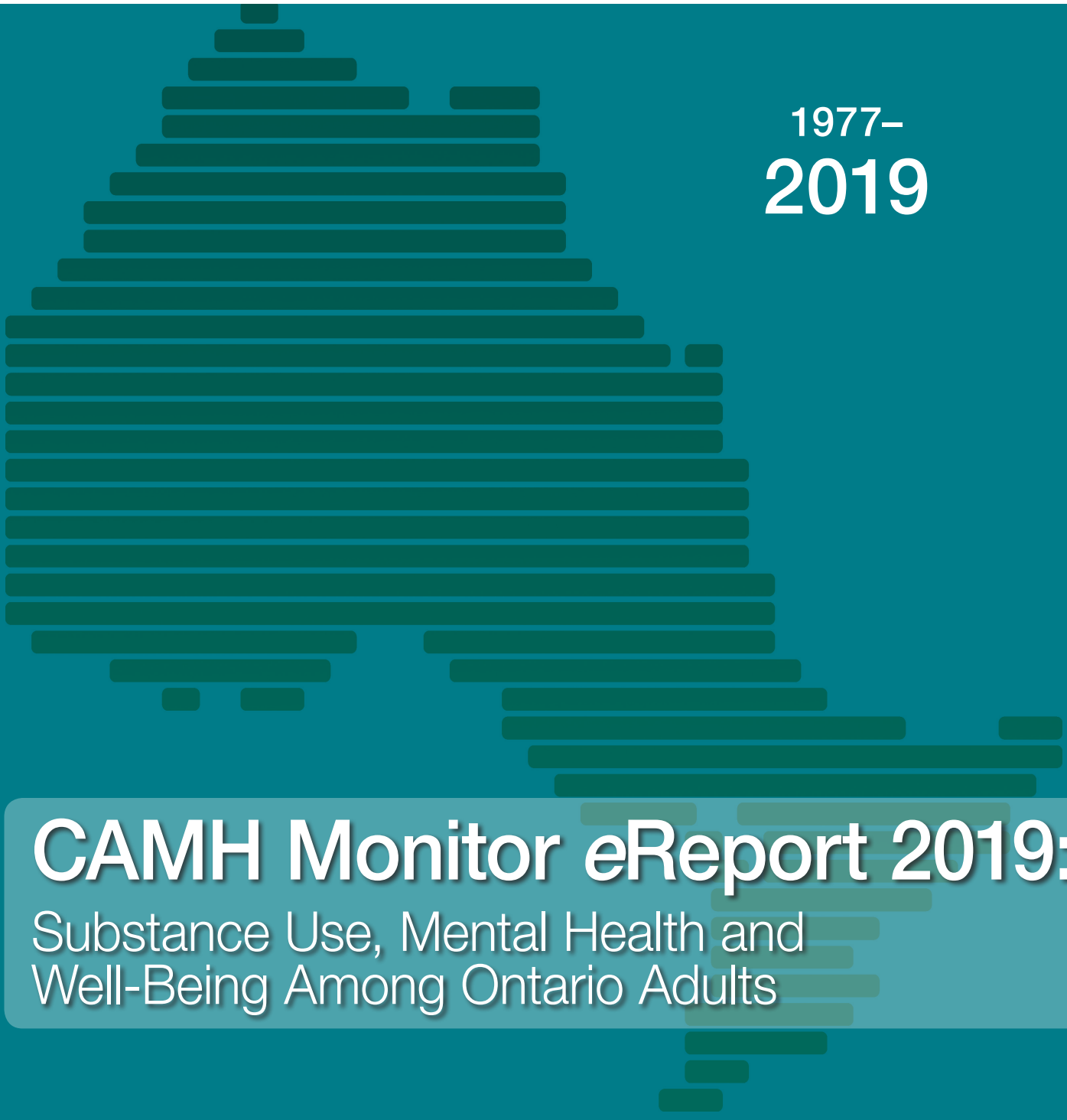

1977–
2019

CAMH Monitor *e*Report 2019:

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

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The 2019 CAMH MONITOR eREPORT
Executive Summary

The Centre for Addiction and Mental Health's *CAMH Monitor* is the longest ongoing population survey of adult substance use in Canada. The study, which spans **43 years**, is based on 34 cross-sectional probability surveys, conducted between 1977 and 2019. The 2019 cycle of the *CAMH Monitor* is based on telephone interviews with **2,827** adults aged 18 and older across Ontario. This report presents the 2019 estimates of substance use and related harms, as well as mental health and well-being indicators among Ontario adults. It also describes changes in substance use and health indicators since 1996 and since 1977, where available.

Substance Use, Mental Health and Well-Being Indicators, 2019 CAMH Monitor

Indicator	Total %	Men %	Women %		Total Population Estimate[1]
Alcohol					
Percentage drinking alcohol - past 12 months	**79.9**	81.3	78.7		**8,600,500**
Percentage drinking daily - total sample	**5.6**	7.3	4.1	*	**602,100**
- among drinkers	**7.1**	9.0	5.2	*	
Average number of drinks consumed weekly - among drinkers *(mean)*	**4.6**	6.0	3.2	*	–
Percentage consuming 5 or more drinks on a single occasion weekly (weekly binge drinking) - total sample	**6.0**	8.6	3.6	*	**640,900**
- among drinkers	**7.5**	10.6	4.5	*	
Percentage reporting hazardous or harmful drinking (AUDIT 8+) - total sample	**13.2**	18.7	8.1	*	**1,365,900**
- among drinkers	**16.6**	23.3	10.4	*	
Percentage reporting symptoms of alcohol dependence (based on the AUDIT) - total sample	**7.4**	9.7	5.2	*	**784,100**
Tobacco					
Percentage currently smoking cigarettes	**16.3**	20.4	12.5	*	**1,747,700**
- smoking daily	**12.2**	15.1	9.6	*	**1,308,200**
Average number of cigarettes smoked daily - among smokers (*mean*)	**10.9**	11.8	9.9		–
Percentage of daily smokers reporting high nicotine dependence - among daily smokers	**13.6**	18.7	6.2	*	**173,300**
Percentage reporting electronic cigarette use - past 12 months	**12.8**	14.3	11.4		**1,372,100**

cont'd

Cannabis					
Percentage using cannabis in lifetime	**53.1**	57.9	48.6	*	**5,680,700**
Percentage using cannabis - past 12 months	**25.6**	31.5	20.1	*	**2,729,400**
Percentage reporting moderate to high risk of cannabis problems (ASSIST-CIS 4+)					
- total sample	**13.6**	19.0	8.7	*	**1,454,800**
- among users	**57.9**	63.6	49.2	*	
Percentage using cannabis for medical purposes - past 12 months	**10.5**	13.1	8.2	*	**1,746,100**
Cocaine					
Percentage using cocaine in lifetime	**11.3**	15.5	7.5	*	**1,213,000**
Percentage using cocaine - past 12 months	**1.9**	2.5	1.3		**198,300**
Prescription Opioid Pain Relievers					
Percentage reporting any use (medical or nonmedical) of prescription opioid pain relievers - past 12 months	**24.5**	23.2	25.6		**2,615,100**
Percentage using prescription opioid pain relievers for nonmedical purposes - past 12 months	**5.3**	5.5	5.2		**570,000**
Driving[3]					
Percentage of drivers who drove after drinking two or more drinks in the previous hour - past 12 months	**3.9**	5.4	2.4		**365,100**
Percentage of drivers who drove after using cannabis in the previous hour - past 12 months	**3.1**	4.7	1.6	*	**295,800**
Percentage of drivers who reported texting while driving - past 12 months	**27.1**	27.6	26.7		**2,540,400**
Mental Health					
Percentage reporting moderate to serious psychological distress during the past 30 days (K6/8+)	**17.7**	16.0	19.3	*	**1,908,800**
Percentage reporting serious psychological distress during the past 30 days (K6/13+)	**6.8**	5.1	8.3	*	**728,700**
Percentage using prescribed antianxiety medication - past 12 months	**13.9**	10.4	16.9	*	**1,479,300**
Percentage using prescribed antidepressant medication - past 12 months	**11.8**	8.9	14.4	*	**1,266,500**
Percentage reporting fair or poor mental health in general	**12.9**	11.8	14.0	*	**1,386,100**
Percentage reporting frequent mental distress days (14+) during the past 30 days	**13.3**	9.5	16.8	*	**1,414,700**
Percentage reporting suicidal ideation - past 12 months	**3.9**	2.7	4.9	*	**416,600**
Physical Health					
Percentage reporting fair or poor health in general	**13.7**	15.4	12.1	*	**1,461,400**
Percentage reporting frequent physically unhealthy days (14+) during the past 30 days	**12.2**	11.3	13.0		**1,287,600**
Percentage reporting traumatic brain or neck injury (TBNI) - lifetime	**38.0**	47.0	30.0	*	**4,061,800**

Notes: [1] population estimates for total sample based on an adult population of 10,766,695 are rounded to the nearest hundred; [2] estimates are based on 2016 data; [3]estimates are based on licensed drivers; * indicates a significant sex difference ($p<.05$) when controlling for other demographic factors.

2019 Subgroup Differences

- **Sex** was significantly associated with most measures analysed.

  Women displayed higher prevalence estimates than men for all mental health indicators including psychological distress, use of antianxiety and antidepressant medications, fair or poor mental health, frequent mental distress days and suicidal ideation.

  Men displayed higher prevalence estimates than women on all other measures where differences were observed. Specifically, men were significantly more likely than women to:

  - drink alcohol daily
  - consume more drinks weekly
  - report weekly binge drinking (5 or more drinks on a single occasion)
  - drink hazardously or harmfully
  - report symptoms of alcohol dependence
  - smoke cigarettes
  - report high nicotine dependence
  - use cannabis during lifetime
  - use cannabis in the past year
  - report cannabis use problems
  - use cannabis for medical purposes in the past year
  - use cocaine during lifetime
  - report cannabis use and driving
  - report their health as fair or poor, and
  - report experiencing a lifetime traumatic brain or neck injury

- **Age** of respondent was also significantly associated with substance use and health indicators. In most cases, use declined with age or was highest among 18 to 29 year olds. The only exceptions were daily drinking, poor self-rated health, and frequent mental distress days, which all increased with age.
  After adjusting for other demographic characteristics, **18 to 29** year olds were significantly more likely than older respondents to:

  - drink alcohol in the past year
  - report weekly binge drinking
  - drink hazardously or harmfully
  - report symptoms of alcohol dependence
  - use e-cigarettes in the past year
  - use cannabis in the past year
  - report cannabis use problems
  - use cannabis for medical purposes in the past year
  - use cocaine in the past year
  - report cannabis use and driving in the past year
  - report moderate to serious psychological distress
  - report serious psychological distress
  - report their mental health as fair or poor
  - report frequent mental distress days
  - report suicidal ideation, and
  - report experiencing a lifetime traumatic brain or neck injury

- **Marital status** was also significantly associated with several measures. In all cases, substance use or health concerns were more prevalent among never married or previously married (divorced or widowed) respondents. After adjusting for other factors, **never married** respondents were more likely than married respondents to:

  - smoke cigarettes
  - use e-cigarettes in the past year
  - use cannabis in the past year
  - report psychological distress
  - use antianxiety medication
  - use antidepressant medication
  - rate their mental health as fair or poor
  - report frequent mental distress days

Compared to married respondents, **previously married** respondents were more likely to:

- smoke cigarettes
- report psychological distress
- use antianxiety medication
- rate their mental health as fair or poor
- report frequent mental distress days

- **Education level** was also significantly associated with substance use and health indicators. The most common pattern noted was that substance use declined with increasing education. Specifically, when adjusting for other demographic characteristics, respondents holding a **university degree** were significantly less likely to:

  - consume more drinks weekly
  - report binge drinking weekly
  - drink hazardously or harmfully
  - report symptoms of alcohol dependence
  - smoke cigarettes
  - use e-cigarettes
  - rate their health as fair or poor, and
  - report frequent physically unhealthy days

- **Region** was significantly associated with only three measures. Compared to the provincial average:

  - smoking cigarette was higher in the North
  - reporting moderate psychological distress was higher in the East
  - reporting frequent mental distress days was higher in the East
  - using antianxiety and antidepressant medications were higher in the West
  - reporting their health as fair or poor and frequent physically unhealthy days were higher in the West

- **Income** was also significantly associated with several measures. Specifically, when adjusting for other demographic characteristics, respondents with **higher incomes** were significantly more likely to:

  - drink alcohol in the past year
  - drink alcohol daily
  - drink hazardously or harmfully
  - use cannabis in the past year
  - report texting while driving

  After adjusting for other demographic characteristics, respondents with **lower incomes** were significantly more likely to:

  - smoke cigarettes
  - report psychological distress
  - rate their health as fair or poor, and
  - report frequent physically unhealthy days

Past Year Changes, 2018 vs. 2019

Only four indicators showed significant changes between 2018 and 2019. All four indicators showed significant **increases**:

- **Electronic cigarette use** increased significantly between 2018 and 2019, from 9.2% to 12.8%. This increase was evident especially among women and those aged 18 to 29.
- **Past year cannabis use** increased significantly from 19.9% to 25.6%. This increase was evident among both men and women and among those aged 50 and older.
- **Moderate to serious psychological distress** increased significantly, from 14.2% to 17.7%, especially among women and never married respondents.
- **Use of antianxiety medication** in the past year increased significantly, from 10.8% to 13.9%. This increase was evident among the previously married and those with higher education.

	2018		2019
Electronic cigarette use	9.2%	↑	12.8%
Past year cannabis use	19.9%	↑	25.6%
Moderate psychological distress	14.2%	↑	17.7%
Use of antianxiety medication	10.8%	↑	13.9%

There were no significant declines between 2018 and 2019.

1996–2019 Trends

Alcohol

Some important changes were seen in alcohol use. We found some significant **declines** in weekly binge drinking and symptoms of alcohol dependence.

- **Weekly binge drinking** declined from 12.7% in 1996 to 6.0% in 2019 among the total sample, and 16.5% to 9.0% among past year drinkers. This decline was evident for all demographic subgroups examined.
- A significant **decline** was also seen in reporting **symptoms of alcohol dependence,** from 9.4% in 1998 to 7.4% in 2019. This decline was evident especially among men and 18 to 29 year olds.

There were, however, some significant **increases** in daily drinking and the average number of drinks consumed weekly.

- **Daily drinking** among drinkers increased significantly from 5.3% in 2002 to 9.1% in 2018. Significant increases were found among both male drinkers (from 7.1% in 2005 to 11.6% in 2018), and female drinkers (from a low of 2.6% in 2001 to 6.6% in 2018).
- The **average number of drinks** consumed weekly increased from 3.3 in 1996 to 4.6 in 2019. The number of drinks consumed per week among male drinkers increased from 4.8 drinks in 1996 to 6.0 drinks in 2019, and among female drinkers**,** from 1.9 drinks in 1996 to 3.2 drinks in 2019.

Tobacco

Another important change was the **decline** in **current cigarette smoking**.

- Current **cigarette smoking** declined significantly from 26.7% in 1996 to 18.6% in 2009, and continued to decline to 16.3% in 2019. There were also significant declines for all sex, age, region, marital status and education subgroups.
- **Daily smoking** declined by more than half, from 23.0% in 1996 to 12.2% in 2019.

Cannabis

A significant **increase** was evident for cannabis use.

- Past year **cannabis** use **increased** steadily from 8.7% in 1996 to 25.6% in 2019, and the 2019 estimate is the highest on record for this survey. This long-term increase was evident among both men and women**,** and for all region, marital status, and education subgroups.
- Another important change related to cannabis use has been the **aging** of cannabis users. Between 1996 and 2019, among cannabis users, the percentage who are aged 50 years and older increased from 2% to 29%.

Other Drugs

- Although past year use of **cocaine** remained low, we found a significant **increase** from 1% in 1996 to 2.5% in 2017 and this increase was evident among both men and women, and all age groups.
- Past year use (medical or nonmedical) of **prescription opioid** pain relievers **declined** significantly from 26.6% in 2010 to 24.5% in 2019.
- Past year **nonmedical use** of prescription opioids **declined** from 7.7% in 2010 to 5.3% in 2019, and this decline was evident for all demographic subgroups.

Driving

- **Driving after drinking** alcohol (among drivers) **declined** significantly from 13.1% to 3.9%. The decline was seen among male drivers (from 21.2% in 1996 to 5.4% in 2019), and among young adult drivers aged 18 to 29 (from 20.1% in 1996 to 4.7% in 2019).
- **Driving after cannabis use** (among drivers) **increased** significantly from 1.3% in 2012 to 3.1% in 2019. This increase was seen among male drivers, from 1.9% in 2012 to 4.7% in 2019.
- **Texting while driving** (among drivers) **declined** significantly from 36.8% in 2015 to 27.1% in 2019, and rates were significantly lower among both men and women and those 40 to 49 years old.

Mental Health

Some significant **increases** were seen in **mental health** indicators.

- Between 2015 and 2019, there was a significant overall increase in moderate to serious psychological distress, (from 9.9% in 2016 to 17.7% in 2019). Reports of moderate to serious psychological distress increased especially among both men and women, and among younger adults.
- Between 2003 and 2019, there was a significant **increase** in self-rated **fair/poor mental health** (from 4.7% to 12.9%). Reports of fair/poor mental

health increased significantly among both men and women, and among most demographic groups analysed.

- There was also a significant **increase** overall in reports of **frequent mental distress days** in the past 30 days, from 5.4% in 2003 to 13.3% in 2019. This increase was evident among both men and women, and among most demographic groups analysed.

- Use of **antianxiety medication** has displayed a significant linear **increase**, from 4.7% in 1997 to 13.9% in 2019. There were significant increases during this period for both men and women, and all age, region, marital status, and education subgroups.

- Use of **antidepressants** also **increased** significantly, from 3.9% in 1997 to 11.8% in 2019. There were significant increases during this period for both men and women, and all age, region, marital status, and education subgroups.

- We found a significant **increase** in the percentage of respondents reporting **suicidal ideation** in the past year, from 2.2% in 2013 to 3.9% in 2019.

Overall Health

- Overall, between 2003 and 2019, there was a significant **increase** in reports of fair/poor self-rated health status (from 9.4% in 2013 to 13.7 in 2019), and frequent physically **unhealthy days** in the past 30 days, from 5.9% in 2004 to 12.2% in 2019. Rates increased significantly among both men and women, and most age groups.

Overview of Trends for Selected Substance Use, Mental Health and Well-Being Indicators among Ontario Adults, CAMH Monitor

Indicator (past year)	Period	Change
% drinking alcohol	1996–2019	- Stable
% drinking daily (among drinkers)	1996–2019	↑ from 5.3% to 9.1%
mean number of drinks consumed weekly (drinkers)	1996–2019	↑ from 3.3% to 4.6%
% weekly binge drinking (5+ drinks)	1996–2019	↓ from 11.7% to 6.0%
% hazardous or harmful drinking (AUDIT 8+)	1998–2019	- Stable
% reporting symptoms of alcohol dependence	1998–2019	↓ from 9.1% to 7.4%
% currently smoking cigarettes	1996–2019	↓ from 26.7% to 16.3%
% using e-cigarettes	2012-2019	↑ from 8.5% to 12.8%
% using cannabis	1996–2019	↑ from 8.7% to 25.6%
% using cocaine	1996–2019	↑ from 1.0% to 2.5%
% medical use of prescription opioid pain relievers	2010–2019	↓ from 26.6% to 24.5%
% non-medical use of prescription opioid pain relievers	2010–2019	↓ from 7.7% to 5.3%
% drinking and driving (drivers)	1996–2019	↓ from 13.1% to 3.9%
% driving after cannabis use (drivers)	2002–2019	↑ from 1.5% to 3.1%
% texting and driving (drivers)	2015–2019	↓ from 36.8% to 27.1%
% moderate-to-serious psychological distress	2015–2019	↑ from 9.9% to 17.7%
% fair or poor self-rated mental health	2003–2019	↑ from 4.7% to 12.9%
% frequent mental distress days (past 30 days)	2003–2019	↑ from 5.4% to 13.3%
% prescription for anxiety	1997–2019	↑ from 4.7% to 13.9%
% prescription for depression	1997–2019	↑ from 3.9% to 11.8%
% suicidal ideation	2013–2019	↑ from 2.2% to 3.9%
% fair or poor self-rated health	2003–2019	↑ from 9.4% to 13.7%
% frequent physically unhealthy days (past 30 days)	2003–2019	↑ from 5.9% to 12.2%

Methodology

The Centre for Addiction and Mental Health's *CAMH Monitor* (CM) is an Ontario-wide telephone survey of adults aged 18 and older. This repeated cross-sectional telephone survey has been conducted over a period of 43 years: periodically from 1977 to 1989, annually from 1991 to 1995 and continuously since 1996. The 2019 CM is the 24th cycle conducted since the series became continuously fielded in 1996.

The 2019 survey used a stratified (by six equally-allocated regions) two-stage (telephone number-respondents) dual-frame (list-assisted and cell-phone) RDD rolling quarterly probability sampling procedure. In total, **2,827 Ontario adults** completed the interviews (1,840 interviews were completed on a landline or cable phone and 987 interviews on a cell-phone). Excluded from the selection were adults without a phone, those who were institutionalized, and those who were unable to complete the interview in English.

The 2019 CM was administered by the Institute for Social Research at York University. The 2019 sample of 2,827 respondents is considered representative of 10,766,695 Ontarians aged 18 and older.

Please visit the CAMH Monitor webpage for reports and FAQs:

www.camh.ca/camh-monitor

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

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1. INTRODUCTION

Population surveillance studies, such as the *CAMH Monitor*, describe the shifting pattern, character and social demography of substance use behaviour and mental health status in the general population. Knowledge derived from such surveys is essential to inform prevention programming, health and social planning and policy making, and any assessment of current and future treatment needs.

The ability of a given drug—be it alcohol, tobacco, medicinal or illicit substances—to cause harms to its users, their families, friends, and communities depends on at least three fundamental factors: (1) the **prevalence of use** in the population—what percentage use the substance; (2) its **dependence liability**—the ability of the drug to produce dependence; and (3) its **hazard liability**—the ability of the drug to produce lethal and other adverse consequences (Brands, Sproule, & Marshman, 1998). Thus, drug use prevalence in the population is only one factor in determining the harm potential of a given substance.

Similarly, population surveillance of mental health indicators is imperative for informed health planning and policy and for any informed treatment response. Screening instruments assessing compromised mental health can assist in identifying not only the prevalence of impaired mental and emotional functioning, but also the related determinants and risk factors (Tsuang & Tohen, 2002). These two domains—addiction and mental health concerns—have strong connections, and the ability to investigate their co-occurrence, risk profiles, and changes over time further their public health utility.

The *CAMH Monitor* (CM) is a substance use and mental health population survey of Ontario adults aged 18 and older. Having been established provincially in 1977, it is the longest ongoing surveillance program of adult drug use in Canada. The purpose of this report is threefold. *First*, we consider the question, "What is the extent of drug use and impaired mental health by describing the prevalence of substance use—alcohol, tobacco, cannabis and other drugs and their attributable harms–, and indicators of impaired health and mental health—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 Ontario adults in 2018 and 2019. *Second*, we consider the question, "Who is at risk?" by assessing the demographic correlates and risk factors related to these outcomes; and *third*, based on **34 repeated cross-sectional surveys** conducted during a **43-year period** between 1977 and 2019, we examine population trends in alcohol and other drug use, health and mental health indicators.[1]

Why is it important to monitor addiction and mental health indicators? Because such phenomena are leveraged by ongoing demographic shifts and market forces, as well as societal changes in values, attitudes and consequent stigmatization of such conditions, their character is rarely static. Such forces may combine to create tipping points giving rise to favourable conditions for drug taking and the emergence of drug-related outbreaks and full-fledged epidemics. Thus, the need for surveillance is paramount not only to build knowledge of addiction and mental health in the population, but also to devise strategies to reduce their drug-attributable harms and costs (Giesbrecht et al 2006; Sloboda, 2005; Stockwell, Gruenewald, Toumbourou, &

[1] Mental health and other health measures were introduced into the *CAMH Monitor* beginning in 2001, thus limiting the available trends to a shorter period.

Loxley, 2005) and health inequities (Schmidt, Makela, Rehm & Room, 2010).

Specifically, monitoring addiction and mental health indicators provides several important benefits:

- First, monitoring provides a surveillance function to **identify emerging change** and to monitor its course. By definition, emerging outbreaks or epidemics can only be identified with the presence of pre-epidemic surveillance data, which makes the historical CM data ever more valuable.
- Second, monitoring **builds knowledge** and increases understanding of the processes that bring about population changes in addiction and mental health indicators, of the methods to best measure them, and of associated public sentiment and stigmatization. This knowledge applies, not only to identifying changes in health indicators, but also whether the influence of risk factors are strengthening or weakening with time or across subgroups.
- Third, monitoring **informs policy**. To be effective, policies intended to reduce the harm arising from drugs and impaired mental health must be informed by the most current and trustworthy data.
- Fourth, monitoring serves as a **vehicle for the evaluation** of health programs, interventions, legislation, health objectives and targets set by governmental and advisory bodies.[2] Monitoring studies inform both needs assessment as well as outcome and impact evaluation. Indeed, the availability of pre-existing data make post hoc evaluation not only quite feasible, but cost efficient. For example, forthcoming CAMH work will assess the introduction of cannabis retail outlets and the effect of the COVID-19 pandemic on population mental health measures.

[2] e.g., Healthy People 2020: http://www.healthypeople.gov/2020/topicsobjectives2020/

There are several strategies, including population surveys and administrative or archival aggregate data, to estimate and track addiction and mental health indicators (Sloboda, McKetin, & Kozel, 2005). Examples of administrative aggregate data include per capita alcohol consumption, the number of alcohol and drug-related arrests, convictions and seizures, and the number of illnesses or injuries as represented by hospitalizations, treatment cases, nonfatal overdoses, and fatalities.

Although aggregate data are useful in describing population level or change, or social patterning of addiction and mental health indicators because they are based on case or event counts rather than individuals, they can be somewhat remote from individual behaviour. This is because a given individual may contribute multiple events making the estimation of prevalence difficult. For example, per capita alcohol consumption, based on sales data, is a measure summed across both drinkers and non-drinkers. Although such indicators are useful on a total population basis, especially for the purpose of cross-national, national, and provincial trends, the influence of various individual-level risk factors cannot be derived.

The connection between criminal justice data and population drug use need not be a strong one. Indeed, arrest and conviction data can reflect factors other than the rate of drug use, such as the degree of enforcement and drug availability. In addition, such data often apply to atypical cases, namely persons who are detected and apprehended for their use of drugs. It is generally found that most adult recreational drug users have little criminal justice system involvement and that legal barriers are a minor obstruction (Erickson, Adlaf, Smart & Murray, 1994). Thus, there need not be a direct and necessary relationship between drug arrests, seizures and the size of the drug-using population. Also, changes in such data must be carefully interpreted. For example, an increase in drug arrests or seizures may reflect mechanisms other than increasing drug use. It may reflect more funds or a higher priority given to enforcement; it may reflect the same

number of users using greater quantities or more users consuming fixed quantities; or it may reflect increases in use among restricted and typically small populations whose behaviour readily comes to the attention of authorities. Consequently, although administrative aggregate indicators are important to help define the particular contours of the drug problem, they should not be confused with direct indicators of the prevalence, amount, and harms of use experienced by individuals in the population.

The Strengths and Limitations of Surveys

The most direct means of estimating and monitoring addiction and mental health indicators in the population are based on sample surveys. Although the sample survey method has its shortcomings, it remains the most feasible approaches to track individual-level health behaviours and outcomes in the population. The strength of this method is the requirement of the random selection of population members. Thus, assuming no systematic bias in the selection process, drug users, and those facing mental health difficulties drawn for the sample should represent these groups in the population.

The survey method also suffers from shortcomings. To begin with sampling matters, estimates can be biased—i.e., systematically different from the true population value—if the survey is used to project outside the target population or if the survey frame population is an inadequate representation of the target population. A case in point: the CM2019 is based on sampling frames of landline and cell phone numbers (unlisted and unpublished phone numbers are also included). Whether estimates would be measurably biased by projecting to *all* households depends on (1) the size of nontelephone household population and (2) whether the non-telephone household population differs appreciably from the telephone household population. Fortunately, Canada traditionally has one of the highest telephone penetration rates (99%) in the world. For example, based on the 2019 Canadian Communications monitoring report some 90.8% of Ontarians have mobile phones and 61% have landlines, only **a negligible 0.5% were phoneless** (Communications Monitoring Report, 2019), thereby eliminating nontelephone households as an appreciable source of noncoverage bias.

A further drawback is that general population surveys commonly employ a target population consisting of noninstitutionalized residents and are not intended as a census of the full adult population. Thus, the few residing in jails, prisons, hospitals, military establishments, and transient populations such as the homeless or marginally housed are commonly excluded by design. Many of these out-of-scope groups tend to contain an elevated proportion of individuals who use drugs, engage in heavy drinking and those facing mental health issues (Adlaf, Smart, & Canale, 1991; Rossi, 1989; Sloboda, 2005). However, the bias caused by such noncoverage depends not only upon the *difference* in drug use (or mental health concerns) between covered and noncovered members, but also on the *size of the noncovered group*.

Consequently, even if indicators of addiction and mental health are appreciably higher in the excluded group (e.g., homeless, phoneless) than those in the sampled group, if the size of the excluded group is small relative to the total population then the bias is not expected to be considerable (Groves & Couper, 1998; Heeringa, West, & Berglund, 2010; Kandel, 1991). This point also infers that even a high nonresponse rate would not necessarily translate to nonresponse bias if the difference between respondents and non-respondents is negligible.

With respect to measurement matters, the topic of a survey also has the potential to influence response quality in two ways: (1) topic relevance can affect the propensity to participate, and (2) topic sensitivity can shape the quality of responses (e.g., by privacy defending behaviours giving rise to social desirability bias). Regarding the former

individuals who use drugs, or those with mental health concerns, of high social standing may be unwilling to participate in such a survey. The reliance on self-reported behaviours in surveys covering sensitive topics such as drug use or other illegal behaviours is another well-known source of bias (Tourangenau & Yan 2007; Tourangenau, Groves & Redline 2010).

Despite such threats to data quality, the literature casts a more positive tone. Firstly, with respect to alcohol and other drug use, the literature suggests that although surveys tend to underestimate true usage, they are still regarded as the best available means to estimate and monitor such individual-level behaviours for public health assessment (Harrison, Haaga, & Richards, 1993; Sloboda, 2005; Heeringa, West, & Berglund, 2010; Turner, Lessler, & Gfroefer, 1992).

Secondly, in regards to mental and emotional health impediments, we contend that although the self-reporting of one's mental wellbeing would seemingly challenge matters of trustworthiness, studies have demonstrated their validity. Cannell et al (1987), for example, found that self-reports of health events were higher in telephone than in in-person interviews, suggesting that the telephone mode of interviewing is a reasonable data collection approach for the topic. More recently, survey topics involving mental health were found to produce lower nonresponse bias than topics involving current events, participation in elections, and welfare reform (Groves, Wissoker, Greene, McNeeley & Montemarano, 2000), suggesting that mental health matters can be reasonably investigated by the survey approach.

Moreover, although these biases may operate to understate drug use or mental health estimates at a single point in time, they should have lesser impact on estimating trends so long as the magnitude of underreporting remains constant across time (Cochran, 1977).

Repeated cross-sectional surveys—repeated surveys interviewing *different* respondents each occasion—can assess only specific types of change. Because the same individuals are not surveyed at different times, repeated cross-sectional surveys cannot evaluate matters of precedence (e.g., whether unemployment causes drinking problems or impaired mental health or whether drinking problems or emotional distress causes unemployment).

Despite such shortcomings, repeated cross-sectional surveys are especially adept at *identifying* and *measuring* population change (e.g., changes in the percentage of the population affected by alcohol- and other drug use-related impairments or disabilities arising from alcohol and other drug use and mental or emotional difficulties). In comparison to follow-up studies of the same person, the advantages of repeated cross-sectional studies is that each survey accounts for population change and that estimates combine effects of changing values and changing populations, and thus provide an efficient estimate of net population change (Korn & Graubard, 1999).

The next section describes the sampling procedures used in selecting respondents, features of the Computer Assisted Telephone Interview (CATI), the measures used in estimating and monitoring substance use and mental health and methods of estimation implemented in drawing conclusions about the population of Ontario adults. In addition to describing features of the CM2019, we also describe the historical series of surveys conducted since 1977.

2. METHOD

2.1 Sampling Designs

The series of data described in this report are based on 34 repeated cross-sectional surveys conducted during a **43-year period between the years 1977 and 2019** and targeting the population of noninstitutionalized Ontarians aged 18 and older.[3] To capture this target population, we employed a reduced survey population frame—the list of eligible (or in-scope) units having an actual chance of being selected.

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**).[4] These data—which amalgamate previous monitoring activities, including the *Ontario Adult Drug Use* series (1977–1994) (Adlaf, Ivis, & Smart, 1994) and the *Ontario Alcohol and Other Drug Opinion Survey* series (1992–1995) (Ialomiteanu & Bondy, 1997) – represent the longest and most comprehensive surveillance program of adult drug use in Canada.[5]

2.1.1 Sampling Designs 1977–1995 Series

As seen in **Table 2.1**, the five modified-probability (a stratified, three-stage area sample)[6] periodic surveys conducted between 1977 and 1989 employed personal-visit interviews administered by Ian Sone and Associates (1977) and Gallup Canada (1982–1989).

In contrast, the 29 surveys conducted annually from 1991 through 2019 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).[7]

[3] 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 onward).

[4] 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.

[5] 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.

[6] 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.

[7] 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.

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*).[8]

There are **five major differences** between the current *CAMH Monitor* and earlier surveys:

1. Each *CAMH Monitor* cycle is based on the annual cumulation of four quarterly rolling samples (versus the typical 4 to 8 week interviewing period employed in earlier cycles). Such "rolling" or continuous data collecting systems have several benefits over periodic data collection including the following:
   - greater capacity to detect seasonal and secular trends;
   - greater capacity to provide timely data;[9]
   - ability to accumulate rare populations across time (Kalton, 2009; Kish, 1999);
   - multiple repeated samples lead to better statistical estimation (Kish, 1965);
   - reduction of administration costs by efficiencies in assigning interviewer workload across time;
   - more efficient detection of interview error and ability to make adjustments during fieldwork; and
   - potential for quickly fielding new material and evaluating changes in programs, policies and legislation, and for assessing potential drug-related outbreaks.

2. 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, see **Table 2.1** for more details). 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.[10] As well, the potential for pooling or cumulating data across time (i.e., samples) for regional or rare subgroup analyses is greatly enhanced (see, for example, Chapter 8).

3. 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.

4. 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.

5. The combined *CAMH Monitor* sample size has been expanded now approaching or

[8] The *CAMH Monitor* is supported by the Ontario Ministry of Health and Long-term Care (MOHLTC) and supplemented by investigator- and organization-initiated and extramural research activities.

[9] Because changes to the CATI can be made within days, if not hours, emerging issues can be quickly administered.

[10] 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.

exceeding 3,000 per year. Between 1996 and 2019, the annual sample size varied from 2,005 to 5,013 respondents. [11]

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

Table 2.1: ARF/CAMH – Ontario Adult Population Survey Program, 1977–2019

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 poststratified 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 numberand 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)

Year	Mode of Interview	Survey Organization	Sample Design	Sample (N) Date	RR *deff*	Standard Error Calculation Model	Source
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.	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)

Year	Mode of Interview	Survey Organization	Sample Design	Sample (N) Date	RR *deff*	Standard Error Calculation Model	Source
2003 (18)	Telephone	ISR	**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 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. In 2006, the target sample was reduced to 2,000 completions. In 2009, all selected numbers received advance letter.	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		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		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)

Year	Mode of Interview	Survey Organization	Sample Design	Sample (N) Date	RR *deff*	Standard Error Calculation Model	Source
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)

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

The *CAMH Monitor* Sampling Plan

The 2019 *CAMH Monitor* target population—the population that we intend to make inferences about—represented noninstitutionalized adults aged 18 and older residing in Ontario during the calendar year 2019 (population N=10,766,695). To represent this target population, we employed a **sample** (or frame) **population** – the population that has an actual chance of being selected – based on telephone numbers (landline and cell phones) from which, corresponding adult household members residing in Ontario during 2019 and who were capable of completing the interview in English, were selected. The survey's sampling frame fails to cover small segments of the target population. **Excluded from selection** were adults residing in phoneless households, adults who were institutionalized or homeless, those too ill or aged to be interviewed, and those who were unable to complete the interview in English.

Textbox 1
2019 *CAMH Monitor* Target and Sample Population

Target population
- noninstitutionalized Ontario adults aged 18 and older residing in Ontario during 2019 (N=10,766,695)

Sample (frame) population
- telephone numbers (including landline, cell/wireless or mobile phones, unlisted or newly connected or listed numbers) and their household members aged 18 and older
- residents of Ontario during 2019
- able to complete telephone interview in English

Excluded from sample frame
- phoneless households

Excluded from sample population
- institutionalized (hospitals, prisons)
- language barrier

Note: Military personnel residing in civilian residences are not excluded.

Since 2000, the *CAMH Monitor* has implemented a regionally stratified, list-assisted RDD rolling survey. To meet the challenges of coverage error arising from the restriction of landline-only telephone samples due to cell-phone-only households (see Hu, Balluz, Battaglia, & Frankel, 2011), in 2017 the CAMH Monitor augmented the landline frame by adding a parallel cell-phone frame resulting in a dual-frame (landline and cell phone numbers) survey. This **dual-frame** RDD sampling approach has been employed since 2017. In 2019, 66.5% of the sample was drawn from the landline sampling frame and 33.5% from a cell-phone frame.

The literature, however, suggests that the introduction of cell phone population is not without its drawbacks. Although the introduction of cell-phone cases improves the coverage rate, cell-phone samples typically display elevated unit nonresponse than landline samples (Eckman & Kreuter, 2017). Nonetheless, as Couper, Antoun & Movietova (2017) argue, "There is much to be gained by adding mobile users or conversely, much to lose by excluding them". We expect the mobile population to offer two benefits, firstly, improving the coverage rate, especially of the cell-only population, and secondly, providing younger respondents that are otherwise difficult to contact and interview in other modes.

(1) The landline RDD sampling frame

The sample design implemented a **stratified** (by six regional area code aggregates) **two-stage** (PSU=telephone number; SSU=respondent) **list-assisted RDD rolling quarterly**[12] **probability selection** procedure, which interviewed English-speaking household residents of Ontario aged 18 or older. Similar to previous years, the four quarterly non-overlapping samples were

[12] In 2011, the sampling interval was revised from monthly samples to quarterly samples. The reason for this change was to increase the callback period so as to maximize the contact and response rate.

cumulated to provide a single calendar year dataset (Alexander, 2002; Kish, 1999). Since 2000, the sampling frame has been built using 10-digit telephone numbers in Ontario consisting of (1) all active area codes, [13] (2) a central office code, exchange or prefix (the first three digits of the telephone number), and (3) a suffix or bank (the last four digits of the telephone number).

A list of telephone numbers in Ontario was generated from CD-ROM versions of telephone directories and other commercially available lists. Telephone numbers from these sources, as well as list assisted numbers on either side of selected listed numbers are included in the sampling frame. For example, if the selected directory-published number is xxx-xxx-8513 then all numbers from xxx-xxx-8510 through xxx-xxx-8519, are added to the sampling frame *even if they are cell phone numbers, unlisted or newly connected or listed numbers* (unless they are known not-in-service numbers). A computer then generates a random (i.e., EPSEM) sample of telephone numbers from this list from which each quarterly (or monthly in earlier cycles) sample is drawn. This strategy of using **a list-assisted frame** serves to reduce under coverage. In total, in 2019, 1880 interviews were completed using the list-assisted frame (1840 landline interviews and 40 cell phone interviews).

Landline Sample Selection

Stage 1 — Telephone number selection (PSU – primary sampling unit): Within each of the six aggregated area code [14]regional strata, each quarter a random sample of 10-digit telephone numbers (i.e., area code – exchange – suffix) was selected with equal probability (EPSEM) and without replacement (WOR) from the list-assisted frame.

[13] Note that all newly introduced area codes were added to the sampling frame once becoming active.

[14] The grouping of area codes by region are detailed in (See Ialomiteanu, A.R., Elton-Marshall, T., Mann, R. E. & Hamilton, H.A. 2020).

Textbox 2
The *CAMH Monitor* Sampling Design

Stage of Selection	Primary Sampling Unit (PSU) / Secondary Sampling Unit (SSU)	Strata
1.	**Telephone number**; selected with equal probability and without replacement for each quarterly sample using list-assisted RDD rolling sampling	Six aggregated area code-based regions; equally allocated (disproportional to population allocation)
2.	**Respondent** aged 18+, selected using a "modified" last birthday method	None

Stage 2 — Respondent selection (SSU – secondary sampling unit): Within each household of each selected telephone number, one household member age 18 or older who could complete the interview in English was usually selected according to the last-birthday method (Binson, Canchola, & Catania, 2000; Rizzo, Brick, & Park, 2004).[15] The primary intention of such strategies are to simultaneously minimize selection bias (by using a selection method that includes all household members) and nonresponse rate (by minimizing noncooperation by asking for a full household rooster).

[15] The last birthday respondent selection method, or its other variants, is not without its detractors. First, the method is nonprobability seeing as knowledge of all eligible household members is unknown, but required for correct weighting and thus estimation. (Note that such information is otherwise collected for purposes of weighting.) Second, it has been criticized for slanting samples towards various subgroups such women or young adults, leasing some authorities to recommend against its use in scientific work (Biemer & Lyberg, 2003:337), Third, household informants are known to be unaware of which household members are at home and or the ranking of birthdays, especially when household size exceeds four (Rizzo, Brick & Park, 2004). Nonetheless, we contend that the risk of nonresponse error incurred by the traditional full household roistering is a more serious and costly error than that arising from the application of a less robust, but practicable selection method.

Starting in 2015, for those aged 18 to 30, the standard last birthday selection method was revised to a selection rule so as to better represent the age distribution in the population and to secure sufficient cases for analysis of a segment that is difficult to contact and to interview by increasing the probability of selecting a younger adult (aged 18 to 30) as the household respondent. In the past, interviewers had asked, *"Including yourself, how many people currently living in your household?*" In 2019, the screening question was as follows: *"Including yourself, how many people **aged 18 to 30** are currently living in your household?*" If there was only one person who met this age condition, this person was identified as the respondent. If there were two or more younger adults in a household, one of the younger adults was selected by means of the next birthday method. In households where there was no one 30 years of age or younger, the standard next birthday selection method was used. Since the total number of adults in a household (age 18 and over) is fixed regardless of the age of the sample adult, and only the total number of adults in a household is used to calculate weights in a household, the calculation of weights for 2019 did not differ from previous cycles.

Starting in 2019, a minimum of 14 callbacks[16] (no upper limit was placed on call backs)were placed to unanswered numbers and **refusal conversion attempts** were made with all sampled members who refused to participate on the first survey request.[17]

To optimize the response rate, about one week before the survey request phone call, all selected landline subscribers were mailed (addresses retrieved from reverse directories) a **pre-notification letter,** describing the purpose of the survey and that they would soon be invited to participate in the survey.

To ensure adequate precision of estimates within different areas of the province, the sample was **equally allocated** among six strata derived from adjacent telephone area codes, thus resulting in a **disproportional-to-population** allocation (see **Appendix A, Table A1)**. As discussed later, weights are applied to ensure that each respondent within a regional stratum represents its population share of the province.

(2) The Cell-Phone RDD Sampling Frame

The dual frame procedure means that a landline sample and cell sample run in parallel, and that samples can be analysed separately or jointly.[18] As mentioned earlier, 33% of the 2019 sample was selected using a cell phone sampling frame. In total, **947** interviews were completed using the cell-phone sampling frame. Similar to the selection of the landline sample, cell phone numbers were randomly selected from the six regional strata. Seeing as a listing of cell phone numbers does not exist, the cell-phone sampling frame was created from the list of dedicated cell phone exchanges for the six geographical strata (see **Appendix A, Table A2** for more details)

Cell Phone Sample Selection
Stage 1 — Cell phone number selection

Similar to the selection of the landline sample, **cell phone numbers**[19] were **randomly selected** from the six regional strata. However, unlike

[16] Prior to 2019, a minimum of 12 callbacks were placed to noncontacted subscribers.

[17] These refusal conversion attempts are conducted by the most experienced interviewers. Sampled members who refused the survey request by requesting to be put on the 'do-not-call list' (despite that researchers are exempt from this list) or are distressed about the request are never re-contacted.

[18] We expect such strategies will improve coverage, especially of the cell-only population. Indeed, as Couper, Antoun and Mavletova (2017) comment, "To minimize coverage error there is much to gain by adding mobile users, or conversely, much to lose by excluding them" (p.136).

[19] We use the term cell phone to broadly refer to cell phones with only voice capabilities, feature phones offering web browsing and email, but without the capability to run applications, and smart phones having the ability to download applications and access the internet. At times we use the terms cell and mobile phone interchangeably.

landline numbers (where listed telephone numbers are compiled and supplemented with commercially available lists), a listing of cell phone numbers (i.e. 'phonebook') does not exist. Therefore, cell phone samples are created from the list of dedicated **cell phone exchanges** for the six regional strata. The geographical information available for each number is limited to the area code (which determines broadly which area of the province the cell phone is serviced in) and the 'rate centre' (the city where that phone exchange switching station is located, and the free dialling zone associated with the cell phone number). This generally results in a larger calling zone and requires a larger sample and screening to determine if the cell phone number is in the designated area (see **Appendix A, Table A2**). Because mailing lists of subscribers are not available for cell phones, advance letters were not mailed to households prior to first contact. Similar to landline samples, the cell phone sample includes 'not-in-service' and 'non-residential' telephone numbers, but unlike landline numbers a non-trivial proportion of the numbers are excluded as they are out of scope.

Stage 2 — Respondent Selection

In the landline sample, the second stage of the sample selection involves the selection of a respondent from the selected telephone household (using the modified birthday selection method if there is more than one adult in the household). The assumption is that the landline number is associated with all eligible members of the household. In contrast, for the cell phone sample, (as with most cell phone surveys, including the CDCs Behavioural Risk Factor Surveillance System)[20], the assumption is that each cell phone is a personal device and not necessarily shared with other household members. Therefore, regardless of the number of adults living in the household, the **adult user** of the **cell phone** is selected as the **respondent** (i.e. no random selection). The interviewing protocol for cell phones is as follows: (1) first, the interviewer determines if the respondent is in a place where they can safely talk on the phone to answer questions, and (2) the interviewer determines that the respondent is at least 18 years old.

Further details about the CM2019 survey can be found in (Ialomiteanu, Elton-Marshall, Mann, & Hamilton, 2020 available from the CAMH Monitor website (http://www.camh.ca/camh-monitor).

2.2 Computer Assisted Telephone Interviewing (CATI)

All voice interviews were administered at ISRs fully supervised CATI facility that operates Saturday through Thursday.

To reduce the response load or burden while maximizing questionnaire content and flexibility, the *CAMH Monitor* employs a matrix interview design, whereby within each panel, random subsets of respondents are asked various modules of questions, while other respondents are concurrently asked modules of alternative questions.

Two split-ballot interview panels were administered in the CM2019. Both panels included core items—questions asked among all respondents—and panel items – questions asked among only a single panel (or panel subsample) of respondents. The CATI system randomized respondents to one of two panels, **Panel A** or **Panel B**. Both panels were administered concurrently throughout the 2019 calendar year.[21]

[20] https://www.cdc.gov/brfss/annual_data/2016/pdf/overview_2016.pdf

[21] Beginning in 2010, the two CATI panels (A and B) became concurrently administered in 12-month data collection periods and were reallocated to produce samples of 1,000 and 2,000 completions, respectively. Panel A is allocated to tobacco content (and sponsored by the Ontario Tobacco Research Unit), while the larger Panel B is allocated to general prevalence and surveillance matters.

The major benefits of this approach is that the interview content can be maximized without increasing the response load or burden on a single respondent. In addition, the CATI system's ability to randomize respondents between different question versions and formats readily permits methodological sub studies on question wording, order, etc.[22] A drawback of matrix interviews, however, is that varying sample sizes for split sample analysis are reduced (unless imputation methods are used to restore the sample size). Some discussion of matrix sampling can be found in the literature (Heeringa et al., 2010; Thomas, Raghunathan, Schenker, Katzoff, & Johnson, 2006).

Questionnaire Pretesting and Interviewing

To assess usability—how well the instrument works in practice full interviews with special attention paid to new items in the CM2019 were field pretested with a minimum of 25 respondents. Pretest assessments also included interviewer debriefing and expert questionnaire review provided by ISR and CAMH staff.

The 2019 voice interview averaged **22.6 minutes** (range 11–60 min.; median 21 min.; 90% of interviews completed within 30 min). Interviews were conducted by 25 ISR interviewers, many of whom had considerable CATI experience and had completed interviews on prior CAMH Monitor surveys.[23] In addition, refusal conversion strategies were implemented—meaning that all respondents who refused the initial survey request were re-contacted by a seasoned interviewer with the purpose of converting the sampled members initial refusal to participation (10% of initial refusers were converted).

[22] As well, potential questions can be field tested on a subsample prior to live field interviewing.

[23] Each cycle of the *CAMH Monitor* was approved by the Ethics Committees' of CAMH and York University.

2.3. Representation Quality: Participation, Sample Characteristics and Representativeness

Participation

A combined total of 15,510 telephone numbers (6,285 from the cell sample and 9,225 from the land sample) were randomly selected during the four quarters of 2019, of which **10,178** (4,104 cell and 6,074 land) were known or estimated to be eligible. Of these eligible members, **2,827** (947 cell and 1,880 land) sampled members completed a questionnaire, with a total sample **cooperation rate** of 37%, and **response rate** of 28% (with 31% and 23% response rates for landline and cellphone sample)[24].

Although the introduction of a cell sample is expected to reduce undercoverage, some of these gains are lost by the well-known deflated response rate of cell phone users (Couper, Antoun & Mavletova, 2017). Our results compare with much of the literature; for example, a recent dual frame survey conducted by a noted authority, achieved response rates of 22% of cell users and 34% of landline users (Brick et al. 2006).

The unit response rates for the 2019 Monitor are slightly lower than the most recent Canadian alcohol and drug use surveys, including the 2017 CTADS (*Canadian Tobacco, Alcohol and Drugs Survey*) (Statistics Canada, 2018), which had an overall response rate of 35.7%.

CAMH Monitor Response Rate Trends

Declines in response rates in the past two decades have been common to many large-scale surveys (Groves et al, 2009:186–188; Groves,

[24] The eligibility-adjusted and weighted by frame and region (to ensure proper representation) achieved rates 30.4% and 23.9% for land and cell samples, respectively. For instance, the weighted response rate for cellphone sample is calculated as follows: for each of the six regions compute and sum (regional proportion × regional response rate). Thus, the cell response rate = (21.7 × .17) + (17.4 × .26) + (26.4 ×.29) + (12.3 ×.21) + (14.0 × .25) + (7.7 × .26) = 23.9%.

2011; Miller, 2017), including the *CAMH Monitor*. Unit response rates for the 29 landline/dual-frame RDD surveys conducted between 1991 and 2019 (see **Table 2.1**) varied from 69% to 28%. Although the year-to-year change in the response rate is small, the cumulative reduction is significant and worrisome.

CAMH Monitor's response rate declined from 45% in 2014 to 28% in 2019. Part of this decline may be attributed to the inclusion of a mixed-mode (in 2015) and a dual frame methodology (landline and cell samples since 2017) to the data collection process.

Yet, despite the downtrend in response rates, recent evidence suggests that this decline need not correspond to a decline in sample representativeness or nonresponse bias (Chang & Krosnick, 2009; Curtin et al., 2005; Keeter, Miller, Kohut, Groves, & Presser, 2000).

We cannot ignore the possible link between the nonresponse rate and nonresponse bias. Although the response rate is a key marker of data quality, the caveat is that we rarely know to what extent the response rate represents nonresponse bias. Rather, the magnitude of the response rate is best viewed as indicating the *potential*, not the presence of nonresponse bias (Biemer & Lyberg, 2003; Groves et al., 2004; Groves & Peytcheva, 2008).

Another interpretative challenge with response rates is the difficulty establishing an accepted threshold – some argue it is even dangerous to do so (Lohr, 1999) – because of the wide variation in their calculation, and varying definitions of components of the numerator and denominator. Moreover, defining an acceptable threshold is futile without knowledge of the difference between respondents and nonrespondents (which is rarely known) (Biemer & Lyberg, 2003:90).

Sample Representativeness

The CM2019 sample represents noninstitutionalized residents aged 18 and older residing in Ontario during calendar year 2019 (a population of approximately 10,766,695 adults). To evaluate the representativeness of our sample, we compared characteristics of respondents aged 18 and older with comparable 2016 Census figures for Ontario (Statistics Canada, 2018).[25]

Of the four comparisons available, two – sex and age – showed no significant differences between the CM2019 and 2016 Census distributions, indicating that the sample with its post-adjusted weights calibrate well to the population for these characteristics (Ialomiteanu, Elton-Marshall, Mann, & Hamilton, 2020).

Additional demographic comparisons were available only for marital status and region. There were significant differences between the 2016 Census and CM2019 figures only for marital status (data were available only for adults aged 20 and older). Compared to 2016 Census figures for Ontario, the CM2019 sample *overrepresented* those never married (22.8% vs. 27.5%) and *underrepresented* those widowed, divorced or separated (15.6% vs. 13.9%).
One of the measurable indicators of response quality is **item missingness**—the propensity to fail to answer every designated question. In this report, *CAMH Monitor* data are neither imputed nor adjusted for item missingness, but are removed listwise—meaning that sample members missing at least one item for a given analysis are excluded.

2.4 Measures Used in this Report

Measuring the spectrum of alcohol and other drug use requires the collection of multiple indicators. Some of the data required to estimate consumption are *prevalence*—what percentage of the population consumes a given drug within a specified period, *frequency*—how often the drug is consumed, *quantity*—how much is consumed, and *concentration* – how potent is the substance. In this report, we limit our

[25] CM2019 respondent characteristics were derived using final post-adjusted weights. We judge differences to be meaningful if the Census figure fell outside the CM2019 confidence interval.

attention to a few of these factors. For alcohol consumption, we describe the prevalence, frequency, quantity, and excessive intake, whereas, for other drug use, we describe the prevalence and, data permitting, frequency. To assess the harms of alcohol, tobacco, other drug use and mental health concerns, we also employ standard practice screeners assessing hazardous or harmful patterns of **alcohol** (AUDIT – *Alcohol Use Disorders Identification Test*), **tobacco** (HIS – *Heaviness of Smoking Index*), **cannabis** use (ASSIST–CIS- *Cannabis Involvement Score*) and **psychological distress** (*Kessler K6*) (see **Table 2.3**). Additional standardized measures include health and mental health related items – self-rated health and mental health status and physically and mentally unhealthy days – from the CDC developed *Health-Related Quality of Life* scale (HRQoL–4).

Although questions and modules have been added, deleted, or periodically repeated over the course of this study, to ensure valid trend comparisons, drug use and mental health measures have remained similar across each of the available 24 surveys (1996–2019) (several measures are available since 1977). In addition to study comparability across time, several surveillance items employed in the *CAMH Monitor* are drawn from standard survey practice (e.g., alcohol and other drug use question formats and wordings) as are the use of screeners currently employed in other national and international settings.

This comparability not only enhances the potential for cross-national and cross-provincial research, but also is deemed a key dimension of data quality (Biemer & Lyberg, 2003).[26]

Regarding demographic characteristics, we have restricted our attention to the few critical social determinants of addiction and mental health risk factors (sex, age, region, marital status, education and income) but this restriction should not suggest that other factors are extraneous (see **Tables 2.2** and **2.3**).

Further details about the CAMH Monitor are available at the surveys website at http://www.camh.ca/camh-monitor.

[26] The remaining six quality dimensions identified by Eurostat include the following: relevance, accuracy, timeliness, accessibility, and clarity of information, coherence, and completeness.

Textbox 4
The 2019 CAMH Monitor Sample At a Glance

- Target population: noninstitutionalized Ontario adults aged 18 or older. Telephone numbers drawn by a dual-frame (list-assisted +cell-phone) RDD stratified (6 area code regions), two-stage (telephone number; then respondent) sampling plan.

- 15,510 randomly selected telephone numbers (including landline, cell/mobile, unlisted and newly-published), of which 6,285 were selected from a cell-phone frame, and 9,225 were selected form a landline frame. In total 10,178 interviews were estimated to be eligible.

- **2,827** respondents aged 18 or older completed the computer assisted telephone interviews (CATI) in English between January 02 and December 19, 2019 (1840 landline and 987 cell phone interviews; Panel A= **1,007**; Panel B=**1,820**).

- **37%** cooperation rate**; 28%** unit response rate

- Two concurrently administered Computer Assisted Telephone Interviews (CATI) were administered in English *throughout* the 2019 calendar year and averaged **22.6 minutes** in length (90% of interviews completed within 30 minutes).

- Sample represents **10,766,695** Ontarians aged 18 or older; each respondent represents roughly **3,809** Ontario adults.

- **48.2%** men (*n*=1211); **51.8%** women (n=1616)
- Mean age of **49.1** years (range 18–99 years)
- Sample members equally allocated within six Ontario regions

- Compared to the available figures from the 2016 Census, demographic characteristics of the CM*2019* respondents were *similar* for gender, age, and region, but *overrepresented* those never married and *underrepresented* those widowed, divorced or separated.

Note: Figures are weighted.

Table 2.2

Socio-Demographic/ Risk Factor Measures

Measure	Number of Categories and Category Type	
Sex	2	Men; women
Age (in years)	5	18–29; 30–39; 40–49; 50–64; 65+
	4	18–29; 30–39; 40–49; 50+
Marital Status	4	Never married; married; living with partner; previously married (i.e. widowed, divorced or separated).
	3	Never married; married (including living as married); previously married (i.e. widowed, divorced or separated).
Region	6	**Region - Design Strata** – based on adjacent regional area codes: Toronto (416, 437, 647); Central East (705, 905, 289); Central West (519, 905, 226, 289); West (519, 226); East (613, 343); North (705, 807) (Also see Appendix A, Table A1 and A2)
Highest Education	4	Not completed high school; completed high school; some college or university (includes completed college); completed university degree (BA or higher)
Gross Annual Household Income ('000)	5	Less than $30K; $30–$49K; $50–$79K; $80K+; not stated

Table 2.3: Definition of Addiction and Mental Health Measures

Measure	Definition
ALCOHOL USE	
Drinking Status	Percentage classified to one of three categories: ***lifetime abstainers*** (those never drinking alcohol in their lifetime); ***former drinkers*** (those drinking alcohol in lifetime, but not in past 12 months); and ***current drinkers*** (those reporting drinking alcohol in past 12 months) (Available 1977, 1982, 1984, 1987, 1989, 1991–2019)
Past Year Drinking	Percentage reporting drinking alcohol at least once during the 12 months before the survey (Available 1977, 1982, 1984, 1987, 1989, 1991–2019).
Daily Drinking	Percentage reporting drinking at least one alcoholic drink every day during the 12 months before the survey (Available 1977, 1982, 1984, 1987, 1989, 1991–2019)
Five or More Drinks (Binge Drinking)	Percentage reporting drinking five or more alcoholic drinks on a single occasion on a weekly basis during the 12 months before the survey (Available 1977, 1982, 1984, 1987, 1989, 1991, 1994–2019)
Number of Drinks Consumed in Past Year	Estimated number of alcoholic drinks consumed in the past 12 months is the product of the frequency of drinking during the past 12 months and the number of drinks typically consumed per occasion (Available 1992–2019)
Hazardous or Harmful Drinking (AUDIT)	Percentage scoring 8+ on the AUDIT screener. Based on 10 items assessing alcohol intake and past 12 month alcohol-related harms and hazards. See Table 3.6.1 for items. (Available 1998–2019)
CIGARETTE USE	
Smoking Status	Percentage classified to one of five categories: ***never smokers*** (never smoked 100+ cigarettes in lifetime); ***former non-daily*** (never smoked daily and did not smoke in the past 30 days); ***former daily*** (smoked daily but did not smoke in the past 30 days); ***non-daily*** (never smoked daily but smoked occasionally in the past 30 days); ***daily smoker*** (smoked daily and smoked in the past 30 days) (Available 1996–2019)
Current Smoking	Percentage reporting 1) smoking daily or occasionally, 2) having smoked over 100 cigarettes in their lifetime, and 3) having smoked within the past 30 days (Available 1991–2019)
Daily Smoking	Percentage reporting (1) smoking at least one cigarette daily, 2) having smoked over 100 cigarettes in their lifetime, and 3) having smoked within the past 30 days (Available 1996–2019)
High Nicotine Dependence (*Heaviness of Smoking Index* -HSI)	Percentage of daily smokers who score 5 or 6 (high dependence) on the 2-item HSI. Based on (1) time to first cigarette in morning and (2) number cigarettes smoked per day. (Available 1996–2019)
CANNABIS USE	
Lifetime Cannabis Use	Percentage reporting the use of marijuana or hashish at least once in their lifetime (Available 1977, 1982, 1984, 1987, 1989, 1991–2019, excl. 1993, 1995)
Past Year Cannabis Use	Percentage reporting the use of marijuana or hashish at least once during the 12 months before the survey (Available 1977, 1982, 1984, 1987, 1989, 1991–2019; excl. 1993, 1995)
Hazardous or Harmful Cannabis Use (ASSIST–CIS)	Percentage scoring 4+ on the Cannabis Involvement Score on the ASSIST screener. Based on 6 items assessing cannabis consumption and past 3 month cannabis-related problems. See Table 5.1.5 for items. (Available 2004–2019; Panel subsample)
OTHER DRUG USE	
Lifetime Cocaine Use	Percentage reporting the use of cocaine at least once in their lifetime

Measure	Definition
	(Available 1984, 1987, 1989, 1991, every even year since 1994 until 2010; 2011–2019; Panel subsample)
Past Year Cocaine Use	Percentage reporting the use of cocaine at least once during the 12 months before the survey (Available 1984, 1987, 1989, 1991, every even year since 1994 until 2010; 2011–2019; Panel subsample)
Medical and Nonmedical Use of Prescription Opioid Pain Relievers	Percentage reporting medical and nonmedical use of prescription opioid pain relievers at least once during the 12 months before the survey (Available 2010–2019; Panel subsample)
DRUGS AND DRIVING	
Driving after Drinking	Percentage of drivers with a valid licence reporting driving within one hour of consuming two or more drinks of alcohol during the past 12 months (Available 1996–2019)
Driving after Cannabis Use	Percentage of drivers with a valid licence reporting driving within two hours of consuming cannabis during the past 12 months (Available 2002–2019)
OVERALL HEALTH	
Health-Related Quality of Life (HRQoL)	Percentage reporting two health related HRQoL items: self-rated ***fair/poor health*** (defined as self-ratings of *fair* or *poor* health in general); and ***frequent physically unhealthy days*** (defined as reporting 14 or more days of physically unhealthy days during the past 30 days) (Available 2003–2019; Panel subsample)
MENTAL HEALTH	
Psychological Distress (K6) (8+ cut-off)	Percentage reporting moderate or high level of distress using the Kessler K6 screener (cut-off of 8 or more out of 24). The 6 items assess nonspecific psychological distress (symptoms of anxiety and depression) over the past 30 days. (Available 2014–2019; Panel subsample)
Use of Prescribed Antianxiety Medication	Percentage reporting the use of prescribed antianxiety medication at least once during the 12 months before the survey (Available 1997, 1999–2019, excl. 2000, 2005, 2007; Panel subsample)
Use of Prescribed Antidepressant Medication	Percentage reporting the use of prescribed antidepressant medication at least once during the 12 months before the survey (Available 1997, 1999–2019, excl. 2000, 2005, 2007; Panel subsample).
Mental Health-Related Quality of Life (MHRQoL)	Percentage reporting two mental-health related HRQoL items: ***fair/poor mental health*** (defined as self-ratings of *fair* or *poor* mental health); and ***frequent mental distress days*** (defined as reporting 14 or more days of unhealthy mental health days during the past 30 days) (Available 2003–2019; Panel subsample)

2.5 Data Weighting & Estimate Suppression

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. Simply put, weights transform the sample to represent the population. The CM weights are based on the inverse of the product of (1) the probability of selecting a telephone number within a stratum; (2) the probability of selecting one respondent within the telephone household (components 1 and 2 form the base weight); and (3) to resolve any residual discrepancies between the sample and population, poststratified calibration to census figures based on eight age-by-sex classes to reduce bias.[27] In CM2019, on average, each respondent represents or "stands in" for roughly 3,809 Ontario adults [28] (see Ialomiteanu, Adlaf, & Mann, 2020, for further details regarding data weighting).

Estimate Quality & Statistical Trustworthiness

There are two key aspects to the statistical quality of survey estimates: *precision*—measured by the lower and upper limits of the 95% confidence interval; and *stability*—measured by the coefficient of variation (CV), the ratio of the standard error to its estimate. Design-based confidence intervals indicate the probable error of a given survey estimate being correct while accommodating the inflated error induced by the complex survey data. Thus, a ±1.9%, 95% CI with the maximum limits (48.1%, 51.9%) (based on a *CAMH Monitor* sample of 3,000 with a percentage estimate of 50%) indicates that *with repeated sampling* using the same sampling plan, 95% of the sample CIs would contain the true, but unknown, population value. In essence, CIs provide a probability statement of how often we expect this interval to correctly capture the true population value.

Confidence intervals, however, do not quantify total errors or accuracy. Errors as measured by confidence intervals do not include nonsampling errors such as question nonresponse, problems of respondent memory and recall, interviewer effects, nonconscientious reporting such as straightlining—responding with the same answer to a set of items, motivated underreporting of stigmatized behaviours (such as drug use and mental health concerns). The statistical precision of an estimate, as represented by the confidence interval, is not synonymous with total accuracy, but rather, is a component of it. Indeed, accuracy (more technically known as mean square error) is a function of both precision and bias; heuristically, $accuracy = precision + bias^2$.

The ratio of the standard error to its estimate, the coefficient of variation, (CV) (or relative standard error), is a measure of relative variability and is especially useful when comparing the precision of different measures based on different sample sizes and also has an important function in identifying estimates with considerable statistical inaccuracy (usually due to small samples or rare measures) suggesting the need for possible data suppression (Kalton, 2009).

Data Suppression

Statistically, some estimates are less trustworthy than others—namely, those based on a sparse number of respondents in the numerator or denominator, or estimates based on low percentage values without a sufficient sample. To assist readers and data users in assessing the CM2019 estimates (Kalton, 2009), **we suppressed any** estimate as statistically untrustworthy and potentially unusable if the coefficient of variation **exceeded 33.3** (a standard practice employed by national statistical

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[27] The eight post-strata are represented by the cross classification of the 2 sexes and 4 age groups: 18–24, 25–44, 45–64 and 65 and older.

[28] Both relative (i.e., sample size scaled) and expansion (i.e., population scaled) weights employed in the *CM2019* are rescaled versions of one another. The **relative weights** are scaled to the interviewed sample size (n=2827). The **expansion weights**, are scaled to the Ontario adult population (N=10,766,695).

agencies) or, regardless of the sample size, if the **estimated percentage was less than 1%.** Estimates replaced with a dagger ('†') represent suppressed values (CV ≥ 33.3), whereas, those adjacent to a dagger should be cautiously interpreted due to moderate sampling variability (i.e., cases in which the CV falls between 16.6 and 33.3).

Textbox 5
Complex Sample Estimation

Why do different sampling procedures affect the precision of sample estimates?

A key reason is that some sampling procedures (e.g., stratification and weighting) violate the assumption of independence, a necessary assumption for standard statistical estimation. The assumption of independence holds that the selection of one respondent must be independent of the selection of all other respondents. This assumption is typically violated in complex samples. The *CAMH Monitor*, for example, employs equally allocated (but untrue) stratification by telephone area code. Analytically, this improves the sample estimates because now, we can ensure that (1) there are sufficient cases in the North for estimation, and (2) when we compare regions, each has a sufficient and near equal number of respondents.

This desirable design feature, however, induces the criterion of independence to be violated because although proportional allocation typically leads to increased precision, the *CAMH Monitor* employs disproportional stratification, resulting in unequal probabilities of selection and the need for analysis or case weights, both of which combine to deflate the precision of estimates (relative to a SRS) and effectively reducing the effective sample size.

We are left with an ironic trade-off: while the stratification improves the precision and fitness for use of estimates, the consequence of stratification and their attendant sampling weights introduces the need for dedicated statistical analyses to accommodate the violations introduced by this stratification.

2.6 Complex Survey Data

Complex survey data do not conform to many estimating assumptions, including maximum likelihood, generalized linear and, most importantly, simple random sampling.[29] Complex sampling methods employ procedures that breach the independence of observations assumption. Strategies such as disproportional stratification (giving rise to unequal sampling fractions and the need for sampling weights), clustering (not employed in the *CAMH Monitor*), weighting, and multistage selection, combine to **underestimate the variance** (or error) when simple random sampling (SRS) formulas—the default used in standard statistical systems—are used inappropriately. The consequence of misestimation by applying SRS-based procedures is analytic error (West, Sakshaug & Kim, 2017). Indeed, when estimating variance from complex sampling designs we are likely to understate the error, and thereby compute a falsely narrow confidence interval than truly exists. Even more concerning is that without correction, we will be more likely to find an inflated number of statistically significant differences than actually exist (i.e., inflated false positive findings).

The **design effect** (*deff)*, an indicator of design efficiency, measures the net combined influence of clustering, stratification, weighting and multistage selection. The *deff* has been defined as:

"*the ratio of the variance of an estimator accounting for the sample design to the variance that would have been obtained if a SRS with same sample size had been employed"* (Kish, 1999), and as,

" *a measure of the precision gained or lost by use of the complex design instead of an SRS*" (Lohr, 1999:239).

A *deff* of 1.0 indicates equal precision between a SRS and an equivalent alternative sample, while a *deff* of 1.56, for example, indicates that the

[29] Indeed, MLE is contraindicated in the presence of complex survey data.

variance of a given variable of a complex sample is 56% inflated relative to an equivalent SRS. Stated differently, the complex survey sample results in a loss of sample information, by reducing the actual sample by 56% to an **effective sample size** (ESS) of 1,923 (i.e., 3000/1.56, assuming a sample of 3,000). Most variables in complex samples tend to have *deff*s larger than 1.0, and variances and standard errors larger than an equivalent SRS. Although the average *deff* across variables differs from one sample design to another, within the same sample, *deffs* will vary from one item to another seeing as different items tend to display different variances.

Textbox 6
The Combined Effect of the Deff

Generally, the deff is a *net function* of (1) the *loss* in precision due to clustering (not used in the CM), (2) the *gain* in the precision due to stratification, (3) the *loss* in precision due to variable sampling weights, and (4) the loss of precision incurred by multistage selection.

Given the potentially costly loss of sample information and precision, *why would complex surveys be considered a viable methodology?* The answer is simple: complex samples provide the highest precision for the lowest cost. Indeed, features of complex sampling—multistage selection, clustering and disproportional stratification (with its consequent sampling weights) optimize the variance to cost ratio of the final design (Heeringa et al., 2017). Although the *CAMH Monitor* design does not employ clustering, it does involve stratification and its related unequal sampling fractions and consequent sampling weights, and multistage selection, all of which require accommodation to resolve any misestimation.

In this context, one advantage of telephone surveys compared with other sampling strategies (especially those involving highly clustered PSU selection), is that **telephone surveys tend to produce lower *deffs***, often due to the selection of only one respondent per household (i.e., a final stage, non-clustered selection) and many RDD designs do not exceed two stages (Groves et al., 2009; Groves & Kahn, 1979).

Analyses

Our analyses offers several features:

- All 2019 estimates (and estimates since 1996) are based on estimation methods designed for complex survey data—specifically, robust[30] methods implemented in the Stata® (version 14) suite of dedicated survey estimation procedures, which employ **pseudo-maximum likelihood estimation (PMLE)**[31] (also known as weighted MLE) in estimating point estimates (e.g., percentages, means and population counts) and by default **Taylor series linearization** (TSL), a sandwich-type variance estimator, in estimating variances (e.g., standard errors, CIs) (StataCorp, 2013). In short, these methods use various strategies to accommodate the violations in data assumptions arising from complex sample data. Design-based percentage point-estimates and their CIs were based on the *svy: tabulate* command (i.e., univariable and bivariable tabulations) and subgroup risk analyses were based on the *svy: logit* command.[32]

[30] Robust variance estimators – estimators robust to SRS violations – are also known as sandwich-type variance estimators, which include the Huber–White estimator.

[31] In pseudo–likelihood the standard errors are not derived directly from the log-likelihood of the model (Hilbe, 2009). PMLE is required to accommodate the violation of MLE assumptions arising from complex survey data.

[32] The Stata *sampling error calculation model* used for this analysis was as follows: *svyset IDNUM [pweight = FWGHTDF], strata (REGION*), where IDNUM represents respondents (the PSU codes); FWGHTDF represents the final normalized (or "sample-scaled") weight factor, whereas XWGHTDF represents the expansion "population-scaled" weights used to calculate population count estimates); and REGION represents the six area code based regions (stratum codes). We also impose a standard simplifying assumption by restricting design specification to stage 1 sampling units given that stage 2 variances (respondents) "roll-up" into stage 1 PSUs (households) 8(Heeringa et al., 2010:67). In all, the CM2019 has 6 sampling error strata and 2,827 sampling error computation units (respondents), resulting in 2,821 design-based degrees of freedom.

- Population count estimates (the estimated number of population members) are provided for select health behaviours using Stata's *svy: total* command and expansion-scaled weights.

- **For variance estimation**, the 2-stage design can be approximated by a simpler primary stage selection of 2,827 telephone numbers (PSUs) from each of the six area code strata. In addition, our negligible sampling fraction (n/N) allows us to ignore the finite population correction factor (fpc) in our estimation.[33]
- Complex sampling estimation employs a design-based fixed-rule calculation for the **degrees of freedom**: *df = (# PSUs) – (# strata*). In the CM2019 this value for the combined total sample is 2,821 = (2,827) – (6).
- Estimates of sampling error (CIs) for surveys conducted between 1977 and 1995 are adjusted based on the effective sample size derived from the average design effect (see **Table 2.1**).

- One unique feature of complex survey analysis is the **estimation among subpopulations** (e.g., drinking problems among drinkers or drinking men; distress among women; 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.[34] In this report, all subgroup analyses employ **unconditional subclass analysis** by specifying a *SUBPOP* option ensuring the correct identification of design codes of the sampling structure.[35] See Korn & Graubard (1996) and West, Berglund & Heeringa, West & Berglund (2010) for further details. All analyses are based on sample members who provided responses to *all* analysis variables (i.e., listwise deletion). None of our analyses required the need to combine strata due to sparse data.

2.7 Outline of the Report

The 2019 Cross-Sectional Analyses

In reporting the CM2019 findings, we present design-based percentage estimates and associated 95% logit-transformed confidence intervals.[36] As well, we examine associations between substance use and mental health with six demographic characteristics or epidemiologically-relevant risk factors described in **Table 2.2**— sex, age, marital status, region, education, and household income. Our analysis is descriptive, though we rely on statistical methods holding values of risk factors fixed among these six factors.

Our 2019 cross-sectional analyses employ design-based **multivariable logit models**. For each binary outcome measure of interest, we employ a predictor set of a maximum six risk factors. The categories *women* (SEX), *18–29* (AGE), *Ontario* (REGION), *married* (MARITAL STATUS), *not having completed high school*

[33] The fpc (1-N/n) depicts the expected reduction in the sampling variance due to sampling without replacement and is applied when the sampling fraction n/N exceeds 5%–10% (Biemer & Lyberg, 2003:326; Korn & Graubard 1999:10). Given the negligible sampling fraction of the CM2019 (n/N=2827/10,766.695=.03%) and the resulting fpc is ~ 1.0, we have adopted the standard practice of ignoring the fpc in variance estimation (Korn & Graubard, 1999).

[34] 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.

[35] 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).

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

(EDUCATION), and *less than $30,000* (HOUSEHOLD INCOME) are set to the reference or contrast category. With the exception of REGION (which contrasted regional categories to the weighted grand provincial mean),[37] all predictor variables employed indicator coding.

Regarding the regional contrasts, for a more meaningful contrast, we interpret this weighted grand mean contrast as one that contrasts the estimate of each specific region to the provincial estimate (i.e., the mean of all regional means).

In addition to odds ratios (OR) testing the contribution of each category, overall tests for each factor are also assessed.[38] Sample size, percentage estimate and 95% confidence intervals and adjusted odds ratios are presented for each nonreference category (i.e., regressor). All risk factor analyses of binary outcomes (e.g., drug use versus no use; distress versus not) employ design-based logit regression (Heeringa et al., 2010; Hilbe, 2009).

The Multi Year Trend Data

We also describe relatively **recent and long-term** changes in drug use and mental health outcomes. For **trend analyses**, we stacked (i.e., combined) all 24 surveys for the years 1996 through 2019, culminating in a data set with **65,108** respondents dispersed among 144 strata (6 area code strata × 24 survey years).[39] Earlier surveys from 1977 to1995 are yet to be combined.[40]

In assessing trends, we evaluated cross-time **change in the target population** by contrasting 2019 to all prior years through 1996, with a special emphasis on the most recent period between 2019 and 2018. Differences between years were assessed by odds ratios of a logit model.[41] Following an assessment of 2019 cross-time contrasts, we evaluated **linear** (straight line) and **nonlinear** trends for the 24-year period from 1996 through 2019. This analysis informs us as to the trending in the population.

[37] Weighted grand mean contrasts compares each regional category to the mean of all regional means (the provincial mean) and were implemented by the Stata option *contrast gw.var, or asobserved effects*. This approach provides greater usability than the reference group contrast seeing as each region is provided useful information (compared to the province) rather than a contrast that compares each region to a single region, which provides less relevant information.

[38] The contribution of each OR is assessed by the *z* test, whereas, the contribution of each multi-category factor is assessed by the overall Wald test.

[39] For trend analyses, we treat each survey as a stratum representing a distinct population. This allows us to assess changes in the population at different times (Korn & Graubard, 1999:287). Because we employed sample-scaled weights (rather than expansion population weights) there is no need to rescale these weights in the cumulated data file. Moreover, when one is estimating time differences using cross-sectional surveys administered on different occasions, the original sample-scaled weights are appropriate to use (Korn & Graubard, 1999: 278–79; 284).

[40] See Alexander, 2002, Kish, 1999, and Korn & Graubard, 1999 for recommendation on combining and cumulating multiple complex survey datasets.

[41] Each logit model assessed the YEAR factor by contrasting 2019 to each prior year through 1996 by means of the Stata command: svy: logit RESPONSE ib(last).YEAR, or.

2.8 Presentation of Findings

Readers should note the following:

- Tables and figures typically provide a logit transformed, design-based 95% confidence interval, which indicates the probability of capturing the true, but unknown, population value within the specified interval, while accommodating features of the sample design.

- With the exception of population estimates, sample sizes displayed in all tables refer to the number of adults interviewed (i.e., the unweighted sample size).

- Some tabular estimates were deemed untrustworthy and were consequently suppressed (see Section 2.5).

3. ALCOHOL

3.1. Alcohol Prevalence

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

2019……Table 3.1.1; Fig. 3.1.1–3.1.2

The estimated percentage of Ontario adults who have used alcohol in the12 months before the survey is **79.9%** (95% CI: 78.0% to 81.7%). The corresponding population estimate is 8,600,500 past year drinkers. In addition, 15.5% did not drink alcohol during the past 12 months (i.e. former drinkers) and 4.6% were lifetime abstainers.

After adjusting for demographic characteristics, **age** and **income** were significantly related to past year use of alcohol.

- The odds of drinking among 65 or older were significantly lower than among those aged 18 to 29 years (69.9% vs. 83.9%; OR=0.48).
- Past year drinking increased significantly with income. Relative to those with a household income of less than $30,000 (62.5%), the odds of drinking were four times higher for those with incomes of $80,000 or more (88.9%; OR=4.04).

There were no other significant differences in past year drinking.

Frequency of Drinking

Among past year drinkers, the most common frequency of drinking in 2019 was two to three times a week (16%). One-in-six drinkers (17%) drank less than once a month and about one in 17 (6%) drank on a daily basis (*data not shown*).

Trends

1977–2019……Tables 3.1.2a-b; Fig. 3.1.3

2018–2019

Past year drinking did not change between 2018 and 2019 (78.1% vs.79.9%). However, the past year drinking was significantly increased among those who did not complete high school education (from 51.4% in 2018 to 64.3% in 2019). It remains stable for other subgroups (Table 3.1.2b).

1996–2019

Overall, between 1996 and 2019, past year drinking did not change significantly, varying between 77.1% and 81.5%.

Trend analyses done separately for each subgroup showed a significant non-linear decline among 18 to 29 year olds (from 89.5% in 2007 to 83.9% in 2019), and a significant increase among those aged 40 to 49 (from 78.0% in 1998 to 83.9% in 2019), 50 to 64 years old (from 76.0% in 1996 to 81.3% in 2019) and among those aged 65 years or older (from 66.2% in 1996 to 69.9% in 2019). There were also significant non-linear variations in past year drinking among 30 to 39 years old, married, previously married and never married respondents, regions, and education subgroups.

1977–2019

Long-term trend analysis between 1977 and 2019 revealed both a significant linear and non-linear trend in past year drinking with peaks in the mid-1980s, in the early 1990s, and again in 2014, and remains stable afterwards.

Table 3.1.1: Percentage ***Drinking Alcohol*** in the Past 12 Months and Adjusted Group Differences, Ontarians Aged 18+, 2019

	N	%	95% CI	Adjusted Odds Ratio (N= 2773)
Total	2827	**79.9**	(78.0, 81.7)	—
Sex				NS
Men	1211	**81.3**	(78.5, 83.8)	1.10 (0.86, 1.40)
Women *(Comparison Group)*	1616	**78.7**	(76.1, 81.1)	—
Age				**
18-29 *(Comparison Group)*	410	**83.9**	(79.4, 87.6)	—
30-39	259	**83.9**	(78.4, 88.1)	0.82 (0.47, 1.42)
40-49	330	**83.6**	(77.9, 88.1)	0.71 (0.42, 1.25)
50-64	740	**81.3**	(77.4, 84.7)	0.71 (0.44, 1.15)
65+	1071	**69.9**	(66.6, 73.0)	**0.48 (0.30, 0.78)****
Region				NS
Toronto *(vs. Provincial Average)*	487	**78.1**	(73.8, 81.9)	0.89 (0.71, 1.13)
Central East	464	**81.5**	(77.1, 85.2)	1.03 (0.79, 1.33)
Central West	466	**79.1**	(74.4, 83.1)	0.96 (0.77, 1.20)
West	470	**77.3**	(72.4, 81.5)	0.87 (0.67, 1.14)
East	467	**84.0**	(80.0, 87.4)	1.26 (0.95, 1.66)
North	473	**81.0**	(76.7, 84.6)	1.22 (0.92, 1.60)
Marital Status				NS
Married/Partner *(Comparison Group)*	1561	**81.1**	(78.6, 83.4)	—
Previously Married	636	**72.8**	(68.4, 76.7)	1.21 (0.90, 1.64)
Never Married	606	**81.3**	(77.3, 84.7)	1.03 (0.69, 1.53)
Education				NS
High school not completed *(Comparison Group)*	249	**64.3**	(56.3, 71.6)	—
Completed high school	590	**76.7**	(72.3, 80.5)	1.37 (0.86, 2.19)
Some college or university	1025	**81.4**	(78.3, 84.2)	**1.66 (1.06, 2.61)***
University degree	944	**83.5**	(80.3, 86.2)	**1.70 (1.05, 2.77)***
Household Income				***
< $30,000 *(Comparison Group)*	309	**62.5**	(55.3, 69.1)	—
$30,000-$49,999	311	**74.2**	(67.8, 79.7)	**1.70 (1.09, 2.65)***
$50,000-$79,999	442	**82.9**	(78.3, 86.8)	**2.70 (1.73, 4.20)*****
$80,000+	1017	**88.9**	(86.3, 91.0)	**4.04 (2.56, 6.38)*****
Not stated	748	**73.3**	(69.1, 77.1)	**1.53 (1.04, 2.27)***

Notes: (1) All analyses are sample design adjusted; *p<.05; **p<.01; ***p<.001; CI = 95% confidence interval; NS – not statistically significant; † Estimate suppressed or unstable
(2) Asterisks in group row indicate a statistically significant group effect, based on Wald test.
(3) ORs greater than 1.0 indicate that the odds of drinking are higher in the group being compared to the comparison group; ORs less than 1.0 indicate that the odds of drinking are lower in the group being compared to the comparison group.
(4) Adjusted odds ratio holding fixed values for sex, age, region, marital status, education, and income.

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

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

Table 3.1.2a: Percentage ***Drinking Alcohol*** in the Past 12 Months, by Demographic Characteristics, Ontarians Aged 18+, 1977–2000

	1977	1982	1984	1987	1989	1991	1992	1993	1994	1995	1996	1997	1998	1999	2000
(N=)	(1059)	(1040)	(1051)	(1084)	(1101)	(1047)	(1058)	(941)	(2022)	(994)	(2721)	(2776)	(2509)	(2436)	(2406)
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**
(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)
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**
	(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)
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**
	(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)
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**
	(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)
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**
	(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)
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**
	(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)
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**
	(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)
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**
	(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)
Region															
Toronto	—	—	—	—	—	—	—	—	—	—	**74.1**	**74.2**	**74.1**	**71.9**	**69.7**
											(69.1, 78.5)	(69.2, 78.6)	(68.9, 78.7)	(66.7, 76.6)	(64.4, 74.5)
C-East	—	—	—	—	—	—	—	—	—	—	**81.7**	**80.0**	**79.4**	**84.6**	**80.8**
											(77.6, 85.3)	(75.6, 83.8)	(74.6, 83.5)	(80.5, 87.9)	(76.4, 84.5)
C-West	—	—	—	—	—	—	—	—	—	—	**81.7**	**83.8**	**77.5**	**79.7**	**74.6**
											(77.4, 85.3)	(79.8, 87.2)	(72.6, 81.8)	(75.1, 83.6)	(69.5, 79.1)
West	—	—	—	—	—	—	—	—	—	—	**78.0**	**81.1**	**76.7**	**79.0**	**81.6**
											(73.9, 81.7)	(77.1, 84.6)	(71.8, 81.0)	(74.2, 83.1)	(77.1, 85.3)
East	—	—	—	—	—	—	—	—	—	—	**81.1**	**81.2**	**79.5**	**81.7**	**80.8**
											(77.0, 84.5)	(77.2, 84.7)	(74.9, 83.5)	(76.9, 85.6)	(76.2, 84.7)
North	—	—	—	—	—	—	—	—	—	—	**82.0**	**81.1**	**74.8**	**81.2**	**83.2**
											(78.1, 85.4)	(77.0, 84.5)	(69.9, 79.2)	(76.7, 84.9)	(79.1, 86.7)

Cont'd

	1977	1982	1984	1987	1989	1991	1992	1993	1994	1995	1996	1997	1998	1999	2000
(N=)	(1059)	(1040)	(1051)	(1084)	(1101)	(1047)	(1058)	(941)	(2022)	(994)	(2721)	(2776)	(2509)	(2436)	(2406)
Marital Status															
Married/Partner	—	—	—	—	—	**79.3**	**87.4**	**82.0**	**81.5**	**85.1**	**79.8**	**79.9**	**77.7**	**78.9**	**76.5**
Previously Married	—	—	—	—	—	**73.6**	**81.1**	**76.5**	**76.8**	**80.5**	**72.5**	**74.3**	**65.3**	**69.5**	**68.9**
Never Married	—	—	—	—	—	**85.8**	**87.5**	**89.5**	**85.8**	**84.8**	**82.5**	**82.8**	**81.4**	**85.7**	**83.4**
Education															
HS not completed	—	—	—	—	—	**64.3**	**84.0**	**78.2**	**72.1**	**79.1**	**69.4**	**68.7**	**68.4**	**66.7**	**61.1**
Completed HS	—	—	—	—	—	**81.4**	**84.4**	**81.7**	**83.1**	**83.0**	**79.8**	**77.0**	**73.0**	**78.7**	**76.6**
Some college or university	—	—	—	—	—	**87.2**	**90.2**	**81.8**	**85.9**	**84.2**	**82.4**	**86.1**	**81.7**	**83.0**	**84.6**
University degree	—	—	—	—	—	**87.4**	**88.2**	**92.4**	**85.3**	**91.4**	**84.0**	**83.4**	**83.4**	**83.9**	**79.2**

Notes: All analyses are sample design adjusted; ¶ 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, Ontarians Aged 18+, 2001–2019

(N=)	2001 (2627)	2002 (2421)	2003 (2411)	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)
Total (95%CI)¶	**79.5** (77.6, 81.3)	**79.5** (77.6, 81.3)	**80.4** (78.5, 82.1)	**81.2** (79.3, 83.0)	**78.9** (77.0, 80.7)	**77.7** (75.5,79.8)	**81.5** (79.4,83.4)	**80.3** (78.0, 82.3)	**79.1** (76.8, 81.2)	**78.0** (76.0, 79.8)	**81.2** (79.4, 82.9)	**78.9** (77.0, 80.6)	**78.4** (76.4, 80.3)	**81.2** (79.3, 83.0)	**80.0** (78.5, 81.4)	**79.7** (77.8, 81.6)	**79.5** (77.4, 81.5)	**78.1** (75.9, 80.1)	**79.9**[d] (78.0, 81.7)
Sex																			
Men	**83.6** (80.8, 86.0)	**82.3** (79.5, 84.8)	**83.4** (80.8, 85.8)	**85.2** (82.5, 87.5)	**83.3** (80.3, 85.9)	**84.2** (81.5, 86.6)	**85.3** (82.4,87.9)	**84.2** (80.8, 87.0)	**80.9** (77.5, 83.9)	**81.6** (78.8, 84.0)	**83.7** (80.9, 86.1)	**83.6** (80.8, 86.0)	**83.1** (80.1, 85.8)	**84.7** (81.8, 87.2)	**83.5** (81.3, 85.6)	**83.6** (80.6, 86.2)	**82.5** (79.4, 85.3)	**81.2** (78.5, 83.8)	**81.3**[d] (82.6, 83.7)
Women	**75.7** (73.0, 78.3)	**76.9** (74.1, 79.4)	**77.5** (74.8, 80.0)	**77.5** (74.8, 80.0)	**72.4** (69.2,75.4)	**73.9** (71.1,76.6)	**77.8** (74.8,80.6)	**76.7** (73.5,79.5)	**77.4** (74.3, 80.3)	**74.6** (71.8, 77.1)	**78.9** (76.6, 81.1)	**74.5** (71.9, 77.0)	**74.1** (71.3, 76.6)	**78.0** (75.4, 80.4)	**76.7** (74.7, 78.6)	**76.2** (73.5, 78.6)	**76.8** (73.8, 79.5)	**75.2** (72.0, 78.1)	**78.7**[cd] (76.1, 81.1)
Age																			
18 - 29	**84.9** (80.4, 88.6)	**84.6** (79.9, 88.3)	**87.4** (83.4,90.5)	**86.9** (82.3, 90.4)	**82.5** (77.4, 86.7)	**84.5** (78.6,89.1)	**89.5** (83.8,93.3)	**86.5** (79.6, 91.4)	**83.6** (76.6, 88.8)	**82.4** (76.6, 87.0)	**85.8** (80.1, 90.0)	**80.7** (73.8, 86.1)	**80.1** (72.3, 86.1)	**84.4** (77.6, 89.3)	**79.4** (74.5, 83.6)	**79.6** (73.2, 84.8)	**79.8** (73.4, 85.1)	**80.9** (75.1, 85.7)	**83.9**[d] (79.4, 87.6)
30 - 39	**86.5** (82.8, 89.5)	**81.6** (77.3, 85.3)	**83.0** (78.5, 86.7)	**85.5** (81.1, 89.0)	**82.6** (78.2, 86.3)	**78.2** (72.8,82.8)	**81.9** (76.4,86.3)	**84.0** (78.0, 88.6)	**79.0** (72.8, 84.1)	**78.2** (72.9, 82.7)	**83.1** (78.3, 87.0)	**80.9** (75.9, 85.0)	**78.4** (72.3, 83.4)	**82.3** (76.5, 86.9)	**82.2** (77.6, 86.0)	**83.4** (77.1, 88.3)	**84.6** (78.0, 89.5)	**79.8** (72.3, 85.6)	**83.9**[d] (78.4, 88.1)
40 - 49	**79.1** (74.7, 82.9)	**84.0** (79.9, 87.4)	**81.6** (77.7, 85.0)	**82.9** (78.8, 86.4)	**83.1** (79.3, 86.3)	**82.4** (77.7,86.3)	**82.8** (78.0,86.7)	**82.5** (77.6, 86.5)	**83.5** (78.8, 87.3)	**82.3** (78.4, 85.7)	**85.5** (81.6, 88.6)	**80.9** (76.5, 84.6)	**83.6** (79.6, 87.0)	**83.7** (79.3, 87.3)	**83.6** (80.3, 86.5)	**82.3** (77.3, 86.5)	**83.5** (78.0, 87.8)	**84.5** (79.4, 88.5)	**83.6**[cd] (77.9, 88.1)
50 - 64	**78.0** (73.7, 81.9)	**80.1** (75.9, 83.7)	**78.8** (74.3, 82.6)	**81.5** (77.8, 84.7)	**77.8** (73.7, 81.5)	**77.2** (72.8, 80.9)	**82.3** (78.2,85.7)	**82.1** (78.1, 85.5)	**81.1** (77.0, 84.7)	**78.3** (75.1, 81.3)	**80.8** (77.6, 83.7)	**82.4** (79.3, 85.1)	**79.4** (76.3, 82.2)	**82.9** (79.8, 85.7)	**81.6** (79.3, 83.7)	**80.7** (77.8, 83.3)	**81.2** (77.3, 84.5)	**78.7** (74.3, 82.5)	**81.3**[cd] (77.4, 84.7)
65+	**67.0** (61.6, 72.0)	**65.9** (60.2, 71.1)	**69.9** (64.7, 74.8)	**70.6** (65.6, 75.2)	**67.6** (62.3, 72.5)	**65.9** (60.4, 71.0)	**73.5** (68.5,77.9)	**69.5** (64.4, 74.2)	**68.6** (63.6, 73.3)	**70.0** (66.0, 73.8)	**71.8** (68.1, 75.2)	**69.5** (65.9, 72.9)	**70.5** (67.0, 73.8)	**74.3** (71.1, 77.2)	**73.8** (71.2, 76.2)	**73.1** (70.0, 76.1)	**70.8** (67.5, 74.0)	**69.5** (66.0, 72.8)	**69.9**[cd] (66.6, 73.0)
Region																			
Toronto	**78.8** (74.1, 82.9)	**75.1** (70.1, 79.5)	**78.4** (73.7, 82.4)	**76.0** (70.9, 80.5)	**73.9** (68.9, 78.4)	**76.4** (70.8,81.2)	**73.6** (67.8,78.7)	**76.0** (70.4,80.9)	**77.6** (71.7, 82.7)	**72.3** (67.3, 76.7)	**75.4** (70.5, 79.7)	**72.3** (67.3, 76.9)	**72.4** (66.9, 77.2)	**77.9** (73.3, 82.0)	**76.6** (72.7, 80.1)	**78.8** (73.9, 83.0)	**78.5** (73.5, 82.8)	**78.5** (74.0, 82.5)	**78.1**[cd] (73.8, 81.9)
C-East	**79.3** (74.8, 83.3)	**82.2** (77.7, 85.9)	**84.3** (80.0, 87.8)	**86.8** (82.9, 89.9)	**83.3** (79.3, 86.7)	**77.4** (71.9, 82.1)	**83.6** (78.7, 87.5)	**76.0** (70.5, 80.8)	**76.2** (70.8, 80.9)	**75.9** (71.3, 79.9)	**82.5** (78.4, 85.9)	**78.3** (73.8, 82.2)	**75.9** (71.1, 80.1)	**78.7** (73.9, 82.8)	**80.4** (77.1, 83.4)	**77.7** (72.7, 82.1)	**79.1** (73.9, 83.5)	**75.8** (70.2, 80.7)	**81.5**[cd] (77.1, 85.2)
C-West	**80.3** (75.4, 84.5)	**77.4** (72.4, 81.7)	**81.1** (76.6, 85.0)	**80.4** (75.8, 84.4)	**76.2** (71.2, 80.6)	**78.7** (73.6, 83.1)	**81.8** (76.7, 86.0)	**84.4** (78.9,88.6)	**81.1** (75.9, 85.4)	**81.7** (77.6, 85.1)	**83.3** (79.3, 86.7)	**81.8** (77.4, 85.5)	**83.1** (79.1, 86.6)	**85.8** (82.3, 88.7)	**80.9** (77.4, 83.9)	**81.5** (77.3, 85.1)	**79.4** (77.1, 83.8)	**77.6** (72.1, 82.3)	**79.1**[d] (74.4, 83.1)
West	**77.9** (73.4, 81.8)	**83.6** (79.2, 87.1)	**80.1** (75.5, 84.1)	**83.3** (79.2, 86.7)	**79.0** (74.5, 82.9)	**82.3** (77.8,86.0)	**84.3** (79.7,88.0)	**82.7** (78.1,86.5)	**78.2** (73.1, 82.6)	**80.6** (76.2, 84.4)	**83.4** (79.7, 86.5)	**82.1** (78.3, 85.3)	**78.0** (73.4, 82.0)	**82.5** (78.0, 86.2)	**81.0** (77.7, 83.8)	**79.4** (75.0, 83.1)	**79.7** (75.1, 83.6)	**75.8** (70.6, 80.3)	**77.3**[d] (72.4, 81.5)
East	**81.4** (77.1, 85.1)	**83.3** (79.0, 86.9)	**78.2** (73.6, 82.2)	**82.6** (78.4, 86.2)	**81.6** (77.1, 85.4)	**76.0** (70.5, 80.8)	**85.6** (81.5,89.0)	**86.3** (81.9,89.7)	**85.6** (81.4, 89.1)	**80.0** (75.8, 83.7)	**82.4** (78.3, 85.8)	**83.5** (79.8, 86.7)	**83.7** (79.6, 87.2)	**83.1** (79.0, 86.6)	**80.1** (76.6, 83.2)	**82.0** (77.6, 85.7)	**80.9** (75.9, 85.1)	**83.1** (78.7, 86.8)	**84.0**[cd] (80.0, 87.4)
North	**79.7** (76.0, 83.0)	**77.7** (73.1, 81.7)	**79.5** (74.9, 83.5)	**81.1** (77.6, 84.2)	**82.2** (78.0, 85.8)	**74.6** (69.0, 79.5)	**84.5** (80.1, 88.0)	**82.9** (78.4, 86.6)	**78.5** (73.3, 82.8)	**84.2** (80.5, 87.3)	**82.2** (78.4, 85.5)	**77.3** (72.9, 81.2)	**82.9** (78.9, 86.2)	**82.5** (78.2, 86.0)	**85.5** (82.7, 87.9)	**81.3** (77.3, 84.8)	**81.8** (77.7, 85.3)	**78.1** (73.4, 82.2)	**81.0**[d] (76.7, 84.6)

Marital Status																			
Married/ Partner	**80.0**	**81.3**	**79.9**	**82.0**	**79.8**	**77.5**	**81.4**	**81.8**	**79.5**	**78.7**	**81.8**	**81.3**	**80.6**	**82.4**	**81.4**	**80.9**	**81.6**	**79.3**	**81.1[cd]**
Previously Married	**73.7**	**70.8**	**72.6**	**74.0**	**72.5**	**66.0**	**77.7**	**71.3**	**74.4**	**71.3**	**73.8**	**73.7**	**70.3**	**73.6**	**75.1**	**75.7**	**69.7**	**70.4**	**72.8[d]**
Never Married	**82.4**	**80.8**	**86.0**	**84.3**	**80.6**	**85.1**	**85.0**	**81.1**	**81.7**	**79.7**	**84.3**	**74.7**	**76.4**	**82.0**	**78.6**	**78.2**	**79.2**	**79.6**	**81.3[cd]**
Education																			
HS not completed	**65.7**	**68.6**	**68.2**	**68.3**	**63.4**	**67.0**	**68.4**	**67.9**	**71.5**	**67.9**	**68.9**	**63.9**	**62.0**	**65.2**	**63.4**	**57.1**	**54.6**	**51.4**	**64.3[bc]**
Completed HS	**80.8**	**77.6**	**80.1**	**82.0**	**79.2**	**74.8**	**81.9**	**81.6**	**72.8**	**72.8**	**77.3**	**75.2**	**73.7**	**77.7**	**75.3**	**75.6**	**77.6**	**74.0**	**76.7[d]**
Some College or University	**83.6**	**83.3**	**82.4**	**85.2**	**82.9**	**80.5**	**84.7**	**81.3**	**83.0**	**82.5**	**84.3**	**81.3**	**81.0**	**83.8**	**81.6**	**81.2**	**81.3**	**79.8**	**81.4[cd]**
University Degree	**81.4**	**83.6**	**85.8**	**83.2**	**80.7**	**81.9**	**83.2**	**82.6**	**82.0**	**80.4**	**84.2**	**83.1**	**83.5**	**84.5**	**83.6**	**84.0**	**83.9**	**83.3**	**83.5[d]**

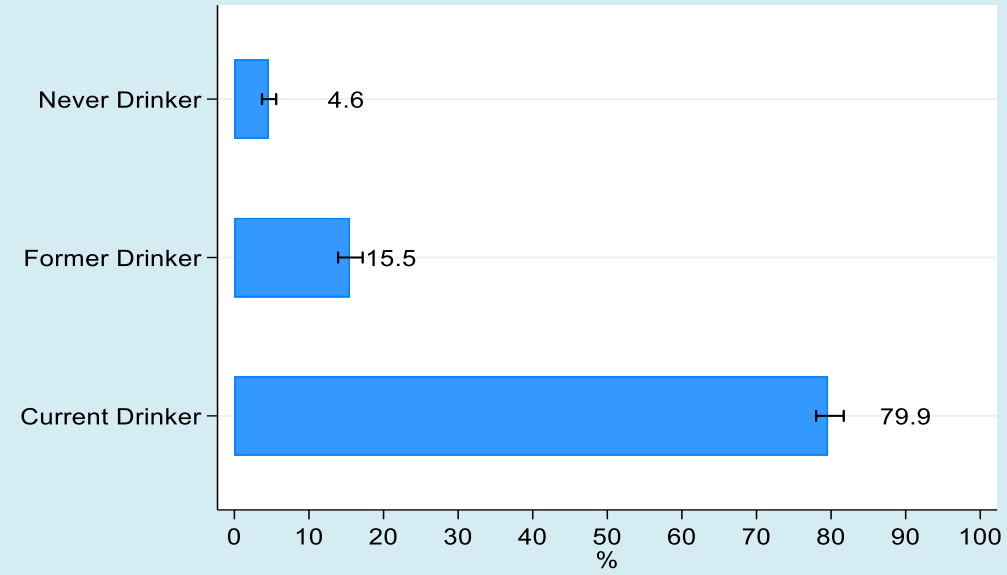
Notes: (1) All analyses are sample design adjusted; [¶]95% confidence interval; the sampling design was changed in 2017 to dual-frame sampling (landline + cell-phone).

(2) Trend Analysis: [a] Significant difference 1996 to 2019 ($p<.05$); [b]Significant change ($p<.05$) between last two estimates (2018 vs.2019); [c]Significant linear trend, $p<0.05$; [d] Significant nonlinear trend, $p<0.05$.

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

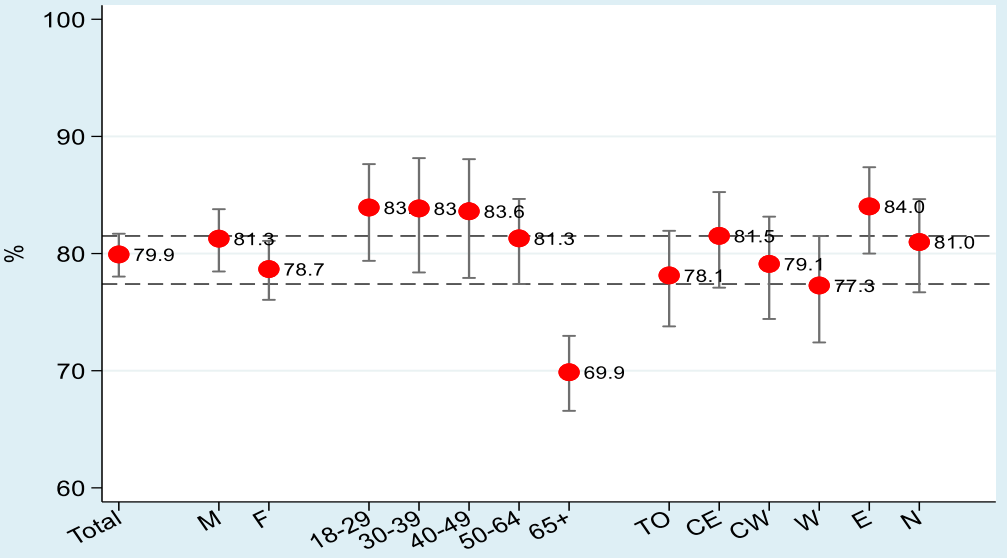
Source: The *CAMH Monitor*, Centre for Addiction and Mental Health

Figure 3.1.1
Drinking Status, Ontarians Aged 18+, 2019 (N=2827)



Note: horizontal 'whiskers' represent 95% confidence intervals
Source: 2019 CAMH Monitor

Figure 3.1.2
Past Year Alcohol Use by Sex, Age and Region, Ontarians Aged 18+, 2019 (N=2827)



Note: (1) vertical 'whiskers' represent 95% confidence intervals; (2) horizontal bar represents 95% confidence interval for total estimate
Source: 2019 CAMH Monitor

Figure 3.1.3

Past Year Alcohol Use, Ontarians Aged 18+, 1977–2019

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

3.2. Daily Drinking

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

2019…….Tables 3.2.1, 3.2.2; Fig. 3.2.1

An estimated **5.6%** (95% CI: 4.8% to 6.6%) of Ontario adults drank alcohol daily in the 12 months before the survey. Among past year drinkers, the prevalence was **7.1%** (95% CI: 6.0% to 8.3%). The corresponding population estimate is 602,100 daily drinkers.

Sex, **age and household income** were significantly related to daily drinking among Ontario adults, when controlling for other characteristics.

- The adjusted odds of daily drinking were 1.80 times higher for men than women (7.3% vs. 4.1%; OR=1.80).
- Past year daily drinking increased significantly with age, from 1.6% of those aged 18 to 29 to 12.2% of those aged 65 and older. Compared to those aged 18 to 29, the adjusted odds of daily drinking were about 7.6 times higher among those aged 65 and older (OR=7.64).

Trend analyses done separately for each subgroup showed a significant **upward** trend for both **men** and **women**. There was a significant increase in daily drinking among drinking men (from a low of 7.1% in 2005 to 11.6% in 2018), drinking women (from a low of 2.6% in 2001 to 6.6% in 2018).

There were also significant increases for all regions (except Toronto), for married respondents, and for all education sub-groups.

1977–2019
In the longer term, between 1977 and 2019, daily drinking among drinkers decreased until 2006. From a high of 13.4% in 1977, it decreased by about two thirds to a low of 4.1% in 1992 and varied between 5.3% and 7.4% until 2007. But this trend has reversed in the past decade, **increasing** significantly from 5.9% in 2006 to 9.1% in 2018, and significantly decreased to 7.1% in 2019. Similar patterns were also evident among almost all subgroups.

Trends (among past year drinkers)

1977–2019…….Tables 3.2.3a-b; Fig. 3.2.2

2018–2019
Daily drinking among past year drinkers in 2019 (7.1%) was significantly decreased from 2018 (9.1%).

1996–2019
Between 1996 and 2019, there was a significant **increase** in daily drinking among drinkers, from a low of 5.3% in 2002 to 9.3% in 2009. Afterwards, a significant decline in daily drinking among drinkers was evident, from 9.3% in 2009 to 7.1% in 2019.

Table 3.2.1: Percentage ***Drinking Alcohol Daily*** in the Past 12 Months and Adjusted Group Differences, ***Ontarians*** Aged 18+, 2019

	N	%	95% CI	Adjusted Odds Ratio (N=2762)
Total	2827	**5.6**	(4.8, 6.6)	—
Sex				***
Men	1211	**7.3**	(5.9, 9.0)	**1.80 (1.26, 2.57)****
Women *(Comparison Group)*	1616	**4.1**	(3.2, 5.2)	—
Age				***
18-29 *(Comparison Group)*	362	†**1.6**	(0.8, 2.9)	—
30-39	227	†**2.6**	(1.2, 5.3)	1.37 (0.47, 3.96)
40-49	332	†**3.5**	(1.9, 6.4)	1.74 (0.63, 4.78)
50-64	775	†**6.1**	(4.4, 8.4)	**3.05 (1.20, 7.73)***
65+	1086	**12.2**	(10.0, 14.9)	**7.64 (3.06, 19.07)****
Region				NS
Toronto *(vs. Provincial Average)*	487	†**3.5**	(2.2, 5.4)	0.76 (0.50, 1.15)
Central East	464	†**5.9**	(3.9, 9.0)	1.07 (0.72, 1.60)
Central West	466	†**4.8**	(3.2, 7.1)	0.94 (0.67, 1.32)
West	470	†**6.8**	(4.7, 9.8)	1.11 (0.73, 1.69)
East	467	**8.0**	(5.8, 11.0)	1.33 (0.92, 1.93)
North	473	†**7.6**	(5.3, 10.8)	1.16 (0.75, 1.79)
Marital Status				NS
Married/Partner *(Comparison Group)*	1561	**7.1**	(5.8, 8.6)	—
Previously Married	636	†**7.0**	(4.9, 9.8)	0.91 (0.54, 1.54)
Never Married	606	†**2.1**	(1.3, 3.4)	0.73 (0.36, 1.47)
Education				NS
High school not completed *(Comparison Group)*	249	†**10.0**	(5.8, 16.8)	—
Completed high school	590	†**7.0**	(5.0, 9.7)	0.91 (0.43, 1.92)
Some college or university	1025	**5.0**	(3.8, 6.6)	0.63 (0.30, 1.32)
University degree	944	**4.6**	(3.5, 6.1)	0.55 (0.26, 1.16)
Household Income				**
< $30,000 *(Comparison Group)*	309	†**5.5**	(3.3, 9.1)	—
$30,000-$49,999	311	†**5.6**	(3.4, 9.1)	1.03 (0.47, 2.25)
$50,000-$79,999	442	†**7.3**	(4.8, 11.0)	1.60 (0.73, 3.50)
$80,000+	1017	**6.6**	(5.2, 8.4)	1.98 (0.99, 3.96)
Not stated	748	†**3.4**	(2.3, 4.8)	0.79 (0.39, 1.60)

Notes: (1) All analyses are sample design adjusted; *p<.05; **p<.01; ***p<.001; CI = 95% confidence interval; NS – no statistically significant difference; † Estimate suppressed or unstable
(2) Asterisks in group row indicate a statistically significant group effect, based on Wald test.
(3) ORs greater than 1.0 indicate that daily alcohol use is more likely to occur in the group being compared to the comparison group; ORs less than 1.0 indicate that daily alcohol use is less likely to occur in the group being compared to the comparison group.
(4) Adjusted odds ratio holding fixed values for sex, age, region, marital status, education and income.

Q: *Response of "daily" or "almost daily" to the question: How often did you drink alcoholic beverages during the past 12 months?*

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

Table 3.2.2: Percentage ***Drinking Alcohol Daily*** in the Past 12 Months and Adjusted Group Differences, Ontarian ***Past Year Drinkers*** Aged 18+, 2019

	N	%	95% CI	Adjusted Odds Ratio (N=2156)
Total	2200	**7.1**	(6.0, 8.3)	—
Sex				**
Men	967	**9.0**	(7.3, 11.1)	**1.75 (1.22, 2.51)****
Women *(Comparison Group)*	1233	**5.2**	(4.0, 6.6)	—
Age				***
18-29 *(Comparison Group)*	338	**†1.9**	—	—
30-39	212	**†3.1**	(1.5, 6.4)	1.38 (0.47, 4.04)
40-49	277	**†4.2**	(2.2, 7.6)	1.79 (0.64, 4.97)
50-64	610	**7.5**	(5.4, 10.4)	**3.15 (1.24, 8.02)***
65+	753	**17.6**	(14.5, 21.3)	**8.99 (3.59, 22.54)****
Region				NS
Toronto *(vs. Provincial Average)*	355	**†4.5**	(2.9, 7.0)	0.77 (0.51, 1.18)
Central East	376	**†7.3**	(4.8, 11.0)	1.02 (0.67, 1.53)
Central West	351	**†6.1**	(4.1, 9.0)	0.94 (0.67, 1.34)
West	359	**†8.9**	(6.2, 12.6)	1.20 (0.79, 1.83)
East	382	**9.6**	(6.9, 13.1)	1.31 (0.90, 1.91)
North	377	**†9.5**	(6.6, 13.3)	1.07 (0.68, 1.68)
Marital Status				NS
Married/Partner *(Comparison Group)*	1263	**8.7**	(7.2, 10.6)	—
Previously Married	446	**†9.6**	(6.8, 13.5)	0.89 (0.53, 1.50)
Never Married	476	**†2.6**	(1.6, 4.2)	0.71 (0.35, 1.45)
Education				NS
High school not completed *(Comparison Group)*	160	**†15.6**	(9.2, 25.4)	—
Completed high school	444	**†9.2**	(6.6, 12.7)	0.82 (0.38, 1.79)
Some college or university	812	**6.1**	(4.6, 8.1)	0.53 (0.25, 1.15)
University degree	773	**5.5**	(4.2, 7.3)	0.47 (0.22, 1.02)
Household Income				NS
< $30,000 *(Comparison Group)*	189	**†9.0**	(5.3, 14.8)	—
$30,000-$49,999	225	**†7.6**	(4.6, 12.3)	0.90 (0.41, 2.01)
$50,000-$79,999	354	**†8.8**	(5.8, 13.2)	1.30 (0.59, 2.90)
$80,000+	898	**7.5**	(5.9, 9.5)	1.44 (0.71, 2.92)
Not stated	534	**†4.6**	(3.2, 6.6)	0.69 (0.33, 1.43)

Notes: (1) All analyses are sample design adjusted; *p<.05; **p<.01; ***p<.001; CI = 95% confidence interval; NS – no significant difference; † estimates unstable or suppressed.
(2) Asterisks in group row indicate a statistically significant group effect, based on Wald test.
(3) ORs greater than 1.0 indicate that daily alcohol use is more likely to occur in the group being compared to the comparison group; ORs less than 1.0 indicate that daily alcohol use is less likely to occur in the group being compared to the comparison group.
(4) Adjusted odds ratio holding fixed values for sex, age, region, marital status, education and income.

Q: *Response of "daily" or "almost daily" to the question: How often did you drink alcoholic beverages during the past 12 months?*

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

Table 3.2.3a: Percentage ***Drinking Daily*** in the Past 12 Months, by Demographic Characteristics, Ontarian ***Past Year Drinkers*** Aged 18+, 1977–2000

	1977	1982	1984	1987	1989	1991	1992	1993	1994	1995	1996	1997	1998	1999	2000
(N=)	(818)	(795)	(885)	(893)	(906)	(841)	(916)	(783)	(1660)	(839)	(2141)	(2219)	(1777)	(1938)	(1887)
Total	**13.4**	**10.7**	**12.9**	**11.8**	**10.0**	**6.2**	**4.1**	**6.9**	**6.1**	**5.9**	**6.0**	**5.9**	**7.4**	**7.0**	**6.3**
(95%CI)[a]	(11.1,15.7)	(8.5,12.9)	(10.7, 15.1)	(9.7,13.9)	(8.0,12.0)	(4.6, 7.8)	(2.8, 5.4)	(5.7, 8.1)	(4.9, 7.3)	(4.3, 7.5)	(5.0,7.2)	(4.8,7.1)	(6.0,9.1)	(5.9,8.5)	(5.2,7.7)
Sex															
Men	**19.5**	**15.6**	**17.3**	**16.6**	**13.3**	**8.3**	**5.2**	**10.0**	**8.5**	**8.6**	**8.2**	**8.4**	**9.8**	**10.0**	**8.6**
	—	—	—	—	—	—	—	—	—	—	(6.4,10.3)	(6.7,10.5)	(7.6,12.6)	(8.1,12.4)	(6.8,10.8)
Women	**5.7**	**5.2**	**8.6**	**6.7**	**6.7**	**4.1**	**3.0**	**3.6**	**3.8**	**2.9**	**3.9**	**3.4**	**5.0**	**3.9**	**4.1**
	—	—	—	—	—	—	—	—	—	—	(2.9,5.3)	(2.3,4.9)	(3.5,7.0)	(2.7,5.2)	(2.8,5.9)
Age															
18 - 29	**7.8**	**† 4.1**	**† 5.0**	**6.0**	**† 3.7**	**† 3.0**	**† 1.8**	**† 2.7**	**† 2.0**	**† 1.3**	**† 1.4**	**† 1.8**	**† 3.5**	**† 2.1**	**† 1.3**
	—	—	—	—	—	—	—	—	—	—	(0.6,3.3)	(0.8,4.0)	(1.7,7.1)	(1.1,4.3)	(0.6,2.9)
30 - 39	**10.9**	**7.8**	**10.0**	**11.6**	**5.5**	**† 4.5**	**†1.8**	**6.1**	**†4.2**	**†3.6**	**†3.6**	**†3.3**	**†3.9**	**†3.4**	**†3.8**
	—	—	—	—	—	—	—	—	—	—	(2.0,6.1)	(2.0,5.5)	(2.1,7.0)	(2.0,5.7)	(2.3,6.2)
40 - 49	**18.2**	**19.1**	**15.6**	**12.9**	**11.8**	**8.8**	**†5.8**	**6.1**	**9.0**	**†5.8**	**6.5**	**6.3**	**†5.0**	**†5.1**	**†5.0**
	—	—	—	—	—	—	—	—	—	—	(4.5,9.4)	(4.0,9.7)	(3.0,8.2)	(3.0,8.3)	(3.2,7.6)
50 - 64	**22.1**	**15.7**	**22.2**	**15.7**	**17.6**	**7.9**	**7.8**	**9.7**	**8.0**	**8.2**	**9.8**	**9.6**	**12.0**	**13.7**	**10.9**
	—	—	—	—	—	—	—	—	—	—	(7.0,13.6)	(6.8,13.5)	(8.1,17.5)	(10.1,18.4)	(7.3,16.0)
65+	**13.2**	**19.9**	**21.8**	**19.6**	**23.0**	**11.8**	**8.5**	**20.0**	**15.0**	**23.6**	**16.9**	**17.1**	**19.2**	**16.4**	**16.9**
	—	—	—	—	—	—	—	—	—	—	(12.0,23.2)	(12.3,23.4)	(13.7,26.2)	(11.9,22.1)	(12.3,22.8)
Region															
Toronto	—	—	—	—	—	—	—	—	—	—	**8.5**	**8.4**	**10.6**	**8.5**	**†5.4**
											(5.7,12.4)	(5.6, 12.4)	(7.1,15.6)	(5.7,12.7)	(2.9, 9.6)
C-East	—	—	—	—	—	—	—	—	—	—	**†6.4**	**†5.1**	**†8.0**	**†8.0**	**†7.8**
											(4.3,9.6)	(3.2,7.9)	(5.0,12.7)	(5.4,11.8)	(5.3,11.4)
C-West	—	—	—	—	—	—	—	—	—	—	**†4.4**	**†6.8**	**†4.7**	**†6.3**	**†7.0**
											(2.7,7.2)	(4.5,10.0)	(2.5,8.5)	(4.0,9.7)	(4.5,10.7)
West	—	—	—	—	—	—	—	—	—	—	**†4.2**	**†4.3**	**†7.2**	**†6.2**	**†3.4**
											(2.4,7.0)	(2.4,7.5)	(4.3,11.8)	(3.9,9.6)	(1.9,6.2)
East	—	—	—	—	—	—	—	—	—	—	**†5.9**	**†4.8**	**†6.7**	**†5.7**	**†6.2**
											(3.9,8.9)	(2.9,7.7)	(4.2,10.5)	(3.5,9.1)	(3.9,9.7)
North	—	—	—	—	—	—	—	—	—	—	**†5.4**	**†3.6**	**†6.0**	**†6.6**	**†8.4**
											(3.4,8.4)	(2.1,6.1)	(3.4,10.3)	(4.2,10.2)	(5.7,12.2)

Cont'd

	1977	1982	1984	1987	1989	1991	1992	1993	1994	1995	1996	1997	1998	1999	2000
(N=)	(818)	(795)	(885)	(893)	(906)	(841)	(916)	(783)	(1660)	(839)	(2141)	(2219)	(1777)	(1938)	(1887)
Marital Status															
Married/Partner	—	—	—	—	—	**4.7**	**4.5**	**7.8**	**6.0**	**6.6**	**6.6**	**6.6**	**8.1**	**8.1**	**7.4**
Previously Married	—	—	—	—	—	**8.1**	**6.7**	**7.8**	**5.5**	**9.7**	**9.2**	**9.3**	**9.7**	**8.8**	**10.8**
Never Married	—	—	—	—	—	**†4.5**	**†1.8**	**†4.5**	**†2.2**	**†2.3**	**†3.1**	**†2.7**	**†4.4**	**† 3.2**	**† 1.8**
Education															
HS not completed	—	—	—	—	—	**6.4**	**7.2**	**9.1**	**6.3**	**6.3**	**†7.5**	**9.8**	**†5.6**	**12.2**	**9.8**
Completed HS	—	—	—	—	—	**†4.6**	**†2.7**	**5.9**	**5.1**	**6.7**	**†5.3**	**†6.0**	**8.7**	**†7.7**	**†6.6**
Some college or university	—	—	—	—	—	**†4.1**	**†2.7**	**†4.2**	**†2.3**	**6.0**	**5.1**	**†4.5**	**6.2**	**†4.5**	**†4.5**
University degree	—	—	—	—	—	**5.2**	**5.2**	**9.9**	**7.6**	**†4.4**	**6.7**	**†4.9**	**8.0**	**6.8**	**6.7**

Notes: All analyses are sample design adjusted; [a] 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, Ontarian ***Past Year Drinkers*** Aged 18+, 2001-2019

(N=)	2001 (2088)	2002 (1933)	2003 (1933)	2004 (2101)	2005 (1906)	2006 (1527)	2007 (1618)	2008 (1599)	2009 (1602)	2010 (2352)	2011 (2401)	2012 (2355)	2013 (2330)	2014 (2422)	2015 (3967)	2016 (2368)	2017 (2195)	2018 (2187)	2019 (2200)
Total (95%CI)¶	**5.8** (4.7,7.1)	**5.3** (4.3,6.5)	**6.0** (4.9,7.3)	**6.4** (5.3,7.8)	**5.6** (4.6,6.8)	**5.9** (4.8,7.3)	**7.3** (6.0,8.8)	**8.6** (7.3, 10.2)	**9.3** (7.7, 11.1)	**8.7** (7.5, 10.0)	**8.6** (7.4, 10.0)	**7.9** (6.8, 9.2)	**8.5** (7.4, 9.9)	**8.1** (7.0, 9.3)	**8.8** (7.9, 9.9)	**9.2** (8.0, 10.7)	**9.0** (7.6, 10.7)	**9.1** (7.8, 10.7)	**7.1** [bcd] (6.0, 8.3)
Sex																			
Men	**8.8** (7.0,11.1)	**7.4** (5.7,9.6)	**7.3** (5.6,9.5)	**8.9** (7.1,11.3)	**7.1** (5.6,9.1)	**7.3** (5.6,9.6)	**9.2** (7.1,11.7)	**10.9** (8.8, 13.5)	**12.5** (9.9, 15.6)	**11.2** (9.3, 13.5)	**11.6** (9.4, 14.0)	**10.6** (8.7, 12.8)	**11.4** (9.4,13.7)	**10.7** (8.8,12.8)	**11.8** (10.1,13.7)	**11.7** (9.7,14.0)	**11.3** (9.2,13.8)	**11.6** (9.4, 14.2)	**9.0** [cd] (7.3, 11.1)
Women	**2.6** (1.7,3.9)	**3.1** (2.2,4.4)	**4.6** (3.4,6.2)	**3.9** (2.8,5.3)	**3.9** (2.7,5.5)	**4.4** (3.1,6.1)	**5.3** (3.9,7.1)	**6.3** (4.8, 8.3)	**6.1** (4.4, 8.3)	**6.1** (4.8, 7.7)	**5.7** (4.5, 7.2)	**5.2** (4.1, 6.4)	**5.6** (4.5, 7.1)	**5.5** (4.4, 6.8)	**5.8** (4.9, 6.9)	**6.8** (5.4, 8.6)	**6.8** (4.9, 9.2)	**6.6** (5.2, 8.4)	**5.2** [cd] (4.0, 6.6)
Age																			
18 - 29	† **1.9** (0.8,4.1)	† -	†**2.3** (1.0,5.4)	†**2.6** (1.2,5.7)	† -	† -	† -	†**4.0** (1.8,8.4)	†**7.2** (3.4, 14.5)	†**3.3** (1.6, 6.7)	†**3.1** (1.3, 7.3)	† -	† -	† -	† -	† -	† -	† -	†**1.9** (1.0, 3.5)
30 - 39	†**3.9** (2.3,6.5)	†**2.0** (1.0,4.2)	†**3.9** (2.0,7.5)	†**3.4** (1.8,6.4)	†**2.4** (1.1,5.0)	†**4.1** (1.9,8.4)	†**3.9** (1.9,7.7)	†**3.5** (1.8,6.8)	†**3.9** (1.9,7.8)	†**3.9** (2.1, 7.0)	†**4.4** (2.6, 7.6)	†**3.4** (1.6,7.3)	†**5.5** (3.1, 9.6)	† -	†**5.2** (3.2, 8.3)	†**9** -	† -	† -	† -
40 - 49	†**4.0** (2.5,6.3)	†**3.0** (1.7,5.2)	†**4.1** (2.5, 6.5)	†**3.9** (2.2,6.9)	†**5.8** (3.7,8.9)	†**3.8** (2.2,6.5)	†**5.9** (3.5,9.8)	†**7.3** (4.6, 11.2)	†**5.1** (3.1, 8.1)	†**6.3** (4.2, 9.4)	†**7.1** (4.7, 10.7)	†**4.4** (2.8, 6.8)	†**6.1** (4.0, 9.3)	†**5.4** (3.3, 8.8)	†**5.2** (3.6,7.3)	†**6.4** (4.1, 9.9)	†**7.5** (4.7, 11.6)	†**7.7** (4.9, 11.9)	†**4.2** [d] (2.2, 7.6)
50 - 64	**7.2** (4.9,10.5)	**9.6** (7.0,13.1)	**10.6** (7.7,14.4)	**10.6** (7.8,14.4)	**8.0** (5.5,11.4)	**9.7** (7.0,13.2)	**8.4** (6.1,11.6)	**11.1** (8.3,14.6)	**12.1** (8.8, 16.2)	**11.2** (8.9, 14.0)	**11.1** (8.7, 14.1)	**9.6** (7.5,12.2)	**10.7** (8.5, 13.4)	**9.5** (7.5, 12.0)	**11.3** 9.35, 13.5)	**11.7** (9.4, 14.4)	**10.6** (8.0, 13.9)	**8.2** (6.1, 10.9)	**7.5** [d] (5.4, 10.4)
65+	**16.2** (11.3,22.6)	**16.2** (11.5,22.4)	**13.2** (9.4,18.2)	**15.8** (11.8,20.9)	**14.3** (10.4,19.3)	**14.0** (9.9,19.4)	**20.2** (15.2,26.2)	**21.1** (16.4,26.6)	**22.2** (17.5, 27.8)	**22.0** (17.9, 26.8)	**22.8** (17.1, 25.1)	**20.9** (17.3, 25.0)	**18.1** (15.1, 21.7)	**21.0** (17.8, 24.5)	**20.1** (17.6, 22.9)	**20.8** (17.7, 24.1)	**17.7** (14.8, 21.0)	**19.5** (16.5, 23.0)	**17.6** [cd] (14.5, 21.3)
Region																			
Toronto	†**5.8** (3.5,9.5)	†**6.6** (4.2,10.4)	†**6.5** (3.9,10.6)	†**7.2** (4.6,10.9)	†**4.9** (2.9,8.2)	†**6.6** (3.9,10.9)	†**8.6** (5.5,13.3)	†**8.4** (5.6,12.3)	†**8.0** (5.0, 12.5)	†**7.5** (5.1, 11.0)	†**9.5** (6.9,12.9)	†**7.9** (5.6,11.0)	†**8.0** (5.6,11.2)	**10.0** (7.2,13.6)	**9.5** (7.4,12.2)	**8.5** (6.2,11.4)	†**8.8** (6.1,12.4)	†**7.6** (5.0, 11.3)	†**4.5**[ad] (2.9, 7.0)
C-East	†**3.7** (2.0,6.5)	†**4.1** (2.4,7.0)	†**5.8** (3.6,9.1)	†**5.4** (3.3,8.6)	†**5.3** (3.4,8.3)	†**6.3** (4.0,9.8)	†**8.3** (5.6,12.1)	†**7.4** (4.7,11.4)	†**11.2** (7.3, 16.7)	†**9.0** (6.3, 12.5)	†**7.6** (5.1,11.0)	†**7.7** (5.3,11.2)	†**7.1** (4.8,10.5)	†**6.2** (4.2,9.0)	**7.8** (5.8,10.4)	†**9.5** (6.6,13.4)	†**8.9** (6.3,12.3)	**10.1** (7.4, 13.8)	†**7.3**[cd] (4.8, 11.0)
C-West	†**6.6** (4.2,10.3)	†**5.0** (3.1,8.1)	†**4.4** (2.6,7.2)	†**5.9** (3.6,9.6)	†**5.4** (3.1,9.2)	†**5.0** (3.0,8.3)	†**6.2** (3.8,9.9)	†**9.4** (6.4, 13.8)	†**11.3** (8.0, 15.8)	**9.9** (7.2, 13.5)	†**8.3** (5.8,11.7)	†**8.1** (5.8, 11.2)	†**9.0** (6.4,12.7)	†**6.7** (4.8,9.4)	**7.6** (5.8,9.8)	**8.2** (5.9,11.3)	†**10.0** (6.5,15.0)	†**9.2** (6.1, 13.5)	†**6.1**[cd] (4.1, 9.0)
West	†**7.1** (4.6,10.9)	†**5.5** (3.5,8.6)	†**5.4** (3.4,8.5)	†**6.8** (4.4,10.3)	†**7.4** (5.0,10.8)	†**5.5** (3.4,8.7)	†**7.7** (5.0,11.5)	†**7.1** (4.6,10.7)	†**5.3** (3.1, 8.9)	**8.8** (6.4, 12.0)	†**7.2** (5.0,10.3)	†**7.7** (5.4,10.9)	**9.2** (6.7,12.6)	**9.5** (6.9,12.9)	**9.5** (7.3,12.4)	†**9.6** (6.8,13.3)	†**8.9** (5.9,13.3)	†**8.3** (5.7, 11.9)	†**8.9** [acd] (6.2, 12.6)
East	†**5.2** (3.2,8.3)	†**4.6** (2.7,7.8)	†**7.0** (4.5,10.7)	†**7.6** (5.1,11.2)	†**5.0** (3.1,8.0)	†**5.9** (3.7,9.4)	†**7.1** (4.6,10.7)	†**10.9** (7.6,15.5)	†**8.1** (5.6, 11.7)	†**7.4** (5.3, 10.4)	**11.5** (8.4,15.7)	**7.4** (5.4,10.2)	**9.8** (7.2,13.2)	**9.3** (6.7,12.7)	**10.1** (7.8,12.8)	**11.7** (8.4,15.9)	†**9.5** (6.7,13.4)	†**9.1** (6.5, 12.7)	**9.6** [cd] (6.9, 13.1)
North	†**7.2** (5.1,10.3)	†**6.1** (3.8,9.7)	†**8.5** (5.7,12.5)	†**6.0** (4.2,8.6)	†**6.6** (4.3,10.1)	†**6.0** (3.7,9.8)	†**3.1** (1.7,5.8)	†**9.7** (6.5,14.2)	†**10.1** (6.7, 14.7)	**9.7** (7.1,13.2)	†**8.2** (5.7,11.7)	**9.5** (6.9,13.1)	**10.0** (7.3,13.5)	**8.8** (6.4,11.9)	**9.9** (7.7,12.7)	†**8.4** (6.0,11.7)	†**6.0** (3.9,9.2)	**12.4** (9.0, 16.8)	†**9.5**[cd] (6.6, 13.3)

Cont'd

	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019
(N=)	(2088)	(1933)	(1933)	(2101)	(1906)	(1527)	(1618)	(1599)	(1602)	(2352)	(2401)	(2355)	(2330)	(2422)	(3967)	(2368)	(2195)	(2187)	(2200)
Marital Status																			
Married/ Partner	**6.6**	**6.1**	**7.2**	**6.9**	**6.8**	**5.9**	**8.2**	**9.3**	**10.3**	**9.7**	**10.1**	**8.7**	**9.7**	**9.2**	**10.6**	**11.1**	**10.8**	**10.0**	**8.7[cd]**
Previously Married	**6.4**	**7.4**	**6.6**	**8.0**	**8.4**	**10.1**	**10.2**	**10.9**	**11.8**	**13.4**	**11.4**	**12.1**	**11.7**	**12.2**	**11.2**	**12.2**	**†13.8**	**11.8**	**†9.6[cd]**
Never Married	**† 3.0**	**†1.7**	**†2.4**	**†4.5**	**†**	**†3.6**	**†2.1**	**†4.5**	**†4.7**	**†3.2**	**†3.3**	**†3.4**	**†3.6**	**†2.8**	**†2.7**	**†3.0**	**†3.4**	**†6.2**	**†2.6[bd]**
Education																			
High School not completed	**12.0**	**†7.2**	**11.0**	**9.6**	**†8.5**	**†8.7**	**†11.5**	**15.9**	**18.8**	**†13.8**	**17.0**	**†18.5**	**†13.9**	**†14.2**	**†10.7**	**†16.4**	**†10.9**	**†16.1**	**†15.6[acd]**
Completed high school	**†5.7**	**†4.3**	**†5.2**	**†6.3**	**†7.1**	**†5.9**	**†7.6**	**†8.3**	**9.1**	**†7.8**	**†7.1**	**10.7**	**†8.6**	**9.9**	**11.9**	**8.7**	**†13.1**	**†9.0**	**†9.2[acd]**
Some college or university	**† 3.8**	**5.6**	**†4.3**	**†5.7**	**†4.6**	**†5.0**	**†5.2**	**8.1**	**7.1**	**7.2**	**†6.0**	**5.1**	**7.7**	**7.0**	**6.2**	**8.6**	**7.6**	**8.8**	**6.1[cd]**
University degree	**5.6**	**†4.5**	**6.6**	**6.1**	**†4.6**	**†5.9**	**7.7**	**7.3**	**8.9**	**9.8**	**10.4**	**7.4**	**8.1**	**7.0**	**9.6**	**9.3**	**8.3**	**8.2**	**5.5[cd]**

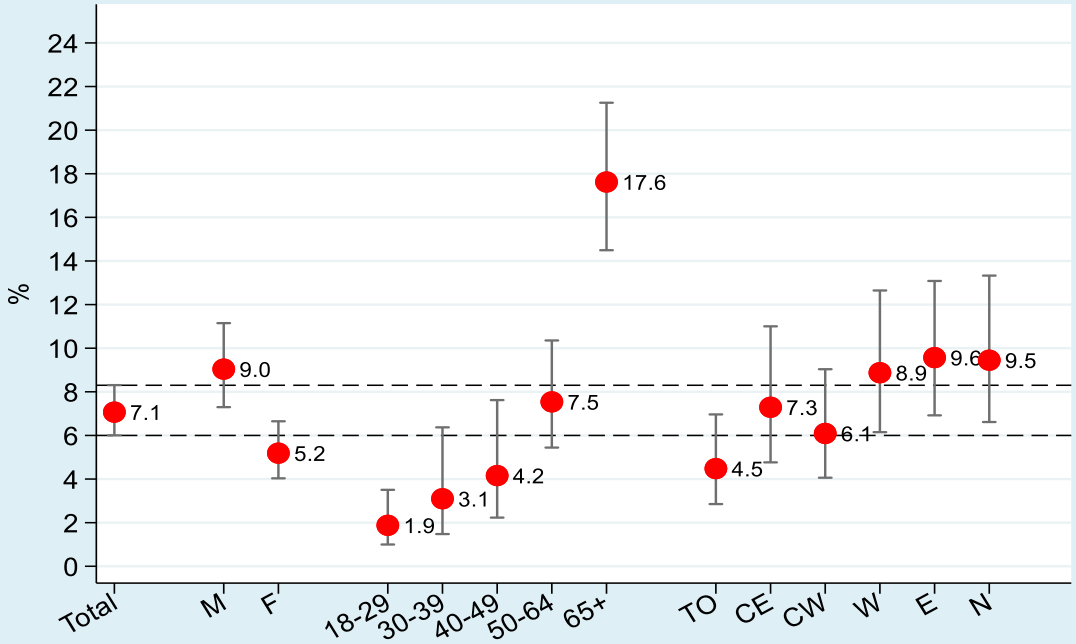
Notes: (1) All analyses are sample design adjusted; ¶ 95% confidence interval; † Estimate suppressed or unstable; the sampling design was changed in 2017 to dual-frame sampling (landline + cell-phone).

(2) Trend Analysis: [a] Significant difference 1996 to 2019 ($p<.05$); [b] Significant change ($p<.05$) between last two estimates (2018 vs.2019); [c] Significant linear trend, $p<0.05$; [d] Significant nonlinear trend, $p<0.05$.

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

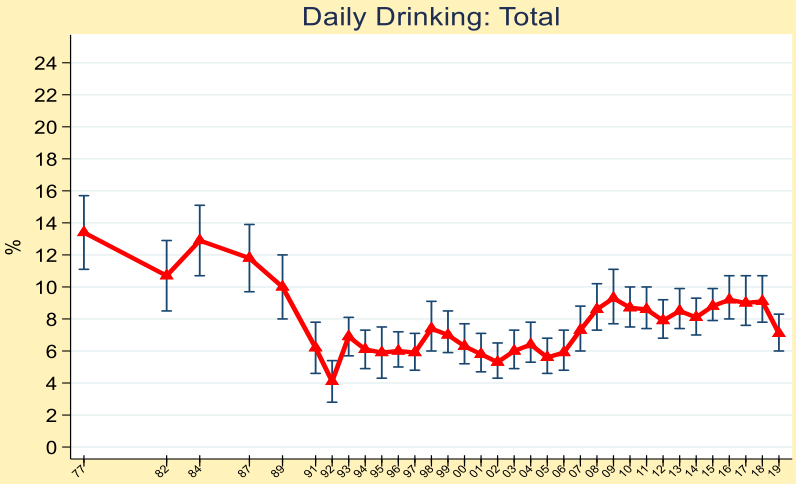
Figure 3.2.1
Past Year Daily Drinking by Sex, Age and Region, Ontarians Aged 18+, 2019 (N=2827)

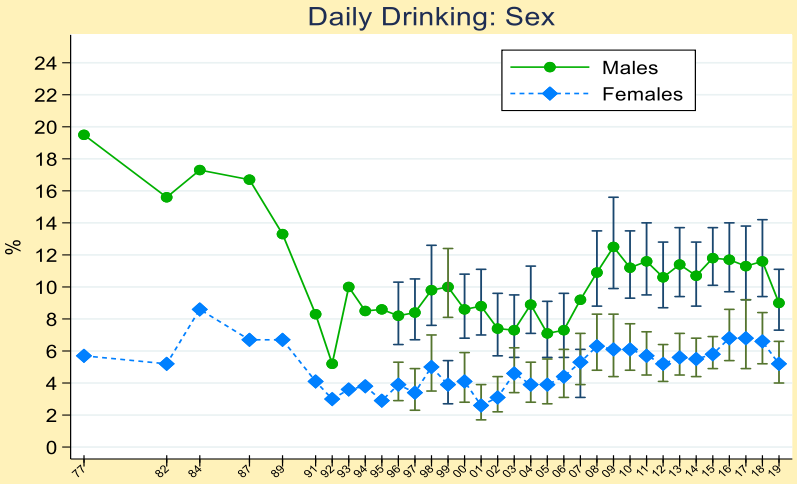


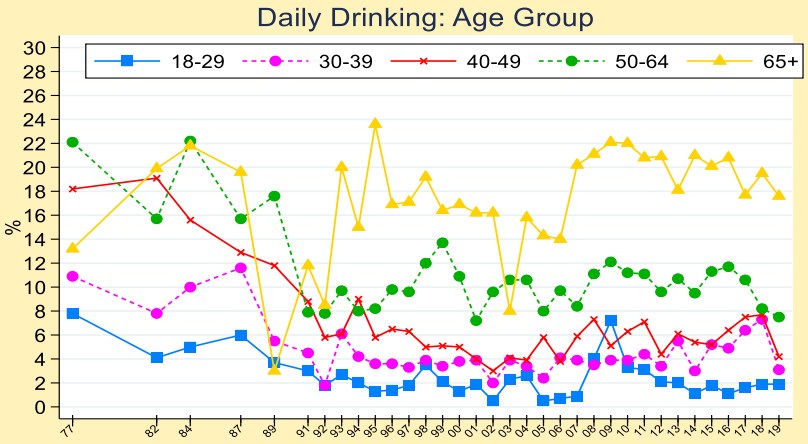
Note:(1) vertical 'whiskers' represent 95% confidence intervals; (2) horizontal bar represents 95% confidence interval for total estimate
(3) significant difference by sex(p<.05)
Source: 2019 CAMH Monitor

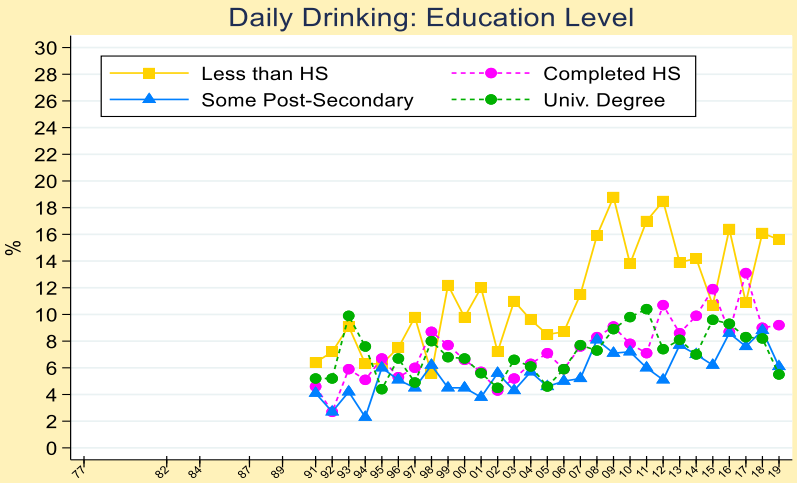
Figure 3.2.2

Daily Drinking, Ontarian Past Year Drinkers Aged 18+, 1977–2019









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

3.3 Estimated Number of Drinks Consumed Weekly among Past Year Drinkers

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

2019……..…..Table 3.3.1a-b

On average, Ontarian **past year drinkers** reported consuming **4.6** (95% CI: 4.2 to 5.0) **drinks weekly**.

Of the five demographic factors examined, there were significant univariate effects for **sex** and **education**.

- Male drinkers consumed an average of 6.0 drinks weekly, compared to 3.2 drinks for female drinkers.
- The average number of drinks was significantly lower among university educated compared to those who did not complete high school (3.8 vs. 7.3 drinks).

There were no other significant differences.

Trends

1977–2019……Tables 3.3.1a-b; Fig. 3.3.1

2018–2019

The average number of drinks consumed weekly did not change significantly between 2018 and 2019 (4.5 vs. 4.6).

In addition, the number of drinks consumed was **stable** for all sex, age, region, marital status, education and income subgroups.

1996–2019

Between 1996 and 2019, there was a significant **increase** in the average number of drinks consumed weekly, from 3.3 in 1996 to 4.6 in 2019.

There were also significant **increases** in the number of drinks consumed among drinking **men** (from 4.8 in 1996 to 6.0 in 2019), among drinking **women** (from 1.9 in 1996 to 3.2 in 2019), and for most demographic factors examined (age, regions, married and previously married respondents, and all education subgroups).

Table 3.3.1a: Estimated ***Average Number of Drinks per Week*** in the Past 12 Months, Ontarian ***Past Year Drinkers*** Aged 18+, 1996–2000

	1996	1997	1998	1999	2000
(N=)	(2141)	(2219)	(1582)	(1938)	(1887)
Total	**3.32**	**3.38**	**3.90**	**3.58**	**3.53**
(95%CI)¶	(2.97,3.68)	(3.09,3.66)	(3.50,4.30)	(3.25,3.91)	(3.19,3.88)
Sex					
Men	**4.84**	**4.82**	**5.62**	**5.12**	**5.01**
	(4.16, 5.52)	(4.31,5.32)	(4.91,6.34)	(4.55,5.69)	(4.40,5.61)
Women	**1.87**	**1.97**	**2.19**	**1.94**	**2.06**
	(1.67, 2.08)	(1.74,2.19)	(1.89,2.49)	(1.68,2.21)	(1.77,2.34)
Age					
18 - 29 years	**4.16**	**3.74**	**5.14**	**3.84**	**3.29**
	(3.04, 5.28)	(3.10,4.37)	(4.04,6.24)	(3.01,4.68)	(2.72,3.86)
30 - 39 years	**2.64**	**2.98**	**3.33**	**3.55**	**2.88**
	(2.20, 3.07)	(2.50,3.46)	(2.49,4.17)	(2.80,4.31)	(2.37,3.38)
40 - 49 years	**3.11**	**2.99**	**3.18**	**3.11**	**3.67**
	(2.52, 3.70)	(2.45,3.53)	(2.61,3.74)	(2.61,3.61)	(2.82,4.54)
50 - 64 years	**3.44**	**3.42**	**3.95**	**3.87**	**4.53**
	(2.86, 4.03)	(2.82,4.02)	(3.18,4.73)	(3.18,4.56)	(3.42,5.64)
65+ years	**3.39**	**4.17**	**4.14**	**3.58**	**3.50**
	(2.73, 4.04)	(3.08,5.25)	(3.11,5.18)	(2.83,4.32)	(2.73,4.27)
Region					
Toronto	**3.59**	**3.15**	**4.20**	**3.67**	**3.07**
	(2.89, 4.29)	(2.55, 3.76)	(3.26, 5.14)	(2.91, 4.42)	(2.43, 3.70)
Central East	**3.07**	**3.51**	**3.39**	**3.57**	**3.80**
	(2.61, 3.53)	(2.91, 4.11)	(2.51, 4.27)	(2.80, 4.33)	(2.89, 4.71)
Central West	**2.89**	**3.43**	**2.86**	**3.30**	**3.25**
	(2.44, 3.34)	(2.80, 4.06)	(2.20, 3.51)	(2.65, 3.96)	(2.67, 3.84)
West	**3.67**	**2.99**	**3.97**	**3.79**	**3.49**
	(1.84, 5.50)	(2.26, 3.72)	(3.04, 4.90)	(2.96, 4.63)	(2.67, 4.31)
East	**3.39**	**4.07**	**4.33**	**3.46**	**3.53**
	(2.48,4.29)	(3.20, 4.94)	(3.40, 5.26)	(2.66, 4.26)	(2.57, 4.48)
North	**3.65**	**2.92**	**4.03**	**3.92**	**4.23**
	(2.53, 4.77)	(2.29, 3.56)	(3.09, 4.96)	(2.65, 5.19)	(2.97, 5.48)
Marital Status					
Married/Partner	**2.70**	**3.04**	**3.02**	**3.26**	**3.30**
Previously Married	**3.94**	**4.05**	**3.36**	**3.45**	**3.39**
Never Married	**4.63**	**3.75**	**5.41**	**4.57**	**4.91**
Education					
High school not completed	**3.41**	**4.13**	**4.39**	**4.86**	**3.67**
Completed high school	**3.31**	**3.57**	**4.26**	**3.82**	**3.81**
Some college or university	**3.65**	**3.19**	**3.82**	**3.27**	**3.40**
University degree	**2.93**	**2.84**	**3.32**	**3.08**	**3.36**

Notes: ¶ 95% confidence interval; all analyses are sample design adjusted.
Defn: *Product of the frequency of drinking and the amount consumed on a typical drinking occasion*
Source: The *CAMH Monitor*, Centre for Addiction and Mental Health

Table 3.3.1b: Estimated ***Average Number of Drinks per Week*** in the Past 12 Months, Ontarian ***Past Year Drinkers*** Aged 18+, 2001–2019

	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019
(N=)	(2088)	(1933)	(1933)	(2101)	(1906)	(1527)	(1618)	(1599)	(1602)	(2352)	(2401)	(2355)	(2330)	(2422)	(3967)	(2368	(2195)	(2187)	(2200)
Total	**3.44**	**3.51**	**3.50**	**3.69**	**3.81**	**3.88**	**3.67**	**5.04**	**4.62**	**4.56**	**4.69**	**4.41**	**5.13**	**4.42**	**4.34**	**4.48**	**4.89**	**4.46**	**4.55**[acd]
(95% CI)¶	(3.14,3.75)	(3.05, 3.97)	(3.18, 3.83)	(3.36, 4.02)	(3.47, 4.15)	(3.45, 4.31)	(3.33,4.02)	(4.52, 5.55)	(4.02, 5.22)	(4.18, 4.93)	(4.25, 5.14)	(4.06, 4.75)	(4.43, 5.84)	(4.03, 4.81)	(4.10, 4.58)	(4.03, 4.93)	(4.29, 5.49)	(4.24, 4.98)	(4.15,4.95)
Sex																			***
Men	**5.00**	**4.85**	**4.84**	**4.97**	**4.97**	**5.36**	**4.96**	**7.03**	**6.48**	**6.13**	**6.67**	**6.03**	**7.41**	**5.87**	**5.85**	**6.15**	**6.23**	**6.08**	**5.97**[acd]
	(4.44,5.53)	(4.05, 5.65)	(4.27, 5.41)	(4.41, 5.52)	(4.44, 5.49)	(4.60,6.13)	(4.37,5.54)	(6.14, 7.92)	(5.36, 7.61)	(5.48, 6.78)	(5.83, 7.50)	(5.43, 6.63)	(6.08, 8.73)	(5.16, 6.58)	(5.42, 6.28)	(5.33, 5.97)	(5.45, 7.02)	(5.28,6.82)	(5.29,6.65)
Women	**1.85**	**2.16**	**2.14**	**2.38**	**2.54**	**2.28**	**2.36**	**3.01**	**2.79**	**2.96**	**2.76**	**2.74**	**2.78**	**2.99**	**2.84**	**2.79**	**3.55**	**3.08**	**3.22**[acd]
	(1.64,2.06)	(1.75, 2.57)	(1.86, 2.41)	(2.06, 2.70)	(2.14, 2.95)	(1.98,2.57)	(2.04,2.68)	(2.55, 3.46)	(2.44, 3.14)	(2.64, 3.28)	(2.51, 3.01)	(2.49, 2.99)	(2.50, 3.05)	(2.67, 3.30)	(2.65, 3.03)	(2.50, 3.08)	(2.64,4.47)	(2.76, 3.41)	(2.79,3.65)
Age																			NS
18 - 29	**3.85**	**3.92**	**4.00**	**4.67**	**4.41**	**4.76**	**4.50**	**6.73**	**5.56**	**5.39**	**5.83**	**5.11**	**7.06**	**4.01**	**4.14**	**4.00**	**3.91**	**3.26**	**4.00**[cd]
	(3.11,4.60)	(2.79, 5.06)	(3.20, 4.81)	(3.69, 5.66)	(3.63,5.21)	(3.44,6.08)	(3.54,5.46)	(5.01, 8.46)	(3.17, 7.95)	(4.15, 6.62)	(4.33, 7.34)	(3.83, 6.38)	(4.58, 9.55)	(2.86, 5.17)	(3.46, 4.82)	(2.78, 5.22)	(3.01, 4.81)	(2.63, 3.89)	(3.07,4.93)
30 - 39	**3.49**	**2.83**	**3.15**	**2.99**	**3.09**	**3.72**	**2.49**	**3.98**	**4.21**	**3.86**	**4.02**	**4.06**	**5.38**	**3.93**	**3.78**	**4.41**	**5.57**	**5.62**	**4.04**[acd]
	(2.80,4.17)	(2.34, 3.32)	(2.49, 3.82)	(2.45, 3.54)	(2.52,3.67)	(2.69,4.75)	(1.91,3.06)	(3.12, 4.85)	(3.16, 5.26)	(3.06, 4.65)	(3.14, 4.91)	(3.25, 4.87)	(2.56, 8.19)	(2.78, 5.08)	(3.24, 4.32)	(2.52, 6.30)	(2.28, 8.86)	(3.83, 7.41)	(3.03,5.05)
40 - 49	**2.96**	**3.38**	**2.81**	**3.23**	**4.25**	**3.31**	**3.15**	**4.96**	**4.37**	**4.01**	**4.78**	**3.62**	**4.10**	**4.48**	**3.76**	**3.97**	**4.79**	**4.63**	**4.72**[acd]
	(2.39,3.52)	(1.91, 4.85)	(2.34, 3.28)	(2.50, 3.96)	(3.26, 5.24)	(2.64,3.96)	(2.65,3.65)	(3.90, 6.02)	(3.51, 5.23)	(3.47, 4.55)	(3.87, 5.70)	(3.12, 4.12)	(3.41, 4.78)	(3.70, 5.26)	(3.26, 4.25)	(3.25, 4.69)	(3.39, 6.19)	(3.45, 5.81)	(3.62,5.82)
50 - 64	**3.43**	**3.96**	**3.92**	**3.90**	**3.45**	**3.60**	**4.15**	**4.64**	**4.49**	**4.79**	**4.53**	**4.50**	**5.23**	**4.99**	**4.90**	**5.02**	**5.63**	**4.20**	**4.85**[acd]
	(2.88,3.99)	(3.20, 4.73)	(3.10, 4.75)	(3.32, 4.48)	(2.93,3.97)	(3.02,4.18)	(3.32,4.98)	(3.83, 5.45)	(3.65, 5.32)	(4.12, 5.46)	(3.95, 5.12)	(4.03, 4.97)	(4.27, 6.19)	(4.22, 5.75)	(4.45, 5.35)	(4.43, 5.61)	(4.75,6.52)	(3.65, 4.75)	(4.10,5.61)
65+	**3.73**	**3.76**	**3.96**	**4.01**	**4.06**	**4.06**	**4.00**	**4.89**	**4.81**	**4.77**	**4.57**	**4.95**	**4.25**	**4.47**	**4.84**	**4.79**	**4.46**	**5.49**	**4.98**[acd]
	(2.78,4.67	(2.90, 4.63)	(3.00, 4.92)	(3.27, 4.75)	(3.33, 4.79)	(3.14,4.98)	(3.15,4.85)	(3.94, 5.85)	(3.86, 5.76)	(4.01, 5.53)	(3.54, 5.60)	(4.12, 5.77)	(3.73, 4.77)	(3.96, 4.98)	(3.36, 5.35)	(4.23, 5.34)	(3.99, 4.94)	(4.68, 6.30)	(4.21,5.76)
Region																			NS
Toronto	**3.22**	**3.21**	**3.50**	**3.54**	**3.18**	**3.61**	**3.65**	**4.27**	**3.70**	**4.15**	**4.04**	**4.21**	**4.96**	**4.63**	**4.36**	**4.20**	**4.39**	**3.81**	**4.01**[cd]
	(2.67, 3.76)	(2.38, 4.04)	2.70, 4.30)	(2.82, 4.28)	(2.59, 3.77)	2.68,4.54)	(2.92,4.37)	(2.99, 5.55)	(2.94,4.47)	(3.37,4.93)	(3.04, 5.03)	(3.42,5.00)	(3.58, 6.34)	(3.56, 5.71)	(3.80,4.92)	(3.27, 5.13)	(3.52, 5.26)	(3.21, 4.42)	(3.15,4.87)
C- East	**3.15**	**3.24**	**3.70**	**3.77**	**4.26**	**4.54**	**3.58**	**5.64**	**5.38**	**4.34**	**4.52**	**4.05**	**6.03**	**4.25**	**4.08**	**4.93**	**4.64**	**5.00**	**4.46**[acd]
	(2.52, 3.79)	(2.52, 3.96)	(2.87, 4.53)	(2.87, 4.67)	(3.49, 5.03)	(3.28, 5.80)	(2.77,4.40)	(4.39, 6.90)	(3.45, 7.31)	(3.52, 5.15)	(3.59, 5.45)	(3.40, 4.69)	(3.80, 8.25)	(3.37, 5.12)	(3.59, 4.57)	(3.61, 6.24)	(3.49, 5.80)	(3.91, 6.07)	(3.64,5.28)
C-West	**3.17**	**3.77**	**2.78**	**3.47**	**3.73**	**3.11**	**3.13**	**4.99**	**5.32**	**5.19**	**4.99**	**4.19**	**4.63**	**4.38**	**4.08**	**4.56**	**5.58**	**3.98**	**3.88**[acd]
	(2.45, 3.89)	(2.30, 5.25)	(2.27, 3.29)	(2.78, 4.17)	(2.85, 4.61)	(2.35, 3.86)	(2.42, 3.84)	(3.77, 6.21)	(4.16, 6.47)	(4.17, 6.21)	(3.75, 6.24)	(3.35, 5.02)	(3.65, 5.61)	(3.62, 5.14)	(3.51, 4.66)	(3.65, 5.46)	(3.77,7.40)	(3.12, 4.85)	(3.15,4.60)
West	**4.03**	**3.81**	**3.05**	**4.22**	**4.14**	**4.31**	**4.56**	**4.27**	**3.33**	**4.51**	**4.94**	**4.43**	**4.66**	**4.45**	**4.75**	**4.09**	**4.25**	**5.14**	**4.94**[cd]
	(3.21, 4.84)	(2.50, 5.13)	(2.49, 3.61)	(3.38, 5.05)	(3.38, 4.89)	(3.39,5.23)	(3.57,5.54)	(3.46, 5.08)	(2.71, 3.95)	(3.65, 3.38)	(4.00, 5.88)	(3.76, 5.10)	(3.20, 6.11)	(3.71, 5.19)	(4.14, 5.35)	(3.27, 4.90)	(3.41, 5.09)	(3.41, 6.87)	(3.88,6.01)
East	**3.51**	**3.92**	**3.97**	**3.44**	**3.22**	**3.99**	**4.27**	**5.71**	**4.18**	**4.24**	**5.11**	**5.12**	**4.91**	**4.40**	**4.38**	**4.46**	**5.67**	**5.11**	**5.77**[acd]
	(2.76, 4.25)	(2.70, 3.88)	(3.08, 4.86)	(2.82, 4.06)	(2.69, 3.75)	(3.19,4.79)	(3.33,5.20)	(4.58, 6.83)	(3.24, 5.11)	(3.58, 4.90)	(4.15, 6.08)	(4.21, 6.02)	(4.18, 5.63)	(3.48, 5.31)	(3.80, 4.97)	(3.76, 5.17)	(4.37, 6.97)	(4.11, 6.12)	(4.58,6.96)
North	**4.42**	**3.64**	**4.19**	**3.83**	**4.67**	**3.67**	**2.78**	**5.69**	**5.67**	**5.26**	**4.93**	**5.52**	**5.19**	**4.60**	**5.07**	**4.32**	**4.14**	**5.82**	**5.64**[cd]
	(2.99, 5.85)	(2.84, 4.45)	(3.16, 5.22)	(3.09, 4.57)	(2.92, 6.40)	(2.69,4.65)	(2.14,3.43)	(4.53, 6.85)	(4.38, 6.96)	(4.01, 6.50)	(4.02, 5.84)	(4.06, 6.98)	(4.33, 6.05)	(3.73, 5.48)	(4.40, 5.74)	(3.61, 5.03)	(3.31, 4.98)	(4.70, 6.94)	(3.76,7.52)

(N=)	2001 (2088)	2002 (1933)	2003 (1933)	2004 (2101)	2005 (1906)	2006 (1527)	2007 (1618)	2008 (1599)	2009 (1602)	2010 (2352)	2011 (2401)	2012 (2355)	2013 (2330)	2014 (2422)	2015 (3967)	2016 (2368	2017 (2195)	2018 (2187)	2019 (2200)
																	Cont'd		
Marital Status																			NS
Married/Partner	**3.21**	**3.09**	**3.30**	**3.28**	**3.58**	**3.29**	**3.30**	**4.41**	**4.52**	**4.22**	**4.40**	**4.23**	**4.40**	**4.36**	**4.32**	**4.49**	**5.06**	**4.58**	**4.88[acd]**
Prev. Married	**3.09**	**2.85**	**3.94**	**3.48**	**4.36**	**4.57**	**3.69**	**5.30**	**5.39**	**5.02**	**5.48**	**3.99**	**4.43**	**4.95**	**5.19**	**4.98**	**5.95**	**5.37**	**4.45[cd]**
Never married	**4.23**	**5.09**	**3.92**	**4.99**	**4.21**	**5.20**	**4.85**	**6.67**	**4.60**	**5.33**	**5.29**	**5.16**	**7.92***	**4.35**	**4.06**	**4.23**	**4.23**	**4.20**	**3.98[d]**
Education																			**
HS not completed	**4.62**	**6.20**	**4.14**	**4.70**	**6.06**	**4.82**	**4.92**	**8.31**	**8.80**	**5.00**	**5.86**	**5.52**	**8.09**	**5.99**	**4.77**	**5.16**	**4.97**	**6.22**	**7.33[ac]**
Completed HS	**3.97**	**3.01**	**3.96**	**3.80**	**4.33**	**4.41**	**4.44**	**6.07**	**4.25**	**4.64**	**4.76**	**5.08**	**5.99**	**4.87**	**4.87**	**5.50**	**6.15**	**4.32**	**5.00[acd]**
Some College or Univ.	**2.96**	**3.22**	**3.44**	**3.81**	**3.67**	**3.72**	**3.15**	**4.54**	**4.04**	**4.86**	**4.76**	**4.08**	**5.15**	**4.36**	**4.26**	**4.57**	**4.54**	**4.62**	**4.72[cd]**
Univ Degree	**3.08**	**2.98**	**3.02**	**3.15**	**2.88**	**3.40**	**3.24**	**3.84**	**4.05**	**4.05**	**4.39**	**4.15**	**4.03**	**4.01**	**4.13**	**3.89**	**4.64**	**4.36**	**3.78[acd]**

Notes: (1) All analyses are sample design adjusted; *p<.05; **p<.01; ***p<.001; ¶ 95% confidence interval; NS – no statistically significant difference; the sampling design was changed in 2017 to dual-frame sampling (landline + cell-phone).

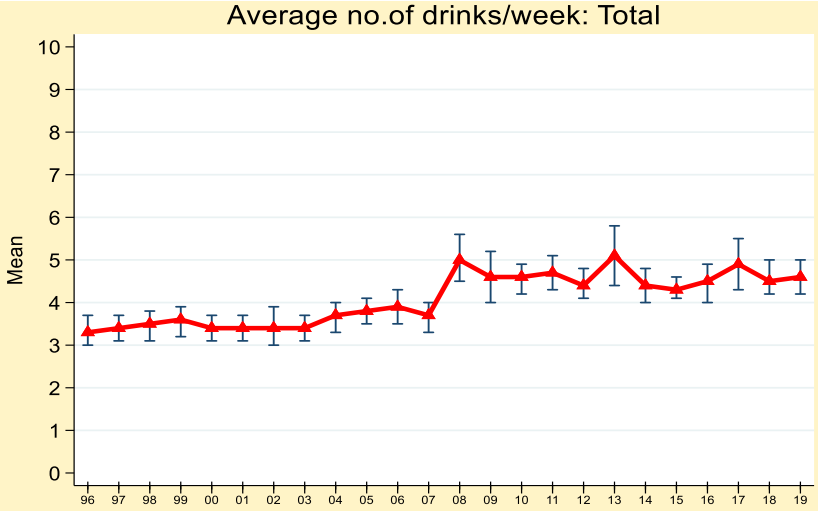
(2) Trend Analysis: [a] Significant difference 1996 to 2019 (p<.05); [b] Significant change (p<.05) between last two estimates (2018 vs.2019); [c] Significant linear trend, p<0.05; [d] Significant nonlinear trend, p<0.05.

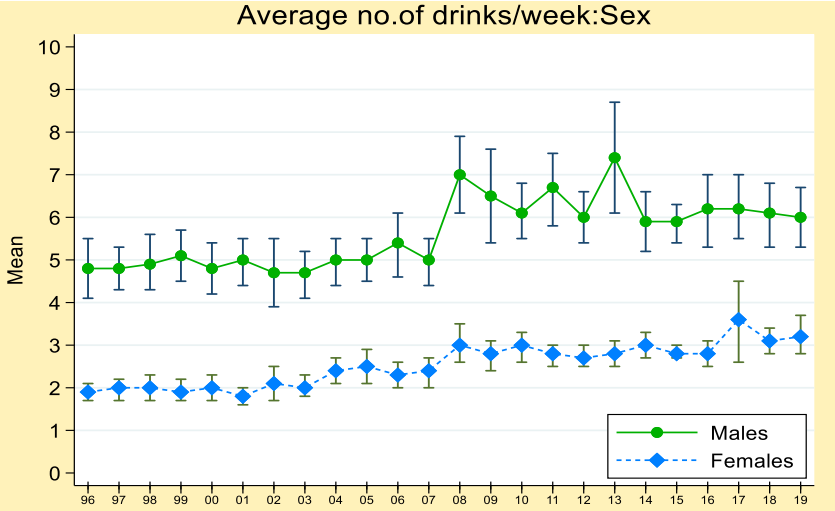
Def: *Product of the frequency of drinking and the amount consumed on a typical drinking occasion*

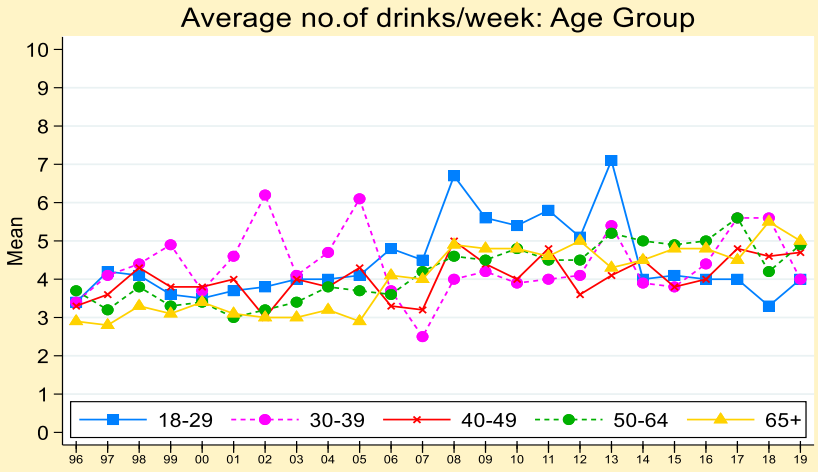
Source: The *CAMH Monitor*, Centre for Addiction and Mental Health

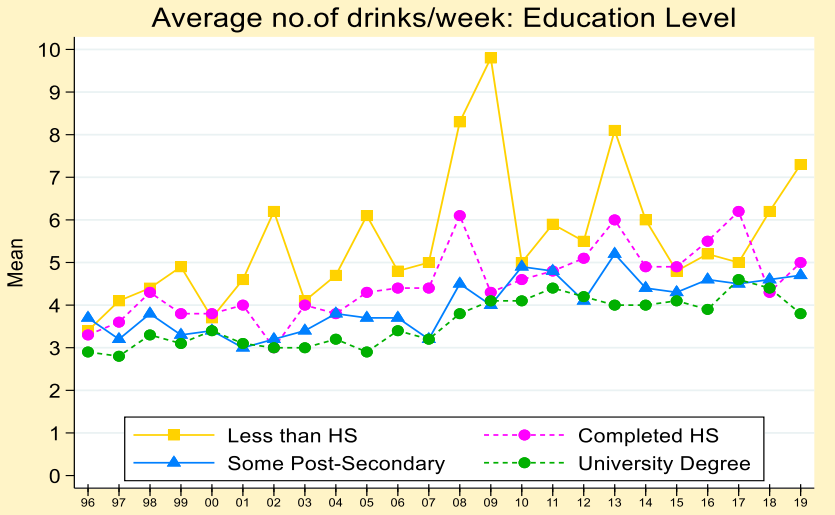
Figure 3.3.1

Average Number of Drinks Consumed Weekly, Ontarian Past Year Drinkers Aged 18+, 1996–2019









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

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

The percentage reporting the consumption of five or more drinks on a single occasion on a weekly basis ("binge drinking") during the 12 months before the survey is an indicator of regular heavy intake of alcohol. Although we retain the "binge" drinking label for reader recognition, readers should note that this concept is equivalent to the terms "heavy episodic drinking," and more recently, "risky single occasion drinking".

2019……Tables 3.4.1, 3.4.2; Fig. 3.4.1

Overall, the estimated percentage of Ontarians who binge drink weekly – drink five or more drinks on a single occasion on a weekly basis in the 12 months before the survey – was **6.0%** (95% CI: 5.0% to 7.2%). Among past year drinkers, the prevalence was **7.5%** (95% CI: 6.2% to 9.0%). The corresponding population estimate is 640,900 Ontario adults who binge drink weekly.

Sex, age, and **education** were significantly related to weekly binge drinking, when controlling for other demographics:

- The adjusted odds of weekly binge drinking among men were 2.4 times higher than women (8.6% vs. 3.6%; OR=2.40).
- Weekly binge drinking declined with age. Reports of weekly binge drinking was highest among the 18 to 29 age group (9.7%) and lowest among those aged 65 and older (2.4%; OR=0.22).
- Weekly binge drinking showed a significant association with education. Reports of weekly binge drinking was highest among those who did not complete high school (11.2%) and lowest among those who completed university (3.8%; OR=0.24).

Past year drinkers displayed similar characteristics related to weekly binge drinking as did the total sample: men, those aged 18 to 29, and those who did not complete high school were most likely to report weekly binge drinking among their respective demographic subgroups.

Trends

1977–2019……Tables 3.4.3a - 3.4.4b; Fig. 3.4.2

2018–2019

Between 2018 and 2019, the prevalence of weekly binge drinking for the total sample did not change significantly (6.7% vs. 6.0%), and rates of weekly binge drinking were stable for all subgroups except among 65 and older groups.

Past year drinkers displayed similar characteristics. The estimate of weekly binge drinking was not significantly different between 2018 (8.6%) and 2019 (7.5%), and percentages who reported weekly binge drinking were stable for all subgroups except among 65 and older groups (significantly decreased from 6.8% in 2018 to 3.5% in 2019).

2009–2019

There was a significant linear decline in binge drinking between 2009 and 2019. Estimates declined from 7.1% in 2009 to 6.0% in 2019 for the total sample, and from 9.0% to 7.5% among drinkers.

Significant subgroup declines were evident during this period for all sex, age, region, marital status, education subgroups. Past year drinkers displayed similar trends.

1996–2019

Estimates of weekly binge drinking significantly declined between 1996 and 2009, varying between 7.1% and 12.7% among the total sample, and between 9.0% and 16.5% among past year drinkers. The trend in binge drinking continue to decline to in 2019 (6% among the

total sample and 7.5% among past year drinkers).

1977–2019

Since 1977, estimates of weekly binge drinking have ranged from a low of 6.0% in total sample (7.5% among past year drinkers) in 2019 to a high of 12.7% in total sample (16.5% among past year drinkers) in 2000.

Three distinct periods are evident between 1977 and 2019. Binge drinking remained stable between 1977 and 1995, and then increased significantly in 1996 among the total sample (from 7.0% to 11.7%) and among past year drinkers (from 8.2% to 14.8%) and remained at this elevated level until 2007. The increases were especially notable among men (trending upward from 10.7% in 1995 to 20.7% in 2001), and 18 to 29 year olds (trending from 10.6% in 1995 to 26.1% in 2007).

Weekly binge drinking began a **decline** again in 2008 (from 8.1% in 2008 to 6.0% in 2019) and significant subgroup declines were evident for all sex, age, region, marital status, and education subgroups.

Table 3.4.1: ***Weekly Binge Drinking*** – Percentage Drinking ***Five or More Drinks*** on a Single Occasion Weekly in the Past 12 Months and Adjusted Group Differences, ***Ontarians*** Aged 18+, 2019

	N	%	95% CI	Adjusted Odds Ratio (N=2751)
Total	2827	**6.0**	(5.0, 7.2)	—
Sex				***
Men	1211	**8.6**	(6.9, 10.7)	**2.40 (1.54, 3.75)*** **
Women *(Comparison Group)*	1616	**†3.6**	(2.5, 5.0)	—
Age				**
18-29 *(Comparison Group)*	410	**†9.7**	(6.7, 13.7)	—
30-39	259	**†6.5**	(4.0, 10.4)	0.69 (0.32, 1.47)
40-49	332	**†7.7**	(5.0, 11.6)	0.85 (0.42, 1.75)
50-64	775	**†5.0**	(3.5, 6.9)	0.45 (0.22, 0.91)
65+	1071	**†2.4**	(1.5, 3.9)	**0.22 (0.10, 0.49)** **
Region				NS
Toronto *(vs. Provincial Average)*	487	**†6.5**	(4.1, 10.2)	1.22 (0.80, 1.86)
Central East	464	**†5.8**	(3.8, 8.7)	0.96 (0.62, 1.47)
Central West	466	**†4.3**	(2.6, 7.0)	0.70 (0.47, 1.06)
West	470	**†7.5**	(5.0, 11.0)	1.21 (0.78, 1.89)
East	467	**†6.3**	(4.2, 9.2)	1.03 (0.66, 1.61)
North	473	**†8.3**	(5.7, 12.0)	1.55 (0.99, 2.43)
Marital Status				NS
Married/Partner *(Comparison Group)*	1561	**5.4**	(4.3, 6.9)	—
Previously Married	636	**†3.8**	(2.2, 6.6)	1.05 (0.53, 2.09)
Never Married	606	**†8.3**	(6.0, 11.4)	1.04 (0.57, 1.89)
Education				**
High school not completed *(Comparison)*	249	**†11.2**	(7.0, 17.4)	—
Completed high school	590	**†6.1**	(4.2, 8.7)	**0.36 (0.18, 0.73)** **
Some college or university	1025	**7.2**	(5.4, 9.4)	**0.45 (0.23, 0.87)***
University degree	944	**†3.8**	(2.4, 5.9)	**0.24 (0.11, 0.51)*** **
Household Income				NS
< $30,000 *(Comparison Group)*	309	**†6.9**	(3.6, 12.8)	—
$30,000-$49,999	311	**†4.0**	(2.1, 7.4)	0.58 (0.22, 1.50)
$50,000-$79,999	442	**†5.4**	(3.4, 8.4)	0.73 (0.29, 1.81)
$80,000+	1017	**7.2**	(5.5, 9.5)	1.10 (0.46, 2.60)
Not stated	748	**†4.9**	(3.4, 7.2)	0.74 (0.32, 1.72)

Notes: (1) All analyses are sample design adjusted; *p<.05**;** **p<.01; ***p<.001; CI = 95% confidence interval; NS – no statistically significant difference.
(2) Asterisks in group row indicate a statistically significant group effect, based on Wald test.
(3) ORs greater than 1.0 indicate that drinking is higher in the group being compared to the comparison group; ORs less than 1.0 indicate that drinking is lower in the group being compared to the comparison group.
(4) Adjusted odds ratio holding fixed values for sex, age, region, marital status, education and income.

Q: *About how often during the past 12 months would you say you had five or more drinks at the same sitting or occasion?*

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

Table 3.4.2: ***Weekly Binge Drinking*** – Percentage Drinking ***Five or More Drinks*** on a Single Occasion Weekly in the Past 12 Months and Adjusted Group Differences, Ontarian ***Past Year Drinkers*** Aged 18+, 2019

	N	%	95% CI	Adjusted Odds Ratio (N=2156)
Total	2200	**7.5**	(6.2, 9.0)	—
Sex				***
Men	967	**10.6**	(8.6, 13.2)	**2.39 (1.54, 3.72)*** **
Women *(Comparison Group)*	1233	**†4.5**	(3.2, 6.4)	—
Age				**
18-29 *(Comparison Group)*	338	**†11.6**	(8.1, 16.3)	—
30-39	212	**†7.7**	(4.8, 12.4)	0.71 (0.33, 1.55)
40-49	277	**†9.2**	(6.0, 13.8)	0.92 (0.43, 1.96)
50-64	610	**†6.1**	(4.4, 8.5)	0.47 (0.23, 0.97)
65+	753	**†3.5**	(2.2, 5.5)	**0.25 (0.11, 0.57)****
Region				NS
Toronto *(vs. Provincial Average)*	355	**†8.3**	(5.2, 13.0)	1.22 (0.80, 1.87)
Central East	376	**†7.0**	(4.6, 10.6)	0.95 (0.61, 1.48)
Central West	351	**†5.4**	(3.3, 8.8)	0.73 (0.48, 1.10)
West	359	**†9.7**	(6.5, 14.1)	1.28 (0.81, 2.02)
East	382	**†7.5**	(5.0, 10.9)	0.96 (0.61, 1.51)
North	377	**†10.2**	(7.0, 14.6)	1.46 (0.92, 2.31)
Marital Status				NS
Married/Partner *(Comparison Group)*	1263	**6.7**	(5.2, 8.5)	—
Previously Married	446	**†5.3**	(3.0, 9.0)	0.98 (0.49, 1.96)
Never Married	476	**10.3**	(7.4, 14.0)	1.13 (0.61, 2.09)
Education				**
High school not completed *(Comparison)*	160	**†17.4**	(11.0, 26.4)	—
Completed high school	444	**†7.9**	(5.4, 11.3)	**0.28 (0.13, 0.58)****
Some college or university	812	**8.8**	(6.7, 11.6)	**0.34 (0.18, 0.65)****
University degree	773	**†4.5**	(2.9, 7.1)	**0.18 (0.08, 0.37)*** **
Household Income				NS
< $30,000 *(Comparison Group)*	189	**†11.0**	(5.8, 20.0)	—
$30,000-$49,999	225	**†5.4**	(2.9, 9.9)	0.46 (0.18, 1.20)
$50,000-$79,999	354	**†6.4**	(4.1, 10.0)	0.48 (0.19, 1.21)
$80,000+	898	**8.1**	(6.2, 10.7)	0.76 (0.32, 1.81)
Not stated	534	**†6.7**	(4.6, 9.8)	0.58 (0.25, 1.36)

Notes: (1) All analyses are sample design adjusted;*p<.05**;** **p<.01; ***p<.001; ¶ 95% confidence interval; † Estimate suppressed or unstable; NS – no statistically significant difference.
(2) Asterisks in group row indicate a statistically significant group effect, based on Wald test.
(3) ORs greater than 1.0 indicate that drinking is higher in the group being compared to the comparison group; ORs less than 1.0 indicate that drinking is lower in the group being compared to the comparison group.
(4) Adjusted odds ratio holding fixed values for sex, age, region, marital status, education and income.

Q: About how often during the past 12 months would you say you had five or more drinks at the same sitting or occasion?

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

Table 3.4.3a: ***Weekly Binge Drinking*** – Percentage Drinking ***Five or More Drinks*** on a Single Occasion Weekly in the Past 12 Months, by Demographic Characteristics, ***Ontarians*** Aged 18+, 1977–2000

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

Cont'd

	1977	1982	1984	1987	1989	1991	1994	1995	1996	1997	1998	1999	2000
(N=)	(1059)	(1040)	(1051)	(1084)	(1101)	(1047)	(2022)	(994)	(2721)	(2776)	(2232)	(2436)	(2406)
Marital Status													
Married/Partner	—	—	—	—	—	**4.5**	**6.7**	**5.3**	**8.0**	**8.6**	**7.3**	**8.9**	**10.4**
Previously Married	—	—	—	—	—	**12.3**	**7.3**	**†5.5**	**9.4**	**9.6**	**10.3**	**9.0**	**10.4**
Never Married	—	—	—	—	—	**11.9**	**12.7**	**11.3**	**22.7**	**17.8**	**18.8**	**22.5**	**19.4**
Education													
HS not completed	—	—	—	—	—	**8.8**	**8.9**	**9.9**	**10.9**	**11.0**	**15.2**	**14.9**	**10.1**
Completed HS	—	—	—	—	—	**10.6**	**10.6**	**10.4**	**14.6**	**13.0**	**13.8**	**12.2**	**15.0**
Some college or university	—	—	—	—	—	**6.2**	**8.9**	**6.1**	**13.1**	**12.3**	**10.0**	**12.0**	**15.0**
University degree	—	—	—	—	—	**†3.0**	**†4.0**	**†1.8**	**8.1**	**7.4**	**9.1**	**9.0**	**8.9**

Notes: All analyses are sample design adjusted; [a] 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 3.4.3b: ***Weekly Binge Drinking*** – Percentage Drinking ***Five or More Drinks*** on a Single Occasion Weekly in the Past 12 Months, by Demographic Characteristics, ***Ontarians*** Aged 18+, 2001–2019

(N=)	2001 (2627)	2002 (2421)	2003 (2411)	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)
Total	**12.3**	**10.5**	**11.0**	**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**[acd]
(95%CI)¶	(10.9, 13.9)	(9.1, 11.9)	(9.6, 12.6)	(9.9,13.1)	(9.4,12.4)	(10.6,14.3)	(9.6,13.1)	(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)
Sex																			
Men	**20.7**	**16.3**	**16.7**	**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**[acd]
	(18.1, 23.6)	(14.0, 18.8)	(14.2, 19.5)	(15.1, 20.5)	(15.0,20.3)	(15.0,20.3)	(14.6,20.8)	(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)
Women	**4.4**	**4.9**	**5.7**	**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**[acd]
	(3.3, 5.9)	(3.7, 6.5)	(4.4, 7.4)	(4.3, 7.4)	(3.4, 6.1)	(4.7, 8.3)	(3.9, 7.3)	(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)
Age																			
18 - 29	**18.4**	**16.5**	**19.4**	**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**[acd]
	(14.7, 22.9)	(13.0, 20.7)	(15.3, 24.2)	(17.0, 27.3)	(12.3,21.1)	(18.4,30.7)	(20.1,33.2)	(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)
30 - 39	**13.8**	**9.7**	**11.6**	**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**[acd]
	(10.8, 17.4)	(7.1, 13.0)	(8.5, 15.8)	(8.7, 15.8)	(7.1,13.7))	(9.3,17.2)	(5.2,11.8)	(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)
40 - 49	**9.1**	**11.1**	**8.4**	**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**[cd]
	(6.6, 12.4)	(8.3, 14.7)	(6.2, 11.2)	(7.9, 14.2)	(10.0,16.7))	(8.0,15.2)	(6.1,11.9)	(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)
50 - 64	**12.3**	**7.8**	**8.7**	**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**[acd]
	(9.4, 16.0)	(5.6, 10.8)	(6.3, 11.8)	(5.6, 10.3)	(5.4,10.1)	(5.3,10.4)	(6.5,11.8)	(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)
65+	**† 5.5**	**6.7**	**† 6.0**	**† 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**[bcd]
	(3.4, 8.9)	(4.3, 10.2)	(3.9, 9.1)	(3.7, 8.2)	(4.1,9.8)	(3.4, 9.0)	(3.8,8.9)	(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)
Region																			
Toronto	**14.8**	**8.9**	**11.0**	**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**[acd]
	(11.3, 19.2)	(6.3, 12.3)	(7.9, 15.2)	(5.9, 12.6)	(7.8,15.4)	(7.5,15.2)	(5.0,12.0)	(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)
C- East	**11.6**	**12.0**	**12.0**	**†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**[acd]
	(8.8, 15.2)	(8.9, 16.2)	(8.9, 16.0)	(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)
C- West	**10.2**	**†9.8**	**†10.0**	**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**[acd]
	(7.3, 14.0)	(7.0, 13.5)	(7.1, 14.0)	(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)
West	**14.5**	**12.3**	**11.0**	**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**[acd]
	(11.1, 18.7)	(9.3, 16.1)	(8.0, 14.9)	(11.1, 19.1)	(10.8,18.2)	(12.7,22.4)	(9.2,18.2)	(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)
East	**10.5**	**11.6**	**11.2**	**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**[cd]
	(7.6, 14.3)	(8.6, 15.5)	(8.2, 15.0)	(7.0, 13.2)	(6.3,13.0)	(7.2,15.2)	(12.8,23.0)	(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)
North	**11.2**	**9.2**	**11.2**	**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**[cd]
	(8.7, 14.3)	(6.5, 12.7)	(8.2, 15.1)	(8.4, 14.0)	(7.9,14.6)	(5.5,12.4)	(6.4,14.4)	(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)

Cont'd

Marital Status Married/ Partner	**10.5**	**7.7**	**8.6**	**8.6**	**9.6**	**9.0**	**7.7**	**6.1**	**6.6**	**6.0**	**5.7**	**5.0**	**5.3**	**5.5**	**5.7**	**5.7**	**6.1**	**4.9**	**5.4**[acd]

(N=)	2001 (2627)	2002 (2421)	2003 (2411)	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)
Previously married	**9.6**	**8.7**	**9.9**	**8.7**	**8.0**	**8.3**	**12.1**	**6.9**	**†6.3**	**†4.4**	**8.9**	**†5.3**	**†3.2**	**†4.3**	**8.1**	**†7.8**	**†6.2**	**†6.6**	**†3.8** [acd]
Never married	**18.8**	**19.3**	**18.5**	**21.4**	**16.0**	**25.0**	**22.5**	**18.3**	**9.2**	**13.8**	**11.9**	**13.5**	**†13.2**	**†8.7**	**12.2**	**†6.6**	**†9.2**	**11.2**	**8.3** [acd]
Education																			
High school not completed	**12.7**	**14.4**	**11.7**	**14.2**	**9.4**	**9.6**	**11.9**	**12.1**	**12.7**	**†8.0**	**10.1**	**†7.0**	**†8.0**	**†9.4**	**†5.8**	**†6.4**	**†4.6**	**†5.9**	**†11.2** [cd]
Completed high school	**18.0**	**12.0**	**13.3**	**12.4**	**14.8**	**17.8**	**17.3**	**13.4**	**†7.7**	**9.0**	**10.6**	**†7.9**	**†9.5**	**†8.8**	**10.4**	**†8.7**	**†10.9**	**9.3**	**†6.1** [acd]
Some college or university	**11.8**	**11.5**	**11.7**	**13.0**	**11.1**	**10.9**	**12.6**	**8.3**	**†7.1**	**9.4**	**7.2**	**†7.5**	**7.4**	**6.9**	**9.2**	**†6.8**	**8.3**	**8.0**	**7.2** [acd]
University degree	**7.0**	**†5.7**	**7.9**	**8.2**	**7.6**	**10.7**	**†4.3**	**†4.9**	**†5.0**	**†4.3**	**5.2**	**†5.9**	**†4.0**	**†3.4**	**4.2**	**†4.3**	**†3.9**	**†4.3**	**†3.8** [acd]

Notes: (1) All analyses are sample design adjusted; ¶95% confidence interval; † Estimate suppressed or unstable; the sampling design was changed in 2017 to dual-frame sampling (landline/cell-phone).
(2) Trend Analysis: [a]Significant difference 1996 to 2019 (p<.05); [b]Significant change (p<.05) between last two estimates (2018 vs.2019); [c]Significant linear trend, p<0.05; [d] Significant nonlinear trend, 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

Table 3.4.4a: ***Weekly Binge Drinking*** – Percentage Drinking ***Five or More Drinks*** in a Single Occasion Weekly in the Past 12 Months, by Demographic Characteristics, Ontarian ***Past Year Drinkers*** Aged 18+, 1977–2000

	1977	1982	1984	1987	1989	1991	1994	1995	1996	1997	1998	1999	2000
(N=)	(818)	(792)	(891)	(889)	(908)	(841)	(1660)	(839)	(2141)	(2219)	(1777)	(1938)	(1887)
Total	**10.9**	**10.6**	**11.1**	**10.5**	**11.5**	**9.2**	**10.2**	**8.2**	**14.8**	**13.9**	**14.9**	**15.0**	**16.5**
(95%CI)[a]	(13.0, 8.8)	(12.7, 8.5)	(13.2, 9.0)	(12.5, 8.5)	(13.6, 9.4)	(11.3, 7.1)	(11.6, 8.8)	(10.1, 6.3)	(13.1, 16.7)	(12.4, 15.7)	(13.0, 16.9)	(13.2, 17.0)	(14.6, 18.5)
Sex													
Men	**16.3**	**16.1**	**18.0**	**15.9**	**18.6**	**12.7**	**15.4**	**12.4**	**22.7**	**21.4**	**23.7**	**23.4**	**23.1**
	—	—	—	—	—	—	—	—	(19.7, 25.9)	(18.7, 24.4)	(20.4, 27.2)	(20.4, 26.6)	(20.1, 26.5)
Women	**4.1**	**4.5**	**4.4**	**4.9**	**4.3**	**5.7**	**5.4**	**3.9**	**7.3**	**6.7**	**5.8**	**6.0**	**9.8**
	—	—	—	—	—	—	—	—	(5.7, 9.3)	(5.2, 8.6)	(4.4, 7.7)	(4.5, 8.0)	(7.8, 12.1)
Age													
18 - 29	**16.0**	**16.8**	**13.6**	**15.4**	**18.0**	**11.5**	**14.8**	**12.2**	**25.1**	**23.6**	**22.5**	**23.5**	**24.3**
	—	—	—	—	—	—	—	—	(20.6, 30.3)	(19.6, 28.2)	(17.9, 28.1)	(18.8, 28.9)	(20.2, 30.1)
30 - 39	**5.0**	**10.5**	**12.8**	**10.0**	**7.6**	**9.8**	**10.8**	**10.8**	**14.0**	**12.6**	**13.3**	**13.6**	**16.4**
	—	—	—	—	—	—	—	—	(11.0, 17.7)	(9.9, 16.0)	(10.2, 17.2)	(10.6, 17.2)	(12.9, 20.6)
40 - 49	**14.4**	**8.1**	**11.2**	**9.7**	**10.2**	**7.9**	**7.8**	**5.8**	**11.8**	**9.1**	**12.7**	**14.5**	**15.1**
	—	—	—	—	—	—	—	—	(8.9, 15.4)	(6.6, 12.3)	(9.4, 17.0)	(10.9, 19.1)	(11.6, 19.4)
50 - 64	**7.9**	**7.1**	**7.6**	**7.0**	**10.6**	**9.9**	**6.3**	**†4.8**	**10.8**	**9.3**	**14.0**	**11.0**	**12.4**
	—	—	—	—	—	—	—	—	(7.8, 14.7)	(6.6, 13.0)	(10.1, 19.0)	(7.9, 15.1)	(9.0, 16.8)
65+	**6.6**	**†1.1**	**7.0**	**†3.7**	**6.2**	**†2.2**	**6.8**	**†4.1**	**4.0**	**9.9**	**8.4**	**9.5**	**7.5**
	—	—	—	—	—	—	—	—	(2.2, 7.2)	(6.0, 15.9)	(5.0, 13.8)	(6.0, 14.6)	(4.2, 13.1)
Region													
Toronto	—	—	—	—	—	—	—	—	**17.5**	**13.5**	**15.0**	**15.0**	**17.2**
									(13.0, 23.2)	(10.1, 17.9))	(10.7, 20.6)	(10.9, 20.3)	(12.7, 22.9)
C-East	—	—	—	—	—	—	—	—	**12.7**	**14.0**	**†12.7**	**14.3**	**18.0**
									(9.5, 16.8)	(10.5, 18.4)	(9.0, 17.7)	(10.7, 19.0)	(13.8, 23.2)
C-West	—	—	—	—	—	—	—	—	**14.0**	**14.7**	**†12.5**	**16.8**	**16.3**
									(10.6, 18.3)	(11.2, 19.0)	(8.9, 17.3)	(12.7, 21.9)	(12.2, 21.3)
West	—	—	—	—	—	—	—	—	**16.7**	**12.3**	**17.6**	**16.0**	**14.6**
									(12.6, 21.8)	(8.8, 16.9)	(13.1, 23.1)	(12.0, 20.9)	(10.8, 19.5)
East	—	—	—	—	—	—	—	—	**12.5**	**14.5**	**17.6**	**14.4**	**14.9**
									(9.3, 16.7)	(10.9, 19.0)	(13.3, 22.9)	(10.7, 19.1)	(11.1, 19.6)
North	—	—	—	—	—	—	—	—	**15.8**	**15.7**	**17.2**	**11.4**	**17.3**
									(12.0, 20.6)	(12.0, 20.3)	(12.7, 22.8)	(8.2, 15.6)	(13.2, 22.4)

Cont'd

	1977	1982	1984	1987	1989	1991	1994	1995	1996	1997	1998	1999	2000
(N=)	(818)	(792)	(891)	(889)	(908)	(841)	(1660)	(839)	(2141)	(2219)	(1777)	(1938)	(1887)
Marital Status													
Married/Partner	—	—	—	—	—	**5.7**	**8.3**	**6.2**	**10.0**	**10.8**	**12.3**	**11.3**	**13.7**
Previously Married	—	—	—	—	—	**16.7**	**9.5**	**6.8**	**13.1**	**13.0**	**10.9**	**13.2**	**15.2**
Never Married	—	—	—	—	—	**13.9**	**14.8**	**13.4**	**27.5**	**21.5**	**23.4**	**26.5**	**23.3**
Education													
HS not completed	—	—	—	—	—	**13.7**	**12.4**	**12.5**	**15.8**	**16.1**	**21.4**	**22.8**	**16.7**
Completed HS	—	—	—	—	—	**13.1**	**12.8**	**12.5**	**18.3**	**16.9**	**17.9**	**15.7**	**19.6**
Some college or university	—	—	—	—	—	**7.1**	**10.4**	**7.2**	**15.9**	**14.3**	**11.9**	**14.5**	**17.7**
University degree	—	—	—	—	—	**†3.4**	**†4.7**	**†2.0**	**9.6**	**8.9**	**11.0**	**10.8**	**11.2**

Notes: All analyses are sample design adjusted; [a] 95% confidence interval; — data not available;
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 3.4.4b: ***Weekly Binge Drinking*** – Percentage Drinking ***Five or More Drinks*** on a Single Occasion Weekly in the Past 12 Months, by Demographic Characteristics, Ontarian ***Past Year Drinkers*** Aged 18+, 2001–2019

(N=)	2001 (2088)	2002 (1933)	2003 (1933)	2004 (2101)	2005 (1906)	2006 (1527)	2007 (1618)	2008 (1599)	2009 (1602)	2010 (2352)	2011 (2401)	2012 (2355)	2013 (2330)	2014 (2422)	2015 (3967)	2016 (2368)	2017 (2195)	2018 (2187)	2019 (2200)
Total Drinkers (95%CI)¶	**15.5** (13.7, 17.5)	**13.1** (11.5, 15.0)	**13.7** (12.0, 15.7)	**14.1** (12.3, 16.1)	**13.8** (12.0,15.7)	**15.9** (13.7,18.4)	**13.8** (11.8,16.1)	**11.0** (9.1,13.2)	**9.0** (7.3,10.9)	**9.6** (8.2, 11.3)	**9.1** (7.6,10.8)	**8.9** (7.4,10.6)	**8.7** (7.1, 10.5)	**7.6** (6.2, 9.3)	**9.3** (8.1, 10.7)	**7.7** (6.2, 9.6)	**8.6** (7.1, 10.5)	**8.6** (7.1, 10.5)	**7.5**[acd] (6.2, 9.0)
Sex																			
Men	**24.8** (21.8, 28.1)	**19.8** (17.0, 22.8)	**20.1** (17.2, 23.3)	**20.7** (17.8, 24.0)	**20.8** (17.9, 24.1)	**22.6** (17.9, 24.1)	**20.6** (17.2,24.4)	**17.4** (14.2,21.2)	**14.1** (11.3, 17.4)	**14.2** (11.8, 17.0)	**14.9** (12.2, 18.1)	**13.2** (10.8, 16.2)	**15.1** (12.3, 18.5)	**12.3** (9.8, 15.4)	**13.5** (11.5, 15.8)	**12.0** (9.3, 15.2)	**12.1** (9.6, 15.0)	**13.5** (10.8,16.7)	**10.6**[acd] (8.6,13.2)
Women	**5.8** (4.4, 7.8)	**6.4** (4.8, 8.5)	**7.4** (5.7, 9.5)	**7.3** (5.5, 9.5)	**6.2** (4.7,8.3)	**8.6** (6.5,11.4)	**6.8** (5.0,9.3)	**†4.4** (2.9,6.6)	**†4.0** (2.5,6.3)	**5.0** (3.5, 7.0)	**†3.4** (2.4,4.8)	**†4.4** (3.0,6.5)	**†2.0** (1.3, 3.2)	**†2.9** (1.8, 4.6)	**5.1** (3.9, 6.6)	**†3.5** (2.3, 5.3)	**†5.1** (3.4, 7.7)	**†3.8** (2.5, 5.6)	**†4.5**[acd] (3.2, 6.4)
Age																			
18 - 29	**21.7** (17.4, 26.8)	**19.5** (15.4, 24.3)	**22.2** (17.6, 27.5)	**25.0** (19.7, 31.2)	**19.7** (14.9,25.4)	**28.4** (21.9,35.9)	**29.2** (22.5,36.8)	**23.7** (17.4,31.4)	**13.7** (8.7, 21.1)	**18.8** (13.8, 24.9)	**18.9** (13.7,25.5)	**†18.7** (13.2, 25.9)	**†16.3** (10.4, 24.6)	**†12.1** (7.2, 19.4)	**17.6** (13.3, 22.9)	**†9.8** (5.6, 16.4)	**†11.5** (7.5, 17.1)	**†9.3** (6.2, 13.8)	**†11.6**[acd] (8.1, 16.3)
30 - 39	**16.0** (12.5, 20.1)	**11.8** (8.7, 15.8)	**14.1** (10.3, 19.0)	**13.8** (10.2, 18.4)	**12.0** (8.6,16.5)	**16.4** (12.2,21.9)	**9.6** (6.3,14.4)	**11.2** (7.3,17.0)	**10.1** (6.8,14.9)	**†8.1** (5.3, 12.2)	**†7.5** (4.8,11.7)	**†9.4** (6.0,14.6)	**†10.2** (6.5, 15.8)	**†5.8** (3.0, 10.9)	**†7.2** (4.8, 10.7)	**†10.6** (5.8, 18.4)	**†13.1** (7.5, 21.8)	**†13.8** (8.0, 22.6)	**†7.7**[acd] (4.8, 12.4)
40 - 49	**11.5** (8.4, 15.6)	**13.2** (9.9, 17.4)	**10.3** (7.6, 13.7)	**12.8** (9.6, 17.0)	**15.7** (12.1,20.0)	**13.5** (9.7, 18.4)	**10.4** (7.4,14.4)	**†8.5** (5.8,12.3)	**10.6** (7.4,14.8)	**†7.6** (5.3, 10.7)	**9.2** (6.5,12.7)	**†6.7** (4.4,10.1)	**†6.7** (4.6, 9.7)	**†9.1** (6.3, 13.0)	**†6.4** (4.5, 9.1)	**†6.5** (4.0, 10.4)	**†5.2** (3.0, 9.0)	**†6.8** (4.0, 11.4)	**†9.2**[cd] (6.0, 13.8)
50 - 64	**15.8** (12.1, 20.4)	**9.7** (7.0, 13.4)	**11.1** (8.1, 14.9)	**9.4** (6.9, 12.7)	**9.6** (7.0,12.9)	**9.7** (6.9,13.4)	**10.7** (7.9,14.3)	**†6.7** (4.4,10.2)	**†6.2** (3.9,9.7)	**8.0** (6.1, 10.5)	**6.0** (4.4,8.0)	**6.6** (4.8,8.9)	**8.2** (6.1, 10.8)	**7.6** (5.6, 10.2)	**8.9** (7.2, 10.8)	**8.4** (6.5, 10.9)	**9.6** (7.1, 12.9)	**7.3** (5.3, 10.1)	**†6.1**[acd] (4.4, 8.5)
65+	**8.3** (5.1, 13.2)	**10.1** (6.6, 15.2)	**8.5** (5.5, 12.9)	**7.9** (5.3, 11.6)	**9.5** (6.2, 14.4)	**8.6** (5.3,13.6)	**8.0** (5.1,12.1)	**†3.7** (2.0,6.8)	**†3.8** (2.2,6.6)	**†4.9** (3.1, 7.7)	**†3.7** (2.2,6.1)	**†4.3** (2.7,6.9)	**†2.8** (1.7, 4.5)	**†3.3** (2.1, 5.1)	**5.9** (4.5, 7.8)	**†3.2** (2.1, 4.7)	**†4.0** (2.7, 5.9)	**†6.8** (4.8, 9.7)	**†3.5**[bcd] (2.2, 5.5)
Region																			
Toronto	**18.9** (14.4, 24.3)	**11.8** (8.4, 16.3)	**14.1** (10.1, 19.3)	**11.5** (7.9, 16.4)	**15.0** (10.7,20.7)	**14.1** (10.7,20.7)	**10.1** (6.9,16.2)	**9.0** (5.5,14.3)	**†6.1** (3.6,10.0)	**†9.7** (6.4, 14.4)	**†7.3** (4.3,12.2)	**†7.8** (4.8,12.3)	**†7.4** (4.1, 13.1)	**†8.0** (4.9, 12.9)	**†6.7** (4.8, 9.3)	**†5.8** (3.4, 9.8)	**†6.5** (4.0, 10.3)	**†7.0** (4.3, 11.0)	**†8.3**[acd] (5.2, 13.0)
C-East	**14.7** (11.2, 19.1)	**14.7** (10.8, 19.5)	**14.3** (10.6, 18.9)	**14.5** (10.5, 19.8)	**13.7** (10.0, 18.6)	**21.3** (15.7, 28.3)	**†15.0** (10.5, 20.9)	**†13.3** (9.1, 19.2)	**†10.4** (6.5,16.2)	**†9.6** (6.6, 13.9)	**†7.1** (4.4, 11.2)	**†8.6** (5.6, 12.9)	**†8.8** (5.7, 13.5)	**†8.7** (5.6, 13.4)	**12.2** (9.2, 16.1)	**†8.1** (4.8, 13.6)	**†9.6** (6.2, 14.6)	**†8.4** (5.3, 12.9)	**†7.0**[acd] (4.6, 10.6)
C-West	**12.7** (9.2, 17.4)	**12.7** (9.1, 17.4)	**†12.4** (8.8, 17.1)	**16.0** (11.8, 21.3)	**†12.0** (8.6, 16.6)	**†11.1** (7.3, 16.4)	**†10.6** (6.9, 16.0)	**†11.5** (7.4, 17.5)	**†12.4** (8.4, 17.9)	**†9.5** (6.6, 13.7)	**†10.2** (6.9, 14.9)	**†6.1** (3.5, 10.3)	**†9.1** (6.0, 13.6)	**†7.4** (4.8, 11.4)	**8.9** (6.5, 12.2)	**†8.9** (5.5, 14.1)	**†10.5** (6.8, 15.8)	**†8.5** (5.2, 13.6)	**†5.4**[acd] (3.3, 8.8)
West	**18.6** (14.3, 23.9)	**14.8** (11.2, 19.2)	**13.8** (10.0, 18.6)	**17.7** (13.5, 22.9)	**17.9** (13.8, 22.9)	**20.7** (15.6,27.0)	**15.5** (11.0,21.5)	**8.2** (5.1,12.8)	**†6.7** (4.0,11.1)	**†9.6** (6.7, 13.6)	**13.1** (9.3,18.1)	**12.3** (8.9,16.9)	**†8.5** (5.2, 13.4)	**†6.5** (4.3, 9.7)	**10.0** (7.5, 13.4)	**†7.8** (4.9, 12.1)	**†6.6** (4.1, 10.6)	**†9.5** (5.6, 15.5)	**†9.7**[acd] (6.5, 14.1)
East	**12.9** (9.4, 17.5)	**13.9** (10.3, 18.5)	**14.3** (10.6, 19.0)	**11.7** (8.5, 16.0)	**11.2** (7.7, 15.9)	**13.9** (9.5,19.8)	**20.2** (15.0,26.6)	**10.3** (6.6,15.7)	**†6.3** (3.9,10.0)	**†8.8** (5.8, 13.1)	**9.8** (6.8,13.9)	**†10.2** (6.6,15.4)	**†9.8** (6.6,14.4)	**†5.7** (3.5, 9.2)	**†7.6** (5.4, 10.7)	**†6.7** (4.1,10.7)	**†9.6** (6.3, 14.4)	**†10.0** (6.8, 14.5)	**†7.5**[acd] (5.0, 10.9)
North	**14.1** (10.9, 17.9)	**11.8** (8.4, 16.2)	**14.1** (10.4, 18.9)	**13.4** (10.4, 17.2)	**13.3** (9.8,17.9)	**11.3** (7.5,16.5)	**11.4** (7.6,16.9)	**15.0** (10.4,21.0)	**12.1** (8.1,17.8)	**†11.8** (8.2, 16.5)	**†9.2** (5.9,14.0)	**†12.3** (8.1,18.3)	**†8.4** (5.4, 12.9)	**†7.7** (5.1, 11.4)	**9.7** (7.2, 12.9)	**†10.9** (7.1, 16.3)	**†7.2** (4.7, 10.8)	**†10.3** (7.0, 14.8)	**†10.2**[cd] (7.0, 14.6)

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Marital Status																			
Married/ Partner	**13.1**	**9.4**	**10.8**	**10.6**	**12.0**	**11.7**	**9.5**	**7.5**	**8.3**	**7.7**	**7.0**	**6.2**	**6.6**	**6.7**	**7.0**	**7.0**	**7.4**	**6.2**	**6.7[acd]**
Previously married	**13.2**	**12.2**	**13.6**	**11.8**	**11.2**	**12.6**	**15.6**	**9.8**	**†8.5**	**†6.2**	**12.2**	**†7.2**	**†4.5**	**†5.9**	**10.8**	**†10.3**	**†9.0**	**†9.3**	**†5.3[acd]**
Never married	**22.9**	**23.9**	**21.6**	**25.4**	**19.9**	**29.4**	**26.5**	**22.6**	**11.3**	**17.4**	**14.2**	**18.2**	**17.4**	**†10.6**	**15.5**	**8.5**	**†11.6**	**14.0**	**10.3[acd]**
Education																			
High school not completed	**19.6**	**20.9**	**17.3**	**21.0**	**15.1**	**14.4**	**17.5**	**17.9**	**17.8**	**†9.7**	**14.8**	**†11.0**	**†13.0**	**†14.8**	**†9.3**	**†11.3**	**†8.7**	**†11.6**	**†17.4[cd]**
Completed high school	**22.3**	**15.4**	**16.7**	**15.1**	**18.7**	**23.8**	**21.1**	**16.4**	**†10.6**	**†10.1**	**13.8**	**†10.6**	**†12.9**	**†11.4**	**13.9**	**†11.6**	**14.0**	**12.6**	**†7.9[acd]**
Some college or university	**14.2**	**13.7**	**14.2**	**15.3**	**13.4**	**13.5**	**14.9**	**10.2**	**†8.6**	**†8.8**	**8.5**	**9.2**	**9.2**	**8.2**	**11.3**	**†8.4**	**10.1**	**10.1**	**8.8[acd]**
University degree	**8.7**	**6.8**	**9.2**	**9.8**	**9.5**	**13.1**	**†5.2**	**†6.0**	**†6.0**	**†9.6**	**6.2**	**†7.1**	**†4.7**	**†4.0**	**5.1**	**†5.1**	**†4.6**	**†5.1**	**†4.5[acd]**

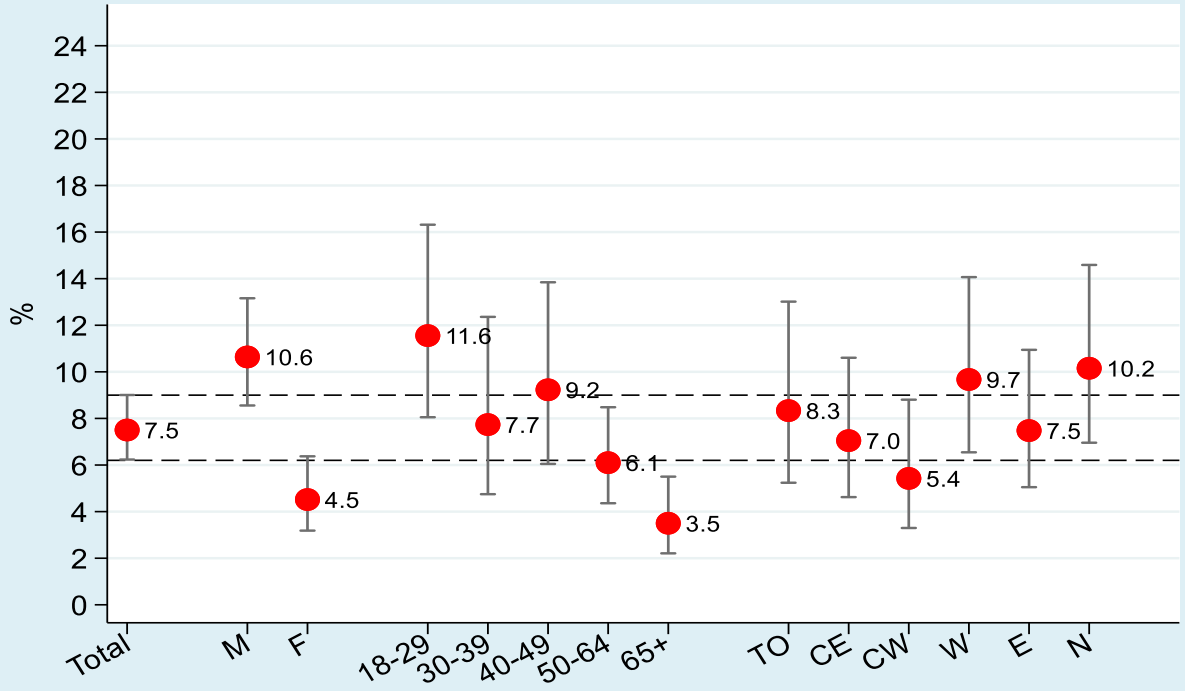
Notes: (1) All analyses are sample design adjusted; ¶95% confidence interval; † Estimate suppressed or unstable; the sampling design was changed in 2017 to dual-frame sampling (landline/cell-phone).
(2) Trend Analysis: [a] Significant difference 1996 to 2019 ($p<.05$); [b] Significant change ($p<.05$) between last two estimates (2018 vs.2019); [c] Significant linear trend, $p<0.05$; [d] Significant nonlinear trend, $p<0.05$.

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 3.4.1

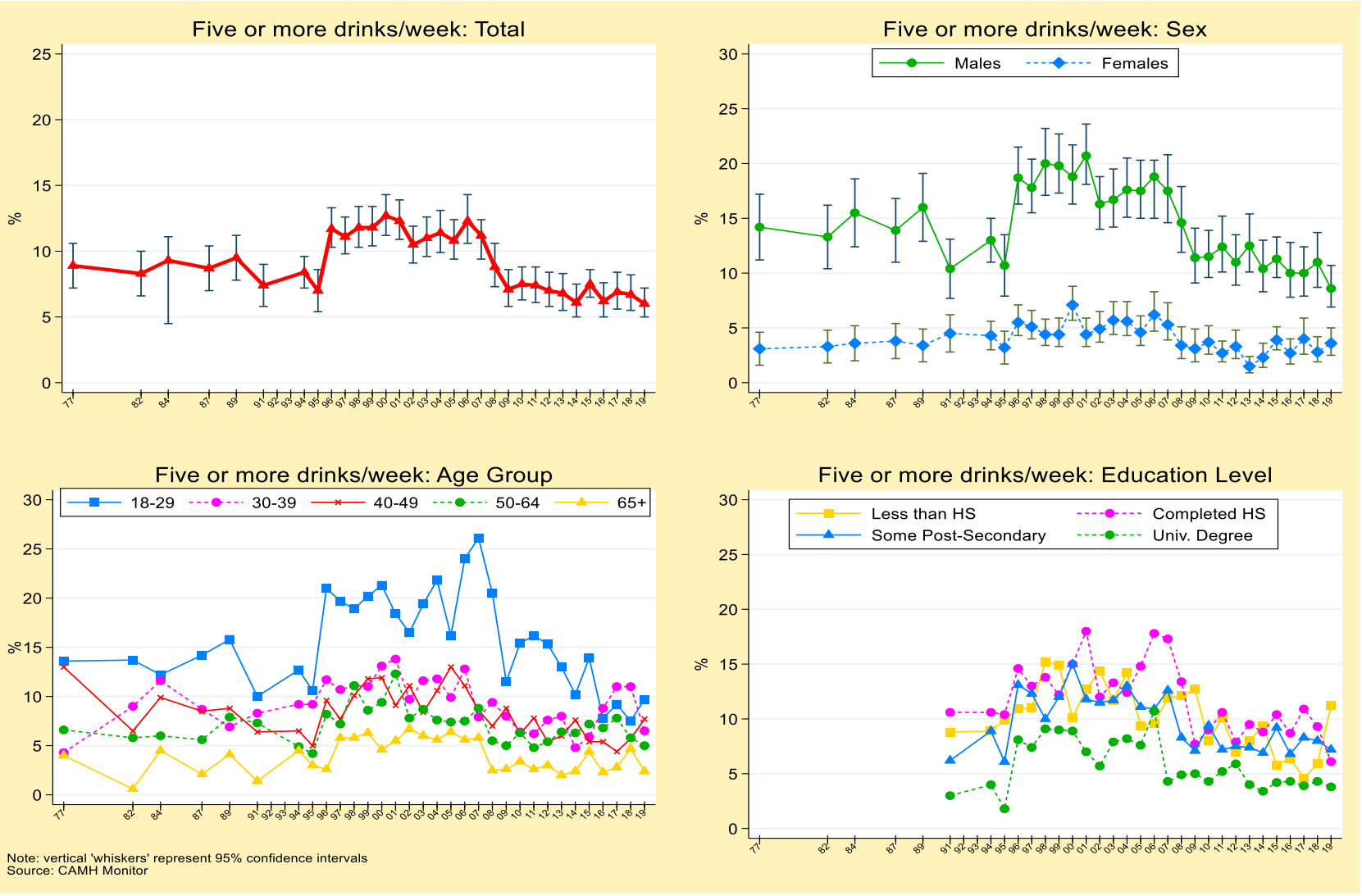
Percentage Drinking Five or More Drinks on a Single Occasion Weekly in the Past Year by Sex, Age and Region, Ontarians Aged 18+, 2019 (N=2827)



Note:(1) vertical 'whiskers' represent 95% confidence intervals; (2) horizontal bar represents 95% confidence interval for total estimate
(3) significant difference by sex(p<.05)
Source: 2019 CAMH Monitor

Figure 3.4.2

Percentage Drinking Five or More Drinks on a Single Occasion Weekly in the Past Year, Ontarians Aged 18+, 1977–2019



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

3.5. Hazardous or Harmful Drinking (AUDIT)

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

The *Alcohol Use Disorders Identification Te*st (AUDIT), whose development was sponsored by the World Health Organization, was designed to detect problem drinkers at the less severe end of the spectrum of alcohol problems. The AUDIT identifies **hazardous** alcohol use – an established pattern of drinking that *increases the likelihood of future* physical and mental health problems (e.g., liver disease) – as well as **harmful** consequences of that use – a pattern of drinking that is *already causing damage* to health (e.g., alcohol-related injuries, depression) and indications of dependence (Babor et al., 2001; Saunders et al., 1993). The AUDIT is a 10-item screener (including lack of control over one's own drinking, failure to meet expectations, drinking in the morning, feelings of guilt, black-outs, injuries resulting from drinking, and having someone express concern about drinking) with a protocol for scoring responses to these items (see **Table 3.5.1**).

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.

2019…….Tables 3.5.1–3.5.3; Fig. 3.5.1

An estimated, **13.2%** (95% CI: 11.6% to 15.0%) of Ontario adults drank hazardously or harmfully during the past 12 months before the survey. Among past year drinkers, the prevalence was **16.6%** (95% CI: 14.7% to 18.8%). The corresponding population estimate is 1,365,900 hazardous/harmful drinkers.

Sex, age, education and household income were all significantly related to hazardous/ harmful drinking, when controlling for other characteristics.

- The adjusted odds of hazardous/harmful drinking among men were 2.3 times higher than among women (18.7% vs. 8.1%; OR=2.29).
- Hazardous/harmful drinking declined significantly with age, dropping from 22.0% among 18 to 29 year olds to 5.0% among those aged 65 and older, and the adjusted odds of hazardous/harmful drinking were significantly lower among those aged 50 to 64 (OR=0.37) and aged 65 and older (OR=0.20) compared to the youngest group.
- Hazardous/harmful drinking was significantly associated with education. The rate was lowest among those who have not completed high school (8.7%) and highest among those who have only completed high school (15.9%).

Similarly, among **past year drinkers**, sex, age, education and household income were all significantly related to hazardous/harmful drinking. Men, those aged 18 to 29, and those with less education had the highest rates of hazardous/harmful drinking.

Trends

1998–2019 ……..…..Tables 3.5.4-3.5.5; Fig 3.5.2

2018–2019

The percentage of Ontarians reporting hazardous/harmful drinking did not change significantly in 2019 (13.2%) compared to 2018 (12.9%), and rates were stable for almost all subgroups.

Past year drinkers displayed similar characteristics. Overall, hazardous/harmful drinking among Ontario drinkers was not significantly different between 2018 (16.7%) and 2019(16.6%), and rates were stable for all subgroups. We found only one significant decrease in hazardous/harmful drinking, which was among those previously married (from 15.9% in 2018 to 9.2% in 2019).

1998–2019

Between 1998 and 2019 hazardous/harmful drinking remained generally **stable** among Ontario adults, hovering between 10.4% and 15.6%.

A significant **decline** hazardous/harmful drinking was evident among 18 to 29 year olds and never married respondents. A significant increase was evident among 30 to 39 year olds, 50 to 64 year olds, and 65 or older respondents. The rates were stable for other subgroups.

Past year drinkers displayed similar patterns. Significant declines were found among drinkers aged 18 to 29, 30 to 39 year olds and among those never married respondents. Significant non-linear decline was found among respondents from the North region.

Table 3.5.1: Percentage Reporting ***Hazardous and Harmful Drinking (AUDIT) Indicators***, ***Ontarians*** and Ontarian ***Past Year Drinkers***, Aged 18+, 2019

AUDIT Item	% "yes"	
	Total Sample (n=2827)	**Past Year Drinkers** (n=2195)
Alcohol Intake		
1. Consumed alcohol during the past 12 months	79.9	--
2. Number of drinks usually have on typical day when drink (% reporting 2+ drinks)	47.3	59.3
3. Consumed 5 or more drinks on one occasion during the past 12 months	37.6	47.0
Dependence Indicators (past 12 months)		
4. Were not able to stop drinking once you had started	5.4	6.8
5. Failed to do what was normally expected from you because of your drinking	4.0	5.1
6. Needed a first alcoholic drink in the morning to get yourself going after a heavy drinking session	1.4	1.8
Adverse Consequences		
7. Had a feeling of guilt or remorse after drinking, during the past 12 months	10.8	13.5
8. Been unable to remember what happened the night before because you had been drinking, during the past 12 months	8.8	11.1
9. You or someone else been injured as a result of your drinking		
Yes, but not in the past 12 months:	5.6	7.1
Yes, in the past 12 months:	2.1	2.6
10. A relative/friend or a doctor/health worker has been concerned about your drinking or suggested that you cut down		
Yes, but not in the past 12 months:	3.7	4.7
Yes, in the past 12 months:	2.9	3.6
AUDIT 8+ Score (95% CI)	**13.2%** (11.6-15.0)	**16.6%** (14.7-18.8)

Notes: All analyses are sample design adjusted; † Estimate less than 1%;
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 3.5.2: Percentage Reporting ***Hazardous or Harmful Drinking (AUDIT 8+)*** in the Past 12 Months and Adjusted Group Differences, ***Ontarians*** Aged 18+, 2019

	N	%	95% CI	Adjusted Odds Ratio (N=2670)
Total	2827	**13.2**	(11.6, 15.0)	—
Sex				***
Men	1211	**18.7**	(16.1, 21.7)	**2.29 (1.65, 3.16)**
Women *(Comparison Group)*	1616	**8.1**	(6.4, 10.2)	—
Age				***
18-29 *(Comparison Group)*	410	**22.0**	(17.5, 27.4)	—
30-39	259	**†19.8**	(14.9, 25.9)	0.92 (0.54, 1.57)
40-49	330	**†14.4**	(10.4, 19.5)	0.64 (0.35, 1.15)
50-64	740	**9.3**	(7.1, 12.1)	**0.37 (0.22, 0.63)*** **
65+	1071	**5.0**	(3.5, 6.9)	**0.20 (0.11, 0.37)*** **
Region				NS
Toronto *(vs. Provincial Average)*	487	**12.8**	(9.4,17.3)	1.05 (0.76, 1.45)
Central East	464	**12.8**	(9.4, 17.3)	1.01 (0.72, 1.41)
Central West	466	**11.0**	(7.8, 15.1)	0.80 (0.59, 1.09)
West	470	**†15.5**	(11.9, 19.9)	1.13 (0.82, 1.58)
East	467	**16.5**	(12.8, 21.0)	1.28 (0.92, 1.77)
North	473	**†13.2**	(9.8, 17.4)	1.01 (0.70, 1.45)
Marital Status				NS
Married/Partner *(Comparison Group)*	1561	**11.7**	(9.8, 13.8)	—
Previously Married	636	**†6.6**	(4.4, 9.6)	0.96 (0.57, 1.60)
Never Married	606	**19.5**	(15.2, 23.8)	1.18 (0.74, 1.86)
Education				**
High school not completed *(Comparison Group)*	249	**†14.6**	(9.3, 22.1)	—
Completed high school	590	**15.9**	(12.2, 20.5)	0.74 (0.38, 1.45)
Some college or university	1025	**15.8**	(13.1, 18.9)	0.70 (0.36, 1.34)
University degree	944	**8.7**	(6.6, 11.4)	**0.36 (0.18, 0.72)** **
Household Income				**
< $30,000 *(Comparison Group)*	309	**†9.8**	(5.9, 15.6)	—
$30,000-$49,999	311	**†13.2**	(9.0, 19.0)	1.61 (0.77, 3.40)
$50,000-$79,999	442	**†16.5**	(12.1, 22.0)	1.79 (0.87, 3.72)
$80,000+	1017	**16.1**	(13.4, 19.3)	1.91 (0.96, 3.77)
Not stated	748	**8.3**	(6.0, 11.2)	0.81 (0.40, 1.62)

Notes: (1) All analyses are sample design adjusted;*p<.05**;** **p<.01; ***p<.001; CI = 95% confidence interval;
NS – no statistically significant difference.
(2) Asterisks in group row indicate a statistically significant group effect, based on Wald test.
(3) ORs greater than 1.0 indicate that drinking is higher in the group being compared to the comparison group; ORs less than 1.0 indicate that drinking is lower in the group being compared to the comparison group.
(4) Adjusted odds ratio holding fixed values for sex, age, region, marital status, education and income.

Defn: *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 3.5.3: Percentage Reporting ***Hazardous or Harmful Drinking (AUDIT 8+)*** in the Past 12 Months and Adjusted Group Differences, Ontarian ***Past Year Drinkers*** Aged 18+, 2019

	N	%	95% CI	Adjusted Odds Ratio (N=2075)
Total	2200	**16.6**	(14.7, 18.8)	—
Sex				***
Men	967	**23.3**	(20.0, 26.8)	**2.38 (1.71, 3.31)*** **
Women *(Comparison Group)*	1233	**10.4**	(8.3, 13.0)	—
Age				***
18-29 *(Comparison Group)*	338	**26.4**	(21.0, 32.6)	—
30-39	212	**†23.8**	(18.0, 30.9)	0.97 (0.55, 1.70)
40-49	277	**†17.3**	(12.5, 23.3)	0.67 (0.36, 1.24)
50-64	610	**11.5**	(8.8, 14.9)	**0.38 (0.22, 0.65)*** **
65+	753	**7.2**	(5.2, 10.0)	**0.23 (0.12, 0.42)*** **
Region				NS
Toronto *(vs. Provincial Average)*	355	**16.6**	(12.2, 22.1)	1.04 (0.74, 1.46)
Central East	376	**15.8**	(11.6, 21.2)	1.02 (0.72, 1.44)
Central West	351	**14.0**	(10.0, 19.2)	0.81 (0.60, 1.11)
West	359	**†20.2**	(15.6, 25.7)	1.19 (0.85, 1.67)
East	382	**19.7**	(15.3, 25.0)	1.21 (0.86, 1.69)
North	377	**†16.3**	(12.2, 21.4)	0.94 (0.64, 1.38)
Marital Status				NS
Married/Partner *(Comparison Group)*	1263	**14.5**	(12.2, 17.1)	—
Previously Married	446	**†9.2**	(6.2, 13.4)	0.89 (0.53, 1.51)
Never Married	476	**24.2**	(19.7, 29.4)	1.22 (0.77, 2.00)
Education				**
High school not completed *(Comparison Group)*	160	**†23.7**	(15.5, 34.5)	—
Completed high school	444	**20.9**	(16.1, 26.7)	0.53 (0.27, 1.06)
Some college or university	812	**19.6**	(16.3, 23.3)	**0.49 (0.25, 0.95)***
University degree	773	**10.5**	(7.9, 13.7)	**0.25 (0.12, 0.50)*** **
Household Income				*
< $30,000 *(Comparison Group)*	189	**†16.3**	(10.0, 25.3)	—
$30,000-$49,999	225	**†18.0**	(12.3, 25.7)	1.25 (0.57, 2.72)
$50,000-$79,999	354	**†19.9**	(14.7, 26.3)	1.14 (0.53, 2.44)
$80,000+	898	**18.2**	(15.1, 21.7)	1.25 (0.62, 2.52)
Not stated	534	**11.4**	(8.4, 15.4)	0.61 (0.30, 1.25)

Notes: (1) All analyses are sample design adjusted;*p<.05**;** **p<.01; ***p<.001; CI = 95% confidence interval;
NS – no statistically significant difference.
(2) Asterisks in group row indicate a statistically significant group effect, based on Wald test.
(3) ORs greater than 1.0 indicate that drinking is higher in the group being compared to the comparison group; ORs less than 1.0 indicate that drinking is lower in the group being compared to the comparison group.
(4) Adjusted odds ratio holding fixed values for sex, age, region, marital status, education and income.

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 3.5.4: Percentage ***Reporting Hazardous or Harmful Drinking (AUDIT 8+)*** in the Past 12 Months, by Demographic Characteristics, ***Ontarians***, Aged 18+, 1998–2019

(N=)	1998 (2509)	1999 (2436)	2000 (2406)	2001 (2627)	2002 (2421)	2003 (2411)	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)
Total (95%CI)[¶]	**13.3** (11.7, 15.0)	**13.2** (11.7, 14.9)	**13.3** (11.8, 15.0)	**12.9** (11.4, 14.4)	**13.0** (11.5, 14.6)	**13.2** (11.6, 14.9)	**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)
Sex																						
Men	**22.9** (20.1, 26.0)	**21.7** (18.9, 24.8)	**20.0** (17.4, 23.0)	**19.7** (17.2, 22.4)	**19.9** (17.3, 22.7)	**19.4** (16.7, 22.4)	**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)
Women	**4.8** (3.7, 6.2)	**5.6** (4.3, 7.2)	**7.4** (6.0, 9.0)	**6.6** (5.3, 8.4)	**6.6** (5.1, 8.5)	**7.5** (5.9, 9.4)	**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**[ad] (6.4, 10.2)
Age																						
18-29	**26.9** (22.4, 31.9)	**25.7** (21.2, 30.9)	**25.5** (21.2, 30.4)	**24.9** (20.7, 29.7)	**22.4** (18.2, 27.2)	**27.2** (22.4, 32.5)	**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**[cd] (17.5, 27.4)
30-39	**11.4** (8.8, 14.6)	**13.1** (10.2, 16.6)	**11.9** (9.4, 15.1)	**14.8** (11.7, 18.6)	**15.5** (12.2, 19.6)	**16.0** (12.3, 20.5)	**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**[ac] (14.9, 25.9)
40-49	**11.6** (8.8, 15.1)	**11.0** (8.2, 14.6)	**10.9** (8.2, 14.2)	**9.5** (7.2, 12.5)	**11.2** (8.4, 14.6)	**10.1** (7.6, 13.2)	**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)
50-64	**9.3** (6.6, 12.9)	**9.0** (6.2, 12.7)	**9.8** (7.1, 13.4)	**10.9** (8.2, 14.4)	**8.7** (6.2, 12.0)	**7.4** (5.2, 10.5)	**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**[c] (7.1, 12.1)
65+	**†4.7** (2.7, 8.1)	**†4.7** (2.9, 7.6)	**†5.2** (3.0, 9.1)	**†2.4** (1.2, 4.7)	**†5.7** (3.3, 9.5)	**†3.2** (1.8, 5.9)	**†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**[c] (3.5, 6.9)
Region																						
Toronto	**13.3** (9.9, 17.7)	**12.7** (9.3, 17.2)	**12.6** (9.3, 16.7)	**13.0** (9.8, 17.0)	**11.7** (8.5, 15.7)	**12.9** (9.5, 17.5)	**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)
C-East	**13.5** (10.0, 18.0)	**12.0** (8.8, 16.1)	**14.8** (11.4, 19.1)	**14.7** (11.3, 18.9)	**12.8** (9.5, 17.1)	**17.0** (13.2, 21.6)	**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)
C- West	**10.1** (7.4, 13.7)	**14.3** (10.8, 18.7)	**12.8** (9.6, 16.8)	**†8.9** (6.4, 12.3)	**14.9** (11.4, 19.3)	**11.7** (8.5, 15.8)	**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)
West	**15.4** (11.6, 20.0)	**14.5** (11.1, 18.7)	**12.2** (9.0, 16.4)	**15.9** (12.3, 20.3)	**12.0** (9.0, 15.8)	**12.9** (9.7, 16.9)	**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)
East	**13.9** (10.4, 18.2)	**12.5** (9.2, 16.8)	**12.1** (8.9, 16.2)	**13.2** (10.0,17.3)	**13.6** (10.2, 17.9)	**11.8** (8.5, 16.1)	**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)
North	**16.4** (12.6, 21.0)	**13.6** (10.3, 17.8)	**17.1** (13.3, 21.6)	**13.1** (10.3, 16.5)	**12.2** (9.0, 16.2)	**12.0** (8.8, 16.1)	**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**[d] (9.8, 17.4)

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Marital Status																					
Married/ Partner	**9.9**	**9.7**	**10.4**	**9.8**	**10.4**	**10.0**	**9.7**	**7.2**	**9.8**	**10.6**	**10.8**	**10.8**	**11.8**	**11.0**	**10.7**	**10.2**	**10.1**	**10.9**	**10.0**	**11.6**	**10.0**	**11.7**
Previously Married	**8.7**	**9.7**	**11.5**	**8.7**	**10.9**	**11.8**	**8.4**	**7.3**	**†9.8**	**13.2**	**10.1**	**8.0**	**9.2**	**12.5**	**†10.0**	**7.3**	**9.3**	**13.5**	**†9.9**	**†5.7**	**†11.1**	**†6.6**
Never Married	**25.3**	**26.3**	**21.8**	**24.0**	**21.3**	**23.5**	**29.9**	**21.8**	**28.3**	**33.7**	**29.7**	**23.7**	**26.7**	**25.8**	**20.5**	**28.2**	**19.0**	**26.0**	**16.6**	**18.2**	**20.7**	**19.5 [cd]**
Education																					
High school not completed	**15.8**	**13.7**	**10.3**	**9.4**	**14.8**	**12.3**	**17.6**	**10.0**	**†12.7**	**†13.1**	**17.8**	**16.4**	**†15.7**	**14.2**	**†13.0**	**13.9**	**†14.4**	**†8.8**	**†11.3**	**†8.9**	**†8.4**	**†14.6[d]**
Completed high school	**12.9**	**15.0**	**15.5**	**17.9**	**14.7**	**15.3**	**16.4**	**†14.7**	**16.9**	**22.0**	**18.2**	**11.9**	**16.1**	**14.8**	**13.0**	**15.5**	**14.3**	**17.5**	**14.3**	**16.6**	**14.9**	**15.9**
Some college or university	**14.9**	**13.0**	**15.0**	**13.1**	**13.6**	**14.4**	**15.0**	**11.7**	**13.4**	**17.1**	**14.7**	**15.4**	**17.0**	**16.4**	**14.2**	**15.9**	**13.8**	**17.1**	**12.8**	**14.6**	**13.6**	**15.8**
University degree	**10.0**	**11.4**	**10.8**	**9.6**	**9.4**	**10.7**	**9.9**	**†5.2**	**12.2**	**†9.4**	**11.1**	**10.3**	**11.4**	**12.3**	**11.2**	**10.4**	**8.7**	**11.5**	**9.4**	**9.2**	**11.9**	**8.7**

Notes: (1) All analyses are sample design adjusted; [a]95% confidence interval; † Estimate suppressed or unstable; † Estimate suppressed or unstable; the sampling design was changed in 2017 to dual-frame sampling (landline + cell-phone).

(2) Trend Analysis: [a] Significant difference 1998 to 2019 ($p<.05$); [b]Significant change ($p<.05$) between last two estimates (2018 vs.2019); [c]Significant linear trend, $p<0.05$; [d] Significant nonlinear trend, $p<0.05$.

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

Table 3.5.5: Percentage ***Reporting Hazardous or Harmful Drinking (AUDIT 8+)*** in the Past 12 Months, by Demographic Characteristics, Ontarian ***Past Year Drinkers***, Aged 18+, 1998–2019

	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019
(N=)	(1777)	(1938)	(1887)	(2088)	(1933)	(1933)	(2101)	(1906)	(1527)	(1618)	(1599)	(1602)	(2352)	(2401)	(2355)	(2330)	(2422)	(3967)	(2368)	(2195)	(2187)	(2200)
Total Drinkers (95%CI)[¶]	**17.4** (15.4, 19.6)	**16.9** (15.0, 19.1)	**16.7** (14.9,18.8)	**16.7** (14.9,18.6)	**16.5** (14.6, 18.6)	**16.5** (14.6, 18.6)	**17.3** (15.3, 19.5)	**13.3** (11.6, 15.4)	**17.9** (15.5, 20.5)	**19.3** (16.9,21.8)	**18.4** (16.0, 21.1)	**16.7** (14.3,19.1)	**19.1** (17.1, 21.2)	**17.8** (15.8,20.1)	**16.5** (14.6,18.6)	**17.7** (15.5, 20.2)	**14.9** (13.0, 17.1)	**18.4** (16.7, 20.3)	**14.7** (12.7, 17.0)	**15.9** (13.9, 18.1)	**16.7** (14.6,19.0)	**16.6** (14.7,18.8)
Sex																						
Men	**28.0** (24.5, 31.8)	**25.9** (22.6, 29.4)	**23.9** (20.8, 27 .3)	**24.7** (21.7, 27.9)	**24.4** (21.4, 27.8)	**23.5** (20.4, 27.0)	**24.4** (21.2, 28.0)	**18.6** (15.7, 21.9)	**26.2** (22.4,30.4)	**27.4** (23.6,31.5)	**26.5** (22.6,30.8)	**23.7** (20.0,27.8)	**26.2** (23.0,29.7)	**25.8** (22.4,29.6)	**23.6** (20.4, 27.0)	**26.9** (23.1, 31.0)	**21.3** (18.0, 24.9)	**25.9** (23.1, 29.0)	**22.4** (18.9, 26.4)	**22.8** (19.4, 26.5)	**23.4** (20.0, 27.2)	**23.3** (20.0, 26.8)
Women	**6.8** (5.2, 8.8)	**7.7** (5.9, 9.9)	**9.5** (7.7,11.7)	**8.3** (6.6,10.5)	**8.6** (6.7, 11.1)	**9.7** (7.6, 12.2)	**10.1** (8.0, 12.8)	**7.8** (6.0, 10.1)	**9.0** (6.0, 10.1)	**10.9** (8.6,13.9)	**10.3** (7.7,13.6)	**9.7** (7.3,12.8)	**11.8** (9.7, 14.3)	**10.0** (8.0,12.5)	**9.4** (7.4,11.8)	**8.3** (6.4, 10.8)	**8.8** (6.8, 11.2)	**11.0** (9.3, 13.0)	**7.2** (5.4, 9.4)	**9.0** (7.0, 11.5)	**10.1** (8.0, 12.7)	**10.4** [a] (8.3, 13.0)
Age																						
18–29	**32.1** (26.7, 38.0)	**29.9** (24.7, 35.7)	**29.6** (24.8,35.0)	**30.3** (25.3,35.7)	**26.6** (21.8, 32.2)	**31.4** (26.0, 37.3)	**36.2** (30.1, 42.7)	**31.2** (25.3, 37.7)	**33.5** (26.6,41.1)	**43.9** (36.5,51.6)	**36.4** (28.5,45.1)	**33.0** (25.3,41.7)	**38.8** (32.2, 45.8)	**34.7** (27.9,42.1)	**29.4** (22.5, 37.3)	**38.2** (29.7, 47.5)	**26.2** (19.2, 34.9)	**37.3** (31.3, 43.6)	**23.5** (16.9, 31.7)	**23.4** (17.6, 30.4)	**25.0** (19.4, 31.6)	**26.4** [cd] (21.0, 32.6)
30–39	**13.8** (10.5, 17.9)	**16.2** (12.7, 20.4)	**14.4** (11.3,18.2)	**15.9** (12.6,20.0)	**19.2** (15.2, 23.9)	**19.4** (15.0, 24.7)	**18.4** (14.3, 23.5)	**8.6** (6.1, 12.1)	**18.7** (13.9,24.6)	**14.3** (10.2,19.7)	**19.1** (13.8,25.7)	**18.6** (13.8,24.6)	**19.1** (14.6, 24.4	**17.7** (13.4,22.9)	**21.1** (16.1, 27.2)	**22.2** (16.6, 29.0)	**14.7** (10.3, 20.5)	**18.7** (14.4, 23.9)	**†16.4** (10.7, 24.4)	**†15.5** (10.2, 22.8)	**25.6** (18.4, 34.6)	**23.8** [ac] (18.0, 30.9)
40– 49	**14.6** (11.0, 19.1)	**13.7** (10.3, 18.1)	**12.7** (9.7,16.6)	**13.1** (10.1,16.8)	**13.4** (10.1, 17.5)	**12.5** (9.4, 16.2)	**12.6** (9.5, 16.6)	**11.3** (8.3, 15.3)	**14.2** (10.4,19.2)	**12.3** (8.9,16.9)	**16.5** (12.3,21.9)	**14.3** (10.7,18.8)	**15.3** (12.0,19.3)	**19.0** (15.2,23.6)	**16.2** (12.6, 20.6)	**12.6** (9.5, 16.6)	**17.1** (13.2, 21.8)	**14.1** (11.1, 17.8)	**12.9** (9.3, 17.6)	**†11.1** (7.7, 15.8)	**†12.9** (9.1, 18.1)	**17.3** (12.5, 23.3)
50– 64	**12.7** (9.0, 17.6)	**11.6** (8.1, 16.3)	**12.5** (9.0,17.0)	**13.5** (10.2,17.7)	**10.9** (7.8, 15.0)	**9.5** (6.6, 13.4)	**9.3** (6.6, 12.8)	**7.9** (5.5, 11.3)	**10.9** (7.8,14.9)	**16.6** (12.9,21.0)	**12.6** (9.4, 16.6)	**9.9** (6.9,14.0)	**13.5** (11.0,16.5)	**11.0** (8.4,14.2)	**11.3** (10.0, 14.1)	**12.9** (10.4, 16.0)	**12.5** (10.1, 15.4)	**14.3** (12.2, 16.7)	**13.2** (10.7, 16.2)	**18.7** (15.1, 23.1)	**12.9** (10.2, 16.2)	**11.5** (8.8, 14.9)
65+	**8.0** (4.6, 13.6)	**7.5** (4.6, 11.9)	**8.1** (4.6,13.8)	**†5.2** (3.1,8.6)	**8.9** (5.3, 14.7)	**†4.7** (2.5, 8.4)	**7.8** (4.8, 12.4)	**†4.8** (2.6, 8.7)	**7.2** (4.2,12.1)	**†6.2** (3.7, 10.3)	**†5.0** (3.0,8.2)	**7.4** (4.7, 11.3)	**†6.5** (4.4, 9.5)	**6.1** (4.1, 8.9)	**7.9** (5.6, 11.1)	**6.3** (4.5, 8.9)	**†5.6** (4.0, 7.7)	**9.3** (7.4, 11.6)	**8.0** (6.1, 10.4)	**7.9** (5.9, 10.5)	**9.8** (7.4, 12.9)	**†7.2** (5.2, 10.0)
Region																						
Toronto	**18.5** (13.7, 24.4)	**18.2** (13.4, 24.3)	**17.0** (12.6,22.5)	**18.6** (14.3,23.8)	**15.9** (11.7, 21.3)	**16.7** (12.3, 22.3)	**17.8** (13.3, 23.6)	**10.1** (6.7, 14.8)	**14.9** (10.2,21.2)	**18.4** (13.3,25.0)	**16.2** (10.9,23.6)	**16.2** (11.2, 22.7)	**18.0** (13.6, 23.5)	**14.5** (10.4,19.9)	**16.5** (12.3, 21.9)	**18.6** (13.4, 25.3)	**†11.5** (8.1, 16.1)	**20.1** (16.1, 24.8)	**†12.0** (8.4, 17.0)	**17.2** (12.6, 23.0)	**17.2** (12.9, 22.7)	**16.6** (12.2, 22.1)
C- East	**16.2** (11.9, 21.7)	**14.4** (10.6, 19.2)	**18.5** (14.3, 23.6)	**18.7** (14.4, 23.8)	**15.7** (11.7, 20.8)	**20.3** (15.8, 25.7)	**17.4** (12.9, 23.0)	**15.4** (11.3, 20.7)	**21.7** (16.1, 28.7)	**17.2** (12.4, 23.4)	**20.5** (15.2, 27.2)	**†17.9** (12.7, 24.6)	**17.0** (12.8, 22.2)	**16.6** (12.3,22.0)	**15.0** (11.1, 20.1)	**19.2** (14.3, 25.4)	**16.2** (11.8, 21.8)	**20.6** (16.7, 25.1)	**16.7** (12.0, 22.9)	**15.3** (11.0, 20.9)	**15.2** (11.0, 20.5)	**15.8** (11.6, 21.2)
C-West	**13.3** (9.6, 18.2)	**18.0** (13.7, 23.4)	**17.2** (13.0, 22.4)	**†11.2** (8.0,15.4)	**19.5** (15.0, 24.9)	**14.6** (10.7, 19.6)	**17.5** (13.2, 22.9)	**†11.1** (7.5, 16.1)	**†12.2** (8.3,17.7)	**18.1** (13.1, 24.6)	**†17.6** (12.6,24.0)	**19.4** (14.5, 25.5)	**18.0** (13.8, 23.1)	**17.0** (12.6, 22.6)	**†12.9** (9.2, 17.7)	**17.6** (13.0, 23.4)	**†13.8** (9.8, 19.0)	**15.6** (12.2, 19.6)	**†13.8** (9.3, 20.1)	**16.0** (11.9, 21.2)	**†14.4** (10.1, 20.0)	**14.0** (10.0, 19.2)
West	**20.5** (15.5, 26.5)	**18.7** (14.4, 23.9)	**15.5** (11.6,20.4)	**20.3** (15.8,25.6)	**14.5** (10.9, 18.9)	**16.1** (12.2, 21.0)	**19.2** (14.9, 24.5)	**16.9** (12.6, 22.2)	**23.5** (18.1,29.8)	**21.2** (16.0,27.5)	**14.4** (9.9,20.6)	**11.7** (7.9,16.9)	**20.7** (16.2, 26.2)	**24.8** (19.7,30.7)	**18.8** (14.5, 23.9)	**13.9** (9.7, 19.4)	**17.8** (13.6, 23.0)	**15.4** (12.1, 19.4)	**†13.2** (9.4, 18.3)	**†11.5** (8.0, 16.3)	**20.2** (14.7, 27.0)	**20.2** (15.6, 25.7)
East	**17.9** (13.5, 23.3)	**15.5** (11.4, 20.6)	**15.3** (11.4,20.2)	**15.8** (12.0,20.5)	**16.4** (12.4, 21.4)	**15.2** (11.1, 20.5)	**13.6** (10.0, 18.3)	**12.9** (9.1, 17.9)	**19.8** (14.2,26.7)	**25.8** (20.0,32.6)	**21.8** (16.2,28.6)	**14.2** (10.2,19.3)	**21.1** (16.4, 26.8)	**17.8** (13.6,22.9)	**20.8** (16.0,26.6)	**17.1** (12.9, 22.5)	**15.2** (11.3, 20.2)	**17.5** (13.9, 21.9)	**16.2** (11.7, 21.9)	**18.7** (14.0, 24.5)	**18.5** (14.1, 23.8)	**19.7** (15.3, 25.0)
North	**22.4** (17.2, 28.7)	**17.0** (12.9, 22.0)	**21.0** (16.5,26.3)	**17.8** (14.3,18.6)	**15.8** (11.7, 20.9)	**15.2** (11.2, 20.2)	**17.7** (15.3, 19.5)	**15.7** (11.6, 20.9)	**15.4** (11.0, 20.5)	**13.4** (9.2,19.0)	**22.2** (16.8,28.7)	**17.3** (12.5,23.5)	**25.4** (20.3, 31.2)	**20.6** (15.6,26.7)	**19.6** (14.4,26.0)	**18.7** (14.0, 24.6)	**17.7** (13.4, 23.0)	**19.9** (16.3, 24.2)	**18.5** (13.6, 24.5)	**†14.4** (10.2, 20.0)	**18.0** (13.6, 23.4)	**16.3** [d] (12.2, 21.4)

Cont'd

Marital Status																					
Married/ Partner	**12.7**	**12.5**	**12.5**	**12.2**	**12.9**	**12.6**	**11.9**	**9.1**	**12.8**	**13.1**	**13.3**	**13.6**	**15.1**	**13.6**	**13.3**	**12.7**	**12.3**	**13.5**	**12.5**	**14.2**	**12.8**	**14.5**
Previously Married	**12.7**	**14.4**	**17.5**	**11.9**	**15.6**	**16.5**	**11.6**	**10.5**	**15.3**	**17.2**	**14.4**	**10.9**	**13.1**	**17.1**	**13.9**	**10.5**	**12.8**	**18.2**	**†13.3**	**†8.5**	**†15.9**	**†9.2** [b]
Never Married	**31.8**	**31.0**	**26.6**	**31.0**	**26.7**	**27.5**	**35.8**	**27.4**	**33.4**	**40.0**	**36.8**	**29.1**	**33.7**	**30.7**	**27.8**	**37.2**	**23.4**	**33.5**	**21.5**	**23.3**	**26.4**	**24.2** [acd]
Education																						
High school not completed	**24.4**	**21.6**	**17.6**	**16.0**	**22.3**	**18.2**	**27.0**	**16.8**	**19.8**	**19.8**	**26.6**	**23.4**	**23.6**	**21.2**	**20.9**	**23.3**	**†23.3**	**†14.3**	**†21.7**	**†17.0**	**†16.7**	**†23.7**
Completed high school	**18.4**	**19.4**	**20.3**	**23.0**	**19.1**	**19.3**	**20.1**	**18.8**	**22.9**	**27.1**	**22.5**	**16.5**	**22.4**	**19.5**	**17.5**	**21.4**	**18.6**	**23.4**	**19.1**	**21.6**	**20.4**	**20.9**
Some college or university	**17.3**	**15.8**	**17.4**	**16.3**	**16.5**	**17.6**	**17.8**	**14.2**	**16.7**	**20.4**	**18.3**	**18.7**	**20.7**	**19.6**	**17.7**	**19.7**	**16.6**	**21.1**	**16.0**	**18.1**	**17.3**	**19.6**
University degree	**12.2**	**13.7**	**11.8**	**10.9**	**11.3**	**12.5**	**12.0**	**6.5**	**15.0**	**11.4**	**13.5**	**12.6**	**14.2**	**14.6**	**13.6**	**12.5**	**10.3**	**13.9**	**11.3**	**11.0**	**14.3**	**10.5**

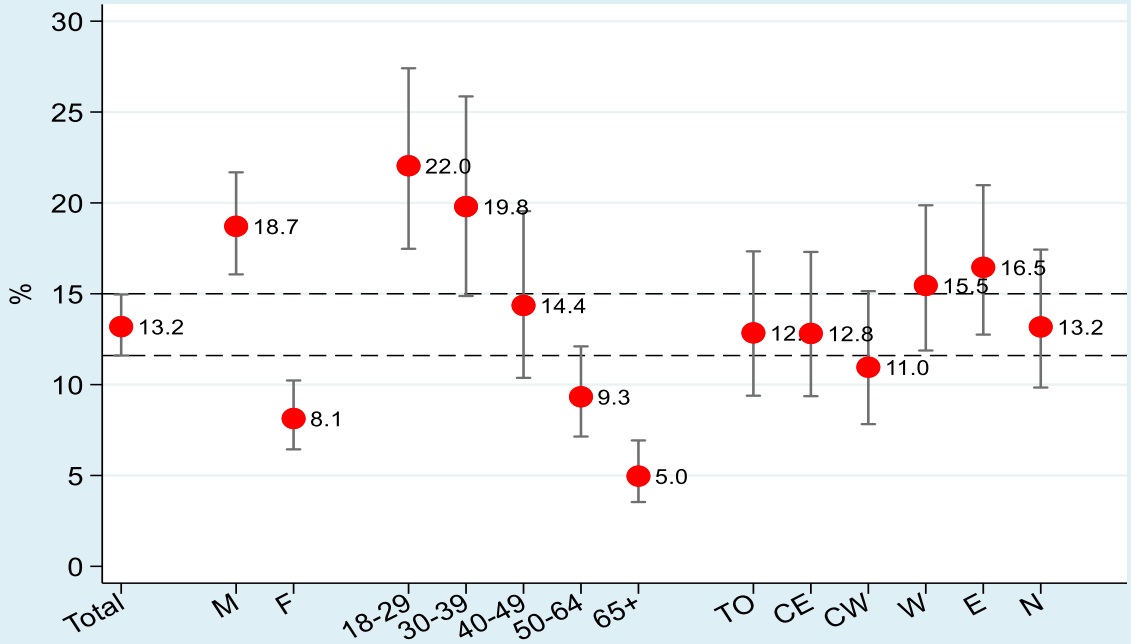
Notes: (1) All analyses are sample design adjusted; ¶95% confidence interval; † Estimate suppressed or unstable; the sampling design was changed in 2017 to dual-frame sampling (landline + cell-phone).
(2) Trend Analysis: [a] Significant difference 1998 to 2019 (p<.05); [b]Significant change (p<.05) between last two estimates (2018 vs.2019); [c]Significant linear trend, p<0.05; [d] Significant nonlinear trend, 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 3.5.1

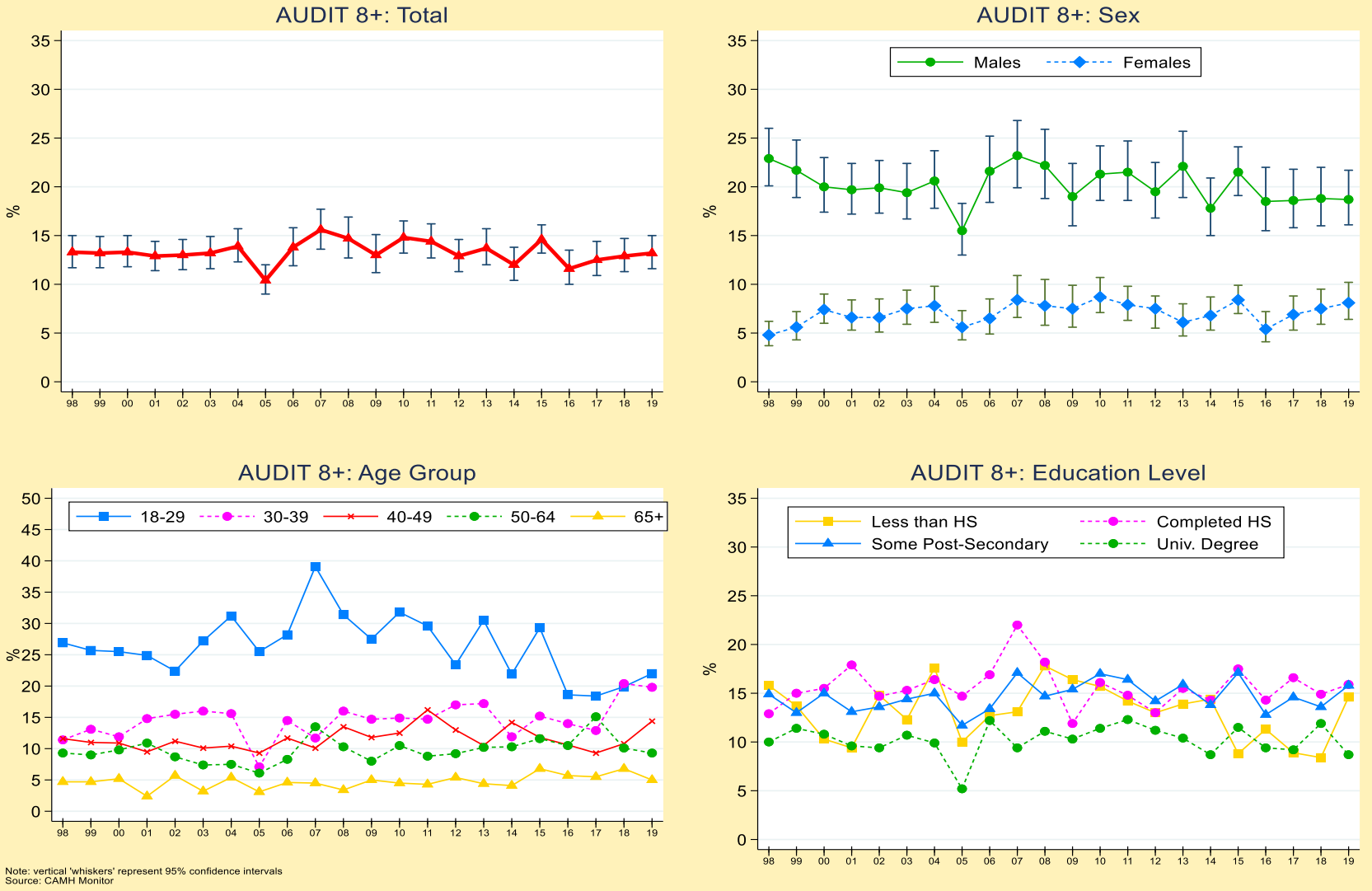
Percentage Drinking Hazardously or Harmfully (AUDIT 8+) in the Past Year by Sex, Age and Region, Ontarians Aged 18+, 2019 (N=2827)



Note: (1) vertical 'whiskers' represent 95% confidence intervals; (2) horizontal bar represents 95% confidence interval for total estimate
(3) significant difference by sex (p<.05)
Source: 2019 CAMH Monitor

Figure 3.5.2

Percentage Drinking Hazardously or Harmfully (AUDIT 8+) in the Past Year, Ontarians Aged 18+, 1998–2019



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

3.5.1 Symptoms of Alcohol Dependence (AUDIT)

While the previous section examined the prevalence of hazardous/harmful drinking, this section describes AUDIT symptoms of **alcohol dependence** experienced in the past year among Ontario adults.

Of the 10 AUDIT items, three (Q4–Q6 in Table 3.5.1) are indicators of alcohol dependence. In this section, we present the proportion of Ontario 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*.

2019……..……Table 3.5.6, Fig 3.5.3

An estimated **7.4%** (95%CI: 6.1% to 8.9%) of Ontario adults experienced at least one dependence symptom during the past year. The corresponding population estimate is 784,100 Ontario adults.

Sex, age, education and household income were significantly related to reporting at least one dependence symptom, when controlling for other factors.

- The odds of experiencing a dependence symptom were 1.7 times greater among men than women (9.7% vs. 5.2%; OR=1.65).

- The prevalence of experiencing at least one dependence symptom declined significantly with age. Reports of symptoms were highest among 18 to 29 year olds (14.2%) and lowest among those aged 65 and older (2%). The adjusted odds of reporting at least one dependence symptom was significantly lower among those aged 50 to 64 years old (OR=0.24) and among those 65 and older (OR=0.10) when compared to 18 to 29 year olds.

Trends

1998–2019……..Table 3.5.7, Fig 3.5.4

2018–2019

The proportion of Ontario adults reporting at least one of the dependence indicators in 2019 (7.4%) remained unchanged from 2018 (6.7%). In addition, rates were stable between 2018 and 2019 for all subgroups except among those with university degrees (significantly decreased from 6.5% in 2018 to 2.9% in 2019).

1998–2019

Between 1998 and 2019, there was a significant a linear **decline** in reporting at least one of the dependence indicators among Ontario adults. The percentage experiencing at least one dependence symptom **declined** significantly from 9.1% in 1998 to 7.4% in 2019.

Significant linear **declines** were also found during this period for men, those aged 18 to 29, respondents from the Central West, and those never married respondents.

Table 3.5.6: Percentage ***Reporting One or More Alcohol Dependence Symptoms*** *(based on AUDIT)* in the Past 12 Months and Adjusted Group Differences, ***Ontarians***, Aged 18+, 2019

	N	%	95% CI	Adjusted Odds Ratio (N=2704)
Total	2827	**7.4**	(6.1, 8.9)	—
Sex				*
Men	1211	**9.7**	(7.7, 12.3)	**1.65 (1.07, 2.54***
Women *(Comparison Group)*	1616	**5.2**	(3.8, 6.9)	—
Age				***
18-29 *(Comparison Group)*	410	**14.2**	(10.5, 18.9)	—
30-39	259	**†8.9**	(5.5, 14.3)	0.55 (0.25, 1.20)
40-49	330	**†10.1**	(6.7, 15.0)	0.68 (0.34, 1.34)
50-64	740	**†4.4**	(2.9, 6.6)	**0.24 (0.12, 0.46)****
65+	1071	**†2.0**	(1.2, 3.3)	**0.10 (0.04, 0.21)****
Region				NS
Toronto *(vs. Provincial Average)*	487	**†8.8**	(6.1, 12.5)	1.38 (0.94, 2.04)
Central East	464	**†6.5**	(4.1, 10.3)	0.91 (0.57, 1.44)
Central West	466	**†7.3**	(4.6, 11.3)	0.98 (0.67, 1.45)
West	470	**†8.1**	(5.5, 11.7)	1.01 (0.65, 1.56)
East	467	**†6.2**	(4.1, 9.3)	0.79 (0.50, 1.26)
North	473	**†6.5**	(4.1, 10.2)	0.81 (0.48, 1.37)
Marital Status				NS
Married/Partner *(Comparison Group)*	1561	**5.8**	(4.4, 7.6)	—
Previously Married	636	**†5.4**	(3.3, 8.6)	1.56 (0.81, 3.02)
Never Married	606	**11.3**	(8.4, 15.1)	0.89 (0.48, 1.64)
Education				***
High school not completed *(Comparison Group)*	249	**†8.5**	(4.5, 15.4)	—
Completed high school	590	**†10.6**	(7.5, 15.0)	0.83 (0.36, 1.92)
Some college or university	1025	**9.5**	(7.2, 12.4)	0.68 (0.29, 1.58)
University degree	944	**†2.9**	(1.9, 4.5)	**0.19 (0.07, 0.47)****
Household Income				*
< $30,000 *(Comparison Group)*	309	**†9.8**	(5.5, 16.9)	—
$30,000-$49,000	311	**†6.3**	(3.5, 11.0)	0.68 (0.27, 1.71)
$50,000-$79,000	442	**†8.8**	(5.6, 13.5)	0.89 (0.37, 2.19)
$80,000+	1017	**8.3**	(6.3, 11.0)	0.98 (0.42, 2.29)
Not stated	748	**†4.8**	(3.2, 7.3)	**0.38 (0.16, 0.87)***

Notes: (1) All analyses are sample design adjusted;*p<.05**;** **p<.01; ***p<.001; CI = 95% confidence interval;
NS – no statistically significant difference; † Estimate suppressed or unstable
(2) Asterisks in group row indicate a statistically significant group effect, based on Wald test.
(3) ORs greater than 1.0 indicate that drinking is higher in the group being compared to the comparison group; ORs less than 1.0 indicate that drinking is lower in the group being compared to the comparison group.
(4) Adjusted odds ratio holding fixed values for sex, age, region, marital status, education and income.

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

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

Table 3.5.7: Percentage ***Reporting One or More Alcohol Dependence Symptoms*** in the Past 12 Months, by Demographic Characteristics, ***Ontarians***, Aged 18+, 1998–2019

	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019
(N=)	(2509)	(2436)	(2406)	(2627)	(2421)	(2411)	(2611)	(2445)	(2016)	(2005)	(2024)	(2037)	(3030)	(3039)	(3030)	(3021)	(3043)	(5013)	(3042)	(2812)	(2806)	(2827)
Total Drinkers	**9.1** (7.8, 10.6)	**8.5** (7.3, 9.8)	**7.7** (6.5,9.0)	**8.1** (6.9,9.4)	**6.7** (5.6,7.9)	**5.9** (4.9,7.1)	**6.3** (5.2,7.6)	**6.8** (5.7,8.2	**6.8** (5.4,8.4)	**7.1** (5.8,8.7)	**7.5** (6.0,9.3)	**6.4** (5.2,7.9)	**7.9** (6.7, 9.3)	**8.1** (6.8, 9.6)	**5.9** (4.9,7.2)	**6.6** (5.4, 8.0)	**7.3** (6.1, 8.9)	**7.2** (6.2, 8.3)	**6.4** (5.2, 7.8)	**6.0** (4.9, 7.4)	**6.7** (5.6, 8.1)	**7.4** [cd] (6.1, 8.9)
Sex																						
Men	**13.7** (11.5,16.3)	**12.2** (10.2,14.7)	**10.3** (8.4,12.5)	**11.9** (9.9,14.3)	**10.0** (8.2,12.2)	**7.2** (5.7,9.2)	**8.6** (6.8,10.9)	**9.6** (7.6,11.9)	**9.8** (7.5,12.7)	**8.6** (6.5,11.3)	**10.6** (8.2,13.6)	**8.3** (6.4,10.7)	**9.6** (7.7,11.9)	**10.2** (8.0,12.8)	**7.9** (6.3, 10.0)	**9.1** (7.0, 11.7)	**9.8** (7.6, 12.5)	**8.5** (6.9, 10.4)	**8.4** (6.4, 10.9)	**7.7** (5.9, 10.0)	**8.7** (6.9, 11.1)	**9.7** [acd] (7.7, 12.3)
Women	**5.6** (4.3,7.2)	**5.1** (3.9,6.6)	**5.3** (4.1,6.8)	**4.5** (3.3,6.1)	**† 3.6** (2.5,5.1)	**4.7** (3.5,6.2)	**4.1** (2.9,5.6)	**4.3** (3.2,5.8)	**† 4.0** (2.8,5.7)	**5.7** (4.2,7.6)	**† 4.7** (3.1,7.0)	**† 4.6** (3.1,6.8)	**6.4** (5.0,8.1)	**6.2** (4.7,8.0)	**†4.1** (2.9, 5.7)	**4.3** (3.2, 5.7)	**5.1** (3.8, 6.8)	**6.0** (4.8, 7.4)	**4.6** (3.4, 6.2)	**4.4** (3.2, 6.0)	**4.9** (3.6, 6.5)	**5.2** (3.8, 6.9)
Age																						
18-29	**18.6** (14.7,23.1)	**14.0** (10.7,18.1)	**17.1** (13.6,21.3)	**17.1** (13.4,21.5)	**12.3** (9.2,16.3)	**14.0** (10.7,18.2)	**11.8** (8.5,16.2)	**16.1** (12.3,20.9)	**15.1** (10.6,21.0)	**17.3** (12.3,23.9)	**17.8** (12.2,25.1)	**13.3** (8.8,19.7)	**19.9** (15.2,25.5)	**19.0** (14.1,25.0)	**†12.3** (8.3,17.8)	**†13.4** (8.7, 20.1)	**†15.5** (10.4,22.6)	**13.3** (10.0,17.5)	**†10.9** (6.9, 16.7)	**†10.9** (7.5,15.5)	**11.7** (8.4, 16.1)	**14.2** [cd] (10.5, 18.9)
30-39	**10.4** (7.9,13.6)	**11.1** (8.5,14.3)	**6.0** (4.2,8.4)	**8.1** (5.9,11.2)	**8.7** (6.4,11.8)	**†6.2** (4.2,9.1)	**8.4** (5.8,12.1)	**†5.7** (3.8,8.5)	**7.7** (4.9,11.7)	**†5.3** (3.2,8.6)	**7.4** (4.4,12.0)	**8.7** (5.8,13.0)	**8.2** (5.7,11.6)	**7.3** (4.6,11.2)	**†7.1** (4.6,10.9)	**†7.8** (5.0, 11.9)	**†7.1** (4.5, 11.2)	**†7.3** (5.0, 10.8)	**†10.4** (6.9, 15.3)	**†6.3** (3.2, 12.0)	**†10.5** (6.7, 16.2)	**†8.9** [d] (5.5, 14.3)
40-49	**†7.5** (5.4,10.4)	**†7.8** (5.5,10.9)	**†5.5** (3.7,8.2)	**†7.7** (5.4,10.9)	**†4.7** (3.0,7.2)	**†3.9** (2.5,6.0)	**†5.9** (3.9,8.7)	**†6.3** (4.2,9.3)	**†6.9** (4.5,10.4)	**†6.2** (4.1,9.2)	**†6.5** (4.3,9.9)	**†6.4** (4.3,9.5)	**†4.8** (3.3,6.8)	**9.6** (7.0,13.0)	**†4.9** (3.2, 7.4)	**†5.6** (3.8, 8.1)	**9.3** (6.7, 12.7)	**8.8** (6.5, 11.8)	**†5.1** (3.0, 8.4)	**†6.0** (3.7, 9.5)	**†8.1** (5.3, 12.2)	**†10.1** (6.7, 15.0)
50-64	**†6.6** (4.2,10.0)	**†5.7** (3.5,9.1)	**†5.3** (3.4,8.2)	**†4.5** (2.7,7.4)	**†3.2** (1.8,5.7)	**†3.2** (1.9,5.2)	**†2.8** (1.7,4.8)	**†2.9** (1.6,5.0)	**†2.4** (1.4,4.4)	**†5.2** (3.5,7.8)	**†4.1** (2.6,6.5)	**†3.6** (2.3,5.6)	**5.3** (3.9,7.1)	**†3.5** (2.4,5.2)	**†4.3** (3.0, 6.0)	**5.7** (4.2, 7.6)	**4.7** (3.4, 6.4)	**4.6** (3.5, 5.9)	**4.9** (3.6, 6.6)	**†5.6** (4.0, 7.8)	**†3.4** (2.2, 5.1)	**†4.4** [d] (2.9, 6.6)
65+	**†** —	**†** —	**†2.3** (1.1,4.8)	**†** —	**†3.5** (1.7,7.3)	**†** —	**†** —	**†2.3** (1.3,4.3)	**†** —	**†** —	**†2.7** (1.4,5.0)	**†** —	**†2.3** (1.3,3.9)	**†2.3** (1.3,4.0)	**†2.6** (1.5, 4.4)	**†1.8** (1.1, 3.0)	**†2.0** (1.1, 3.4)	**†3.4** (2.4, 4.7)	**†2.3** (1.5, 3.4)	**†1.6** (0.9, 2.6)	**†3.0** (1.9, 4.6)	**†2.0** (1.2, 3.3)
Region																						
Toronto	**10.6** (7.7, 14.4)	**†8.3** (5.7,11.9)	**†7.8** (5.5,11.0)	**10.8** (7.8,14.7)	**†6.8** (4.6,10.1)	**†5.4** (3.5,8.3)	**†5.9** (3.7,9.3)	**†5.8** (3.6,9.1)	**†6.2** (3.7,10.3)	**†5.9** (3.6,9.4)	**†8.4** (5.0,13.7)	**†6.5** (4.0,10.7)	**†9.8** (6.9,13.7)	**†8.3** (5.6,12.2)	**†4.7** (2.9, 7.4)	**†6.9** (4.3, 10.6)	**†6.4** (4.2, 9.5)	**†8.9** (6.6, 11.9)	**†5.7** (3.5, 9.2)	**†8.4** (5.5, 12.4)	**†7.7** (5.2, 11.2)	**†8.8** [d] (6.1, 12.5)
C-East	**11.0** (7.9, 15.0)	**†8.7** (6.2, 12.1)	**†8.8** (6.2, 12.5)	**†7.4** (5.1, 10.7)	**†6.0** (3.9, 9.4)	**†5.6** (3.6, 8.5)	**†4.9** (2.8, 8.5)	**†7.2** (4.9, 10.6)	**†7.8** (4.8, 12.3)	**†6.6** (3.9, 11.2)	**†7.9** (5.0, 12.3)	**†6.3** (3.7, 10.5)	**†4.3** (2.6, 7.1)	**†8.0** (5.3,11.9)	**†4.7** (2.6, 8.3)	**†6.6** (4.2, 10.4)	**†8.2** (5.3, 12.4)	**8.3** (6.1, 11.2)	**†6.9** (4.3, 10.7)	**†6.3** (4.0, 10.0)	**†5.8** (3.7, 9.0)	**†6.5** (4.1, 10.3)
C-West	**†8.4** (5.7, 12.1)	**†9.0** (6.4, 12.6)	**†7.0** (4.6, 10.4)	**†8.2** (5.5, 11.9)	**†7.8** (5.3, 11.3)	**†6.1** (3.9, 9.4)	**†7.1** (4.6, 10.7)	**†7.0** (4.5, 10.6)	**†6.2** (3.6, 10.5)	**†6.6** (3.9, 11.1)	**†9.4** (6.0, 14.5)	**†7.0** (4.5, 10.9)	**†7.5** (5.0, 11.0)	**†8.9** (6.0, 13.0)	**†6.0** (3.9, 9.2)	**†6.9** (4.6, 10.3)	**†7.5** (4.9, 11.5)	**†6.0** (4.3, 8.4)	**†4.9** (2.8, 8.6)	**†3.7** (2.2, 6.2)	**†5.5** (3.4, 8.7)	**†7.3** [c] (4.6, 11.3)
West	**†8.7** (6.0,12.6)	**†9.4** (6.6,13.2)	**†5.7** (3.7,8.7)	**†7.3** (5.1,10.5)	**†6.2** (4.1,9.2)	**†5.5** (3.5,8.7)	**†7.4** (5.0,10.7)	**†7.3** (4.8,10.8)	**†7.9** (5.1,12.1)	**†8.7** (5.7,12.9)	**†5.0** (3.0,8.4)	**†6.0** (3.5,9.9)	**†8.1** (5.6,11.8)	**†7.7** (5.0,11.7)	**†8.2** (5.5, 11.9)	**†6.5** (4.0, 10.3)	**†7.6** (5.1, 11.3)	**†4.6** (3.1, 6.9)	**†7.1** (4.5, 10.9)	**†3.9** (2.2, 6.7)	**†7.7** (4.6, 12.5)	**†8.1** (5.5, 11.7)
East	**†7.3** (5.1,10.4)	**†6.9** (4.7,10.2)	**†6.7** (4.4,10.0)	**†6.1** (4.1,9.0)	**†6.3** (4.0,9.7)	**†7.3** (4.9,10.8)	**†6.1** (4.0,9.4)	**†6.4** (4.1,9.9)	**†5.6** (3.2,9.6)	**†9.2** (5.9,14.0)	**†4.9** (2.6,9.1)	**†6.2** (3.9,9.7)	**†9.8** (6.8,14.0)	**†7.7** (5.3,11.1)	**†7.2** (4.9, 10.6)	**†5.4** (3.4, 8.6)	**†6.6** (4.2, 10.2)	**†6.8** (4.8, 9.4)	**†8.2** (5.3, 12.5)	**†7.5** (4.6, 12.0)	**†8.6** (5.9, 12.5)	**†6.2** (4.1, 9.3)
North	**†9.5** (6.8,13.1)	**†7.9** (5.6,11.2)	**†10.7** (7.8,14.5)	**†6.1** (4.3,8.6)	**†6.2** (4.0,9.4)	**†6.1** (3.9,9.5)	**†6.6** (4.7,9.2)	**†8.2** (5.5,12.0)	**†6.9** (4.3,10.8)	**†6.3** (3.8,10.2)	**†8.3** (5.4,12.5)	**†5.0** (2.9,8.6)	**†12.6** (9.0,17.3)	**†6.4** (4.1,9.7)	**†7.3** (4.3, 12.2)	**†6.9** (4.4, 10.5)	**†7.2** (4.5, 11.2)	**†6.2** (4.3, 8.9)	**†6.1** (3.8, 9.5)	**†6.6** (4.2, 10.1)	**†5.5** (3.5, 8.5)	**†6.5** (4.1, 10.2)

Cont'd

	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019
(N=)	(2509)	(2436)	(2406)	(2627)	(2421)	(2411)	(2611)	(2445)	(2016)	(2005)	(2024)	(2037)	(3030)	(3039)	(3030)	(3021)	(3043)	(5013)	(3042)	(2812)	(2806)	(2827)
Marital Status																						
Married/ Partner	**6.9**	**7.2**	**5.2**	**5.7**	**5.0**	**4.1**	**4.9**	**4.8**	**4.3**	**5.3**	**4.9**	**5.2**	**5.1**	**5.4**	**4.4**	**5.2**	**5.6**	**5.7**	**5.2**	**5.1**	**4.6**	**5.8[d]**
Previously Married	**†5.5**	**†4.8**	**†6.8**	**†4.0**	**†4.6**	**†5.0**	**†5.3**	**†4.4**	**†4.6**	**†5.0**	**†8.2**	**†6.2**	**†5.1**	**†8.1**	**†5.1**	**†4.2**	**†5.3**	**†6.5**	**†6.3**	**†4.1**	**†8.0**	**†5.4**
Never Married	**18.7**	**14.7**	**14.8**	**16.9**	**12.5**	**11.7**	**11.2**	**14.2**	**15.7**	**†14.6**	**†15.2**	**†10.7**	**18.2**	**16.7**	**†10.8**	**†12.3**	**†13.1**	**12.1**	**†9.5**	**†9.1**	**11.0**	**11.3[acd]**
Education																						
High school not completed	**†9.5**	**†7.1**	**†7.5**	**†4.5**	**†7.8**	**†5.3**	**†5.8**	**†8.4**	**†5.9**	**†6.8**	**†8.7**	**†7.8**	**†8.2**	**†11.2**	**†5.9**	**†8.5**	**†9.2**	**†4.9**	**†9.3**	**†5.7**	**†4.9**	**†8.5**
Completed High school	**9.9**	**9.4**	**9.2**	**11.6**	**†6.3**	**†7.4**	**†6.3**	**†7.9**	**†7.2**	**†9.0**	**†10.2**	**†7.4**	**†5.8**	**†6.9**	**†7.0**	**†5.4**	**†8.9**	**†6.6**	**†5.9**	**†7.6**	**†7.6**	**†10.6[d]**
Some College or University	**11.6**	**9.2**	**7.9**	**8.4**	**7.2**	**6.3**	**6.9**	**8.1**	**†7.6**	**8.7**	**†7.0**	**†6.9**	**9.6**	**8.4**	**6.2**	**7.7**	**8.1**	**8.7**	**†6.0**	**†6.9**	**6.7**	**9.5 [d]**
University Degree	**†6.0**	**†7.6**	**†5.7**	**†5.8**	**†5.8**	**†4.8**	**†5.9**	**†3.5**	**†6.0**	**†3.6**	**†5.7**	**†4.9**	**7.6**	**8.0**	**†5.1**	**†5.7**	**†5.5**	**6.4**	**†6.6**	**†4.3**	**6.5**	**†2.9[abd]**

Notes: (1) All analyses are sample design adjusted; ¶ 95% confidence interval; † Estimate suppressed or unstable; the sampling design was changed in 2017 to dual-frame sampling (landline + cell-phone).

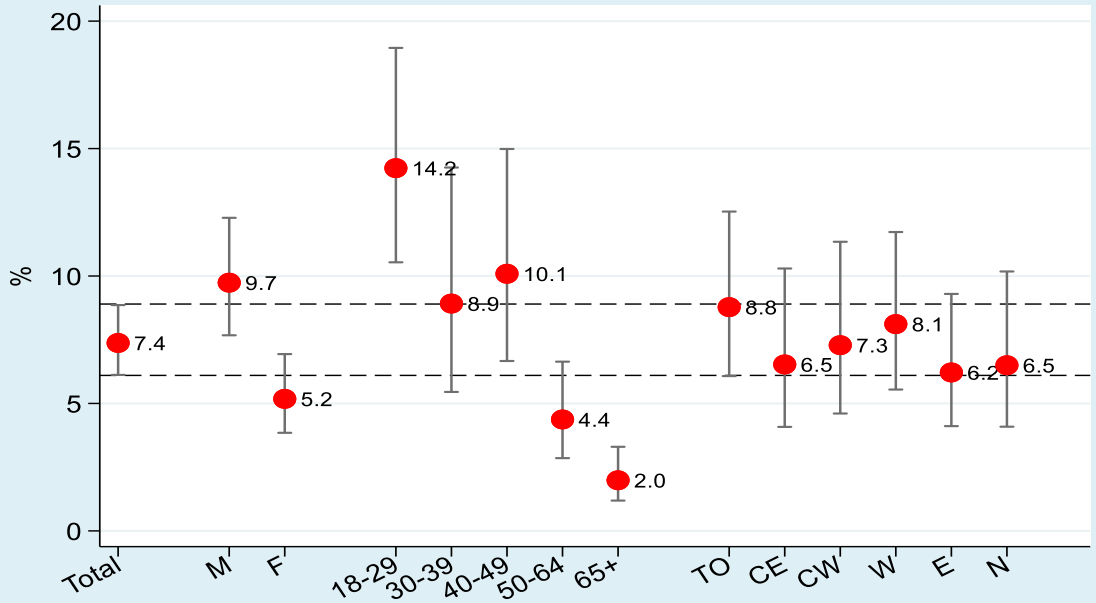
(2) Trend Analysis: [a] Significant difference 1998 to 2019 ($p<.05$); [b] Significant change ($p<.05$) between last two estimates (2018 vs.2019); [c] Significant linear trend, $p<0.05$; [d] Significant nonlinear trend, $p<0.05$.

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

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

Figure 3.5.3

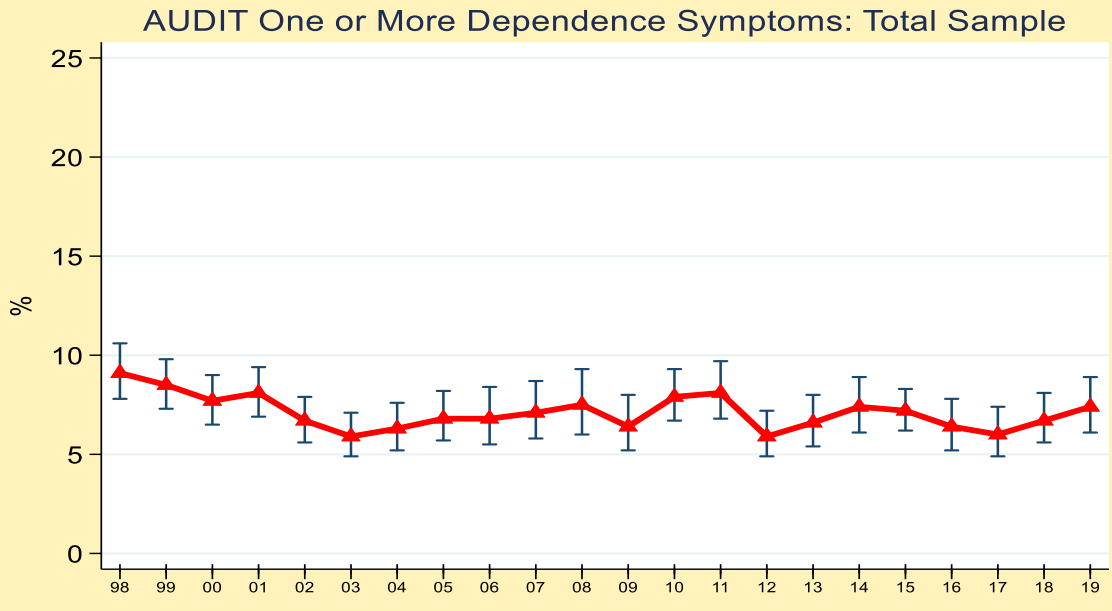
Percentage Reporting One or More Alcohol Dependence Symptoms (based on AUDIT) in the Past Year by Sex, Age and Region, Ontarians Aged 18+, 2019 (N=2827)



Note: (1) vertical 'whiskers' represent 95% confidence intervals; (2) horizontal bar represents 95% confidence interval for total estimate
(3) significant difference by sex (p<.05)
Source: 2019 CAMH Monitor

Figure 3.5.4

Percent Reporting One or More Alcohol Dependence Symptoms (based on AUDIT) in the Past Year, Ontarians Aged 18+, 1998–2019



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

4. TOBACCO
AND ELECTRONIC CIGARETTE USE

4.1.1 Cigarette Smoking

2019 ……..… Table 4.1.1; Fig. 4.1.1–4.1.3

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 **16.3%** (95% CI: 14.7% to 18.1%).[42] The corresponding Ontario population estimate is 1,747,700 current adult smokers.

More than half (57.7%) of Ontarians were classified as *never smokers* (never smoked more than 100 cigarettes in their lifetime). Over one-quarter of the population (25.9%) are estimated to be former smokers comprising *former daily* (23.1%) and *former nondaily* (2.9%) smokers. Finally, 12.2% of the population are estimated to be *daily smokers,* while 4.1% are estimated to be *nondaily smokers* (Fig 4.1.1).

Sex, age, region, marital status, education, and **household income** were significantly related to current smoking, when adjusting for other demographic factors (Table 4.1.1).

- The adjusted odds of smoking (current) among men were 1.7 times higher than among women (20.4% vs. 12.5%; OR=1.72).
- Current smoking was significantly related to age. Compared to those aged 18 to 29 (13.6%), the adjusted odds of current smoking were significantly higher among those aged 30-39 (OR=2.03), 40-49 years (OR=2.85) and 50-64 years (OR=1.78).
- Compared to the provincial average (16.3%), the adjusted odds of current smoking was significantly higher among respondents from the Northern region (26.0%, OR=1.65).
- Relative to married respondents (14.8%), the adjusted odds of current smoking were 1.6 times higher among those previously married (20.4%, OR=1.60).
- Smoking decreased significantly with increasing education. It was highest among those not completing high school (26.9%), and lowest among those with a university degree (8.6%). Relative to those not completing high school, smoking was significantly lower among respondents with some postsecondary education (OR=0.53), and among those with a university degree (OR=0.26).
- In addition, current smoking decreased significantly with increasing household income. Compared to those having less than $30,000 household income, smoking was significantly lower among respondents having $80,000 or more household income (OR=0.61).

Average Number of Cigarettes Smoked Daily

- On average, current smokers smoked 11.2 **cigarettes per day** (Fig. 4.1.3). This number varied significantly by age. The number of cigarettes smoked daily was highest among those aged 50 to 64 (13.7) and lowest among those aged 18 to 29 (7.1).

4.1.2 Daily Smoking

2019 …… Table 4.1.2; Fig. 4.1.1, 4.1.3

[42] Standard to Health Canada guidelines.

An estimated, **12.2%** (95% CI: 10.8% to 13.8%) of Ontario adults smoked cigarettes daily. The corresponding population estimate is 1,308,200 daily smokers.

Daily smoking displayed similar characteristics as current smoking: males, those aged 30-39, 40-49, and 50-64, individuals living in the Northern region, and those who were previously married or never married reported significantly higher rates of daily smoking. Those with higher education (some postsecondary or university degree) and those with higher household income reported significantly lower rates of daily smoking.

4.1.3 Nicotine Dependence (HSI) ..... Fig. 4.1.4

2019

Since 1996, the *CAMH Monitor* has assessed nicotine dependence among daily smokers[43] using the *Heaviness of Smoking Index* (HSI).

The 2-item HSI, derived from the Fagerström scale (Fagerström, 1978), is based on scores assigned to the *time to the first cigarette each morning* and *number of cigarettes smoked per day* (Heatherton et al., 1989). Scores of 0-2, 3-4 and 5-6 indicate classifications of low, moderate and high dependence on nicotine.

An estimated **13.6%** (95% CI: 9.7% to 18.8%) of daily smokers (*n*=336) met the HSI cut-off for **high nicotine dependence**. The corresponding population estimate is 173,300 Ontarian daily smokers. An additional 32.7% and 53.7% of daily smokers were classified as experiencing moderate or low nicotine dependence, respectively.

Trends

1991–2019.....Tables 4.1.3a–4.1.4b; Fig. 4.1.5

2018–2019

Prevalence of current cigarette **smoking** in 2019 (16.3%) was not significantly different from 2018 (15.6%). In addition, rates of smoking were stable for all subgroups except among those aged 65 or older, which was significantly increased from 7.8% in 2018 to 10.9% in 2019.

Daily smoking displayed similar patterns to current smoking. Prevalence of daily smoking in 2019 (12.2%) was not significantly different from 2018 (11.2%). In addition, rates of smoking were stable for all demographic subgroups.

[43] 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.

2009–2019

Since 2009, there was a downward trend in smoking, but the prevalence of current cigarette smoking in 2019 (16.3%) was not significantly different from 2009 (18.6%). A significant subgroup declines were also evident for all sex, age, region, marital status, and education subgroups.

Daily smoking displayed similar patterns to current smoking, which declined from 14.5% in 2009 to 12.2% in 2019. However, the declines seen over the past decade seem to have levelled off.

1991–2019

Since 1991, the prevalence of current **smoking** moved downward from 28.5% in 1991 to 23.5% in 1993, and then rebounded back to 28.5% in 1995. Since 1996, current smoking has steadily **declined** (from 26.7% in 1996 to 16.3% in 2019), most noticeably since 2007.

There were significant declines during this period for both men and women, and most age groups (except for 50 to 64 year olds and 65 or older), regions (except for the North region), marital status, and education sub-groups.

Since 1996, **daily smoking** also **declined** significantly from 23.0% to 12.2% in 2019. Significant subgroup declines were also evident for sex, age, region, marital status, and education subgroups.

Table 4.1.1: Percentage Reporting ***Current Cigarette Smoking*** and Adjusted Group Differences, Ontarians Aged 18+, 2019

	N	%	95% CI	Adjusted Odds Ratio (N=2725)
Total	2827	**16.3**	(14.7, 18.1)	—
Sex				***
Men	1211	**20.4**	(17.8, 23.4)	**1.72 (1.33, 2.23)****
Women *(Comparison Group)*	1616	**12.5**	(10.7, 14.6)	—
Age				***
18-29 *(Comparison Group)*	410	**13.6**	(10.2, 17.9)	—
30-39	259	**17.9**	(13.4, 23.5)	**2.03 (1.17, 3.52)***
40-49	330	**22.0**	(17.3, 27.6)	**2.85 (1.64, 4.97)****
50-64	740	**18.8**	(15.7, 22.4)	**1.78 (1.08, 2.94)***
65+	1071	**10.9**	(8.8, 13.5)	0.73 (0.42, 1.28)
Region				**
Toronto *(Provincial Average)*	487	**12.0**	(9.0, 15.9)	0.77 (0.57, 1.03)
Central East	464	**19.4**	(15.3, 24.2)	1.29 (0.99, 1.68)
Central West	466	**13.5**	(10.2, 17.6)	0.84 (0.65, 1.09)
West	470	**19.1**	(15.2, 23.8)	1.07 (0.81, 1.42)
East	467	**17.0**	(13.3, 21.3)	1.09 (0.80, 1.47)
North	473	**26.0**	(21.6, 31.0)	**1.65 (1.24, 2.20)****
Marital Status				*
Married/Partner *(Comparison Group)*	1561	**14.8**	(12.8,17.0)	—
Previously Married	636	**20.4**	(16.5,25.0)	**1.60 (1.12, 2.28)****
Never Married	606	**17.5**	(14.1,21.4)	1.40 (0.95, 2.07)
Education				***
High school not completed *(Comparison Group)*	249	**26.9**	(20.2,34.9)	—
Completed high school	590	**23.9**	(19.9,28.4)	0.87 (0.55, 1.37)
Some college or university	1025	**17.6**	(14.9,20.7)	**0.53 (0.34, 0.83)****
University degree	944	**8.6**	(6.6,11.1)	**0.26 (0.15, 0.43)****
Household Income				**
< $30,000 *(Comparison Group)*	309	**24.2**	(18.3,31.2)	—
$30,000-$49,999	311	**24.5**	(18.8,31.2)	1.11 (0.66, 1.84)
$50,000-$79,999	442	**19.8**	(15.2,25.4)	0.84 (0.50, 1.41)
$80,000+	1017	**14.0**	(11.6,16.8)	**0.61 (0.38, 0.97)***
Not stated	748	**12.3**	(9.9,15.2)	**0.52 (0.33, 0.83)****

Notes: (1) All analyses are sample design adjusted; *p<.05**;** **p<.01; ***p<.001; CI = 95% confidence interval; † Estimate suppressed or unstable; NS – no statistically significant difference.
(2) Asterisks in group row indicate a statistically significant group effect, based on Wald test.
(3) ORs greater than 1.0 indicate that the odds of smoking are higher in the group being compared to the comparison group; ORs less than 1.0 indicate that the odds of smoking are lower in the group being compared to the comparison group.
(4) Adjusted odds ratio holding fixed values for sex, age, region, marital status, education, and income.

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

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

Table 4.1.2: Percentage Reporting ***Daily Cigarette Smoking*** and Adjusted Group Differences, Ontarians Aged 18+, 2019

	N	%	95% CI	Adjusted Odds Ratio (N=2756)
Total	2827	**12.2**	(10.8, 13.8)	—
Sex				***
Men	1211	**15.1**	(12.8,17.7)	**1.60 (1.20, 2.14)****
Women *(Comparison Group)*	1616	**9.6**	(8.0,11.4)	—
Age				**
18-29 *(Comparison Group)*	410	**†8.3**	(5.8,11.9)	—
30-39	259	**†13.2**	(9.3,18.5)	**2.85 (1.49, 5.45)****
40-49	330	**18.1**	(13.8,23.4)	**4.86 (2.55, 9.27)****
50-64	740	**14.7**	(12.0,17.8)	**2.73 (1.52, 4.90)****
65+	1071	**8.1**	(6.3,10.3)	1.03 (0.54, 1.97)
Region				*
Toronto *(vs. Provincial Average)*	487	**9.8**	(7.1,13.3)	0.85 (0.62, 1.19)
Central East	464	**13.9**	(10.4,18.3)	1.23 (0.90, 1.67)
Central West	466	**†9.1**	(6.5,12.6)	0.76 (0.57, 1.02)
West	470	**15.6**	(12.0,20.0)	1.16 (0.85, 1.58)
East	467	**12.7**	(9.6,16.6)	1.11 (0.79, 1.57)
North	473	**20.3**	(16.3,24.9)	**1.64 (1.20, 2.24)****
Marital Status				**
Married/Partner *(Comparison Group)*	1561	**10.2**	(8.6,12.1)	—
Previously Married	636	**17.9**	(14.2,22.3)	**1.92 (1.30, 2.86)****
Never Married	606	**13.5**	(10.5,17.1)	**1.82 (1.17, 2.83)****
Education				**
High school not completed *(Comparison Group)*	249	**22.5**	(16.6,29.8)	—
Completed high school	590	**18.4**	(14.8,22.6)	0.85 (0.52, 1.38)
Some college or university	1025	**13.4**	(11.0,16.3)	**0.51 (0.32, 0.83)****
University degree	944	**5.3**	(3.9,7.3)	**0.20 (0.11, 0.36)*****
Household Income				*
< $30,000 *(Comparison Group)*	309	**21.6**	(16.0,28.5)	—
$30,000-$49,999	311	**19.6**	(14.4,26.1)	0.97 (0.56, 1.71)
$50,000-$79,999	442	**13.1**	(9.5,17.6)	0.61 (0.35, 1.07)
$80,000+	1017	**9.5**	(7.6,11.8)	**0.51 (0.30, 0.86)***
Not stated	748	**10.1**	(7.8,12.7)	**0.50 (0.31, 0.83)****

Notes: (1) All analyses are sample design adjusted; *p<.05**;** **p<.01; ***p<.001; CI = 95% confidence interval; † Estimate suppressed or unstable; NS – no statistically significant difference.
(2) Asterisks in group row indicate a statistically significant group effect, based on Wald test.
(3) ORs greater than 1.0 indicate that the odds of smoking are higher in the group being compared to the comparison group; ORs less than 1.0 indicate that the odds of smoking are lower in the group being compared to the comparison group.
(4) Adjusted odds ratio holding fixed values for sex, age, region, marital status, education and income.

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.

Table 4.1.3a: Percentage Reporting ***Current Cigarette Smoking***, by Demographic Characteristic, Ontarians Aged 18+, 1991–2000

	1991	1992	1993	1994	1995	1996	1997	1998	1999	2000
(N=)	(1047)	(1058)	(941)	(2022)	(994)	(2721)	(2776)	(2509)	(2436)	(2406)
Total	**28.5**	**26.1**	**23.5**	**25.3**	**28.5**	**26.7**	**26.8**	**25.9**	**25.4**	**25.6**
(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)
Sex										
Men	**28.5**	**29.5**	**28.2**	**26.4**	**30.4**	**27.8**	**29.3**	**28.2**	**28.2**	**31.1**
	(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)
Women	**28.6**	**23.2**	**19.7**	**24.3**	**26.7**	**25.7**	**24.5**	**23.8**	**22.9**	**20.6**
	(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)
Age										
18 - 29 years	**29.4**	**31.4**	**26.0**	**34.2**	**33.7**	**29.1**	**34.2**	**31.6**	**31.8**	**32.7**
	(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)
30 - 39 years	**31.4**	**30.4**	**29.5**	**28.2**	**31.9**	**31.8**	**31.2**	**32.4**	**31.8**	**28.3**
	(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)
40 - 49 years	**28.7**	**25.8**	**24.9**	**21.6**	**30.3**	**29.0**	**28.1**	**27.1**	**26.7**	**29.6**
	(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)
50 - 64 years	**31.3**	**18.2**	**17.6**	**19.1**	**25.6**	**23.2**	**21.2**	**20.2**	**20.2**	**20.6**
	(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)
65+ years	**18.8**	**12.7**	**10.0**	**12.4**	**10.8**	**14.1**	**9.3**	**15.2**	**13.3**	**13.6**
	(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)
Region										
Toronto	–	–	–	–	–	**24.1**	**27.2**	**23.6**	**21.0**	**21.5**
						(19.8,29.0)	(22.8,32.1)	(19.3,28.5)	(16.9,25.8)	(17.4,26.3)
Central East	–	–	–	–	–	**25.7**	**28.2**	**26.4**	**24.8**	**28.6**
						(21.7,30.1)	(23.9,32.8)	(22.0,31.3)	(20.6,29.6)	(24.1,33.6)
Central West	–	–	–	–	–	**28.2**	**24.3**	**24.4**	**25.0**	**21.5**
						(23.9,33.0)	(20.3,28.7)	(20.2,29.1)	(20.6,29.9)	(17.5,26.1)
West	–	–	–	–	–	**26.1**	**29.4**	**27.3**	**31.6**	**28.1**
						(19.8,29.0)	(25.2,34.0)	(22.9,32.1)	(26.9,36.7)	(23.5,33.2)
East	–	–	–	–	–	**27.5**	**21.7**	**27.7**	**26.4**	**28.1**
						(23.4,32.0)	(17.9,26.0)	(23.3,32.7)	(22.1,31.2)	(23.6,33.2)
North	–	–	–	–	–	**31.5**	**32.9**	**29.5**	**28.8**	**32.2**
						(27.1,36.3)	(28.3,37.8)	(25.1,34.4)	(24.3,33.8)	(27.5,37.3)
Marital Status										
Married/Partner	**26.8**	**25.0**	**21.0**	**22.7**	**26.4**	**24.3**	**21.8**	**23.6**	**23.4**	**22.7**
Previously Married	**39.4**	**31.8**	**30.4**	**30.7**	**34.9**	**32.9**	**35.4**	**29.4**	**25.6**	**26.2**
Never Married	**28.2**	**27.0**	**27.2**	**29.5**	**31.0**	**29.9**	**34.6**	**30.9**	**32.0**	**32.4**
Education										
High school not completed	**40.5**	**37.5**	**35.5**	**33.8**	**26.4**	**35.0**	**35.0**	**32.6**	**28.7**	**26.2**
Completed high school	**29.8**	**27.8**	**25.4**	**29.8**	**35.8**	**27.0**	**26.6**	**24.5**	**25.7**	**23.9**
Some college or university	**26.0**	**23.9**	**22.9**	**23.3**	**30.0**	**22.9**	**24.0**	**20.9**	**22.5**	**21.8**
University degree	**16.9**	**14.9**	**10.1**	**14.2**	**19.4**	**9.9**	**10.2**	**12.4**	**7.6**	**11.3**

Notes: ¶ 95% confidence interval; — data not available; all analyses are sample design adjusted.

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 4.1.3b: Percentage Reporting ***Current Cigarette Smoking***, by Demographic Characteristic, Ontarians Aged 18+, 2001–2019

(N=)	2001 (2627)	2002 (2421)	2003 (2411)	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)
Total	**24.7**	**22.8**	**22.5**	**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** [acd]
(95%CI)[¶]	(22.8,26.7)	(20.1,24.8)	(20.7,24.5)	(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)
Sex																			
Men	**28.0**	**25.6**	**25.2**	**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** [acd]
	(25.2,31.1)	(22.8,28.6)	(22.4,28.3)	(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)
Women	**21.5**	**20.2**	**20.0**	**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** [acd]
	(19.1,24.1)	(17.8,22.8)	(17.7,22.6)	(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)
Age																			
18 - 29	**32.0**	**28.4**	**31.0**	**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** [acd]
	(27.2,37.1)	(23.8,33.5)	(26.3,36.2)	(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)
30 - 39	**30.4**	**29.4**	**23.9**	**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** [acd]
	(26.2,35.0)	(25.1,34.1)	(19.6,28.7)	(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)
40 - 49	**25.6**	**25.2**	**23.9**	**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** [acd]
	(21.8,29.8)	(21.6,29.9)	(20.3,27.8)	(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)
50 - 64	**23.1**	**21.1**	**20.7**	**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** [cd]
	(19.1,27.6)	(17.5,25.2)	(16.9,25.1)	(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)
65+	**10.1**	**6.6**	**11.2**	**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** [bcd]
	(7.3,13.8)	(4.4, 9.7)	(8.1,15.4)	(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)
Region																			
Toronto	**24.9**	**17.2**	**22.3**	**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** [acd]
	(20.5,29.9)	(13.5,21.8)	(18.0,27.2)	(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)
Central East	**23.3**	**21.3**	**21.4**	**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** [acd]
	(19.2,27.9)	(17.3,25.9)	(17.4,26.0)	(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)
Central West	**23.6**	**27.4**	**20.4**	**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** [acd]
	(19.5,28.4)	(22.9,32.5)	(16.4,25.0)	(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)
West	**23.3**	**24.6**	**24.0**	**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** [acd]
	(19.2,28.0)	(20.4,29.3)	(19.8,28.7)	(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)
East	**25.3**	**20.8**	**21.4**	**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** [acd]
	(21.2,30.0)	(16.8,25.3)	(17.4,26.1)	(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)
North	**29.9**	**29.6**	**31.0**	**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** [cd]
	(26.0,34.1)	(25.3,34.5)	(26.3,36.2)	(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)

Cont'd

(N=)	2001 (2627)	2002 (2421)	2003 (2411)	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)
Marital Status																			
Married/Partner	**22.0**	**20.7**	**20.0**	**18.7**	**18.9**	**18.3**	**18.1**	**17.2**	**17.3**	**15.6**	**14.8**	**13.6**	**14.2**	**12.1**	**10.7**	**11.8**	**11.8**	**13.7**	**14.8** [acd]
Previously Married	**27.8**	**25.4**	**23.1**	**26.5**	**21.8**	**24.2**	**26.6**	**27.3**	**23.7**	**24.3**	**20.7**	**22.1**	**22.4**	**21.4**	**18.5**	**22.4**	**24.0**	**20.0**	**20.4** [acd]
Never Married	**30.7**	**26.8**	**30.0**	**26.6**	**24.0**	**26.1**	**30.1**	**22.4**	**20.3**	**20.1**	**14.3**	**22.8**	**21.9**	**20.3**	**18.2**	**14.1**	**18.3**	**17.5**	**17.5** [acd]
Education																			
HS not completed	**28.8**	**27.0**	**29.3**	**28.7**	**28.5**	**27.6**	**35.1**	**30.0**	**31.0**	**23.3**	**27.0**	**26.3**	**29.1**	**29.6**	**20.7**	**24.8**	**27.3**	**26.0**	**26.9** [ac]
Completed HS	**29.0**	**30.4**	**31.4**	**25.8**	**24.4**	**32.0**	**26.8**	**27.6**	**24.3**	**22.7**	**19.5**	**19.5**	**24.2**	**20.8**	**19.0**	**19.8**	**19.3**	**23.9**	**23.9** [acd]
Some College or University	**27.2**	**22.4**	**22.1**	**23.2**	**22.6**	**20.0**	**25.4**	**20.1**	**19.0**	**21.0**	**17.4**	**18.7**	**18.4**	**15.4**	**16.3**	**14.5**	**18.5**	**16.8**	**17.6** [acd]
University Degree	**15.3**	**14.4**	**12.9**	**13.7**	**11.2**	**9.5**	**7.6**	**10.4**	**10.8**	**8.9**	**7.7**	**9.2**	**7.2**	**8.2**	**5.8**	**7.8**	**†7.0**	**8.5**	**8.6** [acd]

Notes: (1) ¶ 95% confidence interval; † Estimate suppressed or unstable; all analyses are sample design adjusted; the sampling design was changed in 2017 to dual-frame sampling (landline + cell-phone).
(2) Trend Analysis: [a]Significant difference 1996 to 2019 ($p<.05$); [b]Significant change ($p<.05$) between last two estimates (2018 vs.2019); [c]Significant linear trend, $p<0.05$; [d] Significant nonlinear trend, $p<0.05$.

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

Table 4.1.4a: Percentage Reporting ***Daily Cigarette Smoking***, by Demographic Characteristic, Ontarians Aged 18+, 1996–2000

	1996	1997	1998	1999	2000
(N=)	(2721)	(2776)	(2509)	(2436)	(2406)
Total	**23.0**	**23.1**	**22.0**	**20.7**	**20.3**
(95%CI)¶	(21.3, 24.9)	(21.4, 25.0)	(20.2, 23.9)	(19.0, 22.6)	(18.5, 22.1)
Sex					
Men	**23.6**	**26.1**	**24.4**	**23.5**	**24.9**
	(21.1, 26.4)	(23.4, 29.0)	(21.5, 27.5)	(20.8, 26.4)	(22.1, 28.0)
Women	**22.5**	**20.4**	**19.8**	**18.2**	**16.1**
	(20.2,25.0)	(18.2, 22.8)	(17.6, 22.2)	(16.1, 20.6)	(14.1, 18.4)
Age					
18 - 29 years	**23.0**	**28.3**	**26.5**	**24.2**	**25.7**
	(19.2,27.3)	(24.2, 32.8)	(22.0, 31.4)	(20.0, 28.9)	(21.4, 30.6)
30 - 39 years	**27.8**	**26.1**	**26.7**	**24.4**	**20.6**
	(24.2,31.5)	(22.7, 30.0)	(22.9, 30.8)	(20.8, 28.3)	(17.2, 24.5)
40 - 49 years	**26.3**	**25.6**	**23.7**	**24.0**	**23.6**
	(22.4,30.6)	(21.7, 29.8)	(20.0, 27.9)	(20.2, 28.3)	(19.7, 27.9)
50 - 64 years	**20.6**	**19.4**	**18.3**	**17.9**	**17.9**
	(17.0,24.8)	(16.0, 23.3)	(14.6, 22.7)	(14.2, 22.2)	(14.4, 21.9)
65+ years	**13.4**	**8.5**	**12.8**	**11.5**	**11.8**
	(9.8,18.1)	(5.8, 12.3)	(9.5, 17.2)	(8.4, 15.6)	(8.4, 16.2)
Region					
Toronto	**19.3**	**22.1**	**19.5**	**15.3**	**16.4**
	(15.5,23.8)	(18.0, 26.8)	(15.5, 24.3)	(12.0, 19.4)	(12.8, 20.9)
Central East	**21.9**	**24.0**	**22.9**	**22.6**	**24.3**
	(18.2, 26.2)	(20.0, 28.4)	(18.7, 27.6)	(18.5, 27.2)	(20.1, 29.1)
Central West	**24.9**	**21.1**	**22.7**	**19.2**	**15.8**
	(20.8, 29.6)	(17.4, 25.4)	(18.7, 27.3)	(15.4, 23.7)	(12.4, 20.0)
West	**23.8**	**25.6**	**21.5**	**26.8**	**23.5**
	(19.9,28.3)	(21.6, 30.0)	(17.5, 26.0)	(22.4, 31.7)	(19.2, 28.4)
East	**24.3**	**20.0**	**21.6**	**21.3**	**22.7**
	(20.5, 28.6)	(16.3, 24.2)	(17.7, 26.2)	(17.3, 25.8)	(18.5, 27.6)
North	**28.1**	**30.0**	**26.3**	**25.2**	**23.9**
	(23.8, 32.1)	(25.6, 34.8)	(22.0, 31.0)	(20.9, 30.0)	(19.7, 28.7)
Marital Status					
Married/Partner	**21.9**	**19.0**	**19.9**	**19.8**	**18.1**
Previously Married	**29.4**	**30.8**	**27.2**	**22.2**	**22.2**
Never Married	**22.7**	**29.2**	**25.4**	**23.1**	**24.8**
Education					
High school not completed	**35.0**	**35.0**	**32.6**	**28.7**	**26.2**
Completed high school	**27.0**	**26.6**	**24.5**	**25.7**	**23.9**
Some college or university	**22.9**	**24.0**	**20.9**	**22.5**	**21.8**
University degree	**9.9**	**10.2**	**12.4**	**7.6**	**11.3**

Notes: ¶ 95% confidence interval; all analyses are sample design adjusted.

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 4.1.4b: Percentage Reporting ***Daily Cigarette Smoking***, by Demographic Characteristic, Ontarians Aged 18+, 2001–2019

	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019
(N=)	(2627)	(2421)	(2411)	(2611)	(2445)	(2016)	(2005)	(2024)	(2037)	(3030)	(3039)	(3030)	(3021)	(3043)	(5013)	(3042)	(2812)	(2806)	(2827)
Total	**19.0**	**18.0**	**17.8**	**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** [acd]
(95%CI)[¶]	(17.4, 20.8)	(16.4, 19.8)	(16.2, 19.6)	(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)
Sex																			
Men	**21.7**	**20.3**	**19.9**	**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** [acd]
	(19.1, 24.6)	(17.8, 23.1)	(17.3, 22.7)	(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)
Women	**16.5**	**15.8**	**15.9**	**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** [acd]
	(14.5, 18.8)	(13.8, 18.2)	(13.8, 18.2)	(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)
Age																			
18-29	**22.5**	**20.3**	**22.9**	**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** [acd]
	(18.4, 27.1)	(16.4, 24.8)	(18.7, 27.6)	(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)
30-39	**22.7**	**24.1**	**18.8**	**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** [acd]
	(19.0, 26.9)	(20.1, 28.6)	(15.1, 23.2)	(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)
40-49	**21.3**	**20.3**	**20.6**	**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** [acd]
	(17.8, 25.3)	(16.8, 24.3)	(17.3, 24.4)	(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)
50-64	**19.7**	**18.0**	**16.3**	**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** [acd]
	(15.9, 24.0)	(14.6, 22.0)	(13.0, 20.2)	(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)
65+	**6.9**	**5.4**	**9.4**	**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** [acd]
	(4.7, 10.1)	(3.5, 8.2)	(6.5, 13.5)	(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)
Region																			
Toronto	**19.1**	**11.9**	**17.4**	**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** [acd]
	(15.2, 23.6)	(8.8, 15.9)	(13.7, 21.8)	(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)
Central East	**17.8**	**17.2**	**16.3**	**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** [acd]
	(14.2, 22.1)	(13.6, 21.6)	(12.8, 20.6)	(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)
Central West	**18.1**	**21.4**	**16.4**	**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** [acd]
	(14.4, 22.4)	(17.3, 26.1)	(12.8, 20.8)	(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)
West	**18.1**	**21.4**	**19.6**	**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** [acd]
	(14.4, 22.5)	(17.5, 25.9)	(15.7, 24.1)	(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)
East	**19.0**	**17.2**	**16.0**	**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** [acd]
	(15.4, 23.3)	(13.5, 21.6)	(12.6, 20.2)	(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)
North	**25.9**	**23.0**	**26.5**	**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** [acd]
	(22.3, 29.9)	(18.9, 27.7)	(22.1, 31.4)	(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)

Cont'd

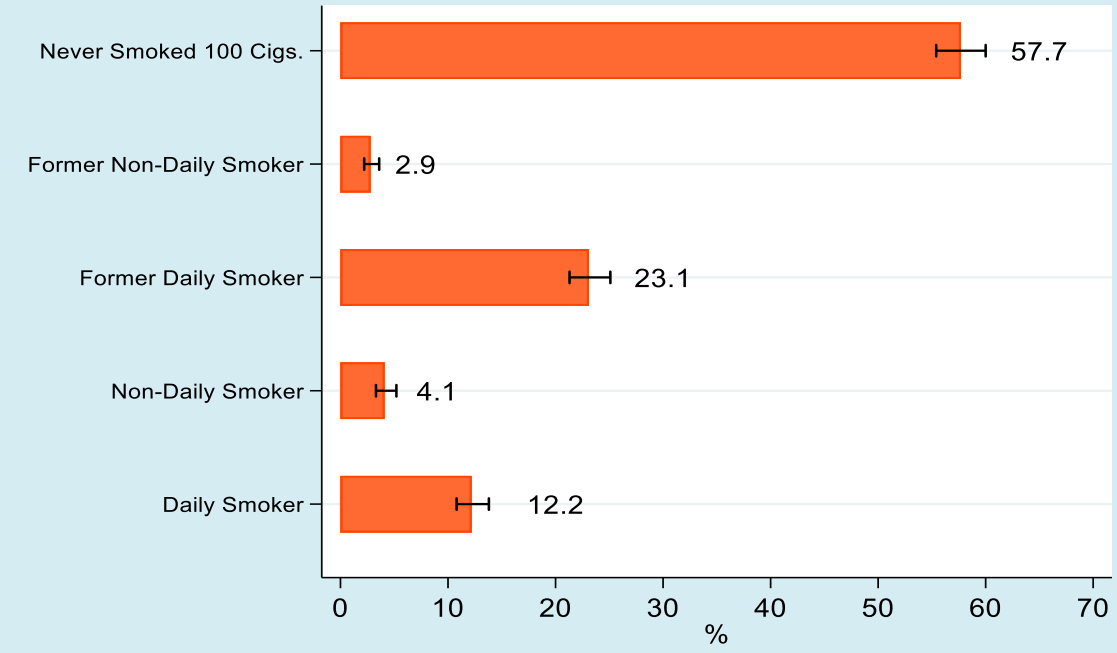
	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019
(N=)	(2627)	(2421)	(2411)	(2611)	(2445)	(2016)	(2005)	(2024)	(2037)	(3030)	(3039)	(3030)	(3021)	(3043)	(5013)	(3042)	(2812)	(2806)	(2827)
Marital Status																			
Married/	**16.9**	**16.0**	**16.2**	**14.8**	**15.1**	**14.2**	**14.3**	**14.1**	**13.8**	**12.4**	**10.5**	**11.5**	**11.3**	**9.3**	**8.2**	**8.8**	**8.8**	**9.6**	**10.2** [acd]
Previously Married	**22.4**	**21.9**	**20.2**	**22.1**	**17.8**	**18.2**	**23.4**	**21.9**	**18.2**	**20.9**	**19.2**	**17.6**	**17.9**	**19.3**	**15.7**	**15.9**	**18.5**	**†14.7**	**17.9** [acd]
Never Married	**22.5**	**20.9**	**21.6**	**18.5**	**18.3**	**19.3**	**21.9**	**16.3**	**14.9**	**16.5**	**10.7**	**13.9**	**16.6**	**14.0**	**12.6**	**10.2**	**†12.3**	**13.1**	**13.5** [acd]
Education																			
HS not completed	**23.8**	**23.7**	**26.2**	**24.4**	**26.5**	**24.3**	**30.9**	**26.7**	**28.3**	**21.7**	**23.1**	**21.3**	**27.0**	**26.4**	**17.8**	**20.6**	**†25.9**	**†21.2**	**22.5** [acd]
Completed HS	**23.0**	**23.7**	**26.1**	**21.9**	**22.0**	**25.3**	**21.1**	**21.4**	**20.5**	**20.4**	**15.5**	**14.1**	**20.6**	**17.0**	**15.7**	**16.6**	**15.7**	**17.7**	**18.4** [acd]
Some College or Univ	**20.5**	**17.8**	**17.7**	**15.8**	**16.5**	**14.7**	**19.8**	**16.5**	**14.4**	**16.7**	**13.3**	**15.0**	**13.2**	**11.3**	**12.1**	**9.7**	**13.5**	**12.3**	**13.4** [acd]
University Degree	**10.7**	**9.9**	**7.2**	**10.4**	**6.7**	**5.8**	**4.8**	**7.0**	**4.8**	**5.5**	**4.4**	**6.3**	**4.6**	**5.1**	**3.6**	**5.1**	**†3.0**	**†5.0**	**5.3** [acd]

Notes: (1) ¶ 95% confidence interval; † Estimate suppressed or unstable; all analyses are sample design adjusted; the sampling design was changed in 2017 to dual-frame sampling (landline + cell-phone).
(2) Trend Analysis: [a] Significant difference 1996 to 2019 ($p<.05$); [b]Significant change ($p<.05$) between last two estimates (2018 vs.2019); [c]Significant linear trend, $p<0.05$; [d] Significant nonlinear trend, $p<0.05$.

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.*

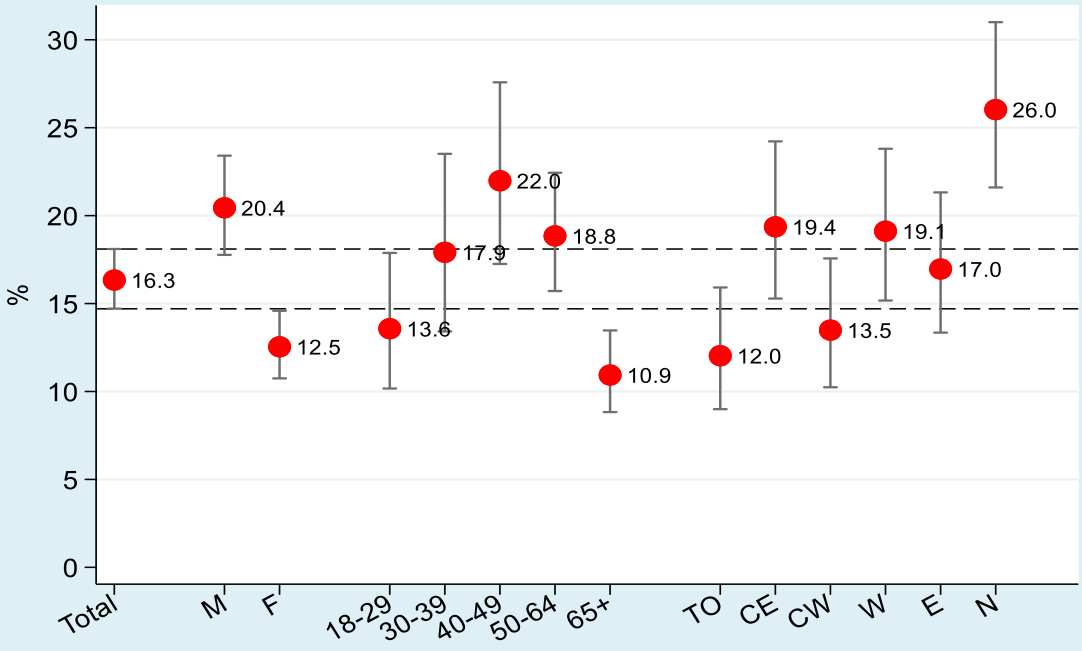
Source: The *CAMH Monitor*, Centre for Addiction and Mental Health

Figure 4.1.1
Cigarette Smoking Status, Ontarians Aged 18+, 2019 (N=2827)



Note: horizontal 'whiskers' represent 95% confidence intervals
Source: 2019 CAMH Monitor

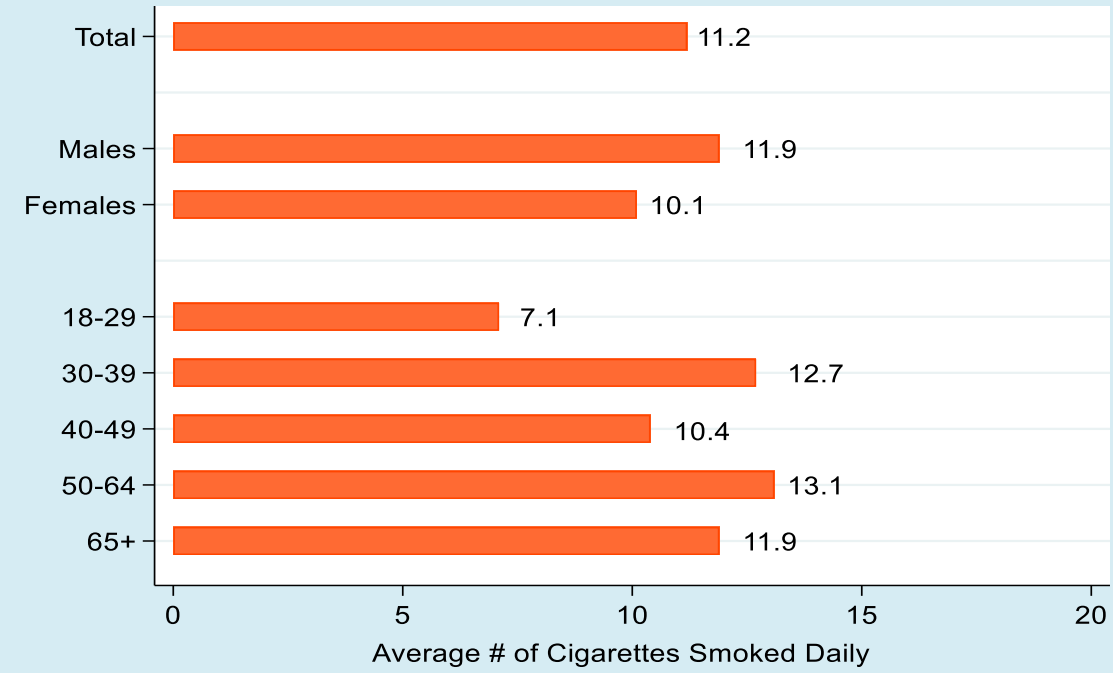
Figure 4.1.2
Current Cigarette Use by Sex, Age and Region, Ontarians Aged 18+, 2019 (N=2827)



Note: (1) vertical 'whiskers' represent 95% confidence intervals; (2) horizontal bar represents 95% confidence interval for total estimate
(3) significant difference by sex (p<.05)
Source: 2019 CAMH Monitor

Figure 4.1.3

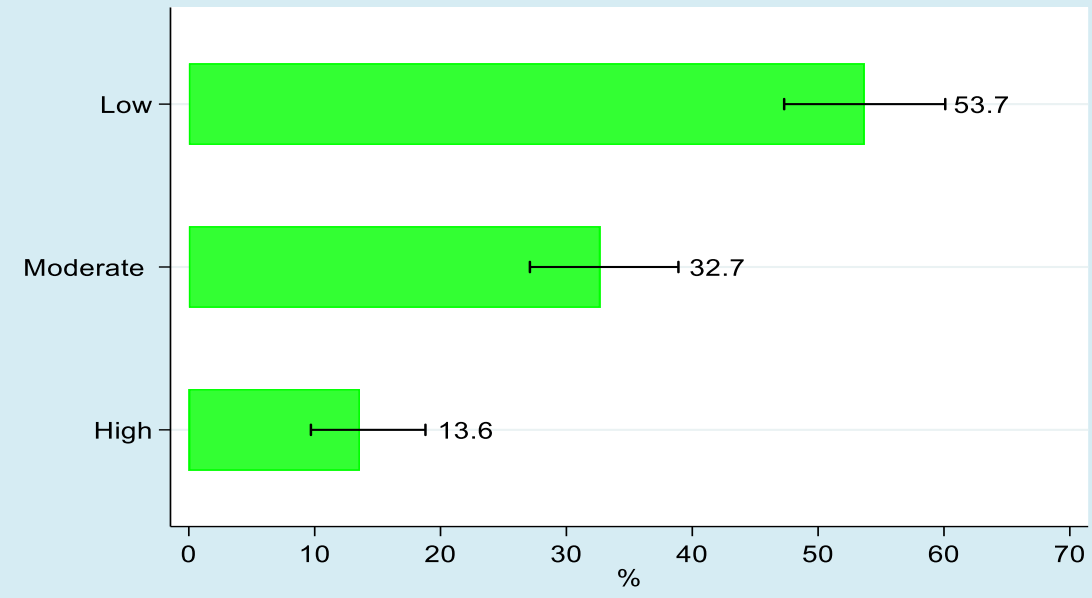
Average Number of Cigarettes Smoked Daily, Current Smokers Aged 18+, 2019 (*n*=447)



Source: 2019 CAMH Monitor

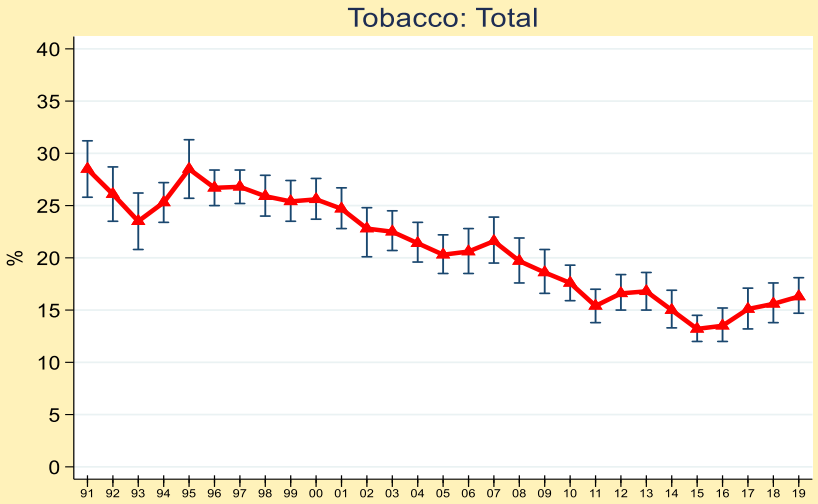
Figure 4.1.4

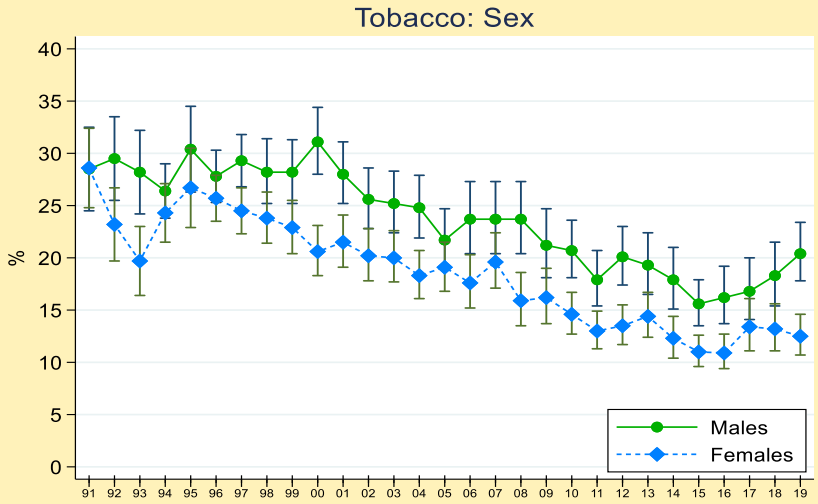
Nicotine Dependence (HSI), Daily Smokers Aged 18+, 2019 (*n*=336)

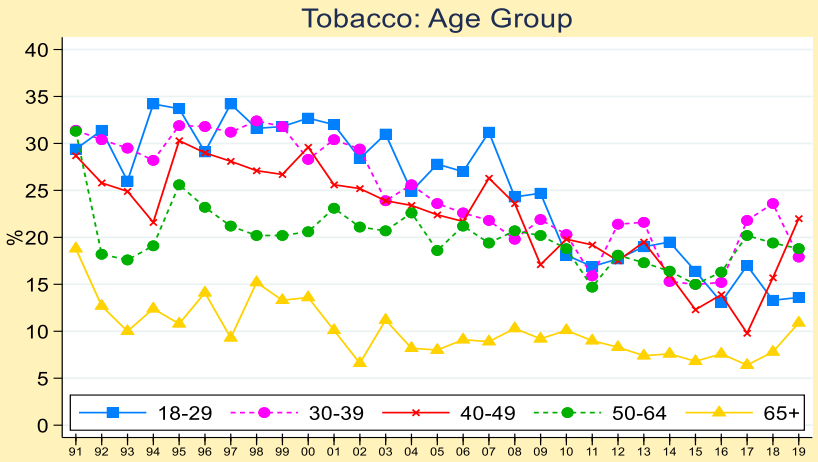


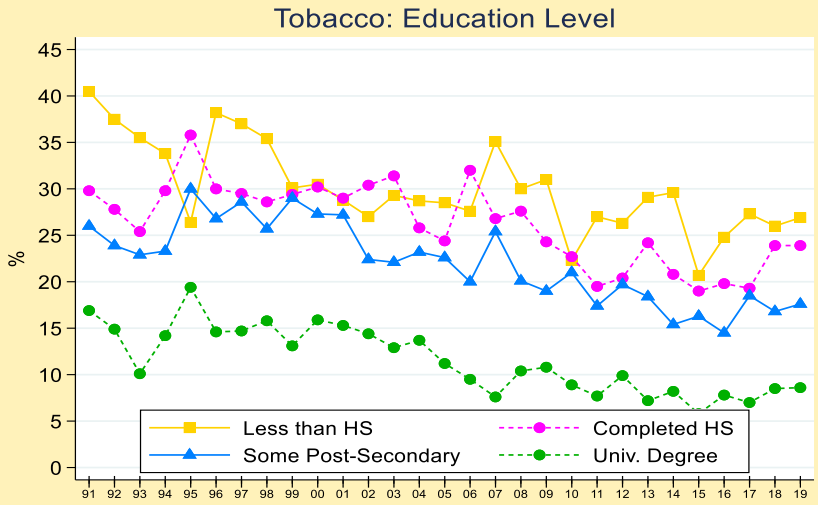
Note: horizontal 'whiskers' represent 95% confidence intervals
Source: 2019 CAMH Monitor

Figure 4.1.5
Current Cigarette Use Among Ontarians Aged 18+, 1991–2019









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

4.2. Electronic Cigarette Use

An electronic cigarette (e-cigarette) is a battery-powered cigarette-shaped canister used to simulate the sensation of smoking. Other names for an e-cigarette include "vape pen," "hookah pen," and "e-hookah." A liquid-filled cartridge is heated and releases vapour. The vapour, which resembles smoke, is inhaled. Some e-cigarettes contain nicotine, and most are flavoured.

In Canada, e-cigarettes with and without nicotine can be legally sold and the government has authority over the product and promotion. Sales to minors are banned (18 year olds nationally, 19 year olds in Ontario). However, Health Canada warns that e-cigarettes with or without nicotine may pose significant health risks.

Questions about the use of electronic cigarettes were included in the CAMH Monitor for the first time in 2013. In 2019, respondents were asked the following:

"*E-cigarettes, also known as "vape pipes," "hookah pens," and "e-hookahs" are electronic devices that create an inhaled mist, simulating the act of smoking. Have you ever taken at least one puff from an e-cigarette?"*

Two follow-up questions asked respondents whether they used an e-cigarette in the past year and if the e-cigarette they smoked the last time contained nicotine:

1) *"Was it in the past 12 months that you had at least one puff of an e-cigarette?"*

2) *"The last time you used an e-cigarette, did it contain nicotine?"*

2019 ……..Tables 4.2.1; 4.2.2; Fig. 4.2.1–4.2.2

Overall, the estimated percentage of electronic cigarette use in the past 12 months was **12.8%** (95% CI: 11.2% to 14.5%). The corresponding population estimate is 1,372,100 current users.

Age, marital status and education were significantly related to electronic cigarette use, when adjusting for other demographic factors.

- Compared to those aged 18 to 29 (30.6%), the adjusted odds of electronic cigarette use were significantly lower among those aged 40 to 49 (12.2%; OR=0.55), and among those aged 50 and older (4.3%; OR=0.16).
- The adjusted odds of electronic cigarette use were 2.2 times higher among never married than married (26.7% vs. 7.3%, respectively; OR=2.22).
- Electronic cigarette use was significantly lower among those having some postsecondary education compared to those completed high school education (13.5% vs 19.9%, OR=0.59), and those holding a university degree had lower odds of electronic cigarette use compared to those having post-secondary education (8.4% vs.13.5%, OR=0.63).

The majority (**75.5%**) of past 12 months users report using e-cigarettes with **nicotine**, **19.4%** report using e-cigarettes **without nicotine**, and 5.1% were not sure what they used (Fig. 4.2.2).

Trends

2013–2019…… Table 4.2.2

The prevalence of **electronic cigarette** use in 2019 (12.8%) was significantly increased from 2018 (9.2%). Similar patterns were evident among women, those aged 18 to 29, respondents living in Toronto, West, among never married and high school completed respondents.

Between 2013 and 2019, there was a significant non-linear increase in **electronic cigarette use**, varying between 8.5% in 2017 and 12.8% in 2019. A significant non-linear increase was also evident among women, those aged 18 to 29, 40 to 49, respondent living in the West, among

never married and high school completed respondents. During the same period, a significant non-linear and linear increase in **electronic cigarette** use was evident among those aged 50 and older and respondents living in the North region, respectively (Table 4.2.2).

Table 4.2.1: Percentage Reporting ***Electronic Cigarette Use*** in the Past 12 Months and Adjusted Group Differences, Ontarians Aged 18+, 2019

	N	%	95% CI	Adjusted Odds Ratio (N=2773)
Total[1]	2827	**12.8**	(11.2, 14.5)	—
Sex				NS
Men	1211	**14.3**	(12.0,16.9)	1.18 (0.86, 1.63)
Women *(Comparison Group)*	1616	**11.4**	(9.5,13.6)	—
Age				**
18-29 *(Comparison Group)*	410	**30.6**	(25.7,36.0)	—
30-39	259	**16.7**	(12.1,22.7)	0.69 (0.40, 1.21)
40-49	330	**†12.2**	(8.7,16.9)	**0.55 (0.32, 0.94)***
50+	1811	**4.3**	(3.2,5.6)	**0.16 (0.09, 0.26)****
Region				NS
Toronto *(vs. Provincial Average)*	487	**13.2**	(9.8,17.5)	0.93 (0.67, 1.29)
Central East	464	**12.7**	(9.5,16.8)	1.10 (0.77, 1.54)
Central West	466	**11.5**	(8.4,15.5)	0.81 (0.59, 1.10)
West	470	**13.5**	(10.1,17.7)	1.05 (0.74, 1.48)
East	467	**12.2**	(8.9,16.5)	1.18 (0.82, 1.70)
North	473	**16.2**	(12.4,20.9)	1.47 (1.05, 2.07)*
Marital Status				**
Married/Partner *(Comparison Group)*	1561	**7.3**	(5.8,9.1)	—
Previously Married	636	**†7.1**	(4.7,10.6)	1.64 (0.95, 2.83)
Never Married	606	**26.7**	(22.6,31.1)	**2.22 (1.40, 3.51)****
Education *(Comparison Group is previous group)*				**
High school not completed	249	**†10.1**	(6.2,16.1)	—
Completed high school	590	**19.9**	(16.0,24.5)	1.46 (0.71, 3.03)
Some college or university	1025	**13.5**	(11.1,16.4)	**0.59 (0.40, 0.88)****
University degree	944	**8.4**	(6.2,11.2)	**0.63 (0.42, 0.96)***
Household Income				NS
< $30,000 *(Comparison Group)*	309	**†10.0**	(6.4,15.3)	—
$30,000-$49,999	311	**†14.4**	(10.0,20.3)	**2.11 (1.05, 4.24)***
$50,000-$79,999	442	**†12.8**	(9.0,17.9)	1.62 (0.82, 3.18)
$80,000+	1017	**12.8**	(10.5,15.6)	**1.88 (1.03, 3.45)***
Not stated	748	**13.0**	(10.1,16.5)	1.45 (0.78, 2.68)

Notes: (1) All analyses are sample design adjusted; *p<.05; **p<.01; ***p<.001; CI = 95% confidence interval; NS – no statistically significant difference; † Estimate unstable or suppressed; [1] Asked only of a random subsample.
(2) Asterisks in group row indicate a statistically significant group effect, based on Wald test.
(3) ORs greater than 1.0 indicate that the odds of smoking are higher in the group being compared to the comparison group; ORs less than 1.0 indicate that the odds of smoking are lower in the group being compared to the comparison group.
(4) Adjusted odds ratio holding fixed values for sex, age, region, marital status, education, and income.
Q: *Have you ever taken at least one puff from an e-cigarette? Was this in the past 12 months?*
Source: The *CAMH Monitor*, Centre for Addiction and Mental Health.

Table 4.2.2: Percentage Reporting ***Electronic Cigarette Use*** in the Past 12 Months, by Demographic Characteristics, Ontarians Aged 18+, 2013-2019

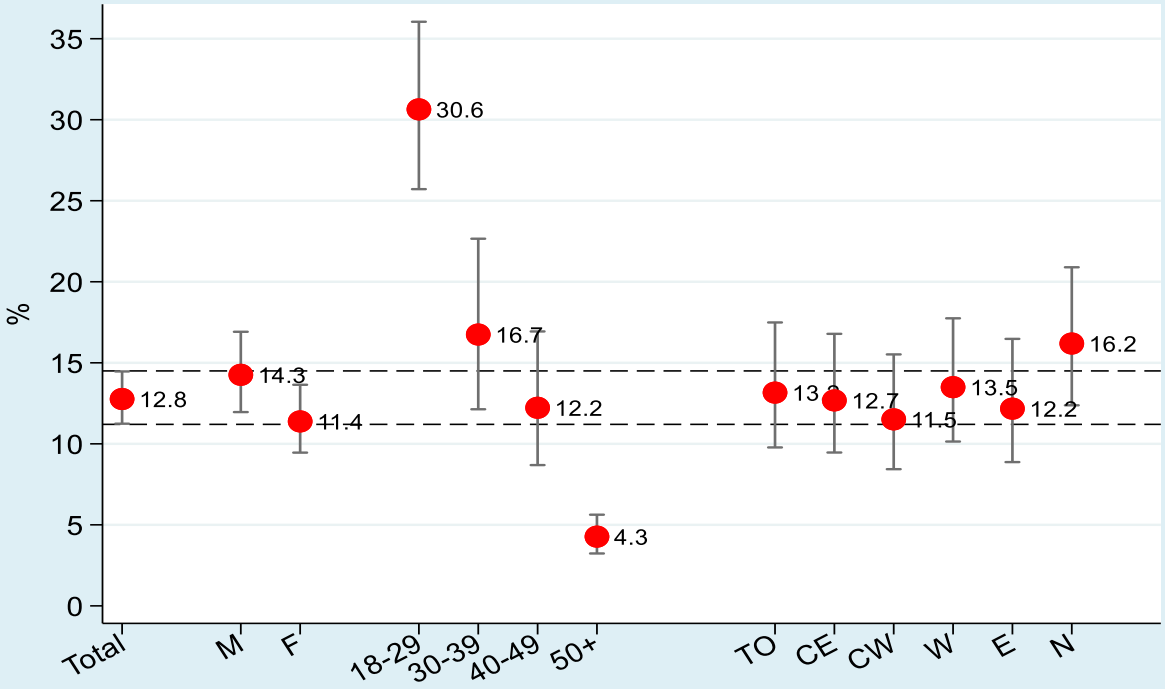
(N=)	2013 (1890)	2014 (3043)	2015 (2011)	2016 (2028)	2017 (2812)	2018 (2806)	2019 (2827)
Total	**10.5**	**10.1**	**10.9**	**9.6**	**8.5**	**9.2**	**12.8** [bd]
(95%CI)¶	(8.7, 12.6)	(8.5, 11.8)	(9.0, 13.2)	(7.8, 11.8)	(7.1, 10.1)	(7.8, 10.8)	(11.2, 14.5)
Sex							
Men	**10.6**	**11.6**	**12.9**	**13.5**	**11.4**	**11.4**	**14.3**
	(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)
Women	**10.3**	**8.7**	**9.2**	**5.9**	**5.8**	**7.2**	**11.4** [bd]
	(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)
Age							
18-29	**†17.5**	**†21.0**	**27.1**	**†17.6**	**20.3**	**20.5**	**30.6** [abd]
	(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)
30-39	**†10.7**	**†12.2**	**†11.5**	**†14.6**	**†9.6**	**†12.9**	**16.7**
	(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)
40-49	**†10.2**	**11.5**	**†6.6**	**†9.3**	**†5.6**	**†8.7**	**†12.2** [d]
	(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)
50+	**7.2**	**4.9**	**†5.3**	**5.1**	**4.4**	**3.9**	**4.3** [ac]
	(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)
Region							
Toronto	**†6.9**	**†9.1**	**†8.8**	**†6.2**	**†11.8**	**†8.1**	**13.2** [b]
	(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)
Central East	**†10.6**	**†12.3**	**†12.0**	**†11.4**	**†8.9**	**†9.6**	**12.7**
	(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)
Central West	**†13.5**	**10.8**	**†12.5**	**†9.6**	**†5.6**	**†8.5**	**11.5**
	(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)
West	**†12.3**	**†7.3**	**†8.6**	**†7.6**	**†5.1**	**†7.3**	**13.5** [bd]
	(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)
East	**†9.3**	**†9.2**	**†11.4**	**†12.7**	**†11.1**	**12.5**	**12.2**
	(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)
North	**†8.2**	**†8.3**	**†13.7**	**†10.9**	**†8.4**	**†11.0**	**16.2** [ac]
	(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)
Marital Status							
Married/ Partner	**8.0**	**7.2**	**6.7**	**7.2**	**5.6**	**6.2**	**7.3**
Previously Married	**†11.2**	**†8.8**	**†8.3**	**†8.0**	**†7.2**	**†6.7**	**†7.1**
Never Married	**†16.9**	**18.9**	**24.8**	**†16.3**	**15.5**	**17.5**	**26.7** [abd]
Education							
Less than high school	**†16.2**	**†12.8**	**†6.4**	**†9.2**	**†8.0**	**†6.8**	**†10.1**
Completed high school	**†14.5**	**14.9**	**†12.3**	**†14.1**	**†10.0**	**10.8**	**19.9** [bd]
Some college or university	**11.7**	**10.0**	**17.8**	**11.4**	**11.8**	**11.3**	**13.5**
University degree	**†5.3**	**†6.9**	**†4.0**	**†5.3**	**†4.4**	**†7.1**	**8.4**

Notes: (1) All analyses are sample design adjusted; ¶95% confidence interval; † estimate suppressed or unstable; sampling design was changed in 2017 to dual-frame sampling (landline + cell-phone).
(2) Trend Analysis: [a] Significant difference 2013 to 2019 ($p<.05$); [b] Significant change ($p<.05$) between last two estimates (2018 vs.2019); [c] Significant linear trend, $p<0.05$; [d] Significant nonlinear trend, $p<0.05$.

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

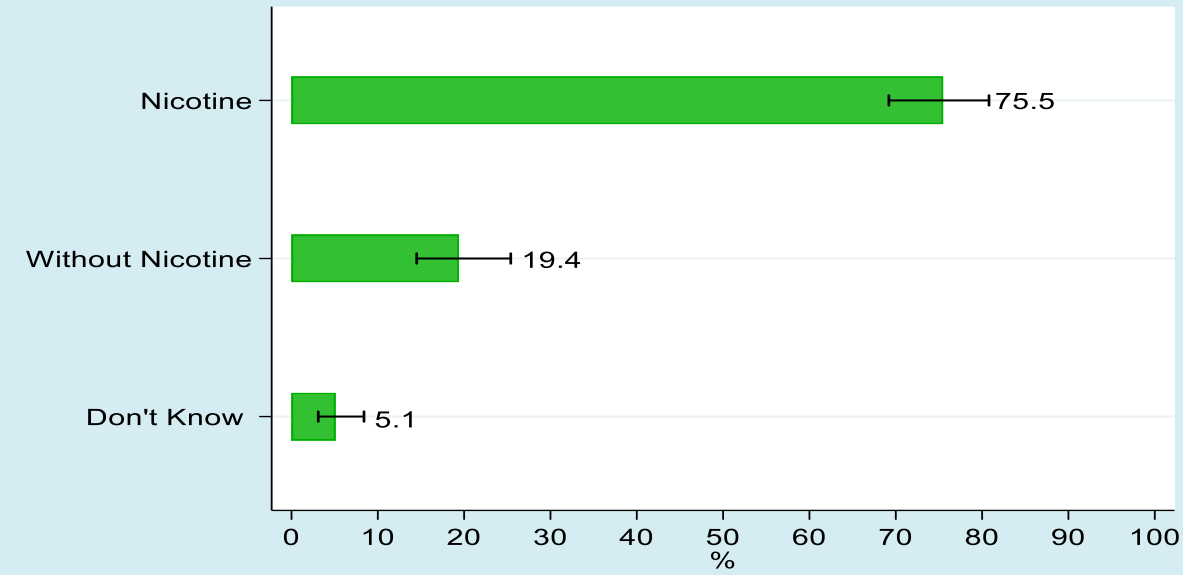
Source: The *CAMH Monitor*, Centre for Addiction and Mental Health

Figure 4.2.1
Past Year Electronic Cigarette Use by Sex, Age and Region, Ontarians Aged 18+, 2019 (N=2827)



Note: (1) vertical 'whiskers' represent 95% confidence intervals; (2) horizontal bar represents 95% confidence interval for total estimate
Source: 2019 CAMH Monitor

Figure 4.2.2
Type of Electronic Cigarette Used, Past Year Users Aged 18+, 2019 (*n*=301)



Note: horizontal 'whiskers' represent 95% confidence intervals
Source: 2019 CAMH Monitor

5. CANNABIS and OTHER DRUGS

5.1 Cannabis Use

2019……..Tables 5.1.1 - 5.1.2; Fig. 5.1.1 - 5.1.2

Overall, an estimated **53.1%** (95% CI: 50.7 to 55.4) of Ontario adults used cannabis at least once in their lifetime, while **25.6%** (95% CI: 23.5% to 27.7%) used it in the 12 months before the survey. Population estimates for lifetime and past year use are 5,680,700 and 2,729,400 Ontario adults, respectively.

Frequency of cannabis use

Overall, **16.6%** of Ontario adults used cannabis once a month or more frequently. Among past year cannabis users, 35.1% used less than once a month and 64.9% used once a month or more frequently.

Sex, age, marital status, education and **household income** were all significantly related to past year use of cannabis. While holding values of risk factors constant, adjusted group differences showed the following:

- The adjusted odds of use were significantly higher among men than women (31.5% vs. 20.1%; OR=1.73).
- Past year cannabis use showed a significant decline with age, dropping from 45.5% among 18 to 29 year olds to 15.1% among those aged 50 years and older. Compared to 18 to 29 year olds, the adjusted odds of past year cannabis use were significantly lower among 40 to 49 years olds (OR=0.46), and among those 50 and older (OR=0.26).
- The adjusted odds of cannabis use were around 2 times higher among never married than married (40.3% vs. 20.8%, respectively; OR=1.75).
- Relative to those not completing high school, cannabis use was significantly lower among respondents with a university degree (19.5% vs. 25.6%, OR=0.45).
- Household income showed a significant association with past year cannabis use. Compared to those having less than $30,000 household income, cannabis use was significantly higher among respondents having $80,000 or more household income (22.4% vs. 31.2%, respectively; OR=2.20).

There were no significant differences according to region after adjusting for other demographics.

Trends

1977–2019…… Table 5.1.4-5.1.5 Fig. 5.1.3 – 5.1.4

2018–2019

Prevalence of past year cannabis use was significantly **higher** in 2019 (25.6%) compared to 2018 (19.9%). This **increase** was evident among men and women, among those aged 50 years and older, among Central East, West and North residents, amon those who are married, among those not completing high school and those who completed some postsecondary education.

2009–2019

Since 2009, there was a upward trend in past year cannabis use**,** which increased from 13.3% in 2009 to 25.6% in 2019. During this period, significant linear increases in cannabis use were also evident for all subgroups.

1996–2019

Since 1996, past year cannabis use among the total sample has **increased** significantly (more than threefold), from 8.7% to 25.6% in 2019, and the trend has been increasing steadily since 2009.

Increases were strongest among the youngest respondents and weakened with increasing age. Between 1996 and 2019, cannabis use increased among all age groups.

Significant **increases** also occurred among men and women, and all regions, marital status and education subgroups.

1977–2019

Since 1977, past year use of cannabis has increased appreciably. The current estimate of 25.6% is significantly higher than the 8.1% found in 1977, and the overall 2019 estimate is the **highest** on record. There were also significant increases over the longer term among **men** (from 9.1% in 1992 to 31.5% in 2019), **women** (from 4.5% in 1977 to 20.1% in 2019) and among **all age groups**.

Another important change is the aging of cannabis users (Fig 5.1.2). In 1977, 82% of past year cannabis users were aged 18 to 29 versus 37% in 2019. In contrast, the proportion of cannabis users aged 30 to 49 increased from 15% to 34%, and the proportion aged 50 and older increased almost 10-fold from 3% to 29% during the same period.

Table 5.1.1: Frequency of ***Cannabis Use*** among *Lifetime* and *Past Year Users,* Ontarians Aged 18+, 2019

Frequency of Cannabis Use	Lifetime Users (N=1374)	Past year Users (N=615)
	% (95% CI)	% (95% CI)
Used in lifetime, but not past 12 months	**51.7** (48.4, 55.0)	—
Used less than once a month during the past 12 months	**17.0** (14.6, 19.7)	**35.2** (30.7, 39.9)
Used once a month or more often during the past 12 months	**31.3** (28.3, 34.5)	**64.9** (60.1, 69.3)

Note: All estimates are sample design adjusted.
Source: The *CAMH Monitor*, Centre for Addiction and Mental Health

Table 5.1.2: Percentage ***Using Cannabis*** in the Past 12 Months and Adjusted Group Differences, Ontarians Aged 18+, 2019

	N	%	95% CI	Adjusted Odds Ratio (N=2757)
Total	2827	**25.6**	(23.5, 27.7)	—
Sex				***
Men	1211	**31.5**	(28.3, 34.9)	**1.73 (1.36, 2.20)***
Women *(Comparison Group)*	1616	**20.1**	(17.6, 22.8)	—
Age				**
18-29 *(Comparison Group)*	410	**45.5**	(39.7, 51.4)	—
30-39	259	**34.9**	(28.6, 41.8)	0.78 (0.49, 1.24)
40-49	330	**24.5**	(19.5, 30.3)	**0.46 (0.29, 0.74)****
50+	1811	**15.1**	(13.0, 17.4)	**0.26 (0.17, 0.40)****
Region				NS
Toronto *(Comparison Group)*	487	**24.3**	(19.8, 29.4)	—
Central East	464	**25.5**	(21.0, 30.7)	1.07 (0.72, 1.60)
Central West	466	**22.2**	(17.8, 27.3)	0.80 (0.53, 1.22)
West	470	**27.7**	(23.0, 32.9)	1.08 (0.72, 1.62)
East	467	**29.5**	(24.7, 34.8)	1.35 (0.91, 2.00)
North	473	**30.6**	(25.8, 35.9)	1.40 (0.94, 2.09)
Marital Status				*
Married/Partner *(Comparison Group)*	1561	**20.8**	(18.4, 23.4)	—
Previously Married	636	**16.1**	(12.4, 20.6)	1.23 (0.84, 1.43)
Never Married	606	**40.3**	(35.5, 45.3)	**1.75 (1.21, 2.54)****
Education				**
High school not completed *(Comparison Group)*	249	†**25.6**	(18.7, 33.9)	—
Completed high school	590	**29.2**	(24.7, 34.2)	0.81 (0.46, 1.43)
Some college or university	1025	**29.9**	(26.4, 33.6)	0.81 (0.47, 1.40)
University degree	944	**19.5**	(16.4, 23.1)	**0.45 (0.25, 0.79)****
Household Income				**
< $30,000 *(Comparison Group)*	309	**22.4**	(16.7, 29.3)	—
$30,000-$49,999	311	**27.4**	(21.4, 34.2)	1.70 (0.99, 2.91)
$50,000-$79,999	442	**28.3**	(22.9, 34.4)	1.59 (0.94, 2.68)
$80,000+	1017	**31.2**	(27.7, 34.9)	**2.20 (1.35, 3.59)****
Not stated	748	**16.3**	(13.1, 20.0)	0.74 (0.45, 1.23)

Notes: (1) All analyses are sample design adjusted; * p<.05; **p<.01; ***p<.001; CI = 95% confidence interval; NS – no statistically significant difference; † Estimate unstable.
(2) Asterisks in group row indicate a statistically significant group effect, based on Wald test.
(3) ORs greater than 1.0 indicate that the odds of cannabis use are higher in the group being compared to the comparison group; ORs less than 1.0 indicate that the odds of cannabis use are lower in the group being compared to the comparison group.
(4) Adjusted odds ratio holding fixed values of sex, age, region, marital status, education, and income.
Q: *How many times, if any, have you used cannabis, marijuana or hash during the past 12 months*?
Source: The *CAMH Monitor*, Centre for Addiction and Mental Health

Table 5.1.3: Percentage ***Using Cannabis*** in the Past 12 Months by Demographic Characteristic, Ontarians Aged 18+, 1977– 2000

	1977	1982	1984	1987	1989	1991	1992	1994	1996	1997	1998	1999	2000
(N=)	(1059)	(1026)	(1043)	(1075)	(1098)	(1047)	(1058)	(2022)	(2721)	(2776)	(2509)	(2436)	(2406)
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**
(95% CI) [a]	(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)
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**
	(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)
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**
	(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)
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**
	(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)
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**
	(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)
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**
	(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)
50 +	**†1.2**	**†1.3**	**†1.8**	**†**	**†1.4**	**†**	**†1.3**	**†**	**†**	**†1.7**	**†1.4**	**4.1**	**†2.9**
	(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)
Region													
Toronto	—	—	—	—	—	—	—	—	**10.2**	**10.9**	**13.0**	**10.1**	**14.2**
									(7.5,13.8)	(8.1,14.7)	(9.7,17.3)	(7.3,13.6)	(10.9,18.4)
Central East	—	—	—	—	—	—	—	—	**†7.9**	**†8.0**	**†7.5**	**11.6**	**†5.7**
									(5.7,10.9)	(5.6,11.5)	(5.0, 11.1)	(8.5,15.7)	(3.6, 9.0)
Central West	—	—	—	—	—	—	—	—	**9.7**	**†8.5**	**†9.1**	**10.6**	**†6.8**
									(7.0,13.3)	(6.0,11.7)	(6.5,12.6)	(7.6,14.5)	(4.5,10.3)
West	—	—	—	—	—	—	—	—	**7.6**	**8.0**	**4.6**	**10.6**	**11.0**
									(5.2,10.8)	(5.6,11.3)	(2.8,7.4)	(7.7,14.4)	(7.8,15.2)
East	—	—	—	—	—	—	—	—	**8.0**	**11.0**	**7.4**	**9.7**	**9.0**
									(5.6,11.3)	(8.1,14.7)	(5.0,11.0)	(7.0,13.3)	(6.2,12.7)
North	—	—	—	—	—	—	—	—	**6.6**	**5.5**	**7.2**	**9.0**	**8.5**
									(4.4,9.7)	(3.7,8.2)	(4.8,10.7)	(6.3,12.9)	(5.9,12.3)
Marital Status													
Married	—	—	—	—	—	**4.0**	**3.5**	**4.1**	**4.9**	**5.1**	**4.3**	**6.4**	**6.2**
Previously Married	—	—	—	—	—	**6.5**	**6.3**	**8.6**	**6.7**	**6.0**	**3.9**	**6.2**	**†6.0**
Never Married	—	—	—	—	—	**20.2**	**13.7**	**20.9**	**19.5**	**20.1**	**22.9**	**25.3**	**26.4**
Education													
High school not completed	—	—	—	—	—	**6.3**	**6.3**	**8.5**	**6.1**	**9.8**	**6.8**	**7.7**	**10.4**
Completed high school	—	—	—	—	—	**9.8**	**5.2**	**9.6**	**9.5**	**10.4**	**10.7**	**10.6**	**9.5**
Some college or university	—	—	—	—	—	**10.7**	**6.7**	**10.3**	**11.3**	**9.0**	**10.2**	**13.5**	**15.7**
University degree	—	—	—	—	—	**7.6**	**7.2**	**7.0**	**7.0**	**7.4**	**5.6**	**8.5**	**7.0**

Notes: All estimates and analyses are sample design adjusted; [a] 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 5.1.4: Percentage ***Using Cannabis*** in the Past 12 Months by Demographic Characteristic, Ontarians Aged 18+, 2001–2019

(N=)	2001 (2627)	2002 (2421)	2003 (2411)	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)
Total	**11.2**	**11.5**	**12.8**	**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** abcd
(95% CI)¶	(9.9,12.8)	(10.1,13.1)	(11.4,14.5)	(10.8, 14.1)	(12.7, 16.2)	(11.5, 15.6)	(10.8,14.5)	(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)
Sex																			
Men	**15.4**	**15.3**	**16.0**	**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** abcd
	(13.2,18.0)	(12.9,17.9)	(13.6,18.7)	(13.5, 18.9)	(16.0, 21.9)	(15.4,22.3)	(12.5,18.2)	(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)
Women	**7.3**	**8.0**	**9.9**	**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** abcd
	(5.7,9.2)	(6.4,10.0)	(8.2,11.9)	(7.3, 11.1)	(8.4, 12.5)	(6.6,10.8)	(8.0, 12.6)	(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)
Age																			
18 - 29	**26.8**	**26.6**	**33.6**	**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** acd
	(22.5,31.7)	(22.1,31.7)	(28.7,38.9)	(28.9, 40.2)	(32.4, 44.2)	(31.6,45.4)	(27.3,40.5)	(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)
30 - 39	**15.8**	**14.7**	**12.0**	**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** acd
	(12.5,19.8)	(11.5,18.7)	(9.1,15.7)	(11.3, 19.0)	(13.1, 21.6)	(10.4,18.9)	(9.0,17.2)	(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)
40 - 49	**7.2**	**7.6**	**9.5**	**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** acd
	(5.3,9.7)	(5.4,10.5)	(7.3,12.3)	(5.2, 10.2)	(8.2, 14.1)	(5.8,12.1)	(7.0,13.8)	(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)
50 +	**†3.3**	**†3.3**	**†3.1**	**†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** abcd
	(1.8,4.8)	(2.2, 5.0)	(2.0, 4.8)	(2.4, 4.4)	(1.7, 3.9)	(1.7, 3.8)	(3.3,6.4)	(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)
Region																			
Toronto	**14.3**	**13.0**	**14.7**	**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** acd
	(10.9,18.7)	(9.7,17.2)	(11.3,19.0)	(10.2, 18.1)	(14.7, 24.1)	(9.7,19.0)	(11.6,21.0)	(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)
C-East	**11.7**	**12.4**	**12.0**	**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** abcd
	(8.8, 15.5)	(9.2,16.4)	(9.0,15.7)	(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)
C-West	**9.5**	**12.1**	**11.9**	**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** acd
	(6.9,13.0)	(8.8,16.2)	(8.7,16.1)	(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)
West	**9.6**	**10.0**	**11.6**	**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** abcd
	(7.0,13.2)	(7.2,13.7)	(8.5,15.6)	(8.1, 15.0)	(8.5, 15.6)	(11.7,21.3)	(10.1,19.0)	(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)
East	**10.9**	**8.2**	**14.4**	**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** acd
	(8.0,14.8)	(5.6,11.8)	(11.0,18.6)	(8.8, 15.9)	(8.2, 15.6)	(6.6,15.2)	(12.3,22.6)	(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)
North	**8.8**	**11.8**	**11.5**	**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** abcd
	(6.6,11.7)	(8.8,15.7)	(8.5,11.3)	(8.6, 14.3)	(7.8, 15.1)	(8.2,16.1)	(9.3,18.0)	(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)

Cont'd

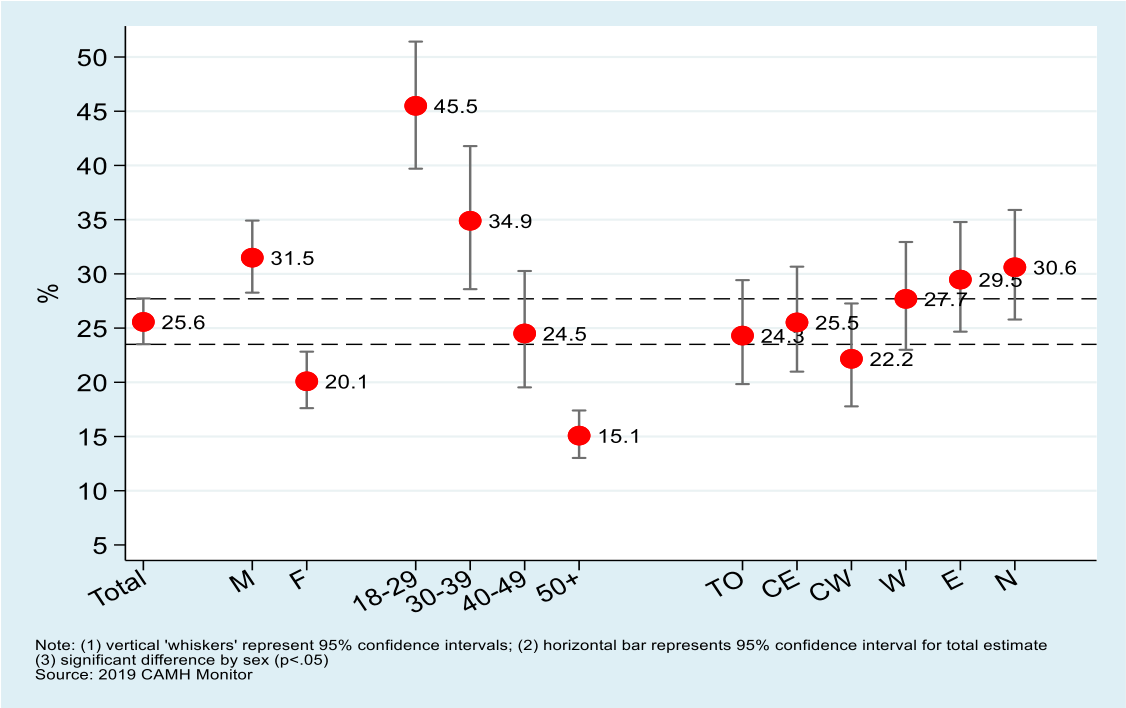
(N=)	2001 (2627)	2002 (2421)	2003 (2411)	2004 (2611)	2005 (2445)	2006 (2016)	2007 (2005)	2008 (2024)	2009 (2037)	2010 (3030)	2011 (3039)	2012 (3030)	2013 (3021)	2014 (3043)	2015 (5013)	2016 (3042)	2017 (2812)	2018 (2806)	2019 (2827)
Marital Status																			
Married/ Partner	**6.7**	**7.4**	**7.6**	**6.4**	**7.2**	**7.4**	**7.8**	**7.4**	**9.3**	**9.6**	**8.3**	**8.2**	**8.4**	**8.3**	**8.9**	**11.3**	**13.9**	**13.9**	**20.8** [abcd]
Previously Married	**9.0**	**9.2**	**10.5**	**9.9**	**10.0**	**9.4**	**8.4**	**9.4**	**7.8**	**10.7**	**11.2**	**10.3**	**9.1**	**11.4**	**9.5**	**13.2**	**†16.3**	**†12.8**	**16.1** [acd]
Never Married	**25.4**	**24.3**	**29.2**	**31.9**	**31.6**	**34.4**	**31.8**	**34.4**	**30.1**	**30.5**	**30.2**	**31.3**	**34.5**	**27.2**	**33.0**	**29.1**	**34.2**	**37.1**	**40.3** [acd]
Education																			
HS not completed	**†7.8**	**11.0**	**9.9**	**7.0**	**10.3**	**13.1**	**†7.7**	**13.1**	**13.2**	**†12.6**	**†11.8**	**†16.0**	**†11.1**	**†10.3**	**†7.9**	**†12.9**	**†22.6**	**†12.6**	**†25.6**[abcd]
Completed HS	**13.1**	**13.2**	**15.8**	**12.7**	**15.0**	**15.2**	**17.1**	**15.2**	**15.0**	**16.5**	**14.7**	**12.6**	**18.5**	**12.9**	**18.5**	**17.2**	**18.8**	**24.3**	**29.2** [acd]
Some college or university	**12.3**	**13.3**	**15.4**	**15.7**	**17.0**	**14.2**	**15.9**	**14.2**	**14.8**	**16.1**	**15.1**	**15.1**	**15.3**	**14.7**	**18.2**	**19.5**	**20.8**	**23.1**	**29.9** [abcd]
University degree	**10.2**	**8.8**	**9.2**	**11.2**	**12.4**	**11.7**	**†7.4**	**11.7**	**11.0**	**11.1**	**11.4**	**12.0**	**11.0**	**12.0**	**9.7**	**12.2**	**18.2**	**16.6**	**19.5** [acd]

Notes: (1) All estimates are sample design adjusted; ¶ 95% confidence interval; † Estimate unstable or suppressed; the sampling design was changed in 2017 to dual-frame sampling (landline + cell-phone).
(2) Trend Analysis: [a] Significant difference 1996 to 2019 ($p<.05$); [b]Significant change ($p<.05$) between last two estimates (2018 vs.2019); [c]Significant linear trend, $p<0.05$; [d] Significant Non-linear trend, $p<0.05$.

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

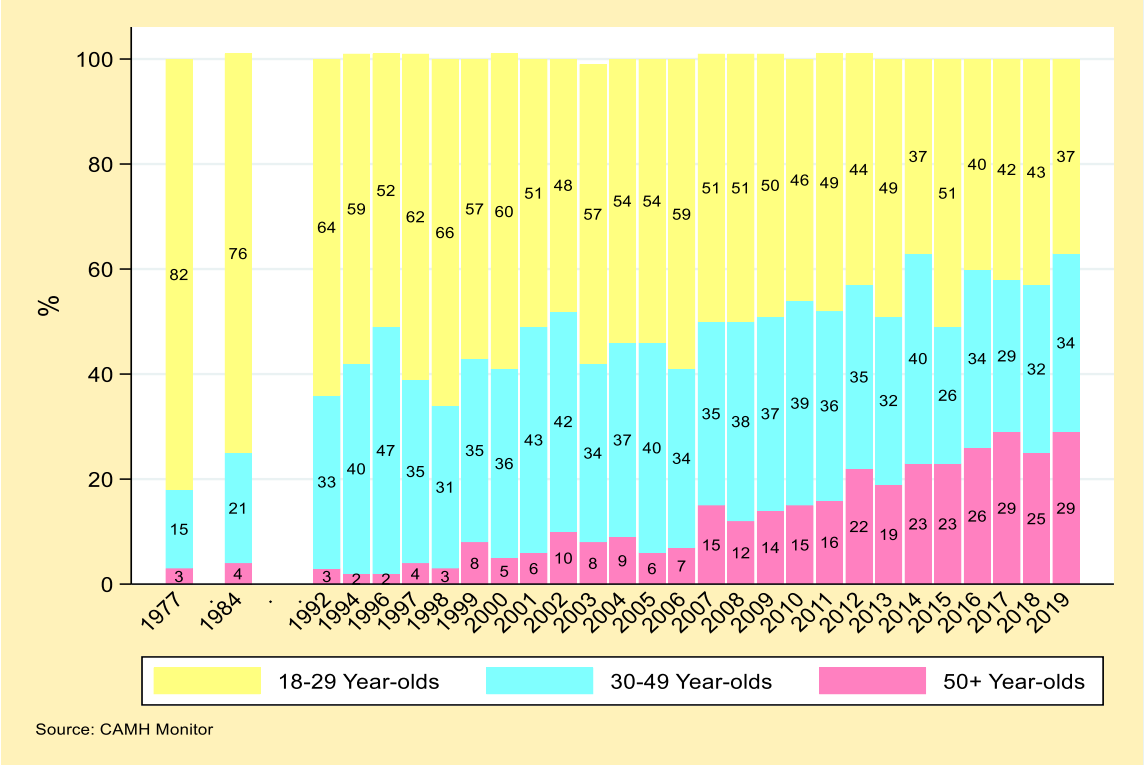
Source: The *CAMH Monitor*, Centre for Addiction and Mental Health

Figure 5.1.1
Past Year Cannabis Use by Sex, Age and Region, Ontarians Aged 18+, 2019 (N=2827)



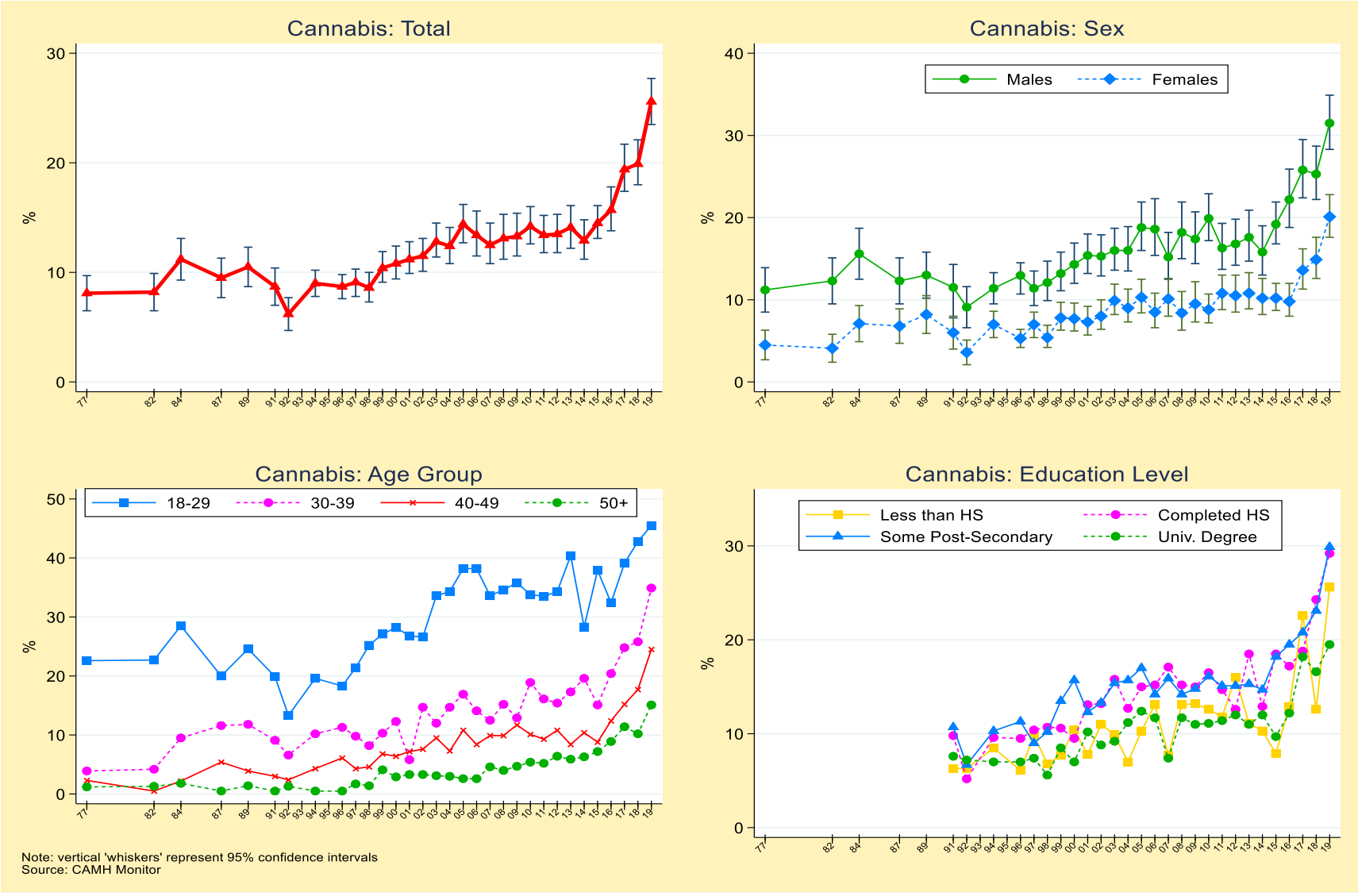
Note: (1) vertical 'whiskers' represent 95% confidence intervals; (2) horizontal bar represents 95% confidence interval for total estimate
(3) significant difference by sex (p<.05)
Source: 2019 CAMH Monitor

Figure 5.1.2
Age Distribution of Past Year Cannabis Users, Ontarians Aged 18+, 1977–2019



Source: CAMH Monitor

Figure 5.1.3
Past Year Cannabis Use, Ontarians Aged 18+, 1977–2019



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

5.1.1. Cannabis Use Problems (ASSIST–CIS)

To provide estimates of cannabis use problems, we used the *Cannabis Involvement Score* (CIS) from the World Health Organization's *Alcohol, Smoking and Substance Involvement Screening Test* (ASSIST V3.0). The WHO developed the ASSIST as a screening instrument designed to assess the risk of experiencing health and other problems (e.g. social, financial, legal, relationship) from their current pattern of use (WHO ASSIST Working Group, 2002).

The ASSIST–CIS was first introduced in the CM in 2004 and is asked only of past three month cannabis users. It 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 5.1.6).

The ASSIST–CIS, which 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.

We use a score of 4 or more on the ASSIST–CIS screener as a cut-off to estimate the percentage of respondents who present a moderate to high risk of experiencing cannabis use problems. In 2019, ASSIST-CIS items were asked only of a random subsample of respondents (N=1,813).

2019 .....Tables 5.1.7 - 5.1.8; Fig. 5.1.4

Overall, an estimated **13.6%** (95% CI: 11.7% to 15.7%) of Ontario adults and **57.9%** (95% CI: 51.7% to 63.8%) of past year cannabis users met the criteria for **moderate to high risk** of cannabis use problems. The population estimate is 1,454,800 adults.

Among the **total sample**, adjusted group differences show the following:

- The odds of experiencing cannabis problems were more than two times higher among men than women (19.0% vs. 8.7%; OR=2.47).
- The odds of experiencing cannabis problems were two times higher among those aged 18 to 29 than among those aged 30 and older (24.9% vs.10.7%; OR=2.75).

Among **past year users,** only sex was significantly associated with experiencing cannabis problems, and the odds of experiencing cannabis problems were 1.8 times higher among men than women (63.6% vs. 49.2%, OR=1.79).

Trends

2004–2019.....Tables 5.1.9 - 5.1.10; Fig. 5.1.5

2018–2019

Overall, the prevalence of cannabis use problems was significantly increased from 10.2% in 2018 to 13.6% in 2019. This **increase** was evident among men, among those aged 30 years and older.

Among **past year users,** the prevalence of cannabis use problems was not significantly different between 2018 and 2019 (57.9% vs. 58.6%) and rates were stable for all subgroups.

2004–2019

Overall, there was a statistically significant **increase** in the percentage reporting cannabis use problems from 5.8% in 2004 to 13.6% in 2019. These increases were especially evident among men, women and among those aged 30 and older.

Among past year cannabis users, estimates of cannabis use problems was significantly increased from 47.2% in 2004 to 57.9% in 2019. This **increase** was evident among men, women, and among those aged 30 years and older.

Table 5.1.5: Percentage Reporting ***Cannabis Involvement Score Indicators (ASSIST-CIS)***, Ontarians *Overall* and Ontarian *Past Year Cannabis Users*, Aged 18+, 2019

ASSIST ITEMS	Response Weight and Response Category	Total[1] (N=1820)	Past year Cannabis Users[2] (N=379)
ASSIST Q1. How often have you used cannabis, marijuana or hash during the past 3 months?	0. Never	80.7	†18.6
	2. Once or twice	†4.9	†20.7
Abuse indicator	3. Monthly	†4.1	†17.4
	4. Weekly	†4.7	†20.0
	6. Daily or almost daily	†5.5	†23.3
	Mean (SE)	.74 (.05)	3.12 (.13)
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	90.6	60.0
	3. Once or twice	†4.1	†17.3
	4. Monthly	†	†2.6
Dependence indicator	5. Weekly	†1.3	†5.6
	6. Daily or almost daily	†3.4	†14.5
	Mean (SE)	.42 (.04)	1.77 (.14)
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	99.0	95.8
	4. Once or twice	†	†2.8
	5. Monthly	†	†
Abuse and harmful use indicator	6. Weekly	†	†
	7. Daily or almost daily	†	†
	Mean (SE)	.05 (.01)	.20 (.06)
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	98.0	91.7
	5. Once or twice	†1.5	†6.4
	6. Monthly	†	†
Abuse indicator	7. Weekly	†	†
	8. Daily or almost daily	†	†
	Mean (SE)	.1 (.02)	.45 (.09)
ASSIST Q5. Has a friend, relative, a doctor or anyone else ever expressed concern about your use of cannabis, marijuana or hash?	0. Never	97.2	88.1
	3. Yes, not past 3 months	†1.7	†7.2
	6. Yes, past 3 months	†1.1	†4.7
Abuse and dependence indicator	Mean (SE)	.1 (.02)	.50 (.09)
ASSIST Q6. Have you ever tried and failed to control, cut down or stop using cannabis, marijuana or hash?	0. Never	96.4	84.7
	3. Yes, not past 3 months	†1.9	†8.2
Dependence indicator	6. Yes, past 3 months	†1.7	†7.2
	Mean (SE)	.2 (.03)	.68 (.10)

Notes: [1]ASSIST-CIS items were asked only of a random subsample of respondents (N=1,820); [2]Analysis based on unconditional subclass of past year cannabis users (N=379); all analyses are sample design adjusted; † 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

Table 5.1.6: Percentage Reporting Moderate or High ***Risk of Cannabis Use Problems (ASSIST–CIS/4+)*** in the Past Three Months and Adjusted Group Differences, Ontarians Aged 18+, 2019

		N	%	95% CI	Adjusted Odds Ratio (N=1803)
Total[1]		1812	**13.6**	(11.7, 15.7)	—
Sex					***
Men		756	**19.0**	(15.7, 22.9)	**2.47 (1.74, 3.52)*** **
Women	*(Comparison Group)*	1056	**†8.7**	(6.8, 11.0)	—
Age					***
18-29		261	**†24.9**	(19.1, 31.7)	**2.75 (1.85, 4.07)** ***
30+	*(Comparison Group)*	1542	**10.7**	(8.9, 12.8)	—

Notes: (1) All analyses are sample design adjusted; *p<.05**;** **p<.01; ***p<.001; CI = 95% confidence interval; NS – no significant difference; † Estimate suppressed or unstable; [1]ASSIST-CIS items were asked only of a random subsample of respondents.
(2) Asterisks in group row indicate a statistically significant group effect, based on Wald test.
(3) ORs greater than 1.0 indicate that the odds of cannabis use problems are higher in the group being compared to the comparison group; ORs less than 1.0 indicate that the odds of cannabis problems are lower in the group being compared to the comparison group;
(4) Adjusted odds ratio holding fixed values for sex, and age.
Def'n: The ASSIST–CIS (WHO) screener measures 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

Table 5.1.7: Percentage Reporting Moderate or High ***Risk of Cannabis Use Problems (ASSIST–CIS/4+)*** in the Past Three Months and Adjusted Group Differences, Ontario ***Cannabis Users***[1], Aged 18+, 2019

		N	%	95% CI	Adjusted Odds Ratio (N=369)
Total [1]		371	**57.9**	(51.7, 63.8)	—
Sex					**
Men		207	**63.6**	(55.4, 71.1)	**1.79 (1.09, 2.96)***
Women	*(Comparison Group)*	164	**49.2**	(40.2, 58.3)	—
Age					NS
18-29		111	**61.0**	(49.9, 71.1)	1.26 (0.74, 2.15)
30+	*(Comparison Group)*	258	**56.5**	(49.1, 63.7)	—

Notes: (1) All analyses are sample design adjusted; *p<.05**;** **p<.01; ***p<.001; CI = 95% confidence interval; NS – no statistically significant difference; † Estimate suppressed or unstable; [1]Analysis based on unconditional subclass of past year cannabis users (N=371).
(2) Asterisks in group row indicate a statistically significant group effect, based on Wald test.
(3) ORs greater than 1.0 indicate that the odds of cannabis use problems are higher in the group being compared to the comparison group; ORs less than 1.0 indicate that the odds of cannabis problems are lower in the group being compared to the comparison group;
(4) Adjusted odds ratio holding fixed values for sex and age.
Def'n: The ASSIST (WHO) screener measures risk of experiencing cannabis use problems as indicated by a score of 4.
Source: The *CAMH Monitor*, Centre for Addiction and Mental Health

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, Ontarians Aged 18+, 2004–2019

(N=)	2004 (2611)	2005 (1255	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 (1792)	2019 (1812)
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** [abcd]
(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)
Sex																
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** [abcd]
	(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)
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** [acd]
	(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)
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**
	(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)
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** [abcd]
	(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)

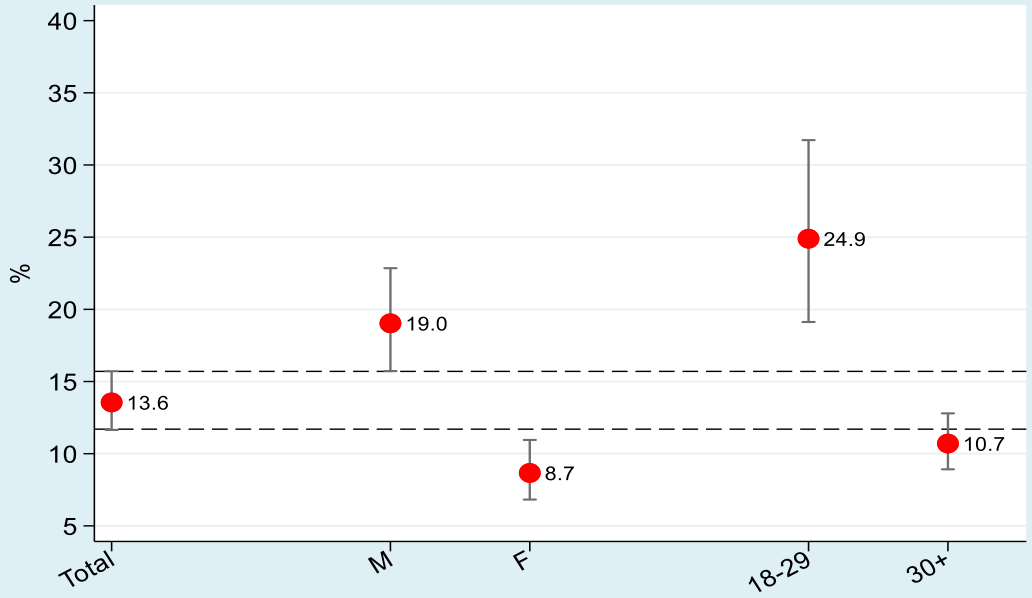
Notes: (1) ¶ 95% confidence interval; † Estimate suppressed or unstable; all analyses are sample design adjusted.
(2) Trend Analysis: [a] Significant difference 2004 to 2019 (p<.05); [b]Significant change (p<.05) between last two estimates (2018 vs.2019); [c]Significant linear trend, p<0.05; [d] Significant non-linear trend, 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

Table 5.1.9: Percentage Reporting Moderate or High ***Risk of Cannabis Use Problems (ASSIST–CIS 4+)*** in the Past Three Months, by Demographic Characteristics, Ontario ***Cannabis Users***[1] Aged 18+, 2004–2019

(N=)	2004 (279)	2005 (145)	2006 (209)	2007 (222)	2008 (209)	2009 (211)	2010 (249)	2011 (196)	2012 (192)	2013 (181)	2014 (193)	2015 (122)	2016 (111)	2017 (239)	2018 (249)	2019 (371)
Total [1]	**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** [acd]
(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)
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** [cd]
	(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)
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** [ac]
	(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)
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**
	(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)
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** [acd]
	(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)

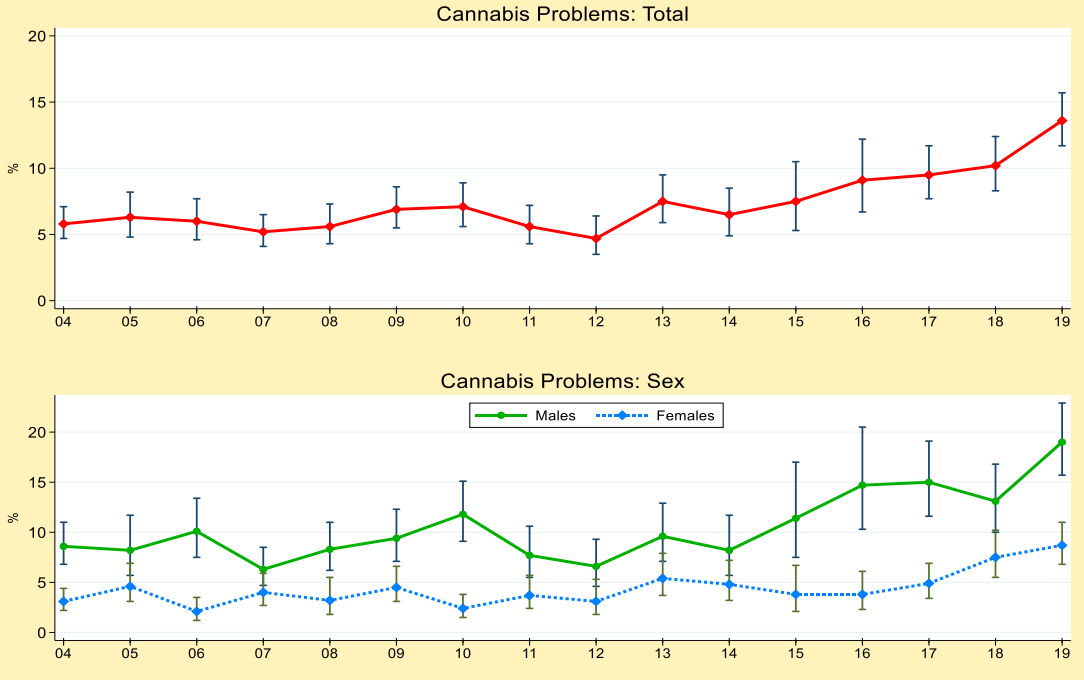
Notes: [1]Analysis based on unconditional subclass of past year cannabis users.
(1) ¶ 95% confidence interval; † Estimate suppressed or unstable; all analyses are sample design adjusted.
2) Trend Analysis: [a] Significant difference 2004 to 2019 (p<.05); [b]Significant change (p<.05) between last two estimates (2018 vs.2019); [c]Significant linear trend, p<0.05; [d] Significant non-linear trend, 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 5.1.4
Percentage Reporting Cannabis Use Problems in the Past Three Months by Sex and Age, Ontarians Aged 18+, 2019 (N=1812)



Note: (1) vertical 'whiskers' represent 95% confidence intervals; (2) horizontal bar represents 95% confidence interval for total estimate
(3) significant difference by sex (p<.05)
Source: 2019 CAMH Monitor

Figure 5.1.5
Percentage Reporting Cannabis Use Problems in the Past Three Months, Ontarians Aged 18+, 2004–2019



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

5.1.2. Cannabis Use for Medical Purposes

To provide estimates of cannabis use for medical purposes, the survey asked respondents about their use of cannabis to treat any medical problem. 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*.

2019 .....Tables 5.1.11 - 5.1.12

Overall, an estimated **10.5%** (95% CI: 9.2% to 12.1%) of Ontario adults, and **41.5%** (95% CI: 36.9% to 46.3%) of past year cannabis users, reported using cannabis for medical purposes. The population estimate is 1,746,100 Ontario adults.

Among the **total sample**, adjusted group differences show the following:

- The odds of using cannabis for medical purposes were about 1.7 times higher among men than women (13.1% vs. 8.2%; OR=1.70).
- Compared to those aged 18 to 29 year olds, the odds of using cannabis for medical purposes were significantly lower among those aged 50 and older (OR=0.56).

Among **past year users,** cannabis use for medical purposes significantly increased with age. Compared to those aged 18 to 29 year olds (30.4%), the odds of using cannabis for medical purposes were significantly higher among 40 to 49 year olds (45.9%, OR=1.95) and among those 50 years and older (54.1%, OR=2.71).

Table 5.1.10: Percentage Reporting ***Cannabis Use for Medical Purposes*** in the Past Three Months and Adjusted Group Differences, Ontarians Aged 18+, 2019

		N	%	95% CI	Adjusted Odds Ratio (N=2782)
Total		2827	**10.5**	(9.2, 12.1)	—
Sex					**
Men		1211	**13.1**	(10.9, 15.8)	**1.70 (1.25, 2.30)****
Women	*(Comparison Group)*	1616	**8.2**	(6.7, 9.8)	—
Age					**
18-29	*(Comparison Group)*	410	**†13.7**	(10.3, 18.0)	—
30-39		259	**†14.4**	(10.3, 19.9)	1.07 (0.65, 1.76)
40-49		366	**†11.2**	(7.9, 15.7)	0.79 (0.48, 1.32)
50+		1953	**†8.1**	(6.5, 9.9)	**0.56 (0.38, 0.82)****

Notes: (1) All analyses are sample design adjusted; *p<.05**;** **p<.01; ***p<.001; CI = 95% confidence interval; NS – no significant difference; † Estimate suppressed or unstable;
(2) Asterisks in group row indicate a statistically significant group effect, based on Wald test.
(3) ORs greater than 1.0 indicate that the odds of cannabis use are higher in the group being compared to the comparison group; ORs less than 1.0 indicate that the odds of cannabis use are lower in the group being compared to the comparison group;
(4) Adjusted odds ratio holding fixed values for sex, and age.
Q: *In the past 12 months, have you used cannabis to treat pain, nausea, glaucoma, MS, or any other medical condition?*
Source: The *CAMH Monitor*, Centre for Addiction and Mental Health

Table 5.1.11: Percentage Reporting ***Cannabis Use for Medical Purposes*** in the Past Three Months and Adjusted Group Differences, Ontario ***Cannabis Users***, Aged 18+, 2019

		N	%	95% CI	Adjusted Odds Ratio (N=606)
Total		608	**41.5**	(36.9, 46.3)	—
Sex					NS
Men		271	**41.9**	(35.7, 48.4)	0.97 (0.65, 1.44)
Women	*(Comparison Group)*	337	**41.0**	(34.2, 48.0)	—
Age					NS
18-29	*(Comparison Group)*	190	**†30.4**	(23.2, 38.6)	—
30-39		97	**†41.3**	(30.6, 52.9)	1.62 (0.89, 2.93)
40-49		87	**†45.9**	(34.0, 58.3)	**1.95 (1.05, 3.60)***
50+		232	**54.1**	(46.0, 61.9)	**2.71 (1.66, 4.40)****

Notes: (1) All analyses are sample design adjusted; *p<.05**;** **p<.01; ***p<.001; CI = 95% confidence interval; NS – no statistically significant difference; † Estimate suppressed or unstable;
(2) Asterisks in group row indicate a statistically significant group effect, based on Wald test.
(3) ORs greater than 1.0 indicate that the odds of cannabis use are higher in the group being compared to the comparison group; ORs less than 1.0 indicate that the odds of cannabis use are lower in the group being compared to the comparison group;
(4) Adjusted odds ratio holding fixed values for sex and age.
Q: *In the past 12 months, have you used cannabis to treat pain, nausea, glaucoma, MS, or any other medical condition?*
Source: The *CAMH Monitor*, Centre for Addiction and Mental Health

5.1.3. Modes of Use and Perceived Risk of Cannabis Use

Modes of cannabis use (among users)

2019……Tables 5.1.12; Fig. 5.1.6-7

In 2019, 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?

Among past year cannabis users, the most common modes of using cannabis were smoking it in a joint (79.2%), followed by using it in a food product (50.4%), smoking it in a pipe, bong or waterpipe (42.1%), and using it in a vaporizer or e-cigarette (32.6%). The least common modes of use were using cannabis as a tincture or lotion (16.6%), and as a drink (such as tea) (5.5%).

Perceived risk of cannabis use

Research has shown that drug-related attitudes and beliefs strongly correlate with drug using behaviour (Okaneku, Vearrier, McKeever, LaSala, & Greenberg, 2015).

2019 ……Fig 5.1.8

The survey asked the risk perception of cannabis use compared to tobacco whether the respondents think smoking cannabis is less harmful, the same, or more harmful than smoking tobacco. In Figure 5.1.6, we present the percentage of Ontario adults who believe smoking cannabis is “less harmful,” “the same,” or “more harmful”.

Respondents perceived that smoking cannabis is less harmful than smoking tobacco (43.8%), 33.3% of respondents perceived that the risk between smoking cannabis and tobacco is the same, and 23.2% perceived smoking cannabis is more harmful than smoking tobacco.

Table 5.1.12: Modes of Cannabis Use, Ontario ***Cannabis Users,*** Aged 18+, 2016–2019

Modes of cannabis use (N=)	**2016** (214)	**2017** (239)	**2018** (255)	**2019** (615)
Smoke cannabis using vaporizer (%)	**37.6**	**35.6**	**38.1**	**32.6**
95%CI¶	(28.97,47.18)	(29.61,42.12)	(32.58,44)	(28.23,37.29)
Smoke cannabis in a joint (%)	-	**77.5**	**77.7**	**79.2**
	-	(70.22,83.48)	(70.63,83.4)	(75.38,81.21)
Smoke cannabis in a water pipe or bong (%)	-	**52.3**	**51.5**	**42.1***
	-	(44.16,60.36)	(43.74,59.16)	(37.31,46.99)
Consume as a food product (%)	-	**48.0**	**56.5**	**50.4**
	-	(39.96,56.16)	(48.86,63.84)	(45.6,55.27)
Consume as a drink (tea) (%)	-	**7.8**	**9.2**	**5.5**
	-	(4.05,14.36)	(5.75,14.24)	(3.79,7.93)
Use cannabis as a tincture (%)	-	**5.8**	**10.2**	-
	-	(3.29,10.15)	(6.36,16.07)	-
Use cannabis as lotion (on skin) (%)	-	**4.6**	**7.1**	-
	-	(2.50,8.47)	(3.93,12.32)	-
Use cannabis as a tincture, cream or lotion on skin (%) [1]	-	-	-	**16.6**
	-	-	-	(13.35, 20.35)

[1]: Since 2019, questions about tincture and lotion were asked as one question; ¶: 95% confidence interval;
Note: All estimates are sample design adjusted.
Source: The CAMH Monitor, Centre for Addiction and Mental Health

Figure 5.1.6
Modes of Cannabis Use in the Past Year, Ontario Cannabis Users Aged 18+, 2019 (N=615)

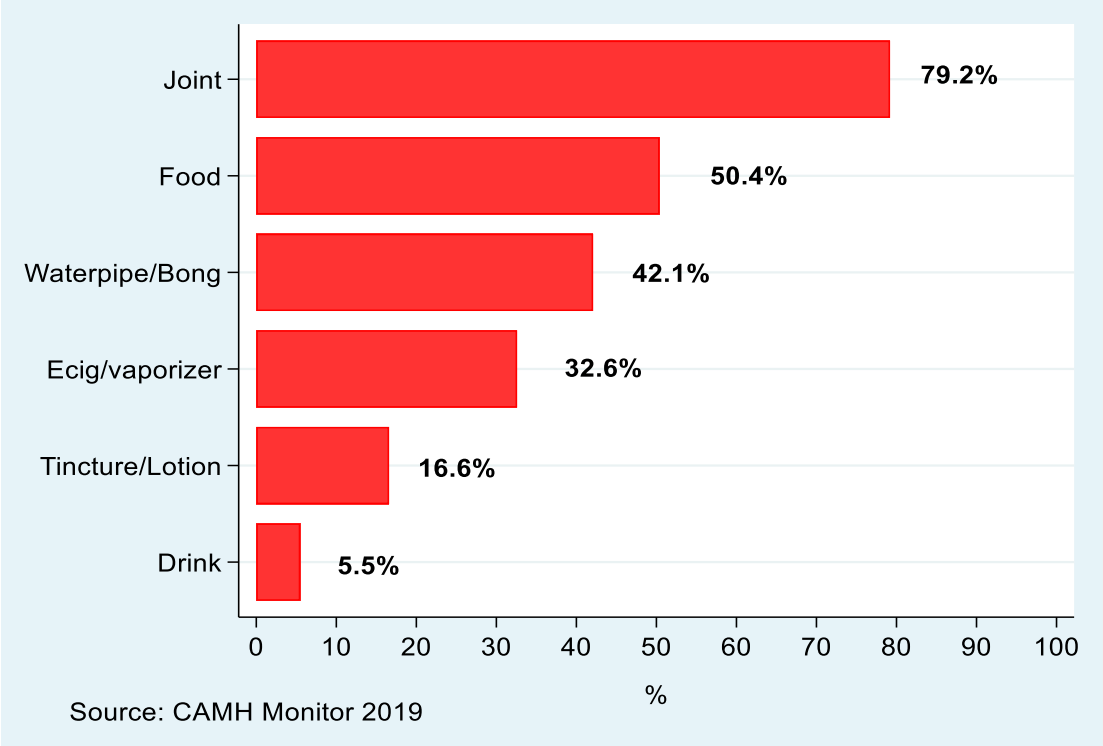


Figure 5.1.7
Modes of Cannabis Use in the Past Year by Sex, Ontario Cannabis Users Aged 18+, 2019 (N=615)

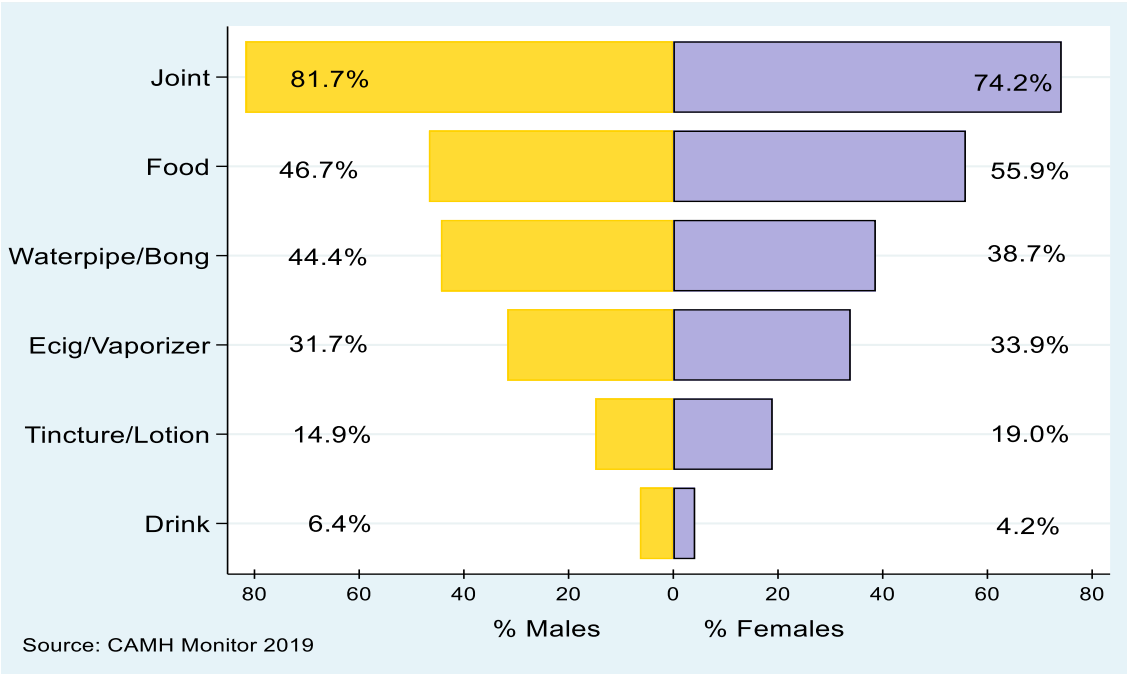
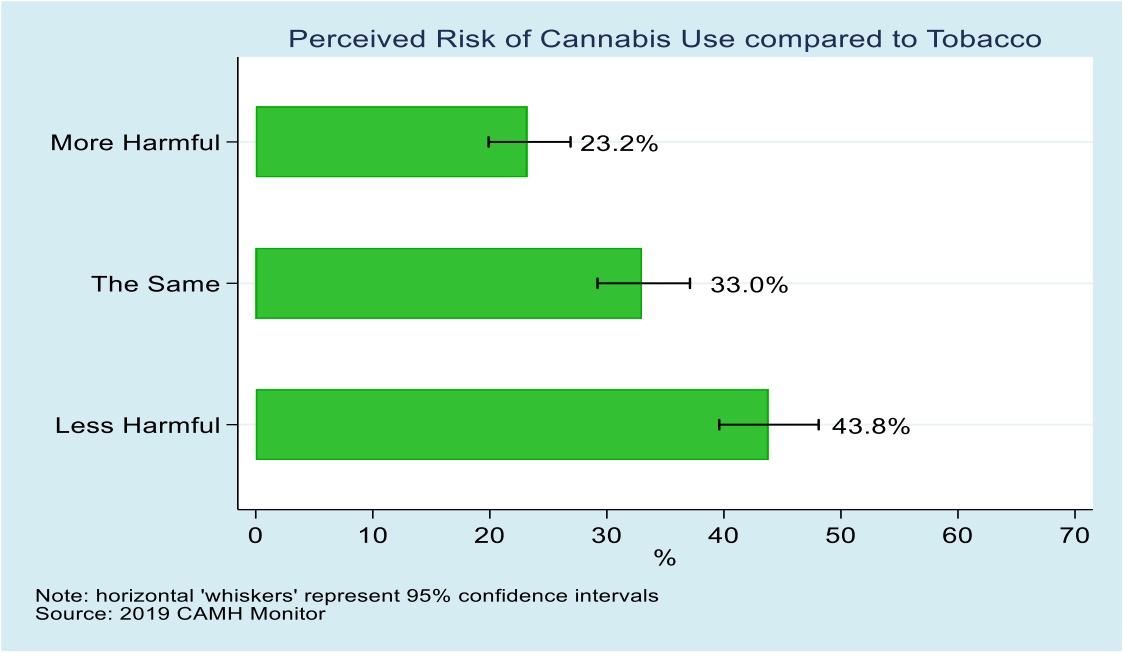


Figure 5.1.8: **Perceived Risk of *Cannabis Use* compared to Tobacco among Ontarians Aged 18+, 2019 (N=847)**



Note: horizontal 'whiskers' represent 95% confidence intervals
Source: 2019 CAMH Monitor

5.2 Cocaine Use

2019 ..... Tables 5.2.1, 5.2.2, Fig. 5.2.1

Overall, an estimated **11.3%** (95% CI: 9.6% to 13.3%) of Ontario adults used cocaine in their lifetime, and **1.9%** (95% CI: 1.2% to 2.8%) used it in the 12 months before the survey. The respective population estimates for lifetime and past year use are 1,213,000 and 198,300 Ontario adults, respectively. In 2019, cocaine use items were asked of a random subsample of respondents (N=1,820).

Lifetime Use

Sex, age, region, education and household income were significantly related to **lifetime use** of cocaine. Holding values of risk factors constant, adjusted group differences showed the following:

- The adjusted odds of lifetime cocaine use were 2.1 times higher among men than women (15.5% vs. 7.5%; OR=2.11).
- Compared to 18 to 29 year olds, the adjusted odds of lifetime cocaine use were significantly higher among 30 to 39 years olds (11.2% vs. 20.7%, OR=2.60), respectively.
- Compared to the provincial average, respondents living in Toronto had 1.75 times higher odds lifetime cocaine use (11.3% vs. 15.2%, OR=1.75).
- Lifetime cocaine use decreased significantly with increasing education. Relative to those not completing high school, cocaine use was significantly lower among respondents with a university degree (26.7% vs. 6.7%, respectively; OR=0.22).

Past year cocaine use

Only **age** was significantly related to **past year use** of cocaine.

- Past year use of cocaine was reported almost exclusively by the younger respondents aged 18 to 29 (5.0%; OR=4.83), with other age groups reporting low estimates (1.1%).

Trends

1996–2019..... Tables 5.2.3, 5.2.4, Fig. 5.2.2

2018–2019

Lifetime use of cocaine was stable between the two most recent surveys (9.4% in 2018 vs. 11.3% in 2019), and rates were also stable for past year cocaine use (1.9% in 2018 vs. 1.9% in 2019).

1984–2019

Lifetime cocaine use **increased significantly** between 1984 and 2019, varying between 3.3% and 11.3%. This increase was also evident among both men and women and among the age groups analysed.

The **past year cocaine use** remained low during the same period, hovering between 0.8% and 2.5%. We found a **significant increase** in past year cocaine use among both men and among the age groups analysed.

Table 5.2.1: Percentage ***Using Cocaine*** in ***Lifetime*** and Adjusted Group Differences, Ontarians Aged 18+, 2019

	N	%	95% CI	Adjusted Odds Ratio (N=1786)
Total	1815	**11.3**	(9.6, 13.3)	—
Sex				***
Men	759	**15.5**	(12.7, 18.9)	**2.11 (1.42, 3.16)****
Women *(Comparison Group)*	1056	**7.5**	(5.7, 9.8)	—
Age				**
18-29 *(Comparison Group)*	263	**†11.2**	(7.7, 16.1)	—
30-39	174	**20.7**	(14.9, 28.0)	**2.60 (1.28, 5.26)****
40-49	205	**†9.4**	(5.8, 14.8)	0.97 (0.42, 2.25)
50+	1165	**9.1**	(7.1, 11.6)	0.91 (0.44, 1.85)
Region				*
Toronto *(vs. Provincial Average)*	316	**15.2**	(10.9, 20.8)	**1.75 (1.20, 2.57)****
Central East	301	**†8.2**	(4.9, 13.2)	0.72 (0.44, 1.17)
Central West	298	**†8.0**	(5.2, 12.1)	0.75 (0.52, 1.10)
West	307	**†10.9**	(7.2, 16.1)	0.77 (0.48, 1.24)
East	297	**†14.1**	(10.0, 19.6)	1.22 (0.80, 1.86)
North	296	**†14.3**	(10.0, 19.9)	1.22 (0.78, 1.92)
Marital Status				NS
Married/Partner *(Comparison Group)*	995	**10.8**	(8.6, 13.5)	—
Previously Married	424	**†9.5**	(6.3, 14.1)	1.17 (0.65, 2.10)
Never Married	383	**12.8**	(9.5, 17.0)	1.24 (0.68,2.24)
Education				***
High school not completed *(Comparison Group)*	162	**†17.6**	(10.1, 28.7)	—
Completed high school	380	**†12.8**	(9.0, 17.8)	0.58 (0.27, 1.21)
Some college or university	669	**13.7**	(10.8, 17.2)	0.58 (0.28, 1.20)
University degree	592	**†6.7**	(4.6, 9.6)	**0.22 (0.10, 0.49)****
Household Income				*
< $30,000 *(Comparison Group)*	210	**†11.9**	(7.5, 18.6)	—
$30,000-$49,999	204	**†10.3**	(6.1, 16.9)	0.93 (0.42, 2.08)
$50,000-$79,999	277	**†14.8**	(9.8, 21.9)	1.48 (0.70, 3.10)
$80,000+	663	**13.2**	(10.4, 16.7)	1.53 (0.78, 2.99)
Not stated	461	**†6.5**	(4.3, 9.7)	0.54 (0.26, 1.12)

Notes: (1) All estimates and analyses are sample design adjusted; *p<.05; **p<.01; ***p<.001; CI = 95% confidence interval; NS – no statistically significant difference; † Estimate suppressed or unstable; asked only of a random subsample of respondents.
(2) Asterisks in group row indicate a statistically significant group effect, based on Wald test.
(3) ORs greater than 1.0 indicate that the odds of cocaine use are higher in the group being compared to the comparison group; ORs less than 1.0 indicate that the odds of cocaine use are lower in the group being compared to the comparison group;
(4) Adjusted odds ratio holding fixed values for sex, age, region, marital status, education and income.

Q: *Have you ever in your lifetime used cocaine*?

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

Table 5.2.2: Percentage ***Using Cocaine*** in the ***Past 12 Months*** and Adjusted Group Differences, Ontarians Aged 18+, 2019

	N	%	95% CI	Adjusted Odds Ratio (N=1807)
Total	1815	†**1.9**	(1.2, 2.8)	—
Sex				NS
Men	759	†**2.5**	(1.5, 4.1)	1.89 (0.71, 5.00)
Women *(Comparison Group)*	1056	†**1.3**	(0.6, 2.8)	—
Age				**
18-29	263	†**5.0**	(0.5, 2.0)	**4.83 (1.96, 11.9)****
30+ *(Comparison Group)*	1544	†**1.1**	(1.2, 2.9)	—

Notes: (1) All estimates and analyses are sample design adjusted; *p<.05**;** **p<.01; ***p<.001; CI = 95% confidence interval; NS – no statistically significant difference; † Estimate suppressed or unstable; asked only of a random subsample of respondents.
(2) Asterisks in group row indicate a statistically significant group effect, based on Wald test.
(3) ORs greater than 1.0 indicate that the odds of cocaine use are higher in the group being compared to the comparison group; ORs less than 1.0 indicate that the odds of cocaine use are lower in the group being compared to the comparison group;
(4) Adjusted odds ratio holding fixed values for sex and age.
Q: *How many times, if any, have you used cocaine in the past 12 months*?
Source: The *CAMH Monitor*, Centre for Addiction and Mental Health

Table 5.2.3: Percentage ***Using Cocaine*** in ***Lifetime***, by Demographic Characteristics, Ontarians Aged 18+, 1984–2019

(N=)	1984 (1050)	1987 (1081)	1989 (1101)	1991 (1047)	1994 (2022)	1996 (2721)	1998 (2509)	2000 (2406)	2002 (2421)	2003 (2411)	2004 (2611)	2006 (2016)	2008 (2024)	2010 (2024)	2011 (1999)	2012 (2015)	2013 (3021)	2014 (2004)	2015 (4007)	2016 (2034)	2017 (1813)	2018 (1798)	2019 (1820)
Total	**3.3**	**6.1**	**5.6**	**6.2**	**5.7**	**4.9**	**4.6**	**6.4**	**6.6**	**6.6**	**6.0**	**7.1**	**7.4**	**9.6**	**7.0**	**7.9**	**7.7**	**9.8**	**8.3**	**10.1**	**8.8**	**9.4**	**11.3** [ac]
(95% CI)¶	(2.2, 4.4)	(4.7, 7.5)	(4.2, 7.0)	(4.7, 7.7)	(4.7, 6.7)	(4.1, 5.7)	(3.8, 5.7)	(5.4, 7.6)	(5.5, 7.8)	(5.5, 7.7)	(4.9, 7.3)	(5.8, 8.7)	(6.1, 9.0)	(8.1, 11.4)	(5.6, 8.7)	(6.8, 9.3)	(6.5, 9.1)	(8.1, 11.1)	(7.2, 9.6)	(8.4, 12.1)	(7.2,10.8)	(7.6, 11.5)	(9.6,13.3)
Sex																							
Men	—	—	—	—	—	**†6.9**	**†6.9**	**†8.3**	**†8.6**	**†8.8**	**†9.8**	**†10.1**	**†9.8**	**†12.5**	**†10.2**	**†11.3**	**†10.8**	**13.3**	**11.5**	**15.4**	**13.7**	**13.5**	**15.5** [ac]
						(5.5, 8.5)	(5.3, 8.9)	(6.6, 10.3)	(6.9, 10.8)	(6.9, 10.8)	(6.9, 10.8)	(7.8, 12.9)	(7.5,12.6)	(10.1,15.4)	(7.7, 13.3)	(9.2, 13.7)	(8.6, 13.3)	(10.3, 17.1)	(9.6, 13.8)	(12.3, 19.1)	(10.6, 17.4))	(10.4, 17.5)	(12.7, 18.9)
Women	—	—	—	—	—	**†3.1**	**†2.6**	**†4.8**	**†4.7**	**†4.5**	**†2.5**	**†4.4**	**†5.1**	**†6.7**	**†4.7**	**†4.8**	**†4.9**	**6.5**	**5.4**	**5.3**	**†4.6**	**5.6**	**7.5** [ac]
						(2.2, 4.4)	(1.9, 3.5)	(3.7, 6.2)	(3.5, 6.2)	(3.4, 5.8)	(1.8, 3.5)	(3.2, 6.0)	(3.9, 6.8)	(5.1, 8.8)	(3.4, 6.5)	(3.7, 6.2)	(3.8, 6.4)	(4.9, 8.7)	(4.3, 6.7)	(4.1, 6.8)	(3.2, 6.6)	(4.2, 7.4)	(5.7, 9.8)
Age																							
18-29	—	—	—	—	—	**†4.0**	**†6.6**	**†8.0**	**†8.0**	**†6.1**	**†10.4**	**†10.7**	**†10.1**	**†11.2**	**†10.4**	**†10.6**	**†9.8**	**†15.0**	**†12.2**	**†9.4**	**†9.2**	**†10.5**	**†11.2** [acd]
						(2.5, 6.2)	(4.4, 9.8)	(5.6, 11.3)	(5.4, 11.7)	(3.9, 9.3)	(7.2, 14.9)	(6.9, 16.2)	(6.1, 16.2)	(7.4, 16.4)	(6.0, 17.5)	(6.9, 15.9)	(6.0, 15.8)	(8.9, 24.1)	(8.7, 16.9)	(5.0, 16.9)	(5.4, 15.4)	(6.9, 15.6)	(7.7, 16.1)
30+	—	—	—	—	—	**†5.3**	**†4.2**	**†6.1**	**†6.4**	**†6.8**	**†5.0**	**†6.3**	**†7.0**	**†9.5**	**†6.7**	**†7.5**	**†7.4**	**9.0**	**7.4**	**10.2**	**8.8**	**9.2**	**11.3** [ac]
						(4.3, 6.4)	(3.3, 5.4)	(5.0, 7.3)	(5.2, 7.8)	(5.7, 8.1)	(3.9, 6.8)	(5.1, 7.9)	(5.7,8.5)	(7.9,11.3)	(5.4,8.3)	(6.4,8.8)	(6.2,8.7)	(7.4,10.9)	(6.4,8.6)	(8.5,12.2)	(7.0,10.9)	(7.3, 11.7)	(9.4, 13.5)

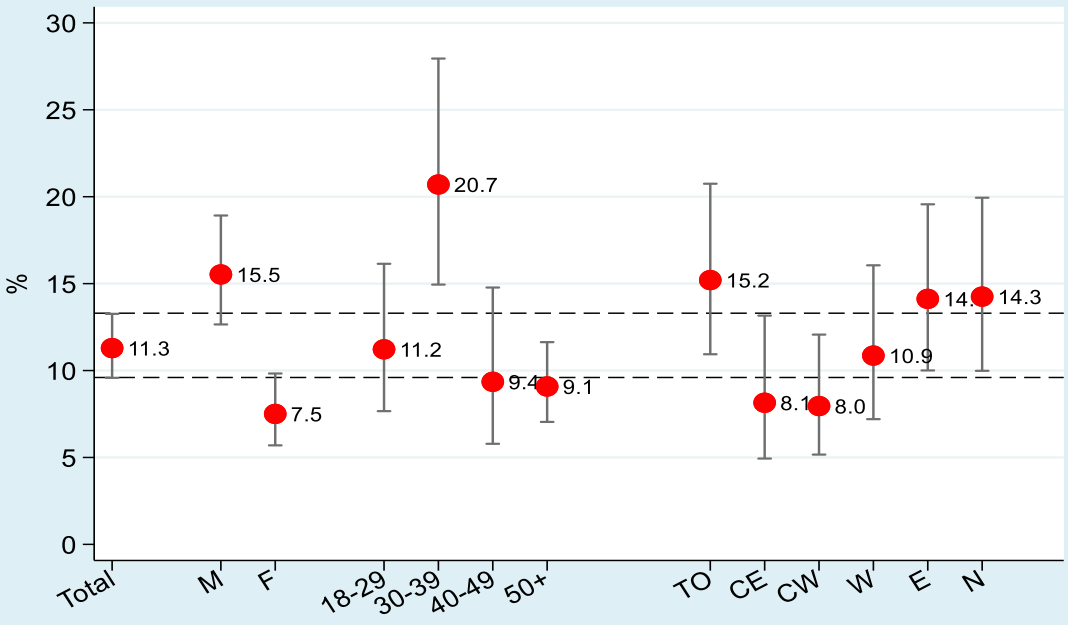
Notes: (1) ¶ 95% confidence interval; †Estimate suppressed or unstable; all estimates are sample design adjusted; the sampling design was changed in 2017 to dual-frame sampling (landline + cell-phone).
(2) Trend Analysis: [a] Significant difference 1996 to 2019 (p<.05); [b]Significant change (p<.05) between last two estimates (2018 vs.2019); [c]Significant linear trend, p<0.05; [d] Significant non-linear trend, p<0.05. ; — data not available.
Q: *Have you ever in your lifetime used cocaine?*
Source: The *CAMH Monitor*, Centre for Addiction and Mental Health

Table 5.2.4: Percentage ***Using Cocaine*** in the ***Past 12 Months***, by Demographic Characteristics, Ontarians Aged 18+, 1984–2019

(N=)	1984 (1050)	1987 (1081)	1989 (1101)	1991 (1047)	1994 (2022)	1996 (2721)	1998 (2509)	2000 (2406)	2002 (2421)	2003 (2411)	2004 (2611)	2006 (2016)	2008 (2024)	2010 (2024)	2011 (1999)	2012 (2015)	2013 (3021)	2014 (2004)	2015 (4007)	2016 (2034)	2017 (1813)	2018 (1798)	2019 (1820)
Total	**†1.7**	**†1.8**	**†2.1**	**†1.6**	**†1.0**	**†0.8**	**†1.0**	**†1.4**	**†1.5**	**†1.6**	**†1.4**	**†1.7**	**†1.0**	**†1.8**	**†1.1**	**†1.2**	**†1.5**	**†2.0**	**†1.6**	**†2.2**	**†2.5**	**†1.9**	**†1.9** [ac]
(95% CI)¶	(0.9, 2.5)	(1.0, 2.6)	(1.3, 2.9)	(0.8, 2.4)	(0.3, 1.3)	(0.3, 1.1)	(0.4, 1.4)	(0.9, 2.2)	(1.0, 2.3)	(1.1, 2.3)	(0.8, 2.0)	(1.0, 2.8)	(0.4, 1.4)	(1.1, 2.8)	(0.6, 2.3)	(0.7, 1.9)	(1.0, 2.4)	(1.2, 3.5)	(1.1, 2.4)	(1.4, 3.6)	(1.6, 4.0)	(1.2, 3.0)	(1.2, 2.8)
Sex																							
Men	—	—	—	—	—	**†1.1**	**†1.6**	**†2.1**	**†2.3**	**†1.9**	**†2.6**	**†3.0**	**†**	**†2.6**	**†2.0**	**†1.6**	**†2.2**	**†3.5**	**†2.5**	**†4.3**	**†3.7**	**†3.1**	**†2.5** [ac]
						(0.5, 1.7)	(0.9, 2.8)	(1.3, 3.5)	(1.3, 3.6)	(1.1, 3.2)	(1.1, 3.2)	(1.7, 5.1)	—	(1.6, 4.4)	(0.9, 4.4)	(0.9, 3.0)	(1.2, 3.8)	(1.9, 6.4)	(1.6, 3.9)	(2.5, 7.1)	(2.2, 6.4)	(1.7, 5.5)	(1.5, 4.1)
Women	—	—	—	—	—	**†**	**†**	**†**	**†**	**†1.2**	**†**	**†**	**†**	**†**	**†**	**†**	**†1.0**	**†**	**†0.8**	**†**	**†1.5**	**†**	**†**
						—	—	—	—	(0.7, 2.1)	—	—	—	—	—	—	(0.5, 1.8)	-	(0.3, 1.7)	-	(0.7, 3.2)	-	-
Age																							
18-29	—	—	—	—	—	**†1.1**	**†2.9**	**†5.1**	**†4.3**	**†4.3**	**†4.9**	**†4.9**	**†1.5**	**†3.5**	**†3.5**	**†4.9**	**†5.0**	**†7.3**	**†5.9**	**†7.3**	**†6.3**	**†5.2**	**†5.0** [ac]
						(0.2, 2.0)	(1.5, 5.5)	(3.1, 8.1)	(2.4, 7.8)	(2.5, 7.3)	(2.9, 8.1)	(2.5, 9.5)	(0.5, 4.6)	(1.6, 7.6)	(1.2, 9.3)	(2.6, 8.8)	(2.5, 9.7)	(3.4, 15.1)	(3.6, 9.6)	(3.4, 15.1)	(3.1, 12.1)	(3.0, 9.0)	(2.8, 8.7)
30+	—	—	—	—	—	**†**	**†**	**†**	**†0.8**	**†0.8**	**†**	**†**	**†**	**†1.4**	**†**	**†**	**†0.9**	**†1.0**	**†0.6**	**†1.0**	**†1.6**	**†**	**†1.0** [c]
						—	—	—	(0.4, 1.4)	(0.5, 1.3)	—	—	—	(0.8, 2.4)	—	—	(0.5, 1.4)	(0.5, 1.9)	(0.3, 1.0)	(0.5, 1.9)	(0.9, 2.7)	-	(0.5, 2.0)

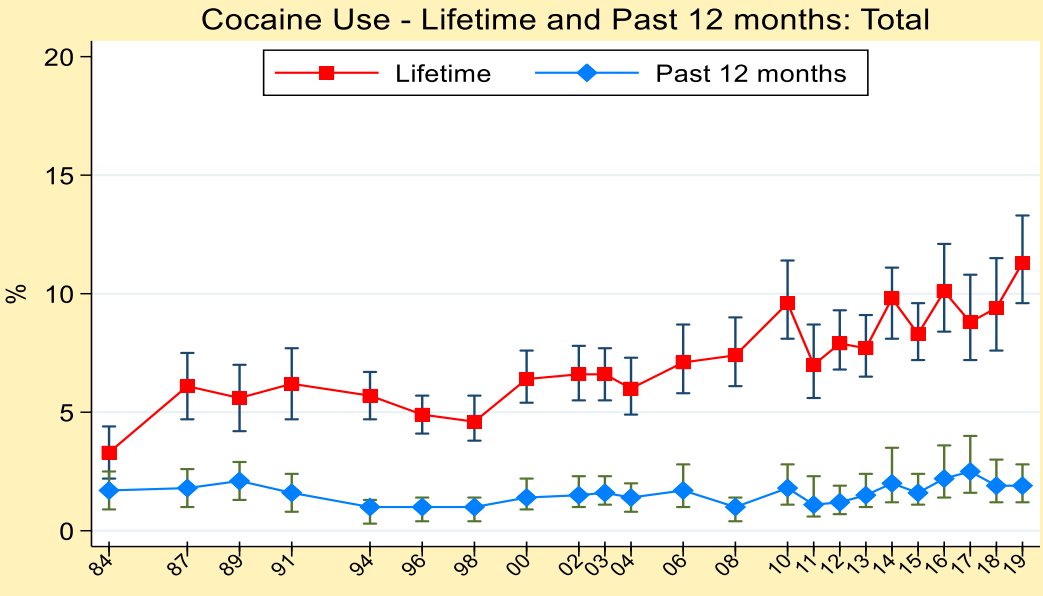
Notes: (1) ¶ 95% confidence interval; †Estimate suppressed or unstable; all estimates are sample design adjusted; the sampling design was changed in 2017 to dual-frame sampling (landline + cell-phone).
(2) Trend Analysis: [a] Significant difference 1996 to 2019 (p<.05); [b]Significant change (p<.05) between last two estimates (2018 vs.2019); [c]Significant linear trend, p<0.05; d Significant non-linear trend, p<0.05. ; — data not available.
Q: *How many times, if any, have you used cocaine during the past 12 months?*
Source: The *CAMH Monitor*, Centre for Addiction and Mental Health

Figure 5.2.1
Lifetime Cocaine Use by Sex, Age and Region, Ontarians Aged 18+, 2019 (N=1820)



Note: (1) vertical 'whiskers' represent 95% confidence intervals; (2) horizontal bar represents 95% confidence interval for total estimate
(3) significant difference by sex (p<.05)
Source: CAMH Monitor 2019

Figure 5.2.2
Cocaine Use, Ontarians Aged 18+, 1984–2019



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

5.3 Use of Prescription Opioid Pain Relievers

In response to significant increases in the use of opioid pain relievers (Fischer, 2008), a module about the use of the general class of prescription opioid pain relievers was added in 2010. Specifically, we 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 by a prescription from a doctor. Opioids suppress pain and may cause a relaxed or euphoric feeling. They also can be dangerous when not used as prescribed or are not used under a doctor's supervision. If taken with depressants (e.g., alcohol) or in large quantities they can impede breathing and lead to respiratory failure.

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). The opioid pain reliever module was asked only of a random subsample of respondents (N=1,818).

2019 .....Table 5.3.1; Fig. 5.3.1; 5.3.2

Overall, an estimated **24.5%** (95% CI: 22.1% to 27.0%) of Ontario adults reported **any use** of prescription pain relievers in the past year, and **5.3%** (95% CI: 4.2% to 6.8%) reported **any nonmedical use.** The population estimates for any past year use and any past year nonmedical use are 2,615,100 and 570,000 Ontario adults.

There were no significant differences in any past year use and nonmedical use of pain relievers among demographic characteristics.

Trends

2010–2019 ……Tables 5.3.2; 5.3.3; Fig. 5.3.3

2018–2019

Past year **use of any prescription opioid** in 2019 (24.5%) was not significantly different from 2018 (25.1%) and rates were stable between these two years for all subgroups.

2010–2019

There was a significant non-linear decline in past year **use of any prescription opioid,** varying between 26.6% and 21.1%.

Similar **declines** during this period were evident among men and women, 40 to 49 year olds, 50 and older respondents, among those who lived in the Central East and East regions, among married and never married respondents, and among those who completed high school education.

Rates of past year **nonmedical use** of prescription opioid pain relievers were **stable** between 2018 and 2019, but displayed significant non-linear declines since 2010. Significant linear decline in nonmedical use of prescription opioid pain relievers were found only among women, and non-linear declines were evident among men, for those aged 40 to 49 and 50 years or older, most regions, married and previously married groups and most education subgroups.

Table 5.3.1: Percentage Reporting ***Any Use*** and ***Any Nonmedical Use*** of ***Prescription Opioid (PO) Pain Relievers*** in the Past 12 Months and Adjusted Group Differences Ontarians, Aged 18+, 2019

	Any use of PO				Any nonmedical use of PO		
	N	%	95% CI	Adjusted Odds Ratio (N=1776)	%	95% CI	Adjusted Odds Ratio (N=1783)
Total	1805	**24.5**	(22.1, 27.0)	—	**†5.3**	(4.2, 6.8)	—
Sex				NS			NS
Men	757	**23.2**	(19.8, 27.0)	0.86 (0.65, 1.13)	**†5.5**	(3.9, 7.7)	0.92 (0.54, 1.57)
Women *(Comparison Group)*	1048	**25.6**	(22.4, 29.1)	—	**†5.2**	(3.7, 7.2)	—
Age				NS			NS
18-29 *(Comparison Group)*	262	**†23.6**	(18.1, 30.3)	—	**†6.9**	(4.0, 11.9)	—
30-39	175	**†19.2**	(13.7, 26.3)	0.97 (0.54, 1.74)	**†7.1**	(3.9, 12.4)	1.25 (0.45, 3.49)
40-49	205	**23.2**	(17.0, 30.7)	1.24 (0.70, 2.20)	**†5.5**	(3.0, 10.0)	0.95 (0.34, 2.66)
50+	1155	**26.6**	(23.5, 30.0)	1.32 (0.82, 2.12)	**†4.1**	(3.0, 5.6)	0.53 (0.21, 1.35)
Region				NS			NS
Toronto *(vs. Comparison Group)*	315	**19.8**	(15.2, 25.4)	0.80 (0.61, 1.06)	**†4.8**	(2.7, 8.5)	0.95 (0.58, 1.56)
Central East	299	**21.1**	(16.4, 26.7)	0.80 (0.60, 1.06)	**†5.6**	(3.5, 9.0)	1.12 (0.69, 1.82)
Central West	294	**26.1**	(20.5, 32.6)	1.13 (0.88, 1.45)	**†6.0**	(3.5, 10.2)	1.21 (0.78, 1.89)
West	306	**28.5**	(23.1, 34.6)	1.19 (0.89, 1.59)	**†7.4**	(4.7, 11.4)	1.28 (0.76, 2.12)
East	297	**28.6**	(22.9, 35.0)	1.26 (0.94, 1.69)	**†3.3**	(1.8, 6.1)	0.65 (0.35, 1.20)
North	294	**25.8**	(20.4, 32.0)	1.00 (0.73, 1.39)	**†3.8**	(1.9, 7.6)	0.66 (0.32, 1.38)
Marital Status				NS			NS
Married/Partner *(Comparison Group)*	989	**23.2**	(20.2, 26.5)	—	**†4.6**	(3.5, 6.2)	—
Previously Married	419	**29.8**	(24.5, 35.7)	1.22 (0.85, 1.74)	**†6.2**	(3.5, 10.6)	1.29 (0.61, 2.73)
Never Married	384	**†24.5**	(19.7, 30.2)	1.23 (0.80, 1.89)	**†6.4**	(3.8, 10.4)	0.93 (0.39, 2.22)
Education				NS			NS
HS not completed *(Comparison Group)*	160	**†29.1**	(21.1, 38.6)	—	**†6.0**	(2.8, 12.4)	—
Completed high school	379	**†27.1**	(21.6, 33.3)	0.98 (0.58, 1.65)	**†8.2**	(5.1, 12.9)	1.36 (0.54, 3.45)
Some college or university	666	**27.4**	(23.4, 31.8)	1.01 (0.61, 1.68)	**†5.7**	(3.9, 8.3)	0.88 (0.34, 2.26)
University degree	588	**†18.8**	(15.3, 22.8)	0.65 (0.38, 1.11)	**†3.2**	(2.0, 5.1)	0.52 (0.19, 1.41)
Household Income				NS			NS
< $30,000 *(Comparison Group)*	207	**†29.6**	(22.2, 38.2)	—	**†7.1**	(3.5, 14.1)	—
$30,000-$49,999	203	**†24.7**	(18.1, 32.7)	0.91 (0.51, 1.60)	**†6.8**	(3.5, 12.6)	1.01 (0.36, 2.85)
$50,000-$79,999	277	**†28.1**	(22.0, 35.2)	1.11 (0.65, 1.90)	**†7.5**	(4.4, 12.3)	1.17 (0.43, 3.19)
$80,000+	661	**21.6**	(18.0, 25.7)	0.87 (0.52, 1.46)	**†4.0**	(2.7, 5.8)	0.64 (0.24, 1.73)
Not stated	457	**†25.0**	(20.3, 30.3)	0.98 (0.60, 1.59)	**†5.0**	(2.8, 8.7)	0.75 (0.27, 2.09)

Notes: Opioid pain reliever items were asked of a random sub-sample; all estimates and analyses are sample design adjusted.
(1) *p<.05**;** **p<.01; ***p<.001; CI = 95% confidence interval; NS – no statistically significant difference; † Estimate unstable.
(2) Asterisks in group row indicate a statistically significant group effect, based on Wald test.
(3) ORs greater than 1.0 indicate that the odds of opioid use are higher in the group being compared to the comparison group; ORs less than 1.0 indicate that the odds of opioid use are lower in the group being compared to the comparison group.
(4) Adjusted odds ratio holding fixed values for sex, age, region, marital status, education and income.

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

Table 5.3.2: Percentage Reporting ***Any Use of Prescription Opioid Pain Relievers*** in the Past 12 Months, by Demographic Characteristics, Ontarians Aged 18+, 2010–2019

(N=)	2010 (2024)	2011 (1999)	2012 (2015)	2013 (2060)	2014 (2004)	2015 (4007)	2016 (2034)	2017 (1811)	2018 (1795)	2019 (1818)
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** [d] (22.1, 27.0
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** [d] (19.8, 27.0)
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** [d] (22.4, 29.1)
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)
30-39	**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)
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** [d] (17.0, 30.7)
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** [d] (23.5, 30.0)
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)
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** [d] (16.4, 26.7)
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)
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)
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** [d] (22.9, 35.0)
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)
Marital Status										
Married/Partner	**26.2**	**23.3**	**20.3**	**22.4**	**22.6**	**22.2**	**21.9**	**20.7**	**24.5**	**23.2** [d]
Previously Married	**31.2**	**29.2**	**24.3**	**26.6**	**26.9**	**28.9**	**33.8**	**29.1**	**30.5**	**29.8**
Never Married	**25.5**	**23.4**	**22.2**	**19.4**	**20.3**	**21.2**	**20.1**	**18.8**	**23.6**	**24.5** [d]
Education										
High school not completed	**29.5**	**28.9**	**27.0**	**31.0**	**31.3**	**31.5**	**40.0**	**†23.7**	**28.2**	**29.1**
Completed high school	**29.9**	**26.2**	**23.5**	**17.8**	**25.1**	**22.1**	**22.3**	**19.8**	**27.7**	**27.1** [d]
Some college or university	**27.6**	**24.3**	**19.5**	**23.9**	**23.8**	**25.2**	**25.9**	**26.6**	**25.3**	**27.4**
University degree	**22.9**	**20.8**	**19.5**	**20.6**	**17.1**	**19.2**	**18.4**	**16.0**	**23.3**	**18.8**

Notes: (1) All analyses are sample design adjusted; ¶95% confidence interval; † Estimate unstable; the sampling design was changed in 2017 to dual-frame sampling (landline + cell-phone).
(2) Trend Analysis: [a] Significant difference between 2010 and 2019 (p<.05); [b]Significant change (p<.05) between last two estimates (2018 vs.2019); [c]Significant linear trend, p<0.05; [d] Significant non-linear trend, p<0.05.

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*** in the Past 12 Months, by Demographic Characteristics, Ontarians Aged 18+, 2010-2019

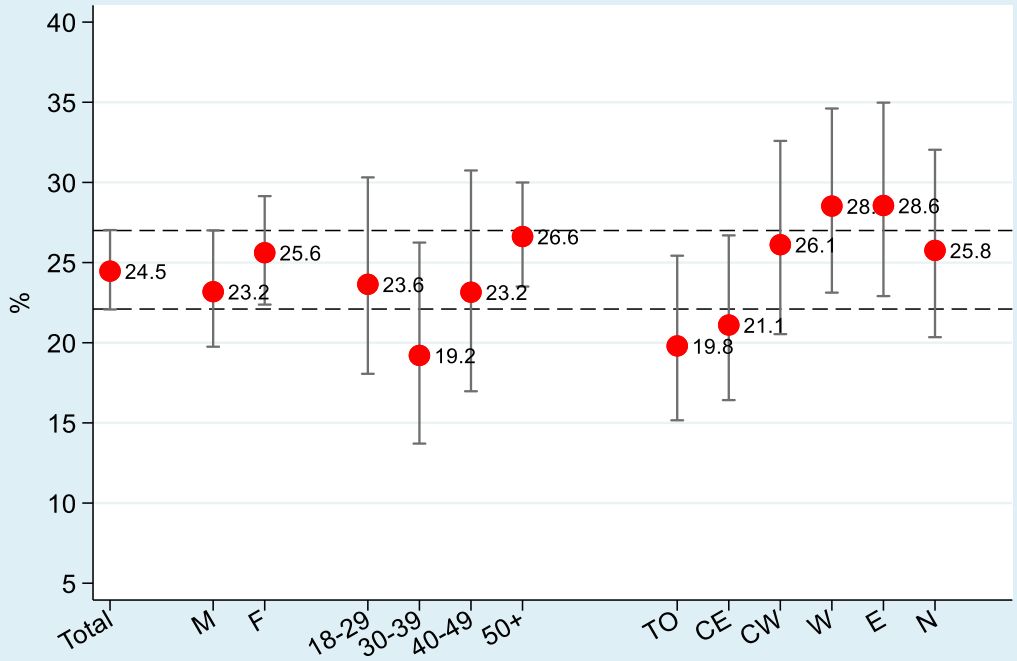
(N=)	2010 (2024)	2011 (1999)	2012 (2015)	2013 (2060)	2014 (2004)	2015 (4007)	2016 (2034)	2017 (1811)	2018 (1795)	2019 (1818)
Total Sample	**7.7**	**3.9**	**†1.9**	**†2.8**	**†2.1**	**4.1**	**3.5**	**†2.8**	**4.9**	**5.3** [ad]
(95%CI)	(6.4, 9.3)	(2.9, 5.3)	(1.2, 2.9)	(1.9, 4.1)	(1.3, 3.4)	(3.4, 5.0)	(2.6, 4.9)	(1.9, 4.3)	(3.7, 6.4)	(4.2, 6.8)
Sex										
Men	**8.1**	**†5.5**	**†2.1**	**†3.6**	**†3.2**	**3.8**	**†3.8**	**†2.9**	**†4.3**	**†5.2** [ad]
	(6.2, 10.6)	(3.6, 8.1)	(1.1, 4.1)	(2.1, 5.9)	(1.7, 5.9)	(2.8, 5.2)	(2.5, 5.8)	(1.7, 4.9)	(2.7, 6.9)	(3.7, 7.2)
Women	**7.4**	**†2.6**	**†1.7**	**†2.0**	**†1.1**	**4.4**	**†3.3**	**†2.8**	**5.3**	**†5.5** [cd]
	(5.7, 9.5)	(1.8, 3.8)	(1.0, 2.8)	(1.2, 3.6)	(0.6, 2.0)	(3.4, 5.6)	(2.0, 5.4)	(1.5, 5.2)	(3.9, 7.3)	(3.9, 7.7)
Age										
18-29	**†7.0**	**†7.0**	**†**	**†7.4**	**†4.4**	**†5.1**	**†4.6**	**†7.3**	**†9.1**	**†6.9**
	(4.1, 11.6)	(3.6,13.2)	–	(3.8, 14.1)	(1.5, 12.2)	(2.9, 8.6)	(1.7, 12.1)	(3.7, 14.0)	(5.8, 14.1)	(4.0, 11.9)
30-39	**†6.6**	**†**	**†**	**†3.6**	**†3.1**	**†5.2**	**†6.1**	**†**	**†**	**†7.1**
	(3.8, 11.2)	–	–	(1.6, 7.9)	(1.2, 7.8)	(3.1, 8.5)	(3.3, 10.9)	–	–	(3.9, 12.4)
40-49	**†8.9**	**†5.7**	**†**	**†2.3**	**†1.1**	**†3.5**	**†2.4**	**†1.3**	**†6.6**	**†5.5** [d]
	(5.9, 13.4)	(3.5,9.1)	–	(1.1, 4.7)	(0.5, 2.9)	(2.1, 5.6)	(1.2, 4.9)	(0.5, 3.2)	(3.6, 11.8)	(3.0, 10.0)
50+	**7.9**	**†2.1**	**†1.5**	**†1.1**	**†1.5**	**3.5**	**†2.8**	**†1.8**	**†3.3**	**4.1** [ad]
	(6.2, 10.0)	(1.4, 3.1)	(0.8, 2.6)	(0.6, 1.9)	(0.9, 2.4)	(2.8, 4.4)	(1.9, 4.0)	(1.2, 2.9)	(2.3, 4.8)	(3.0, 5.6)
Region										
Toronto	**†8.4**	**†4.3**	**†**	**†2.6**	**†**	**†3.7**	**†2.4**	**†3.3**	**†5.4**	**†4.8** [d]
	(5.4, 12.9)	(2.4, 7.5)	–	(1.0, 6.4)	–	(2.2, 6.0)	(0.9, 5.8)	(1.4, 7.6)	(3.2, 8.8)	(2.7, 8.5)
Central East	**†9.6**	**†4.2**	**†**	**†4.0**	**†**	**†3.7**	**†3.3**	**†2.6**	**†5.1**	**†5.6** [d]
	(6.6, 13.8)	(2.0, 8.4)	–	(1.9, 8.0)	–	(2.3, 5.9)	(1.4, 7.3)	(0.9, 7.1)	(2.9, 8.8)	(3.5, 9.0)
Central West	**†5.7**	**†4.1**	**†4.3**	**†3.1**	**†3.1**	**†4.3**	**†4.6**	**†5.1**	**†3.1**	**†6.0**
	(3.5, 9.1)	(2.1,8.2)	(2.3, 8.0)	(1.5, 6.4)	(1.3, 7.1)	(2.7, 6.8)	(2.2, 9.2)	(2.6, 9.7)	(1.6, 6.0)	(3.5, 10.2)
West	**†8.6**	**†3.4**	**†**	**†2.7**	**†**	**†4.0**	**†4.4**	**†**	**†**	**†7.4** [d]
	(5.7, 12.8)	(1.8,6.3)	–	(1.3, 5.8)	–	(2.5, 6.3)	(2.3, 8.1)	–	–	(4.7, 11.4)
East	**†5.5**	**†2.7**	**†**	**†**	**†2.2**	**†4.6**	**†2.6**	**†1.1**	**†5.0**	**†3.3** [d]
	(3.4, 8.9)	(1.3, 5.3)	–	–	(1.0,4.7)	(2.9, 7.4)	(1.3,5.0)	(0.4, 3.0)	(2.5, 9.9)	(1.8, 6.1)
North	**†6.8**	**†5.1**	**†**	**†**	**†**	**†5.7**	**†5.3**	**†**	**†5.1**	**†3.8** [d]
	(4.1, 10.9)	(3.0, 8.4)	–	–	–	(3.8, 8.4)	(2.6, 10.3)	–	(2.7, 9.6)	(1.9, 7.6)
Marital Status										
Married/Partner	**6.9**	**†3.2**	**†1.5**	**†2.1**	**†1.2**	**3.3**	**†3.2**	**†2.3**	**†3.5**	**4.6** [ad]
Previously Married	**†9.8**	**†**	**†**	**†1.3**	**†2.4**	**†4.0**	**†4.1**	**†3.3**	**†6.6**	**†6.2** [d]
Never Married	**†9.0**	**†6.3**	**†**	**†6.0**	**†4.7**	**†6.5**	**†4.1**	**†4.0**	**†7.1**	**†6.4**
Education										
High school not completed	**†6.9**	**†**	**†**	**†8.2**	**†**	**†5.8**	**†12.2**	**†**	**†**	**†**
Completed high school	**†10.5**	**†4.2**	**†**	**†3.7**	**†3.5**	**†5.4**	**†**	**†**	**†6.7**	**†8.2** [d]
Some college or university	**†6.1**	**†4.8**	**†1.4**	**†1.9**	**†2.1**	**†4.9**	**†5.2**	**†2.3**	**†4.0**	**†5.7** [d]
University degree	**†7.9**	**†3.1**	**†**	**†**	**†**	**†2.4**	**†2.1**	**†**	**†4.7**	**†3.2** [ad]

Notes: (1) All analyses are sample design adjusted; ¶ 95% confidence interval; † Estimate unstable; the sampling design was changed in 2017 to dual-frame sampling (landline + cell-phone).
(2) Trend Analysis: [a] Significant difference 2010 to 2019 (p<.05); [b]Significant change (p<.05) between last two estimates (2018 vs.2019); [c]Significant linear trend, p<0.05; [d] Significant non-linear trend, p<0.05.

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.*

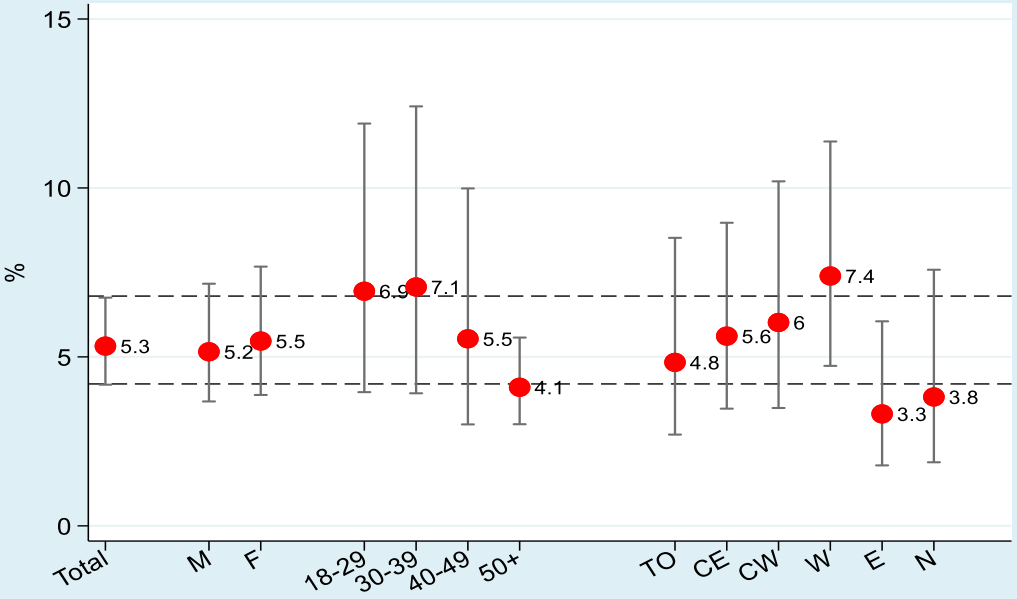
Source: The CAMH Monitor, Centre for Addiction and Mental Health.

Figure 5.3.1
Past Year Use of Any Prescription Opioid Pain Relievers by Sex, Age and Region, Ontarians Aged 18+, 2019 (N=1818)



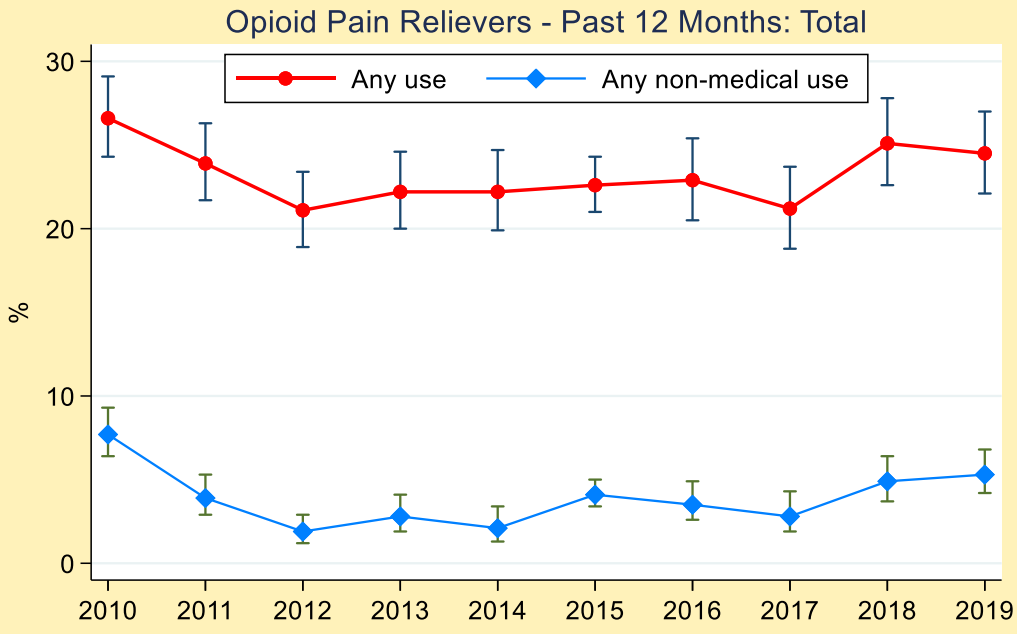
Note: (1) vertical 'whiskers' represent 95% confidence intervals; (2) horizontal bar represents 95% confidence interval for total estimate
Source: CAMH Monitor 2019

Figure 5.3.2
Past Year Nonmedical Use of Prescription Opioid Pain Relievers by Sex, Age and Region, Ontarians Aged 18+, 2019 (N=1818)



Note: (1) vertical 'whiskers' represent 95% confidence intervals; (2) horizontal bar represents 95% confidence interval for total estimate
Source: CAMH Monitor 2019

Figure 5.3.3
Past Year Use of Prescription Opioid Pain Relievers, Ontarians Aged 18+, 2010–2019



Note: vertical 'whiskers' represent 95% confidence intervals
Source: CAMH Monitor 2019

6. IMPAIRED AND DISTRACTED DRIVING

6.1 Driving after Drinking

2019……..…..…..Table 6.1.1, Fig. 6.1.1

Overall, an estimated **3.9%** (95% CI: 2.8% to 5.2%) of Ontario adults with a valid driver's licence reported driving after drinking alcohol – **driving after consuming two or more alcoholic drinks in the previous hour** – at least once during the past 12 months. This prevalence corresponds to a population estimate of 365,100 Ontario licensed drivers. Driving items were asked only of a random subsample of respondents who reported they drove in 2019 (N=1,610).

There were no significant differences in driving after drinking among demographic characteristics (i.e., sex, age, region, martial status, education and household income).

Trends

1996–2019……Table 6.1.2a-6.1.2b, Fig. 6.1.2

2018–2019

The prevalence of driving after drinking in 2019 (3.9%) was not significantly different from 2018 (3.6%). In addition, rates were stable for most demographic subgroups.

2009–2019

Since 2009, driving after drinking has declined significantly from 6.9% in 2009 to 3.9% in 2019.

1996–2019

Since 1996, driving after drinking has displayed a significant **linear decline** from 13.1% to 3.9% in 2019.

There were significant declines since 1996 for all demographic subgroups. Significant declines were evident for both men and women and all age categories. There were significant declines especially among **male drivers**, from 21.2% in 1996 to 5.4% in 2019 and among young adult drivers aged **18** to **29**, from 20.1% in 1996 to 4.7% in 2019. Significant **declining** linear trends between 1996 and 2019 were found for **all regions**, among all three marital status categories and among all four education subgroups.

Table 6.1.1: Percentage ***Driving within One Hour after Consuming 2 or More Drinks*** in the Past 12 Months and Adjusted Group Differences, Ontario Licensed Drivers, Aged 18+, 2019

	N	%	95% CI	Adjusted Odds Ratio (N=1587)
Total Drivers[1]	1610	**3.9**	(2.8, 5.2)	—
Sex				NS
Men	692	**†5.4**	(5.5, 11.7)	2.11 (0.98, 4.52)
Women *(Comparison Group)*	918	**†2.4**	(1.5, 4.8)	—
Age				NS
18-29 *(Comparison Group)*	223	**†9.2**	(4.7, 17.4)	—
30-39	151	**†11.1**	(6.0, 19.5)	1.53 (0.50, 4.73)
40-49	190	**†4.7**	(2.4, 9.0)	0.70 (0.14, 3.35)
50-64	442	**†3.2**	(1.7, 5.9)	1.21 (0.37, 3.97)
65+	597	**†1.5**	(0.8, 2.9)	0.99 (0.26, 3.69)
Region				NS
Toronto *(vs. Provincial Average)*	248	**3.1**	(1.4,6.8)	0.99 (0.47, 2.11)
Central East	273	**2.1**	(0.9,4.9)	0.55 (0.24, 1.27)
Central West	270	**†5.3**	(2.9,9.5)	1.56 (0.94, 2.59)
West	287	**3.0**	(1.4,6.3)	0.70 (0.33, 1.48)
East	265	**3.9**	(2.0,7.7)	1.00 (0.50, 2.00)
North	267	**†6.0**	(3.4,10.6)	1.50 (0.77, 2.92)
Marital Status				NS
Married/Partner *(Comparison Group)*	934	**†3.6**	(2.5,5.3)	—
Previously Married	354	**3.5**	(1.5,7.7)	1.54 (0.54, 4.37)
Never Married	313	**†4.7**	(2.5,8.6)	1.59 (0.60, 4.20)
Education				NS
High school not completed *(Comparison Group)*	125	**2.8**	(0.8,9.2)	—
Completed high school	317	**†5.8**	(3.3,9.9)	1.80 (0.38, 8.49)
Some college or university	604	**†4.8**	(3.0,7.7)	1.36 (0.30, 6.12)
University degree	553	**†2.2**	(1.2,3.9)	0.57 (0.11, 2.83)
Household Income				*
< $30,000 *(Comparison Group)*	149	**2.8**	(0.5,13.4)	—
$30,000-$49,999	183	**2.4**	(0.8,6.9)	1.10 (0.14, 8.37)
$50,000-$79,999	258	**†6.7**	(3.5,12.7)	3.28 (0.45, 23.73)
$80,000+	639	**†4.9**	(3.3,7.2)	2.81 (0.43, 18.24)
Not stated	381	**1.1**	(0.5,2.6)	0.57 (0.08, 4.26)

Notes: [1]Driving items were asked only of a random subsample of respondents;
(1) All analyses are sample design adjusted; *p<.05**;** **p<.01; ***p<.001; CI = 95% confidence interval; NS – no statistically significant difference; † Estimate suppressed or unstable.
(2) Asterisks in group row indicate a statistically significant group effect, based on Wald test.
(3) ORs greater than 1.0 indicate that the odds of driving after drinking are higher in the group being compared to the comparison group; ORs less than 1.0 indicate that the odds of driving after drinking are lower in the group being compared to the comparison group.
(4) Adjusted odds ratio holding fixed values for sex, age, region, marital status, education and income.
Q: *During the past 12 months, have you driven a motor vehicle after having two or more drinks in the previous hour?*
Source: The CAMH Monitor, Centre for Addiction and Mental Health

Table 6.1.2a: Percentage ***Driving within One Hour after Consuming Two or More Drinks*** in the Past 12 Months, by Demographic Characteristics, Ontario Licensed Drivers, Aged 18+, 1996–2000

	1996	1997	1998	1999	2000
(N=)	(2360)	(2432)	(2183)	(2101)	(2066)
Total	**13.1**	**10.6**	**10.1**	**10.5**	**8.6**
(95%CI)¶	(11.6,14.7)	(9.3,12.1)	(8.8,11.7)	(9.1,12.1)	(7.3,10.1)
Sex					
Men	**21.2**	**18.6**	**16.0**	**16.5**	**13.6**
	(18.5,24.1)	(16.1,21.3)	(13.7,18.7)	(14.1,19.2)	(11.3,16.2)
Women	**4.9**	**†2.9**	**4.1**	**4.1**	**3.4**
	(3.8,6.4)	(2.1,4.1)	(3.0,5.6)	(3.0,5.5)	(2.4,4.9)
Age					
18 - 29 years	**20.1**	**13.0**	**14.0**	**13.9**	**11.2**
	(16.7,24.7)	(10.0,16.8)	(10.4,18.4)	(10.4,18.4)	(8.2,15.1)
30 - 39 years	**15.4**	**11.4**	**10.3**	**12.6**	**10.2**
	(12.4,19.0)	(8.8,16.5)	(7.5,13.3)	(10.0,15.8)	(7.5,13.8)
40 - 49 years	**11.8**	**10.1**	**11.3**	**10.3**	**8.3**
	(9.1,15.1)	(7.3,13.8)	(8.6,14.9)	(7.5,13.9)	(6.0,11.4)
50 - 64 years	**7.0**	**9.4**	**8.1**	**8.0**	**† 5.9**
	(4.7,10.2)	(6.9,12.6)	(5.8,11.4)	(5.5,11.6)	(3.7,9.3)
65+ years	**5.8**	**7.8**	**6.4**	**6.8**	**† 6.0**
	(3.3,9.9)	(5.2,10.4)	(4.0,10.2)	(4.1,11.0)	(3.3,10.7)
Region					
Toronto	**13.8**	**†7.8**	**†9.9**	**†8.5**	**†9.0**
	(10.3,18.9)	(5.0,12.0)	(6.9,14.1)	(5.7,12.7)	(5.9,13.4)
Central East	**16.2**	**9.9**	**11.2**	**†10.7**	**† 6.3**
	(12.7,20.5)	(7.3,13.3)	(8.1,15.3)	(7.6,14.8)	(4.3,9.2)
Central West	**11.2**	**11.5**	**†8.3**	**†9.4**	**†8.6**
	(8.4,14.8)	(8.6,15.3)	(5.7,11.8)	(6.6,13.1)	(6.0,12.1)
West	**13.1**	**11.4**	**10.4**	**12.4**	**†9.3**
	(9.9,17.1)	(8.5,15.1)	(7.5,14.2)	(9.3,16.3)	(6.2,13.7)
East	**†9.5**	**12.2**	**10.0**	**11.7**	**†7.6**
	(6.8,13.2)	(9.2,16.1)	(7.1,13.8)	(8.5,15.8)	(5.0,11.5)
North	**13.9**	**11.5**	**12.8**	**12.8**	**13.2**
	(10.4,18.3)	(8.5,15.3)	(9.4,17.0)	(9.3,17.3)	(9.7,10.1)
Marital Status					
Married/Partner	**10.5**	**9.0**	**9.1**	**9.7**	**7.4**
Previously Married	**13.1**	**14.8**	**12.4**	**9.4**	**10.5**
Never Married	**20.7**	**13.4**	**12.5**	**14.1**	**11.3**
Education					
High school not completed	**10.6**	**12.7**	**11.3**	**5.9**	**† 6.2**
Completed high school	**14.0**	**9.9**	**9.1**	**11.5**	**11.3**
Some college or university	**15.9**	**12.5**	**13.0**	**12.4**	**9.5**
University degree	**10.8**	**8.1**	**6.9**	**9.6**	**† 5.9**

Notes: ¶ 95% confidence interval; all analyses are sample design adjusted.

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 6.1.2b: Percentage ***Driving within One Hour after Consuming Two or More Drinks*** in the Past 12 Months, by Demographic Characteristics, Ontario Licensed Drivers, Aged 18+, 2001–2019

(N=)	2001 (2308)	2002 (2132)	2003 (2124)	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)
Total Drivers[1]	**10.9**	**8.1**	**8.5**	**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**[acd]
(95% CI)¶	(9.5,12.5)	(6.9,9.5)	(7.2,9.9)	(6.4, 9.2)	(5.1, 7.5)	(4.7, 7.4)	(4.9, 7.5)	(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)
Sex																			
Men	**17.9**	**12.5**	**13.7**	**12.6**	**10.1**	**9.4**	**9.6**	**11.4**	**11.6**	**7.3**	**10.6**	**7.9**	**8.2**	**8.4**	**9.2**	**†10.9**	**†8.1**	**†6.0**	**†5.4**[acd]
	(15.4,20.7)	(10.4,14.9)	(11.4,16.3)	(10.3, 15.2)	(8.2, 12.5)	(7.3,12.0)	(7.5, 12.2)	(9.0, 14.4)	(9.2,14.5)	(5.8, 9.0)	(8.2,13.7)	(6.0, 10.3)	(6.2, 10.8)	(6.3, 11.2)	(6.0, 13.7)	(6.8, 17.1)	(5.5, 11.7)	(3.9, 9.1)	(3.8, 7.7)
Women	**3.5**	**3.5**	**3.0**	**†2.6**	**†2.1**	**†2.3**	**†2.5**	**†3.0**	**†2.3**	**†2.8**	**†1.4**	**†1.6**	**†2.0**	**†1.5**	**†**	**†1.4**	**†2.7**	**†1.1**	**†2.4** [acd]
	(2.5,4.9)	(2.5,4.8)	(2.0,4.3)	(1.8, 3.8)	(1.4, 3.2)	(1.3,3.9)	(1.6, 3.9)	(1.9,4.7)	(1.4, 3.8)	(1.9, 4.2)	(0.9, 2.3)	(0.9, 3.1)	(1.1, 3.6)	(0.8, 2.7)	–	(0.6, 3.1)	(1.5, 4.8)	(0.6, 2.0)	(1.3, 4.3)
Age																			
18-29	**12.5**	**11.9**	**12.4**	**14.6**	**†7.7**	**10.2**	**10.3**	**12.4**	**12.8**	**†5.7**	**†5.6**	**†6.7**	**†8.9**	**†3.2**	**†6.7**	**†**	**†9.2**	**†2.4**	**†4.7** [acd]
	(9.3, 16.6)	(8.8,15.9)	(9.0,16.9)	(10.5, 19.9)	(5.0, 11.8)	(6.3,15.9	(6.6, 15.8)	(7.8,19.2	(8.5,19.0)	(3.4, 9.4)	(2.6,11.4)	(3.7, 11.7)	(4.7, 16.4)	(1.1, 8.9)	(2.5, 16.5)	–	(4.7, 17.4)	(1.1,5.1)	(2.2,9.7)
30-39	**13.2**	**8.5**	**11.1**	**†7.1**	**†8.0**	**†3.4**	**†4.6**	**†6.0**	**9.0**	**†7.0**	**†5.0**	**†5.1**	**†5.1**	**†8.3**	**†**	**†13.3**	**†11.1**	**†4.5**	**†4.9** [acd]
	(10.1,17.0)	(6.0,11.9)	(8.1,15.0)	(4.6, 10.7)	(5.4, 11.8)	(1.8, 6.3)	(2.6, 7.9)	(3.5, 10.0)	(5.6,14.3)	(4.6, 10.4)	(2.7, 9.3)	(2.7, 9.3)	(2.5, 9.9)	(4.6, 14.4)	–	(5.5, 28.8)	(6.0, 19.5)	(1.0,17.6)	(2.3,10.0)
40-49	**11.9**	**†6.3**	**8.7**	**†6.4**	**†8.0**	**†6.7**	**†5.8**	**†6.9**	**†7.3**	**†5.2**	**†7.8**	**†2.9**	**†4.0**	**†7.1**	**†5.8**	**†5.2**	**†4.7**	**†2.5**	**†2.5** [acd]
	(9.0,15.5)	(4.3,9.2)	(6.3,11.9)	(4.4, 9.2)	(5.8, 11.0)	(4.4,10.1)	(3.7, 9.1)	(4.5,10.6)	(4.9,10.8)	(3.4, 7.8)	(4.8,12.5)	(1.6, 5.5)	(2.3, 6.9)	(4.5, 11.0)	(2.2, 14.5)	(2.0, 13.0)	(2.4, 9.0)	(0.9,6.5)	(0.8,7.2)
50-64	**9.9**	**9.6**	**†5.8**	**†5.6**	**†2.6**	**†5.8**	**†6.1**	**†5.6**	**†3.9**	**†3.9**	**†6.9**	**†5.5**	**†4.7**	**†3.6**	**†5.1**	**†3.9**	**†3.2**	**†4.4**	**†4.2** [cd]
	(7.1, 13.5)	(7.0,13.2)	(3.8,8.7)	(3.9, 8.2)	(1.5, 4.6)	(3.8,8.9)	(4.1, 9.0)	(3.8,8.4)	(2.5,6.1)	(2.8, 5.6)	(4.8, 9.8)	(3.7, 8.1)	(3.1, 6.9)	(2.3, 5.7)	(2.8, 8.9)	(2.1, 7.3)	(1.7, 5.9)	(2.6,7.5)	(2.5,6.8)
65+	**† 5.0**	**†3.7**	**†3.4**	**†5.3**	**†4.3**	**†3.2**	**†4.4**	**†5.3**	**†2.5**	**†3.7**	**†3.7**	**†3.5**	**†4.1**	**†3.4**	**†4.8**	**†2.8**	**†1.5**	**†3.7**	**†3.0** [cd]
	(2.7, 9.4)	(1.9,7.1)	(1.8,6.6)	(3.1, 8.8)	(2.4, 7.6)	(1.5,6.6)	(2.3, 8.3)	(3.2, 8.7)	(1.2,4.8)	(2.4, 5.6)	(2.2, 6.1)	(1.9, 6.1)	(2.6, 6.4)	(2.0, 5.7)	(2.6, 8.6)	(1.3, 5.8)	(0.8, 2.9)	(2.2,6.1)	(1.6,5.3)
Region																			
Toronto	**†10.4**	**†5.0**	**†9.1**	**†7.3**	**†2.5**	**†4.5**	**†3.5**	**†5.4**	**†5.1**	**†4.6**	**†5.1**	**†2.9**	**†4.1**	**†3.8**	**†2.5**	**†6.0**	**†5.1**	**1.6**	**3.1** [acd]
	(7.2,14.8)	(2.9,8.5)	(6.2,13.2)	(4.5, 11.7)	(1.3, 4.8)	(2.3,8.8)	(1.7,6.9)	(3.1, 9.2)	(2.8, 9.1)	(2.9, 7.5)	(3.1, 8.3)	(1.4, 6.1)	(2.0, 8.4)	(1.8, 7.8)	(1.0, 6.3)	(2.3, 14.9)	(2.5, 10.1)	(0.7,3.6)	(1.4,6.8)
Central East	**10.5**	**†8.5**	**†9.4**	**†7.7**	**†7.9**	**†4.6**	**†7.4**	**†7.2**	**†5.9**	**†3.0**	**†5.6**	**†3.9**	**†5.1**	**†4.5**	**†5.7**	**†9.0**	**†8.5**	**†2.7**	**2.1** [acd]
	(7.6,14.2)	(5.7,12.5)	(6.6,13.2)	(5.1, 11.5)	(5.2, 11.8)	(2.5,8.5)	(4.7,11.4)	(4.4, 11.8)	(3.4,9.8)	(1.7, 5.3)	(3.2,9.6)	(2.0, 7.2)	(2.9, 8.7)	(2.4, 8.1)	(2.6, 12.1)	(3.9, 19.3)	(4.3, 16.2)	(1.3,5.3)	(0.9,4.9)
Central West	**†9.5**	**†6.8**	**†7.7**	**†6.3**	**†6.7**	**†5.8**	**†2.8**	**†7.8**	**†7.5**	**†6.5**	**†7.5**	**†4.5**	**†4.5**	**†7.8**	**†4.9**	**†4.6**	**†5.0**	**†5.2**	**†5.3** [acd]
	(6.5,13.7)	(4.5,10.2)	(5.1,11.6)	(3.9, 10.0)	(4.5, 9.9)	(3.3,10.2)	(1.3,5.9)	(4.8,12.3)	(4.8,11.7)	(4.3, 9.8)	(4.5,12.3)	(2.5, 7.9)	(2.4, 8.3)	(4.9, 12.3)	(1.6, 13.8)	(1.8, 11.3)	(2.7, 9.3)	(2.3,11.1)	(2.9,9.5)
West	**15.6**	**13.2**	**†8.5**	**13.1**	**†9.2**	**†7.2**	**†10.8**	**†5.2**	**†5.2**	**†6.6**	**†5.9**	**†6.6**	**†**	**†4.9**	**†5.7**	**†**	**†2.7**	**†4.5**	**3.0** [acd]
	(12.0,20.0)	(10.0,17.3)	(5.9,12.2)	(9.7, 17.3)	(6.5, 12.9)	(4.4,11.5)	(7.3,15.6)	(3.1,8.5)	(3.1,8.5)	(4.4, 9.9)	(3.4,10.1)	(4.0, 10.8)	–	(2.7, 8.8)	(2.7, 11.5)	–	(1.1, 6.3)	(2.2,8.8)	(1.4,6.3)
East	**10.5**	**†7.5**	**†7.0**	**†5.4**	**†4.4**	**†7.9**	**†8.7**	**†9.2**	**†10.8**	**†5.4**	**†5.1**	**†6.3**	**†7.4**	**†4.2**	**†6.0**	**†**	**†4.6**	**3.5**	**3.9** [acd]
	(7.7,14.3)	(5.0,11.0)	(4.6,10.5)	(3.4, 8.3)	(2.4, 8.0)	(5.1,12.0)	(5.5,13.6)	(5.9,14.2)	(7.0,16.4)	(3.4, 8.3)	(2.8,9.0)	(3.8, 10.4)	(4.4, 12.1)	(2.3, 7.7)	(2.1, 15.9)	–	(2.1, 10.0)	(1.7,7.3)	(2.0,7.7)
North	**9.9**	**†8.1**	**†9.0**	**†6.8**	**†6.3**	**†7.3**	**†5.0**	**†10.7**	**†9.3**	**†5.6**	**†5.0**	**†7.0**	**†7.7**	**†3.6**	**†6.0**	**†4.5**	**†2.9**	**†3.7**	**†6.0** [acd]
	(7.3,13.4)	(5.4,12.1)	(6.2,12.9)	(4.8, 9.5)	(3.9,10.0)	(4.6,11.5)	(2.7,9.2)	(6.9,16.3)	(5.6,14.9)	(3.5, 8.6)	(2.5,9.6)	(4.1, 11.9)	(4.8, 12.3)	(1.8, 6.7)	(3.0, 11.5)	(1.9, 10.2)	(1.3, 6.1)	(1.9,7.0)	(3.4,10.6)

Cont'd

Marital Status																			
Married/ Partner	**9.8**	**7.5**	**7.6**	**6.5**	**5.6**	**5.5**	**5.4**	**6.4**	**5.8**	**5.1**	**5.5**	**4.7**	**4.0**	**5.4**	**5.3**	**†5.9**	**†3.6**	**†3.5**	**†3.6** [acd]
Previously Married	**9.0**	**6.2**	**†5.4**	**†4.5**	**†5.7**	**†6.1**	**†4.1**	**†7.0**	**†3.8**	**†4.4**	**†6.4**	**†5.4**	**†7.4**	**†5.2**	**†3.7**	**†7.1**	**†3.2**	**4.2**	**3.5** [acd]
Never Married	**15.6**	**11.1**	**12.9**	**13.6**	**†8.5**	**†7.2**	**†9.7**	**†10.3**	**13.0**	**5.3**	**†6.8**	**†4.6**	**†8.0**	**†2.7**	**†4.5**	**9.9**	**†10.6**	**3.4**	**†4.7** [acd]
Education																			
HS not completed	**11.4**	**9.3**	**†7.8**	**†6.1**	**†6.1**	**†4.5**	**†5.8**	**10.7**	**†4.3**	**†5.2**	**†3.9**	**†**	**†5.1**	**†4.1**	**†**	**†**	**†**	**3.2**	**2.8** [acd]
Completed HS	**12.6**	**7.5**	**10.0**	**6.9**	**†6.0**	**†6.1**	**†8.6**	**†5.3**	**8.3**	**†3.5**	**†5.0**	**†6.3**	**†4.8**	**†8.0**	**†2.5**	**†6.6**	**†5.0**	**†5.6**	**†5.8** [acd]
Some college or university	**11.0**	**8.9**	**7.6**	**8.1**	**7.0**	**6.8**	**7.6**	**7.1**	**8.7**	**5.7**	**†7.5**	**†3.9**	**†6.2**	**†4.2**	**†6.2**	**†9.6**	**†5.7**	**†2.4**	**†4.8** [acd]
University degree	**8.7**	**7.0**	**8.9**	**8.4**	**†5.4**	**†5.1**	**†2.8**	**†7.7**	**†5.0**	**†5.4**	**†4.8**	**†5.3**	**†3.9**	**†4.3**	**†4.1**	**†3.2**	**†5.5**	**†3.3**	**†2.2** [acd]

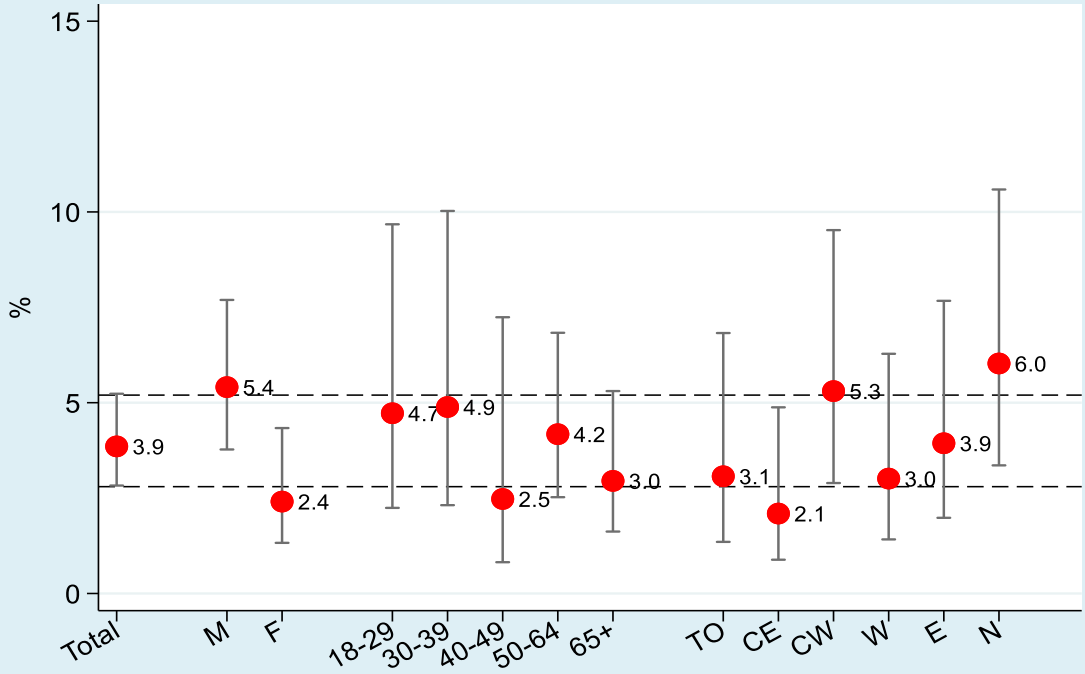
Notes: [1]Driving items were asked only of a random subsample of respondents (Panel B only); the sampling design was changed in 2017 to dual-frame sampling (landline + cell-phone).
(1) ¶ 95% confidence interval; † Estimate suppressed or unstable; all estimates and analyses are sample design adjusted.
(2) Trend Analysis: a Significant difference 1996 to 2019 ($p<.05$); [b]Significant change ($p<.05$) between last two estimates (2018 vs.2019); [c]Significant linear trend, $p<0.05$; [d] Significant non-linear trend, $p<0.05$

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 6.1.1

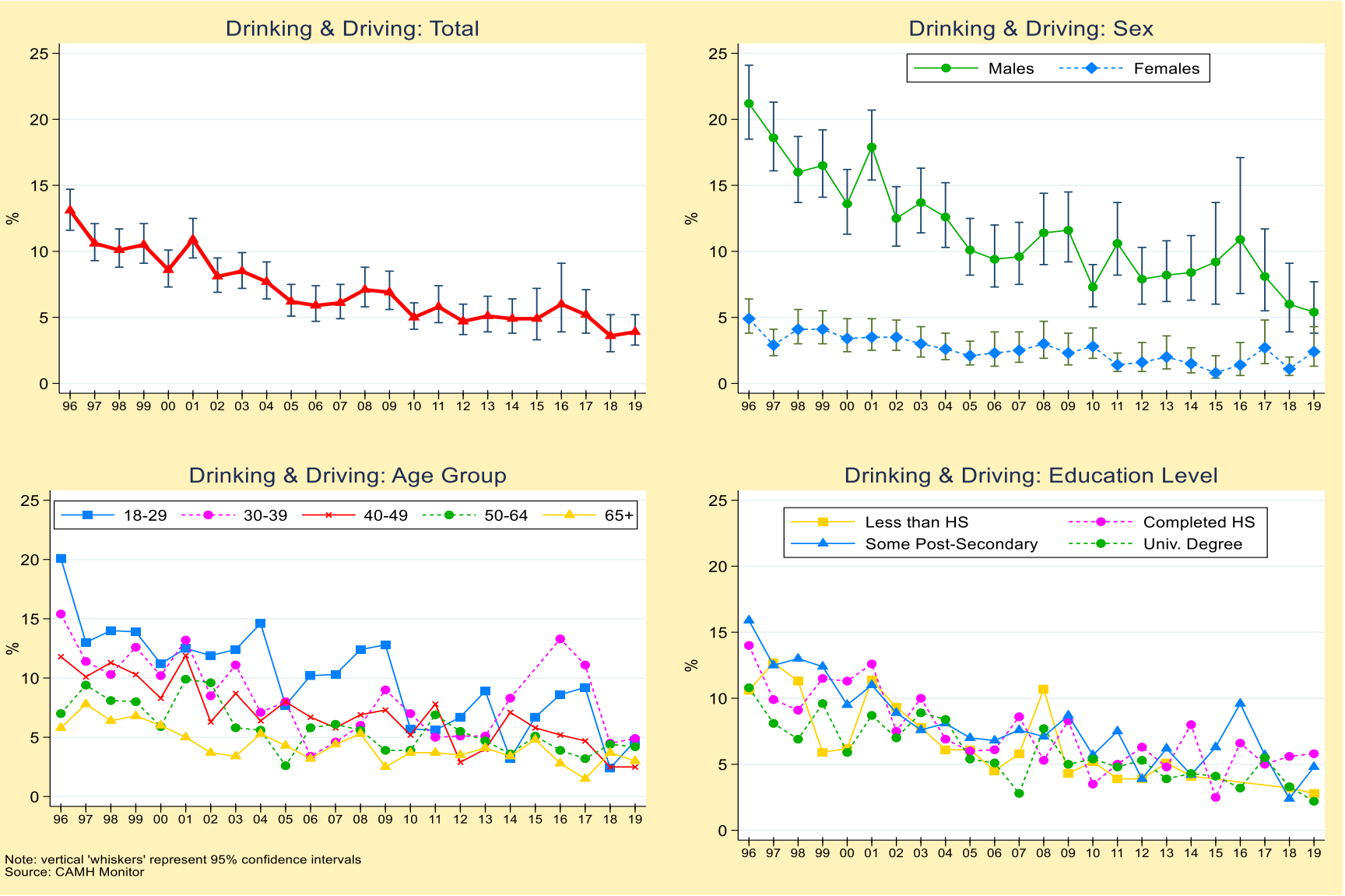
Past Year Driving after Drinking by Sex, Age and Region, Ontario Licensed Drivers Aged 18+, 2019 (N=1610)



Note: (1) vertical 'whiskers' represent 95% confidence intervals; (2) horizontal bar represents 95% confidence interval for total estimate
Source: CAMH Monitor 2019

Figure 6.1.2

Past Year Driving after Drinking, Ontario Licensed Drivers Aged 18+, 1996–2019



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

6.2 Driving after Cannabis Use

2019……..Table 6.2.1, Fig. 6.2.1

Overall, an estimated **3.1%** (95% CI: 2.2% to 4.3%) of Ontario adults with a valid driver's licence reported **driving within one hour of consuming cannabis** at least one time during the past 12 months. This prevalence corresponds to a population estimate of 295,800 licensed drivers.

Assessing the effects of sex and age showed the following:

- The adjusted odds of driving after cannabis use were almost 3 times higher among men (4.7%) than women (1.6%; OR=2.99).
- Compared to 18 to 29 year olds, the adjusted odds of driving after cannabis use was significantly lower among those 30 or more years old (5.6% vs. 2.5%, OR=0.44).

Trends

2002–2019……Table 6.2.2, Fig. 6.2.2

2018–2019

In 2019, the percentage of Ontario adult drivers reporting driving within one hour of consuming cannabis at least one time during the past 12 months (3.1%) was not significantly different from 2018 (3.1%). In addition, rates were stable for all demographic subgroups.

2002–2019

Over the study period, driving after cannabis use has displayed a significant non-linear **increase**[44] from 1.5% in 2010 to 3.1% in 2019.

A significant linear increases were evident only among 18 to 29 year olds, from 2.8% in 2009 to 8.6% in 2011. A significant non-linear increases among those aged 30 to 39 years old, and among men were also evident.

[44] All these trend results must be interpreted with caution because moderate sample sizes (with sizeable sampling errors) and low prevalence estimates result in unreliable measures of change.

Table 6.2.1: Percentage ***Driving within One Hour after Consuming Cannabis*** in the Past 12 Months and Adjusted Group Differences, Ontario Licensed Drivers, Aged 18+, 2019

	N	%	95% CI	Adjusted Odds Ratio (N=1603)
Total Drivers[1]	1610	†**3.1**	(2.2,4.3)	—
Sex				*
Men	692	†**4.7**	(3.1,7.0)	**2.99 (1.47, 6.09)***
Women *(Comparison Group)*	918	†**1.6**	(0.9,2.9)	—
Age				*
18-29 *(Comparison Group)*	223	†**5.6**	(3.1,9.7)	—
30+	1380	†**2.5**	(1.7,3.8)	**0.44 (0.21, 0.92)****

Notes: [1]Driving items were asked only of a random subsample of respondents (Panel B only).
(1) All analyses are sample design adjusted; *p<.05**;** **p<.01; ***p<.001; CI = 95% confidence interval; NS – no statistically significant difference; † Estimate suppressed or unstable.
(2) Asterisks in group row indicate a statistically significant group effect, based on Wald test.
(3) ORs greater than 1.0 indicate that the odds of driving after cannabis use are higher in the group being compared to the comparison group; ORs less than 1.0 indicate that the odds of driving after cannabis use are lower in the group being compared to the comparison group.
(4) Adjusted odds ratio holding fixed values for sex and age.

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

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

Table 6.2.2: Percentage ***Driving within One Hour after Consuming Cannabis*** in the Past 12 Months, by Demographic Characteristics, Ontario Licensed Drivers[1], Aged 18+, 2002–2019

(N=)	2002 (2132)	2003 (2124)	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 (1622)	2019 (1610)
Total Drivers	**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** [d]
(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)
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** [d]
	(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)
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**
	(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)
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** [c]
	(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)
30 - 39	**†4.2**	**†2.1**	**†1.0**	**†3.1**	**†1.5**	†	**†2.1**	**†3.4**	**†2.3**	†	†	†	†	†	**†9.0**	†	**4.1**	**5.2** [d]
	(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)
40 - 49	†	**†2.4**	**†1.8**	**†2.4**	†	†	**†1.8**	**†1.7**	†	†	†	†	†	†	†	†	**1.4**	†
	—	(1.4, 4.2)	(0.8, 4.0)	(1.2, 4.6)	—	—	(0.9, 3.7)	(0.7, 4.4)	—	—	—	—	—	—	—	—	(0.4,4.8)	—
50+	†	†	†	†	†	†	†	†	†	**†1.1**	†	**†1.1**	†	**†1.1**	**†0.8**	**†1.4**	**†2.9**	**†2.5**
	—	—	—	—	—	—	—	—	—	(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)

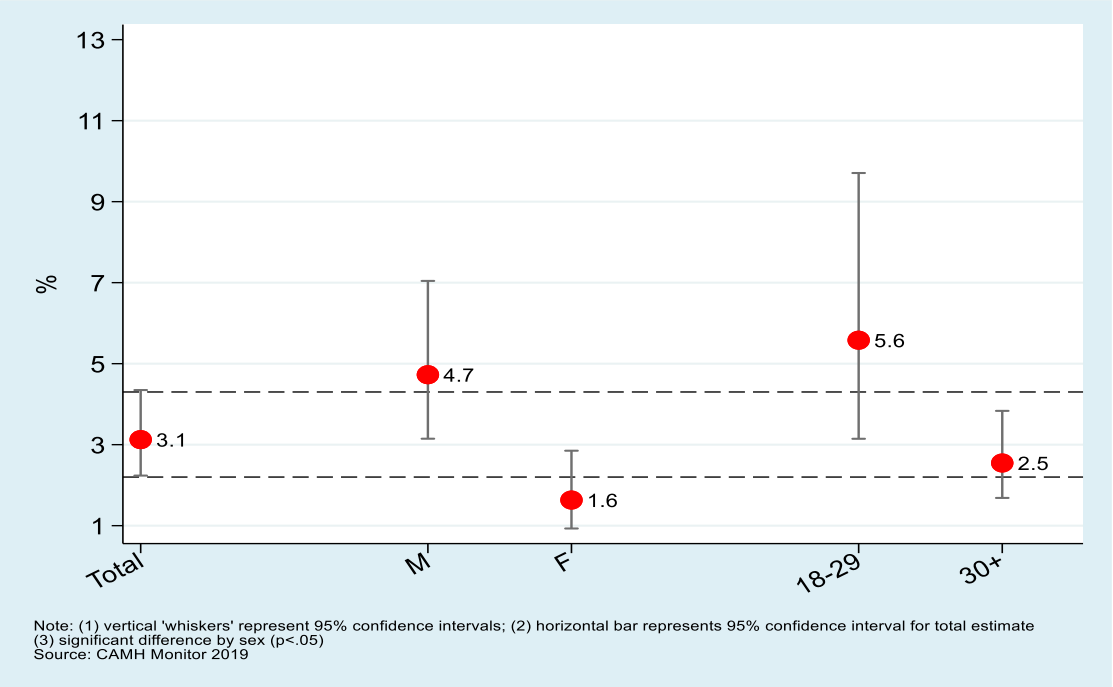
Notes: [1]Driving items were asked only of a random subsample of respondents (Panel B only); the sampling design was changed in 2017 to dual-frame sampling (landline + cell-phone).
(1) All analyses are sample design adjusted; [a] 95% confidence interval; † Estimate suppressed or unstable;
(2) Trend Analysis: a Significant difference 2002 to 2019 (p<.05); [b]Significant change (p<.05) between last two estimates (2018 vs.2019); [c]Significant linear trend, p<0.05; [d] Significant non-linear trend, p<0.05.

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 6.2.1

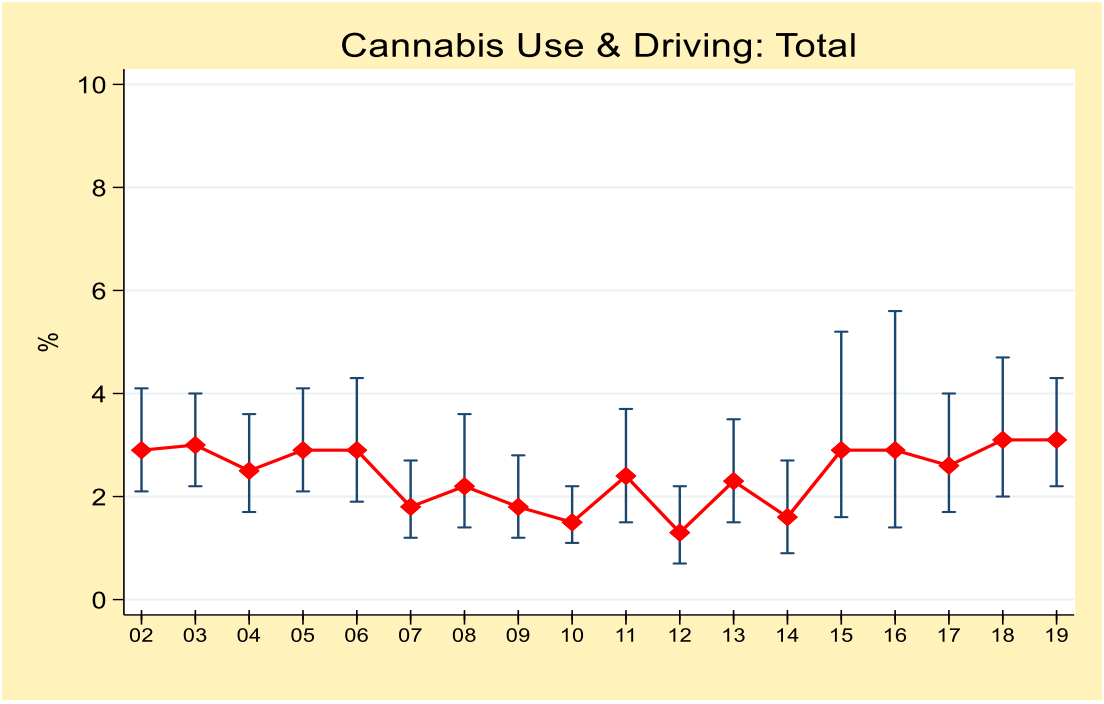
Past Year Driving after Cannabis Use by Sex and Age, Ontario Licensed Drivers Aged 18+, 2019 (N=1610)



Note: (1) vertical 'whiskers' represent 95% confidence intervals; (2) horizontal bar represents 95% confidence interval for total estimate
(3) significant difference by sex (p<.05)
Source: CAMH Monitor 2019

Figure 6.2.2

Past Year Driving after Cannabis Use, Ontario Licensed Drivers Aged 18+, 2002–2019



6.3 Texting While Driving

2019……..Tables 6.3.1; 6.3.3; Fig. 6.3.1 - 6.3.2

The survey asked about **texting while driving** starting in 2015. The question was "*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 a vehicle*?"
In Table 6.3.1 we present the percentage of licensed drivers who reported texting while driving a vehicle at least once in the past year.

Overall, an estimated **27.1%** (95% CI: 24.3% to 30.0%) of Ontario adults with a valid driver's licence reported texting while driving at least once during the past 12 months. This prevalence corresponds to a population estimate of 2,540,400 licensed drivers. Notably, **3.7%** (95% CI: 2.7% to 5.2%) of licensed drivers reported texting while driving 30 times or more in the past 30 days.

After adjusting for demographic risk factors, **age** and **income** were significantly related to texting while driving in the past year.

- Texting while driving showed a significant decline with age among those aged 30 and older, dropping from 46.6% among 30 to 39 year olds to 31.1% among 40 to 49 year olds, and to 4.8% among those 65 years and older. Compared to the youngest age group (18 to 29 years old), the adjusted odds of texting while driving were significantly lower among 40 to 49 year olds (OR=0.40), among 50 to 64 year olds (OR=0.27) and among those aged 65 and older (OR=0.06).

- The rate of texting while driving showed a significant association with income. Compared to those with the lowest incomes, the adjusted odds of texting while driving were significantly higher among drivers within the highest income category (OR=3.84).

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

Trends

2015–2019……Table 6.3.2, Fig. 6.3.3
In 2019, the percentage of Ontario adult drivers reporting texting while driving at least once during the past 12 months (27.1%) was similar to the 2018 estimate (26.6%). However, there was a significant decline in texting while driving from 36.8% in 2015 to 27.1% in 2019.

In addition, rates were lower among **men** and **women**, among respondents aged 40 to 49 years, among respondents living in the Central East or East, among those married, and among those with at least some college or university education.

Table 6.3.1: Percentage Reporting ***Texting while Driving*** in the Past 12 Months and Adjusted Group Differences, Ontario Licensed Drivers, Aged 18+, 2019

	N	%	95% CI	Adjusted Odds Ratio (N=1574)
Total Drivers[1]	1596	**27.1**	(24.3,30.0)	—
Sex				NS
Men	682	**27.6**	(23.6,32.0)	1.14 (0.82, 1.57)
Women *(Comparison Group)*	914	**26.7**	(23.1,30.6)	—
Age				**
18-29 *(Comparison Group)*	220	**41.5**	(33.8,49.5)	—
30-39	149	**46.6**	(37.6,55.7)	0.79 (0.45, 1.40)
40-49	190	**31.1**	(24.2,39.0)	**0.40 (0.22, 0.74)****
50-64	436	**21.9**	(17.7,26.8)	**0.27 (0.16, 0.47)****
65+	594	**†4.8**	(3.3,6.9)	**0.06 (0.03, 0.11)****
Region				NS
Toronto *(vs. Provincial Average)*	248	**28.5**	(22.4,35.6)	0.94 (0.68, 1.30)
Central East	270	**33.3**	(27.0,40.3)	**1.42 (1.02, 1.97)***
Central West	267	**26.4**	(20.5,33.2)	0.97 (0.72, 1.29)
West	283	**25.9**	(20.2,32.6)	1.12 (0.78, 1.61)
East	263	**22.4**	(16.9,29.1)	0.72 (0.50, 1.04)
North	265	**22.2**	(16.6,29.1)	0.88 (0.60, 1.29)
Marital Status				NS
Married/Partner *(Comparison Group)*	926	**26.0**	(22.7,29.6)	—
Previously Married	352	**†17.5**	(12.3,24.2)	1.43 (0.86, 2.36)
Never Married	310	**34.9**	(28.5,41.8)	0.85 (0.51, 1.41)
Education				NS
High school not completed *(Comparison Group)*	125	**†8.4**	(3.7, 18.1)	—
Completed high school	354	**20.6**	(15.5, 26.7)	1.57 (0.56, 4.36)
Some college or university	589	**29.9**	(25.4, 34.8)	2.37 (0.89, 6.30)
University degree	557	**30.4**	(24.4, 30.0)	2.30 (0.86, 6.19)
Household Income				**
< $30,000 *(Comparison Group)*	148	**†12.1**	(6.0, 22.7)	—
$30,000-$49,999	183	**†17.0**	(10.7, 26.0)	1.57 (0.59, 4.20)
$50,000-$79,999	254	**†23.6**	(17.2, 31.4)	2.13 (0.85, 5.30)
$80,000+	634	**36.7**	(32.2, 41.5)	**3.84 (1.62, 9.11)****
Not stated	377	**20.5**	(15.8, 26.2)	1.59 (0.66, 3.84)

Notes: [1]Driving items were asked only of a random subsample of respondents (Panel B only); Percentage reporting texting while driving at least once in the past 12 months.
(1) All analyses are sample design adjusted; *p<.05**;** **p<.01; ***p<.001; CI = 95% confidence interval; NS – no statistically significant difference; † Estimate suppressed or unstable.
(2) Asterisks in group row indicate a statistically significant group effect, based on Wald test.
(3) ORs greater than 1.0 indicate that the odds of texting and driving are higher in the group being compared to the comparison group; ORs less than 1.0 indicate that the odds of texting and driving are lower in the group being compared to the comparison group.
(4) Adjusted odds ratio holding fixed values for sex, age, region, marital status, education and income.
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

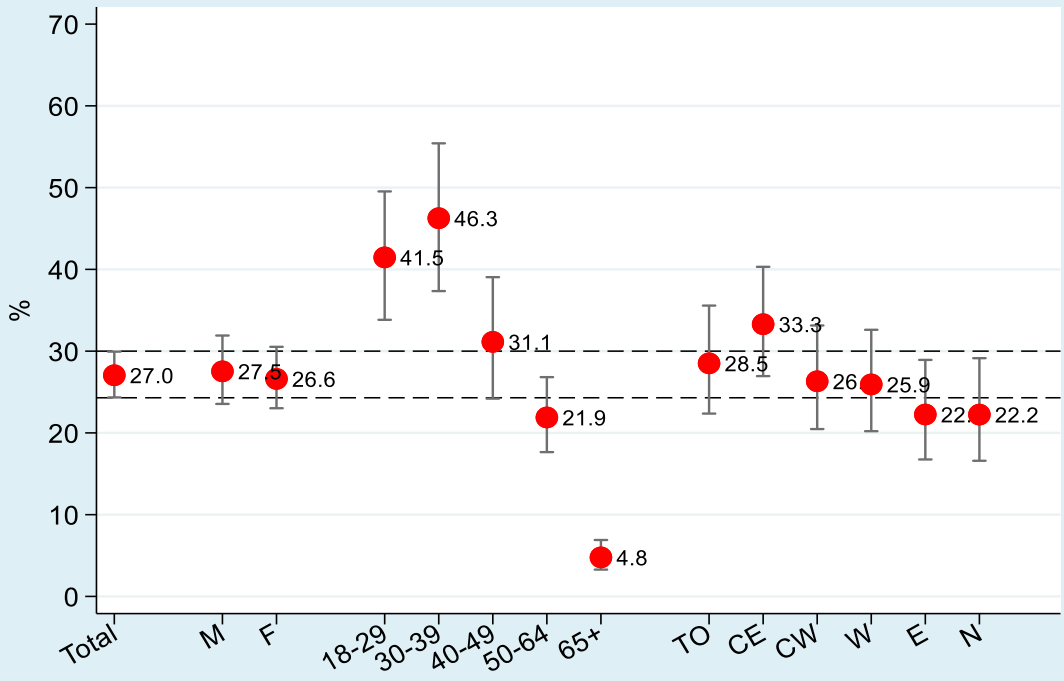
Table 6.3.2: Percentage Reporting ***Texting while Driving*** in the Past 12 Months by Demographic Characteristics, Ontario Licensed Drivers, Aged 18+, 2015–2019

(N=)	2015 (924)	2016 (1019)	2017 (1642)	2018 (1622)	2019 (1610)
Total Drivers[1]	**36.8**	**26.3**	**27.5**	**26.6**	**27.1** [acd]
(95% CI)[a]	(32.6, 41.2)	(22.6, 30.4)	(24.5, 30.7)	(23.7,29.8)	(24.3,30.0)
Sex					
Men	**37.9**	**30.3**	**32.2**	**29.0**	**27.6** [ac]
	(31.2, 45.0)	(24.4, 37.0)	(27.5, 37.4)	(24.7,33.9)	(23.6,32.0)
Women	**35.8**	**22.6**	**23.3**	**24.2**	**26.7** [acd]
	(30.7, 41.2)	(18.2, 27.6)	(19.7, 27.3)	(20.5,28.5)	(23.1,30.6)
Age					
18-29	**50.9**	**†42.4**	**†42.7**	**†46.6**	**†41.5**
	(37.6, 64.2)	(27.2, 59.2)	(33.5, 52.6)	(37.7,55.7)	(33.8,49.5)
30-39	**61.7**	**†32.1**	**47.9**	**†36.5**	**†46.6** [d]
	(48.8, 73.1)	(21.3, 45.3)	(37.7, 58.3)	(26.8,47.4)	(37.6,55.7)
40-49	**50.0**	**38.1**	**40.2**	**†36.2**	**†31.1** [ac]
	(40.2, 59.8)	(29.1, 48.1)	(32.9, 47.9)	(28.8,44.5)	(24.2,39.0)
50-64	**25.7**	**26.5**	**17.9**	**†20.1**	**†21.9**
	(20.4,31.8)	(21.3, 32.4)	(14.1, 22.4)	(16.1,24.9)	(17.7,26.8)
65+	**6.4**	**†2.3**	**†4.4**	**†6.6**	**†4.8** [d]
	(3.6, 11.0)	(0.9, 3.8)	(3.0, 6.4)	(4.7,9.4)	(3.3,6.9)
Region					
Toronto	**28.6**	**41.0**	**33.2**	**†26.5**	**†28.5** [d]
	(20.3, 38.7)	(30.7, 52.2)	(26.4, 40.9)	(20.7,33.3)	(22.4,35.6)
Central East	**47.8**	**†25.1**	**29.8**	**†30.9**	**†33.3** [ad]
	(38.5, 57.3)	(17.5,34.7)	(23.2,37.5)	(24.3,38.4)	(27.0,40.3)
Central West	**34.6**	**†23.2**	**26.0**	**†30.0**	**†26.4**
	(25.5, 45.0)	(15.8, 32.7)	(19.2, 34.2)	(23.2,37.9)	(20.5,33.2)
West	**32.9**	**†25.7**	**21.7**	**†23.5**	**†25.9**
	(24.4, 42.6)	(18.0, 35.3)	(16.2, 28.4)	(16.9,31.8)	(20.2,32.6)
East	**37.0**	**†22.2**	**27.4**	**†21.5**	**†22.4** [ac]
	(27.8, 47.3)	(14.7, 32.1)	(21.2, 34.6)	(16.2,28.1)	(16.9,29.1)
North	**31.4**	**†15.1**	**20.0**	**†19.2**	**†22.2** [d]
	(23.2, 40.8)	(9.6, 23.1)	(14.4, 27.0)	(14.3,25.3)	(16.6,29.1)
Marital Status					
Married/Partner	**35.2**	**26.9**	**26.3**	**23.7**	**26.0** [acd]
Previously Married	**23.3**	**†15.6**	**†12.2**	**†18.7**	**†17.5**
Never Married	**48.2**	**†31.3**	**37.3**	**38.2**	**34.9**
Education					
Less Than High School	**†23.9**	**†16.7**	**†6.9**	**8.7**	**8.4** [c]
Completed High School	**27.2**	**†19.1**	**19.7**	**19.1**	**20.6**
Some College or University	**40.7**	**27.2**	**27.3**	**27.9**	**29.9** [acd]
University Degree	**40.7**	**30.4**	**35.3**	**31.7**	**30.4** [ac]

Notes: [1] Asked only of a random subsample; † Estimate suppressed or unstable; the sampling design was changed in 2017 to dual-frame sampling (landline + cell-phone).
(1) [a] 95% confidence interval; all analyses are sample design adjusted;
(2) Trend Analysis: a Significant difference 2015 to 2019 ($p<.05$); [b]Significant change ($p<.05$) between last two estimates (2018 vs.2019); [c]Significant linear trend, $p<0.05$; [d] Significant non-linear trend, $p<0.05$;
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

Figure 6.3.1

Percentage Reporting Texting while Driving in the Past Year by Sex, Age and Region, Ontario Licensed Drivers Aged 18+, 2019 (N=1610)



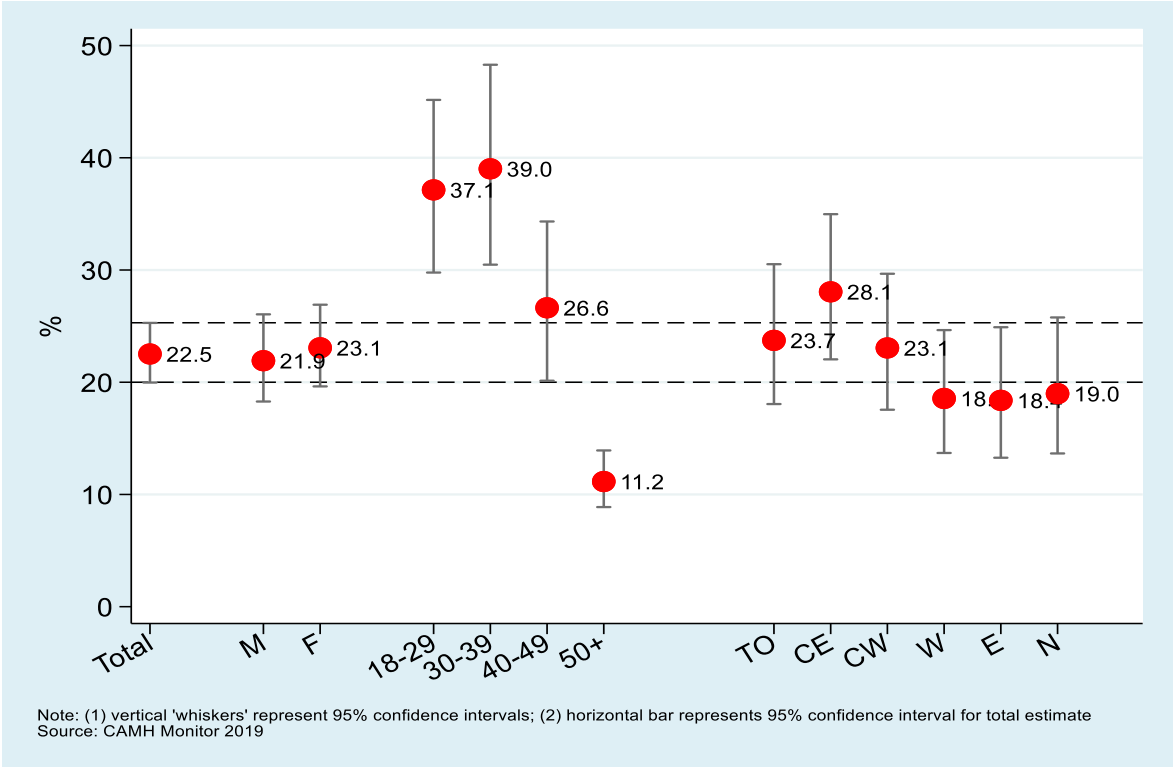
Note: (1) vertical 'whiskers' represent 95% confidence intervals; (2) horizontal bar represents 95% confidence interval for total estimate
Source: CAMH Monitor 2019

Table 6.3.3: Percentage Reporting *Texting while Driving* in the Past Year and Past 30 Days, Ontario Licensed Drivers Aged 18+, 2019

Total drivers (N=1610)	Lower Limit %	Estimate %	Upper Limit %
At least once in the past year	24.4	**27.1**	30.0
At least once in the past 30 days	20.0	**22.6**	25.3
Less than 30 times in the past 30 days	16.5	**18.8**	21.4
30 times or more in the past 30 days	2.7	**3.7**	5.2

Note: All estimates are sample design adjusted.
Source: The *CAMH Monitor*, Centre for Addiction and Mental Health

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+, 2019 (N=1610)



Note: (1) vertical 'whiskers' represent 95% confidence intervals; (2) horizontal bar represents 95% confidence interval for total estimate
Source: CAMH Monitor 2019

7. MENTAL HEALTH

7.1 Psychological Distress

Starting in 2015, the *Kessler 6-Item Psychological Distress Scale (K6),* a screening instrument designed to detect nonspecific psychological distress (symptoms of anxiety and depression) was included in the survey. Because the *K6* is a screening instrument, it should not be used for clinical diagnoses (Kessler et al., 2002, Kessler et al., 2003). In 2019 these items were asked of a random subsample of respondents (N=1,819).

Each of the six questions begins with the wording: "*In the past 30 days how often did you....*" The following symptoms comprise the K6 screener:

- *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 our purposes, we used two cut-off scores: (1) a score of **8 or higher** (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** (of 24) to estimate the percentage experiencing *serious* psychological distress (Kessler et al., 2003).

Psychological Distress Symptoms

2019 ..... Fig. 7.1.1–7.1.2

The three most common symptoms experienced by respondents "*most of the time"* or *"all of the time"* during the past 30 days were: feeling restless or fidgety (9.9%), feeling that everything was an effort (8.6%), and feeling nervous (8.0%). The less commonly reported symptoms were feeling hopeless (4.3%), felt so depressed nothing could cheer them up (3.4%), and thinking of oneself as worthless (3.1%). There were no significant differences between men and women.

7.1.1 Moderate Psychological Distress

2019 .....Table 7.1.1; Fig. 7.1.3

An estimated **17.7%** (95% CI: 15.5% to 20.2%) of Ontario adults met the criteria for **moderate psychological distress** (a score of 8 or higher) during the past 30 days. The corresponding population estimate is 1,908,800 Ontario adults.

Sex, age, marital status and income were significantly related to moderate psychological distress. While holding values of risk factors constant, adjusted group differences showed the following:

- The adjusted odds of having moderate psychological distress was lower among men (16.0%) than women (19.3%, OR=0.68).

- Moderate psychological distress declined with age, dropping from 36.0% among 18 to 29 year olds to 6.6% among those 65 and older. The adjusted odds of moderate psychological distress were lower among those aged 50 to 64 (OR=0.39) and among those 65 and older (OR=0.13), compared to

those aged 18 to 29.

- Relative to married respondents, the adjusted odds of moderate psychological distress were significantly higher among those previously married (19.2% vs. 9.8%; OR=2.40), and never married respondents (34.1% vs.9.8%; OR=2.47).

- Compared to those with the lowest incomes, the adjusted odds of moderate psychological distress were significantly lower among those with the highest incomes (28.1% vs. 12.0%; OR=0.47).

There were no other significant differences when holding values of demographics constant.

Trends
2015–2019.....Table 7.1.3

The percentage of respondents indicating moderate psychological distress in 2019 (17.7%) was significantly increased from 2018 (14.2%). Significant increases between 2018 and 2019 were evident among women, respondents from the East and among never married respondents.

Since 2015, a significant linear increases in moderate psychological distress were evident, varying between 9.9% in 2016 and 17.7% in 2019. Significant increases also occurred among men (increased from 9.3% in 2015 to 16.0% in 2019) and women (increased from 10.2% in 2016 to 19.3% in 2019), among those aged 18 to 29 (increased from 19.2% in 2016 to 36% in 2019), 30 to 39 (increased from 10.4% in 2015 to 20.6% in 2019) and 40 to 49 (increased from 7.6% in 2015 to 16.8% in 2019), and all regions (except Toronto), married (increased from 6.3% in 2016 to 9.8% in 2019) and never married respondents (increased from 19.7% in 2015 to 34.1% in 2019), and all education subgroups (except for those who did not complete high school education).

7.1.2 Serious Psychological Distress

2019 .....Table 7.1.2; Fig. 7.1.4

An estimated **6.8%** (95% CI: 5.3% to 8.6%) of Ontario adults met the criteria for **serious psychological distress** (a score of 13 or higher) during the past 30 days. The corresponding population estimate is 728,700 Ontario adults.

Sex, age, marital status and income were significantly related to serious psychological distress when holding values of demographic factors fixed.

- The adjusted odds of having serious psychological distress was lower among men (5.1%) than women (8.3%, OR=0.48).

- Serious psychological distress declined with age, dropping from 14.2% among 18 to 29 year olds to 1.6% among those 65 and older (OR=0.12).

- Relative to married respondents, the adjusted odds of serious psychological distress were significantly higher among those previously married (6.4% vs. 2.6%; OR=2.33), and among those who never married (16.0% vs. 2.6%; OR=4.13).

- Compared to those with the lowest incomes, the adjusted odds of serious psychological distress were significantly lower among those with the highest incomes (15.1% vs. 3.1%; OR=0.27).

There were no other significant differences when holding values of other demographics constant.

Trends
2015–2019.....Table 7.1.4

The percentage of respondents indicating serious psychological distress in 2019 (6.8%) was not significantly different from 2018 (5.2%) and rates were also stable for all subgroups.

Between 2015 and 2019, a significant linear increases in serious psychological distress were evident, varying between 2.9% in 2016 and 6.8% in 2019. Significant increases also evident among most subgroups.

Table 7.1.1: Percentage Reporting ***Moderate to Serious Psychological Distress (K6/8+)*** in the Past 30 Days and Adjusted Group Differences, Ontarians Aged 18+, 2019

	N	%	95% CI	Adjusted Odds Ratio (N=1790)
Total [1]	1819	**17.7**	(15.5, 20.2)	—
Sex				*
Men	761	**16.0**	(12.9, 19.6)	0.68 (0.48, 0.98)
Women *(Comparison Group)*	1058	**19.3**	(16.2, 22.8)	—
Age				***
18-29 *(Comparison Group)*	263	**36.0**	(29.2, 43.4)	—
30-39	176	**†20.6**	(14.0, 29.3)	0.78 (0.42, 1.44)
40-49	205	**16.8**	(12.0, 23.0)	0.67 (0.37, 1.23)
50-64	471	**12.0**	(9.0, 15.8)	**0.39 (0.22, 0.69)****
65+	697	**6.6**	(4.8, 9.1)	**0.13 (0.07, 0.26)*****
Region				NS
Toronto *(vs. Provincial Average)*	316	**18.3**	(13.8, 23.9)	0.95 (0.67, 1.33)
Central East	302	**16.6**	(12.0, 22.5)	0.95 (0.65, 1.39)
Central West	298	**18.0**	(12.9,24.6)	0.99 (0.72, 1.36)
West	308	**17.5**	(13.1, 23.0)	0.93 (0.64, 1.35)
East	298	**19.6**	(14.7, 25.6)	**1.51 (1.05, 2.20)***
North	297	**†14.8**	(10.5, 20.5)	0.73 (0.47, 1.12)
Marital Status				**
Married/Partner *(Comparison Group)*	998	**9.8**	(7.9, 12.1)	—
Previously Married	424	**19.2**	(14.2, 25.4)	**2.40 (1.41, 4.09)****
Never Married	384	**34.1**	(28.2, 40.5)	**2.47 (1.48, 4.12)****
Education				NS
High school not completed *(Comp. Group)*	163	**†19.3**	(12.5, 28.8)	—
Completed high school	381	**22.2**	(16.8, 28.3)	0.95 (0.49, 1.86)
Some college or university	671	**20.4**	(16.9, 24.5)	0.84 (0.44, 1.58)
University degree	592	**12.3**	(8.9, 16.8)	0.51 (0.26, 1.03)
Household Income				*
< $30,000 *(Comparison Group)*	210	**28.1**	(20.7, 37.0)	—
$30,000-$49,999	205	**†23.6**	(15.4, 34.5)	1.12 (0.55, 2.28)
$50,000-$79,999	279	**20.4**	(14.8, 27.5)	0.82 (0.44, 1.54)
$80,000+	663	**12.0**	(9.2, 15.5)	**0.47 (0.25, 0.87)***
Not stated	462	**19.0**	(14.8, 24.0)	0.65 (0.36, 1.15)

Notes: (1) All analyses are sample design adjusted; *p<.05; **p<.01; ***p<.001; CI = 95% confidence interval; NS – not statistically significant; † Estimate unstable or supressed; [1] Asked only of a random subsample.
(2) Asterisks in group row indicate a statistically significant group effect, based on Wald test.
(3) ORs greater than 1.0 indicate that the odds of distress are higher relative to the comparison group; ORs less than 1.0 indicate that the odds of distress are lower relative to the comparison group.
(4) Adjusted odds ratio holding fixed values for sex, age, region, marital status, education and income.

Def'n: *Moderate Psychological Distress is defined as reporting a score of 5 or more (out of 24) on the K6 scale.*

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

Table 7.1.2: Percentage Reporting ***Serious Psychological Distress (K6/13+)*** in the Past 30 Days and Adjusted Group Differences, Ontarians Aged 18+, 2019

	N	%	95% CI	Adjusted Odds Ratio (N=1790)
Total [1]	1819	†**6.8**	(5.3, 8.6)	—
Sex				*
Men	761	†**5.1**	(3.5,7.4)	**0.48 (0.27, 0.84)***
Women *(Comparison Group)*	1058	†**8.3**	(6.1,11.1)	—
Age				***
18-29 *(Comparison Group)*	263	†**14.2**	(10.0, 19.8)	—
30-39	176	†**10.6**	(5.5, 19.2)	1.47 (0.61, 3.51)
40-49	205	†**5.0**	(2.7, 9.2)	0.78 (0.31, 1.96)
50-64	471	†**4.1**	(2.5, 6.6)	0.60 (0.23, 1.59)
65+	696	†**1.6**	(0.8, 3.0)	**0.12 (0.04, 0.37)****
Region				NS
Toronto *(vs. Provincial Average)*	316	†**7.9**	(5.0, 12.4)	1.09 (0.67, 1.80)
Central East	302	†**5.1**	(2.9, 8.7)	0.76 (0.43, 1.34)
Central West	298	†**7.2**	(3.9, 12.7)	1.08 (0.66, 1.76)
West	308	†**5.6**	(3.3, 9.2)	0.73 (0.41, 1.28)
East	298	†**8.2**	(5.1, 12.8)	1.73 (1.00, 3.02)
North	297	†**5.1**	(2.8, 9.1)	0.69 (0.35, 1.35)
Marital Status				**
Married/Partner *(Comparison Group)*	998	†**2.6**	(1.7, 4.0)	—
Previously Married	424	†**6.4**	(3.9, 10.3)	**2.33 (1.03, 5.29)***
Never Married	384	**16.0**	(11.7, 21.5)	**4.13 (1.78, 9.59)****
Education				NS
High school not completed *(Comp. Group)*	163	†**10.4**	(5.1, 20.2)	—
Completed high school	381	†**8.4**	(5.5, 12.5)	0.64 (0.25, 1.64)
Some college or university	671	†**7.2**	(5.2, 10.0)	0.52 (0.21, 1.28)
University degree	592	†**4.7**	(2.5, 8.7)	**0.36 (0.14, 0.97)***
Household Income				*
< $30,000 *(Comparison Group)*	210	†**15.1**	(9.5, 23.1)	—
$30,000-$49,999	205	†**10.2**	(4.1, 23.0)	0.90 (0.32, 2.52)
$50,000-$79,999	279	†**8.4**	(5.0, 13.8)	0.69 (0.30, 1.61)
$80,000+	663	†**3.1**	(1.9, 5.1)	**0.27 (0.12, 0.61)****
Not stated	462	†**7.1**	(4.7, 10.5)	**0.45 (0.21, 0.96)***

Notes: (1) All analyses are sample design adjusted; *p<.05; **p<.01; ***p<.001; CI = 95% confidence interval; NS – not statistically significant; † Estimate unstable or supressed; [1] Asked only of a random subsample..
(2) Asterisks in group row indicate a statistically significant group effect, based on Wald test.
(3) ORs greater than 1.0 indicate that the odds of distress are higher relative to the comparison group; ORs less than 1.0 indicate that the odds of distress are lower relative to the comparison group.
(4) Adjusted odds ratio holding fixed values for sex, age, region, marital status, education and income.
Deff: *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

Table 7.1.3: Percentage Reporting ***Moderate to Serious Psychological Distress (K6/8+)*** in the Past 30 Days by Demographic Characteristics, Ontarians Aged 18+, 2015–2019.

(N=)	**2015** (4007)	**2016** (2034)	**2017** (1813)	**2018** (1798)	**2019** (1820)
Total Sample[1] (95% CI)[¶]	**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** [abcd] (15.5, 20.2)
Sex					
Men	**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** [ac] (12.9, 19.6)
Women	**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** [abcd] (16.2, 22.8)
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** [ac] (29.2, 43.4)
30-39	**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** [ac] (14.0, 29.3)
40-49	**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** [ac] (12.0, 23.0)
50-64	**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)
65+	**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** [d] (4.8, 9.1)
Region					
Toronto	**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)
Central East	**11.5** (8.7, 15.1)	**†8.7** (5.4, 13.7)	**†14.0** (9.3, 20.6)	**16.9** (12.1, 23.1)	**16.6** [c] (12.0, 22.5)
Central West	**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** [ac] (12.9, 24.6)
West	**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** [ac] (13.1, 23.0)
East	**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** [abc] (14.7, 25.6)
North	**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** [ac] (10.5, 20.5)
Marital Status					
Married/Partner	**8.0**	**6.3**	**7.4**	**8.2**	**9.8** [c]
Previously Married	**14.8**	**13.4**	**†16.6**	**†17.4**	**19.2**
Never Married	**19.7**	**†18.9**	**21.1**	**26.4**	**34.1** [abc]
Education					
Less Than High School	**14.9**	**†16.0**	**†12.9**	**†17.2**	**†19.3**
Completed High School	**13.4**	**†12.2**	**†15.4**	**20.1**	**22.0** [ac]
Some College or University	**14.3**	**†10.4**	**15.5**	**14.9**	**20.4** [ac]
University Degree	**6.9**	**†7.7**	**†6.4**	**†9.5**	**12.3** [ac]

Notes: [1] Asked only of a random subsample; † Estimate suppressed or unstable;
(1) The sampling design was changed in 2017 to dual-frame sampling (landline + cell-phone).
(2) [¶] 95% confidence interval; all analyses are sample design adjusted; *p<.05**;** **p<.01; ***p<.001;
(3) Trend Analysis: a Significant difference 2015 to 2019 (p<.05); [b]Significant change (p<.05) between last two estimates (2018 vs.2019);
[c]Significant linear trend, p<0.05; [d] Significant non-linear trend, p<0.05;
Def'n: Moderate 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

Table 7.1.4: Percentage Reporting ***Serious Psychological Distress (K6/13+)*** in the Past 30 Days by Demographic Characteristics, Ontarians Aged 18+, 2015–2019

(N=)	2015 (4007)	2016 (2034)	2017 (1813)	2018 (1798)	2019 (1820)
Total Sample[1]	**3.1**	**†2.9**	**†4.0**	**5.2**	**6.8** [ac]
(95% CI)¶	(2.4, 4.1)	(1.9, 4.3)	(2.8, 5.6)	(3.9, 7.0)	(5.3, 8.6)
Sex					
Men	**†2.8**	**†3.7**	**†3.8**	**†4.6**	**†5.1** [ac]
	(1.8, 4.4)	(2.1, 6.6)	(2.2, 6.5)	(2.8, 7.6)	(3.5, 7.4)
Women	**3.4**	**†2.1**	**†4.2**	**†5.7**	**8.3** [ac]
	(2.5, 4.7)	(1.2, 3.5)	(2.6, 6.5)	(4.0, 8.2)	(6.1, 11.1)
Age					
18-29	**†6.8**	**†6.6**	**†8.4**	**†9.1**	**†14.2** [ac]
	(4.1, 11.2)	(2.9, 14.2)	(4.7, 14.6)	(5.4, 15.0)	(10.0, 19.8)
30-39	**†2.6**	**†3.5**	**†5.5**	**†10.0**	**†10.6** [ac]
	(1.2, 5.5)	(1.3, 8.8)	(2.1, 13.3)	(5.3, 18.2)	(5.5, 19.2)
40-49	**†2.3**	**†1.5**	**†2.1**	**†5.2**	**†5.0** [c]
	(1.3, 3.9)	(0.6, 3.8)	(0.9, 7.9)	(2.5, 10.6)	(2.7, 9.2)
50-64	**†2.6**	**†2.1**	**†3.2**	**†3.5**	**†4.1**
	(1.9, 3.7)	(1.1, 3.8)	(1.9, 5.3)	(1.9, 6.4)	(2.5, 6.6)
65+	**†1.4**	**†1.7**	**†1.7**	**†**	**†1.6**
	(0.9, 2.3)	(1.0, 2.9)	(0.9, 3.1)	-	(0.8, 3.0)
Region					
Toronto	**†4.4**	**†4.8**	**†4.0**	**†4.5**	**†7.9**
	(2.6, 7.4)	(2.0, 10.7)	(1.9, 8.3)	(2.2, 8.7)	(5.0, 12.4)
Central East	**†3.2**	**†0.8**	**†2.9**	**†6.0**	**†5.1** [cd]
	(1.8, 5.8)	(0.2, 3.1)	(1.2, 6.7)	(3.4, 10.2)	(2.9, 8.7)
Central West	**†3.2**	**†3.0**	**†4.1**	**†5.9**	**†7.2** [c]
	(1.8, 5.6)	(1.2, 7.4)	(1.8, 9.1)	(3.2, 10.7)	(3.9, 12.7)
West	**†1.8**	**†3.7**	**†6.0**	**†**	**†5.6** [ac]
	(1.1, 3.0)	(1.7, 8.1)	(3.3, 10.8)	-	(3.3, 9.2)
East	**†2.8**	**†2.1**	**†4.2**	**†5.7**	**†8.2** [ac]
	(1.5, 5.0)	(0.9, 5.1)	(1.6, 10.7)	(3.1, 10.1)	(5.1, 12.8)
North	**†1.6**	**†3.9**	**†2.9**	**†**	**†5.1** [ac]
	(0.8, 2.9)	(2.1, 7.1)	(1.3, 6.3)	-	(2.8, 9.1)
Marital Status					
Married/Partner	**†1.5**	**†1.3**	**†1.9**	**†2.0**	**†2.6** [ac]
Previously Married	**†4.9**	**†6.1**	**†10.3**	**†**	**†6.4**
Never Married	**†7.0**	**†5.8**	**†6.1**	**†11.0**	**16.0** [ac]
Education					
Less Than High School	**†4.4**	**†8.2**	**†2.4**	**†4.7**	**†10.4**
Completed High School	**†4.3**	**†4.0**	**†5.2**	**†9.7**	**†8.4** [ac]
Some College or University	**†4.2**	**†3.9**	**†5.2**	**†4.8**	**†7.2**
University Degree	**†1.2**	**†**	**†2.2**	**†**	**†4.7** [ac]

Notes: [1] Asked only of a random subsample; † Estimate suppressed or unstable;
(1) The sampling design was changed in 2017 to dual-frame sampling (landline + cell-phone).
(2) [a] 95% confidence interval; all analyses are sample design adjusted; *p<.05; **p<.01; ***p<.001;
(3) Trend Analysis: a Significant difference 2015 to 2019 (p<.05); [b]Significant change (p<.05) between last two estimates (2018 vs.2019);
[c]Significant linear trend, p<0.05; [d] Significant non-linear trend, p<0.05;
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

Figure 7.1.1

Percentage Reporting Symptoms of Psychological Distress (K6) "Most of the Time" or "All of the Time" in the Past Month, Ontarians Aged 18+, 2019 (N=1820)

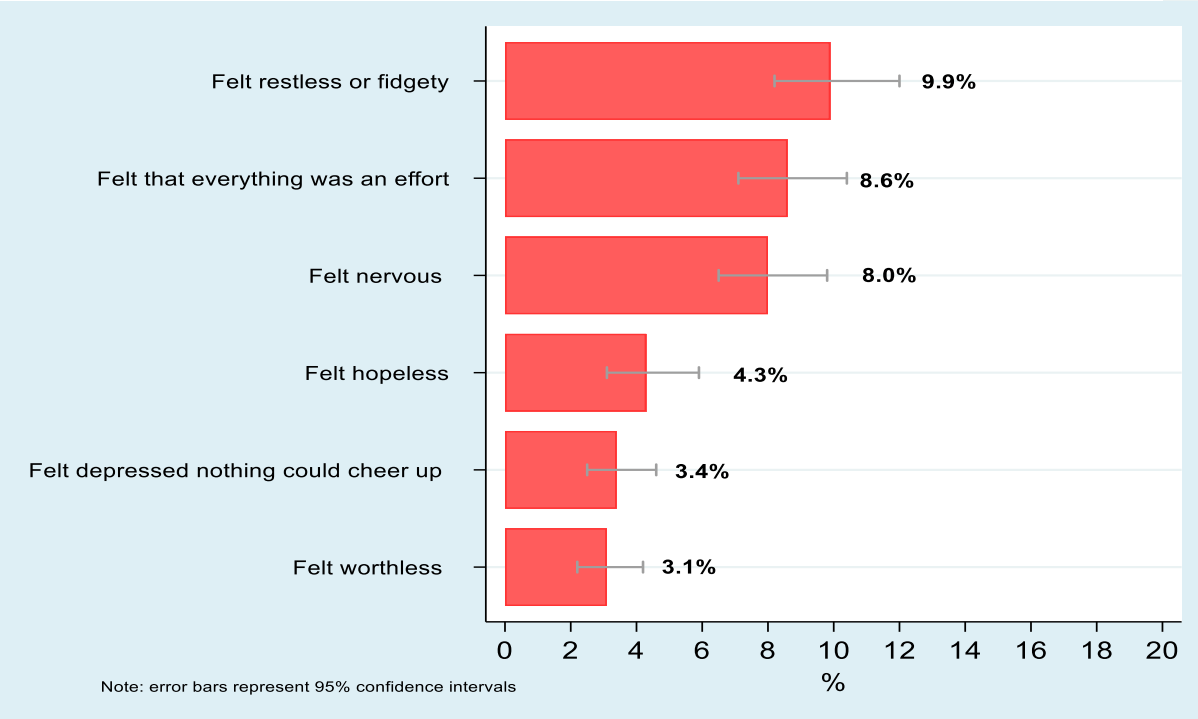


Figure 7.1.2

Percentage Reporting Symptoms of Psychological Distress (K6) "Most of the Time" or "All of the Time" in the Past Month by Sex, Ontarians Aged 18+, 2019 (N=1820)

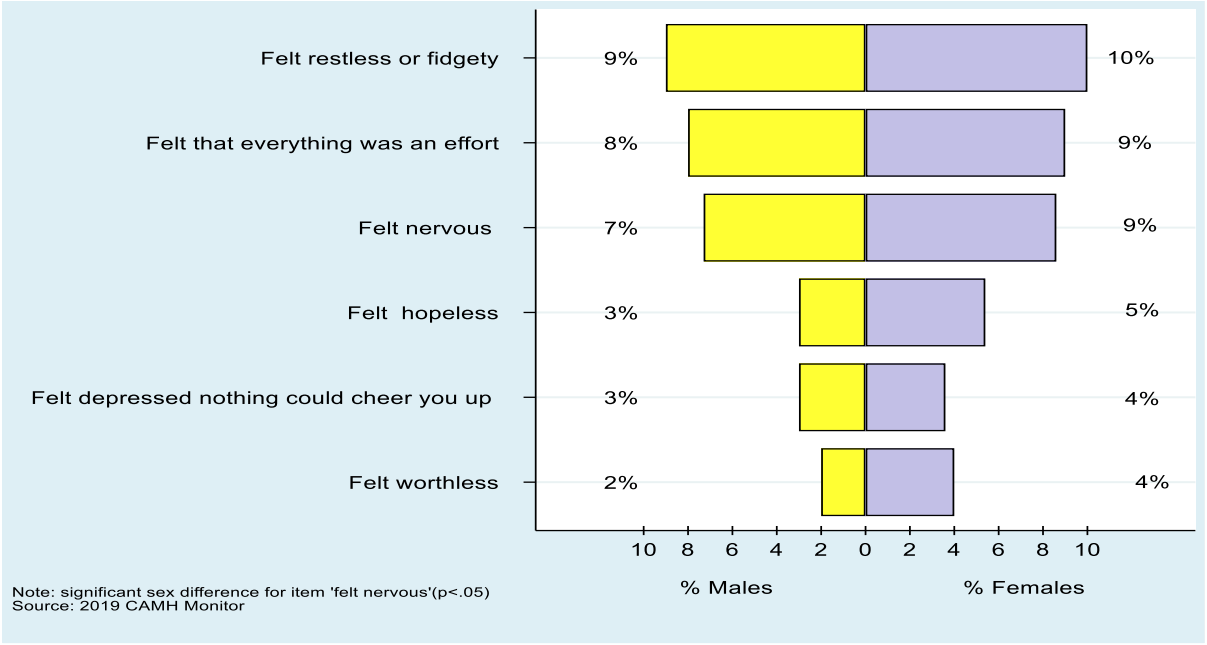
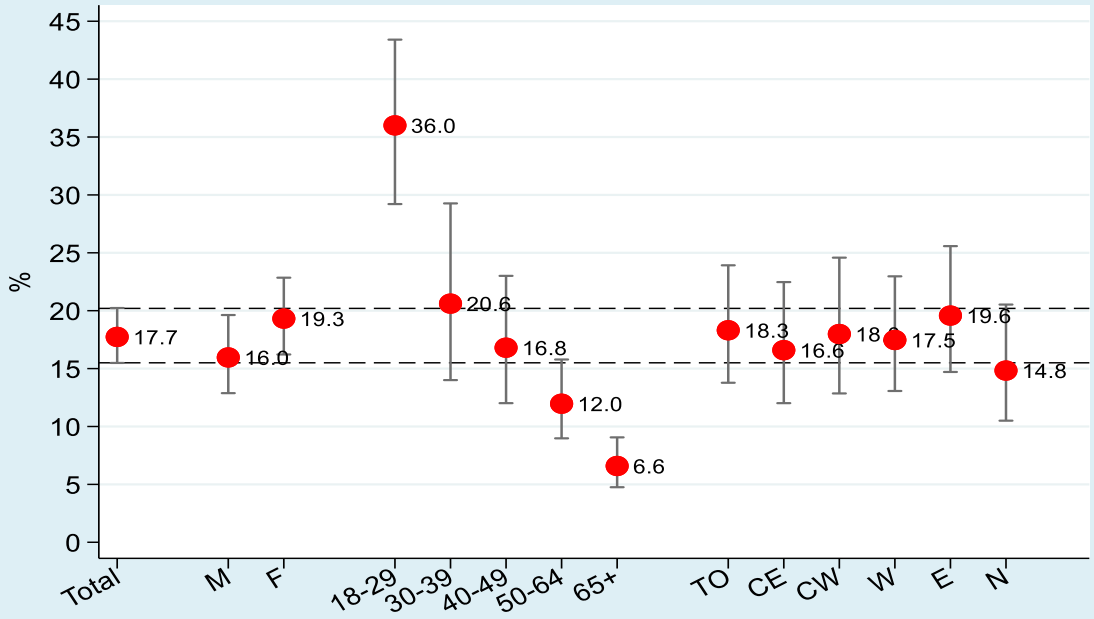


Figure 7.1.3

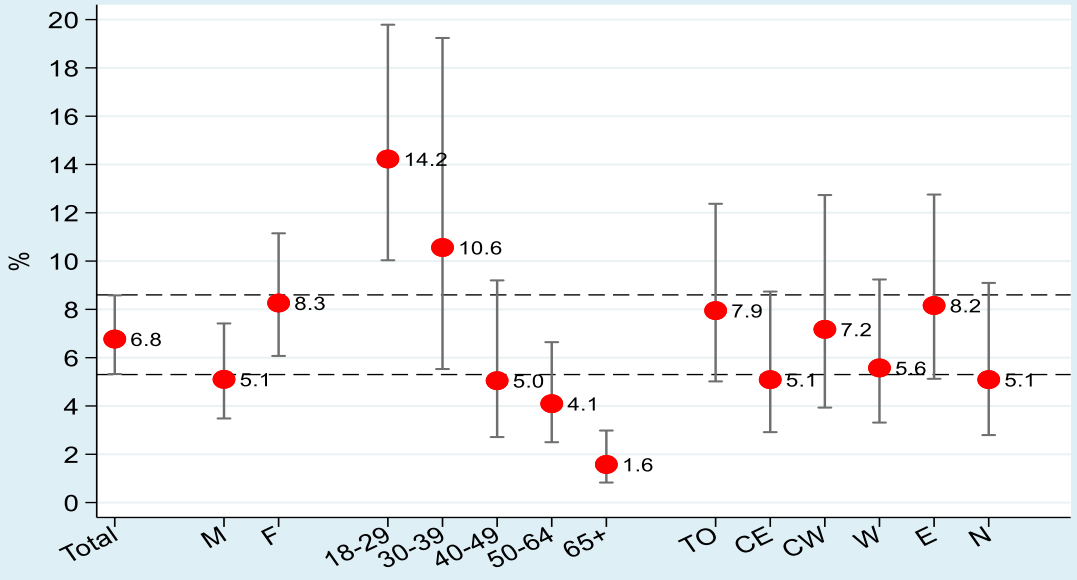
Percentage Reporting Moderate-to-Serious Psychological Distress (K6/8+) in the Past Month by Sex, Age and Region, Ontarians Aged 18+, 2019 (N=1820)



Note: (1) vertical 'whiskers' represent 95% confidence intervals; (2) horizontal bar represents 95% confidence interval for total estimate
(3) significant difference by sex (p<.05)
Source: CAMH Monitor 2019

Figure 7.1.4

Percentage Reporting Serious Psychological Distress (K6/13+) in the Past Month by Sex, Age and Region, Ontarians Aged 18+, 2019 (N=1820)



Note: (1) vertical 'whiskers' represent 95% confidence intervals; (2) horizontal bar represents 95% confidence interval for total estimate
(3) significant difference by sex (p<.05)
Source: CAMH Monitor 2019

7.2 Prescription Medication for Anxiety and Depression

Anxiety and depression are some of the most prevalent mental health conditions experienced by adults. For monitoring purposes, we assess the percentage reporting having 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?*

Estimates for past year use of antianxiety and antidepressant medications are available beginning 1997. In 2019 these items were asked of a random subsample of respondents (N=1,820).

7.2.1 Antianxiety Medication

2019 .....Table 7.2.1; Fig. 7.2.1

Overall, an estimated **13.9%** (95% CI: 12.0% to 16.0%) of Ontario adults used a prescribed medication to treat anxiety – anxiolytics – during the 12 months before the survey. The corresponding population estimate is 1,479,300 Ontario adults.

Sex, age and marital status were significantly related to the use of prescribed medication to treat anxiety. While holding values of risk factors constant, adjusted group differences showed the following:

- The adjusted odds of using antianxiety medication was lower among men (10.4%) than women (16.9%, OR=0.54).
- The adjusted odds of using antianxiety medication were higher among those aged 40 to 49 (17.2%) compared to those aged 18 to 29 (13.3%, OR=2.38).
- Relative to married respondents, the adjusted odds of using antianxiety medication were significantly higher among those previously married (20.3% vs. 10.3%; OR=2.21), and never married respondents (18.3% vs.10.3%; OR=2.65).

Trends

1997–2019.....Table 7.2.3; Fig. 7.2.3

2018–2019

Use of antianxiety medication in 2019 (13.9%) was significantly increased from 2018 (10.8%) and similar patterns were found among respondents living in the West region, among those previously married, and those with some postsecondary education or a university degree.

1997–2019

Since 1997, use of anxiolytics among the total sample has displayed a significant **linear increase**, from 4.7% to 13.9% in 2019.

There were significant **increases** during this period for both men and women, and all age, region, marital status, and education subgroups.

7.2.2. Antidepressant Medication

2019 .....Table 7.2.2; Fig. 7.2.2

An estimated **11.8%** (95% CI: 10.1% to 13.7%) of Ontario adults used a prescribed medication for depression – antidepressants – during the 12 months before the survey. The corresponding population estimate is 1,266,500 Ontario adults.

Sex and marital status were significantly related to the use of prescribed medication to treat depression. While holding values of risk factors constant, adjusted group differences showed the following:

- The adjusted odds of using antidepressants were lower among men (8.9%) than women (14.4%, OR=0.52).

- Relative to married respondents, the adjusted odds of using antidepressants were significantly higher among never married respondents (15.5% vs.9.6%; OR=2.16).

Trends

1997–2019 …… Table 7.2.4; Fig. 7.2.4

2018–2019

The prevalence of past year use of antidepressants in 2019 (11.8%) was not statistically different from 2018 (9.3%) in the total sample and most subgroups. Significant increases in the use of antidepressants were only found among those aged 65 and older, among those living in the West and married respondents.

1997–2019

Since 1997, use of antidepressants among the total population has significantly **increased**, from 3.9% in 1997 to 11.8% in 2019.

There were significant **increases** during this period for both men and women, and all age, region, marital status, and education subgroups.

Table 7.2.1 Percentage Reporting ***Using Prescription Medication to Treat Anxiety or Panic Attacks*** in the Past 12 Months and Adjusted Group Differences, Ontarians Aged 18+, 2019

	N	%	95% CI	Adjusted Odds Ratio (N=1777)
Total [1]	1806	**13.9**	(12.0, 16.0)	—
Sex				**
Men	756	**10.4**	(8.0, 13.5)	**0.54 (0.37, 0.79)****
Women *(Comparison Group)*	1050	**16.9**	(14.3, 20.0)	—
Age				*
18-29 *(Comparison Group)*	262	†**13.3**	(9.0, 19.3)	—
30-39	175	†**18.1**	(12.5, 25.5)	2.10 (1.00, 4.42)
40-49	202	†**17.2**	(12.3, 23.6)	**2.38 (1.18, 4.82)***
50-64	466	**12.7**	(9.7, 16.5)	1.55 (0.78, 3.07)
65+	693	**10.9**	(8.5, 13.8)	1.06 (0.55, 2.07)
Region				NS
Toronto *(vs. Provincial Average)*	315	†**13.3**	(9.5, 18.4)	0.93 (0.66, 1.31)
Central East	300	†**13.8**	(9.8, 19.1)	0.97 (0.66, 1.41)
Central West	292	†**10.6**	(6.9, 15.8)	0.76 (0.52, 1.10)
West	306	**19.1**	(14.4, 24.9)	**1.52 (1.05, 2.19)***
East	298	**16.4**	(12.1, 21.8)	1.40 (0.97, 2.01)
North	295	†**13.7**	(9.7, 19.2)	1.01 (0.65, 1.58)
Marital Status				**
Married/Partner *(Comparison Group)*	990	**10.3**	(8.3, 12.6)	—
Previously Married	421	**20.3**	(15.6, 25.9)	**2.21 (1.39, 3.51)****
Never Married	382	**18.3**	(13.9, 23.8)	**2.65 (1.55, 4.53)*****
Education				NS
High school not completed *(Comparison Group)*	161	†**12.5**	(7.3, 20.6)	—
Completed high school	380	†**13.3**	(9.4, 18.6)	1.14 (0.56, 2.30)
Some college or university	665	**15.2**	(12.2, 18.8)	1.21 (0.62, 2.35)
University degree	588	**13.0**	(10.0, 16.7)	1.07 (0.53, 2.15)
Household Income				NS
< $30,000 *(Comparison Group)*	207	†**21.5**	(15.2, 29.6)	—
$30,000-$49,999	203	†**15.5**	(10.7, 22.0)	0.75 (0.38, 1.48)
$50,000-$79,999	278	†**14.5**	(10.0, 20.5)	0.78 (0.41, 1.49)
$80,000+	658	**13.0**	(10.1, 16.7)	0.73 (0.39, 1.37)
Not stated	460	**11.3**	(8.2, 15.3)	0.58 (0.32, 1.02)

Notes: (1) All analyses are sample design adjusted; *p<.05**;** **p<.01; ***p<.001; CI = 95% confidence interval; NS – not statistically significant; † Estimate suppressed or unstable; [1] Asked only of a random subsample.
(2) Asterisks in group row indicate a statistically significant group effect, based on Wald test.
(3) ORs greater than 1.0 indicate that the odds of anxiolytics use are higher relative to the comparison group; ORs less than 1.0 indicate that the odds of anxiolytics use are lower relative to the comparison group.
(4) Adjusted odds ratio holding fixed values for sex, age, region, marital status, education, and income.
Q: *In the past 12 months, have you taken any prescription medication to reduce anxiety or panic attacks?*
Source: The *CAMH Monitor*, Centre for Addiction and Mental Health.

Table 7.2.2 Percentage Reporting ***Using Prescription Medication to Treat Depression*** in the Past 12 Months and Adjusted Group Differences, Ontarians Aged 18+, 2019

	N	%	95% CI	Adjusted Odds Ratio (N=1784)
Total [1]	1813	**11.8**	(10.1, 13.7)	—
Sex				**
Men	760	**8.9**	(6.8, 11.7)	**0.52 (0.35, 0.75)****
Women *(Comparison Group)*	1053	**14.4**	(12.0, 17.2)	—
Age				NS
18-29 *(Comparison Group)*	263	**†12.9**	(8.9, 18.7)	—
30-39	175	**†12.8**	(8.3, 19.2)	1.34 (0.64, 2.80)
40-49	204	**†12.5**	(8.4, 18.3)	1.55 (0.75, 3.20)
50-64	469	**12.0**	(9.2, 15.6)	1.41 (0.73, 2.74)
65+	694	**9.3**	(6.9, 12.3)	0.92 (0.47, 1.81)
Region				NS
Toronto *(vs. Provincial Average)*	314	**†8.9**	(5.9, 13.1)	0.74 (0.51, 1.09)
Central East	302	**†12.9**	(9.2, 17.8)	1.10 (0.76, 1.58)
Central West	295	**†9.1**	(5.9, 13.8)	0.77 (0.53, 1.13)
West	308	**17.4**	(12.9, 23.0)	**1.64 (1.13, 2.38)***
East	298	**14.9**	(10.7, 20.4)	1.44 (0.98, 2.11)
North	296	**†13.0**	(9.0, 18.4)	1.12 (0.72, 1.76)
Marital Status				*
Married/Partner *(Comparison Group)*	996	**9.6**	(7.7,11.9)	—
Previously Married	421	**14.0**	(10.2,19.0)	1.43 (0.87, 2.33)
Never Married	383	**15.5**	(11.7,20.3)	**2.16 (1.24, 3.76)***
Education				NS
High school not completed *(Comparison Group)*	162	**†12.5**	(7.5,20.1)	—
Completed high school	380	**†13.1**	(9.1,18.4)	1.03 (0.52, 2.04)
Some college or university	669	**12.7**	(10.1,15.9)	0.96 (0.50, 1.83)
University degree	590	**†10.1**	(7.6,13.4)	0.81 (0.42, 1.59)
Household Income				NS
< $30,000 *(Comparison Group)*	208	**†16.8**	(11.3, 24.2)	—
$30,000-$49,999	204	**†11.8**	(7.7, 17.7)	0.82 (0.40, 1.68)
$50,000-$79,999	279	**†14.4**	(10.2, 20.0)	1.04 (0.54, 2.00)
$80,000+	663	**11.4**	(8.7, 14.7)	0.85 (0.44, 1.66)
Not stated	459	**†9.3**	(6.6, 12.8)	0.61 (0.32, 1.14)

Notes: (1) All analyses are sample design adjusted; *p<.05; **p<.01; ***p<.001; CI = 95% confidence interval; NS – not statistically significant; † Estimate suppressed or unstable; [1] Asked only of a random subsample..
(2) Asterisks in group row indicate a statistically significant group effect, based on Wald test.
(3) ORs greater than 1.0 indicate that the odds of antidepressant use are higher relative to the comparison group; ORs less than 1.0 indicate that the odds of antidepressant use are lower relative to the comparison group.
(4) Adjusted odds ratio holding fixed values for sex, age, region, marital status, education, and income.

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

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

Table 7.2.3: Percentage Reporting ***Using Prescription Medication to Treat Anxiety or Panic Attacks*** in the Past 12 Months, by Demographic Characteristics, Ontarians Aged 18+, 1997–2019

	1997	1999	2001	2002	2003	2004	2006	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019
(N=)	(2568)	(2436)	(2627)	(2421)	(2411)	(2611)	(2016)	(2024)	(2037)	(2024)	(1999)	(2015)	(2060)	(2004)	(4007)	(2034)	(1813)	(1798)	(1820)
Total	**4.7**	**4.5**	**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** [abc]
(95% CI)¶	(3.8, 5.6)	(3.7,5.4)	(3.9,5.7)	(4.7,6.8)	(4.8,6.8)	(4.5, 6.5)	(4.7,6.8)	(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)
Sex																			
Men	**3.7**	**2.8**	**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** [ac]
	(2.7,4.7)	(2.0,4.1)	(2.2,4.3)	(2.1,4.6)	(3.1,5.5)	(2.3,4.8)	(2.4,4.7)	(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)
Women	**5.6**	**6.0**	**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** [ac]
	(4.4, 6.8)	(4.8, 7.5)	(5.0, 7.8)	(6.5, 9.9)	(5.8, 8.8)	(5.9, 9.1)	(6.3, 9.8)	(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)
Age																			
18-29	**†1.7**	**†2.3**	**†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** [ac]
	(0.6, 2.8)	(1.3, 3.9)	(1.4, 4.5)	(1.9, 5.8)	(2.1, 6.2)	(3.2, 8.8)	(1.5, 5.5)	(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)
30-39	**†4.8**	**†4.0**	**†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** [ac]
	(3.2, 6.4)	(2.6, 6.1)	(3.5, 7.4)	(3.5, 8.4)	(4.0, 9.0)	(3.3, 7.8)	(2.0, 5.8)	(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)
40-49	**7.8**	**7.4**	**†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** [acd]
	(5.6, 10.0)	(5.2, 10.4)	(4.5, 8.7)	(5.1, 10.0)	(6.4, 11.1)	(2.9, 7.3)	(4.8, 10.2)	(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)
50-64	**†5.2**	**†4.2**	**†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** [acd]
	(3.3, 7.1)	(2.7, 6.4)	(4.0, 8.7)	(2.8, 6.6)	(4.7, 9.0)	(6.4, 11.2)	(6.3, 11.2)	(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)
65+	**†4.9**	**†5.2**	**†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** [ac]
	(2.8, 7.0)	(3.4, 8.0)	(2.5, 6.8)	(5.6, 12.0)	(1.9, 5.9)	(2.0, 5.2)	(4.7, 11.0)	(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)
Region																			
Toronto	**†3.7**	**†2.2**	**†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** [ac]
	(2.2, 6.0)	(1.2, 4.1)	(1.7, 5.4)	(4.6, 10.3)	(2.8, 6.9)	(4.2, 9.6)	(2.7, 7.1)	(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)
C- East	**†6.1**	**†6.2**	**†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** [acd]
	(4.1, 8.9)	(4.2, 9.1)	(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)
C- West	**†4.7**	**†3.9**	†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** [ac]
	(3.0, 7.5)	(2.4, 6.4)	(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)
West	**†3.6**	**†6.9**	**†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** [abc]
	(2.2, 6.0)	(4.7, 10.0)	(3.5, 8.1)	(3.3, 7.9)	(5.2, 10.7)	(3.6, 7.9)	(6.3, 12.9)	(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)
East	**†5.2**	**†3.7**	**†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** [acd]
	(3.4, 8.0)	(2.2, 6.1)	(4.6, 9.5)	(4.5, 10.0)	(6.0, 12.3)	(7.2, 13.6)	(3.7, 8.4)	(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)
North	**†4.8**	**†5.6**	**†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** [ac]
	(3.1, 7.4)	(3.7, 8.5)	(3.8, 7.8)	(3.0, 7.6)	(4.5, 9.5)	(4.1, 8.5)	(5.0, 11.0)	(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)

Cont'd

(N=)	1997 (2568)	1999 (2436)	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)
Marital Status																			
Married/ Partner	**4.4**	**4.5**	**4.4**	**5.0**	**5.4**	**4.0**	**5.5**	**5.6**	**6.0**	**8.3**	**5.8**	**7.1**	**8.1**	**10.0**	**8.7**	**8.2**	**10.4**	**9.5**	**10.3** [ac]
Previously Married	**10.4**	**6.9**	**8.3**	**10.2**	**7.5**	**9.3**	**11.2**	**13.4**	**15.2**	**14.1**	**†13.9**	**15.9**	**12.2**	**†13.2**	**16.0**	**17.3**	**†14.6**	**†9.6**	**20.3** [abc]
Never Married	**†2.7**	**†2.6**	**†3.6**	**†4.3**	**†5.6**	**7.1**	**†3.5**	**†5.2**	**†5.5**	**†7.7**	**†7.5**	**†9.5**	**†10.3**	**†14.1**	**12.5**	**†9.4**	**†12.5**	**14.6**	**18.3** [ac]
Education																			
High school not completed	**†5.8**	**7.8**	**†3.4**	**†6.1**	**†7.0**	**†5.3**	**†8.1**	**†8.8**	**†8.6**	**†12.6**	**†10.5**	**†11.1**	**†12.2**	**†17.5**	**14.6**	**†13.5**	**†14.1**	**†20.2**	**†12.5** [ac]
Completed high school	**†5.5**	**†5.4**	**†5.5**	**†5.8**	**†6.6**	**†7.7**	**†6.3**	**†3.8**	**†7.7**	**†10.6**	**†5.6**	**†6.5**	**†9.2**	**†10.0**	**10.9**	**†8.9**	**†10.4**	**13.8**	**†13.3** [ac]
Some college or university	**†4.0**	**†3.6**	**†4.6**	**†7.2**	**†5.5**	**†5.3**	**†4.8**	**8.6**	**6.8**	**7.6**	**8.9**	**9.5**	**8.8**	**13.5**	**11.3**	**10.5**	**14.3**	**10.6**	**15.2** [abc]
University degree	**†4.0**	**†2.1**	**†5.0**	**†3.4**	**†4.8**	**†3.9**	**†5.2**	**†5.4**	**†5.8**	**7.7**	**†5.8**	**8.5**	**†7.7**	**†8.6**	**8.3**	**8.6**	**†8.3**	**†8.1**	**13.0** [abc]

Notes: (1) † Estimate suppressed or unstable; [a] 95% confidence interval; all estimates are sample design adjusted; the sampling design was changed in 2017 to dual-frame sampling (landline + cell-phone).
(2) Trend Analysis: [a] Significant difference between 1997 and 2019 ($p<.05$); [b] Significant change ($p<.05$) between last two estimates (2018 vs.2019); [c] Significant linear trend, $p<0.05$; [d] Significant non-linear trend, $p<0.05$.

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

Table 7.2.4: Percentage Reporting ***Using Prescription Medication to Treat Depression*** in the Past 12 Months, by Demographic Characteristics, Ontarians Aged 18+, 1997–2019

	1997	1999	2001	2002	2003	2004	2006	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019
(N=)	(2568)	(2436)	(2627)	(2421)	(2411)	(2611)	(2016)	(2024)	(2037)	(2024)	(1999)	(2015)	(2060)	(2004)	(4007)	(2034)	(1813)	(1798)	(1820)
Total	**3.9**	**3.6**	**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** [acd]
(95% CI)¶	(3.1, 4.7)	(2.9, 4.4)	(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)
Sex																			
Men	**†2.8**	**†1.9**	**†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** [ac]
	(1.9, 3.7)	(1.2, 2.9)	(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)
Women	**4.9**	**5.2**	**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** [acd]
	(3.8, 6.0)	(4.1, 6.5)	(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)
Age																			
18-29	**†2.0**	**†2.5**	**†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** [ac]
	(0.8, 3.2)	(1.4, 4.3)	(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)
30-39	**†3.6**	**†4.1**	**†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** [ac]
	(2.2, 5.0)	(2.8, 6.1)	(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)
40-49	**6.9**	**†4.6**	**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** [ac]
	(4.8, 9.0)	(3.1, 6.9)	(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)
50-64	**†4.1**	**†3.5**	**†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** [acd]
	(2.4, 5.8)	(2.0, 5.8)	(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)
65+	**†4.1**	**†3.1**	**†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** [abc]
	(2.2, 6.0)	(1.8, 5.1)	(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)
Region																			
Toronto	**†4.3**	**†**	**†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** [ac]
	(2.6, 7.0)	—	(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)
C- East	**†4.4**	**†4.6**	**†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** [acd]
	(2.9, 6.8)	(3.0, 7.1)	(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)
C- West	**†3.5**	**†2.8**	**†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** [ac]
	(2.1, 5.7)	(1.6, 4.7)	(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)
West	**†3.9**	**†3.7**	**†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** [abcd]
	(2.4, 6.2)	(2.2, 6.1)	(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)
East	**†3.1**	**†4.6**	**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** [acd]
	(1.7, 5.6)	(2.9, 7.2)	(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)
North	**†4.1**	**†6.3**	**†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** [ac]
	(2.5, 6.6)	(4.2, 9.2)	(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)

Cont'd

Marital Status																			
Married/Partner	**3.2**	**3.2**	**4.3**	**4.4**	**5.3**	**4.5**	**6.4**	**4.9**	**5.3**	**6.2**	**6.0**	**6.5**	**6.6**	**7.6**	**7.1**	**7.0**	**7.6**	**6.6**	**9.6** [abcd]
Previously Married	**8.7**	**†6.1**	**8.9**	**10.7**	**11.2**	**7.7**	**11.1**	**12.9**	**16.5**	**14.6**	**12.7**	**13.7**	**11.3**	**14.1**	**14.5**	**11.7**	**†12.1**	**†11.5**	**14.0** [cd]
Never Married	**†3.3**	**†3.0**	**†3.0**	**†4.2**	**†5.3**	**6.2**	**†4.8**	**†5.6**	**†4.0**	**†6.2**	**†8.2**	**†3.5**	**†8.5**	**†10.2**	**10.7**	**†7.9**	**†10.6**	**14.7**	**15.5** [acd]
Education																			
High school not completed	**†4.2**	**†5.5**	**†3.7**	**†4.2**	**†5.4**	**†5.8**	**†7.7**	**†6.9**	**†13.8**	**†12.1**	**†7.6**	**†7.6**	**†9.5**	**†17.8**	**†8.6**	**†14.5**	**†8.5**	**†14.2**	**†12.5** [ac]
Completed high school	**†4.9**	**†3.0**	**†4.9**	**†5.7**	**6.9**	**7.9**	**†6.3**	**†5.3**	**†5.6**	**†6.6**	**†7.0**	**†7.1**	**†7.7**	**†8.4**	**9.8**	**†10.2**	**†9.2**	**†9.7**	**†13.1** [ac]
Some college or university	**†3.1**	**†3.6**	**†5.8**	**†5.4**	**6.2**	**†5.4**	**7.2**	**7.0**	**6.5**	**7.7**	**9.2**	**†6.1**	**7.1**	**10.8**	**10.3**	**†8.6**	**10.1**	**9.0**	**12.7** [acd]
University degree	**†3.8**	**†2.7**	**†3.5**	**†5.5**	**†5.3**	**†3.2**	**†5.8**	**†5.2**	**†3.8**	**†5.1**	**†4.6**	**†6.6**	**†7.0**	**†5.3**	**6.6**	**†4.9**	**†7.3**	**†8.8**	**10.1** [acd]

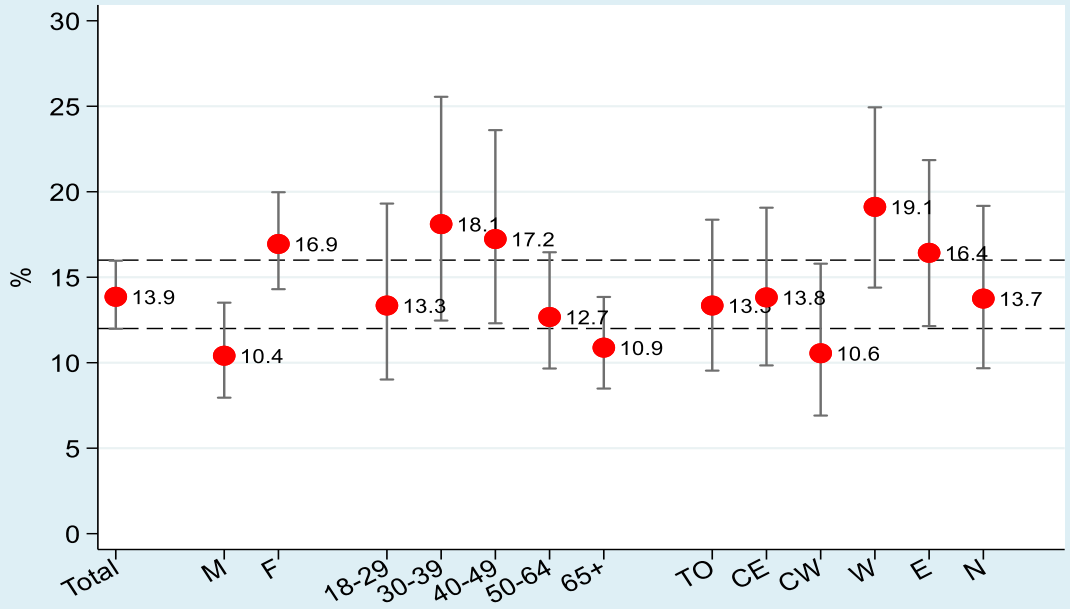
Notes: (1) † Estimate suppressed or unstable; ¶95% confidence interval; all estimates are sample design adjusted; the sampling design was changed in 2017 to dual-frame sampling (landline + cell-phone).
(2) Trend Analysis: [a] Significant difference between 1997 and 2019 ($p<.05$); [b] Significant change ($p<.05$) between last two estimates (2018 vs.2019); [c] Significant linear trend, $p<0.05$; [d] Significant non-linear trend, $p<0.05$.

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 7.2.1

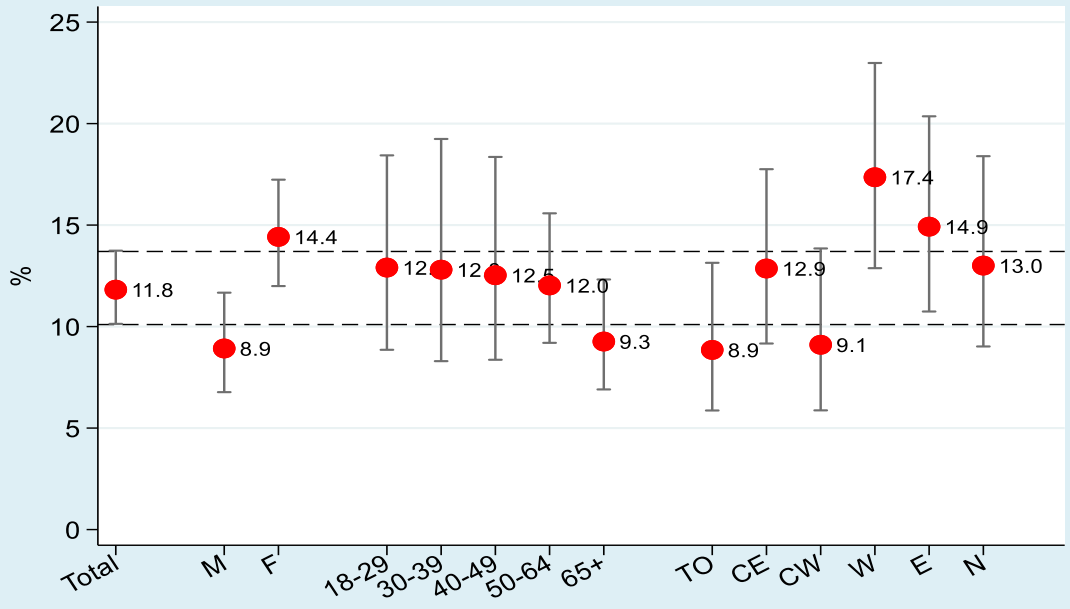
Past Year Use of Prescription Medication to Treat Anxiety/ Panic Attacks by Sex, Age and Region, Ontarians Aged 18+, 2019 (N=1820)



Note: (1) vertical 'whiskers' represent 95% confidence intervals; (2) horizontal bar represents 95% confidence interval for total estimate
(3) significant difference by sex (p<.05)
Source: CAMH Monitor 2019

Figure 7.2.2

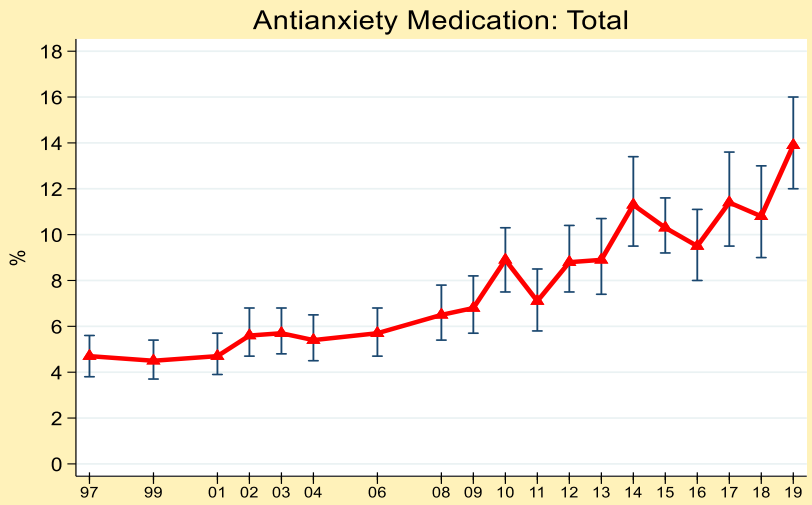
Past Year Use of Prescription Medication to Treat Depression by Sex, Age and Region, Ontarians Aged 18+, 2019 (N=1820)

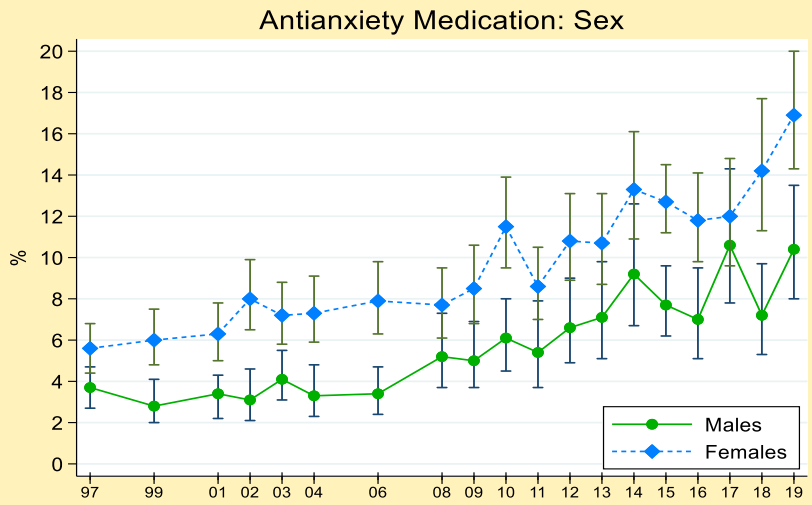


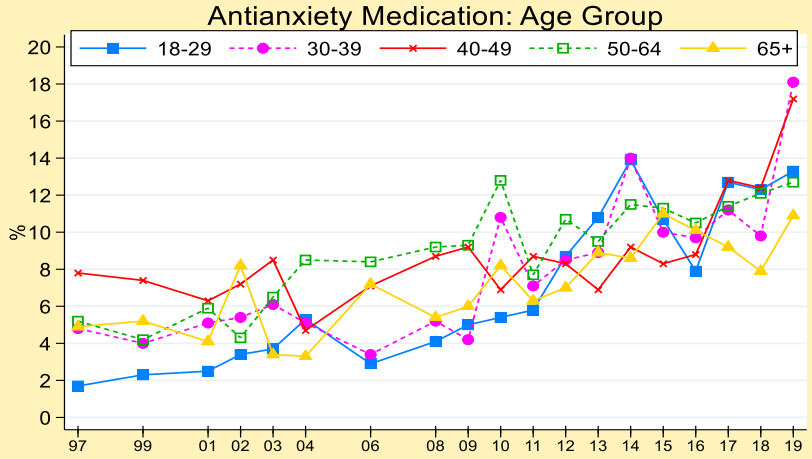
Note: (1) vertical 'whiskers' represent 95% confidence intervals; (2) horizontal bar represents 95% confidence interval for total estimate
(3) significant difference by sex (p<.05)
Source: CAMH Monitor 2019

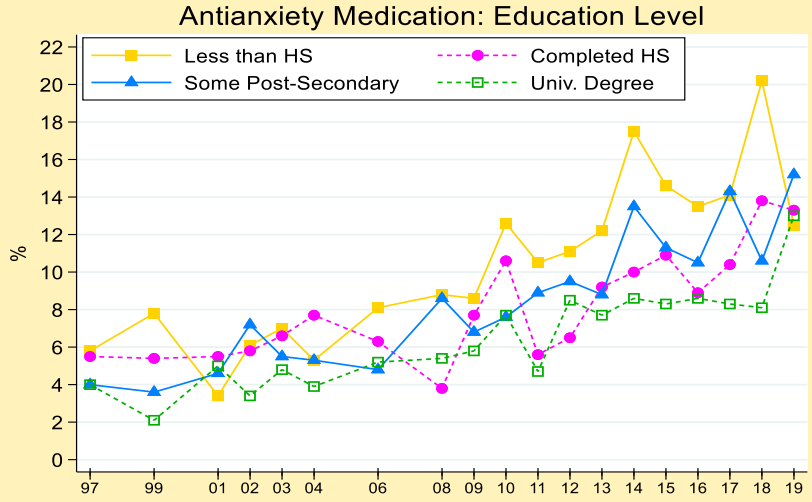
Figure 7.2.3

Past Year Use of Prescription Medication to Treat Anxiety or Panic Attacks, Ontarians Aged 18+, 1997–2019





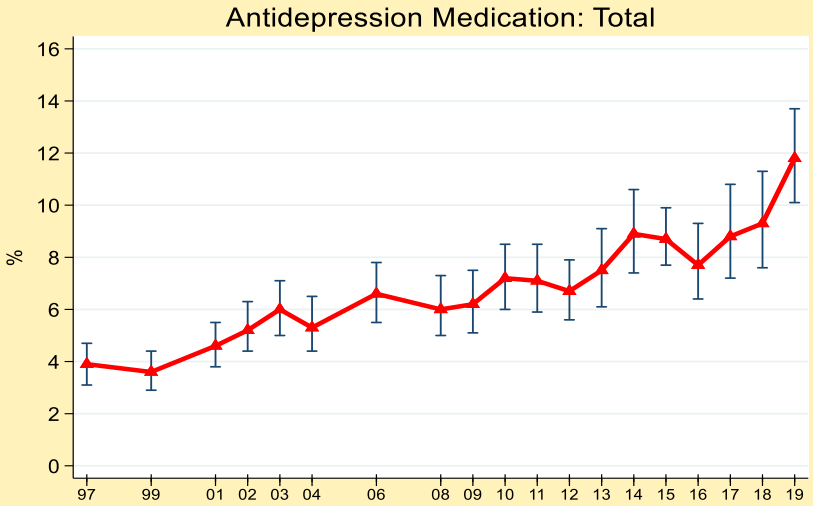


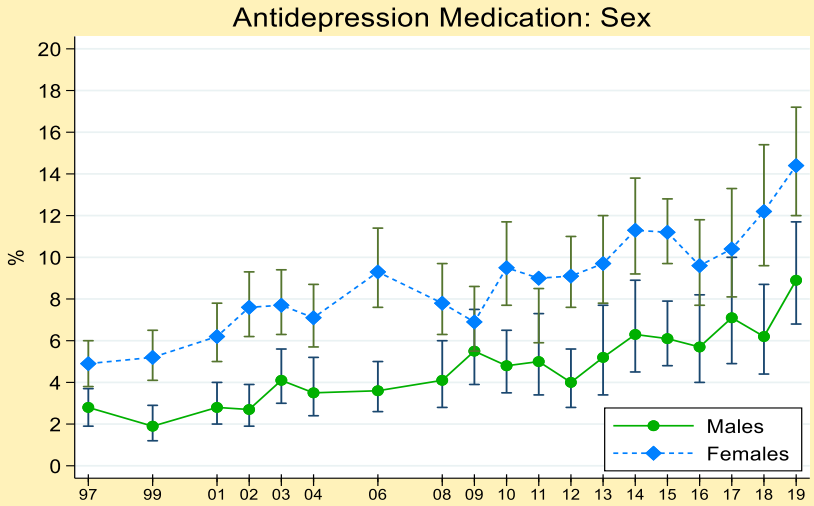


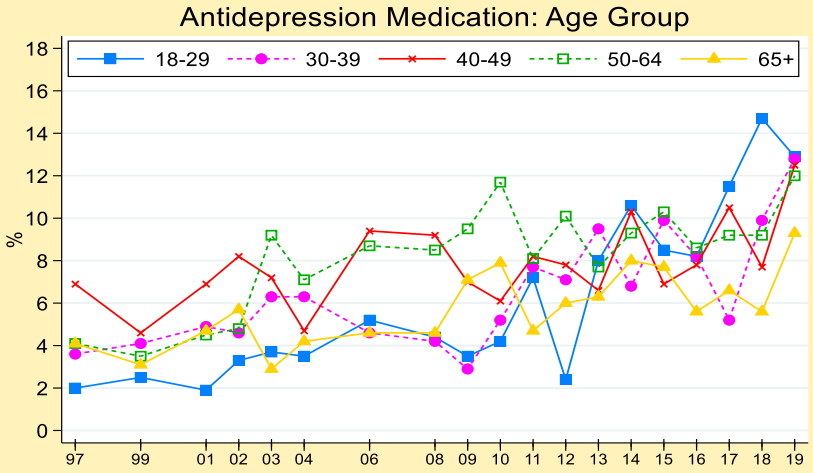
Note: vertical 'whiskers' represent 95% confidence intervals
Source: CAMH Monitor

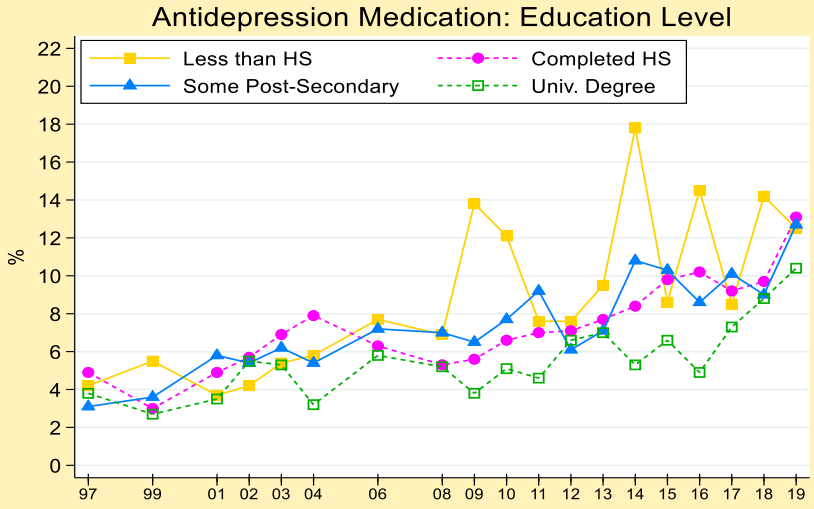
Figure 7.2.4

Past Year Use of Prescription Medication to Treat Depression, Ontarians Aged 18+, 1997–2019









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

7.3 Mental Health-Related Quality Of Life

Health-Related Quality of Life (HRQoL) items, introduced in 2003, are based on the core module (HRQoL-4) developed by the Centers for Disease Control and Prevention (CDC). Investigators at CDC developed a brief instrument to identify key health-related quality of life measures for adult populations (Moriarty, Zack, & Kobau, 2003; Ôunpuu, Krueger, Vermeulen, & Chambers, 2000). The four-item HRQoL measures self-rated health and mental health, recent physical and mental health, and recent activity limitation. HRQoL captures the key concepts of health identified by the World Health Organization as "a state of complete physical, mental, and social well-being – not merely the absence of disease or infirmity."

The following items were asked in the CM:

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?*

In this report, we present two measures of mental health-related quality of life: 1) the percent reporting *fair or poor mental health*, defined as the percentage rating their mental health as fair or poor, and 2) the percent reporting *frequent mental distress days*, defined as the percentage reporting 14 or more mentally unhealthy days during the past 30 days.

7.3.1 Self- Rated Fair/Poor Mental Health

2019 .....Table 7.3.1; Fig 7.3.1

An estimated **12.9%** (95% CI: 11.4% to 14.6%) of Ontario adults rated their mental health as fair or poor. The corresponding population estimate is 1,386,100 Ontario adults.

Sex, age, marital status, and **income** were significantly related to reporting fair or poor mental health, when holding fixed our set of risk factors.

- The adjusted odds of fair or poor mental health was lower among men (11.8%) than women (14.0%, OR=0.73).

- Self-rated fair or poor mental health decreased significantly with age. Compared to those aged 18 to 29 (22.2%), fair/poor mental health was significantly lower among those aged 65 and older (6.7%; OR=0.37).

- Relative to married respondents, the adjusted odds of fair or poor mental health were significantly higher among those previously married (12.2% vs. 8.0%; OR=1.64), and never married respondents (23.5% vs.8.0%; OR=2.57).

There were no other significant risk factor effects, after adjusting for other factors.

Trends

2003–2019 .....Table 7.3.3; Fig. 7.3.3

2018–2019

The prevalence of fair or poor self-rated mental health in 2019 (12.9%) was not statistically different from 2018 (12.1%) in the total sample and all subgroups except Toronto region (significantly increased from 10.6% in 2018 to 16.5% in 2019).

2003–2019

Between 2003 and 2019, there was a significant **increase** in ratings of fair/poor mental health, from 4.7% in 2003 to 12.9% in 2019.

Between 2003 and 2019, rates of fair/poor mental health **increased** significantly among both men and women, among most age groups, most regions, those married, those never married, and among all education subgroups.

7.3.2 Frequent Mental Distress Days

2019 .....Table 7.3.2; Fig. 7.3.2

Overall, an estimated **13.3%** (95% CI: 11.4% to 15.6%) of Ontario adults experienced **frequent mental distress days** (14+ days) in the past 30 days. The corresponding population estimate is 1,414,700 Ontario adults.

Sex, age and **marital status** were significantly related to reporting frequent mental distress days, after adjusting for our set of risk factors.

- The adjusted odds of experiencing frequent mental distress days was lower among men (9.5%) than women (16.8%, OR=0.48).
- The rates of experiencing frequent mental distress days declined significantly with age, dropping from 23.0% of 18 to 29 year olds to 7.9% among 50 to 64 year olds (OR=0.43), and 8.6% among those aged 65 and older (OR=0.35).
- Relative to married respondents, the adjusted odds of experiencing frequent mental distress days were significantly higher among those previously married (16.2% vs. 8.0%; OR=2.22), and never married respondents (22.9% vs.8.0%; OR=2.41).

There were no other significant effects, when adjusting for our set of risk factors.

Trends

2003–2019.....Table 7.3.4; Fig. 7.3.4

2018–2019

Overall, the percent reporting frequent mental distress days in the past 30 days in 2019 (13.3%) was not significantly different from 2018 (10.9%). Significant increases during this period were found for those who never married (from 15.4% to 22.9%) and for those with University degrees (from 6.3% to 11.7%).

2003–2019

Between 2003 and 2019, there was a significant linear **increase** in reporting frequent mental distress days from 5.4% in 2003 to 13.3% in 2019. The increase was evident among men and women, all age groups, regions, and among all marital status and education subgroups.

Table 7.3.1 Percentage Reporting ***Fair or Poor Mental Health*** and Adjusted Group Differences, Ontarians Aged 18+, 2019

	N	%	95% CI	Adjusted Odds Ratio (N=2767)
Total	2818	**12.9**	(11.4, 14.6)	—
Sex				*
Men	1208	**11.8**	(9.7, 14.3)	**0.73 (0.54, 0.99)***
Women *(Comparison Group)*	1610	**14.0**	(11.8, 16.5)	—
Age				**
18-29 *(Comparison Group)*	410	**22.2**	(17.7, 27.4)	—
30-39	259	**†15.2**	(10.8, 21.0)	0.97 (0.55, 1.70)
40-49	329	**12.8**	(9.2, 17.5)	0.94 (0.55, 1.62)
50-64	737	**9.4**	(7.0, 12.4)	0.65 (0.39, 1.07)
65+	1066	**6.7**	(5.2, 8.7)	**0.37 (0.22, 0.63)***
Region				NS
Toronto *(vs. Provincial Average)*	483	**16.5**	(12.6, 21.2)	1.26 (0.94, 1.70)
Central East	463	**10.3**	(7.5, 14.1)	0.79 (0.56, 1.11)
Central West	465	**†10.1**	(7.1, 14.2)	0.74 (0.54, 1.02)
West	469	**14.8**	(11.4, 19.1)	1.23 (0.89, 1.70)
East	467	**14.0**	(10.6, 18.3)	1.33 (0.96, 1.83)
North	471	**13.4**	(10.1, 17.6)	1.09 (0.77, 1.56)
Marital Status				**
Married/Partner *(Comparison Group)*	1558	**8.0**	(6.5, 9.8)	—
Previously Married	634	**12.2**	(9.2, 16.0)	**1.64 (1.02, 2.64)***
Never Married	602	**23.5**	(19.5, 28.0)	**2.57 (1.67, 3.94)****
Education				NS
High school not completed *(Comparison Group)*	248	**†13.8**	(8.9, 20.7)	—
Completed high school	588	**14.7**	(11.3, 18.8)	0.86 (0.48, 1.55)
Some college or university	1022	**12.9**	(10.6, 15.6)	0.76 (0.43, 1.33)
University degree	941	**11.4**	(8.9, 14.7)	0.68 (0.37, 1.24)
Household Income				*
< $30,000 *(Comparison Group)*	307	**20.3**	(14.9, 27.0)	—
$30,000-$49,999	310	**†11.8**	(7.9, 17.1)	0.62 (0.34, 1.14)
$50,000-$79,999	440	**14.4**	(10.6, 19.2)	0.78 (0.45, 1.38)
$80,000+	1017	**10.8**	(8.5, 13.7)	0.61 (0.35, 1.07)
Not stated	744	**13.1**	(10.2, 16.7)	0.59 (0.35, 0.99)*

Notes: (1) All analyses are sample design adjusted; *p<.05; **p<.01; ***p<.001; CI = 95% confidence interval; NS – not statistically significant; † Estimate suppressed or unstable.
(2) Asterisks in group row indicate a statistically significant group effect, based on Wald test.
(3) ORs greater than 1.0 indicate that the odds of poor mental health are higher relative to the comparison group; ORs less than 1.0 indicate that the odds of poor mental health are lower relative to the comparison group.
(4) Adjusted odds ratio holding fixed values for sex, age, region, marital status, education, and income.
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.

Table 7.3.2 Percentage Reporting ***Frequent Mental Distress Days*** (14+) in the Past 30 Days and Adjusted Group Differences, Ontarians Aged 18+, 2019

	N	%	95% CI	Adjusted Odds Ratio (N=1755)
Total [1]	1785	**13.3**	(11.4, 15.6)	—
Sex				***
Men	754	**9.5**	(7.2, 12.5)	**0.48 (0.32, 0.71)****
Women *(Comparison Group)*	1031	**16.8**	(13.9, 20.2)	—
Age				**
18-29 *(Comparison Group)*	262	**23.0**	(17.4, 29.8)	—
30-39	175	**†18.6**	(12.2, 27.2)	1.13 (0.58, 2.22)
40-49	204	**†11.3**	(7.5, 16.6)	0.74 (0.39, 1.42)
50-64	463	**7.9**	(5.6, 10.9)	**0.43 (0.23, 0.81)****
65+	672	**8.6**	(6.5, 11.3)	**0.35 (0.18, 0.67)****
Region				NS
Toronto *(vs. Provincial Average)*	312	**†12.3**	(8.7, 17.2)	0.79 (0.53, 1.17)
Central East	294	**†15.5**	(11.0, 21.4)	1.24 (0.84, 1.81)
Central West	290	**†11.9**	(7.7, 18.0)	0.89 (0.61, 1.29)
West	303	**†13.3**	(9.5, 18.3)	0.99 (0.67, 1.47)
East	296	**16.0**	(11.7, 21.6)	**1.59 (1.08, 2.35)***
North	290	**†11.7**	(7.9,16.8)	0.84 (0.52, 1.36)
Marital Status				**
Married/Partner *(Comparison Group)*	982	**8.0**	(6.3, 10.2)	**—**
Previously Married	408	**16.2**	(12.0, 21.5)	**2.22 (1.30, 3.79)****
Never Married	381	**22.9**	(17.8, 29.0)	**2.41 (1.38, 4.20)****
Education				NS
High school not completed *(Comparison Group)*	155	**†16.6**	(9.8, 26.7)	—
Completed high school	370	**†15.8**	(11.5, 21.5)	0.86 (0.40, 1.84)
Some college or university	660	**12.7**	(9.9, 16.1)	0.60 (0.28, 1.26)
University degree	587	**11.7**	(8.5, 16.0)	0.61 (0.28, 1.35)
Household Income				NS
< $30,000 *(Comparison Group)*	202	**†19.5**	(13.5, 27.4)	—
$30,000-$49,999	199	**†15.9**	(8.7, 27.2)	1.03 (0.47, 2.27)
$50,000-$79,999	276	**†15.0**	(10.5, 20.9)	0.98 (0.51, 1.88)
$80,000+	661	**9.7**	(7.1, 13.0)	0.64 (0.33, 1.26)
Not stated	447	**15.0**	(11.3, 19.6)	0.82 (0.45, 1.49)

Notes: (1) All analyses are sample design adjusted; *p<.05**;** **p<.01; ***p<.001; CI = 95% confidence interval; NS – no statistically significant difference; † Estimate suppressed or unstable; [1] Asked only of a random subsample.
(2) Asterisks in group row indicate a statistically significant group effect, based on Wald test.
(3) ORs greater than 1.0 indicate that the odds of distress are higher relative to the comparison group; ORs less than 1.0 indicate that the odds of distress are lower relative to the comparison group.
(4) Adjusted odds ratio holding fixed values for sex, age, region, marital status, education, and income.

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.

Table 7.3.3: Percentage Reporting ***Fair or Poor Mental Health***, by Demographic Characteristics, Ontarians Aged 18+, 2003–2019

	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019
(N=)	(2411)	(2611)	(2445)	(2016)	(2005)	(2024)	(2037)	(2024)	(1999)	(3030)	(3021)	(3043)	(5013)	(3042)	(2812)	(2806)	(2827)
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** [acd]
(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)
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** [acd]
	(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)
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** [acd]
	(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)
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** [acd]
	(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)
30-39	**†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** [acd]
	(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)
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** [acd]
	(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)
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** [acd]
	(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)
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** [ac]
	(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)
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** [abcd]
	(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)
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** [acd]
	(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)
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** [ac]
	(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)
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** [acd]
	(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)
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** [acd]
	(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)
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** [acd]
	(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)

Cont'd

Marital Status																	
Married/Partner	†3.6	4.6	4.0	5.4	5.2	4.3	5.2	5.1	5.0	4.1	5.2	4.5	5.3	4.8	7.7	7.3	8.0 [acd]
Previously Married	7.8	11.9	8.6	10.3	9.2	11.8	†8.5	†10.9	†8.9	9.4	9.4	†9.5	11.2	10.6	†14.6	†13.4	12.2 [ac]
Never Married	†6.4	†7.2	†6.7	†4.4	†7.1	†8.3	†6.3	†6.7	†8.0	†9.5	†12.0	†11.0	8.7	†11.5	13.9	22.5	23.5 [acd]
Education																	
High school not completed	7.9	8.9	8.5	11.8	12.8	†9.7	11.2	†10.9	†7.2	†12.1	†15.1	†11.2	†9.6	†11.3	†17.0	†20.5	†13.8 [c]
Completed high school	6.4	9.2	6.1	†4.1	†7.6	†6.2	†6.6	†7.3	†5.9	†7.2	†7.5	†8.6	7.6	9.8	†8.3	16.7	14.7 [acd]
Some college or university	†4.0	5.5	†3.8	5.6	†4.7	6.1	†4.7	5.6	8.6	5.6	6.9	6.3	8.2	8.5	12.2	12.3	12.9 [acd]
University degree	†2.9	†3.4	5.0	†4.8	†4.0	†5.0	†4.6	†4.6	†3.0	†3.6	†4.7	†4.5	4.2	†3.6	†7.7	8.2	11.4 [acd]

Notes: (1) † Estimate suppressed or unstable; ¶95% confidence interval; all estimates are sample design adjusted; the sampling design was changed in 2017 to dual-frame sampling (landline + cell-phone).
(2) Trend Analysis: [a]Significant difference between 2003 and 2019 ($p<.05$); [b]Significant change ($p<.05$) between last two estimates (2018 vs.2019); [c]Significant linear trend, $p<0.05$; [d] Significant non-linear trend, $p<0.05$.

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.

Table 7.3.4: Percentage Reporting ***Frequent Mental Distress Days*** (14+) in the Past 30 Days, by Demographic Characteristics, Ontarians Aged 18+, 2003–2019

(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)
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**[acd]
(95% CI)[a]	(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)
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**[ac]
	(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)
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**[acd]
	(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)
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**[acd]
	(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)
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**[ac]
	(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)
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**[c]
	(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)
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**[c]
	(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)
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**[acd]
	(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)
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**[ac]
	(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)
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**[acd]
	(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)
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**[ac]
	(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)
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**[acd]
	(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)
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**[ac]
	(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)
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**[acd]
	(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)

Cont'd

Marital Status																	
Married/Partner	**4.4**	**5.0**	**4.0**	**5.5**	**5.8**	**4.4**	**6.1**	**6.9**	**5.0**	**5.3**	**5.4**	**5.4**	**7.7**	**†5.6**	**8.9**	**7.8**	**8.0** [ac]
Previously Married	**†7.4**	**10.6**	**9.2**	**†8.5**	**†8.8**	**†6.8**	**†7.7**	**†14.1**	**†12.1**	**10.0**	**†12.7**	**†5.5**	**†13.2**	**†16.6**	**†17.7**	**†16.8**	**16.2** [ac]
Never Married	**†7.1**	**8.9**	**†7.3**	**†5.4**	**†7.8**	**10.6**	**†6.5**	**†8.1**	**†11.3**	**†7.5**	**†10.8**	**†8.3**	**†14.0**	**†8.4**	**†15.9**	**15.4**	**22.9** [abcd]
Education																	
High school not completed	**†5.7**	**7.3**	**†5.5**	**†7.9**	**†9.5**	**†7.2**	**†4.4**	**†11.3**	**†9.5**	**†13.1**	**†14.5**	**†10.8**	**†13.6**	**†9.3**	**†14.0**	**†13.2**	**†16.6** [ac]
Completed high school	**7.6**	**9.2**	**7.2**	**†6.3**	**8.9**	**†4.8**	**†7.4**	**†8.5**	**†5.2**	**†5.1**	**†9.7**	**†9.2**	**†12.9**	**†9.2**	**†10.2**	**17.6**	**15.8** [acd]
Some college or university	**5.7**	**7.4**	**5.0**	**†4.9**	**6.6**	**†7.3**	**6.1**	**8.6**	**10.8**	**7.6**	**†5.4**	**†6.4**	**†10.7**	**†8.0**	**15.1**	**11.2**	**12.7** [ac]
University degree	**†3.2**	**†3.5**	**†4.2**	**†5.5**	**†3.4**	**†5.2**	**6.6**	**†4.8**	**†3.7**	**†3.7**	**†5.7**	**†3.0**	**†5.9**	**†5.5**	**†8.3**	**†6.3**	**11.7** [abcd]

Notes: (1) † Estimate suppressed or unstable; [a] 95% confidence interval; all estimates are sample design adjusted; the sampling design was changed in 2017 to dual-frame sampling (landline + cell-phone).
(2) Trend Analysis: [a] Significant difference between 2003 and 2019 ($p<.05$); [b] Significant change ($p<.05$) between last two estimates (2018 vs.2019); [c] Significant linear trend, $p<0.05$; [d] Significant non-linear trend, $p<0.05$.

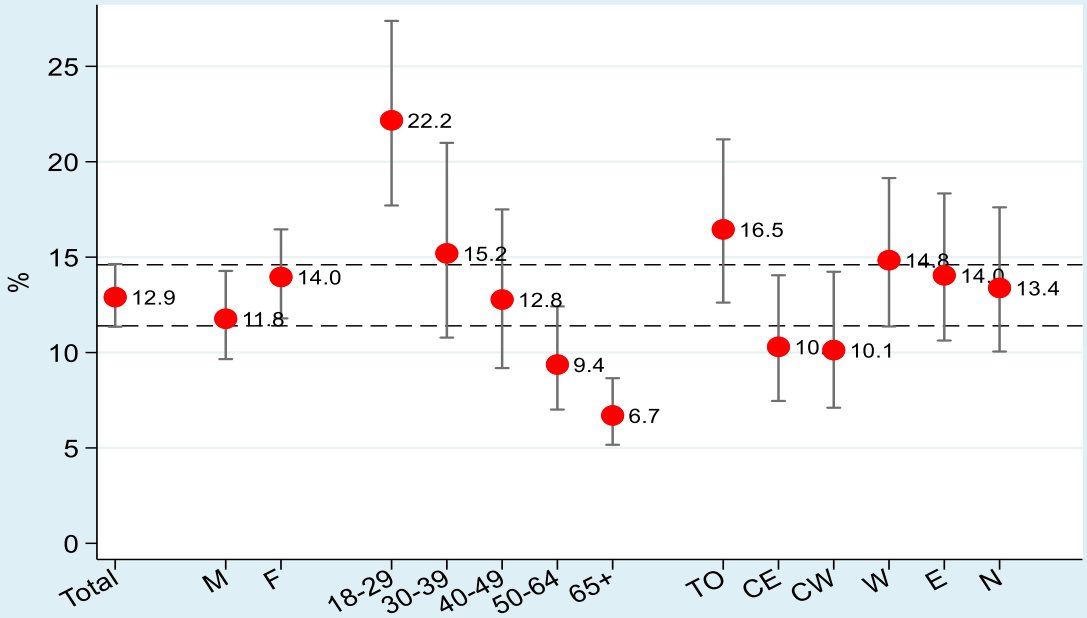
Q: *Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?*

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 7.3.1

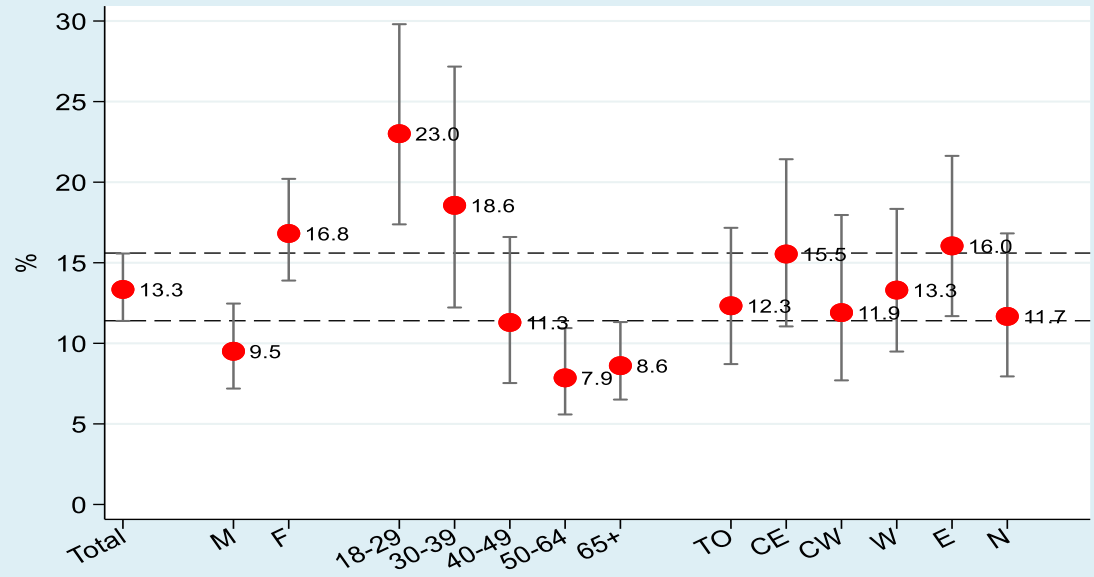
Percentage Reporting Fair or Poor Mental Health by Sex, Age and Region, Ontarians Aged 18+, 2019 (N=2827)



Note: (1) vertical 'whiskers' represent 95% confidence intervals; (2) horizontal bar represents 95% confidence interval for total estimate
(3) significant difference by sex (p<.05)
Source: CAMH Monitor 2019

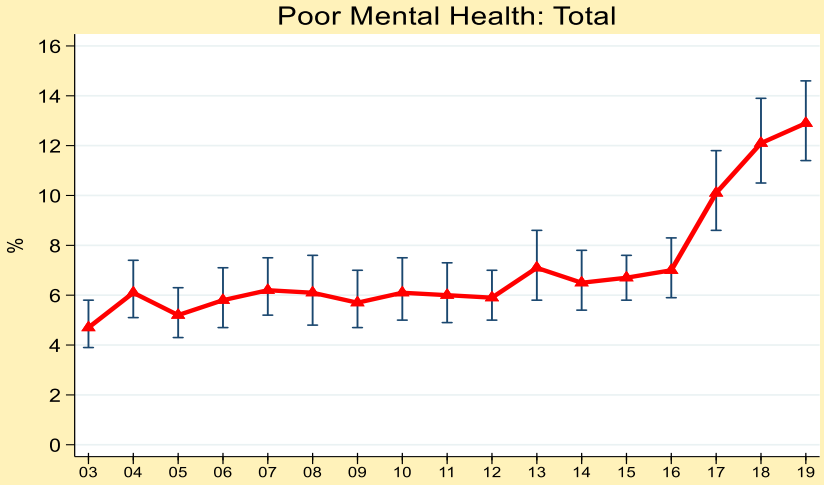
Figure 7.3.2

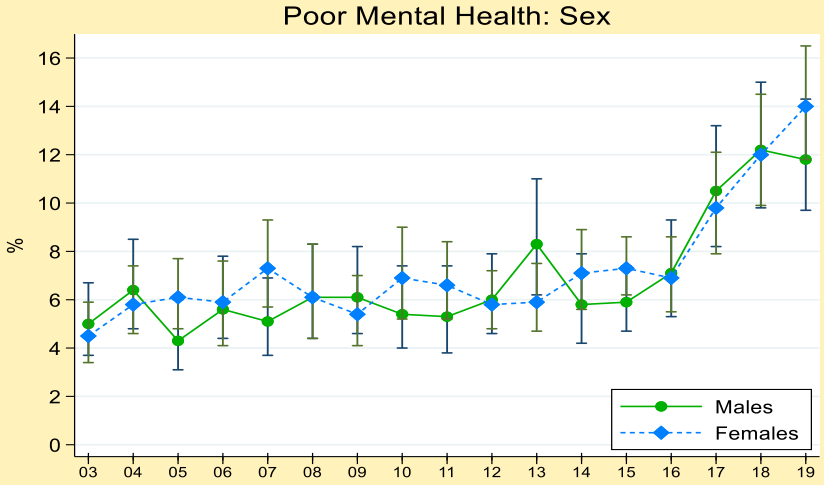
Percentage Reporting Frequent Mental Distress Days (14+) in the Past 30 Days by Sex, Age and Region, Ontarians Aged 18+, 2019 (N=1820)

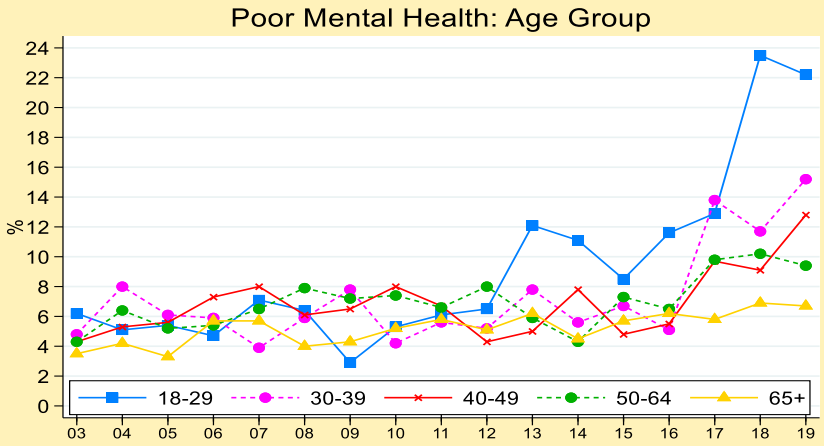


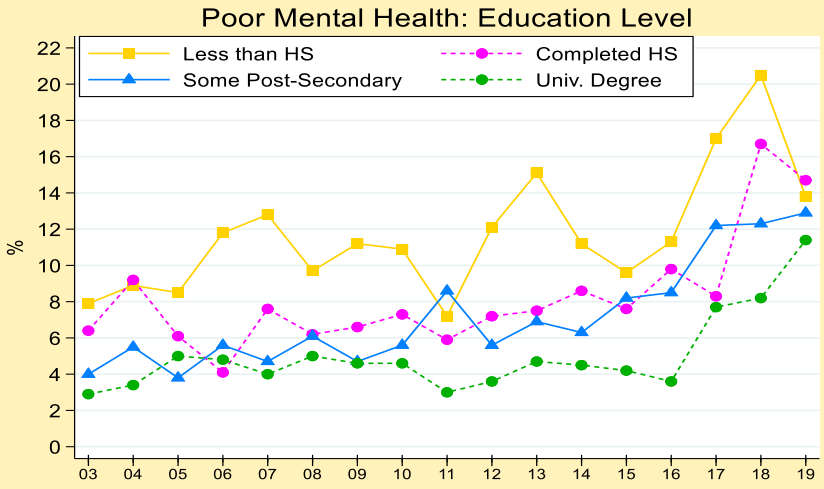
Note: (1) vertical 'whiskers' represent 95% confidence intervals; (2) horizontal bar represents 95% confidence interval for total estimate
(3) significant difference by sex (p<.05)
Source: CAMH Monitor 2019

Figure 7.3.3
Percentage Reporting Fair or Poor Mental Health, Ontarians Aged 18+, 2003–2019





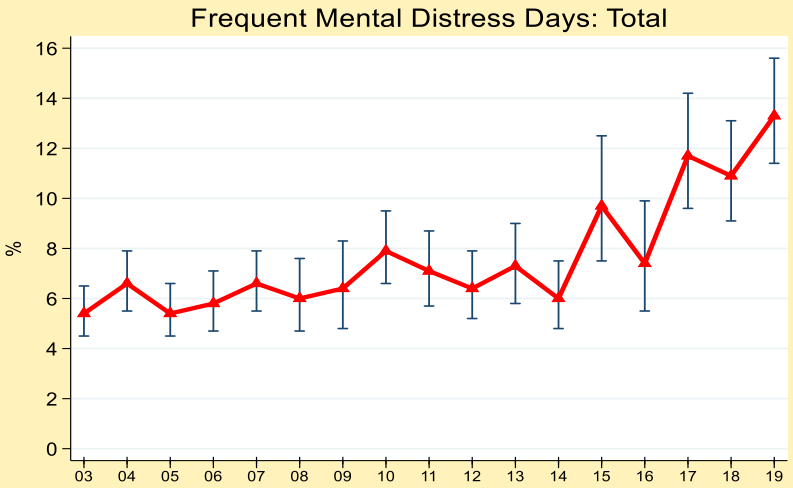


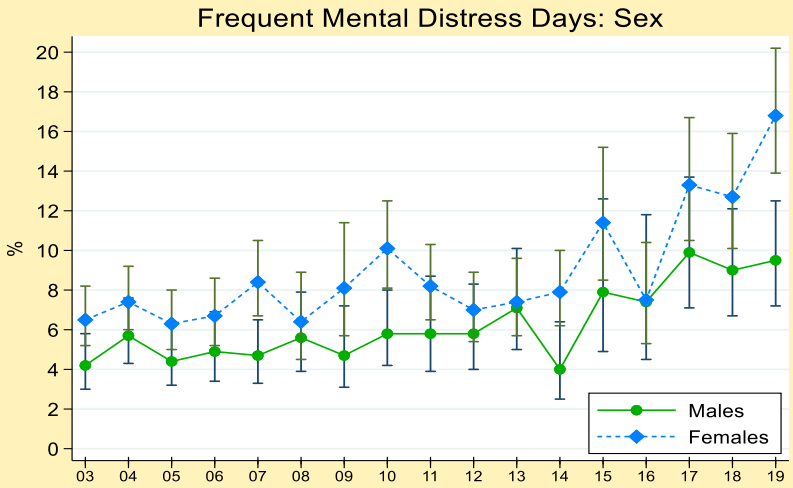


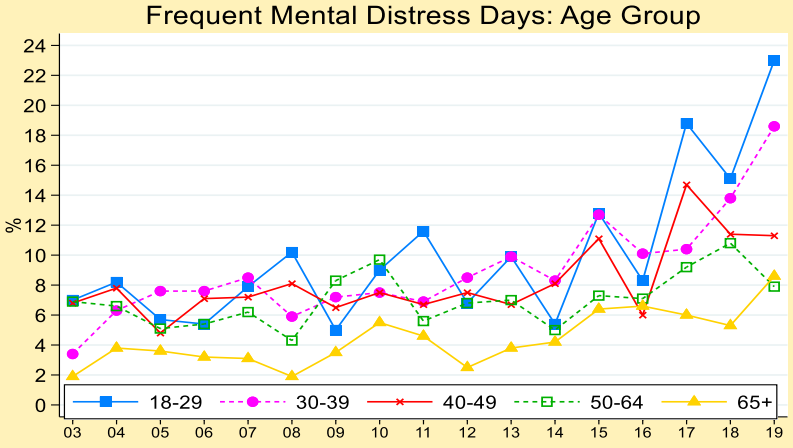
Note: vertical 'whiskers' represent 95% confidence intervals
Source: CAMH Monitor

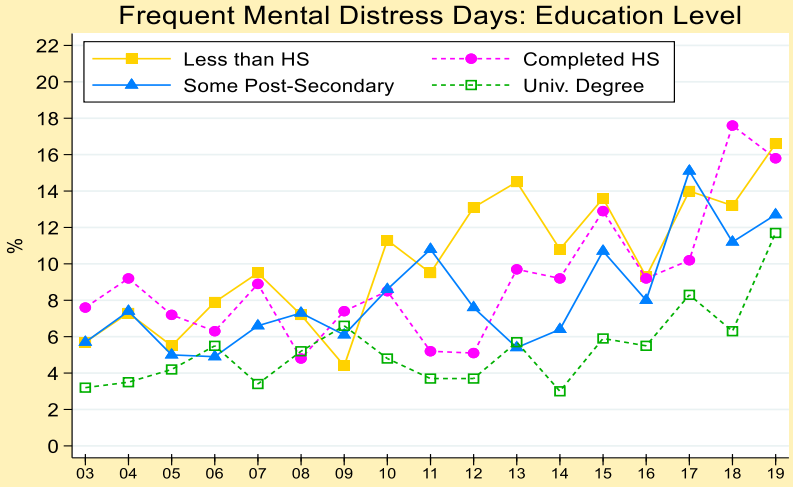
Figure 7.3.4

Percentage Reporting Frequent Mental Distress Days (14+) in the Past 30 Days, Ontarians Aged 18+, 2003–2019









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

7.4 Suicidal Ideation and Suicide Attempt

The *CM* included a question about suicidal ideation and attempts starting in 2013. In 2019, a random subsample of respondents (N = 1,819) were asked: (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*.

2019 ……Table 7.4.1; Fig. 7.4.1

Overall, an estimated **3.9%** (95% CI: 2.8% to 5.4%) of Ontario adults reported that they seriously **contemplated suicide** during the 12 months before the survey. The corresponding population estimate is 416,600 adults. Less than **0.5%** of Ontario adults reported **attempting suicide** in the past year. Estimates for suicide attempts were suppressed due to unreliability.

Sex and age were significantly associated with suicidal ideation.

- The odds of reporting suicidal ideation was lower among men (2.7%) than women (4.9%; OR=0.51), after controlling for age.
- Compared to those aged 55 and older (2.0%), the adjusted odds of reporting suicidal ideation were almost 4 times higher among those aged 18 to 34 (7.0%; OR=3.87).

Trends

2013–2019 ……Table 7.4.2

Overall, the percentage of respondents reporting suicidal ideation was not significantly different between 2019 (3.9%) and 2018 (3.1%).

Between 2013 and 2019, there was a significant linear increase in the percentage of respondents reporting suicidal ideation from 2.2% in 2013 to 3.9% in 2019. The increase was also evident among women and among 35 to 54 year olds.

Table 7.4.1 Percentage Reporting ***Suicidal Ideation*** in the Past 12 Months and Adjusted Group Differences, Ontarians Aged 18+, 2019

	N	%	95% CI	Adjusted Odds Ratio (N=1807)
Total [1]	1815	**†3.9**	(2.8, 5.4)	—
Sex				*
Men	759	**†2.7**	(1.7, 4.2)	**0.51 (0.26, 0.98)***
Women *(Comparison Group)*	1056	**†4.9**	(3.2, 7.6)	—
Age				**
18-34	341	**†7.0**	(4.6, 14.0)	**3.87 (1.95, 7.70)****
35-54	428	**†3.7**	(1.6, 8.3)	1.95 (0.72, 5.28)
55 + *(Comparison Group)*	1038	**†2.0**	(1.2, 3.3)	—

Notes: (1) All analyses are sample design adjusted; *p<.05; **p<.01; ***p<.001; CI = 95% confidence interval; NS – not statistically significant; † Estimate unstable; [1] Asked only of a random subsample.
(2) Asterisks in group row indicate a statistically significant group effect, based on Wald test.
(3) ORs greater than 1.0 indicate that the odds of reporting suicidal ideation are higher relative to the comparison group; ORs less than 1.0 indicate that the odds are lower relative to the comparison group.
(4) Adjusted odds ratio holding fixed values for sex, age, region, marital status, education, and income.
Q: *In the past 12 months, did you ever seriously consider attempting suicide?*
Source: The *CAMH Monitor*, Centre for Addiction and Mental Health.

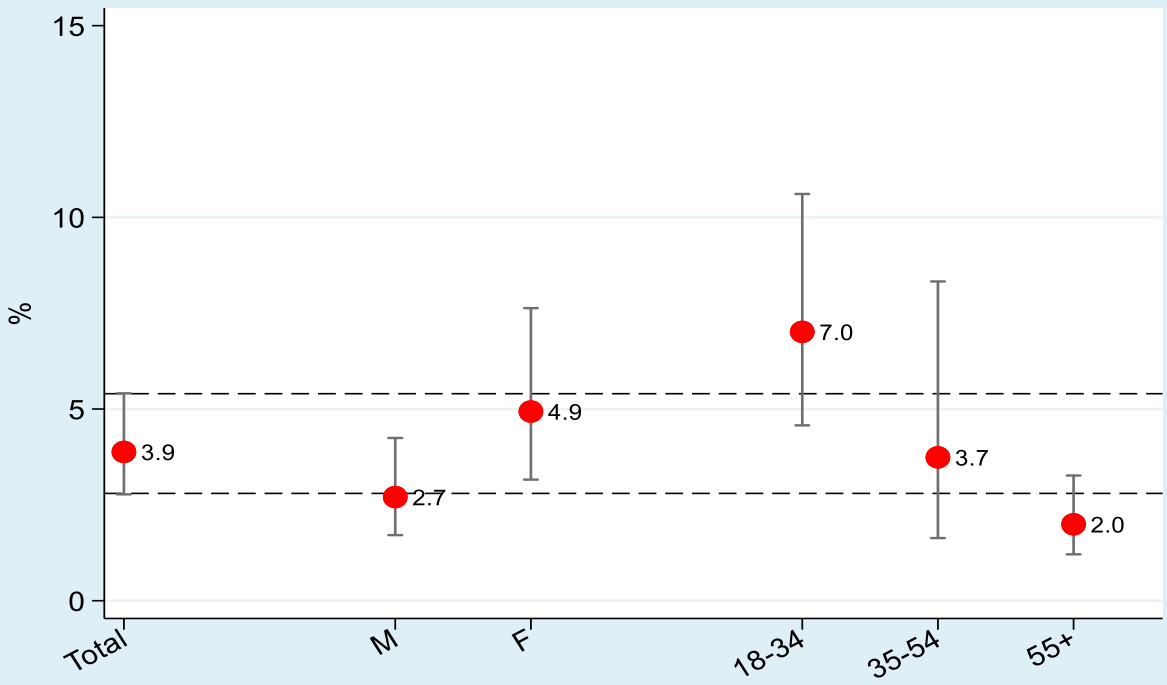
Table 7.4.2 Percentage Reporting ***Suicidal Ideation*** in the Past 12 Months, by Demographic Characteristics, Ontarians Aged 18+, 2013–2019

(N=)	**2013** (2060)	**2014** (2004)	**2015** (4007)	**2016** (2034)	**2017** (1813)	**2018** (1798)	**2019** (1820)
Total	**†2.2**	**†2.5**	**2.4**	**†2.3**	**†4.1**	**†3.1**	**†3.9** [ac]
(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)
Sex							
Men	**†2.8**	**†2.6**	**†2.5**	**†2.7**	**†4.9**	**†3.3**	**†2.7**
	(1.6, 5.0)	(1.3, 5.1)	(1.6, 4.1)	(1.4, 5.0)	(2.9, 8.3)	(1.9, 5.5)	(1.7, 4.2)
Women	**†1.6**	**†2.3**	**†2.2**	**†2.0**	**†3.3**	**†3.0**	**†4.9** [ac]
	(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)
Age *(Comparison Group)*							
18-34	**†4.8**	**†3.9**	**†4.9**	**†4.6**	**†8.2**	**†7.0**	**†7.0**
	(2.3, 9.8)	(1.6, 9.1)	(3.0, 8.0)	(2.1, 9.9)	(4.6, 14.0)	(4.2, 11.3)	(4.6, 10.6
35-54	**†1.0**	**†2.5**	**†1.3**	**†1.5**	**†2.9**	**†2.8**	**†3.7** [ac]
	(0.6, 2.0)	(1.3, 4.5)	(0.8, 2.3)	(0.9, 2.6)	(1.6, 5.2)	(1.4, 5.3)	(1.6, 8.3)
55+	**†1.9**	**†1.6**	**†1.5**	**†1.7**	**†2.3**	**†1.2**	**†2.0**
	(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)

Notes: (1) [¶]: 95% confidence interval; † Estimate unstable; all estimates are sample design adjusted; the sampling design was changed in 2017 to dual-frame sampling (landline + cell-phone).
(2) Trend Analysis: [a] Significant difference between 2013 and 2019 (p<.05); [b] Significant change (p<.05) between last two estimates (2018 vs.2019); [c] Significant linear trend, p<0.05; [d] Significant non-linear trend, p<0.05
Q: *In the past 12 months, did you ever seriously consider attempting suicide?*
Source: The *CAMH Monitor*, Centre for Addiction and Mental Health.

Figure 7.4.1

Percentage Reporting Suicidal Ideation in the Past Year by Sex and Age, Ontarians Aged 18+, 2019 (N=1820)



Note: (1) vertical 'whiskers' represent 95% confidence intervals; (2) horizontal bar represents 95% confidence interval for total estimate
(3) significant difference by sex (p<.05)
Source: CAMH Monitor 2019

8. PHYSICAL AND OVERALL HEALTH

8.1 Self-Rated Health

One of the more frequently used indicators of a person's current health status is perceived or self-rated health. Despite its simplicity, this global assessment of health status has been shown to be a reliable measure and a valid predictor of physical health and emotional well-being (McDowell, 2006), as well as future morbidity and mortality (Idler & Benyamini, 1997).

Since 2003, the following items have been asked in the CM:

(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) the percent reporting *fair or poor health*, defined as the percentage rating their overall health as fair or poor in general, and 2) the percent reporting *frequent physically unhealthy days*, defined as the percentage reporting **14 or more** physically unhealthy days during the past 30 days.

8.1.1 Self-Rated Fair/Poor Health

2019……Table 8.1.1; Fig. 8.1.1

An estimated **13.7%** (95% CI: 12.2% to 15.3%) of Ontario adults rated their overall health as fair or poor. The corresponding population estimate is 1,461,400 Ontario adults.

Sex, age, region, education, and **income** were significantly related to reporting fair or poor overall health.

- The adjusted odds of reporting fair or poor overall health was higher among men (15.4%) than women (12.1%, OR=1.37).
- Reports of fair or poor overall health increased with age, from 10.9% of 18 to 29 year olds to 19.9% of those 65 and older (OR=1.93).
- Compared to the provincial average (13.7%), the adjusted odds of reporting fair or poor overall health was significantly higher among respondents from the Western region (18.2%, OR=1.33), and lower among respondents from the Central West region (10.5%, OR=0.74, respectively).
- Relative to those who did not graduate high school, the adjusted odds of fair/poor health ratings were significantly lower among respondents with higher education (OR=0.44).
- Household income was significantly

associated with fair or poor overall health. The distinguishing feature was a higher rate among those with the lowest income and a significantly lower rate among those with higher incomes. Relative to those with incomes of less than $30,000, the adjusted odds of fair/poor health ratings were significantly lower among respondents with incomes of $30,000 to $49,999, $50,000 to $79,999 and among those with incomes of $80,000 and higher (OR=59, OR=0.55 and OR=0.38, respectively).

Trends

2003–2019 ……Table 8.1.3; Fig. 8.1.3

2018–2019

The prevalence of fair or poor self-rated overall health was not significantly **higher** in 2019 (13.7%) compared to 2018 (11.8%). However, the rates of fair or poor overall health increased among men (increased from 11.1% in 2018 to 15.4% in 2019) and among those living in the East (increased from 12.1% in 2018 to 15.8% in 2019).

2003–2019

Overall, between 2003 and 2019, there was a significant **non-linear increase** in reporting fair or poor self-rated overall health, from 9.4% in 2013 to 13.7% in 2019, and similar patterns were evident among men and women, among those aged between 40 to 49 and 50 to 64 year olds, those living in Toronto and East regions, among those married and never married respondents, and among those with university degrees. A significant **linear increase** between these periods was only found among those living in the West region and among those having some College or University education.

8.1.2 Frequent Physically Unhealthy Days

2019……..Table 8.1.2; Fig. 8.1.2

Overall, an estimated **12.2%** (95% CI: 10.5% to 14.1%) of Ontario adults experienced frequent physically unhealthy days (14+ days) in the past 30 days. The corresponding population estimate is 1,287,600 Ontario adults.

Only **income** was significantly related to experiencing frequent unhealthy days, after adjusting for our set of risk factors.

- Experiencing frequent unhealthy days was significantly related to household income. The distinguishing feature was a higher rate among those with the lowest income and a lower rate among those with higher incomes. Reports of frequent unhealthy days declined from 17.4% among those

with incomes of less than $30,000 to 6.1% among those with incomes of $80,000 and higher (OR=0.39).

There were no other significant effects, when adjusting for other factors.

Trends

2003–2019……. Table 8.1.4; Fig. 8.1.4

2018–2019

Overall, the percentage reporting frequent unhealthy days in the past 30 days in 2019 (12.2%) was not significantly different from 2018 (9.9%) and rates of frequent unhealthy days were stable for all demographic subgroups, except for those aged 65 and older (significantly increased from 13.5% in 2018 to 19.8% in 2019).

2003–2019

Overall, between 2003 and 2019, there was a significant **increase** in reports of frequent unhealthy days in the past 30 days, from 5.9% in 2004 to 12.2% in 2019.

Between 2003 and 2019, reports of frequent unhealthy days **increased** significantly among men and women, among almost all age groups, among most regions, among those married and those never married and among all education subgroups.

Table 8.1.1 Percentage Reporting ***Fair or Poor Health*** and Adjusted Group Differences, Ontarians Aged 18+, 2019

	N	%	95% CI	Adjusted Odds Ratio (N=2761)
Total	2812	**13.7**	(12.2, 15.3)	—
Sex				*
Men	1208	**15.4**	(13.0, 18.0)	**1.37 (1.05, 1.80)***
Women *(Comparison Group)*	1604	**12.1**	(10.4, 14.0)	—
Age				*
18-29 *(Comparison Group)*	409	**†10.9**	(7.7, 15.0)	—
30-39	259	**†8.2**	(5.3, 12.5)	0.86 (0.45, 1.65)
40-49	329	**†11.0**	(7.7, 15.5)	1.39 (0.72, 2.67)
50-64	733	**14.5**	(11.7, 17.8)	1.66 (0.94, 2.93)
65+	1065	**19.9**	(17.2, 22.9)	**1.93 (1.09, 3.43)***
Public Health Region				*
Toronto *(vs. Provincial Average)*	482	**15.4**	(12.0, 19.7)	1.27 (0.98, 1.70)
Central East	462	**10.7**	(8.1, 14.2)	0.81 (0.60, 1.09)
Central West	462	**10.5**	(7.7, 14.2)	**0.74 (0.56, 0.99)***
West	469	**18.2**	(14.6, 22.5)	**1.33 (1.00, 1.76)***
East	466	**15.8**	(12.3, 19.9)	1.30 (0.97, 1.72)
North	471	**15.2**	(11.9, 19.2)	0.91 (0.67, 1.24)
Marital Status				NS
Married/Partner *(Comparison Group)*	1555	**12.0**	(10.3, 14.0)	—
Previously Married	633	**22.1**	(18.4, 26.4)	1.34 (0.96, 1.88)
Never Married	600	**12.8**	(10.0, 16.4)	1.21 (0.74, 1.96)
Education				**
High school not completed *(Comparison Group)*	248	**24.1**	(18.4, 31.0)	—
Completed high school	587	**18.0**	(14.4, 22.2)	0.93 (0.61, 1.44)
Some college or university	1017	**14.2**	(11.8, 17.0)	0.72 (0.48, 1.09)
University degree	941	**8.1**	(6.3, 10.4)	**0.44 (0.28, 0.69)****
Household Income				**
< $30,000 *(Comparison Group)*	306	**28.3**	(22.5, 35.0)	—
$30,000-$49,999	310	**17.2**	(12.7, 22.8)	**0.59 (0.37, 0.96)***
$50,000-$79,999	440	**15.5**	(11.8, 20.1)	**0.55 (0.34, 0.89)***
$80,000+	1015	**9.2**	(7.2, 11.7)	**0.38 (0.23, 0.64)****
Not stated	741	**13.0**	(10.5, 16.1)	**0.43 (0.28, 0.67)****

Notes: (1) All analyses are sample design adjusted; *p<.05; **p<.01; ***p<.001; CI = 95% confidence interval; NS – not statistically significant; † Estimate suppressed or unstable.
(2) Asterisks in group row indicate a statistically significant group effect, based on Wald test.
(3) ORs greater than 1.0 indicate that the odds of reporting poor physical health are higher relative to the comparison group; ORs less than1.0 indicate that the odds are lower relative to the comparison group.
(4) Adjusted odds ratio holding fixed values for sex, age, region, marital status, education and income.
Q: *In general, would you say your overall health is excellent, very good, good, fair, or poor?*
Def'n: Fair or Poor Health – reporting fair or poor health in general.
Source: The *CAMH Monitor*, Centre for Addiction and Mental Health.

Table 8.1.2 Percentage Reporting ***Frequent Physically Unhealthy Days*** (14+) in the Past 30 Days and Adjusted Group Differences, Ontarians Aged 18+, 2019

	N	%	95% CI	Adjusted Odds Ratio (N=1749)
Total [1]	1778	**12.2**	(10.5, 14.1)	—
Sex				NS
Men	752	**11.3**	(8.9, 14.3)	0.91 (0.64, 1.31)
Women *(Comparison Group)*	1026	**13.0**	(10.7, 15.6)	—
Age				NS
18-29 *(Comparison Group)*	260	**†7.7**	(4.5, 12.9)	—
30-39	173	**†7.4**	(4.3, 12.3)	1.24 (0.51, 2.98)
40-49	203	**†12.6**	(8.2, 18.8)	2.32 (0.93, 5.74)
50-64	462	**11.7**	(8.7, 15.6)	1.72 (0.75, 3.95)
65+	671	**19.8**	(16.5, 23.6)	**2.47 (1.08, 5.65)***
Public Health Region				NS
Toronto *(vs. Provincial Average)*	303	**†8.4**	(5.5, 12.6)	**0.65 (0.43, 0.99)***
Central East	294	**†13.9**	(9.9, 19.3)	1.22 (0.84, 1.77)
Central West	295	**†10.4**	(7.1, 15.1)	0.92 (0.66, 1.29)
West	306	**19.3**	(14.8, 24.9)	**1.63 (1.15, 2.30)***
East	289	**†12.5**	(8.8, 17.5)	1.17 (0.79, 1.72)
North	291	**12.9**	(9.3, 17.8)	0.99 (0.66, 1.49)
Marital Status				NS
Married/Partner *(Comparison Group)*	982	**11.9**	(9.8, 14.3)	—
Previously Married	410	**19.0**	(14.5, 24.5)	1.09 (0.71, 1.68)
Never Married	373	**†9.4**	(6.3, 13.9)	0.96 (0.50, 1.86)
Education				NS
High school not completed *(Comparison Group)*	158	**†22.9**	(15.7, 32.1)	—
Completed high school	366	**13.9**	(10.0, 18.9)	0.74 (0.40, 1.35)
Some college or university	659	**13.1**	(10.4, 16.3)	0.73 (0.42, 1.27)
University degree	582	**†8.1**	(5.8, 11.2)	**0.50 (0.27, 0.91)***
Household Income				**
< $30,000 *(Comparison Group)*	203	**†17.4**	(12.0, 24.4)	—
$30,000-$49,999	200	**†15.5**	(10.6, 22.2)	0.91 (0.49, 1.70)
$50,000-$79,999	273	**†16.6**	(11.7, 22.9)	1.05 (0.58, 1.91)
$80,000+	658	**6.1**	(4.5, 8.4)	**0.39 (0.21, 0.73)****
Not stated	444	**16.1**	(12.2, 20.9)	1.11 (0.63, 1.98)

Notes: (1) All analyses are sample design adjusted; *p<.05; **p<.01; ***p<.001; CI = 95% confidence interval; NS – no statistically significant difference; † Estimate suppressed or unstable; [1] Asked only of a random subsample.
(2) Asterisks in group row indicate a statistically significant group effect, based on Wald test.
(3) ORs greater than 1.0 indicate that the odds of reporting unhealthy days are higher relative to the comparison group; ORs less than 1.0 indicate that the odds are lower relative to the comparison group.
(4) Adjusted odds ratio holding fixed values for sex, age, region, marital status, education and income.

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?*

Def'n: Frequent Unhealthy Days – reporting 14 or more physically unhealthy days during the past 30 days

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

Table 8.1.3: Percentage Reporting ***Fair or Poor Health***, by Demographic Characteristic, Ontarians Aged 18+, 2003–2019

	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019
(N=)	(2411)	(2611)	(2445)	(2016)	(2005)	(2024)	(2037)	(2024)	(1999)	(3030)	(3021)	(3043)	(5013)	(3042)	(2812)	(2806)	(2827)
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** [ad]
(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)
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** [abd]
	(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)
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** [d]
	(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)
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**
	(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)
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**
	(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)
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** [d]
	(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)
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** [d]
	(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)
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**
	(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)
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** [ad]
	(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)
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**
	(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)
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**
	(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)
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** [ac]
	(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)
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** [abd]
	(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)
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**
	(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)

Cont'd

Marital Status																	
Married/Partner	**9.1**	**9.5**	**10.0**	**9.2**	**10.4**	**8.9**	**8.9**	**10.8**	**11.6**	**10.1**	**8.7**	**8.9**	**9.4**	**8.8**	**10.8**	**10.0**	**12.0** [ad]
Previously Married	**21.7**	**20.5**	**19.6**	**17.4**	**18.3**	**22.8**	**21.5**	**22.3**	**20.9**	**17.3**	**17.7**	**18.6**	**17.1**	**17.3**	**24.5**	**18.8**	**22.1**
Never Married	**†7.2**	**10.6**	**10.4**	**†6.7**	**†12.1**	**†7.9**	**†9.7**	**†6.6**	**†8.2**	**9.7**	**†7.4**	**†8.8**	**8.1**	**6.3**	**†9.2**	**12.0**	**12.8** [ad]
Education																	
High school not completed	**24.3**	**24.4**	**24.6**	**23.6**	**26.0**	**19.6**	**22.8**	**27.8**	**25.5**	**24.3**	**19.9**	**22.4**	**27.4**	**20.3**	**31.8**	**26.8**	**24.1**
Completed high school	**12.9**	**13.4**	**13.4**	**10.5**	**12.3**	**13.9**	**14.7**	**13.2**	**12.6**	**12.9**	**11.9**	**11.7**	**11.8**	**11.6**	**13.0**	**13.6**	**18.0**
Some college or university	**7.0**	**8.9**	**9.4**	**6.0**	**11.8**	**10.1**	**8.1**	**9.6**	**12.1**	**9.8**	**8.3**	**11.6**	**10.3**	**10.5**	**12.1**	**12.6**	**14.2** [ac]
University degree	**†4.9**	**5.4**	**†6.9**	**†7.5**	**†5.9**	**†5.5**	**6.4**	**†7.2**	**7.7**	**6.5**	**6.0**	**4.5**	**5.8**	**4.8**	**7.6**	**7.7**	**8.1** [ad]

Notes: (1) † Estimate suppressed or unstable; ¶95% confidence interval; all analyses are sample design adjusted; the sampling design was changed in 2017 to dual-frame sampling (landline + cell-phone).
(2) Trend Analysis: a Significant difference between 2003 and 2019 ($p<.05$); bSignificant change ($p<.05$) between last two estimates (2018 vs.2019); cSignificant linear trend, $p<0.05$; d Significant non-linear trend, $p<0.05$.
(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.

Table 8.1.4: Percentage Reporting ***Frequent Physically Unhealthy Days*** (14+) in the Past 30 Days, by Demographic Characteristics, Ontarians Aged 18+, 2003–2019

	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019
(N=)	(2411)	(2611)	(2445)	(2016)	(2005)	(2024)	(2037)	(2024)	(1999)	(2015)	(2060)	(2004)	(1005)	(1020)	(1813)	(1798)	(1820)
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** [acd]
(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)
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** [ac]
	(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)
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** [acd]
	(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)
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** [a]
	(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)
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** [ac]
	(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)
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** [cd]
	(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)
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** [c]
	(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)
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** [abcd]
	(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)
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** [ac]
	(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)
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** [ad]
	(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)
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** [c]
	(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)
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** [ac]
	(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)
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** [c]
	(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)
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** [ad]
	(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)

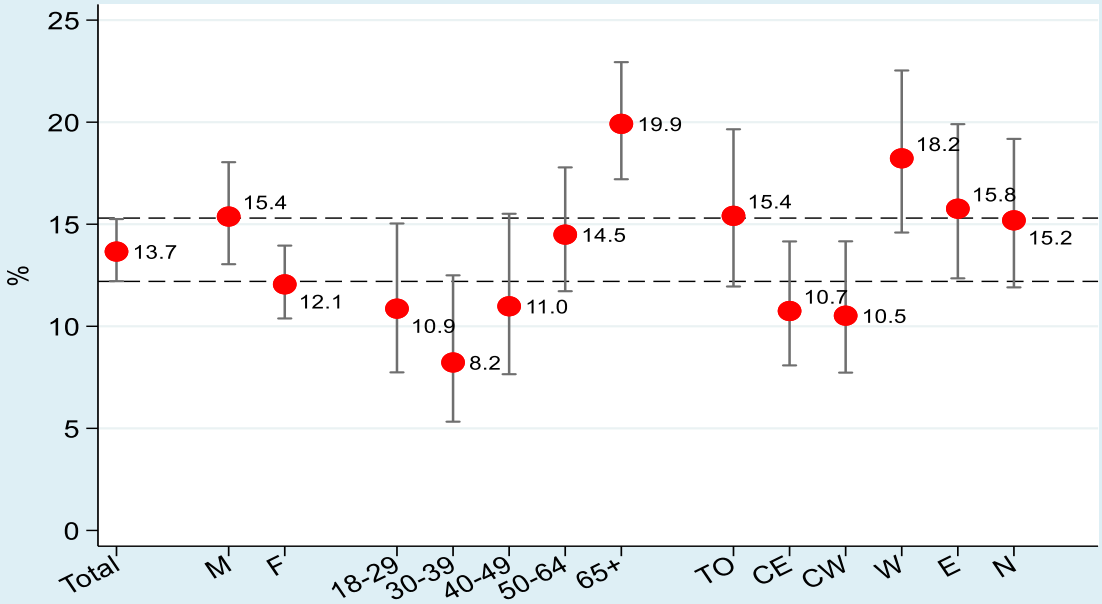
Cont'd

Marital Status																	
Married/Partner	**6.5**	**5.5**	**5.5**	**6.9**	**6.4**	**5.9**	**7.1**	**5.8**	**6.6**	**7.2**	**6.4**	**7.0**	**8.9**	**7.9**	**10.0**	**9.6**	**11.9** [acd]
Previously Married	**13.8**	**12.1**	**13.2**	**10.9**	**14.5**	**12.6**	**†17.8**	**16.1**	**†15.4**	**14.5**	**11.4**	**10.3**	**†11.2**	**†14.0**	**†16.8**	**†16.5**	**19.0** [d]
Never Married	**†3.5**	**†4.0**	**†5.8**	**†4.9**	**†5.8**	**†5.6**	**†7.7**	**†6.5**	**†4.6**	**†4.7**	**†5.1**	**†5.5**	**†8.0**	**†8.7**	**†9.3**	**†7.3**	**†9.4** [ac]
Education																	
High school not completed	**14.9**	**11.1**	**†13.6**	**†12.3**	**†11.6**	**†10.2**	**†9.5**	**†12.6**	**†16.4**	**†12.7**	**†13.3**	**†11.6**	**†15.9**	**†21.3**	**†14.6**	**†20.1**	**†22.9** [cd]
Completed high school	**8.4**	**6.4**	**†6.1**	**†9.7**	**†8.3**	**†6.6**	**†10.2**	**†7.5**	**†8.3**	**†8.3**	**†6.9**	**†8.3**	**†7.7**	**†9.7**	**†10.5**	**13.1**	**13.9** [acd]
Some college or university	**5.6**	**6.2**	**5.6**	**†5.4**	**7.5**	**8.1**	**†8.7**	**7.6**	**6.7**	**7.1**	**6.3**	**8.6**	**†12.3**	**†10.2**	**13.3**	**10.4**	**13.1** [ac]
University degree	**†3.0**	**†3.1**	**†5.1**	**†4.1**	**†5.2**	**†4.1**	**†6.1**	**†4.8**	**†4.3**	**†5.6**	**†5.0**	**†3.6**	**†5.0**	**†4.8**	**†6.3**	**†6.2**	**†8.1** [acd]

Notes: [1]Estimates based on a random subsample starting 2010; the sampling design was changed in 2017 to dual-frame sampling (landline + cell-phone).
(1) † Estimate suppressed or unstable; ¶95% confidence interval; all analyses are sample design adjusted;
(2) Trend Analysis: a Significant difference between 2003 and 2019 ($p<.05$); bSignificant change ($p<.05$) between last two estimates (2018 vs.2019); cSignificant linear trend, $p<0.05$; d Significant non-linear trend, $p<0.05$.
(3) 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 8.1.1

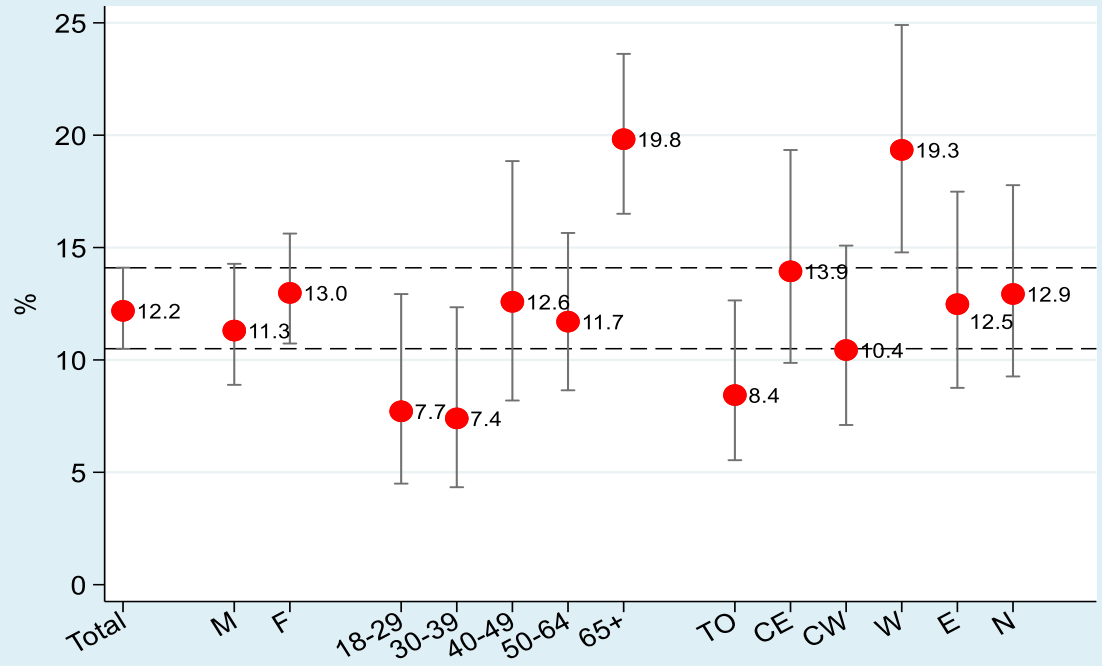
Percentage Reporting Fair or Poor Health by Sex, Age and Region, Ontarians Aged 18+, 2019 (N=2827)



Note: (1) vertical 'whiskers' represent 95% confidence intervals; (2) horizontal bar represents 95% confidence interval for total estimate
(3) significant difference by sex (p<.05)
Source: CAMH Monitor 2019

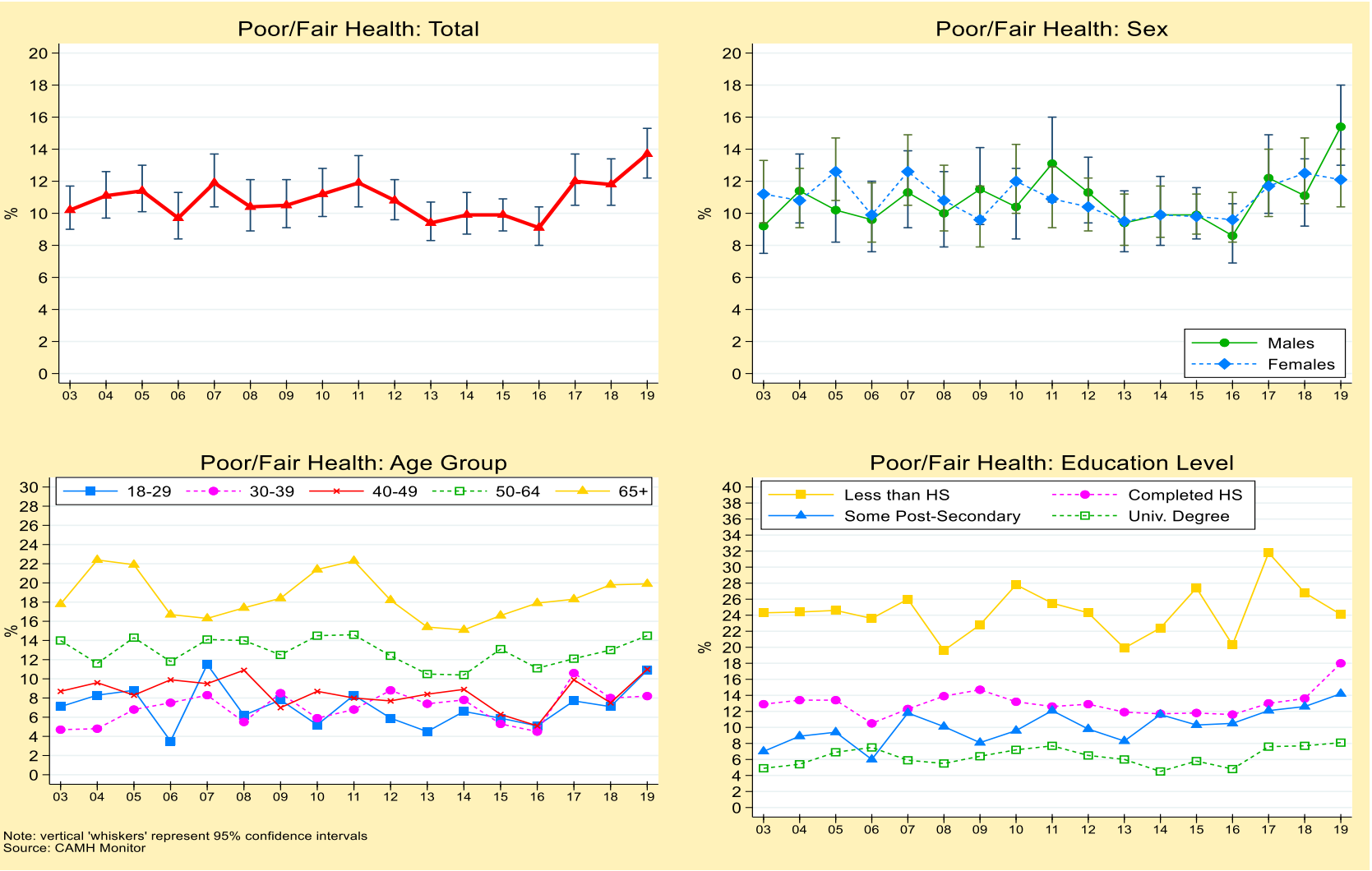
Figure 8.1.2

Percentage Reporting Frequent Physically Unhealthy Days (14+) in the Past 30 Days by Sex, Age and Region, Ontarians Aged 18+, 2019 (N=1820)



Note: (1) vertical 'whiskers' represent 95% confidence intervals; (2) horizontal bar represents 95% confidence interval for total estimate
Source: CAMH Monitor 2019

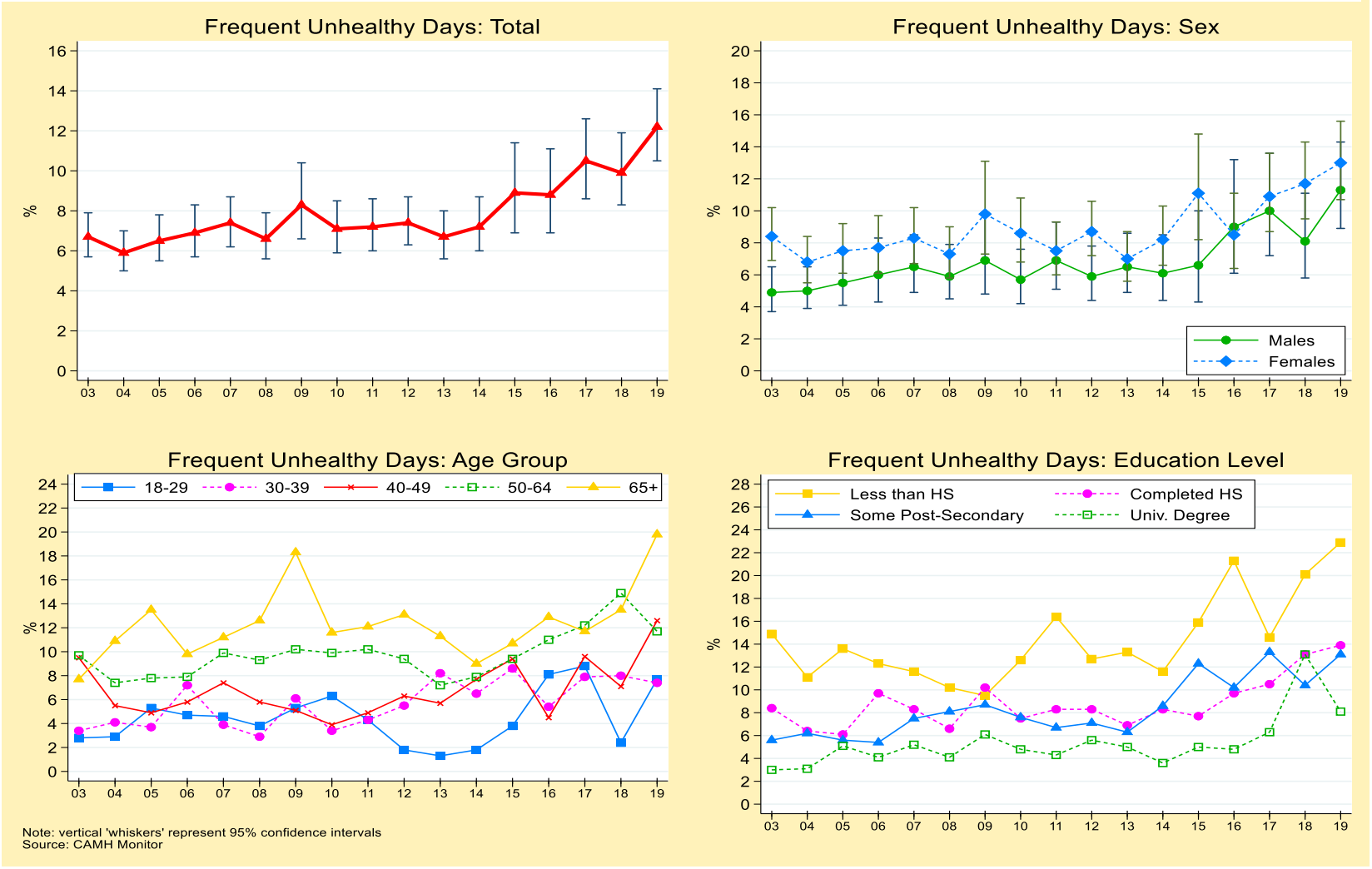
Figure 8.1.3
Percentage Reporting Fair or Poor Health, Ontarians Aged 18+, 2003–2019



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

Figure 8.1.4

Percentage Reporting Frequent Physically Unhealthy Days (14+) in the Past 30 Days, Ontarians Aged 18+, 2003–2019



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

8.2 Traumatic Brain or Neck Injury (TBNI) in Lifetime

Starting in 2018, the CAMH Monitor included items asking respondents about their history of head or neck injuries sustained during their lifetime that resulted in knock out or loss of consciousness. Hence, traumatic brain injury (TBI) was replaced by TBNI.

Traumatic brain or neck injuries sustained in one's lifetime were assessed by a single question worded as follows: We are interested in any hit or blow to the head or neck that resulted in a headache, dizziness, blurred or double vision, vomiting, feeling confused or "dazed", problems remembering, neck pain, or knocked out or loss of consciousness. Respondents were then asked: in your life, have you ever had this type of head or neck injury? Responses were recoded to create a binary lifetime TBNI measure (yes=1; no=0).

2019 ……Table 8.2.1; Fig. 8.2.1

Overall, an estimated **38.0%** (95% CI: 35.1% to 40.9%) of Ontario adults reported that they had sustained a TBI in their lifetime. The corresponding population estimate is 4,061,800 adults. Only **0.7%** of Ontario adults reported that they had sustained a TBI in the past year.

Sex and age were significantly associated with the lifetime TBNI.

- The prevalence of lifetime TBI was significantly higher among men (47.0%; OR=2.06) than among women (30.0%), after controlling for age.
- The prevalence of lifetime TBI decreased significantly with age. Compared to those aged 18 to 29 (40.5%), lifetime TBI was significantly lower among those aged 65 and older (27.6%; OR=0.58).

Trends

2018–2019

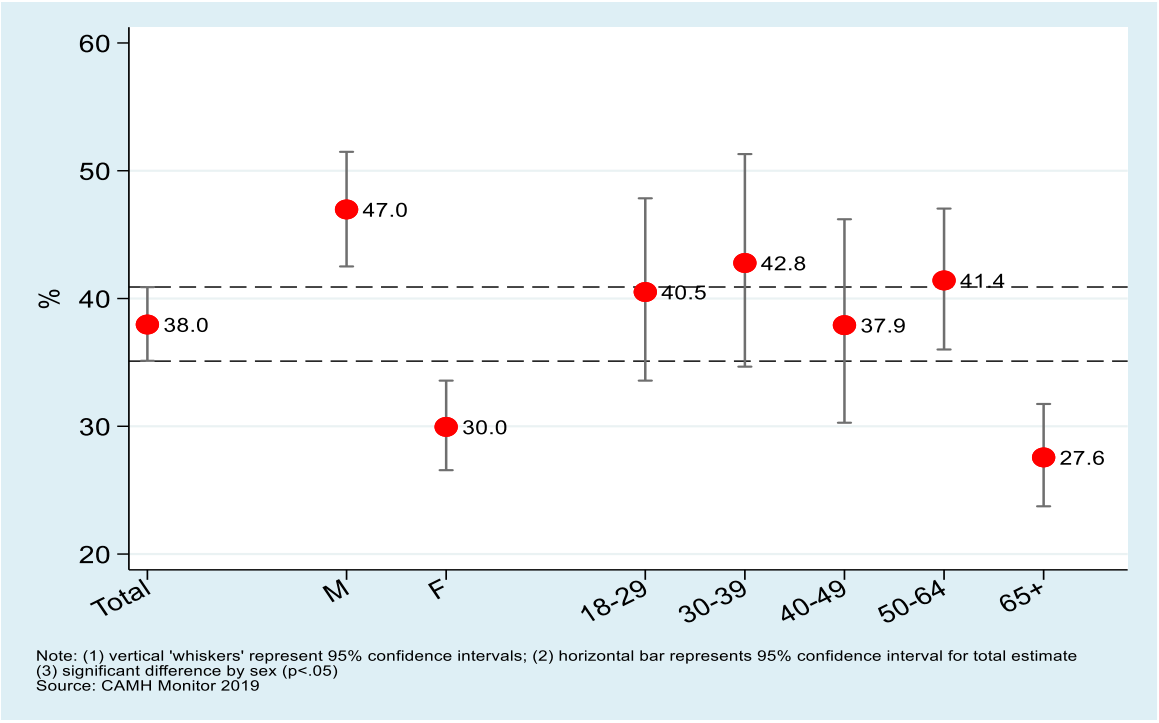
The prevalence of TBNI sustained in one's lifetime in 2019 (38.0%) was significantly increased from 2018 (31.9%). This increase was only evident among men (increased from 38.2% in 2018 to 47.0% in 2019). However, ratings of lifetime TBNI were stable for women and all age subgroups analysed.

Table 8.2.1 Percentage Reporting ***Lifetime Traumatic Brain or Neck Injury (TBNI)*** and Adjusted Group Differences, Ontarians Aged 18+, 2019

	N	%	95% CI	Adjusted Odds Ratio (N=1797)
Total [1]	1806	**38.0**	(35.1, 40.9)	—
				***
Sex				
Men	754	**47.0**	(42.5, 51.5)	**2.06 (1.60,**
Women *(Comparison Group)*	1052	**30.0**	(26.6, 33.6)	—
Age				**
18-29 *(Comparison Group)*	263	**40.5**	(33.6, 47.8)	—
30-39	173	**42.8**	(34.7, 51.3)	1.16 (0.74, 1.83)
40-49	205	**37.9**	(30.3, 46.2)	0.89 (0.57, 1.40)
50-64	466	**41.4**	(36.0, 47.0)	1.06 (0.72, 1.55)
65+	690	**27.6**	(23.7, 31.7)	**0.58 (0.41,**

Notes: (1) All analyses are sample design adjusted; *p<.05; **p<.01; ***p<.001; CI = 95% confidence interval; NS – not statistically significant; † Estimate suppressed or unstable; [1] Asked only of a random subsample.
(2) Asterisks in group row indicate a statistically significant group effect, based on Wald test.
(3) ORs greater than 1.0 indicate that the odds of reporting lifetime TBI are higher relative to the comparison group; ORs less than 1.0 indicate that the odds are lower relative to the comparison group.
(4) Adjusted odds ratio holding fixed values for sex, age, region, marital status, education and income.
Q: *In your lifetime, have you had head or neck injuries?*
Source: The *CAMH Monitor*, Centre for Addiction and Mental Health.

Figure 8.2.1
Lifetime Traumatic Brain or Neck Injury (TBNI) by Sex and Age, Ontarians Aged 18+, 2019 (N=1820)



Note: (1) vertical 'whiskers' represent 95% confidence intervals; (2) horizontal bar represents 95% confidence interval for total estimate
(3) significant difference by sex (p<.05)
Source: CAMH Monitor 2019

Table 8.2.2 Percentage Reporting Lifetime ***Traumatic Brain or Neck Injury***, by Demographic Characteristics, Ontarians Aged 18+, 2018–2019

	2018	**2019**
(N=)	(1798)	(1820)
Total	**31.9**	**38.0** [b]
(95% CI) [Ψ]	(29.0,34.9)	(35.1,40.9)
Sex		
Men	**38.2**	**47.0** [b]
	(33.7,42.9)	(42.5,51.5)
Women	**26.1**	**30.0**
	(9.2, 14.4)	(26.6, 33.6)
Age *(Comparison Group)*		
18-29	**31.4**	**40.5**
	(24.2, 39.6)	(33.6, 47.8)
30-39	**40.8**	**42.8**
	(31.4,50.9)	(34.7, 51.3)
40-49	**29.3**	**37.9**
	(22.7, 37.0)	(30.3, 46.2)
50-64	**36.3**	**41.4**
	(31.1, 41.9)	(36.0, 47.0)
65+	**23.4**	**27.6**
	(19.8, 27.5)	(23.7, 31.7)

Notes: (1) [¶]95% confidence interval; † Estimate suppressed or unstable; all analyses are sample design adjusted
(2) [b]Significant change ($p<.05$) between 2018 and.2019.

Q: *In your lifetime, have you had head* or neck injuries?

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

9. SUMMARY AND DISCUSSION

The Public Health Approach towards Substance Use and Mental Health

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

Designating substance use and mental health harms, impairments and disabilities as matters of public health enables health professionals from various disciplines to collaborate on prevention efforts. Preventing harms from occurring, or minimizing the risks, is preferable to treating them.

The public health approach involves the following:

- identifying the extent of mental health concerns, alcohol and other drug use, and related impairments and disabilities among the general population;
- identifying timing and pattern during the life course;
- tracking trends in the prevalence, incidence and harms with time;
- identifying risk and protective factors;
- designing preventive programs and active health promotion programs; and
- disseminating findings to stakeholders and the general public.

Data Limitations

Before discussing our findings, we should acknowledge the limitations of this study. Although sample surveys are the most feasible means to establish and monitor substance use and mental health problems in the general population, those interpreting *CAMH Monitor* (CM) data should consider the following.

Telephone Households. The *CAMH Monitor* is based on a target population of landline and cellular telephone numbers whose subscribers reside in Ontario households. Based on the 2019 Canadian Communications monitoring report around 90% of Canadians have mobile phones and 41% have landlines, only a negligible 0.5% were phoneless (Communications Monitoring Report, 2019).[45] As well, by design, the target sample of the *CAMH Monitor* excludes several high risk groups (e.g., the homeless, adults residing in prisons, hospitals, etc.). Finally, telephone surveys often over-represent those with higher education and thus under-represent those with lower education (Szolnoki & Hoffmann, 2013).

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

[45] This concern regarding coverage and potential bias was reduced in 2017 when the selection was revised to a list-assisted RDD + a cell-phone sampling frame, which included the sampling of wireless cell phones and unlisted numbers.

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

Repeated Cross-Sectional Survey. The *CAMH Monitor*, a repeated cross-sectional survey, can assess only specific types of change. Because we do not survey the same individuals at different times, we cannot identify *causes* of individual change or the *temporal ordering* of effects (e.g., whether unemployment causes drug use or whether drug use causes unemployment).

The findings in such a large study are numerous and complex and some findings are more reliable than others. For example, random variation causes us to be cautious in interpreting change between two points in time. Therefore, we place greater emphasis on change occurring over multiple survey time points.

Despite these limitations, monitoring studies excel at identifying the extent of and change in various health behaviours and measures in the general population. Surveillance studies identify which groups of the population are at the greatest risk for impaired health measures; identify areas requiring more research; and identify trends that may have implications for future service and programming needs.

2019 Demographic Correlates

In **Tables 9.1-9.3**, we summarize statistically significant associations among various respondent characteristics and substance use and other health indicators. Given substantial age, sex and other social and socio-economic differences that occur in illness and health generally (D'Arcy, 1998), it should not be surprising that many of these same factors are associated with alcohol use, other drug use and mental health. As indicated in these tables, **sex, age, marital status, education** and **income** showed important associations with rates of substance use and mental health indicators.

Sex. Men were more likely than women to report daily drinking, higher number of drinks consumed weekly, weekly binge drinking, drinking hazardously or harmfully, symptoms of alcohol dependence, current and daily smoking, past year cannabis use, lifetime cocaine use, driving after substance use, poor self rated health, and lifetime traumatic brain or neck injury. Women were more likely to report moderate to serious psychological distress, poor self rated mental health, frequent mental distress days, use of anxiety and depression medications and suicidal ideation.

Age. Substance use and mental health concerns often declined with age or were highest among 18 to 29 year olds. However, poor physical health increased with age.

Adults aged 18 to 29 years old were more likely than their older counterparts to report past year alcohol use and daily drinking, weekly binge drinking, drinking hazardously or harmfully, symptoms of alcohol dependence, current and daily smoking, past year e-cigarette use, past year cannabis use,

cannabis use problems, cannabis use for therapeutic purposes, past year cocaine use, cannabis use and driving, moderate and serious psychological distress, and suicidal ideation.

Marital status. Substance use and mental health concerns were higher among never married or previously married (divorced or widowed) respondents. Compared to married respondents, those who previously married had higher estimates of smoking, daily smoking, and psychological distress. Compared to those who were married, those never married had higher estimates of hazardous drinking, daily smoking, electronic cigarette use, past year cannabis use, psychological distress, poor self-rated mental health, frequent mental distress days, and past year use of anxiety and depression medication.

Education. Substance use or mental health concerns declined with increasing education. Average number of drinks per week, weekly binge drinking, drinking hazardously or harmfully, symptoms of alcohol dependence, smoking (current and daily), electronic cigarette use, past year cannabis use, lifetime cocaine use, poor self-rated health, and frequent physically unhealthy days decreased with education level or were lower among those who graduated university.

Region. Compared to the provincial average, current and daily smoking were higher in the North, lifetime cocaine use was higher in Toronto, psychological distress and frequent mental distress were higher in the East, and anxiety and depression medication use, poor self-rated health and frequent physically unhealthy days were higher in the West. Poor self-rated health was lower in the Central West, and frequent physically unhealthy days was lower in Toronto compared to the provincial average.

Household income. The general pattern showed that the rates of past year drinking, daily drinking, drinking hazardously or harmfully, past year cannabis use and texting and driving tended to increase with increasing income or were highest among those with higher incomes. Current and daily smoking, psychological distress, poor self-rated health, and frequent physically unhealthy days decreased with increasing incomes or were lowest among those with higher incomes.

Trends

Changes between 2018 and 2019 are summarized in **Table 9.4**.

2018–2019

Four indicators show evidence of total sample **increases** between the past two survey cycles. **Electronic cigarette use** increased significantly between 2018 and 2019, from 9.2% to 12.8%. This increase was evident especially among women, those aged 18 to 29, respondents living in Toronto and in the West, those never married and those with high school education.

There was a significant increase in past year **cannabis use** between 2018 and 2019, from 19.9% to 25.6%. This increase was evident especially among men and women, those aged 50 years and older, those living in Central East, West and North regions, married respondents, those not completing high school and those who completed some postsecondary education.

We found a significant increase in reports of **moderate to serious psychological distress** (from 14.2% in 2018 to 17.7% in 2019). This increase was evident especially among women, respondents from the East and among never married respondents.

And finally, we found a significant increase in reports of **use of antianxiety medication** in the past year (from 10.8% in 2018 to 13.9% in 2019) among the total sample. This increase was also observed among respondents living in the West region, among those previously married, those with some postsecondary education and those with university degrees.

1996–2019

In the longer term (1996-2019), there are several findings that are worthy of attention (**Table 9.4**).

Alcohol

A few important changes in **alcohol use** were seen between 1996 and 2019. These changes involve primarily significant declines in binge drinking (defined as consuming five or more drinks on a single occasion weekly), and reporting symptoms of alcohol dependence (as defined by the AUDIT), and significant increases in daily drinking and average number of drinks.

A significant **decline** in **binge drinking** was especially evident between 1996 and 2019. Binge drinking declined from 12.7% to 6.0% among the total sample, and 16.5% to 9.0% among past year drinkers. This decline was evident for all demographic subgroups examined. Such a decline in binge drinking has public health significance because this pattern of drinking has been strongly linked to both intentional and unintentional injury (Rehm et al., 2010).

Significant **declines** were also seen in reporting **symptoms of alcohol dependence** (from 9.1% in 1998 to 7.4% in 2019) and these declines were evident especially among men and 18 to 29 year olds.

A significant overall **increase** occurred for **daily drinking**. There was a significant increase in daily drinking among drinkers, from 5.3% in 2002 to 9.1% in 2018. Significant increases were found among men drinkers (from a low of 7.1% in 2005 to 11.6% in 2018), women drinkers (from a low of 2.6% in 2001 to 6.8% in 2017). This increase was also evident for all regions (except Toronto), for married respondents and all education subgroups.

We found a significant overall **increase** in the average **number of drinks** consumed **weekly** between 1996 and 2019 (from 3.3 in 1996 to 4.6 in 2019). This increase was evident among drinking men (from 4.8 in 1997 to 6.0 in 2019), among drinking women (from 1.9 in 1996 to 3.2 in 2019).

Tobacco

Another important change was the **decline** in **current smoking**. Although the prevalence of current cigarette smoking in 2019 (16.3%) was not significantly different from 2018 (15.6%), there was a significant **decline** in current smoking between 1996 and 2019**.**

Current **cigarette smoking** declined significantly from 26.7% in 1996 to 18.6% in 2009, and 16.3% in 2019. There were also significant declines for all sex, age, region, marital status and education subgroups.

Daily smoking declined also, by more than half, from 23.0% in 1996 to 12.2% in 2019.

Cannabis

A significant change was evident for past year **cannabis use.** Past year cannabis use significantly **increased** (more than threefold) from 8.7% in 1996 to 25.6% in 2019. This long-term increase was evident among both men and women**,** and for all age, region, marital status, and education subgroups.

Other Drugs

Although past year use of **cocaine** remained low, we found a significant **increase** from 1% in 1996 to 2.5% in 2017, and remained stable in the last two years. The long-term increase was evident among both men and women, and all age groups.

Another measure worthy of attention is past year use of **prescription opioid** pain relievers. Overall, there was a significant **decline** in any past year use of prescription opioids between 2010 and 2019 (from 26.6% to 24.5%).

Past year **nonmedical use** of prescription opioids displayed a significant decline, from 7.7% in 2010 to 5.3% in 2019 and this decline was evident for all demographic subgroups.

Driving

Between 1996 and 2019, the prevalence of **driving after drinking** among drivers has displayed a steady decline from 13.1% to 3.9%. The decline was seen among male drivers (from 21.2% in 1996 to 5.4% in 2019) and among young adult drivers aged 18 to 29 (from 20.1% in 1996 to 4.7% in 2019).

However, there was a small, but significant, **increase** in **driving after cannabis use** from 1.3% in 2012 to 3.1% in 2019 and this increase was seen especially among male drivers, from 1.9% in 2012 to 4.7% in 2019.

The percentage of adult drivers reporting **texting while driving** was significantly **lower** in 2019 (27.1%) compared to 2015 (36.8%), and rates were significantly lower among men and women and those aged 40 to 49 year olds.

Mental Health

Some significant **increases** were seen in **mental health problem** indicators.

Between 2015 and 2019, there was a significant overall increase in moderate psychological distress, (from 9.9% in 2016 to 17.7% in 2019). Reports of moderate psychological distress increased especially among men and women, among younger adults.

Between 2003 and 2019, there was a significant overall **increase** in self-rated **poor/fair mental health** (from 4.7% to 12.9%). Reports of poor/fair mental health **increased** significantly among both men and women, and among most demographic groups analysed.

There was also a significant **increase** overall in reporting **frequent mental distress days** in the past 30 days, from 5.4% in 2003 to 13.3% in 2019. This increase was evident among both men and women, and among all demographic groups analysed.

Since 1997, use of **antianxiety prescription medication** among the total sample has displayed a significant **linear increase**, from 4.7% to 13.9% in 2019. There were significant increases during this period for both men and women, and all age, region, marital status, and education subgroups.

Use of **prescription antidepressants** also has significantly **increased**, from 3.9% in 1997 to 11.8% in 2019. There were significant increases during this period for both men and women, and all age, region, marital status, and education subgroups.

The percentage of respondents reporting **suicidal ideation** in the past year was significantly **higher** in 2019 (3.9%) compared to 2013 (2.2%). There were significant increases among women and among 35 to 54 year olds.

Overall Health

Overall, between 2003 and 2019, there was a significant non-linear **increase** in reports of **fair/poor self-rated health status** (from 9.4% in 2013 to 13.7 in 2019), an**d** frequent physically **unhealthy days** in the past 30 days, from 5.9% in 2004 to 12.2% in 2019. Rates increased significantly among both men and women, and among 40 to 49, 50 to 64 year olds.

Longer-Term Trends 1977–2019

Long-term changes in substance use are particularly noteworthy in two areas.

The first area is the significant long-term trend reflecting **increases** in past year **cannabis** use and the **aging** of cannabis users. Past year cannabis use **increased** significantly, from 8.1% in 1977 to 25.6% in 2019.

In 1977, cannabis use was the domain of young adults, with only one-in-seven users aged 30 to 49 years. Current estimates, however, show that, on average, **cannabis** users in 2019 were older than their counterparts in 1977 (average age of 39.7 years vs. 25.6 years, respectively). In 1977, 82% of cannabis users were aged 18-29 compared to 37% in 2019. In contrast, the proportion of past year cannabis users aged 30 to 49 years increased significantly from 15% in 1977 to 34% in 2019, and the proportion of past year cannabis users aged 50 and older increased almost ten-fold, from 3% to 29% during the same period.

The second noteworthy area is the long-term trend reflecting changes in patterns of alcohol use. Although the percentage drinking alcohol was generally stable between 77% and 87%, there were significant changes since 1977 in **daily drinking** and weekly **binge drinking**.

In the longer term, between 1977 and 2019, **daily drinking** among drinkers **decreased** steadily until 2006. From a high of 13.4% in 1977, it decreased by about two thirds to a low of 4.1% in 1992 and remained between 5.3% and 5.9% until 2006.

But this trend has reversed in the past decade, **increasing** significantly from 5.9% in 2006 to 9.1% in 2018. This trend was especially prominent among male drinkers, whose daily drinking dropped from 19.5% in 1977 to 7.1% in 2005 and then increased to 11.6% in 2018.

Three distinct periods are evident in weekly **binge drinking** between 1977 and 2019. Binge drinking remained **stable** between 1977 and 1995 (varying between 7.0% and 8.9%). There was a significant **increase** among the total sample (from 7.0% in 1995 to 11.7% in 1996), and among past year drinkers (from 8.2% to 14.8%) and the rate of binge drinking remained at this elevated level until 2007. The increases were especially notable among men and 18 to 29 year olds. This was followed by a significant **decline** in weekly binge drinking, from 7.1% in 2009 to 6.0% in 2019. This decline during the past decade was evident for all sex, age, region, marital status, and education subgroups

Some Encouraging Findings

The following findings should be considered as encouraging.

Cigarettes: The vast majority of Ontario adults (83.7%) do not smoke cigarettes.

Alcohol: Although the majority of Ontario adults (79.9%) are past year drinkers, most do not drink excessively. The survey noted that 92% of drinkers do not binge drink weekly, 83% do not exceed the AUDIT threshold for hazardous or harmful drinking.

Driving: Among drivers, **driving after drinking** alcohol declined by more than half, from 13.1% in 1996 to 3.9% in 2019. Moreover, this decline occurred among several subgroups, including

men (whose estimate fell from 21.2% to 5.4%) and young drivers aged 18 to 29 (from 20.1% in 1996 to 4.72% in 2019). There was also a significant **decline** in the percentage of adult drivers reporting texting while driving, from 36.8% in 2015 to 27.1% in 2019. These declines occurred after a period when the province introduced a few measures designed to reduce rates of distracted driving, including increased penalties for distracted driving, the use of ignition interlock devices by convicted offenders, and behavioural change campaigns, which may also have contributed to the decline in texting while driving.

Some Public Health Concerns

There are several public health concerns – findings that point to potential public health problems that require continued monitoring – raised by these *CAMH Monitor* findings.

Cannabis: Past year use of cannabis **increased** significantly from 8.7% in 1996 to 25.6% in 2019 (about 3 million Ontario adults). The increase was seen for both men and women and among all age groups. Among 18 to 29 year olds, cannabis use increased more than two-fold, from 18.3% in 1996 to 45.5% in 2019.

Among past year cannabis users, about two-thirds (65%) report using cannabis once a month or more often, and the percentage reporting **daily use** was 24%. Such daily use may increase the likelihood of respiratory illnesses and other health problems (Calabria et al., 2010). Moreover, the potential medical complications related to the **aging of cannabis users** and especially the increase in past year cannabis use among middle-aged and older adults is worthy of further study.

Smoking cannabis in a joint, using it in a food product or edibles, and a waterpipe or a bong were the most common modes of use. About half of cannabis users (50%) used **cannabis edibles** (e.g., cookies, candy). There is a risk in consuming cannabis edibles because the dosage and potency of cannabis edible products are commonly not known, and the lag between consumption and feeling the physiological effects can lead to overconsumption and serious consequences related to cannabis toxicity (Barrus et al, 2016).

Tobacco Cigarettes: Despite the fact that the rate of cigarette smoking among Ontario adults has declined substantially over the long-term, there is still a significant proportion (16.3%) of Ontario adults that smoke cigarettes (about 1.7 million Ontario adults). Further, the consistent decline in smoking seen throughout the 2000s appears to have stagnated in recent years.

Alcohol: Alcohol remains the most commonly used drug among Ontario adults. Almost 80% reported drinking alcohol in the past year. Despite a declining trend in binge drinking, we found significant increases in the **average number of drinks** consumed weekly, and in **daily drinking** among past year drinkers, especially among **women** (from 2.6% in 2001 to 6.6% in 2018). Such an increase in daily alcohol use among women is of concern given the harmful effects of heavy alcohol use.

Prescription Opioids: In spite of a decline in use, 5.3% of the Ontario adult population (about 570,000 adults) report **nonmedical use** of prescription opioid pain relievers in 2019.

Mental Health: 17.7% (about 2 million Ontario adults) adults indicated moderate to serious **psychological**

distress in the past 30 days. We found significant **increases** in self-reports of **poor/fair mental health** from 4.7% in 2003 to 12.9% in 2019 and of **frequent mental distress days** in the past 30 days, from 5.4% in 2003 to 13.3% in 2019. Nearly one-in-seven (13.9%) used prescribed medication to treat **anxiety** (1.5 million Ontario adults) and one in eight (11.8%) used prescribed medication to treat **depression** (about 1.3 million Ontario adults). The percentage of Ontario adults reporting past year use of **prescribed depression** and **anxiety medication** increased significantly between 1999 and 2019 (from 3.6% to 13.9%, and from 4.5% to 11.8%, respectively). In addition, the percentage of respondents reporting **suicidal ideation** has increased from 2.2% in 2013 to 3.9% in 2019 (around 417,000 adults).

Driving: Driving after cannabis use displayed a small but significant non-linear increase from 1.5% in 2010 to 3.1% in 2019 (about 296,000 licensed drivers). In addition, in 2019, an estimated 27.1% of Ontario licensed drivers reported **texting while driving** at least once during the past 12 months (about 2.5 million drivers) and 3.7% reported texting while driving 30 times or more in the past 30 days.

Motor vehicle collisions are a leading cause of preventable death and injury, and driving under the influence of alcohol, cannabis and other drugs, and driving while distracted, have been identified as major causes of these collisions (Asbridge, Mann, Cusimano, et al., 2014; Redelmeier & Tibshirani, 1997).

Concluding Comments

In general, **alcohol** and **tobacco** are the leading risk factors for burden of diseases in all comparative risk assessments. We can never ignore the tragedy of human suffering caused by cannabis and illicit drug use; but we must put these numbers into a broader context. If public concern and health policy are to be based on the harm caused to the greatest number of individuals, then clearly, alcohol and tobacco each outweigh the harms caused by cannabis and illicit drug use.

It is important also to recognize that these data were collected during and after a significant change in Canadian laws related to illegal drugs, the legalization of recreational use of cannabis in October, 2018. Legalization had been recommended by many groups, for reasons related to its relatively lower level of harm compared to both legal and illegal drugs, the social and economic costs of prohibition, and indications that controlling harmful cannabis use might be better accomplished with public health regulation than by prohibition (e.g., Crépault et al, 2016). The increase in cannabis use observed here may be related to the legalization, and continued monitoring of cannabis use and related measures will be a priority in the future.

Our findings also speak to the issue of **mental well-being** among Ontario adults. A sizeable percentage of Ontarians experience symptoms that reduce their ability to function productively in their emotional, social, and occupational worlds. We found that about one fifth of Ontario adults (18%) indicated moderate to serious psychological distress, 7% indicated serious psychological distress**,** one-in-eight (13%) rated their mental health as fair to poor, 13% of adults experienced frequent mental distress days, and 4% of

adults reported contemplating suicide in the past year. The percentage of Ontario adults reporting past year use of prescribed antidepressants and antianxiety medication increased threefold over the past two decades. The *World Health Organization* (WHO, 2008, 2012) reports that depression is the leading cause of disability in the world and the leading cause of disease burden in high- and middle-income countries. In Canada, recognition of the burden of mental disorders has led to the development of the country's first mental health strategy to improve mental health (Mental Health Commission of Canada, 2012).

The *CAMH Monitor* is an exceptional vehicle to monitor matters of addiction and mental health in Ontario. Timely and relevant data on alcohol and other drug use and mental health are prerequisites for effective health and social policy and prevention programming. Monitoring such health-risk behaviours and measures provides valuable information about determinants, trends, the co-occurrences of these risk behaviours, and provincial and cross-national differences. Such data also enable us to evaluate the impact of changes in policies, educational programs and legislation, and whether health targets are achieved.

Table 9.1 Summary Findings: Statistically Significant Associations for ***Past Year Substance Use Indicators*** by Demographic Characteristics, Ontarians Aged 18+, CAMH Monitor, 2019

Indicator #	1	2	3	4	5	6	7	8	9	10	11	12
	Alcohol						Tobacco (cigarettes)			Cannabis		
	Past Year Drinking	Daily Drinking	Avg No. Drinks Weekly†	Weekly Binge Drinking	Hazardous Drinking (AUDIT 8+)	Alcohol Dependence (AUDIT)	Current Smoking	Daily Smoking	Electronic Cigarettes	Cannabis	Cannabis Problems (ASSIST-CIS)	Cannabis Medical Use
Sex	—	Men higher	Men higher	Men higher	Men higher	Men higher	Men higher	Men higher	—	Men higher	Men higher	Men higher
Age	65+ lowest	Increase 65+ higher	—	Decrease 18-29 highest	Decrease 18-29 highest	Decrease 18-29 highest	65+ lowest	65+ lowest	Decrease 18-29 highest	Decrease 18-29 highest	18-29 highest	18-29 highest
Marital Status	—	—	—	—	—	—	Prev. married higher	Prev. married and never married higher	Never married higher	Never married higher	—	—
Region	—	—	—	—	—	—	North higher	North higher	—	—	—	—
Education	—	—	Decrease with higher education	Decrease Univ degree lowest	Decrease Unive. Degree lowest	Decrease with higher education	Decrease with higher education	Decrease with higher education	Decrease Univ degree lowest	Decrease Univ degree lowest	—	—
Household Income	Increase $80,000 highest	Increase	—	—	Higher among higher incomes	—	Decrease with higher income	Decrease with higher income	—	Higher among highest incomes	—	—

Notes: — No significant difference; † Unadjusted associations; all other associations are adjusted for sex, age, region, marital status, education, and income.

Legend:

Past Year Drinking (percentage drinking alcohol in past year); **Daily Drinking** (percentage drinking daily); **Avg. No. Drinks Weekly** (average number of drinks consumed weekly among drinkers); **Weekly Binge Drinking** (percentage consuming five or more drinks on a single occasion weekly); **Hazardous Drinking** (percentage reporting hazardous or harmful drinking based on the AUDIT 8+); **Alcohol Dependence** (percentage reporting one or more (of 3) AUDIT dependence indicators); **Current Smoking** (percentage currently smoking cigarettes); **Daily Smoking** (percentage smoking cigarettes daily); **Cannabis** (percentage reporting using cannabis past year); **Cannabis problems** (percentage scoring 4+ on the WHO-ASSIST-CIS); **Cannabis Medical Use** (percentage reporting using cannabis for medical purposes past year).

Table 9.2 Summary Findings: Statistically Significant Associations for ***Past Year Substance Use and Mental Health Indicators*** by Demographic Characteristics, Ontarians Aged 18+, CAMH Monitor, 2019

	13	14	15	16	17	18	19	20	21	22	23	24	25
	Other Drugs				Impaired and Distracted Driving			Mental Health					
	Cocaine (Lifetime)	Cocaine	Any Opioid Pain Relievers	Non-med Opioid Pain Relievers	Drinking & Driving	Cannabis & Driving	Texting and Driving	Psychological Distress K6/8+	Poor Mental Health	Frequent mental distress days	Anxiety Medication	Depression Medication	Suicidal Ideation
Sex	Men higher	—	—	—	—	Men higher	—	Women higher	Women higher	Women higher	Women higher	Women higher	Women higher
Age	30-39 highest	18-29 highest	—	—	—	18-29 highest	65+ lowest	Decrease 18-29 highest	65+ lowest	65+ lowest	40-49 highest	—	18-34 highest
Marital Status	—	—	—	—	—	—	—	Never married highest	Never married highest	Never married highest	Never married highest	Never married highest	—
Region	Toronto highest	—	—	—	—	—	—	East highest	—	East highest	West highest	West highest	—
Education	Univ degree lowest	—	—	—	—	—	—	—	—	—	—	—	—
Household Income	—	—	—	—	—	—	Increase $80,000 highest	Decrease $80,000 lowest	—	—	—	—	—

Notes: — No significant difference; † Unadjusted associations; all other associations are adjusted for sex, age, region, marital status, education, and income.
Legend:
Cocaine Life (percentage reporting using cocaine in lifetime); **Cocaine 12m** (percentage reporting using cocaine past year); **Any Opioid Pain Relievers** (percentage reporting using prescription opioid pain relievers for medical or nonmedical purposes); **Nonmedical Opioid Pain Relievers** (percentage reporting using prescription opioid pain relievers for nonmedical purposes); **Drinking & Driving** (percentage drinking alcohol and driving among drivers); **Cannabis & Driving** (percentage driving after using cannabis among drivers);); **Texting & Driving** (percentage texting while driving among drivers); **Psychological Distress** (moderate-to-serious psychological distress - percent scoring 5+ on the K6 screener); **Poor Mental Health** (percentage reporting fair or poor mental health in general); **Frequent Mental Distress Days** (percent reporting 14 or more mental distress days during the past 30 days); **Anxiety Medication** (percentage using prescription antianxiety medication past year); **Depression Medication** (percentage using prescription antidepressant medication past year); **Suicidal Ideation (**percentage reporting seriously contemplating suicide in the past year**).**

Table 9.3 Summary Findings: Statistically Significant Associations for ***Past Year Health Indicators*** by Demographic Characteristics, Ontarians Aged 18+, CAMH Monitor, 2019

	26	27	28
	Physical/Overall Health		
	Poor Health	Frequent Physically Unhealthy Days	Traumatic Brain or Neck Injury Lifetime
Sex	Men higher	—	Men higher
Age	Increase 65+ highest	Increase 65+ highest	65+ lowest
Marital Status	—	—	—
Region	West highest and Central West lowest	West highest and Toronto lowest	—
Education	Decrease Univ degree lowest	Decrease Univ degree lowest	—
Household Income	Decrease $80,000 lower	Decrease $80,000 lower	—

Notes: — No significant difference; † Unadjusted associations; all other associations are adjusted for sex, age, region, marital status, education, and income.
Legend:
Poor Health (percentage reporting fair or poor health in general); **Frequent Physically Unhealthy Days** (percent reporting 14 or more physically unhealthy days during the past 30 days); **Traumatic Brainor Neck Injury- lifetime** (percentage reporting at least one lifetime head or neck injury that resulted in being knock out or unconscious).

Table 9.4 Summary of ***Changes in Substance Use and Health Indicators***, CAMH Monitor, **1977–2019**

Indicator	2018 vs. 2019	Trends: 1996–2019	Trends: 1977–2019
ALCOHOL			
Past year drinking	• **Stable** among total sample (78.1% vs. 79.9%). • Significant subgroup increase among those who did not complete high school education (from 51.4% to 64.3%).	• Overall **stable**, with a low in 1998 at 77.1% and a high of 81.5% in 2007. • Significant **non-linear decline** among 18 to 29 year olds (from 89.5% in 2007 to 83.9% in 2019), a significant increase among those aged 40 to 49 (from 78.0% in 1998 to 83.9% in 2019), 50 to 64 years old (from 76.0% in 1996 to 81.3% in 2019) and among those aged 65 years or older (from 66.2% in 1996 to 69.9% in 2019). • Significant **non-linear variations** among 30 to 39 years old, married subgroups, regions, and education subgroups.	• Significant linear and non-linear trends; with peaks in the mid-1980s, the early 1990s and again in 2014.
Daily drinking (among past year drinkers)	• Overall significant decrease in daily drinking (9.1% vs. 7.1%). • Stable for all subgroups.	• Overall significant **increase** in daily drinking among drinkers, from a low of 5.3% in 2002 to 9.3% in 2009, and continue to decline to 7.1% in 2018. • Significant **increase** in daily drinking among drinking men (from a low of 7.1% in 2005 to 11.6% in 2018), drinking women (from a low of 2.6% in 2001 to 6.6% in 2018). • Significant **increases** for all regions (except Toronto), for married respondents, and for all education sub-groups.	• Significant linear and non-linear trends • Overall **decline** from 13.4% in 1977 to 7.3% in 2005; • Trend has reversed in the past ten years **increasing** significantly from 5.9% in 2006 to 9.3% in 2019, and this increase was evident among almost all demographic subgroups.
Average number of drinks per week (among past year drinkers)	• **Stable** among total sample (4.5 vs. 4.6) • No significant subgroup changes.	• Overall significant **increase** (from 3.3 in 1996 to 4.6 in 2019). • Significant **increases** among drinking men (from 4.8 in 1997 to 6.0 in 2019), among drinking **women** (from 1.9 in 1996 to 3.2 in 2019), and for all demographic factors examined (all age groups, all regions, all marital status and all education subgroups).	• Not available.
Weekly binge drinking (5+ drinks/ occasion weekly)	• **Stable** among total sample (6.7% vs.6.0%). • Stable for all subgroups.	• Significant **decline** between 1996 and 2019, varying between 6.0% and 12.7% among the total sample, and between 9.0% and 16.5% among past year drinkers. • Significant subgroup **declines** for **all demographic factors** examined (sex, age, region, marital status, and education).	• Significant linear and non-linear trends. • **Three distinct periods** are evident. Binge drinking remained **stable** between 1977 and 1995, and then **increased** significantly in 1996 (from 7.0% to 11.7%) and remained at this elevated level until 2007. The **increases** were especially notable among **men** (from 10.7% in 1995 to 20.7% in 2001), and **18 to 29** year olds

Indicator	2018 vs. 2019	Trends: 1996–2019	Trends: 1977–2019
			(from 10.6% in 1995 to 26.1% in 2007). • Binge drinking started **declining** in 2008 and significant **declines** were evident for sex, age, region, marital status, and education.
Hazardous/Harmful drinking (AUDIT 8+)	• **Stable** among total sample (12.9% vs. 13.2%). • Stable for most subgroups.	• Available 1998–2019. • Overall **stable:** lowest in 2005 (10.4%) and highest in 2007 (15.6%), but has subsequently stabilized. • Significant **decline** among **18 to 29 year olds** and never married respondents.	• Not available.
Symptoms of alcohol dependence (AUDIT)	• **Stable** among total sample (6.7% vs. 7.4%). • A significant decline among those with university degrees (decreased from 6.5% in 2018 to 2.9% in 2019). • Stable for all subgroups.	• Available 1998–2019. • Overall a significant declined from 9.1% in 1998 to 7.4% in 2019. • Significant non-linear **declines** were found among men, those aged 18 to 29, respondents from the Central East and Central West, and among those never married respondents.	• Not available.
TOBACCO – CIGARETTES			
Current smoking	• **Stable** among total sample (15.6% vs. 16.3%). • A significant increase among those aged 65 or older. • Stable for all other subgroups.	• Overall significant steady linear **decline** from 26.7% in 1996 to 18.6% in 2009 and 16.3% in 2019. • Significant declines for men and women, and all age, regions, marital status and education subgroups.	• Not available.
Electronic Cigarettes	• A significant increase in electronic cigarette use among total sample (9.2% vs. 12.8%). • A significant increase among women, those aged 18 to 29, respondents living in Toronto, West, among never married and high school completed respondents	• Available 2013–2019. • Overall a significant non-linear increase in electronic cigarette use, varying between 8.5% in 2017 and 12.8% in 2019**.** • A significant non-linear increase was also evident among women, those aged 18 to 29, 40 to 49, respondent living in the West, among never married and high school completed respondents	• Not available.

Indicator	2018 vs. 2019	Trends: 1996–2019	Trends: 1977–2019
CANNABIS AND OTHER DRUGS			
CANNABIS **Past year use**	• **Overall significant increase** in cannabis use (19.9% vs 25.6%). • Significant **increases** among men and women, among those aged 50 years and older, among Central East, West and North residents, among those who are married, among those not completing high school and those who completed some postsecondary education.	• Overall significant **increase** in cannabis use (more than double), from 8.7% in 1996 to 13.3% in 2009, and 25.6% in 2019, which is the **highest** estimate on record. • Significant **increases** among **all age groups** but especially among 18 to 29 year olds from 18.3% to 45.5%, and among those aged 50 and older, from 1.4% in 1998 to 15.1% in 2019 (the 2019 estimate is the **highest** on record for this age group). • Significant **increases** also occurred for both **men** and **women**, and among all **region**, **marital status** and **education** subgroups.	• Overall significant **increase** from 8.1% in 1977 to 19.4% in 2015. • Significant **increases** over the long-term among **men** (from 9.1% in 1992 to 31.5% in 2019), **women** (from 4.5% in 1977 to 20.1% in 2019) and among **all age groups**. • Significant **aging of cannabis users** - in 1977, 82% of past year cannabis users were aged 18 to 29 versus 37% in 2019; the proportion of cannabis users aged 30 to 49 increased from 15% to 34%, and the proportion aged 50 and older increased almost 10-fold from 3% to 29% during the same period.
COCAINE **Past year use**	• **Stable** among total sample (1.9% vs. 1.9%). • No subgroup changes.	• Available 1998–2019. • Overall significant **increase** from 1.0% to 2.5%. • Significant **increase** among men and all age groups.	• Not available.
PRESCRIPTION OPIOIDS **Any past year use**	• **Stable** among total sample (25.1% vs. 24.5%). • No subgroup changes.	• Available 2010–2019. • Overall **significant non-linear** decline from 26.6% in 2010 to 24.5% in 2019. • Significant **declines** among men and women, 40 to 49 year olds, 50 and older respondents, among those who lived in the Central East and East regions, among married and never married respondents, and among those who completed high school education.	• Not available.
Any nonmedical past year use	• Overall **stable** among total sample (4.9% vs. 5.3%). • No subgroup changes.	• Available 2010–2019. • Overall **declined** significantly from 7.7% in 2010 to 5.3% in 2019. • Significant **declines** among all demographic subgroups.	• Not available.

Indicator	2018 vs. 2019	Trends: 1996–2019	Trends: 1977–2019
IMPAIRED AND DISTRACTED DRIVING			
Driving after drinking (past year - among drivers)	• **Stable** among total sample (3.6% vs. 3.9%) • Stable for all subgroups.	• Overall significant linear **decline** from 13.1% in 1996 to 3.9% in 2019. • Significant **declines** for both **men** and **women** and all age groups. There were significant declines especially among **male drivers**, from 21.2% in 1996 to 5.4% in 2019 and among young adult drivers **aged 18** to **29**, from 20.1% in 1996 to 4.7% in 2019. • Significant **declines** among **all regions**, all marital status, and all education subgroups.	• Not available.
Driving after using cannabis (past year - among drivers)	• **Stable** among total sample (3.1% vs. 3.1%). • Stable for all subgroups.	• Available 2002 to 2019. • Overall significant non-**linear increase** from 1.5% in 2010 to 3.1% in 2019. • Significant linear **increases** were evident especially among 18 to 29 year olds, from 2.8% to 8.6%.	• Not available.
Texting while driving (past year - among drivers)	• **Stable** among total sample (26.6% vs. 27.1%). • Stable for all subgroups.	• Available 2015 to 2019. • Overall significant **decline** from 36.8% in 2015 to 27.1% in 2019. • Significant **declines** among men and women, among respondents aged 40 to 49, among respondents living in the East, among those married and among most education subgroups.	• Not available.
MENTAL HEALTH			
Moderate-to-Serious Psychological Distress (K6 8+) (past year)	• Significant **increase** among total sample (14.2% vs 17.7%). • Significant **increases** among women, respondents from East and among never married respondents.	• Available 2015 to 2019. • Significant **increase** overall, from 9.9% in 2016 to17.7% in 2019. • • Significant **increases** among men and women, among those aged 18 to 29, 30 to 39 and 40 to 49, and all regions (except Toronto), married and never married respondents, and all education subgroups (except for those who did not complete high school education).	• Not available.
Poor self-rated mental health (past year)	• Stable among total sample (12.1% vs. 12.9%). • Significant **increases** among respondents living in Toronto.	• Available 2003 to 2019. • Significant **increase** overall, from 4.7% in 2003 to 12.9% in 2019. • Significant **increases** among both **men** and **women**, among most age groups, most regions, among those married and those never married and among all education subgroups.	• Not available.
Frequent mental distress days (past 30 days)	• Stable among total sample (10.9% vs. 13.3%). • Significant increases during this period	• Available 2003 to 2019. • Significant **increase** overall, from 5.4% in 2003 to 13.3% in 2019. • Significant **increases** among both **men** and **women**, among all age	• Not available.

Indicator	2018 vs. 2019	Trends: 1996–2019	Trends: 1977–2019
	were found for those who never married (from 15.4% to 22.9%) and for those with University degrees (from 6.3% to 11.7%).	groups, all regions, among all marital status and all education subgroups.	
Antianxiety medication (past year)	• Significant **increases** among total sample (10.8% vs. 13.9%). • Significant **increases** among respondents living in the West region, among those previously married, and those who with some postsecondary education and university degrees.	• Available 1997-2019. • Significant overall linear **increase**, from 4.7% in 1997 to 13.9% in 2019. • Significant **increases** among both men and women, all age, region, marital status, and education subgroups.	• Not available.
Antidepressant medication (past year)	• **Stable** among total sample (9.3% vs. 11.8%). • Significant increase among those aged 65 and older, among those living in the West and married respondents.	• Available 1997-2019. • Significant overall linear **increase**, from 3.9% in 1997 to 11.8% in 2019. • Significant **increases** among both men and women, all age, region, marital status, and education subgroups.	• Not available.
Suicidal Ideation (past year)	• Stable among total sample (3.1% vs. 3.9%).	• Available 2013 to 2019. • Significant overall **increase**, from 2.2% in 2013 to 3.9% in 2019. • Significant **increases** among women and among 35 to 54 year olds.	• Not available.
PHYSICAL AND OVERALL HEALTH			
Fair or poor self-rated health (past year)	• Stable among total sample (11.8% vs. 13.7%). • Significant **increases** among men (increased from 11.1% in 2018 to 15.4% in 2019) and among those living in the East (increased from 12.1% in 2018 to 15.8% in 2019).	• Available 2003 to 2019. • Significant **non-linear increase** among total sample, from 9.4% in 2013 to 13.7% in 2019 • A significant **linear increase** among those living in the West region and among those having some College or University education. • Significant **non-linear increase** among men and women, among 40 to 49 and 50 to 59 year olds, those living in Toronto and East regions, among those married and never married respondents and among those with university degrees.	• Not available.
Frequent physically unhealthy days (past 30 days)	• **Stable** among total sample (8.8% vs. 10.5%). • Stable for all subgroups.	• Available 2003 to 2019. • Significant **non-linear increases** among total sample, from 5.9% in 2004 to 12.2% in 2019. • Significant **increases** among those living in the West region and among those having some College or University education. • Significant non-linear increases among men and women, among those aged between 40 to 49 and 50 to 59 year olds, those living in Toronto and East regions, among those married and never married respondents.	• Not available.

Appendix A

Sample Design

Table A-1:
CAMH Monitor 2019
Regional Stratification of Ontario's Area Codes for the *Landline/List-assisted Sample*

Region	County	Area Code
Toronto	City of Toronto	416, 437, 647
Central West	Halton; Hamilton-Wentworth; Peel; Waterloo; Wellington; Dufferin; Niagara; Brant; Haldimand-Norfolk	519, 905, 289, 226
Central East	Simcoe; York; Haliburton; Peterborough; Kawartha Lakes; Northumberland; Durham	705, 905, 289, 613
West	Kent-Chatham; Huron; Perth; Elgin; Oxford; Middlesex; Grey; Bruce; Lambton; Essex	519, 226
East	Stormont, Dundas and Glengarry; Prescott-Russell; Ottawa-Carleton; Renfrew; Lanark; Leeds-Grenville; Hastings; Prince Edward; Frontenac; Lennox and Addington	613, 343
North	Kenora; Rainy River; Thunder Bay; Muskoka; Parry Sound; Nipissing; Timiskaming; Algoma; Manitoulin; Sudbury RM; Sudbury TD; Cochrane	705, 807, 249

Note: Over the years area codes were overlaid: 647, 437 with 416; 289 with 905; 226 with 519; and 343 with 613; and 249 with 705 and 807.

Table A-2:
CAMH Monitor 2019
Regional Stratification of Ontario's Area Codes for the *Cell-Phone Sample*

Region	County	Area Code
Toronto	City of Toronto	289, 416, 437, 519, 613, 647, 705, 905
Central West	Halton; Hamilton-Wentworth; Peel; Waterloo; Wellington; Dufferin; Niagara; Brant; Haldimand-Norfolk	289, 226, 416, 519, 647, 905
Central East	Simcoe; York; Haliburton; Peterborough; Kawartha Lakes; Northumberland; Durham	289, 416, 613, 647, 705, 905
West	Kent-Chatham; Huron; Perth; Elgin; Oxford; Middlesex; Grey; Bruce; Lambton; Essex	519, 226,647, 705
East	Stormont, Dundas and Glengarry; Prescott-Russell; Ottawa-Carleton; Renfrew; Lanark; Leeds-Grenville; Hastings; Prince Edward; Frontenac; Lennox and Addington	613, 343, 647,705, 807, 905
North	Kenora; Rainy River; Thunder Bay; Muskoka; Parry Sound; Nipissing; Timiskaming; Algoma; Manitoulin; Sudbury RM; Sudbury TD; Cochrane	249, 289, 343, 613, 647, 705, 807, 905

Table A-3a: Number of Interviews by Sex, Age, and Region of Respondent, 1977–2000

	1977	1982	1984	1987	1989	1991	1992	1993	1994	1995	1996	1997	1998	1999	2000
(N=)	(1059)	(1040)	(1051)	(1084)	(1101)	(1047)	(1058)	(1034)	(2022)	(994)	(2721)	(2776)	(2509)	(2436)	(2406)
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
	(N)	(N)	(N)	(N)	(N)	(N)	(N)	(N)	(N)	(N)	(N)	(N)	(N)	(N)	(N)
Sex															
Male	**52.2**	**50**	**48.5**	**48.5**	**48.4**	**49.0**	**46.7**	**48.2**	**46.8**	**49.7**	**47.0**	**47.4**	**47.5**	**48.0**	**47.5**
	(529)	(517)	(524)	(539)	(551)	(495)	(490)	(481)	(1092)	(477)	(1206)	(1260)	(1088)	(1061)	(1052)
Female	**47.8**	**50**	**51.5**	**51.5**	**51.6**	**51.0**	**53.3**	**51.8**	**53.2**	**50.3**	**53.0**	**52.6**	**52.5**	**52.0**	**52.5**
	(529)	(523)	(527)	(545)	(550)	(552)	(568)	(553)	(930)	(517)	(1515)	(1516)	(1421)	(1375)	(1354)
Age															
18-29	**30.0**	**31.9**	**29.6**	**29.6**	**28.0**	**29.5**	**29.6**	**26.8**	**26.7**	**26.9**	**24.3**	**26.1**	**23.1**	**21.7**	**23.3**
	(296)	(270)	(274)	(238)	(245)	(267)	(272)	(241)	(472)	(240)	(533)	(560)	(457)	(427)	(458)
30-39	**21.7**	**23.2**	**20.4**	**22.5**	**23.2**	**24.4**	**25.1**	**25.8**	**26.1**	**23.3**	**24.0**	**23.2**	**21.7**	**22.1**	**21.4**
	(222)	(253)	(248)	(283)	(290)	(264)	(283)	(280)	(541)	(240)	(685)	(654)	(580)	(567)	(538)
40-49	**17.1**	**13.2**	**15.7**	**13.6**	**14.5**	**20.7**	**20.0**	**20.3**	**21.2**	**22.5**	**20.7**	**20.5**	**21.9**	**19.4**	**20.5**
	(181)	(143)	(190)	(171)	(181)	(215)	(207)	(208)	(434)	(212)	(562)	(571)	(567)	(505)	(507)
50-64	**18.3**	**20.1**	**21.5**	**19.2**	**19.3**	**14.5**	**14.7**	**16.4**	**15.6**	**17.1**	**17.1**	**18.4**	**16.8**	**18.7**	**18.3**
	(197)	(213)	(205)	(213)	(211)	(150)	(153)	(162)	(320)	(168)	(483)	(508)	(448)	(470)	(466)
65+	**12.9**	**11.7**	**12.8**	**15.1**	**14.9**	**11.0**	**10.5**	**10.7**	**10.4**	**10.3**	**11.9**	**11.8**	**16.4**	**16.1**	**16.5**
	(155)	(125)	(122)	(168)	(163)	(134)	(129)	(132)	(237)	(123)	(406)	(407)	(376)	(420)	(378)
Region															
Toronto	**30.6**	**32.3**	**31.9**	**32.8**	**35.1**	**24.9**	**22.5**	**22.0**	**21.3**	**22.5**	**23.2**	**20.7**	**22.9**	**23.5**	**23.8**
	(314)	(329)	(331)	(351)	(383)	(237)	(239)	(214)	(435)	(230)	(427)	(390)	(421)	(410)	(424)
Non-Toronto	**69.4**	**67.7**	**68.1**	**67.2**	**64.9**	**75.1**	**77.5**	**78.0**	**78.7**	**77.5**	**76.8**	**79.3**	**77.1**	**76.5**	**76.2**
	(745)	(711)	(720)	(733)	(718)	(705)	(772)	(785)	(1519)	(740)	(2294)	(2386)	(2088)	(2026)	(1982)

Notes: % based on weighted data; (N) based on number of interviews (unweighted)
Source: The CAMH Monitor, Centre for Addiction and Mental Health

Table A-3b: Number of Interviews by Sex, Age, and Region of Respondent, 2001–2019

	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019
(N=)	(2627)	(2421)	(2411)	(2611)	(2445)	(2016)	(2005)	(2024)	(2037)	(3030)	(3039)	(3030)	(3021)	(3043)	(5013)	(3042)	(2813)	(2806)	(2827)
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
	(N)	(N)	(N)	(N)	(N)	(N)	(N)	(N)	(N)	(N)	(N)	(N)	(N)	(N)	(N)	(N)	(N)	(N)	(N)
Sex																			
Male	**48.5**	**48.6**	**48.5**	**48.3**	**48.2**	**48.6**	**48.5**	**48.2**	**48.5**	**48.5**	**48.2**	**47.8**	**48.1**	**48.1**	**48.1**	**48.0**	**48.2**	**48.2**	**48.2**
	(1216)	(1100)	(1062)	(1122)	(1037)	(884)	(840)	(842)	(877)	(1303)	(1212)	(1232)	(1232)	(1232)	(1912)	(1182)	(1150)	(1214)	(1211)
Female	**51.5**	**51.4**	**51.5**	**51.7**	**51.8**	**51.4**	**51.5**	**51.8**	**51.5**	**51.5**	**51.8**	**52.2**	**51.9**	**51.9**	**51.9**	**52.0**	**51.8**	**51.8**	**51.8**
	(1411)	(1321)	(1349)	(1489)	(1408)	(1132)	(1165)	(1182)	(1160)	(1727)	(1827)	(1798)	(1789)	(1811)	(3101)	(1860)	(1662)	(1592)	(1616)
Age																			
18-29	**20.9**	**21.2**	**22.4**	**20.0**	**20.8**	**20.9**	**19.5**	**19.7**	**18.9**	**19.6**	**19.7**	**17.6**	**17.1**	**17.4**	**19.3**	**19.0**	**20.8**	**19.8**	**21.1**
	(473)	(426)	(427)	(391)	(354)	(264)	(258)	(200)	(198)	(311)	(267)	(234)	(182)	(190)	(410)	(217)	(283)	(362)	(410)
30-39	**19.8**	**22.4**	**19.0**	**21.3**	**20.3**	**20.8**	**19.2**	**19.2**	**18.8**	**18.3**	**19.0**	**17.3**	**16.2**	**16.6**	**15.9**	**15.3**	**12.0**	**14.4**	**14.0**
	(547)	(523)	(438)	(463)	(453)	(338)	(315)	(279)	(289)	(372)	(396)	(394)	(303)	(293)	(482)	(241)	(199)	(227)	(259)
40-49	**21.7**	**20.6**	**23.3**	**21.8**	**22.3**	**20.7**	**21.0**	**21.4**	**21.9**	**21.3**	**20.0**	**19.3**	**20.4**	**19.3**	**18.1**	**18.5**	**16.6**	**15.1**	**14.9**
	(597)	(513)	(575)	(552)	(569)	(421)	(402)	(415)	(426)	(600)	(551)	(533)	(556)	(482)	(782)	(454)	(366)	(332)	(330)
50-64	**19.1**	**19.4**	**18.9**	**20.5**	**20.2**	**21.3**	**23.7**	**23.0**	**23.9**	**24.2**	**24.7**	**27.4**	**27.9**	**28.2**	**28.3**	**28.6**	**29.6**	**28.7**	**27.9**
	(531)	(518)	(521)	(651)	(570)	(561)	(551)	(595)	(608)	(976)	(923)	(956)	(1015)	(996)	(1700)	(1032)	(843)	(775)	(740)
65+	**15.9**	**16.4**	**16.3**	**16.3**	**16.4**	**16.4**	**16.6**	**16.6**	**16.6**	**16.6**	**16.6**	**18.5**	**18.5**	**18.5**	**18.5**	**18.5**	**20.9**	**22.1**	**22.0**
	(412)	(384)	(396)	(494)	(436)	(397)	(417)	(462)	(461)	(709)	(814)	(853)	(909)	(1014)	(1597)	(1086)	(1110)	(1086)	(1071)
Region																			
Toronto	**24.5**	**22.4**	**23.9**	**25.2**	**21.6**	**21.4**	**22.2**	**22.0**	**21.5**	**22.1**	**21.2**	**21.0**	**20.1**	**21.2**	**22.7**	**22.0**	**22.8**	**21.6**	**21.7**
	(417)	(407)	(411)	(390)	(396)	(347)	(317)	(352)	(327)	(510)	(503)	(501)	(503)	(503)	(833)	(515)	(476)	(514)	(487)
Non-Toronto	**75.5**	**77.6**	**76.1**	**74.8**	**78.4**	**78.6**	**77.8**	**78.0**	**78.5**	**77.9**	**78.8**	**79.0**	**79.9**	**78.8**	**77.3**	**78.0**	**77.2**	**78.4**	**78.3**
	(2210)	(2014)	(2000)	(2221)	(2049)	(1669)	(1688)	(1672)	(1710)	(2520)	(2536)	(2529)	(2518)	(2540)	(4180)	(2527)	(2336)	(2292)	(2340)

Notes: % based on weighted data; (N) based on number of interviews (unweighted)
Source: The CAMH Monitor, Centre for Addiction and Mental Health

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