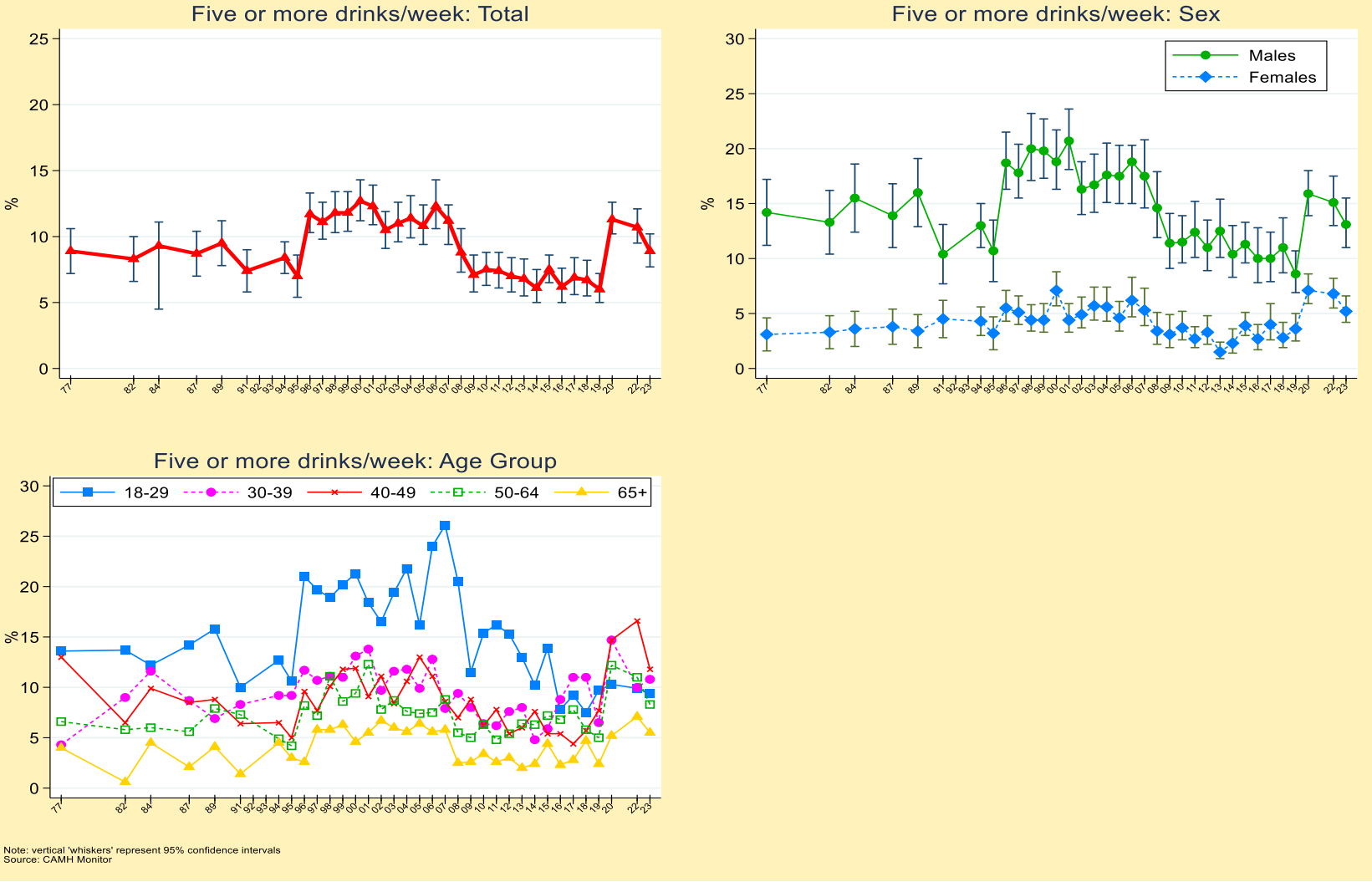
Notes: [¶] 95% confidence interval; — data not available; † Estimate suppressed or unstable;
Q: How often during the past 12 months would you say you had five or more drinks at the same sitting or occasion?
Source: The *CAMH Monitor*, Centre for Addiction and Mental Health

Table 3.4.2b: ***Weekly Binge Drinking*** – Percentage Drinking ***Five or More Drinks*** on a Single Occasion Weekly in the Past 12 Months, by Demographic Characteristics, Aged 18+, 2004–2023

(N=)	2004 (2611)	2005 (2445)	2006 (2016)	2007 (2005)	2008 (2024)	2009 (2037)	2010 (3030)	2011 (3039)	2012 (3030)	2013 (3021)	2014 (3043)	2015 (5013)	2016 (3042)	2017 (2812)	2018 (2806)	2019 (2827)	2020 (3033)	2022 (2650)	2023 (2590)
Total	**11.4**	**10.8**	**12.3**	**11.2**	**8.8**	**7.1**	**7.5**	**7.4**	**7.0**	**6.8**	**6.1**	**7.5**	**6.2**	**6.9**	**6.7**	**6.0**	**11.3**	**10.7**	**8.9**
(95%CI)¶	(9.9,13.1)	(9.4,12.4)	(10.6,14.3)	(9.6,13.1)	(7.3,10.6)	(5.8,8.6)	(6.3, 8.8)	(6.1,8.8)	(5.8,8.4)	(5.5, 8.3)	(5.0, 7.5)	(6.5, 8.6)	(4.9, 7.6)	(5.6, 8.4)	(5.5, 8.2)	(5.0, 7.2)	(10.2, 12.6)	(9.5, 12.1)	(7.7, 10.2)
Sex																			
Men	**17.6**	**17.5**	**18.8**	**17.5**	**14.6**	**11.4**	**11.5**	**12.4**	**11.0**	**12.5**	**10.4**	**11.3**	**10.0**	**10.0**	**11.0**	**8.6**	**15.9**	**15.1**	**13.1**
	(15.1, 20.5)	(15.0,20.3)	(15.0,20.3)	(14.6,20.8)	(11.9,17.9)	(9.1,14.1)	(9.6,13.9)	(10.1,15.2)	(8.9, 13.5)	(10.1, 15.4)	(8.3, 13.0)	(9.6, 13.3)	(7.8, 12.8)	(7.9, 12.4)	(8.7, 13.7)	(6.9, 10.7)	(13.9, 18.0)	(13.0, 17.5)	(11.0, 15.5)
Women	**5.6**	**4.6**	**6.2**	**5.3**	**†3.4**	**†3.1**	**†3.7**	**†2.7**	**†3.3**	**†1.5**	**†2.3**	**3.9**	**†2.7**	**†3.9**	**†2.8**	**†3.6**	**7.1**	**6.8**	**5.2**
	(4.3, 7.4)	(3.4, 6.1)	(4.7, 8.3)	(3.9, 7.3)	(2.2, 5.1)	(1.9, 4.9)	(2.6, 5.2)	(1.9, 3.8)	(2.2, 4.8)	(0.9, 2.4)	(1.4, 3.6)	(3.0, 5.1)	(1.7, 4.0)	(2.6, 5.9)	(2.6, 5.9)	(2.5, 5.0)	(5.9, 8.6)	(5.5, 8.2)	(4.2, 6.6)
Age																			
18 - 29	**21.8**	**16.2**	**24.0**	**26.1**	**20.5**	**†11.5**	**15.4**	**16.2**	**†15.3**	**†13.0**	**†10.2**	**13.9**	**†7.8**	**†9.2**	**†7.5**	**†9.7**	**10.3**	**†9.9**	**†9.4**
	(17.0, 27.3)	(12.3,21.1)	(18.4,30.7)	(20.1,33.2)	(15.0,27.4)	(7.2, 17.8)	(11.3, 20.7)	(11.6, 22.0)	(10.5, 21.0)	(8.3, 19.9)	(6.1, 16.5)	(10.5, 18.3)	(4.5, 13.2)	(6.0, 13.7)	(5.0, 11.2)	(6.7, 13.7)	(7.6, 13.9)	(6.9, 13.9)	(6.3, 13.9)
30 - 39	**11.8**	**9.9**	**12.8**	**7.9**	**9.4**	**8.0**	**†6.4**	**†6.2**	**7.6**	**†8.0**	**†4.8**	**†5.9**	**†8.8**	**†11.0**	**†11.0**	**†6.5**	**14.7**	**10.0**	**10.8**
	(8.7, 15.8)	(7.1,13.7))	(9.3,17.2)	(5.2,11.8)	(6.1,14.4)	(5.4, 11.8)	(4.1, 9.6)	(3.9, 9.7)	(4.8, 11.9)	(5.0, 12.5)	(2.5, 9.0)	(3.9, 8.5)	(4.8, 15.5)	(6.3, 18.7)	(6.3, 18.4)	(4.0, 10.4)	(11.8, 18.1)	(7.4, 13.4)	(8.1, 14.3)
40 - 49	**10.6**	**13.0**	**11.1**	**8.6**	**7.0**	**8.8**	**†6.2**	**7.8**	**†5.4**	**†6.0**	**†7.6**	**†5.4**	**†5.4**	**†4.4**	**†5.7**	**†7.7**	**14.7**	**16.6**	**11.8**
	(7.9, 14.2)	(10.0,16.7))	(8.0,15.2)	(6.1,11.9)	(4.7,10.1)	(6.2,12.4)	(4.3, 8.8)	(5.6, 10.9)	(3.5, 8.2)	(3.8, 8.1)	(5.3, 10.9)	(3.8, 7.6)	(3.3, 8.6)	(2.5, 7.6)	(3.3, 9.6)	(5.0, 11.6)	(11.8, 18.3)	(13.1, 20.9)	(9.0, 15.5)
50 - 64	**7.6**	**7.4**	**7.5**	**8.8**	**†5.5**	**†5.0**	**6.3**	**4.8**	**5.4**	**6.4**	**6.3**	**7.2**	**6.8**	**7.8**	**†5.8**	**†5.0**	**12.2**	**11.0**	**8.3**
	(5.6, 10.3)	(5.4,10.1)	(5.3,10.4)	(6.5,11.8)	(3.6, 8.4)	(3.2,7.8)	(4.8, 8.2)	(3.6,6.5)	(4.0, 7.3)	(4.8, 8.6)	(4.6, 8.4)	(5.9, 8.8)	(5.2, 8.8)	(5.8, 10.6)	(4.2, 8.0)	(3.5, 6.9)	(10.0, 14.9)	(8.8, 13.5)	(6.4, 10.7)
65+	**† 5.6**	**† 6.4**	**†5.6**	**† 5.8**	**†2.5**	**†2.6**	**†3.4**	**†2.6**	**†3.0**	**†2.0**	**†2.4**	**4.4**	**†2.3**	**†2.8**	**†4.7**	**†2.4**	**†5.2**	**7.1**	**†5.5**
	(3.7, 8.2)	(4.1,9.8)	(3.4, 9.0)	(3.8,8.9)	(1.4, 4.7)	(1.5, 4.5)	(2.1, 5.4)	(1.6, 4.4)	(1.8, 4.9)	(1.2, 3.2)	(1.5, 3.8)	(3.3, 5.7)	(1.5, 3.4)	(1.9, 4.2)	(3.3, 6.8)	(1.5, 3.9)	(3.7, 7.2)	(5.3, 9.6)	(3.9, 7.8)
Region																			
Toronto	**8.7**	**11.1**	**10.7**	**†7.8**	**†6.8**	**†4.7**	**†7.0**	**†5.5**	**†5.6**	**†5.3**	**†6.2**	**†5.1**	**†4.6**	**†5.1**	**†5.5**	**†6.5**	**13.1**	**12.9**	**†7.9[a]**
	(5.9, 12.6)	(7.8,15.4)	(7.5,15.2)	(5.0,12.0)	(4.2,11.0)	(2.8, 7.8)	(4.6,10.5)	(3.2, 9.3)	(2.8, 7.8)	(2.9, 9.6)	(3.8, 10.1)	(3.7, 7.2)	(2.7, 7.8)	(3.1, 8.1)	(3.4, 8.7)	(4.1, 10.2)	(10.3, 16.5)	(10.1, 16.2)	(5.6, 11.0)
C- East	**†12.6**	**11.4**	**16.5**	**†12.5**	**†10.1**	**†7.9**	**†7.3**	**†5.8**	**†6.7**	**†6.7**	**†6.9**	**9.8**	**†6.3**	**†7.7**	**†6.4**	**†5.8**	**10.1**	**11.0**	**†8.3**
	(9.0, 17.2)	(8.3,15.5)	(12.1,22.2)	(8.7,17.6)	(6.8,14.7)	(4.9,12.4)	(5.0, 10.6)	(3.6, 9.2)	(4.3,10.2)	(4.3, 10.3)	(4.4, 10.6)	(7.4, 13.0)	(3.7, 10.7)	(5.0, 11.7)	(4.0, 9.9)	(3.8, 8.7)	(7.7, 13.1)	(8.3, 14.3)	(6.0,11.5)
C- West	**12.8**	**†9.2**	**†8.7**	**†8.7**	**†9.7**	**†10.0**	**†7.8**	**†8.5**	**†5.0**	**†7.5**	**†6.4**	**7.2**	**†7.2**	**†8.4**	**†6.6**	**†4.3**	**10.5**	**10.4**	**9.8**
	(9.4, 17.2)	(6.5, 12.7)	(5.7,13.0)	(5.6,13.2)	(6.2,14.8)	(6.8,14.6)	(5.3,11.2)	(5.7, 12.4)	(2.9, 8.4)	(4.9, 11.4)	(4.1, 9.8)	(5.2, 9.9)	(4.5, 11.5)	(5.4, 12.7)	(4.0, 10.6)	(2.6, 7.0)	(8.1, 13.5)	(7.9, 13.6)	(7.3, 13.0)
West	**14.6**	**14.1**	**17.0**	**13.1**	**†6.7**	**†5.2**	**†7.7**	**10.9**	**10.1**	**†6.6**	**†5.4**	**8.1**	**†6.2**	**†5.3**	**†7.2**	**†7.5**	**11.7**	**†7.6**	**8.5**
	(11.1, 19.1)	(10.8,18.2)	(12.7,22.4)	(9.2,18.2)	(4.2,10.7)	(3.1, 8.7)	(5.3,11.0)	(7.7, 15.2)	(3.1, 8.7)	(4.0, 10.5)	(3.6, 8.0)	(6.0, 10.9)	(3.9, 9.6)	(3.2, 8.5)	(4.2, 12.0)	(5.0, 11.0)	(9.1, 14.9)	(5.4, 10.6)	(6.2, 11.7)
East	**9.7**	**9.1**	**10.5**	**17.3**	**†8.8**	**†5.4**	**†7.0**	**8.1**	**†8.4**	**†8.2**	**†4.7**	**†6.1**	**†5.5**	**†7.7**	**†8.3**	**†6.3**	**12.2**	**9.7**	**9.3**
	(7.0, 13.2)	(6.3,13.0)	(7.2,15.2)	(12.8,23.0)	(5.6,13.5)	(3.4, 8.6)	(4.6, 10.5)	(5.6, 11.5)	(3.4, 8.6)	(5.5, 12.1)	(2.9, 7.7)	(4.3, 8.6)	(3.4, 8.8)	(5.1, 11.6)	(5.6, 12.1)	(4.2, 9.2)	(9.6, 15.3)	(7.2, 13.0)	(6.9, 12.5)
North	**10.9**	**10.8**	**†8.3**	**†9.7**	**12.4**	**†9.3**	**†9.8**	**†7.5**	**†9.4**	**†6.9**	**†6.3**	**8.3**	**†8.9**	**†5.9**	**†8.1**	**†8.3**	**10.0**	**11.7**	**9.6**
	(8.4, 14.0)	(7.9,14.6)	(5.5,12.4)	(6.4,14.4)	(8.6,17.5)	(6.2,13.8)	(6.8, 13.9)	(4.8, 11.5)	(6.2,13.8)	(4.4, 10.6)	(4.2, 9.3)	(6.2, 11.0)	(5.8, 13.4)	(3.9, 9.0)	(5.5, 11.7)	(5.7, 12.0)	(7.6, 13.1)	(8.5, 15.9)	(7.0, 13.0)

Notes: (1) ¶95% confidence interval; the sampling and data collection method were changed in 2020 from telephone interview to web survey.
(2) [a]Significant change between last two estimates (2022 vs.2023), $p<0.05$.
Q: 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

Figure 3.4.2 **Percentage Drinking Five or More Drinks on a Single Occasion Weekly in the Past Year, Aged 18+, 1977–2023**



3.5. Hazardous or Harmful Drinking (AUDIT)

Hazardous or harmful drinking was measured by the *Alcohol Use Disorders Identification Te*st (AUDIT). The AUDIT is a 10-item screener that was constructed to detect problem drinkers at the less severe end of the spectrum of alcohol problems. The AUDIT identifies **hazardous** alcohol use, which is an established pattern of drinking that *increases the likelihood of future* physical and mental health problems (e.g., liver disease). It also identifies **harmful** consequences of that use, which reflects a pattern of drinking that is *already causing damage* to health (e.g., alcohol-related injuries, depression) and indications of dependence (Babor et al., 2001; Saunders et al., 1993). The AUDIT includes items such as drinking in the morning, lack of control over one's own drinking, feelings of guilt, injuries resulting from drinking, failure to meet expectations, black-outs, and having someone express concern about drinking).

Conventionally, a score of **8 or more** out of 40 on the AUDIT scale is used to identify drinkers that **drink at hazardous or harmful levels** or are at risk of becoming dependent. A score of 8 or more should not be viewed as "alcoholism," but as a pattern of drinking that is causing current problems or likely to cause future problems.

In 2023, about 18.9% of adults drank hazardously or harmfully during the past 12 months before the survey. There were also significant differences in percentage reporting hazardous or harmful drinking among men (22.4%) and women (15.9%).

There were also significant differences in hazardous drinking between age groups, with younger adults more likely to report harmful drinking than older adults (Figure 3.5.1).

2022-2023

There was no significant change in reports of hazardous or harmful drinking between 2022 and 2023 **(**20.1% vs 18.9%, respectively).

There were also no significant changes in reports of hazardous or harmful drinking among men, women, age subgroups and regions (Table 3.5.2b).

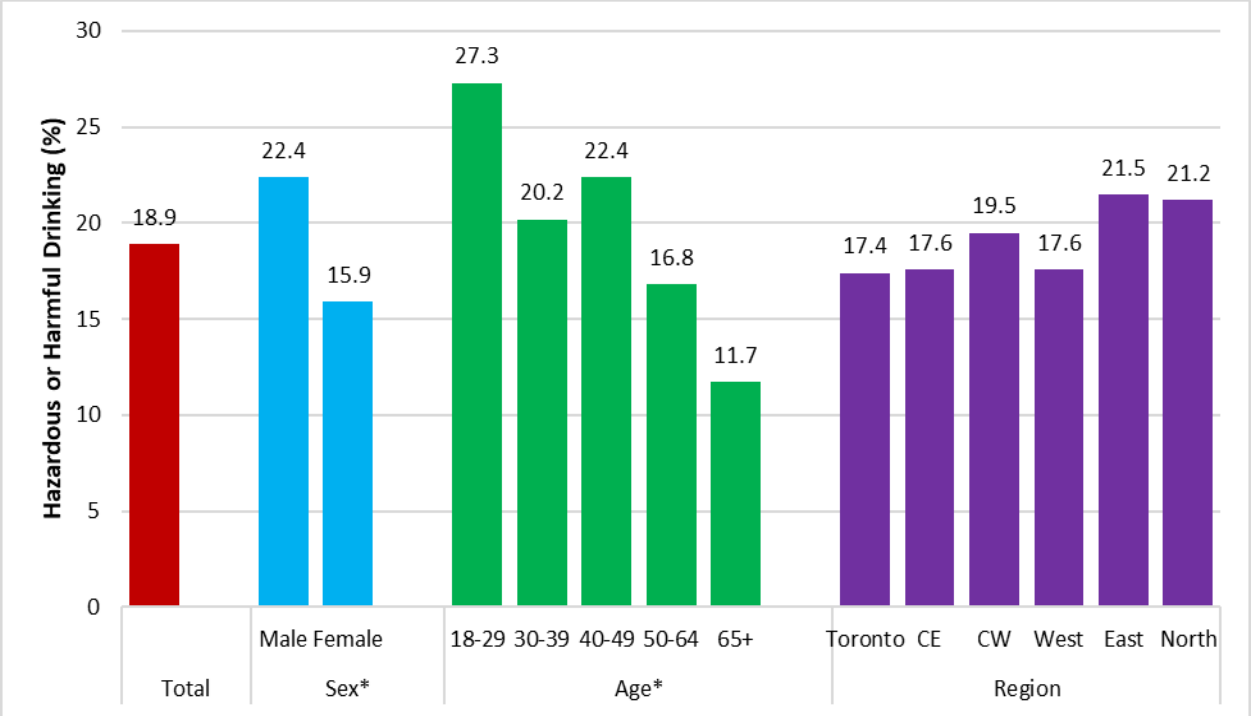
2013-2023

The percentages reporting hazardous or harmful drinking in 2013 and 2023 were 13.7% and 18.9%, respectively. Adjusting for sample characteristics, there were greater odds of reporting hazardous drinking in 2023 compared to 2013. Similar results were evident between 2018 and 2023 (Table 3.5.1).

There were also greater odds of hazardous drinking in 2023 compared to 2013 among women, those aged 40 to 49, 50 to 64, 65 or older and those residing in Central West, West and North regions. Likewise, greater odds of hazardous drinking were evident in 2023 compared to 2018 among women, those aged 40 to 49, 50 to 64, 65 or older and those residing in Central East, Central West, and North regions (Table 3.5.1).

Trends
1998-2023.....Figure 3.5.2, Table 3.5.2a-b

Figure 3.5.1 **Percentage Drinking Hazardously or Harmfully (AUDIT 8+) by Sex, Age and Region, Adults Aged 18+, 2023 (N=2590)**



Note: CE: Central East; CW: Central West; *: Statistically significant differences between estimates, (p<0.05).

Table 3.5.1: Changes in Drinking Hazardously or Harmfully Between 2013 and 2023 Among Sex, Age and Regional Subgroups

Variables		2023 vs. 2013				2023 vs. 2018			
		OR	95%CI		Sig.	OR	95%CI		Sig.
Total	Total	1.53	1.25	1.88	*	1.64	1.33	2.01	*
Sex	Men	1.05	0.81	1.37		1.27	0.97	1.67	
	Women	2.82	2.01	3.94	*	2.27	1.66	3.10	*
Age	18 to 29	0.78	0.47	1.27		1.44	0.91	2.29	
	30 to 39	1.15	0.73	1.83		0.93	0.56	1.55	
	40 to 49	2.86	1.85	4.41	*	2.46	1.52	3.99	*
	50 to 64	2.03	1.45	2.84	*	2.01	1.41	2.88	*
	65+	2.62	1.63	4.22	*	1.69	1.10	2.61	*
Region	Toronto	1.20	0.74	1.93		1.33	0.85	2.09	
	Central East	1.48	0.93	2.36		1.93	1.15	3.23	*
	Central West	1.62	1.03	2.57	*	1.96	1.19	3.22	*
	West	1.99	1.19	3.34	*	1.23	0.75	2.04	
	East	1.48	0.95	2.29		1.44	0.93	2.22	
	North	1.98	1.27	3.09	*	2.07	1.30	3.29	*

OR: adjusted odds ratio for age, sex, educational status, household income, region of residence and immigration status. Sig. Statistically significant difference at p<0.05.

Table 3.5.2a: Percentage ***Reporting Hazardous or Harmful Drinking (AUDIT 8+)*** in the Past 12 Months, by Demographic Characteristics, Aged 18+, 1998–2003

(N=)	1998 (2509)	1999 (2436)	2000 (2406)	2001 (2627)	2002 (2421)	2003 (2411)
Total	**13.3**	**13.2**	**13.3**	**12.9**	**13.0**	**13.2**
(95%CI)¶	(11.7, 15.0)	(11.7, 14.9)	(11.8, 15.0)	(11.4, 14.4)	(11.5, 14.6)	(11.6, 14.9)
Sex						
Men	**22.9**	**21.7**	**20.0**	**19.7**	**19.9**	**19.4**
	(20.1, 26.0)	(18.9, 24.8)	(17.4, 23.0)	(17.2, 22.4)	(17.3, 22.7)	(16.7, 22.4)
Women	**4.8**	**5.6**	**7.4**	**6.6**	**6.6**	**7.5**
	(3.7, 6.2)	(4.3, 7.2)	(6.0, 9.0)	(5.3, 8.4)	(5.1, 8.5)	(5.9, 9.4)
Age						
18-29	**26.9**	**25.7**	**25.5**	**24.9**	**22.4**	**27.2**
	(22.4, 31.9)	(21.2, 30.9)	(21.2, 30.4)	(20.7, 29.7)	(18.2, 27.2)	(22.4, 32.5)
30-39	**11.4**	**13.1**	**11.9**	**14.8**	**15.5**	**16.0**
	(8.8, 14.6)	(10.2, 16.6)	(9.4, 15.1)	(11.7, 18.6)	(12.2, 19.6)	(12.3, 20.5)
40-49	**11.6**	**11.0**	**10.9**	**9.5**	**11.2**	**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)
50-64	**9.3**	**9.0**	**9.8**	**10.9**	**8.7**	**7.4**
	(6.6, 12.9)	(6.2, 12.7)	(7.1, 13.4)	(8.2, 14.4)	(6.2, 12.0)	(5.2, 10.5)
65+	**†4.7**	**†4.7**	**†5.2**	**†2.4**	**†5.7**	**†3.2**
	(2.7, 8.1)	(2.9, 7.6)	(3.0, 9.1)	(1.2, 4.7)	(3.3, 9.5)	(1.8, 5.9)
Region						
Toronto	**13.3**	**12.7**	**12.6**	**13.0**	**11.7**	**12.9**
	(9.9, 17.7)	(9.3, 17.2)	(9.3, 16.7)	(9.8, 17.0)	(8.5, 15.7)	(9.5, 17.5)
C-East	**13.5**	**12.0**	**14.8**	**14.7**	**12.8**	**17.0**
	(10.0, 18.0)	(8.8, 16.1)	(11.4, 19.1)	(11.3, 18.9)	(9.5, 17.1)	(13.2, 21.6)
C- West	**10.1**	**14.3**	**12.8**	**†8.9**	**14.9**	**11.7**
	(7.4, 13.7)	(10.8, 18.7)	(9.6, 16.8)	(6.4, 12.3)	(11.4, 19.3)	(8.5, 15.8)
West	**15.4**	**14.5**	**12.2**	**15.9**	**12.0**	**12.9**
	(11.6, 20.0)	(11.1, 18.7)	(9.0, 16.4)	(12.3, 20.3)	(9.0, 15.8)	(9.7, 16.9)
East	**13.9**	**12.5**	**12.1**	**13.2**	**13.6**	**11.8**
	(10.4, 18.2)	(9.2, 16.8)	(8.9, 16.2)	(10.0,17.3)	(10.2, 17.9)	(8.5, 16.1)
North	**16.4**	**13.6**	**17.1**	**13.1**	**12.2**	**12.0**
	(12.6, 21.0)	(10.3, 17.8)	(13.3, 21.6)	(10.3, 16.5)	(9.0, 16.2)	(8.8, 16.1)

Notes: (1) ¶95% confidence interval; † Estimate suppressed or unstable; † Estimate suppressed or unstable;
Def: The AUDIT screener 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 3.5.2b: Percentage ***Reporting Hazardous or Harmful Drinking (AUDIT 8+)*** in the Past 12 Months, by Demographic Characteristics, Aged 18+, 2004–2023

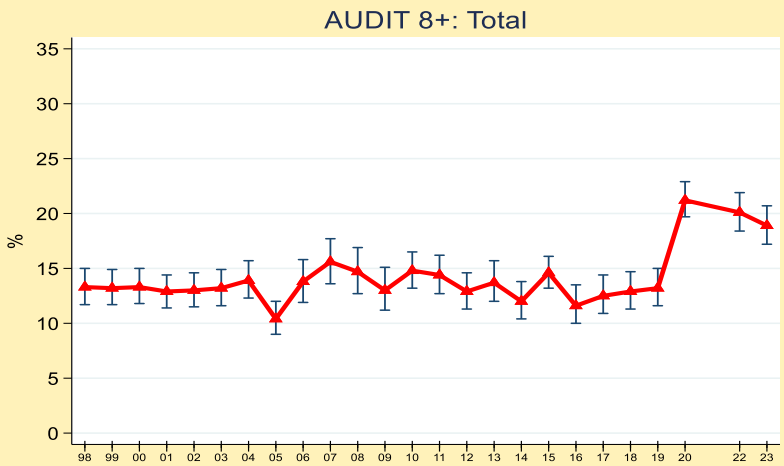
(N=)	2004 (2611)	2005 (2445)	2006 (2016)	2007 (2005)	2008 (2024)	2009 (2037)	2010 (3030)	2011 (3039)	2012 (3030)	2013 (3021)	2014 (3043)	2015 (5013)	2016 (3042)	2017 (2812)	2018 (2806)	2019 (2827)	2020 (3033)	2022 (2650)	2023 (2590)
Total (95%CI)[¶]	**13.9** (12.3, 15.7)	**10.4** (9.0, 12.0)	**13.8** (11.9, 15.8)	**15.6** (13.6, 17.7)	**14.7** (12.7,16.9)	**13.0** (11.2, 15.1)	**14.8** (13.2, 16.5)	**14.4** (12.7,16.2)	**12.9** (11.3, 14.6)	**13.7** (12.0, 15.7)	**12.0** (10.4, 13.8)	**14.6** (13.2, 16.1)	**11.6** (10.0, 13.5)	**12.5** (10.9, 14.4)	**12.9** (11.3, 14.7)	**13.2** (11.6, 15.0)	**21.2** (19.7, 22.9)	**20.1** (18.4, 21.9)	**18.9** (17.2, 20.7)
Sex																			
Men	**20.6** (17.8, 23.7)	**15.5** (13.0, 18.3)	**21.6** (18.4, 25.2)	**23.2** (19.9, 26.8)	**22.2** (18.8, 25.9)	**19.0** (16.0, 22.4)	**21.3** (18.6, 24.2)	**21.5** (18.6, 24.7)	**19.5** (16.8, 22.5)	**22.1** (18.9, 25.7)	**17.8** (15.0, 20.9)	**21.5** (19.1, 24.1)	**18.5** (15.5, 22.0)	**18.6** (15.8, 21.8)	**18.8** (16.0, 22.0)	**18.7** (16.1, 21.7)	**26.9** (24.4, 29.6)	**25.7** (23.0, 28.7)	**22.4** (19.7, 25.5)
Women	**7.8** (6.1, 9.8)	**5.6** (4.3, 7.3)	**6.5** (4.9, 8.5)	**8.4** (6.6, 10.8)	**7.8** (5.8,10.5)	**7.5** (5.6,9.9)	**8.7** (7.1, 10.7)	**7.9** (6.3,9.8)	**7.5** (5.5,8.8)	**6.1** (4.7, 8.0)	**6.8** (5.3, 8.7)	**8.4** (7.0, 9.9)	**5.4** (4.1, 7.2)	**6.9** (5.3, 8.8)	**7.5** (5.9, 9.5)	**8.1** (6.4, 10.2)	**16.0** (14.1, 18.0)	**15.0** (13.2, 17.1)	**15.9** (14.0, 18.0)
Age																			
18-29	**31.2** (25.9, 37.1)	**25.5** (20.6, 31.2)	**28.2** (22.2, 35.0)	**39.1** (32.2, 46.4)	**31.4** (24.4,39.4)	**27.5** (20.9,35.3)	**31.8** (26.2, 38.1)	**29.6** (23.7,36.3)	**23.4** (17.8, 30.1)	**30.5** (23.3, 38.7)	**21.9** (15.8, 29.5)	**29.3** (24.4, 34.8)	**18.6** (13.2, 25.4)	**18.4** (13.8, 24.2)	**19.9** (15.4, 25.4)	**22.0** (17.5, 27.4)	**24.6** (20.5, 29.3)	**25.5** (20.8, 30.9)	**27.3** (21.9, 33.5)
30-39	**15.6** (12.1, 20.0)	**7.1** (5.0, 9.9)	**14.5** (10.8, 19.3)	**11.7** (8.3,16.2)	**16.0** (11.5,21.7)	**14.7** (10.8,19.6)	**14.9** (11.3,19.2)	**14.7** (11.1,19.2)	**17.0** (12.9, 22.1)	**17.2** (12.8, 22.9)	**†11.9** (8.3, 16.8)	**15.2** (11.6, 19.6)	**†13.6** (8.8, 20.5)	**†12.9** (8.5, 19.2)	**†20.4** (14.4, 28.0)	**19.8** (14.9, 25.9)	**26.2** (22.5, 30.3)	**23.1** (19.1, 27.6)	**20.2** (16.6, 24.4)
40-49	**10.4** (7.8, 13.7)	**9.3** (6.8, 12.6)	**11.7** (8.5, 15.8)	**10.1** (7.3, 14.0)	**13.5** (9.9,18.0)	**11.8** (8.9,15.7)	**12.5** (9.8, 15.9)	**16.2** (12.8, 20.2)	**13.0** (10.1, 16.7)	**10.5** (7.8, 13.9)	**14.2** (10.9, 18.3)	**11.8** (9.2, 14.9)	**10.6** (7.6, 14.5)	**†9.3** (6.4, 13.3)	**†10.8** (7.6, 15.2)	**14.4** (10.4, 19.5)	**24.7** (20.8, 29.0)	**23.7** (19.5, 28.4)	**22.4** (18.5, 26.9)
50-64	**7.5** (5.3, 10.4)	**6.1** (4.2, 8.8)	**8.3** (6.0, 11.5)	**13.5** (10.5, 17.2)	**10.3** (7.7,13.6)	**8.0** (5.6,11.4)	**10.5** (8.6, 12.9)	**8.8** (6.7, 11.5)	**9.2** (7.3, 11.6)	**10.2** (8.1, 12.6)	**10.3** (8.3, 12.7)	**11.6** (9.8, 13.6)	**10.5** (8.5, 13.0)	**15.1** (12.1, 18.7)	**10.1** (7.9, 12.7)	**9.3** (7.1, 12.1)	**20.6** (17.7, 23.8)	**19.1** (16.3, 22.3)	**16.8** (14.0, 20.0)
65+	**†5.4** (3.3, 8.6)	**†3.1** (1.7, 5.7)	**†4.6** (2.7, 7.8)	**†4.5** (2.7, 7.5)	**†3.4** (2.1, 5.7)	**†5.0** (3.2, 7.7)	**†4.5** (3.1, 6.6)	**†4.3** (2.9, 6.37)	**†5.4** (3.8, 7.6)	**4.4** (3.1, 6.2)	**†4.1** (2.9, 5.7)	**6.8** (5.4, 8.5)	**5.7** (4.4, 7.5)	**5.5** (4.1, 7.4)	**6.8** (5.1, 9.0)	**†5.0** (3.5, 6.9)	**12.1** (9.6, 15.1)	**12.3** (9.7, 15.4)	**11.7** (9.2, 14.9)
Region																			
Toronto	**13.4** (9.9, 17.9)	**†7.3** (4.8, 10.8)	**11.2** (7.6, 16.1)	**13.4** (9.6, 18.4)	**12.2** (8.1,18.1)	**12.4** (8.6,17.7)	**12.9** (9.6,17.0)	**10.8** (7.7,15.0)	**11.9** (8.8,15.9)	**13.3** (9.5, 18.4)	**†8.9** (6.3, 12.6)	**15.2** (12.1, 18.9)	**†9.4** (6.5, 13.4)	**13.4** (9.7, 18.1)	**13.5** (10.0, 17.8)	**12.8** (9.4, 17.3)	**24.9** (21.2, 29.1)	**23.4** (19.6, 27.6)	**17.4** [a] (13.9, 21.7)
C-East	**15.0** (11.0, 11.9)	**12.7** (9.2, 17.2)	**16.7** (12.2, 22.4)	**†14.2** (10.2, 19.5)	**15.5** (11.4, 20.8)	**†13.5** (9.5, 18.9)	**12.8** (9.6, 16.9)	**13.6** (10.0, 18.2)	**11.6** (8.5, 15.7)	**14.4** (10.6, 19.3)	**12.6** (9.1, 17.2)	**16.4** (13.4, 20.2)	**†12.9** (9.1, 17.9)	**12.0** (8.6, 16.6)	**11.3** (8.2, 15.5)	**12.8** (9.4, 17.3)	**20.4** (16.9, 24.3)	**21.8** (18.0, 26.1)	**17.6** (14.0, 21.8)
C- West	**13.9** (10.4, 18.4)	**†8.3** (5.6, 12.2)	**†9.6** (6.5, 13.9)	**†14.7** (10.6, 20.2)	**†14.7** (10.5, 20.3)	**15.7** (11.6, 20.8)	**14.6** (11.2, 19.0)	**14.1** (10.4, 18.8)	**†10.4** (7.4, 14.5)	**14.5** (10.6, 19.5)	**†11.7** (8.3, 16.3)	**12.5** (9.8, 15.9)	**†11.1** (7.4, 16.3)	**12.6** (9.3, 16.8)	**†11.0** (7.7, 15.5)	**†11.0** (7.8, 15.1)	**18.9** (15.6, 22.6)	**17.3** (14.0, 21.2)	**19.5** (15.9, 23.7)
West	**15.8** (12.2, 20.3)	**13.2** (9.8, 17.5)	**19.2** (14.7, 24.5)	**17.8** (13.4, 23.3)	**11.9** (8.1,17.1)	**9.1** (6.1, 13.2)	**16.6** (12.8,21.1)	**20.6** (16.2, 25.7)	**15.3** (11.8, 19.6)	**10.7** (7.4, 15.1)	**14.6** (11.0, 19.0)	**12.4** (9.7, 15.7)	**†10.4** (11.0, 19.0)	**†9.1** (6.3, 12.9)	**15.2** (10.9, 20.7)	**15.5** (11.9, 19.9)	**21.7** (18.1, 25.8)	**16.5** (13.1, 20.5)	**17.6** (14.1, 21.8)
East	**11.1** (8.2, 15.0)	**10.4** (7.3, 14.6)	**14.9** (10.6, 20.4)	**22.0** (16.9, 28.0)	**18.7** (13.8,24.7)	**12.1** (8.7,16.6)	**16.8** (13.0,21.5)	**14.6** (11.2,18.9)	**17.2** (13.2, 22.2)	**14.3** (10.7, 18.9)	**12.6** (9.3, 16.8)	**13.9** (11.0, 17.5)	**13.1** (9.5, 17.9)	**14.9** (11.1, 19.8)	**15.1** (11.5, 19.7)	**16.5** (12.8, 21.0)	**22.7** (19.2, 26.7)	**21.7** (17.7, 26.2)	**21.5** (17.7, 25.8)
North	**14.2** (11.3, 17.8)	**12.7** (9.4, 17.0)	**11.3** (7.9, 15.8)	**11.3** (7.8,16.1)	**18.2** (13.8,23.8)	**13.3** (9.6,18.2)	**21.1** (16.8,26.2)	**16.6** (12.6,21.7)	**14.9** (10.9, 20.1)	**15.3** (11.4, 20.2)	**14.5** (10.9, 18.9)	**17.0** (13.8, 20.7)	**14.9** (10.9, 20.0)	**†11.7** (8.3, 16.4)	**14.0** (10.6, 18.4)	**13.2** (9.8, 17.4)	**18.0** (14.7, 21.8)	**19.6** (15.4, 24.6)	**21.2** (17.2, 25.8)

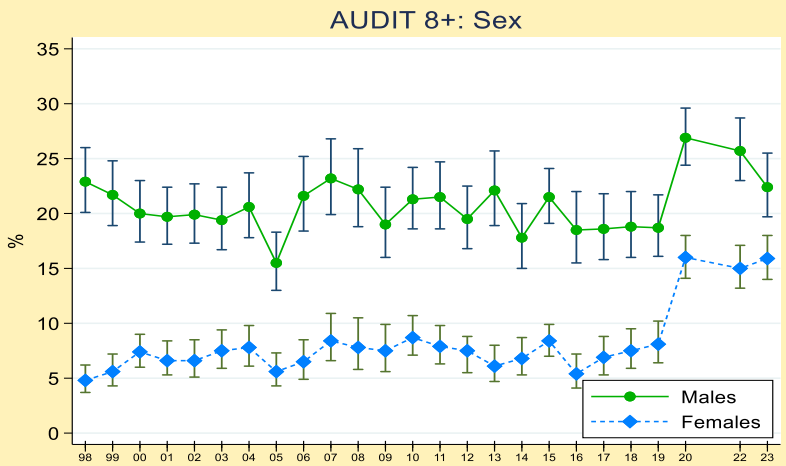
Notes: (1) [¶]95% confidence interval; † Estimate suppressed or unstable; The sampling design was changed in 2020 from telephone interview to web survey.
(2) [a]Significant change between last two estimates (2022 vs.2023), p<0.05.

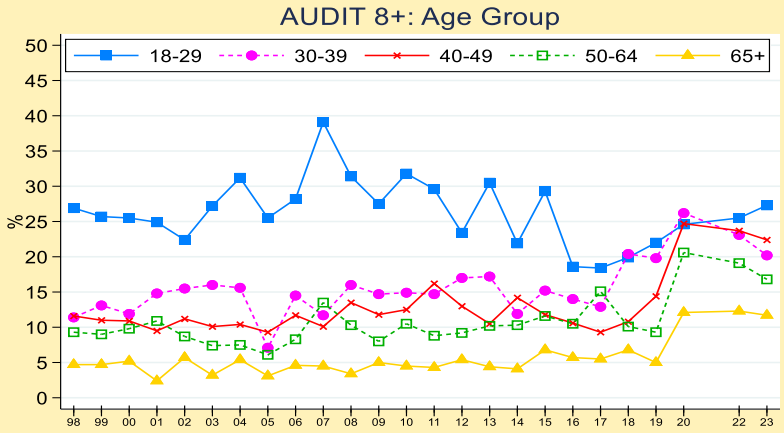
Def: The AUDIT screener measures hazardous and harmful drinking, as indicated by a score of 8 or more out of 40.

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

Figure 3.5.2 Percentage Drinking Hazardously or Harmfully (AUDIT 8+), Aged 18+, 1998–2023







Note: vertical 'whiskers' represent 95% confidence intervals
Source: CAMH Monitor

3.6. Symptoms of Alcohol Dependence (AUDIT)

As with hazardous/harmful drinking, symptoms of **alcohol dependence** experienced in the past year among adults were also assessed through the AUDIT.

Three of the 10 AUDIT items are indicators of alcohol dependence. This section outlines the estimated percentage of adults reporting **one or more of the three dependence indicators** included in the AUDIT: (1) *not able to stop drinking once you had started*; (2) *failed to do what was normally expected from you because of drinking*; or (3) *needed a first alcoholic drink in the morning to get yourself going after a heavy drinking session*.

In 2023, an estimated **12.8%** (95%CI: 11.4% to 14.3%) of adults experienced at least one dependence symptom during the past year.

There was no significant difference between men (13.6%) and women (12.0%) in experiencing at least one dependence symptom.

There were significant differences in experiencing a dependence symptom between age groups such that young adults were more likely to experience a symptom of alcohol dependence than older adults (Figure 3.6.1).

2022-2023

Overall, there was no significant change in the percentage reporting at least one symptom of alcohol dependence between the 2022 and 2023 surveys (14.1% in 2022 and 12.8% in 2023).

Among men, there were significant changes in reports of symptoms of alcohol dependence between 2022 and 2023 (18.0% vs. 13.6%, respectively).

There were no significant changes in reports of symptoms of alcohol dependence among women, age subgroups and regions (Table 3.6.2b).

2013-2023

The percentages reporting at least one symptom of alcohol dependence in 2013 and 2023 were 6.6% and 12.8%, respectively. After adjusting for sample characteristics across surveys, the odds of having symptoms of alcohol dependence was about two times greater in 2023 compared to 2013. Likewise, the odds of having at least one symptom of alcohol dependence was greater in 2023 compared to 2018 (Table 3.6.1).

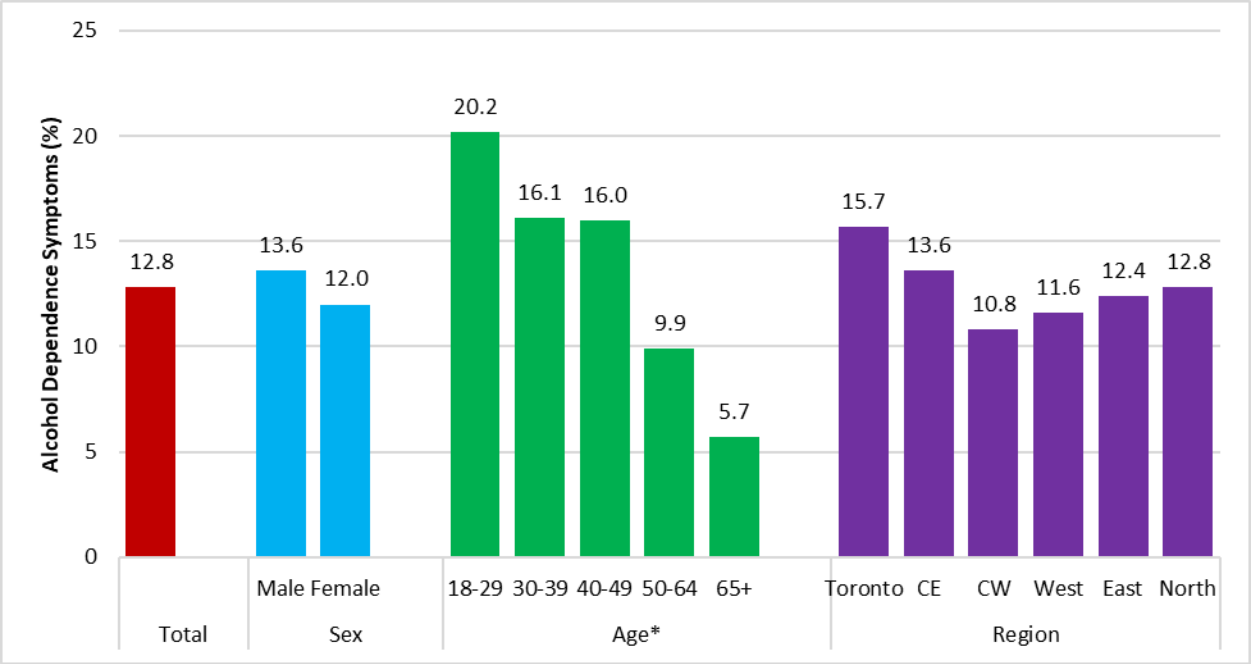
Among subgroups, there were also greater odds of reporting at least one symptom of alcohol dependence in 2023 compared to 2013 among men, women, 30 to 39, 40 to 49, 50 to 64, 65 or older, those residing in Toronto, Central East, West, East and North region (Table 3.6.1).

There were greater odds of reporting at least one symptom of alcohol dependence in 2023 compared to 2018 among men, women, 18 to 29, 40 to 49, 50 to 64, those residing in Toronto, Central East, Central West and North regions (Table 3.6.1).

Trends

1998-2023....Figure 3.6.2, Table 3.6.2a-b

Figure 3.6.1 **Percentage Reporting One or More Alcohol Dependence Symptoms (based on AUDIT) by Sex, Age and Region, Adults Aged 18+, 2023 (N=2590)**



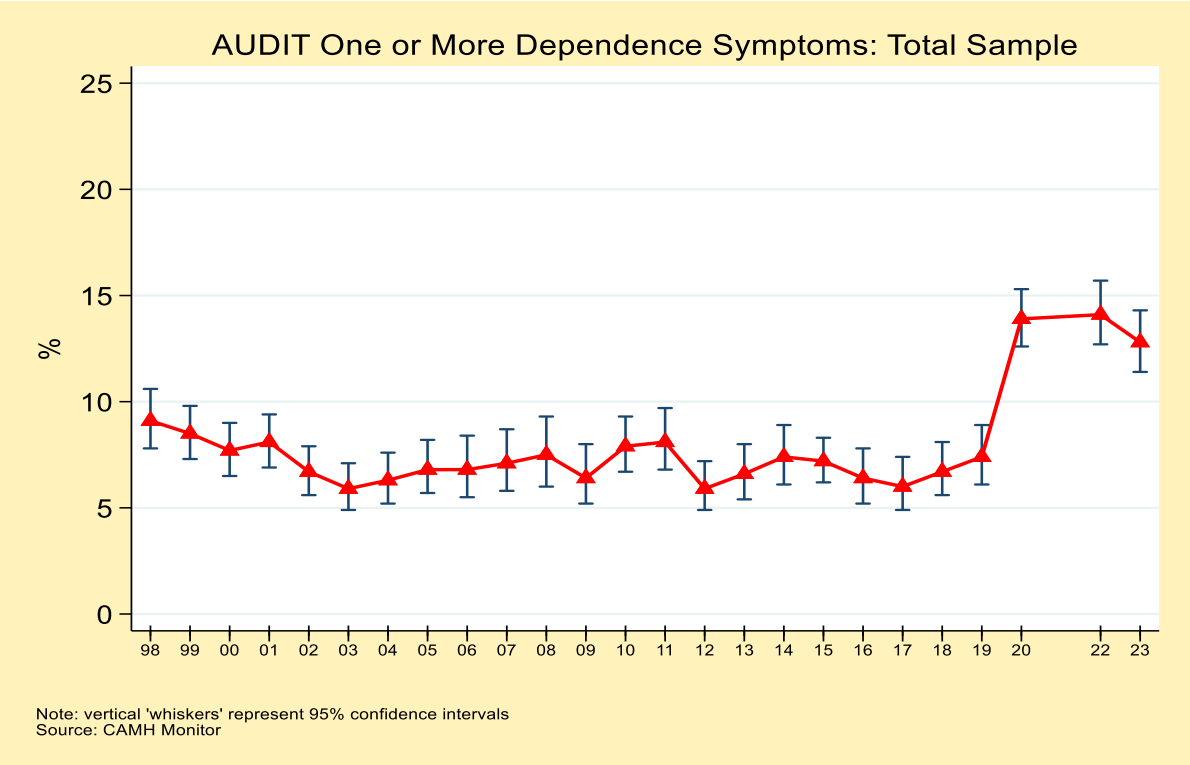
Note: CE: Central East; CW: Central West; *: Statistically significant differences between estimates, (p<0.05

Table 3.6.1: Changes in Reporting One or More Alcohol Dependence Symptoms Between 2013 And 2023 Among Sex, Age and Regional Subgroups

Variables		2023 vs. 2013				2023 vs. 2018			
		OR	95%CI		Sig.	OR	95%CI		Sig.
Total	Total	2.07	1.61	2.67	*	1.97	1.53	2.54	*
Sex	Men	1.58	1.12	2.24	*	1.58	1.12	2.23	*
	Women	2.91	2.02	4.20	*	2.54	1.76	3.67	*
Age	18 to 29	1.51	0.86	2.67		1.82	1.09	3.02	*
	30 to 39	2.20	1.24	3.90	*	1.59	0.89	2.83	
	40 to 49	3.15	1.91	5.20	*	2.05	1.19	3.54	*
	50 to 64	1.97	1.29	3.02	*	3.26	1.94	5.46	*
	65+	2.71	1.35	5.42	*	1.64	0.87	3.10	
Region	Toronto	2.29	1.29	4.06	*	2.38	1.41	4.02	*
	Central East	2.74	1.55	4.85	*	2.76	1.51	5.07	*
	Central West	1.55	0.90	2.69		1.84	1.01	3.36	*
	West	2.02	1.08	3.79	*	1.51	0.76	2.98	
	East	2.08	1.14	3.78	*	1.33	0.78	2.25	
	North	2.11	1.21	3.70	*	2.59	1.42	4.73	*

OR: adjusted odds ratio for age, sex, educational status, household income, region of residence and immigration status. *Statistically significant (Sig.) difference at p<0.05.

Figure 3.6.2 Percentage Reporting One or More Alcohol Dependence Symptoms (based on AUDIT) in the Past Year, Aged 18+, 1998–2023



Note: vertical 'whiskers' represent 95% confidence intervals
Source: CAMH Monitor

Table 3.6.2a: Percentage ***Reporting One or More Alcohol Dependence Symptoms*** in the Past 12 Months, by Demographic Characteristics, Aged 18+, 1998–2003

(N=)	1998 (2509)	1999 (2436)	2000 (2406)	2001 (2627)	2002 (2421)	2003 (2411)
Total Drinkers	**9.1**	**8.5**	**7.7**	**8.1**	**6.7**	**5.9**
(95%CI)¶	(7.8, 10.6)	(7.3, 9.8)	(6.5,9.0)	(6.9,9.4)	(5.6,7.9)	(4.9,7.1)
Sex						
Men	**13.7**	**12.2**	**10.3**	**11.9**	**10.0**	**7.2**
	(11.5,16.3)	(10.2,14.7)	(8.4,12.5)	(9.9,14.3)	(8.2,12.2)	(5.7,9.2)
Women	**5.6**	**5.1**	**5.3**	**4.5**	**† 3.6**	**4.7**
	(4.3,7.2)	(3.9,6.6)	(4.1,6.8)	(3.3,6.1)	(2.5,5.1)	(3.5,6.2)
Age						
18-29	**18.6**	**14.0**	**17.1**	**17.1**	**12.3**	**14.0**
	(14.7,23.1)	(10.7,18.1)	(13.6,21.3)	(13.4,21.5)	(9.2,16.3)	(10.7,18.2)
30-39	**10.4**	**11.1**	**6.0**	**8.1**	**8.7**	**†6.2**
	(7.9,13.6)	(8.5,14.3)	(4.2,8.4)	(5.9,11.2)	(6.4,11.8)	(4.2,9.1)
40-49	**†7.5**	**†7.8**	**†5.5**	**†7.7**	**†4.7**	**†3.9**
	(5.4,10.4)	(5.5,10.9)	(3.7,8.2)	(5.4,10.9)	(3.0,7.2)	(2.5,6.0)
50-64	**†6.6**	**†5.7**	**†5.3**	**†4.5**	**†3.2**	**†3.2**
	(4.2,10.0)	(3.5,9.1)	(3.4,8.2)	(2.7,7.4)	(1.8,5.7)	(1.9,5.2)
65+	†	†	**†2.3**	†	**†3.5**	†
	—	—	(1.1,4.8)	—	(1.7,7.3)	—
Region						
Toronto	**10.6**	**†8.3**	**†7.8**	**10.8**	**†6.8**	**†5.4**
	(7.7, 14.4)	(5.7,11.9)	(5.5,11.0)	(7.8,14.7)	(4.6,10.1)	(3.5,8.3)
C-East	**11.0**	**†8.7**	**†8.8**	**†7.4**	**†6.0**	**†5.6**
	(7.9, 15.0)	(6.2, 12.1)	(6.2, 12.5)	(5.1, 10.7)	(3.9, 9.4)	(3.6, 8.5)
C-West	**†8.4**	**†9.0**	**†7.0**	**†8.2**	**†7.8**	**†6.1**
	(5.7, 12.1)	(6.4, 12.6)	(4.6, 10.4)	(5.5, 11.9)	(5.3, 11.3)	(3.9, 9.4)
West	**†8.7**	**†9.4**	**†5.7**	**†7.3**	**†6.2**	**†5.5**
	(6.0,12.6)	(6.6,13.2)	(3.7,8.7)	(5.1,10.5)	(4.1,9.2)	(3.5,8.7)
East	**†7.3**	**†6.9**	**†6.7**	**†6.1**	**†6.3**	**†7.3**
	(5.1,10.4)	(4.7,10.2)	(4.4,10.0)	(4.1,9.0)	(4.0,9.7)	(4.9,10.8)
North	**†9.5**	**†7.9**	**†10.7**	**†6.1**	**†6.2**	**†6.1**
	(6.8,13.1)	(5.6,11.2)	(7.8,14.5)	(4.3,8.6)	(4.0,9.4)	(3.9,9.5)

Notes: (1) ¶ 95% confidence interval; † Estimate suppressed or unstable
Def'n: Percent reporting 1 or more (out of 3) AUDIT dependence indicators.
Source: The CAMH Monitor, Centre for Addiction and Mental Health

Table 3.6.2b: Percentage ***Reporting One or More Alcohol Dependence Symptoms*** in the Past 12 Months, by Demographic Characteristics, Aged 18+, 2004–2023

(N=)	2004 (2611)	2005 (2445)	2006 (2016)	2007 (2005)	2008 (2024)	2009 (2037)	2010 (3030)	2011 (3039)	2012 (3030)	2013 (3021)	2014 (3043)	2015 (5013)	2016 (3042)	2017 (2812)	2018 (2806)	2019 (2827)	2020 (3033)	2022 (3005)	2023 (3007)
Total	**6.3**	**6.8**	**6.8**	**7.1**	**7.5**	**6.4**	**7.9**	**8.1**	**5.9**	**6.6**	**7.3**	**7.2**	**6.4**	**6.0**	**6.7**	**7.4**	**13.9**	**14.1**	**12.8**
(95%CI)¶	(5.2,7.6)	(5.7,8.2	(5.4,8.4)	(5.8,8.7)	(6.0,9.3)	(5.2,7.9)	(6.7, 9.3)	(6.8, 9.6)	(4.9,7.2)	(5.4, 8.0)	(6.1, 8.9)	(6.2, 8.3)	(5.2, 7.8)	(4.9, 7.4)	(5.6, 8.1)	(6.1, 8.9)	(12.6, 15.3)	(12.7, 15.7)	(11.4, 14.3)
Sex																			
Men	**8.6**	**9.6**	**9.8**	**8.6**	**10.6**	**8.3**	**9.6**	**10.2**	**7.9**	**9.1**	**9.8**	**8.5**	**8.4**	**7.7**	**8.7**	**9.7**	**17.1**	**18.0**	**13.6[a]**
	(6.8,10.9)	(7.6,11.9)	(7.5,12.7)	(6.5,11.3)	(8.2,13.6)	(6.4,10.7)	(7.7,11.9)	(8.0,12.8)	(6.3, 10.0)	(7.0, 11.7)	(7.6, 12.5)	(6.9, 10.4)	(6.4, 10.9)	(5.9, 10.0)	(6.9, 11.1)	(7.7, 12.3)	(15.0, 19.4)	(15.6, 20.7)	(11.5, 16.1)
Women	**4.1**	**4.3**	**† 4.0**	**5.7**	**† 4.7**	**† 4.6**	**6.4**	**6.2**	**†4.1**	**4.3**	**5.1**	**6.0**	**4.6**	**4.4**	**4.9**	**5.2**	**11.0**	**10.7**	**12.0**
	(2.9,5.6)	(3.2,5.8)	(2.8,5.7)	(4.2,7.6)	(3.1,7.0)	(3.1,6.8)	(5.0,8.1)	(4.7,8.0)	(2.9, 5.7)	(3.2, 5.7)	(3.8, 6.8)	(4.8, 7.4)	(3.4, 6.2)	(3.2, 6.0)	(3.6, 6.5)	(3.8, 6.9)	(9.5, 12.7)	(9.2, 12.4)	(10.4, 14.0)
Age																			
18-29	**11.8**	**16.1**	**15.1**	**17.3**	**17.8**	**13.3**	**19.9**	**19.0**	**†12.3**	**†13.4**	**†15.5**	**13.3**	**†10.9**	**†10.9**	**11.7**	**14.2**	**19.8**	**21.6**	**20.2**
	(8.5,16.2)	(12.3,20.9)	(10.6,21.0)	(12.3,23.9)	(12.2,25.1)	(8.8,19.7)	(15.2,25.5)	(14.1,25.0)	(8.3,17.8)	(8.7, 20.1)	(10.4,22.6)	(10.0,17.5)	(6.9, 16.7)	(7.5,15.5)	(8.4, 16.1)	(10.5, 18.9)	(16.1, 24.0)	(17.2, 26.8)	(15.7, 25.6)
30-39	**8.4**	**†5.7**	**7.7**	**†5.3**	**7.4**	**8.7**	**8.2**	**7.3**	**†7.1**	**†7.8**	**†7.1**	**†7.3**	**†10.4**	**†6.3**	**†10.5**	**†8.9**	**20.1**	**19.8**	**16.1**
	(5.8,12.1)	(3.8,8.5)	(4.9,11.7)	(3.2,8.6)	(4.4,12.0)	(5.8,13.0)	(5.7,11.6)	(4.6,11.2)	(4.6,10.9)	(5.0, 11.9)	(4.5, 11.2)	(5.0, 10.8)	(6.9, 15.3)	(3.2, 12.0)	(6.7, 16.2)	(5.5, 14.3)	(16.7, 23.8)	(16.1, 24.1)	(12.9, 19.9)
40-49	**†5.9**	**†6.3**	**†6.9**	**†6.2**	**†6.5**	**†6.4**	**†4.8**	**9.6**	**†4.9**	**†5.6**	**9.3**	**8.8**	**†5.1**	**†6.0**	**†8.1**	**†10.1**	**16.3**	**16.9**	**16.0**
	(3.9,8.7)	(4.2,9.3)	(4.5,10.4)	(4.1,9.2)	(4.3,9.9)	(4.3,9.5)	(3.3,6.8)	(7.0,13.0)	(3.2, 7.4)	(3.8, 8.1)	(6.7, 12.7)	(6.5, 11.8)	(3.0, 8.4)	(3.7, 9.5)	(5.3, 12.2)	(6.7, 15.0)	(13.2, 20.1)	(13.3, 21.1)	(12.6, 20.0)
50-64	**†2.8**	**†2.9**	**†2.4**	**†5.2**	**†4.1**	**†3.6**	**5.3**	**†3.5**	**†4.3**	**5.7**	**4.7**	**4.6**	**4.9**	**†5.6**	**†3.4**	**†4.4**	**10.1**	**11.6**	**9.9**
	(1.7,4.8)	(1.6,5.0)	(1.4,4.4)	(3.5,7.8)	(2.6,6.5)	(2.3,5.6)	(3.9,7.1)	(2.4,5.2)	(3.0, 6.0)	(4.2, 7.6)	(3.4, 6.4)	(3.5, 5.9)	(3.6, 6.6)	(4.0, 7.8)	(2.2, 5.1)	(2.9, 6.6)	(8.1, 12.5)	(9.4, 14.3)	(7.8, 12.5)
65+	**†**	**†2.3**	**†**	**†**	**†2.7**	**†**	**†2.3**	**†2.3**	**†2.6**	**†1.8**	**†2.0**	**†3.4**	**†2.3**	**†1.6**	**†3.0**	**†2.0**	**6.2**	**†5.0**	**†5.7**
	—	(1.3,4.3)	—	—	(1.4,5.0)	—	(1.3,3.9)	(1.3,4.0)	(1.5, 4.4)	(1.1, 3.0)	(1.1, 3.4)	(2.4, 4.7)	(1.5, 3.4)	(0.9, 2.6)	(1.9, 4.6)	(1.2, 3.3)	(4.5, 8.5)	(3.4, 7.1)	(3.9, 8.2)
Region																			
Toronto	**†5.9**	**†5.8**	**†6.2**	**†5.9**	**†8.4**	**†6.5**	**†9.8**	**†8.3**	**†4.7**	**†6.9**	**†6.4**	**†8.9**	**†5.7**	**†8.4**	**†7.7**	**†8.8**	**18.3**	**17.7**	**15.7**
	(3.7,9.3)	(3.6,9.1)	(3.7,10.3)	(3.6,9.4)	(5.0,13.7)	(4.0,10.7)	(6.9,13.7)	(5.6,12.2)	(2.9, 7.4)	(4.3, 10.6)	(4.2, 9.5)	(6.6, 11.9)	(3.5, 9.2)	(5.5, 12.4)	(5.2, 11.2)	(6.1, 12.5)	(15.1, 22.1)	(14.4, 21.6)	(12.3, 19.7)
C-East	**†4.9**	**†7.2**	**†7.8**	**†6.6**	**†7.9**	**†6.3**	**†4.3**	**†8.0**	**†4.7**	**†6.6**	**†8.2**	**8.3**	**†6.9**	**†6.3**	**†5.8**	**†6.5**	**13.2**	**14.6**	**13.6**
	(2.8, 8.5)	(4.9, 10.6)	(4.8, 12.3)	(3.9, 11.2)	(5.0, 12.3)	(3.7, 10.5)	(2.6, 7.1)	(5.3,11.9)	(2.6, 8.3)	(4.2, 10.4)	(5.3, 12.4)	(6.1, 11.2)	(4.3, 10.7)	(4.0, 10.0)	(3.7, 9.0)	(4.1, 10.3)	(10.3, 16.7)	(11.4, 18.5)	(10.4, 17.6)
C-West	**†7.1**	**†7.0**	**†6.2**	**†6.6**	**†9.4**	**†7.0**	**†7.5**	**†8.9**	**†6.0**	**†6.9**	**†7.5**	**†6.0**	**†4.9**	**†3.7**	**†5.5**	**†7.3**	**12.2**	**12.2**	**10.8**
	(4.6, 10.7)	(4.5, 10.6)	(3.6, 10.5)	(3.9, 11.1)	(6.0, 14.5)	(4.5, 10.9)	(5.0, 11.0)	(6.0, 13.0)	(3.9, 9.2)	(4.6, 10.3)	(4.9, 11.5)	(4.3, 8.4)	(2.8, 8.6)	(2.2, 6.2)	(3.4, 8.7)	(4.6, 11.3)	(9.6, 15.3)	(9.5, 15.7)	(8.3, 14.1)
West	**†7.4**	**†7.3**	**†7.9**	**†8.7**	**†5.0**	**†6.0**	**†8.1**	**†7.7**	**†8.2**	**†6.5**	**†7.6**	**†4.6**	**†7.1**	**†3.9**	**†7.7**	**†8.1**	**13.5**	**12.1**	**11.6**
	(5.0,10.7)	(4.8,10.8)	(5.1,12.1)	(5.7,12.9)	(3.0,8.4)	(3.5,9.9)	(5.6,11.8)	(5.0,11.7)	(5.5, 11.9)	(4.0, 10.3)	(5.1, 11.3)	(3.1, 6.9)	(4.5, 10.9)	(2.2, 6.7)	(4.6, 12.5)	(5.5, 11.7)	(10.7, 17.0)	(9.2, 15.9)	(8.8, 15.1)
East	**†6.1**	**†6.4**	**†5.6**	**†9.2**	**†4.9**	**†6.2**	**†9.8**	**†7.7**	**†7.2**	**†5.4**	**†6.6**	**†6.8**	**†8.2**	**†7.5**	**†8.6**	**†6.2**	**13.7**	**13.7**	**12.4**
	(4.0,9.4)	(4.1,9.9)	(3.2,9.6)	(5.9,14.0)	(2.6,9.1)	(3.9,9.7)	(6.8,14.0)	(5.3,11.1)	(4.9, 10.6)	(3.4, 8.6)	(4.2, 10.2)	(4.8, 9.4)	(5.3, 12.5)	(4.6, 12.0)	(5.9, 12.5)	(4.1, 9.3)	(11.0, 17.0)	(10.6, 17.4)	(9.6, 15.8)
North	**†6.6**	**†8.2**	**†6.9**	**†6.3**	**†8.3**	**†5.0**	**†12.6**	**†6.4**	**†7.3**	**†6.9**	**†7.2**	**†6.2**	**†6.1**	**†6.6**	**†5.5**	**†6.5**	**10.2**	**13.0**	**12.8**
	(4.7,9.2)	(5.5,12.0)	(4.3,10.8)	(3.8,10.2)	(5.4,12.5)	(2.9,8.6)	(9.0,17.3)	(4.1,9.7)	(4.3, 12.2)	(4.4, 10.5)	(4.5, 11.2)	(4.3, 8.9)	(3.8, 9.5)	(4.2, 10.1)	(3.5, 8.5)	(4.1, 10.2)	(7.8, 13.3)	(9.6, 17.4)	(9.7, 16.5)

Notes: ¶95% confidence interval; † Estimate suppressed or unstable; † Estimate suppressed or unstable; the sampling design changed in 2020 from telephone interview to web survey. [a]Significant change between last two estimates (2022 vs.2023), p<0.05.

Def'n: Percent reporting 1 or more (out of 3) AUDIT dependence indicators.

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

4. TOBACCO AND E-CIGARETTE USE

4.1 Cigarette Smoking

Overall, the estimated percentage of *current* smokers – respondents who (1) smoked 100 or more cigarettes in their lifetime, *and* (2) smoked occasionally or daily during the past year, *and* (3) smoked during the past 30 days – was **18.0%** (95% CI: 16.4% to 19.7%).[17]

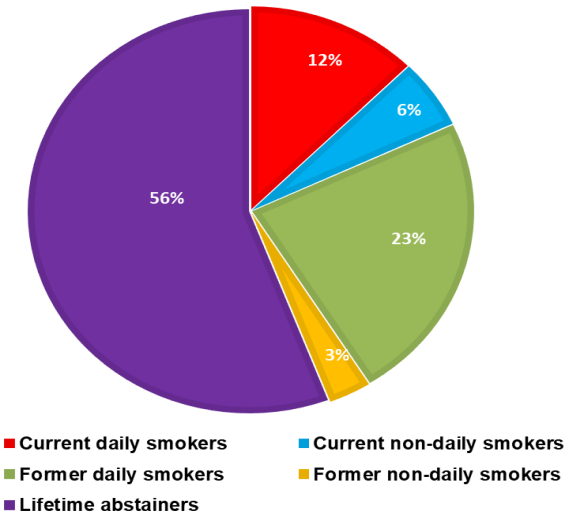
More than half (55.8%) of adults were classified as *lifetime abstainers* (never smoked more than 100 cigarettes in their lifetime). About 23.1% were classified as former daily smokers, and 3.1% were *former nondaily* smokers. Finally, 12.5% were estimated to be current *daily smokers*, while 5.5% were estimated to be *nondaily smokers* (Fig 4.1.1).

- The estimated percentage reporting current smoking was significantly different for men (20.5%) and women (15.8%).
- There were also significant differences in current smoking between age groups where adults aged 30 to 39 years (21.3%), 40 to 49 years (26.9%) and 50 to 64 years old (17.8%) were more likely to report current smoking than those aged 65 years or older (11.0%) (Figure 4.1.2).
- There were also significant differences in current smoking between regions. Adults residing in Toronto (21.7%) and in the North (23.3%) were more likely to report current smoking, compared to the provincial average (18.0%) (Figure 4.1.2).

Trends

1991–2023…… Fig. 4.1.3, Tables 4.1.2a-b

Figure 4.1.1 Smoking Status, Adults Aged 18+, 2023 (N=2590)



2022–2023

The percentage reporting current smoking did not change significantly between 2022 and 2023 (17.7% vs. 18.0%, respectively). Similarly, the percentages remained stable among men, women, age subgroups and regions (Table 4.1.2b).

2013–2023

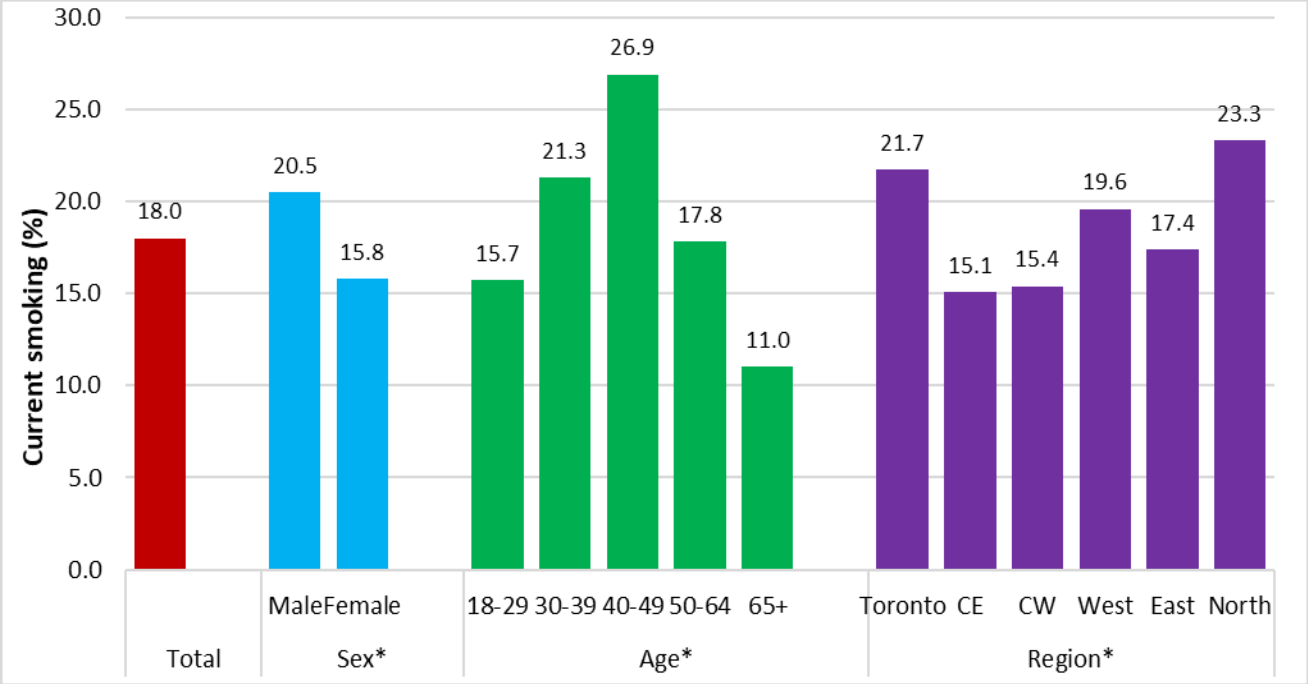
Between 2013 and 2023, the percentages reporting current smoking varied from 13.2% in 2015 to 18.0% in 2023. After adjusting for sample characteristics including sex, age, education, household income, region and immigration status, the odds of reporting current smoking were higher in 2023 compared to 2013. Similar results were evident between 2018 and 2023 (Table 4.1.1).

There were also greater odds of current smoking in 2023 compared to 2013 among women, those

[17] Standard to Health Canada guidelines.

aged 40 to 49, 65 or older and those residing in Toronto, West, East and North regions. Likewise, greater odds of current smoking were evident in 2023 compared to 2018 among women, those aged 40 to 49, 65 or older and those residing in Toronto (Table 4.1.1).

Figure 4.1.2 Current Smoking by Sex, Age and Region, Aged 18+, 2023 (N=2590)



Note: CE: Central East; CW: Central West; *Statistically significant differences between estimates, (p<0.05).

Table 4.1.1: Changes in Current Smoking Between 2013 and 2023 Among Sex, Age and Regional Subgroups

Variables		2023 vs. 2013				2023 vs. 2018			
		OR	95%CI		Sig.	OR	95%CI		Sig.
Total		1.34	1.12	1.60	*	1.33	1.10	1.61	*
Sex	Men	1.30	1.00	1.68		1.28	0.98	1.68	
	Women	1.40	1.10	1.78	*	1.40	1.08	1.83	*
Age	18 to 29	0.81	0.47	1.40		1.17	0.69	1.98	
	30 to 39	1.28	0.83	1.97		1.05	0.67	1.66	
	40 to 49	1.91	1.33	2.72	*	2.06	1.34	3.18	*
	50 to 64	1.29	0.96	1.73		1.09	0.77	1.54	
	65+	1.78	1.19	2.67	*	1.67	1.12	2.49	*
Region	Toronto	1.83	1.21	2.77	*	2.28	1.47	3.54	*
	Central East	0.97	0.63	1.47		1.38	0.88	2.16	
	Central West	1.14	0.76	1.69		1.01	0.66	1.54	
	West	1.58	1.04	2.38	*	1.47	0.93	2.32	
	East	1.60	1.06	2.42	*	1.04	0.67	1.61	
	North	1.61	1.11	2.33	*	1.41	0.94	2.11	

OR: odds ratio adjusted for age, sex, educational status, household income, region of residence and immigration status. * Statistically significant (Sig.) difference at p<0.05.

Table 4.1.2a: Percentage Reporting ***Current Cigarette Smoking***, by Demographic Characteristic, Aged 18+, 1991–2003

	1991	1992	1993	1994	1995	1996	1997	1998	1999	2000	2001	2002	2003
(N=)	(1047)	(1058)	(941)	(2022)	(994)	(2721)	(2776)	(2509)	(2436)	(2406)	(2627)	(2421)	(2411)
Total	**28.5**	**26.1**	**23.5**	**25.3**	**28.5**	**26.7**	**26.8**	**25.9**	**25.4**	**25.6**	**24.7**	**22.8**	**22.5**
(95%CI)¶	(25.8,31.2)	(23.5,28.7)	(20.8,26.2)	(23.4,27.2)	(25.7,31.3)	(25.0,28.4)	(25.2,28.4)	(24.0,27.9)	(23.5,27.4)	(23.7,27.6)	(22.8,26.7)	(20.1,24.8)	(20.7,24.5)
Sex													
Men	**28.5**	**29.5**	**28.2**	**26.4**	**30.4**	**27.8**	**29.3**	**28.2**	**28.2**	**31.1**	**28.0**	**25.6**	**25.2**
	(24.5,32.5)	(25.5,33.5)	(24.2,32.2)	(23.8,29.0)	(26.3,34.5)	(25.3,30.3)	(26.8,31.8)	(25.2,31.4)	(25.2,31.3)	(28.0,34.4)	(25.2,31.1)	(22.8,28.6)	(22.4,28.3)
Women	**28.6**	**23.2**	**19.7**	**24.3**	**26.7**	**25.7**	**24.5**	**23.8**	**22.9**	**20.6**	**21.5**	**20.2**	**20.0**
	(24.8,32.4)	(19.7,26.7)	(16.4,23.0)	(21.5,27.1)	(22.9,30.5)	(23.5,27.9)	(22.3,26.7)	(21.4,26.3)	(20.4,25.5)	(18.3,23.1)	(19.1,24.1)	(17.8,22.8)	(17.7,22.6)
Age													
18 - 29 years	**29.4**	**31.4**	**26.0**	**34.2**	**33.7**	**29.1**	**34.2**	**31.6**	**31.8**	**32.7**	**32.0**	**28.4**	**31.0**
	(23.9,34.9)	(25.9,36.9)	(20.5,31.5)	(29.9,38.5)	(27.7,39.7)	(25.2,33.0)	(30.3,38.1)	(26.9,36.7)	(27.1,36.8)	(28.0,37.8)	(27.2,37.1)	(23.8,33.5)	(26.3,36.2)
30 - 39 years	**31.4**	**30.4**	**29.5**	**28.2**	**31.9**	**31.8**	**31.2**	**32.4**	**31.8**	**28.3**	**30.4**	**29.4**	**23.9**
	(25.8,37.0)	(25.0,35.8)	(24.1,34.9)	(24.4,32.0)	(26.0,37.8)	(28.3,35.3)	(27.6,34.8)	(28.4,36.7)	(27.6,36.3)	(24.3,32.6)	(26.2,35.0)	(25.1,34.1)	(19.6,28.7)
40 - 49 years	**28.7**	**25.8**	**24.9**	**21.6**	**30.3**	**29.0**	**28.1**	**27.1**	**26.7**	**29.6**	**25.6**	**25.2**	**23.9**
	(22.6,34.8)	(19.8,31.8)	(19.0,30.8)	(17.7,25.5)	(24.1,36.5)	(25.2,32.8)	(24.4,31.8)	(23.2,31.4)	(22.7,31.1)	(25.4,34.2)	(21.8,29.8)	(21.6,29.9)	(20.3,27.8)
50 - 64 years	**31.3**	**18.2**	**17.6**	**19.1**	**25.6**	**23.2**	**21.2**	**20.2**	**20.2**	**20.6**	**23.1**	**21.1**	**20.7**
	(23.9,38.7)	(12.1,24.3)	(11.7,23.5)	(14.8,23.4)	(19.0,32.2)	(19.4,27.0)	(17.6,24.8)	(16.3,24.8)	(16.4,24.7)	(16.9,24.9)	(19.1,27.6)	(17.5,25.2)	(16.9,25.1)
65+ years	**18.8**	**12.7**	**10.0**	**12.4**	**10.8**	**14.1**	**9.3**	**15.2**	**13.3**	**13.6**	**10.1**	**6.6**	**11.2**
	(12.2,25.4)	(6.9,18.5)	(4.9,15.1)	(8.2,16.6)	(5.3,16.3)	(10.7,17.5)	(6.5,12.1)	(11.5,19.8)	(9.8,17.7)	(10.0,18.1)	(7.3,13.8)	(4.4, 9.7)	(8.1,15.4)
Region													
Toronto	–	–	–	–	–	**24.1**	**27.2**	**23.6**	**21.0**	**21.5**	**24.9**	**17.2**	**22.3**
						(19.8,29.0)	(22.8,32.1)	(19.3,28.5)	(16.9,25.8)	(17.4,26.3)	(20.5,29.9)	(13.5,21.8)	(18.0,27.2)
Central East	–	–	–	–	–	**25.7**	**28.2**	**26.4**	**24.8**	**28.6**	**23.3**	**21.3**	**21.4**
						(21.7,30.1)	(23.9,32.8)	(22.0,31.3)	(20.6,29.6)	(24.1,33.6)	(19.2,27.9)	(17.3,25.9)	(17.4,26.0)
Central West	–	–	–	–	–	**28.2**	**24.3**	**24.4**	**25.0**	**21.5**	**23.6**	**27.4**	**20.4**
						(23.9,33.0)	(20.3,28.7)	(20.2,29.1)	(20.6,29.9)	(17.5,26.1)	(19.5,28.4)	(22.9,32.5)	(16.4,25.0)
West	–	–	–	–	–	**26.1**	**29.4**	**27.3**	**31.6**	**28.1**	**23.3**	**24.6**	**24.0**
						(19.8,29.0)	(25.2,34.0)	(22.9,32.1)	(26.9,36.7)	(23.5,33.2)	(19.2,28.0)	(20.4,29.3)	(19.8,28.7)
East	–	–	–	–	–	**27.5**	**21.7**	**27.7**	**26.4**	**28.1**	**25.3**	**20.8**	**21.4**
						(23.4,32.0)	(17.9,26.0)	(23.3,32.7)	(22.1,31.2)	(23.6,33.2)	(21.2,30.0)	(16.8,25.3)	(17.4,26.1)
North	–	–	–	–	–	**31.5**	**32.9**	**29.5**	**28.8**	**32.2**	**29.9**	**29.6**	**31.0**
						(27.1,36.3)	(28.3,37.8)	(25.1,34.4)	(24.3,33.8)	(27.5,37.3)	(26.0,34.1)	(25.3,34.5)	(26.3,36.2)

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

Defn: Current smokers are those that report (1) consuming 100 or more cigarettes in their lifetime, (2) smoked cigarettes occasionally or daily during the past year; and (3) smoked during the past 30 days.

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

Table 4.1.2b: Percentage Reporting ***Current Cigarette Smoking***, by Demographic Characteristic, Aged 18+, 2004–2023

(N=)	2004 (2611)	2005 (2445)	2006 (2016)	2007 (2005)	2008 (2024)	2009 (2037)	2010 (3030)	2011 (3039)	2012 (3030)	2013 (3021)	2014 (3043)	2015 (5013)	2016 (3042)	2017 (2812)	2018 (2806)	2019 (2827)	2020 (3033)	2022 (2650)	2023 (2590)
Total	**21.4**	**20.3**	**20.6**	**21.6**	**19.7**	**18.6**	**17.6**	**15.4**	**16.6**	**16.8**	**15.0**	**13.2**	**13.5**	**15.1**	**15.6**	**16.3**	**17.2**	**17.7**	**18.0**
(95%CI)¶	(19.6, 23.4)	(18.5, 22.2)	(18.5,22.8)	(19.5,23.9)	(17.6,21.9)	(16.6,20.8)	(15.9, 19.3)	(13.8, 17.0)	(15.0,18.4)	(15.0,18.6)	(13.3,16.9)	(12.0,14.5)	(12.0,15.2)	(13.2,17.1)	(13.8, 17.6)	(14.7, 18.1)	(15.8, 18.7)	(16.2, 19.3)	(16.4, 19.7)
Sex																			
Men	**24.8**	**21.7**	**23.7**	**23.7**	**23.7**	**21.2**	**20.7**	**17.9**	**20.1**	**19.3**	**17.9**	**15.6**	**16.2**	**16.8**	**18.3**	**20.4**	**19.3**	**19.9**	**20.5**
	(21.9, 27.9)	(19.0, 24.7)	(20.4,27.3)	(20.4,27.3)	(20.4,27.3)	(18.1,24.7)	(18.1,23.6)	(15.4, 20.7)	(17.4, 23.0)	(16.5, 22.4)	(15.1, 21.0)	(13.5, 17.9)	(13.7, 19.2)	(14.1, 20.0)	(15.4, 21.5)	(17.8, 23.4)	(17.2, 21.6)	(17.5, 22.5)	(18.0, 23.3)
Women	**18.3**	**19.1**	**17.6**	**19.6**	**15.9**	**16.2**	**14.6**	**13.0**	**13.5**	**14.4**	**12.3**	**11.0**	**10.9**	**13.4**	**13.2**	**12.5**	**15.3**	**15.7**	**15.8**
	(16.1, 20.7)	(16.8, 21.5)	(15.2,20.3)	(17.1,22.4)	(13.5,18.6)	(13.7,19.0)	(12.7,16.7)	(11.3, 14.9)	(11.7, 15.5)	(12.4, 16.7)	(10.4, 14.4)	(9.6, 12.6)	(9.4, 12.7)	(11.1, 16.1)	(11.1, 15.6)	(10.7, 14.6)	(13.5, 17.2)	(13.9, 17.8)	(13.9, 17.9)
Age																			
18 - 29	**24.9**	**27.8**	**27.0**	**31.2**	**24.3**	**24.7**	**18.1**	**16.9**	**17.7**	**19.0**	**19.5**	**16.4**	**13.1**	**17.0**	**13.3**	**13.6**	**13.2**	**†9.8**	**15.7**
	(20.1, 30.4)	(22.7, 33.5)	(21.4,33.5)	(24.9,38.4)	(18.3,31.6)	(18.6,32.1)	(13.7, 23.5)	(12.6, 22.3)	(12.9, 23.8)	(13.5, 26.1)	(13.7, 26.9)	(12.5, 21.2)	(8.9, 18.8)	(12.2, 23.3)	(9.7, 17.9)	(10.2, 17.9)	(10.4, 16.7)	(6.9, 13.9)	(11.5, 21.0)
30 - 39	**25.6**	**23.6**	**22.6**	**21.8**	**19.8**	**21.9**	**20.3**	**15.9**	**21.4**	**21.6**	**15.3**	**15.0**	**†15.2**	**†21.8**	**23.6**	**17.9**	**22.5**	**21.3**	**21.2**
	(21.3, 30.3)	(19.6, 28.2)	(18.0,27.9)	(17.2, 27.2)	(14.9,25.7)	(17.0, 27.7)	(16.1, 25.4)	(12.3, 20.4)	(17.1, 26.4)	(16.6, 27.6)	(11.0, 20.8)	(11.6, 19.2)	(10.7, 21.1)	(15.2, 30.2)	(17.7, 30.7)	(13.4, 23.5)	(19.2, 26.3)	(17.6, 25.6)	(17.6, 25.4)
40 - 49	**23.4**	**22.4**	**21.7**	**26.3**	**23.6**	**17.1**	**19.8**	**19.2**	**17.5**	**19.5**	**16.0**	**12.3**	**13.9**	**†9.8**	**15.7**	**22.0**	**24.7**	**28.7**	**26.9**
	(19.5, 27.9)	(18.8, 26.6)	(17.4,26.6)	(21.6,31.5)	(19.2,28.6)	(13.4,21.5)	(16.4,23.6)	(15.8, 23.2)	(14.2, 21.3)	(15.9, 23.7)	(12.5, 20.2)	(9.9, 15.2)	(10.7, 17.9)	(6.7, 14.0)	(11.7, 20.8)	(17.3, 27.6)	(21.0, 28.9)	(24.4, 33.5)	(22.8, 31.4)
50 - 64	**22.6**	**18.6**	**21.2**	**19.4**	**20.7**	**20.2**	**18.8**	**14.7**	**18.1**	**17.3**	**16.4**	**14.9**	**16.3**	**20.2**	**19.4**	**18.8**	**18.8**	**19.2**	**17.8**
	(19.1,26.5)	(15.3, 22.4)	(17.4,25.6)	(16.0,23.3)	(16.9,25.0)	(16.5,24.4)	(16.1,22.0)	(12.2, 17.5)	(15.4, 21.2)	(14.7, 20.2)	(13.8, 19.3)	(13.1, 17.1)	(13.9, 19.0)	(17.0, 23.9)	(15.7, 23.7)	(15.7, 22.4)	(16.1, 21.8)	(16.4, 22.4)	(15.1, 20.9)
65+	**8.2**	**8.0**	**9.1**	**8.9**	**10.3**	**9.2**	**10.1**	**9.0**	**8.3**	**7.4**	**7.6**	**6.8**	**7.6**	**6.4**	**7.8**	**10.9**	**8.8**	**11.3**	**11.0**
	(6.0, 11.3)	(5.7, 11.2)	(6.4,12.9)	(6.4,12.3)	(7.6,13.8)	(6.6,12.5)	(7.8, 13.1)	(6.8, 11.8)	(6.4, 10.5)	(5.7, 9.5)	(6.0, 9.6)	(5.5, 8.3)	(6.0, 9.4)	(5.1, 8.1)	(6.1, 9.9)	(8.8, 13.5)	(6.7, 11.5)	(9.0, 14.2)	(8.4, 14.1)
Region																			
Toronto	**19.7**	**15.4**	**13.5**	**20.7**	**16.8**	**17.9**	**17.4**	**11.7**	**16.8**	**14.5**	**14.2**	**10.2**	**11.8**	**13.5**	**11.1**	**12.0**	**20.6**	**19.7**	**21.7**
	(15.7, 24.4)	(11.9, 19.7)	(9.8,18.2)	(15.9, 26.5)	(12.6,22.1)	(13.5,23.3)	(13.9,21.7)	(8.6, 15.7)	(13.3,20.9)	(11.0, 19.0)	(10.5, 19.0)	(7.8, 13.3)	(8.6, 15.9)	(9.9, 18.2)	(8.0, 15.0)	(9.0, 15.9)	(17.3, 24.4)	(16.3, 23.5)	(17.9, 26.1)
Central East	**18.8**	**22.0**	**21.2**	**20.1**	**19.0**	**19.6**	**15.7**	**13.1**	**14.0**	**18.9**	**15.6**	**15.5**	**11.9**	**15.7**	**14.0**	**19.4**	**15.5**	**16.3**	**15.1**
	(15.0, 23.3)	(17.9, 26.7)	(16.5, 26.8)	(15.6, 25.4)	(14.6, 24.5)	(15.3,24.9)	(12.2, 20.0)	(10.2, 16.7)	(10.7, 18.0)	(15.0, 23.7)	(11.9, 20.2)	(12.5, 18.9)	(9.0, 15.6)	(11.3, 21.4)	(10.6, 18.4)	(15.3, 24.2)	(12.5, 18.9)	(13.2, 20.0)	(11.8, 19.0)
Central West	**24.2**	**23.9**	**23.2**	**20.1**	**20.1**	**22.4**	**18.8**	**18.4**	**15.5**	**16.5**	**15.6**	**12.2**	**13.2**	**15.7**	**17.1**	**13.5**	**13.9**	**15.3**	**15.4**
	(19.9, 29.1)	(19.6, 28.9)	(18.3,29.0)	(15.5,25.7)	(15.6,25.5)	(17.6,27.9)	(15.1,23.1)	(14.7, 22.8)	(12.0, 19.8)	(12.9, 20.9)	(11.9, 20.1)	(9.8, 15.2)	(9.6, 17.8)	(11.8, 20.6)	(12.9, 22.2)	(10.2, 17.6)	(11.2, 17.2)	(12.3, 18.9)	(12.3, 19.1)
West	**20.7**	**20.4**	**24.6**	**24.0**	**19.7**	**14.9**	**17.5**	**17.1**	**18.6**	**16.9**	**12.4**	**12.4**	**14.4**	**12.4**	**16.5**	**19.1**	**18.1**	**21.5**	**19.6**
	(16.8, 25.2)	(16.5, 24.9)	(20.0,29.8)	(19.3, 29.4)	(15.2,25.1)	(10.9,20.0)	(14.1, 21.6)	(13.4, 21.5)	(15.1, 22.8)	(13.3, 21.2)	(9.5, 16.0)	(9.8, 15.5)	(11.1, 18.4)	(9.2, 16.6)	(12.2, 22.1)	(15.2, 23.8)	(14.9, 21.8)	(17.8, 25.8)	(16.0, 23.8)
East	**22.1**	**15.8**	**22.3**	**22.5**	**21.3**	**13.3**	**18.8**	**15.4**	**17.5**	**14.2**	**13.2**	**14.3**	**14.2**	**16.9**	**18.5**	**17.0**	**17.4**	**15.6**	**17.4**
	(18.2, 26.6)	(12.3, 20.0)	(17.7,27.8)	(17.7,28.1)	(16.5,27.1)	(9.8,17.8)	(15.1, 23.1)	(12.1, 19.4)	(14.1,21.7)	(11.0,18.2)	(10.1,17.0)	(11.4,17.7)	(10.7,18.6)	(12.8,22.1)	(14.2, 23.8)	(13.3, 21.3)	(14.4, 20.9)	(12.5, 19.4)	(14.0, 21.4)
North	**24.5**	**27.6**	**20.9**	**26.7**	**26.4**	**24.6**	**18.9**	**23.3**	**24.1**	**20.2**	**21.2**	**16.2**	**22.1**	**16.7**	**20.4**	**26.0**	**21.2**	**22.3**	**23.3**
	(21.0, 28.4)	(18.5, 22.2)	(16.5, 26.2)	(21.9,32.2)	(21.5,32.0)	(19.8,30.2)	(15.2, 23.3)	(19.2, 27.9)	(19.8,29.1)	(16.4, 24.6)	(17.3, 25.7)	(13.4, 19.4)	(17.9, 27.1)	(12.7, 21.6)	(16.3, 25.3)	(21.6, 31.0)	(17.8, 25.2)	(17.9, 27.3)	(19.2, 27.9)

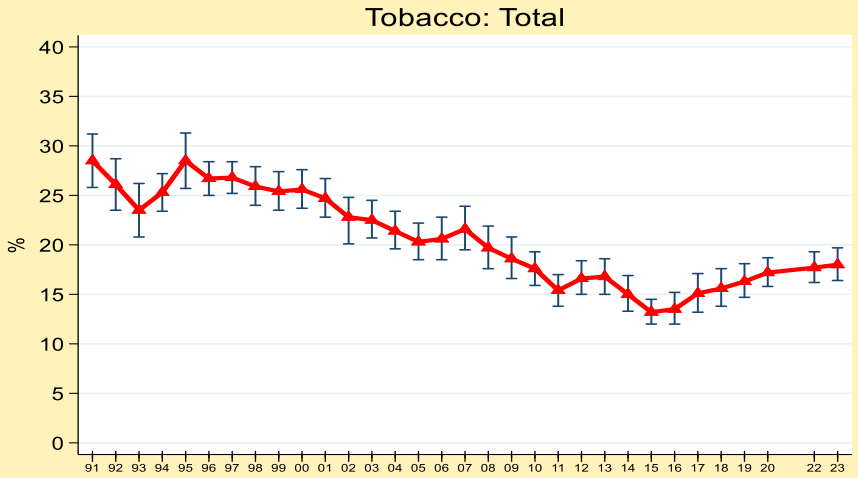
Notes: (1) ¶ 95% confidence interval; † Estimate suppressed or unstable; the sampling design changed in 2020 from telephone interview to web surveys.

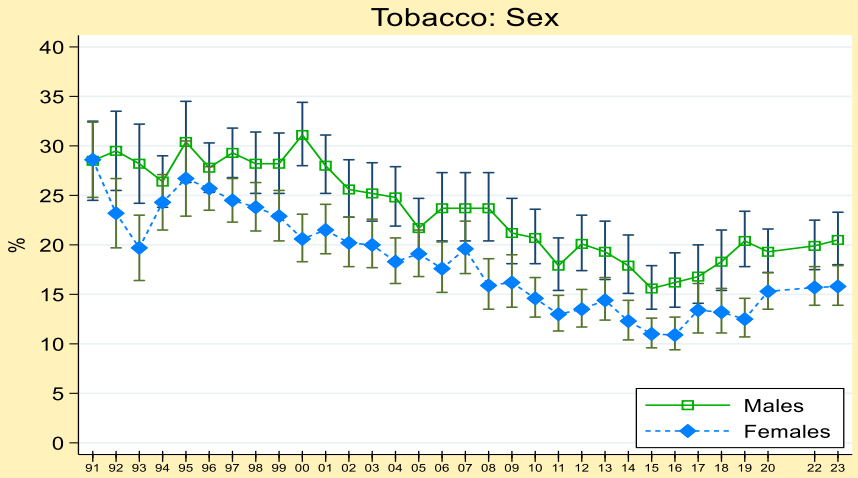
(2) [a] Significant change between last two estimates (2022 vs.2023), p<0.05.

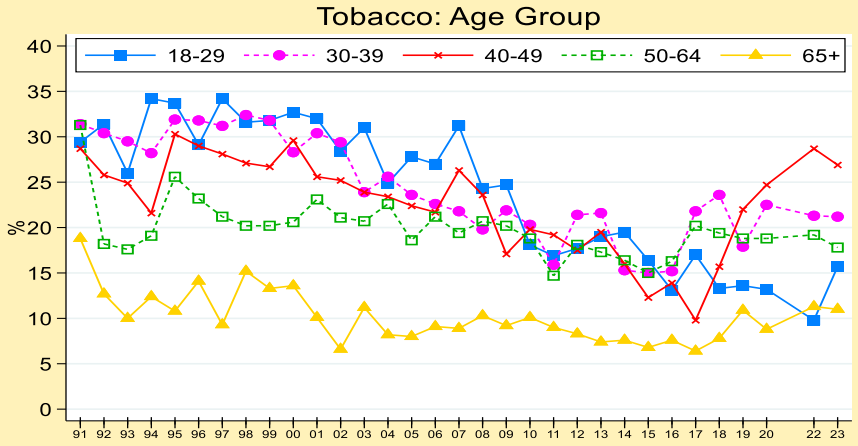
Defn: Current smokers are those that report (1) consuming 100 or more cigarettes in their lifetime, (2) smoked cigarettes occasionally or daily during the past year; and (3) smoked during the past 30 days.

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

Figure 4.1.3: Current Smoking Among Adults Aged 18+, 1991–2023







Note: vertical 'whiskers' represent 95% confidence intervals
Source: CAMH Monitor

4.2 Daily Smoking

An estimated, **12.5%** (95% CI: 11.2% to 13.9%) of adults smoked cigarettes daily.

- There was no significant difference in daily smoking between men and women (13.4% vs. 11.7%, respectively).
- There was a significant difference in daily smoking between age groups, with adults aged 40 to 49 years (19.4%) and 50 to 64 years old (15.0%) were more likely to smoke daily than those 18 to 29 years old (8.4%).
- There was a significant association between daily smoking and region of residence, with adults residing in the North are more likely to smoke daily than the provincial average (Figure 4.2.1).

Trends

1996–2023…… Tables 4.2.2a-b

2022–2023

The estimated percentage reporting daily smoking in 2023 (12.5%) was not significantly different from the 2022 estimate (12.3%).

There were also no significant changes in estimated percentage reporting daily smoking among men and women (Table 4.2.2b).

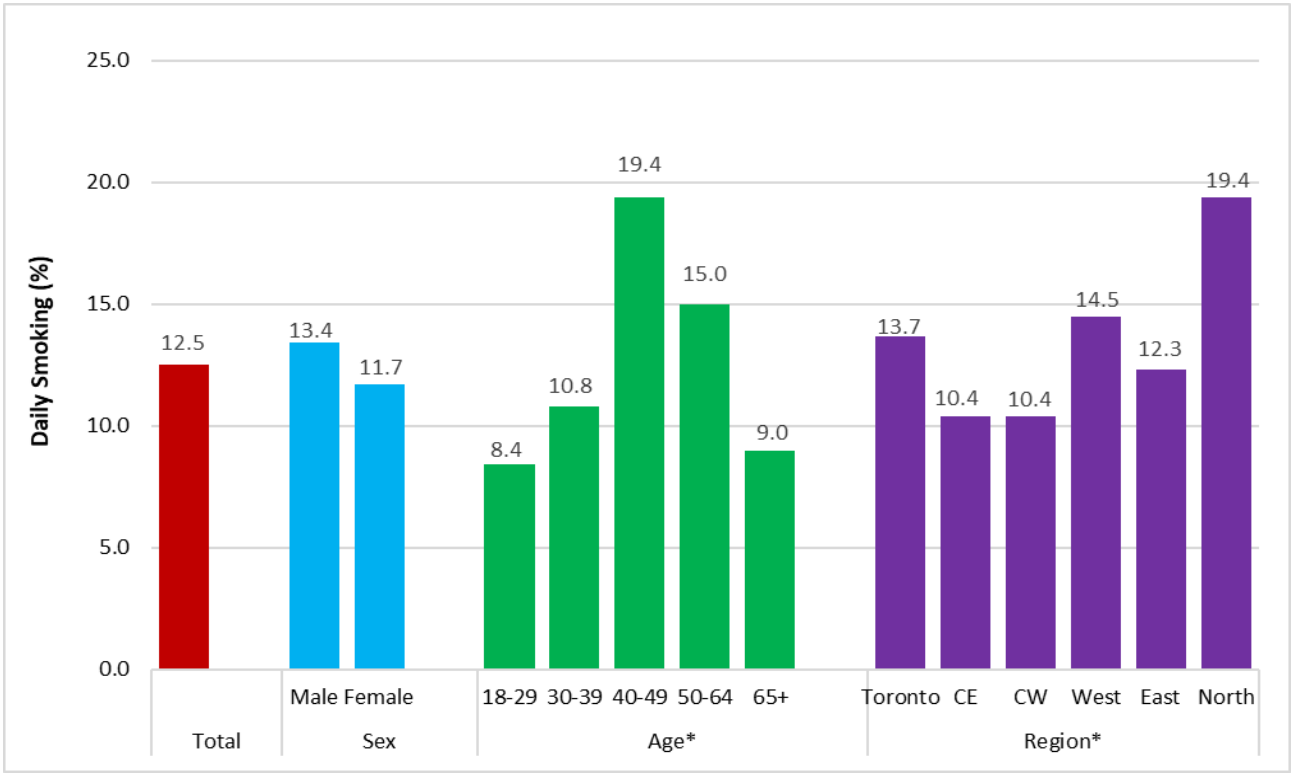
Among those aged 18 to 29, the percentage reporting daily smoking in 2023 (8.1%) was significantly higher than in 2022 (4.1%); however, there were no significant changes among other age groups and regions (Table 4.2.2b).

2013–2023

The percentages reporting daily smoking in 2013 and 2023 were 13.2% and 12.5%, respectively. After adjusting for sample characteristics including sex, age, education, household income, region of residence and immigration status, the odds of reporting daily smoking in 2023 was not significantly different from 2013. The odds of daily smoking were greater in 2023 than five years ago in 2018 (Table 4.2.1).

There were also greater odds of reporting daily smoking in 2023 compared to 2013 among women, those aged 40 to 49, 65 or older and those residing in the North region (Table 4.2.1). Likewise, greater odds of daily smoking were evident in 2023 compared to 2018 among women, those aged 40 to 49, 65 or older, and those residing in Toronto and in the North regions (Table 4.2.1).

Figure 4.2.1 Daily Smoking by Sex, Age and Region, Aged 18+, 2023 (N=2590)



Note: CE: Central East; CW: Central West; *: Statistically significant differences between estimates, (p<0.05).

Table 4.2.1: Changes in Daily Smoking Between 2013 and 2023 Among Sex, Age and Regional Subgroups

Variables		2023 vs. 2013				2023 vs. 2018			
		OR	95%CI		Sig.	OR	95%CI		Sig.
Total		1.21	0.99	1.49		1.33	1.07	1.66	*
Sex	Men	1.10	0.82	1.47		1.22	0.89	1.68	
	Women	1.35	1.03	1.77	*	1.48	1.09	2.00	*
Age	18 to 29	0.68	0.35	1.32		1.25	0.63	2.47	
	30 to 39	0.85	0.50	1.42		0.64	0.37	1.11	
	40 to 49	1.85	1.24	2.76	*	1.87	1.14	3.05	*
	50 to 64	1.22	0.89	1.67		1.36	0.92	2.00	
	65+	1.81	1.16	2.80	*	1.81	1.17	2.79	*
Region	Toronto	1.39	0.87	2.20		2.16	1.27	3.68	*
	Central East	0.92	0.56	1.49		1.43	0.84	2.42	
	Central West	0.99	0.63	1.55		1.10	0.65	1.86	
	West	1.49	0.95	2.35		1.46	0.84	2.52	
	East	1.56	0.98	2.46		0.89	0.55	1.45	
	North	1.77	1.18	2.66	*	1.57	1.01	2.43	*

OR: odds ratio adjusted for age, sex, educational status, household income, region of residence and immigration status. * Statistically significant (Sig.) difference at p<0.05.

Table 4.2.2a: Percentage Reporting ***Daily Cigarette Smoking***, by Demographic Characteristic, Aged 18+, 1996–2003

	1996	1997	1998	1999	2000	2001	2002	2003
(N=)	(2721)	(2776)	(2509)	(2436)	(2406)	(2627)	(2421)	(2411)
Total	**23.0**	**23.1**	**22.0**	**20.7**	**20.3**	**19.0**	**18.0**	**17.8**
(95%CI)¶	(21.3, 24.9)	(21.4, 25.0)	(20.2, 23.9)	(19.0, 22.6)	(18.5, 22.1)	(17.4, 20.8)	(16.4, 19.8)	(16.2, 19.6)
Sex								
Men	**23.6**	**26.1**	**24.4**	**23.5**	**24.9**	**21.7**	**20.3**	**19.9**
	(21.1, 26.4)	(23.4, 29.0)	(21.5, 27.5)	(20.8, 26.4)	(22.1, 28.0)	(19.1, 24.6)	(17.8, 23.1)	(17.3, 22.7)
Women	**22.5**	**20.4**	**19.8**	**18.2**	**16.1**	**16.5**	**15.8**	**15.9**
	(20.2,25.0)	(18.2, 22.8)	(17.6, 22.2)	(16.1, 20.6)	(14.1, 18.4)	(14.5, 18.8)	(13.8, 18.2)	(13.8, 18.2)
Age								
18 - 29 years	**23.0**	**28.3**	**26.5**	**24.2**	**25.7**	**22.5**	**20.3**	**22.9**
	(19.2,27.3)	(24.2, 32.8)	(22.0, 31.4)	(20.0, 28.9)	(21.4, 30.6)	(18.4, 27.1)	(16.4, 24.8)	(18.7, 27.6)
30 - 39 years	**27.8**	**26.1**	**26.7**	**24.4**	**20.6**	**22.7**	**24.1**	**18.8**
	(24.2,31.5)	(22.7, 30.0)	(22.9, 30.8)	(20.8, 28.3)	(17.2, 24.5)	(19.0, 26.9)	(20.1, 28.6)	(15.1, 23.2)
40 - 49 years	**26.3**	**25.6**	**23.7**	**24.0**	**23.6**	**21.3**	**20.3**	**20.6**
	(22.4,30.6)	(21.7, 29.8)	(20.0, 27.9)	(20.2, 28.3)	(19.7, 27.9)	(17.8, 25.3)	(16.8, 24.3)	(17.3, 24.4)
50 - 64 years	**20.6**	**19.4**	**18.3**	**17.9**	**17.9**	**19.7**	**18.0**	**16.3**
	(17.0,24.8)	(16.0, 23.3)	(14.6, 22.7)	(14.2, 22.2)	(14.4, 21.9)	(15.9, 24.0)	(14.6, 22.0)	(13.0, 20.2)
65+ years	**13.4**	**8.5**	**12.8**	**11.5**	**11.8**	**6.9**	**5.4**	**9.4**
	(9.8,18.1)	(5.8, 12.3)	(9.5, 17.2)	(8.4, 15.6)	(8.4, 16.2)	(4.7, 10.1)	(3.5, 8.2)	(6.5, 13.5)
Region								
Toronto	**19.3**	**22.1**	**19.5**	**15.3**	**16.4**	**19.1**	**11.9**	**17.4**
	(15.5,23.8)	(18.0, 26.8)	(15.5, 24.3)	(12.0, 19.4)	(12.8, 20.9)	(15.2, 23.6)	(8.8, 15.9)	(13.7, 21.8)
Central East	**21.9**	**24.0**	**22.9**	**22.6**	**24.3**	**17.8**	**17.2**	**16.3**
	(18.2, 26.2)	(20.0, 28.4)	(18.7, 27.6)	(18.5, 27.2)	(20.1, 29.1)	(14.2, 22.1)	(13.6, 21.6)	(12.8, 20.6)
Central West	**24.9**	**21.1**	**22.7**	**19.2**	**15.8**	**18.1**	**21.4**	**16.4**
	(20.8, 29.6)	(17.4, 25.4)	(18.7, 27.3)	(15.4, 23.7)	(12.4, 20.0)	(14.4, 22.4)	(17.3, 26.1)	(12.8, 20.8)
West	**23.8**	**25.6**	**21.5**	**26.8**	**23.5**	**18.1**	**21.4**	**19.6**
	(19.9,28.3)	(21.6, 30.0)	(17.5, 26.0)	(22.4, 31.7)	(19.2, 28.4)	(14.4, 22.5)	(17.5, 25.9)	(15.7, 24.1)
East	**24.3**	**20.0**	**21.6**	**21.3**	**22.7**	**19.0**	**17.2**	**16.0**
	(20.5, 28.6)	(16.3, 24.2)	(17.7, 26.2)	(17.3, 25.8)	(18.5, 27.6)	(15.4, 23.3)	(13.5, 21.6)	(12.6, 20.2)
North	**28.1**	**30.0**	**26.3**	**25.2**	**23.9**	**25.9**	**23.0**	**26.5**
	(23.8, 32.1)	(25.6, 34.8)	(22.0, 31.0)	(20.9, 30.0)	(19.7, 28.7)	(22.3, 29.9)	(18.9, 27.7)	(22.1, 31.4)

Notes: ¶ 95% confidence interval

Defn: Current smokers are those that report (1) consuming 100 or more cigarettes in their lifetime, and (2) smoked cigarettes occasionally or daily during the past year; and (3) smoked during the past 30 days.

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

Table 4.2.2b: Percentage Reporting ***Daily Cigarette Smoking***, by Demographic Characteristic, Aged 18+, 2004–2023

	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2022	2023
(N=)	(2611)	(2445)	(2016)	(2005)	(2024)	(2037)	(3030)	(3039)	(3030)	(3021)	(3043)	(5013)	(3042)	(2812)	(2806)	(2827)	(3033)	(2650)	(2590)
Total	**16.5**	**16.1**	**15.6**	**17.0**	**15.6**	**14.5**	**14.2**	**11.5**	**12.7**	**13.2**	**11.4**	**10.0**	**9.9**	**11.0**	**11.2**	**12.2**	**12.4**	**12.3**	**12.5**
(95%CI)¶	(14.9, 18.3)	(14.5, 17.8)	(13.8,17.6)	(15.1,19.5)	(13.7,17.6)	(12.7,16.5)	(12.8,15.9)	(10.2, 12.9)	(11.3, 14.2)	(11.6, 14.9)	(9.9, 13.1)	(8.9, 11.2)	(8.6, 11.3)	(9.5, 12.8)	(9.6,13.0)	(10.8,13.8)	(11.2, 13.6)	(11.1, 13.7)	(11.2, 13.9)
Sex																			
Men	**18.9**	**17.0**	**16.6**	**18.1**	**19.6**	**17.0**	**16.6**	**12.3**	**14.8**	**15.3**	**13.6**	**11.6**	**11.4**	**12.1**	**13.0**	**15.1**	**13.1**	**12.9**	**13.4**
	(16.3, 21.8)	(14.6, 19.8)	(13.8,19.6)	(15.2,21.5)	(16.6,23.1)	(14.2,20.2)	(14.2,19.3)	(10.2, 14.7)	(12.6, 17.4)	(12.8, 18.2)	(11.2, 16.5)	(9.8, 13.6)	(9.2, 13.9)	(9.8, 14.9)	(10.5,15.9)	(12.8, 17.7)	(11.4, 15.0)	(11.0, 15.0)	(11.4, 15.7)
Women	**14.3**	**15.2**	**14.8**	**15.9**	**11.7**	**12.2**	**12.1**	**10.8**	**10.8**	**11.2**	**9.3**	**8.5**	**8.6**	**10.0**	**9.5**	**9.6**	**11.7**	**11.8**	**11.7**
	(12.3, 16.5)	(13.1, 17.4)	(12.6,17.3)	(13.6, 18.5)	(9.7,14.1)	(10.1,14.7)	(10.3,14.0)	(9.2, 12.5)	(9.2, 12.5)	(9.5, 13.2)	(7.8, 11.2)	(7.4, 9.9)	(7.2, 10.1)	(8.1, 12.3)	(7.7,11.7)	(8.0,11.4)	(10.1, 13.4)	(10.2, 13.6)	(10.1, 13.6)
Age																			
18-29	**16.1**	**20.2**	**19.2**	**23.3**	**16.0**	**16.8**	**13.8**	**11.0**	**10.1**	**13.7**	**12.7**	**10.9**	**8.3**	**†11.4**	**†7.5**	**†8.3**	**7.6**	**†4.1**	**8.4[a]**
	(12.2, 20.9)	(15.8, 25.4)	(14.5,24.9)	(17.5, 30.2)	(11.1, 22.5)	(11.8, 23.5)	(9.9, 18.8)	(7.6, 15.7)	(6.7, 15.2)	(9.1, 20.2)	(8.0, 19.5)	(7.8, 15.0)	(5.1, 13.3)	(7.4, 17.0)	(4.9,11.5	(5.8,11.9)	(5.6, 10.2)	(2.5, 6.5)	(5.5, 12.8)
30-39	**20.4**	**17.8**	**15.6**	**17.0**	**14.8**	**16.9**	**15.2**	**11.8**	**13.8**	**15.7**	**10.3**	**10.7**	**9.0**	**†12.4**	**†17.9**	**†13.2**	**13.3**	**11.2**	**10.8**
	(16.6, 24.9)	(14.3, 22.0)	(11.8,20.5)	(13.0.22.0)	(10.7,20.3)	(10.7,20.3)	(11.4, 19.9)	(8.8, 15.7)	(10.4, 18.0)	(11.3, 21.4)	(6.9, 15.2)	(7.9, 14.4)	(5.7, 14.0)	(7.6, 19.3)	(12.7,24.7)	(9.3,18.5)	(10.7, 16.5)	(8.5, 14.7)	(8.3, 13.9)
40-49	**19.4**	**18.2**	**19.0**	**20.9**	**20.3**	**12.7**	**16.8**	**14.2**	**15.3**	**14.4**	**12.7**	**9.7**	**11.6**	**†7.9**	**†11.8**	**18.1**	**16.9**	**20.8**	**19.4**
	(15.8, 23.7)	(14.9, 22.0)	(15.0,23.8)	(16.7,25.9)	(16.2,25.1)	(9.5,16.7)	(13.6, 20.4)	(11.3, 17.7)	(12.2, 19.0)	(11.3, 18.0)	(9.6, 16.7)	(7.6, 12.4)	(8.7, 15.3)	(5.1, 12.0)	(8.2,16.6)	(13.8,23.4)	(13.8, 20.6)	(17.0, 25.1)	(15.9, 23.6)
50-64	**18.1**	**17.1**	**16.6**	**15.2**	**18.5**	**18.3**	**15.7**	**11.6**	**15.7**	**15.4**	**14.2**	**12.2**	**12.8**	**16.0**	**14.0**	**14.7**	**16.4**	**16.3**	**15.0**
	(15.0, 21.8)	(14.0, 20.9)	(13.2, 20.6)	(12.2,18.9)	(14.9,22.7	(14.8,22.4	(13.1, 18.6)	(9.4, 14.2)	(13.2, 18.7)	(12.9, 18.2)	(11.8, 17.0)	(10.5, 14.1)	(10.8, 15.3)	(13.1, 19.4)	(10.8,18.0)	(12.0,17.8)	(13.8, 19.3)	(13.7, 19.0)	(12.5, 18.0)
65+	**6.6**	**6.5**	**6.8**	**8.3**	**8.2**	**7.0**	**9.3**	**7.9**	**7.1**	**6.2**	**6.0**	**5.5**	**5.8**	**5.5**	**6.0**	**8.1**	**7.4**	**8.9**	**9.0**
	(4.6, 9.3)	(4.5, 9.3)	(4.6, 9.9)	(5.9,11.6)	(5.9,11.4)	(4.8,10.1)	(7.1, 12.2)	(5.8, 10.7)	(5.4, 9.3)	(4.7, 8.1)	(4.5, 7.9)	(4.3, 6.9)	(4.5, 7.5)	(4.2, 7.1)	(4.6,7.9)	(6.3,10.3)	(5.5, 10.0)	(6.8, 11.6)	(6.7, 11.9)
Region																			
Toronto	**15.7**	**10.1**	**9.7**	**17.2**	**13.4**	**15.5**	**14.3**	**6.8**	**12.1**	**11.7**	**9.1**	**6.9**	**7.8**	**†9.5**	**†6.9**	**9.8**	**14.6**	**13.2**	**13.7**
	(12.1, 20.2)	(7.4, 13.6)	(6.6, 14.1)	(12.7, 22.8)	(9.7,18.4)	(11.4,20.6)	(11.1, 18.4)	(4.6, 10.0)	(9.2, 15.8)	(8.5, 15.9)	(6.3, 12.9)	(5.1, 9.4)	(5.4, 11.2)	(6.6, 13.6)	(4.5,10.3)	(7.1,13.3)	(11.8, 18.0)	(10.5, 16.5)	(10.8, 17.3)
Central East	**13.8**	**17.5**	**16.9**	**14.5**	**14.8**	**14.3**	**12.5**	**10.1**	**10.4**	**14.4**	**12.3**	**11.3**	**8.8**	**†11.6**	**†9.8**	**13.9**	**10.1**	**11.6**	**10.4**
	(10.6, 17.7)	(13.8, 22.0)	(12.6, 22.2)	(10.7,19.3)	(13.5,27.5)	(10.6,18.9)	(9.3,16.6)	(7.5, 13.4)	(7.8, 13.8)	(10.9, 18.7)	(9.0, 16.7)	(8.9, 14.4)	(6.4, 12.1)	(7.7, 17.1)	(7.0,13.8)	(10.4,18.3)	(7.8, 13.1)	(9.0, 14.9)	(7.7, 13.8)
Central West	**18.5**	**19.1**	**16.6**	**15.2**	**15.2**	**17.5**	**15.3**	**15.2**	**12.2**	**13.2**	**12.1**	**10.8**	**9.1**	**11.1**	**†11.3**	**†9.1**	**9.7**	**10.2**	**10.4**
	(14.7, 23.1)	(15.1, 23.7)	(12.6, 21.5)	(11.2,20.2)	(11.3,20.1)	(13.3,22.7)	(12.1, 19.3)	(11.8, 19.2)	(9.1, 16.0)	(10.0, 17.2)	(8.9, 16.3)	(8.4, 13.6)	(6.1, 13.2)	(8.0, 15.2)	(7.9,16.0)	(6.5,12.6)	(7.4, 12.5)	(7.8, 13.2)	(7.9, 13.7)
West	**16.1**	**18.0**	**19.8**	**20.6**	**15.8**	**12.9**	**14.8**	**12.2**	**15.2**	**13.3**	**10.6**	**8.9**	**13.0**	**11.2**	**†12.3**	**15.6**	**14.9**	**14.8**	**14.5**
	(12.6, 20.3)	(14.3, 22.5)	(15.7, 24.6)	(16.2,25.9)	(11.8,20.8)	(9.1,17.9)	(11.7, 18.7)	(9.3, 15.8)	(12.0, 19.2)	(10.2, 17.2)	(8.1, 13.8)	(6.9, 11.5)	(9.8, 17.0)	(8.1, 15.2)	(8.4,17.6)	(12.0,20.0)	(12.0, 18.4)	(11.7, 18.5)	(11.4, 18.4)
East	**16.1**	**12.0**	**15.6**	**16.3**	**16.6**	**9.3**	**13.9**	**12.1**	**13.8**	**11.1**	**10.1**	**10.5**	**9.8**	**†11.6**	**15.7**	**12.7**	**11.9**	**11.4**	**12.3**
	(12.8, 20.1)	(9.0, 15.9)	(11.8,20.2)	(12.3,21.3)	(12.4,22.0)	(6.4,13.3)	(10.8, 17.8)	(9.2,15.7)	(10.8, 17.5)	(8.3, 14.7)	(7.5, 13.5)	(8.1, 13.6)	(7.1, 13.5)	(8.1, 16.3)	(11.6,20.9)	(9.6,16.6)	(9.4, 14.9)	(8.8, 14.8)	(9.5, 15.8)
North	**21.0**	**24.3**	**18.4**	**23.1**	**23.6**	**18.1**	**16.6**	**18.7**	**17.7**	**16.2**	**16.7**	**13.7**	**16.6**	**12.4**	**16.2**	**20.3**	**17.3**	**17.3**	**19.4**
	(17.7, 24.6)	(20.0, 29.3)	(14.2, 23.6)	(18.5,28.3)	(18.9,29.1)	(14.0,23.0)	(13.0, 20.8)	(15.0, 23.1)	(14.0, 22.1)	(12.8, 20.4)	(13.2, 20.8)	(11.1, 16.7)	(13.1, 20.8)	(8.9, 16.9)	(12.5,20.8)	(16.3,24.9)	(14.1, 21.0)	(13.5, 22.0)	(15.6, 23.8)

Notes: (1) ¶ 95% confidence interval; † Estimate suppressed or unstable; the sampling design were changed in 2020 from telephone interview to web surveys.

(2) [a] Significant change between last two estimates (2022 vs.2023), p<0.05.

Defn: Daily smokers are those who (1) reported using 100 or more cigarettes in their lifetime, (2) smoked cigarettes occasionally or daily during the past year; and (3) smoked cigarettes daily at the time of the survey.

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

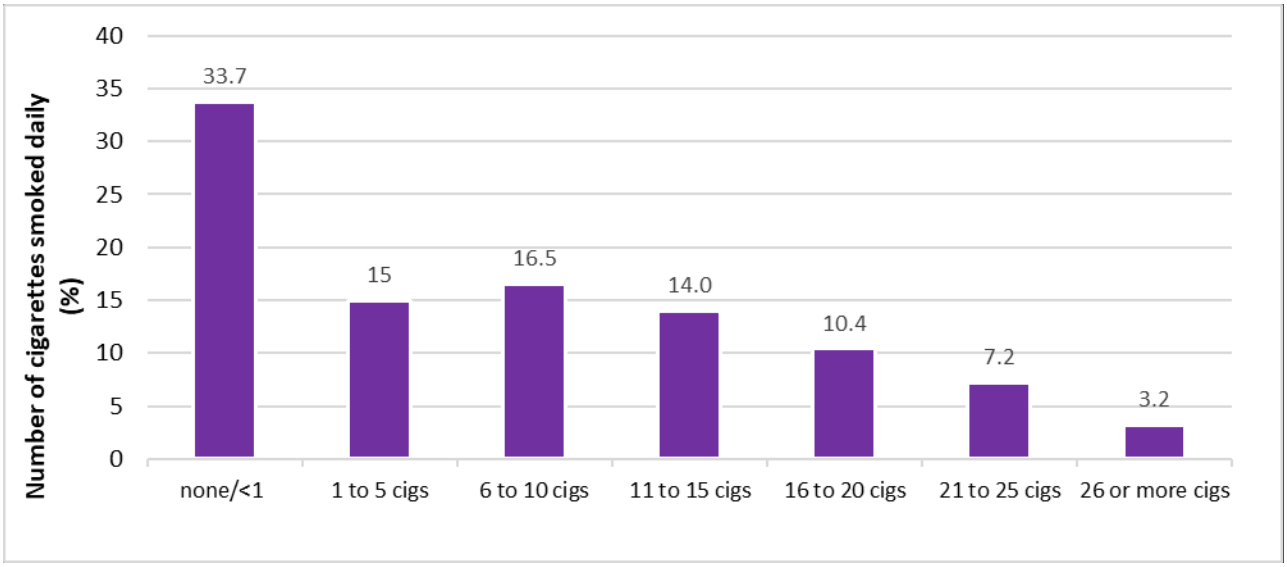
Average Number of Cigarettes Smoked Daily

In 2023, about 15.0% of current smokers reported smoking 1 to 5 cigarettes per day, 16.5% reported smoking 6 to 10 cigarettes per day.

About a quarter of current smokers (24.4%) reported smoking 11 to 20 cigarettes per day.

About 1 in 10 (10.4%) current smokers reported smoking more than 20 cigarettes per day (Figure 4.2.2).

Figure 4.2.2 Number of Cigarettes Smoked Daily, Current Smokers, Aged 18+, 2023 (N=478)



4.3 Nicotine Dependence (HSI)

Nicotine dependence was assessed using the *Heaviness of Smoking Index* (HSI) among daily smokers[18]. HSI is based on the scores assigned to the items: *time to the first cigarette each morning* and *number of cigarettes smoked per day* (Heatherton et al., 1989). The HSI sum score ranged from 0 to 6, with scores of 0-2, 3-4 and 5-6 indicating classifications of low, moderate and high dependence on nicotine, respectively.

- In 2023, an estimated **8.8%** (95% CI: 6.1% to 12.4%) of daily smokers (*n*=341) met the HSI cut-off for high nicotine dependence. An additional 40.7% and 50.5% of daily smokers were classified as experiencing moderate or low nicotine dependence, respectively.

2022–2023

- The estimated percentage reporting high nicotine dependence in 2022 (9.4%) was not significantly different from the 2023 estimate (8.8%). Due to small sample size, the estimates in high nicotine dependence between subgroups were not reliable and not reported.

[18] The HSI is more meaningful among daily smokers than current smokers because a sizeable proportion of the latter are occasional smokers or smokers attempting to quit.

4.4. Electronic Cigarette Use

Questions about the use of electronic cigarettes were included in the CAMH Monitor for the first time in 2013. Respondents were asked the following questions:

1) *Have you ever taken at least one puff from an e-cigarette or vaping device?*

2) *Was it in the past 12 months that you had at least one puff of an e-cigarette or vaping device?*

3) *During the past 30 days, how often did you use an e-cigarette or vaping device?*

In 2023, the percentages reporting electronic cigarette use in the past 30 days and past year were **11.5%** (95%CI: 10.2% to 12.9%) and **16.0%** (95% CI: 14.5% to 17.7%), respectively.

There was no significant differences in past 30 days and past year electronic cigarette use between men and women (Figure 4.4.1-4.4.2).

There was a significant association between electronic cigarette use and age, with younger adults more likely to use electronic cigarettes than older adults (Figure 4.4.1-4.4.2).

There was no significant association between electronic cigarette use and region of residence (Figure 4.4.2).

Trends

2013–2023…… Fig. 4.4.3, Tables 4.4.2

2022–2023

The percentage reporting electronic cigarette use in the past year in 2023 (16.0%) was significantly higher than in 2022 (13.7%). Likewise, the percentage reporting electronic cigarette use in the past 30 days in 2023 (11.5%) was significantly higher than in 2022 (8.2%).

Among women, there was a significant increase in past year electronic cigarette use between 2022 and 2023 (10.7% vs. 14.9%, respectively). However, there was no significant change among men, age groups and regions (Table 4.4.2).

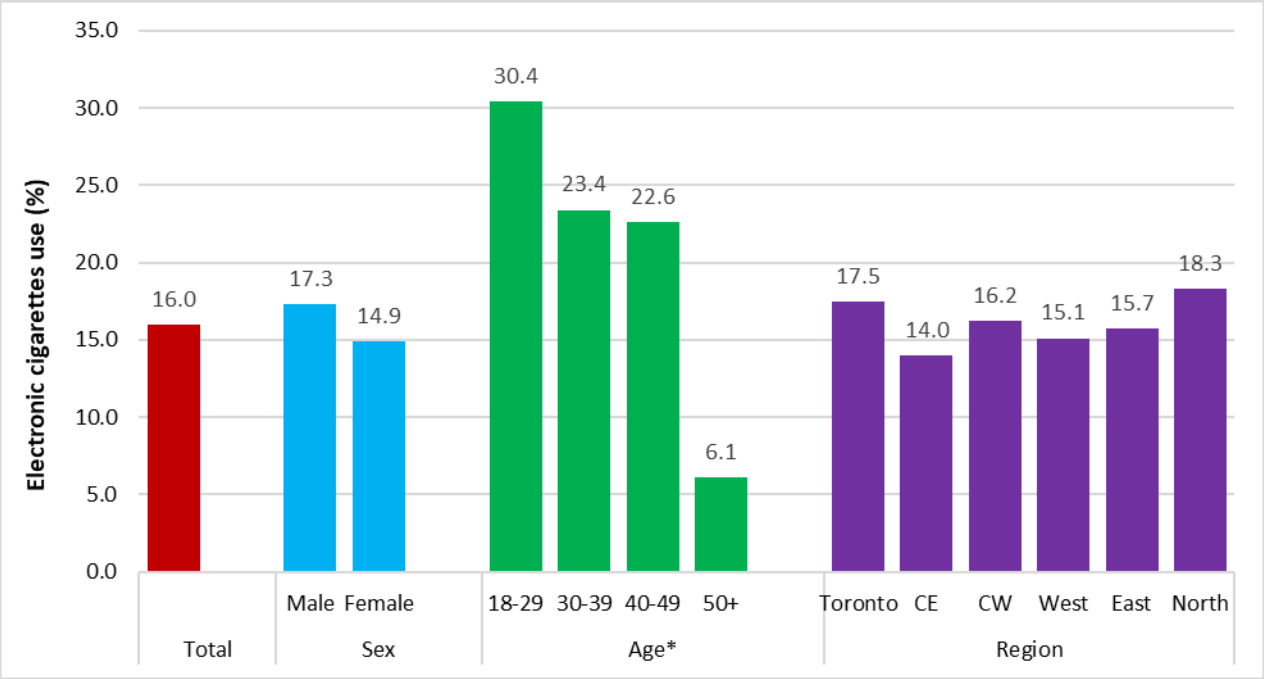
2013–2023

The percentages reporting past year electronic cigarettes use in 2013 and 2023 were 10.5% and 16.0%, respectively. After adjusting for sample characteristics across surveys, the odds of reporting electronic cigarettes use in the past year were about two times greater in 2023 compared to 2013. Likewise, greater odds of reporting electronic cigarette use in 2023 were evident compared to 2018 (Table 4.4.1).

Among subgroups, there were also greater odds of reporting past year electronic cigarette use in 2023 compared to 2013 among men, women, all age groups except those aged 50 or older, and all regions except the East.

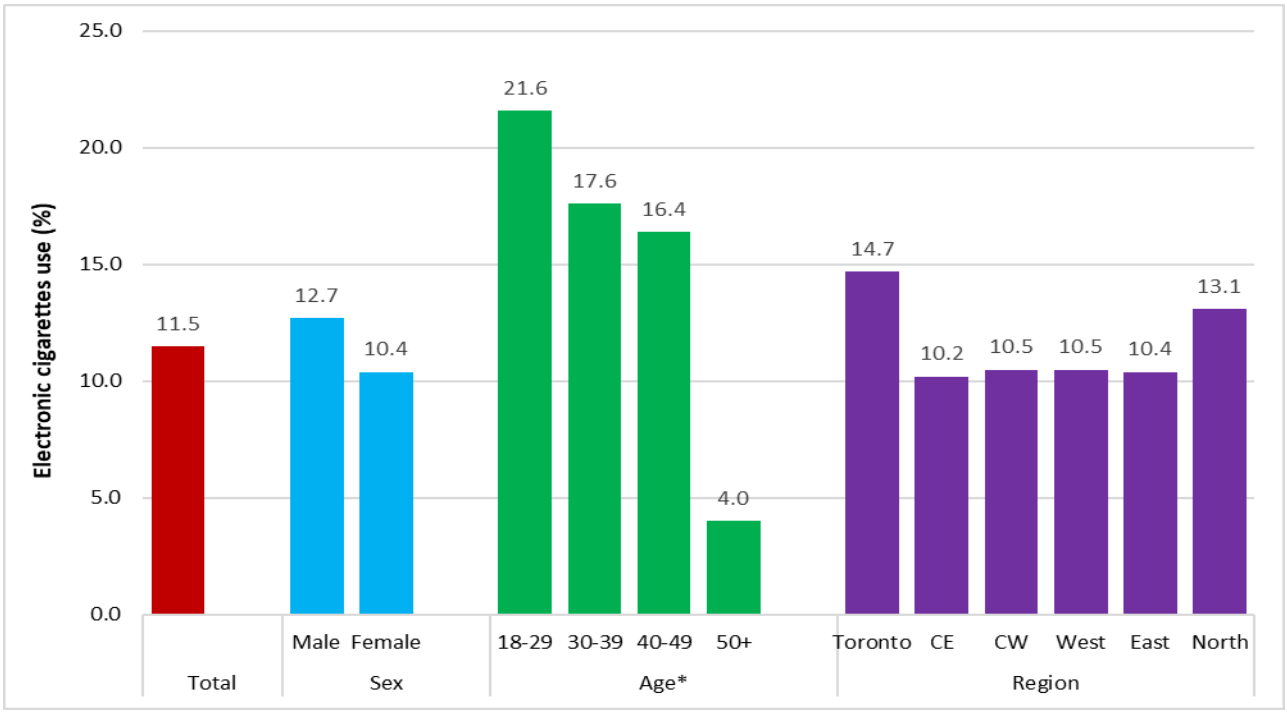
There were also greater odds of reporting electronic cigarettes use in 2023 compared to 2018 among men, women, all age groups and all regions except the East (Table 4.4.1).

Figure 4.4.1 Electronic Cigarette Use in the Past 12 Months by Sex, Age and Region, Aged 18+, 2023 (N=2590)



Note: CE: Central East; CW: Central West; *: Statistically significant differences between estimates, (p<0.05).

Figure 4.4.2 Electronic Cigarette Use in the Past 30 Days by Sex, Age and Region, Aged 18+, 2023 (N=2590)



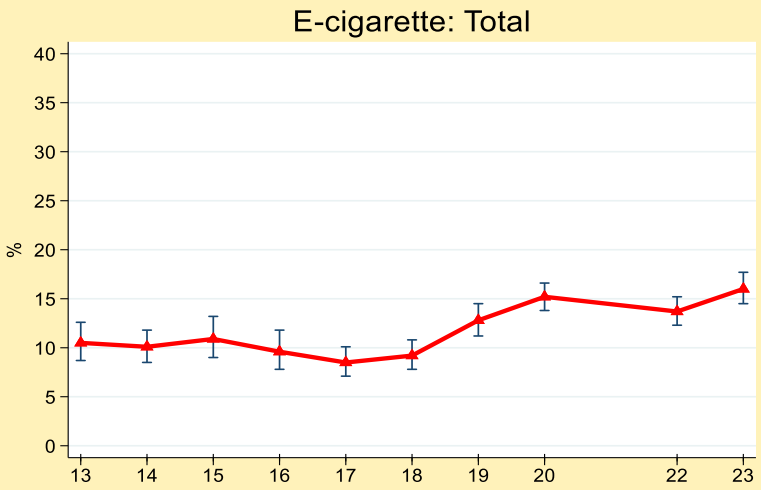
Note: CE: Central East; CW: Central West; *: Statistically significant differences between estimates, (p<0.05).

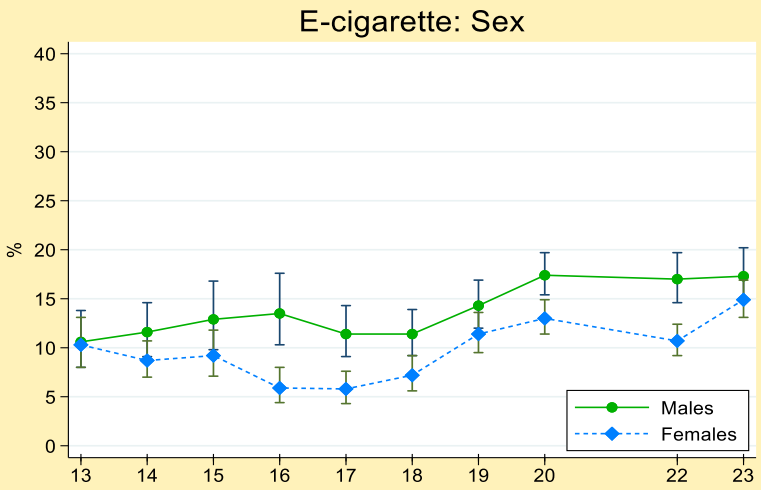
Table 4.4.1: Changes in Past Year E-Cigarette Use Between 2013 and 2023 Among Sex, Age Groups and Regional Subgroups

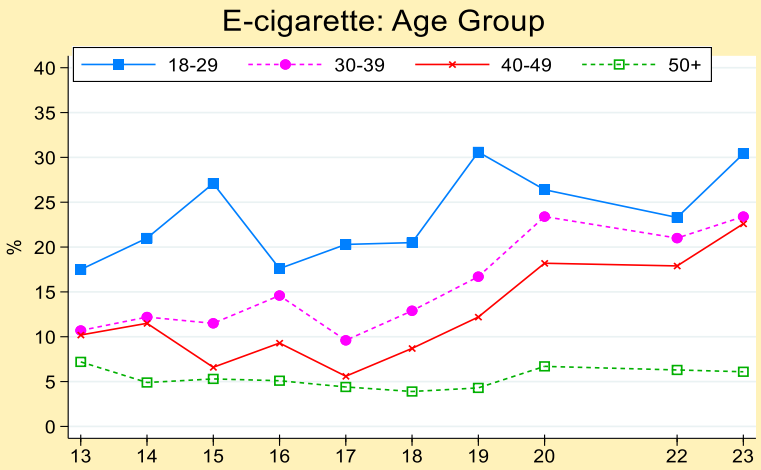
Variables		2023 vs. 2013				2023 vs. 2018			
		OR	95%CI		Sig.	OR	95%CI		Sig.
Total		2.02	1.57	2.60	*	2.06	1.64	2.60	*
Sex	Men	2.03	1.39	2.96	*	1.73	1.24	2.40	*
	Women	1.94	1.39	2.71	*	2.55	1.83	3.54	*
Age	18 to 29	2.32	1.32	4.09	*	1.80	1.16	2.80	*
	30 to 39	2.71	1.52	4.84	*	2.09	1.22	3.58	*
	40 to 49	3.09	1.89	5.06	*	3.11	1.85	5.22	*
	50+	0.90	0.62	1.31		1.70	1.14	2.55	*
Region	Toronto	2.98	1.46	6.09	*	2.39	1.43	4.01	*
	Central East	2.02	1.11	3.66	*	1.81	1.09	3.01	*
	Central West	1.80	1.06	3.06	*	2.42	1.38	4.24	*
	West	1.63	0.94	2.83		2.62	1.29	5.34	*
	East	1.75	1.01	3.03	*	1.29	0.80	2.09	
	North	3.20	1.71	5.96	*	2.17	1.31	3.59	*

OR: odds ratio adjusted for age, sex, educational status, household income, region of residence and immigration status. * Statistically significant (Sig.) difference at $p<0.05$.

Figure 4.4.3: Electronic Cigarette Use in the Past 12 Months, Aged 18+, 2013–2023







Note: vertical 'whiskers' represent 95% confidence intervals
Source: CAMH Monitor

Table 4.4.2: Percentage Reporting ***Electronic Cigarette Use*** in the Past 12 Months, by Demographic Characteristics, Aged 18+, 2013-2023

(N=)	2013 (1890)	2014 (3043)	2015 (2011)	2016 (2028)	2017 (2812)	2018 (2806)	2019 (2827)	2020 (3033)	2022 (2650)	2023 (2590)
Total	**10.5**	**10.1**	**10.9**	**9.6**	**8.5**	**9.2**	**12.8**	**15.2**	**13.7**	**16.0[a]**
(95%CI)[¶]	(8.7, 12.6)	(8.5, 11.8)	(9.0, 13.2)	(7.8, 11.8)	(7.1, 10.1)	(7.8, 10.8)	(11.2, 14.5)	(13.8, 16.6)	(12.3, 15.2)	(14.5, 17.7)
Sex										
Men	**10.6**	**11.6**	**12.9**	**13.5**	**11.4**	**11.4**	**14.3**	**14.3**	**17.4**	**17.0**
	(8.0, 13.8)	(9.1, 14.6)	(9.8, 16.8)	(10.3, 17.6)	(9.1, 14.3)	(9.2, 13.9)	(12.0, 16.9)	(12.0, 16.90	(15.4, 19.7)	(14.6, 19.7)
Women	**10.3**	**8.7**	**9.2**	**5.9**	**5.8**	**7.2**	**11.4**	**13.0**	**10.7**	**14.9**
	(8.0, 13.1)	(7.0, 10.7)	(7.1, 11.8)	(4.4, 8.0)	(4.3, 7.6)	(5.6, 9.2)	(9.5, 13.6)	(11.4, 14.9)	(9.2, 12.4)	(13.1, 16.9)
Age										
18-29	**†17.5**	**†21.0**	**27.1**	**†17.6**	**20.3**	**20.5**	**30.6**	**26.4**	**23.3**	**30.4**
	(11.6, 25.6)	(14.9, 28.6)	(20.1, 35.6)	(11.7, 25.5)	(15.4, 26.3)	(16.1, 25.9)	(25.7, 36.0)	(22.3, 30.9)	(18.7, 28.7)	(24.8, 36.7)
30-39	**†10.7**	**†12.2**	**†11.5**	**†14.6**	**†9.6**	**†12.9**	**16.7**	**23.4**	**21.0**	**23.4**
	(6.8, 16.5)	(8.6, 17.0)	(7.1, 17.9)	(8.2, 24.4)	(5.7, 15.8)	(8.6, 19.0)	(12.1, 22.7)	(19.9, 27.3)	(17.3, 25.3)	(19.7, 27.6)
40-49	**†10.2**	**11.5**	**†6.6**	**†9.3**	**†5.6**	**†8.7**	**†12.2**	**18.2**	**17.9**	**22.6**
	(7.0, 14.5)	(8.4, 15.5)	(4.2, 10.2)	(6.2, 13.6)	(3.5, 9.0)	(5.8, 12.8)	(8.7, 16.9)	(14.9, 22.1)	(14.3, 22.2)	(18.7, 27.1)
50+	**7.2**	**4.9**	**†5.3**	**5.1**	**4.4**	**3.9**	**4.3**	**6.7**	**6.3**	**6.1**
	(5.5, 9.4)	(3.8, 6.2)	(4.0, 7.1)	(3.9, 6.8)	(3.4, 5.8)	(2.9, 5.2)	(3.2, 5.6)	(5.4, 8.2)	(5.1, 7.7)	(4.8, 7.6)
Region										
Toronto	**†6.9**	**†9.1**	**†8.8**	**†6.2**	**†11.8**	**†8.1**	**13.2**	**21.8**	**18.2**	**17.5**
	(3.8, 12.4)	(6.0, 13.8)	(5.3, 14.1)	(3.5, 10.8)	(8.4, 16.4)	(5.5, 11.7)	(9.8, 17.5)	(18.4, 25.7)	(14.8, 22.1)	(14.0, 21.7)
Central East	**†10.6**	**†12.3**	**†12.0**	**†11.4**	**†8.9**	**†9.6**	**12.7**	**13.9**	**13.0**	**14.0**
	(7.0, 15.9)	(8.8, 16.9)	(7.9, 17.7)	(7.1, 17.8)	(5.9, 13.2)	(6.8, 13.3)	(9.5, 16.8)	(11.0, 17.3)	(10.0, 16.7)	(10.9, 17.8)
Central West	**†13.5**	**10.8**	**†12.5**	**†9.6**	**†5.6**	**†8.5**	**11.5**	**13.7**	**11.6**	**16.2**
	(9.3, 19.2)	(7.8, 14.8)	(8.2, 18.5)	(5.8, 15.4)	(3.4, 9.1)	(5.7, 12.5)	(8.4, 15.5)	(11.0, 16.9)	(8.8, 15.0)	(12.8, 20.3)
West	**†12.3**	**†7.3**	**†8.6**	**†7.6**	**†5.1**	**†7.3**	**13.5**	**12.2**	**10.9**	**15.1**
	(8.3, 17.8)	(4.8, 10.9)	(5.3, 13.7)	(4.2, 13.6)	(3.0, 8.3)	(4.3, 12.1)	(10.1, 17.7)	(9.5, 15.6)	(8.1, 14.4)	(12.0, 18.8)
East	**†9.3**	**†9.2**	**†11.4**	**†12.7**	**†11.1**	**12.5**	**12.2**	**12.9**	**13.9**	**15.7**
	(6.3, 13.5)	(6.6, 12.7)	(7.3, 17.5)	(8.6, 18.4)	(7.6, 16.0)	(9.1, 16.7)	(8.9, 16.5)	(10.3, 16.2)	(10.7, 17.7)	(12.5, 19.6)
North	**†8.2**	**†8.3**	**†13.7**	**†10.9**	**†8.4**	**†11.0**	**16.2**	**13.7**	**13.4**	**18.3**
	(5.2, 12.9)	(5.6, 12.0)	(9.6, 19.2)	(7.1, 16.2)	(5.5, 12.6)	(7.9, 15.3)	(12.4, 20.9)	(10.8, 17.3)	(10.0, 17.6)	(14.5, 22.7)

Notes: (1) [¶]95% confidence interval; † estimate suppressed or unstable; the sampling design were changed in 2020 from telephone interview to web surveys.

(2) [a] Significant change between last two estimates (2022 vs.2023), $p<0.05$.

Q: Have you ever taken at least one puff from an e-cigarette or vaping device? Was this in the past 12 months?

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

5. CANNABIS AND OTHER DRUGS

5.1 Cannabis Use

In 2023, about 52.1% (95% CI: 49.9 to 54.2) of adults used cannabis at least once in their lifetime, while 31.3% (95% CI: 29.4% to 33.3%) used it in the 12 months before the survey. About 20.2% of adults used cannabis once a month or more frequently in the past 12 months.

One in four (25.8%) adults used cannabis in the past three months and 8.6% of adults used cannabis daily in the past three months.

As depicted in Figure 5.1.1, there was no significant difference in cannabis use in the past 12 months between men and women (30.5% vs. 32.1%, respectively). There were also no significant differences in cannabis use in the past 3 months and daily cannabis use between men and women (Figure 5.1.2, Figure 5.1.3).

There were significant associations of age with cannabis use in the past 12 months, past three months and daily use in the past three months, with young adults more likely to use cannabis than older adults (Figure 5.1.1).

There were also significant differences by region in cannabis use in the past 12 months, past three months and daily use in the past three months (Figure 5.1.1-3).

Trends

1977–2023…… Fig. 5.1.4, Tables 5.1.3a-b

2022–2023

The percentage reporting cannabis use in the past 12 months in 2023 (31.3%) was not significantly different from in 2022 (32.9%).

Among men, a lower percentage reported past year cannabis use in 2023 compared to 2022 (30.5% vs. 35.7%, respectively). However, there was no significant change among women, age groups and regions between 2022 and 2023 (Table 5.1.3b).

2013–2023

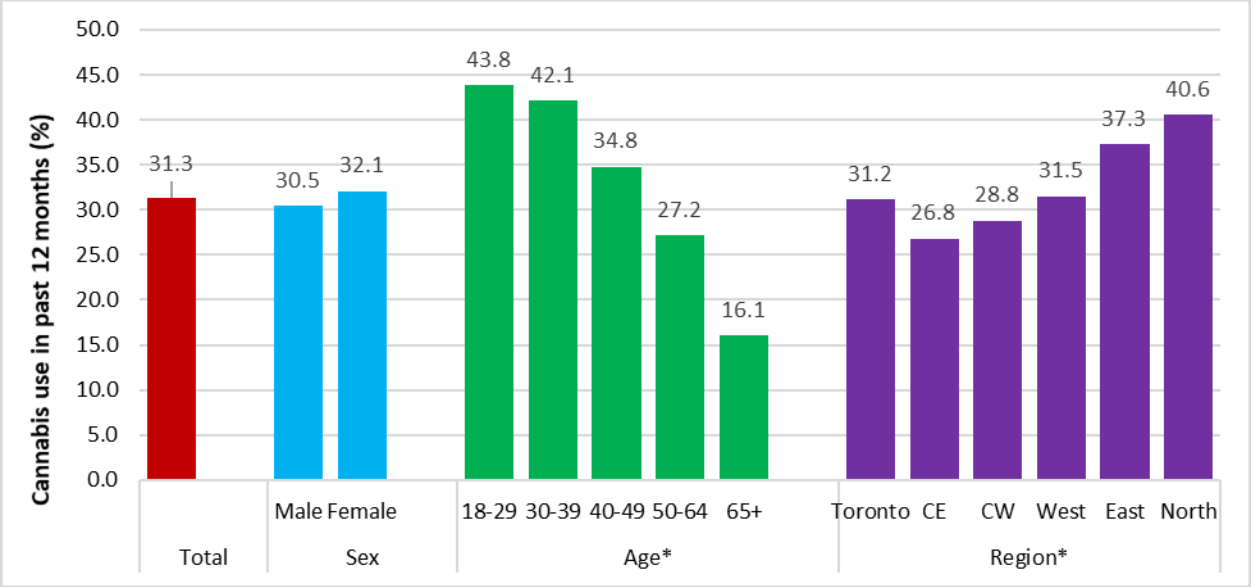
The percentages reporting cannabis use in the past year in 2013 and 2023 were 14.1% and 31.3%, respectively. After adjusting for sample characteristics including sex, age, education, household income, region and immigration status, the odds of cannabis use in the past year were about 3 times higher in 2023 compared to 2013.

The odds of cannabis use in the past year were about two times higher in 2023 compared to 2018 (Table 5.1.1). Similarly, higher odds of cannabis use in the past three months were evident in 2023 compared to 2018 and 2013 (Table 5.1.2).

Among subgroups, there were also higher odds of reporting past year cannabis use in 2023 compared to 2013 among men, women, all ages except 18 to 29 years old, and among all regional subgroups (Table 5.1.1).

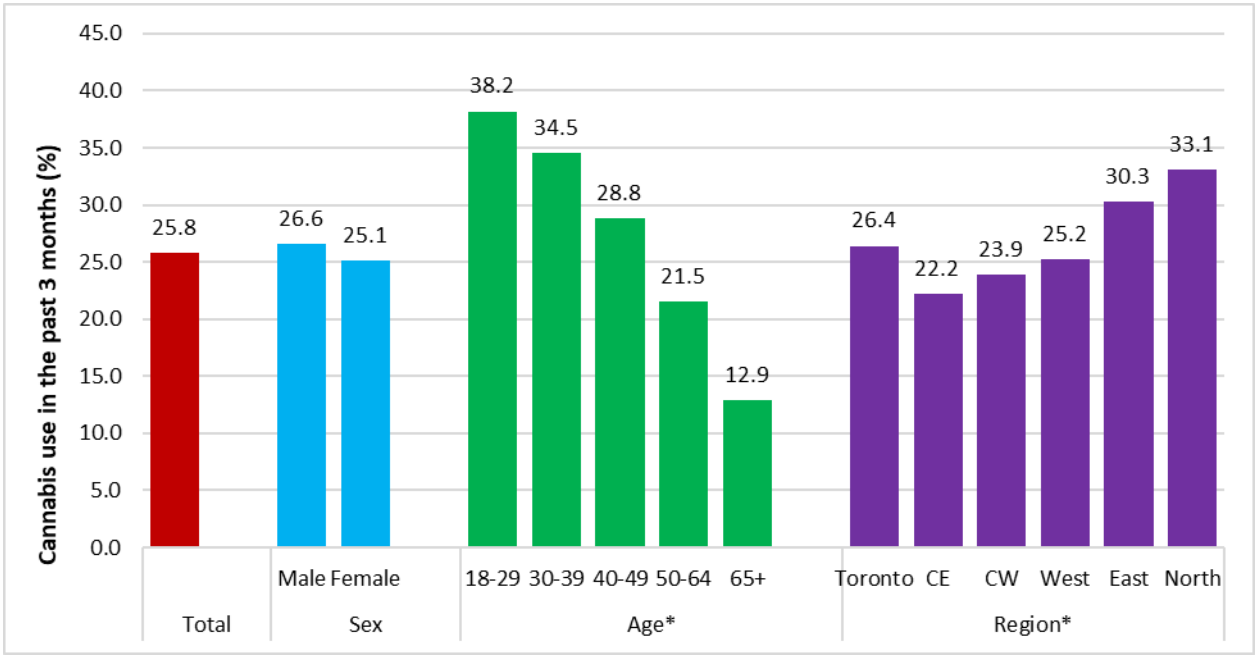
Compared to five years ago in 2018, greater odds of reporting past year cannabis use were also evident in 2023 among women, all age groups except 18 to 29 years old, and among all regional subgroups. Similar findings were evident for past three months cannabis use (Table 5.1.1-5.1.2).

Figure 5.1.1 Cannabis Use in the Past 12 Months by Sex, Age and Region, Aged 18+, 2023 (N=2590)



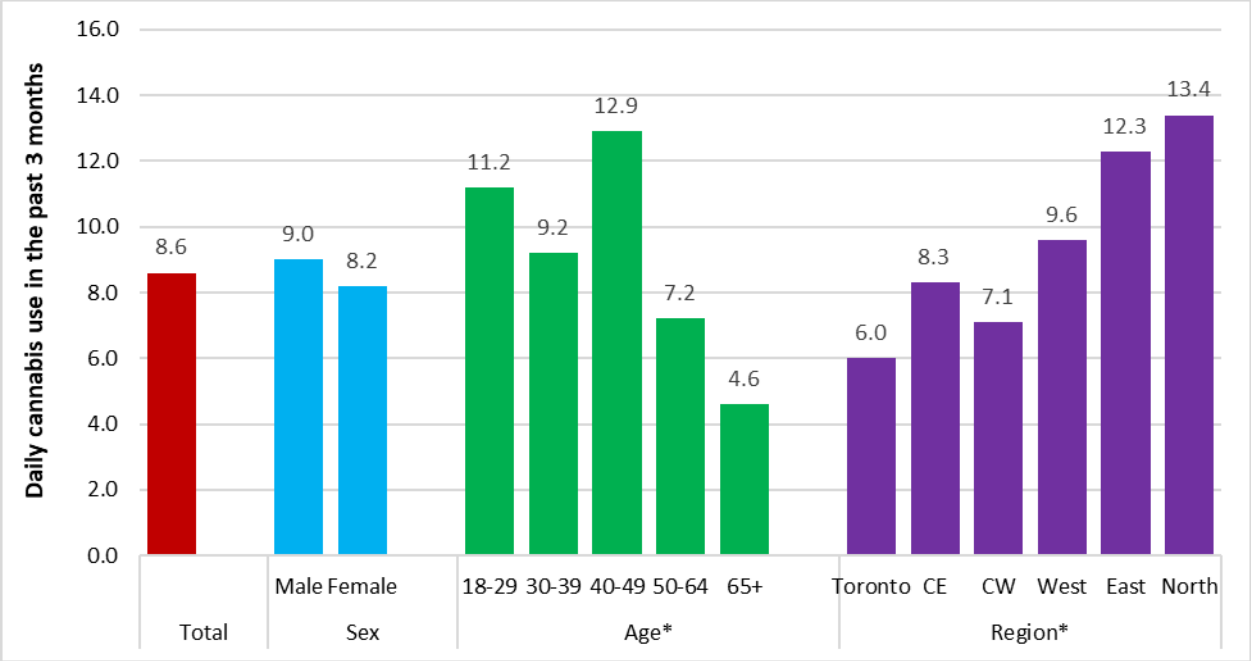
Note: CE: Central East; CW: Central West; *: Statistically significant differences between estimates, (p<0.05).

Figure 5.1.2 Cannabis Use in the Past 3 Months by Sex, Age and Region, Aged 18+, 2023 (N=2590)



Note: CE: Central East; CW: Central West; *: Statistically significant differences between estimates, (p<0.05).

Figure 5.1.3 Daily Cannabis Use in the Past Three Months by Sex, Age and Region, Aged 18+, 2023 (N=2590)



Note: CE: Central East; CW: Central West; *: Statistically significant differences between estimates, (p<0.05).

Table 5.1.1: Changes in Past Year Cannabis Use Between 2013 and 2023 Among Sex, Age Groups and Regional Subgroups

Variables		2023 vs. 2013				2023 vs. 2018			
		OR	95%CI		Sig.	OR	95%CI		Sig.
Total		2.78	2.29	3.36	*	1.81	1.52	2.16	*
Sex	Men	2.04	1.55	2.68	*	1.25	0.97	1.61	
	Women	3.69	2.82	4.83	*	2.62	2.06	3.32	*
Age	18 to 29	0.93	0.60	1.46		0.89	0.60	1.32	
	30 to 39	3.71	2.46	5.59	*	2.16	1.44	3.23	*
	40 to 49	6.32	4.12	9.69	*	2.42	1.60	3.66	*
	50+	4.03	3.02	5.38	*	2.27	1.75	2.95	*
Region	Toronto	2.04	1.32	3.14	*	1.54	1.06	2.23	*
	Central East	2.08	1.33	3.26	*	2.08	1.33	3.25	*
	Central West	2.07	1.37	3.11	*	1.64	1.08	2.49	*
	West	5.01	3.08	8.15	*	2.43	1.60	3.68	*
	East	4.97	3.13	7.89	*	1.78	1.21	2.60	*
	North	7.08	4.50	11.14	*	2.29	1.59	3.29	*

OR: odds ratio adjusted for age, sex, educational status, household income, region of residence and immigration status. * Statistically significant (Sig.) difference at p<0.05.

Table 5.1.2: Changes in Past Three Months Cannabis Use Between 2013 and 2023 Among Sex, Age Groups and Regional Subgroups

Variables		2023 vs. 2013				2023 vs. 2018			
		OR	95%CI		Sig.	OR	95%CI		Sig.
Total		2.88	2.27	3.67	*	1.90	1.52	2.37	*
Sex	Men	2.27	1.64	3.13	*	1.53	1.12	2.10	*
	Women	3.70	2.55	5.36	*	2.34	1.72	3.18	*
Age	18 to 29	1.30	0.77	2.19		1.03	0.66	1.63	
	30 to 39	3.20	1.96	5.21	*	2.29	1.37	3.81	*
	40 to 49	7.25	4.18	12.60	*	3.72	2.06	6.70	*
	50+	3.89	2.65	5.72	*	2.26	1.58	3.23	*
Region	Toronto	2.49	1.43	4.31	*	1.92	1.20	3.08	*
	Central East	1.73	1.03	2.89	*	1.69	0.98	2.90	
	Central West	2.25	1.36	3.73	*	1.52	0.91	2.52	
	West	6.66	3.30	13.42	*	2.80	1.60	4.90	*
	East	5.84	3.15	10.82	*	2.15	1.33	3.48	*
	North	6.09	3.43	10.83	*	2.38	1.50	3.76	*

OR: odds ratio adjusted for age, sex, educational status, household income, region of residence and immigration status. * Statistically significant (Sig.) difference at $p<0.05$.

Table 5.1.3a: Percentage ***Using Cannabis*** in the Past 12 Months by Demographic Characteristic, Aged 18+, 1977– 2003

	1977	1982	1984	1987	1989	1991	1992	1994	1996	1997	1998	1999	2000	2001	2002	2003
(N=)	(1059)	(1026)	(1043)	(1075)	(1098)	(1047)	(1058)	(2022)	(2721)	(2776)	(2509)	(2436)	(2406)	(2627)	(2421)	(2411)
Total	**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**
(95% CI)¶	(6.5,9.7)	(5.9,10.5)	(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)
Sex																
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**
	(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)
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**
	(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)
Age																
18 - 29	**22.6**	**22.7**	**28.5**	**19.0**	**24.6**	**19.9**	**13.3**	**19.6**	**18.3**	**21.4**	**25.2**	**27.1**	**28.2**	**26.8**	**26.6**	**33.6**
	(17.8,27.4)	(17.7,27.7)	(23.1,33.9)	(14.9,24.2)	(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)
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**	**15.8**	**14.7**	**12.0**
	(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)
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**
	(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)
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**
	(0.3,2.7)	(0.2,2.8)	(0.2,3.6)	—	(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)
Region																
Toronto	—	—	—	—	—	—	—	—	**10.2**	**10.9**	**13.0**	**10.1**	**14.2**	**14.3**	**13.0**	**14.7**
									(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)
Central East	—	—	—	—	—	—	—	—	**†7.9**	**†8.0**	**†7.5**	**11.6**	**†5.7**	**11.7**	**12.4**	**12.0**
									(5.7,10.9)	(5.6,11.5)	(5.0, 11.1)	(8.5,15.7)	(3.6, 9.0)	(8.8, 15.5)	(9.2,16.4)	(9.0,15.7)
Central West	—	—	—	—	—	—	—	—	**9.7**	**†8.5**	**†9.1**	**10.6**	**†6.8**	**9.5**	**12.1**	**11.9**
									(7.0,13.3)	(6.0,11.7)	(6.5,12.6)	(7.6,14.5)	(4.5,10.3)	(6.9,13.0)	(8.8,16.2)	(8.7,16.1)
West	—	—	—	—	—	—	—	—	**7.6**	**8.0**	**4.6**	**10.6**	**11.0**	**9.6**	**10.0**	**11.6**
									(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)
East	—	—	—	—	—	—	—	—	**8.0**	**11.0**	**7.4**	**9.7**	**9.0**	**10.9**	**8.2**	**14.4**
									(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)
North	—	—	—	—	—	—	—	—	**6.6**	**5.5**	**7.2**	**9.0**	**8.5**	**8.8**	**11.8**	**11.5**
									(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)

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

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 5.1.3b: Percentage ***Using Cannabis*** in the Past 12 Months by Demographic Characteristic, Aged 18+, 2004–2023

	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2022	2023
(N=)	(2611)	(2445)	(2016)	(2005)	(2024)	(2037)	(3030)	(3039)	(3030)	(3021)	(3043)	(5013)	(3042)	(2812)	(2806)	(2827)	(3033)	(2650)	(2590)
Total	**12.4**	**14.4**	**13.4**	**12.5**	**13.1**	**13.3**	**14.2**	**13.4**	**13.5**	**14.1**	**12.9**	**14.5**	**15.7**	**19.4**	**19.9**	**25.6**	**31.7**	**32.9**	**31.3**
(95% CI)[¶]	(10.8, 14.1)	(12.7, 16.2)	(11.5, 15.6)	(10.8,14.5)	(11.2, 15.3)	(11.5,15.4)	(12.6, 16.0)	(11.8,15.2)	(11.8,15.3)	(12.2, 16.1)	(11.2, 14.8)	(13.1, 16.1)	(13.8, 17.9)	(17.3, 21.7)	(18.0,22.1)	(23.5,27.7)	(30.0, 33.6)	(30.9, 34.8)	(29.4, 33.3)
Sex																			
Men	**16.0**	**18.8**	**18.6**	**15.2**	**18.2**	**17.4**	**19.9**	**16.3**	**16.8**	**17.6**	**15.8**	**19.2**	**22.2**	**25.8**	**25.3**	**31.5**	**33.9**	**35.7**	**30.5[a]**
	(13.5, 18.9)	(16.0, 21.9)	(15.4,22.3)	(12.5,18.2)	(15.0,21.9)	(14.4,20.7)	(17.2, 22.9)	(13.7,19.3)	(14.2,19.8)	(14.7, 20.9)	(13.0, 19.0)	(16.8, 21.9)	(18.8, 25.9)	(22.4, 29.5)	(22.2,28.7)	(28.3,34.9)	(31.2, 36.7)	(32.7, 38.9)	(27.5, 33.6)
Women	**9.0**	**10.3**	**8.5**	**10.1**	**8.4**	**9.5**	**8.8**	**10.8**	**10.5**	**10.8**	**10.2**	**10.2**	**9.8**	**13.5**	**14.9**	**20.1**	**29.7**	**30.3**	**32.1**
	(7.3, 11.1)	(8.4, 12.5)	(6.6,10.8)	(8.0, 12.6)	(6.3,11.0)	(7.3,12.2)	(7.2,10.7)	(8.8, 13.0)	(8.5, 12.8)	(8.9, 13.3)	(8.2, 12.6)	(8.7, 12.0)	(8.0, 12.0)	(11.3, 16.2)	(12.6,17.6)	(17.6,22.8)	(27.4, 32.1)	(27.9, 32.8)	(29.6, 34.7)
Age																			
18 - 29	**34.3**	**38.2**	**38.2**	**33.6**	**34.6**	**35.8**	**33.8**	**33.5**	**34.3**	**40.4**	**28.3**	**37.9**	**32.4**	**39.1**	**42.8**	**45.5**	**45.5**	**44.4**	**43.8**
	(28.9, 40.2)	(32.4, 44.2)	(31.6,45.4)	(27.3,40.5)	(27.4,42.7)	(28.6,43.7)	(28.0,40.0)	(27.4,40.2)	(27.6, 41.8)	(32.8, 48.6)	(21.6, 36.1)	(32.6, 43.5)	(25.7, 39.8)	(32.5, 46.1)	(36.5,49.3)	(39.7,51.4)	(40.6, 50.5)	(38.8, 50.1)	(37.6, 50.1)
30 - 39	**14.7**	**16.9**	**14.1**	**12.5**	**15.2**	**12.9**	**18.9**	**16.1**	**15.4**	**17.3**	**19.6**	**15.0**	**20.4**	**24.8**	**25.8**	**34.9**	**46.9**	**42.7**	**42.1**
	(11.3, 19.0)	(13.1, 21.6)	(10.4,18.9)	(9.0,17.2)	(11.0,20.6)	(9.2,17.7)	(14.6, 24.0)	(12.5,20.5)	(11.8, 19.9)	(13.0, 22.8)	(14.6, 25.9)	(11.6, 19.2)	(14.7, 27.5)	(18.0, 33.3)	(19.9,32.8)	(28.6,41.8)	(42.7, 51.2)	(38.0, 47.6)	(37.6, 46.8)
40 - 49	**7.3**	**10.8**	**8.4**	**9.9**	**9.9**	**11.7**	**10.1**	**9.2**	**10.8**	**8.4**	**10.4**	**8.8**	**12.4**	**15.2**	**17.7**	**24.5**	**32.1**	**38.1**	**34.8**
	(5.2, 10.2)	(8.2, 14.1)	(5.8,12.1)	(7.0,13.8)	(7.0,13.9)	(8.5,15.8)	(7.7,13.0)	(6.8,12.3)	(8.2,14.1)	(6.1,11.4)	(7.5,14.1)	(6.6,11.6)	(9.3,16.4)	(11.4,20.1)	(13.4,23.0)	(19.5,30.3)	(28.0, 36.6)	(33.4, 43.1)	(30.3, 39.6)
50 +	**†3.0**	**†2.6**	**†2.6**	**†4.6**	**†4.0**	**†4.7**	**5.4**	**5.2**	**6.4**	**5.9**	**6.3**	**7.2**	**8.9**	**11.4**	**10.2**	**15.1**	**20.4**	**23.4**	**21.8**
	(2.4, 4.4)	(1.7, 3.9)	(1.7, 3.8)	(3.3,6.4)	(2.7, 5.8)	(3.4, 6.3)	(4.3, 6.8)	(4.1, 6.6)	(5.1, 7.9)	(4.7, 7.5)	(5.1, 7.8)	(6.1, 8.3)	(7.5, 10.6)	(9.6, 13.6)	(8.4,12.3)	(13.0,17.4)	(18.2, 22.8)	(21.1, 25.9)	(19.5, 24.3)
Region																			
Toronto	**13.7**	**19.0**	**13.7**	**15.8**	**12.4**	**15.9**	**15.6**	**12.2**	**12.9**	**15.0**	**13.5**	**13.9**	**16.8**	**24.8**	**21.9**	**24.3**	**33.2**	**35.7**	**31.2**
	(10.2, 18.1)	(14.7, 24.1)	(9.7,19.0)	(11.6,21.0)	(8.6,17.5)	(11.6,21.5)	(12.1, 20.0)	(9.1, 16.3)	(9.7, 16.9)	(10.9, 20.3)	(9.9, 18.2)	(10.9, 17.5)	(12.9, 21.6)	(20.0, 30.3)	(17.7,26.7)	(19.8,29.4)	(29.2, 37.5)	(31.4, 40.2)	(27.0, 35.8)
C-East	**13.6**	**16.9**	**†14.9**	**†8.6**	**16.9**	**†12.3**	**14.7**	**12.6**	**12.4**	**15.5**	**13.6**	**18.1**	**16.0**	**19.3**	**15.5**	**25.5**	**29.7**	**31.8**	**26.8**
	(9.9, 18.4)	(13.0, 21.6)	(10.6, 20.5)	(5.7,12.9)	(2.2, 23.0)	(8.6,17.3)	(11.1, 19.1)	(9.2,17.0)	(9.0, 17.0)	(11.6, 20.3)	(9.9, 18.3)	(14.8, 22.1)	(11.7, 21.4)	(14.8, 24.8)	(11.8,20.1)	(21.0,30.7)	(25.6, 34.0)	(27.7, 36.3)	(22.7, 31.3)
C-West	**11.7**	**11.9**	**†12.7**	**†9.4**	**†10.5**	**12.5**	**12.6**	**15.2**	**15.2**	**17.2**	**16.0**	**13.1**	**17.9**	**16.4**	**18.7**	**22.2**	**33.2**	**31.5**	**28.8**
	(8.5, 15.8)	(8.7, 16.2)	(8.6,18.4)	(6.3,14.0)	(7.1,15.4)	(9.0,17.1)	(9.3, 16.9)	(11.5, 20.0)	(11.4, 20.0)	(13.0, 22.4)	(12.0, 21.1)	(10.2, 16.6)	(13.3, 23.8)	(12.1, 21.8)	(14.3,24.0)	(17.8,27.3)	(29.2, 37.5)	(27.4, 36.0)	(24.7, 33.3)
West	**11.1**	**11.6**	**15.9**	**14.0**	**13.0**	**13.8**	**12.1**	**15.4**	**16.0**	**†10.3**	**†8.7**	**10.6**	**12.1**	**16.1**	**17.9**	**27.7**	**30.1**	**30.6**	**31.5**
	(8.1, 15.0)	(8.5, 15.6)	(11.7,21.3)	(10.1,19.0)	(8.8,18.8)	(9.4,19.7)	(8.8, 16.3)	(11.4, 20.3)	(12.3, 20.5)	(7.1, 14.8)	(6.1, 12.4)	(8.0, 13.8)	(8.6, 16.7)	(12.2, 21.0)	(13.5,23.3)	(23.0,32.9)	(26.1, 34.4)	(26.3, 35.2)	(27.1, 36.3)
East	**11.9**	**11.4**	**10.1**	**16.8**	**12.0**	**11.4**	**13.9**	**12.9**	**†12.4**	**†10.6**	**†9.1**	**13.9**	**13.1**	**20.5**	**25.1**	**29.5**	**30.4**	**33.5**	**37.3**
	(8.8, 15.9)	(8.2, 15.6)	(6.6,15.2)	(12.3,22.6)	(8.1,17.3)	(7.6,16.6)	(10.5, 18.3)	(9.6, 17.2)	(8.8, 17.0)	(7.5, 14.8)	(6.3, 13.0)	(10.9, 17.5)	(9.6, 17.5)	(15.9, 26.0)	(20.2,30.7)	(24.7,34.8)	(26.6, 34.5)	(29.1, 38.3)	(32.7, 42.2)
North	**11.1**	**10.9**	**11.5**	**13.0**	**†11.9**	**†14.4**	**16.6**	**12.7**	**†11.7**	**†9.4**	**13.4**	**15.5**	**17.7**	**17.2**	**22.7**	**30.6**	**32.2**	**33.8**	**40.6**
	(8.6, 14.3)	(7.8, 15.1)	(8.2,16.1)	(9.3,18.0)	(8.2,16.9)	(10.0,20.3)	(12.7, 21.4)	(9.2,17.2)	(8.3,16.3)	(6.6,13.2)	(9.9,17.9)	(12.5,19.1)	(13.3,23.2)	(13.0,22.4)	(18.1,28.2)	(25.8,35.9)	(28.1, 36.6)	(28.6, 39.3)	(35.7, 45.8)

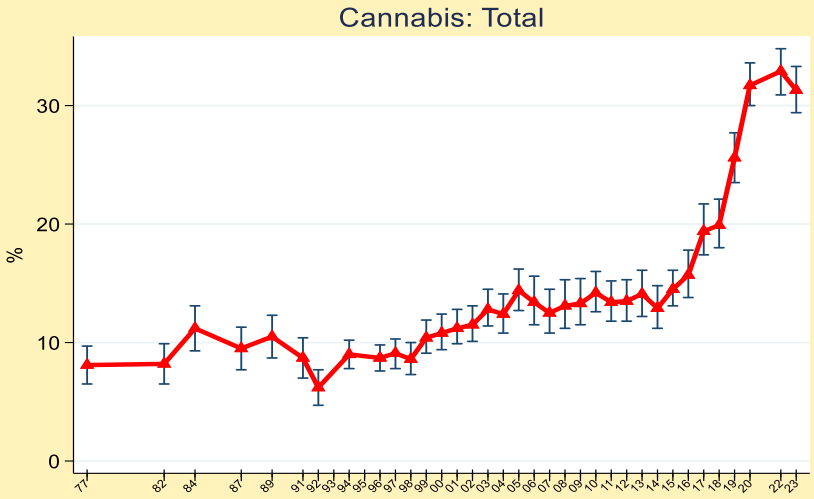
Notes: (1) [¶] 95% confidence interval; † Estimate unstable or suppressed; the sampling design was changed in 2020 from telephone interview to web survey.

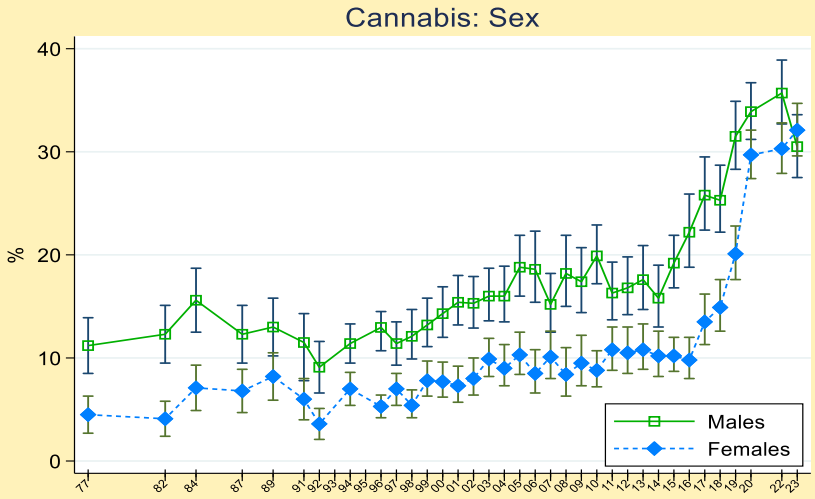
(2) [a] Significant difference between last two estimates (2022 vs.2023), p<0.05.

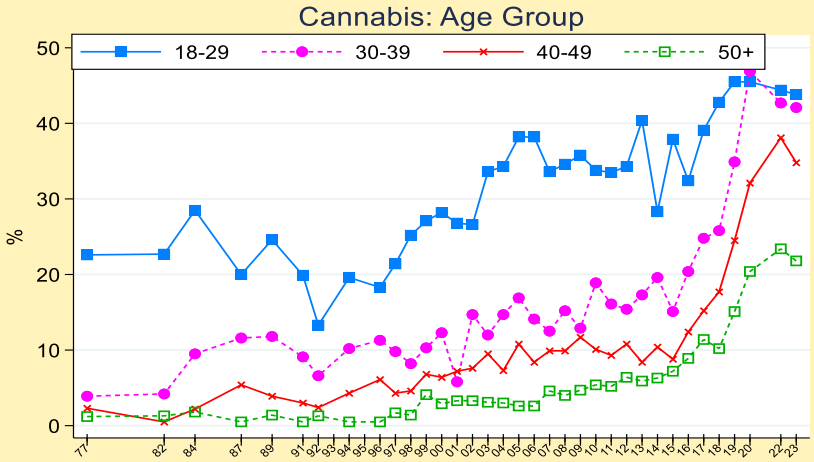
Q: How many times, if any, have you used cannabis, marijuana or hash during the past 12 months?

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

Figure 5.1.4 Past Year Cannabis Use, Aged 18+, 1977–2023







Note: vertical 'whiskers' represent 95% confidence intervals
Source: CAMH Monitor

5.1.1. Cannabis Use Problems (ASSIST–CIS)

The Cannabis Involvement Score (CIS) of the World Health Organization's *Alcohol, Smoking and Substance Involvement Screening Test* (ASSIST V3.0) was used to assess cannabis use problems in the past 3 months.

The ASSIST–CIS consists of a 6-item screener (addressing frequency of use, strong desire to use, legal or financial problems from use, lack of control over one's own use, failure to meet expectations, and having someone express concern about using) and a protocol for scoring responses (see Table 5.1.4).

The ASSIST–CIS score ranges in value from 0 to 39, captures aspects of harmful/hazardous use, abuse and dependence, and provides three categories to assess the risk of experiencing health and other problems: 1) *low risk* (scores of 0–3) indicating a pattern of use associated with a low risk of experiencing problems; 2) *moderate risk* (scores of 4–26) indicating a pattern of use associated with a moderate risk of experiencing problems; and 3) *high risk* (scores of 27 or more) indicating a pattern of use that is associated with a high risk of experiencing problems and is likely to lead to dependency. In this report, we used a summed score of 4 or more to estimate the percentage of respondents who present a moderate to high risk of experiencing cannabis use problems.

In 2023, about **16.7%** (95% CI: 14.9% to 18.8%) of adults and **56.7%** (95% CI: 51.8% to 61.5%) of past year cannabis users met the criteria for moderate to high risk of cannabis use problems.

There was no significant difference in moderate to high risk of cannabis use problems between men and women (17.9% vs. 15.7%, respectively).

There was a significant association between age and moderate to high risk of cannabis use problems, with younger adults (18 to 29) more likely to screen at moderate to high risk of cannabis use problems compared to adults aged 30 or older (Figure 5.1.5).

However, there were no significant differences in moderate to high risk of cannabis use problems between regions in Ontario (Figure 5.1.5).

Among past year cannabis users, there were no significant differences in moderate to high risk of cannabis use problems between men and women (61.8% vs. 52.4%, respectively). Similarly, there were no significant differences in moderate to high risk of cannabis use problems between age groups (18-29 vs. 30+) and regions (Figure 5.1.6).

Trends

2004–2023…… Figure 5.1.7, Tables 5.1.7-5.1.8

2022–2023

Overall, the percentage reporting moderate to high risk of cannabis use problems in the past three months did not change significantly between 2022 and 2023 (19.4% vs. 16.7%, respectively).

Among men, a lower percentage reported in moderate to high risk of cannabis use problems in 2023 compared to 2022 (17.9% vs. 23.3%, respectively). However, there was no significant change among women (16.2% in 2022 and 15.7% in 2023).

Those 30 years of age and older were at lower odds of reporting moderate to high risk of cannabis use problems in 2023 compared to 2022 (14.9%, vs. 18.2%, respectively). However, there was no changes among other age groups (Table 5.1.7).

Among past year cannabis users, there was a significant decrease in moderate to high risk of cannabis use problems between 2022 and 2023 (64.4% vs. 56.7%, respectively). Similarly, there was a decrease in risk of cannabis use problems among past-year users who were men between 2022 and 2023 (73.0% vs. 61.8%, respectively). However, no changes were evident among women between 2022 and 2023 (Table 5.1.8).

There was a significant decrease in risk of cannabis use problems among cannabis users aged 30 years or older between 2022 and 2023 (64.6% vs. 55.2%, respectively). However, there was no significant change among those aged 18 to 29 between 2022 and 2023 (Table 5.1.8).

2013–2023

Between 2013 and 2023, the percentage reporting moderate to high risk of cannabis use problems varied from 6.5% in 2014 to 16.7% in 2023. After adjusting for sample characteristics across surveys, there were greater odds of moderate to high risk of cannabis use problems in 2023 compared to 2013 among the total sample. Similar results were evident between 2018 and 2023 (Table 5.1.5).

There were also greater odds of reporting moderate to high risk of cannabis use problems in 2023 than 2013 among men, women, and those aged 30 or older. Compared to 2018, greater odds of reporting moderate to high risk of cannabis use problems were evident in 2023 among women and those aged 30 or older (Table 5.1.6).

Among past year cannabis users, no significant changes were evident between 2023 and 2013, and between 2023 and 2018 among men, women, and all age subgroups (Table 5.1.6).

Table 5.1.4 Percentage Reporting Cannabis Involvement Score Indicators (ASSIST-CIS), Overall and Past Year Cannabis Users, Aged 18+, 2023

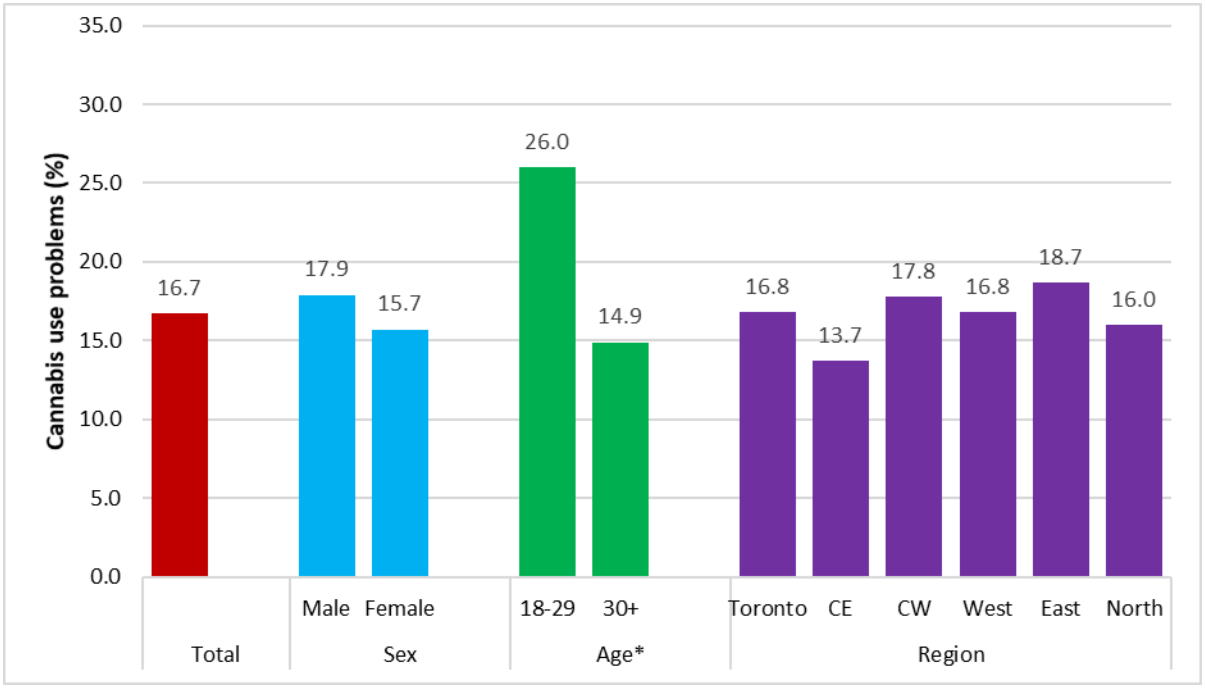
ASSIST ITEMS	Response Weight and Response Category	Total[1] (N=1657)	Past year Cannabis Users[2] (N=520)
ASSIST Q1. How often have you used cannabis, marijuana or hash during the past 3 months?	0. Never	74.6	16.4
	2. Once or twice	5.8	19.0
Abuse indicator	3. Monthly	5.4	17.7
	4. Weekly	5.4	17.8
	6. Daily or almost daily	8.4	29.1
	Mean (SE)	1.02 (.05)	3.37 (.10)
ASSIST Q2. During the past 3 months, how often have you had a strong desire or urge to use cannabis, marijuana or hash?	0. Never	86.6	55.7
	3. Once or twice	4.4	14.6
	4. Monthly	†1.4	†4.7
Dependence indicator	5. Weekly	†2.0	†6.5
	6. Daily or almost daily	5.6	18.5
	Mean (SE)	.62 (.04)	2.06 (.12)
ASSIST Q3. During the past 3 months, how often has your use of cannabis, marijuana or hash led to health, social, legal or financial problems?	0. Never	96.1	87.0
	4. Once or twice	†2.0	†6.4
	5. Monthly	†0.9	†3.1
	6. Weekly	†	†
Abuse and harmful use indicator	7. Daily or almost daily	†	†
	Mean (SE)	.19 (.03)	.64 (.09)
ASSIST Q4. During the past 3 months, how often have you failed to do what was normally expected of you because of your use of cannabis, marijuana or hash?	0. Never	95.8	86.0
	5. Once or twice	†2.7	†8.9
	6. Monthly	†1.0	†3.2
Abuse indicator	7. Weekly	†	†
	8. Daily or almost daily		
	Mean (SE)	.23 (.03)	0.77 (.0.10)
ASSIST Q5. Has a friend, relative, a doctor or anyone else ever expressed concern about your use of cannabis, marijuana or hash?	0. Never	96.4	88.1
	3. Yes, not past 3 months	†1.9	†6.3
	6. Yes, past 3 months	†1.7	†5.6
Abuse and dependence indicator	Mean (SE)	.2 (.03)	.53 (.08)
ASSIST Q6. Have you ever tried and failed to control, cut down or stop using cannabis, marijuana or hash?	0. Never	95.9	86.5
	3. Yes, not past 3 months	†1.9	†6.4
Dependence indicator	6. Yes, past 3 months	†2.2	†7.1
	Mean (SE)	.2 (.03)	.62 (.09)

Notes: [1]ASSIST-CIS items were asked only of a random subsample of respondents (N=1,657); [2]Analysis based on unconditional subclass of past year cannabis users (N=520); † Estimate unstable or suppressed.

Def'n: The ASSIST–CIS (WHO) screener measures risk of experiencing cannabis use problems.

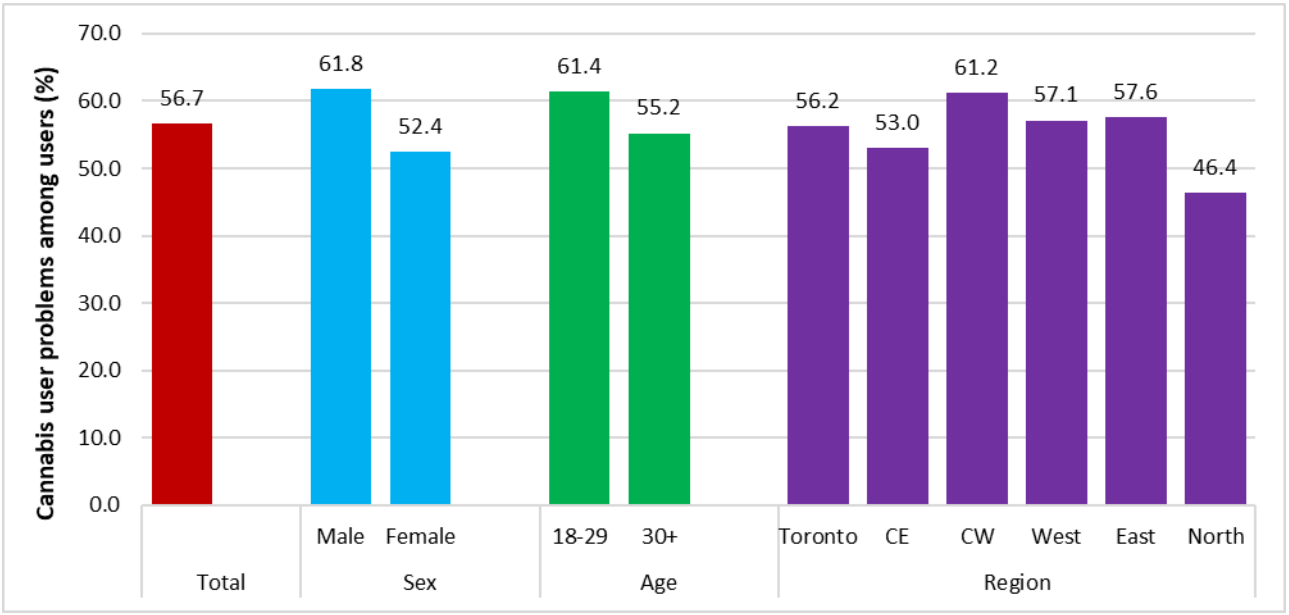
Source: *CAMH Monitor*, Centre for Addiction and Mental Health

Figure 5.1.5 **Percentage Reporting Cannabis Use Problems in the Past Three Months by Sex, Age and Region, Aged 18+, 2023 (N=1633)**



Note: CE: Central East; CW: Central West; *: Statistically significant differences between estimates, (p<0.05).

Figure 5.1.6 **Percentage Reporting Cannabis Use Problems Among Past Year Users by Sex, Age and Region, Aged 18+, 2023 (N=496)**



Note: CE: Central East; CW: Central West; *: Statistically significant differences between estimates, (p<0.05).

Table 5.1.5: Changes in Cannabis Use Problems in the Past Three Months Between 2013 and 2023 Among Sex and Age Groups

Variables		2023 vs. 2013				2023 vs. 2018			
		OR	95%CI		Sig.	OR	95%CI		Sig.
Total		2.38	1.77	3.20	*	1.73	1.31	2.29	*
Sex	Men	2.06	1.38	3.08	*	1.46	0.99	2.14	
	Women	2.67	1.71	4.15	*	2.05	1.39	3.04	*
Age	18 to 29	1.11	0.62	2.01		1.14	0.66	1.97	
	30 or older	3.74	2.66	5.26	*	2.08	1.50	2.88	*

OR: odds ratio adjusted for age, sex, educational status, household income, region of residence and immigration status. * Statistically significant (Sig.) difference at p<0.05.

Table 5.1.6: Changes in Cannabis Use Problems in the Past Three Months Between 2013 and 2023 Among Sex and Age Groups Among Past Year Cannabis Users

Variables		2023 vs. 2013				2023 vs. 2018			
		OR	95%CI		Sig.	OR	95%CI		Sig.
Total		1.33	0.86	2.06		1.09	0.73	1.61	
Sex	Men	1.47	0.79	2.75		1.22	0.69	2.16	
	Women	1.14	0.62	2.13		0.90	0.52	1.56	
Age	18 to 29	1.84	0.76	4.45		1.90	0.86	4.19	
	30 or older	1.35	0.83	2.19		0.82	0.51	1.31	

OR: odds ratio adjusted for age, sex, educational status, household income, region of residence and immigration status. * Statistically significant (Sig.) difference at p<0.05.

Table 5.1.7 Percentage Reporting Moderate or High ***Risk of Cannabis Use Problems (ASSIST–CIS 4+)*** in the Past Three Months, by Demographic Characteristics, Aged 18+, 2004–2023

	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2022	2023
(N=)	(2611)	(1255)	(2016)	(2005)	(2024)	(2037)	(2024)	(1999)	(2015)	(2060)	(2004	(1005)	(1020)	(1813)	(1792)	(1812)	(1971)	(1668)	(1633)
Total	**5.8**	**6.3**	**6.0**	**5.2**	**5.6**	**6.9**	**7.1**	**5.6**	**4.7**	**7.5**	**6.5**	**7.5**	**9.1**	**9.5**	**10.2**	**13.6**	**16.4**	**19.4**	**16.7**
(95% CI)¶	(4.7, 7.1)	(4.8, 8.2)	(4.6, 7.7)	(4.1, 6.5)	(4.3, 7.3)	(5.5, 8.6)	(5.6, 8.9)	(4.3, 7.2)	(3.5, 6.4)	(5.9, 9.5)	(4.9, 8.5)	(5.3,10.5)	(6.7, 12.2)	(7.7, 11.7)	(8.3, 12.4)	(11.7, 15.7)	(14.7, 18.3)	(17.4, 21.6)	(14.9, 18.8)
Men	**8.6**	**8.2**	**10.1**	**6.3**	**8.3**	**9.4**	**11.8**	**7.7**	**†6.6**	**9.6**	**†8.2**	**†11.4**	**†14.7**	**15.0**	**13.1**	**19.0**	**18.9**	**23.3**	**17.9[a]**
	(6.8, 11.0)	(5.7, 11.7)	(7.5,13.4)	(4.7, 8.5)	(6.2,11.0)	(7.1, 12.3)	(9.1, 15.1)	(5.5, 10.6)	(4.6, 9.3)	(7.1, 12.9)	(5.7,11.7)	(7.5, 17.0)	(10.3, 20.5)	(11.6, 19.1)	(10.0,16.8)	(15.7, 22.9)	(16.3, 21.9)	(20.0, 27.0)	(14.9, 21.2)
Women	**†3.1**	**†4.6**	**†2.1**	**†4.0**	**†3.2**	**4.5**	**†2.4**	**†3.7**	**†3.1**	**†5.4**	**†4.8**	**†3.8**	**†3.8**	**†4.9**	**7.5**	**†8.7**	**14.0**	**16.2**	**15.7**
	(2.2, 4.4)	(3.1, 6.9)	(1.2, 3.5)	(2.7,5.9)	(1.8,5.5)	(3.1, 6.6)	(1.5, 3.8)	(2.4, 5.7)	(1.8, 5.3)	(3.7, 7.9)	(3.2, 7.2)	(2.1, 6.7)	(2.3, 6.1)	(3.4, 6.9)	(5.5, 10.2)	(6.8, 11.0)	(11.9, 16.4)	(14.0, 18.7)	(13.4, 18.4)
Age																			
18-29	**18.4**	**16.5**	**19.2**	**14.9**	**16.3**	**22.2**	**17.6**	**15.8**	**†13.2**	**†22.9**	**†17.6**	**†18.2**	**†17.7**	**†19.5**	**22.4**	**24.9**	**23.4**	**25.1**	**26.0**
	(14.3, 23.3)	(11.2, 23.6)	(13.9,26.0)	(10.6, 20.5)	(10.9, 23.5)	(16.3, 29.4)	(12.3, 24.5)	(10.6, 22.9)	(10.6, 22.9)	(16.0, 31.8)	(11.3,26.4)	(10.5, 29.6)	(9.4, 31.0)	(13.6, 27.1)	(16.4, 29.8)	(19.1, 31.7)	(28.5, 29.1)	(19.4, 31.8)	(20.1, 33.0)
30 +	**2.8**	**3.9**	**2.6**	**3.0**	**3.2**	**3.5**	**4.4**	**3.1**	**3.0**	**4.3**	**†4.2**	**†4.6**	**†7.6**	**6.9**	**7.3**	**10.7**	**14.8**	**18.2**	**14.9[a]**
	(2.0, 3.9)	(2.7, 5.7)	(1.7,3.8)	(2.2,4.1)	(2.3,4.4)	(2.6, 4.7)	(3.3, 5.9)	(2.3, 4.3)	(2.3, 4.3)	(3.3, 5.7)	(3.0, 5.9)	(3.0, 6.9)	(5.4, 10.7)	(5.3, 8.9)	(5.6, 9.4)	(8.9, 12.8)	(13.0, 16.7)	(16.2, 20.4)	(13.0, 17.0)

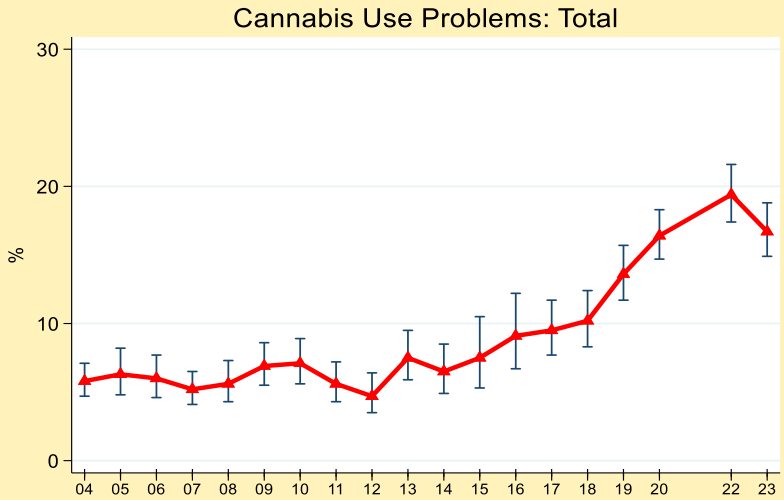
Notes: (1) ¶ 95% confidence interval; † Estimate suppressed or unstable.
(2) [a] Significant difference between last two estimates (2022 vs.2023) , p<0.05.

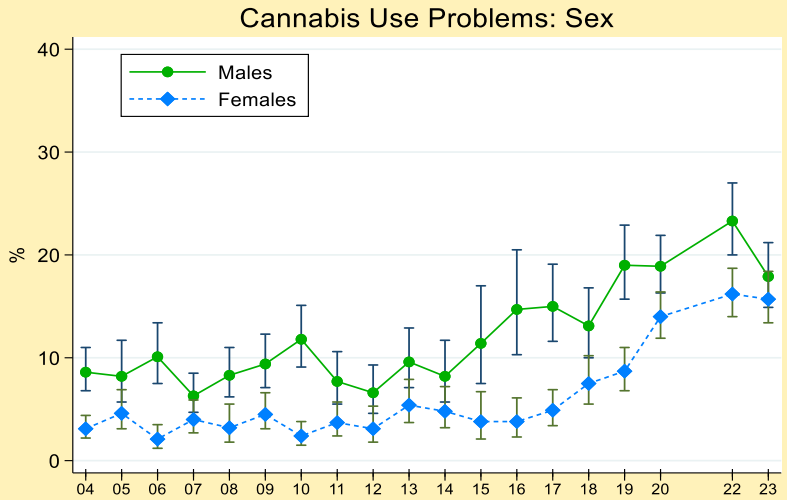
Table 5.1.8: Percentage Reporting Moderate or High ***Risk of Cannabis Use Problems (ASSIST–CIS 4+)*** in the Past Three Months, by Demographic Characteristics, Ontario past year **C*annabis Users*** Aged 18+, 2004–2023

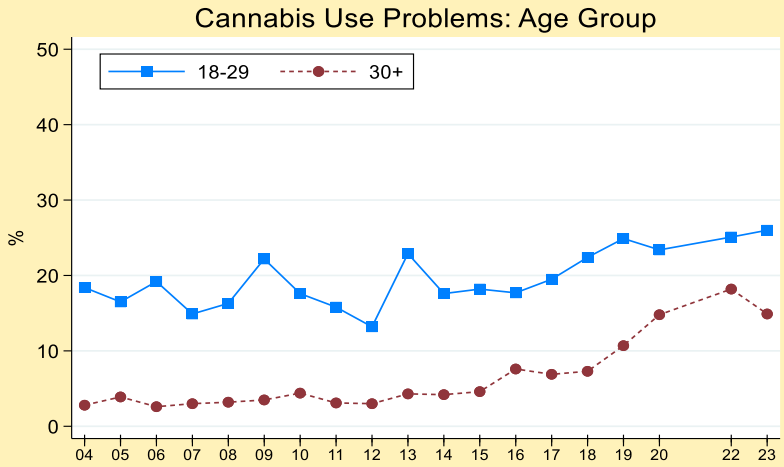
	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2022	2023
(N=)	(279)	(145)	(209)	(222)	(209)	(211)	(249)	(196)	(192)	(181)	(193)	(122)	(111)	(239)	(249)	(371)	(590)	(509)	(496)
Total	**47.2**	**47.1**	**44.9**	**41.4**	**43.4**	**51.9**	**43.6**	**41.7**	**38.5**	**55.4**	**46.3**	**45.1**	**59.6**	**53.3**	**58.6**	**57.9**	**55.5**	**64.4**	**56.7[a]**
(95% CI)¶	(40.1,54.3)	(37.7, 60.7)	(36.6,53.4)	(33.9,49.2)	(35.0,52.3)	(43.8, 59.8)	(36.2, 51.3)	(33.5, 50.4)	(29.9, 47.9)	(46.3, 64.1)	(37.4, 55.5)	(34.2, 56.5)	(47.5, 70.7)	(45.0, 61.3)	(50.9, 65.9)	(51.7, 63.8)	(51.1, 59.8)	(59.9, 68.7)	(51.8, 61.5)
Sex																			
Men	**54.4**	**47.5**	**54.8**	**40.0**	**38.3**	**54.2**	**52.3**	**49.6**	**43.3**	**62.4**	**49.5**	**51.6**	**65.7**	**62.5**	**62.6**	**63.6**	**62.0**	**73.0**	**61.8[a]**
	(45.1,63.4)	(35.0,60.4)	(44.2,64.9)	(28.8, 52.3)	(24.2,54.6)	(44.2, 63.9)	(42.8, 61.7)	(38.2, 61.1)	(32.2, 55.1)	(50.7, 72.9)	(37.2, 61.9)	(37.2, 65.8)	(49.8, 78.8)	(50.9, 72.8)	(52.3, 71.8)	(55.4, 71.1)	(55.5, 68.0)	(66.3, 78.8)	(53.9, 69.2)
Women	**35.0**	**46.6**	**†24.4**	**42.3**	**46.0**	**47.9**	**†24.0**	**32.1**	**†31.6**	**46.3**	**41.9**	**†33.1**	**†44.5**	**38.3**	**53.1**	**49.2**	**48.9**	**56.5**	**52.4**
	(25.5,45.9)	(32.9,60.7)	(15.0,37.2)	(32.7,52.6)	(35.7,56.7)	(34.7, 61.3)	(15.2, 35.6)	(21.5, 44.9)	(19.3, 47.3)	(33.3, 59.9)	(29.8, 55.2)	(19.5, 50.3)	(28.9, 61.3)	(28.0, 49.7)	(41.6, 64.3)	(40.2, 58.3)	(43.0, 54.9)	(50.5, 62.4)	(46.3, 58.5)
Age																			
18-29	**54.0**	**46.1**	**50.6**	**44.3**	**47.4**	**62.0**	**47.3**	**46.2**	**†43.0**	**59.0**	**58.7**	**†55.9**	**†57.9**	**50.3**	**54.2**	**61.0**	**56.2**	**63.7**	**61.4**
	(43.6,64.1)	(32.5,60.2)	(38.8,62.2)	(32.9,56.3)	(34.0,61.3)	(48.8, 73.7)	(35.2, 59.8)	(32.5, 60.5)	(27.7, 59.8)	(43.8, 72.6)	(41.2, 74.3)	(37.2, 73.1)	(32.7, 79.5)	(36.6, 64.0)	(42.0, 65.9)	(49.9, 71.1)	(46.6, 65.5)	(53.3, 73.0)	(50.0, 71.7)
30 +	**39.0**	**48.3**	**36.7**	**39.0**	**39.4**	**41.6**	**39.7**	**36.1**	**34.9**	**51.8**	**39.0**	**†37.1**	**60.3**	**56.5**	**62.4**	**56.5**	**55.1**	**64.6**	**55.2[a]**
	(30.0,49.1)	(35.9,61.0)	(26.6,48.2)	(29.7,49.1)	(29.7,49.9)	(32.4, 51.5)	(31.0, 49.2)	(27.2, 46.1)	(26.3, 44.6)	(41.7, 61.7)	(29.5, 49.4)	(25.5, 50.3)	(47.0, 72.3)	(47.1, 65.4)	(52.9, 71.1)	(49.1, 63.7)	(50.1, 60.0)	(59.5, 69.3)	(49.9, 60.5)

Notes :(1) † Estimate unstable or suppressed. ¶ 95% confidence interval.
2) [a] Significant difference between last two estimates (2022 vs.2023), p<0.05.
Def'n: The WHO ASSIST screener measures the risk of experiencing cannabis use problems as indicated by a score of 4 or more.
Source: The *CAMH Monitor*, Centre for Addiction and Mental Health

Figure 5.1.7 Cannabis Use Problems (Moderate to High risk), Aged 18+, 2004–2023







Note: vertical 'whiskers' represent 95% confidence intervals
Source: CAMH Monitor

5.1.2. Cannabis Use for Medical Purposes

The survey asked respondents about their use of cannabis to treat medical problems. The question asked was: "In the past 12 months, have you ever used cannabis to treat pain, nausea, glaucoma, multiple sclerosis, or any other medical condition?" Response options were *yes* or *no*.

Overall, an estimated **13.0%** (95% CI: 11.6% to 14.5%) of adults, and **41.9%** (95% CI: 38.3% to 45.7%) of past year cannabis users, reported using cannabis for medical purposes.

Among the **total sample:**

- There was no significant difference in cannabis use for medical purposes between men and women (12.1% vs. 13.7%, respectively).
- There were significant differences in cannabis use for medical purposes between age groups. Younger adults were more likely to engage in cannabis use for medical purposes compared to older adults (Figure 5.1.8).
- There were significant differences in cannabis use for medical purposes between regions, ranging from 9.7% in Central East to 17.8% in the North. Adults residing in the East and North were more likely to use cannabis for medical purposes compared to the provincial average. However, adults residing in Central East were less likely to use cannabis for medical purposes compared to the provincial average (Figure 5.1.8).

Trends

2013–2023…… Fig. 5.1.9, Table 5.1.10

2022–2023

Overall, the percentage reporting cannabis use for medical purposes in 2023 (13.0%) was not significantly different from the 2022 estimate (14.2%). There were also no significant changes among men and women (Table 5.1.9).

There were significant changes in cannabis use for medical purposes among adults aged 50 to 64 (decreased from 17.0% in 2022 to 11.8% in 2023). However, there were no significant changes among other age groups.

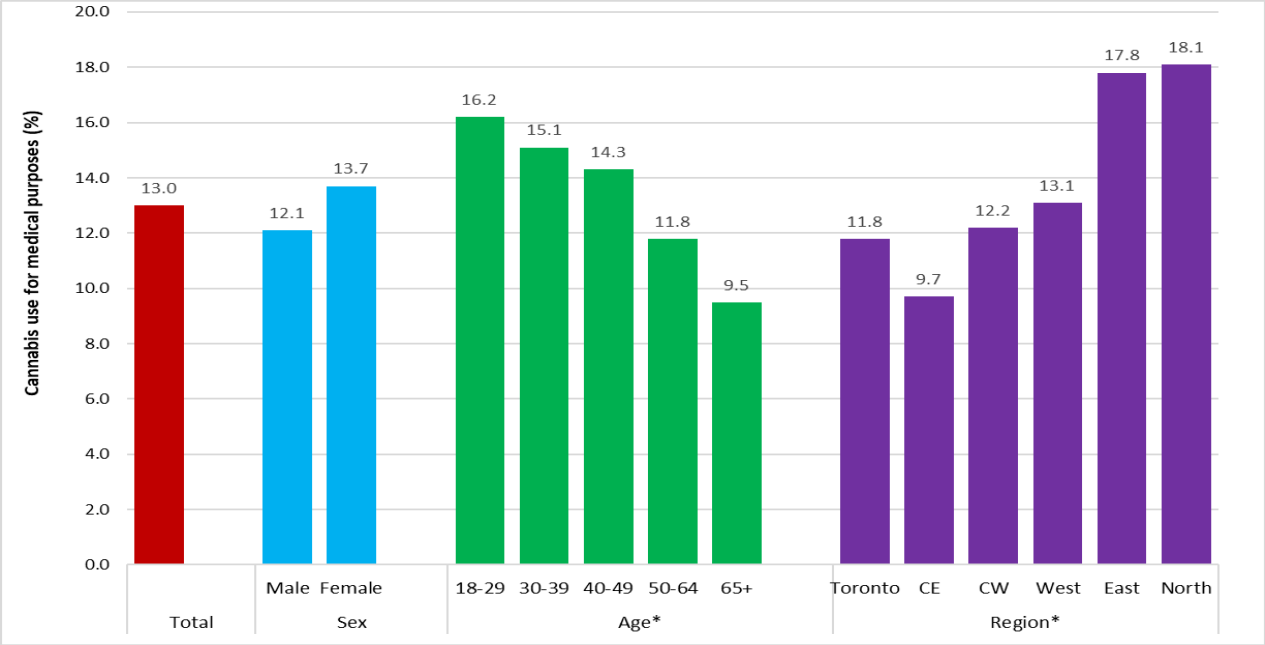
There were significant changes in cannabis use for medical purposes among adults residing in Central East (decreased from 15.6% in 2022 to 9.7% in 2023), however there were no significant changes between 2022 and 2023 among other regions in Ontario (Table 5.1.9).

2013–2023

Between 2013 and 2023, the percentages reporting cannabis use for medical purposes varied from 3.5% in 2013 to 14.2% in 2022 (Table 5.1.9). After adjusting for sample characteristics including sex, age, education, household income, region and immigration status, the odds of cannabis use for medical purposes in the past year were about 4 times higher in 2023 compared to 2013. Similarly, greater odds of cannabis use for medical purposes were evident among men and women. Due to smaller sample size, the 10-year change was not examined among age and regional subgroups (Table 5.1.9).

Between 2018 and 2023, the percentages reporting cannabis use for medical purposes varied from 8.2% in 2018 to 14.2% in 2022. The odds of cannabis use for medical purposes in the past year were about two times higher in 2023 compared to 2018 Similarly, greater odds of cannabis use for medical purposes were evident among women, those aged 30 to 39, 40 to 49, 65 or older, those residing in Toronto, Central West, East and North regions (Table 5.1.9).

Figure 5.1.8 **Percentage Reporting Cannabis Use for Medical Purposes by Sex, Age and Region, Aged 18+, 2023 (N=2552)**



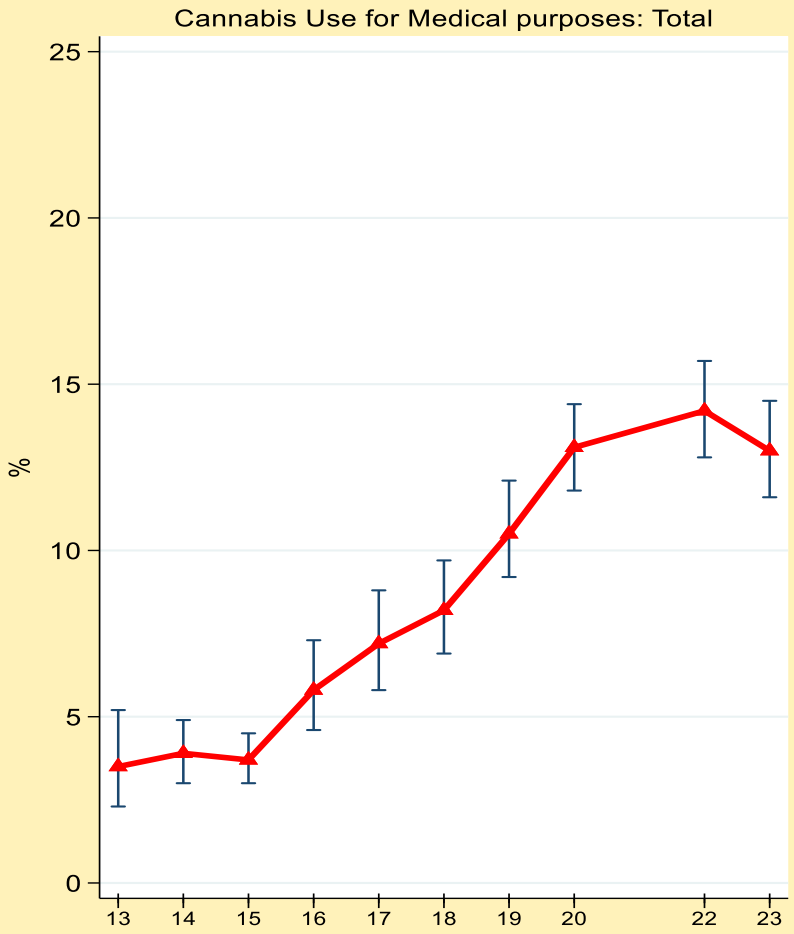
Note: CE: Central East; CW: Central West; *: Statistically significant differences between estimates, (p<0.05).

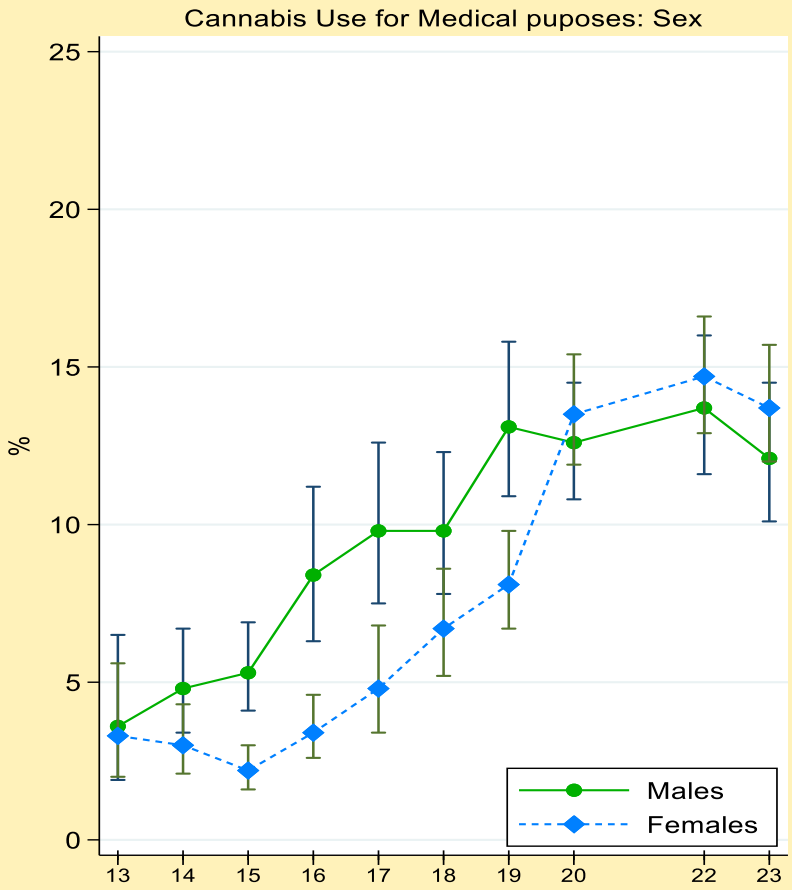
Table 5.1.9: Changes in Cannabis Use for Medical Purposes Between 2018 and 2023 Among Sex, Age and Regional Subgroups

		2023 vs. 2018			
Variables		OR	95%CI		Sig.
Total		1.63	1.29	2.06	*
Sex	Men	1.32	0.94	1.86	
	Women	1.96	1.41	2.72	*
Age	18 to 29	1.04	0.62	1.74	
	30 to 39	1.75	1.01	3.03	*
	40 to 49	2.38	1.31	3.34	*
	50 to 64	1.50	0.97	2.32	
	65+	3.36	1.92	5.90	*
Region	Toronto	1.89	1.10	3.26	*
	Central East	1.72	0.95	3.13	
	Central West	1.23	0.71	2.12	*
	West	1.73	0.99	3.00	
	East	1.86	1.14	3.02	*
	North	1.91	1.20	3.05	*

OR: odds ratio adjusted for age, sex, educational status, household income, region of residence and immigration status. * Statistically significant (Sig.) difference at p<0.05.

Figure 5.1.9 Cannabis Use for Medical Purposes in the past year, Aged 18+, 2013–2023





Note: vertical 'whiskers' represent 95% confidence intervals
Source: CAMH Monitor

Table 5.1.10: Percentage ***Using Cannabis*** for Medical Purposes in the Past 12 Months by Demographic Characteristic, Aged 18+, 2013–2023

	2013	2014	2015	2016	2017	2018	2019	2020	2022	2023
(N=)	(3021)	(3043)	(5013)	(3042)	(2812)	(2806)	(2827)	(3033)	(2650)	(2590)
Total	**†3.5**	**3.9**	**3.7**	**5.8**	**7.2**	**8.2**	**10.5**	**13.1**	**14.2**	**13.0**
(95% CI)¶	(2.3, 5.2)	(3.0, 4.9)	(3.0, 4.5)	(4.6, 7.3)	(5.8, 8.8)	(6.9, 9.7)	(9.2, 12.1)	(11.8, 14.4)	(12.8, 15.7)	(11.6, 14.5)
Sex										
Men	**†3.6**	**†4.8**	**5.3**	**8.4**	**9.8**	**9.8**	**13.1**	**12.6**	**13.7**	**12.1**
	(1.9, 6.5)	(3.4, 6.7)	(4.1, 6.9)	(6.3, 11.2)	(7.5, 12.6)	(7.8, 12.3)	(10.9, 15.8)	(10.8, 14.5)	(11.6, 16.0)	(10.1, 14.5)
Women	**†3.3**	**†3.0**	**†2.2**	**3.4**	**†4.8**	**6.7**	**8.1**	**13.5**	**14.7**	**13.7**
	(2.0, 5.6)	(2.1, 4.3)	(1.6, 3.0)	(2.6, 4.6)	(3.4, 6.8)	(5.2, 8.6)	(6.7, 9.8)	(11.9, 15.4)	(12.9, 16.6)	(12.0, 15.7)
Age										
18 - 29	†	**†5.4**	**†8.3**	**†7.4**	**†12.8**	**14.6**	**13.7**	**13.1**	**12.9**	**16.2**
	—	(3.0, 9.6)	(5.7, 12.0)	(4.4, 12.2)	(8.7, 18.4)	(10.7, 19.5)	(10.3, 18.0)	(10.3, 16.5)	(9.6, 17.2)	(12.1, 21.4)
30 - 39	†	**†6.5**	**†3.7**	**†9.4**	**†10.7**	**†10.1**	**†14.4**	**18.2**	**16.5**	**15.1**
	—	(3.9, 10.5)	(2.1,6.4)	(5.3, 16.1)	(5.9, 18.7)	(6.7, 14.9)	(10.3, 19.9)	(15.1, 21.7)	(13.2, 20.4)	(12.1, 18.6)
40 - 49	†	**†3.9**	**†1.8**	**†5.6**	**†4.3**	**†6.5**	**†11.2**	**15.7**	**16.8**	**14.3**
	—	(2.2, 7.0)	(1.0, 3.2)	(3.6, 8.6)	(2.3, 7.9)	(4.0, 10.4)	(7.9, 15.7)	(12.6, 19.4)	(13.4, 20.9)	(11.3, 17.9)
50 -64	†	**†3.2**	**3.7**	**5.5**	**7.4**	**†8.3**	**10.2**	**12.8**	**17.0**	**11.8[a]**
	—	(2.2, 4.7)	(2.8, 4.9)	(4.1, 7.5)	(5.5, 9.9)	(6.0, 11.5)	(7.8, 13.3)	(10.5, 15.5)	(14.3, 20.1)	(9.5, 14.6)
65+	†	—	**†0.8**	†	**†1.7**	**†2.6**	**5.3**	**6.9**	**8.1**	**9.5**
	—	—	(0.4, 1.4)	-	(1.0, 2.9)	(1.7, 4.0)	(4.0, 7.1)	(5.0, 9.4)	(6.1, 10.6)	(7.2, 12.4)
Region										
Toronto	†	**†3.5**	**†2.8**	**†6.4**	**†7.5**	**†5.7**	**†8.7**	**12.6**	**13.9**	**11.8**
	—	(2.1, 6.1)	(1.7, 4.7)	(4.1, 10.0)	(4.8, 11.5)	(3.8, 8.5)	(6.1, 12.2)	(9.9, 15.9)	(11.0, 17.4)	(9.1, 15.2)
C-East	†	**†4.8**	**†3.8**	**†5.8**	**†9.2**	**†5.8**	**11.1**	**13.0**	**15.6**	**9.7[a]**
	—	(2.9, 7.8)	(2.4, 6.1)	(3.3, 10.0)	(5.9, 13.9)	(3.8, 8.7)	(8.0, 15.3)	(10.3, 16.3)	(12.5, 19.3)	(7.1, 13.0)
C-West	†	**†4.1**	**†4.2**	**†7.5**	**†7.1**	**†9.4**	**†7.8**	**12.5**	**12.6**	**12.2**
	—	(2.5, 6.9)	(2.6, 6.7)	(4.7, 11.8)	(4.3, 11.4)	(6.3, 13.8)	(5.2, 11.4)	(10.0, 15.7)	(9.9, 16.0)	(9.4, 15.6)
West	†	**†2.9**	**†2.8**	**†5.5**	**†5.7**	**†9.3**	**14.8**	**13.5**	**14.1**	**13.1**
	—	(1.6, 5.2)	(1.7, 4.6)	(3.4, 8.8)	(3.6, 8.9)	(6.2, 13.9)	(11.3, 19.2)	(10.7, 16.9)	(11.0, 17.8)	(10.1, 16.9)
East	†	†	**†4.5**	**†2.6**	**†5.9**	**†10.8**	**12.8**	**12.5**	**13.9**	**17.8**
	—	—	(2.8, 7.3)	(1.4, 4.9)	(3.3, 10.4)	(7.6, 15.1)	(9.4, 17.1)	(9.9, 15.6)	(10.9, 17.7)	(14.3, 21.9)
North	†	**†4.1**	**†4.4**	**†6.4**	**†6.9**	**†10.5**	**†13.2**	**16.3**	**19.4**	**18.1**
	—	(2.3, 7.0)	(2.8, 6.8)	(4.2, 9.6)	(4.5, 10.3)	(7.5, 14.6)	(10.0, 17.3)	(13.2, 19.8)	(15.3, 24.3)	(14.5, 22.4)

Notes:(1) ¶ 95% confidence interval; † Estimate unstable or suppressed; the sampling design was changed in 2020 from telephone interview to web survey.

(2) [a] Significant difference between last two estimates (2022 vs.2023), p<0.05.

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

5.1.3. Modes of Use and Perceived Risk of Cannabis Use

The survey asked past year cannabis users about the ways they used cannabis in the past 12 months. Each of the six questions begins with the wording: "*In the past 12 months did you ....*" followed by:

(1) ...smoke cannabis in a joint?
(2) ...use it in a vaporizer or e-cigarette?
(3) ...smoke cannabis in a pipe, bong or waterpipe?
(4) ...use it in a food product or edibles (such as a brownie, cookie, candy)
(5) ...have a drink that contained cannabis (such as a tea)
(6) ...use cannabis as a tincture, cream or lotion on your skin or as a patches?

- In 2023, the most common modes of using cannabis were using it in a food product (68.9%), followed by smoking it in a joint (63.8%), using it in a vaporizer or e-cigarette (37.4%), and smoking it in a pipe, bong or waterpipe (35.7%) (Figure 5.1.10).

- The least common modes of use were using cannabis as a drink (e.g., tea) (20.5%) and as a tincture or lotion (20.6%).

- Men were more likely than women (43.6% vs. 29.2%, respectively) to report using cannabis in a pipe, bong or waterpipe (Figure 5.1.12). Men were also more likely than women (41.7% vs. 33.7%, respectively) to report use of cannabis via e-cigarette or vaporizer (Figure 5.1.11).

2022–2023

Overall, there were no significant differences in percentages between 2022 and 2023 in reports of modes of cannabis use (Figure 5.1.10).

Figure 5.1.10 Modes of Cannabis Use in the Past Year, Cannabis Users Aged 18+, 2022-2023 (N=1687)

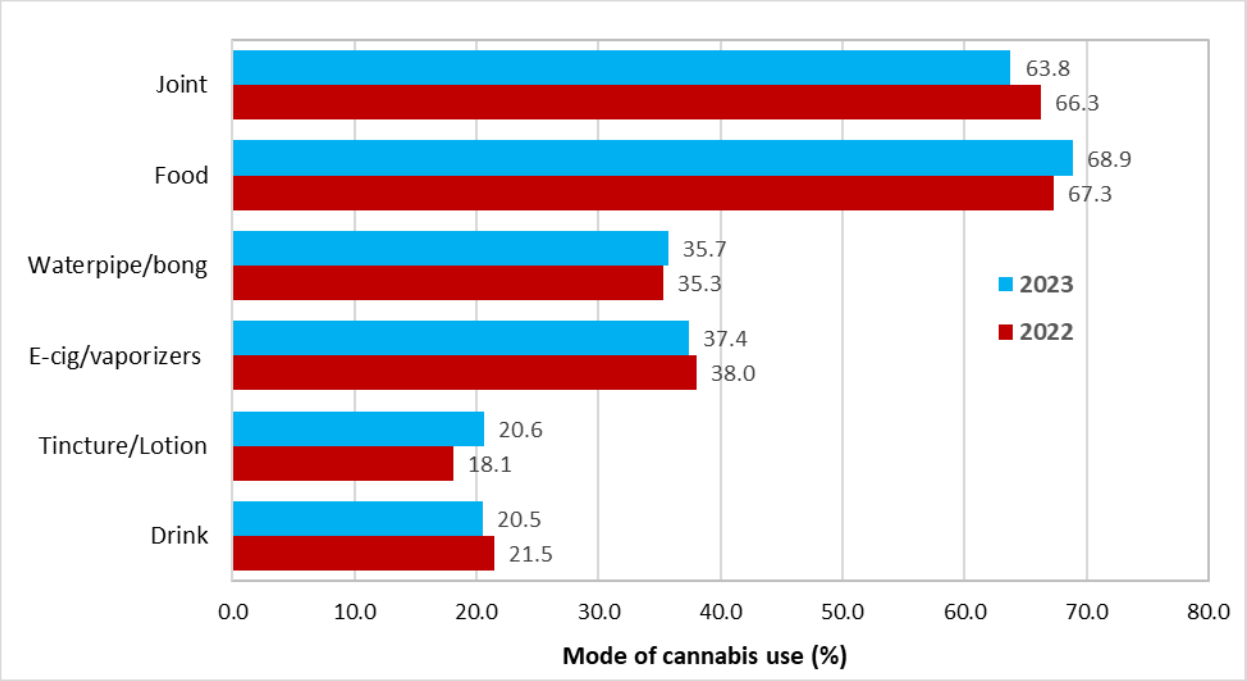
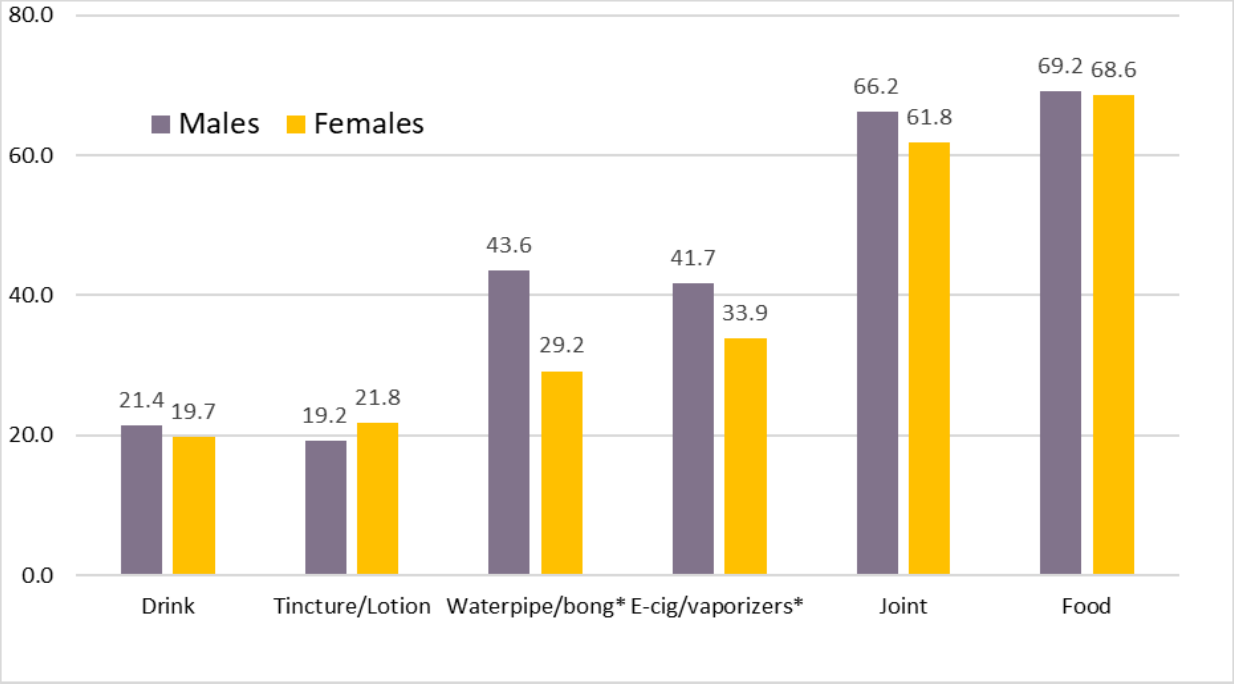


Figure 5.1.11 Modes of Cannabis Use in the Past Year by Sex, Cannabis Users Aged 18+, 2023 (N=841)



*Statistically significant differences between estimates, ($p<0.05$).

5.2 Cocaine Use

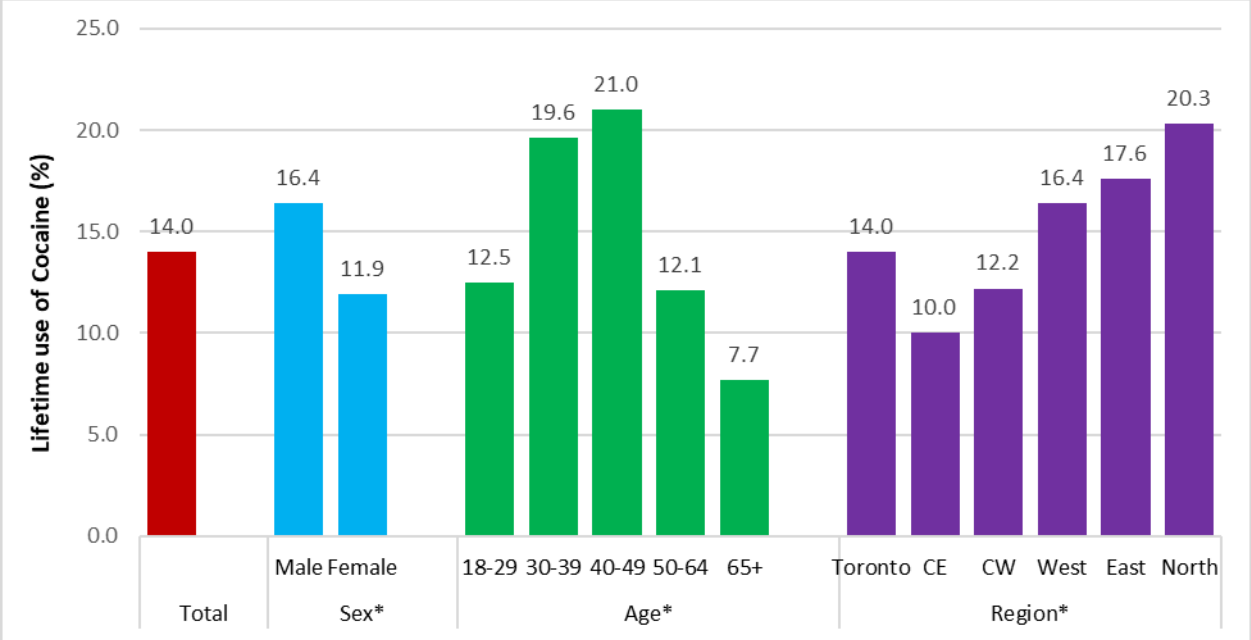
Overall, an estimated 14.0% (95% CI: 12.7% to 15.5%) of adults used cocaine in their lifetime, and 3.7% (95% CI: 3.0% to 4.6%) used it in the past 12 months before the survey.

- Men were more likely than women to report use of cocaine during their lifetime (16.4% vs. 11.9%, respectively), however, there was no difference between men and women with regards to use of cocaine during the past year (4.3% vs. 3.2%, respectively).
- There were significant differences in lifetime use of cocaine between age groups and between regions (Figure 5.2.1). Due to sample size, age and region subgroups were not examined for past year use of cocaine.

2022–2023

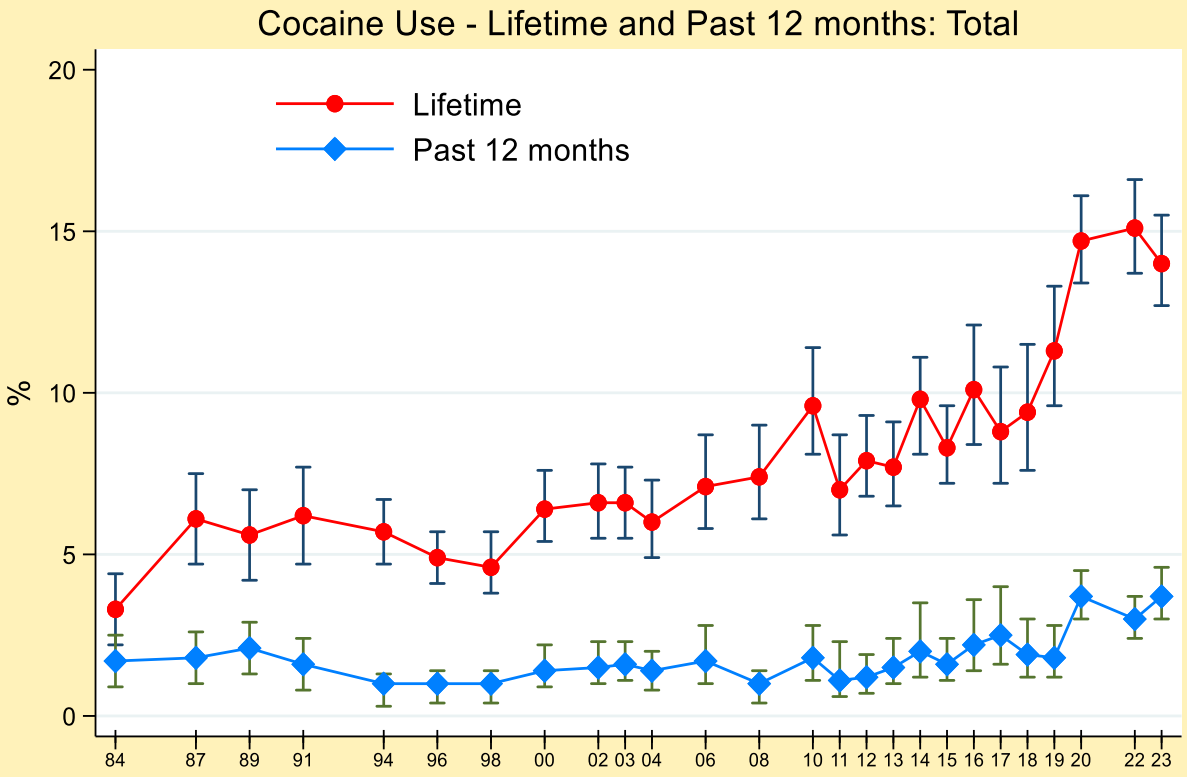
- There were no significant changes in reporting past year use of cocaine (3.0% in 2022 and 3.7% in 2023). Similarly, the percentages remained stable among men and women.
- There was a significant change in past year use of cocaine among 18 to 29 year olds (increased from 2.4% in 2022 to 5.4% in 2023).
- There was no significant change in lifetime use of cocaine among all adults (15.1% in 2022 and 14.0% in 2023). Similarly, the percentages remained stable among men and women.
- There was a significant decrease in lifetime use of cocaine among adults aged 40 to 49 (from 16.0% in 2022 to 12.1% in 2023). However, the percentages remained stable among other age groups.
- There was a significant decrease in lifetime use of cocaine among those residing in Central East (from 16.3% in 2022 to 10.0% in 2023), however the percentages remained stable among other regions in Ontario.

Figure 5.2.1 Lifetime Cocaine Use by Sex, Age and Region, Aged 18+, 2023 (N=2635)



Note: CE: Central East; CW: Central West; *: Statistically significant differences between estimates, (p<0.05)

Figure 5.2.2 Cocaine Use, Aged 18+, 1984–2023



Note: vertical 'whiskers' represent 95% confidence intervals
Source: CAMH Monitor

5.3 Use of Prescription Opioid Pain Relievers

The survey asked respondents about their use of prescription opioid pain relievers, such as Percocet™, Demerol™, Tylenol™ #3 or other pain relievers with codeine that are usually obtained through a prescription from a doctor.

Any past year use (i.e., medical or nonmedical) of prescription opioid pain relievers was assessed by the item: "*In the past 12 months how often, if at all, have you used any pain relievers (such as Percocet, Demerol, Tylenol #3 or other products)?*" Responses were recoded as *any past year use* (coded 1) versus *no use* (coded 0).

Any past year nonmedical use of prescription opioid pain relievers was assessed by the item: "*During the past 12 months, how often did you use pain relievers without a prescription or without a doctor telling you to take them?"* Responses were recoded as *any nonmedical past year use* (coded 1) versus *no use* (coded 0).

In 2023, about 31.4% (95% CI: 28.9% to 33.9%) of adults reported use of prescription pain relievers in the past year, and 16.4% (95% CI: 14.5% to 18.5%) reported nonmedical use.

There were no significant differences in past year use and nonmedical use of pain relievers between men and women, age groups and regions (Figure 5.3.1 and Figure 5.3.2).

2022–2023

Past year use of any prescription opioid in 2022 (31.4%) was not significantly different from 2022 (31.3%). Likewise, there were no significant changes among men and women, age groups and regions (Table 5.3.2).

Past year nonmedical use of prescription opioid pain relievers in 2023 was not significantly different from 2022 (16.4% vs. 18.0%, respectively). Similarly, estimates of nonmedical use remained stable among men and women, among age and regional subgroups (Table 5.3.3).

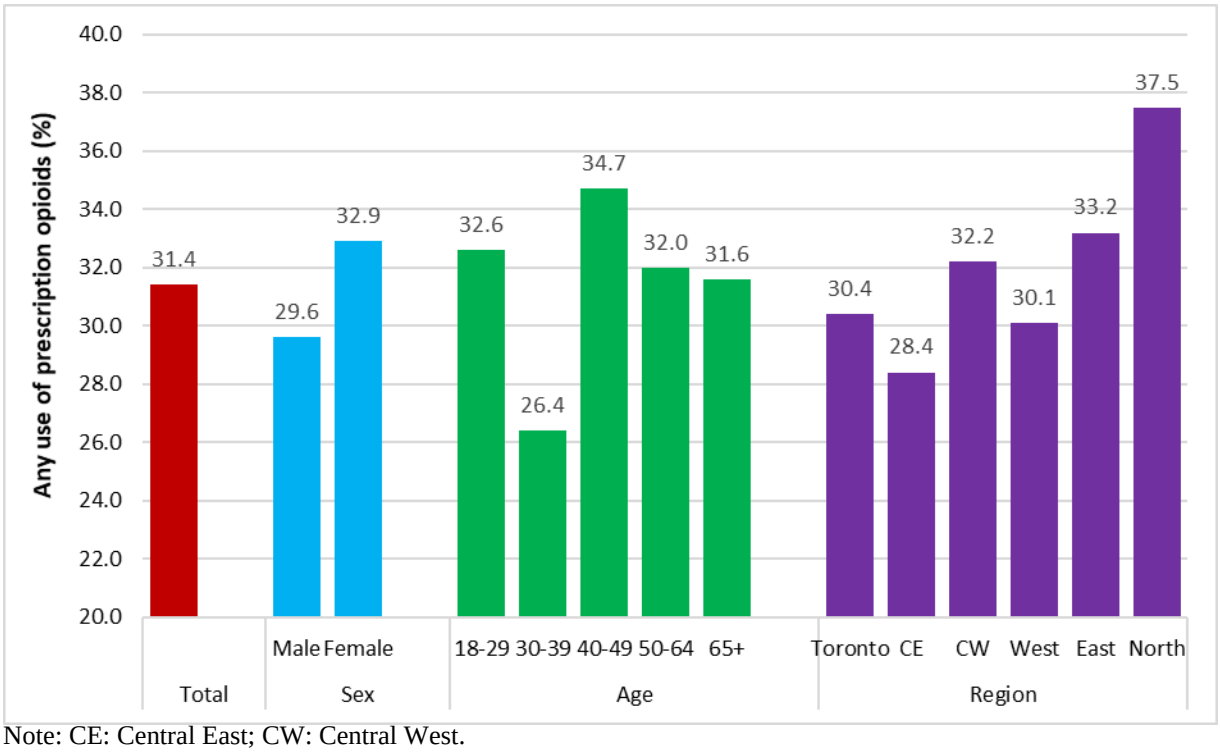
2013–2023

Between 2013 and 2023, the percentages reporting use of prescription pain relievers in the past year varied from 21.1% in 2017 to 32.7% in 2020 (Figure 5.3.3). After adjusting for sample characteristics including sex, age, education, household income, region and immigration status, the odds of reporting use of prescription pain relievers were higher in 2023 compared to 2013. Similarly, greater odds of reporting any use of prescription pain relievers were evident among men, women, those aged 18 to 29, 40 to 49, 50 or older, and those residing in Central East, Central West, East and North regions (Table 5.3.1).

Compared to 2018, the odds of reporting nonmedical use of prescription opioid pain relievers were higher in 2023 after adjusting for sample characteristics. Likewise, greater odds of nonmedical use of prescription opioid pain relievers were evident in 2023 among men, those aged 40 to 49, those residing in Central East, East and North regions (Table 5.3.1).

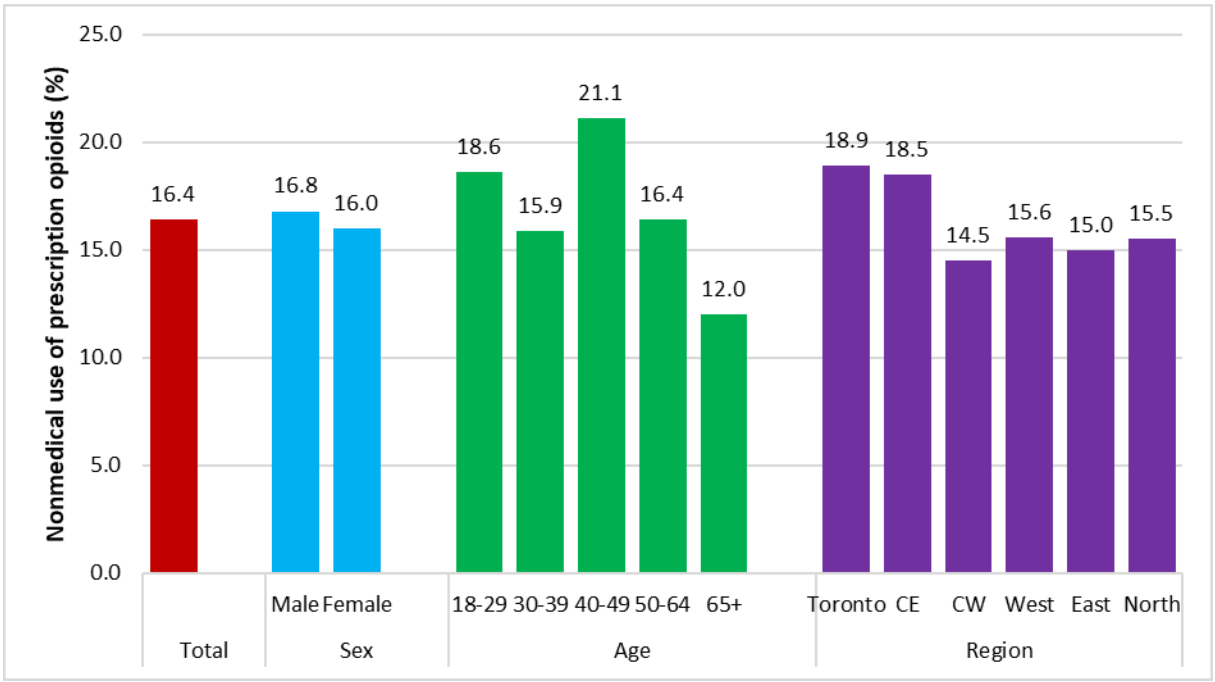
In the past 10 years, the percentages reporting nonmedical use of prescription opioid pain relievers varied from 2.1% in 2014 to 35.0% in 2020 (Figure 5.3.3 & Table 5.3.3). Due to unstable estimates across years, additional analyses were not performed.

Figure 5.3.1 Past Year Use of Any Prescription Opioid Pain Relievers by Sex, Age and Region, Aged 18+, 2023 (N=1638)



Note: CE: Central East; CW: Central West.

Figure 5.3.2 Past Year Nonmedical Use of Prescription Opioid Pain Relievers by Sex, Age and Region, Aged 18+, 2023 (N=1635)



Note: CE: Central East; CW: Central West.

Figure 5.3.3 Past Year Use of Prescription Opioid Pain Relievers, Aged 18+, 2010–2023

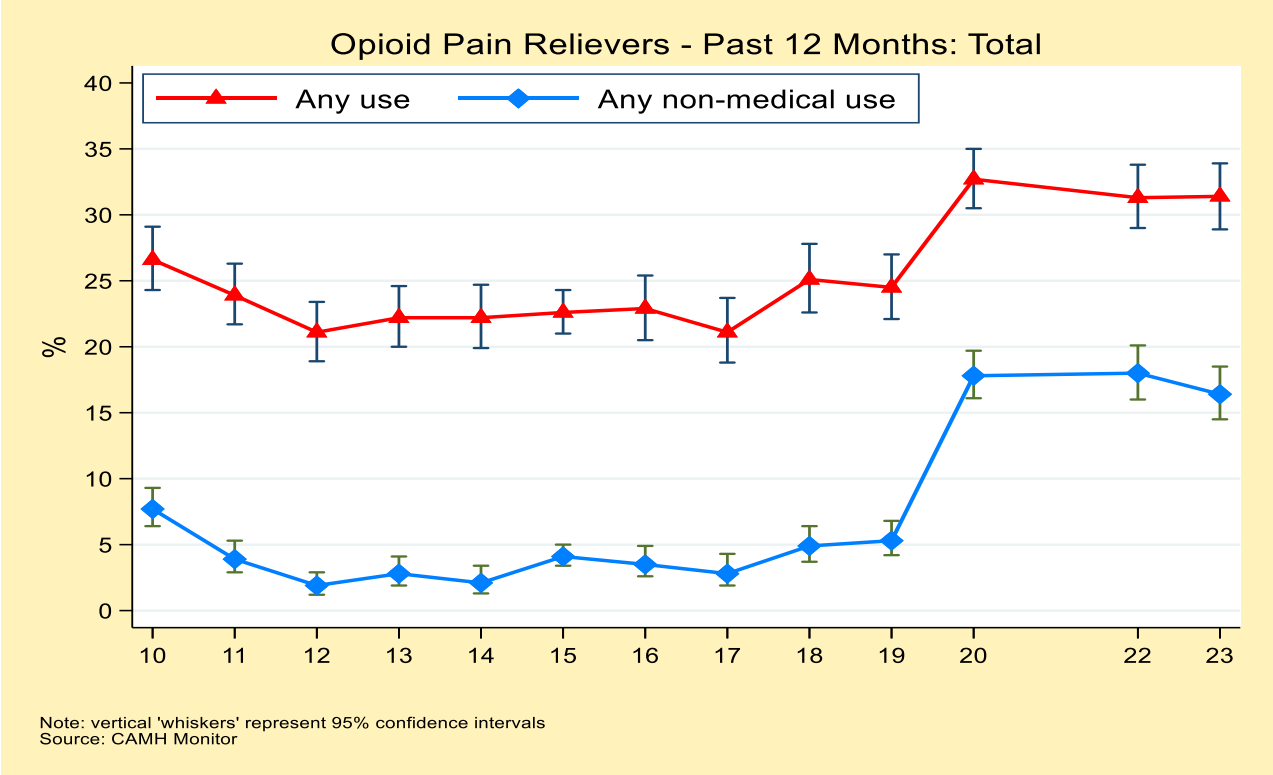


Table 5.3.1: Changes in Any Use of Prescription Opioid Pain Relievers Between 2013 And 2023 Among Sex, Age Groups and Regional Subgroups

Variables		2023 vs. 2013				2023 vs. 2018			
		OR	95%CI		Sig.	OR	95%CI		Sig.
Total		1.63	1.36	1.95	*	1.36	1.13	1.64	*
Sex	Men	1.56	1.18	2.06	*	1.46	1.09	1.96	*
	Women	1.70	1.34	2.17	*	1.28	1.00	1.63	
Age	18 to 29	1.98	1.09	3.60	*	1.35	0.81	2.26	
	30 to 39	1.28	0.81	2.04		1.76	0.99	3.15	
	40 to 49	2.15	1.43	3.25	*	1.67	1.03	2.72	*
	50 to 64	1.55	1.23	1.96	*	1.23	0.97	1.56	
Region	Toronto	1.28	0.84	1.94		1.24	0.82	1.87	
	Central East	1.93	1.23	3.04	*	1.02	0.66	1.58	
	Central West	1.54	1.03	2.31	*	1.61	1.05	2.46	*
	West	1.29	0.85	1.95		1.24	0.78	1.98	
	East	2.02	1.35	3.02	*	1.71	1.11	2.63	*
	North	1.80	1.19	2.73	*	1.58	1.01	2.47	*

OR: odds ratio adjusted for age, sex, educational status, household income, region of residence and immigration status. * Statistically significant (Sig.) difference at $p<0.05$.

Table 5.3.2: Percentage Reporting ***Any Use of Prescription Opioid Pain Relievers*** in the Past 12 Months, by Demographic Characteristics, Aged 18+, 2010–2023

(N=)	2010 (2024)	2011 (1999)	2012 (2015)	2013 (2060)	2014 (2004)	2015 (4007)	2016 (2034)	2017 (1811)	2018 (1795)	2019 (1818)	2020 (1981)	2022 (1679)	2023 (1638)
Total Sample (95%CI)¶	**26.6** (23.3, 29.1)	**23.9** (21.7, 26.3)	**21.1** (18.9, 23.4)	**22.2** (20.0, 24.6)	**22.2** (19.9, 24.7)	**22.6** (21.0, 24.3)	**22.9** (20.5, 25.4)	**21.1** (18.8, 23.7)	**25.1** (22.6, 27.8)	**24.5** (22.1, 27.0	**32.7** (30.5, 35.0)	**31.3** (29.0, 33.8)	**31.4** (28.9, 33.9)
Sex													
Men	**25.3** (21.9, 29.0)	**24.1** (20.6, 28.0)	**19.3** (16.2, 22.9)	**21.5** (18.3, 25.0)	**21.5** (18.1, 25.5)	**21.1** (18.7, 23.7)	**22.6** (19.1, 26.6)	**18.2** (15.1, 21.9)	**22.4** (18.9, 26.4)	**23.2** (19.8, 27.0)	**31.1** (28.0, 34.4)	**31.8** (28.2, 35.7)	**29.6** (26.0, 33.6)
Women	**27.9** (24.9, 31.2)	**23.8** (21.0, 26.8)	**22.7** (19.9, 25.9)	**22.9** (20.0, 26.2)	**22.9** (20.0, 26.1)	**24.1** (22.0, 26.3)	**23.0** (20.1, 26.3)	**23.7** (20.4, 27.2)	**27.6** (24.2, 31.3)	**25.6** (22.4, 29.1)	**34.2** (31.2, 37.4)	**30.9** (27.9, 34.0)	**32.9** (29.7, 36.3)
Age													
18-29	**22.4** (16.5, 29.7)	**26.0** (19.4, 33.8)	**†21.8** (15.3, 30.2)	**†19.3** (13.0, 27.7)	**†20.1** (13.5, 28.7)	**20.3** (13.5, 28.7)	**†20.5** (13.6, 29.7)	**†20.0** (13.9, 27.9)	**24.5** (18.5, 31.8)	**23.6** (18.1, 30.3)	**30.9** (25.5, 36.9)	**32.1** (25.9, 38.9)	**32.6** (25.7, 40.4)
30-39	**21.4** (16.3, 26.6)	**22.3** (17.0, 28.6)	**16.7** (12.1, 22.5)	**23.0** (17.3, 29.9)	**24.4** (18.1, 32.0)	**20.3** (16.0, 25.4)	**23.4** (17.0, 31.1)	**†14.6** (9.3, 22.3)	**†18.4** (12.2, 26.8)	**19.2** (13.7, 26.2)	**30.5** (25.8, 35.6)	**33.5** (27.9, 39.6)	**26.4** (21.6, 31.9)
40-49	**27.1** (22.3, 32.6)	**22.9** (18.4, 28.2)	**20.4** (15.9, 25.7)	**21.6** (17.2, 26.7)	**20.7** (16.1, 26.2)	**18.3** (15.1, 22.2)	**20.6** (15.6, 26.7)	**†18.5** (13.5, 24.7)	**23.1** (16.9, 30.6)	**23.2** (17.0, 30.7)	**30.0** (25.3, 35.1)	**31.7** (26.0, 38.0)	**34.7** (29.0, 40.8)
50+	**30.4** (27.3, 33.6)	**24.8** (22.0, 27.8)	**23.4** (20.8, 26.3)	**23.5** (20.9, 26.4)	**23.7** (20.9, 26.6)	**26.0** (24.0, 28.0)	**24.4** (21.9, 27.2)	**24.1** (21.3, 27.2)	**27.8** (24.6, 31.3)	**26.6** (23.5, 30.0)	**34.9** (31.7, 38.3)	**30.2** (27.1, 33.5)	**31.8** (28.4, 35.4)
Region													
Toronto	**24.2** (19.1, 30.1)	**22.3** (17.3, 28.1)	**23.9** (18.4, 30.3)	**25.4** (20.0, 31.6)	**16.0** (11.9, 21.2)	**22.0** (18.4, 26.1)	**16.7** (12.4, 22.1)	**18.8** (14.0, 24.6)	**24.4** (19.2, 30.5)	**19.8** (15.2, 25.4)	**35.2** (30.0, 40.7)	**31.8** (26.6, 37.4)	**30.4** (25.1, 36.2)
Central East	**29.5** (24.3, 35.3)	**22.8** (18.1, 28.4)	**18.2** (14.0, 23.4)	**16.9** (12.9, 21.8)	**23.8** (18.7, 29.9)	**20.8** (17.5, 24.6)	**27.2** (21.5, 33.7)	**24.2** (18.5, 31.1)	**27.0** (21.5, 33.4)	**21.1** (16.4, 26.7)	**31.2** (26.2, 36.7)	**31.8** (26.6, 37.5)	**28.4** (23.0, 34.5)
Central West	**23.5** (18.7, 29.0)	**26.1** (21.0, 32.0)	**25.4** (20.5, 30.9)	**24.3** (19.3, 30.1)	**23.4** (18.3, 29.5)	**23.9** (20.2, 28.0)	**25.2** (19.8, 31.5)	**19.9** (15.0, 26.0)	**23.7** (18.3, 30.2)	**26.1** (20.5, 32.6)	**31.0** (26.2, 36.3)	**29.6** (24.8, 34.9)	**32.2** (26.9, 37.9)
West	**27.9** (22.8, 33.7)	**22.6** (18.1, 27.9)	**15.5** (11.7, 20.1)	**24.9** (19.9, 30.7)	**26.3** (21.2, 32.1)	**25.3** (21.7, 29.3)	**21.4** (16.7, 26.9)	**24.7** (19.5, 30.8)	**26.7** (20.5, 33.9)	**28.5** (23.1, 34.6)	**34.4** (29.3, 39.9)	**30.9** (25.6, 36.8)	**30.1** (24.7, 36.1)
East	**27.3** (22.2, 33.1)	**24.1** (19.2, 29.7)	**20.6** (16.2, 25.8)	**20.8** (16.4, 26.0)	**19.8** (15.1, 25.5)	**22.7** (19.1, 26.8)	**22.8** (17.9, 28.6)	**20.4** (15.5, 26.4)	**23.0** (17.7, 29.2)	**28.6** (22.9, 35.0)	**30.5** (25.9, 35.5)	**34.6** (29.1, 40.5)	**33.2** (27.7, 39.2)
North	**28.2** (22.9, 34.9)	**29.0** (23.4, 35.4)	**23.0** (18.1, 28.7)	**25.9** (20.6, 32.0)	**28.8** (23.3, 35.0)	**23.4** (19.5, 27.7)	**23.1** (18.0, 29.1)	**20.5** (15.4, 26.7)	**28.9** (22.7, 35.9)	**25.8** (20.4, 32.0)	**36.3** (31.3, 41.7)	**29.1** (22.6, 36.4)	**37.5** (31.4, 44.0)

Notes: (1) ¶95% confidence interval; † Estimate unstable; The sampling design was changed in 2020 from telephone to web survey.

(2) [a] Significant difference between 2010 and 2019 ($p<.05$); [b]Significant change ($p<.05$) between last two estimates (2018 vs.2019);

Def'n: "Any use of pain relievers" defined as reporting any medical or nonmedical use in the past 12 months.

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

Table 5.3.3: Percentage Reporting ***Any Nonmedical Use of Prescription Opioid Pain Relievers i***n the Past 12 Months, by Demographic Characteristics, Aged 18+, 2010-2023

(N=)	2010 (2024)	2011 (1999)	2012 (2015)	2013 (2060)	2014 (2004)	2015 (4007)	2016 (2034)	2017 (1811)	2018 (1795)	2019 (1818)	2020 (1979)	2022 (1680)	2023 (1635)
Total Sample (95%CI)	**7.7** (6.4, 9.3)	**3.9** (2.9, 5.3)	**†1.9** (1.2, 2.9)	**†2.8** (1.9, 4.1)	**†2.1** (1.3, 3.4)	**4.1** (3.4, 5.0)	**3.5** (2.6, 4.9)	**†2.8** (1.9, 4.3)	**4.9** (3.7, 6.4)	**5.3** (4.2, 6.8)	**17.8** (16.1, 19.7)	**18.0** (16.0, 20.1)	**16.4** (14.5, 18.5)
Sex													
Men	**8.1** (6.2, 10.6)	**†5.5** (3.6, 8.1)	**†2.1** (1.1, 4.1)	**†3.6** (2.1, 5.9)	**†3.2** (1.7, 5.9)	**3.8** (2.8, 5.2)	**†3.8** (2.5, 5.8)	**†2.9** (1.7, 4.9)	**†4.3** (2.7, 6.9)	**†5.2** (3.7, 7.2)	**19.1** (16.5, 22.0)	**20.1** (17.0, 23.7)	**16.8** (13.8, 20.2)
Women	**7.4** (5.7, 9.5)	**†2.6** (1.8, 3.8)	**†1.7** (1.0, 2.8)	**†2.0** (1.2, 3.6)	**†1.1** (0.6, 2.0)	**4.4** (3.4, 5.6)	**†3.3** (2.0, 5.4)	**†2.8** (1.5, 5.2)	**5.3** (3.9, 7.3)	**†5.5** (3.9, 7.7)	**16.6** (14.3, 19.1)	**16.2** (13.9, 18.8)	**16.0** (13.7, 18.7)
Age													
18-29	**†7.0** (4.1, 11.6)	**†7.0** (3.6,13.2)	**†** –	**†7.4** (3.8, 14.1)	**†4.4** (1.5, 12.2)	**†5.1** (2.9, 8.6)	**†4.6** (1.7, 12.1)	**†7.3** (3.7, 14.0)	**†9.1** (5.8, 14.1)	**†6.9** (4.0, 11.9)	**19.1** (14.6, 24.5)	**20.9** (15.6, 27.3)	**18.6** (13.0, 25.9)
30-39	**†6.6** (3.8, 11.2)	**†** –	**†** –	**†3.6** (1.6, 7.9)	**†3.1** (1.2, 7.8)	**†5.2** (3.1, 8.5)	**†6.1** (3.3, 10.9)	**†** –	**†** –	**†7.1** (3.9, 12.4)	**18.6** (14.8, 23.2)	**20.2** (15.6, 25.8)	**15.9** (12.1, 20.8)
40-49	**†8.9** (5.9, 13.4)	**†5.7** (3.5,9.1)	**†** –	**†2.3** (1.1, 4.7)	**†1.1** (0.5, 2.9)	**†3.5** (2.1, 5.6)	**†2.4** (1.2, 4.9)	**†1.3** (0.5, 3.2)	**†6.6** (3.6, 11.8)	**†5.5** (3.0, 10.0)	**18.4** (14.7, 22.8)	**19.5** (14.9, 25.2)	**21.1** (16.5, 26.6)
50+	**7.9** (6.2, 10.0)	**†2.1** (1.4, 3.1)	**†1.5** (0.8, 2.6)	**†1.1** (0.6, 1.9)	**†1.5** (0.9, 2.4)	**3.5** (2.8, 4.4)	**†2.8** (1.9, 4.0)	**†1.8** (1.2, 2.9)	**†3.3** (2.3, 4.8)	**4.1** (3.0, 5.6)	**16.6** (14.2, 19.3)	**15.7** (13.3, 18.4)	**14.2** (11.8, 17.0)
Region													
Toronto	**†8.4** (5.4, 12.9)	**†4.3** (2.4, 7.5)	**†** –	**†2.6** (1.0, 6.4)	**†** –	**†3.7** (2.2, 6.0)	**†2.4** (0.9, 5.8)	**†3.3** (1.4, 7.6)	**†5.4** (3.2, 8.8)	**†4.8** (2.7, 8.5)	**22.0** (17.7, 27.1)	**19.5** (15.4, 24.5)	**18.9** (14.6, 24.0)
Central East	**†9.6** (6.6, 13.8)	**†4.2** (2.0, 8.4)	**†** –	**†4.0** (1.9, 8.0)	**†** –	**†3.7** (2.3, 5.9)	**†3.3** (1.4, 7.3)	**†2.6** (0.9, 7.1)	**†5.1** (2.9, 8.8)	**†5.6** (3.5, 9.0)	**19.7** (15.5, 24.7)	**17.2** (13.1, 22.3)	**18.5** (13.8, 24.3)
Central West	**†5.7** (3.5, 9.1)	**†4.1** (2.1,8.2)	**†4.3** (2.3, 8.0)	**†3.1** (1.5, 6.4)	**†3.1** (1.3, 7.1)	**†4.3** (2.7, 6.8)	**†4.6** (2.2, 9.2)	**†5.1** (2.6, 9.7)	**†3.1** (1.6, 6.0)	**†6.0** (3.5, 10.2)	**13.9** (10.5, 18.1)	**18.4** (14.4, 23.3)	**14.5** (10.7, 19.3)
West	**†8.6** (5.7, 12.8)	**†3.4** (1.8,6.3)	**†** –	**†2.7** (1.3, 5.8)	**†** –	**†4.0** (2.5, 6.3)	**†4.4** (2.3, 8.1)	**†** –	**†** –	**†7.4** (4.7, 11.4)	**18.9** (14.9, 23.6)	**17.1** (13.0, 22.3)	**15.6** (11.7, 20.6)
East	**†5.5** (3.4, 8.9)	**†2.7** (1.3, 5.3)	**†** –	**†** –	**†2.2** (1.0,4.7)	**†4.6** (2.9, 7.4)	**†2.6** (1.3,5.0)	**†1.1** (0.4, 3.0)	**†5.0** (2.5, 9.9)	**†3.3** (1.8, 6.1)	**16.0** (12.5, 20.2)	**18.0** (14.0, 22.9)	**15.0** (11.2, 19.8)
North	**†6.8** (4.1, 10.9)	**†5.1** (3.0, 8.4)	**†** –	**†** –	**†** –	**†5.7** (3.8, 8.4)	**†5.3** (2.6, 10.3)	**†** –	**†5.1** (2.7, 9.6)	**†** –	**18.2** (14.4, 22.7)	**†12.9** (8.5, 19.1)	**15.5** (11.4, 20.9)

Notes: (1) ¶ 95% confidence interval; † Estimate unstable; the sampling design was changed in 2020 from telephone interview to web survey.

(2) [a] Significant difference 2022 to 2023 ($p<.05$)

Def'n: "Any nonmedical use of pain relievers" defined as reporting use "without a prescription or without a doctor telling you to take them" in the past 12 months.

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

6. IMPAIRED AND DISTRACTED DRIVING

6.1 Driving after Drinking

Overall, an estimated **4.5%** (95% CI: 3.5% to 5.8%) of adults with a valid driver's licence reported driving after drinking alcohol – specifically, driving after consuming two or more alcoholic drinks in the previous hour – at least once during the past 12 months.

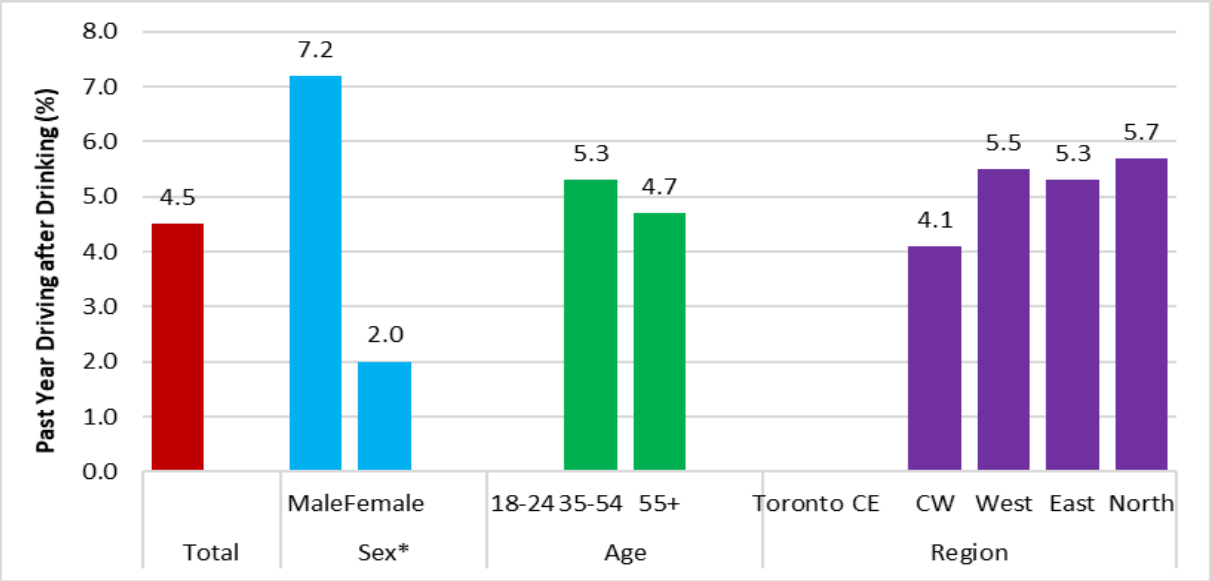
Men were more likely than women to report driving after drinking alcohol (7.2% vs. 2.0%, respectively) (Figure 6.1.1). Estimates for age and regional subgroups were suppressed.

2022-2023

Overall, there were no significant differences between 2022 and 2023 in percentages who reported driving after drinking alcohol (3.9% vs. 4.5%, respectively) (Table 6.1.1b).

Among subgroups, estimates for driving after drinking alcohol between 2022 and 2023 remained stable among men and women (Table 6.1.1b). Estimates for age groups and regions were suppressed due to small sample size (i.e., unreliability).

Figure 6.1.1 **Past Year Driving after Drinking by Sex, Age and Region, Ontario Licensed Drivers Aged 18+, 2023 (N=1438)**



Note: CE: Central East; CW: Central West; *: Statistically significant differences between estimates, ($p<0.05$). Estimates without bars were suppressed due to unreliability.

Table 6.1.1a: Percentage ***Driving within One Hour after Consuming Two or More Drinks*** in the Past 12 Months, by Demographic Characteristics, Ontario Licensed Drivers, Aged 18+, 1996–2003

	1996	1997	1998	1999	2000	2001	2002	2003
(N=)	(2360)	(2432)	(2183)	(2101)	(2066)	(2308)	(2132)	(2124)
Total	**13.1**	**10.6**	**10.1**	**10.5**	**8.6**	**10.9**	**8.1**	**8.5**
(95%CI)¶	(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)
Sex								
Men	**21.2**	**18.6**	**16.0**	**16.5**	**13.6**	**17.9**	**12.5**	**13.7**
	(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)
Women	**4.9**	**†2.9**	**4.1**	**4.1**	**3.4**	**3.5**	**3.5**	**3.0**
	(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)
Age								
18 - 29 years	**20.1**	**13.0**	**14.0**	**13.9**	**11.2**	**12.5**	**11.9**	**12.4**
	(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)
30 - 39 years	**15.4**	**11.4**	**10.3**	**12.6**	**10.2**	**13.2**	**8.5**	**11.1**
	(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)
40 - 49 years	**11.8**	**10.1**	**11.3**	**10.3**	**8.3**	**11.9**	**†6.3**	**8.7**
	(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)
50 - 64 years	**7.0**	**9.4**	**8.1**	**8.0**	**† 5.9**	**9.9**	**9.6**	**†5.8**
	(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)
65+ years	**5.8**	**7.8**	**6.4**	**6.8**	**† 6.0**	**† 5.0**	**†3.7**	**†3.4**
	(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)
Region								
Toronto	**13.8**	**†7.8**	**†9.9**	**†8.5**	**†9.0**	**†10.4**	**†5.0**	**†9.1**
	(10.3,18.9)	(5.0,12.0)	(6.9,14.1)	(5.7,12.7)	(5.9,13.4)	(7.2,14.8)	(2.9,8.5)	(6.2,13.2)
Central East	**16.2**	**9.9**	**11.2**	**†10.7**	**† 6.3**	**10.5**	**†8.5**	**†9.4**
	(12.7,20.5)	(7.3,13.3)	(8.1,15.3)	(7.6,14.8)	(4.3,9.2)	(7.6,14.2)	(5.7,12.5)	(6.6,13.2)
Central West	**11.2**	**11.5**	**†8.3**	**†9.4**	**†8.6**	**†9.5**	**†6.8**	**†7.7**
	(8.4,14.8)	(8.6,15.3)	(5.7,11.8)	(6.6,13.1)	(6.0,12.1)	(6.5,13.7)	(4.5,10.2)	(5.1,11.6)
West	**13.1**	**11.4**	**10.4**	**12.4**	**†9.3**	**15.6**	**13.2**	**†8.5**
	(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)
East	**†9.5**	**12.2**	**10.0**	**11.7**	**†7.6**	**10.5**	**†7.5**	**†7.0**
	(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)
North	**13.9**	**11.5**	**12.8**	**12.8**	**13.2**	**9.9**	**†8.1**	**†9.0**
	(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)

Notes: ¶ 95% confidence interval.

Q: During the past 12 months, have you driven a motor vehicle after having two or more drinks in the previous hour? (Asked among drivers currently holding a valid licence)

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

Table 6.1.1b: Percentage ***Driving within One Hour after Consuming Two or More Drinks*** in the Past 12 Months, by Demographic Characteristics, Ontario Licensed Drivers, Aged 18+, 2004–2023

(N=)	2004 (2283)	2005 (2126)	2006 (1730)	2007 (1745)	2008 (1809)	2009 (1833)	2010 (2711)	2011 (1812)	2012 (1830)	2013 (1856)	2014 (1816)	2015 (924)	2016 (1019)	2017 (1642)	2018 (1621)	2019 (1610)	2020 (1753)	2022 (1471)	2023 (1438)
Total Drivers[1]	**7.7**	**6.2**	**5.9**	**6.1**	**7.1**	**6.9**	**5.0**	**5.8**	**4.7**	**5.1**	**4.9**	**4.9**	**†6.0**	**5.2**	**†3.6**	**†3.9**	**4.5**	**3.9**	**4.5**
(95% CI)[¶]	(6.4, 9.2)	(5.1, 7.5)	(4.7, 7.4)	(4.9, 7.5)	(5.8, 8.8)	(5.5, 8.5)	(4.1, 6.1)	(4.6, 7.4)	(3.7, 6.0)	(3.9, 6.6)	(3.8, 6.4)	(3.3, 7.2)	(3.9, 9.1)	(3.8, 7.1)	(2.4, 5.2)	(2.9, 5.2)	(3.6, 5.6)	(3.0, 5.1)	(3.5, 5.8)
Sex																			
Men	**12.6** (10.3, 15.2)	**10.1** (8.2, 12.5)	**9.4** (7.3,12.0)	**9.6** (7.5, 12.2)	**11.4** (9.0, 14.4)	**11.6** (9.2,14.5)	**7.3** (5.8, 9.0)	**10.6** (8.2,13.7)	**7.9** (6.0, 10.3)	**8.2** (6.2, 10.8)	**8.4** (6.3, 11.2)	**9.2** (6.0, 13.7)	**†10.9** (6.8, 17.1)	**†8.1** (5.5, 11.7)	**†6.0** (3.9, 9.1)	**†5.4** (3.8, 7.7)	**7.2** (5.4, 8.9)	**†6.0** (4.4, 8.3)	**7.2** (5.4, 9.6)
Women	**†2.6** (1.8, 3.8)	**†2.1** (1.4, 3.2)	**†2.3** (1.3,3.9)	**†2.5** (1.6, 3.9)	**†3.0** (1.9,4.7)	**†2.3** (1.4, 3.8)	**†2.8** (1.9, 4.2)	**†1.4** (0.9, 2.3)	**†1.6** (0.9, 3.1)	**†2.0** (1.1, 3.6)	**†1.5** (0.8, 2.7)	**†** –	**†1.4** (0.6, 3.1)	**†2.7** (1.5, 4.8)	**†1.1** (0.6, 2.0)	**†2.4** (1.3, 4.3)	**†2.0** (1.2, 3.2)	**†2.0** (1.2, 3.4)	**†2.0** (1.2, 3.3)
Age																			
18-29	**14.6** (10.5, 19.9)	**†7.7** (5.0, 11.8)	**10.2** (6.3,15.9	**10.3** (6.6, 15.8)	**12.4** (7.8,19.2	**12.8** (8.5,19.0)	**†5.7** (3.4, 9.4)	**†5.6** (2.6,11.4)	**†6.7** (3.7, 11.7)	**†8.9** (4.7, 16.4)	**†3.2** (1.1, 8.9)	**†6.7** (2.5, 16.5)	**†** –	**†9.2** (4.7, 17.4)	**†** –	**†** –	**† 4.7** (2.8, 7.8)	**†** –	**†** –
30-39	**†7.1** (4.6, 10.7)	**†8.0** (5.4, 11.8)	**†3.4** (1.8, 6.3)	**†4.6** (2.6, 7.9)	**†6.0** (3.5, 10.0)	**9.0** (5.6,14.3)	**†7.0** (4.6, 10.4)	**†5.0** (2.7, 9.3)	**†5.1** (2.7, 9.3)	**†5.1** (2.5, 9.9)	**†8.3** (4.6, 14.4)	**†** –	**†13.3** (5.5, 28.8)	**†11.1** (6.0, 19.5)	**†** –	**†** –	**†3.9** (2.1, 6.8)	**†** –	**†4.5** (2.5, 8.0)
40-49	**†6.4** (4.4, 9.2)	**†8.0** (5.8, 11.0)	**†6.7** (4.4,10.1)	**†5.8** (3.7, 9.1)	**†6.9** (4.5,10.6)	**†7.3** (4.9,10.8)	**†5.2** (3.4, 7.8)	**†7.8** (4.8,12.5)	**†2.9** (1.6, 5.5)	**†4.0** (2.3, 6.9)	**†7.1** (4.5, 11.0)	**†5.8** (2.2, 14.5)	**†5.2** (2.0, 13.0)	**†4.7** (2.4, 9.0)	**†** –	**†** –	**†6.6** (4.3, 10.1)	**†** –	**†4.7** (2.6, 8.5)
50-64	**†5.6** (3.9, 8.2)	**†2.6** (1.5, 4.6)	**†5.8** (3.8,8.9)	**†6.1** (4.1, 9.0)	**†5.6** (3.8,8.4)	**†3.9** (2.5,6.1)	**†3.9** (2.8, 5.6)	**†6.9** (4.8, 9.8)	**†5.5** (3.7, 8.1)	**†4.7** (3.1, 6.9)	**†3.6** (2.3, 5.7)	**†5.1** (2.8, 8.9)	**†3.9** (2.1, 7.3)	**†3.2** (1.7, 5.9)	**†4.4** (2.6,7.5)	**†4.2** (2.5,6.8)	**†4.0** (2.6, 6.2)	**†4.5** (2.8, 6.9)	**†4.6** (2.8, 7.5)
65+	**†5.3** (3.1, 8.8)	**†4.3** (2.4, 7.6)	**†3.2** (1.5,6.6)	**†4.4** (2.3, 8.3)	**†5.3** (3.2, 8.7)	**†2.5** (1.2,4.8)	**†3.7** (2.4, 5.6)	**†3.7** (2.2, 6.1)	**†3.5** (1.9, 6.1)	**†4.1** (2.6, 6.4)	**†3.4** (2.0, 5.7)	**†4.8** (2.6, 8.6)	**†2.8** (1.3, 5.8)	**†1.5** (0.8, 2.9)	**†3.7** (2.2,6.1)	**†3.0** (1.6,5.3)	**†3.4** (1.9, 6.1)	**†3.6** (2.0, 6.1)	**†5.6)** (3.6, 8.6)
Region																			
Toronto	**†7.3** (4.5, 11.7)	**†2.5** (3 , 4 .8)	**†4.5** (2.3,8.8)	**†3.5** (1.7,6.9)	**†5.4** (3.1, 9.2)	**†5.1** (2.8, 9.1)	**†4.6** (2.9, 7.5)	**†5.1** (3.1, 8.3)	**†2.9** (1.4, 6.1)	**†4.1** (2.0, 8.4)	**†3.8** (1.8, 7.8)	**†2.5** (1.0, 6.3)	**†6.0** (2.3, 14.9)	**†5.1** (2.5, 10.1)	**†** –	**†** –	**†** –	**†** –	**†** –
Central East	**†7.7** (5.1, 11.5)	**†7.9** (5.2, 11.8)	**†4.6** (2.5,8.5)	**†7.4** (4.7,11.4)	**†7.2** (4.4, 11.8)	**†5.9** (3.4,9.8)	**†3.0** (1.7, 5.3)	**†5.6** (3.2,9.6)	**†3.9** (2.0, 7.2)	**†5.1** (2.9, 8.7)	**†4.5** (2.4, 8.1)	**†5.7** (2.6, 12.1)	**†9.0** (3.9, 19.3)	**†8.5** (4.3, 16.2)	**†** –	**†** –	**†2.9** (1.5, 5.5)	**†4.6** (2.5, 8.3)	**†4.5** (2.3, 8.5)
Central West	**†6.3** (3.9, 10.0)	**†6.7** (4.5, 9.9)	**†5.8** (3.3,10.2)	**†2.8** (1.3,5.9)	**†7.8** (4.8,12.3)	**†7.5** (4.8,11.7)	**†6.5** (4.3, 9.8)	**†7.5** (4.5,12.3)	**†4.5** (2.5, 7.9)	**†4.5** (2.4, 8.3)	**†7.8** (4.9, 12.3)	**†4.9** (1.6, 13.8)	**†4.6** (1.8, 11.3)	**†5.0** (2.7, 9.3)	**†** –	**†5.3** (2.9,9.5)	**†4.9** (3.0, 7.8)	**†4.7** (2.8, 7.8)	**†4.1** (2.3, 7.0)
West	**13.1** (9.7, 17.3)	**†9.2** (6.5, 12.9)	**†7.2** (4.4,11.5)	**†10.8** (7.3,15.6)	**†5.2** (3.1,8.5)	**†5.2** (3.1,8.5)	**†6.6** (4.4, 9.9)	**†5.9** (3.4,10.1)	**†6.6** (4.0, 10.8)	**†** –	**†4.9** (2.7, 8.8)	**†5.7** (2.7, 11.5)	**†** –	**†2.7** (1.1, 6.3)	**†** –	**†** –	**†7.9** (5.4, 11.6)	**†3.9** (2.1, 7.2)	**†5.5** (3.2, 9.3)
East	**†5.4** (3.4, 8.3)	**†4.4** (2.4, 8.0)	**†7.9** (5.1,12.0)	**†8.7** (5.5,13.6)	**†9.2** (5.9,14.2)	**†10.8** (7.0,16.4)	**†5.4** (3.4, 8.3)	**†5.1** (2.8,9.0)	**†6.3** (3.8, 10.4)	**†7.4** (4.4, 12.1)	**†4.2** (2.3, 7.7)	**†6.0** (2.1, 15.9)	**†** –	**†4.6** (2.1, 10.0)	**†** –	**†** –	**†5.0** (3.1, 8.0)	**†** –	**†5.3** (3.2, 8.9)
North	**†6.8** (4.8, 9.5)	**†6.3** (3.9,10.0)	**†7.3** (4.6,11.5)	**†5.0** (2.7,9.2)	**†10.7** (6.9,16.3)	**†9.3** (5.6,14.9)	**†5.6** (3.5, 8.6)	**†5.0** (2.5,9.6)	**†7.0** (4.1, 11.9)	**†7.7** (4.8, 12.3)	**†3.6** (1.8, 6.7)	**†6.0** (3.0, 11.5)	**†4.5** (1.9, 10.2)	**†2.9** (1.3, 6.1)	**†3.7** (1.9,7.0)	**†6.0** (3.4,10.6)	**†3.8** (2.1, 6.5)	**†** –	**†5.7** (3.3, 9.9)

Notes: [1]Driving items were asked only of a random subsample of respondents (Panel B only); the sampling design was changed in 2020 from telephone to web survey.

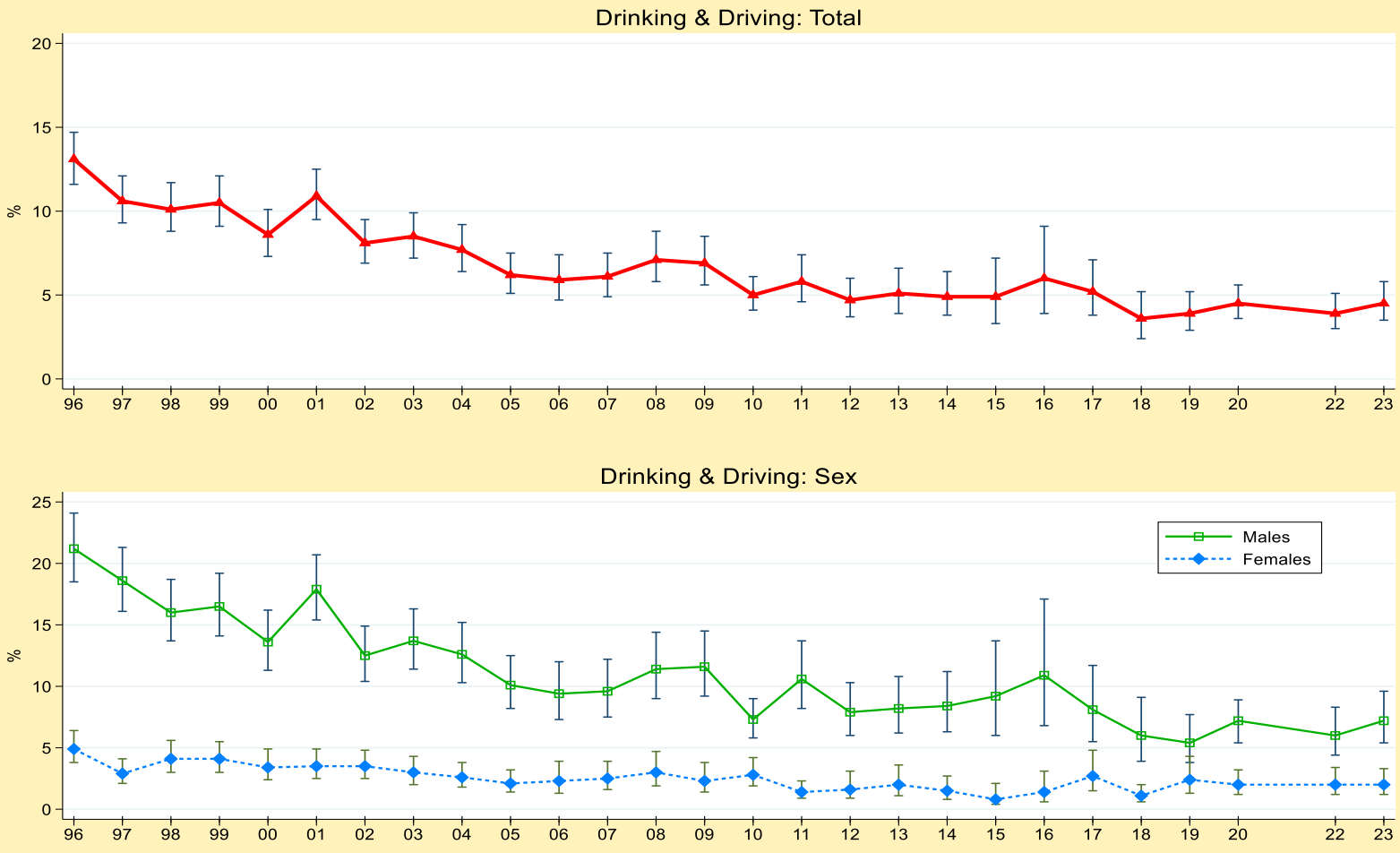
(1) [¶]95% confidence interval; † Estimate suppressed or unstable.

(2) [a]Significant change between last two estimates (2022 vs.2023), p<.05

Q: During the past 12 months, have you driven a motor vehicle after having two or more drinks in the previous hour? (Asked among drivers currently holding a valid licence)

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

Figure 6.1.2 Past Year Driving after Drinking, Ontario Licensed Drivers Aged 18+, 1996–2023



Note: vertical 'whiskers' represent 95% confidence intervals
Source: CAMH Monitor

6.2 Driving after Cannabis Use

Overall, an estimated **2.8%** (95% CI: 2.0% to 3.9%) of adults with a valid driver's licence reported driving within one hour of consuming cannabis at least once during the past 12 months.

There was no significant difference in the percentages of men and women who reported driving within one hour of consuming cannabis at least one time (3.5% vs. 2.2%, respectively).

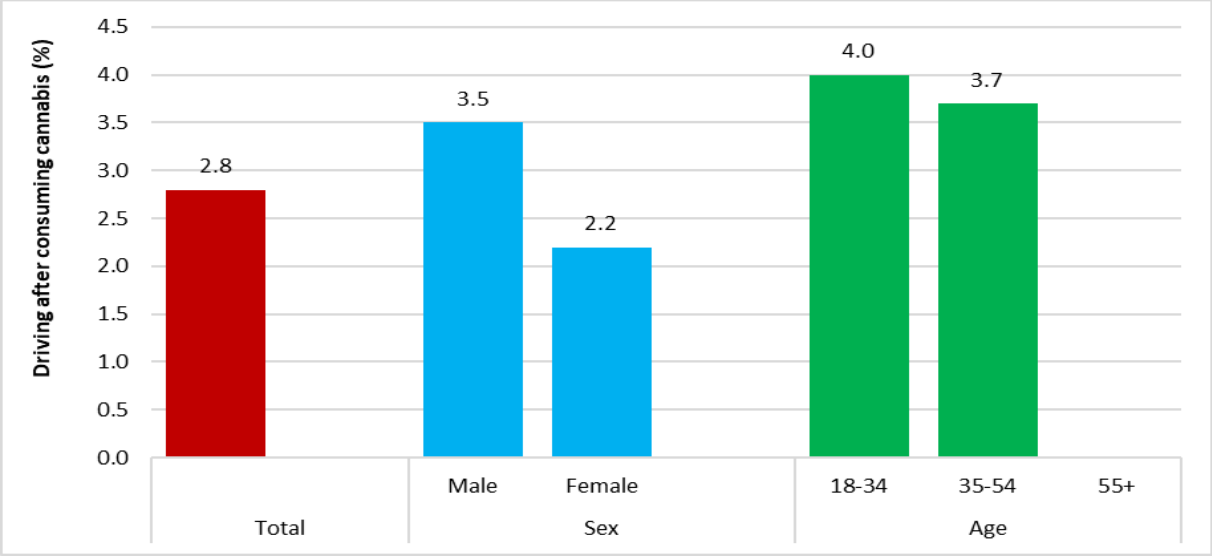
2022-2023

There was no significant change in percentages who reported driving within one hour of consuming cannabis at least one time between 2022 and 2023 (2.5% vs. 2.8%, respectively) (Table 6.2.1).

There were also no significant changes between 2022 and 2023 in percentages who reported driving within one hour of consuming cannabis among men (2.9% vs. 3.5%, respectively) and women (2.1% vs. 2.2%, respectively).

Estimates of driving after consuming cannabis for age groups and regions were suppressed due to small sample size (i.e., unreliability).

Figure 6.2.1 Past Year Driving after Cannabis Use by Sex and Age, Ontario Licensed Drivers Aged 18+, 2023 (N=1442)



Note: CE: Central East; CW: Central West; *: Statistically significant differences between estimates, ($p<0.05$). Estimates for 55+ were supressed.

Table 6.2.1: Percentage ***Driving within One Hour after Consuming Cannabis*** in the Past 12 Months, by Demographic Characteristics, Ontario Licensed Drivers[1], Aged 18+, 2002–2023

	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2022	2023
(N=)	(2132)	(2124)	(2283)	(2126)	(1730)	(1745)	(1809)	(1833)	(2711)	(1812)	(1830)	(1856)	(1816)	(924)	(1019)	(1642)	(1622)	(1610)	(2014)	(1702)	(1661)
Total Drivers[1]	**2.9**	**3.0**	**2.5**	**2.9**	**2.9**	**1.8**	**2.2**	**†1.8**	**†1.5**	**†2.4**	**†1.3**	**†2.3**	**†1.6**	**†2.9**	**†2.9**	**†2.6**	**†3.1**	**†3.1**	**2.4**	**†2.5**	**†2.8**
(95% CI)[¶]	(2.1, 4.1)	(2.2, 4.0)	(1.7, 3.6)	(2.1, 4.1)	(1.9, 4.3)	(1.2, 2.7)	(1.4, 3.6)	(1.2, 2.8)	(1.0, 2.2)	(1.5,3.7)	(0.7, 2.2)	(1.5, 3.5)	(0.9, 2.7)	(1.6, 5.2)	(1.4, 5.6)	(1.7, 4.0)	(2.0,4.7)	(2.2,4.3)	(1.8, 3.3)	(1.7, 3.5)	(2.0, 3.9)
Sex																					
Men	**4.8**	**4.6**	**4.1**	**4.5**	**4.8**	**†2.2**	**†2.9**	**†3.3**	**†2.8**	**†2.9**	**†1.9**	**†3.4**	**†2.8**	**†5.6**	**†5.3**	**†3.9**	**†5.1**	**†4.7**	**†2.9**	**†2.9**	**†3.5**
	(3.4, 6.7)	(3.2, 6.4)	(2.8, 6.1)	(3.0, 6.6)	(3.1, 7.6)	(1.3,3.8)	(1.7,4.8)	(2.1,5.1)	(1.9,4.0)	(1.6, 5.2)	(1.0,3.6)	(2.1,5.5)	(1.6, 4.9)	(3.0, 10.2)	(2.5, 11.0)	(2.3, 6.6)	(3.2,8.1)	(3.1,7.0)	(1.7, 4.3)	(1.7, 4.9)	(2.2, 5.4)
Women	**†1.0**	**1.3**	**†1.0**	**†1.3**	**†1.0**	**†1.3**	**†1.6**	**†**	**†**	**†1.9**	**†**	**†1.2**	**†**	**†**	**†**	**†1.4**	**1.0**	**†1.6**	**†2.0**	**†2.1**	**†2.2**
	(0.5, 2.3)	(0.7, 2.4)	(0.4, 1.8)	(0.7, 2.4)	(0.5, 2.2)	(0.7, 2.6)	(0.6, 4.2)	—	—	(1.0, 3.6)	—	(0.5, 2.8)	—	—	—	(0.7, 2.9)	(0.4,2.6)	(0.9,2.9)	(1.2, 3.2)	(1.3, 3.3)	(1.4, 3.5)
Age																					
18 - 29	**†7.3**	**9.0**	**†8.6**	**†8.0**	**†11.9**	**†6.3**	**†7.0**	**†2.8**	**†3.2**	**†8.6**	**†4.3**	**†8.3**	**†4.8**	**†7.5**	**†4.4**	**†6.3**	**†4.4**	**†5.6**	**†4.0**	**†**	**†**
	(4.6,11.3)	(6.0,13.2)	(5.3, 13.5)	(5.0, 12.5)	(7.4, 18.4)	(3.5, 11.0)	(3.4, 13.8)	(1.3, 6.1)	(1.7, 5.9)	(4.7,15.2)	(2.1, 8.7)	(4.3, 15.4)	(2.1, 10.6)	(2.9, 17.9)	(0.6, 15.1)	(3.1, 12.6)	(2.4,7.9)	(3.1,9.7)	(2.3, 6.9)	—	—
30 - 39	**†4.2**	**†2.1**	**†1.0**	**†3.1**	**†1.5**	**†**	**†2.1**	**†3.4**	**†2.3**	**†**	**†**	**†**	**†**	**†**	**†9.0**	**†**	**4.1**	**5.2**	**†**	**†**	**†6.2**
	(2.3, 7.6)	(1.0,4.2)	(0.3, 2.4)	(1.5, 6.6)	(0.5, 5.8)	—	(0.7, 6.1)	(1.5, 7.2)	(1.1, 4.8)	—	—	—	—	—	(3.1, 23.8)	—	(1.6,9.9)	(2.6,10.2)	—	—	(3.6, 10.5)
40 - 49	**†**	**†2.4**	**†1.8**	**†2.4**	**†**	**†**	**†1.8**	**†1.7**	**†**	**†**	**†**	**†**	**†**	**†**	**†**	**†**	**1.4**	**†**	**†**	**†3.4**	**†**
	—	(1.4, 4.2)	(0.8, 4.0)	(1.2, 4.6)	—	—	(0.9, 3.7)	(0.7, 4.4)	—	—	—	—	—	—	—	—	(0.4,4.8)	—	—	(1.9, 6.1)	—
50+	**†**	**†**	**†**	**†**	**†**	**†**	**†**	**†**	**†**	**†1.1**	**†**	**†1.1**	**†**	**†1.1**	**†0.8**	**†1.4**	**†2.9**	**†2.5**	**†1.7**	**†1.7**	**†1.6**
	—	—	—	—	—	—	—	—	—	(0.6, 2.2)	—	(0.6, 2.3)	—	(0.4, 2.7)	(0.3, 1.5)	(0.6, 2.8)	(1.4,5.8)	(1.5,4.1)	(1.0, 2.9)	(1.0, 3.0)	(0.8, 2.9)

Notes:[1]Driving items were asked only of a random subsample of respondents (Panel B only); the sampling design was changed in 2020 from telephone interview to web survey.

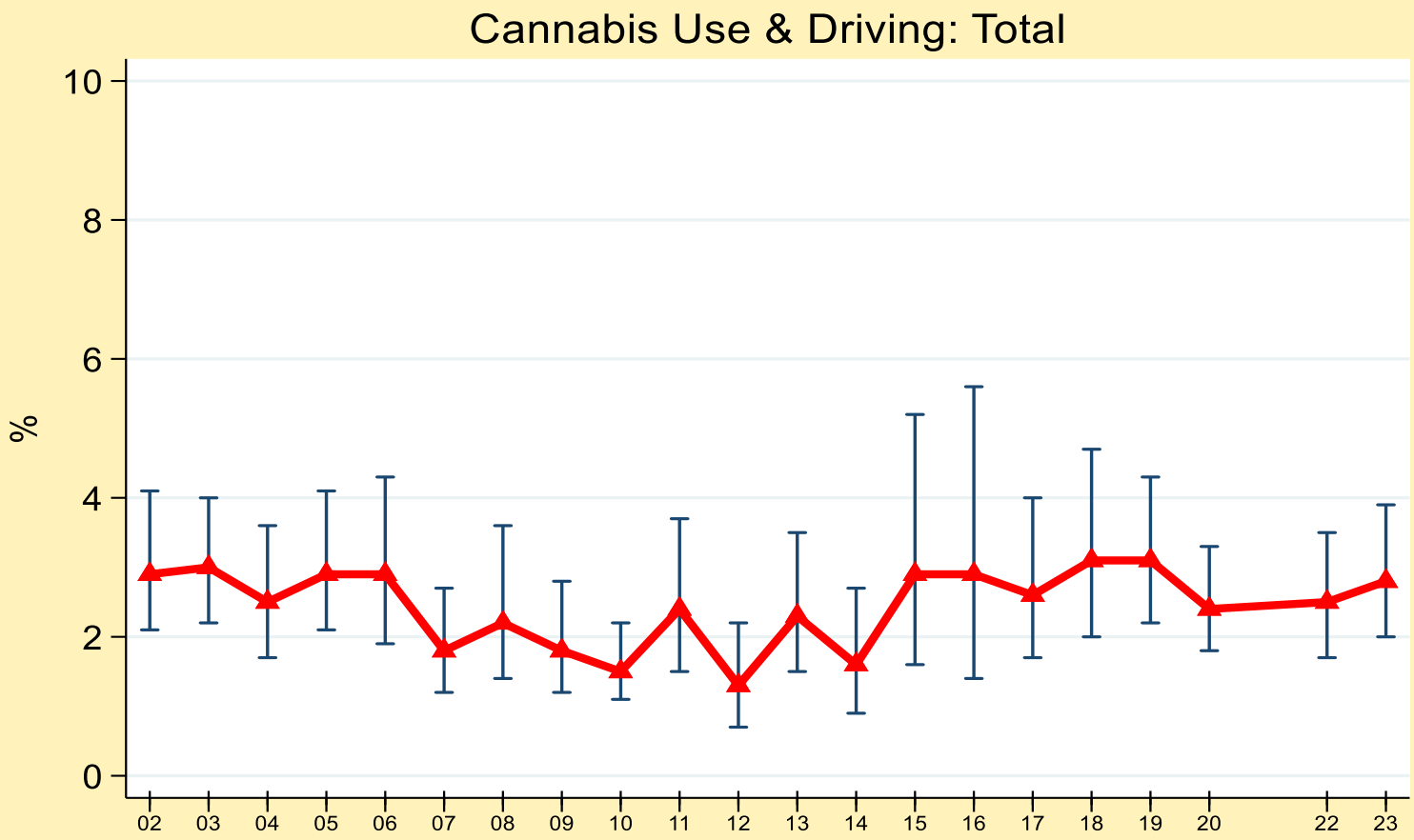
(1) [¶]95% confidence interval; † Estimate suppressed or unstable;

(2) [a] Significant change (p<.05) between last two estimates (2022 vs.2023).

Q: During the past 12 months, have you driven a motor vehicle within one hour of using cannabis, marijuana or hash? (Asked among drivers currently holding a valid licence)

Source: CAMH Monitor, Centre for Addiction and Mental Health

Figure 6.2.2 **Past Year Driving after Cannabis Use, Ontario Licensed Drivers Aged 18+, 2002–2023**



Note: vertical 'whiskers' represent 95% confidence intervals
Source: CAMH Monitor

6.3 Texting While Driving

Overall, an estimated **26.0%** (95% CI: 23.6% to 28.6%) of Ontario adults with a valid driver's licence reported texting while driving at least once during the past 12 months. Notably, **21.8%** (95% CI: 19.5% to 24.2%) of licensed drivers reported texting while driving at least once in the past 30 days.

There was no significant difference in percentages reporting texting while driving at least once during the past 12 months between men and women (Figure 6.3.1).

There was a significant association between percentages reporting texting while driving at least once during the past 12 months and age, with younger adults more likely to report texting while driving compared to older adults (Figure 6.3.1). Similarly, younger adults were more likely to report texting while driving at least once during the past 30 days compared to older adults (Figure 6.3.2).

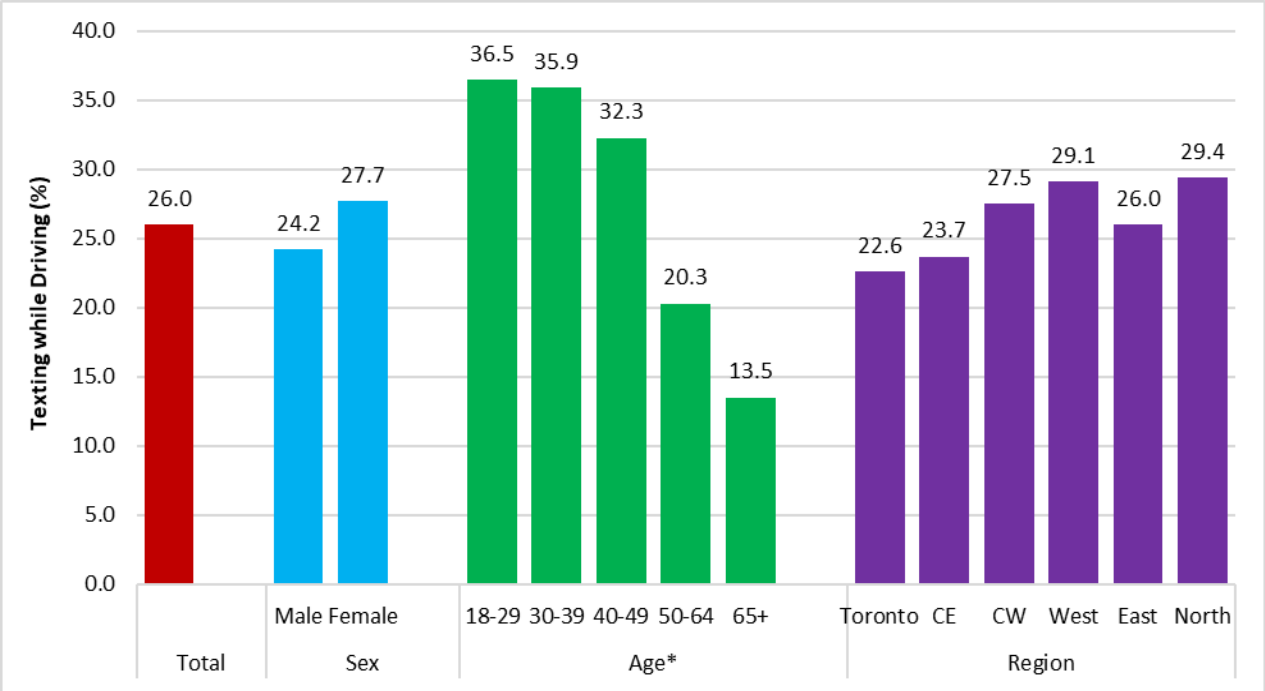
2022-2023

Overall, there was no significant change in percentages reporting texting while driving at least once during the past 12 months between 2022 (23.5%) and 2023 (26.0%) (Table 6.3.1).

There was a significant change in percentages reporting texting while driving at least once during the past 30 days between 2022 and 2023 (18.4% vs. 21.8%, respectively).

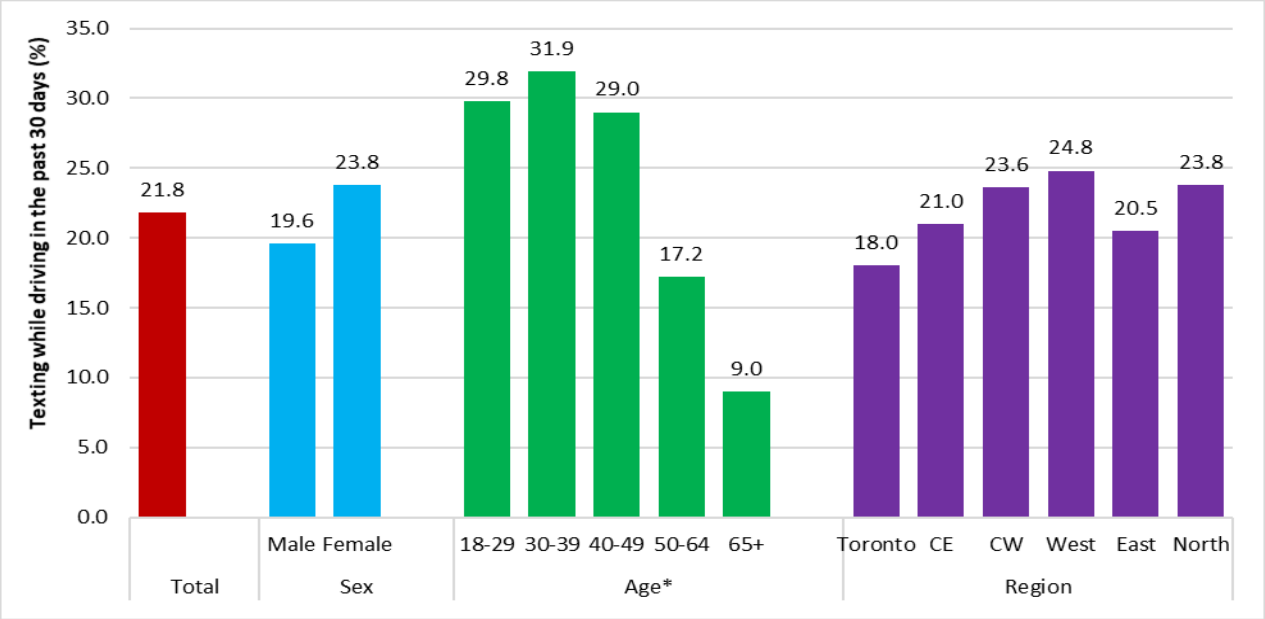
There were no significant changes between 2022 and 2023 in reporting texting while driving at least once during the past 12 months and past 30 days among men, women, age and regional subgroups (Table 6.3.2).

Figure 6.3.1 **Percentage Reporting Texting while Driving in the Past Year by Sex, Age and Region, Ontario Licensed Drivers Aged 18+, 2023 (N=1423)**



Note: CE: Central East; CW: Central West; *: Statistically significant differences between estimates, (p<0.05).

Figure 6.3.2 Percentage Reporting Texting while Driving (at least once) in the Past 30 Days by Sex, Age and Region, Ontario Licensed Drivers Aged 18+, 2023 (N=1410)



Note: CE: Central East; CW: Central West; *: Statistically significant differences between estimates, ($p<0.05$).

Figure 6.3.3 Percentage Reporting Texting while Driving (at least once) in the Past 12 months and Past 30 Days, Aged 18+, 2015–2023

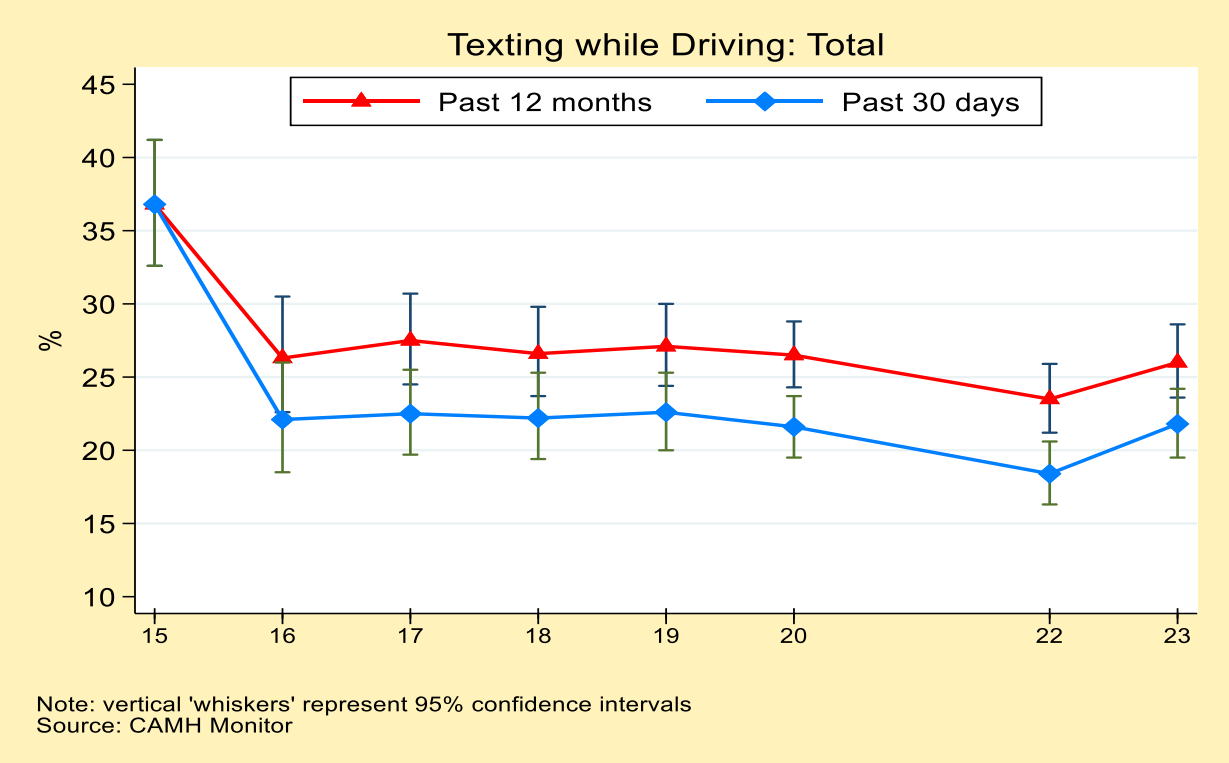


Table 6.3.1: Percentage Reporting ***Texting while Driving*** in the Past 12 Months by Demographic Characteristics, Ontario Licensed Drivers, Aged 18+, 2015–2023

(N=)	2015 (924)	2016 (1019)	2017 (1642)	2018 (1622)	2019 (1610)	2020 (2014)	2022 (1702)	2023 (1661)
Total Drivers[1] (95% CI)[¶]	**36.8** (32.6, 41.2)	**26.3** (22.6, 30.4)	**27.5** (24.5, 30.7)	**26.6** (23.7,29.8)	**27.1** (24.3,30.0)	**26.5** (24.3, 28.8)	**23.5** (21.2, 25.9)	**26.0** (23.6, 28.6)
Sex								
Men	**37.9** (31.2, 45.0)	**30.3** (24.4, 37.0)	**32.2** (27.5, 37.4)	**29.0** (24.7,33.9)	**27.6** (23.6,32.0)	**28.7** (25.4, 32.2)	**21.3** (18.0, 25.1)	**24.2** (20.6, 28.2)
Women	**35.8** (30.7, 41.2)	**22.6** (18.2, 27.6)	**23.3** (19.7, 27.3)	**24.2** (20.5,28.5)	**26.7** (23.1,30.6)	**24.3** (21.5, 27.4)	**25.3** (22.4, 28.5)	**27.7** (24.5, 31.1)
Age								
18-29	**51** (37.5, 64.2)	**†42.4** (27.2, 59.2)	**42.7** (33.5, 52.6)	**46.6** (37.7,55.7)	**41.5** (33.8,49.5)	**40.0** (33.6, 46.8)	**36.1** (29.1, 43.8)	**36.5** (29.0, 44.7)
30-39	**61.7** (48.8, 73.1)	**†32.1** (21.3, 45.3)	**47.9** (37.7, 58.3)	**36.5** (26.8,47.4)	**46.6** (37.6,55.7)	**38.0** (32.4, 43.9)	**29.7** (24.1, 36.0)	**35.9** (30.1, 42.2)
40-49	**50.0** (40.2, 59.8)	**38.1** (29.1, 48.1)	**40.2** (32.9, 47.9)	**36.2** (28.8,44.5)	**31.1** (24.2,39.0)	**31.5** (26.3, 37.1)	**34.3** (28.0, 41.1)	**32.3** (26.3, 39.0)
50-64	**25.7** (20.4,31.8)	**26.5** (21.3, 32.4)	**17.9** (14.1, 22.4)	**20.1** (16.1,24.9)	**21.9** (17.7,26.8)	**20.2** (16.7, 24.3)	**18.5** (14.9, 22.7)	**20.3** (16.4, 25.0)
65+	**6.4** (3.6, 11.0)	**†** -	**†4.4** (3.0, 6.4)	**†6.6** (4.7,9.4)	**†4.8** (3.3,6.9)	**†10.6** (7.5, 14.7)	**†9.7** (7.0, 13.2)	**13.5** (9.9, 18.0)
Region								
Toronto	**†28.6** (20.3, 38.7)	**41.0** (30.7, 52.2)	**33.2** (26.4, 40.9)	**26.5** (20.7,33.3)	**28.5** (22.4,35.6)	**26.7** (21.5, 32.6)	**17.1** (12.7, 22.6)	**22.6** (17.5, 28.7)
Central East	**47.8** (38.5, 57.3)	**†25.1** (17.5,34.7)	**29.8** (23.2,37.5)	**30.9** (24.3,38.4)	**33.3** (27.0,40.3)	**28.3** (23.4, 33.8)	**24.3** (19.5, 29.8)	**23.7** (18.7, 29.6)
Central West	**34.6** (25.5, 45.0)	**†23.2** (15.8, 32.7)	**26.0** (19.2, 34.2)	**30.0** (23.2,37.9)	**26.4** (20.5,33.2)	**25.9** (21.2, 31.3)	**24.4** (19.7, 29.8)	**27.5** (22.3, 33.5)
West	**32.9** (24.4, 42.6)	**†25.7** (18.0, 35.3)	**21.7** (16.2, 28.4)	**†23.5** (16.9,31.8)	**25.9** (20.2,32.6)	**27.6** (22.6, 33.2)	**25.6** (20.4, 31.7)	**29.1** (23.6, 35.4)
East	**37.0** (27.8, 47.3)	**†22.4** (14.7, 32.1)	**27.4** (21.2, 34.6)	**21.5** (16.2,28.1)	**22.4** (16.9,29.1)	**26.4** (21.6, 31.7)	**25.2** (20.0, 31.2)	**26.0** (20.6, 32.3)
North	**31.4** (23.2, 40.8)	**†15.1** (9.6, 23.1)	**20.0** (14.4, 27.0)	**19.2** (14.3,25.3)	**22.2** (16.6,29.1)	**22.4** (17.9, 27.8)	**29.7** (22.8, 37.7)	**29.4** (23.5, 36.1)

Notes: [1] Asked only of a random subsample; † Estimate suppressed or unstable; the sampling design was changed in 2020 from telephone to web survey.
(1) [¶] 95% confidence interval;
(2) [a] Significant change ($p<.05$) between last two estimates (2022 vs.2023).
Q: *During the past 12 months, how many times, if at all, did you send or read a text message or an email while you were driving?*
Source: The CAMH Monitor, Centre for Addiction and Mental Health

7. MENTAL HEALTH

7.1 Psychological Distress

The *Kessler 6-Item Psychological Distress Scale (K6)* was used to detect nonspecific psychological distress (symptoms of anxiety and depression) using the following symptoms:

"*In the past 30 days how often did you....*"

- *feel nervous*
- *feel hopeless*
- *feel restless or fidgety*
- *feel so depressed that nothing could cheer you up*
- *feel that everything was an effort*
- *feel worthless*

Response categories are on a 5-point frequency scale ranging from (1) "*None of the time*" to (5) "*All of the time.*" Responses to each of the six items were rescaled to a 0–4 scale for summation.

A summated score ranging from 0 to 24 was computed for respondents who answered all six items. Higher scores indicate higher levels of psychological distress.

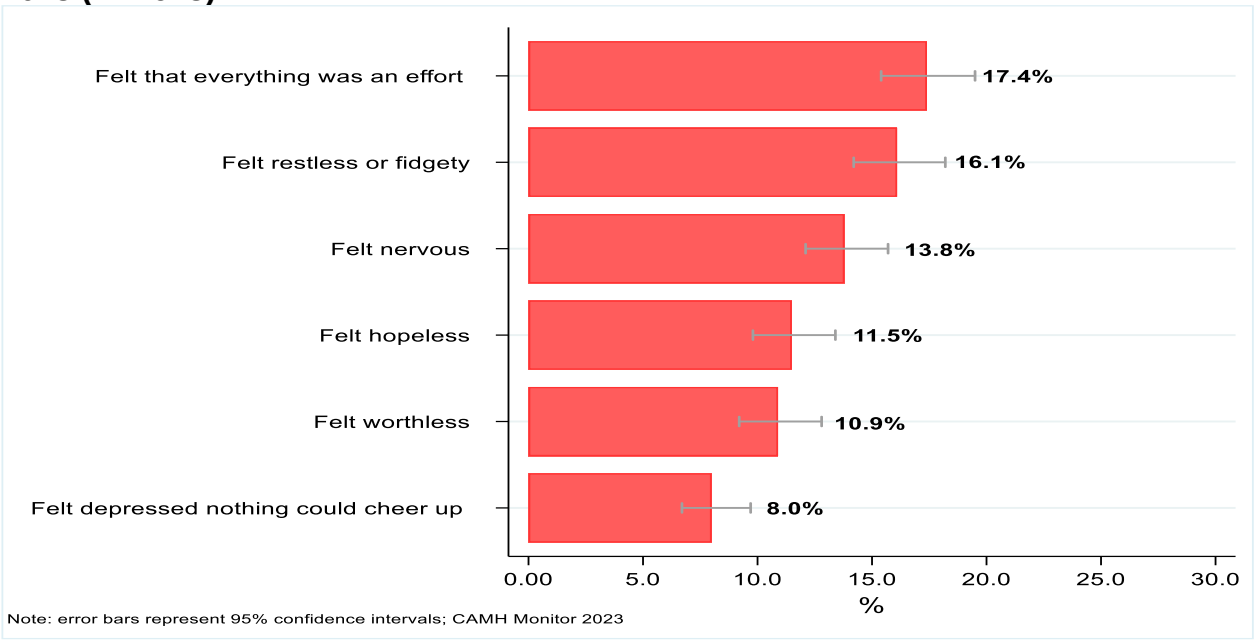
For this report, we used two cut-off scores: (1) a score of **8 or higher** (out of 24) to estimate the percentage experiencing a *moderate-to-serious* level of psychological distress (henceforth, called moderate psychological distress) (Galea et al., 2007); and (2) a cut-off score of **13 or higher** to estimate the percentage experiencing *serious* psychological distress (Kessler et al., 2003).

Psychological Distress Symptoms

The three most common symptoms experienced by respondents "*most of the time"* or *"all of the time"* during the past 30 days were: feeling that everything was an effort (17.4%), feeling restless or fidgety (16.1%), and feeling nervous (13.8%) (Figure 7.1.1).

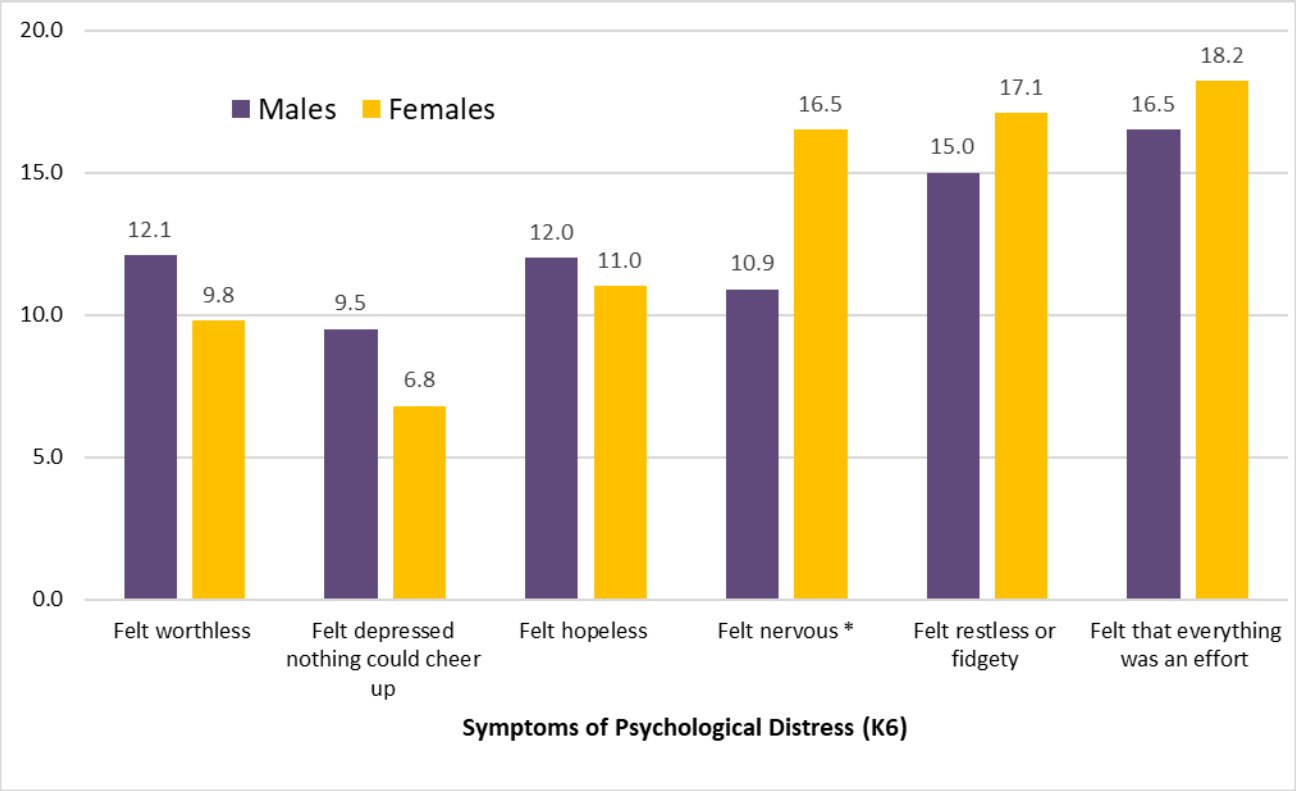
In 2023, there were significant differences between men and women in feeling nervous (10.9% vs. 16.5%, respectively) (Figure 7.1.2).

Figure 7.1.1 Percentage Reporting Symptoms of Psychological Distress (K6) "Most of the Time" or "All of the Time" in the Past Month, Aged 18+, 2023 (N=1643)



Note: error bars represent 95% confidence intervals; CAMH Monitor 2023

Figure 7.1.2 Percentage Reporting Symptoms of Psychological Distress (K6) "Most of the Time" or "All of the Time" in the Past Month by Sex, Aged 18+, 2023 (N=1643)



*Statistically significant differences between estimates, ($p<0.05$).

7.1.1 Moderate to Serious Psychological Distress

An estimated, **37.1%** (95% CI: 34.5% to 39.7%) of adults met the criteria for moderate to serious psychological distress (a score of 8 or higher) during the past 30 days.

There was no significant difference in moderate to serious psychological distress between men and women (35.9% vs. 38.1%, respectively).

There were significant differences in moderate to serious psychological distress between age groups, with young adults more likely to experience moderate to serious psychological distress than older adults (Figure 7.1.3).

There were also significant differences in moderate to serious psychological distress between regions in Ontario (Figure 7.1.3).

Trends

2014–2023..... Fig. 7.1.5, Table 7.1.2

2022–2023

Overall, the percentage reporting moderate to serious psychological distress in the past 30 days did not change significantly between 2022 and 2023 (34.7% vs. 37.1%, respectively).

Among men, there was a significant increase in the percentage reporting moderate to serious psychological distress between 2022 and 2023 (29.9% vs. 35.9%, respectively). However, the percentages remained stable among women (Table 7.1.2).

There was a significant increase between 2022 and 2023 in the percentage reporting moderate to serious psychological distress among 50 to 64

year olds (25.6% vs. 33.0%, respectively). Similarly, a significant difference was evident between 2022 and 2023 among those residing in the Central West region (Table 7.1.2). However, the percentages remained stable among other age and regional subgroups (Table 7.1.2).

2014–2023

Between 2014 and 2023, the percentages reporting moderate to serious psychological distress varied from 6.5% in 2014 to 37.1% in 2023. After adjusting for sample characteristics including sex, age, education, household income, region and immigration status, the odds of reporting moderate to serious psychological distress was higher in 2023 compared to 2014. Due to insufficient sample size, subgroup analyses were not examined between 2014 and 2023.

In the past five years, the percentages reporting moderate to serious psychological distress varied from 14.2% in 2018 to 37.1% in 2023, respectively. After adjusting for sample characteristics, greater odds of moderate to serious psychological distress were evident in 2023 compared to 2018 (Table 7.1.1).

When examining subgroups separately, the adjusted odds of reporting moderate to serious psychological distress were higher in 2023 compared to 2018 among men, women, and all age groups except those aged 65 or older. Likewise, greater odds of reporting moderate to serious psychological distress were evident in 2023 compared to 2018 among all regions (Table 7.1.1).

7.1.2 Serious Psychological Distress

An estimated **17.1%** (95% CI: 15.1% to 19.3%) of adults met the criteria for **serious psychological distress** (a score of 13 or higher) during the past 30 days.

There was no significant difference in percentages reporting serious psychological distress between men and women (16.8% vs. 17.4%, respectively).

There were significant differences in serious psychological distress between age groups, with young adults more likely to experience serious psychological distress than older adults (Figure 7.1.4).

There were no differences in serious psychological distress between regions in Ontario (Figure 7.1.4).

Trends

2014–2023…… Fig. 7.1.6, Tables 7.1.3

2022–2023

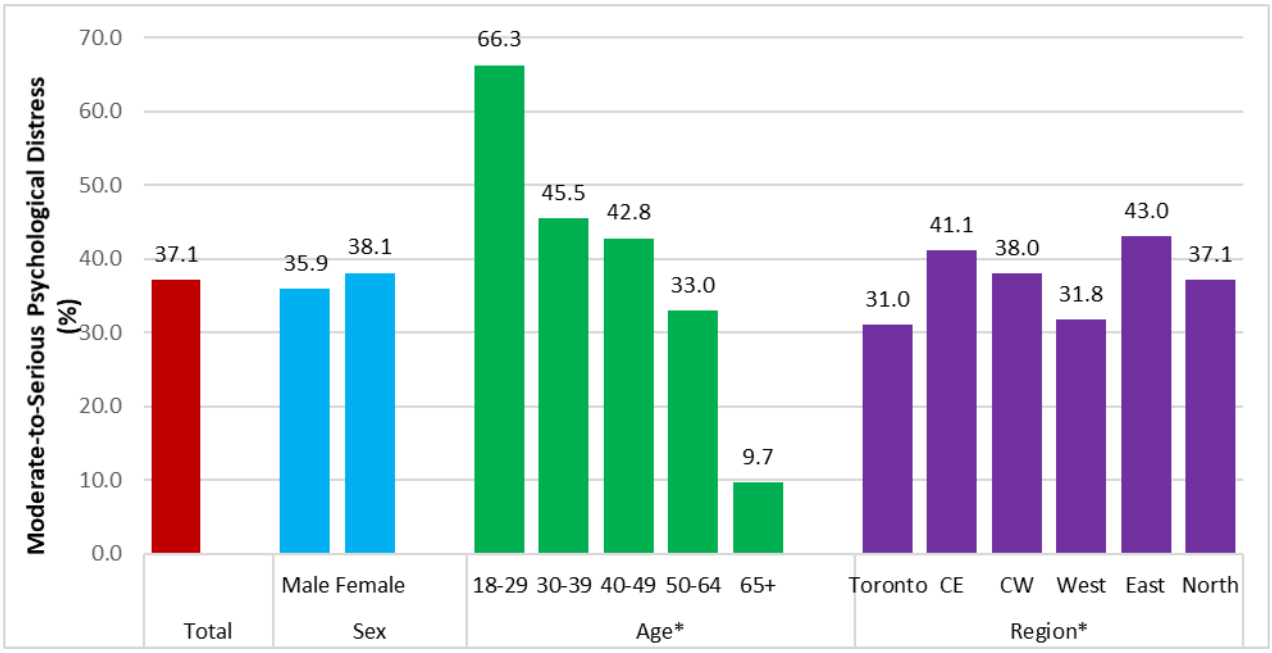
Overall, the percentages reporting serious psychological distress did not change between 2022 and 2023 (14.9% vs. 17.1%, respectively).

There were significant increases between 2022 and 2023 in percentages reporting serious psychological distress among 50 to 64 year olds and those residing in Central West. However, no significant changes were evident among other subgroups (Table 7.1.3).

2014–2023

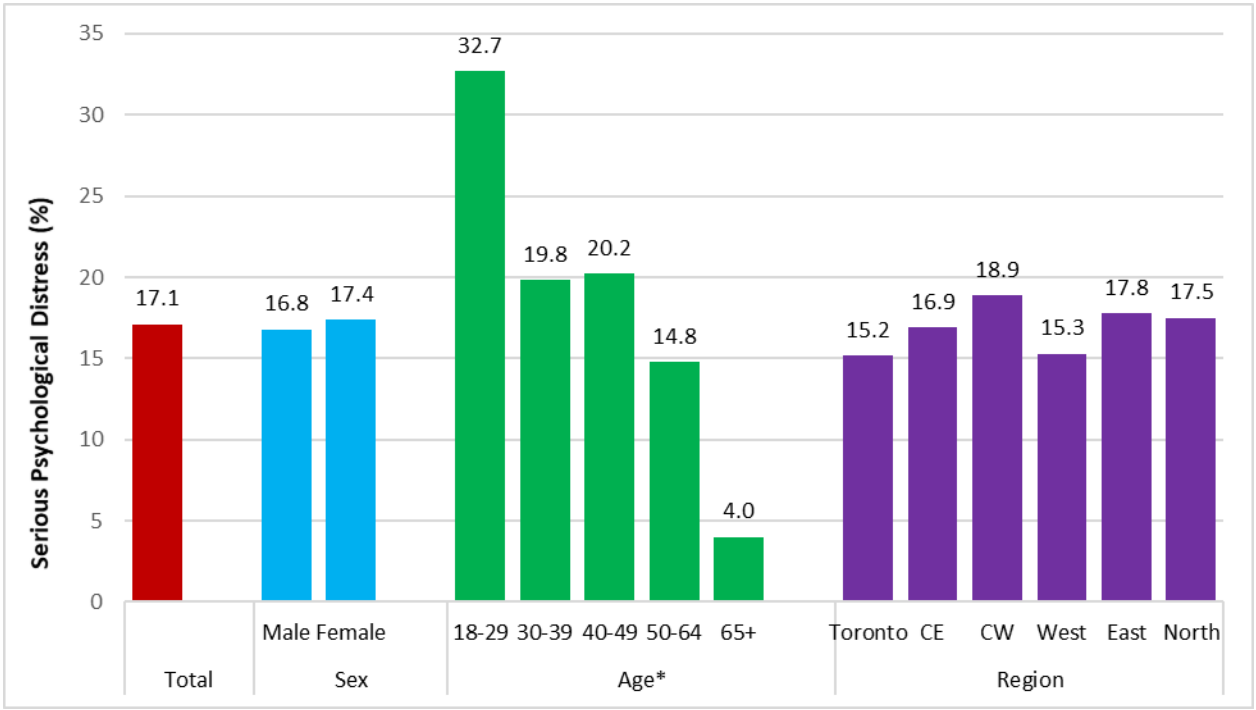
Between 2014 and 2023, the percentages reporting serious psychological distress varied from 2.0% in 2014 to 17.1% in 2023. In the past five years, the percentages reporting serious psychological distress varied from 5.2% in 2018 to 17.1% in 2023 (Table 7.1.3). Due to insufficient sample size, differences among subgroups were not examined.

Figure 7.1.3 **Percentage Reporting Moderate-to-Serious Psychological Distress (K6/8+) in the Past Month by Sex, Age and Region, Aged 18+, 2023 (N=1656)**



Note: CE: Central East; CW: Central West; *: Statistically significant differences between estimates, (p<0.05).

Figure 7.1.4 **Percentage Reporting Serious Psychological Distress (K6/13+) in the Past Month by Sex, Age and Region, Aged 18+, 2023 (N=1656)**



Note: CE: Central East; CW: Central West; *: Statistically significant differences between estimates, (p<0.05).

Table 7.1.1: Changes in Percentage Reporting Moderate-to-Serious Psychological Distress (K6/8+) in the Past Month Between 2018 and 2023 Among Sex, Age and Regional Subgroups

		2023 vs. 2018			
Variables		OR	95%CI		Sig.
Total		4.16	3.30	5.23	*
Sex	Men	4.28	2.98	6.13	*
	Women	4.08	3.04	5.49	*
Age	18 to 29	6.37	3.78	10.75	*
	30 to 39	2.81	1.68	4.70	*
	40 to 49	6.77	3.79	12.07	*
	50 to 64	5.16	3.31	8.04	*
	65+	1.65	0.96	2.85	
Region	Toronto	4.04	2.42	6.74	*
	Central East	4.08	2.48	6.73	*
	Central West	3.80	2.30	6.30	*
	West	4.18	2.09	8.38	*
	East	6.01	3.53	10.20	*
	North	4.56	2.70	7.72	*

OR: odds ratio adjusted for age, sex, education, household income, region of residence and immigration status. * Statistically significant (Sig.) difference at $p<0.05$.

Table 7.1.2: Percentage Reporting ***Moderate to Serious Psychological Distress (K6/8+)*** in the Past 30 Days by Demographic Characteristics, Aged 18+, 2014-2023

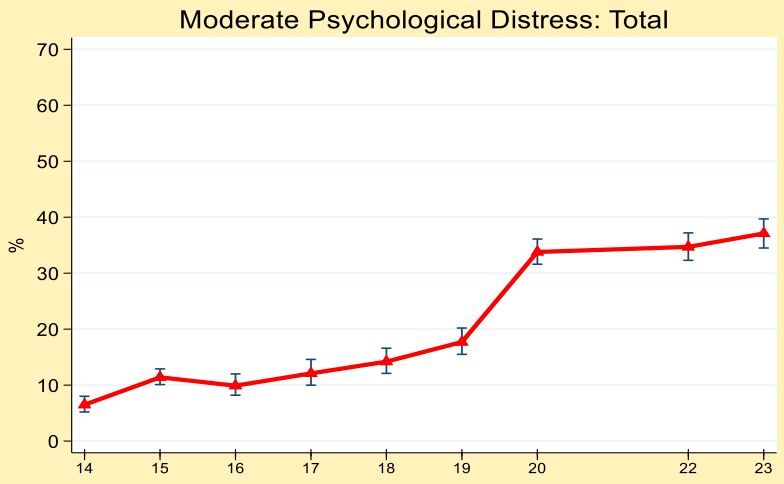
(N=)	2014 (2003)	2015 (4007)	2016 (2034)	2017 (1813)	2018 (1798)	2019 (1820)	2020 (2014)	2022 (1702)	2023 (1661)
Total Sample (95% CI)¶	**6.5** (5.2, 8.0)	**11.4** (10.1, 12.9)	**9.9** (8.2, 12.0)	**12.1** (10.0, 14.6)	**14.2** (12.1, 16.6)	**17.7** (15.5, 20.2)	**33.8** (31.6, 36.1)	**34.7** (32.3, 37.2)	**37.1** (34.5, 39.7)
Sex									
Men	**5.7** (3.8, 8.4)	**9.3** (7.5, 11.5)	**9.7** (7.0, 13.2)	**12.7** (9.5, 16.9)	**13.6** (10.5, 17.3)	**16.0** (12.9, 19.6)	**30.0** (26.8, 33.3)	**29.9** (26.2, 33.9)	**35.9[a]** (32.0, 40.1)
Women	**7.2** (5.6, 9.2)	**13.5** (11.7, 15.5)	**10.2** (8.1, 12.7)	**11.6** (9.0, 14.7)	**14.8** (12.0, 18.1)	**19.3** (16.2, 22.8)	**37.5** (34.5, 40.7)	**38.6** (35.5, 41.9)	**38.1** (34.8, 41.4)
Age									
18-29	**†** -	**21.0** (16.4, 26.7)	**†19.2** (12.8, 28.0)	**22.9** (16.5, 31.0)	**26.2** (19.8, 33.8)	**36.0** (29.2, 43.4)	**54.4** (48.1, 60.5)	**60.7** (53.5, 67.4)	**66.3** (58.8, 73.0)
30-39	**7.9** (4.9, 12.5)	**10.4** (7.5, 14.3)	**†10.4** (6.0, 17.5)	**†12.2** (6.4, 22.0)	**†22.6** (15.6, 31.6)	**†20.6** (14.0, 29.3)	**42.4** (37.1, 47.8)	**47.0** (41.0, 53.2)	**45.5** (39.8, 51.4)
40-49	**†6.4** (4.0, 10.2)	**7.6** (5.5, 10.3)	**†9.0** (6.2, 12.8)	**†13.0** (8.2, 20.1)	**†11.6** (7.4, 17.8)	**16.8** (12.0, 23.0)	**38.3** (33.3, 43.6)	**38.8** (32.8, 45.2)	**42.8** (36.8, 49.1)
50-64	**†6.7** (4.7, 9.5)	**10.6** (8.8, 12.8)	**6.9** (5.2, 9.1)	**9.7** (6.9, 13.3)	**†8.9** (6.3, 12.5)	**12.0** (9.0, 15.8)	**26.2** (22.4, 30.4)	**25.6** (21.7, 30.0)	**33.0[a]** (28.6, 37.9)
65+	**†4.0** (2.7, 5.9)	**7.6** (2.7, 5.9)	**†7.0** (4.6, 10.5)	**†4.0** (2.8, 5.7)	**†6.7** (4.7, 9.5)	**6.6** (4.8, 9.1)	**14.3** (10.9, 18.6)	**14.1** (10.9, 18.1)	**†9.7** (6.9, 13.4)
Region									
Toronto	**†5.6** (3.4, 9.2)	**15.2** (11.9, 19.1)	**†12.3** (7.9, 18.7)	**†14.8** (10.1, 21.3)	**†12.1** (8.5, 17.1)	**18.3** (13.8, 23.9)	**36.3** (31.1, 41.9)	**36.8** (31.4, 42.6)	**31.0** (25.8, 36.7)
Central East	**† 6 . 1** (3.6, 10.4)	**11.5** (8.7, 15.1)	**†8.7** (5.4, 13.7)	**†8.7** (9.3, 20.6)	**16.9** (12.1, 23.1)	**16.6** (12.0, 22.5)	**33.4** (28.4, 38.9)	**38.4** (32.9, 44.2)	**41.1** (35.1, 47.3)
Central West	**†6.8** (4.4, 10.6)	**10.2** (7.5, 13.7)	**†9.8** (6.4, 14.7)	**†7.7** (4.2, 13.5)	**†16.5** (11.8, 22.6)	**18.0** (12.9,24.6)	**33.8** (28.8, 39.1)	**29.9** (25.1, 35.3)	**38.0[a]** (32.4, 43.9)
West	**†5.9** (3.7, 9.4)	**9.2** (7.0, 12.1)	**†7.5** (4.7, 11.8)	**†16.7** (11.2, 24.2)	**†11.0** (6.4, 18.2)	**17.5** (13.1, 23.0)	**30.7** (25.8, 36.2)	**35.1** (29.5, 41.0)	**31.8** (26.2, 38.0)
East	**† 9 . 0** (5.4, 14.5)	**10.5** (7.9, 13.7)	**†10.8** (7.3, 15.6)	**†10.6** (6.4, 16.9)	**†11.7** (8.0, 16.9)	**19.6** (14.7, 25.6)	**32.9** (28.1, 38.1)	**35.7** (30.1, 41.8)	**43.0** (37.1, 49.1)
North	**†5.9** (3.6, 9.5)	**8.3** (6.1, 11.1)	**10.8** (7.5, 15.3)	**9.4** (5.9, 14.5)	**15.0** (10.0, 21.9)	**†14.8** (10.5, 20.5)	**35.0** (30.0, 40.4)	**35.2** (28.4, 42.7)	**37.1** (31.1, 43.4)

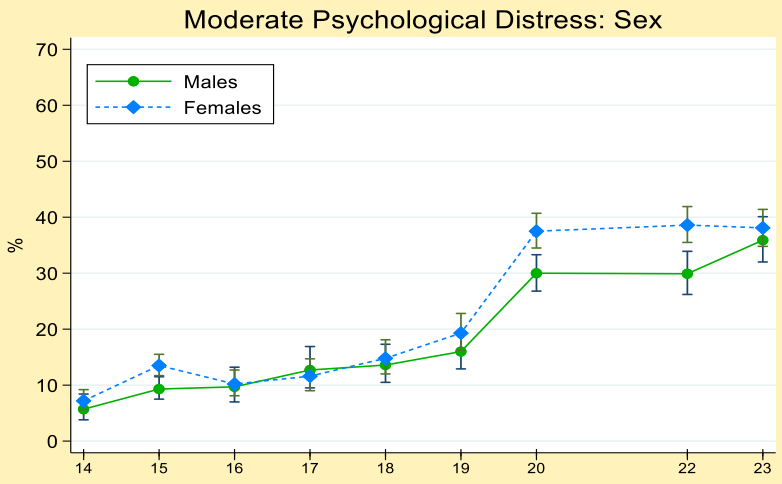
Notes: † Estimate suppressed or unstable; the sampling design was changed in 2020 from telephone interview to web survey. ¶ 95% confidence interval; [a]Significant change ($p<.05$) between last two estimates (2022 vs.2023).

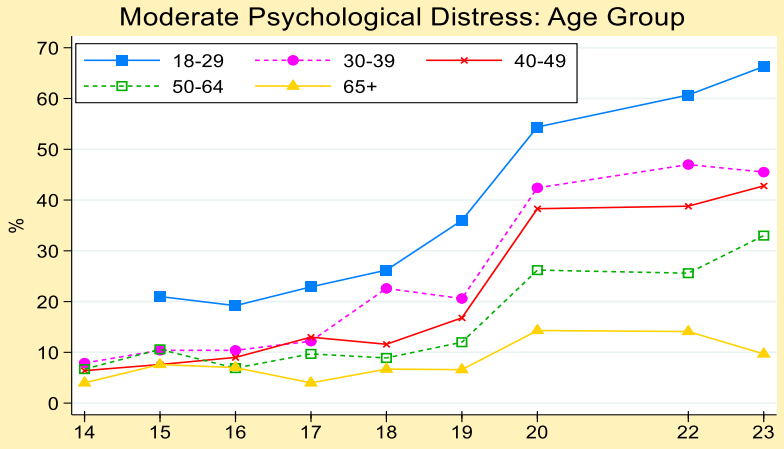
Def'n: Moderate to Serious Psychological Distress is defined as reporting a score of 8 or more (out of 24) on the K6 scale.

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

Figure 7.1.5 **Percentage Reporting Moderate-to-Serious Psychological Distress (K6/8+) in the Past Month, Aged 18+, 2014–2023**







Note: vertical 'whiskers' represent 95% confidence intervals
Source: CAMH Monitor

Table 7.1.3: Percentage Reporting ***Serious Psychological Distress (K6/13+)*** in the Past 30 Days by Demographic Characteristics, Aged 18+, 2014–2023

	2014	2015	2016	2017	2018	2019	2020	2022	2023
(N=)	(2003)	(4007)	(2034)	(1813)	(1798)	(1820)	(2014)	(1702)	(1661)
Total Sample[1]	**†2.0**	**3.1**	**†2.9**	**†4.0**	**5.2**	**6.8**	**13.5**	**14.9**	**17.1**
(95% CI)[¶]	(1.4, 2.9)	(2.4, 4.1)	(1.9, 4.3)	(2.8, 5.6)	(3.9, 7.0)	(5.3, 8.6)	(12.0, 15.3)	(13.1, 16.8)	(15.1, 19.3)
Sex									
Men	†	**†2.8**	**†3.7**	**†3.8**	**†4.6**	**†5.1**	**11.4**	**12.4**	**16.8**
	-	(1.8, 4.4)	(2.1, 6.6)	(2.2, 6.5)	(2.8, 7.6)	(3.5, 7.4)	(9.3, 14.0)	(9.8, 15.6)	(13.6, 20.5)
Women	† 2.4	**3.4**	**†2.1**	**†4.2**	**†5.7**	**8.3**	**15.6**	**16.9**	**17.4**
	(1.6, 3.6)	(2.5, 4.7)	(1.2, 3.5)	(2.6, 6.5)	(4.0, 8.2)	(6.1, 11.1)	(13.4, 18.0)	(14.6, 19.4)	(15.0, 20.0)
Age									
18-29	†	**†6.8**	**†6.6**	**†8.4**	**†9.1**	**†14.2**	**26.5**	**33.0**	**32.7**
	-	(4.1, 11.2)	(2.9, 14.2)	(4.7, 14.6)	(5.4, 15.0)	(10.0, 19.8)	(21.5, 32.3)	(26.9, 39.8)	(25.8, 40.4)
30-39	†	†	†	†	**†10.0**	**†10.6**	**15.4**	**16.9**	**19.8**
	-	-	-	-	(5.3, 18.2)	(5.5, 19.2)	(11.9, 19.7)	(12.9, 22.0)	(15.6, 24.9)
40-49	†	**†2.3**	†	†	†	**†5.0**	**14.2**	**17.6**	**20.2**
	-	(1.3, 3.9)	-	-	-	(2.7, 9.2)	(10.9, 18.4)	(13.3, 22.9)	(15.6, 25.8)
50-64	†2.7	**†2.6**	**†2.1**	**†3.2**	**†3.5**	**†4.1**	**10.6**	**8.9**	**14.8[a]**
	(1.7, 4.4)	(1.9, 3.7)	(1.1, 3.8)	(1.9, 5.3)	(1.9, 6.4)	(2.5, 6.6)	(8.1, 13.8)	(6.5, 12.1)	(11.6, 18.7)
65+	†	**†1.4**	**†1.7**	**†1.7**	†	**†1.6**	**†3.3**	**†4.7**	**†4.0**
	-	(0.9, 2.3)	(1.0, 2.9)	(0.9, 3.1)	-	(0.8, 3.0)	(1.9, 5.8)	(2.9, 7.5)	(2.3, 6.7)
Region									
Toronto	†	**†4.4**	†	†	†	**†7.9**	**13.4**	**17.1**	**15.2**
	-	(2.6, 7.4)	-	-	-	(5.0, 12.4)	(10.1, 17.6)	(12.9, 22.2)	(11.5, 19.8)
Central East	†	**†3.2**	†	†	**†6.0**	**†5.1**	**12.9**	**14.3**	**16.9**
	-	(1.8, 5.8)	-	-	(3.4, 10.2)	(2.9, 8.7)	(9.6, 17.2)	(10.7, 18.8)	(12.7, 22.1)
Central West	†	**†3.2**	†	†	**†5.9**	**†7.2**	**14.6**	**12.4**	**18.9[a]**
	-	(1.8, 5.6)	-	-	(3.2, 10.7)	(3.9, 12.7)	(11.1, 18.9)	(9.2, 16.5)	(14.4, 24.3)
West	†	**†1.8**	†	**†6.0**	†	**†5.6**	**12.9**	**14.8**	**15.3**
	-	(1.1, 3.0)	-	(3.3, 10.8)	-	(3.3, 9.2)	(9.4, 17.4)	(11.1, 19.6)	(11.3, 20.3)
East	†	**†2.8**	†	†	**†5.7**	**†8.2**	**12.1**	**17.5**	**17.8**
	-	(1.5, 5.0)	-	-	(3.1, 10.1)	(5.1, 12.8)	(13.3, 22.8)	(13.3, 22.8)	(13.5, 23.1)
North	†	**†1.6**	**†3.9**	†	†	**†5.1**	**15.1**	**13.5**	**17.5**
	-	(0.8, 2.9)	(2.1, 7.1)	-	-	(2.8, 9.1)	(11.7, 19.0)	(9.1, 19.4)	(13.2, 23.0)

Notes: † Estimate suppressed or unstable; the sampling design was changed in 2020 from telephone interview to web survey, [¶] 95% confidence interval; [a] Significant change ($p<.05$) between last two estimates (2022 vs.2023).

Def'n: Serious Psychological Distress is defined as reporting a score of 13 or more (out of 24) on the K6 scale.

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

7.2 Prescription Medication for Anxiety and Depression

Anxiety and depression are some of the most common mental health conditions experienced by adults. For monitoring purposes, we assess the percentage reporting having used prescription medication to treat anxiety (anxiolytics) and depression (antidepressants) during the 12 months before the survey.

The following questions were asked:

1) *In the past 12 months, have you taken any prescription medication to treat anxiety or panic attacks?*

2) *In the past 12 months, have you taken any prescription medication to treat depression?*

7.2.1 Antianxiety Medication

An estimated, **22.6%** (95% CI: 20.4% to 24.9%) of adults used a prescribed medication to treat anxiety– anxiolytics – during the 12 months before the survey.

Women were more likely than men to report use of antianxiety medication in the past 12 months (26.1% vs. 18.6%, respectively).

There were significant associations of age with the use of antianxiety medication use (Figure 7.2.1).

Trends
2001–2023..... Figure 7.2.2, Table 7.2.2

2022-2023

Overall, there was no significant change in reports of antianxiety medication use between 2022 and 2023 (20.4% vs. 22.6%, respectively).

There were also no significant changes between 2022 and 2023 in use of antianxiety medication among men, women, and age subgroups (Table 7.2.2).

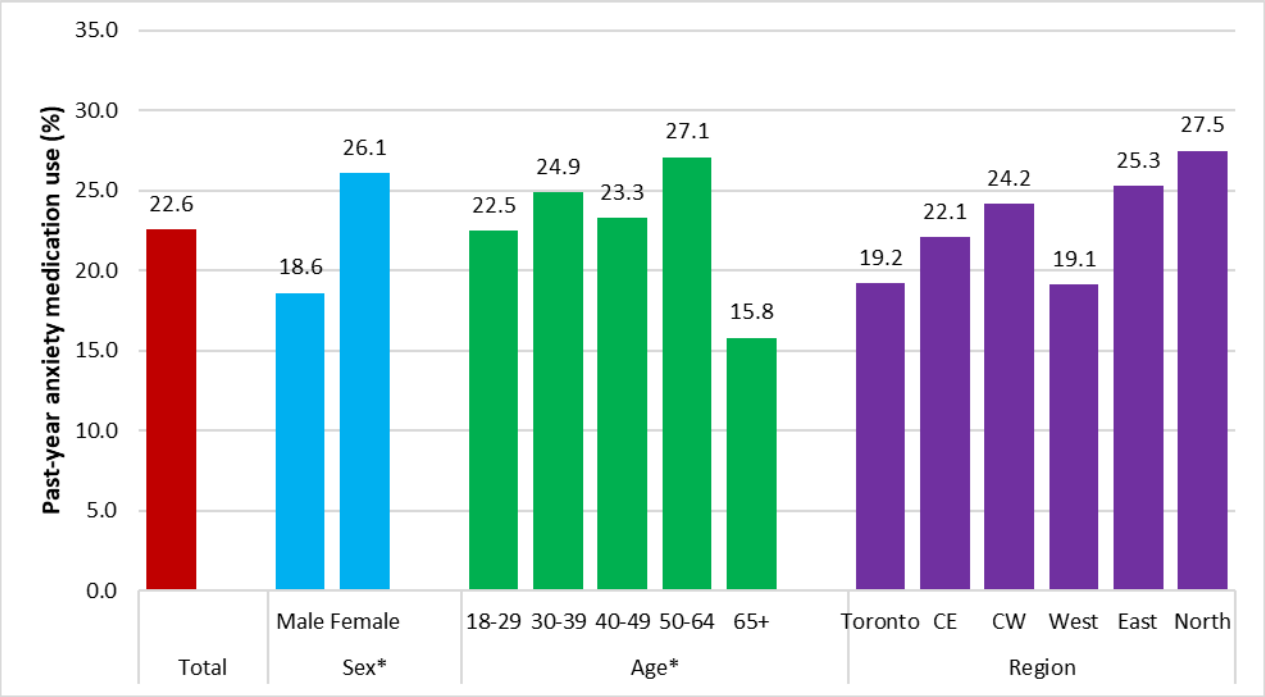
There were significant increases between 2022 and 2023 in reports of antianxiety medication use among adults residing in the Central West region (14.3% vs. 24.2%, respectively). The estimates for antianxiety medication use remained stable among other regions (Table 7.2.2).

2013-2023

The percentages reporting antianxiety medication use varied from 8.8% in 2013 to 22.6% in 2023. After adjusting for sample characteristics including sex, age, education, household income, region of residence and immigration status, the odds of reporting antianxiety medication use was about three times higher in 2023 compared to 2013. Greater odds of antianxiety medication use were also evident in 2023 compared to 2018 (Table 7.2.1).

There were also greater odds of reporting antianxiety medication use in 2023 compared to 2013 among men, women, all age groups except 18 to 29 year olds, and all regional subgroups. Likewise, greater odds of antianxiety medication use were evident in 2023 compared to 2018 among men, women, all age groups except 18 to 29 year olds, and all regions except Toronto (Table 7.2.1).

Figure 7.2.1 Past Year Use of Prescription Medication to Treat Anxiety /Panic Attacks by Sex, Age and Region, Aged 18+, 2023 (N=1650)



Note: CE: Central East; CW: Central West; *: Statistically significant differences between estimates, (p<0.05).

Table 7.2.1: Changes in Use of Prescription Medication to Treat Anxiety /Panic Attacks Between 2013 and 2023 Among Sex, Age and Regional Subgroups

Variables		2023 vs. 2013				2023 vs. 2018			
		OR	95%CI		Sig.	OR	95%CI		Sig.
Total		2.86	2.23	3.66	*	2.19	1.71	2.80	*
Sex	Men	2.78	1.80	4.32	*	2.45	1.64	3.66	*
	Women	2.92	2.17	3.92	*	2.05	1.49	2.81	*
Age	18 to 29	2.08	0.95	4.53		1.65	0.89	3.08	
	30 to 39	3.07	1.71	5.52	*	2.73	1.27	5.87	*
	40 to 49	4.15	2.38	7.24	*	2.10	1.18	3.74	*
	50 to 64	3.49	2.38	5.12	*	2.56	1.63	4.03	*
	65+	2.03	1.28	3.24	*	2.07	1.30	3.29	*
Region	Toronto	1.74	0.99	3.04	*	1.55	0.87	2.78	
	Central East	3.06	1.64	5.65	*	2.18	1.29	3.69	*
	Central West	3.67	2.10	6.41	*	2.46	1.33	4.54	*
	West	2.29	1.31	4.02	*	2.63	1.42	4.85	*
	East	3.42	2.11	5.53	*	2.13	1.29	3.50	*
	North	3.87	2.30	6.51	*	2.56	1.52	4.29	*

OR: odds ratio adjusted for age, sex, education, household income, region of residence and immigration status. * Statistically significant (Sig.) difference at p<0.05.

Table 7.2.2: Percentage Reporting ***Using Prescription Medication to Treat Anxiety or Panic Attacks*** in the Past 12 Months, by Demographic Characteristics, Aged 18+, 2001–2023

	2001	2002	2003	2004	2006	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2022	2023
(N=)	(2627)	(2421)	(2411)	(2611)	(2016)	(2024)	(2037)	(2024)	(1999)	(2015)	(2060)	(2004)	(4007)	(2034)	(1813)	(1798)	(1820)	(2014)	(1702)	(1661)
Total	**4.7**	**5.6**	**5.7**	**5.4**	**5.7**	**6.5**	**6.8**	**8.9**	**7.1**	**8.8**	**8.9**	**11.3**	**10.3**	**9.5**	**11.3**	**10.8**	**13.9**	**19.4**	**20.4**	**22.6**
(95% CI)¶	(3.9,5.7)	(4.7,6.8)	(4.8,6.8)	(4.5, 6.5)	(4.7,6.8)	(5.4,7.8)	(5.7, 8.2)	(7.5, 10.3)	(5.8, 8.5)	(7.5, 10.4)	(7.4, 10.7)	(9.5, 13.4)	(9.2, 11.6)	(8.0, 11.1)	(9.5, 13.6)	(9.0, 13.0)	(12.0, 16.0)	(17.6, 21.4)	(18.4, 22.4)	(20.4, 24.9)
Sex																				
Men	**3.4**	**3.1**	**4.1**	**3.3**	**3.4**	**5.2**	**5.0**	**6.1**	**†5.4**	**†6.6**	**†7.1**	**9.2**	**7.7**	**7.0**	**10.6**	**7.2**	**10.4**	**16.4**	**16.5**	**18.6**
	(2.2,4.3)	(2.1,4.6)	(3.1,5.5)	(2.3,4.8)	(2.4,4.7)	(3.7,7.3)	(3.7,6.9)	(4.5, 8.0)	(3.7,7.9)	(4.9, 9.0)	(5.1, 9.8)	(6.7, 12.6)	(6.2, 9.6)	(5.1, 9.5)	(7.8, 14.3)	(5.3, 9.7)	(8.0, 13.5)	(14.0, 19.1)	(13.8, 19.6)	(15.5, 22.0)
Women	**6.3**	**8.0**	**7.2**	**7.3**	**7.9**	**7.7**	**8.5**	**11.5**	**8.6**	**10.8**	**10.7**	**13.3**	**12.7**	**11.8**	**12.0**	**14.2**	**16.9**	**22.3**	**23.5**	**26.1**
	(5.0, 7.8)	(6.5, 9.9)	(5.8, 8.8)	(5.9, 9.1)	(6.3, 9.8)	(6.1,9.5)	(6.8,10.6)	(9.5, 13.9)	(7.0,10.5)	(8.9, 13.1)	(8.7, 13.1)	(10.9, 16.1)	(11.2, 14.5)	(9.8, 14.1)	(9.6, 14.8)	(11.3, 17.7)	(14.3, 20.0)	(19.7, 25.1)	(20.9, 26.4)	(23.2, 29.2)
Age																				
18-29	**†2.5**	**†3.4**	**†3.7**	**†5.3**	**†2.9**	**†4.1**	**†5.0**	**†5.4**	**†5.8**	**†8.7**	**†10.8**	**†13.9**	**†10.7**	**†7.9**	**†12.7**	**†12.3**	**†13.3**	**20.1**	**20.2**	**22.5**
	(1.4, 4.5)	(1.9, 5.8)	(2.1, 6.2)	(3.2, 8.8)	(1.5, 5.5)	(1.9,8.7)	(2.6,9.6)	(3.0, 9.7)	(2.9,11.2)	(4.8, 15.0)	(6.1, 18.5)	(8.4, 22.3)	(7.5, 15.1)	(4.3, 13.9)	(8.0, 19.6)	(8.0, 18.3)	(9.0, 19.3)	(15.8, 25.1)	(15.5, 25.9)	(16.9, 29.4)
30-39	**†5.1**	**†5.4**	**†6.1**	**†5.1**	**†3.4**	**†5.2**	**†4.2**	**†10.8**	**†7.1**	**†8.5**	**†8.9**	**†14.0**	**†10.0**	**†9.7**	**†11.2**	**†9.8**	**†18.1**	**19.3**	**21.7**	**24.9**
	(3.5, 7.4)	(3.5, 8.4)	(4.0, 9.0)	(3.3, 7.8)	(2.0, 5.8)	(3.1,8.9)	(2.4,7.1)	(7.3, 15.8)	(4.5,10.8)	(5.6, 12.8)	(5.5, 14.2)	(9.0, 21.1)	(7.0, 13.9)	(5.7, 16.0)	(5.7, 21.0)	(5.3, 20.9)	(12.5, 25.5)	(15.4, 24.0)	(17.2, 26.9)	(20.2, 30.2)
40-49	**†6.3**	**7.2**	**8.5**	**†4.7**	**†7.1**	**8.7**	**9.2**	**†6.9**	**†8.7**	**†8.3**	**†6.9**	**†9.2**	**8.3**	**†8.8**	**†12.8**	**†12.4**	**17.2**	**23.5**	**19.3**	**23.3**
	(4.5, 8.7)	(5.1, 10.0)	(6.4, 11.1)	(2.9, 7.3)	(4.8, 10.2)	(6.2,12.1)	(6.5,12.9)	(4.7, 10.1)	(6.0,12.5)	(5.9, 11.6)	(4.6, 10.4)	(6.1, 13.5)	(6.4, 10.7)	(6.2, 12.4)	(8.4, 19.0)	(8.2, 18.3)	(12.3, 23.6)	(19.2, 28.4)	(14.9, 24.7)	(18.5, 29.0)
50-64	**†5.9**	**†4.3**	**†6.5**	**8.5**	**8.4**	**9.2**	**9.3**	**12.8**	**7.7**	**10.7**	**9.5**	**11.5**	**11.3**	**10.5**	**11.4**	**†12.1**	**12.7**	**21.0**	**21.4**	**27.1**
	(4.0, 8.7)	(2.8, 6.6)	(4.7, 9.0)	(6.4, 11.2)	(6.3, 11.2)	(6.8,12.3)	(6.9,12.4)	(10.1, 16.0)	(5.7,10.5)	(8.4, 13.5)	(7.3, 12.3)	(8.8, 14.8)	(9.5, 13.3)	(8.2, 13.3)	(8.4, 15.2)	(8.5, 17.1)	(9.7, 16.5)	(17.5, 24.9)	(17.8, 25.4)	(22.9, 31.7)
65+	**†4.1**	**8.2**	**†3.4**	**†3.3**	**†7.2**	**†5.4**	**†6.0**	**†8.2**	**†6.3**	**†7.0**	**8.9**	**8.6**	**11.0**	**10.1**	**9.2**	**7.9**	**10.9**	**12.8**	**18.6**	**15.8**
	(2.5, 6.8)	(5.6, 12.0)	(1.9, 5.9)	(2.0, 5.2)	(4.7, 11.0)	(3.5,8.1)	(4.1,8.9)	(5.8, 11.5)	(4.3,9.2)	(4.8, 10.0)	(6.7, 11.9)	(6.3, 11.6)	(9.1, 13.1)	(8.0, 12.8)	(7.1, 11.7)	(5.9, 10.6)	(8.5, 13.8)	(9.7, 16.8)	(14.9, 23.0)	(12.1, 20.4)
Region																				
Toronto	**†3.1**	**†6.9**	**†4.4**	**†6.4**	**†4.4**	**†6.1**	**†5.0**	**†8.1**	**†6.2**	**†7.9**	**†9.9**	**†13.0**	**9.1**	**†6.3**	**†8.6**	**†9.5**	**†13.3**	**19.5**	**18.7**	**19.2**
	(1.7, 5.4)	(4.6, 10.3)	(2.8, 6.9)	(4.2, 9.6)	(2.7, 7.1)	(4.0,9.1)	(3.1,7.8)	(5.4, 12.1)	(4.0,9.6)	(5.0, 12.1)	(6.5, 14.6)	(9.1, 18.3)	(7.1, 11.7)	(3.8, 10.0)	(5.1, 14.1)	(6.1, 14.5)	(9.5, 18.4)	(15.4, 24.2)	(14.7, 23.6)	(15.0, 24.3)
C- East	**†3.8**	**†9.3**	**†6.4**	**†3.5**	**†4.8**	**†6.0**	**†6.5**	**†6.7**	**†5.8**	**†6.8**	**†8.6**	**†12.0**	**10.1**	**†9.8**	**†13.5**	**†11.6**	**†13.8**	**19.0**	**25.2**	**22.1**
	(2.3, 6.2)	(6.0, 14.3)	(4.3, 9.6)	(2.1, 6.0)	(3.0, 7.8)	(3.7,9.5)	(4.1, 10.2)	(4.5, 9.8)	(3.4,9.8)	(4.3, 10.6)	(5.5, 13.2)	(8.0, 17.7)	(7.7, 13.1)	(6.6, 14.2)	(8.9, 20.0)	(8.0, 16.6)	(9.8, 19.1)	(15.0, 23.8)	(20.5, 30.5)	(17.5, 27.4)
C- West	†3.4	**†6.6**	**†5.1**	**†3.1**	**†5.1**	**†5.7**	**†7.9**	**†11.6**	**†6.7**	**†9.1**	**†7.9**	**†9.2**	**12.0**	**†8.9**	**†10.8**	**†10.2**	**†10.6**	**18.6**	**14.3**	**24.2[a]**
	(2.0, 5.6)	(4.1, 10.5)	(3.1, 8.2)	(1.7, 5.4)	(3.2, 8.2)	(3.5, 9.0)	(5.3,11.6)	(8.1, 16.2)	(4.3,10.2)	(6.3,13.0)	(5.2, 11.7)	(6.2, 13.3)	(9.3, 15.3)	(6.1, 13.0)	(6.9, 16.4)	(6.2, 16.4)	(6.9, 15.8)	(14.8, 23.1)	(10.9, 18.6)	(19.5, 29.6)
West	**†5.3**	**†5.1**	**7.5**	**†5.3**	**9.1**	**†5.8**	**†7.2**	**†8.8**	**†6.4**	**12.4**	**†9.3**	**†9.6**	**9.8**	**†9.7**	**15.5**	**†8.2**	**19.1**	**20.3**	**24.8**	**19.1**
	(3.5, 8.1)	(3.3, 7.9)	(5.2, 10.7)	(3.6, 7.9)	(6.3, 12.9)	(3.6,9.1)	(4.8,10.7)	(6.0, 12.8)	(4.2,9.6)	(9.0, 16.7)	(6.3, 13.7)	(6.5, 14.0)	(7.6, 12.7)	(6.5, 14.1)	(11.1, 21.3)	(5.1, 12.8)	(14.4, 24.9)	(16.1, 25.2)	(19.9, 30.4)	(14.7, 24.6)
East	**†6.6**	**†6.8**	**8.7**	**9.9**	**†5.6**	**10.2**	**†7.6**	**†9.7**	**10.5**	**†9.9**	**†9.7**	**†11.1**	**10.9**	**14.2**	**†10.2**	**†14.4**	**16.4**	**19.0**	**20.6**	**25.3**
	(4.6, 9.5)	(4.5, 10.0)	(6.0, 12.3)	(7.2, 13.6)	(3.7, 8.4)	(7.0,14.7)	(4.9,11.6)	(6.7, 13.8)	(7.1,15.4)	(6.8, 14.2)	(7.0, 13.4)	(7.3, 16.5)	(8.2, 14.4)	(10.6, 18.6)	(6.8, 15.0)	(10.3, 19.9)	(12.1, 21.8)	(15.2, 23.4)	(16.2, 25.8)	(20.4, 30.9)
North	**†5.5**	**†4.8**	**†6.7**	**†5.9**	**†7.5**	**†6.0**	**†8.5**	**†9.3**	**†9.9**	**†9.8**	**†8.7**	**†12.7**	**10.4**	**†10.1**	**†11.9**	**†12.9**	**†13.7**	**22.4**	**32.7**	**27.5**
	(3.8, 7.8)	(3.0, 7.6)	(4.5, 9.5)	(4.1, 8.5)	(5.0, 11.0)	(3.7,10.1)	(6.2,13.4)	(6.3, 13.6)	(6.6,14.6)	(6.6, 14.3)	(5.9, 12.7)	(8.9, 17.7)	(8.1, 13.4)	(7.0, 14.4)	(8.1, 17.0)	(9.0, 18.2)	(9.7, 19.2)	(18.3, 27.3)	(26.0, 40.2)	(22.2, 33.5)

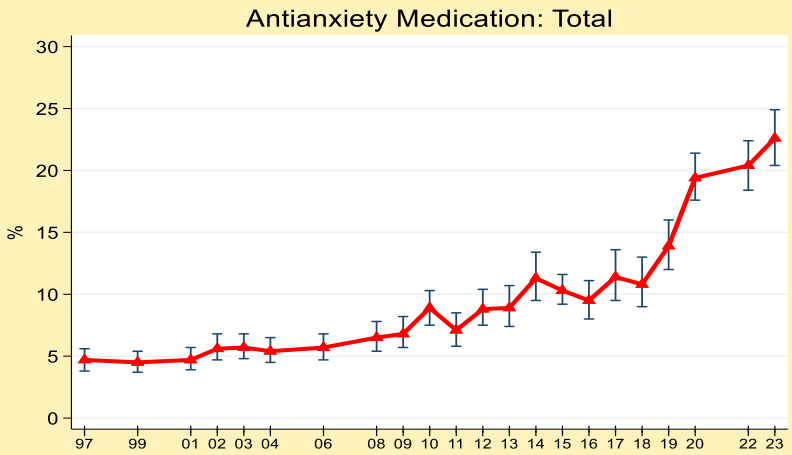
Notes: (1) † Estimate suppressed or unstable; ¶95% confidence interval. The sampling design was changed in 2020 from telephone to web survey.
(2) [a] Significant difference between 2022 and 2023 ($p<.05$).

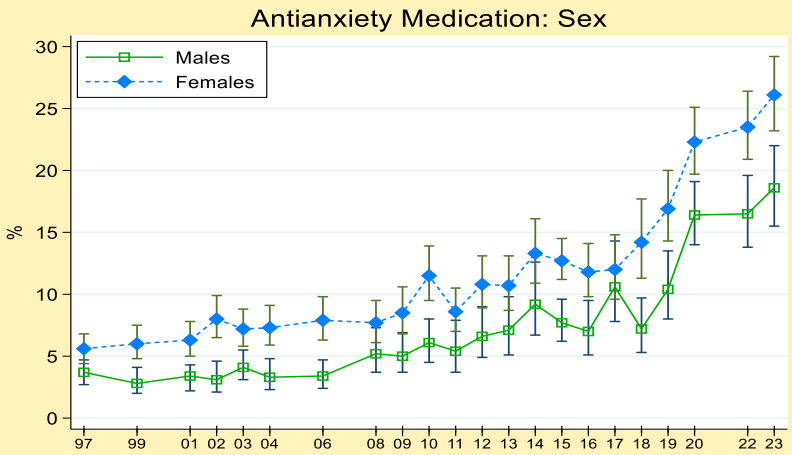
Q: *In the past 12 months have you taken any prescription medication to reduce anxiety or panic attacks?*

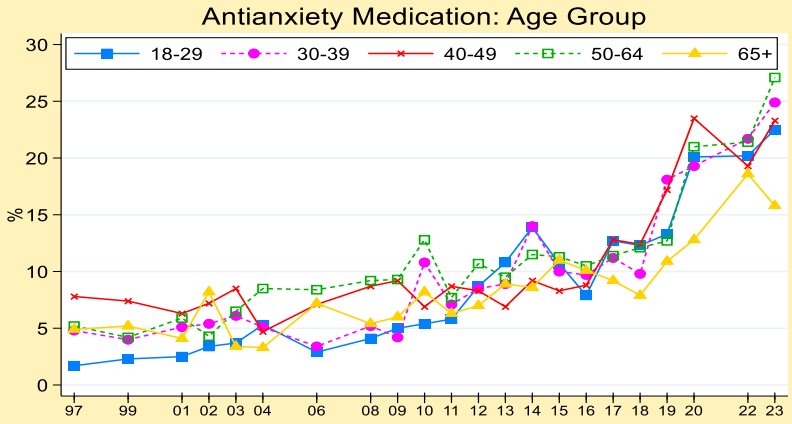
Source: *CAMH Monitor*, Centre for Addiction and Mental Health

Figure 7.2.2

Past Year Use of Prescription Medication to Treat Anxiety or Panic Attacks, Aged 18+, 1997–2023







Note: vertical 'whiskers' represent 95% confidence intervals
Source: CAMH Monitor

7.2.2. Antidepressant Medication

An estimated, **18.5%** (95% CI: 16.5% to 20.7%) of adults used a prescribed medication for depression – antidepressants – during the 12 months before the survey.

There was a significant difference in reports of antidepressant use between men and women (16.0% vs. 20.7%, respectively).

There were significant differences in percentages reporting use of antidepressants between age groups, with younger adults more likely to use antidepressants in the past 12 months than those aged 65 or older (Figure 7.2.3).

There were no significant differences in use of antidepressants among regions in Ontario (Figure 7.2.3).

Trends

2001–2023..... Tables 7.2.4, Figure 7.2.3

2022-2023

Overall, there was no significant change in the percentages reporting use of antidepressants between 2022 and 2023 (17.3% vs. 18.5%, respectively).

There were also no significant changes between 2022 and 2023 in antidepressant use among men and women (Table 7.2.4).

There were significant increases between 2022 and 2023 in percentages reporting use of antidepressants among those aged 50 to 64 years (from 17.4% to 22.9%), and decreases between 2022 and 2023 among 65 or older (from 16.1% to 9.4%). However, the estimates for antidepressant use remained stable among other age groups and all regions in Ontario (Table 7.2.4).

2013-2023

The percentages reporting use of antidepressants varied from 7.5% in 2013 to 18.5% in 2023. After adjusting for sample characteristics including sex, age, education, household income, region of residence and immigration status, the odds of using antidepressants were about three times higher in 2023 compared to 2013. Compared to 2018, greater odds of antidepressants use were also evident in 2023 (Table 7.2.3).

When examining subgroups separately, there were also greater odds of reporting antidepressant use in 2023 compared to 2013 among men, women, all age groups except those aged 65 or older, and all regional subgroups except Toronto. Likewise, greater odds of antidepressants use were evident in 2023 compared to 2018 among men, women, 30 to 39, 40 to 49, 50 to 64 year olds and all regions except Toronto (Table 7.2.3).

Figure 7.2.3 **Past Year Use of Prescription Medication to Treat Depression by Sex, Age and Region, Aged 18+, 2023 (N=1637)**

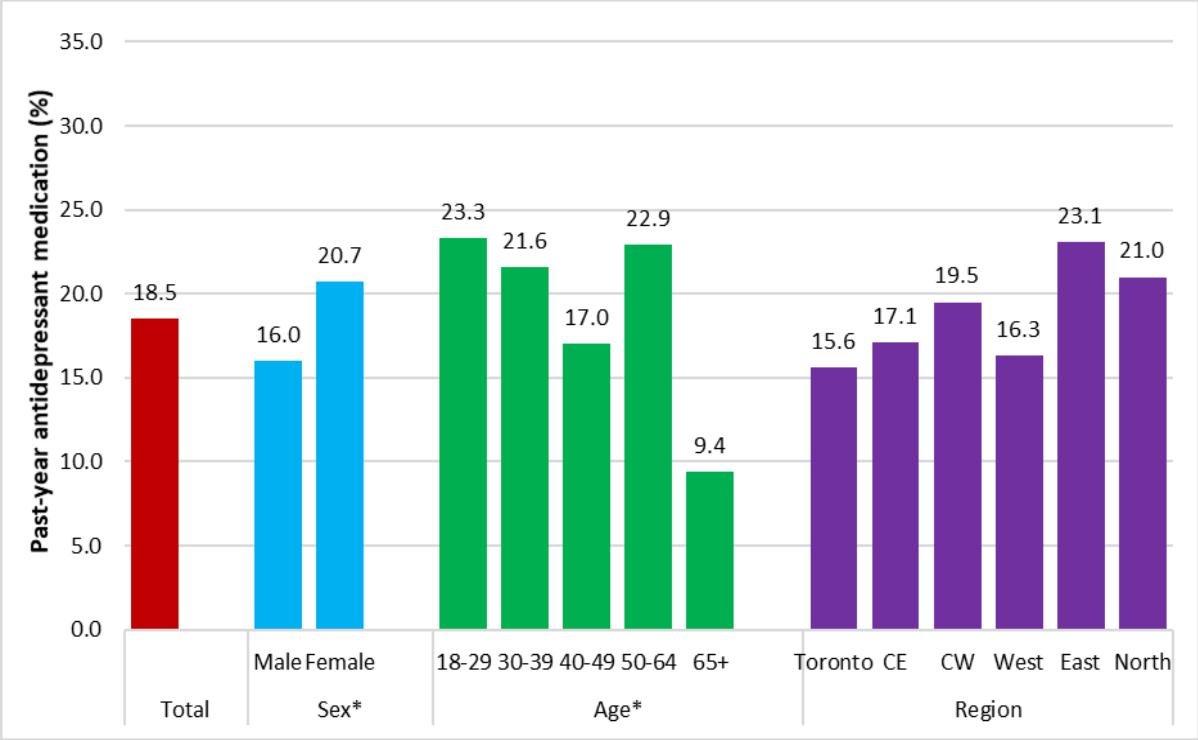


Table 7.2.3: Changes in Use of Prescription Medication to Treat Depression Between 2013 and 2023 Among Sex, Age and Regional Subgroups

Variables		2023 vs. 2013				2023 vs. 2018			
		OR	95%CI		Sig.	OR	95%CI		Sig.
Total		2.68	2.04	3.50	*	2.02	1.55	2.64	*
Sex	Men	3.49	2.07	5.87	*	2.58	1.65	4.04	*
	Women	2.31	1.71	3.13	*	1.75	1.26	2.43	*
Age	18 to 29	3.31	1.37	7.98	*	1.49	0.81	2.77	
	30 to 39	2.76	1.50	5.06	*	2.51	1.13	5.58	*
	40 to 49	2.64	1.44	4.83	*	2.27	1.15	4.45	*
	50 to 64	3.32	2.24	4.94	*	2.69	1.72	4.20	*
	65+	1.55	0.89	2.70		1.54	0.89	2.68	
Region	Toronto	1.50	0.82	2.75		1.79	0.91	3.53	
	Central East	3.55	1.69	7.43	*	2.01	1.10	3.67	*
	Central West	2.80	1.59	4.93	*	1.99	1.09	3.65	*
	West	2.80	1.43	5.47	*	2.51	1.29	4.90	*
	East	3.00	1.81	4.99	*	1.82	1.08	3.10	*
	North	3.14	1.77	5.57	*	2.41	1.33	4.37	*

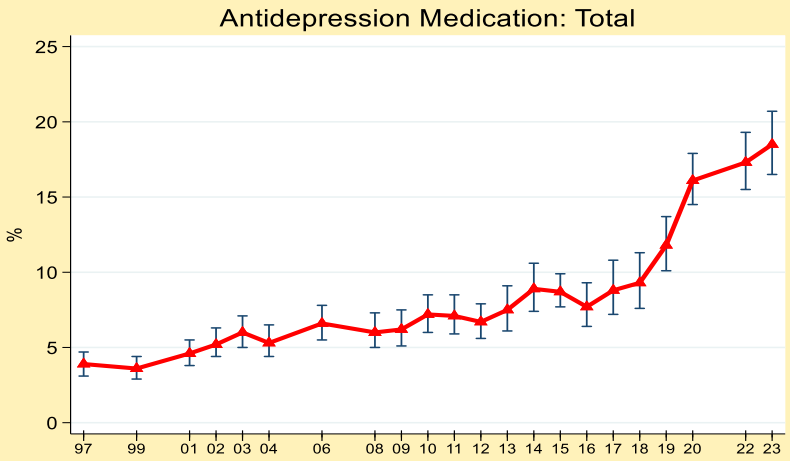
OR: odds ratio adjusted for age, sex, education, household income, region of residence and immigration status. * Statistically significant (Sig.) difference at $p<0.05$.

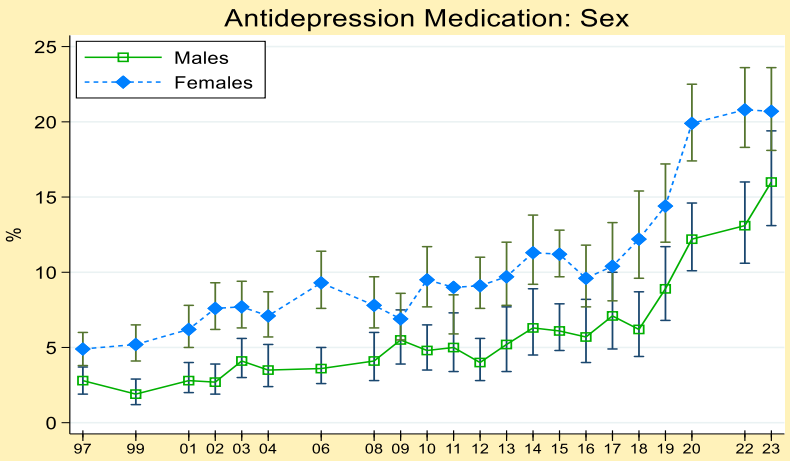
Table 7.2.4: Percentage Reporting ***Using Prescription Medication to Treat Depression*** in the Past 12 Months, by Demographic Characteristics, Aged 18+, 2001–2023

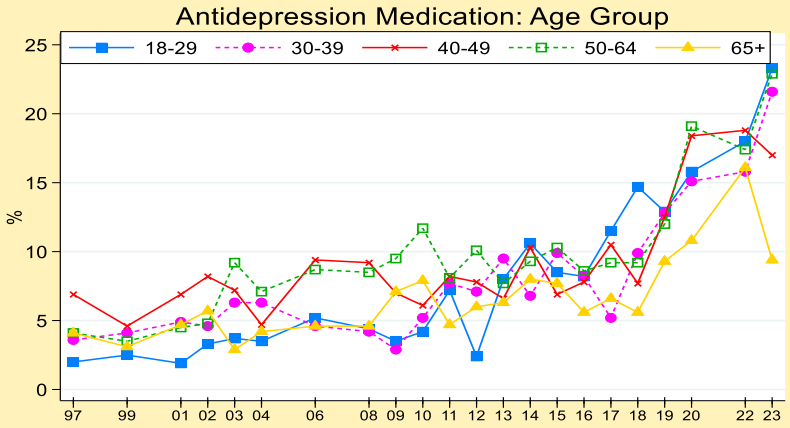
(N=)	2001 (2627)	2002 (2421)	2003 (2411)	2004 (2611)	2006 (2016)	2008 (2024)	2009 (2037)	2010 (2024)	2011 (1999)	2012 (2015)	2013 (2060)	2014 (2004)	2015 (4007)	2016 (2034)	2017 (1813)	2018 (1798)	2019 (1820)	2020 (2014)	2022 (1702)	2023 (1661)
Total	**4.6**	**5.2**	**6.0**	**5.3**	**6.6**	**6.0**	**6.2**	**7.2**	**7.1**	**6.7**	**7.5**	**8.9**	**8.7**	**7.7**	**8.8**	**9.3**	**11.8**	**16.1**	**17.3**	**18.5**
(95% CI)[¶]	(3.8, 5.5)	(4.4, 6.3)	(5.0, 7.1)	(4.4, 6.5)	(5.5, 7.8)	(5.0, 7.3)	(5.1,7.5)	(6.0, 8.5)	(5.9,8.5)	(5.6,7.9)	(6.1,9.1)	(7.4, 10.6)	(7.7, 9.9)	(6.4, 9.3)	(7.2, 10.8)	(7.6, 11.3)	(10.1, 13.7)	(14.5, 17.9)	(15.5, 19.3)	(16.5, 20.7)
Sex																				
Men	†**2.8**	†**2.7**	**4.1**	**3.5**	†**3.6**	†**4.1**	**5.5**	**4.8**	**5.0**	†**4.0**	†**5.2**	†**6.3**	**6.1**	†**5.7**	†**7.1**	†**6.2**	**8.9**	**12.2**	**13.1**	**16.0**
	(2.0, 4.0)	(1.9, 3.9)	(3.0, 5.6)	(2.4, 5.2)	(2.6, 5.0)	(2.8, 6.0)	(3.9,7.5)	(3.5,6.5)	(3.4,7.3)	(2.8, 5.6)	(3.4, 7.7)	(4.5, 8.9)	(4.8, 7.9)	(4.0, 8.2)	(4.9, 10.0)	(4.4, 8.7)	(6.8, 11.7)	(10.1, 14.6)	(10.6, 16.0)	(13.1, 19.4)
Women	**6.2**	**7.6**	**7.7**	**7.1**	**9.3**	**7.8**	**6.9**	**9.5**	**9.0**	**9.1**	**9.7**	**11.3**	**11.1**	**9.6**	**10.4**	**12.2**	**14.4**	**19.9**	**20.8**	**20.7**
	(5.0, 7.8)	(6.2, 9.3)	(6.3, 9.4)	(5.7, 8.7)	(7.6, 11.4)	(6.3, 9.7)	(5.5,8.6)	(7.7, 11.7)	(5.9,8.5)	(7.6,11.0)	(7.8,12.0)	(9.2,13.8)	(9.7, 12.8)	(7.7,11.8)	(8.1, 13.3)	(9.6, 15.4)	(12.0, 17.2)	(17.4, 22.5)	(18.3, 23.6)	(18.1, 23.6)
Age																				
18-29	†**1.9**	†**3.3**	†**3.7**	†**3.5**	†**5.2**	†**4.4**	†**3.5**	†**4.2**	†**7.2**	†**2.4**	†**8.0**	†**10.6**	†**8.5**	†**8.2**	†**11.5**	†**14.7**	†**12.9**	**15.8**	**18.0**	**23.3**
	(1.0, 3.5)	(2.0, 5.5)	(2.2, 6.1)	(1.9, 6.5)	(3.1, 8.6)	(2.1,9.1)	(1.6,7.8)	(2.2, 7.9)	(3.9,12.8)	(1.0,5.6)	(4.1,14.9)	(6.0,18.3)	(5.6, 12.8)	(4.5,14.5)	(7.0, 18.4)	(9.9, 21.3)	(8.9, 18.7)	(11.8, 20.6)	(13.5, 23.6)	(17.5, 30.4)
30-39	†**4.9**	†**4.6**	**6.3**	**6.3**	†**4.6**	†**4.2**	†**2.9**	†**5.2**	†**7.7**	†**7.1**	†**9.5**	†**6.8**	†**9.9**	†**8.2**	†**5.2**	†**9.9**	†**12.8**	**15.1**	**15.8**	**21.6**
	(3.3, 7.1)	(2.9, 7.2)	(4.2, 9.3)	(4.3, 9.1)	(2.9, 7.3)	(2.4,7.3)	(1.5,5.6)	(2.8, 9.3)	(5.1,11.6)	(4.6,10.8)	(5.7,15.4)	(4.2,10.8)	(6.9, 13.9)	(4.7,14.1)	(2.4, 10.9)	(5.4, 17.5)	(8.3, 19.2)	(11.7, 19.3)	(12.0, 20.6)	(17.1, 26.8)
40-49	**6.9**	**8.2**	**7.2**	†**4.7**	**9.4**	**9.2**	†**7.0**	†**6.1**	†**8.2**	†**7.8**	†**6.6**	†**10.3**	**6.9**	†**7.8**	†**10.5**	†**7.7**	†**12.5**	**18.4**	**18.8**	**17.0**
	(5.0, 9.4)	(6.0, 11.1)	(5.3, 9.7)	(3.2, 7.0)	(6.7, 12.9)	(6.7,12.6)	(4.7,12.5)	(3.9, 9.4)	(5.8,11.4)	(5.3,11.3)	(4.3,10.1)	(7.2,14.7)	(5.1, 9.2)	(5.1,11.7)	(6.4, 16.8)	(4.5, 12.8)	(8.4, 18.3)	(14.6, 22.9)	(14.4, 24.2)	(12.8, 22.2)
50-64	†**4.5**	†**4.8**	**9.2**	**7.1**	**8.7**	**8.5**	**9.5**	**11.7**	**8.1**	**10.1**	**7.7**	**9.3**	**10.3**	**8.6**	**9.2**	†**9.2**	**12.0**	**19.1**	**17.4**	**22.9**[a]
	(3.0, 6.8)	(3.3, 6.9)	(6.8, 12.5)	(5.1, 9.7)	(6.5, 11.6)	(6.3,11.3)	(7.1,12.5)	(9.2, 14.9)	(6.1,10.5)	(7.9,12.8)	(5.8,10.1)	(7.1,12.0)	(8.6, 12.2)	(6.6,11.1)	(6.6, 12.6)	(6.6, 12.8)	(9.2, 15.6)	(15.8, 23.0)	(14.1, 21.2)	(19.0, 27.4)
65+	†**4.7**	†**5.7**	†**2.9**	†**4.2**	†**4.6**	†**4.6**	†**7.1**	†**7.9**	†**4.7**	†**6.0**	†**6.3**	**8.0**	**7.7**	**5.6**	**6.6**	†**5.6**	**9.3**	**10.8**	**16.1**	†**9.4**[a]
	(2.8, 7.8)	(3.7, 8.8)	(1.6, 5.2)	(2.6, 6.9)	(2.8, 7.5)	(2.1,5.6)	(4.9,10.2)	(5.6, 11.1)	(3.0,7.2)	(4.1,8.9`)	(4.4,8.8)	(5.8,10.8)	(6.1, 9.6)	(4.1,7.7)	(5.0, 8.8)	(3.9, 8.0)	(6.9, 12.3)	(7.9, 14.5)	(12.6, 20.3)	(6.7, 13.1)
Region																				
Toronto	†**3.6**	†**6.6**	†**6.3**	†**5.8**	†**4.5**	†**4.6**	†**4.1**	†**7.0**	†**5.6**	†**6.9**	†**9.7**	†**8.5**	**9.7**	†**4.2**	†**6.1**	†**7.3**	†**8.9**	**15.4**	**14.5**	**15.6**
	(2.1, 6.0)	(4.5, 9.6)	(4.2, 9.1)	(3.7, 9.0)	(2.8, 7.2)	(3.0,7.1)	(2.6,6.6)	(4.4, 10.9)	(3.6,8.6)	(4.5, 10.4)	(6.1, 14.9)	(5.6, 12.7)	(7.4, 12.6)	(2.3, 7.6)	(3.4, 10.6)	(4.2, 12.2)	(5.9, 13.1)	(11.8, 19.9)	(10.9. 19.0)	(11.7, 20.3)
C- East	†**3.6**	†**7.4**	†**7.7**	†**4.9**	†**5.8**	†**6.4**	†**7.0**	†**4.6**	†**4.0**	†**3.2**	†**6.0**	†**7.0**	**7.8**	†**7.5**	†**11.2**	†**9.5**	†**12.9**	**14.7**	**20.1**	**17.1**
	(2.1, 6.1)	(4.7, 11.3)	(5.3, 11.1)	(3.2, 7.5)	(3.7, 8.9)	(4.0,10.0)	(4.5,10.7)	(3.0, 7.0)	(2.0,7.6)	(1.8, 5.4)	(3.5, 10.0)	(4.2, 11.3)	(5.6, 10.7)	(4.7, 11.9)	(6.9, 17.6)	(6.1, 14.5)	(9.2, 17.8)	(11.2, 19.0)	(15.9, 25.2)	(12.9, 22.3)
C- West	†**2.8**	†**6.6**	†**5.0**	†**3.6**	†**6.8**	†**6.1**	†**6.1**	†**8.0**	†**9.0**	†**7.5**	†**7.7**	†**10.0**	**10.4**	†**9.8**	†**8.2**	†**10.0**	†**9.1**	**15.4**	**14.7**	**19.5**
	(1.6, 4.9)	(4.1, 10.5)	(3.1, 7.9)	(2.1, 6.4)	(4.5, 10.4)	(3.9,9.2)	(4.0,9.2)	(5.3, 11.9)	(6.2,12.8)	(5.2, 10.7)	(5.1, 11.5)	(7.1, 14.1)	(7.8, 13.6)	(6.6, 14.3)	(4.9, 13.5)	(6.4, 15.2)	(5.9, 13.8)	(11.9, 19.8)	(11.2, 19.0)	(15.2, 24.5)
West	†**4.1**	†**4.2**	†**5.0**	†**4.8**	†**8.4**	†**6.2**	†**7.5**	†**9.2**	†**6.9**	†**8.4**	†**5.9**	†**8.8**	†**5.2**	†**7.7**	†**11.4**	†**6.7**	**17.4**	**18.0**	**22.0**	**16.3**
	(2.6, 6.5)	(2.6, 6.7)	(3.1, 7.9)	(3.1, 7.4)	(5.8, 12.0)	(3.8,9.9)	(5.1,11.0)	(6.4, 13.2)	(4.6,10.3)	(5.9,11.8)	(3.5,9.6)	(6.1,12.5)	(3.7, 7.2)	(4.7,12.2)	(7.6, 16.6)	(4.0, 11,1)	(12.9, 23.0)	(14.0, 22.8)	(17.4, 27.4)	(12.3, 21.3)
East	**8.0**	†**6.6**	**8.3**	†**8.7**	†**7.9**	†**8.3**	†**6.7**	†**8.8**	†**11.0**	†**8.6**	†**8.6**	†**11.1**	**10.0**	†**10.3**	†**8.8**	†**12.6**	**14.9**	**16.7**	**17.2**	**23.1**
	(5.7, 11.2)	(4.5, 9.4)	(5.7, 11.8)	(6.1, 12.2)	(5.4, 11.5)	(5.7, 11.9)	(4.6,9.7)	(6.0, 12.7)	(7.7,15.7)	(5.9,12.4)	(6.0,12.1)	(7.2,16.7)	(7.6, 13.1)	(7.3,14.4)	(6.0, 12.9)	(8.7, 17.9)	(10.7, 20.4)	(13.1, 21.1)	(13.1, 22.1)	(18.2, 28.8)
North	†**6.0**	†**5.7**	**7.0**	†**5.2**	†**8.5**	†**4.2**	†**6.9**	†**5.5**	†**10.0**	†**10.4**	†**8.0**	†**11.1**	**9.0**	†**8.6**	†**9.5**	†**10.2**	†**13.0**	**19.2**	**23.7**	**21.0**
	(4.2, 8.5)	(3.7, 8.8)	(4.8, 10.1)	(3.7, 7.4)	(5.7, 12.3)	(2.4, 7.4	(4.4,10.6)	(3.4, 8.8)	(6.4,15.4)	(7.3,14.6)	(5.3,11.9)	(7.6,15.9)	(6.8, 11.7)	(5.8,12.7)	(6.1, 14.5)	(6.6, 15.3)	(9.0, 18.4)	(17.9, 30.8)	(17.9, 30.8)	(16.3, 26.7)

Notes: (1) † Estimate suppressed or unstable; [¶]95% confidence interval; the sampling design was changed in 2020 from telephone to web survey.
(2)[a] Significant difference between 2022 and 2023 ($p<.05$)
Q: In the past 12 months, have you taken any prescription medication to treat depression?
Source: *CAMH Monitor*, Centre for Addiction and Mental Health

Figure 7.2.4 Past Year Use of Prescription Medication to Treat Depression, Aged 18+, 1997–2023







Note: vertical 'whiskers' represent 95% confidence intervals
Source: CAMH Monitor

7.3 . Mental Health-Related Quality Of Life

Mental Health-Related Quality of Life was assessed by two measures: 1) *fair or poor mental health*, defined as the percentage who rated their mental health as fair or poor, and 2) *frequent mental distress days*, defined as the percentage who reported experiencing 14 or more mentally unhealthy days during the past 30 days. The following items were asked in the survey:

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 in the last 30 days was your mental health not good?*

Self- Rated Fair/Poor Mental Health

An estimated, **30.7%** (95% CI: 28.8% to 32.7%) of adults rated their mental health as fair or poor.

Women were more likely than men to report fair or poor mental health (33.5% vs. 27.5%, respectively).

There were significant associations of age with self-rated fair or poor mental health, with younger adults more likely to report fair or poor mental health compared to older adults (Figure 7.3.1).

There were no significant differences in self-rated fair or poor mental health between regions in Ontario (Figure 7.3.1).

Trends

2003–2023..... Figure 7.3.2, Table 7.3.2

2022-2023

Overall, there was no significant change in self-rated fair or poor mental health between 2022 and 2023 (31.8% vs. 30.7%, respectively).

There were also no significant changes in self-rated fair or poor mental health between 2022 and 2023 among men, women and all age subgroups (Table 7.3.2).

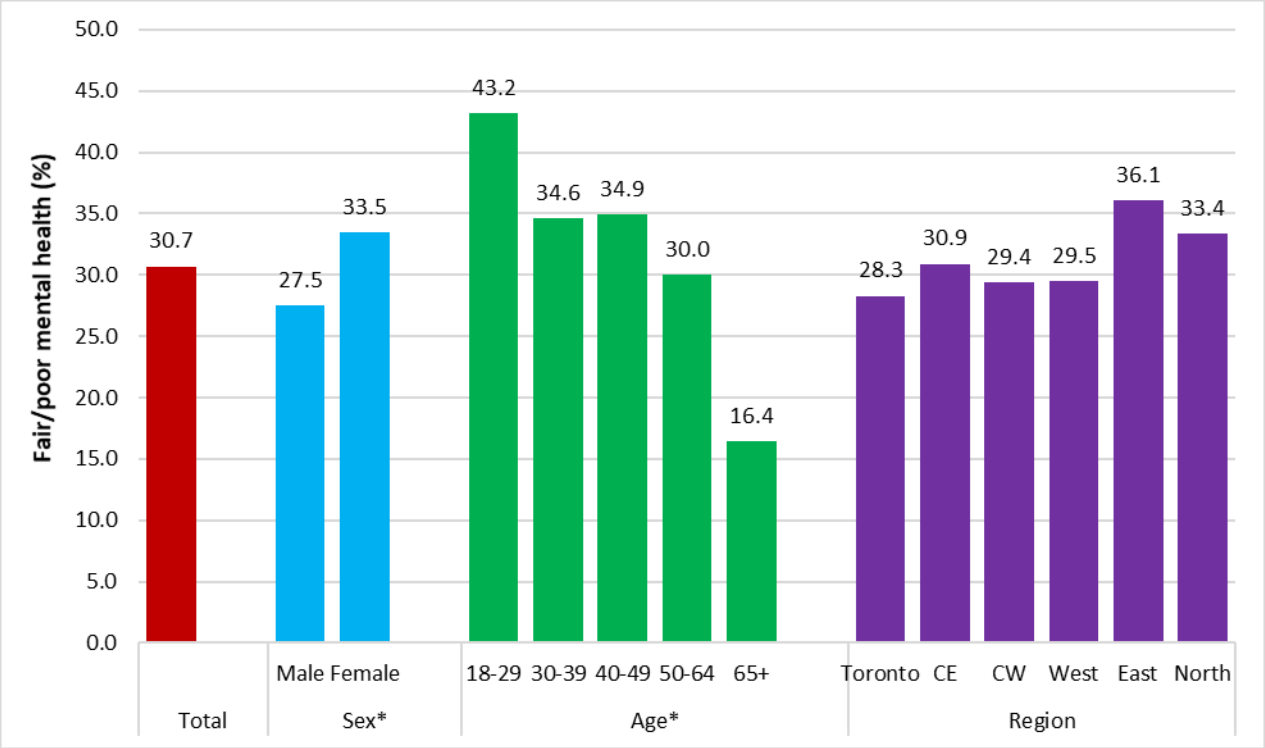
There was a significant decrease between 2022 and 2023 in self-rated fair or poor mental health estimates among adults who reside in Toronto (34.9% vs. 28.3%, respectively). The estimates for fair or poor mental health remained stable among other regions in Ontario.

2013-2023

The percentages reporting self-rated fair or poor mental health varied from 6.5% in 2014 to 31.8% in 2022. After adjusting for sample characteristics including sex, age, education, household income, region of residence and immigration status, the odds of reporting self-rated fair or poor mental health was about six times higher in 2023 compared to 2013. In comparing the current estimate with that from five years ago, greater odds of self-rated fair or poor mental health were also evident in 2023 compared to 2018 (Table 7.3.1).

There were also greater odds of reporting self-rated fair or poor mental health in 2023 compared to 2013 among men, women, all age and regional subgroups. Likewise, greater odds of reporting self-rated fair or poor mental health were evident in 2023 compared to 2018 among men, women, all age and regional subgroups (Table 7.3.1).

Figure 7.3.1 **Percentage Reporting Fair or Poor Mental Health by Sex, Age and Region, Aged 18+, 2023 (N=2546)**



Note: CE: Central East; CW: Central West; *: Statistically significant differences between estimates, (p<0.05)

Table 7.3.1: Changes in Reporting Fair or Poor Mental Health between 2013 and 2023 among Sex, Age and Regional subgroups

Variables		2023 vs. 2013				2023 vs. 2018			
		OR	95%CI		Sig.	OR	95%CI		Sig.
Total		6.47	5.13	8.16	*	3.38	2.78	4.11	*
Sex	Men	4.79	3.37	6.81	*	2.92	2.16	3.94	*
	Women	8.74	6.57	11.62	*	3.86	2.99	4.97	*
Age	18 to 29	5.70	3.09	10.53	*	2.44	1.60	3.72	*
	30 to 39	6.96	4.03	12.01	*	4.23	2.42	7.39	*
	40 to 49	11.33	7.01	18.31	*	5.30	3.26	8.63	*
	50 to 64	7.02	4.96	9.93	*	3.85	2.68	5.52	*
	65+	3.71	2.38	5.80	*	3.08	2.09	4.53	*
Region	Toronto	4.23	2.50	7.15	*	3.14	2.07	4.78	*
	Central East	6.00	3.60	10.01	*	3.41	2.20	5.28	*
	Central West	6.81	4.12	11.28	*	2.60	1.69	4.01	*
	West	11.70	6.91	19.82	*	4.25	2.49	7.26	*
	East	6.91	4.35	10.98	*	4.64	3.01	7.15	*
	North	9.67	6.05	15.46	*	3.90	2.51	6.05	*

OR: odds ratio adjusted for age, sex, education, household income, region of residence and immigration status. * Statistically significant (Sig.) difference at p<0.05.

Table 7.3.2: Percentage Reporting ***Fair or Poor Mental Health***, by Demographic Characteristics, Aged 18+, 2003–2023

	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2022	2023
(N=)	(2411)	(2611)	(2445)	(2016)	(2005)	(2024)	(2037)	(2024)	(1999)	(3030)	(3021)	(3043)	(5013)	(3042)	(2812)	(2806)	(2827)	(3033)	(2650)	(2590)
Total	**4.7**	**6.1**	**5.2**	**5.8**	**6.2**	**6.1**	**5.7**	**6.1**	**6.0**	**5.9**	**7.1**	**6.5**	**6.7**	**7.0**	**10.1**	**12.1**	**12.9**	**26.2**	**31.8**	**30.7**
(95% CI)[¶]	(3.9, 5.8)	(5.1, 7.4)	(4.3, 6.3)	(4.7, 7.1)	(5.2, 7.5)	(4.8, 7.6)	(4.7, 7.0)	(5.0, 7.5)	(4.9, 7.3)	(5.0, 7.0)	(5.8, 8.6)	(5.4, 7.8)	(5.8, 7.6)	(5.9, 8.3)	(8.6, 11.8)	(10.5, 13.9)	(11.4, 14.6)	(24.6, 28.0)	(29.9, 33.8)	(28.8, 32.7)
Sex																				
Men	**5.0**	**6.4**	**4.3**	**5.6**	**5.1**	**6.1**	**6.1**	**5.4**	**5.3**	**6.0**	**8.3**	**5.8**	**5.9**	**7.1**	**10.5**	**12.2**	**11.8**	**20.8**	**29.4**	**27.5**
	(3.7, 6.7)	(4.8, 8.5)	(3.1, 6.0)	(4.4,7.8)	(3.7, 6.9)	(4.4, 8.3)	(4.6, 8.2)	(4.0, 7.4)	(3.8, 7.4)	(4.6, 7.9)	(6.2, 11.0)	(4.2, 7.9)	(4.7, 7.4)	(5.3, 9.3)	(8.2, 13.2)	(9.8, 15.0)	(9.7, 14.3)	(18.5, 23.2)	(26.5, 32.4)	(24.6, 30.6)
Women	**4.5**	**5.8**	**6.1**	**5.9**	**7.3**	**6.1**	**5.4**	**6.9**	**6.6**	**5.8**	**5.9**	**7.1**	**7.3**	**6.9**	**9.8**	**12.0**	**14.0**	**31.2**	**34.0**	**33.5**
	(3.4, 5.9)	(4.6, 7.4)	(4.8, 7.7)	(4.1, 7.6)	(5.7, 9.3)	(4.4, 8.3)	(4.1, 7.0)	(5.2, 9.0)	(5.2, 8.4)	(4.8, 7.2)	(4.7, 7.5)	(5.6, 8.9)	(6.2, 8.6)	(5.5, 8.6)	(7.9, 12.1)	(9.9, 14.5)	(11.8, 16.5)	(28.9, 33.7)	(31.5, 36.6)	(30.9, 36.1)
Age																				
18-29	**6.2**	**5.1**	**5.4**	**4.7**	**†7.1**	**†6.4**	**†2.9**	**†5.3**	**†6.1**	**†6.5**	**†12.1**	**†11.1**	**†8.5**	**†11.6**	**†12.9**	**23.5**	**22.2**	**35.2**	**49.3**	**43.2**
	(3.9, 9.6)	(3.0, 8.4)	(3.4, 8.5)	(2.5, 8.8)	(4.5, 11.2)	(3.0, 13.1)	(1.5, 5.7)	(2.7, 10.2)	(3.2,11.3)	(3.7,11.2)	(7.3,19.3)	(7.1,17.1)	(6.0, 11.9)	(7.8,17.0)	(9.2, 17.9)	(18.4, 29.6)	(17.7, 27.4)	(30.7, 39.9)	(43.5, 55.0)	(37.1, 49.5)
30-39	**†4.8**	**8.0**	**6.1**	**5.9**	**†3.9**	**†5.9**	**†7.8**	**†4.2**	**†5.6**	**†5.2**	**†7.8**	**†5.6**	**†6.7**	**†5.1**	**†13.8**	**†11.7**	**†15.2**	**29.9**	**35.2**	**34.6**
	(3.0, 7.5)	(5.6, 11.3)	(3.9, 9.4)	(3.6, 9.5)	(2.3, 6.4)	(3.4, 10.1)	(4.9, 12.1)	(2.3, 7.5)	(3.5,8.9)	(3.3,8.0)	(4.9,12.0)	(3.5,8.9)	(4.6, 9.9)	(2.7,9.4)	(8.2, 22.3)	(7.4, 17.9)	(10.8, 21.0)	(26.1, 34.0)	(30.8, 39.1)	(30.4, 39.1)
40-49	**†4.3**	**5.3**	**5.6**	**7.3**	**8.0**	**†6.1**	**†6.5**	**†8.0**	**†6.7**	**†4.3**	**†5.0**	**†7.8**	**†4.8**	**†5.5**	**†9.7**	**†9.1**	**12.8**	**32.0**	**33.6**	**34.9**
	(2.8, 6.5)	(3.5, 11.3)	(3.8, 8.0)	(4.9, 10.6)	(5.5, 11.5)	(4.0, 9.2)	(4.2, 9.8)	(5.4, 11.7)	(4.5,9.9)	(2.9, 6.3)	(3.3, 7.3)	(5.3, 11.5)	(3.3, 6.9)	(3.7, 8.1)	(6.4, 14.5)	(6.1, 13.4)	(9.2, 17.5)	(27.8, 36.4)	(29.0, 38.5)	(30.4, 39.7)
50-64	**†4.3**	**6.4**	**5.2**	**5.4**	**†6.5**	**7.9**	**†7.2**	**7.4**	**6.6**	**8.0**	**5.9**	**4.3**	**7.3**	**6.5**	**9.8**	**10.2**	**9.4**	**23.5**	**28.9**	**30.0**
	(2.9, 6.3)	(4.6, 9.0)	(3.5, 7.6)	(3.6, 8.2)	(4.5,9.3)	(5.7, 10.9)	(5.2, 9.9)	(5.4, 10.2)	(4.7,9.0)	(6.3, 10.1)	(4.5, 7.7)	(3.2, 5.9)	(6.0, 8.9)	(5.0, 8.5)	(7.5, 12.6)	(7.7, 13.5)	(7.0, 12.4)	(20.5, 26.9)	(25.6, 32.6)	(26.6, 33.8)
65+	**†3.5**	**†4.2**	**†3.3**	**†5.7**	**†5.7**	**†4.0**	**†4.3**	**†5.2**	**†5.8**	**†5.1**	**6.2**	**4.5**	**5.7**	**6.2**	**5.8**	**6.9**	**6.7**	**14.3**	**17.9**	**16.4**
	(2.1, 5.8)	(2.6, 6.8)	(2.0, 5.5)	(3.7,8.8)	(3.5, 9.2)	(2.4, 6.5)	(2.7, 6.6)	(3.4, 7.9)	(4.0,8.5)	(3.7, 7.0)	(4.4, 8.5)	(3.3, 6.2)	(4.6, 7.1)	(4.7, 7.9)	(4.5, 7.6)	(5.3, 9.0)	(5.2, 8.7)	(11.4, 17.6)	(14.9, 21.3)	(13.2, 20.2)
Region																				
Toronto	**†4.6**	**†7.1**	**†4.9**	**†5.4**	**†6.5**	**†9.2**	**†6.7**	**†6.9**	**†5.9**	**†7.2**	**†8.6**	**†6.0**	**6.4**	**†6.2**	**†10.3**	**10.6**	**16.5**	**25.9**	**34.9**	**28.3[a]**
	(2.8, 7.3)	(4.7, 10.6)	(3.0, 7.8)	(3.2, 8.9)	(4.2,10.0)	(6.1, 13.7)	(4.4, 10.2)	(4.2, 11.3)	(3.6,9.4)	(5.2,10.1)	(5.5,13.3)	(3.6,9.8)	(4.8, 8.6)	(4.2,9.3)	(7.2, 14.4)	(7.8, 14.2)	(12.6, 21.2)	(22.2, 30.0)	(24.2, 32.7)	(24.2, 32.7)
Central East	**†5.1**	**†5.2**	**†5.5**	**†6.7**	**†8.0**	**†6.6**	**†5.7**	**†5.4**	**†3.7**	**†5.5**	**†7.4**	**†5.5**	**†6.2**	**†6.3**	**†10.0**	**12.0**	**10.3**	**26.0**	**32.4**	**30.9**
	(3.2, 7.9)	(3.3, 8.1)	(3.5, 8.5)	(4.2,10.6)	(5.4,11.8)	(3.9, 11.2)	(3.5,9.0)	(3.5, 8.4)	(2.2,6.2)	(3.5, 8.5)	(4.8, 11.3)	(3.5, 8.6)	(4.5, 8.6)	(4.1, 9.6)	(6.9, 14.3)	(8.7, 16.3)	(7.5, 14.1)	(22.2, 30.1)	(28.1, 36.9)	(26.6, 35.7)
Central West	**†3.7**	**†6.3**	**†3.1**	**†5.1**	**†4.1**	**†2.6**	**†5.7**	**†5.8**	**†8.4**	**†4.2**	**†6.8**	**†7.0**	**8.0**	**†7.7**	**†8.4**	**14.3**	**†10.1**	**26.5**	**29.4**	**29.4**
	(2.0, 6.7)	(4.1, 9.6)	(1.8, 5.4)	(3.0, 8.3)	(2.4,7.1)	(1.4, 4.7)	(3.7, 8.7)	(3.5, 9.2)	(5.5,12.6)	(2.7, 6.3)	(4.6, 9.9)	(4.8, 10.3)	(6.0, 10.6)	(5.1, 11.4)	(5.4, 12.8)	(10.4, 19.4)	(7.1, 14.2)	(22.4, 33.7)	(25.2, 34.0)	(25.2, 34.0)
West	**†4.2**	**†5.2**	**†6.4**	**†5.2**	**†5.9**	**†5.3**	**†5.4**	**†6.0**	**†6.8**	**†6.6**	**†4.2**	**†6.5**	**†5.8**	**†6.7**	**12.6**	**†9.9**	**14.8**	**24.9**	**30.1**	**29.5**
	(2.6, 6.8)	(3.4, 7.9)	(4.4, 9.4)	(3.3, 8.1)	(3.7,9.2)	(3.5,8.2)	(3.5,8.3)	(3.6,9.8)	(4.5,10.1)	(4.6, 9.5)	(2.7, 6.4)	(4.3, 9.6)	(4.1, 7.9)	(4.3, 10.4)	(9.1, 17.3)	(6.5, 14.7)	(11.4, 19.1)	(21.1, 29.0)	(25.8, 34.8)	(25.3, 34.2)
East	**†5.4**	**†6.7**	**†6.9**	**†4.2**	**†5.2**	**†5.5**	**†5.8**	**†7.5**	**†5.0**	**†6.3**	**†7.9**	**†8.2**	**7.0**	**†8.9**	**†10.8**	**11.2**	**14.0**	**25.7**	**31.1**	**36.1**
	(3.4, 8.5)	(4.2, 10.7)	(4.5, 10.4)	(2.5,7.1)	(3.2,8.3)	(3.2,9.1)	(3.7,9.0)	(4.9, 11.3)	(3.1,7.8)	(4.4, 8.9)	(5.5, 11.3)	(5.5, 12.1)	(5.1, 9.4)	(6.1, 12.9)	(7.2, 15.8)	(8.1, 15.4)	(10.6, 18.3)	(22.1, 29.7)	(26.7, 35.8)	(31.5, 41.0)
North	**†6.9**	**†6.3**	**†6.7**	**†9.3**	**†7.5**	**†5.1**	**†3.8**	**†4.1**	**†8.3**	**†6.4**	**†6.5**	**†6.8**	**6.6**	**†7.0**	**†10.7**	**13.6**	**13.4**	**29.7**	**34.2**	**33.4**
	(4.8, 9.7)	(4.2, 9.3)	(4.5, 9.9)	(6.4,13.5)	(4.9,11.3)	(3.0, 8.4)	(2.1, 6.7)	(2.5, 6.5)	(5.4,12.6)	(4.3, 9.4)	(4.5, 9.2)	(4.5, 10.0)	(5.1, 8.6)	(4.9, 9.8)	(7.6, 15.0)	(9.8, 18.6)	(10.1, 17.6)	(25.7, 34.1)	(29.1, 39.8)	(28.7, 38.4)

Notes :(1) † Estimate suppressed or unstable; [¶]95% confidence interval; the sampling design was changed in 2020 from telephone interview to web survey.

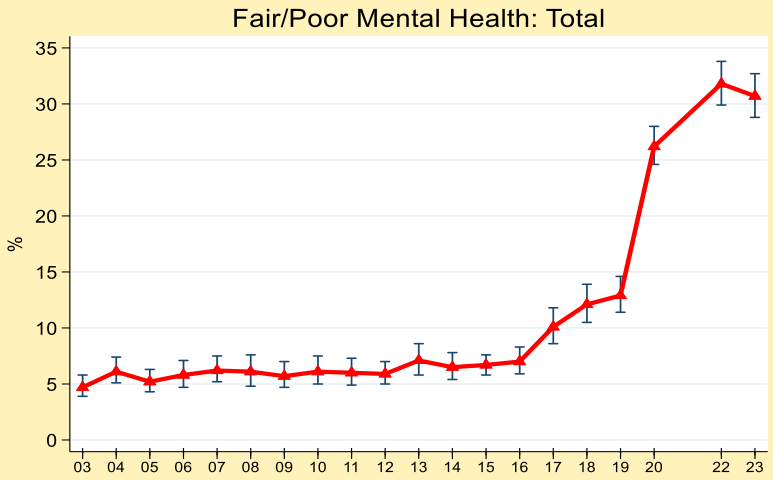
(2) [a] Significant difference between 2022 and 2023 ($p<.05$).

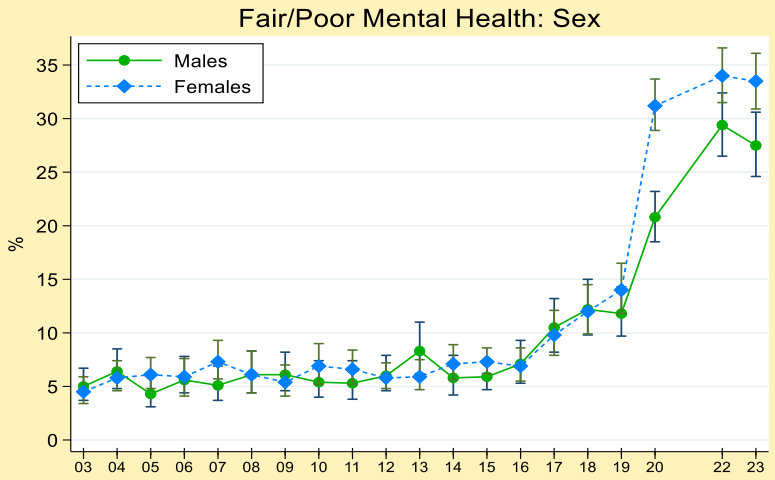
Q: In general, would you say your overall mental health is excellent, very good, good, fair, or poor?

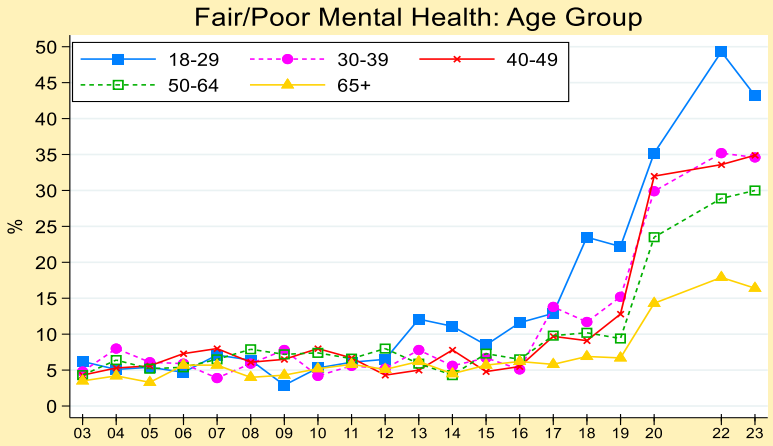
Def'n: Poor Mental Health – reporting fair or poor mental health in general.

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

Figure 7.3.2 Percentage Reporting Fair or Poor Mental Health, Aged 18+, 2003–2023







Note: vertical 'whiskers' represent 95% confidence intervals
Source: CAMH Monitor

7.3.2 Frequent Mental Distress Days

Overall, an estimated **18.8%** (95% CI: 16.8% to 20.9%) of adults experienced frequent mental distress days (14+ days) in the past 30 days.

Women were more likely than men to report frequent mental distress days (21.2% vs. 16.0%, respectively).

There was also significant differences in estimates of frequent mental distress days between age groups. Older adults were less likely to experience frequent mental distress days compared to younger adults (Figure 7.3.2).

There were no significant differences in estimates of frequent mental distress days between regions (Figure 7.3.2).

Trends

2003–2023..... Table 7.3.4, Figure 7.3.4

2022-2023

Overall, there was no significant change in estimates of frequent mental distress days between 2022 and 2023 (19.3% vs. 18.8%, respectively).

There were also no significant changes between 2022 and 2023 in estimates of frequent mental distress days among men, women, all age subgroups and regions (Table 7.3.4).

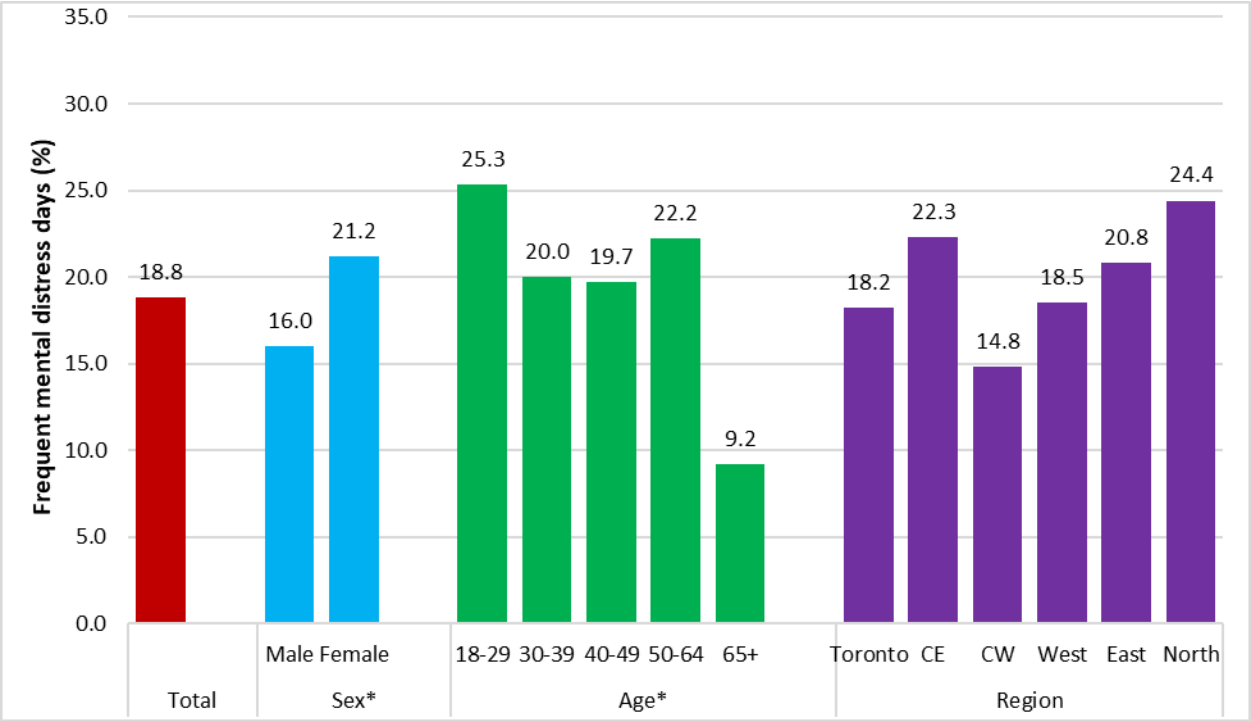
2013-2023

The percentages reporting frequent mental distress days varied from 6.0% in 2014 to 19.3% in 2023. After adjusting for sample characteristics including sex, age, education, household income, region of residence and immigration status, the odds of reporting frequent mental distress days were about three times higher in 2023 compared to 2013. In comparing with estimates from five years ago, the odds of frequent mental distress days were about two times higher in 2023 compared to 2018 (Table 7.3.3).

There were also greater odds of reporting frequent mental distress days in 2023 compared to 2013 among men, women, all age and regional subgroups (Table 7.3.3).

Compared to 2018, greater odds of reporting frequent mental distress days were evident in 2023 among men, women, those aged 50 to 64 and 65 or older and all regions except the Central West (Table 7.3.3).

Figure 7.3.3 **Percentage Reporting Frequent Mental Distress Days (14+) in the Past 30 Days by Sex, Age and Region, Aged 18+, 2023 (N=1631)**



Note: CE: Central East; CW: Central West; *: Statistically significant differences between estimates, (p<0.05)

Table 7.3.3: **Changes in Reporting Frequent Mental Distress Days (14+) in the Past 30 Days Between 2013 and 2023 among Sex, Age and Regional Subgroups**

Variables		2023 vs. 2013				2023 vs. 2018			
		OR	95%CI		Sig.	OR	95%CI		Sig.
Total		3.06	2.30	4.09	*	1.84	1.43	2.38	*
Sex	Men	2.70	1.66	4.38	*	1.91	1.25	2.92	*
	Women	3.38	2.41	4.74	*	1.78	1.29	2.44	*
Age	18 to 29	2.96	1.33	6.57	*	1.76	0.97	3.20	
	30 to 39	2.11	1.06	4.21	*	1.40	0.73	2.70	
	40 to 49	3.75	2.09	6.71	*	1.65	0.90	3.02	
	50 to 64	3.92	2.52	6.09	*	2.36	1.53	3.65	*
	65+	2.73	1.50	4.98	*	1.83	1.01	3.29	*
Region	Toronto	1.93	1.01	3.70	*	2.51	1.34	4.71	*
	Central East	4.21	2.17	8.16	*	2.57	1.49	4.44	*
	Central West	2.54	1.36	4.74	*	0.99	0.57	1.70	
	West	3.92	2.10	7.32	*	2.73	1.18	6.36	*
	East	3.14	1.69	5.82	*	1.82	1.01	3.30	*
	North	8.55	4.49	16.30	*	2.30	1.30	4.07	*

OR: odds ratio adjusted for age, sex, education, household income, region of residence and immigration status. * Statistically significant (Sig.) difference at p<0.05.

Table 7.3.4: Percentage Reporting ***Frequent Mental Distress Days*** (14+) in the Past 30 Days, by Demographic Characteristics, Aged 18+, 2003–2023

(N=)	2003 (2411)	2004 (2611)	2005 (2445)	2006 (2016)	2007 (2005)	2008 (2024)	2009 (2037)	2010 (2024)	2011 (1999)	2012 (2015)	2013 (2060)	2014 (2004)	2015 (1005)	2016 (1020)	2017 (1813)	2018 (1798)	2019 (1820)	2020 (2014)	2022 (1702)	2023 (1661)
Total	**5.4**	**6.6**	**5.4**	**5.8**	**6.6**	**6.0**	**6.4**	**7.9**	**7.1**	**6.4**	**7.3**	**6.0**	**9.7**	**7.4**	**11.7**	**10.9**	**13.3**	**16.8**	**19.3**	**18.8**
(95% CI)¶	(4.5, 6.5)	(5.5, 7.9)	(4.5, 6.6)	(4.7, 7.1)	(5.5,7.9)	(4.7, 7.6)	(4.8, 8.3)	(6.6, 9.5)	(5.7,8.7)	(5.2, 7.9)	(5.8,9.0)	(4.8,7.5)	(7.5, 12.5)	(5.5,9.9)	(9.6, 14.2)	(9.1, 13.1)	(11.4, 15.6)	(15.1, 18.6)	(17.3, 21.4)	(16.8, 20.9)
Sex																				
Men	**4.2**	**5.7**	**4.4**	**†4.9**	**†4.7**	**†5.6**	**†4.7**	**5.8**	**†5.8**	**†5.8**	**†7.1**	**†4.0**	**†7.9**	**†7.4**	**†9.9**	**9.0**	**9.5**	**12.3**	**14.9**	**16.0**
	(3.0, 5.8)	(4.3, 7.6)	(3.2, 6.2)	(3.4,6.9)	(3.3,6.5)	(3.9, 7.9)	(3.1, 7.2)	(4.2, 8.0)	(3.9,8.7)	(4.0, 8.3)	(5.0,10.1)	(2.5,6.4)	(4.9, 12.6)	(4.5,11.8)	(7.1, 13.7)	(6.7, 12.1)	(7.2, 12.5)	(10.2, 14.8)	(12.2, 18.1)	(13.3, 19.2)
Women	**6.5**	**7.4**	**6.3**	**6.7**	**8.4**	**6.4**	**8.1**	**10.1**	**8.2**	**7.0**	**7.4**	**7.9**	**11.4**	**†7.5**	**13.3**	**12.7**	**16.8**	**21.1**	**22.9**	**21.2**
	(5.2, 8.2)	(6.0, 9.2)	(5.0, 8.0)	(5.2,8.6)	(6.7,10.5)	(4.5, 8.9)	(5.7,11.4)	(8.1, 12.5)	(6.5, 10.3	(5.4, 8.9)	(5.7, 9.6)	(6.2, 10.0)	8.5, 15.2)	(5.3, 10.4)	(10.5, 16.7)	(10.1, 15.9)	(13.9, 20.2)	(18.5, 23.9)	(20.3, 25.8)	(18.6, 24.1)
Age																				
18-29	**7.0**	**8.2**	**†5.7**	**†5.4**	**†7.9**	**10.2**	**†5.0**	**†9.0**	**†11.6**	**†6.8**	**†9.9**	**†5.4**	**†12.8**	**†8.3**	**†18.8**	**†15.1**	**23.0**	**20.8**	**26.0**	**25.3**
	(4.6, 10.4)	(5.5, 12.1)	(3.6, 9.0)	(3.1,9.0)	(5.1,12.1)	(5.8, 17.4)	(2.1, 11.5)	(5.6, 14.2)	(7.1, 18.5)	(3.3, 13.2)	(5.4, 17.6)	(2.5, 11.0)	(6.7.23.1)	(3.2, 20.1)	(12.7.27.1)	(10.2, 21.7)	(17.4, 29.8)	(16.4, 26.1)	(20.6, 32.2)	(19.5, 32.0)
30-39	**†3.4**	**6.3**	**7.6**	**†7.6**	**†8.5**	**†5.9**	**†7.2**	**†7.5**	**†6.9**	**†8.5**	**†9.9**	**†8.3**	**†12.7**	**†10.1**	**†10.3**	**†13.8**	**†18.6**	**17.0**	**24.4**	**20.0**
	(2.1, 5.4)	(4.2, 9.3)	(5.1, 11.1)	(4.9,11.6)	(5.6, 12.5)	(3.7, 9.5)	(4.1, 12.3)	(4.7, 11.8)	(4.3, 10.9)	(5.5, 12.9)	(5.8, 16.2)	(4.8, 14.0)	(6.7, 22.7)	(4.8, 20.1)	(5.2, 19.6)	(8.5, 21.7)	(12.2, 27.2)	(13.3, 21.5)	(19.5, 30.0)	(15.8, 24.9)
40-49	**6.8**	**7.8**	**†4.8**	**†7.1**	**†7.2**	**8.1**	**†6.5**	**†7.5**	**†6.7**	**†7.5**	**†6.7**	**†8.1**	**†11.1**	**†6.0**	**†14.7**	**†11.4**	**†11.3**	**18.2**	**22.7**	**19.7**
	(4.8, 9.4)	(5.5, 11.0)	(3.2, 7.1)	(4.8,10.4)	(4.8,10.5)	(5.5,11.9)	(3.7, 11.4)	(5.0, 11.1)	(4.6,9.9)	(5.0, 11.1)	(4.4,10.3)	(5.3,12.3)	(6.7, 17.8)	(2.8,12.7)	(9.6, 21.8)	(7.2, 17.7)	(7.5, 16.6)	(14.4, 22.7)	(17.8, 28.5)	(15.2, 25.1)
50-64	**6.9**	**6.6**	**†5.1**	**†5.4**	**†6.2**	**†4.3**	**†8.3**	**†9.7**	**†5.6**	**†6.8**	**7.0**	**†5.0**	**†7.3**	**†7.1**	**9.2**	**10.8**	**†7.9**	**17.3**	**17.3**	**22.2**
	(4.9, 9.8)	(4.8, 9.1)	(3.4, 7.7)	(3.6, 8.2)	(4.3,9.0)	(2.8, 6.4)	(5.2, 13.0)	(7.2, 13.0)	(3.9,8.0)	(5.0, 9.2)	(5.1,9.4)	(3.5,7.1)	(4.8, 11.1)	(4.6,10.8)	(6.7, 12.7)	(7.9, 14.7)	(5.6, 10.9)	(14.1, 21.1)	(13.9, 21.2)	(18.4, 26.6)
65+	**†1.9**	**†3.8**	**†3.6**	**†3.2**	**†3.1**	**†1.9**	**†3.5**	**†5.5**	**†4.6**	**†2.5**	**†3.8**	**†4.2**	**†6.4**	**†6.6**	**6.0**	**†5.3**	**8.6**	**11.4**	**11.1**	**9.2**
	(1.0,3.8)	(2.2, 6.4)	(2.2, 5.8)	(1.7,6.2)	(1.9,5.2)	(1.0, 3.8)	(1.7, 7.1)	(3.6, 8.4)	(2.9,7.2)	(1.5, 4.2)	(2.4,5.8)	(2.8,6.3)	(3.9, 10.3)	(4.2,10.2)	(4.4, 8.3)	(3.5, 8.0)	(6.5, 11.3)	(8.3, 15.5)	(8.3, 14.8)	(6.5, 12.9)
Region																				
Toronto	**†4.7**	**†7.3**	**†4.8**	**†3.8**	**†5.1**	**†6.6**	**†6.9**	**†8.4**	**†7.7**	**†6.4**	**†9.2**	**†5.7**	**†6.8**	**†5.8**	**†11.4**	**†7.0**	**†12.3**	**15.7**	**16.4**	**18.2**
	(3.0, 7.5)	(5.0, 10.7)	(3.0, 7.5)	(2.0, 7.3)	(3.0, 8.5)	(3.8, 11.3)	(3.8, 12.0)	(5.4, 12.8)	(5.0,11.7)	(3.9, 10.5)	(5.7,14.6)	(3.3,9.6)	(3.7, 12.3)	(2.4,13.4)	(7.7, 16.6)	(4.3, 11.2)	(8.7, 17.2)	(12.1, 20.2)	(12.6, 21.1)	(14.1, 23.2)
Central East	**†5.5**	**†5.4**	**†6.5**	**†7.0**	**†8.7**	**†8.4**	**†5.5**	**†7.1**	**†6.0**	**†8.0**	**†7.7**	**†4.9**	**†9.2**	**†6.9**	**†11.3**	**†11.8**	**†15.5**	**17.2**	**20.2**	**22.3**
	(3.6, 8.1)	(3.5, 8.2)	(4.2, 10.0)	(4.5, 10.7)	(6.0,12.6)	(5.3, 13.1)	(3.0, 9.9)	(4.7, 10.5)	(3.3, 10.6)	(5.3, 12.1)	(4.7, 12.4)	(2.9, 8.1)	(4.8, 16.7)	(3.7, 12.4)	(7.3, 17.0)	(8.1, 17.0)	(11.1, 21.4)	(13.3, 21.9)	(16.0, 25.1)	(17.5, 27.9)
Central West	**†6.2**	**†6.4**	**†5.6**	**†6.3**	**†5.4**	**†4.0**	**†8.5**	**†10.3**	**†8.7**	**†4.8**	**†6.5**	**†8.0**	**†12.7**	**†9.0**	**†10.1**	**†14.0**	**†11.9**	**19.2**	**19.8**	**14.8**
	(4.0, 9.5)	(4.1, 9.9)	(3.7, 8.3)	(4.0, 9.9)	(3.3,8.6)	(2.1, 7.8)	(4.8, 14.7)	(7.0,15.0)	(5.7,13.0)	(2.7, 8.3)	(4.1,10.3)	(5.0,12.4)	(7.4, 20.8)	(4.2,18.1)	(5.8, 17.1)	(9.7, 19.7)	(7.7, 18.0)	(15.3, 23.8)	(15.7, 24.6)	(11.2, 19.2)
West	**†6.0**	**†8.6**	**†5.1**	**†6.0**	**†4.3**	**†5.4**	**†4.5**	**†5.8**	**†6.8**	**†6.3**	**†6.2**	**†7.0**	**†4.8**	**†6.7**	**†14.4**	**†7.9**	**†13.3**	**14.7**	**19.2**	**18.5**
	(4.0, 9.1)	(6.2, 12.0)	(3.2, 8.0)	(3.8, 9.5)	(2.7,7.0)	(3.3, 8.5)	(2.2, 8.7)	(3.6, 9.3)	(4.3, 10.7)	(3.9, 10.0)	(4.0, 9.5)	(4.4, 11.0)	(2.0, 10.8)	(3.1, 14.0)	(9.2, 21.9)	(4.0, 15.0)	(9.5, 18.3)	(11.1, 19.1)	(14.9, 24.4)	(14.2, 23.8)
East	**†4.5**	**†6.0**	**†5.1**	**†5.4**	**†8.3**	**†3.3**	**†7.4**	**†8.5**	**†6.4**	**†6.0**	**†7.3**	**†6.0**	**†13.3**	**†8.3**	**†13.8**	**†10.6**	**16.0**	**13.3**	**20.7**	**20.8**
	(2.8, 7.2)	(4.0, 9.0)	(3.1, 8.2)	(3.2, 9.0)	(5.5,12.4)	(1.7, 6.1)	(3.8, 14.1)	(5.7, 12.6)	(4.0, 10.3)	(4.0, 9.0)	(4.5, 11.5)	(3.3, 10.8)	(7.5, 22.3)	(4.7, 14.4)	(8.8, 21.0)	(6.9, 15.8)	(11.7, 21.6)	(10.1, 17.5)	(16.2, 26.0)	(16.2, 26.2)
North	**†5.4**	**†5.1**	**†4.6**	**†6.3**	**†8.4**	**†6.4**	**†4.4**	**†4.9**	**†6.7**	**†5.3**	**†4.7**	**†4.6**	**†15.0**	**†9.3**	**†10.8**	**†14.1**	**†11.7**	**19.5**	**21.6**	**24.4**
	(3.5, 8.3)	(3.6, 7.2)	(2.9, 7.2)	(3.9, 9.9)	(5.6,12.4)	(3.7, 10.6)	(1.8, 9.9)	(2.7, 8.8)	(3.9, 11.2)	(3.3, 8.4)	(2.8, 7.8)	(2.6, 8.1)	(9.1, 23.7)	(5.1, 16.3)	(6.6, 17.1)	(9.1, 21.2)	(7.9, 16.8)	(15.6, 24.1)	(16.1, 28.5)	(19.3, 30.4)

Notes: (1) † Estimate suppressed or unstable; ¶95% confidence interval; the sampling design was changed in 2020 from telephone interview to web survey.
(2) [a] Significant difference between 2022 and 2023 ($p<.05$).

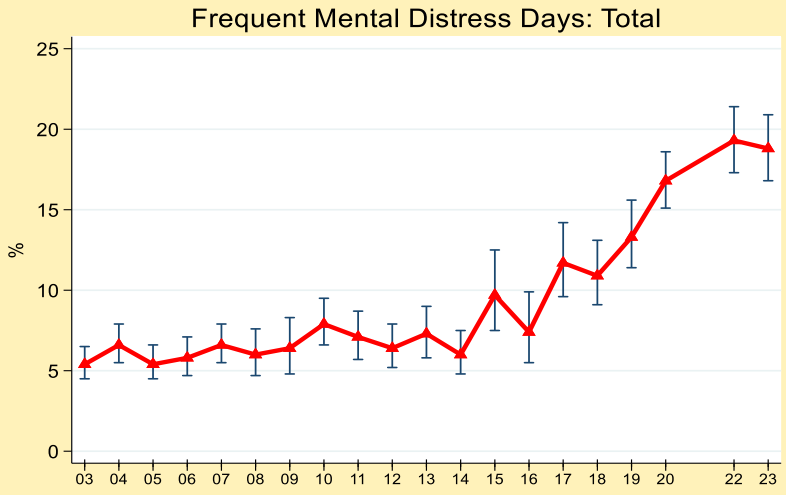
Q: *Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?*

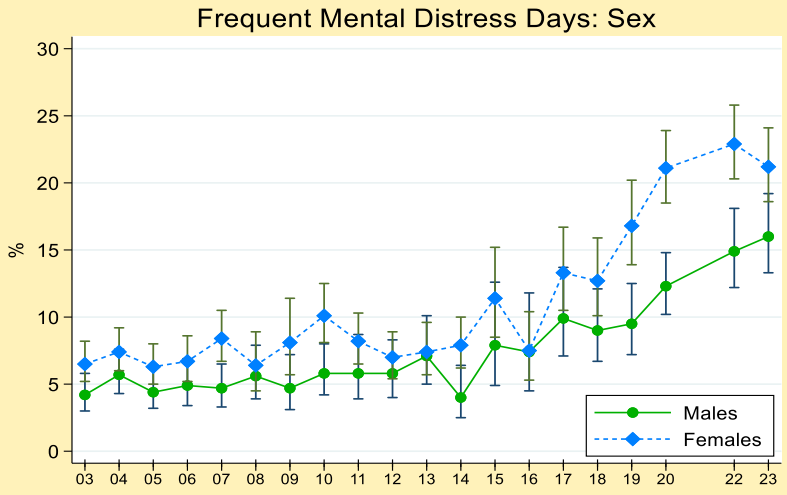
Def'n: *Frequent Mental Distress Days – reporting 14 or more mental distress days during the past 30 days*

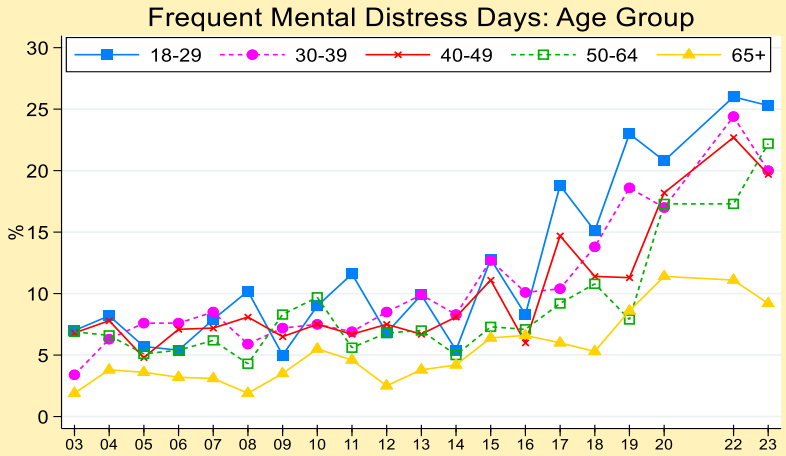
Source: The *CAMH Monitor*, Centre for Addiction and Mental Health.

Figure 7.3.4

Percentage Reporting Frequent Mental Distress Days (14+) in the Past 30 Days, Aged 18+, 2003–2023







Note: vertical 'whiskers' represent 95% confidence intervals
Source: CAMH Monitor

7.4 Suicidal Ideation and Suicide Attempt

Suicidal ideation and attempts were assessed by asking the following items: (1) *"In the past 12 months, did you ever seriously consider attempting suicide?"* and (2) *"In the past 12 months, did you actually attempt suicide?"* Response options to both questions were *yes* or *no*.

Overall, an estimated **8.0%** (95% CI: 6.6% to 9.6%) of adults reported that they seriously contemplated suicide during the 12 months before the survey. Less than 0.5% of adults reported attempting suicide in the past year. Estimates for suicide attempts were suppressed due to unreliability.

There was no significant difference in the percentages reporting suicidal ideation between men and women (7.8% vs. 8.2%, respectively).

There was a significant difference in the percentage of respondents reporting suicidal ideation between age groups. Younger adults were more likely to contemplate suicide compared to older adults (Figure 7.4.1).

There were no significant differences in the percentage of respondents reporting suicidal ideation between regions in Ontario (Figure 7.4.1).

Trends

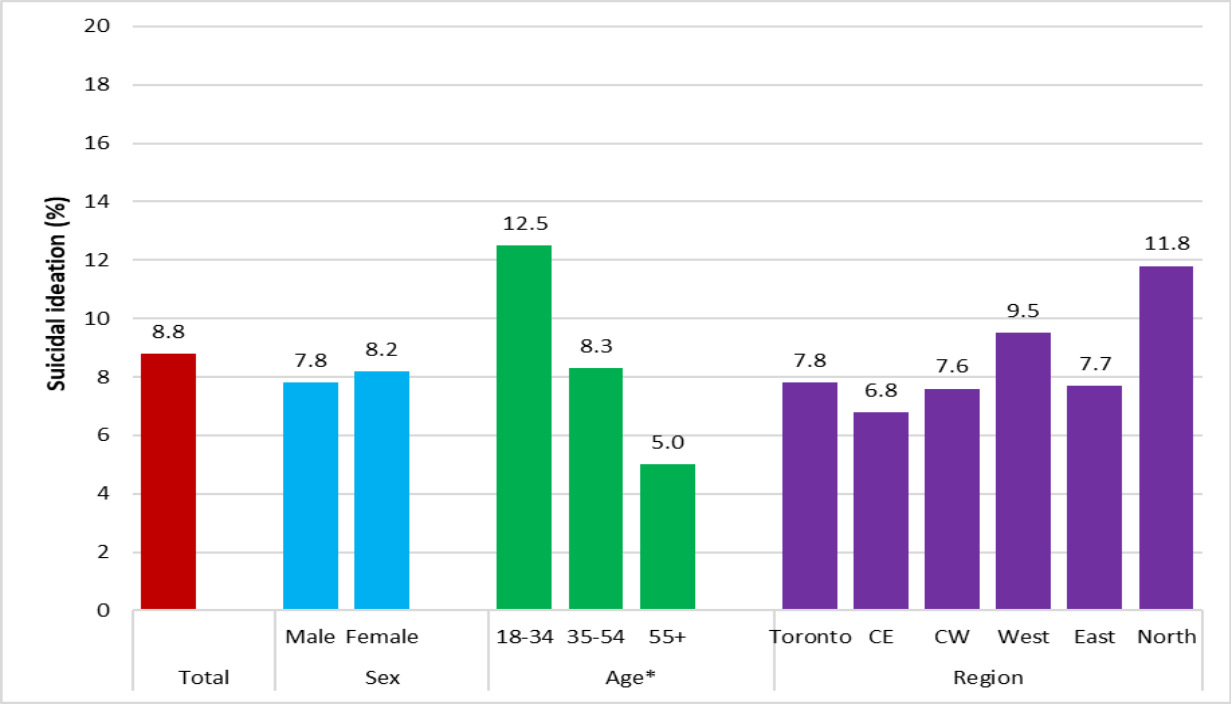
2013–2023..... Table 7.4.1

2022-2023

Overall, there was no significant change in the percentages reporting suicidal ideation between 2022 and 2023 (7.7% vs. 8.0%, respectively).

There were no significant changes in percentages reporting suicidal ideation between 2022 and 2023 among men, women, all age subgroups (Table 7.4.1).

Figure 7.4.1 Percentage Reporting Suicidal Ideation in the Past Year by Sex and Age, Aged 18+, 2023 (N=1632)



Note: CE: Central East; CW: Central West; *: Statistically significant differences between estimates, (p<0.05).

Table 7.4.1 Percentage Reporting ***Suicidal Ideation*** in the Past 12 Months, by Demographic Characteristics, Aged 18+, 2013–2023

(N=)	**2013** (2060)	**2014** (2004)	**2015** (4007)	**2016** (2034)	**2017** (1813)	**2018** (1798)	**2019** (1820)	**2020** (2014)	**2022** (1702)	**2023** (1661)
Total	**†2.2**	**†2.4**	**2.4**	**†2.3**	**†4.1**	**†3.1**	**†3.9**	**7.7**	**7.7**	**8.0**
(95% CI)¶	(1.4, 3.3)	(1.6, 3.8)	(1.7, 3.2)	(1.5, 3.5)	(2.8, 5.9)	(2.2, 4.4)	(2.8, 5.4)	(6.5, 9.2)	(6.6, 9.6)	(6.6, 9.6)
Sex										
Men	**†2.8**	**†**	**†2.5**	**†2.7**	**†4.9**	**†3.3**	**†2.7**	**7.4**	**†5.6**	**7.8**
	(1.6, 5.0)	-	(1.6, 4.1)	(1.4, 5.0)	(2.9, 8.3)	(1.9, 5.5)	(1.7, 4.2)	(5.6, 9.8)	(4.0, 7.9)	(5.7, 10.5)
Women	**†1.6**	**†2.3**	**†2.2**	**†2.0**	**†3.3**	**†3.0**	**†4.9**	**7.9**	**9.4**	**8.2**
	(1.0, 2.7)	(1.4, 3.9)	(1.5, 3.1)	(1.2, 3.3)	(2.0, 5.5)	(1.9, 4.8)	(3.2, 7.6)	(6.4, 9.8)	(7.7, 11.5)	(6.5, 10.2)
Age										
18-34	**†**	**†**	**†4.9**	**†**	**†8.2**	**†7.0**	**†7.0**	**13.8**	**13.3**	**12.5**
	-	-	(3.0, 8.0)	-	(4.6, 14.0)	(4.2, 11.3)	(4.6, 10.6	(10.6, 17.7)	(10.1, 17.2)	(9.1, 16.9)
35-54	**†1.0**	**†2.5**	**†1.3**	**†1.5**	**†2.9**	**†**	**†**	**7.9**	**8.2**	**8.3**
	(0.6, 2.0)	(1.3, 4.5)	(0.8, 2.3)	(0.9, 2.6)	(1.6, 5.2)	-	-	(6.1, 10.2)	(6.1, 10.9)	(6.2, 11.0)
55+	**†1.9**	**†1.6**	**†1.5**	**†1.7**	**†2.3**	**†1.2**	**†2.0**	**†2.5**	**†4.0**	**†5.0**
	(1.1, 3.1)	(0.8, 3.0)	(1.1, 2.1)	(1.1, 2.8)	(1.2, 4.3)	(0.6, 2.1)	(1.2, 3.3)	(1.5, 4.1)	(2.7, 5.7)	(3.5, 7.0)

Notes: ¶: 95% confidence interval; † Estimate unstable; the sampling design was changed in 2020 from telephone to web survey.[a] Significant difference between 2022 and 2023 ($p<.05$)

Q: In the past 12 months, did you ever seriously consider attempting suicide?

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

8. PHYSICAL AND OVERALL HEALTH

8.1 Self-Rated Health

Individuals often use their own health perception as a key indicator of their overall health condition. This comprehensive health evaluation is recognized as a reliable measure and valid predictor of physical health and emotional wellbeing (McDowell, 2006), and it also serves as an indicator for potential future health complications and mortality (Idler & Benyamini, 1997).

The following items were asked in the survey:

(1) In general, would you say your overall health is excellent, very good, good, fair, or poor?

(2) 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?

In this report, we present two measures of self-rated health: 1) *fair or poor health*, defined as the percentage who rated their overall health as fair or poor in general, and 2) *frequent physically unhealthy days*, defined as the percentage who reported **14 or more** physically unhealthy days during the past 30 days.

8.1.1 Self-Rated Fair/Poor Health

An estimated, **19.1%** (95% CI: 17.6% to 20.8%) of adults rated their overall health as fair or poor.

There was no significant difference in the percentages reporting fair or poor overall health between men and women (19.5% vs. 18.8%, respectively).

There were significant associations of age with fair or poor overall health, with older adults more likely to report fair or poor overall health compared to younger adults. However, no significant differences were evident between regions in Ontario (Figure 8.1.1).

Trends

2003–2023..... Table 8.1.3, Figure 8.1.3

2022-2023

Overall, there was no significant change in the percentages reporting fair or poor overall health between the 2022 and 2023 (19.2% vs. 19.1%, respectively).

There were also no significant changes between 2022 and 2023 in the percentage reporting fair or poor overall health among men, women, all age subgroups and regions (Table 8.1.3).

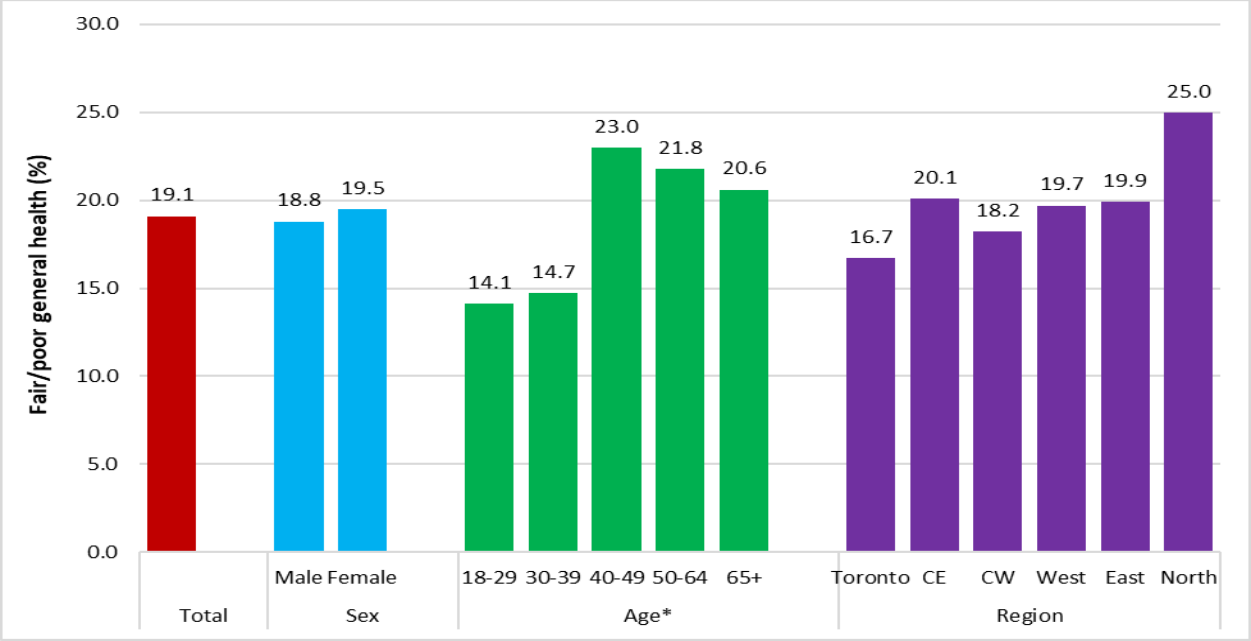
2013-2023

The percentages reporting fair or poor overall health varied from 9.1% in 2016 to 19.2% in 2022. After adjusting for sample characteristics including sex, age, education, household income, region of residence and immigration status, the odds of reporting frequent mental distress days were about three times higher in 2023 compared to 2013. In comparing the current estimate to that from five years ago, the odds of reporting fair or poor overall health were about two times higher in 2023 compared to 2018 (Table 8.1.1).

When examining subgroups separately, greater odds of reporting fair or poor overall health were evident in 2023 compared to 2013 among men, women, all age and regional subgroups (Table 8.1.1). Compared to 2018, greater odds of reporting fair or poor overall health were evident

in 2023 among men, women, all age groups except 65 or older, and all regions except Toronto region (Table 8.1.1).

Figure 8.1.1 Percentage Reporting Fair or Poor Health by Sex, Age and Region, Aged 18+, 2023 (N=2580)



Note: CE: Central East; CW: Central West; *: Statistically significant differences between estimates, (p<0.05)

Table 8.1.1: Changes in Percentage Reporting Fair or Poor Health Between 2013 and 2023 Among Sex, Age and Regional Subgroups

Variables		2023 vs. 2013				2023 vs. 2018			
		OR	95%CI		Sig.	OR	95%CI		Sig.
Total		2.65	2.20	3.21	*	1.99	1.65	2.40	*
Sex	Men	2.88	2.15	3.87	*	2.29	1.74	3.02	*
	Women	2.47	1.94	3.16	*	1.77	1.37	2.29	*
Age	18 to 29	3.99	1.64	9.71	*	2.22	1.18	4.19	*
	30 to 39	2.28	1.32	3.93	*	2.01	1.10	3.69	*
	40 to 49	3.78	2.47	5.79	*	3.77	2.17	6.53	*
	50 to 64	2.84	2.03	3.98	*	2.15	1.52	3.02	*
	65+	1.90	1.40	2.59	*	1.31	0.97	1.77	
Region	Toronto	2.29	1.43	3.66	*	1.53	0.99	2.37	
	Central East	2.61	1.67	4.10	*	1.88	1.23	2.89	*
	Central West	2.66	1.72	4.10	*	2.09	1.33	3.28	*
	West	2.79	1.83	4.25	*	2.27	1.48	3.47	*
	East	3.24	2.11	4.98	*	2.38	1.53	3.72	*
	North	2.65	1.81	3.87	*	2.36	1.58	3.54	*

OR: odds ratio adjusted for age, sex, education, household income, region of residence and immigration status. * Statistically significant (Sig.) difference at p<0.05.

8.1.2 Frequent Physically Unhealthy Days

Overall, an estimated **12.3%** (95% CI: 10.7% to 14.2%) of adults experienced frequent physically unhealthy days (14+ days) in the past 30 days.

There was a significant difference in estimates of frequent physically unhealthy days between men and women (10.4% vs. 14.0%, respectively).

There were significant differences in estimates of frequent physically unhealthy days between age groups. Older adults were more likely to experience physically unhealthy days than younger adults (Figure 8.1.2).

There were no significant differences in estimates of frequent physically unhealthy days between regions in Ontario (Figure 8.1.2).

Trends

2003–2023..... Tables 8.1.4, Figure 8.1.4

2022-2023

Overall, there was no significant change in estimates of frequent physically unhealthy days between 2022 and 2023 (14.3% vs. 12.3%, respectively).

There were no significant changes in estimates of frequent physically unhealthy days between 2022 and 2023 among men and women.

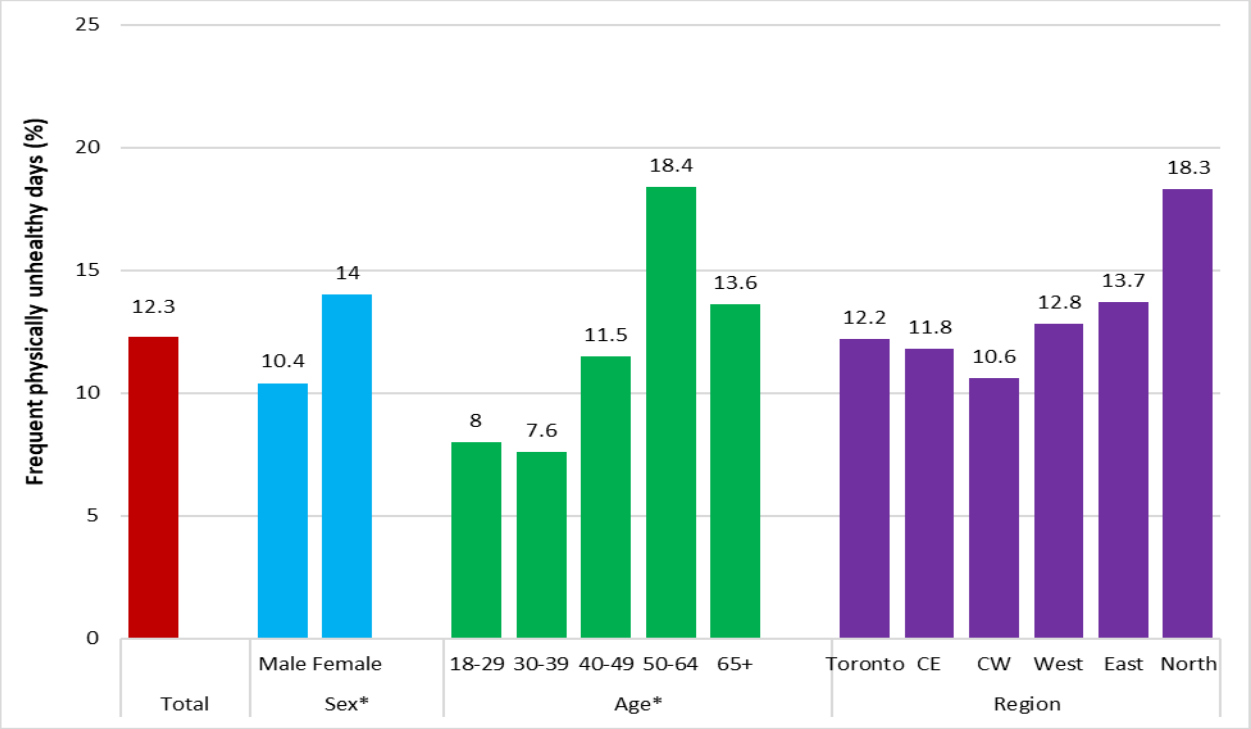
There were significant changes in estimates of frequent physically unhealthy days between 2022 and 2023 among 40 to 49 year olds. However, the percentage estimates remained stable between 2022 and 2023 among other age groups and regions (Table 8.1.3).

2013-2023

The percentages reporting estimates of frequent physically unhealthy days varied from 6.7% in 2013 to 14.3% in 2022. After adjusting for sample characteristics including sex, age, education, household income, region of residence and immigration status, the odds of reporting frequent physically unhealthy days were higher in 2023 compared to 2013. Compared to 2018, the odds of reporting frequent physically unhealthy days were higher in 2023 (Table 8.1.2).

When examining subgroups separately, greater odds of reporting frequent physically unhealthy days were evident in 2023 compared to 2013 among men, women, those aged 18 to 29, 40 to 49, 50 to 64 year olds, and those residing in all regions except Toronto and the West (Table 8.1.2). Compared to 2018, greater odds of reporting frequent physically unhealthy days were evident in 2023 among those residing in the East and North regions (Table 8.1.2).

Figure 8.1.2 **Percentage Reporting Frequent Physically Unhealthy Days (14+) in the Past 30 Days by Sex, Age and Region, Aged 18+, 2023 (N=1632)**



Note: CE: Central East; CW: Central West; *: Statistically significant differences between estimates, (p<0.05)

Table 8.1.2: Changes in Reporting Frequent Physically Unhealthy Days (14+) in the Past 30 Days Between 2013 and 2023 Among Sex, Age and Regional Subgroups

Variables		2023 vs. 2013				2023 vs. 2018			
		OR	95%CI		Sig.	OR	95%CI		Sig.
Total		2.14	1.64	2.80	*	1.33	1.02	1.75	*
Sex	Men	2.02	1.30	3.15	*	1.59	0.93	2.4	
	Women	2.24	1.62	3.10	*	1.23	0.89	1.70	
Age	18 to 29	6.64	1.36	32.37	*	2.74	1.00	7.56	
	30 to 39	0.86	0.42	1.77		0.90	0.36	2.27	
	40 to 49	2.77	1.41	5.41	*	1.76	0.82	3.78	
	50 to 64	3.21	2.04	5.07	*	1.39	0.90	2.15	
	65+	1.44	0.93	2.23		1.13	0.74	1.73	
Region	Toronto	1.66	0.86	3.21		1.15	0.64	2.04	
	Central East	2.17	1.11	4.21	*	0.62	0.34	1.13	
	Central West	2.17	1.17	4.00	*	1.52	0.80	2.85	
	West	1.31	0.73	2.36		1.82	0.73	4.50	
	East	3.13	1.73	5.66	*	2.02	1.09	3.76	*
	North	3.71	2.13	6.47	*	2.14	1.23	3.73	*

OR: odds ratio adjusted for age, sex, education, household income, region of residence and immigration status. * Statistically significant (Sig.) difference at p<0.05.

Table 8.1.3: Percentage Reporting ***Fair or Poor Health***, by Demographic Characteristic, Aged 18+, 2003–2023

	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2022	2023
(N=)	(2411)	(2611)	(2445)	(2016)	(2005)	(2024)	(2037)	(2024)	(1999)	(3030)	(3021)	(3043)	(5013)	(3042)	(2812)	(2806)	(2827)	(3033)	(2650)	(2590)
Total	**10.2**	**11.1**	**11.4**	**9.7**	**11.9**	**10.4**	**10.5**	**11.2**	**11.9**	**10.8**	**9.4**	**9.9**	**9.9**	**9.1**	**12.0**	**11.8**	**13.7**	**16.3**	**19.2**	**19.1**
(95% CI)¶	(9.0, 11.7)	(9.7, 12.6)	(10.1, 13.0)	(8.4, 11.3)	(10.4, 13.7)	(8.9, 12.1)	(9.1, 12.1)	(9.8, 12.8)	(10.4, 13.6)	(9.6, 12.2)	(8.3, 10.7)	(8.7, 11.3)	(8.9, 10.9)	(8.0, 10.4)	(10.5, 13.7)	(10.5, 13.4)	(12.2, 15.3)	(15.0, 17.8)	(17.6, 20.8)	(17.6, 20.8)
Sex																				
Men	**9.2**	**11.4**	**10.2**	**9.6**	**11.3**	**10.0**	**11.5**	**10.4**	**13.1**	**11.3**	**9.4**	**9.9**	**9.9**	**8.6**	**12.2**	**11.1**	**15.4**	**16.3**	**17.9**	**19.5**
	(7.5, 11.3)	(9.4, 13.7)	(8.2, 12.6)	(7.6, 12.0)	(9.1, 13.9)	(7.9, 12.6)	(9.3, 14.1)	(8.4, 12.8)	(10.7, 16.0)	(9.4, 13.5)	(7.6, 11.4)	(8.0, 12.3)	(8.4, 11.6)	(6.9, 10.6)	(10.0, 14.9)	(9.2, 13.4)	(13.0, 18.0)	(14.3, 18.4)	(15.7, 20.3)	(17.2, 22.1)
Women	**11.2**	**10.8**	**12.6**	**9.9**	**12.6**	**10.8**	**9.6**	**12.0**	**10.9**	**10.4**	**9.5**	**9.9**	**9.8**	**9.6**	**11.7**	**12.5**	**12.1**	**16.4**	**20.3**	**18.8**
	(9.4, 13.3)	(9.1, 12.8)	(10.8, 14.7)	(8.2, 11.9)	(10.5, 14.9)	(8.9, 13.0)	(7.9, 11.7)	(10.0, 14.3)	(9.1, 12.9)	(8.9, 12.2)	(8.0, 11.2)	(8.5, 11.7)	(8.7, 11.2)	(8.2, 11.3)	(9.8, 14.0)	(10.6, 14.7)	(10.4, 14.0)	(14.5, 18.4)	(18.2, 22.6)	(16.7, 21.1)
Age																				
18-29	**†7.1**	**†8.3**	**†8.8**	**†3.4**	**†11.5**	**†6.2**	**†7.8**	**†5.2**	**†8.3**	**†5.9**	**†4.5**	**†6.6**	**†5.9**	**†5.1**	**†7.7**	**†7.1**	**†10.9**	**13.1**	**15.5**	**14.1**
	(4.7,10.6)	(5.7,12.1)	(5.9,12.9)	(1.8,7.9)	(7.8, 16.7)	(3.1, 11.9)	(4.4, 13.4)	(2.9, 9.3)	(4.8, 14.0)	(3.3, 10.4)	(2.1, 9.2)	(3.4, 12.1)	(3.7, 9.2)	(2.7, 9.4)	(4.8, 12.1)	(4.5, 11.0)	(7.7, 15.0)	(10.2, 16.7)	(11.9, 19.9)	(10.5, 18.7)
30-39	**†4.7**	**†4.8**	**†6.8**	**†7.5**	**†8.3**	**†5.5**	**†8.5**	**†5.9**	**†6.8**	**†8.8**	**†7.4**	**†7.8**	**†5.3**	**†4.5**	**†10.6**	**†8.0**	**†8.2**	**14.0**	**15.4**	**14.7**
	(3.0, 7.4)	(3.2, 7.2)	(4.6, 9.9)	(4.8, 11.4)	(5.5, 12.3)	(3.3, 9.2)	(5.6, 12.7)	(3.4, 10.1)	(4.1, 11.0)	(6.0, 12.9)	(4.8, 11.2)	(5.0, 12.0)	(3.4, 8.2)	(2.2, 9.1)	(5.8, 18.8)	(4.9, 12.8)	(5.3, 12.5)	(11.3, 19.2)	(12.3, 19.2)	(11.7, 18.2)
40-49	**8.7**	**9.6**	**8.3**	**†9.9**	**†9.5**	**†10.9**	**†7.0**	**†8.7**	**†8.0**	**7.7**	**8.4**	**†8.9**	**†6.3**	**†5.1**	**†9.9**	**†7.5**	**†11.0**	**18.3**	**18.3**	**23.0**
	(6.5, 11.6)	(7.2, 12.8)	(6.1, 11.2)	(7.1, 13.6)	(6.8, 13.2)	(7.8, 15.0)	(4.8, 10.2)	(6.1, 12.1)	(5.4, 11.8)	(5.6, 10.6)	(6.2, 11.3)	(6.2, 12.6)	(4.5, 8.7)	(3.3, 7.9)	(6.6, 14.7)	(4.8, 11.3)	(7.7, 15.5)	(15.0, 22.0)	(14.8, 22.3)	(19.1, 27.4)
50-64	**14.0**	**11.6**	**14.3**	**11.8**	**14.1**	**14.0**	**12.5**	**14.5**	**14.6**	**12.4**	**10.5**	**10.4**	**13.1**	**11.1**	**12.1**	**13.0**	**14.5**	**17.8**	**21.2**	**21.8**
	(11.0, 17.5)	(9.1, 14.7)	(11.3, 17.9)	(9.1, 15.1)	(11.1, 17.7)	(11.0, 17.8)	(9.8, 15.9)	(11.5, 18.1)	(11.8, 18.1)	(10.3, 14.9)	(8.4, 13.0)	(8.5, 12.6)	(11.2, 15.1)	(9.1, 13.4)	(9.8, 15.0)	(10.3, 16.3)	(11.7, 17.8)	(15.2, 20.9)	(18.3, 24.5)	(18.8, 25.2)
65+	**17.8**	**22.4**	**21.9**	**16.7**	**16.3**	**17.4**	**18.4**	**21.4**	**22.3**	**18.2**	**15.4**	**15.1**	**16.5**	**17.9**	**18.3**	**19.8**	**19.9**	**17.7**	**23.2**	**20.6**
	(14.0, 22.5)	(18.3, 27.0)	(17.6, 26.9)	(13.0, 21.2)	(12.7, 20.7)	(14.0, 21.5)	(14.8, 22.7)	(17.5, 25.8)	(18.6, 26.4)	(15.4, 21.4)	(13.0, 18.2)	(12.8, 18.0)	(14.5, 18.8)	(15.5, 20.6)	(15.6, 21.3)	(17.1, 22.9)	(17.2, 22.9)	(14.7, 21.2)	(19.9, 26.9)	(17.2, 24.4)
Region																				
Toronto	**10.0**	**†10.3**	**11.0**	**†10.5**	**†11.0**	**12.5**	**12.9**	**†9.0**	**11.2**	**11.5**	**†9.1**	**†8.0**	**8.1**	**6.9**	**10.2**	**11.4**	**15.4**	**14.2**	**20.5**	**16.7[a]**
	(7.2, 13.7)	(7.3, 14.3)	(8.1, 14.8)	(7.5, 14.6)	(7.6, 15.7)	(9.2, 16.8)	(9.5, 17.3)	(6.2, 13.0)	(8.1, 15.2)	(8.8, 14.9)	(6.6, 12.6)	(5.7, 11.2)	(6.2, 10.6)	(4.9, 9.7)	(7.3, 13.9)	(8.5, 15.0)	(12.0, 19.7)	(11.4, 17.6)	(17.0, 24.4)	(13.5, 20.5)
Central East	**†9.3**	**10.5**	**13.6**	**†9.2**	**14.6**	**†10.2**	**†10.8**	**11.3**	**†10.6**	**10.9**	**9.0**	**10.2**	**10.6**	**8.3**	**13.0**	**12.6**	**10.7**	**15.2**	**19.4**	**20.1**
	(6.6, 12.9)	(7.9, 13.9)	(10.3, 17.7)	(6.4, 13.1)	(11.1, 19.0)	(7.0, 14.7)	(7.7, 15.1)	(8.3, 15.2)	(7.4, 14.9)	(8.2, 14.4)	(6.6, 12.2)	(7.4, 13.9)	(8.4, 13.3)	(6.0, 11.4)	(9.7, 17.2)	(9.6, 16.4)	(8.1, 14.2)	(12.3, 18.7)	(16.0, 23.2)	(16.5, 24.4)
Central West	**10.4**	**11.0**	**10.2**	**†9.1**	**†7.8**	**†8.0**	**†8.9**	**12.0**	**13.1**	**7.6**	**8.7**	**8.5**	**10.0**	**11.1**	**†11.5**	**10.6**	**10.5**	**16.3**	**16.4**	**18.2**
	(7.5, 14.1)	(8.2, 14.7)	(7.3, 14.0)	(6.3, 13.0)	(5.2, 11.6)	(5.5, 11.6)	(6.4, 12.3)	(8.6, 16.4)	(9.8, 17.2)	(5.6, 10.2)	(6.4, 11.8)	(6.1, 11.7)	(7.9, 12.5)	(8.3, 14.7)	(8.2, 15.9)	(7.8, 14.4)	(7.7, 14.2)	(13.3, 19.9)	(13.4, 20.0)	(14.9, 22.0)
West	**9.1**	**10.3**	**11.7**	**10.1**	**†10.7**	**†10.6**	**†6.6**	**13.6**	**†11.1**	**11.8**	**9.2**	**10.3**	**9.8**	**9.7**	**12.7**	**11.9**	**18.2**	**16.1**	**17.5**	**19.7**
	(6.6, 12.4)	(7.6, 13.7)	(8.9, 15.2)	(7.3, 13.9)	(7.6, 15.0)	(7.5, 14.9)	(4.3, 10.0)	(10.1, 18.0)	(7.9, 15.3)	(9.1, 15.2)	(6.9, 12.0)	(7.8, 13.5)	(7.8, 12.1)	(7.3, 12.7)	(9.6, 16.5)	(9.0, 15.5)	(14.6, 22.5)	(13.1, 19.7)	(14.1, 21.5)	(16.0, 23.9)
East	**10.5**	**11.9**	**9.3**	**†6.6**	**15.1**	**†8.7**	**†8.6**	**10.3**	**12.8**	**11.0**	**10.0**	**12.4**	**10.3**	**9.5**	**†11.9**	**12.1**	**15.8**	**17.3**	**22.0**	**19.9**
	(7.7, 14.0)	(9.0, 15.6)	(6.7, 12.8)	(4.4, 9.7)	(11.5, 19.6)	(6.1, 12.2)	(6.2, 11.9)	(7.4, 14.0)	(9.4, 17.2)	(8.4, 14.2)	(7.5, 13.3)	(9.8, 15.6)	(8.3, 12.7)	(7.0, 12.9)	(8.5, 16.5)	(8.9, 16.3)	(12.4, 19.9)	(14.2, 20.9)	(18.2, 26.3)	(16.3, 24.1)
North	**14.4**	**14.8**	**13.2**	**15.8**	**13.9**	**13.2**	**17.2**	**13.5**	**15.4**	**15.9**	**13.3**	**13.9**	**11.9**	**11.8**	**15.4**	**15.2**	**15.2**	**23.0**	**23.1**	**25.0**
	(11.1, 18.5)	(12.0, 18.1)	(10.2, 16.9)	(12.1, 20.4)	(10.4, 18.4)	(9.8, 17.6)	(13.8, 23.2)	(10.3, 18.2)	(11.9, 20.8)	(12.3, 20.0)	(10.8, 17.4)	(10.9, 17.7)	(9.8, 14.4)	(9.0, 15.2)	(12.0, 19.6)	(11.7, 19.6)	(11.9, 19.2)	(19.4, 27.1)	(18.7, 28.1)	(20.9, 29.7)

Notes:(1) † Estimate suppressed or unstable; ¶95% confidence interval; the sampling design was changed in 2020 from telephone interview to web survey.

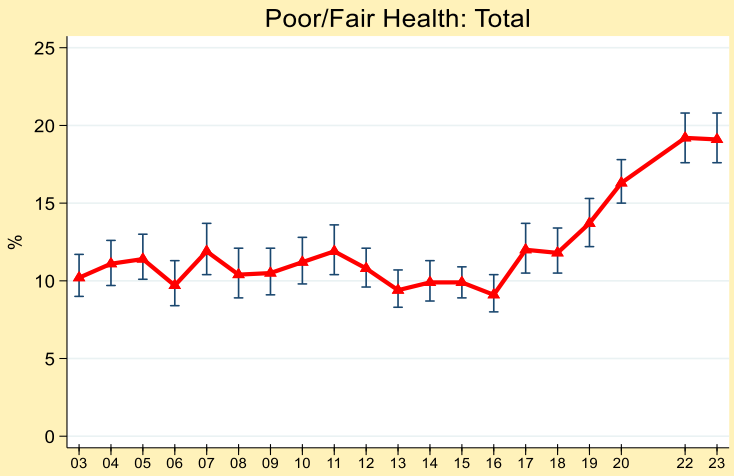
(2) [a] Significant difference between 2022 and 2023 (p<.05)

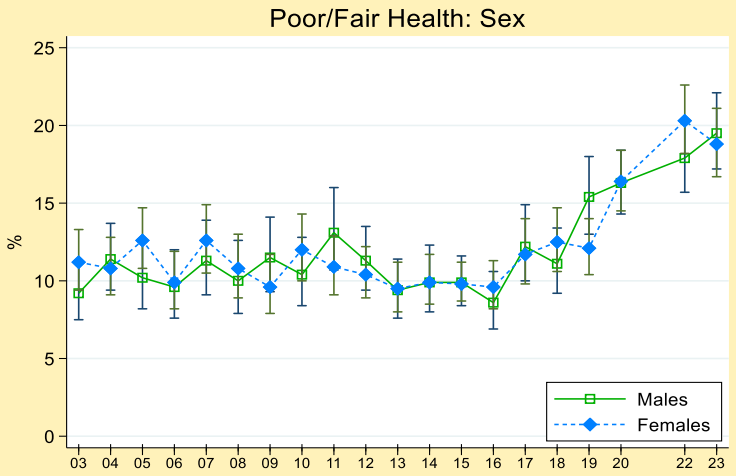
(3) Fair or Poor Health – reporting fair or poor health in general.

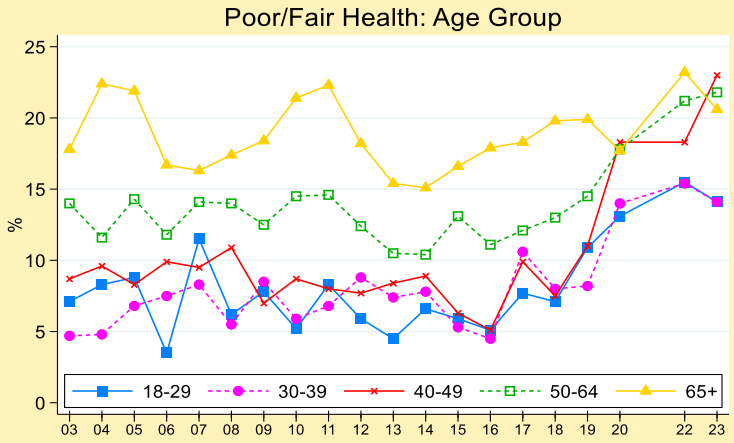
Q: *In general, would you say your overall health is excellent, very good, good, fair, or poor?*

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

Figure 8.1.3 Percentage Reporting Fair or Poor Health, Aged 18+, 2003–2023







Note: vertical 'whiskers' represent 95% confidence intervals
Source: CAMH Monitor

Table 8.1.4: Percentage Reporting ***Frequent Physically Unhealthy Days*** (14+) in the Past 30 Days, by Demographic Characteristics, Aged 18+, 2003–2023

(N=)	2003 (2411)	2004 (2611)	2005 (2445)	2006 (2016)	2007 (2005)	2008 (2024)	2009 (2037)	2010 (2024)	2011 (1999)	2012 (2015)	2013 (2060)	2014 (2004)	2015 (1005)	2016 (1020)	2017 (1813)	2018 (1798)	2019 (1820)	2020 (2014)	2022 (1702)	2023 (1661)
Total[1]	**6.7**	**5.9**	**6.5**	**6.9**	**7.4**	**6.6**	**8.3**	**7.1**	**7.2**	**7.4**	**6.7**	**7.2**	**8.9**	**8.8**	**10.5**	**9.9**	**12.2**	**12.4**	**14.3**	**12.3**
(95% CI)¶	(5.7, 7.9)	(5.0, 7.0)	(5.5, 7.8)	(5.7, 8.3)	(6.2, 8.7)	(5.6, 7.9)	(6.6, 10.4)	(5.9, 8.5)	(6.0, 8.6)	(6.3, 8.7)	(5.6, 8.0)	(6.0, 8.7)	(6.9, 11.4)	(6.9, 11.1)	(8.6, 12.6)	(8.3, 11.9)	(10.5, 14.1)	(10.9, 14.1)	(12.7, 16.2)	(10.7, 14.2)
Sex																				
Men	**4.9**	**5.0**	**5.5**	**†6.0**	**6.5**	**5.9**	**†6.9**	**5.7**	**6.9**	**5.9**	**6.5**	**†6.1**	**6.6**	**†9.0**	**10.0**	**8.1**	**11.3**	**10.0**	**10.9**	**10.4**
	(3.7, 6.5)	(3.9, 6.5)	(4.1, 7.4)	(4.3, 8.3)	(4.9, 8.5)	(4.5, 7.9)	(4.8, 9.9)	(4.2, 7.6)	(5.1, 9.3)	(4.4, 7.8)	(4.9, 8.6)	(4.4, 8.5)	(4.3, 10.0)	(6.1, 13.2)	(7.2, 13.6)	(5.8, 11.1)	(8.9, 14.3)	(8.2, 12.2)	(8.8, 13.5)	(8.2, 13.1)
Women	**8.4**	**6.8**	**7.5**	**7.7**	**8.3**	**7.3**	**9.8**	**8.6**	**7.5**	**8.7**	**7.0**	**8.2**	**11.1**	**8.5**	**10.9**	**11.7**	**13.0**	**14.7**	**17.2**	**14.0**
	(6.9, 10.2)	(5.5, 8.4)	(6.1, 9.2)	(6.1, 9.7)	(6.7,10.2)	(5.8, 9.0)	(7.3, 13.1)	(6.8, 10.8)	(6.0, 9.3)	(7.2, 10.6)	(5.6, 8.7)	(6.6, 10.3)	(8.2, 14.8)	(6.4, 11.1)	(8.7, 13.6)	(9.5, 14.3)	(10.7, 15.6)	(12.5, 17.2)	(14.8, 19.8)	(11.8, 16.6)
Age																				
18-29	**†2.8**	**2.9**	**†5.3**	**†4.7**	**†4.6**	**†3.8**	**†**	**†6.3**	**†**	**†**	**†**	**†**	**†6.1**	**†8.1**	**†8.8**	**†**	**†7.7**	**†8.5**	**†8.7**	**†8.0**
	(1.4, 5.4)	(1.5, 5.3)	(3.1, 8.8)	(2.2, 9.6)	(2.4, 8.4)	(1.8, 7.9)	-	(3.5, 11.3)	-	-	-	-	(2.5, 14.5)	(2.8,21.3)	(4.7, 16.0)	-	(4.5,12.9)	(5.8, 12.4)	(5.6, 13.2)	(4.5, 13.7)
30-39	**†3.4**	**†4.1**	**†3.7**	**†7.2**	**†3.9**	**†2.9**	**†6.1**	**†3.4**	**†4.3**	**†5.5**	**†8.2**	**†6.5**	**†8.6**	**†5.4**	**†7.9**	**†**	**†7.4**	**†9.2**	**†10.2**	**†7.6**
	(2.1, 5.6)	(2.5, 6.7)	(2.2, 6.2)	(4.6,11.0)	(2.3, 6.5)	(1.4, 5.9)	(3.1, 11.8)	(1.8, 6.8)	(2.3, 7.9)	(3.3, 9.2)	(5.1, 12.9)	(3.6, 11.3)	(3.8, 18.5)	(2.1, 13.4)	(3.7, 16.1)	-	(4.3, 12.3)	(6.5, 12.9)	(7.1, 14.4)	(5.2, 11.0)
40-49	**9.5**	**†5.5**	**†4.9**	**†5.8**	**†7.4**	**†5.8**	**†5.1**	**†3.9**	**†4.9**	**†6.3**	**†5.7**	**†7.7**	**†9.4**	**†4.5**	**†9.6**	**†7.1**	**†12.6**	**11.5**	**20.1**	**†11.5[a]**
	(7.1, 12.5)	(3.8, 8.0)	(3.4, 7.0)	(3.9, 8.6)	(5.1, 10.6)	(3.9, 8.8)	(3.0, 8.6)	(2.2, 6.9)	(3.1,7.7)	(4.2, 9.4)	(3.6, 9.0)	(4.9, 12.0)	(5.0, 17.0)	(2.0, 9.7)	(5.6, 16.0)	(4.1, 11.9)	(8.2, 18.8)	(8.5, 15.4)	(15.4, 25.7)	(8.2, 16.0)
50-64	**9.7**	**7.4**	**7.8**	**7.9**	**9.9**	**9.3**	**10.2**	**9.9**	**10.2**	**9.4**	**7.2**	**7.9**	**†9.4**	**11.0**	**†12.2**	**14.9**	**11.7**	**15.9**	**15.9**	**18.4**
	(7.3, 12.8)	(5.5, 9.7)	(5.7, 10.6)	(5.7, 10.7)	(7.4, 13.0)	(7.1, 12.2)	(7.0, 14.7)	(7.5, 12.9)	(7.8, 13.3)	(7.2, 12.2)	(5.3, 9.8)	(6.0, 10.5)	(6.5, 13.6)	(8.1, 14.8)	(9.1, 16.2)	(11.1, 19.7)	(8.7, 15.6)	(12.8, 19.5)	(12.8, 19.7)	(14.8, 22.5)
65+	**†7.7**	**10.9**	**13.5**	**†9.8**	**11.2**	**12.6**	**18.3**	**11.6**	**12.1**	**13.1**	**11.3**	**9.0**	**†10.7**	**12.9**	**11.7**	**13.5**	**19.8**	**14.9**	**16.2**	**13.6**
	(5.3, 11.1)	(8.0, 14.7)	(10.0, 17.9)	(6.9, 13.7)	(8.1, 15.3)	(9.6, 16.3)	(13.0, 25.1)	(8.8, 15.2)	(9.3, 15.6)	(10.2, 16.6)	(8.7, 14.4)	(6.9, 11.8)	(7.6, 15.0)	(9.5, 17.3)	(9.2, 14.7)	(10.7, 16.9)	(16.5, 23.6)	(11.4, 19.2)	(12.7, 20.3)	(10.3, 17.9)
Region																				
Toronto	**†3.6**	**†4.0**	**†6.4**	**†5.8**	**†5.0**	**†4.8**	**†6.3**	**†6.8**	**†6.7**	**†8.1**	**†7.4**	**†4.4**	**†11.5**	**†5.6**	**†6.7**	**†7.8**	**†8.4**	**†10.6**	**14.2**	**12.2**
	(2.2, 5.7)	(2.4, 6.5)	(4.1, 9.9)	(3.5, 9.3)	(2.9, 8.3)	(3.1, 7.4)	(3.6, 11.0)	(4.3, 10.6)	(4.5, 9.9)	(5.5, 11.7)	(4.7, 11.6)	(2.7, 7.2)	(6.8, 18.9)	(2.7, 11.1)	(4.1, 10.7)	(5.3, 11.4)	(5.5, 12.6)	(7.6, 14.6)	(10.7, 18.7)	(8.7, 16.7)
Central East	**†7.9**	**†6.5**	**†7.7**	**†7.6**	**†7.7**	**†8.9**	**†8.1**	**†5.7**	**†5.8**	**†6.7**	**†5.1**	**†6.9**	**†4.9**	**†4.5**	**†10.2**	**15.8**	**†13.9**	**12.7**	**16.6**	**†11.8**
	(5.4, 11.3)	(4.5, 9.3)	(5.3, 11.2)	(5.0, 11.6)	(5.4, 11.1)	(6.2, 12.5)	(4.6, 13.8)	(3.6, 8.9)	(3.5, 9.6)	(4.6, 9.7)	(3.2, 7.9)	(4.4, 10.8)	(2.5, 9.3)	(2.2, 8.9)	(6.8, 15.0)	(11.4, 21.5)	(9.9, 19.3)	(9.4, 17.0)	(12.8, 21.3)	(8.3, 16.3)
Central West	**†8.4**	**†5.2**	**†4.5**	**†6.3**	**†7.4**	**†3.8**	**†7.8**	**†9.2**	**†7.9**	**†5.5**	**†6.5**	**†8.1**	**†10.8**	**†13.3**	**†10.0**	**†8.8**	**†10.4**	**13.3**	**12.1**	**†10.6**
	(6.0, 11.7)	(3.3, 8.0)	(2.9, 6.9)	(3.7, 10.4)	(4.9, 11.1)	(2.3, 6.5)	(4.5, 13.1)	(6.2, 13.3)	(5.4, 11.6)	(3.6, 8.4)	(4.5, 9.4)	(5.4, 11.8)	(6.0. 18.6)	(8.0, 21.2)	(6.0. 16.1)	(5.5, 13.7)	(7.1, 15.1)	(10.1, 17.3)	(9.0, 16.1)	(7.4, 14.8)
West	**†5.6**	**†5.8**	**†6.0**	**†7.5**	**†8.3**	**†8.2**	**†8.2**	**†5.9**	**†8.8**	**†7.5**	**†9.7**	**†7.7**	**†6.3**	**†12.9**	**†15.9**	**†**	**19.3**	**13.7**	**14.6**	**†12.8**
	(3.8, 8.2)	(4.0, 8.5)	(4.1, 8.6)	(5.1, 10.9)	(5.6, 12.2)	(5.6, 11.8)	(5.0, 13.4)	(3.9, 9.0)	(5.9, 12.9)	(5.2, 10.7)	(6.7, 13.8)	(5.0, 11.7)	(3.5, 11.2)	(7.2, 22.1)	(10.6, 23.2)	-	(14.8, 24.9)	(10.2, 18.0)	(10.9, 19.3)	(9.1, 17.7)
East	**†8.6**	**†8.6**	**†6.6**	**†4.4**	**†8.5**	**†6.2**	**†10.2**	**†8.0**	**†8.0**	**†9.2**	**†6.3**	**†8.4**	**†12.5**	**†8.9**	**†13.3**	**†8.3**	**†12.5**	**†9.5**	**16.1**	**13.7**
	(6.1, 11.9)	(6.1, 12.1)	(4.4, 9.7)	(2.6, 7.5)	(5.8, 12.4)	(4.1, 9.2)	(5.7, 17.6)	(5.2, 12.1)	(5.4, 11.7)	(6.3, 13.2)	(4.1, 9.5)	(5.3, 13.0)	(7.5, 20.0)	(5.5, 14.1)	(8.8, 19.6)	(5.4, 12.5)	(8.8, 17.5)	(6.7, 13.1)	(12.2, 20.9)	(10.1, 18.4)
North	**†7.4**	**8.7**	**10.2**	**†12.5**	**†9.5**	**†8.6**	**†13.7**	**†8.6**	**†7.4**	**†9.2**	**†7.4**	**†11.6**	**†8.0**	**†12.9**	**†9.8**	**†13.1**	**12.9**	**16.2**	**†14.4**	**18.3**
	(5.0, 10.6)	(6.5, 11.5)	(7.5, 13.6)	(9.0, 17.1)	(6.8,13.3)	(5.9, 12.5)	(9.2, 20.6)	(5.7, 13.0)	(5.1, 10.7)	(6.5, 13.0)	(5.2, 10.5)	(7.8, 17.0)	(5.1, 12.3)	(8.6, 18.9)	(6.9, 13.9)	(9.1, 18.5)	(9.3, 17.8)	(12.6, 20.7)	(9.8, 20.6)	(13.8, 23.9)

Notes: The sampling design was changed in 2020 from telephone interview to web survey

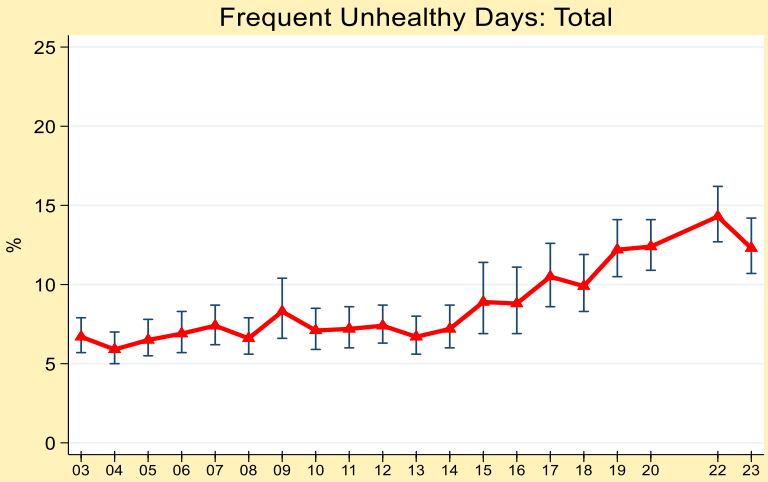
(1) † Estimate suppressed or unstable; ¶95% confidence interval; [a] Significant difference between 2022 and 2023 ($p<.05$);

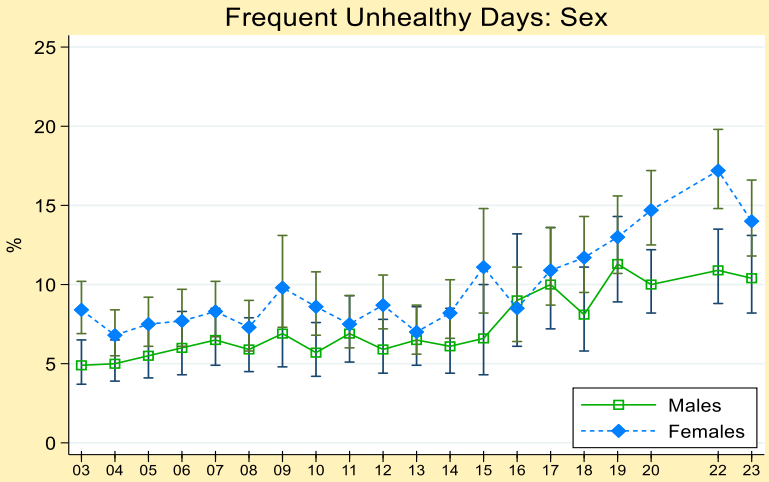
(2) Frequent Unhealthy Days – reporting 14 or more physically unhealthy days during the past 30 days

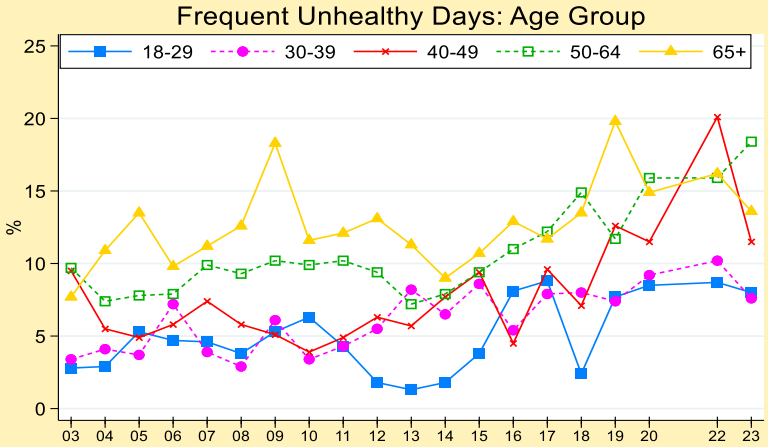
Q: Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?

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

Figure 8.1.4 Percentage Reporting Frequent Physically Unhealthy Days (14+) in the Past 30 Days, Aged 18+, 2003–2023







Note: vertical 'whiskers' represent 95% confidence intervals
Source: CAMH Monitor

9. CONCLUSIONS

The main purpose of the CAMH Monitor (CM) study is to monitor substance use and indicators of mental health, and overall health concerns among adults in Ontario. Since 1977, the CM has been providing evidence-based information for designing and targeting prevention and health promotion programs, for public health and social policy making, and evaluating the effectiveness of policies and programs at the population level, as well as disseminating relevant and timely information to health professionals, policy makers and the general public.

The CM2023 report presents the key findings of the 2023 cycle of the CM covering a wide range of topics including substance use (alcohol, tobacco, cannabis and other drugs), and indicators of health and mental health concerns (self-rated poor health, psychological distress, use of antianxiety and antidepressant medication and mental health-related quality of life indicators) as well as impaired and distracted driving among adults. In addition, the report presents the changes in main indicators compared to the previous cycle in 2022 to provide recent changes, and long-term changes compared to five years (2018) and ten year ago (2013).

Data Limitations

Although surveys are common ways in which to monitor substance use and mental health concerns in the general population, there are several limitations that should be considered when interpreting the *CAMH Monitor* (CM) data. Given the present study employed non-probability sampling to recruit the participants, there might be a potential for selection bias, limiting the generalizability of the study findings. Although selection bias cannot be completely eliminated, it is minimized by matching those who complete the survey to the characteristics of the population using quotas, which were embedded within the questionnaire such that those who completed the survey approximated the distributions in the Census.

The CM data are also based on self-reports, which are not easily verified. Although surveys tend to underestimate alcohol and drug use, such self-report methods are often the best available means to estimate such individual behaviours in the population (Harrison et al., 1993; Turner et al., 1992). Moreover, the CM is a cross-sectional survey, which administered at just one point in time and do not examine the same individuals at different time points such that it is impossible to identify the causes of individual change and the temporal ordering of the effects (e.g., whether unemployment causes drug use or whether drug use causes unemployment). There might also be confounding bias as the comparison between percentage estimates are not adjusted to potential confounders.

Despite the limitations, monitoring studies excel at identifying the extent of change in various health behaviours and indicators in the general population. Surveillance studies identify population that are at the highest risk for significant health concerns; identify areas that require more research; and identify changes that may have implications for future service and programming needs.

Key findings in 2023

The present study summarize statistically significant associations of sex, age and region with substance use and other health indicators.

Men were more likely than women to report daily drinking, weekly binge drinking, drinking hazardously or harmfully, current smoking, lifetime cannabis use, and past year driving after drinking two or more drinks in the previous hour.

Women were more likely than men to report fair/poor self rated mental health, frequent mental distress days, use of antianxiety and antidepressants, and frequent physically unhealthy days.

Adults aged 18 to 29 years old were more likely than their older counterparts to report weekly binge drinking, drinking hazardously or harmfully, symptoms of alcohol dependence, e-cigarette use in the past year and past 30 days, cannabis use in the past year and past three months, moderate to high risk cannabis use, cannabis use for medical purposes, texting while driving in the past year and past 30 days, moderate and serious psychological distress, serious psychological distress, fair or poor mental health and suicidal ideation.

Adults aged 65 years and older were more likely than their younger counterparts to report drinking daily in the past year, fair or poor overall health and frequent physically unhealthy days in the past 30 days.

Significant **regional** differences were observed compared to the provincial average for: current smoking (higher in Toronto and the North), daily smoking (higher in the North), cannabis use in the past year (higher in the East and North, lower in Central East), cannabis use in the past three months (higher in the East and North), daily cannabis use in the past three months (higher in the East and North, lower in Toronto), cannabis use for medical purposes (higher in the East and North, lower in Central East), lifetime cocaine use (higher in the East and North, and lower in Central East) and moderate to serious psychological distress (higher in the East, lower in Toronto).

Overall changes between 2022 and 2023

Four indicators show evidence of total sample increases between the past two survey cycles. **Electronic cigarette use in the past year** increased significantly between 2022 and 2023, from 13.7% to 16.0%. **Electronic cigarette use in the past 30 days** also increased significantly between 2022 and 2023, from 8.2% to 11.5%. This increase was evident especially among women.

There was a significant increase in **texting while driving at least once in the past 30 days** between 2022 and 2023, from 18.4% to 21.8%.

There was a significant decrease in **moderate to high risk of cannabis use problems among past year cannabis users** between 2022 and 2023, from 64.4% to 56.7%. This decline was evident especially among those aged 30 years and older.

2013-2023

Overall, greater odds of reporting most substance use and mental health indicators in 2023 compared to five years (2018) and ten years (2013) ago (Table 9.1.1).
Specifically:

Compared to 2018 survey estimates, greater odds of reporting were observed in 2023 for binge drinking, drinking hazardously or harmfully, symptoms of alcohol dependence, current smoking, daily smoking, e-cigarette use in the past year and past 30 days, cannabis use in the past year and past three months, moderate to high risk cannabis use, cannabis use for medical purposes, use of prescription opioid pain relievers, fair/poor self rated mental health, frequent mental distress days, use of antianxiety and antidepressants, fair or poor overall health and frequent physically unhealthy days in the past 30 days.

Compared to 2013 survey estimates, greater odds of reporting were observed in 2023 for binge drinking, drinking hazardously or harmfully, symptoms of alcohol dependence, current smoking, e-cigarette use in the past year and past 30 days, cannabis use in the past year and past three months, moderate to high risk cannabis use, cannabis use for medical purposes, use of prescription opioid pain relievers, fair/poor self rated mental health, frequent mental distress days, use of antianxiety and antidepressants, fair or poor overall health and frequent physically unhealthy days in the past 30 days.

Table 9.1.1: Indicators of Substance Use, Mental Health and Well-Being among Ontario Adults: Comparing 2023 to 2013 and 2018, CAMH Monitor[1]

Indicator	10-year period *2023 vs. 2013*	5-year period *2023 vs. 2018*
% drinking alcohol in the past year	↓	—
% drinking daily (total sample)	—	—
% drinking daily (among drinkers)	—	—
% weekly binge drinking (5+ drinks)	↑	↑
% hazardous or harmful drinking (AUDIT 8+)	↑	↑
% reporting symptoms of alcohol dependence	↑	↑
% currently smoking cigarettes	↑	↑
% daily smoking cigarettes	—	↑
% using e-cigarettes in the past year	↑	↑
% using cannabis in the past year	↑	↑
% using cannabis in the past three months	↑	↑
% cannabis use problems in the past three months	↑	↑
% cannabis use for medical purposes in the past year	↑	↑
% use of prescription opioid pain relievers	↑	↑
% moderate-to-serious psychological distress	¶	↑
% fair or poor self-rated mental health	↑	↑
% frequent mental distress days	↑	↑
% prescription for anxiety in the past year	↑	↑
% prescription for depression in the past year	↑	↑
% fair or poor self-rated health	↑	↑
% frequent physically unhealthy days	↑	↑

Note: [1]The arrows indicate higher or lower odds of each indicator in 2023 compared to 10 years (2013) and 5 years (2018) ago, and are based on adjusted regression models accounting for sample size composition differences between years; adjusted models include age, sex, educational status, household income, region of residence and immigration status. ¶ Data not available for 2013, — No statistically significant difference between estimates. Statistically significant difference considered at $p<0.05$.

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