



Ontario Student Drug Use and Health Survey



What is the OSDUHS?

The OSDUHS is an anonymous, voluntary student survey that has been going on since 1977. It is the longest ongoing school survey in Canada and one of the longest in the world!

Every two years, over 10,000 students in grades 7–12 in public and Catholic schools in big cities, small towns and rural areas across Ontario take part in the survey. The survey topics cover a range of issues facing young people today, such as smoking, drinking, drug use, mental health, physical health, bullying, violence and gambling.

How are the survey results used?

Public health monitoring

- Identify trends in substance use, mental health, physical health, bullying, gambling and other risk behaviours among the Ontario student population.
- Identify emerging issues facing young people today.
- Identify risk and protective factors related to health and behaviours.
- Evaluate youth health objectives and strategies (e.g., Smoke-Free Ontario Strategy, impaired driving prevention, anti-bullying strategies).
- Provide statistics for community reports and policy-related documents at all levels of government.
- Collaborate with public health units in Ontario to provide local health data.

Health promotion

- Develop resources to help youth, families and communities (e.g., CAMH brochures for parents, CAMH best practices guidelines, YouThrive.ca).
- Provide the impetus and information for national media campaigns (e.g., Drug Free Kids Canada's awareness campaign to return unused prescription drugs to pharmacies, Canadian Public Health Association's awareness campaign about cannabis use and driving).



Education

- Provide teachers and other professionals with accurate information about youth risk behaviours.
- Facilitate outreach activities to parents, school boards and communities.
- Identify areas for increased funding (e.g., anti-bullying programs).
- Disseminate information and train professionals in public health and educational settings (e.g., webinars, videos).

Who uses the results?

Government

- Ontario Ministry of Education
- Ontario Ministry of Children and Youth Services
- Ontario Ministry of Health and Long-Term Care
- Ontario Ministry of the Attorney General
- Health Canada
- Municipal governments

Other Canadian organizations

- Ontario Tobacco Research Unit
- Ontario public health units/departments
- Problem Gambling Institute of Ontario
- Public Health Ontario
- The Hospital for Sick Children
- Canadian Centre on Substance Use and Addiction
- Drug Free Kids Canada
- Ontario Physical and Health Education Association (OPHEA)
- Ontario Pharmacists' Association
- Mental Health Commission of Canada
- Public Health Agency of Canada

International organizations

- United Nations agencies (e.g., World Health Organization, United Nations Office on Drugs and Crime)
- National Institute on Drug Abuse (e.g., Community Epidemiology Work Group)
- Cayman Islands National Drug Council

Recent media headlines

- “Substance use among Ontario students down but concerns up over fentanyl use: report” – 2017 OSDUHS, CBC News
- “Number of Ontario teens with psychological distress rising at an alarming rate: study” – 2015 OSDUHS, *Globe and Mail*
- “E-cigarettes more popular among Ontario students than regular cigarettes: CAMH” – 2015 OSDUHS, Global News
- “Texting while driving common among Ontario teens: study” – 2013 OSDUHS, CBC News
- “Girls in Ontario more likely to be bullied in school and online” – 2013 OSDUHS, CTV News
- “Is driving high the new drinking and driving for Ontario teens?” – 2013 OSDUHS, Global News
- “Concussions strike 1 in 5 teens and may lead to lower grades: study” – 2011 OSDUHS, *Toronto Star*
- “Student use of painkillers on the rise” – 2007 OSDUHS, *Globe and Mail*

To see OSDUHS reports, questionnaires and FAQs, please visit our web page:

www.camh.ca/osduhs

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For information on addiction and mental health issues or other resources, please visit our website: www.camh.ca

To make a donation, please contact the CAMH Foundation:

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If you have questions, concerns or compliments about services at CAMH, please call the Client Relations Office:

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