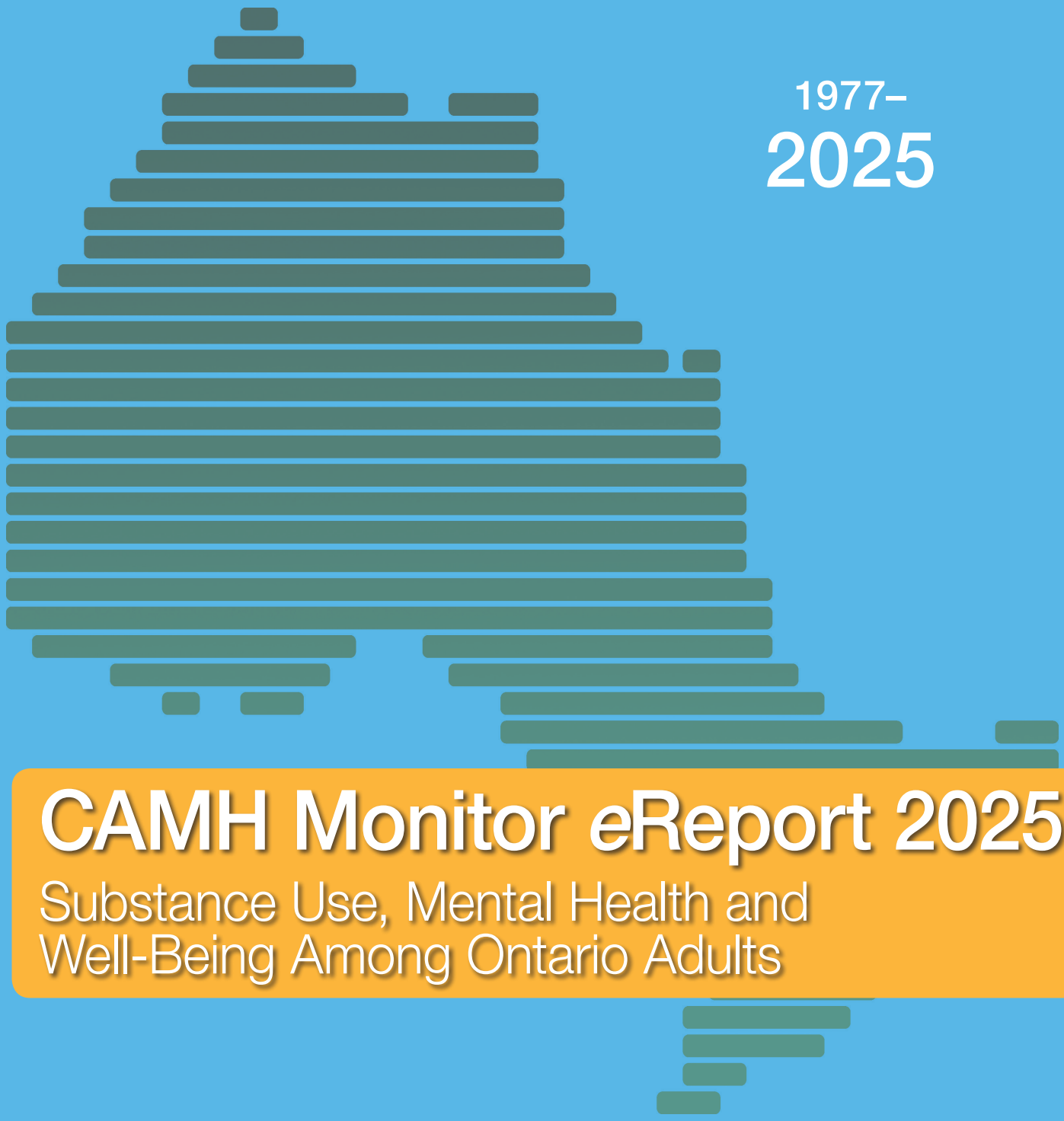

1977–
2025

# CAMH Monitor *e*Report 2025:

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

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# The 2025 CAMH MONITOR *e*REPORT
# Executive Summary

The Centre for Addiction and Mental Health's *CAMH Monitor* is the longest-running population survey on adult substance use and mental health in Canada. Spanning 49 years, the study comprises 39 repeated cross-sectional surveys conducted among adults aged 18 and older across Ontario between 1977 and 2025.

This summary highlights estimates of substance use, mental health, and well-being indicators among Ontario adults in the 2024 and 2025 surveys. It also compares estimates of substance use and mental health indicators in 2025 with those from select prior years, specifically, five years (2020) and ten years ago (2015) as well as the year (2019) immediately prior to the COVID-19 pandemic.

## Substance Use, Mental Health & Well-Being Indicators, 2024-2025 CAMH Monitor

| Indicator | 2024 (n=3,024) | | | | 2025 (n=3,012) | | | |
|---|---|---|---|---|---|---|---|---|
| | T % | M % | W % | | T % | M % | W % | |
| **Alcohol** | | | | | | | | |
| % drinking alcohol - past 12 months | **77.5** | 78.2 | 76.8 | | **76.2** | 77.4 | 75.0 | |
| % drinking daily - total sample | **7.4** | 9.2 | 5.6 | * | **7.6** | 9.8 | 5.6 | * |
| % drinking daily - among drinkers | **9.5** | 11.8 | 7.4 | * | **10.1** | 12.7 | 7.5 | * |
| % consuming 5 or more drinks on a single occasion weekly (weekly binge drinking) - total sample | **9.8** | 12.9 | 6.9 | * | **9.6** | 13.7 | 5.8 | * |
| % consuming 5 or more drinks on a single occasion weekly (weekly binge drinking) - among drinkers | **12.6** | 16.4 | 9.0 | * | **12.7** | 17.7 | 7.8 | * |
| % reporting hazardous or harmful drinking (AUDIT 8+) - total sample | **18.9** | 24.8 | 13.4 | * | **16.5**¶ | 21.9 | 11.4 | * |
| % reporting hazardous or harmful drinking (AUDIT 8+) - among drinkers | **24.7** | 32.1 | 17.8 | * | **22.2** | 28.9 | 15.6 | * |
| % reporting symptoms of alcohol dependence (based on the AUDIT) - total sample | **13.5** | 16.6 | 10.5 | * | **12.1** | 15.2 | 9.1 | * |
| **Tobacco** | | | | | | | | |
| % currently smoking cigarettes | **19.6** | 25.0 | 14.6 | * | **16.2**¶ | 19.5¶ | 13.0 | * |
| % daily smoking | **12.4** | 15.3 | 9.7 | * | **11.6** | 13.5 | 9.8 | * |
| % of daily smokers reporting high nicotine dependence - among daily smokers | **8.0** | 7.4 | 9.0 | | **9.0** | 7.9 | 10.4 | |
| % reporting use of nicotine pouch | **4.8** | 7.7 | 2.2 | * | **6.4** | 9.4 | 3.6 | * |
| **E-cigarette** | | | | | | | | |
| % reporting electronic cigarette use - past 12 months | **15.5** | 18.1 | 13.1 | * | **14.5** | 16.6 | 12.4 | * |
| % reporting electronic cigarette use - past 30 days | **11.9** | 14.3 | 9.7 | * | **10.9** | 13.1 | 8.7 | * |
| **Cannabis** | | | | | | | | |
| % using cannabis in lifetime | **51.3** | 51.8 | 50.9 | | **52.9** | 52.6 | 53.1 | |
| % using cannabis - past year | **29.7** | 33.3 | 26.3 | * | **29.3** | 31.1 | 27.6 | |
| % using cannabis - past 3 months | **24.4** | 27.6 | 21.4 | * | **24.1** | 26.5 | 21.9 | * |
| % using cannabis – daily in the past 3 months | **7.6** | 8.7 | 6.5 | * | **6.6** | 7.1 | 6.1 | |
| % reporting moderate to high risk of cannabis use problems (ASSIST-CIS 4+) in the past 3 months - total sample | **16.5** | 20.0 | 13.4 | * | **16.0** | 18.5 | 13.8 | * |
| % reporting moderate to high risk of cannabis use problems (ASSIST-CIS 4+) in the past 3 months - among users | **61.1** | 64.9 | 56.6 | | **60.4** | 66.9 | 53.9 | * |

| Indicator | 2024 (n=3,024) | | | | 2025 (n=3,012) | | | |
|---|---|---|---|---|---|---|---|---|
| | T % | M % | W % | | T % | M % | W % | |
| % using cannabis for recreational purposes in the past year -total sample | **6.8** | 6.8 | 6.8 | | **6.7** | 5.5 | 7.9 | * |
| % using cannabis for medical purposes in the past year -total sample | **11.7** | 11.8 | 11.6 | | **11.5** | 11.6 | 11.5 | |
| **Cocaine** | | | | | | | | |
| % using cocaine in lifetime | **14.8** | 17.5 | 12.3 | * | **15.1** | 18.2 | 12.2 | * |
| % using cocaine - past year | **3.6** | 4.7 | 2.5 | * | **4.1** | 4.7 | 3.4 | |
| **Prescription Opioid Pain Relievers** | | | | | | | | |
| % reporting any use (medical or nonmedical) of prescription opioid pain relievers - past 12 months | **33.9** | 32.9 | 34.8 | | **29.8**¶ | 29.7 | 29.8¶ | |
| % using prescription opioid pain relievers for nonmedical purposes - past 12 months | **18.8** | 21.2 | 16.7 | * | **14.7**¶ | 17.2 | 12.3¶ | * |
| % using prescription opioid pain relievers to get high- past 12 months | **2.9** | 4.0 | 1.9 | * | **2.1** | 2.9 | 1.4 | * |
| **Driving[2]** | | | | | | | | |
| % of drivers who drove after drinking two or more drinks in the previous hour - past 12 months | **4.6** | 7.7 | 1.5 | * | **4.5** | 7.1 | 1.9 | * |
| % of drivers who drove after using cannabis in the previous hour - past 12 months | **3.1** | 4.7 | 1.6 | * | **3.7** | 5.0 | 2.5 | * |
| **Mental Health** | | | | | | | | |
| % reporting moderate to serious psychological distress during the past 30 days (K6/8+) | **36.8** | 35.4 | 38.0 | | **36.7** | 32.9 | 40.3 | * |
| % reporting serious psychological distress during the past 30 days (K6/13+) | **15.3** | 14.3 | 16.3 | | **15.6** | 14.8 | 16.4 | |
| % using prescribed antianxiety medication - past 12 months | **23.6** | 19.5 | 27.4 | * | **21.9** | 16.9 | 26.5 | * |
| % using prescribed antidepressant medication - past 12 months | **19.4** | 15.6 | 23.0 | * | **17.8** | 13.3 | 22.0 | * |
| % reporting fair or poor mental health in general | **28.2** | 25.1 | 31.2 | * | **29.0** | 25.0 | 32.9 | * |
| % reporting frequent mental distress days (14+) during the past 30 days | **17.7** | 14.2 | 21.0 | * | **18.7** | 16.3 | 21.0 | * |
| % reporting suicidal ideation - past 12 months | **8.3** | 7.4 | 9.1 | | **6.4**¶ | 6.7 | 6.1¶ | |
| % reporting mental health service use (1+) | **33.0** | 29.2 | 36.4 | | **31.5** | 26.7 | 36.0 | * |
| **General (Overall) Health** | | | | | | | | |
| % reporting fair or poor health in general | **19.1** | 18.0 | 20.2 | | **20.8** | 18.2 | 23.3 | * |
| % reporting frequent physically unhealthy days (14+) during the past 30 days | **13.4** | 10.5 | 16.1 | * | **14.0** | 10.8 | 17.0 | * |
| **Climate Change** | | | | | | | | |
| % reporting fairly to extremely worried/anxious about climate change risks | **53.4** | 50.8 | 55.7 | | **40.8**¶ | 42.8¶ | 38.7¶ | |

Notes: * Within year significant difference between men (M) and women (W) at p<0.05; ¶ Significant change between 2024 and 2025, [2] estimates are based on licensed drivers.

## Key Findings in 2025

### Significant Sex Differences in 2025

**Men are more likely to report:**

- daily drinking
- exceeding low-risk drinking
- weekly binge drinking
- drinking hazardously or harmfully
- symptoms of alcohol dependence
- current smoking
- daily smoking
- using nicotine pouches
- using e-cigarettes
- using cannabis in the past 30 days
- cannabis use problems
- lifetime cocaine use
- non-medical use of opioids
- driving after drinking
- driving after cannabis use

**Women are more likely to report:**

- moderate to serious psychological distress
- anxiety symptoms
- antianxiety medication use
- use of antidepressants
- fair/poor self-rated mental health
- frequent mental distress days
- mental health service use
- fair/poor self-rated general health
- frequent physically unhealthy days

### Significant Age and Regional Differences in 2025

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

- weekly binge drinking
- drinking hazardously or harmfully
- symptoms of alcohol dependence
- nicotine pouches use
- e-cigarette use in the past year
- e-cigarette use in the past 30 days
- past year cannabis use
- cannabis use in past 30 days
- moderate to high-risk cannabis use problems
- non-medical use of opioids
- driving after cannabis use
- moderate to serious psychological distress
- report serious psychological distress
- depressive symptoms
- anxiety symptoms
- suicidal ideation
- mental health service use
- worry about climate change risks

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

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

## Overall changes between 2024 and 2025 among the overall sample

| Indicators | 2024 | | 2025 |
|---|---|---|---|
| Hazardous or harmful drinking (AUDIT 8+) | 18.9% | ▼ | 16.5% |
| Currently smoking cigarettes | 19.6% | ▼ | 16.2% |
| Any use of prescription opioid pain relievers | 33.9% | ▼ | 29.8% |
| Non-medical use of prescription opioid pain relievers | 18.8% | ▼ | 14.7% |
| Suicide ideation | 8.3% | ▼ | 6.4% |
| Worry about climate change (fairly to extremely worried) | 53.4% | ▼ | 40.8% |

## Significant changes among subgroups between 2024 and 2025

There were subgroup differences (▲increase /▼decrease) observed between the 2024 and 2025 surveys for the following substance use and mental health indicators:

- Hazardous or harmful drinking (▲40 to 49, ▼50 to 64, ▼Toronto)
- Alcohol dependence (▼50 to 64 years old)
- Currently smoking cigarettes (▼Men, ▼50 to 64, ▼Toronto, ▼North)
- Cannabis use for medical purposes (▼50 to 64 years old)
- Any use of prescription opioids (▼Women, ▼30-39)
- Non-medical use of prescription opioids (▼Women, ▼50+, ▼Central West, ▼East)
- Moderate to serious psychological distress (▲30 to 39 years old)
- Suicide ideation (▼Women)

## Significant changes between 2020 and 2025 among the overall sample

| Indicators | 2020 | | 2025 |
|---|---|---|---|
| Drinking alcohol in the past year | 80.4% | ▼ | 76.2% |
| Daily drinking | 12.1% | ▼ | 10.1% |
| Hazardous or harmful drinking (AUDIT 8+) | 21.2% | ▼ | 16.5% |
| Non-medical use of prescription opioid pain relievers | 17.8% | ▼ | 14.7% |
| Driving after cannabis use | 2.4% | ▲ | 3.7% |
| Fair or poor mental health | 26.2% | ▲ | 29.0% |
| Fair or poor health in general | 16.3% | ▲ | 20.8% |

## Changes among subgroups between 2020 and 2025

Significant changes between the 2019 and 2025 (▲increase /▼decrease) in the following indicators:

- Past year drinking (▼Women, ▼30-39, ▼40-49, ▼West, ▼East)
- Daily drinking among drinkers (▼30-39, ▼65+, ▼Toronto)
- Weekly binge drinking (▼30-39, ▼Toronto)
- Hazardous or harmful drinking (▼Men, ▼Women, ▼50-64, ▼65+, ▼Toronto, ▼Central East, ▼West)
- Alcohol dependence (▼Toronto, ▲North)
- Daily smoking (▼West)
- E-cigarette use (▼Toronto)
- Cannabis use (▼18-29, ▼30-39, ▼Central West)
- Non-medical use of prescription opioids (▼Women, ▼50+, ▼Toronto)
- Driving after drinking (▼West)
- Driving after cannabis use (▲Men)
- Moderate to serious psychological distress (▲30 to 39, ▲East)
- Serious psychological distress (▲East)
- Antianxiety medication (▲Women, ▲North)
- Antidepressant medication (▲65+)
- Fair or poor mental health (▲Men, ▲30 to 39, ▲Toronto)
- Frequent mental distress days (▲Men, ▲30-39, ▲East)
- Fair or poor health in general (▲Women, ▲50-64, ▲65+, ▲Toronto, ▲Central East)
- Frequent physically unhealthy days (▲East)

## Significant changes between 2019 (pre-COVID-19) and 2025 among the overall sample

| Indicators | 2019 | | 2025 |
|---|---|---|---|
| Drinking alcohol in the past year | 79.9% | ↓ | 76.2% |
| Daily drinking among drinkers | 7.1% | ↑ | 10.1% |
| Weekly binge drinking (5+ drinks) | 6.0% | ↑ | 9.6% |
| Hazardous or harmful drinking (AUDIT 8+) | 13.2% | ↑ | 16.5% |
| Symptoms of alcohol dependence | 7.4% | ↑ | 12.1% |
| Cannabis use in the past year | 25.6% | ↑ | 29.3% |
| Cocaine use during lifetime | 8.3% | ↑ | 15.1% |
| Any use of prescription opioid pain relievers | 24.5% | ↑ | 29.8% |
| Non-medical use of prescription opioid pain relievers | 5.3% | ↑ | 14.7% |
| Moderate to serious psychological distress | 17.7% | ↑ | 36.7% |
| Serious psychological distress | 6.8% | ↑ | 15.6% |
| Use of prescribed antianxiety medication | 13.9% | ↑ | 21.9% |
| Use of prescribed antidepressant medication | 11.8% | ↑ | 17.8% |
| Fair or poor mental health | 12.9% | ↑ | 29.0% |
| Frequent mental distress days (14+) during the past 30 days | 13.3% | ↑ | 18.7% |
| Suicidal ideation | 3.9% | ↑ | 6.4% |
| Fair or poor health in general | 13.7% | ↑ | 20.8% |

Note: The 2019 cycle used telephone interviews; from 2020 onward, it was conducted online.

## Changes among subgroups between 2019 (pre-pandemic) and 2025

Significant changes between the 2019 and 2025 (▲increase / ▼decrease) in the following indicators:

- Past year drinking (▼Men, ▼Women, ▼18-29, ▼30-39, ▼40-49, ▲65+, ▼East)
- Daily drinking (▲Men, ▲Women, ▲40-49, ▲50-64, ▲Central West)
- Weekly binge drinking (▲Men, ▲Women, ▲40-49, ▲50-64, ▲Central West, ▲East)
- Hazardous or harmful drinking (▲Women, ▲40-49, ▲50-64, ▲65+, ▲Central West, ▲North)
- Alcohol dependence (▲Men, ▲Women, ▲18-29, ▲30-39, ▲50-64, ▲65+, ▲Central West, ▲East, ▲North)
- Current smoking (▲Toronto, ▼Central East, ▼North)
- Daily smoking (▼Central East, ▼West, ▼North)
- E-cigarette use (▲40-49)
- Cannabis use (▲Women, ▼18-29, ▲40-49, ▲50+, ▲Toronto)

- Moderate to high cannabis use problems (▲Women, ▲30+)
- Cannabis use for medical purposes (▲Women)
- Any use of prescription opioids (▲Men, ▲40-49, ▲Toronto)
- Non-medical use of prescription opioids (▲Men, ▲Women, ▲18-29, ▲30-39, ▲40-49, ▲50+, ▲Toronto, ▲Central East, ▲Central West, ▲West, ▲East)
- Moderate to serious psychological distress (▲Men, ▲Women, ▲all age groups and regions in Ontario)
- Serious psychological distress (▲Men, ▲Women, ▲all age groups and regions except that no change in Central West)
- Antianxiety medication (▲Men, ▲Women, ▲18-29, ▲50-64, ▲65+, ▲Central East, ▲Central West, ▲East, ▲North)
- Antidepressant medication (▲Men, ▲Women, ▲30-39, ▲50-64, ▲65+, ▲Toronto, ▲Central West, ▲North)
- Fair or poor mental health (▲both men and Women, and all age groups and regions in Ontario)
- Frequent mental distress days (▲Men, ▲Women, ▲40-49, ▲50-64, ▲West, ▲East, ▲North)
- Suicidal ideation (▲Men)
- Fair or poor health in general (▲Women, ▲30-39, ▲40-49, ▲50-64, ▲among all regions in Ontario)
- Frequent physically unhealthy days (▲Women, ▲50-64)

## Overall Summary of Changes in Substance Use, Mental Health and Well-Being, CAMH Monitor[1]

| Indicator | 10-year period *2025 vs. 2015* | 6-year period *2025 vs. 2019* | 5-year period *2025 vs. 2020* | 1-year period *2025 vs. 2024* |
|---|---|---|---|---|
| % drinking alcohol in the past year | ↓ | ↓ | ↓ | – |
| % drinking daily (total sample) | – | ↑ | ↓ | – |
| % drinking daily (among drinkers) | – | ↑ | ↓ | – |
| % weekly binge drinking (5+ drinks) | ↑ | ↑ | – | – |
| % hazardous or harmful drinking (AUDIT 8+) | – | ↑ | ↓ | ↓ |
| % reporting symptoms of alcohol dependence | ↑ | ↑ | – | – |
| % currently smoking cigarettes | ↑ | – | – | ↓ |
| % daily smoking cigarettes | – | – | – | – |
| % using e-cigarettes in the past year | ↑ | – | – | – |
| % using e-cigarettes in the past 30 days | ↑ | ↑ | ↑ | – |
| % using cannabis in the past year | ↑ | ↑ | – | – |
| % using cannabis in the past 30 days | ↑ | ↑ | – | – |
| % using cannabis daily in the past year | ↑ | – | – | – |
| % cannabis use problems (assist) in the past three months | ↑ | – | – | – |
| % cannabis use for medical purposes in the past year | ↑ | – | – | – |
| % cocaine use during lifetime | ↑ | ↑ | – | – |
| % cocaine use in the past year | ↑ | ↑ | – | – |

| Indicator | 10-year period *2025 vs. 2015* | 6-year period *2025 vs. 2019* | 5-year period *2025 vs. 2020* | 1-year period *2025 vs. 2024* |
|---|---|---|---|---|
| % non-medical use of prescription opioid pain relievers | ▲ | ▲ | ▼ | ▼ |
| % any use of prescription opioid pain relievers | ▲ | ▲ | — | ▼ |
| % moderate-to-serious psychological distress | ▲ | ▲ | — | — |
| % serious psychological distress | ▲ | ▲ | — | — |
| % fair or poor self-rated mental health | ▲ | ▲ | ▲ | — |
| % frequent mental distress days | ▲ | ▲ | — | — |
| % prescription for anxiety in the past year | ▲ | ▲ | — | — |
| % prescription for depression in the past year | ▲ | ▲ | — | — |
| % suicide ideation | ▲ | ▲ | — | ▼ |
| % fair or poor self-rated health | ▲ | ▲ | ▲ | — |
| % frequent physically unhealthy days | ▲ | — | — | — |

Note: Increased (▲), Decreased (▼), — No significant change between estimates. Statistically significant difference considered at $p<0.05$. Survey cycles prior to 2020 were conducted via telephone interviews; from 2020 onward, they have been administered online.

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

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# 1. INTRODUCTION

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

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

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

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

The 2019 and earlier cycles of the CM were conducted through telephone interviews with adults aged 18 and older across Ontario. Beginning in 2020, the CM transitioned to a web-based survey, with participants drawn from a web-panel of Ontario residents aged 18 and older. This methodological shift reflects broader changes in survey research practices and allows for more efficient data collection while maintaining representation of the adult population.

In this report, we present percentage estimates of substance use and related harms, as well as mental health and well-being indicators among Ontario adults from the 2024 and 2025 survey cycles. Additionally, the report compares estimates of 2025 with those from the prior years, specifically, five years (2020) and ten years ago (2015) as well as the year (2019) immediately prior to the COVID-19 pandemic. These comparisons highlight how substance use patterns and mental health indicators have evolved over time, offering valuable insights into the possible impact of the pandemic, policy changes and other societal changes on health behaviors.

# 2.METHOD

## 2.1 Sampling Designs

This report describes data from 39 repeated cross-sectional surveys conducted during a **49-year period from 1977 to 2025** that targeted the population of noninstitutionalized Ontarians aged 18 and older.[1]

This surveillance program was initiated and supported by the Addiction Research Foundation (ARF) and administered from 1977 through 1998, and maintained by the Centre for Addiction and Mental Health (CAMH) since 1999 (see **Table 2.1.1**).[2] These data—which amalgamate previous monitoring activities, including the *Ontario Adult Drug Use* series (1977–1994) (Adlaf, Ivis, & Smart, 1994), the *Ontario Alcohol and Other Drug Opinion Survey* series (1992–1995) (Ialomiteanu & Bondy, 1997) and the Monitor (1996–2025) – represent the longest and most comprehensive surveillance program of adult drug use in Canada.[3]

### 2.1.1 Sampling Designs 1977–1995 Series

As presented in **Table 2.1**, the five modified-probability (a stratified, three-stage area sample)[4] periodic surveys conducted between 1977 and 1989 employed face to face interviews (personal-visit) administered by Ian Sone and Associates (1977) and Gallup Canada (1982–1989). Whereas, the surveys conducted annually from 1991 through 1995 employed a **stratified two-stage** random-digit-dialing (RDD) (telephone number followed by household respondent) probability selection of telephone numbers with data collected by means of computer assisted telephone interviewing (CATI). The survey was administered at the CATI facility at York University's Institute for Social Research (ISR).[5]

### 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

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

[2] 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.

[3] 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.

[4] 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.

[5] 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.

scope, the survey was rebranded the *CAMH Monitor* (*CM*).[6]

The CM is regionally stratified with equal allocation of respondents within each of the six regional strata (versus proportional allocation employed in earlier cycles (Table 2.1.2). This equal allocation produces disproportional-to-population stratification. As a result, the precision of estimates from areas such as Northern Ontario is improved compared with earlier surveys, although this improvement comes at a cost to more populous regions, whose equally allocated sample size is lessened versus proportional allocation.[7] Also, the potential for pooling or cumulating data across time (i.e., samples) for regional or rare subgroup analyses is greatly enhanced.

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

In 2017, a dual-frame sampling strategy was introduced. Specifically, a parallel subsample of cell-phone numbers was added to the landline sampling frame, resulting in two independent subsamples. The combined *CAMH Monitor* sample size has been expanded now approaching or exceeding 3,000 per year. Between 1996 and 2019, the annual sample size varied from 2,005 to 5,013 respondents. [8]

### 2.1.3 The *CAMH Monitor* Series 2020–2025

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

In 2020, 2022 to 2025, the CM utilized the web panel members of Leger Opinion (also referred to as "LEO"), who were invited to participate in the surveys. Leger Opinion is the largest proprietary panel in Canada. Leger Opinion recruits panel members largely through random selection using traditional telephone and cell phone methodologies through LEO's call centre.[9]

The sample for the CM survey was selected based on forward sortation area (FSA, which is based on the first three characters of the postal code) so that respondents could be distributed as evenly as possible across the six regions of Ontario. The counties and FSAs included in each of the six regions, and the number of online surveys by questionnaire panel and region are presented in detail in the CM2025 metadata guide (Nigatu & Hamilton, 2025).

It is important to note that non-probability sampling involves recruiting participants in a non-random fashion such that there might be a potential for selection bias, limiting the generalizability of the study findings. Those who participate in the study may share attributes that may be systematically different from the attributes of those who do not participate. For example, online panel respondents tend to be somewhat

[6] 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.

[7] 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.

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

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

more experienced and comfortable in using computer technology. Pre-screened panel respondents who wish to regularly complete surveys may be more committed in providing accurate responses to survey questions which improves data quality.[10] Although selection bias cannot be completely eliminated when using non-probability sampling, it can be minimized by matching survey respondents with the characteristics of the Ontario adult population as reported in the 2021 Canadian census. To do this, quotas by questionnaire panel were employed so that those who completed the survey approximated the distributions shown in Table 2.1.1.

## 2.2. Data collection

The 2025 CAMH Monitor was conducted between February 10 and March 29, 2025, approximately 12 months after the 2024 cycle, and utilized the same web panel provider. To reduce the response load or burden while maximizing questionnaire content and flexibility, the CM employed two questionnaire formats (Panel A and Panel B) whereby. Within each questionnaire panel, random subsets of respondents were assigned different modules, ensuring that while some respondents answered one set of questions, others concurrently completed modules of alternative questions. Both questionnaire panels included core items (questions asked among all respondents) and panel items (questions asked among only a single panel (panel subsample) of respondents.

Most of the questions used in the 2025 web panel survey had been used in previous cycles of the CAMH Monitor. However, there were new questions related to alcohol purchase, distracted driving, anxiety and depressive symptoms, and perception of climate change risks and response. Overall, the average length of the survey was 13.8 minutes (11.4 minutes for Panel A and 15.0 for Panel B).

As per the AAPOR Task Force (Baker et al. 2013) recommendation, the **"**participation rate," (defined as the number of respondents who have provided a usable response divided by the total number of initial personal invitations requesting participation) for the CM2025 was 12.5%. While "the completion rate" (defined as the number of respondents who completed the survey divided by the estimated number of eligible respondents (invitation sent-quota full-screened) was 12.1%.

**Table 2.1.1** Quotas for survey sample

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

Note: * Rounded percentages

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

**Table 2.1.2:** ARF/CAMH–Ontario Adult Population Survey Program, 1977–2025

| Year | Mode of Interview | Survey Organization | Sample Design | Sample (N) Date | RR *deff* | Standard Error Calculation Model | Source |
|---|---|---|---|---|---|---|---|
| 1977 (1) | Face-to-face | Gallup | **Area-based modified-probability design**: The sample design incorporated stratification by six community size groups, based on the most recent census figures: cities of 500,000 populations and over; those between 100,000 and 500,000; 30,000 to 100,000; 10,000 to 30,000; 1,000 to 10,000, and rural farm and rural non-farm areas. The population was arrayed in geographic order, by census enumeration areas. Enumeration areas, on the average, contain about 500 to 1,000 people. **Stage 1**: Up to 105 enumeration areas were selected randomly from this array. Within urban centres, a random block sampling procedure was used to select starting points for interviewers. **Stage 2**: The interviewer was provided with a map of the enumeration area, showing the location of the starting point and was required to follow a specified route in the selection of households. **Stage 3**: Within the household, the youngest male, 18 years and over at home at the time of the interview, was interviewed in-person. If there was no male available, or when the male quota was filled, the youngest available female, 18 years and over, was interviewed. The selection of rural and rural non-farm interviewing locations followed the sample design established for the urban centres in terms of geographic dispersion and random selection of enumeration areas. Because of the low population density and wide dispersion of households, the random block sampling procedure was replaced by quota sampling based on sex and age. Sampling weights for the 1977 through 1989 surveys employed post-stratified classes according to the sex and age distribution of the most recent census year.<br><br>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<br>Periodic:<br>June 16-18 | NA | | (Smart & Goodstadt, 1977) |
| 1982 (2) | Face-to-face | Gallup | | N=1,040<br>Periodic:<br>Feb. 22-28 | NA | | (Smart & Adlaf, 1982) |
| 1984 (3) | Face-to-face | Gallup | | N=1,050<br>Periodic:<br>Feb. 27-March 3 | NA | | (Smart & Adlaf, 1984) |
| 1987 (4) | Face-to-face | Gallup | | N=1,084<br>Periodic:<br>Jan. 8-23 | NA | | (Smart & Adlaf, 1987) |
| 1989 (5) | Face-to-face | Gallup | | N=1,101<br>Periodic:<br>Feb. 11 - March 4 | NA | | (Adlaf & Smart, 1989) |
| 1991 (6) | Telephone | ISR | **Full-probability landline RDD**: The survey used random-digit-dialing (RDD) techniques through computer assisted telephone interviewing (CATI) methods. The design employed *single-strata, two-stage probability RDD survey* administered during a 2-3 month period. **Stage 1**: From a sampling frame of all active area codes and exchanges in Ontario provided by the ATT Long Lines Tape, a random sample of 10-digit telephone numbers was selected with equal probability. **Stage 2:** Within selected telephone households, one respondent was selected according to the household member with the most recent birthday. A minimum of 12 callbacks were made to each nonresponding household, and all households who refused to participate were re-contacted in order to convert their refusal to participation. Sampling weights were a function of the probability of selecting the telephone number and number of household members. | N=1,047<br>Periodic:<br>Feb 20-March 18 | RR=67%<br>*deff*=1.14 | 1 SE strata;<br>1047 SECU;<br>1046 design df | (Adlaf et al., 1991) |
| 1992 (7) | Telephone | ISR | | N=1,058<br>Periodic:<br>June 14- Aug 20 | RR=63%<br>*deff* =1.19 | 1 SE strata;<br>1058 SECU;<br>1057 design df | (Ferris, Templeton, & Wong, 1994) |
| 1993 (8) | Telephone | ISR | | N=1,034<br>Periodic:<br>April 19- May 24 | RR=65%<br>*deff* =1.10 | 1 SE strata;<br>1034 SECU;<br>1033 design df | (Bondy, 1994) |

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 1994 (9) | Telephone | ISR | | N=2,022 Periodic: March 1- May 5 | RR=63% *deff* =1.16 | 1 SE strata; 2022 SECU; 2021 design df | (Adlaf et al., 1994; Paglia, 1995) |
| 1995 (10) | Telephone | ISR | | N=994 Periodic: March 28- May 9 | RR=62% *deff* =1.16 | 1 SE strata; 994 SECU; 993 design df | (Anglin, 1995) |
| 1996 (11) | Telephone | ISR | ***Ontario Drug Monitor* (ODM)**<br><br>**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*)**<br><br>**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).<br><br>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.<br><br>**Stage 1**: Within each of the six regional strata, each month a random sample of telephone numbers was selected with equal probability. **Stage 2**: Within selected telephone households, one respondent age 18 or older who could complete the interview in English was selected by means of the "last birthday" method of | N=2,406 12m rolling: Jan 20- Dec 21 | RR=61% | 6 SE strata; 2406 SECU; 2400 design df | (Adlaf & Ialomiteanu, 2001b; Adlaf, Ialomiteanu, & Paglia, 2001 ) |
| 2001 (16) | Telephone | ISR | | N= 2,627 12m rolling: Jan 25- Dec 20 | RR=61% | 6 SE strata; 2627 SECU; 2621 design df | (Adlaf & Ialomiteanu, 2002a, 2002b) |
| 2002 (17) | Telephone | ISR | | N= 2,421 12m rolling: Jan 10- Dec 22 | RR=58% | 6 SE strata; 2421 SECU; 2415 design df | (Ialomiteanu & Adlaf, 2003) |
| 2003 (18) | Telephone | ISR | | N= 2,411 12m rolling: Jan 10- Dec 30 | RR=58% | 6 SE strata; 2411 SECU; 2405 design df | (Ialomiteanu & Adlaf, 2004) |

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

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 2015 (30) | Mixed Mode Telephone + Online pilot | ISR | | N=5013 Jan 05–Dec 23 | RR=41% CR=46% | 6 SE strata; 5013 SECU 5007 design df | (Ialomiteanu, Adlaf, & Mann, 2016; Ialomiteanu, Hamilton, Adlaf, & Mann, 2016) |
| 2016 (31) | Telephone (landline +cell pilot in Toronto) | ISR | | N=3042 Jan 04–Dec 06 | CR=46% RR=38% | 6 SE strata; 3042 SECU 3036 design df | (Ialomiteanu, Adlaf, & Mann, 2017) |
| 2017 (32) | Telephone Dual-Frame (landline+cell) | ISR | A dual-**frame** RDD sampling frame was introduced culminating in two parallel samples: (1) a **list-assisted** RDD sampling frame (90% of the sample) and (2) a cell-**phone** RDD sampling frame (10% of the sample). In 2017, the target sample was reduced to 2,800 completions; both panels conducted January through December. | N=2812 Jan 02–Dec 18 | CR=46% RR=35% | 6 SE strata; 2812 SECU 2806 design df | (Ialomiteanu, Adlaf, & Mann, 2018; Ialomiteanu, Hamilton, Adlaf, & Mann, 2018) |
| 2018 (33) | Telephone Dual-Frame (landline+cell) | ISR | The dual-**frame** RDD sampling frame was amended so that the **cell-phone** RDD sampling frame was increased to 20% of the sample; both panels conducted concurrently January through December. | N=2806 Jan 02–Dec 18 | CR=39% RR=30% | 6 SE strata; 2806 SECU 2800 design df | (Ialomiteanu, Hamilton, & Mann, 2019) |
| 2019 (34) | Telephone Dual-Frame (landline+cell) | ISR | The **dual-frame** RDD sampling frame was amended so that the **cell-phone** RDD sampling frame was increased to 33% of the sample; both panels conducted concurrently January through December. | N=2827 Jan 02–Dec 19 | CR=37% RR=28% | 6 SE strata; 2827 SECU 2821 design df | (Ialomiteanu, Elton-Marshall, Mann, & Hamilton, 2020) |
| 2020 (35) | Telephone Dual-Frame (landline+cell)<br>Web survey (Quota sampling) | ISR<br>ISR | The province-wide **dual-frame** RDD sampling frame, only panel B were conducted January through March (i.e. cycle 1) due to COVID-19 restrictions.<br>Both panels were conducted from September to December (Panel A=1019, Panel B=2014) | N=324 Jan-Mar<br>N=3,033 Sept –Dec 2020 | <br>CR=15.5% | | (Nigatu, Elton-Marshall, Ialomiteanu, Mann & Hamilton, 2021; Mercier & McCague, 2021) |
| 2022 (36) | Web survey (Quota sampling) | ISR | Both panels were conducted from January to February 2022 (Panel A=1000, Panel B=2000). There was no data collection in 2021. | N=3005 Jan –Feb 2022 | CR=14.8% | | (Nigatu, Elton-Marshall & Hamilton, 2022; Mercier & McCague, 2022) |
| 2023 (37) | Web survey (Quota sampling) | ISR | Both panels were conducted from about January to June 2023 (Panel A=1000, Panel B=2000) | N=3007 Jan –Mar 2023 | CR=15.3% | | (Nigatu & Hamilton, 2023; Mercier & McCague, 2023) |
| 2024 (38) | Web survey (Quota sampling) | ISR | Both panels will be conducted from about January to March 2024 (Panel A=998, Panel B=2026) | N=3024 Jan –March 2024 | CR=18.0% | | Nigatu & Hamilton, 2024; Mercier & McCague, 2024) |
| 2025 (39) | Web survey (Quota sampling) | ISR | Both panels will be conducted between January and March 2025 (Panel A=1006, Panel B=2006) | N=3012 Feb –March 2025 | CR=12.1% | | Nigatu & Hamilton, 2025; Mercier & McCague, 2025) |

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

## 2.3. Data Weighting

For many good reasons, most notably the control of precision, most sample surveys do not select respondents at a probability matching their representation in the population. Consequently, such data require sample or case weights attached to each respondent to ensure that their share of the sample equals their share of the population. The detailed description of the weights is available in the technical documents (Nigatu, Elton-Marshall, & Hamilton, 2021; Nigatu, Elton-Marshall, & Hamilton, 2022; Nigatu & Hamilton, 2025).

As in previous cycles, the final weights are the product of the household weights, region weights, and the age/sex weights. In this manner, the final weights take account of regional population size, age and gender population compositions. However, weights did not include adjustments for household size because individuals were approached directly (considered as 1). In addition, surveys typically apply post-strata population adjustments to the base weight based on census information, to account for differential response rates by gender and age. Using the 2021 Census (Ontarians aged 18 and older), the post stratification adjustment was based on eight post-strata representing the cross classification of four age groups (18–24, 25–44, 45–64, 65+) by sex (men, women). The use of the final weights assist in making the results more representative of the population with respect to these demographic characteristics. The final weight *samprhhagwgtall* sums to the sample (3,024) and *poprhhagwgtall* sums to the population (11,492,915).

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

## 2.4. Sample evaluation and characteristics of the CM2025 web sample

Although the CM2025 employed a non-probability sample, which may induce selection bias, it can still be minimized by matching those who complete the survey to the characteristics of the population. Table 2.1.3 shows the weighted distribution (including post-stratification adjustments) of the CM2025 web sample compared to the 2021 Census. Additional demographic comparisons were available for marital status and region. There were significant differences between the 2021 Census and CM2025 figures only for marital status (data were available only for adults aged 20 and older) (Table 2.1.3).

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

**Table 2.1.3** Selected Demographic Characteristics: **Post-adjusted Weighted CM2025 versus 2021 Census Figures**, Ontario Population, Aged 18 and Older (or 20 and older)

| Variables | CM2025 (n=3,012) Unweighted | CM2025[a] (*n*=3,012) (Weighted) | | | 2021 Ontario Census (N=11,492,915) |
|---|---|---|---|---|---|
| **Sex** | | | | | |
| Men | **46.1** | (46.5 | **48.4** | 50.4) | 48.0 |
| Women | **53.9** | (49.6 | **51.6** | 53.5) | 52.0 |
| **Age** | | | | | |
| 18–24 | **7.0** | (7.1 | **8.1** | 9.4) | 10.6 |
| 25–44 | **35.1** | (32.4 | **34.2** | 36.0) | 33.0 |
| 45–64 | **35.6** | (31.3 | **33.1** | 34.8) | 33.4 |
| 65+ | **22.3** | (22.9 | **24.5** | 26.3) | 23.0 |
| **Region** | | | | | |
| Toronto | **16.5** | (22.1 | **22.7** | 23.2) | 21.1 |
| Rest of Ontario | **83.5** | (76.8 | **77.3** | 77.9) | 78.9 |
| **Marital status (respondents aged 20 and older)** | | | | | |
| Never married | **24.2** | (23.8 | **25.5** | 27.2) | 24.3 |
| Married/Living as married | **61.6** | (58.2 | **60.2** | 62.0) | 60.6 |
| Widowed/Separated/ Divorced | **14.2** | (13.0 | **14.4** | 15.8) | 15.1 |

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

## Methodology

The CM2025 survey is the 29th cycle and was conducted using an online web panel. The CM2025 survey utilized a quota-sampling approach by targeting respondents with particular demographic characteristics, and used post-stratification adjustments (weights) to compensate for noncoverage and nonresponse. In total, **3,012 Ontario adults** aged 18 and older completed the survey in English (Panel A=**1,006**; Panel B=**2,006**) between February 12 and March 28, 2025.

The sample data are weighted based on regional population size, and age and gender population compositions from the 2021 Census. Weights for the CM2025 survey did not include adjustments for household size because individuals were approached directly. The use of the final weights assists in making the results more representative of the population with respect to these demographic characteristics.

The CM2025 was administered by the Institute for Social Research at York University using a Leger Opinion web panel.

**Please visit the CAMH Monitor webpage for reports and FAQs:**

**www.camh.ca/camh-monitor**

## 2.5. Analyses and reporting

Our analyses incorporate several important methodological features to ensure accuracy and reliability:

The 2025 CAMH Monitor was conducted approximately 12 months after the 2024 cycle and utilized the same web panel provider. This continuity may increase the likelihood that some respondents participated in multiple cycles and were able to flagged those participated in 2020, 2022, and 2023. After 2023, individuals who participated in the last cycle were excluded by design. To maintain independence of observations, respondents who participated in consecutive surveys were excluded during analysis using the *SUBPOP* command in Stata 18 software (StataCorp, 2019).

Another important feature is the consideration of complex survey design, which is the **estimation among subpopulations** (e.g., harmful drinking among drinkers or drinking men; driving while intoxicated among drivers). Simply omitting observations outside the subpopulation using conditional selection methods (e.g., *select if drinker*) can lead to incorrect variance estimates because the software loses access to full sampling error codes. This results in understated variances and overstated inferences.[12]. To address this, all subgroup analyses in this report employ unconditional subclass analysis by specifying the SUBPOP option in Stata 18, ensuring the correct identification of design codes of the sampling structure.[13] All analyses were based on respondents who provided complete data for all variables (i.e., listwise deletion).

To evaluate the reliability of estimates and minimize disclosure risk, coefficients of variation (CV) were calculated for all percentage estimates. CV values less than or equal to 16.5 indicate the estimate is trustworthy and reportable. The CV values from 16.6 to 33.2 indicate the estimate is reportable, but has moderate sampling variability and should be interpreted with caution. CV values of greater than or equal to 33.3 indicate the estimate is untrustworthy and is therefore suppressed (not reported).

To assess changes over time, percentage estimates from different survey years are compared to evaluate the changes in substance use, mental health, and related indicators. These comparisons provide insight into both shot-term shifts (e.g. between 2024 and 2025) and long-term trends (e.g., pre-pandemic levels in 2019 and earlier cycles compared to 2025)[14].

[12] 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.

[13] 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).

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

# 3. ALCOHOL

## 3.1. Alcohol Use

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

The estimated percentage of adults who have used alcohol in the 12 months before the survey is **76.2%** (95% CI: 74.5% to 77.8%).

About 15% did not drink alcohol during the past 12 months (i.e., former drinkers) and 9% had never consumed alcohol in their lifetime (i.e., lifetime abstainers) (Figure 3.1.1).

There was a significant difference in percentages reporting past year alcohol use by age group (Figure 3.1.3).

***Frequency of Drinking***

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

One-in-six drinkers drank on weekly basis (16.8%), and about one in 10 (10.1%) drank on a daily basis (Figure 3.1.2).

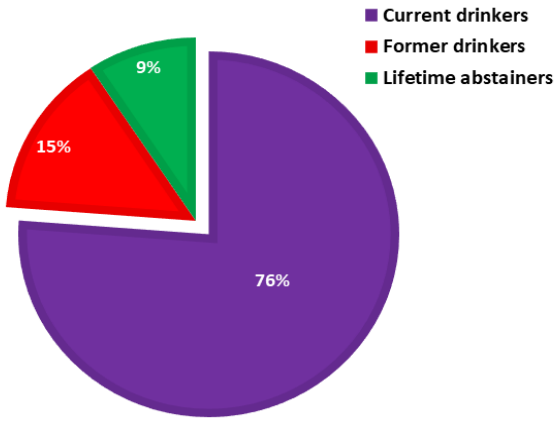
### Trends

**1977–2025**..... Fig. 3.1.4, Tables 3.1.1a-b

**2024–2025**

The percentage reporting past year drinking did not change significantly between 2024 and 2025 (77.5% vs. 76.2%, respectively). Similarly, the percentages remained stable among men, women, age subgroups, and regions (Table 3.1.2b).

**Figure 3.1.1** Drinking Status, Adults Aged 18+, 2025 (N=3012)




**2015-2025**

The percentages reporting past year drinking declined from 80.0% in 2015 to 76.2% in 2025.

In the past five years, the percentages reporting past year drinking declined from 80.4% in 2020 to 76.2% in 2025 (Table 3.1.1b).

In particular, the past year drinking declined between 2015 and 2025 among men, those aged 18-29, 30 to 39, and 40-49 years old.

Compared to 2020, the percentages reporting past year drinking were declined in 2025 for women, and those aged 30 to 39, and 40 to 49 years old (Table 3.1.1b).

Among 65 years or older, past year drinking increased from 69.9% in 2019 (pre-pandemic) to 76.6% in 2025 (Table 3.1.1b).

**Figure 3.1.2** Frequency of Drinking Among Past Year Drinkers, Aged 18+, 2025

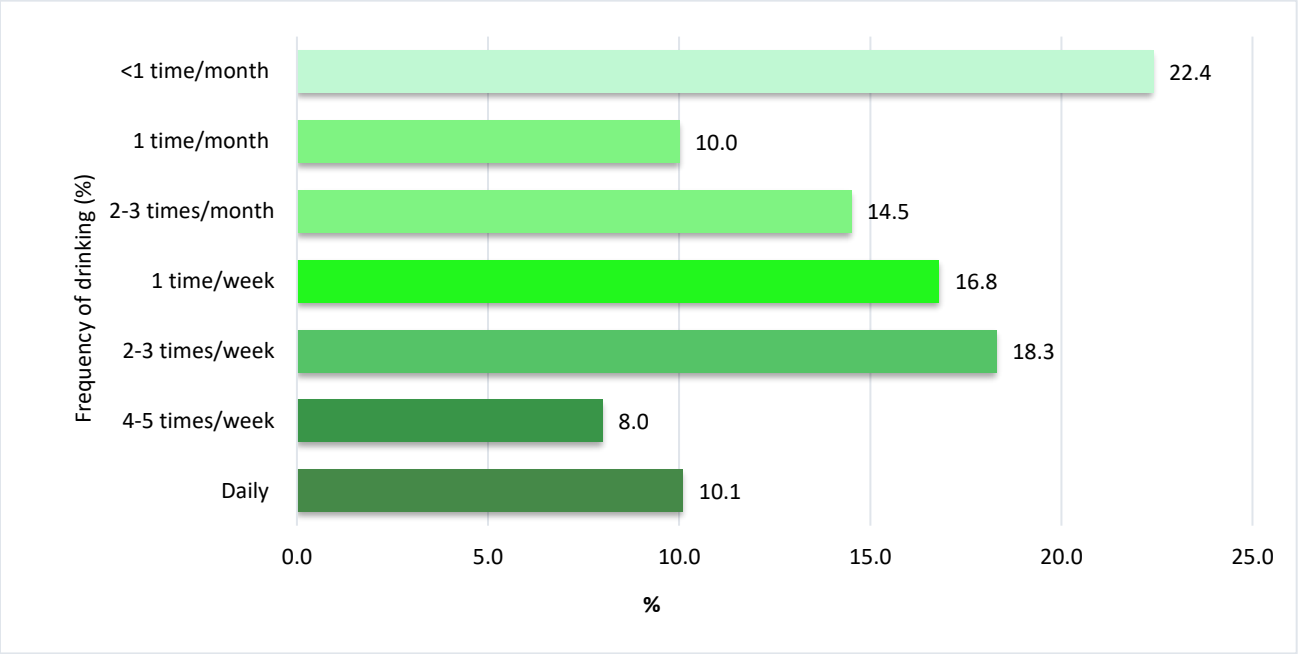
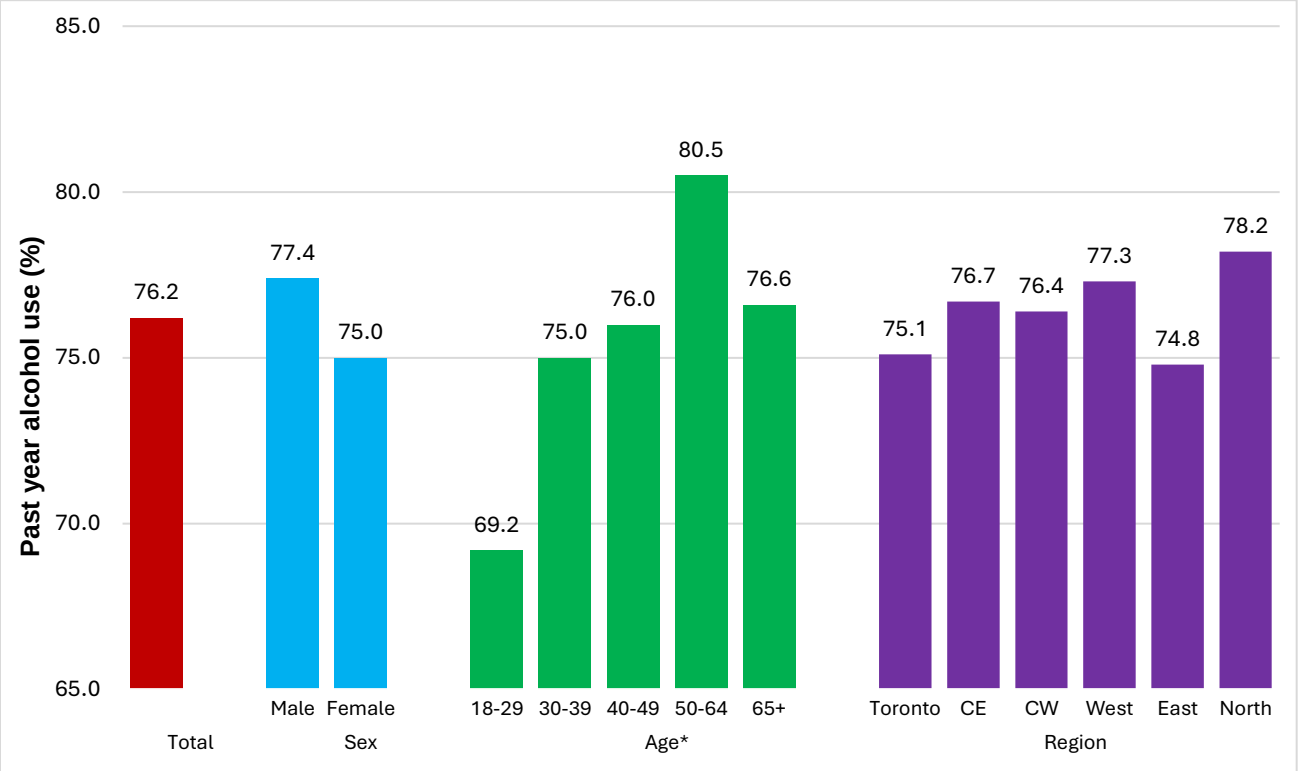



**Figure 3.1.3** Past Year Alcohol Use by Sex, Age and Region, Aged 18+, 2025 (N=3012)




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

**Table 3.1.1a**: Percentage ***Drinking Alcohol*** in the Past 12 Months, by Demographic Characteristics, Aged 18+, 1977–2005

| | 1977 | 1982 | 1984 | 1987 | 1989 | 1991 | 1992 | 1993 | 1994 | 1995 | 1996 | 1997 | 1998 | 1999 | 2000 | 2001 | 2002 | 2003 | 2004 | 2005 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| (N=) | (1059) | (1040) | (1051) | (1084) | (1101) | (1047) | (1058) | (941) | (2022) | (994) | (2721) | (2776) | (2509) | (2436) | (2406) | (2627) | (2421) | (2411) | (2611) | (2445) |
| **Total** | **79.9** | **77.6** | **84.5** | **83.1** | **82.6** | **80.3** | **86.6** | **83.3** | **82.1** | **84.4** | **79.3** | **79.9** | **77.1** | **79.1** | **77.1** | **79.5** | **79.5** | **80.4** | **81.2** | **78.9** |
| (95%CI)[¶] | (73.6, 86.2) | (75.1, 80.1) | (82.3, 86.7) | (80.9, 85.3) | (80.4, 84.8) | (77.9, 82.7) | (84.5, 88.7) | (80.9, 85.7) | (80.4, 83.8) | (82.1, 86.7) | (77.5, 81.1) | (78.1, 81.6) | (75.0, 79.0) | (77.2, 80.9) | (75.1, 79.1) | (77.6, 81.3) | (77.6, 81.3) | (78.5, 82.1) | (79.3, 83.0) | (77.0, 80.7) |
| **Sex** | | | | | | | | | | | | | | | | | | | | |
| Men | **85.9** | **81.6** | **86.8** | **87.6** | **85.8** | **81.8** | **89.7** | **91.6** | **84.7** | **86.8** | **82.7** | **83.2** | **82.1** | **85.1** | **81.7** | **83.6** | **82.3** | **83.4** | **85.2** | **83.3** |
| | (82.9, 88.9) | (78.3, 84.9) | (83.9, 89.7) | (84.8, 90.4) | (82.9, 88.7) | (78.4, 85.2) | (87.0, 92.4) | (89.1, 94.1) | (82.6, 86.8) | (83.8, 89.8) | (80.6, 84.8) | (81.1, 85.3) | (79.2,84.6) | (82.4, 87.4) | (78.8, 84.3) | (80.8, 86.0) | (79.5, 84.8) | (80.8, 85.8) | (82.5, 87.5) | (80.3, 85.9) |
| Women | **73.4** | **73.6** | **82.3** | **78.8** | **79.6** | **78.7** | **83.9** | **75.4** | **79.8** | **82.0** | **76.4** | **76.9** | **72.5** | **73.6** | **73.0** | **75.7** | **76.9** | **77.5** | **77.5** | **72.4** |
| | (69.6, 77.2) | (69.8, 77.4) | (79.0, 85.6) | (75.4, 82.2) | (76.2, 83.0) | (75.3, 82.1) | (80.9, 87.0) | (71.8, 79.0) | (77.2, 82.4) | (78.7, 85.3) | (74.3, 78.5) | (74.8, 79.0) | (69.6, 75.3) | (70.7, 76.3) | (70.1, 75.7) | (73.0, 78.3) | (74.1, 79.4) | (74.8, 80.0) | (74.8, 80.0) | (69.2,75.4) |
| **Age** | | | | | | | | | | | | | | | | | | | | |
| 18 - 29 | **85.8** | **82.5** | **89.8** | **92.1** | **88.1** | **87.2** | **90.9** | **89.2** | **86.0** | **86.7** | **83.5** | **83.6** | **82.5** | **86.5** | **85.7** | **84.9** | **84.6** | **87.4** | **86.9** | **82.5** |
| | (81.8, 89.8) | (78.0, 87.0) | (86.2, 93.3) | (88.7, 95.5) | (84.0, 92.2) | (83.2, 91.2) | (87.5, 94.3) | (85.3, 93.1) | (82.9, 89.1) | (82.4, 91.0) | (80.3, 86.7) | (80.5, 86.7) | (77.9, 86.3) | (82.4, 89.8) | (81.5, 89.1) | (80.4, 88.6) | (79.9, 88.3) | (83.4,90.5) | (82.3, 90.4) | (77.4, 86.7) |
| 30 - 39 | **86.0** | **82.5** | **91.1** | **87.7** | **90.8** | **84.2** | **86.7** | **81.7** | **85.1** | **85.2** | **83.6** | **84.4** | **81.5** | **81.4** | **80.3** | **86.5** | **81.6** | **83.0** | **85.5** | **82.6** |
| | (81.4, 90.6) | (77.8, 87.2) | (87.5, 94.7) | (83.9, 91.5) | (87.5, 94.1) | (79.8, 88.6) | (82.7, 90.7) | (77.2, 86.2) | (82.1, 88.1) | (80.7, 89.7) | (80.8, 86.4) | (81.6, 87.2) | (77.5, 84.9) | (77.0, 85.0) | (75.8, 84.1) | (82.8, 89.5) | (77.3, 85.3) | (78.5, 86.7) | (81.1, 89.0) | (78.2, 86.3) |
| 40 - 49 | **88.6** | **80.6** | **88.6** | **87.7** | **87.3** | **81.2** | **90.4** | **85.7** | **84.1** | **86.0** | **81.6** | **85.2** | **78.0** | **81.5** | **79.2** | **79.1** | **84.0** | **81.6** | **82.9** | **83.1** |
| | (84.0, 93.2) | (74.0, 87.1) | (84.1, 93.1) | (82.8, 92.6) | (82.4, 92.2) | (7.60, 86.4) | (86.4, 94.4) | (80.9, 90.5) | (80.7, 87.5) | (81.3, 90.7) | (78.4, 84.78 | (82.3, 88.1) | (73.4, 81.9) | (77.1, 85.2) | (74.8, 83.0) | (74.7, 82.9) | (79.9, 87.4) | (77.7, 85.0) | (78.8, 86.4) | (79.3, 86.3) |
| 50 - 64 | **76.2** | **76.2** | **80.0** | **80.9** | **74.2** | **73.8** | **83.1** | **81.0** | **78.2** | **86.4** | **76.0** | **77.4** | **77.2** | **78.0** | **76.5** | **78.0** | **80.1** | **78.8** | **81.5** | **77.8** |
| | (70.2, 82.2) | (70.4, 82.0) | (74.5, 85.5) | (75.6, 86.2) | (68.3, 80.1) | (66.7, 80.9 | (77.1, 89.1) | (74.9, 87.1) | (73.7, 82.7) | (81.2, 91.6) | (72.2, 79.8) | (73.8, 81.0) | (72.2, 81.6) | (73.2, 82.1) | (71.7, 80.7) | (73.7, 81.9) | (75.9, 83.7) | (74.3, 82.6) | (77.8, 84.7) | (73.7, 81.5) |
| 65+ | **53.5** | **58.5** | **64.8** | **58.2** | **66.8** | **63.8** | **73.6** | **72.0** | **67.0** | **71.6** | **66.2** | **58.8** | **65.5** | **66.6** | **61.9** | **67.0** | **65.9** | **69.9** | **70.6** | **67.6** |
| | (45.6, 61.4) | (49.8, 67.2) | (56.3, 73.3) | (50.7, 65.7) | (59.5, 74.1) | (55.6, 7.20) | (66.0, 81.2) | (64.3, 79.7) | (61.0, 73.0) | (63.6, 79.6) | (61.6, 70.8) | (54.0, 63.6) | (59.8, 70.9) | (61.2, 71.6) | (56.2, 67.3) | (61.6, 72.0) | (60.2, 71.1) | (64.7, 74.8) | (65.6, 75.2) | (62.3, 72.5) |
| **Region** | | | | | | | | | | | | | | | | | | | | |
| Toronto | — | — | — | — | — | — | — | — | — | — | **74.1** | **74.2** | **74.1** | **71.9** | **69.7** | **78.8** | **75.1** | **78.4** | **76.0** | **73.9** |
| | | | | | | | | | | | (69.1, 78.5) | (69.2, 78.6) | (68.9, 78.7) | (66.7, 76.6) | (64.4, 74.5) | (74.1, 82.9) | (70.1, 79.5) | (73.7, 82.4) | (70.9, 80.5) | (68.9, 78.4) |
| C-East | — | — | — | — | — | — | — | — | — | — | **81.7** | **80.0** | **79.4** | **84.6** | **80.8** | **79.3** | **82.2** | **84.3** | **86.8** | **83.3** |
| | | | | | | | | | | | (77.6, 85.3) | (75.6, 83.8) | (74.6, 83.5) | (80.5, 87.9) | (76.4, 84.5) | (74.8, 83.3) | (77.7, 85.9) | (80.0, 87.8) | (82.9, 89.9) | (79.3, 86.7) |
| C-West | — | — | — | — | — | — | — | — | — | — | **81.7** | **83.8** | **77.5** | **79.7** | **74.6** | **80.3** | **77.4** | **81.1** | **80.4** | **76.2** |
| | | | | | | | | | | | (77.4, 85.3) | (79.8, 87.2) | (72.6, 81.8) | (75.1, 83.6) | (69.5, 79.1) | (75.4, 84.5) | (72.4, 81.7) | (76.6, 85.0) | (75.8, 84.4) | (71.2, 80.6) |
| West | — | — | — | — | — | — | — | — | — | — | **78.0** | **81.1** | **76.7** | **79.0** | **81.6** | **77.9** | **83.6** | **80.1** | **83.3** | **79.0** |
| | | | | | | | | | | | (73.9, 81.7) | (77.1, 84.6) | (71.8, 81.0) | (74.2, 83.1) | (77.1, 85.3) | (73.4, 81.8) | (79.2, 87.1) | (75.5, 84.1) | (79.2, 86.7) | (74.5, 82.9) |
| East | — | — | — | — | — | — | — | — | — | — | **81.1** | **81.2** | **79.5** | **81.7** | **80.8** | **81.4** | **83.3** | **78.2** | **82.6** | **81.6** |
| | | | | | | | | | | | (77.0, 84.5) | (77.2, 84.7) | (74.9, 83.5) | (76.9, 85.6) | (76.2, 84.7) | (77.1, 85.1) | (79.0, 86.9) | (73.6, 82.2) | (78.4, 86.2) | (77.1, 85.4) |
| North | — | — | — | — | — | — | — | — | — | — | **82.0** | **81.1** | **74.8** | **81.2** | **83.2** | **79.7** | **77.7** | **79.5** | **81.1** | **82.2** |
| | | | | | | | | | | | (78.1, 85.4) | (77.0, 84.5) | (69.9, 79.2) | (76.7, 84.9) | (79.1, 86.7) | (76.0, 83.0) | (73.1, 81.7) | (74.9, 83.5) | (77.6, 84.2) | (78.0, 85.8) |

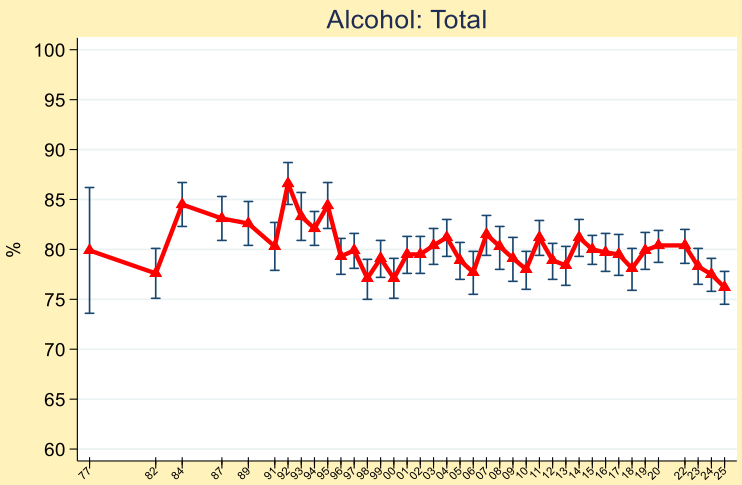
Notes: [¶] 95% confidence interval; — data not available; regional data not available;
*Q:* *During the past 12 months, have you had a drink of any alcoholic beverage?*
Source: The *CAMH Monitor*, Centre for Addiction and Mental Health

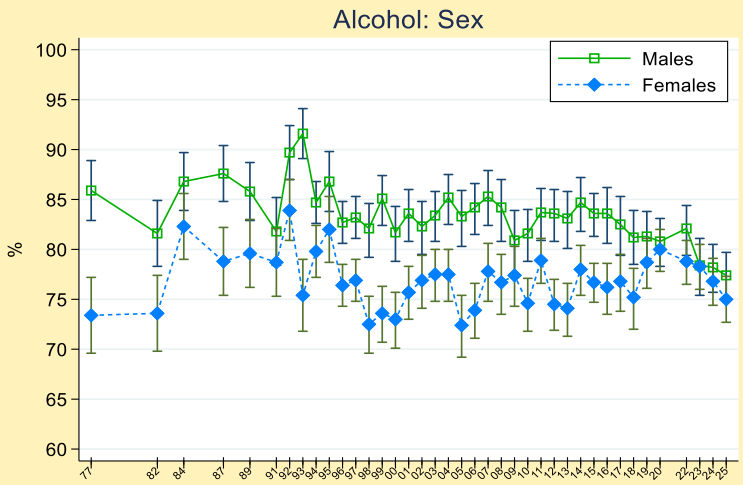
**Table 3.1.1b**: Percentage ***Drinking Alcohol*** in the Past 12 Months, by Demographic Characteristics, Aged 18+, 2006–2025

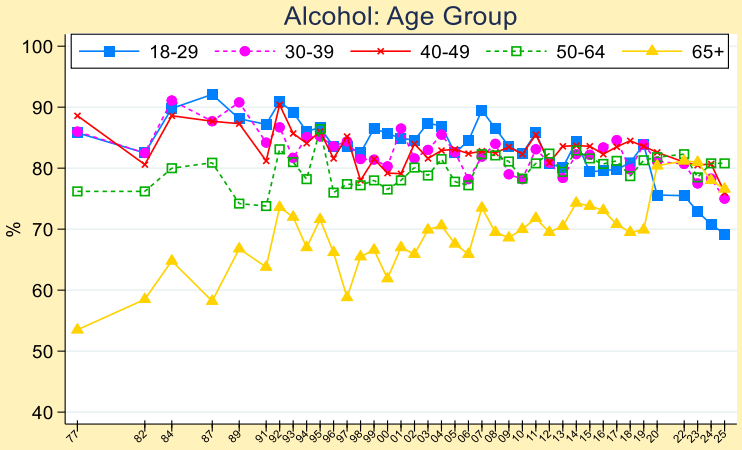
| (N=) | 2006 (2016) | 2007 (2005) | 2008 (2024) | 2009 (2037) | 2010 (3030) | 2011 (3039) | 2012 (3030) | 2013 (3021) | 2014 (3043) | 2015 (5013) | 2016 (3042) | 2017 (2812) | 2018 (2806) | 2019 (2827) | 2020 (3033) | 2022 (2650) | 2023 (2590) | 2024 (3024) | 2025 (3012) | Sig. |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Total** | **77.7** | **81.5** | **80.3** | **79.1** | **78.0** | **81.2** | **78.9** | **78.4** | **81.2** | **80.0** | **79.7** | **79.5** | **78.1** | **79.9** | **80.4** | **80.4** | **78.3** | **77.5** | **76.2** | **bcp** |
| (95%CI)[¶] | (75.5,79.8) | (79.4,83.4) | (78.0, 82.3) | (76.8, 81.2) | (76.0, 79.8) | (79.4, 82.9) | (77.0, 80.6) | (76.4, 80.3) | (79.3, 83.0) | (78.5, 81.4) | (77.8, 81.6) | (77.4, 81.5) | (75.9, 80.1) | (78.0, 81.7) | (78.7, 81.9) | (78.6, 82.0) | (76.5, 80.1) | (75.8, 79.1) | (74.5, 77.8) | |
| **Sex** | | | | | | | | | | | | | | | | | | | | |
| Men | **84.2** | **85.3** | **84.2** | **80.9** | **81.6** | **83.7** | **83.6** | **83.1** | **84.7** | **83.5** | **83.6** | **82.5** | **81.2** | **81.3** | **80.8** | **82.1** | **78.4** | **78.2** | **77.4** | **cp** |
| | (81.5, 86.6) | (82.4,87.9) | (80.8, 87.0) | (77.5, 83.9) | (78.8, 84.0) | (80.9, 86.1) | (80.8, 86.0) | (80.1, 85.8) | (81.8, 87.2) | (81.3, 85.6) | (80.6, 86.2) | (79.4, 85.3) | (78.5, 83.8) | (82.6, 83.7) | (78.3, 83.1) | (79.4, 84.4) | (75.4, 81.1) | (75.7, 80.5) | (74.9, 79.7) | |
| Women | **73.9** | **77.8** | **76.7** | **77.4** | **74.6** | **78.9** | **74.5** | **74.1** | **78.0** | **76.7** | **76.2** | **76.8** | **75.2** | **78.7** | **80.0** | **78.8** | **78.3** | **76.8** | **75.0** | **bp** |
| | (71.1,76.6) | (74.8,80.6) | (73.5,79.5) | (74.3, 80.3) | (71.8, 77.1) | (76.6, 81.1) | (71.9, 77.0) | (71.3, 76.6) | (75.4, 80.4) | (74.7, 78.6) | (73.5, 78.6) | (73.8, 79.5) | (72.0, 78.1) | (76.1, 81.1) | (77.8, 82.0) | (76.5, 80.9) | (76.0, 80.5) | (74.4,79.1) | (72.7, 77.3) | |
| **Age** | | | | | | | | | | | | | | | | | | | | |
| 18 - 29 | **84.5** | **89.5** | **86.5** | **83.6** | **82.4** | **85.8** | **80.7** | **80.1** | **84.4** | **79.4** | **79.6** | **79.8** | **80.9** | **83.9** | **75.6** | **75.5** | **72.9** | **70.8** | **69.2** | **cp** |
| | (78.6,89.1) | (83.8,93.3) | (79.6, 91.4) | (76.6, 88.8) | (76.6, 87.0) | (80.1, 90.0) | (73.8, 86.1) | (72.3, 86.1) | (77.6, 89.3) | (74.5, 83.6) | (73.2, 84.8) | (73.4, 85.1) | (75.1, 85.7) | (79.4, 87.6) | (70.7, 80.0) | (70.2, 80.1) | (66.7, 78.4) | (66.0, 75.1) | (64.1, 73.9) | |
| 30 - 39 | **78.2** | **81.9** | **84.0** | **79.0** | **78.2** | **83.1** | **80.9** | **78.4** | **82.3** | **82.2** | **83.4** | **84.6** | **79.8** | **83.9** | **81.1** | **80.7** | **77.5** | **78.3** | **75.0** | **bcp** |
| | (72.8,82.8) | (76.4,86.3) | (78.0, 88.6) | (72.8, 84.1) | (72.9, 82.7) | (78.3, 87.0) | (75.9, 85.0) | (72.3, 83.4) | (76.5, 86.9) | (77.6, 86.0) | (77.1, 88.3) | (78.0, 89.5) | (72.3, 85.6) | (78.4, 88.1) | (77.5, 84.2) | (76.7, 84.1) | 73.3, 81.3) | (73.9, 82.1) | (71.0, 78.6) | |
| 40 - 49 | **82.4** | **82.8** | **82.5** | **83.5** | **82.3** | **85.5** | **80.9** | **83.6** | **83.7** | **83.6** | **82.3** | **83.5** | **84.5** | **83.6** | **82.6** | **81.0** | **80.5** | **80.7** | **76.0** | **bcp** |
| | (77.7,86.3) | (78.0,86.7) | (77.6, 86.5) | (78.8, 87.3) | (78.4, 85.7) | (81.6, 88.6) | (76.5, 84.6) | (79.6, 87.0) | (79.3, 87.3) | (80.3, 86.5) | (77.3, 86.5) | (78.0, 87.8) | (79.4, 88.5) | (77.9, 88.1) | (78.8, 85.8) | (76.8, 84.6) | (76.3, 84.1) | (75.9, 84.7 | (71.8, 79.8) | |
| 50 - 64 | **77.2** | **82.3** | **82.1** | **81.1** | **78.3** | **80.8** | **82.4** | **79.4** | **82.9** | **81.6** | **80.7** | **81.2** | **78.7** | **81.3** | **81.8** | **82.3** | **78.5** | **80.8** | **80.8** | |
| | (72.8, 80.9) | (78.2,85.7) | (78.1, 85.5) | (77.0, 84.7) | (75.1, 81.3) | (77.6, 83.7) | (79.3, 85.1) | (76.3, 82.2) | (79.8, 85.7) | (79.3, 83.7) | (77.8, 83.3) | (77.3, 84.5) | (74.3, 82.5) | (77.4, 84.7) | (78.7, 84.5) | (79.2, 85.0) | (75.2, 81.6) | (77.4, 83.9) | (77.8, 83.5) | |
| 65+ | **65.9** | **73.5** | **69.5** | **68.6** | **70.0** | **71.8** | **69.5** | **70.5** | **74.3** | **73.8** | **73.1** | **70.8** | **69.5** | **69.9** | **80.4** | **81.2** | **81.0** | **78.0** | **76.6** | **p** |
| | (60.4, 71.0) | (68.5,77.9) | (64.4, 74.2) | (63.6, 73.3) | (66.0, 73.8) | (68.1, 75.2) | (65.9, 72.9) | (67.0, 73.8) | (71.1, 77.2) | (71.2, 76.2) | (70.0, 76.1) | (67.5, 74.0) | (66.0, 72.8) | (66.6, 73.0) | (76.8, 83.6) | (77.7, 84.3) | (77.2, 84.3) | (74.1, 81.4) | (73.0, 79.9) | |
| **Region** | | | | | | | | | | | | | | | | | | | | |
| Toronto | **76.4** | **73.6** | **76.0** | **77.6** | **72.3** | **75.4** | **72.3** | **72.4** | **77.9** | **76.6** | **78.8** | **78.5** | **78.5** | **78.1** | **79.5** | **79.9** | **76.8** | **80.3** | **75.1** | |
| | (70.8,81.2) | (67.8,78.7) | (70.4,80.9) | (71.7, 82.7) | (67.3, 76.7) | (70.5, 79.7) | (67.3, 76.9) | (66.9, 77.2) | (73.3, 82.0) | (72.7, 80.1) | (73.9, 83.0) | (73.5, 82.8) | (74.0, 82.5) | (73.8, 81.9) | (75.5, 82.9) | (75.8, 83.5) | (72.4, 80.7) | (76.3, 83.7) | (71.0, 78.7) | |
| C-East | **77.4** | **83.6** | **76.0** | **76.2** | **75.9** | **82.5** | **78.3** | **75.9** | **78.7** | **80.4** | **77.7** | **79.1** | **75.8** | **81.5** | **81.7** | **79.7** | **77.8** | **74.7** | **76.7** | |
| | (71.9, 82.1) | (78.7, 87.5) | (70.5, 80.8) | (70.8, 80.9) | (71.3, 79.9) | (78.4, 85.9) | (73.8, 82.2) | (71.1, 80.1) | (73.9, 82.8) | (77.1, 83.4) | (72.7, 82.1) | (73.9, 83.5) | (70.2, 80.7) | (77.1, 85.2) | (77.9, 84.9) | (75.6, 83.2) | (73.4, 81.7) | (70.4, 78.6) | (72.7, 80.3 | |
| C-West | **78.7** | **81.8** | **84.4** | **81.1** | **81.7** | **83.3** | **81.8** | **83.1** | **85.8** | **80.9** | **81.5** | **79.4** | **77.6** | **79.1** | **78.9** | **81.8** | **78.4** | **78.4** | **76.4** | |
| | (73.6, 83.1) | (76.7, 86.0) | (78.9,88.6) | (75.9, 85.4) | (77.6, 85.1) | (79.3, 86.7) | (77.4, 85.5) | (79.1, 86.6) | (82.3, 88.7) | (77.4, 83.9) | (77.3, 85.1) | (77.1, 83.8) | (72.1, 82.3) | (74.4, 83.1) | (74.9, 82.5) | (78.1, 85.0) | (74.1, 82.2) | (74.3, 81.9) | (72.4, 79.9) | |
| West | **82.3** | **84.3** | **82.7** | **78.2** | **80.6** | **83.4** | **82.1** | **78.0** | **82.5** | **81.0** | **79.4** | **79.7** | **75.8** | **77.3** | **83.8** | **77.9** | **76.9** | **77.1** | **77.3** | **b** |
| | (77.8,86.0) | (79.7,88.0) | (78.1,86.5) | (73.1, 82.6) | (76.2, 84.4) | (79.7, 86.5) | (78.3, 85.3) | (73.4, 82.0) | (78.0, 86.2) | (77.7, 83.8) | (75.0, 83.1) | (75.1, 83.6) | (70.6, 80.3) | (72.4, 81.5) | (80.1, 87.0) | (73.5, 81.7) | (72.4, 80.9) | (73.1, 80.6) | (73.4, 80.8) | |
| East | **76.0** | **85.6** | **86.3** | **85.6** | **80.0** | **82.4** | **83.5** | **83.7** | **83.1** | **80.1** | **82.0** | **80.9** | **83.1** | **84.0** | **81.8** | **80.6** | **81.6** | **75.9** | **74.8** | **bcp** |
| | (70.5, 80.8) | (81.5,89.0) | (81.9,89.7) | (81.4, 89.1) | (75.8, 83.7) | (78.3, 85.8) | (79.8, 86.7) | (79.6, 87.2) | (79.0, 86.6) | (76.6, 83.2) | (77.6, 85.7) | (75.9, 85.1) | (78.7, 86.8) | (80.0, 87.4) | (78.2, 84.9) | (76.4, 84.2) | (77.4, 85.2) | (71.6, 79.7) | (70.7, 78.5) | |
| North | **74.6** | **84.5** | **82.9** | **78.5** | **84.2** | **82.2** | **77.3** | **82.9** | **82.5** | **85.5** | **81.3** | **81.8** | **78.1** | **81.0** | **76.9** | **81.8** | **79.5** | **76.0** | **78.2** | **c** |
| | (69.0, 79.5) | (80.1, 88.0) | (78.4, 86.6) | (73.3, 82.8) | (80.5, 87.3) | (78.4, 85.5) | (72.9, 81.2) | (78.9, 86.2) | (78.2, 86.0) | (82.7, 87.9) | (77.3, 84.8) | (77.7, 85.3) | (73.4, 82.2) | (76.7, 84.6) | (72.8, 80.6) | (76.9, 85.9) | (74.9, 83.4) | (71.6, 79.9) | (74.3, 81.7) | |

Notes: (1)[¶]95% confidence interval; the sampling and data collection method were changed in 2020 from telephone interview to web survey.
(2) Significant change: [a]2025 vs.2024, [b]2025 vs. 2020, [c]2025 vs. 2015, [p]2025 vs. 2019 (pre-pandemic).
*Q: During the past 12 months have you had a drink of any alcoholic beverage?*
Source: The *CAMH Monitor*, Centre for Addiction and Mental Health.

## **Figure 3.1.4** Past Year Alcohol Use, Aged 18+, 1977–2025




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

## 3.2. Daily Drinking

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

The estimated percentage reporting daily drinking among the total sample and past year drinkers was 7.6% and 10.1%, respectively.

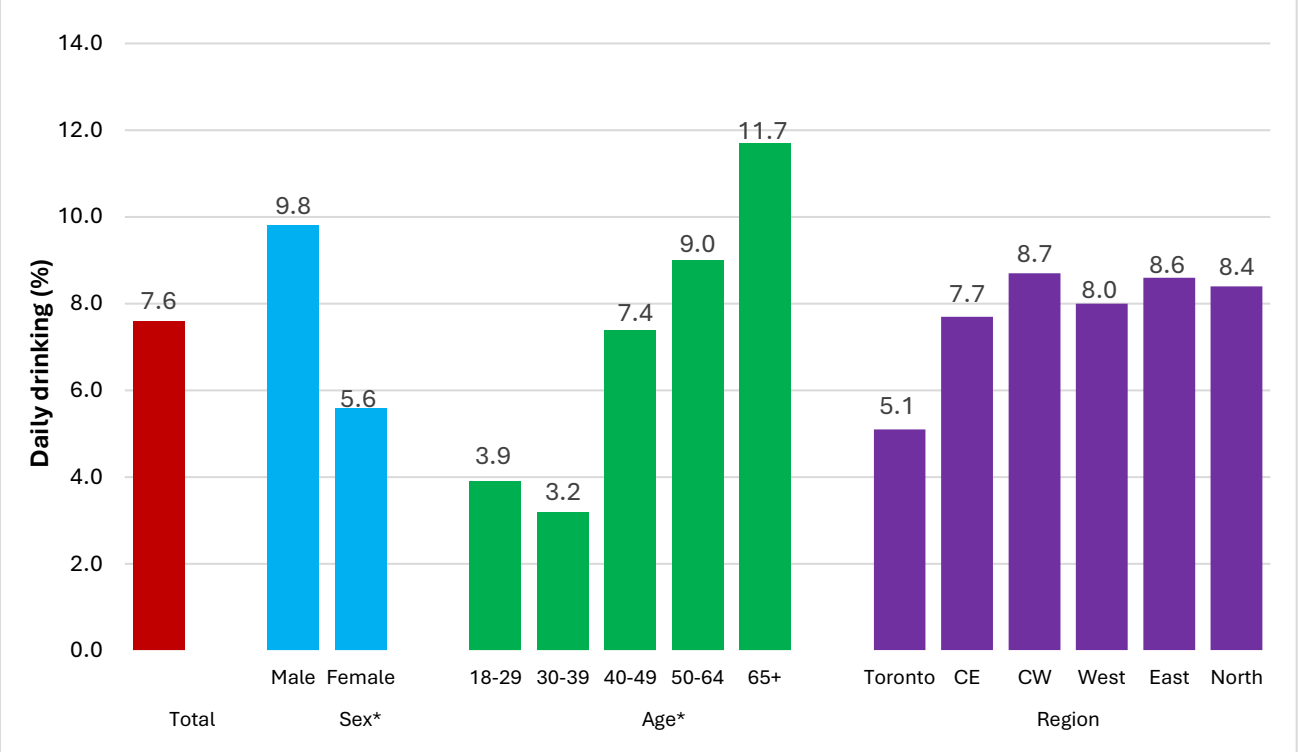
Overall, men were more likely to drink daily than women (9.8% vs. 5.6%, respectively). Similarly, among those who drink, men were more likely to drink daily than women (12.7% vs 7.5%, respectively) in 2025.

There was also significant difference in daily drinking between age groups, with older participants more likely to drink daily than their younger counterparts (Figure 3.2.1).

**Trends**
**1977–2025**..... Figure 3.2.3, Table 3.2.1a-b

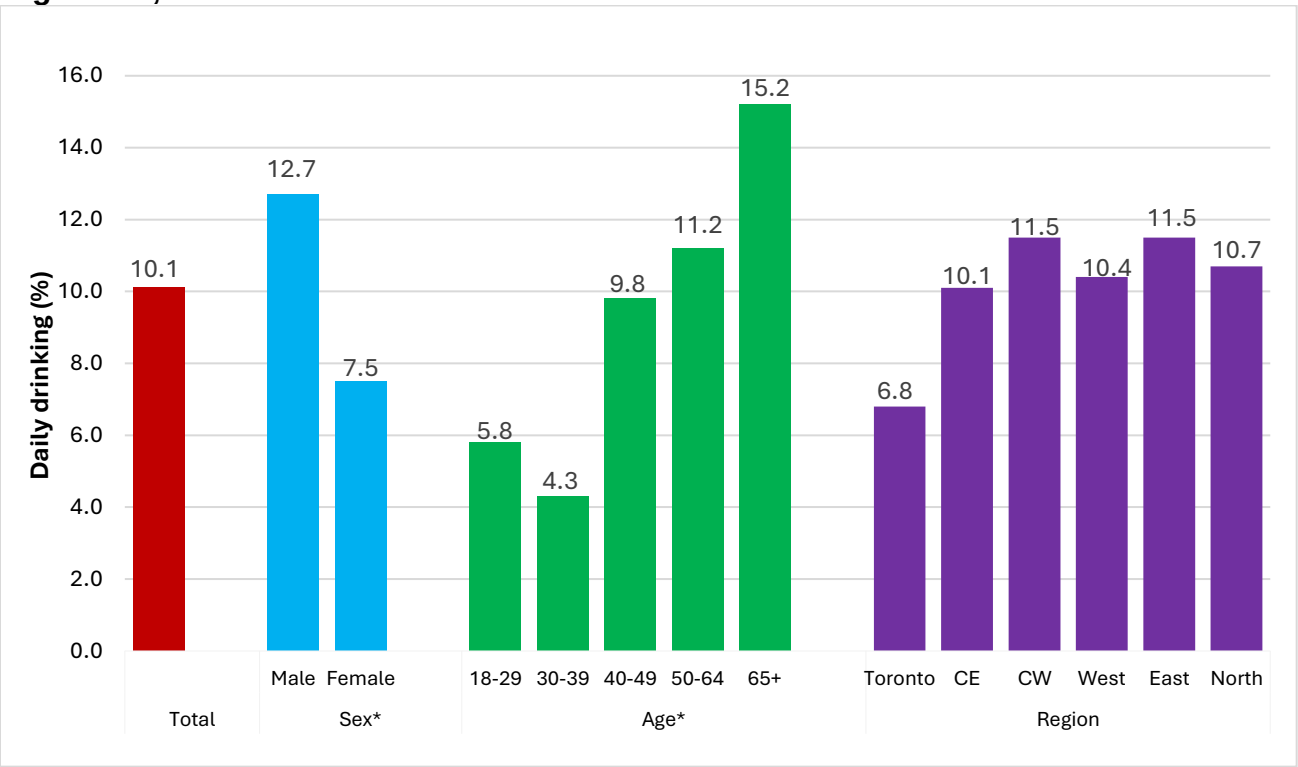
The percentages reporting daily drinking declined from 9.7% in 2020 to 7.6% in 2025. Similarly, there was a significant decline in daily drinking between 2020 and 2025 among past year drinkers (Table 3.2.1b).

**Figure 3.2.1** **Daily Drinking by Sex, Age and Region, Aged 18+, 2025 (N=3012)**




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

**Figure 3.2.2** Daily Drinking Among Past Year Drinkers by Sex, Age and Region, Aged 18+, 2025




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

**Table 3.2.1a:** Percentage ***Drinking Daily*** in the Past 12 Months, by Demographic Characteristics, Ontarian ***Past Year Drinkers*** Aged 18+, 1977-2005

| (N=) | 1977 (818) | 1982 (795) | 1984 (885) | 1987 (893) | 1989 (906) | 1991 (841) | 1992 (916) | 1993 (783) | 1994 (1660) | 1995 (839) | 1996 (2141) | 1997 (2219) | 1998 (1777) | 1999 (1938) | 2000 (1887) | 2001 (2088) | 2002 (1933) | 2003 (1933) | 2004 (2101) | 2005 (1906) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Total** (95%CI)¶ | **13.4** (11.1,15.7) | **10.7** (8.5,12.9) | **12.9** (10.7, 15.1) | **11.8** (9.7,13.9) | **10.0** (8.0,12.0) | **6.2** (4.6, 7.8) | **4.1** (2.8, 5.4) | **6.9** (5.7, 8.1) | **6.1** (4.9, 7.3) | **5.9** (4.3, 7.5) | **6.0** (5.0,7.2) | **5.9** (4.8,7.1) | **7.4** (6.0,9.1) | **7.0** (5.9,8.5) | **6.3** (5.2,7.7) | **5.8** (4.7,7.1) | **5.3** (4.3,6.5) | **6.0** (4.9,7.3) | **6.4** (5.3,7.8) | **5.6** (4.6,6.8) |
| **Sex** | | | | | | | | | | | | | | | | | | | | |
| Men | **19.5** — | **15.6** — | **17.3** — | **16.6** — | **13.3** — | **8.3** — | **5.2** — | **10.0** — | **8.5** — | **8.6** — | **8.2** (6.4,10.3) | **8.4** (6.7,10.5) | **9.8** (7.6,12.6) | **10.0** (8.1,12.4) | **8.6** (6.8,10.8) | **8.8** (7.0,11.1) | **7.4** (5.7,9.6) | **7.3** (5.6,9.5) | **8.9** (7.1,11.3) | **7.1** (5.6,9.1) |
| Women | **5.7** — | **5.2** — | **8.6** — | **6.7** — | **6.7** — | **4.1** — | **3.0** — | **3.6** — | **3.8** — | **2.9** — | **3.9** (2.9,5.3) | **3.4** (2.3,4.9) | **5.0** (3.5,7.0) | **3.9** (2.7,5.2) | **4.1** (2.8,5.9) | **2.6** (1.7,3.9) | **3.1** (2.2,4.4) | **4.6** (3.4,6.2) | **3.9** (2.8,5.3) | **3.9** (2.7,5.5) |
| **Age** | | | | | | | | | | | | | | | | | | | | |
| 18 - 29 | **7.8** — | **† 4.1** — | **† 5.0** — | **6.0** — | **† 3.7** — | **† 3.0** — | **† 1.8** — | **† 2.7** — | **† 2.0** — | **† 1.3** — | **† 1.4** (0.6,3.3) | **† 1.8** (0.8,4.0) | **† 3.5** (1.7,7.1) | **† 2.1** (1.1,4.3) | **† 1.3** (0.6,2.9) | **† 1.9** (0.8,4.1) | **†** - | **†2.3** (1.0,5.4) | **†2.6** (1.2,5.7) | **†** - |
| 30 - 39 | **10.9** — | **7.8** — | **10.0** — | **11.6** — | **5.5** — | **† 4.5** — | **†1.8** — | **6.1** — | **†4.2** — | **†3.6** — | **†3.6** (2.0,6.1) | **†3.3** (2.0,5.5) | **†3.9** (2.1,7.0) | **†3.4** (2.0,5.7) | **†3.8** (2.3,6.2) | **†3.9** (2.3,6.5) | **†2.0** (1.0,4.2) | **†3.9** (2.0,7.5) | **†3.4** (1.8,6.4) | **†2.4** (1.1,5.0) |
| 40 - 49 | **18.2** — | **19.1** — | **15.6** — | **12.9** — | **11.8** — | **8.8** — | **†5.8** — | **6.1** — | **9.0** — | **†5.8** — | **6.5** (4.5,9.4) | **6.3** (4.0,9.7) | **†5.0** (3.0,8.2) | **†5.1** (3.0,8.3) | **†5.0** (3.2,7.6) | **†4.0** (2.5,6.3) | **†3.0** (1.7,5.2) | **†4.1** (2.5, 6.5) | **†3.9** (2.2,6.9) | **†5.8** (3.7,8.9) |
| 50 - 64 | **22.1** — | **15.7** — | **22.2** — | **15.7** — | **17.6** — | **7.9** — | **7.8** — | **9.7** — | **8.0** — | **8.2** — | **9.8** (7.0,13.6) | **9.6** (6.8,13.5) | **12.0** (8.1,17.5) | **13.7** (10.1,18.4) | **10.9** (7.3,16.0) | **7.2** (4.9,10.5) | **9.6** (7.0,13.1) | **10.6** (7.7,14.4) | **10.6** (7.8,14.4) | **8.0** (5.5,11.4) |
| 65+ | **13.2** — | **19.9** — | **21.8** — | **19.6** — | **23.0** — | **11.8** — | **8.5** — | **20.0** — | **15.0** — | **23.6** — | **16.9** (12.0,23.2) | **17.1** (12.3,23.4) | **19.2** (13.7,26.2) | **16.4** (11.9,22.1) | **16.9** (12.3,22.8) | **16.2** (11.3,22.6) | **16.2** (11.5,22.4) | **13.2** (9.4,18.2) | **15.8** (11.8,20.9) | **14.3** (10.4,19.3) |
| **Region** | | | | | | | | | | | | | | | | | | | | |
| Toronto | — | — | — | — | — | — | — | — | — | — | **8.5** (5.7,12.4) | **8.4** (5.6, 12.4) | **10.6** (7.1,15.6) | **8.5** (5.7,12.7) | **†5.4** (2.9, 9.6) | **†5.8** (3.5,9.5) | **†6.6** (4.2,10.4) | **†6.5** (3.9,10.6) | **†7.2** (4.6,10.9) | **†4.9** (2.9,8.2) |
| C-East | — | — | — | — | — | — | — | — | — | — | **†6.4** (4.3,9.6) | **†5.1** (3.2,7.9) | **†8.0** (5.0,12.7) | **†8.0** (5.4,11.8) | **†7.8** (5.3,11.4) | **†3.7** (2.0,6.5) | **†4.1** (2.4,7.0) | **†5.8** (3.6,9.1) | **†5.4** (3.3,8.6) | **†5.3** (3.4,8.3) |
| C-West | — | — | — | — | — | — | — | — | — | — | **†4.4** (2.7,7.2) | **†6.8** (4.5,10.0) | **†4.7** (2.5,8.5) | **†6.3** (4.0,9.7) | **†7.0** (4.5,10.7) | **†6.6** (4.2,10.3) | **†5.0** (3.1,8.1) | **†4.4** (2.6,7.2) | **†5.9** (3.6,9.6) | **†5.4** (3.1,9.2) |
| West | — | — | — | — | — | — | — | — | — | — | **†4.2** (2.4,7.0) | **†4.3** (2.4,7.5) | **†7.2** (4.3,11.8) | **†6.2** (3.9,9.6) | **†3.4** (1.9,6.2) | **†7.1** (4.6,10.9) | **†5.5** (3.5,8.6) | **†5.4** (3.4,8.5) | **†6.8** (4.4,10.3) | **†7.4** (5.0,10.8) |
| East | — | — | — | — | — | — | — | — | — | — | **†5.9** (3.9,8.9) | **†4.8** (2.9,7.7) | **†6.7** (4.2,10.5) | **†5.7** (3.5,9.1) | **†6.2** (3.9,9.7) | **†5.2** (3.2,8.3) | **†4.6** (2.7,7.8) | **†7.0** (4.5,10.7) | **†7.6** (5.1,11.2) | **†5.0** (3.1,8.0) |
| North | — | — | — | — | — | — | — | — | — | — | **†5.4** (3.4,8.4) | **†3.6** (2.1,6.1) | **†6.0** (3.4,10.3) | **†6.6** (4.2,10.2) | **†8.4** (5.7,12.2) | **†7.2** (5.1,10.3) | **†6.1** (3.8,9.7) | **†8.5** (5.7,12.5) | **†6.0** (4.2,8.6) | **†6.6** (4.3,10.1) |

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

**Table 3.2.1b:** Percentage ***Drinking Daily*** in the Past 12 Months, by Demographic Characteristics, ***Past Year Drinkers*** Aged 18+, 2006-2025

| | 2006 | 2007 | 2008 | 2009 | 2010 | 2011 | 2012 | 2013 | 2014 | 2015 | 2016 | 2017 | 2018 | 2019 | 2020 | 2022 | 2023 | 2024 | 2025 | Sig. |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| (N=) | (1527) | (1618) | (1599) | (1602) | (2352) | (2401) | (2355) | (2330) | (2422) | (3967) | (2368) | (2195) | (2187) | (2200) | (2454) | (2134) | (2040) | (2340) | (2304) | |
| **Total** | **5.9** | **7.3** | **8.6** | **9.3** | **8.7** | **8.6** | **7.9** | **8.5** | **8.1** | **8.8** | **9.2** | **9.0** | **9.1** | **7.1** | **12.1** | **11.4** | **10.3** | **9.5** | **10.1** | **bp** |
| (95%CI)¶ | (4.8,7.3) | (6.0,8.8) | (7.3, 10.2) | (7.7, 11.1) | (7.5, 10.0) | (7.4, 10.0) | (6.8, 9.2) | (7.4, 9.9) | (7.0, 9.3) | (7.9, 9.9) | (8.0, 10.7) | (7.6, 10.7) | (7.8, 10.7) | (6.0, 8.3) | (10.8, 13.6) | (10.1, 12.9) | (8.9, 11.9) | (8.3, 11.0) | (8.8, 11.5) | |
| **Sex** | | | | | | | | | | | | | | | | | | | | |
| Men | **7.3** | **9.2** | **10.9** | **12.5** | **11.2** | **11.6** | **10.6** | **11.4** | **10.7** | **11.8** | **11.7** | **11.3** | **11.6** | **9.0** | **14.9** | **13.8** | **13.2** | **11.8** | **12.7** | **p** |
| | (5.6,9.6) | (7.1,11.7) | (8.8, 13.5) | (9.9, 15.6) | (9.3, 13.5) | (9.4, 14.0) | (8.7, 12.8) | (9.4,13.7) | (8.8,12.8) | (10.1,13.7) | (9.7,14.0) | (9.2,13.8) | (9.4, 14.2) | (7.3, 11.1) | (13.0, 17.2) | (11.7, 16.1) | (10.9, 15.8) | (10.0, 14.0) | (10.7, 15.0) | |
| Women | **4.4** | **5.3** | **6.3** | **6.1** | **6.1** | **5.7** | **5.2** | **5.6** | **5.5** | **5.8** | **6.8** | **6.8** | **6.6** | **5.2** | **9.5** | **9.2** | **7.9** | **7.4** | **7.5** | **p** |
| | (3.1,6.1) | (3.9,7.1) | (4.8, 8.3) | (4.4, 8.3) | (4.8, 7.7) | (4.5, 7.2) | (4.1, 6.4) | (4.5, 7.1) | (4.4, 6.8) | (4.9, 6.9) | (5.4, 8.6) | (4.9, 9.2) | (5.2, 8.4) | (4.0, 6.6) | (7.8, 11.5) | (7.5, 11.3) | (6.3, 9.8) | (5.7, 9.4) | (6.0, 9.3) | |
| **Age** | | | | | | | | | | | | | | | | | | | | |
| 18 - 29 | † | † | † | † | † | † | † | † | † | † | † | † | † | **†1.9** | † | † | † | † | **†5.8** | |
| | - | - | (1.8,8.4) | (3.4, 14.5) | (1.6, 6.7) | (1.3, 7.3) | - | - | - | - | - | - | - | (1.0, 3.5) | - | - | - | - | (3.3, 10.0) | |
| 30 - 39 | **†4.1** | **†3.9** | **†3.5** | **†3.9** | **†3.9** | **†4.4** | **†3.4** | **†5.5** | † | **†5.2** | † | † | † | † | **†8.0** | **†6.9** | **†5.9** | **†5.2** | **†4.3** | **b** |
| | (1.9,8.4) | (1.9,7.7) | (1.8,6.8) | (1.9,7.8) | (2.1, 7.0) | (2.6, 7.6) | (1.6,7.3) | (3.1, 9.6) | - | - | - | - | - | - | (5.7, 11.1) | (4.5, 10.3) | (3.8, 9.0) | (3.1, 8.6 | (2.6, 6.8) | |
| 40 - 49 | **†3.8** | **†5.9** | **†7.3** | **†5.1** | **†6.3** | **†7.1** | **†4.4** | **†6.1** | **†5.4** | **†5.2** | **†6.4** | **†7.5** | **†7.7** | **†4.2** | **11.0** | **10.9** | **†9.2** | **†8.4** | **†9.8** | **cp** |
| | (2.2,6.5) | (3.5,9.8) | (4.6, 11.2) | (3.1, 8.1) | (4.2, 9.4) | (4.7, 10.7) | (2.8, 6.8) | (4.0, 9.3) | (3.3, 8.8) | (3.6,7.3) | (4.1, 9.9) | (4.7, 11.6) | (4.9, 11.9) | (2.2, 7.6) | (8.3, 14.5) | (7.9, 14.8) | (6.3, 13.1) | (5.5, 12.6) | (7.1, 13.4 | |
| 50 - 64 | **9.7** | **8.4** | **11.1** | **12.1** | **11.2** | **11.1** | **9.6** | **10.7** | **9.5** | **11.3** | **11.7** | **10.6** | **8.2** | **7.5** | **14.7** | **13.5** | **11.4** | **12.3** | **11.2** | **p** |
| | (7.0,13.2) | (6.1,11.6) | (8.3,14.6) | (8.8, 16.2) | (8.9, 14.0) | (8.7, 14.1) | (7.5,12.2) | (8.5, 13.4) | (7.5, 12.0) | 9.35, 13.5) | (9.4, 14.4) | (8.0, 13.9) | (6.1, 10.9) | (5.4, 10.4) | (12.0, 17.9) | (10.8, 16.6) | (8.9, 14.6) | (9.6, 15.5) | (8.9, 14.0) | |
| 65+ | **14.0** | **20.2** | **21.1** | **22.2** | **22.0** | **22.8** | **20.9** | **18.1** | **21.0** | **20.1** | **20.8** | **17.7** | **19.5** | **17.6** | **21.5** | **19.6** | **17.4** | **15.4** | **15.2** | **bc** |
| | (9.9,19.4) | (15.2,26.2) | (16.4,26.6) | (17.5, 27.8) | (17.9, 26.8) | (17.1, 25.1) | (17.3, 25.0) | (15.1, 21.7) | (17.8, 24.5) | (17.6, 22.9) | (17.7, 24.1) | (14.8, 21.0) | (16.5, 23.0) | (14.5, 21.3) | (17.9, 25.6) | (16.2, 23.6) | (14.1, 21.4) | (12.2, 19.2) | (12.2, 18.9) | |
| **Region** | | | | | | | | | | | | | | | | | | | | |
| Toronto | **†6.6** | **†8.6** | **†8.4** | **†8.0** | **†7.5** | **†9.5** | **†7.9** | **†8.0** | **10.0** | **9.5** | **8.5** | **†8.8** | **†7.6** | **†4.5** | **12.0** | **12.5** | **10.1** | **†7.6** | **†6.8** | **b** |
| | (3.9,10.9) | (5.5,13.3) | (5.6,12.3) | (5.0, 12.5) | (5.1, 11.0) | (6.9,12.9) | (5.6,11.0) | (5.6,11.2) | (7.2,13.6) | (7.4,12.2) | (6.2,11.4) | (6.1,12.4) | (5.0, 11.3) | (2.9, 7.0) | (9.2, 15.7) | (9.6, 16.1) | (7.3, 13.7) | (5.3, 10.8) | (4.6, 9.9) | |
| C-East | **†6.3** | **†8.3** | **†7.4** | **†11.2** | **†9.0** | **†7.6** | **†7.7** | **†7.1** | **†6.2** | **7.8** | **†9.5** | **†8.9** | **10.1** | **†7.3** | **9.1** | **11.6** | **†11.0** | **†9.9** | **10.1** | |
| | (4.0,9.8) | (5.6,12.1) | (4.7,11.4) | (7.3, 16.7) | (6.3, 12.5) | (5.1,11.0) | (5.3,11.2) | (4.8,10.5) | (4.2,9.0) | (5.8,10.4) | (6.6,13.4) | (6.3,12.3) | (7.4, 13.8) | (4.8, 11.0) | (6.7, 12.3) | (8.7, 15.3) | (7.9, 15.1) | (7.0, 13.7) | (7.5, 13.6) | |
| C-West | **†5.0** | **†6.2** | **†9.4** | **†11.3** | **9.9** | **†8.3** | **†8.1** | **†9.0** | **†6.7** | **7.6** | **8.2** | **†10.0** | **†9.2** | **†6.1** | **11.9** | **11.4** | **11.1** | **10.1** | **11.5** | **p** |
| | (3.0,8.3) | (3.8,9.9) | (6.4, 13.8) | (8.0, 15.8) | (7.2, 13.5) | (5.8,11.7) | (5.8, 11.2) | (6.4,12.7) | (4.8,9.4) | (5.8,9.8) | (5.9,11.3) | (6.5,15.0) | (6.1, 13.5) | (4.1, 9.0) | (9.1, 15.5) | (8.7, 15.0) | (8.1, 14.9) | (7.4, 13.6) | (8.5, 15.3) | |
| West | **†5.5** | **†7.7** | **†7.1** | **†5.3** | **8.8** | **†7.2** | **†7.7** | **9.2** | **9.5** | **9.5** | **†9.6** | **†8.9** | **†8.3** | **†8.9** | **14.3** | **†9.2** | **†6.7** | **†9.3** | **10.4** | |
| | (3.4,8.7) | (5.0,11.5) | (4.6,10.7) | (3.1, 8.9) | (6.4, 12.0) | (5.0,10.3) | (5.4,10.9) | (6.7,12.6) | (6.9,12.9) | (7.3,12.4) | (6.8,13.3) | (5.9,13.3) | (5.7, 11.9) | (6.2, 12.6) | (11.1, 18.1) | (6.6, 12.6) | (4.3, 10.5) | (6.7, 12.8) | (7.7, 13.9) | |
| East | **†5.9** | **†7.1** | **†10.9** | **†8.1** | **†7.4** | **11.5** | **7.4** | **9.8** | **9.3** | **10.1** | **11.7** | **†9.5** | **†9.1** | **9.6** | **13.3** | **11.4** | **10.5** | **12.0** | **11.5** | |
| | (3.7,9.4) | (4.6,10.7) | (7.6,15.5) | (5.6, 11.7) | (5.3, 10.4) | (8.4,15.7) | (5.4,10.2) | (7.2,13.2) | (6.7,12.7) | (7.8,12.8) | (8.4,15.9) | (6.7,13.4) | (6.5, 12.7) | (6.9, 13.1) | (10.4, 16.9) | (8.5, 15.2) | (7.7, 14.1) | (9.1, 15.8) | (8.6, 15.2) | |
| North | **†6.0** | **†3.1** | **†9.7** | **†10.1** | **9.7** | **†8.2** | **9.5** | **10.0** | **8.8** | **9.9** | **†8.4** | **†6.0** | **12.4** | **†9.5** | **14.1** | **†11.4** | **11.9** | **†8.9** | **10.7** | |
| | (3.7,9.8) | (1.7,5.8) | (6.5,14.2) | (6.7, 14.7) | (7.1,13.2) | (5.7,11.7) | (6.9,13.1) | (7.3,13.5) | (6.4,11.9) | (7.7,12.7) | (6.0,11.7) | (3.9,9.2) | (9.0, 16.8) | (6.6, 13.3) | (10.9, 18.1) | (8.0, 16.0) | (8.7, 16.2) | (6.2, 12.5) | (8.0, 14.2) | |

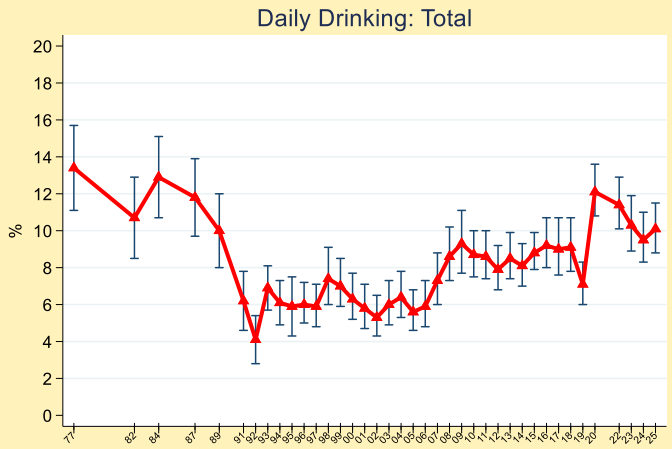
Notes: (1) ¶95% confidence interval; the sampling and data collection method were changed in 2020 from telephone interview to web survey.

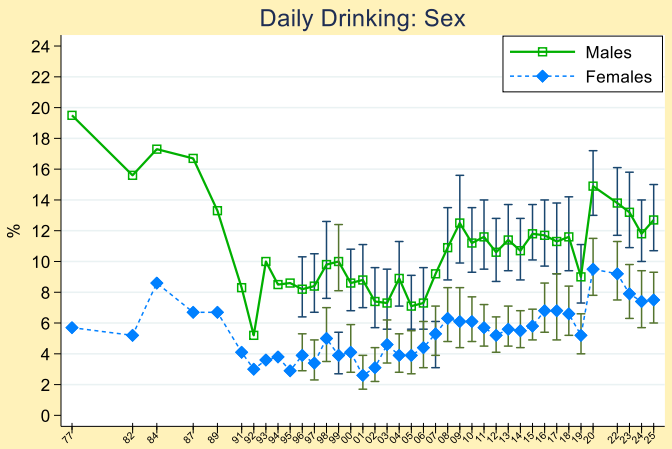
(2) Significant change: [a]2025 vs.2024, [b] 2025 vs. 2020, [c]2025 vs. 2015, [p]2025 vs. 2019 (pre-pandemic).

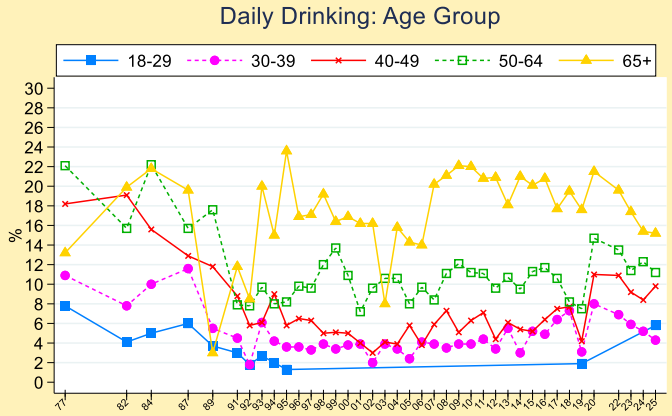
Q: *Response of "daily" or "almost daily" to the question: How often, if ever, did you drink alcoholic beverages during the PAST TWELVE months?*

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

## **Figure 3.2.3** Daily Drinking Among Past Year Drinkers Aged 18+, 1977–2025




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

## 3.3. Exceeding Low-Risk Drinking

Canada's *Guidance on Alcohol and Health* provides evidence-based recommendations to help individuals make informed choices about alcohol consumption. The guidance emphasizes that no amount of alcohol is completely risk-free, and even small amounts can increase the risk of several health conditions, including **seven types of cancer, heart disease, and liver disease**. Low-Risk Drinking Guidelines suggests limiting alcohol to no more than two drinks per week to minimize health risk (Paradis, C., Butt, P., Shield, K., Poole, N., Wells, S., Naimi, T., Sherk, A., & the Low-Risk Alcohol Drinking Guidelines Scientific Expert Panels, 2023).

In 2025, about 25% of adults residing in Ontario consumed more than two drinks per week (Moderate to high risk), and about 15.8% were high risk drinkers (Figure 3.1.1)

Overall, men were more likely to exceed two drinks per week than women (30.3% vs. 19.9%, respectively) (Figure 3.3.1).

**Figure 3.3.1** Risky Level of Drinking, Adults Aged 18+, 2025 (N=2006)

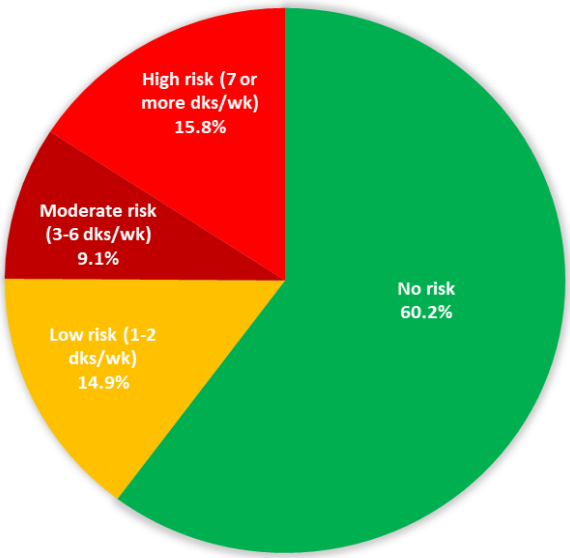
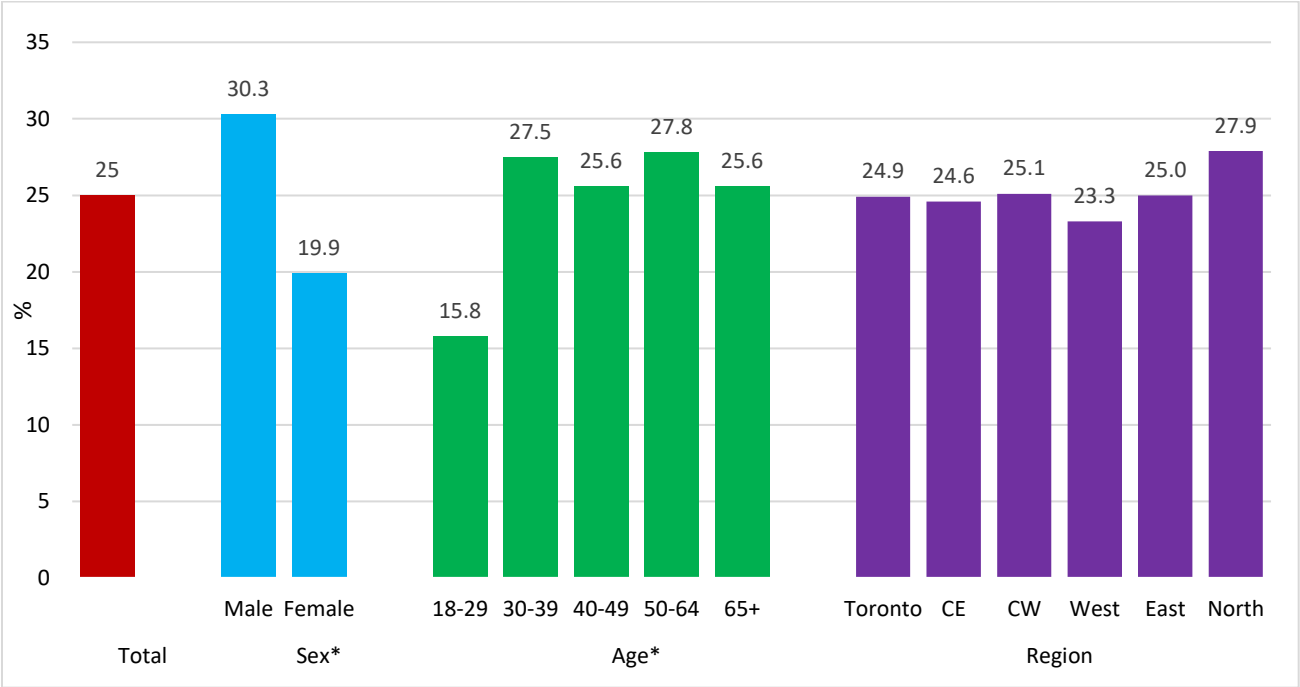
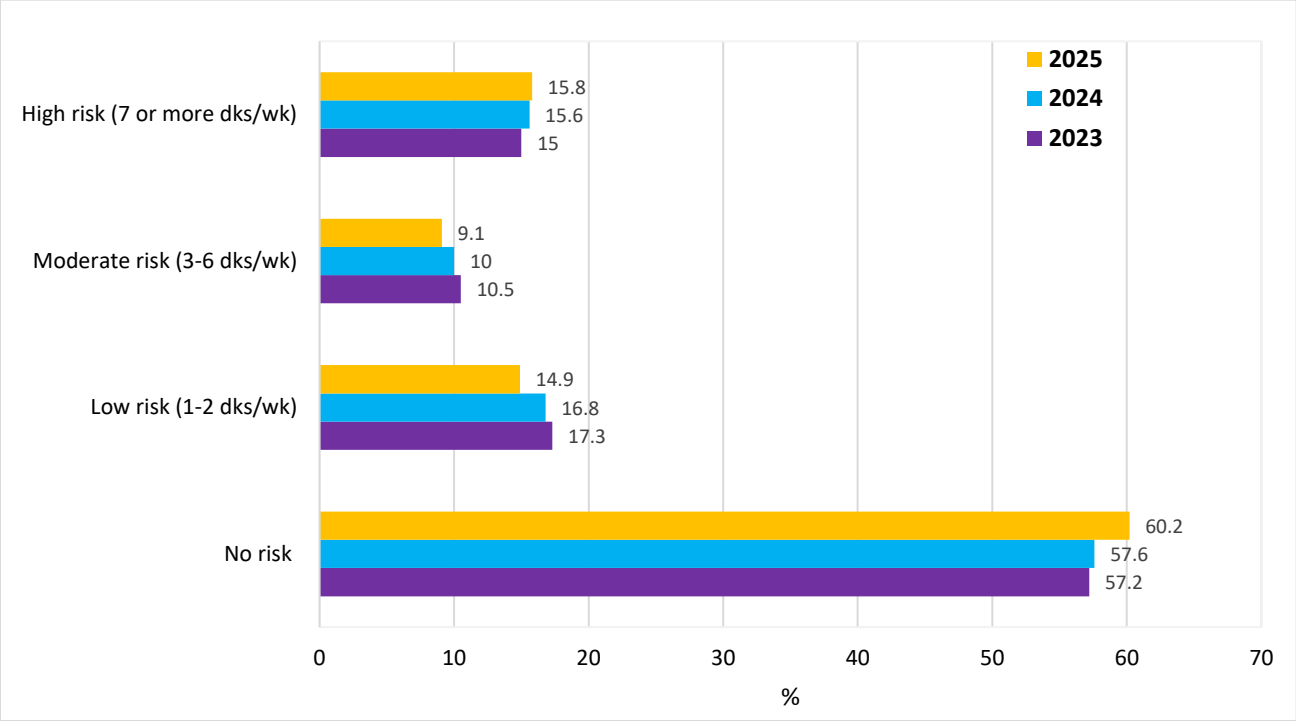



**Figure 3.3.2** Exceeding Low Risk Drinking (More Than Two Drinks Per Week) By Sex, Age and Region, Aged 18+, 2025 (N=2006)




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

**Figure 3.3.3** Risk Level Drinking, Aged 18+, 2023-2025 (N=2006)




Note: Risk level estimated based on the 2023 Canadian Alcohol and Health Guidance[15]. DKS: Drinks, WK: Week.

[15] Paradis, C., Butt, P., Shield, K., Poole, N., Wells, S., Naimi, T., Sherk, A., & the Low-Risk Alcohol Drinking Guidelines Scientific Expert Panels. (2023). Canada's Guidance on Alcohol and Health: Final Report. Ottawa, Ont.: Canadian Centre on Substance Use and Addiction.

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

The consumption of five or more drinks on a single occasion on a weekly basis ("binge drinking") during the 12 months before the survey is an indicator of regular heavy intake of alcohol. Binge drinking is also referred to as "heavy episodic drinking," and "risky single occasion drinking".

In 2025, the estimated percentage reporting binge drinking was **9.6%** (95% CI: 8.6% to 10.9%). Men were more likely to report weekly binge drinking than women (13.7% vs. 5.8%, respectively). Differences were also evident among age groups, with young adults more likely to binge drink than older adults (Figure 3.4.1).

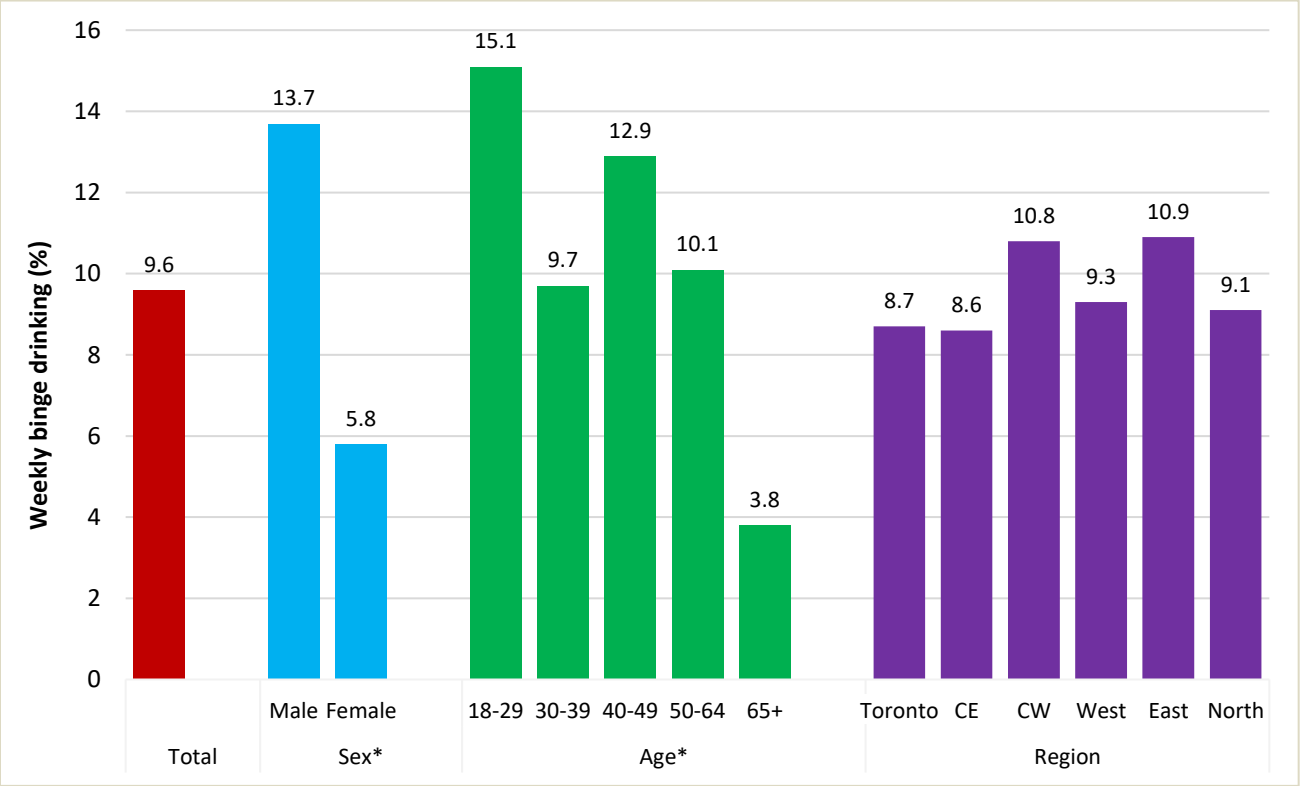
**Trends**
**1977-2025…….** Figure 3.4.2, Table 3.4.1a-b

**2015-2025**

There was a significant increase in percentages reporting weekly binge drinking from 7.5% in 2015 to 9.6% in 2025 (Table 3.4.1b). Likewise, significant increases were evident among women, those aged 30 to 39, 40 to 49, and 50 to 64 years old, and those residing in Toronto and East during the same period.

There was also a significant increase in reporting weekly binge drinking in 2025 (9.6%) compared to 2019 (6.0%) (Table 3.4.1b).

**Figure 3.4.1** **Percentage Drinking Five or More Drinks on a Single Occasion Weekly in the Past Year by Sex, Age and Region, Adults Aged 18+, 2025 (N=3012)**




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

**Table 3.4.1a**: ***Weekly Binge Drinking*** – Percentage Drinking ***Five or More Drinks*** on a Single Occasion Weekly in the Past 12 Months, by Demographic Characteristics, ***Aged*** 18+, 1977–2005

| | 1977 | 1982 | 1984 | 1987 | 1989 | 1991 | 1994 | 1995 | 1996 | 1997 | 1998 | 1999 | 2000 | 2001 | 2002 | 2003 | 2004 | 2005 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| (N=) | (1059) | (1040) | (1051) | (1084) | (1101) | (1047) | (2022) | (994) | (2721) | (2776) | (2232) | (2436) | (2406) | (2627) | (2421) | (2411) | (2611) | (2445) |
| **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** | **12.3** | **10.5** | **11.0** | **11.4** | **10.8** |
| (95%CI)¶ | (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) | (10.9, 13.9) | (9.1, 11.9) | (9.6, 12.6) | (9.9,13.1) | (9.4,12.4) |
| **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** | **20.7** | **16.3** | **16.7** | **17.6** | **17.5** |
| | (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) | (18.1, 23.6) | (14.0, 18.8) | (14.2, 19.5) | (15.1, 20.5) | (15.0,20.3) |
| 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** | **4.4** | **4.9** | **5.7** | **5.6** | **4.6** |
| | (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) | (3.3, 5.9) | (3.7, 6.5) | (4.4, 7.4) | (4.3, 7.4) | (3.4, 6.1) |
| **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** | **18.4** | **16.5** | **19.4** | **21.8** | **16.2** |
| | (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) | (14.7, 22.9) | (13.0, 20.7) | (15.3, 24.2) | (17.0, 27.3) | (12.3,21.1) |
| 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** | **13.8** | **9.7** | **11.6** | **11.8** | **9.9** |
| | (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) | (10.8, 17.4) | (7.1, 13.0) | (8.5, 15.8) | (8.7, 15.8) | (7.1,13.7)) |
| 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** | **9.1** | **11.1** | **8.4** | **10.6** | **13.0** |
| | (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) | (6.6, 12.4) | (8.3, 14.7) | (6.2, 11.2) | (7.9, 14.2) | (10.0,16.7)) |
| 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** | **12.3** | **7.8** | **8.7** | **7.6** | **7.4** |
| | (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) | (9.4, 16.0) | (5.6, 10.8) | (6.3, 11.8) | (5.6, 10.3) | (5.4,10.1) |
| 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** | **† 5.5** | **6.7** | **† 6.0** | **† 5.6** | **† 6.4** |
| | (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) | (3.4, 8.9) | (4.3, 10.2) | (3.9, 9.1) | (3.7, 8.2) | (4.1,9.8) |
| **Region** | | | | | | | | | | | | | | | | | | |
| Toronto | — | — | — | — | — | — | — | — | **13.0** | **11.0** | **11.4** | **10.7** | **11.9** | **14.8** | **8.9** | **11.0** | **8.7** | **11.1** |
| | | | | | | | | | (9.5, 17.4) | (8.2, 14.6) | (8.1, 15.9) | (7.8, 14.6) | (8.8, 16.1) | (11.3, 19.2) | (6.3, 12.3) | (7.9, 15.2) | (5.9, 12.6) | (7.8,15.4) |
| C-East | — | — | — | — | — | — | — | — | **10.4** | **11.2** | **†9.8** | **12.1** | **14.5** | **11.6** | **12.0** | **12.0** | **†12.6** | **11.4** |
| | | | | | | | | | (7.7, 13.8) | (8.4, 14.8) | (6.9, 13.7) | (9.0, 16.1) | (11.1, 18.8) | (8.8, 15.2) | (8.9, 16.2) | (8.9, 16.0) | (9.0, 17.2) | (8.3,15.5) |
| C-West | — | — | — | — | — | — | — | — | **11.4** | **12.3** | **†9.3** | **13.3** | **12.1** | **10.2** | **†9.8** | **†10.0** | **12.8** | **†9.2** |
| | | | | | | | | | (8.6, 15.0) | (9.4, 16.0) | (6.7, 12.9) | (10.0, 17.5) | (9.0, 16.0) | (7.3, 14.0) | (7.0, 13.5) | (7.1, 14.0) | (9.4, 17.2) | (6.5, 12.7) |
| West | — | — | — | — | — | — | — | — | **13.0** | **9.1** | **14.0** | **12.5** | **11.8** | **14.5** | **12.3** | **11.0** | **14.6** | **14.1** |
| | | | | | | | | | (9.7, 17.1) | (6.5, 12.6) | (10.4, 18.5) | (9.4, 16.6) | (8.7, 15.9) | (11.1, 18.7) | (9.3, 16.1) | (8.0, 14.9) | (11.1, 19.1) | (10.8,18.2) |
| East | — | — | — | — | — | — | — | — | **10.1** | **11.8** | **14.4** | **11.7** | **12.0** | **10.5** | **11.6** | **11.2** | **9.7** | **9.1** |
| | | | | | | | | | (7.5, 13.6) | (8.8, 15.5) | (10.8, 19.0) | (8.7, 15.6) | (8.9, 15.9) | (7.6, 14.3) | (8.6, 15.5) | (8.2, 15.0) | (7.0, 13.2) | (6.3,13.0) |
| North | — | — | — | — | — | — | — | — | **12.9** | **12.7** | **13.2** | **9.1** | **14.4** | **11.2** | **9.2** | **11.2** | **10.9** | **10.8** |
| | | | | | | | | | (9.8, 16.9) | (9.7, 16.5) | (9.7, 17.7) | (6.5, 12.5) | (10.9, 18.7) | (8.7, 14.3) | (6.5, 12.7) | (8.2, 15.1) | (8.4, 14.0) | (7.9,14.6) |

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

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

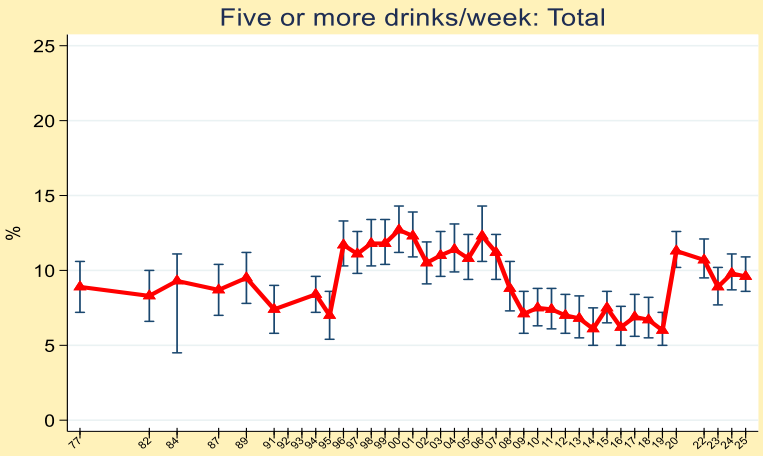
Source:The *CAMH Monitor*, Centre for Addiction and Mental Health

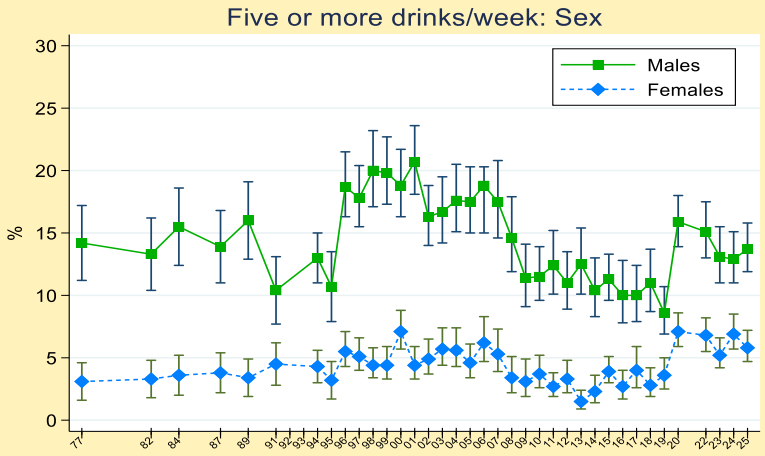
**Table 3.4.1b**: ***Weekly Binge Drinking*** – Percentage Drinking ***Five or More Drinks*** on a Single Occasion Weekly in the Past 12 Months, by Demographic Characteristics, Aged 18+, 2006–2025

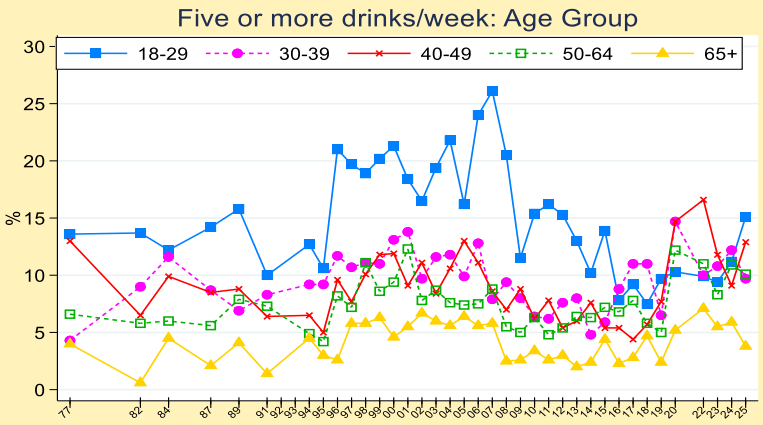
| | 2006 | 2007 | 2008 | 2009 | 2010 | 2011 | 2012 | 2013 | 2014 | 2015 | 2016 | 2017 | 2018 | 2019 | 2020 | 2022 | 2023 | 2024 | 2025 | Sig. |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| (N= ) | (2016) | (2005) | (2024) | (2037) | (3030) | (3039) | (3030) | (3021) | (3043) | (5013) | (3042) | (2812) | (2806) | (2827) | (3033) | (2650) | (2590) | (3024) | (3012) | |
| **Total** | **12.3** | **11.2** | **8.8** | **7.1** | **7.5** | **7.4** | **7.0** | **6.8** | **6.1** | **7.5** | **6.2** | **6.9** | **6.7** | **6.0** | **11.3** | **10.7** | **8.9** | **9.8** | **9.6** | **cp** |
| (95%CI)¶ | (10.6,14.3) | (9.6,13.1) | (7.3,10.6) | (5.8,8.6) | (6.3, 8.8) | (6.1,8.8) | (5.8,8.4) | (5.5, 8.3) | (5.0, 7.5) | (6.5, 8.6) | (4.9, 7.6) | (5.6, 8.4) | (5.5, 8.2) | (5.0, 7.2) | (10.2, 12.6) | (9.5, 12.1) | (7.7, 10.2) | (8.7, 11.1) | (8.6, 10.9) | |
| **Sex** | | | | | | | | | | | | | | | | | | | | |
| Men | **18.8** | **17.5** | **14.6** | **11.4** | **11.5** | **12.4** | **11.0** | **12.5** | **10.4** | **11.3** | **10.0** | **10.0** | **11.0** | **8.6** | **15.9** | **15.1** | **13.1** | **12.9** | **13.7** | **p** |
| | (15.0,20.3) | (14.6,20.8) | (11.9,17.9) | (9.1,14.1) | (9.6,13.9) | (10.1,15.2) | (8.9, 13.5) | (10.1, 15.4) | (8.3, 13.0) | (9.6, 13.3) | (7.8, 12.8) | (7.9, 12.4) | (8.7, 13.7) | (6.9, 10.7) | (13.9, 18.0) | (13.0, 17.5) | (11.0, 15.5) | (11.0, 15.1) | (11.9, 15.8) | |
| Women | **6.2** | **5.3** | **†3.4** | **†3.1** | **†3.7** | **†2.7** | **†3.3** | **†1.5** | **†2.3** | **3.9** | **†2.7** | **†3.9** | **†2.8** | **†3.6** | **7.1** | **6.8** | **5.2** | **6.9** | **5.8** | **cp** |
| | (4.7, 8.3) | (3.9, 7.3) | (2.2, 5.1) | (1.9, 4.9) | (2.6, 5.2) | (1.9, 3.8) | (2.2, 4.8) | (0.9, 2.4) | (1.4, 3.6) | (3.0, 5.1) | (1.7, 4.0) | (2.6, 5.9) | (2.6, 5.9) | (2.5, 5.0) | (5.9, 8.6) | (5.5, 8.2) | (4.2, 6.6) | (5.7, 8.5) | (4.7, 7.2) | |
| **Age** | | | | | | | | | | | | | | | | | | | | |
| 18 - 29 | **24.0** | **26.1** | **20.5** | **†11.5** | **15.4** | **16.2** | **†15.3** | **†13.0** | **†10.2** | **13.9** | **†7.8** | **†9.2** | **†7.5** | **†9.7** | **10.3** | **†9.9** | **†9.4** | **11.2** | **15.1** | |
| | (18.4,30.7) | (20.1,33.2) | (15.0,27.4) | (7.2, 17.8) | (11.3, 20.7) | (11.6, 22.0) | (10.5, 21.0) | (8.3, 19.9) | (6.1, 16.5) | (10.5, 18.3) | (4.5, 13.2) | (6.0, 13.7) | (5.0, 11.2) | (6.7, 13.7) | (7.6, 13.9) | (6.9, 13.9) | (6.3, 13.9) | (8.2, 15.2) | (11.5, 19.6) | |
| 30 - 39 | **12.8** | **7.9** | **9.4** | **8.0** | **†6.4** | **†6.2** | **7.6** | **†8.0** | **†4.8** | **†5.9** | **†8.8** | **†11.0** | **†11.0** | **†6.5** | **14.7** | **10.0** | **10.8** | **12.2** | **9.7** | **bc** |
| | (9.3,17.2) | (5.2,11.8) | (6.1,14.4) | (5.4, 11.8) | (4.1, 9.6) | (3.9, 9.7) | (4.8, 11.9) | (5.0, 12.5) | (2.5, 9.0) | (3.9, 8.5) | (4.8, 15.5) | (6.3, 18.7) | (6.3, 18.4) | (4.0, 10.4) | (11.8, 18.1) | (7.4, 13.4) | (8.1, 14.3) | (9.3, 15.9) | (7.4, 12.6) | |
| 40 - 49 | **11.1** | **8.6** | **7.0** | **8.8** | **†6.2** | **7.8** | **†5.4** | **†6.0** | **†7.6** | **†5.4** | **†5.4** | **†4.4** | **†5.7** | **†7.7** | **14.7** | **16.6** | **11.8** | **†9.1** | **12.9** | **cp** |
| | (8.0,15.2) | (6.1,11.9) | (4.7,10.1) | (6.2,12.4) | (4.3, 8.8) | (5.6, 10.9) | (3.5, 8.2) | (3.8, 8.1) | (5.3, 10.9) | (3.8, 7.6) | (3.3, 8.6) | (2.5, 7.6) | (3.3, 9.6) | (5.0, 11.6) | (11.8, 18.3) | (13.1, 20.9) | (9.0, 15.5) | (6.5, 12.7) | (10.2, 16.2) | |
| 50 - 64 | **7.5** | **8.8** | **†5.5** | **†5.0** | **6.3** | **4.8** | **5.4** | **6.4** | **6.3** | **7.2** | **6.8** | **7.8** | **†5.8** | **†5.0** | **12.2** | **11.0** | **8.3** | **10.9** | **10.1** | **cp** |
| | (5.3,10.4) | (6.5,11.8) | (3.6, 8.4) | (3.2,7.8) | (4.8, 8.2) | (3.6,6.5) | (4.0, 7.3) | (4.8, 8.6) | (4.6, 8.4) | (5.9, 8.8) | (5.2, 8.8) | (5.8, 10.6) | (4.2, 8.0) | (3.5, 6.9) | (10.0, 14.9) | (8.8, 13.5) | (6.4, 10.7) | (8.6, 13.7) | (8.0, 12.5) | |
| 65+ | **†5.6** | **† 5.8** | **†2.5** | **†2.6** | **†3.4** | **†2.6** | **†3.0** | **†2.0** | **†2.4** | **4.4** | **†2.3** | **†2.8** | **†4.7** | **†2.4** | **†5.2** | **7.1** | **†5.5** | **†5.9** | **†3.8** | |
| | (3.4, 9.0) | (3.8,8.9) | (1.4, 4.7) | (1.5, 4.5) | (2.1, 5.4) | (1.6, 4.4) | (1.8, 4.9) | (1.2, 3.2) | (1.5, 3.8) | (3.3, 5.7) | (1.5, 3.4) | (1.9, 4.2) | (3.3, 6.8) | (1.5, 3.9) | (3.7, 7.2) | (5.3, 9.6) | (3.9, 7.8) | (4.2, 8.4 | (2.5, 5.6) | |
| **Region** | | | | | | | | | | | | | | | | | | | | |
| Toronto | **10.7** | **†7.8** | **†6.8** | **†4.7** | **†7.0** | **†5.5** | **†5.6** | **†5.3** | **†6.2** | **†5.1** | **†4.6** | **†5.1** | **†5.5** | **†6.5** | **13.1** | **12.9** | **†7.9** | **11.7** | **8.7** | **bc** |
| | (7.5,15.2) | (5.0,12.0) | (4.2,11.0) | (2.8, 7.8) | (4.6,10.5) | (3.2, 9.3) | (2.8, 7.8) | (2.9, 9.6) | (3.8, 10.1) | (3.7, 7.2) | (2.7, 7.8) | (3.1, 8.1) | (3.4, 8.7) | (4.1, 10.2) | (10.3, 16.5) | (10.1, 16.2) | (5.6, 11.0) | (9.1, 15.0) | (6.5, 11.6) | |
| C- East | **16.5** | **†12.5** | **†10.1** | **†7.9** | **†7.3** | **†5.8** | **†6.7** | **†6.7** | **†6.9** | **9.8** | **†6.3** | **†7.7** | **†6.4** | **†5.8** | **10.1** | **11.0** | **†8.3** | **9.1** | **8.6** | |
| | (12.1,22.2) | (8.7,17.6) | (6.8,14.7) | (4.9,12.4) | (5.0, 10.6) | (3.6, 9.2) | (4.3,10.2) | (4.3, 10.3) | (4.4, 10.6) | (7.4, 13.0) | (3.7, 10.7) | (5.0, 11.7) | (4.0, 9.9) | (3.8, 8.7) | (7.7, 13.1) | (8.3, 14.3) | (6.0,11.5) | (6.8, 12.2) | (6.4, 11.4) | |
| C- West | **†8.7** | **†8.7** | **†9.7** | **†10.0** | **†7.8** | **†8.5** | **†5.0** | **†7.5** | **†6.4** | **7.2** | **†7.2** | **†8.4** | **†6.6** | **†4.3** | **10.5** | **10.4** | **9.8** | **9.4** | **10.8** | **p** |
| | (5.7,13.0) | (5.6,13.2) | (6.2,14.8) | (6.8,14.6) | (5.3,11.2) | (5.7, 12.4) | (2.9, 8.4) | (4.9, 11.4) | (4.1, 9.8) | (5.2, 9.9) | (4.5, 11.5) | (5.4, 12.7) | (4.0, 10.6) | (2.6, 7.0) | (8.1, 13.5) | (7.9, 13.6) | (7.3, 13.0) | (7.0, 12.5) | (8.3,13.9) | |
| West | **17.0** | **13.1** | **†6.7** | **†5.2** | **†7.7** | **10.9** | **10.1** | **†6.6** | **†5.4** | **8.1** | **†6.2** | **†5.3** | **†7.2** | **†7.5** | **11.7** | **†7.6** | **8.5** | **9.3** | **9.3** | |
| | (12.7,22.4) | (9.2,18.2) | (4.2,10.7) | (3.1, 8.7) | (5.3,11.0) | (7.7, 15.2) | (3.1, 8.7) | (4.0, 10.5) | (3.6, 8.0) | (6.0, 10.9) | (3.9, 9.6) | (3.2, 8.5) | (4.2, 12.0) | (5.0, 11.0) | (9.1, 14.9) | (5.4, 10.6) | (6.2, 11.7) | (6.8, 12.4) | (6.9, 12.3) | |
| East | **10.5** | **17.3** | **†8.8** | **†5.4** | **†7.0** | **8.1** | **†8.4** | **†8.2** | **†4.7** | **†6.1** | **†5.5** | **†7.7** | **†8.3** | **†6.3** | **12.2** | **9.7** | **9.3** | **10.0** | **10.9** | **cp** |
| | (7.2,15.2) | (12.8,23.0) | (5.6,13.5) | (3.4, 8.6) | (4.6, 10.5) | (5.6, 11.5) | (3.4, 8.6) | (5.5, 12.1) | (2.9, 7.7) | (4.3, 8.6) | (3.4, 8.8) | (5.1, 11.6) | (5.6, 12.1) | (4.2, 9.2) | (9.6, 15.3) | (7.2, 13.0) | (6.9, 12.5) | (7.5, 13.3) | (8.4, 13.9) | |
| North | **†8.3** | **†9.7** | **12.4** | **†9.3** | **†9.8** | **†7.5** | **†9.4** | **†6.9** | **†6.3** | **8.3** | **†8.9** | **†5.9** | **†8.1** | **†8.3** | **10.0** | **11.7** | **9.6** | **†7.9** | **9.1** | |
| | (5.5,12.4) | (6.4,14.4) | (8.6,17.5) | (6.2,13.8) | (6.8, 13.9) | (4.8, 11.5) | (6.2,13.8) | (4.4, 10.6) | (4.2, 9.3) | (6.2, 11.0) | (5.8, 13.4) | (3.9, 9.0) | (5.5, 11.7) | (5.7, 12.0) | (7.6, 13.1) | (8.5, 15.9) | (7.0, 13.0) | (5.7, 10.8) | (6.9, 12.0) | |

Notes: (1) ¶95% confidence interval; the sampling and data collection method were changed in 2020 from telephone interview to web survey.
(2) Significant change: [a]2025 vs.2024, [b] 2025 vs. 2020, [c]2025 vs. 2015, [p]2025 vs. 2019 (pre-COVID-19 pandemic).
*Q: How often during the past 12 months would you say you had five or more drinks at the same sitting or occasion?*
Source: The *CAMH Monitor*, Centre for Addiction and Mental Health

**Figure 3.4.2** **Percentage Drinking Five or More Drinks on a Single Occasion Weekly in the Past Year, Aged 18+, 1977–2025**




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

## 3.5. Hazardous or Harmful Drinking (AUDIT)

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

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

In 2025, about 16.5% of adults drank hazardously or harmfully during the past 12 months before the survey.

There were also significant differences in percentage reporting hazardous or harmful drinking among men (21.9%) and women (11.4%).

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

**2024-2025**

There was a decline in reports of hazardous or harmful drinking between 2024 and 2025 **(**18.9% vs 16.5%, respectively, Table 3.5.1b).

**2015-2025**

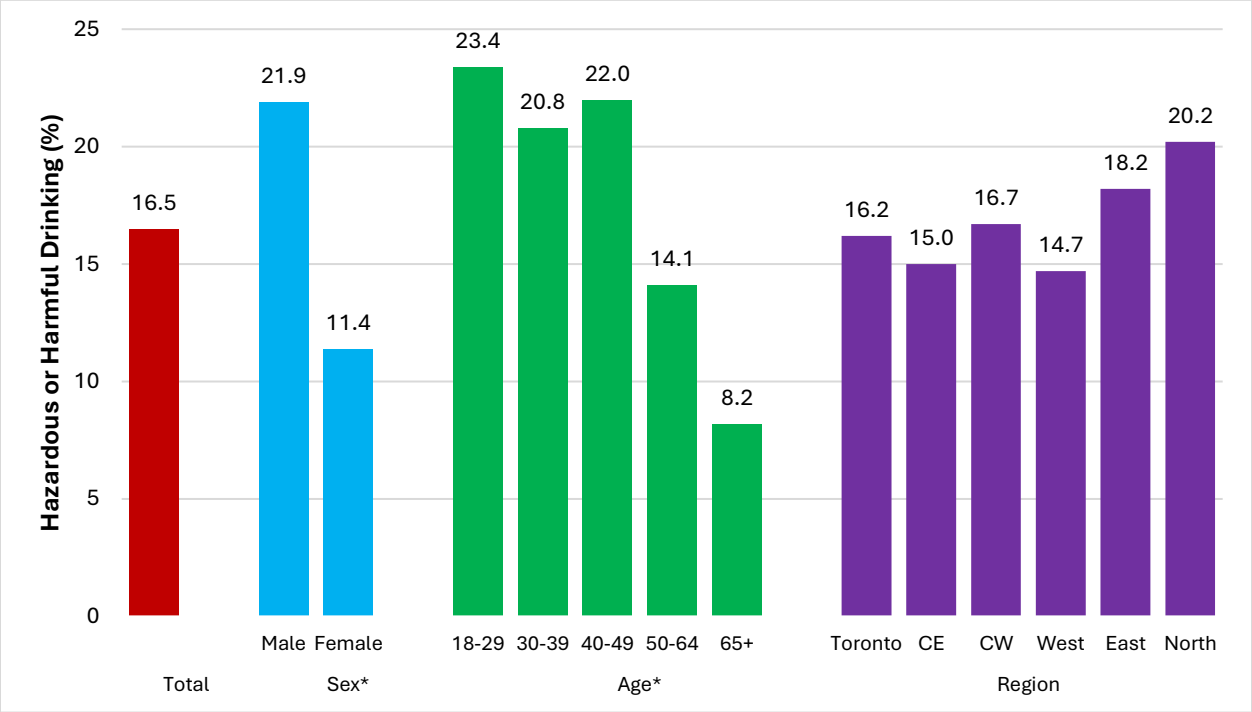
There was a significant increase in percentage reporting hazardous or harmful drinking in 2025 (16.5%) compared to 2019 (13.2%). However, it declined since the start of the pandemic, declined from 21.2% in 2020 to 16.5% in 2025.

Among females, a significant increase in percentage reporting hazardous or harmful drinking in 2025 (11.4%) compared to 2015 (8.4%), and 2019 (8.1%). There was also a significant increase among 40 to 49 years old.

In the past five years, a significant decline was evident among males and females, those aged 50 to 64, and 65 or older between 2020 and 2025 (Table 3.5.2a).

**Trends**
**1998-2025**.....Figure 3.5.2, Table 3.5.1a-b

**Figure 3.5.1** **Percentage Drinking Hazardously or Harmfully (AUDIT 8+) by Sex, Age and Region, Adults Aged 18+, 2025 (N=3012)**




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

**Table 3.5.1a**: Percentage ***Reporting Hazardous or Harmful Drinking (AUDIT 8+)*** in the Past 12 Months, by Demographic Characteristics, Aged 18+, 1998–2005

| (N=) | 1998 (2509) | 1999 (2436) | 2000 (2406) | 2001 (2627) | 2002 (2421) | 2003 (2411) | 2004 (2611) | 2005 (2445) |
|---|---|---|---|---|---|---|---|---|
| **Total** | **13.3** | **13.2** | **13.3** | **12.9** | **13.0** | **13.2** | **13.9** | **10.4** |
| (95%CI) ¶ | (11.7, 15.0) | (11.7, 14.9) | (11.8, 15.0) | (11.4, 14.4) | (11.5, 14.6) | (11.6, 14.9) | (12.3, 15.7) | (9.0, 12.0) |
| **Sex** | | | | | | | | |
| Men | **22.9** | **21.7** | **20.0** | **19.7** | **19.9** | **19.4** | **20.6** | **15.5** |
| | (20.1, 26.0) | (18.9, 24.8) | (17.4, 23.0) | (17.2, 22.4) | (17.3, 22.7) | (16.7, 22.4) | (17.8, 23.7) | (13.0, 18.3) |
| Women | **4.8** | **5.6** | **7.4** | **6.6** | **6.6** | **7.5** | **7.8** | **5.6** |
| | (3.7, 6.2) | (4.3, 7.2) | (6.0, 9.0) | (5.3, 8.4) | (5.1, 8.5) | (5.9, 9.4) | (6.1, 9.8) | (4.3, 7.3) |
| **Age** | | | | | | | | |
| 18-29 | **26.9** | **25.7** | **25.5** | **24.9** | **22.4** | **27.2** | **31.2** | **25.5** |
| | (22.4, 31.9) | (21.2, 30.9) | (21.2, 30.4) | (20.7, 29.7) | (18.2, 27.2) | (22.4, 32.5) | (25.9, 37.1) | (20.6, 31.2) |
| 30-39 | **11.4** | **13.1** | **11.9** | **14.8** | **15.5** | **16.0** | **15.6** | **7.1** |
| | (8.8, 14.6) | (10.2, 16.6) | (9.4, 15.1) | (11.7, 18.6) | (12.2, 19.6) | (12.3, 20.5) | (12.1, 20.0) | (5.0, 9.9) |
| 40-49 | **11.6** | **11.0** | **10.9** | **9.5** | **11.2** | **10.1** | **10.4** | **9.3** |
| | (8.8, 15.1) | (8.2, 14.6) | (8.2, 14.2) | (7.2, 12.5) | (8.4, 14.6) | (7.6, 13.2) | (7.8, 13.7) | (6.8, 12.6) |
| 50-64 | **9.3** | **9.0** | **9.8** | **10.9** | **8.7** | **7.4** | **7.5** | **6.1** |
| | (6.6, 12.9) | (6.2, 12.7) | (7.1, 13.4) | (8.2, 14.4) | (6.2, 12.0) | (5.2, 10.5) | (5.3, 10.4) | (4.2, 8.8) |
| 65+ | **†4.7** | **†4.7** | **†5.2** | **†2.4** | **†5.7** | **†3.2** | **†5.4** | **†3.1** |
| | (2.7, 8.1) | (2.9, 7.6) | (3.0, 9.1) | (1.2, 4.7) | (3.3, 9.5) | (1.8, 5.9) | (3.3, 8.6) | (1.7, 5.7) |
| **Region** | | | | | | | | |
| Toronto | **13.3** | **12.7** | **12.6** | **13.0** | **11.7** | **12.9** | **13.4** | **†7.3** |
| | (9.9, 17.7) | (9.3, 17.2) | (9.3, 16.7) | (9.8, 17.0) | (8.5, 15.7) | (9.5, 17.5) | (9.9, 17.9) | (4.8, 10.8) |
| C-East | **13.5** | **12.0** | **14.8** | **14.7** | **12.8** | **17.0** | **15.0** | **12.7** |
| | (10.0, 18.0) | (8.8, 16.1) | (11.4, 19.1) | (11.3, 18.9) | (9.5, 17.1) | (13.2, 21.6) | (11.0, 11.9) | (9.2, 17.2) |
| C-West | **10.1** | **14.3** | **12.8** | **†8.9** | **14.9** | **11.7** | **13.9** | **†8.3** |
| | (7.4, 13.7) | (10.8, 18.7) | (9.6, 16.8) | (6.4, 12.3) | (11.4, 19.3) | (8.5, 15.8) | (10.4, 18.4) | (5.6, 12.2) |
| West | **15.4** | **14.5** | **12.2** | **15.9** | **12.0** | **12.9** | **15.8** | **13.2** |
| | (11.6, 20.0) | (11.1, 18.7) | (9.0, 16.4) | (12.3, 20.3) | (9.0, 15.8) | (9.7, 16.9) | (12.2, 20.3) | (9.8, 17.5) |
| East | **13.9** | **12.5** | **12.1** | **13.2** | **13.6** | **11.8** | **11.1** | **10.4** |
| | (10.4, 18.2) | (9.2, 16.8) | (8.9, 16.2) | (10.0,17.3) | (10.2, 17.9) | (8.5, 16.1) | (8.2, 15.0) | (7.3, 14.6) |
| North | **16.4** | **13.6** | **17.1** | **13.1** | **12.2** | **12.0** | **14.2** | **12.7** |
| | (12.6, 21.0) | (10.3, 17.8) | (13.3, 21.6) | (10.3, 16.5) | (9.0, 16.2) | (8.8, 16.1) | (11.3, 17.8) | (9.4, 17.0) |

Notes: (1) ¶95% confidence interval; † Estimate suppressed or unstable; † Estimate suppressed or unstable;

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

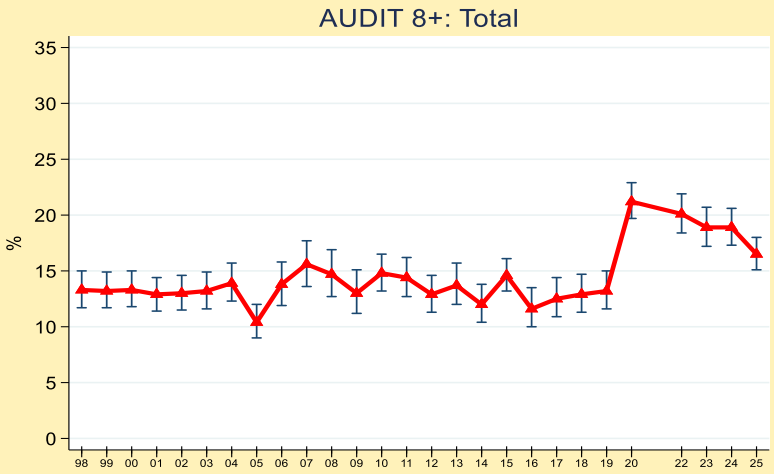
Source: The *CAMH Monitor*, Centre for Addiction and Mental Health

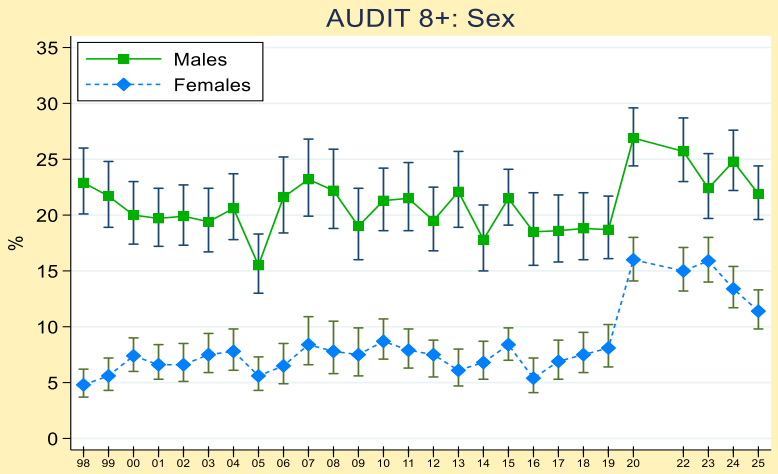
**Table 3.5.1b**: Percentage ***Reporting Hazardous or Harmful Drinking (AUDIT 8+)*** in the Past 12 Months, by Demographic Characteristics, Aged 18+, 2006–2025

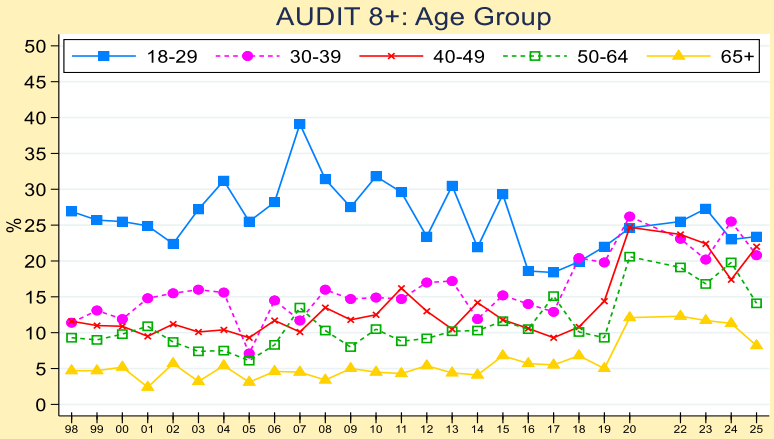
| (N=) | 2006 (2016) | 2007 (2005) | 2008 (2024) | 2009 (2037) | 2010 (3030) | 2011 (3039) | 2012 (3030) | 2013 (3021) | 2014 (3043) | 2015 (5013) | 2016 (3042) | 2017 (2812) | 2018 (2806) | 2019 (2827) | 2020 (3033) | 2022 (2650) | 2023 (2590) | 2024 (3024) | 2025 (3012) | Sig. |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Total** (95%CI)¶ | **13.8** (11.9, 15.8) | **15.6** (13.6, 17.7) | **14.7** (12.7,16.9) | **13.0** (11.2, 15.1) | **14.8** (13.2, 16.5) | **14.4** (12.7,16.2) | **12.9** (11.3, 14.6) | **13.7** (12.0, 15.7) | **12.0** (10.4, 13.8) | **14.6** (13.2, 16.1) | **11.6** (10.0, 13.5) | **12.5** (10.9, 14.4) | **12.9** (11.3, 14.7) | **13.2** (11.6, 15.0) | **21.2** (19.7, 22.9) | **20.1** (18.4, 21.9) | **18.9** (17.2, 20.7) | **18.9** (17.3, 20.6) | **16.5** (15.1, 18.0) | **abp** |
| **Sex** | | | | | | | | | | | | | | | | | | | | |
| Men | **21.6** (18.4, 25.2) | **23.2** (19.9, 26.8) | **22.2** (18.8, 25.9) | **19.0** (16.0, 22.4) | **21.3** (18.6, 24.2) | **21.5** (18.6, 24.7) | **19.5** (16.8, 22.5) | **22.1** (18.9, 25.7) | **17.8** (15.0, 20.9) | **21.5** (19.1, 24.1) | **18.5** (15.5, 22.0) | **18.6** (15.8, 21.8) | **18.8** (16.0, 22.0) | **18.7** (16.1, 21.7) | **26.9** (24.4, 29.6) | **25.7** (23.0, 28.7) | **22.4** (19.7, 25.5) | **24.8** (22.2, 27.6) | **21.9** (19.6, 24.4) | **b** |
| Women | **6.5** (4.9, 8.5) | **8.4** (6.6, 10.8) | **7.8** (5.8,10.5) | **7.5** (5.6,9.9) | **8.7** (7.1, 10.7) | **7.9** (6.3,9.8) | **7.5** (5.5,8.8) | **6.1** (4.7, 8.0) | **6.8** (5.3, 8.7) | **8.4** (7.0, 9.9) | **5.4** (4.1, 7.2) | **6.9** (5.3, 8.8) | **7.5** (5.9, 9.5) | **8.1** (6.4, 10.2) | **16.0** (14.1, 18.0) | **15.0** (13.2, 17.1) | **15.9** (14.0, 18.0) | **13.4** (11.7, 15.4) | **11.4** (9.8, 13.3) | **bcp** |
| **Age** | | | | | | | | | | | | | | | | | | | | |
| 18-29 | **28.2** (22.2, 35.0) | **39.1** (32.2, 46.4) | **31.4** (24.4,39.4) | **27.5** (20.9,35.3) | **31.8** (26.2, 38.1) | **29.6** (23.7,36.3) | **23.4** (17.8, 30.1) | **30.5** (23.3, 38.7) | **21.9** (15.8, 29.5) | **29.3** (24.4, 34.8) | **18.6** (13.2, 25.4) | **18.4** (13.8, 24.2) | **19.9** (15.4, 25.4) | **22.0** (17.5, 27.4) | **24.6** (20.5, 29.3) | **25.5** (20.8, 30.9) | **27.3** (21.9, 33.5) | **23.0** (18.7, 27.9) | **23.4** (18.9, 28.5) | |
| 30-39 | **14.5** (10.8, 19.3) | **11.7** (8.3,16.2) | **16.0** (11.5,21.7) | **14.7** (10.8,19.6) | **14.9** (11.3,19.2) | **14.7** (11.1,19.2) | **17.0** (12.9, 22.1) | **17.2** (12.8, 22.9) | **†11.9** (8.3, 16.8) | **15.2** (11.6, 19.6) | **†13.6** (8.8, 20.5) | **†12.9** (8.5, 19.2) | **†20.4** (14.4, 28.0) | **19.8** (14.9, 25.9) | **26.2** (22.5, 30.3) | **23.1** (19.1, 27.6) | **20.2** (16.6, 24.4) | **25.5** (21.3, 30.2) | **20.8** (17.3, 24.7) | |
| 40-49 | **11.7** (8.5, 15.8) | **10.1** (7.3, 14.0) | **13.5** (9.9,18.0) | **11.8** (8.9,15.7) | **12.5** (9.8, 15.9) | **16.2** (12.8, 20.2) | **13.0** (10.1, 16.7) | **10.5** (7.8, 13.9) | **14.2** (10.9, 18.3) | **11.8** (9.2, 14.9) | **10.6** (7.6, 14.5) | **†9.3** (6.4, 13.3) | **†10.8** (7.6, 15.2) | **14.4** (10.4, 19.5) | **24.7** (20.8, 29.0) | **23.7** (19.5, 28.4) | **22.4** (18.5, 26.9) | **17.4** (13.4, 22.4) | **22.0** (18.3, 26.1) | **acp** |
| 50-64 | **8.3** (6.0, 11.5) | **13.5** (10.5, 17.2) | **10.3** (7.7,13.6) | **8.0** (5.6,11.4) | **10.5** (8.6, 12.9) | **8.8** (6.7, 11.5) | **9.2** (7.3, 11.6) | **10.2** (8.1, 12.6) | **10.3** (8.3, 12.7) | **11.6** (9.8, 13.6) | **10.5** (8.5, 13.0) | **15.1** (12.1, 18.7) | **10.1** (7.9, 12.7) | **9.3** (7.1, 12.1) | **20.6** (17.7, 23.8) | **19.1** (16.3, 22.3) | **16.8** (14.0, 20.0) | **19.8** (16.6, 23.4) | **14.1** (11.7, 17.0) | **abp** |
| 65+ | **†4.6** (2.7, 7.8) | **†4.5** (2.7, 7.5) | **†3.4** (2.1, 5.7) | **†5.0** (3.2, 7.7) | **†4.5** (3.1, 6.6) | **†4.3** (2.9, 6.37) | **†5.4** (3.8, 7.6) | **4.4** (3.1, 6.2) | **†4.1** (2.9, 5.7) | **6.8** (5.4, 8.5) | **5.7** (4.4, 7.5) | **5.5** (4.1, 7.4) | **6.8** (5.1, 9.0) | **†5.0** (3.5, 6.9) | **12.1** (9.6, 15.1) | **12.3** (9.7, 15.4) | **11.7** (9.2, 14.9) | **11.3** (8.8, 14.4) | **8.2** (6.2, 10.8) | **bp** |
| **Region** | | | | | | | | | | | | | | | | | | | | |
| Toronto | **11.2** (7.6, 16.1) | **13.4** (9.6, 18.4) | **12.2** (8.1,18.1) | **12.4** (8.6,17.7) | **12.9** (9.6,17.0) | **10.8** (7.7,15.0) | **11.9** (8.8,15.9) | **13.3** (9.5, 18.4) | **†8.9** (6.3, 12.6) | **15.2** (12.1, 18.9) | **†9.4** (6.5, 13.4) | **13.4** (9.7, 18.1) | **13.5** (10.0, 17.8) | **12.8** (9.4, 17.3) | **24.9** (21.2, 29.1) | **23.4** (19.6, 27.6) | **17.4** (13.9, 21.7) | **21.6** (17.9, 25.8) | **16.2** (13.1, 19.9) | **ab** |
| C-East | **16.7** (12.2, 22.4) | **†14.2** (10.2, 19.5) | **15.5** (11.4, 20.8) | **†13.5** (9.5, 18.9) | **12.8** (9.6, 16.9) | **13.6** (10.0, 18.2) | **11.6** (8.5, 15.7) | **14.4** (10.6, 19.3) | **12.6** (9.1, 17.2) | **16.4** (13.4, 20.2) | **†12.9** (9.1, 17.9) | **12.0** (8.6, 16.6) | **11.3** (8.2, 15.5) | **12.8** (9.4, 17.3) | **20.4** (16.9, 24.3) | **21.8** (18.0, 26.1) | **17.6** (14.0, 21.8) | **18.8** (15.4, 22.8) | **15.0** (12.0, 18.6) | **b** |
| C- West | **†9.6** (6.5, 13.9) | **†14.7** (10.6, 20.2) | **†14.7** (10.5, 20.3) | **15.7** (11.6, 20.8) | **14.6** (11.2, 19.0) | **14.1** (10.4, 18.8) | **†10.4** (7.4, 14.5) | **14.5** (10.6, 19.5) | **†11.7** (8.3, 16.3) | **12.5** (9.8, 15.9) | **†11.1** (7.4, 16.3) | **12.6** (9.3, 16.8) | **†11.0** (7.7, 15.5) | **†11.0** (7.8, 15.1) | **18.9** (15.6, 22.6) | **17.3** (14.0, 21.2) | **19.5** (15.9, 23.7) | **18.8** (15.4, 22.8) | **16.7** (13.6, 20.5) | **p** |
| West | **19.2** (14.7, 24.5) | **17.8** (13.4, 23.3) | **11.9** (8.1,17.1) | **9.1** (6.1, 13.2) | **16.6** (12.8,21.1) | **20.6** (16.2, 25.7) | **15.3** (11.8, 19.6) | **10.7** (7.4, 15.1) | **14.6** (11.0, 19.0) | **12.4** (9.7, 15.7) | **†10.4** (11.0, 19.0) | **†9.1** (6.3, 12.9) | **15.2** (10.9, 20.7) | **15.5** (11.9, 19.9) | **21.7** (18.1, 25.8) | **16.5** (13.1, 20.5) | **17.6** (14.1, 21.8) | **16.4** (13.2, 20.3) | **14.7** (11.7, 18.2) | **b** |
| East | **14.9** (10.6, 20.4) | **22.0** (16.9, 28.0) | **18.7** (13.8,24.7) | **12.1** (8.7,16.6) | **16.8** (13.0,21.5) | **14.6** (11.2,18.9) | **17.2** (13.2, 22.2) | **14.3** (10.7, 18.9) | **12.6** (9.3, 16.8) | **13.9** (11.0, 17.5) | **13.1** (9.5, 17.9) | **14.9** (11.1, 19.8) | **15.1** (11.5, 19.7) | **16.5** (12.8, 21.0) | **22.7** (19.2, 26.7) | **21.7** (17.7, 26.2) | **21.5** (17.7, 25.8) | **18.9** (15.4, 22.8) | **18.2** (14.9, 22.0) | |
| North | **11.3** (7.9, 15.8) | **11.3** (7.8,16.1) | **18.2** (13.8,23.8) | **13.3** (9.6,18.2) | **21.1** (16.8,26.2) | **16.6** (12.6,21.7) | **14.9** (10.9, 20.1) | **15.3** (11.4, 20.2) | **14.5** (10.9, 18.9) | **17.0** (13.8, 20.7) | **14.9** (10.9, 20.0) | **†11.7** (8.3, 16.4) | **14.0** (10.6, 18.4) | **13.2** (9.8, 17.4) | **18.0** (14.7, 21.8) | **19.6** (15.4, 24.6) | **21.2** (17.2, 25.8) | **15.2** (12.0, 19.1) | **20.2** (16.8, 24.2) | **p** |

Notes: (1) ¶95% confidence interval; † Estimate suppressed or unstable; The sampling design was changed in 2020 from telephone interview to web survey.
(2) Significant change: [a]2025 vs.2024, [b] 2025 vs. 2020, [c]2025 vs. 2015, [p]2025 vs. 2019 (pre-COVID-19 pandemic).
*Def: The AUDIT screener measures hazardous and harmful drinking, as indicated by a score of 8 or more out of 40.*
Source: The *CAMH Monitor*, Centre for Addiction and Mental Health

**Figure 3.5.2** Percentage Drinking Hazardously or Harmfully (AUDIT 8+), Aged 18+, 1998–2025




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

## 3.6. Symptoms of Alcohol Dependence (AUDIT)

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

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

In 2025, an estimated **12.1%** (95%CI: 10.9% to 13.4%) of adults experienced at least one dependence symptom during the past year.

Men were more likely than women to report at least one symptom of alcohol dependence during the past year (15.2% vs. 9.1%, respectively).

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

### 2024-2025

Among 50 to 64, there were significant changes in reports of symptoms of alcohol dependence between 2023 and 2024 (11.6% vs. 8.0%, respectively).

There were no significant changes in reports of symptoms of alcohol dependence among men, women, other age subgroups and regions (Table 3.6.1b).

### 2015-2025

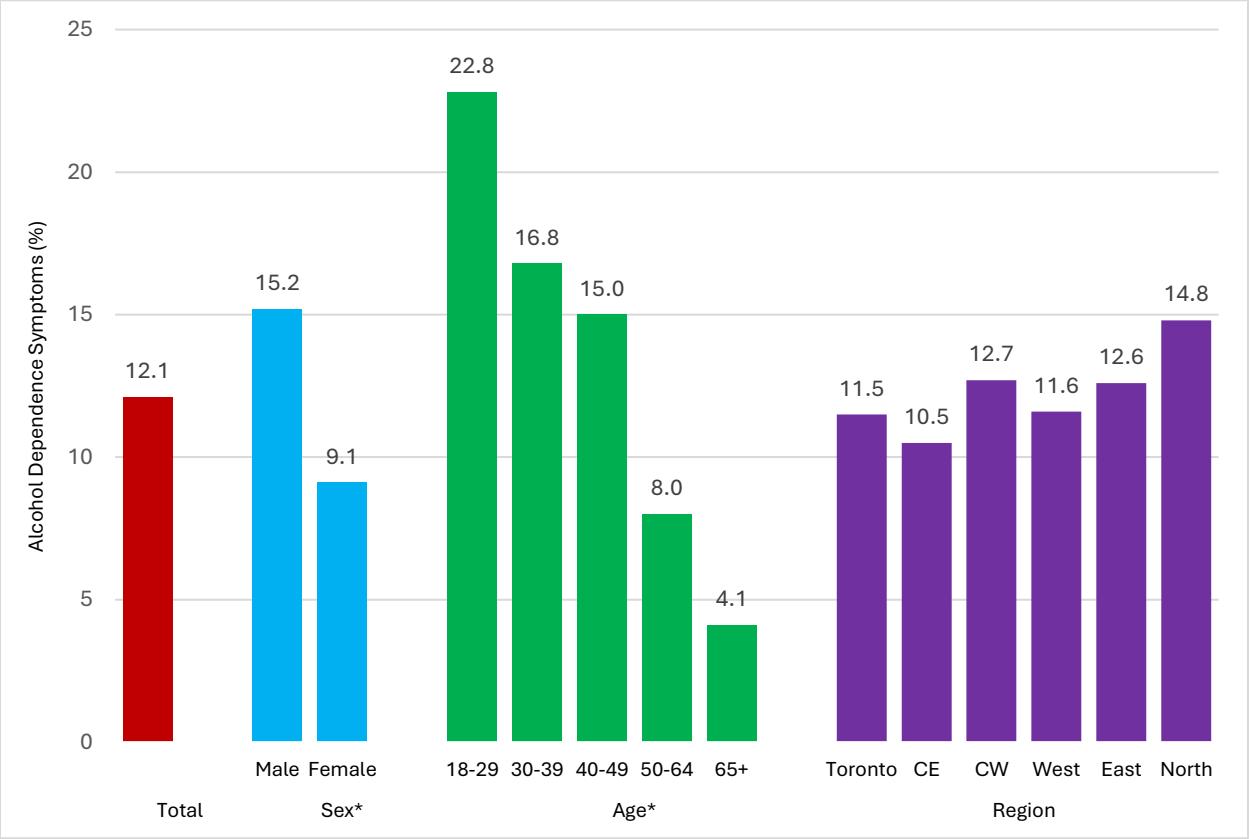
The percentages reporting at least one symptom of alcohol dependence increased between 2015 and 2025 (from 7.2% to 12.1%, respectively). Likewise, it increased among men, women, and those aged 18 to 29, 30 to 39, 40 to 49 and 50 to 64 years old (Table 3.6.1).

Compared to 2019, there was also an increase in reporting at least one symptom of alcohol dependence in 2025 among the total sample, men and women, those aged 18 to 29, 30 to 39, 50 to 64, 65 or older, those residing in Central West, East and North region (Table 3.6.1).

### Trends

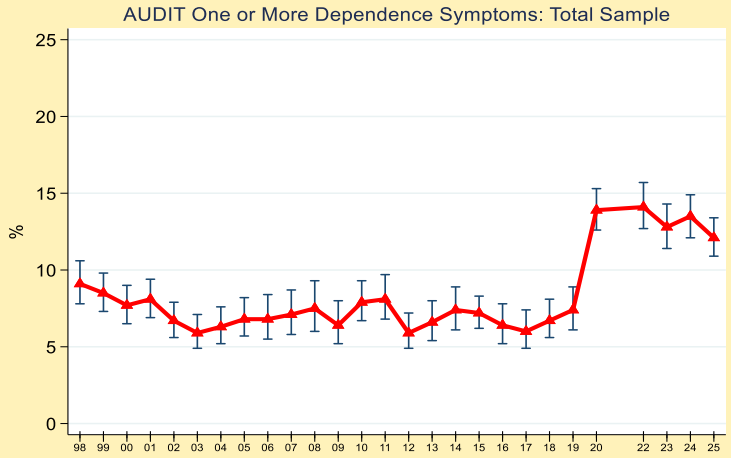
**1998-2025**....Figure 3.6.2, Table 3.6.1a-b

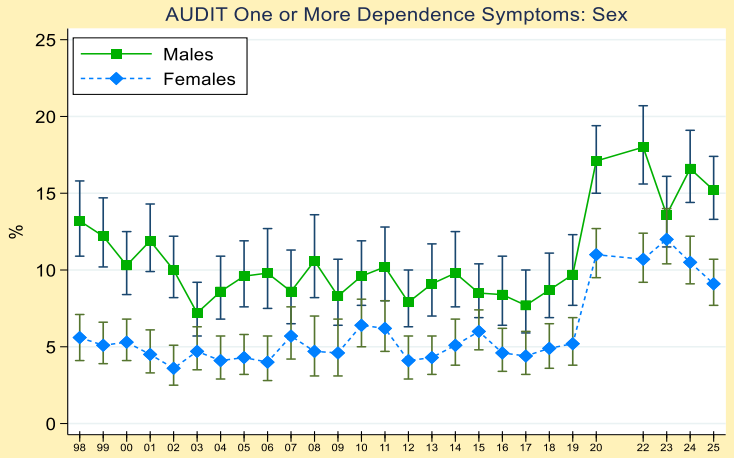
**Figure 3.6.1** **Percentage Reporting One or More Alcohol Dependence Symptoms (based on AUDIT) by Sex, Age and Region, Adults Aged 18+, 2025 (N=3012)**

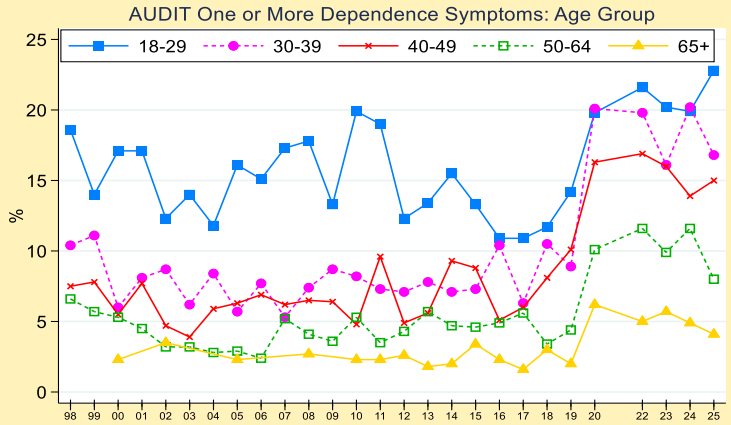



Note: CE: Central East; CW: Central West; *: Statistically significant differences between estimates, ($p<0.05$).

**Figure 3.6.2** **Percentage Reporting One or More Alcohol Dependence Symptoms (based on AUDIT) in the Past Year, Aged 18+, 1998–2025**




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

**Table 3.6.1a:** Percentage ***Reporting One or More Alcohol Dependence Symptoms*** in the Past 12 Months, by Demographic Characteristics, Aged 18+, 1998–2005

| (N=) | 1998 (2509) | 1999 (2436) | 2000 (2406) | 2001 (2627) | 2002 (2421) | 2003 (2411) | 2004 (2611) | 2005 (2445) |
|---|---|---|---|---|---|---|---|---|
| **Total Drinkers** | **9.1** | **8.5** | **7.7** | **8.1** | **6.7** | **5.9** | **6.3** | **6.8** |
| (95%CI)¶ | (7.8, 10.6) | (7.3, 9.8) | (6.5,9.0) | (6.9,9.4) | (5.6,7.9) | (4.9,7.1) | (5.2,7.6) | (5.7,8.2 |
| **Sex** | | | | | | | | |
| Men | **13.7** | **12.2** | **10.3** | **11.9** | **10.0** | **7.2** | **8.6** | **9.6** |
| | (11.5,16.3) | (10.2,14.7) | (8.4,12.5) | (9.9,14.3) | (8.2,12.2) | (5.7,9.2) | (6.8,10.9) | (7.6,11.9) |
| Women | **5.6** | **5.1** | **5.3** | **4.5** | **† 3.6** | **4.7** | **4.1** | **4.3** |
| | (4.3,7.2) | (3.9,6.6) | (4.1,6.8) | (3.3,6.1) | (2.5,5.1) | (3.5,6.2) | (2.9,5.6) | (3.2,5.8) |
| **Age** | | | | | | | | |
| 18-29 | **18.6** | **14.0** | **17.1** | **17.1** | **12.3** | **14.0** | **11.8** | **16.1** |
| | (14.7,23.1) | (10.7,18.1) | (13.6,21.3) | (13.4,21.5) | (9.2,16.3) | (10.7,18.2) | (8.5,16.2) | (12.3,20.9) |
| 30-39 | **10.4** | **11.1** | **6.0** | **8.1** | **8.7** | **†6.2** | **8.4** | **†5.7** |
| | (7.9,13.6) | (8.5,14.3) | (4.2,8.4) | (5.9,11.2) | (6.4,11.8) | (4.2,9.1) | (5.8,12.1) | (3.8,8.5) |
| 40-49 | **†7.5** | **†7.8** | **†5.5** | **†7.7** | **†4.7** | **†3.9** | **†5.9** | **†6.3** |
| | (5.4,10.4) | (5.5,10.9) | (3.7,8.2) | (5.4,10.9) | (3.0,7.2) | (2.5,6.0) | (3.9,8.7) | (4.2,9.3) |
| 50-64 | **†6.6** | **†5.7** | **†5.3** | **†4.5** | **†3.2** | **†3.2** | **†2.8** | **†2.9** |
| | (4.2,10.0) | (3.5,9.1) | (3.4,8.2) | (2.7,7.4) | (1.8,5.7) | (1.9,5.2) | (1.7,4.8) | (1.6,5.0) |
| 65+ | **†** | **†** | **†2.3** | **†** | **†3.5** | **†** | **†** | **†2.3** |
| | — | — | (1.1,4.8) | — | (1.7,7.3) | — | — | (1.3,4.3) |
| **Region** | | | | | | | | |
| Toronto | **10.6** | **†8.3** | **†7.8** | **10.8** | **†6.8** | **†5.4** | **†5.9** | **†5.8** |
| | (7.7, 14.4) | (5.7,11.9) | (5.5,11.0) | (7.8,14.7) | (4.6,10.1) | (3.5,8.3) | (3.7,9.3) | (3.6,9.1) |
| C-East | **11.0** | **†8.7** | **†8.8** | **†7.4** | **†6.0** | **†5.6** | **†4.9** | **†7.2** |
| | (7.9, 15.0) | (6.2, 12.1) | (6.2, 12.5) | (5.1, 10.7) | (3.9, 9.4) | (3.6, 8.5) | (2.8, 8.5) | (4.9, 10.6) |
| C-West | **†8.4** | **†9.0** | **†7.0** | **†8.2** | **†7.8** | **†6.1** | **†7.1** | **†7.0** |
| | (5.7, 12.1) | (6.4, 12.6) | (4.6, 10.4) | (5.5, 11.9) | (5.3, 11.3) | (3.9, 9.4) | (4.6, 10.7) | (4.5, 10.6) |
| West | **†8.7** | **†9.4** | **†5.7** | **†7.3** | **†6.2** | **†5.5** | **†7.4** | **†7.3** |
| | (6.0,12.6) | (6.6,13.2) | (3.7,8.7) | (5.1,10.5) | (4.1,9.2) | (3.5,8.7) | (5.0,10.7) | (4.8,10.8) |
| East | **†7.3** | **†6.9** | **†6.7** | **†6.1** | **†6.3** | **†7.3** | **†6.1** | **†6.4** |
| | (5.1,10.4) | (4.7,10.2) | (4.4,10.0) | (4.1,9.0) | (4.0,9.7) | (4.9,10.8) | (4.0,9.4) | (4.1,9.9) |
| North | **†9.5** | **†7.9** | **†10.7** | **†6.1** | **†6.2** | **†6.1** | **†6.6** | **†8.2** |
| | (6.8,13.1) | (5.6,11.2) | (7.8,14.5) | (4.3,8.6) | (4.0,9.4) | (3.9,9.5) | (4.7,9.2) | (5.5,12.0) |

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

**Table 3.6.1b:** Percentage ***Reporting One or More Alcohol Dependence Symptoms*** in the Past 12 Months, by Demographic Characteristics, Aged 18+, 2006–2025

| (N=) | 2006 (2016) | 2007 (2005) | 2008 (2024) | 2009 (2037) | 2010 (3030) | 2011 (3039) | 2012 (3030) | 2013 (3021) | 2014 (3043) | 2015 (5013) | 2016 (3042) | 2017 (2812) | 2018 (2806) | 2019 (2827) | 2020 (3033) | 2022 (3005) | 2023 (3007) | 2024 (3024) | 2025 (3012) | Sig. |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Total** | **6.8** | **7.1** | **7.5** | **6.4** | **7.9** | **8.1** | **5.9** | **6.6** | **7.3** | **7.2** | **6.4** | **6.0** | **6.7** | **7.4** | **13.9** | **14.1** | **12.8** | **13.5** | **12.1** | **cp** |
| (95%CI)¶ | (5.4,8.4) | (5.8,8.7) | (6.0,9.3) | (5.2,7.9) | (6.7, 9.3) | (6.8, 9.6) | (4.9,7.2) | (5.4, 8.0) | (6.1, 8.9) | (6.2, 8.3) | (5.2, 7.8) | (4.9, 7.4) | (5.6, 8.1) | (6.1, 8.9) | (12.6, 15.3) | (12.7, 15.7) | (11.4, 14.3) | (12.1, 14.9) | (10.9, 13.4) | |
| **Sex** | | | | | | | | | | | | | | | | | | | | |
| Men | **9.8** | **8.6** | **10.6** | **8.3** | **9.6** | **10.2** | **7.9** | **9.1** | **9.8** | **8.5** | **8.4** | **7.7** | **8.7** | **9.7** | **17.1** | **18.0** | **13.6** | **16.6** | **15.2** | **cp** |
| | (7.5,12.7) | (6.5,11.3) | (8.2,13.6) | (6.4,10.7) | (7.7,11.9) | (8.0,12.8) | (6.3, 10.0) | (7.0, 11.7) | (7.6, 12.5) | (6.9, 10.4) | (6.4, 10.9) | (5.9, 10.0) | (6.9, 11.1) | (7.7, 12.3) | (15.0, 19.4) | (15.6, 20.7) | (11.5, 16.1) | (14.4, 19.1) | (13.3, 17.4) | |
| Women | **† 4.0** | **5.7** | **† 4.7** | **† 4.6** | **6.4** | **6.2** | **†4.1** | **4.3** | **5.1** | **6.0** | **4.6** | **4.4** | **4.9** | **5.2** | **11.0** | **10.7** | **12.0** | **10.5** | **9.1** | **cp** |
| | (2.8,5.7) | (4.2,7.6) | (3.1,7.0) | (3.1,6.8) | (5.0,8.1) | (4.7,8.0) | (2.9, 5.7) | (3.2, 5.7) | (3.8, 6.8) | (4.8, 7.4) | (3.4, 6.2) | (3.2, 6.0) | (3.6, 6.5) | (3.8, 6.9) | (9.5, 12.7) | (9.2, 12.4) | (10.4, 14.0) | (9.1, 12.2) | (7.7, 10.7) | |
| **Age** | | | | | | | | | | | | | | | | | | | | |
| 18-29 | **15.1** | **17.3** | **17.8** | **13.3** | **19.9** | **19.0** | **†12.3** | **†13.4** | **†15.5** | **13.3** | **†10.9** | **†10.9** | **11.7** | **14.2** | **19.8** | **21.6** | **20.2** | **19.9** | **22.8** | **cp** |
| | (10.6,21.0) | (12.3,23.9) | (12.2,25.1) | (8.8,19.7) | (15.2,25.5) | (14.1,25.0) | (8.3,17.8) | (8.7, 20.1) | (10.4,22.6) | (10.0,17.5) | (6.9, 16.7) | (7.5,15.5) | (8.4, 16.1) | (10.5, 18.9) | (16.1, 24.0) | (17.2, 26.8) | (15.7, 25.6) | (15.9, 24.5) | (18.6, 27.6) | |
| 30-39 | **7.7** | **†5.3** | **7.4** | **8.7** | **8.2** | **7.3** | **†7.1** | **†7.8** | **†7.1** | **†7.3** | **†10.4** | **†6.3** | **†10.5** | **†8.9** | **20.1** | **19.8** | **16.1** | **20.2** | **16.8** | **cp** |
| | (4.9,11.7) | (3.2,8.6) | (4.4,12.0) | (5.8,13.0) | (5.7,11.6) | (4.6,11.2) | (4.6,10.9) | (5.0, 11.9) | (4.5, 11.2) | (5.0, 10.8) | (6.9, 15.3) | (3.2, 12.0) | (6.7, 16.2) | (5.5, 14.3) | (16.7, 23.8) | (16.1, 24.1) | (12.9, 19.9) | (16.4, 24.5) | (13.7, 20.4) | |
| 40-49 | **†6.9** | **†6.2** | **†6.5** | **†6.4** | **†4.8** | **9.6** | **†4.9** | **†5.6** | **9.3** | **8.8** | **†5.1** | **†6.0** | **†8.1** | **†10.1** | **16.3** | **16.9** | **16.0** | **13.9** | **15.0** | **c** |
| | (4.5,10.4) | (4.1,9.2) | (4.3,9.9) | (4.3,9.5) | (3.3,6.8) | (7.0,13.0) | (3.2, 7.4) | (3.8, 8.1) | (6.7, 12.7) | (6.5, 11.8) | (3.0, 8.4) | (3.7, 9.5) | (5.3, 12.2) | (6.7, 15.0) | (13.2, 20.1) | (13.3, 21.1) | (12.6, 20.0) | (10.4, 18.4) | (12.0, 18.7) | |
| 50-64 | **†2.4** | **†5.2** | **†4.1** | **†3.6** | **5.3** | **†3.5** | **†4.3** | **5.7** | **4.7** | **4.6** | **4.9** | **†5.6** | **†3.4** | **†4.4** | **10.1** | **11.6** | **9.9** | **11.6** | **8.0** | **acp** |
| | (1.4,4.4) | (3.5,7.8) | (2.6,6.5) | (2.3,5.6) | (3.9,7.1) | (2.4,5.2) | (3.0, 6.0) | (4.2, 7.6) | (3.4, 6.4) | (3.5, 5.9) | (3.6, 6.6) | (4.0, 7.8) | (2.2, 5.1) | (2.9, 6.6) | (8.1, 12.5) | (9.4, 14.3) | (7.8, 12.5) | (9.2, 14.6) | (6.3, 10.3) | |
| 65+ | † | † | **†2.7** | † | **†2.3** | **†2.3** | **†2.6** | **†1.8** | **†2.0** | **†3.4** | **†2.3** | **†1.6** | **†3.0** | **†2.0** | **6.2** | **†5.0** | **†5.7** | **†4.9** | **†4.1** | **p** |
| | — | — | (1.4,5.0) | — | (1.3,3.9) | (1.3,4.0) | (1.5, 4.4) | (1.1, 3.0) | (1.1, 3.4) | (2.4, 4.7) | (1.5, 3.4) | (0.9, 2.6) | (1.9, 4.6) | (1.2, 3.3) | (4.5, 8.5) | (3.4, 7.1) | (3.9, 8.2) | (3.3, 7.2) | (2.8, 6.0) | |
| **Region** | | | | | | | | | | | | | | | | | | | | |
| Toronto | **†6.2** | **†5.9** | **†8.4** | **†6.5** | **†9.8** | **†8.3** | **†4.7** | **†6.9** | **†6.4** | **†8.9** | **†5.7** | **†8.4** | **†7.7** | **†8.8** | **18.3** | **17.7** | **15.7** | **15.1** | **11.5** | **b** |
| | (3.7,10.3) | (3.6,9.4) | (5.0,13.7) | (4.0,10.7) | (6.9,13.7) | (5.6,12.2) | (2.9, 7.4) | (4.3, 10.6) | (4.2, 9.5) | (6.6, 11.9) | (3.5, 9.2) | (5.5, 12.4) | (5.2, 11.2) | (6.1, 12.5) | (15.1, 22.1) | (14.4, 21.6) | (12.3, 19.7) | (12.0, 18.8) | (8.9,14.7) | |
| C-East | **†7.8** | **†6.6** | **†7.9** | **†6.3** | **†4.3** | **†8.0** | **†4.7** | **†6.6** | **†8.2** | **8.3** | **†6.9** | **†6.3** | **†5.8** | **†6.5** | **13.2** | **14.6** | **13.6** | **13.7** | **10.5** | |
| | (4.8, 12.3) | (3.9, 11.2) | (5.0, 12.3) | (3.7, 10.5) | (2.6, 7.1) | (5.3,11.9) | (2.6, 8.3) | (4.2, 10.4) | (5.3, 12.4) | (6.1, 11.2) | (4.3, 10.7) | (4.0, 10.0) | (3.7, 9.0) | (4.1, 10.3) | (10.3, 16.7) | (11.4, 18.5) | (10.4, 17.6) | (10.8, 17.3) | (8.1, 13.6) | |
| C-West | **†6.2** | **†6.6** | **†9.4** | **†7.0** | **†7.5** | **†8.9** | **†6.0** | **†6.9** | **†7.5** | **†6.0** | **†4.9** | **†3.7** | **†5.5** | **†7.3** | **12.2** | **12.2** | **10.8** | **13.3** | **12.7** | **cp** |
| | (3.6, 10.5) | (3.9, 11.1) | (6.0, 14.5) | (4.5, 10.9) | (5.0, 11.0) | (6.0, 13.0) | (3.9, 9.2) | (4.6, 10.3) | (4.9, 11.5) | (4.3, 8.4) | (2.8, 8.6) | (2.2, 6.2) | (3.4, 8.7) | (4.6, 11.3) | (9.6, 15.3) | (9.5, 15.7) | (8.3, 14.1) | (10.4, 16.8) | (10.0, 16.0) | |
| West | **†7.9** | **†8.7** | **†5.0** | **†6.0** | **†8.1** | **†7.7** | **†8.2** | **†6.5** | **†7.6** | **†4.6** | **†7.1** | **†3.9** | **†7.7** | **†8.1** | **13.5** | **12.1** | **11.6** | **11.9** | **11.6** | **c** |
| | (5.1,12.1) | (5.7,12.9) | (3.0,8.4) | (3.5,9.9) | (5.6,11.8) | (5.0,11.7) | (5.5, 11.9) | (4.0, 10.3) | (5.1, 11.3) | (3.1, 6.9) | (4.5, 10.9) | (2.2, 6.7) | (4.6, 12.5) | (5.5, 11.7) | (10.7, 17.0) | (9.2, 15.9) | (8.8, 15.1) | (9.2, 15.3) | (9.0, 14.9) | |
| East | **†5.6** | **†9.2** | **†4.9** | **†6.2** | **†9.8** | **†7.7** | **†7.2** | **†5.4** | **†6.6** | **†6.8** | **†8.2** | **†7.5** | **†8.6** | **†6.2** | **13.7** | **13.7** | **12.4** | **13.6** | **12.6** | **cp** |
| | (3.2,9.6) | (5.9,14.0) | (2.6,9.1) | (3.9,9.7) | (6.8,14.0) | (5.3,11.1) | (4.9, 10.6) | (3.4, 8.6) | (4.2, 10.2) | (4.8, 9.4) | (5.3, 12.5) | (4.6, 12.0) | (5.9, 12.5) | (4.1, 9.3) | (11.0, 17.0) | (10.6, 17.4) | (9.6, 15.8) | (10.7, 17.2) | (9.9, 15.9) | |
| North | **†6.9** | **†6.3** | **†8.3** | **†5.0** | **†12.6** | **†6.4** | **†7.3** | **†6.9** | **†7.2** | **†6.2** | **†6.1** | **†6.6** | **†5.5** | **†6.5** | **10.2** | **13.0** | **12.8** | **10.9** | **14.8** | **bcp** |
| | (4.3,10.8) | (3.8,10.2) | (5.4,12.5) | (2.9,8.6) | (9.0,17.3) | (4.1,9.7) | (4.3, 12.2) | (4.4, 10.5) | (4.5, 11.2) | (4.3, 8.9) | (3.8, 9.5) | (4.2, 10.1) | (3.5, 8.5) | (4.1, 10.2) | (7.8, 13.3) | (9.6, 17.4) | (9.7, 16.5) | (8.4, 14.1) | (11.9, 18.3) | |

Notes: ¶95% confidence interval; † Estimate suppressed or unstable; † Estimate suppressed or unstable; the sampling design changed in 2020 from telephone interview to web survey.
(2) Significant change [a]2025 vs.2024, [b] 2025 vs. 2020, [c]2025 vs. 2015, [p]2025 vs. 2019 (pre-COVID-19 pandemic).
*Def'n: Percent reporting 1 or more (out of 3) AUDIT dependence indicators.*
Source: The CAMH Monitor, Centre for Addiction and Mental Health

## 3.7. Alcohol purchase

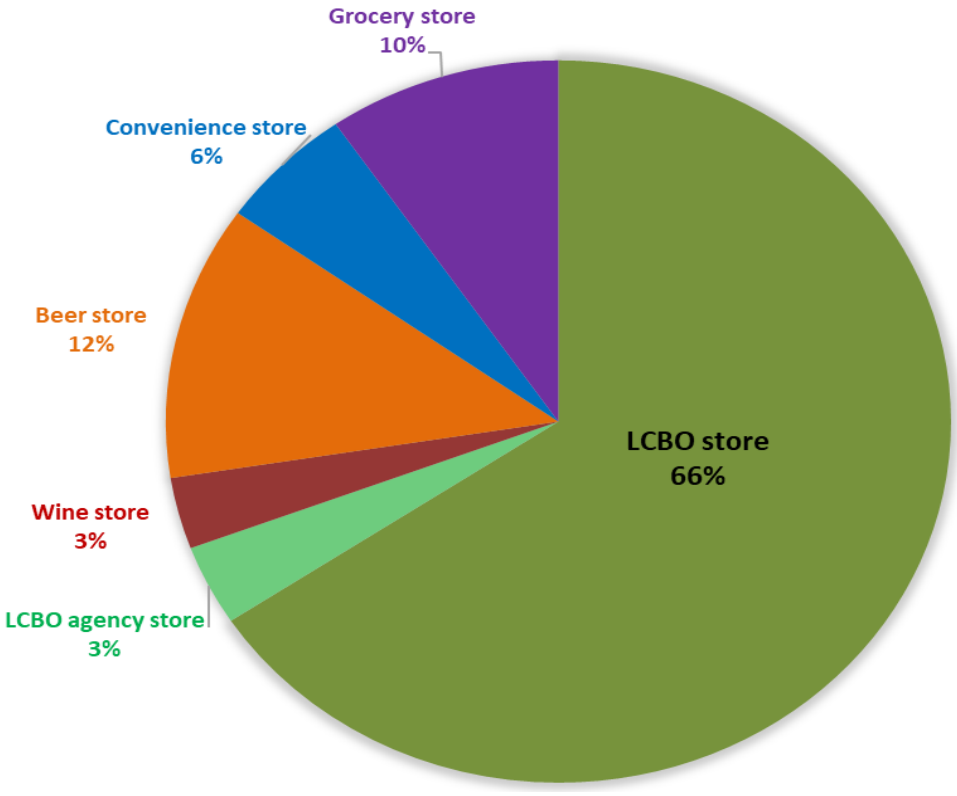
In Ontario, alcohol can be purchased from various outlets including the Liquor Control Board of Ontario (LCBO), The Beer Store, authorized grocery stores, and licensed convenience stores. The LCBO, a government-owned retailer, offers a wide range of alcoholic beverages, including spirits, and provides online delivery. The Beer Store specializes in beer and some cider products. Many grocery stores, including large chains, are authorized to sell beer, wine, and cider. Since late 2024, numerous convenience stores have been licensed to sell beer, wine, and ready-to-drink beverages.

The CM asked the participants where they purchased *any alcohol beverages such as beer, wine, cider, distilled spirits, coolers, sherry, port or vermouth* if they bought in the past 30 days.

In 2025, about 10% of drinkers bought alcohol beverages from grocery stores and 6% from convenience stores (Figure 3.7.1).

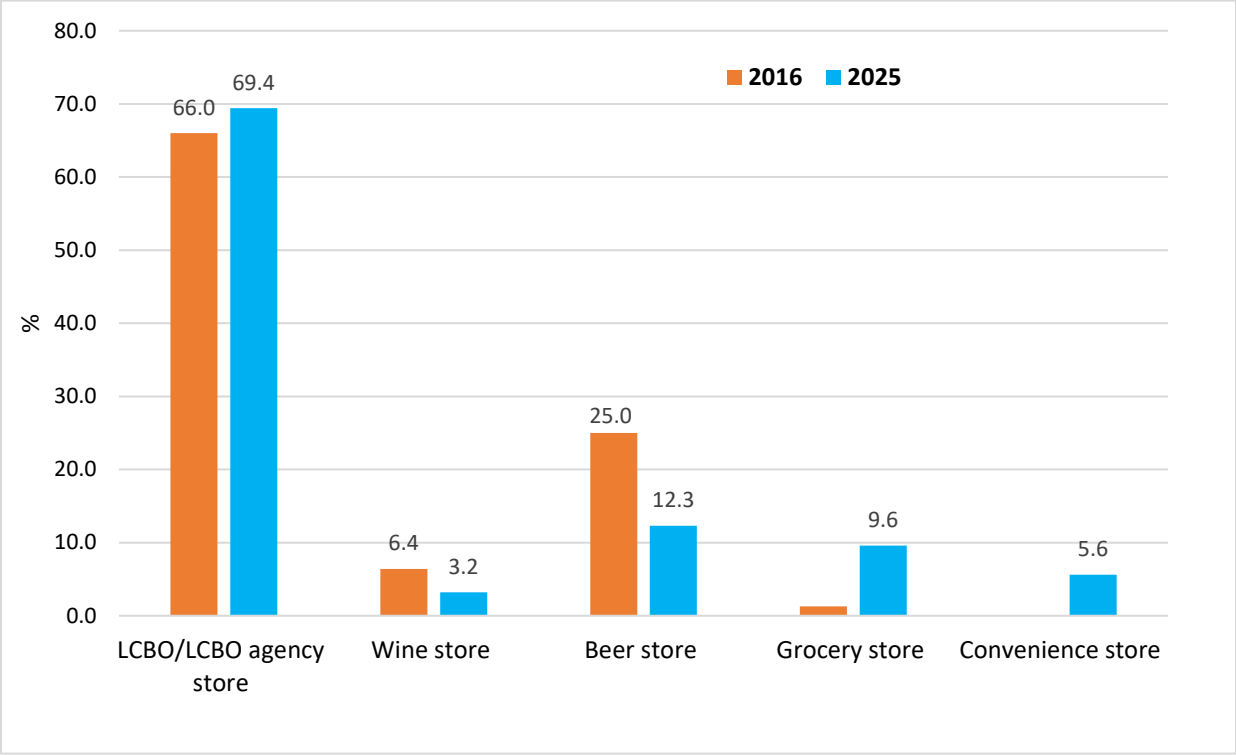
Compared to 2016, the purchase of alcohol beverage from beer stores declined from 25% in 2016 to 12.3% in 2025 (Figure 3.7.2).

**Figure 3.7.1 Alcohol Purchase in the Past 30 Days by Store Among Past Year Drinkers, Aged 18+, 2025**




*Note: LCBO: Liquor Control Board of Ontario.*

**Figure 3.7.2** **Changes in Percentages Reporting Alcohol Purchase in The Past 30 Days by Store Among Past Year Drinkers, Aged 18+, 2016 & 2025**




Note: LCBO: Liquor Control Board of Ontario. Purchases from a wine store include purchases at wineries, while purchases from a beer store include purchases from breweries. The percentage of purchases made in grocery stores in 2016 has been suppressed due to small sample size.

## 3.7.1. Alcohol Purchase at Convenience Stores

In the CM, we asked the participants their opinion about selling alcohol in convenience stores, and how often they have bought beer, wine or any other alcoholic beverage at a convenience store in the past 3 months.

In 2025, about 55% agreed selling alcohol at the convenience stores increased health-related harms in the community. This remains stable compared to 2024 (Figure 3.7.3).

About 30% of the past year drinkers bought alcohol beverages one or more times in the past 3 months from convenience stores (Figure 3.7.4).

**Figure 3.7.3** Percentages Reporting Opinion About Selling Alcohol in Convenience Stores and Health-Related Harms, Aged 18+, 2024-2025

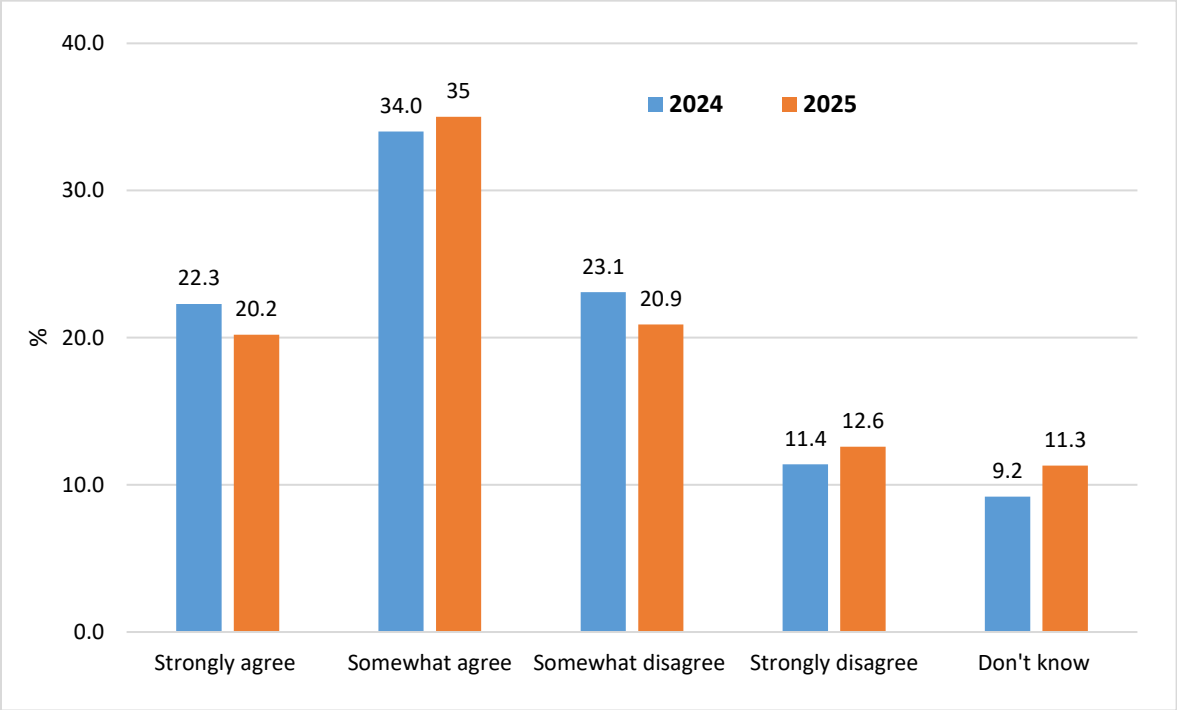
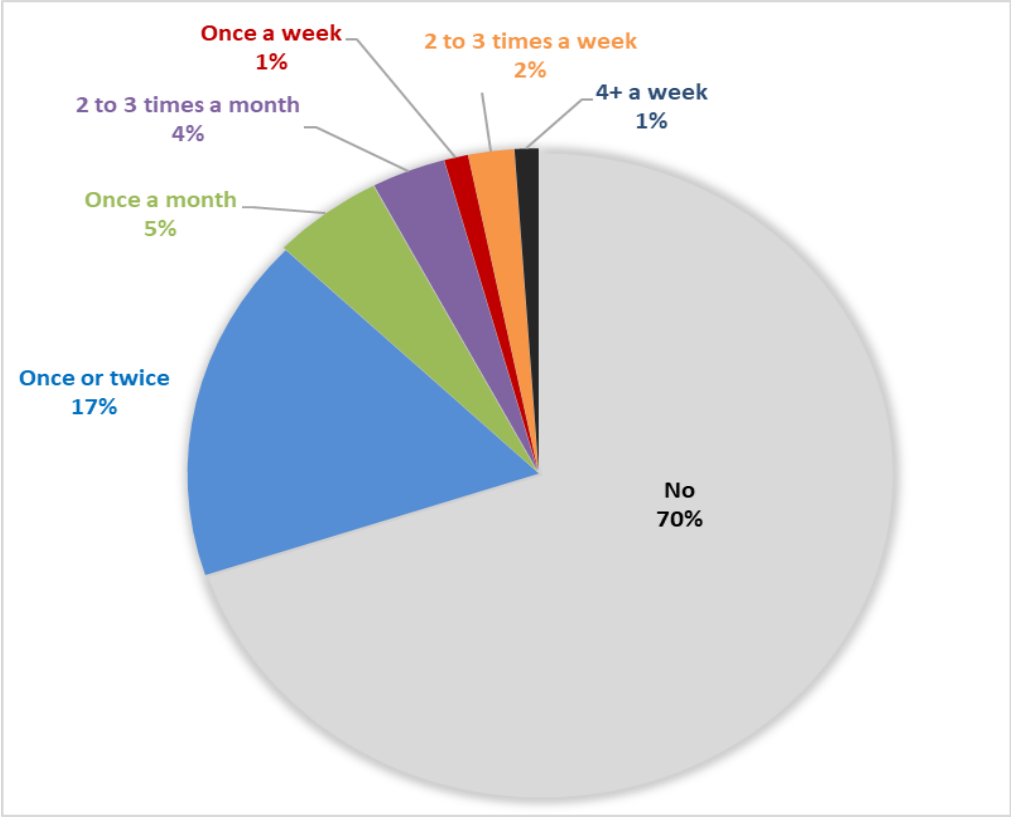



**Figure 3.7.4** Frequency of Alcohol Purchase in the Past 3 Months at Convenience Stores Among Past Year Drinkers, Aged 18+, 2025

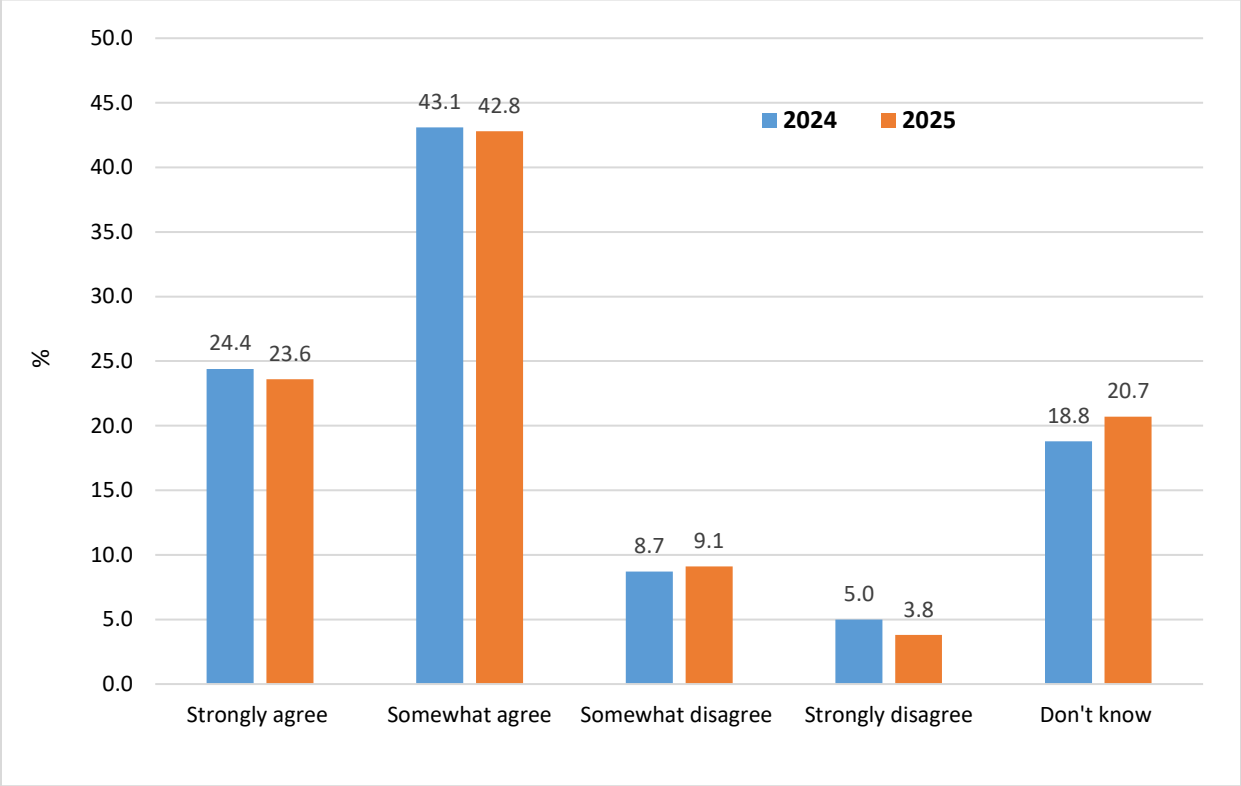


## 3.8. Opinion About Drinking Alcohol and the Risk of Cancer

Alcohol is classified as a Group 1 carcinogen, and drinking any type of alcohol—beer, wine, or spirits—increases the risk of developing at least nine types of cancer, including breast, colorectal, and liver cancers (Paradis, C., Butt, P., Shield, K., Poole, N., Wells, S., Naimi, T., Sherk, A., & the Low-Risk Alcohol Drinking Guidelines Scientific Expert Panels, 2023).

In 2025, about 66% of participants somewhat or strongly agreed about drinking alcohol increases the risk of developing cancer. This perception remained consistent between 2024 and 2025 (Figure 3.8.1).

**Figure 3.8.1** **Percentages reporting opinion about the risk of developing cancer is increased by drinking alcohol, Aged 18+, 2024-2025**



# 4. TOBACCO AND E-CIGARETTE USE

## 4.1 Cigarette Smoking

Overall, the estimated percentage of *current* smokers – respondents who (1) smoked 100 or more cigarettes in their lifetime, *and* (2) smoked occasionally or daily during the past year, *and* (3) smoked during the past 30 days – was **16.2%** (95% CI: 14.8% to 17.6%).[16]

More than half (55%) of adults were classified as *lifetime abstainers* (never smoked more than 100 cigarettes in their lifetime). About 25% were classified as former daily smokers, and 4% were *former nondaily* smokers. Finally, about 11% were estimated to be current *daily smokers*, while 5.5% were estimated to be *nondaily smokers* (Fig 4.1.1).

The estimated percentage reporting current smoking was significantly different for men (19.5%) and women (13.0%).

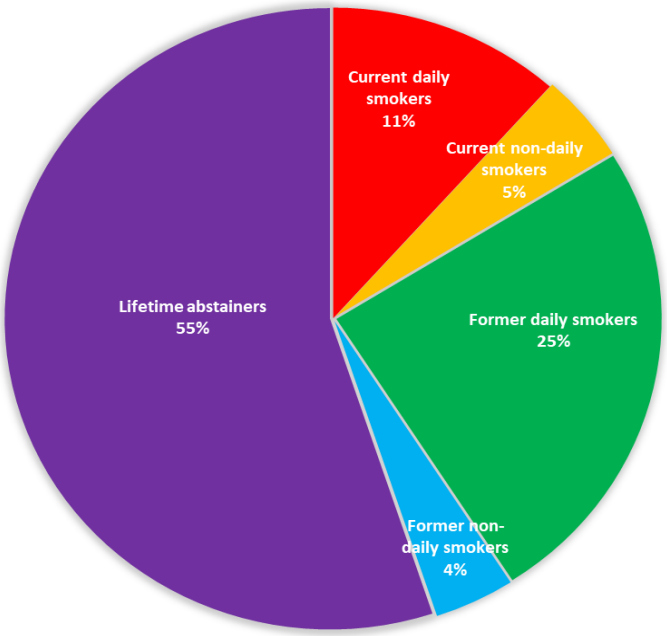
There were also significant differences in current smoking between age groups where adults aged 40 to 49 years (22.5%) were more likely to report current smoking than those aged 18 to 29 (11.5%), and those aged 65 years or older (11.6%) (Figure 4.1.2).

There were also significant differences in current smoking between regions. Adults residing in Central East region (11.6%) were less likely to report current smoking, compared to those residing in Toronto (18.3%) and the provincial average (16.2%) (Figure 4.1.2).

### Trends

**1991–2025**…… Tables 4.1.1a-b, Fig. 4.1.3

**Figure 4.1.1** Smoking Status, Adults Aged 18+, 2025 (N=3012)




**2024–2025**

The percentage reporting current smoking declined from 19.6% in 2024 to 16.2% in 2025, with notable decreases among men (from 25.0% to 19.5%, respectively). Declines in current smoking were also evident among those aged 50 to 64, and among residents of Toronto and the North regions of Ontario (Table 4.1.1b).

**2015–2025**

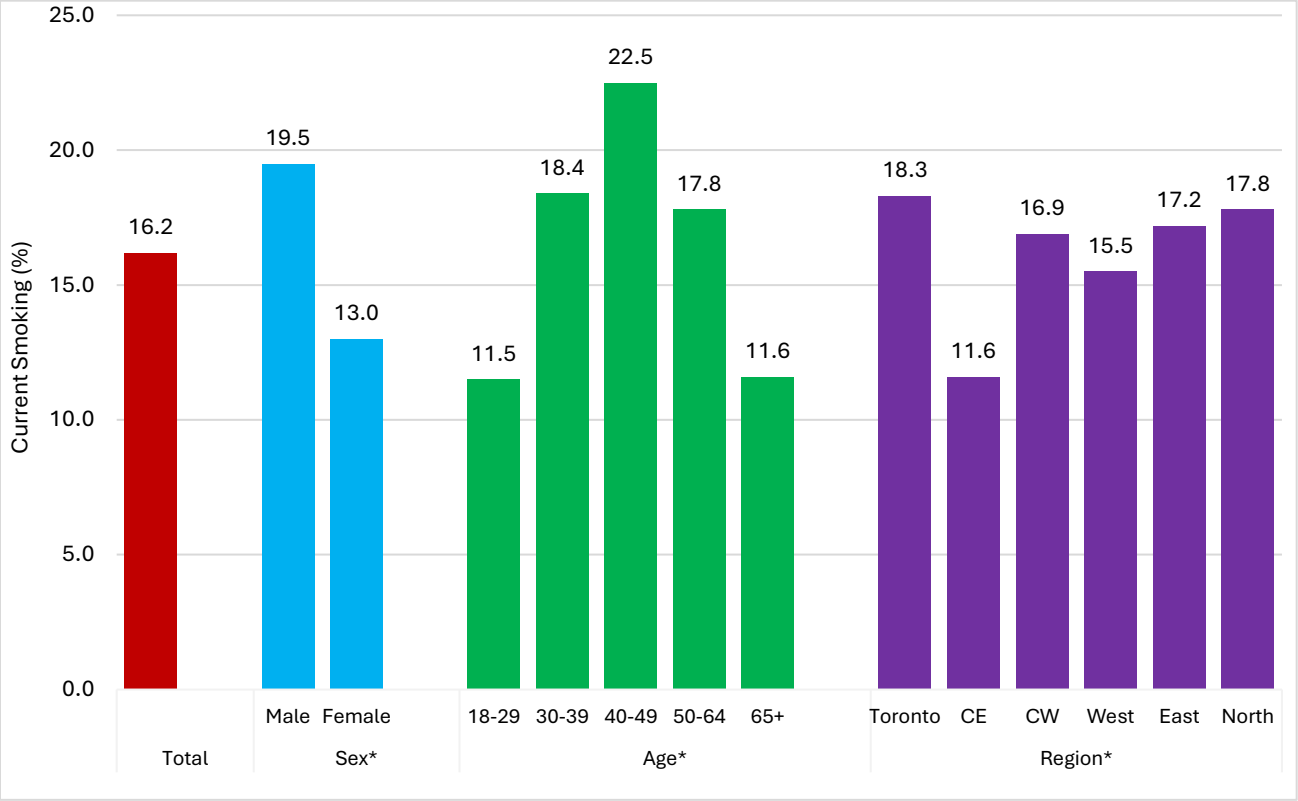
Overall, the percentage reporting current smoking increased from 13.2% in 2015 to 16.2% in 2025, peaked at 2024 during this period (19.6%). The increase over the past decade was particularly evident among men (from 15.6% to

[16] Smoking ≥100 cigarettes during a lifetime and presently smoking cigarettes either every day or some days.

19.5%), with the highest estimate among men occurring in 2024 (25.0%) (Table 4.1.1b). Increases were also evident among those aged 40 to 49 and 65 or older, as well as among residents of Toronto and the Central West regions of Ontario (Table 4.1.1b).

Compared to 2019 (pre-COVID-19 pandemic), there were notable increases in 2025 in the percentage reporting current smoking among residents of Toronto (from 12.0% in 2019 to 18.3% in 2025), peaked at 2024 (23.5%). However, declines were observed among residents of the Central East and North regions of Ontario (Table 4.1.1b).

**Figure 4.1.2** **Current Smoking by Sex, Age and Region, Aged 18+, 2025 (N=3012)**




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

**Table 4.1.1a:** Percentage Reporting ***Current Cigarette Smoking***, by Demographic Characteristic, Aged 18+, 1991–2005

| (N=) | 1991 (1047) | 1992 (1058) | 1993 (941) | 1994 (2022) | 1995 (994) | 1996 (2721) | 1997 (2776) | 1998 (2509) | 1999 (2436) | 2000 (2406) | 2001 (2627) | 2002 (2421) | 2003 (2411) | 2004 (2611) | 2005 (2445) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Total** | **28.5** | **26.1** | **23.5** | **25.3** | **28.5** | **26.7** | **26.8** | **25.9** | **25.4** | **25.6** | **24.7** | **22.8** | **22.5** | **21.4** | **20.3** |
| (95%CI)¶ | (25.8,31.2) | (23.5,28.7) | (20.8,26.2) | (23.4,27.2) | (25.7,31.3) | (25.0,28.4) | (25.2,28.4) | (24.0,27.9) | (23.5,27.4) | (23.7,27.6) | (22.8,26.7) | (20.1,24.8) | (20.7,24.5) | (19.6, 23.4) | (18.5, 22.2) |
| **Sex** | | | | | | | | | | | | | | | |
| Men | **28.5** | **29.5** | **28.2** | **26.4** | **30.4** | **27.8** | **29.3** | **28.2** | **28.2** | **31.1** | **28.0** | **25.6** | **25.2** | **24.8** | **21.7** |
| | (24.5,32.5) | (25.5,33.5) | (24.2,32.2) | (23.8,29.0) | (26.3,34.5) | (25.3,30.3) | (26.8,31.8) | (25.2,31.4) | (25.2,31.3) | (28.0,34.4) | (25.2,31.1) | (22.8,28.6) | (22.4,28.3) | (21.9, 27.9) | (19.0, 24.7) |
| Women | **28.6** | **23.2** | **19.7** | **24.3** | **26.7** | **25.7** | **24.5** | **23.8** | **22.9** | **20.6** | **21.5** | **20.2** | **20.0** | **18.3** | **19.1** |
| | (24.8,32.4) | (19.7,26.7) | (16.4,23.0) | (21.5,27.1) | (22.9,30.5) | (23.5,27.9) | (22.3,26.7) | (21.4,26.3) | (20.4,25.5) | (18.3,23.1) | (19.1,24.1) | (17.8,22.8) | (17.7,22.6) | (16.1, 20.7) | (16.8, 21.5) |
| **Age** | | | | | | | | | | | | | | | |
| 18 - 29 years | **29.4** | **31.4** | **26.0** | **34.2** | **33.7** | **29.1** | **34.2** | **31.6** | **31.8** | **32.7** | **32.0** | **28.4** | **31.0** | **24.9** | **27.8** |
| | (23.9,34.9) | (25.9,36.9) | (20.5,31.5) | (29.9,38.5) | (27.7,39.7) | (25.2,33.0) | (30.3,38.1) | (26.9,36.7) | (27.1,36.8) | (28.0,37.8) | (27.2,37.1) | (23.8,33.5) | (26.3,36.2) | (20.1, 30.4) | (22.7, 33.5) |
| 30 - 39 years | **31.4** | **30.4** | **29.5** | **28.2** | **31.9** | **31.8** | **31.2** | **32.4** | **31.8** | **28.3** | **30.4** | **29.4** | **23.9** | **25.6** | **23.6** |
| | (25.8,37.0) | (25.0,35.8) | (24.1,34.9) | (24.4,32.0) | (26.0,37.8) | (28.3,35.3) | (27.6,34.8) | (28.4,36.7) | (27.6,36.3) | (24.3,32.6) | (26.2,35.0) | (25.1,34.1) | (19.6,28.7) | (21.3, 30.3) | (19.6, 28.2) |
| 40 - 49 years | **28.7** | **25.8** | **24.9** | **21.6** | **30.3** | **29.0** | **28.1** | **27.1** | **26.7** | **29.6** | **25.6** | **25.2** | **23.9** | **23.4** | **22.4** |
| | (22.6,34.8) | (19.8,31.8) | (19.0,30.8) | (17.7,25.5) | (24.1,36.5) | (25.2,32.8) | (24.4,31.8) | (23.2,31.4) | (22.7,31.1) | (25.4,34.2) | (21.8,29.8) | (21.6,29.9) | (20.3,27.8) | (19.5, 27.9) | (18.8, 26.6) |
| 50 - 64 years | **31.3** | **18.2** | **17.6** | **19.1** | **25.6** | **23.2** | **21.2** | **20.2** | **20.2** | **20.6** | **23.1** | **21.1** | **20.7** | **22.6** | **18.6** |
| | (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) | (19.1,27.6) | (17.5,25.2) | (16.9,25.1) | (19.1,26.5) | (15.3, 22.4) |
| 65+ years | **18.8** | **12.7** | **10.0** | **12.4** | **10.8** | **14.1** | **9.3** | **15.2** | **13.3** | **13.6** | **10.1** | **6.6** | **11.2** | **8.2** | **8.0** |
| | (12.2,25.4) | (6.9,18.5) | (4.9,15.1) | (8.2,16.6) | (5.3,16.3) | (10.7,17.5) | (6.5,12.1) | (11.5,19.8) | (9.8,17.7) | (10.0,18.1) | (7.3,13.8) | (4.4, 9.7) | (8.1,15.4) | (6.0, 11.3) | (5.7, 11.2) |
| **Region** | | | | | | | | | | | | | | | |
| Toronto | – | – | – | – | – | **24.1** | **27.2** | **23.6** | **21.0** | **21.5** | **24.9** | **17.2** | **22.3** | **19.7** | **15.4** |
| | | | | | | (19.8,29.0) | (22.8,32.1) | (19.3,28.5) | (16.9,25.8) | (17.4,26.3) | (20.5,29.9) | (13.5,21.8) | (18.0,27.2) | (15.7, 24.4) | (11.9, 19.7) |
| Central East | – | – | – | – | – | **25.7** | **28.2** | **26.4** | **24.8** | **28.6** | **23.3** | **21.3** | **21.4** | **18.8** | **22.0** |
| | | | | | | (21.7,30.1) | (23.9,32.8) | (22.0,31.3) | (20.6,29.6) | (24.1,33.6) | (19.2,27.9) | (17.3,25.9) | (17.4,26.0) | (15.0, 23.3) | (17.9, 26.7) |
| Central West | – | – | – | – | – | **28.2** | **24.3** | **24.4** | **25.0** | **21.5** | **23.6** | **27.4** | **20.4** | **24.2** | **23.9** |
| | | | | | | (23.9,33.0) | (20.3,28.7) | (20.2,29.1) | (20.6,29.9) | (17.5,26.1) | (19.5,28.4) | (22.9,32.5) | (16.4,25.0) | (19.9, 29.1) | (19.6, 28.9) |
| West | – | – | – | – | – | **26.1** | **29.4** | **27.3** | **31.6** | **28.1** | **23.3** | **24.6** | **24.0** | **20.7** | **20.4** |
| | | | | | | (19.8,29.0) | (25.2,34.0) | (22.9,32.1) | (26.9,36.7) | (23.5,33.2) | (19.2,28.0) | (20.4,29.3) | (19.8,28.7) | (16.8, 25.2) | (16.5, 24.9) |
| East | – | – | – | – | – | **27.5** | **21.7** | **27.7** | **26.4** | **28.1** | **25.3** | **20.8** | **21.4** | **22.1** | **15.8** |
| | | | | | | (23.4,32.0) | (17.9,26.0) | (23.3,32.7) | (22.1,31.2) | (23.6,33.2) | (21.2,30.0) | (16.8,25.3) | (17.4,26.1) | (18.2, 26.6) | (12.3, 20.0) |
| North | – | – | – | – | – | **31.5** | **32.9** | **29.5** | **28.8** | **32.2** | **29.9** | **29.6** | **31.0** | **24.5** | **27.6** |
| | | | | | | (27.1,36.3) | (28.3,37.8) | (25.1,34.4) | (24.3,33.8) | (27.5,37.3) | (26.0,34.1) | (25.3,34.5) | (26.3,36.2) | (21.0, 28.4) | (18.5, 22.2) |

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

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

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

**Table 4.1.1b:** Percentage Reporting ***Current Cigarette Smoking***, by Demographic Characteristic, Aged 18+, 2006–2025

| (N= ) | 2006 (2016) | 2007 (2005) | 2008 (2024) | 2009 (2037) | 2010 (3030) | 2011 (3039) | 2012 (3030) | 2013 (3021) | 2014 (3043) | 2015 (5013) | 2016 (3042) | 2017 (2812) | 2018 (2806) | 2019 (2827) | 2020 (3033) | 2022 (2650) | 2023 (2590) | 2024 (3024) | 2025 (3012) | Sig. |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Total** | **20.6** | **21.6** | **19.7** | **18.6** | **17.6** | **15.4** | **16.6** | **16.8** | **15.0** | **13.2** | **13.5** | **15.1** | **15.6** | **16.3** | **17.2** | **17.7** | **18.0** | **19.6** | **16.2** | **ac** |
| (95%CI)¶ | (18.5,22.8) | (19.5,23.9) | (17.6,21.9) | (16.6,20.8) | (15.9, 19.3) | (13.8, 17.0) | (15.0,18.4) | (15.0,18.6) | (13.3,16.9) | (12.0,14.5) | (12.0,15.2) | (13.2,17.1) | (13.8, 17.6) | (14.7, 18.1) | (15.8, 18.7) | (16.2, 19.3) | (16.4, 19.7) | (18.0, 21.3) | (14.8, 17.6) | |
| **Sex** | | | | | | | | | | | | | | | | | | | | |
| Men | **23.7** | **23.7** | **23.7** | **21.2** | **20.7** | **17.9** | **20.1** | **19.3** | **17.9** | **15.6** | **16.2** | **16.8** | **18.3** | **20.4** | **19.3** | **19.9** | **20.5** | **25.0** | **19.5** | **ac** |
| | (20.4,27.3) | (20.4,27.3) | (20.4,27.3) | (18.1,24.7) | (18.1,23.6) | (15.4, 20.7) | (17.4, 23.0) | (16.5, 22.4) | (15.1, 21.0) | (13.5, 17.9) | (13.7, 19.2) | (14.1, 20.0) | (15.4, 21.5) | (17.8, 23.4) | (17.2, 21.6) | (17.5, 22.5) | (18.0, 23.3) | (22.5, 27.6) | (17.4, 21.8) | |
| Women | **17.6** | **19.6** | **15.9** | **16.2** | **14.6** | **13.0** | **13.5** | **14.4** | **12.3** | **11.0** | **10.9** | **13.4** | **13.2** | **12.5** | **15.3** | **15.7** | **15.8** | **14.6** | **13.0** | |
| | (15.2,20.3) | (17.1,22.4) | (13.5,18.6) | (13.7,19.0) | (12.7,16.7) | (11.3, 14.9) | (11.7, 15.5) | (12.4, 16.7) | (10.4, 14.4) | (9.6, 12.6) | (9.4, 12.7) | (11.1, 16.1) | (11.1, 15.6) | (10.7, 14.6) | (13.5, 17.2) | (13.9, 17.8) | (13.9, 17.9) | (12.7, 16.7) | (11.3, 14.8) | |
| **Age** | | | | | | | | | | | | | | | | | | | | |
| 18 - 29 | **27.0** | **31.2** | **24.3** | **24.7** | **18.1** | **16.9** | **17.7** | **19.0** | **19.5** | **16.4** | **13.1** | **17.0** | **13.3** | **13.6** | **13.2** | **†9.8** | **15.7** | **15.8** | **11.5** | |
| | (21.4,33.5) | (24.9,38.4) | (18.3,31.6) | (18.6,32.1) | (13.7, 23.5) | (12.6, 22.3) | (12.9, 23.8) | (13.5, 26.1) | (13.7, 26.9) | (12.5, 21.2) | (8.9, 18.8) | (12.2, 23.3) | (9.7, 17.9) | (10.2, 17.9) | (10.4, 16.7) | (6.9, 13.9) | (11.5, 21.0) | (12.2, 20.2) | (8.6, 15.1) | |
| 30 - 39 | **22.6** | **21.8** | **19.8** | **21.9** | **20.3** | **15.9** | **21.4** | **21.6** | **15.3** | **15.0** | **†15.2** | **†21.8** | **23.6** | **17.9** | **22.5** | **21.3** | **21.2** | **23.2** | **18.4** | |
| | (18.0,27.9) | (17.2, 27.2) | (14.9,25.7) | (17.0, 27.7) | (16.1, 25.4) | (12.3, 20.4) | (17.1, 26.4) | (16.6, 27.6) | (11.0, 20.8) | (11.6, 19.2) | (10.7, 21.1) | (15.2, 30.2) | (17.7, 30.7) | (13.4, 23.5) | (19.2, 26.3) | (17.6, 25.6) | (17.6, 25.4) | (19.1, 27.8) | (15.2, 22.1) | |
| 40 - 49 | **21.7** | **26.3** | **23.6** | **17.1** | **19.8** | **19.2** | **17.5** | **19.5** | **16.0** | **12.3** | **13.9** | **†9.8** | **15.7** | **22.0** | **24.7** | **28.7** | **26.9** | **28.2** | **22.5** | **c** |
| | (17.4,26.6) | (21.6,31.5) | (19.2,28.6) | (13.4,21.5) | (16.4,23.6) | (15.8, 23.2) | (14.2, 21.3) | (15.9, 23.7) | (12.5, 20.2) | (9.9, 15.2) | (10.7, 17.9) | (6.7, 14.0) | (11.7, 20.8) | (17.3, 27.6) | (21.0, 28.9) | (24.4, 33.5) | (22.8, 31.4) | (23.4, 33.6) | (18.8, 26.6) | |
| 50 - 64 | **21.2** | **19.4** | **20.7** | **20.2** | **18.8** | **14.7** | **18.1** | **17.3** | **16.4** | **14.9** | **16.3** | **20.2** | **19.4** | **18.8** | **18.8** | **19.2** | **17.8** | **23.0** | **17.8** | **a** |
| | (17.4,25.6) | (16.0,23.3) | (16.9,25.0) | (16.5,24.4) | (16.1,22.0) | (12.2, 17.5) | (15.4, 21.2) | (14.7, 20.2) | (13.8, 19.3) | (13.1, 17.1) | (13.9, 19.0) | (17.0, 23.9) | (15.7, 23.7) | (15.7, 22.4) | (16.1, 21.8) | (16.4, 22.4) | (15.1, 20.9) | (19.7, 26.6) | (15.2, 20.7) | |
| 65+ | **9.1** | **8.9** | **10.3** | **9.2** | **10.1** | **9.0** | **8.3** | **7.4** | **7.6** | **6.8** | **7.6** | **6.4** | **7.8** | **10.9** | **8.8** | **11.3** | **11.0** | **11.9** | **11.6** | **c** |
| | (6.4,12.9) | (6.4,12.3) | (7.6,13.8) | (6.6,12.5) | (7.8, 13.1) | (6.8, 11.8) | (6.4, 10.5) | (5.7, 9.5) | (6.0, 9.6) | (5.5, 8.3) | (6.0, 9.4) | (5.1, 8.1) | (6.1, 9.9) | (8.8, 13.5) | (6.7, 11.5) | (9.0, 14.2) | (8.4, 14.1) | (9.3, 15.1) | (9.2, 14.5) | |
| **Region** | | | | | | | | | | | | | | | | | | | | |
| Toronto | **13.5** | **20.7** | **16.8** | **17.9** | **17.4** | **11.7** | **16.8** | **14.5** | **14.2** | **10.2** | **11.8** | **13.5** | **11.1** | **12.0** | **20.6** | **19.7** | **21.7** | **23.5** | **18.3** | **acp** |
| | (9.8,18.2) | (15.9, 26.5) | (12.6,22.1) | (13.5,23.3) | (13.9,21.7) | (8.6, 15.7) | (13.3,20.9) | (11.0, 19.0) | (10.5, 19.0) | (7.8, 13.3) | (8.6, 15.9) | (9.9, 18.2) | (8.0, 15.0) | (9.0, 15.9) | (17.3, 24.4) | (16.3, 23.5) | (17.9, 26.1) | (19.8, 27.7) | (15.1, 22.0) | |
| Central East | **21.2** | **20.1** | **19.0** | **19.6** | **15.7** | **13.1** | **14.0** | **18.9** | **15.6** | **15.5** | **11.9** | **15.7** | **14.0** | **19.4** | **15.5** | **16.3** | **15.1** | **15.2** | **11.6** | **p** |
| | (16.5, 26.8) | (15.6, 25.4) | (14.6, 24.5) | (15.3,24.9) | (12.2, 20.0) | (10.2, 16.7) | (10.7, 18.0) | (15.0, 23.7) | (11.9, 20.2) | (12.5, 18.9) | (9.0, 15.6) | (11.3, 21.4) | (10.6, 18.4) | (15.3, 24.2) | (12.5, 18.9) | (13.2, 20.0) | (11.8, 19.0) | (12.2, 18.9) | (9.1, 14.7) | |
| Central West | **23.2** | **20.1** | **20.1** | **22.4** | **18.8** | **18.4** | **15.5** | **16.5** | **15.6** | **12.2** | **13.2** | **15.7** | **17.1** | **13.5** | **13.9** | **15.3** | **15.4** | **20.5** | **16.9** | **c** |
| | (18.3,29.0) | (15.5,25.7) | (15.6,25.5) | (17.6,27.9) | (15.1,23.1) | (14.7, 22.8) | (12.0, 19.8) | (12.9, 20.9) | (11.9, 20.1) | (9.8, 15.2) | (9.6, 17.8) | (11.8, 20.6) | (12.9, 22.2) | (10.2, 17.6) | (11.2, 17.2) | (12.3, 18.9) | (12.3, 19.1) | (17.0, 24.6) | (13.8, 20.4) | |
| West | **24.6** | **24.0** | **19.7** | **14.9** | **17.5** | **17.1** | **18.6** | **16.9** | **12.4** | **12.4** | **14.4** | **12.4** | **16.5** | **19.1** | **18.1** | **21.5** | **19.6** | **15.5** | **15.5** | |
| | (20.0,29.8) | (19.3, 29.4) | (15.2,25.1) | (10.9,20.0) | (14.1, 21.6) | (13.4, 21.5) | (15.1, 22.8) | (13.3, 21.2) | (9.5, 16.0) | (9.8, 15.5) | (11.1, 18.4) | (9.2, 16.6) | (12.2, 22.1) | (15.2, 23.8) | (14.9, 21.8) | (17.8, 25.8) | (16.0, 23.8) | (12.5,19.1) | (12.5, 19.0) | |
| East | **22.3** | **22.5** | **21.3** | **13.3** | **18.8** | **15.4** | **17.5** | **14.2** | **13.2** | **14.3** | **14.2** | **16.9** | **18.5** | **17.0** | **17.4** | **15.6** | **17.4** | **17.4** | **17.2** | |
| | (17.7,27.8) | (17.7,28.1) | (16.5,27.1) | (9.8,17.8) | (15.1, 23.1) | (12.1, 19.4) | (14.1,21.7) | (11.0,18.2) | (10.1,17.0) | (11.4,17.7) | (10.7,18.6) | (12.8,22.1) | (14.2, 23.8) | (13.3, 21.3) | (14.4, 20.9) | (12.5, 19.4) | (14.0, 21.4) | (14.2, 21.3) | (14.1, 20.7) | |
| North | **20.9** | **26.7** | **26.4** | **24.6** | **18.9** | **23.3** | **24.1** | **20.2** | **21.2** | **16.2** | **22.1** | **16.7** | **20.4** | **26.0** | **21.2** | **22.3** | **23.3** | **24.6** | **17.8** | **ap** |
| | (16.5, 26.2) | (21.9,32.2) | (21.5,32.0) | (19.8,30.2) | (15.2, 23.3) | (19.2, 27.9) | (19.8,29.1) | (16.4, 24.6) | (17.3, 25.7) | (13.4, 19.4) | (17.9, 27.1) | (12.7, 21.6) | (16.3, 25.3) | (21.6, 31.0) | (17.8, 25.2) | (17.9, 27.3) | (19.2, 27.9) | (20.8, 28.9) | (14.7, 21.3) | |

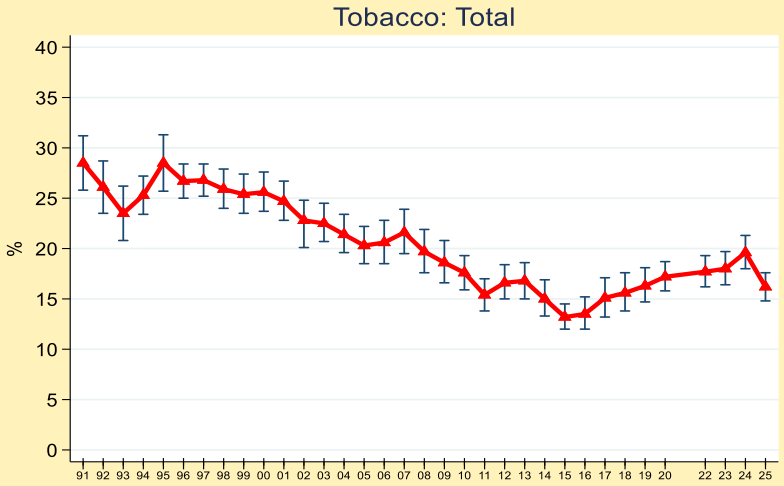
Notes: (1) ¶ 95% confidence interval; † Estimate suppressed or unstable; the sampling design changed in 2020 from telephone interview to web surveys.

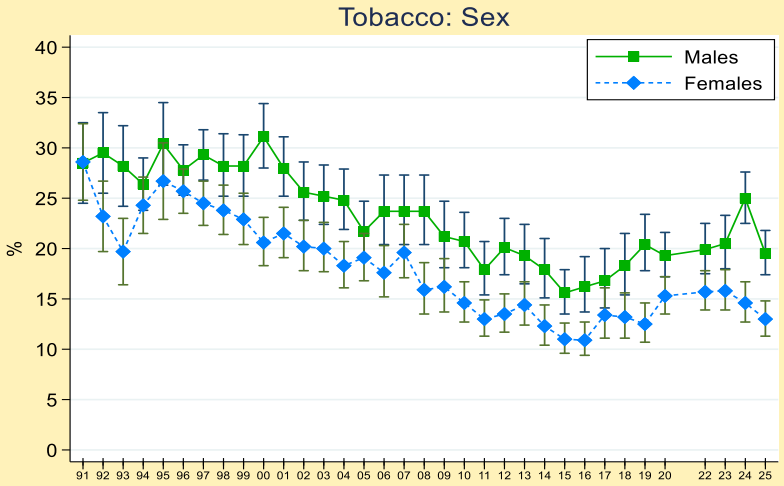
(2) Significant change [a]2025 vs.2024, [b] 2025 vs. 2020, [c]2025 vs. 2015, [p]2025 vs. 2019 (pre-COVID-19 pandemic).

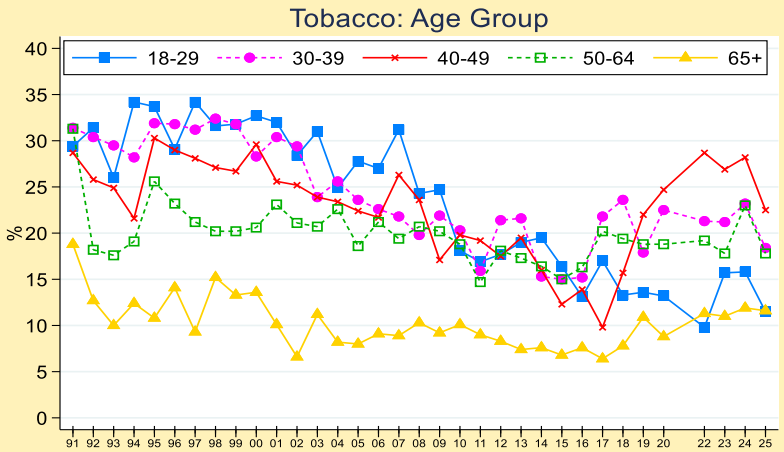
*Defn: Current smokers are those that report (1) consuming 100 or more cigarettes in their lifetime, (2) smoked cigarettes occasionally or daily during the past year; and (3) smoked during the past 30 days.*

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

## **Figure 4.1.3:** Current Smoking Among Adults Aged 18+, 1991–2025




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

## 4.2 Daily Smoking

The estimated percentage reporting daily smoking in 2025 was **11.6%** (95% CI: 10.4% to 12.9%).

Overall, men were more likely to smoke cigarettes daily than women (13.5% vs. 9.8%, respectively).

There was also a significant difference in daily smoking between age groups, with adults aged 40 to 49 years (17.4%) more likely to smoke daily than those aged 18 to 29 (5.0%) and 65 or older (9.9%).

There was no significant association between daily smoking and region of residence (Figure 4.2.1).

### Trends

**1996–2025**…… Tables 4.2.1a-b, Figure 4.2.2

#### 2024–2025

Overall, the estimated percentage of adults reporting daily smoking in 2025 (11.6%) was not significantly different from the 2024 estimate (12.4%). However, the percentage reporting daily smoking declined among those residing in the North region of Ontario, decreasing from 18.1% in 2024 to 13.1% in 2025 (Table 4.2.1b).

#### 2015–2025

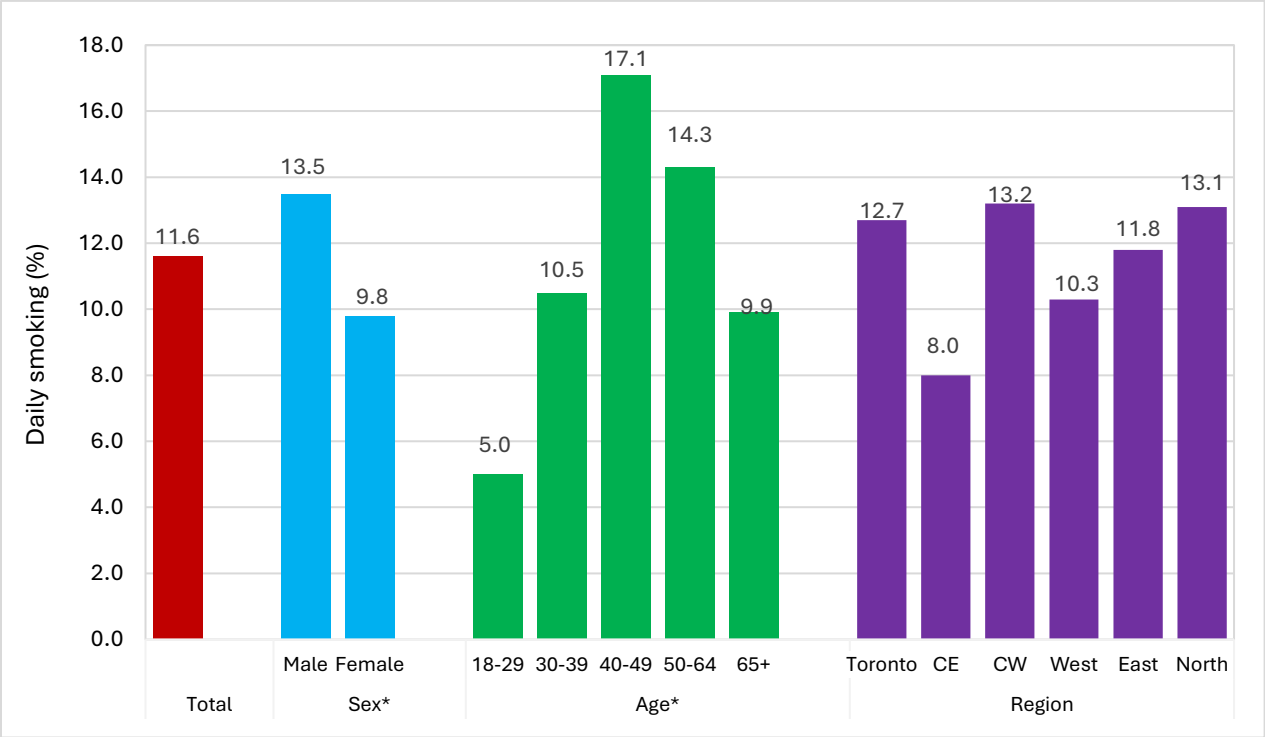
Overall, there was no significant change in the percentages reporting daily smoking between 2015 (10.0%) and 2025 (11.6%), hovering between 9.9% in 2016 and 12.5% in 2023. Likewise, no changes were evident among men and women during this period (Table 4.2.1b).

Significant changes in daily smoking were evident across certain age groups, declining from 10.9% in 2015 to 5.0% in 2025 among adults aged 18 to 29. However, it increased among those aged 40 to 49 (from 9.7% to 17.1%), 65 or older (5.5% to 9.9%), and those residing in the Toronto (6.9% to 12.7%) region of Ontario (Table 4.2.1b).

Compared to 2019 (pre-COVID-19), significant declines in daily smoking were evident in 2025 among adults residing in Central East (from 13.9% to 8.0%), West (from 15.6% to 10.3%), and North (from 20.3% to 13.1%) regions of Ontario (Table 4.2.1b).

Compared to 2020, the percentages reporting daily smoking declined in 2025 among adults residing in the West region of Ontario (from 14.9% to 10.3%, respectively) (Table 4.2.1b).

**Figure 4.2.1** Daily Smoking by Sex, Age and Region, Aged 18+, 2025 (N=3012)




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

**Table 4.2.1a:** Percentage Reporting ***Daily Cigarette Smoking***, by Demographic Characteristic, Aged 18+, 1996–2005

| | 1996 | 1997 | 1998 | 1999 | 2000 | 2001 | 2002 | 2003 | 2004 | 2005 |
|---|---|---|---|---|---|---|---|---|---|---|
| (N=) | (2721) | (2776) | (2509) | (2436) | (2406) | (2627) | (2421) | (2411) | (2611) | (2445) |
| **Total** | **23.0** | **23.1** | **22.0** | **20.7** | **20.3** | **19.0** | **18.0** | **17.8** | **16.5** | **16.1** |
| (95%CI)[¶] | (21.3, 24.9) | (21.4, 25.0) | (20.2, 23.9) | (19.0, 22.6) | (18.5, 22.1) | (17.4, 20.8) | (16.4, 19.8) | (16.2, 19.6) | (14.9, 18.3) | (14.5, 17.8) |
| **Sex** | | | | | | | | | | |
| Men | **23.6** | **26.1** | **24.4** | **23.5** | **24.9** | **21.7** | **20.3** | **19.9** | **18.9** | **17.0** |
| | (21.1, 26.4) | (23.4, 29.0) | (21.5, 27.5) | (20.8, 26.4) | (22.1, 28.0) | (19.1, 24.6) | (17.8, 23.1) | (17.3, 22.7) | (16.3, 21.8) | (14.6, 19.8) |
| Women | **22.5** | **20.4** | **19.8** | **18.2** | **16.1** | **16.5** | **15.8** | **15.9** | **14.3** | **15.2** |
| | (20.2,25.0) | (18.2, 22.8) | (17.6, 22.2) | (16.1, 20.6) | (14.1, 18.4) | (14.5, 18.8) | (13.8, 18.2) | (13.8, 18.2) | (12.3, 16.5) | (13.1, 17.4) |
| **Age** | | | | | | | | | | |
| 18 - 29 years | **23.0** | **28.3** | **26.5** | **24.2** | **25.7** | **22.5** | **20.3** | **22.9** | **16.1** | **20.2** |
| | (19.2,27.3) | (24.2, 32.8) | (22.0, 31.4) | (20.0, 28.9) | (21.4, 30.6) | (18.4, 27.1) | (16.4, 24.8) | (18.7, 27.6) | (12.2, 20.9) | (15.8, 25.4) |
| 30 - 39 years | **27.8** | **26.1** | **26.7** | **24.4** | **20.6** | **22.7** | **24.1** | **18.8** | **20.4** | **17.8** |
| | (24.2,31.5) | (22.7, 30.0) | (22.9, 30.8) | (20.8, 28.3) | (17.2, 24.5) | (19.0, 26.9) | (20.1, 28.6) | (15.1, 23.2) | (16.6, 24.9) | (14.3, 22.0) |
| 40 - 49 years | **26.3** | **25.6** | **23.7** | **24.0** | **23.6** | **21.3** | **20.3** | **20.6** | **19.4** | **18.2** |
| | (22.4,30.6) | (21.7, 29.8) | (20.0, 27.9) | (20.2, 28.3) | (19.7, 27.9) | (17.8, 25.3) | (16.8, 24.3) | (17.3, 24.4) | (15.8, 23.7) | (14.9, 22.0) |
| 50 - 64 years | **20.6** | **19.4** | **18.3** | **17.9** | **17.9** | **19.7** | **18.0** | **16.3** | **18.1** | **17.1** |
| | (17.0,24.8) | (16.0, 23.3) | (14.6, 22.7) | (14.2, 22.2) | (14.4, 21.9) | (15.9, 24.0) | (14.6, 22.0) | (13.0, 20.2) | (15.0, 21.8) | (14.0, 20.9) |
| 65+ years | **13.4** | **8.5** | **12.8** | **11.5** | **11.8** | **6.9** | **5.4** | **9.4** | **6.6** | **6.5** |
| | (9.8,18.1) | (5.8, 12.3) | (9.5, 17.2) | (8.4, 15.6) | (8.4, 16.2) | (4.7, 10.1) | (3.5, 8.2) | (6.5, 13.5) | (4.6, 9.3) | (4.5, 9.3) |
| **Region** | | | | | | | | | | |
| Toronto | **19.3** | **22.1** | **19.5** | **15.3** | **16.4** | **19.1** | **11.9** | **17.4** | **15.7** | **10.1** |
| | (15.5,23.8) | (18.0, 26.8) | (15.5, 24.3) | (12.0, 19.4) | (12.8, 20.9) | (15.2, 23.6) | (8.8, 15.9) | (13.7, 21.8) | (12.1, 20.2) | (7.4, 13.6) |
| Central East | **21.9** | **24.0** | **22.9** | **22.6** | **24.3** | **17.8** | **17.2** | **16.3** | **13.8** | **17.5** |
| | (18.2, 26.2) | (20.0, 28.4) | (18.7, 27.6) | (18.5, 27.2) | (20.1, 29.1) | (14.2, 22.1) | (13.6, 21.6) | (12.8, 20.6) | (10.6, 17.7) | (13.8, 22.0) |
| Central West | **24.9** | **21.1** | **22.7** | **19.2** | **15.8** | **18.1** | **21.4** | **16.4** | **18.5** | **19.1** |
| | (20.8, 29.6) | (17.4, 25.4) | (18.7, 27.3) | (15.4, 23.7) | (12.4, 20.0) | (14.4, 22.4) | (17.3, 26.1) | (12.8, 20.8) | (14.7, 23.1) | (15.1, 23.7) |
| West | **23.8** | **25.6** | **21.5** | **26.8** | **23.5** | **18.1** | **21.4** | **19.6** | **16.1** | **18.0** |
| | (19.9,28.3) | (21.6, 30.0) | (17.5, 26.0) | (22.4, 31.7) | (19.2, 28.4) | (14.4, 22.5) | (17.5, 25.9) | (15.7, 24.1) | (12.6, 20.3) | (14.3, 22.5) |
| East | **24.3** | **20.0** | **21.6** | **21.3** | **22.7** | **19.0** | **17.2** | **16.0** | **16.1** | **12.0** |
| | (20.5, 28.6) | (16.3, 24.2) | (17.7, 26.2) | (17.3, 25.8) | (18.5, 27.6) | (15.4, 23.3) | (13.5, 21.6) | (12.6, 20.2) | (12.8, 20.1) | (9.0, 15.9) |
| North | **28.1** | **30.0** | **26.3** | **25.2** | **23.9** | **25.9** | **23.0** | **26.5** | **21.0** | **24.3** |
| | (23.8, 32.1) | (25.6, 34.8) | (22.0, 31.0) | (20.9, 30.0) | (19.7, 28.7) | (22.3, 29.9) | (18.9, 27.7) | (22.1, 31.4) | (17.7, 24.6) | (20.0, 29.3) |

Notes: [¶] 95% confidence interval

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

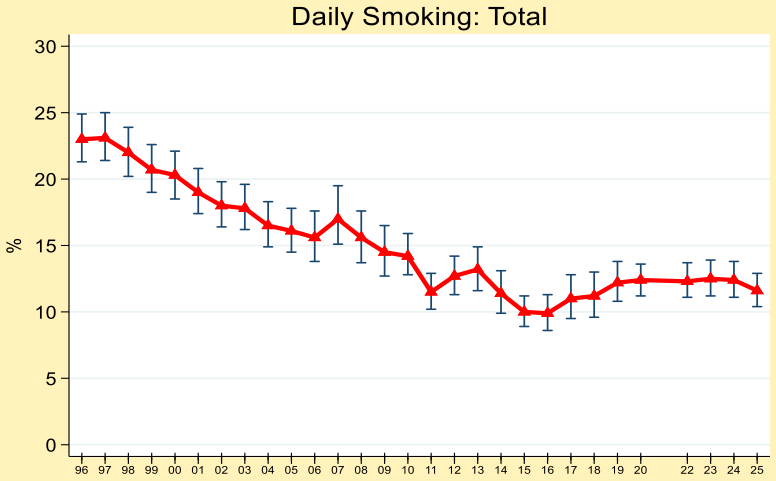
Source: The *CAMH Monitor*, Centre for Addiction and Mental Health.

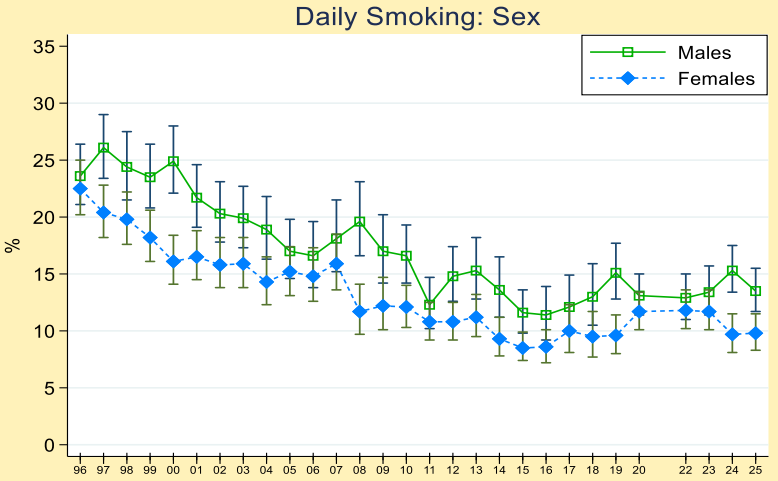
**Table 4.2.1b:** Percentage Reporting ***Daily Cigarette Smoking***, by Demographic Characteristic, Aged 18+, 2006–2025

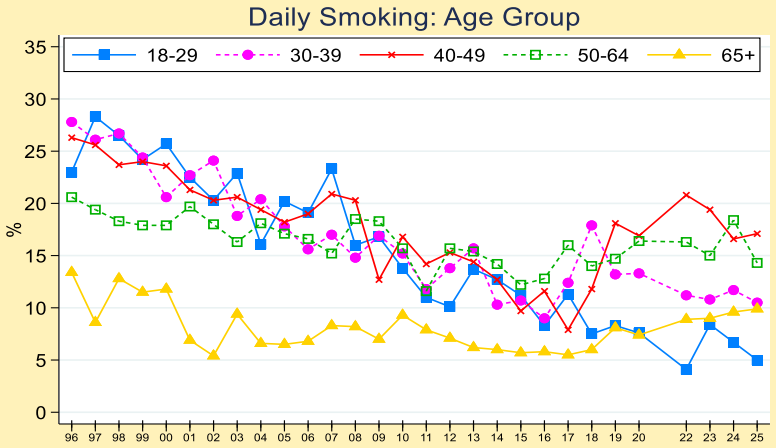
| | 2006 | 2007 | 2008 | 2009 | 2010 | 2011 | 2012 | 2013 | 2014 | 2015 | 2016 | 2017 | 2018 | 2019 | 2020 | 2022 | 2023 | 2024 | 2025 | Sig. |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| (N=) | (2016) | (2005) | (2024) | (2037) | (3030) | (3039) | (3030) | (3021) | (3043) | (5013) | (3042) | (2812) | (2806) | (2827) | (3033) | (2650) | (2590) | (3024) | (3012) | |
| **Total** | **15.6** | **17.0** | **15.6** | **14.5** | **14.2** | **11.5** | **12.7** | **13.2** | **11.4** | **10.0** | **9.9** | **11.0** | **11.2** | **12.2** | **12.4** | **12.3** | **12.5** | **12.4** | **11.6** | |
| (95%CI)¶ | (13.8,17.6) | (15.1,19.5) | (13.7,17.6) | (12.7,16.5) | (12.8,15.9) | (10.2, 12.9) | (11.3, 14.2) | (11.6, 14.9) | (9.9, 13.1) | (8.9, 11.2) | (8.6, 11.3) | (9.5, 12.8) | (9.6,13.0) | (10.8,13.8) | (11.2, 13.6) | (11.1, 13.7) | (11.2, 13.9) | (11.1, 13.8) | (10.4, 12.9) | |
| **Sex** | | | | | | | | | | | | | | | | | | | | |
| Men | **16.6** | **18.1** | **19.6** | **17.0** | **16.6** | **12.3** | **14.8** | **15.3** | **13.6** | **11.6** | **11.4** | **12.1** | **13.0** | **15.1** | **13.1** | **12.9** | **13.4** | **15.3** | **13.5** | |
| | (13.8,19.6) | (15.2,21.5) | (16.6,23.1) | (14.2,20.2) | (14.2,19.3) | (10.2, 14.7) | (12.6, 17.4) | (12.8, 18.2) | (11.2, 16.5) | (9.8, 13.6) | (9.2, 13.9) | (9.8, 14.9) | (10.5,15.9) | (12.8, 17.7) | (11.4, 15.0) | (11.0, 15.0) | (11.4, 15.7) | (13.4, 17.5) | (11.7, 15.5) | |
| Women | **14.8** | **15.9** | **11.7** | **12.2** | **12.1** | **10.8** | **10.8** | **11.2** | **9.3** | **8.5** | **8.6** | **10.0** | **9.5** | **9.6** | **11.7** | **11.8** | **11.7** | **9.7** | **9.8** | |
| | (12.6,17.3) | (13.6, 18.5) | (9.7,14.1) | (10.1,14.7) | (10.3,14.0) | (9.2, 12.5) | (9.2, 12.5) | (9.5, 13.2) | (7.8, 11.2) | (7.4, 9.9) | (7.2, 10.1) | (8.1, 12.3) | (7.7,11.7) | (8.0,11.4) | (10.1, 13.4) | (10.2, 13.6) | (10.1, 13.6) | (8.1, 11.5) | (8.3, 11.5) | |
| **Age** | | | | | | | | | | | | | | | | | | | | |
| 18-29 | **19.2** | **23.3** | **16.0** | **16.8** | **13.8** | **11.0** | **10.1** | **13.7** | **12.7** | **10.9** | **8.3** | **†11.4** | **†7.5** | **†8.3** | **7.6** | **†4.1** | **†8.4** | **†6.7** | **†5.0** | **c** |
| | (14.5,24.9) | (17.5, 30.2) | (11.1, 22.5) | (11.8, 23.5) | (9.9, 18.8) | (7.6, 15.7) | (6.7, 15.2) | (9.1, 20.2) | (8.0, 19.5) | (7.8, 15.0) | (5.1, 13.3) | (7.4, 17.0) | (4.9,11.5 | (5.8,11.9) | (5.6, 10.2) | (2.5, 6.5) | (5.5, 12.8) | (4.5, 9.9) | (3.1, 8.0) | |
| 30-39 | **15.6** | **17.0** | **14.8** | **16.9** | **15.2** | **11.8** | **13.8** | **15.7** | **10.3** | **10.7** | **9.0** | **†12.4** | **†17.9** | **†13.2** | **13.3** | **11.2** | **10.8** | **11.7** | **10.5** | |
| | (11.8,20.5) | (13.0.22.0) | (10.7,20.3) | (10.7,20.3) | (11.4, 19.9) | (8.8, 15.7) | (10.4, 18.0) | (11.3, 21.4) | (6.9, 15.2) | (7.9, 14.4) | (5.7, 14.0) | (7.6, 19.3) | (12.7,24.7) | (9.3,18.5) | (10.7, 16.5) | (8.5, 14.7) | (8.3, 13.9) | (8.9, 15.3) | (8.0, 13.6) | |
| 40-49 | **19.0** | **20.9** | **20.3** | **12.7** | **16.8** | **14.2** | **15.3** | **14.4** | **12.7** | **9.7** | **11.6** | **†7.9** | **†11.8** | **18.1** | **16.9** | **20.8** | **19.4** | **16.6** | **17.1** | **c** |
| | (15.0,23.8) | (16.7,25.9) | (16.2,25.1) | (9.5,16.7) | (13.6, 20.4) | (11.3, 17.7) | (12.2, 19.0) | (11.3, 18.0) | (9.6, 16.7) | (7.6, 12.4) | (8.7, 15.3) | (5.1, 12.0) | (8.2,16.6) | (13.8,23.4) | (13.8, 20.6) | (17.0, 25.1) | (15.9, 23.6) | (12.8, 21.2) | (13.9, 20.9) | |
| 50-64 | **16.6** | **15.2** | **18.5** | **18.3** | **15.7** | **11.6** | **15.7** | **15.4** | **14.2** | **12.2** | **12.8** | **16.0** | **14.0** | **14.7** | **16.4** | **16.3** | **15.0** | **18.4** | **14.3** | |
| | (13.2, 20.6) | (12.2,18.9) | (14.9,22.7 | (14.8,22.4 | (13.1, 18.6) | (9.4, 14.2) | (13.2, 18.7) | (12.9, 18.2) | (11.8, 17.0) | (10.5, 14.1) | (10.8, 15.3) | (13.1, 19.4) | (10.8,18.0) | (12.0,17.8) | (13.8, 19.3) | (13.7, 19.0) | (12.5, 18.0) | (15.4, 21.8) | (12.0, 17.1) | |
| 65+ | **6.8** | **8.3** | **8.2** | **7.0** | **9.3** | **7.9** | **7.1** | **6.2** | **6.0** | **5.5** | **5.8** | **5.5** | **6.0** | **8.1** | **7.4** | **8.9** | **9.0** | **9.6** | **9.9** | **c** |
| | (4.6, 9.9) | (5.9,11.6) | (5.9,11.4) | (4.8,10.1) | (7.1, 12.2) | (5.8, 10.7) | (5.4, 9.3) | (4.7, 8.1) | (4.5, 7.9) | (4.3, 6.9) | (4.5, 7.5) | (4.2, 7.1) | (4.6,7.9) | (6.3,10.3) | (5.5, 10.0) | (6.8, 11.6) | (6.7, 11.9) | (7.2, 12.5) | (7.7, 12.7) | |
| **Region** | | | | | | | | | | | | | | | | | | | | |
| Toronto | **9.7** | **17.2** | **13.4** | **15.5** | **14.3** | **6.8** | **12.1** | **11.7** | **9.1** | **6.9** | **7.8** | **†9.5** | **†6.9** | **9.8** | **14.6** | **13.2** | **13.7** | **13.0** | **12.7** | **c** |
| | (6.6, 14.1) | (12.7, 22.8) | (9.7,18.4) | (11.4,20.6) | (11.1, 18.4) | (4.6, 10.0) | (9.2, 15.8) | (8.5, 15.9) | (6.3, 12.9) | (5.1, 9.4) | (5.4, 11.2) | (6.6, 13.6) | (4.5,10.3) | (7.1,13.3) | (11.8, 18.0) | (10.5, 16.5) | (10.8, 17.3) | (10.2, 16.3) | (10.0, 16.0) | |
| Central East | **16.9** | **14.5** | **14.8** | **14.3** | **12.5** | **10.1** | **10.4** | **14.4** | **12.3** | **11.3** | **8.8** | **†11.6** | **†9.8** | **13.9** | **10.1** | **11.6** | **10.4** | **9.5** | **8.0** | **p** |
| | (12.6, 22.2) | (10.7,19.3) | (13.5,27.5) | (10.6,18.9) | (9.3,16.6) | (7.5, 13.4) | (7.8, 13.8) | (10.9, 18.7) | (9.0, 16.7) | (8.9, 14.4) | (6.4, 12.1) | (7.7, 17.1) | (7.0,13.8) | (10.4,18.3) | (7.8, 13.1) | (9.0, 14.9) | (7.7, 13.8) | (7.1, 12.5) | (5.9, 10.7) | |
| Central West | **16.6** | **15.2** | **15.2** | **17.5** | **15.3** | **15.2** | **12.2** | **13.2** | **12.1** | **10.8** | **9.1** | **11.1** | **†11.3** | **†9.1** | **9.7** | **10.2** | **10.4** | **13.3** | **13.2** | |
| | (12.6, 21.5) | (11.2,20.2) | (11.3,20.1) | (13.3,22.7) | (12.1, 19.3) | (11.8, 19.2) | (9.1, 16.0) | (10.0, 17.2) | (8.9, 16.3) | (8.4, 13.6) | (6.1, 13.2) | (8.0, 15.2) | (7.9,16.0) | (6.5,12.6) | (7.4, 12.5) | (7.8, 13.2) | (7.9, 13.7) | (10.4, 16.8) | (10.5, 16.5) | |
| West | **19.8** | **20.6** | **15.8** | **12.9** | **14.8** | **12.2** | **15.2** | **13.3** | **10.6** | **8.9** | **13.0** | **11.2** | **†12.3** | **15.6** | **14.9** | **14.8** | **14.5** | **10.7** | **10.3** | **bp** |
| | (15.7, 24.6) | (16.2,25.9) | (11.8,20.8) | (9.1,17.9) | (11.7, 18.7) | (9.3, 15.8) | (12.0, 19.2) | (10.2, 17.2) | (8.1, 13.8) | (6.9, 11.5) | (9.8, 17.0) | (8.1, 15.2) | (8.4,17.6) | (12.0,20.0) | (12.0, 18.4) | (11.7, 18.5) | (11.4, 18.4) | (8.3, 13.8) | ([7.9, 13.2) | |
| East | **15.6** | **16.3** | **16.6** | **9.3** | **13.9** | **12.1** | **13.8** | **11.1** | **10.1** | **10.5** | **9.8** | **†11.6** | **15.7** | **12.7** | **11.9** | **11.4** | **12.3** | **11.7** | **11.8** | |
| | (11.8,20.2) | (12.3,21.3) | (12.4,22.0) | (6.4,13.3) | (10.8, 17.8) | (9.2,15.7) | (10.8, 17.5) | (8.3, 14.7) | (7.5, 13.5) | (8.1, 13.6) | (7.1, 13.5) | (8.1, 16.3) | (11.6,20.9) | (9.6,16.6) | (9.4, 14.9) | (8.8, 14.8) | (9.5, 15.8) | (9.0, 15.0) | (9.3, 15.0) | |
| North | **18.4** | **23.1** | **23.6** | **18.1** | **16.6** | **18.7** | **17.7** | **16.2** | **16.7** | **13.7** | **16.6** | **12.4** | **16.2** | **20.3** | **17.3** | **17.3** | **19.4** | **18.1** | **13.1** | **ap** |
| | (14.2, 23.6) | (18.5,28.3) | (18.9,29.1) | (14.0,23.0) | (13.0, 20.8) | (15.0, 23.1) | (14.0, 22.1) | (12.8, 20.4) | (13.2, 20.8) | (11.1, 16.7) | (13.1, 20.8) | (8.9, 16.9) | (12.5,20.8) | (16.3,24.9) | (14.1, 21.0) | (13.5, 22.0) | (15.6, 23.8) | (14.8, 22.1) | (10.5, 16.3) | |

Notes: (1) ¶ 95% confidence interval; † Estimate suppressed or unstable; the sampling design were changed in 2020 from telephone interview to web surveys.
(2) Significant change [a]2025 vs.2024, [b] 2025 vs. 2020, [c]2025 vs. 2015, [p]2025 vs. 2019 (pre-COVID-19 pandemic).
*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 4.2.2:** Daily Smoking Among Adults Aged 18+, 1996–2025




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

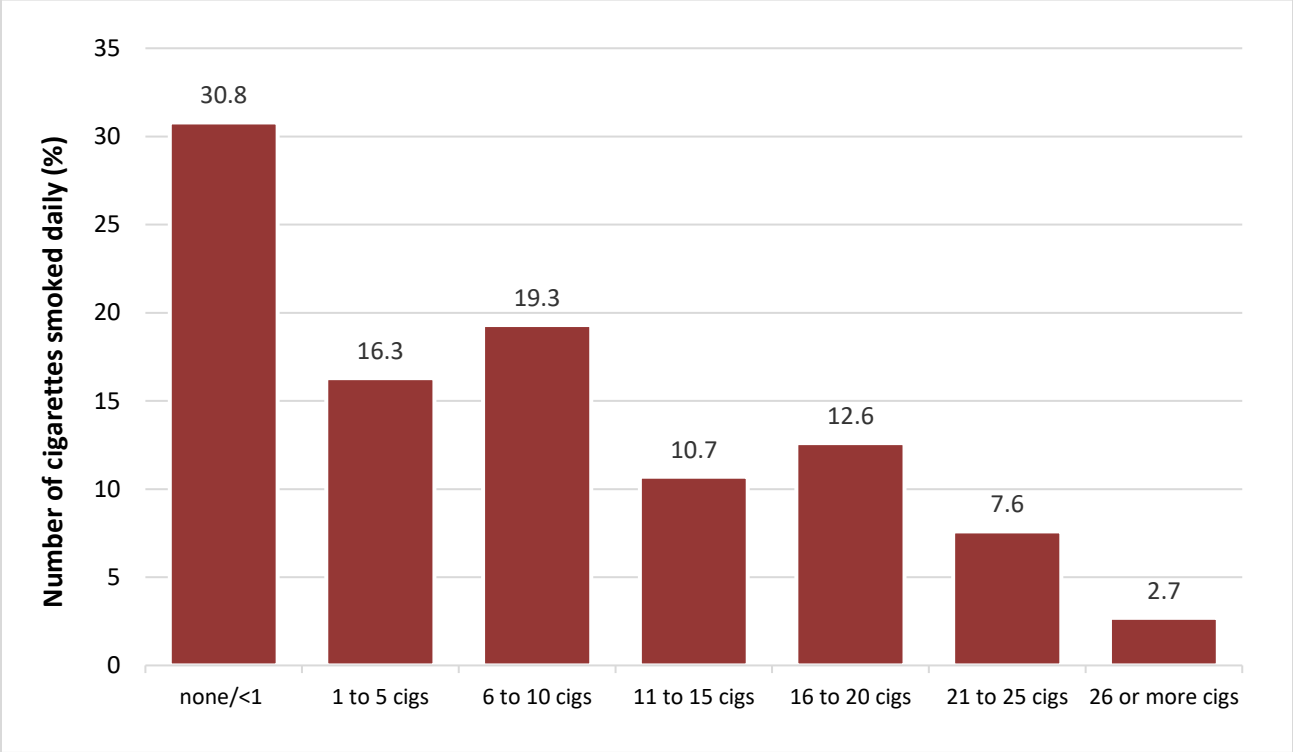
## Number of Cigarettes Smoked Daily

In 2025, about 16.0% of current smokers reported smoking 1 to 5 cigarettes per day, 19.3% reported smoking 6 to 10 cigarettes per day.

About a quarter of current smokers (23.3%) reported smoking 11 to 20 cigarettes per day.

About 1 in 10 (10.3%) current smokers reported smoking more than 20 cigarettes per day (Figure 4.2.3).

**Figure 4.2.3 Number of Cigarettes Smoked Daily, Current Smokers, Aged 18+, 2025 (N=492)**




## 4.3 Nicotine Pouches

Nicotine pouches are small microfiber pouches filled with a powdered blend of nicotine, flavouring agents, and other components [17]. The powder dissolves in the mouth, and nicotine is absorbed through the gums and lining of the mouth[18].

The survey asked respondents if they used any type of nicotine pouches. The question asked was: "In the last 12 months, have you used any type of nicotine pouch, such as Zonnic or other brands?" Response options were yes or no.

[17] https://www.cdc.gov/tobacco/nicotine-pouches/index.html

[18] https://recalls-rappels.canada.ca/en/alert-recall/only-use-authorized-nicotine-pouches-directed-and-do-not-use-unauthorized-nicotine

In 2025, an estimated **6.4%** (95% CI: 4.9% to 8.3%) of adults reported using nicotine pouches in the past year.

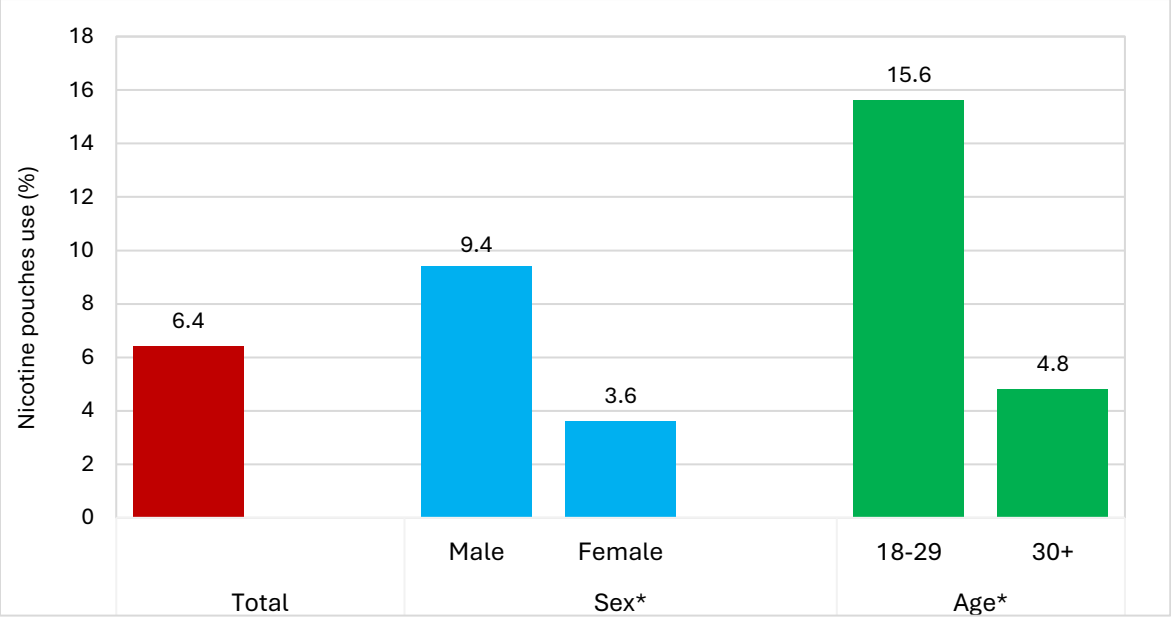
Overall, men were more likely to use nicotine pouches than women (9.4% vs.3.6%, respectively).

Individuals aged 18 to 29 were more likely to use nicotine pouches compared to their older counterparts (15.6% vs. 4.8%, respectively) (Figure 4.3.1).

**2024–2025**

The estimated percentage who reported using nicotine pouches use in 2024 (4.8%) was not significantly different from the 2025 estimate (6.4%). Likewise, no changes in the use of nicotine pouches were evident between 2024 and 2025 among men and women, and age groups.

**Figure 4.3.1** Nicotine Pouches Use by Sex and Age, Aged 18+, 2025 (N=1,003)




## 4.4 Nicotine Dependence

Nicotine dependence was assessed using the *Heaviness of Smoking Index* (HSI) among daily smokers[19,20]. HSI is based on the scores assigned to the items: *time to the first cigarette each morning* and *number of cigarettes smoked per day* (Heatherton et al., 1991). The HSI sum score ranged from 0 to 6, with scores of 0-2, 3-4 and 5-6 indicating classifications of low, moderate and high dependence on nicotine, respectively.

In 2025, an estimated **9.0%** (95% CI: 6.3% to 12.6%) of daily smokers (*n*=344) met the HSI cut-off for high nicotine dependence. About half of daily smokers (51.3%) met the HIS cut-off for moderate to high nicotine dependence.

[19] https://www.camh.ca/en/health-info/mental-illness-and-addiction-index/nicotine-dependence

[20] 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.

Overall, women were more likely to report moderate to high nicotine dependence than women (60.7% vs.44.1%, respectively).

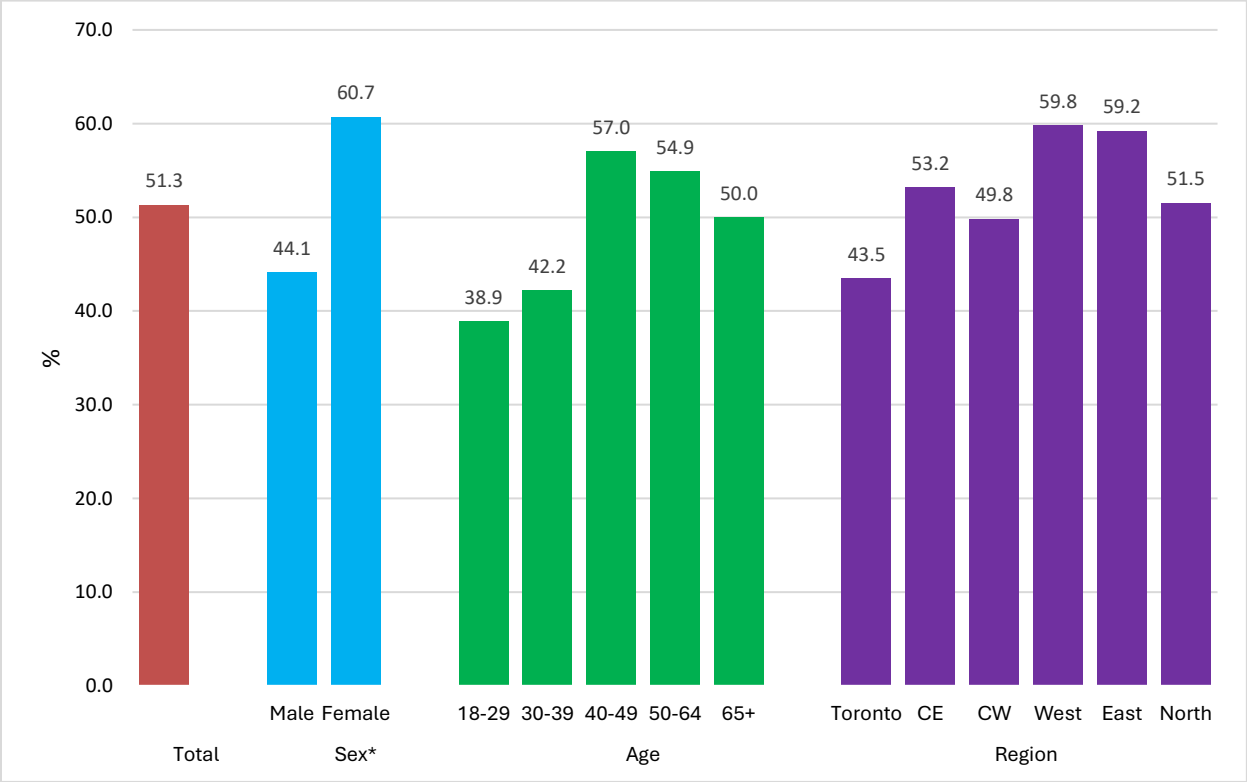
There were no association of age or region of residence with moderate to high nicotine dependence (Figure 4.4.1).

### 2024–2025

The percentage estimate for moderate to high nicotine dependence in 2024 (48.8%) was not significantly different from the 2025 estimate (51.3). Likewise, the percentage estimates remained stable among both men (46.3% vs.44.1%) and women (52.5% vs.60.7%) during the same period, respectively.

The percentage estimates for high nicotine dependence also remained similar between 2024 (8.0%) and 2025 (9.0%) surveys. Likewise, no changes in high nicotine dependence were evident among both men (7.4% vs.7.9%) and women (9.0% vs.10.4%) between 2024 and 2025.

## **Figure 4.4.1** Moderate to High Nicotine Dependence Among Daily Smokers by Sex, Age and Region, Aged 18+, 2025 (N=344)




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

## 4.4. Electronic Cigarette Use

Survey participants were asked the following questions to assess their electronic cigarette (e-cigarette) use:

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

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

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

In 2025, the percentages reporting e-cigarette use in the past 30 days and past year were **10.9%** (95%CI: 9.7% to 12.1%) and **14.5%** (95% CI: 13.2% to 15.9%), respectively.

Overall, men were more likely than women to report e-cigarette use in both the past 30 days and past year (Figure 4.4.1-4.4.2).

Age was also significantly associated with e-cigarette use, with younger adults more likely to report e-cigarette use than older adults. Specifically, individuals aged 18 to 29 were the most likely to report e-cigarette use in both timeframes (Figure 4.4.1-4.4.2).

### Trends

**2013–2025**…… Tables 4.4.1, Fig. 4.4.3

#### 2024–2025

There was no significant change in the percentages reporting e-cigarette use in the past year between 2024 (15.5%) and 2025 (14.5%) (Table 4.4.1).

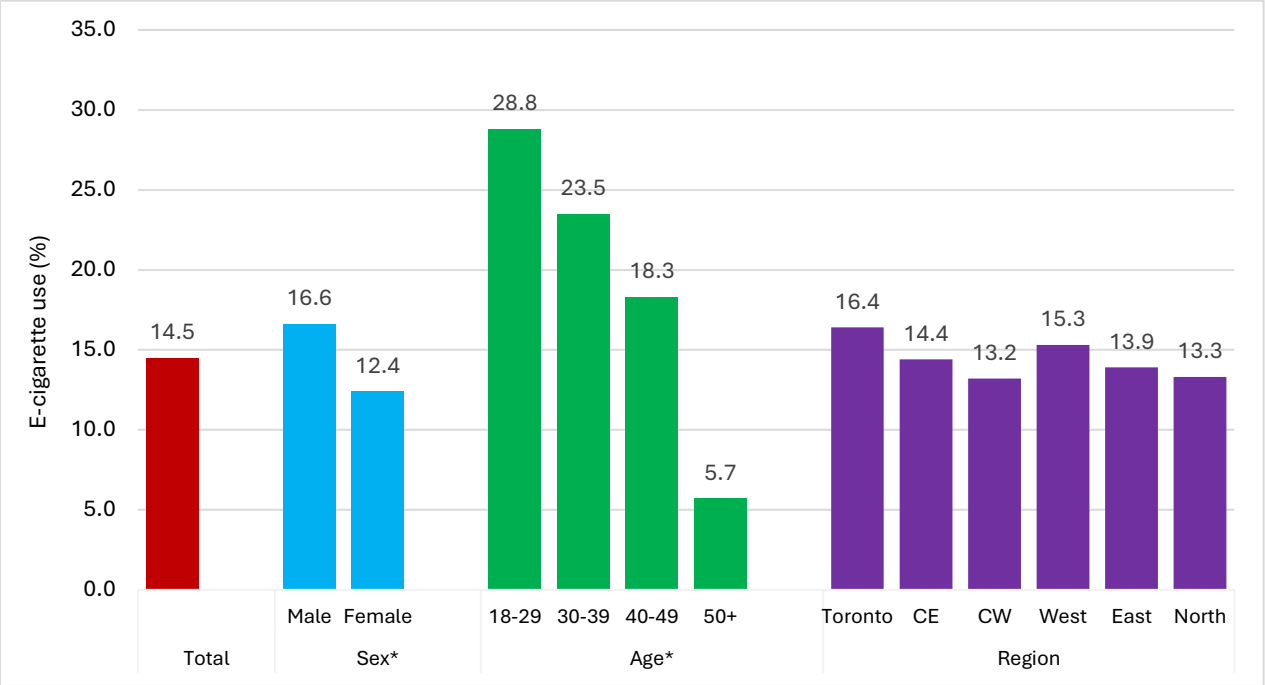
#### 2015–2025

The percentages reporting past year e-cigarette use increased from 10.9% in 2015 to 14.5% in 2025, with notable increases among women (from 9.2% to 12.4%, respectively). Increases were also evident among those aged 30 to 39 (from 11.5% to 23.5%), 40 to 49 years (from 6.6% to 18.3%), and among those residing in Toronto (from 8.8% to 16.4%) and the West (from 8.6% to 15.3%) region of Ontario (Table 4.4.1).

Compared to 2019 (pre-COVID-19), there was a marked increase in 2025 in the percentages reporting past year e-cigarette use among those aged 40 to 49, increasing from 12.2% to 18.3%, with the highest estimate recorded in 2023 (22.6%).

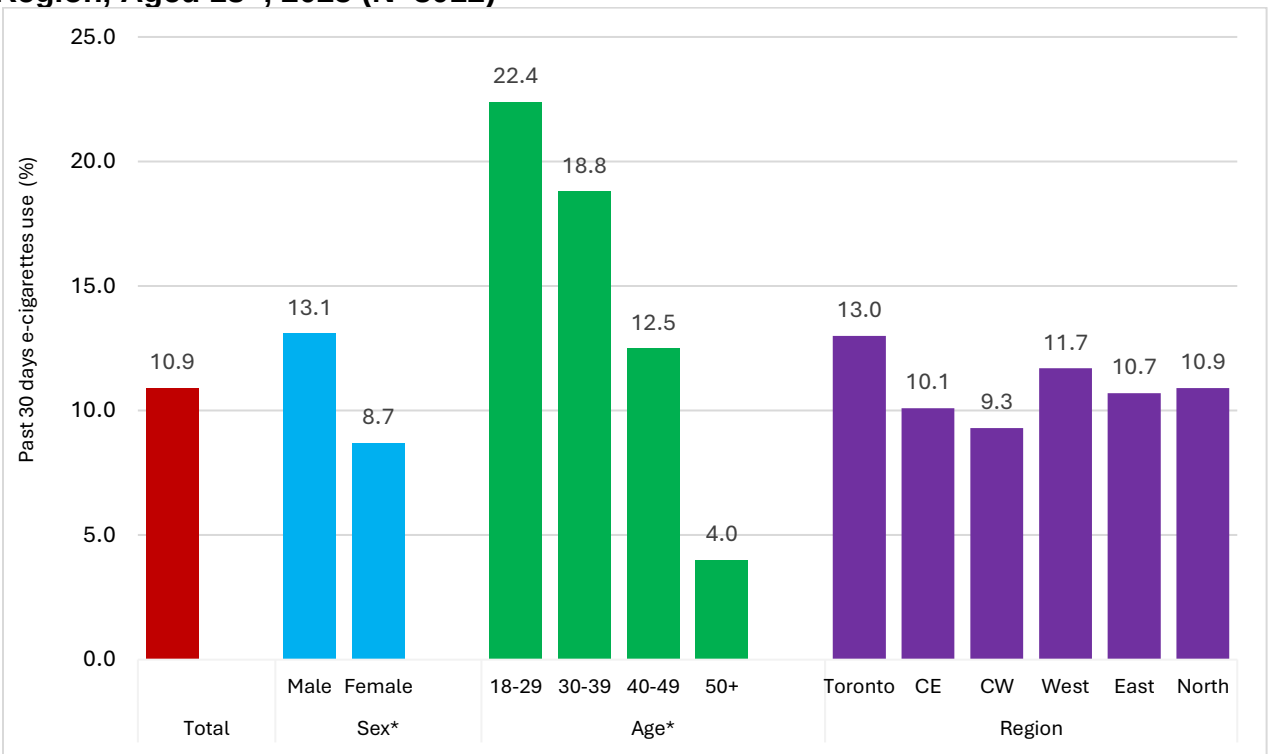
Compared to 2020, there was a significant decline in 2025 in percentages reporting past year e-cigarette use among adults residing in the Toronto region of Ontario, decreasing from 21.8% in 2020 to 16.4% in 2025 (Table 4.4.1).

**Figure 4.4.1** Electronic Cigarette Use in the Past 12 Months by Sex, Age and Region, Aged 18+, 2025 (N=3012)




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

**Figure 4.4.2** Electronic Cigarette Use in the Past 30 Days by Sex, Age and Region, Aged 18+, 2025 (N=3012)




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

**Table 4.4.1:** Percentage Reporting ***Electronic Cigarette Use*** in the Past 12 Months, by Demographic Characteristics, Aged 18+, 2013-2025

| (N=) | 2013 (1890) | 2014 (3043) | 2015 (2011) | 2016 (2028) | 2017 (2812) | 2018 (2806) | 2019 (2827) | 2020 (3033) | 2022 (2650) | 2023 (2590) | 2024 (3024) | 2025 (3012) | Sig. |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Total** | **10.5** | **10.1** | **10.9** | **9.6** | **8.5** | **9.2** | **12.8** | **15.2** | **13.7** | **16.0** | **15.5** | **14.5** | **c** |
| (95%CI)¶ | (8.7, 12.6) | (8.5, 11.8) | (9.0, 13.2) | (7.8, 11.8) | (7.1, 10.1) | (7.8, 10.8) | (11.2, 14.5) | (13.8, 16.6) | (12.3, 15.2) | (14.5, 17.7) | (14.1, 17.0) | (13.2, 15.9) | |
| **Sex** | | | | | | | | | | | | | |
| Men | **10.6** | **11.6** | **12.9** | **13.5** | **11.4** | **11.4** | **14.3** | **17.4** | **17.0** | **17.3** | **18.1** | **16.6** | |
| | (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) | (15.4,19.7) | (15.4, 19.7) | (14.6, 19.7) | (15.7, 20.6) | (14.6, 18.9) | |
| Women | **10.3** | **8.7** | **9.2** | **5.9** | **5.8** | **7.2** | **11.4** | **13.0** | **10.7** | **14.9** | **13.1** | **12.4** | **c** |
| | (8.0, 13.1) | (7.0, 10.7) | (7.1, 11.8) | (4.4, 8.0) | (4.3, 7.6) | (5.6, 9.2) | (9.5, 13.6) | (11.4, 14.9) | (9.2, 12.4) | (13.1, 16.9) | (11.5, 14.9) | (10.8, 14.2) | |
| **Age** | | | | | | | | | | | | | |
| 18-29 | **†17.5** | **†21.0** | **27.1** | **†17.6** | **20.3** | **20.5** | **30.6** | **26.4** | **23.3** | **30.4** | **30.2** | **28.8** | |
| | (11.6, 25.6) | (14.9, 28.6) | (20.1, 35.6) | (11.7, 25.5) | (15.4, 26.3) | (16.1, 25.9) | (25.7, 36.0) | (22.3, 30.9) | (18.7, 28.7) | (24.8, 36.7) | (25.6, 35.2) | (24.2, 33.8) | |
| 30-39 | **†10.7** | **†12.2** | **†11.5** | **†14.6** | **†9.6** | **†12.9** | **16.7** | **23.4** | **21.0** | **23.4** | **21.5** | **23.5** | **c** |
| | (6.8, 16.5) | (8.6, 17.0) | (7.1, 17.9) | (8.2, 24.4) | (5.7, 15.8) | (8.6, 19.0) | (12.1, 22.7) | (19.9, 27.3) | (17.3, 25.3) | (19.7, 27.6) | (17.7, 25.9) | (20.0, 27.4) | |
| 40-49 | **†10.2** | **11.5** | **†6.6** | **†9.3** | **†5.6** | **†8.7** | **†12.2** | **18.2** | **17.9** | **22.6** | **19.3** | **18.3** | **cp** |
| | (7.0, 14.5) | (8.4, 15.5) | (4.2, 10.2) | (6.2, 13.6) | (3.5, 9.0) | (5.8, 12.8) | (8.7, 16.9) | (14.9, 22.1) | (14.3, 22.2) | (18.7, 27.1) | (15.2, 24.1) | (15.0, 22.1) | |
| 50+ | **7.2** | **4.9** | **†5.3** | **5.1** | **4.4** | **3.9** | **4.3** | **6.7** | **6.3** | **6.1** | **7.4** | **5.7** | |
| | (5.5, 9.4) | (3.8, 6.2) | (4.0, 7.1) | (3.9, 6.8) | (3.4, 5.8) | (2.9, 5.2) | (3.2, 5.6) | (5.4, 8.2) | (5.1, 7.7) | (4.8, 7.6) | (5.9, 9.1) | (4.6, 7.0) | |
| **Region** | | | | | | | | | | | | | |
| Toronto | **†6.9** | **†9.1** | **†8.8** | **†6.2** | **†11.8** | **†8.1** | **13.2** | **21.8** | **18.2** | **17.5** | **18.6** | **16.4** | **bc** |
| | (3.8, 12.4) | (6.0, 13.8) | (5.3, 14.1) | (3.5, 10.8) | (8.4, 16.4) | (5.5, 11.7) | (9.8, 17.5) | (18.4, 25.7) | (14.8, 22.1) | (14.0, 21.7) | (15.3, 22.5) | (13.4, 19.9) | |
| Central East | **†10.6** | **†12.3** | **†12.0** | **†11.4** | **†8.9** | **†9.6** | **12.7** | **13.9** | **13.0** | **14.0** | **13.7** | **14.4** | |
| | (7.0, 15.9) | (8.8, 16.9) | (7.9, 17.7) | (7.1, 17.8) | (5.9, 13.2) | (6.8, 13.3) | (9.5, 16.8) | (11.0, 17.3) | (10.0, 16.7) | (10.9, 17.8) | (10.9, 17.2) | (11.5, 17.8) | |
| Central West | **†13.5** | **10.8** | **†12.5** | **†9.6** | **†5.6** | **†8.5** | **11.5** | **13.7** | **11.6** | **16.2** | **16.2** | **13.2** | |
| | (9.3, 19.2) | (7.8, 14.8) | (8.2, 18.5) | (5.8, 15.4) | (3.4, 9.1) | (5.7, 12.5) | (8.4, 15.5) | (11.0, 16.9) | (8.8, 15.0) | (12.8, 20.3) | (13.0, 20.0) | (10.4, 16.5) | |
| West | **†12.3** | **†7.3** | **†8.6** | **†7.6** | **†5.1** | **†7.3** | **13.5** | **12.2** | **10.9** | **15.1** | **13.7** | **15.3** | **c** |
| | (8.3, 17.8) | (4.8, 10.9) | (5.3, 13.7) | (4.2, 13.6) | (3.0, 8.3) | (4.3, 12.1) | (10.1, 17.7) | (9.5, 15.6) | (8.1, 14.4) | (12.0, 18.8) | (11.0, 17.1) | (12.2, 18.8) | |
| East | **†9.3** | **†9.2** | **†11.4** | **†12.7** | **†11.1** | **12.5** | **12.2** | **12.9** | **13.9** | **15.7** | **13.0** | **13.9** | |
| | (6.3, 13.5) | (6.6, 12.7) | (7.3, 17.5) | (8.6, 18.4) | (7.6, 16.0) | (9.1, 16.7) | (8.9, 16.5) | (10.3, 16.2) | (10.7, 17.7) | (12.5, 19.6) | (10.0, 16.6) | (11.1, 17.4) | |
| North | **†8.2** | **†8.3** | **†13.7** | **†10.9** | **†8.4** | **†11.0** | **16.2** | **13.7** | **13.4** | **18.3** | **14.9** | **13.3** | |
| | (5.2, 12.9) | (5.6, 12.0) | (9.6, 19.2) | (7.1, 16.2) | (5.5, 12.6) | (7.9, 15.3) | (12.4, 20.9) | (10.8, 17.3) | (10.0, 17.6) | (14.5, 22.7) | (11.9, 18.4) | 10.7, 16.6) | |

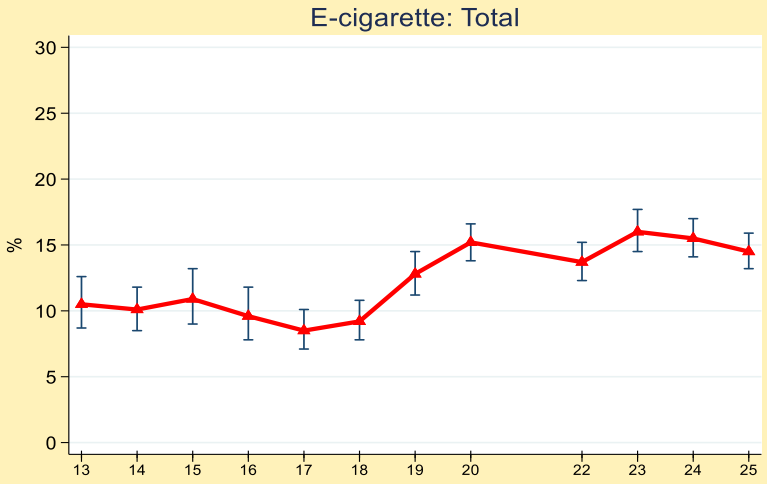
Notes: (1) ¶95% confidence interval; † estimate suppressed or unstable; the sampling design were changed in 2020 from telephone interview to web surveys.

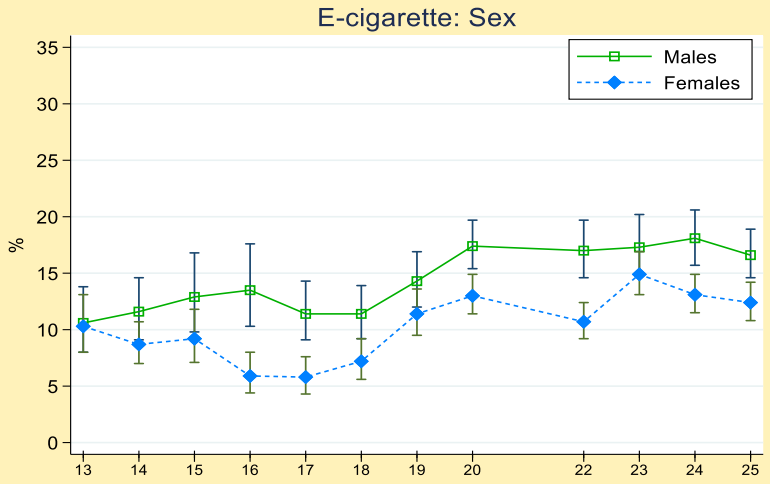
(2) Significant change [a]2025 vs.2024, [b] 2025 vs. 2020, [c]2025 vs. 2015, [p]2025 vs. 2019 (pre-COVID-19 pandemic).

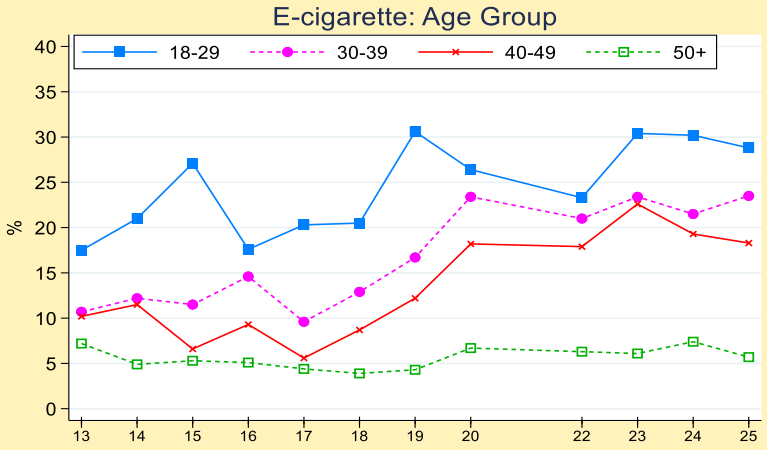
*Q: Have you ever taken at least one puff from an e-cigarette or nicotine vaping device? Was this in the past 12 months?*

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

## **Figure 4.4.3:** Electronic Cigarette Use in the Past 12 Months, Aged 18+, 2013–2025




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

# 5. CANNABIS AND OTHER DRUGS

## 5.1 Cannabis Use

In 2025, about 52.9% (95% CI: 50.9 to 54.8) of adults used cannabis at least once in their lifetime, while 29.3% (95% CI: 27.6% to 31.1%) used it in the 12 months before the survey.

One in four (25.8%) adults used cannabis in the past three months.

About 1 in 5 adults (20.8%) used cannabis at least once in the past 30 days, and about 6.6% used cannabis daily over the past three months.

Men were more likely than women to report using cannabis in the past 30 days (23.6% vs. 18.3%). However, no significant sex differences were evident in cannabis use over the past 12 months or in daily use during the past three months (Figures 5.1.1-5.1.3).

There were significant associations of age with cannabis use in the past 12 months, past three months and daily use in the past three months, with young adults more likely to use cannabis than older adults (Figures 5.1.1-5.1.3).

There were also significant differences by region in cannabis use in the past 12 months and past three months (Figures 5.1.1-5.1.2).

### Trends

**1977–2025**…… Tables 5.1.1a-b, Fig. 5.1.4

**2024–2025**

The percentage reporting cannabis use in the past 12 months remained stable between 2024 (29.7%) and 2025 (29.3%), with no significant changes observed across subgroups during this period (Table 5.1.1b).

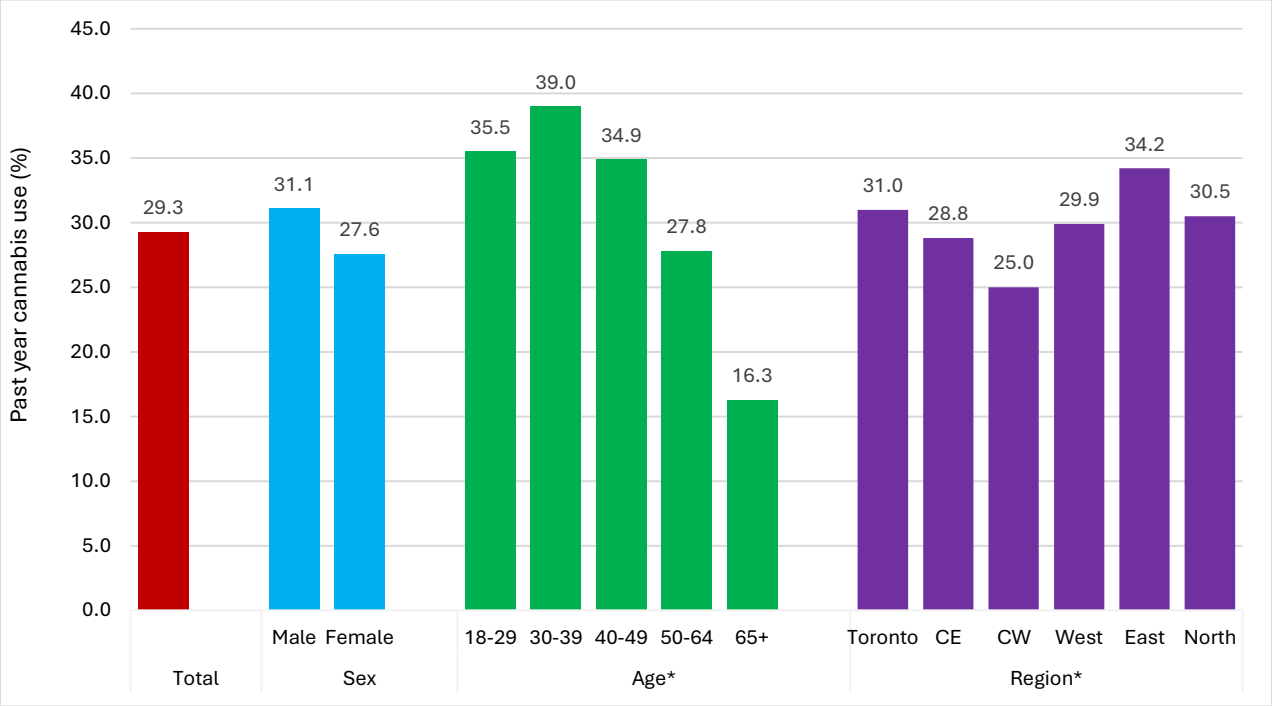
**2015–2025**

The percentage reporting cannabis use in the past 12 months increased from 14.5% in 2015 to 29.7% in 2025, with the largest increase occurred in 2022 (32.9%). This increase was especially notable among men (from 19.2% to 31.1%), women (from 10.2% to 27.6%), those aged 30 to 39 (from 15.0% to 39.0%), 40 to 49 (from 8.8% to 34.9%), those aged 50 and older (7.2% to 22.1%) and across all regions of Ontario.

Compared to 2019 (pre-COVID-19), there was notable increase in 2025 in percentage reporting cannabis use in the past 12 months (from 25.6% to 29.3%, respectively). This increase was especially evident among women (from 20.1% to 27.6%), those aged 40 to 49 (from 24.5% to 34.9%) and those aged 50 and older (from 15.1% to 22.1%). However, the percentage decreased among those aged 18 to 29, declined from 45.5% in 2019 to 35.5% in 2025. Additionally, adults residing in Toronto region reported a marked increase in cannabis use (from 24.3% to 31.0%, respectively).

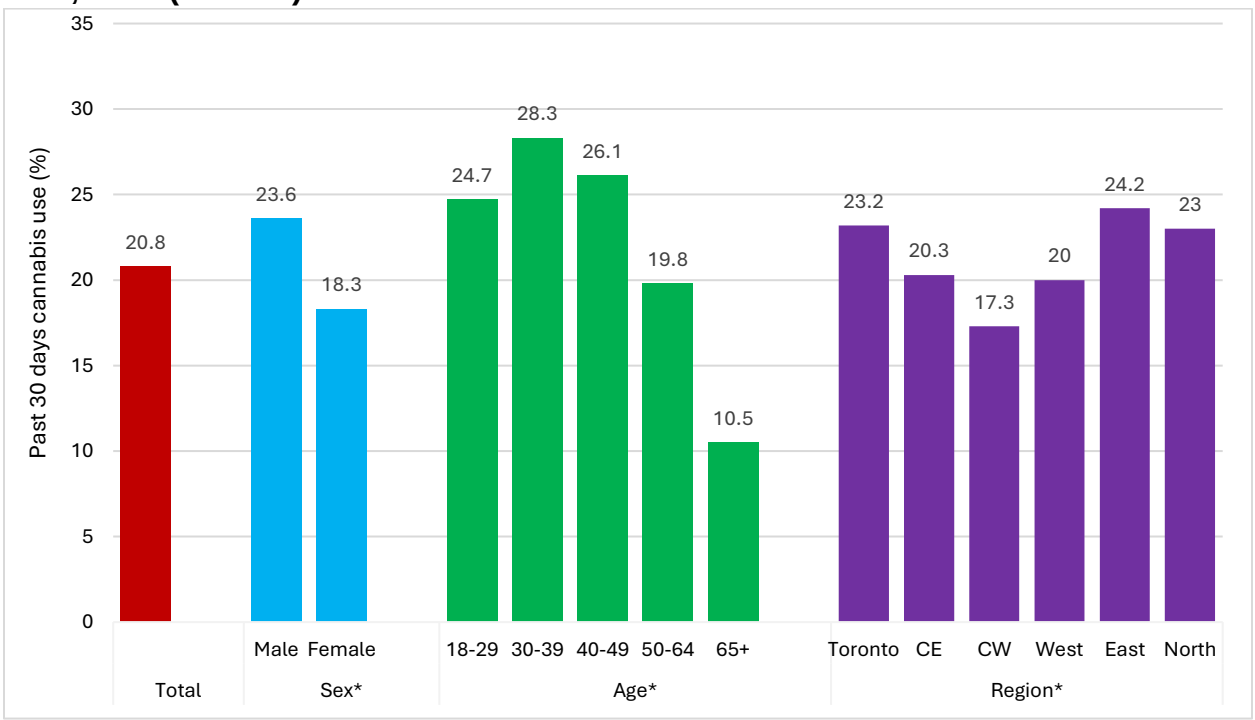
Compared to 2020, there was no change in the percentage reporting cannabis use in the past 12 months in 2025 (31.7% vs. 29.3%). However, notable changes were evident among adults aged 18 to 29 (declined from 45.5% to 35.5%), 30 to 39 years (declined from 46.9% to 39.0%) and among those residing in Central West region of Ontario (declined from 33.2% to 25.0%) (Table 5.1.1b).

**Figure 5.1.1** Cannabis Use in the Past 12 Months by Sex, Age and Region, Aged 18+, 2025 (N=3012)



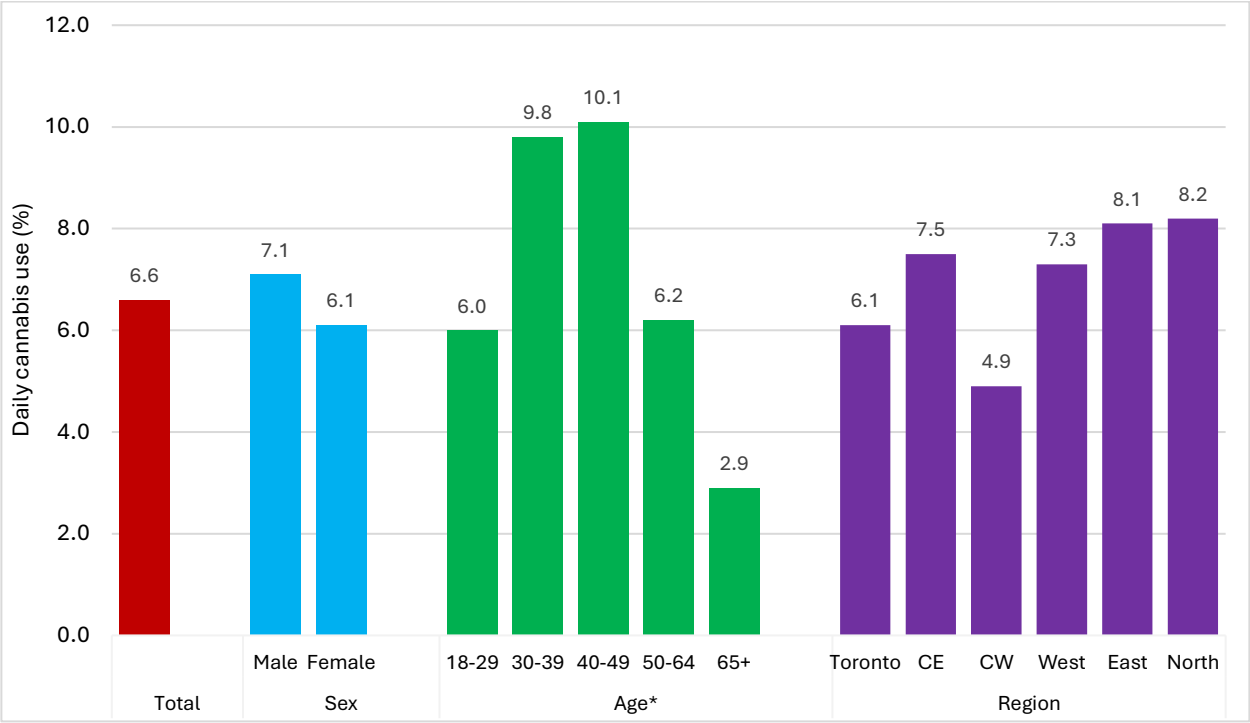

Note: CE: Central East; CW: Central West; *: Statistically significant differences between estimates, (p<0.05).

**Figure 5.1.2** Cannabis Use in the Past 30 days by Sex, Age and Region, Aged 18+, 2025 (N=3012)




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

**Figure 5.1.3** **Daily Cannabis Use in the Past Three Months by Sex, Age and Region, Aged 18+, 2025 (N=3012)**




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

**Table 5.1.1a:** Percentage ***Using Cannabis*** in the Past 12 Months by Demographic Characteristic, Aged 18+, 1977– 2005

| | 1977 | 1982 | 1984 | 1987 | 1989 | 1991 | 1992 | 1994 | 1996 | 1997 | 1998 | 1999 | 2000 | 2001 | 2002 | 2003 | 2004 | 2005 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| (N= ) | (1059) | (1026) | (1043) | (1075) | (1098) | (1047) | (1058) | (2022) | (2721) | (2776) | (2509) | (2436) | (2406) | (2627) | (2421) | (2411) | (2611) | (2445) |
| **Total** | **8.1** | **8.2** | **11.2** | **9.5** | **10.5** | **8.7** | **6.2** | **9.0** | **8.7** | **9.1** | **8.6** | **10.4** | **10.8** | **11.2** | **11.5** | **12.8** | **12.4** | **14.4** |
| (95% CI)¶ | (6.5,9.7) | (5.9,10.5) | (9.3,13.1) | (7.7,11.3) | (8.7,12.3) | 7.0,10.4) | (4.7,7.7) | (7.8,10.2) | (7.6,9.8) | (7.8,10.3) | (7.3,10.0) | (9.1,11.9) | (9.4,12.4) | (9.9,12.8) | (10.1,13.1) | (11.4,14.5) | (10.8, 14.1) | (12.7, 16.2) |
| **Sex** | | | | | | | | | | | | | | | | | | |
| Men | **11.2** | **12.3** | **15.6** | **12.3** | **13.0** | **11.5** | **9.1** | **11.4** | **12.6** | **11.4** | **12.1** | **13.2** | **14.3** | **15.4** | **15.3** | **16.0** | **16.0** | **18.8** |
| | (8.5,13.9) | (9.5,15.1) | (12.5,18.7) | (9.5,15.1) | (10.2,15.8) | (8.7,14.3) | (6.6,11.6) | (9.5,13.3) | (10.7,14.5) | (9.3,13.5) | (9.9,14.7) | (11.1,15.8) | (12.0,16.9) | (13.2,18.0) | (12.9,17.9) | (13.6,18.7) | (13.5, 18.9) | (16.0, 21.9) |
| 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** | **7.3** | **8.0** | **9.9** | **9.0** | **10.3** |
| | (2.7,6.3) | (2.4,5.8) | (4.9,9.3) | (4.7,8.9) | (5.9,10.5) | (4.0,8.0) | (2.1,5.1) | (5.4,8.6) | (4.2,6.4) | (5.4,8.5) | (4.2,6.9) | (6.3,9.7) | (6.2,9.6) | (5.7,9.2) | (6.4,10.0) | (8.2,11.9) | (7.3, 11.1) | (8.4, 12.5) |
| **Age** | | | | | | | | | | | | | | | | | | |
| 18 - 29 | **22.6** | **22.7** | **28.5** | **19.0** | **24.6** | **19.9** | **13.3** | **19.6** | **18.3** | **21.4** | **25.2** | **27.1** | **28.2** | **26.8** | **26.6** | **33.6** | **34.3** | **38.2** |
| | (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) | (22.5,31.7) | (22.1,31.7) | (28.7,38.9) | (28.9, 40.2) | (32.4, 44.2) |
| 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** | **15.8** | **14.7** | **12.0** | **14.7** | **16.9** |
| | (1.3,6.5) | (1.7,6.7) | (5.8,13.2) | (7.9,15.3) | (8.1,15.5) | (5.6,12.6) | (3.7,9.5) | (7.6,12.8) | (8.9,13.7) | (7.3,12.3) | (6.1,11.1) | (7.9,13.4) | (9.4,15.9) | (12.5,19.8) | (11.5,18.7) | (9.1,15.7) | (11.3, 19.0) | (13.1, 21.6) |
| 40 - 49 | **†2.3** | **†** | **†2.2** | **5.4** | **†3.9** | **†3.0** | **†2.4** | **4.3** | **6.1** | **4.3** | **4.6** | **6.8** | **6.4** | **7.2** | **7.6** | **9.5** | **7.3** | **10.8** |
| | (0.1,4.5) | — | (0.1,4.3) | (2.0,8.8) | (1.1,6.7) | (0.7,5.3) | (0.3,4.5) | (2.4,6.2) | (4.1,8.1) | (2.6,6.1) | (3.1,6.7) | (4.8,9.5) | (4.5,9.1) | (5.3,9.7) | (5.4,10.5) | (7.3,12.3) | (5.2, 10.2) | (8.2, 14.1) |
| 50 + | **†1.2** | **†1.3** | **†1.8** | **†** | **†1.4** | **†** | **†1.3** | **†** | **†** | **†1.7** | **†1.4** | **4.1** | **†2.9** | **†3.3** | **†3.3** | **†3.1** | **†3.0** | **†2.6** |
| | (0.3,2.7) | (0.2,2.8) | (0.2,3.6) | — | (0.1,3.0) | — | (0.5,3.1) | — | — | (0.6,2.8) | (0.3,2.5) | (2.3,5.9) | (1.4,4.4) | (1.8,4.8) | (2.2, 5.0) | (2.0, 4.8) | (2.4, 4.4) | (1.7, 3.9) |
| **Region** | | | | | | | | | | | | | | | | | | |
| Toronto | — | — | — | — | — | — | — | — | **10.2** | **10.9** | **13.0** | **10.1** | **14.2** | **14.3** | **13.0** | **14.7** | **13.7** | **19.0** |
| | | | | | | | | | (7.5,13.8) | (8.1,14.7) | (9.7,17.3) | (7.3,13.6) | (10.9,18.4) | (10.9,18.7) | (9.7,17.2) | (11.3,19.0) | (10.2, 18.1) | (14.7, 24.1) |
| Central East | — | — | — | — | — | — | — | — | **†7.9** | **†8.0** | **†7.5** | **11.6** | **†5.7** | **11.7** | **12.4** | **12.0** | **13.6** | **16.9** |
| | | | | | | | | | (5.7,10.9) | (5.6,11.5) | (5.0, 11.1) | (8.5,15.7) | (3.6, 9.0) | (8.8, 15.5) | (9.2,16.4) | (9.0,15.7) | (9.9, 18.4) | (13.0, 21.6) |
| Central West | — | — | — | — | — | — | — | — | **9.7** | **†8.5** | **†9.1** | **10.6** | **†6.8** | **9.5** | **12.1** | **11.9** | **11.7** | **11.9** |
| | | | | | | | | | (7.0,13.3) | (6.0,11.7) | (6.5,12.6) | (7.6,14.5) | (4.5,10.3) | (6.9,13.0) | (8.8,16.2) | (8.7,16.1) | (8.5, 15.8) | (8.7, 16.2) |
| West | — | — | — | — | — | — | — | — | **7.6** | **8.0** | **4.6** | **10.6** | **11.0** | **9.6** | **10.0** | **11.6** | **11.1** | **11.6** |
| | | | | | | | | | (5.2,10.8) | (5.6,11.3) | (2.8,7.4) | (7.7,14.4) | (7.8,15.2) | (7.0,13.2) | (7.2,13.7) | (8.5,15.6) | (8.1, 15.0) | (8.5, 15.6) |
| East | — | — | — | — | — | — | — | — | **8.0** | **11.0** | **7.4** | **9.7** | **9.0** | **10.9** | **8.2** | **14.4** | **11.9** | **11.4** |
| | | | | | | | | | (5.6,11.3) | (8.1,14.7) | (5.0,11.0) | (7.0,13.3) | (6.2,12.7) | (8.0,14.8) | (5.6,11.8) | (11.0,18.6) | (8.8, 15.9) | (8.2, 15.6) |
| North | — | — | — | — | — | — | — | — | **6.6** | **5.5** | **7.2** | **9.0** | **8.5** | **8.8** | **11.8** | **11.5** | **11.1** | **10.9** |
| | | | | | | | | | (4.4,9.7) | (3.7,8.2) | (4.8,10.7) | (6.3,12.9) | (5.9,12.3) | (6.6,11.7) | (8.8,15.7) | (8.5,11.3) | (8.6, 14.3) | (7.8, 15.1) |

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

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

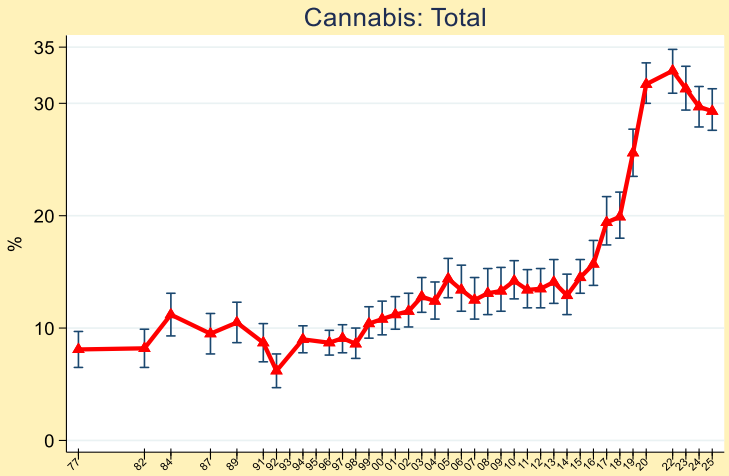
Source: The *CAMH Monitor*, Centre for Addiction and Mental Health

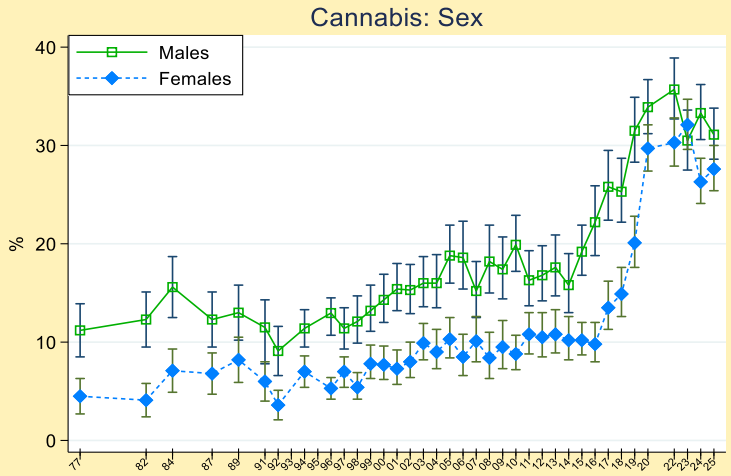
**Table 5.1.3b:** Percentage ***Using Cannabis*** in the Past 12 Months by Demographic Characteristics, Aged 18+, 2006–2025

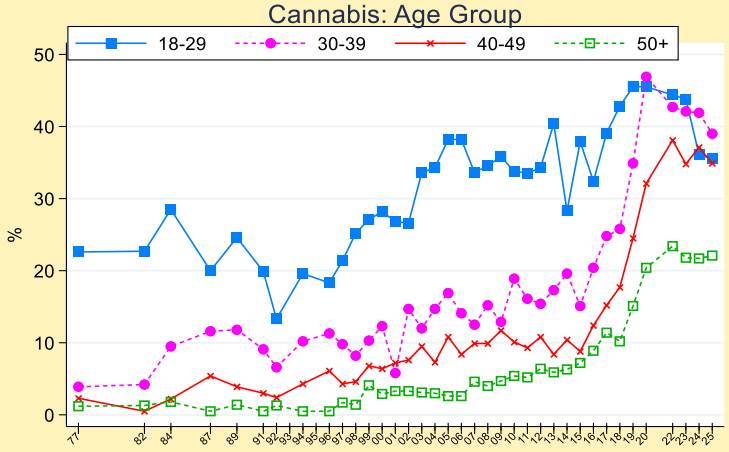
| | 2006 | 2007 | 2008 | 2009 | 2010 | 2011 | 2012 | 2013 | 2014 | 2015 | 2016 | 2017 | 2018 | 2019 | 2020 | 2022 | 2023 | 2024 | 2025 | Sig. |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| (N= ) | (2016) | (2005) | (2024) | (2037) | (3030) | (3039) | (3030) | (3021) | (3043) | (5013) | (3042) | (2812) | (2806) | (2827) | (3033) | (2650) | (2590) | (3024) | (3012) | |
| **Total** | **13.4** | **12.5** | **13.1** | **13.3** | **14.2** | **13.4** | **13.5** | **14.1** | **12.9** | **14.5** | **15.7** | **19.4** | **19.9** | **25.6** | **31.7** | **32.9** | **31.3** | **29.7** | **29.3** | **cp** |
| (95% CI)[¶] | (11.5, 15.6) | (10.8,14.5) | (11.2, 15.3) | (11.5,15.4) | (12.6, 16.0) | (11.8,15.2) | (11.8,15.3) | (12.2, 16.1) | (11.2, 14.8) | (13.1, 16.1) | (13.8, 17.9) | (17.3, 21.7) | (18.0,22.1) | (23.5,27.7) | (30.0, 33.6) | (30.9, 34.8) | (29.4, 33.3) | (27.9, 31.5) | (27.6, 31.1) | |
| **Sex** | | | | | | | | | | | | | | | | | | | | |
| Men | **18.6** | **15.2** | **18.2** | **17.4** | **19.9** | **16.3** | **16.8** | **17.6** | **15.8** | **19.2** | **22.2** | **25.8** | **25.3** | **31.5** | **33.9** | **35.7** | **30.5** | **33.3** | **31.1** | **c** |
| | (15.4,22.3) | (12.5,18.2) | (15.0,21.9) | (14.4,20.7) | (17.2, 22.9) | (13.7,19.3) | (14.2,19.8) | (14.7, 20.9) | (13.0, 19.0) | (16.8, 21.9) | (18.8, 25.9) | (22.4, 29.5) | (22.2,28.7) | (28.3,34.9) | (31.2, 36.7) | (32.7, 38.9) | (27.5, 33.6) | (30.6, 36.2) | (28.6, 33.8) | |
| Women | **8.5** | **10.1** | **8.4** | **9.5** | **8.8** | **10.8** | **10.5** | **10.8** | **10.2** | **10.2** | **9.8** | **13.5** | **14.9** | **20.1** | **29.7** | **30.3** | **32.1** | **26.3** | **27.6** | **cp** |
| | (6.6,10.8) | (8.0, 12.6) | (6.3,11.0) | (7.3,12.2) | (7.2,10.7) | (8.8, 13.0) | (8.5, 12.8) | (8.9, 13.3) | (8.2, 12.6) | (8.7, 12.0) | (8.0, 12.0) | (11.3, 16.2) | (12.6,17.6) | (17.6,22.8) | (27.4, 32.1) | (27.9, 32.8) | (29.6, 34.7) | (24.1, 28.7) | (25.4, 30.0) | |
| **Age** | | | | | | | | | | | | | | | | | | | | |
| 18 - 29 | **38.2** | **33.6** | **34.6** | **35.8** | **33.8** | **33.5** | **34.3** | **40.4** | **28.3** | **37.9** | **32.4** | **39.1** | **42.8** | **45.5** | **45.5** | **44.4** | **43.8** | **36.1** | **35.5** | **bp** |
| | (31.6,45.4) | (27.3,40.5) | (27.4,42.7) | (28.6,43.7) | (28.0,40.0) | (27.4,40.2) | (27.6, 41.8) | (32.8, 48.6) | (21.6, 36.1) | (32.6, 43.5) | (25.7, 39.8) | (32.5, 46.1) | (36.5,49.3) | (39.7,51.4) | (40.6, 50.5) | (38.8, 50.1) | (37.6, 50.1) | (31.4, 41.1) | (30.6, 40.7) | |
| 30 - 39 | **14.1** | **12.5** | **15.2** | **12.9** | **18.9** | **16.1** | **15.4** | **17.3** | **19.6** | **15.0** | **20.4** | **24.8** | **25.8** | **34.9** | **46.9** | **42.7** | **42.1** | **41.9** | **39.0** | **bc** |
| | (10.4,18.9) | (9.0,17.2) | (11.0,20.6) | (9.2,17.7) | (14.6, 24.0) | (12.5,20.5) | (11.8, 19.9) | (13.0, 22.8) | (14.6, 25.9) | (11.6, 19.2) | (14.7, 27.5) | (18.0, 33.3) | (19.9,32.8) | (28.6,41.8) | (42.7, 51.2) | (38.0, 47.6) | (37.6, 46.8) | (37.2, 46.8) | (34.8, 43.4) | |
| 40 - 49 | **8.4** | **9.9** | **9.9** | **11.7** | **10.1** | **9.2** | **10.8** | **8.4** | **10.4** | **8.8** | **12.4** | **15.2** | **17.7** | **24.5** | **32.1** | **38.1** | **34.8** | **37.1** | **34.9** | **cp** |
| | (5.8,12.1) | (7.0,13.8) | (7.0,13.9) | (8.5,15.8) | (7.7,13.0) | (6.8,12.3) | (8.2,14.1) | (6.1,11.4) | (7.5,14.1) | (6.6,11.6) | (9.3,16.4) | (11.4,20.1) | (13.4,23.0) | (19.5,30.3) | (28.0, 36.6) | (33.4, 43.1) | (30.3, 39.6) | (31.7, 42.8) | (30.7, 39.3) | |
| 50 + | **†2.6** | **†4.6** | **†4.0** | **†4.7** | **5.4** | **5.2** | **6.4** | **5.9** | **6.3** | **7.2** | **8.9** | **11.4** | **10.2** | **15.1** | **20.4** | **23.4** | **21.8** | **21.7** | **22.1** | **cp** |
| | (1.7, 3.8) | (3.3,6.4) | (2.7, 5.8) | (3.4, 6.3) | (4.3, 6.8) | (4.1, 6.6) | (5.1, 7.9) | (4.7, 7.5) | (5.1, 7.8) | (6.1, 8.3) | (7.5, 10.6) | (9.6, 13.6) | (8.4,12.3) | (13.0,17.4) | (18.2, 22.8) | (21.1, 25.9) | (19.5, 24.3) | (19.4, 24.1) | (20.0, 24.5) | |
| **Region** | | | | | | | | | | | | | | | | | | | | |
| Toronto | **13.7** | **15.8** | **12.4** | **15.9** | **15.6** | **12.2** | **12.9** | **15.0** | **13.5** | **13.9** | **16.8** | **24.8** | **21.9** | **24.3** | **33.2** | **35.7** | **31.2** | **29.8** | **31.0** | **cp** |
| | (9.7,19.0) | (11.6,21.0) | (8.6,17.5) | (11.6,21.5) | (12.1, 20.0) | (9.1, 16.3) | (9.7, 16.9) | (10.9, 20.3) | (9.9, 18.2) | (10.9, 17.5) | (12.9, 21.6) | (20.0, 30.3) | (17.7,26.7) | (19.8,29.4) | (29.2, 37.5) | (31.4, 40.2) | (27.0, 35.8) | (25.7, 34.1) | (27.1, 35.3) | |
| C-East | **†14.9** | **†8.6** | **16.9** | **†12.3** | **14.7** | **12.6** | **12.4** | **15.5** | **13.6** | **18.1** | **16.0** | **19.3** | **15.5** | **25.5** | **29.7** | **31.8** | **26.8** | **25.4** | **28.8** | **c** |
| | (10.6, 20.5) | (5.7,12.9) | (2.2, 23.0) | (8.6,17.3) | (11.1, 19.1) | (9.2,17.0) | (9.0, 17.0) | (11.6, 20.3) | (9.9, 18.3) | (14.8, 22.1) | (11.7, 21.4) | (14.8, 24.8) | (11.8,20.1) | (21.0,30.7) | (25.6, 34.0) | (27.7, 36.3) | (22.7, 31.3) | (21.6, 29.5) | (25.0, 32.9) | |
| C-West | **†12.7** | **†9.4** | **†10.5** | **12.5** | **12.6** | **15.2** | **15.2** | **17.2** | **16.0** | **13.1** | **17.9** | **16.4** | **18.7** | **22.2** | **33.2** | **31.5** | **28.8** | **27.8** | **25.0** | **bc** |
| | (8.6,18.4) | (6.3,14.0) | (7.1,15.4) | (9.0,17.1) | (9.3, 16.9) | (11.5, 20.0) | (11.4, 20.0) | (13.0, 22.4) | (12.0, 21.1) | (10.2, 16.6) | (13.3, 23.8) | (12.1, 21.8) | (14.3,24.0) | (17.8,27.3) | (29.2, 37.5) | (27.4, 36.0) | (24.7, 33.3) | (23.9, 32.0) | (21.4, 29.1) | |
| West | **15.9** | **14.0** | **13.0** | **13.8** | **12.1** | **15.4** | **16.0** | **†10.3** | **†8.7** | **10.6** | **12.1** | **16.1** | **17.9** | **27.7** | **30.1** | **30.6** | **31.5** | **29.8** | **29.9** | **c** |
| | (11.7,21.3) | (10.1,19.0) | (8.8,18.8) | (9.4,19.7) | (8.8, 16.3) | (11.4, 20.3) | (12.3, 20.5) | (7.1, 14.8) | (6.1, 12.4) | (8.0, 13.8) | (8.6, 16.7) | (12.2, 21.0) | (13.5,23.3) | (23.0,32.9) | (26.1, 34.4) | (26.3, 35.2) | (27.1, 36.3) | (25.8, 34.1) | (26.0, 34.1) | |
| East | **10.1** | **16.8** | **12.0** | **11.4** | **13.9** | **12.9** | **†12.4** | **†10.6** | **†9.1** | **13.9** | **13.1** | **20.5** | **25.1** | **29.5** | **30.4** | **33.5** | **37.3** | **35.8** | **34.2** | **c** |
| | (6.6,15.2) | (12.3,22.6) | (8.1,17.3) | (7.6,16.6) | (10.5, 18.3) | (9.6, 17.2) | (8.8, 17.0) | (7.5, 14.8) | (6.3, 13.0) | (10.9, 17.5) | (9.6, 17.5) | (15.9, 26.0) | (20.2,30.7) | (24.7,34.8) | (26.6, 34.5) | (29.1, 38.3) | (32.7, 42.2) | (31.6, 40.4) | (30.1, 38.6) | |
| North | **11.5** | **13.0** | **†11.9** | **†14.4** | **16.6** | **12.7** | **†11.7** | **†9.4** | **13.4** | **15.5** | **17.7** | **17.2** | **22.7** | **30.6** | **32.2** | **33.8** | **40.6** | **35.4** | **30.5** | **c** |
| | (8.2,16.1) | (9.3,18.0) | (8.2,16.9) | (10.0,20.3) | (12.7, 21.4) | (9.2,17.2) | (8.3,16.3) | (6.6,13.2) | (9.9,17.9) | (12.5,19.1) | (13.3,23.2) | (13.0,22.4) | (18.1,28.2) | (25.8,35.9) | (28.1, 36.6) | (28.6, 39.3) | (35.7, 45.8) | (31.0, 40.0) | (26.6, 34.7) | |

Notes: (1) [¶]95% confidence interval; † estimate suppressed or unstable; the sampling design were changed in 2020 from telephone interview to web surveys.
(2) Significant change [a]2025 vs.2024, [b] 2025 vs. 2020, [c]2025 vs. 2015, [p]2025 vs. 2019 (pre-COVID-19 pandemic).
*Q: How many times, if any, have you used cannabis, marijuana or hash during the past 12 months?*
Source: The *CAMH Monitor*, Centre for Addiction and Mental Health

## **Figure 5.1.4** Past Year Cannabis Use, Aged 18+, 1977–2025




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

## 5.1.1. Cannabis Use Problems (ASSIST–CIS)

The Cannabis Involvement Score (CIS) of the World Health Organization's *Alcohol, Smoking and Substance Involvement Screening Test* (ASSIST V3.0) was used to assess cannabis use problems in the past 3 months[21].

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

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

In 2025, about **16.0%** (95% CI: 14.4% to 17.8%) of adults and **60.4%** (95% CI: 55.9% to 64.7%) of past year cannabis users met the criteria for moderate to high risk of cannabis use problems.

Overall, men were more likely than women to report a moderate to high risk of cannabis use problems (18.5% vs. 13.8%, respectively). Likewise, sex differences in cannabis use problems were evident among individuals who used cannabis in the past 12 months (Figures 5.1.5-5.1.6).

There was a significant association between age and moderate to high risk of cannabis use problems, with a greater percentage of younger adults scoring in the range of moderate to high risk of cannabis use problems compared to older adults (Figure 5.1.5). However, among adults who used cannabis in the past year, no age differences were observed in the percentages with moderate to high risk of cannabis use problems (Figure 5.1.6).

### Trends

**2004–2025**..... Figure 5.1.7, Tables 5.1.7-5.1.8

#### 2024–2025

Overall, the percentage experiencing moderate to high risk of cannabis use problems in the past three months did not change significantly between 2024 and 2025 (16.5% vs. 16.0%, respectively). Likewise, no changes were evident among individuals who used cannabis in the past 12 months.

#### 2015–2025

Overall, the percentage reporting moderate to high risk of cannabis use problems increased from 7.5% in 2015 to 16.0% in 2025, with the largest increase in 2022 (19.4%). This increase was especially notable among men (from 11.4% to 18.5%), women (from 3.8% to 13.8%), and among those aged 30 and older (from 10.0% to 15.3%), with little change among those aged 18 to 29 (18.2% to 20.1%). Among past year cannabis users, the percentage also increased from 45.1% to 60.4%, with notable increase among women and those aged 30 and older (Tables 5.1.7-5.1.8).

Compared to 2019 (pre-COVID-19), increases in moderate to high risk of cannabis use problems were evident particularly among women and those aged 30 and older in the total sample.

[21] https://www.who.int/publications/i/item/9789241599399

## Table 5.1.4 Cannabis Involvement Score Indicators (ASSIST-CIS), Overall and Past Year Cannabis Users, Aged 18+, 2025

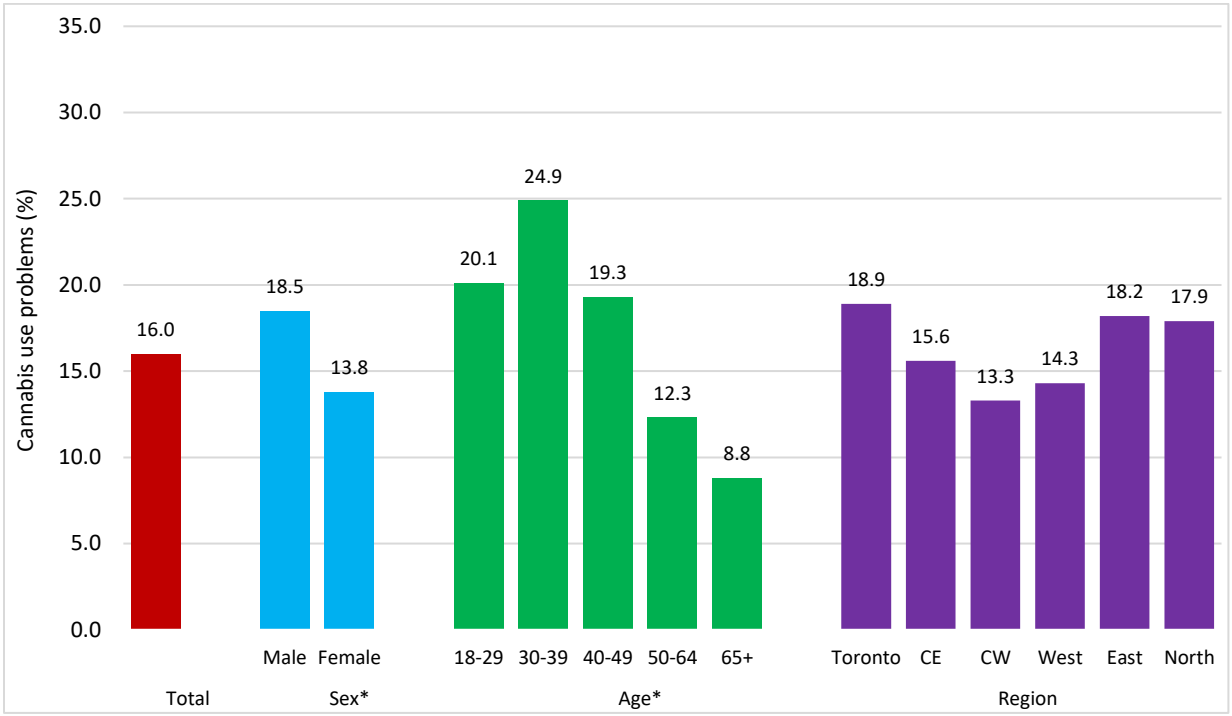
| ASSIST ITEMS | Response Weight and Response Category | Total[1] (N=1998) | Past year Cannabis Users[2] (N=577) |
|---|---|---|---|
| **ASSIST Q1**. How often have you used cannabis, marijuana or hash during the past 3 months? | 0. Never | 77.0 | 17.4 |
| | 2. Once or twice | 5.8 | 20.7 |
| Abuse indicator | 3. Monthly | 4.6 | 16.5 |
| | 4. Weekly | 6.4 | 21.5 |
| | 6. Daily or almost daily | 6.7 | 23.9 |
| | Mean (SE) | 0.89 (.04) | 3.20 (.09) |
| **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 | 87.8 | 56.2 |
| | 3. Once or twice | 5.7 | 20.5 |
| | 4. Monthly | †1.0 | †3.5 |
| Dependence indicator | 5. Weekly | †1.4 | †5.0 |
| | 6. Daily or almost daily | 4.1 | 14.7 |
| | Mean (SE) | .52 (.04) | 1.89 (.10) |
| **ASSIST Q3**. During the past 3 months, how often has your use of cannabis, marijuana or hash led to health, social, legal or financial problems? | 0. Never | 96.8 | 88.2 |
| | 4. Once or twice | †1.7 | †6.2 |
| | 5. Monthly | †0.6 | †2.3 |
| | 6. Weekly | † | † |
| Abuse and harmful use indicator | 7. Daily or almost daily | †0.5 | †1.7 |
| | Mean (SE) | .17 (.02) | .58 (.07) |
| **ASSIST Q4**. During the past 3 months, how often have you failed to do what was normally expected of you because of your use of cannabis, marijuana or hash? | 0. Never | 95.9 | 84.9 |
| | 5. Once or twice | 3.0 | 10.9 |
| | 6. Monthly | †0.6 | †2.2 |
| Abuse indicator | 7. Weekly | †0.6 | †2.0 |
| | 8. Daily or almost daily | | |
| | Mean (SE) | .22 (.03) | 0.82 (.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 | 96.2 | 86.5 |
| | 3. Yes, not past 3 months | 2.6 | 9.3 |
| | 6. Yes, past 3 months | †1.2 | †4.2 |
| Abuse and dependence indicator | Mean (SE) | .1 (.02) | .53 (.06) |
| **ASSIST Q6**. Have you ever tried and failed to control, cut down or stop using cannabis, marijuana or hash? | 0. Never | 95.0 | 82.0 |
| | 3. Yes, not past 3 months | 2.7 | 9.8 |
| Dependence indicator | 6. Yes, past 3 months | 2.3 | 8.31 |
| | Mean (SE) | .2 (.02) | .79 (.08) |

Notes: [1]ASSIST-CIS items were asked only of a subsample of respondents (N=1,998); [2]Analysis based on unconditional subclass of past year cannabis users (N=577); † Estimate unstable or suppressed.

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

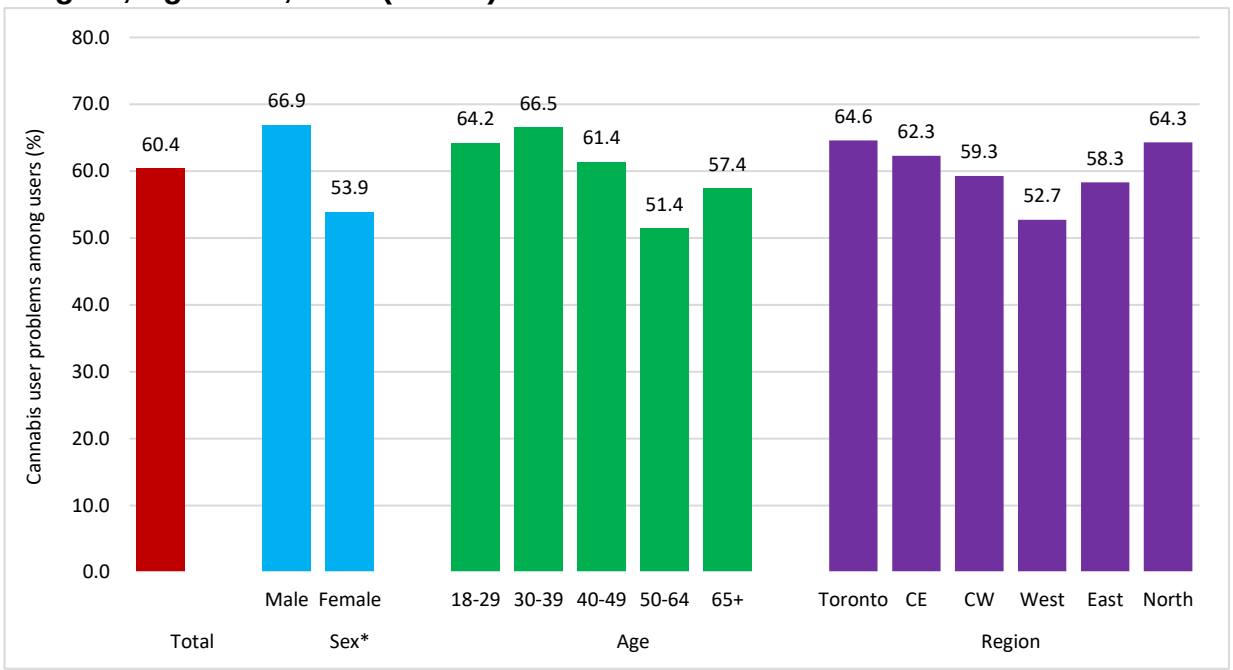
Source: *CAMH Monitor*, Centre for Addiction and Mental Health

**Figure 5.1.5** Cannabis Use Problems in the Past Three months by Sex, Age and Region, Aged 18+, 2025 (N=1962)




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

**Figure 5.1.6** Cannabis Use Problems Among Past Year Users by Sex, Age and Region, Aged 18+, 2025 (N=541)




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

**Table 5.1.7** Percentage Reporting Moderate or High ***Risk of Cannabis Use Problems (ASSIST–CIS 4+)*** in the Past Three Months, by Demographic Characteristics, Aged 18+, 2004–2025

| | 2004 | 2005 | 2006 | 2007 | 2008 | 2009 | 2010 | 2011 | 2012 | 2013 | 2014 | 2015 | 2016 | 2017 | 2018 | 2019 | 2020 | 2022 | 2023 | 2024 | 2025 | Sig. |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| (N=) | (2611) | (1255) | (2016) | (2005) | (2024) | (2037) | (2024) | (1999) | (2015) | (2060) | (2004) | (1005) | (1020) | (1813) | (1792) | (1812) | (1971) | (1668) | (1633) | (3024) | (3012) | |
| **Total** | **5.8** | **6.3** | **6.0** | **5.2** | **5.6** | **6.9** | **7.1** | **5.6** | **4.7** | **7.5** | **6.5** | **7.5** | **9.1** | **9.5** | **10.2** | **13.6** | **16.4** | **19.4** | **16.7** | **16.5** | **16.0** | **c** |
| (95% CI) | (4.7, 7.1) | (4.8, 8.2) | (4.6, 7.7) | (4.1, 6.5) | (4.3, 7.3) | (5.5, 8.6) | (5.6, 8.9) | (4.3, 7.2) | (3.5, 6.4) | (5.9, 9.5) | (4.9, 8.5) | (5.3,10.5) | (6.7, 12.2) | (7.7, 11.7) | (8.3, 12.4) | (11.7, 15.7) | (14.7, 18.3) | (17.4, 21.6) | (14.9, 18.8) | (14.8, 18.4) | 14.4,17.8 | |
| **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** | **18.9** | **23.3** | **17.9** | **20.0** | **18.5** | **c** |
| | (6.8, 11.0) | (5.7, 11.7) | (7.5,13.4) | (4.7, 8.5) | (6.2,11.0) | (7.1, 12.3) | (9.1, 15.1) | (5.5, 10.6) | (4.6, 9.3) | (7.1, 12.9) | (5.7, 11.7) | (7.5, 17.0) | (10.3, 20.5) | (11.6, 19.1) | (10.0,16.8) | (15.7, 22.9) | (16.3, 21.9) | (20.0, 27.0) | (14.9, 21.2) | (17.2, 23.1) | (15.9, 21.3) | |
| Women | **†3.1** | **†4.6** | **†2.1** | **†4.0** | **†3.2** | **4.5** | **†2.4** | **†3.7** | **†3.1** | **†5.4** | **†4.8** | **†3.8** | **†3.8** | **†4.9** | **7.5** | **†8.7** | **14.0** | **16.2** | **15.7** | **13.4** | **13.8** | **cp** |
| | (2.2, 4.4) | (3.1, 6.9) | (1.2, 3.5) | (2.7,5.9) | (1.8,5.5) | (3.1, 6.6) | (1.5, 3.8) | (2.4, 5.7) | (1.8, 5.3) | (3.7, 7.9) | (3.2, 7.2) | (2.1, 6.7) | (2.3, 6.1) | (3.4, 6.9) | (5.5, 10.2) | (6.8, 11.0) | (11.9, 16.4) | (14.0, 18.7) | (13.4, 18.4) | (11.3,15.7) | (11.7, 16.1) | |
| **Age** | | | | | | | | | | | | | | | | | | | | | | |
| 18-29 | **18.4** | **16.5** | **19.2** | **14.9** | **16.3** | **22.2** | **17.6** | **15.8** | **†13.2** | **†22.9** | **†17.6** | **†18.2** | **†17.7** | **†19.5** | **22.4** | **24.9** | **23.4** | **25.1** | **26.0** | **22.4** | **20.1** | |
| | (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, | (19.1, 31.7) | (28.5, 29.1) | (19.4, 31.8) | (20.1, 33.0) | (17.6, 28.2) | (15.4, 25.9) | |
| 30+ | **2.8** | **3.9** | **2.6** | **3.0** | **3.2** | **3.5** | **4.4** | **3.1** | **3.0** | **4.3** | **†4.2** | **†4.6** | **†7.6** | **6.9** | **7.3** | **10.7** | **14.8** | **18.2** | **14.9** | **15.4** | **15.3** | **cp** |
| | (2.0, 3.9) | (2.7, 5.7) | (1.7,3.8) | (2.2,4.1) | (2.3,4.4) | (2.6, 4.7) | (3.3, 5.9) | (2.3, 4.3) | (2.3, 4.3) | (3.3, 5.7) | (3.0, 5.9) | (3.0, 6.9) | (5.4, 10.7) | (5.3, 8.9) | (5.6, 9.4) | (8.9, 12.8) | (13.0, 16.7) | (16.2, 20.4) | (13.0, 17.0) | (13.6, 17.4) | (13.6, 17.2) | |

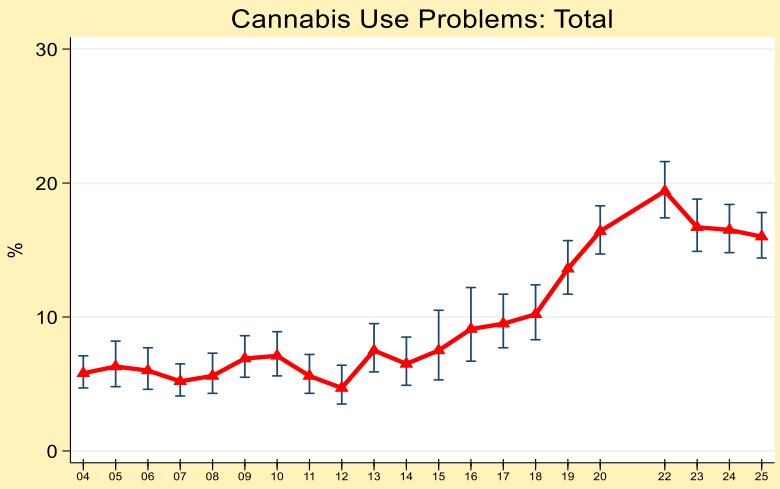
Notes: (1) ¶95% confidence interval; †estimate suppressed or unstable; the sampling design were changed in 2020 from telephone interview to web surveys.
(2) Significant change [a]2025 vs.2024, [b] 2025 vs. 2020, [c]2025 vs. 2015, [p]2025 vs. 2019 (pre-COVID-19 pandemic).

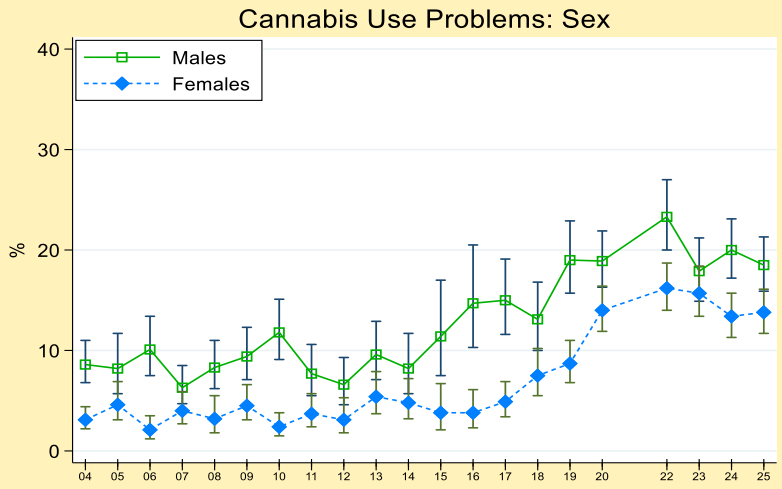
**Table 5.1.8:** Percentage Reporting Moderate or High ***Risk of Cannabis Use Problems (ASSIST–CIS 4+)*** in the Past Three Months, by Demographic Characteristics, Ontario past year **C*annabis Users*** Aged 18+, 2004–2025

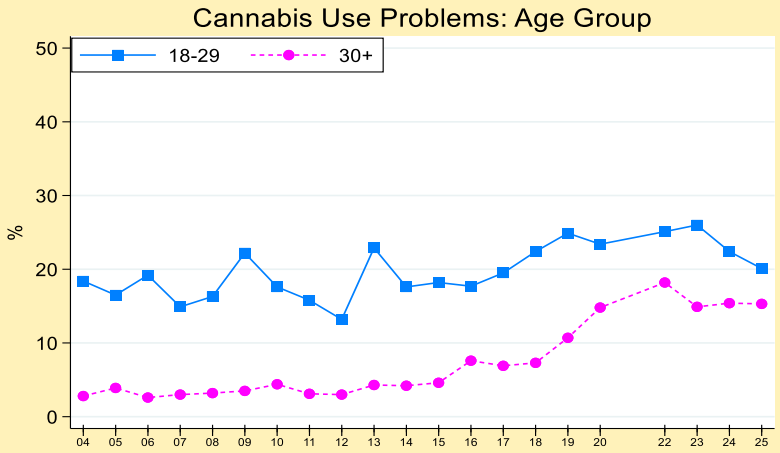
| | 2004 | 2005 | 2006 | 2007 | 2008 | 2009 | 2010 | 2011 | 2012 | 2013 | 2014 | 2015 | 2016 | 2017 | 2018 | 2019 | 2020 | 2022 | 2023 | 2024 | 2025 | Sig. |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| (N=) | (279) | (145) | (209) | (222) | (209) | (211) | (249) | (196) | (192) | (181) | (193) | (122) | (111) | (239) | (249) | (371) | (590) | (509) | (496) | (582) | (541) | |
| **Total** | **47.2** | **47.1** | **44.9** | **41.4** | **43.4** | **51.9** | **43.6** | **41.7** | **38.5** | **55.4** | **46.3** | **45.1** | **59.6** | **53.3** | **58.6** | **57.9** | **55.5** | **64.4** | **56.7** | **61.1** | **60.4** | **c** |
| (95% CI)¶ | (40.1,54.3) | (37.7, 60.7) | (36.6,53.4) | (33.9,49.2) | (35.0,52.3) | (43.8, 59.8) | (36.2, 51.3) | (33.5, 50.4) | (29.9, 47.9) | (46.3, 64.1) | (37.4, 55.5) | (34.2, 56.5) | (47.5, 70.7) | (45.0, 61.3) | (50.9, 65.9) | (51.7, 63.8) | (51.1, 59.8) | (59.9, 68.7) | (51.8, 61.5) | (56.6, 65.4) | (55.9,64.7) | |
| **Sex** | | | | | | | | | | | | | | | | | | | | | | |
| Men | **54.4** | **47.5** | **54.8** | **40.0** | **38.3** | **54.2** | **52.3** | **49.6** | **43.3** | **62.4** | **49.5** | **51.6** | **65.7** | **62.5** | **62.6** | **63.6** | **62.0** | **73.0** | **61.8** | **64.9** | **66.9** | |
| | (45.1,63.4) | (35.0,60.4) | (44.2,64.9) | (28.8, 52.3) | (24.2,54.6) | (44.2, 63.9) | (42.8, 61.7) | (38.2, 61.1) | (32.2, 55.1) | (50.7, 72.9) | (37.2, 61.9) | (37.2, 65.8) | (49.8, 78.8) | (50.9, 72.8) | (52.3, 71.8) | (55.4, 71.1) | (55.5, 68.0) | (66.3, 78.8) | (53.9, 69.2) | (58.4, 70.8) | (60.5, 72.6) | |
| Women | **35.0** | **46.6** | **†24.4** | **42.3** | **46.0** | **47.9** | **†24.0** | **32.1** | **†31.6** | **46.3** | **41.9** | **†33.1** | **†44.5** | **38.3** | **53.1** | **49.2** | **48.9** | **56.5** | **52.4** | **56.6** | **53.6** | **c** |
| | (25.5,45.9) | (32.9,60.7) | (15.0,37.2) | (32.7,52.6) | (35.7,56.7) | (34.7, 61.3) | (15.2, 35.6) | (21.5, 44.9) | (19.3, 47.3) | (33.3, 59.9) | (29.8, 55.2) | (19.5, 50.3) | (28.9, 61.3) | (28.0, 49.7) | (41.6, 64.3) | (40.2, 58.3) | (43.0, 54.9) | (50.5, 62.4) | (46.3, 58.5) | (50.3, 62.6) | (47.6, 60.0) | |
| **Age** | | | | | | | | | | | | | | | | | | | | | | |
| 18-29 | **54.0** | **46.1** | **50.6** | **44.3** | **47.4** | **62.0** | **47.3** | **46.2** | **†43.0** | **59.0** | **58.7** | **†55.9** | **†57.9** | **50.3** | **54.2** | **61.0** | **56.2** | **63.7** | **61.4** | **66.2** | **64.2** | |
| | (43.6,64.1) | (32.5,60.2) | (38.8,62.2) | (32.9,56.3) | (34.0,61.3) | (48.8, 73.7) | (35.2, 59.8) | (32.5, 60.5) | (27.7, 59.8) | (43.8, 72.6) | (41.2, 74.3) | (37.2, 73.1) | (32.7, 79.5) | (36.6, 64.0) | (42.0, 65.9) | (49.9, 71.1) | (46.6, 65.5) | (53.3, 73.0) | (50.0, 71.7) | (56.3, 74.9) | (53.0, 74.1) | |
| 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** | **55.1** | **64.6** | **55.2** | **59.8** | **59.5** | **c** |
| | (30.0,49.1) | (35.9,61.0) | (26.6,48.2) | (29.7,49.1) | (29.7,49.9) | (32.4, 51.5) | (31.0, 49.2) | (27.2, 46.1) | (26.3, 44.6) | (41.7, 61.7) | (29.5, 49.4) | (25.5, 50.3) | (47.0, 72.3) | (47.1, 65.4) | (52.9, 71.1) | (49.1, 63.7) | (50.1, 60.0) | (59.5, 69.3) | (49.9, 60.5) | (54.8, 64.7) | (54.6, 64.3) | |

Notes: (1) ¶95% confidence interval; † estimate suppressed or unstable; the sampling design were changed in 2020 from telephone interview to web surveys.
(2) Significant change [a]2025 vs.2024, [b]2025 vs. 2020, [c]2025 vs. 2015, [p]2025 vs. 2019 (pre-COVID-19).
*Def'n: The WHO ASSIST screener measures the risk of experiencing cannabis use problems as indicated by a score of 4 or more.*
Source: The *CAMH Monitor*, Centre for Addiction and Mental Health

## **Figure 5.1.7** Cannabis Use Problems (Moderate to High risk), Aged 18+, 2004–2025




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

## 5.1.2. Cannabis Use for Medical Purposes

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

Overall, an estimated **11.5%** (95% CI: 10.4% to 12.8%) of adults reported using cannabis for medical purposes.

There was no significant difference in cannabis use for medical purposes between men and women (11.6% vs. 11.5%, respectively).

Significant differences in cannabis use for medical purposes were observed across age groups, with adults aged 30 to 39 showing the highest percentage of cannabis use for medical purposes compared to those aged 18 to 29 and 65 and older (Figure 5.1.8).

There were also significant differences in cannabis use for medical purposes across regions, ranging from 9.2% in Toronto to 16.5% in the North. Adults residing in the North were more likely to use cannabis for medical purposes compared to the provincial average (Figure 5.1.8).

### Trends

**2013–2025**…… Fig. 5.1.9, Table 5.1.10

#### 2024–2025

Overall, the percentage reporting cannabis use for medical purposes in 2025 (11.5%) was not significantly different from the 2024 estimate (11.7%). There were also no significant changes among men and women (Table 5.1.10).

A significant decrease was noted in cannabis use for medical purposes among adults aged 50 to 64 (from 15.6% in 2024 to 11.7% in 2025). However, no significant regional changes were evident between 2024 and 2025 (Table 5.1.10).

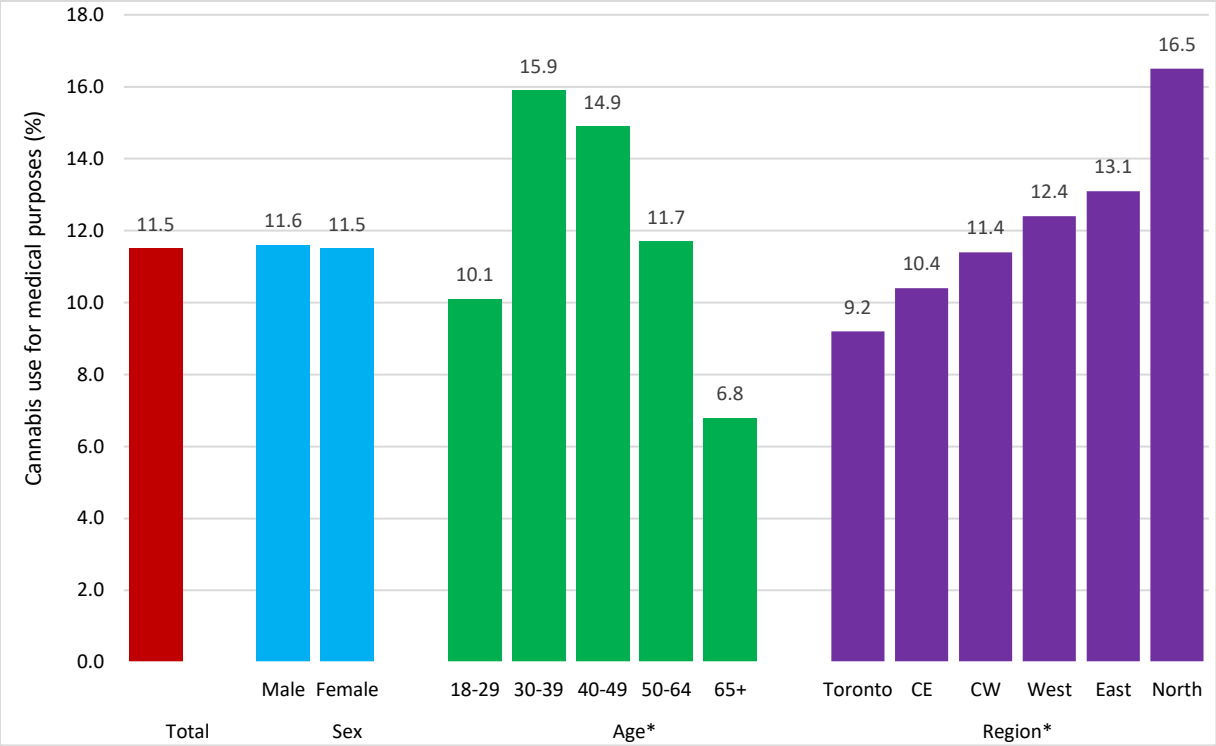
#### 2015–2025

Overall, the percentage reporting cannabis use for medical purposes increased from 3.7% in 2015 to 11.5% in 2025, with the highest estimate observed during this period in 2022 (14.2%). This increase was especially notable among men (from 5.3% to 11.6%), women (from 2.2% to 11.5%), and among those aged 30 to 39 (from 3.7% to 15.9%), 40 to 49 (from 1.8% to 14.9%), 50 to 64 (from 3.7% to 11.7%) and 65 and older (from 0.8% to 6.8% (Tables 5.1.10). Similarly, the percentage reporting cannabis for medical purposes increased across all regions of Ontario between 2015 and 2025 (Table 5.1.10).

Compared to 2019 (pre-COVID-19), the overall percentage reporting cannabis use for medical purposes remained unchanged in 2025. However, the percentage increased among women (from 8.1% in 2019 to 11.5% in 2025).

Compared to 2020, no significant changes were evident in the total sample or among subgroups (Table 5.1.10).

**Figure 5.1.8** **Percentage Reporting Cannabis Use for Medical Purposes by Sex, Age and Region, Aged 18+, 2025 (N=3012)**



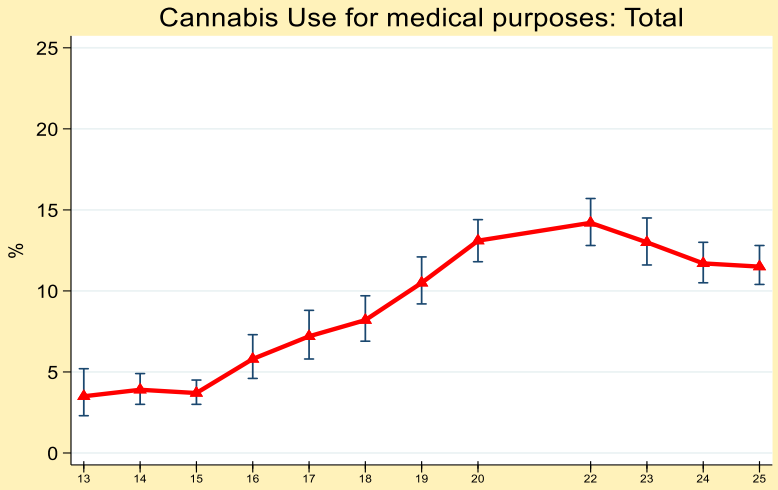

Note: CE: Central East; CW: Central West; *: Statistically significant differences between estimates, ($p<0.05$).

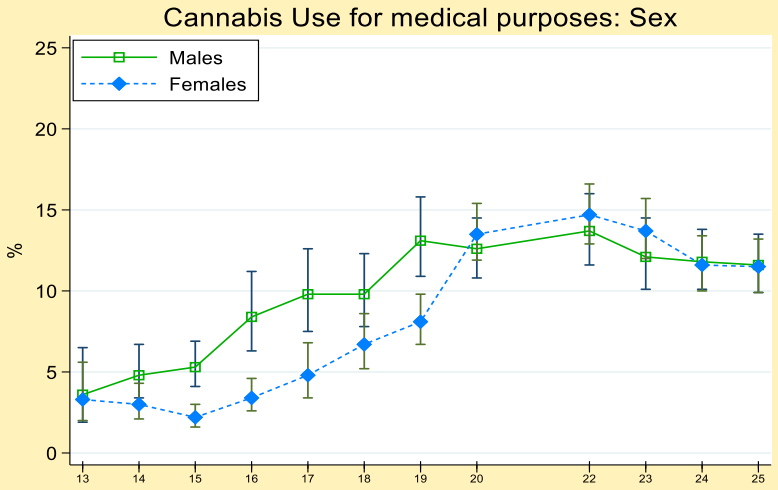
**Table 5.1.10:** Percentage ***Using Cannabis*** for Medical Purposes in the Past 12 Months by Demographic Characteristic, Aged 18+, 2013–2025

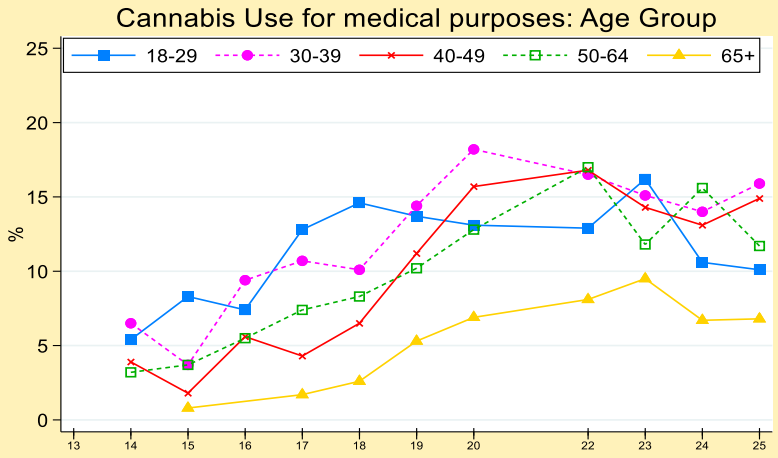
| | 2013 | 2014 | 2015 | 2016 | 2017 | 2018 | 2019 | 2020 | 2022 | 2023 | 2024 | 2025 | Sig. |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| (N= ) | (3021) | (3043) | (5013) | (3042) | (2812) | (2806) | (2827) | (3033) | (2650) | (2590) | (3024) | (3012) | |
| **Total** | **†3.5** | **3.9** | **3.7** | **5.8** | **7.2** | **8.2** | **10.5** | **13.1** | **14.2** | **13.0** | **11.7** | **11.5** | **c** |
| (95% CI)¶ | (2.3, 5.2) | (3.0, 4.9) | (3.0, 4.5) | (4.6, 7.3) | (5.8, 8.8) | (6.9, 9.7) | (9.2, 12.1) | (11.8, 14.4) | (12.8, 15.7) | (11.6, 14.5) | (10.5, 13.0) | (10.4, 12.8) | |
| **Sex** | | | | | | | | | | | | | |
| Men | **†3.6** | **†4.8** | **5.3** | **8.4** | **9.8** | **9.8** | **13.1** | **12.6** | **13.7** | **12.1** | **11.8** | **11.6** | **c** |
| | (1.9, 6.5) | (3.4, 6.7) | (4.1, 6.9) | (6.3, 11.2) | (7.5, 12.6) | (7.8, 12.3) | (10.9, 15.8) | (10.8, 14.5) | (11.6, 16.0) | (10.1, 14.5) | (10.1, 13.8) | (9.9, 13.5) | |
| Women | **†3.3** | **†3.0** | **†2.2** | **3.4** | **†4.8** | **6.7** | **8.1** | **13.5** | **14.7** | **13.7** | **11.6** | **11.5** | **cp** |
| | (2.0, 5.6) | (2.1, 4.3) | (1.6, 3.0) | (2.6, 4.6) | (3.4, 6.8) | (5.2, 8.6) | (6.7, 9.8) | (11.9, 15.4) | (12.9, 16.6) | (12.0, 15.7) | (10.0, 13.4) | (9.9, 13.2) | |
| **Age** | | | | | | | | | | | | | |
| 18 - 29 | † | **†5.4** | **†8.3** | **†7.4** | **†12.8** | **14.6** | **13.7** | **13.1** | **12.9** | **16.2** | **10.6** | **†10.1** | |
| | — | (3.0, 9.6) | (5.7, 12.0) | (4.4, 12.2) | (8.7, 18.4) | (10.7, 19.5) | (10.3, 18.0) | (10.3, 16.5) | (9.6, 17.2) | (12.1, 21.4) | (8.0, 14.0) | (7.3, 13.9) | |
| 30 - 39 | † | **†6.5** | **†3.7** | **†9.4** | **†10.7** | **†10.1** | **†14.4** | **18.2** | **16.5** | **15.1** | **14.0** | **15.9** | **c** |
| | — | (3.9, 10.5) | (2.1,6.4) | (5.3, 16.1) | (5.9, 18.7) | (6.7, 14.9) | (10.3, 19.9) | (15.1, 21.7) | (13.2, 20.4) | (12.1, 18.6) | (11.0, 17.7) | (12.9, 19.5) | |
| 40 - 49 | † | **†3.9** | **†1.8** | **†5.6** | **†4.3** | **†6.5** | **†11.2** | **15.7** | **16.8** | **14.3** | **13.1** | **14.9** | **c** |
| | — | (2.2, 7.0) | (1.0, 3.2) | (3.6, 8.6) | (2.3, 7.9) | (4.0, 10.4) | (7.9, 15.7) | (12.6, 19.4) | (13.4, 20.9) | (11.3, 17.9) | (9.8, 17.4) | (12.0, 18.4) | |
| 50 -64 | † | **†3.2** | **3.7** | **5.5** | **7.4** | **†8.3** | **10.2** | **12.8** | **17.0** | **11.8** | **15.6** | **11.7** | **ac** |
| | — | (2.2, 4.7) | (2.8, 4.9) | (4.1, 7.5) | (5.5, 9.9) | (6.0, 11.5) | (7.8, 13.3) | (10.5, 15.5) | (14.3, 20.1) | (9.5, 14.6) | (12.9, 18.8) | (9.6, 14.2) | |
| 65+ | † | — | **†0.8** | † | **†1.7** | **†2.6** | **5.3** | **6.9** | **8.1** | **9.5** | **6.7** | **6.8** | **c** |
| | — | — | (0.4, 1.4) | - | (1.0, 2.9) | (1.7, 4.0) | (4.0, 7.1) | (5.0, 9.4) | (6.1, 10.6) | (7.2, 12.4) | (4.9, 9.1) | (5.0, 9.1) | |
| **Region** | | | | | | | | | | | | | |
| Toronto | † | **†3.5** | **†2.8** | **†6.4** | **†7.5** | **†5.7** | **†8.7** | **12.6** | **13.9** | **11.8** | **10.4** | **9.2** | **c** |
| | — | (2.1, 6.1) | (1.7, 4.7) | (4.1, 10.0) | (4.8, 11.5) | (3.8, 8.5) | (6.1, 12.2) | (9.9, 15.9) | (11.0, 17.4) | (9.1, 15.2) | (7.9, 13.6) | (7.0, 12.1) | |
| C-East | † | **†4.8** | **†3.8** | **†5.8** | **†9.2** | **†5.8** | **11.1** | **13.0** | **15.6** | **9.7** | **9.5** | **10.4** | **c** |
| | — | (2.9, 7.8) | (2.4, 6.1) | (3.3, 10.0) | (5.9, 13.9) | (3.8, 8.7) | (8.0, 15.3) | (10.3, 16.3) | (12.5, 19.3) | (7.1, 13.0) | (7.2, 12.5) | (8.0, 13.4) | |
| C-West | † | **†4.1** | **†4.2** | **†7.5** | **†7.1** | **†9.4** | **†7.8** | **12.5** | **12.6** | **12.2** | **11.3** | **11.4** | **c** |
| | — | (2.5, 6.9) | (2.6, 6.7) | (4.7, 11.8) | (4.3, 11.4) | (6.3, 13.8) | (5.2, 11.4) | (10.0, 15.7) | (9.9, 16.0) | (9.4, 15.6) | (8.8, 14.5) | (8.9, 14.6) | |
| West | † | **†2.9** | **†2.8** | **†5.5** | **†5.7** | **†9.3** | **14.8** | **13.5** | **14.1** | **13.1** | **11.8** | **12.4** | **c** |
| | — | (1.6, 5.2) | (1.7, 4.6) | (3.4, 8.8) | (3.6, 8.9) | (6.2, 13.9) | (11.3, 19.2) | (10.7, 16.9) | (11.0, 17.8) | (10.1, 16.9) | (9.2, 15.1) | (9.7, 15.6) | |
| East | † | † | **†4.5** | **†2.6** | **†5.9** | **†10.8** | **12.8** | **12.5** | **13.9** | **17.8** | **14.1** | **13.1** | **c** |
| | — | — | (2.8, 7.3) | (1.4, 4.9) | (3.3, 10.4) | (7.6, 15.1) | (9.4, 17.1) | (9.9, 15.6) | (10.9, 17.7) | (14.3, 21.9) | (11.2, 17.6) | (10.4, 16.3) | |
| North | † | **†4.1** | **†4.4** | **†6.4** | **†6.9** | **†10.5** | **†13.2** | **16.3** | **19.4** | **18.1** | **17.7** | **16.5** | **c** |
| | — | (2.3, 7.0) | (2.8, 6.8) | (4.2, 9.6) | (4.5, 10.3) | (7.5, 14.6) | (10.0, 17.3) | (13.2, 19.8) | (15.3, 24.3) | (14.5, 22.4) | (14.4, 21.5) | (13.4, 20.0) | |

Notes: (1) ¶95% confidence interval; † estimate suppressed or unstable; the sampling design were changed in 2020 from telephone interview to web surveys.
(2) Significant change [a]2025 vs.2024, [b]2025 vs. 2020, [c]2025 vs. 2015, [p]2025 vs. 2019 (pre-COVID-19 pandemic).
*Q: In the past 12 months, have you ever used cannabis to treat pain, nausea, glaucoma, multiple sclerosis, or any other medical condition?*
Source: The *CAMH Monitor*, Centre for Addiction and Mental Health

## **Figure 5.1.9** Cannabis Use for Medical Purposes in the past year, Aged 18+, 2013–2025




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

## 5.1.3. Modes of Cannabis Use

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

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

In 2025, the most common modes of using cannabis were using it in a food product (66.4%), followed by smoking it in a joint (62.1%), using it in a vaporizer or e-cigarette (40.6%), and smoking it in a pipe, bong or waterpipe (30.1%) (Figure 5.1.10).

The least common modes of use were using cannabis as a tincture or lotion (17.8%) and a drink (e.g., tea) (22.3%).

Men were more likely than women to report using cannabis:

- in a joint (66.8% vs. 57.4).
- in e-cigarette or vaporizer (44.3% vs. 36.7%)
- in a pipe, bong or waterpipe (35.3% vs. 24.7%) (Figure 5.1.11).

### 2024–2025

Overall, there were no significant changes between 2024 and 2025 in reports of modes of cannabis use among adults who used cannabis in the past year (Figure 5.1.10).

### 2019–2025

Compared to 2019 (pre-COVID-19), the percentage reporting cannabis use in a food product increased in 2025 (from 50.4% to 66.4%).

Likewise, using cannabis in the form of drink, vapor or e-cigarette increased between 2019 and 2025. However, using cannabis in the form of joint or waterpipe/bong declined in 2025 compared to 2019 (Figure 5.1.10).

Overall, there was no change in using cannabis as a tincture, cream or lotion between 2019 (16.6%) and 2025 among adults who used cannabis in the past year (17.8%) (Figure 5.1.10).

**Figure 5.1.10** Modes of Cannabis Use in the Past Year, Cannabis Users Aged 18+, 2017-2025 (N=6369)

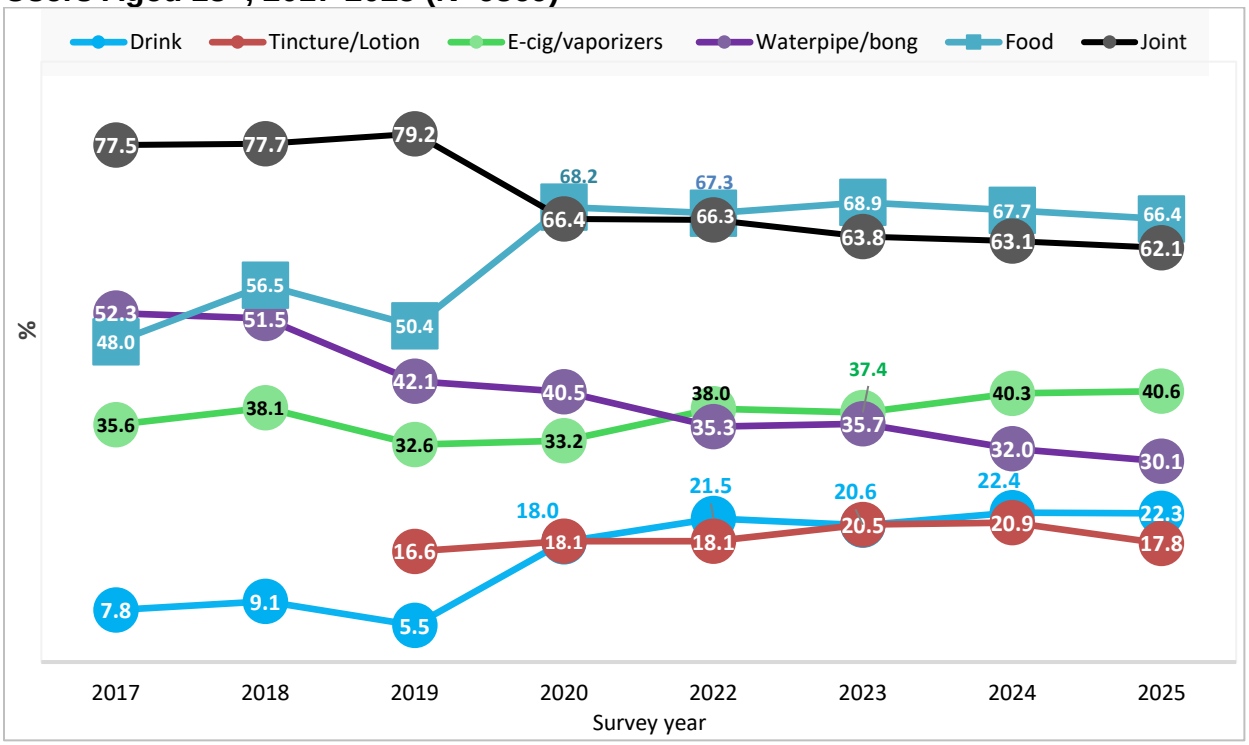
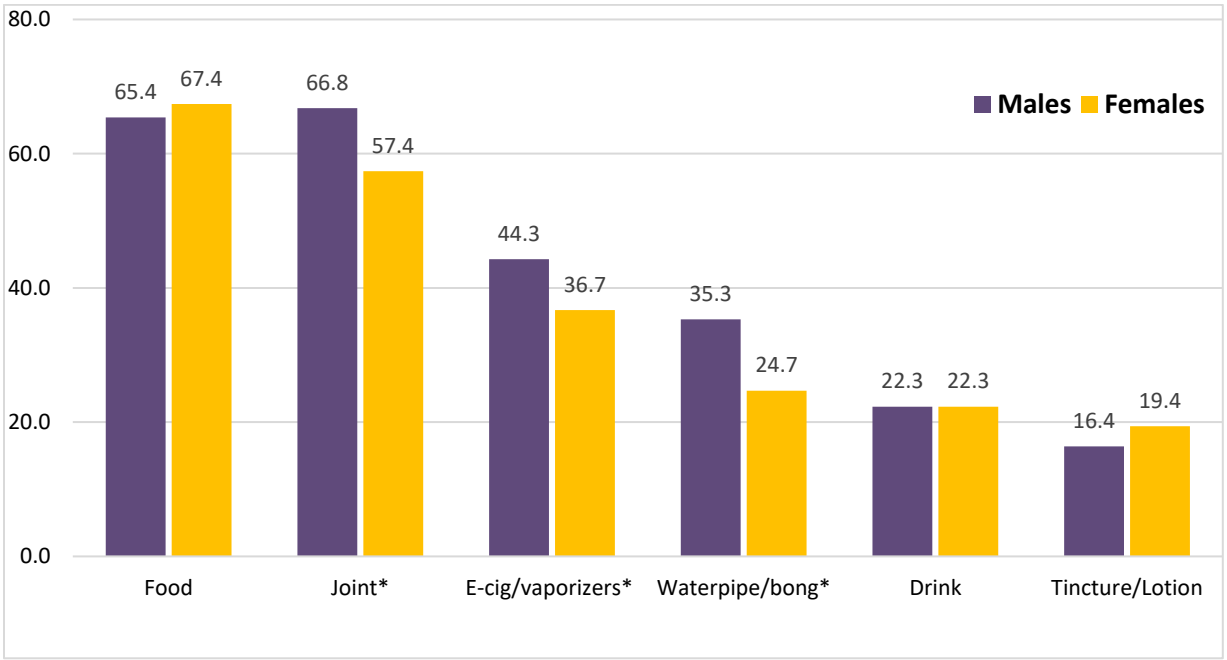



**Figure 5.1.11** Modes of Cannabis Use in the Past Year by Sex, Cannabis Users Aged 18+, 2025 (N=898)




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

## 5.2 Cocaine Use

Overall, an estimated **15.1%** (95% CI: 13.7% to 16.5%) of adults used cocaine in their lifetime, and 4.1% (95% CI: 3.4% to 4.9%) used it in the past 12 months before the survey.

Men were more likely than women to report use of cocaine during their lifetime (18.2% vs. 12.2%, respectively), however, there was no difference between men and women with regards to use of cocaine during the past year (4.7% vs. 3.4%, respectively).

There were significant differences in lifetime use of cocaine between age groups and between regions (Figure 5.2.1). Due to sample size, age and region subgroups were not examined for past year use of cocaine.

### 2024–2025

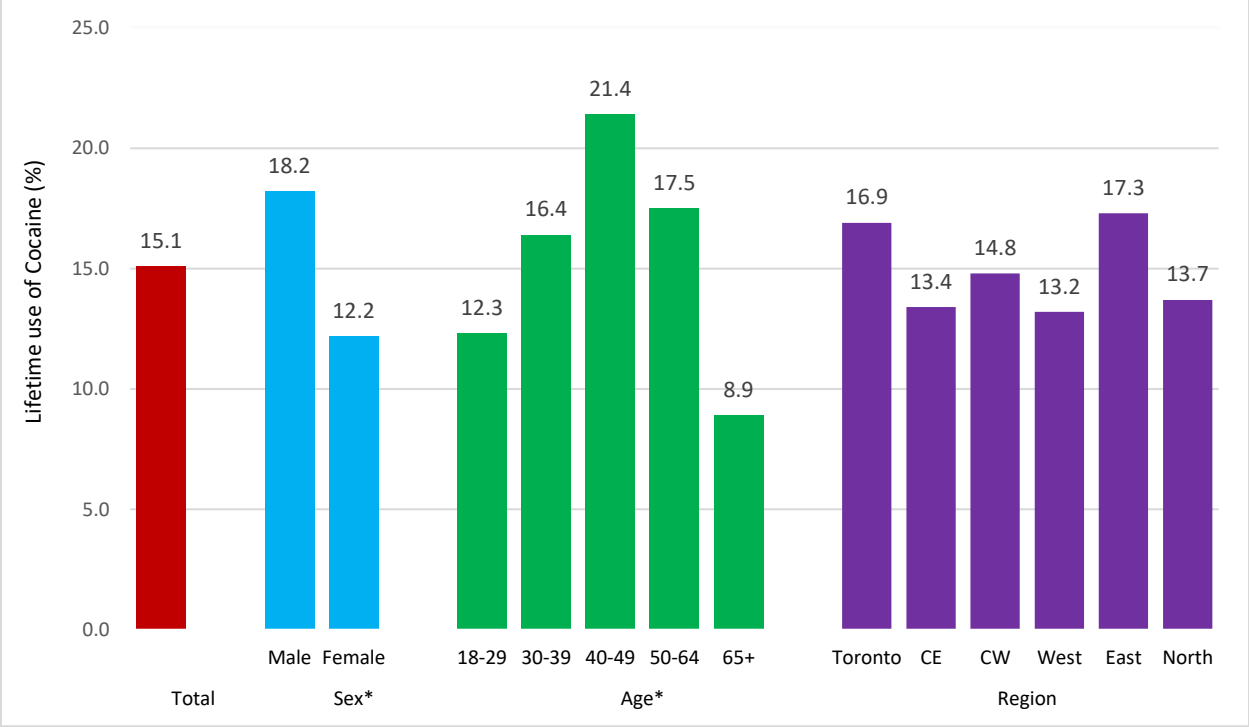
There were no significant changes in the percentages reporting lifetime and past year use of cocaine between 2024 and 2025. Similarly, the percentages remained stable among men and women, and age groups.

### 2015–2025

Overall, the percentage reporting lifetime use of cocaine increased from 8.3% in 2015 to 15.1% in 2025. Likewise, the percentage increase was evident for past year use of cocaine (from 1.6% in 2015 to 4.1% in 2025) (Figure 5.2.2).

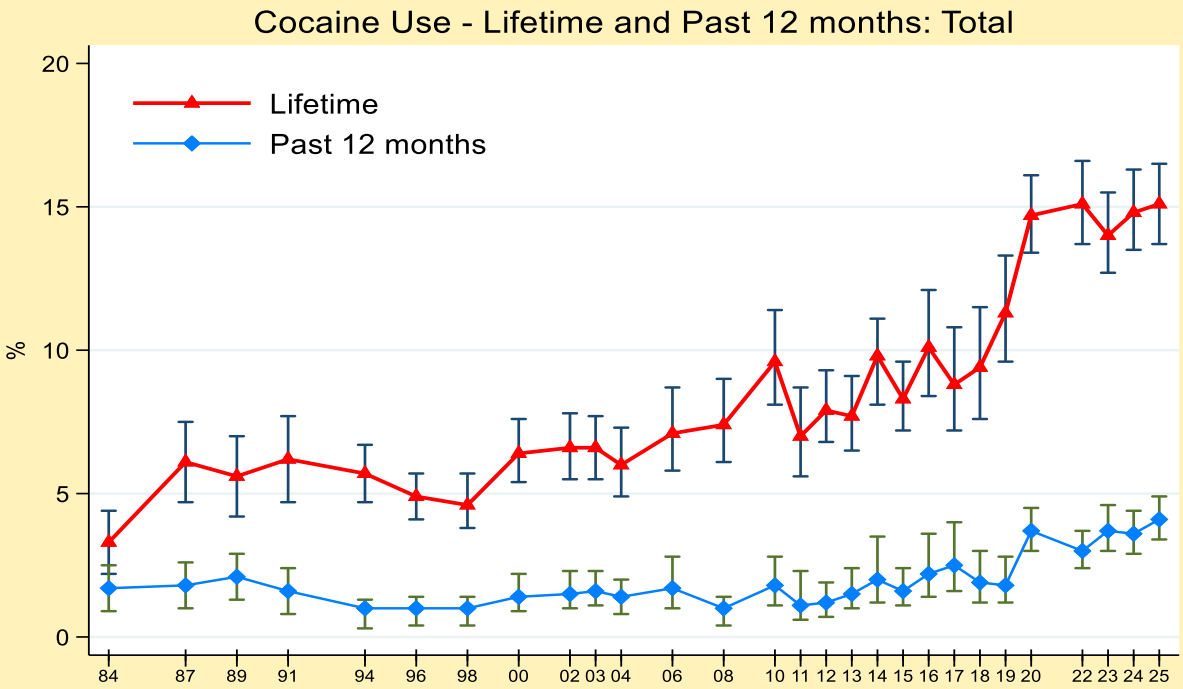
Compared to 2019 (pre-COVID-19), the percentage reporting lifetime use of cocaine increased in 2025 (from 11.3% to 15.1%. Past year cocaine use also increased from 1.8% in 2019 to 4.1% in 2025 (Figure 5.2.2).

**Figure 5.2.1 Lifetime Cocaine Use by Sex, Age and Region, Aged 18+, 2025 (N=3012)**




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

## **Figure 5.2.2** Cocaine Use, Aged 18+, 1984–2025




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

## 5.3 Use of Prescription Opioid Pain Relievers

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

**Any past year use** (i.e., medical or nonmedical) of prescription opioid pain relievers was assessed by the item: "*In the past 12 months how many times, if at all, have you used any pain relievers (such as Percocet™, Percodan, Demerol™, Tylenol™ #3, Dilaudid, Codeine, Hydromorphone, Oxycodone, Tramadol, Morphine 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 many times, if at all, have you used any such pain relievers without a prescription or without a doctor telling you to take them?"* Responses were recoded as *any nonmedical past year use* (coded 1) versus *no use* (coded 0).

In 2025, about **29.8%** (95% CI: 27.6% to 32.0%) of adults reported use of prescription pain relievers in the past year, and **14.7%** (95% CI: 13.1% to 16.5%) reported nonmedical use.

Men were more likely to report nonmedical use of pain relievers than women (17.2% vs. 12.3%, respectively) (Figure 5.3.1). However, there were no significant differences in any use of pain relievers between men and women (Figure 5.3.2). There were also no differences between use of pain relievers across age and regions in Ontario.

### 2024–2025

The percentage reporting any use of prescription opioid declined from 33.9% in 2024 to 29.8% in 2025. The decline in any use of prescription opioid was especially evident among women, those aged 30 to 39 years (Table 5.3.2).

The percentage reporting non-medical use of prescription opioid also declined from 18.8% in 2024 to 14.7% in 2025. The decrease was also evident among women, those aged 50 and older, and those residing in Central West and East regions of Ontario (Tables 5.3.3).

### 2015–2025

*Any use:* The percentage reporting any use of prescription pain relievers increased from 22.8% in 2015 to 29.8% in 2025, peaked at 2024 (33.9%). This increase was especially evident among men (from 21.1% to 29.7%) and women (from 24.1% to 29.8%). The percentage increase was also evident among those aged 18 to 29 (from 20.3% to 32.0%) and those aged 50 and older (from 18.3% to 33.3%), as well as among those residing in Central West, West, East and North regions of Ontario (Table 5.3.1).

Compared to 2019 (pre-COVID-19), the percentage reporting any use of prescription pain relievers increased in 2025 (from 24.5% to 29.8%). This increase was evident among men (from 23.2% to 29.7%), and among those aged 40 to 49 (from 23.2% to 33.3%) and those residing in Toronto (from 19.8% to 27.1%). (Table 5.3.1).

Compared to 2020, the percentage reporting any use of prescription pain relievers was not significantly changed in 2025 (32.7% vs. 29.8%). Likewise, the estimates remained stable among subgroups (Table 5.3.1).

*Non-medical use:* The percentage reporting non-medical use of prescription pain relievers was also increased from 4.1% in 2015 to 14.7% in 2025, with the highest estimate occurring in 2024 (18.8%). This increase was also evident among men (from 3.8% to 17.2%) and women (from

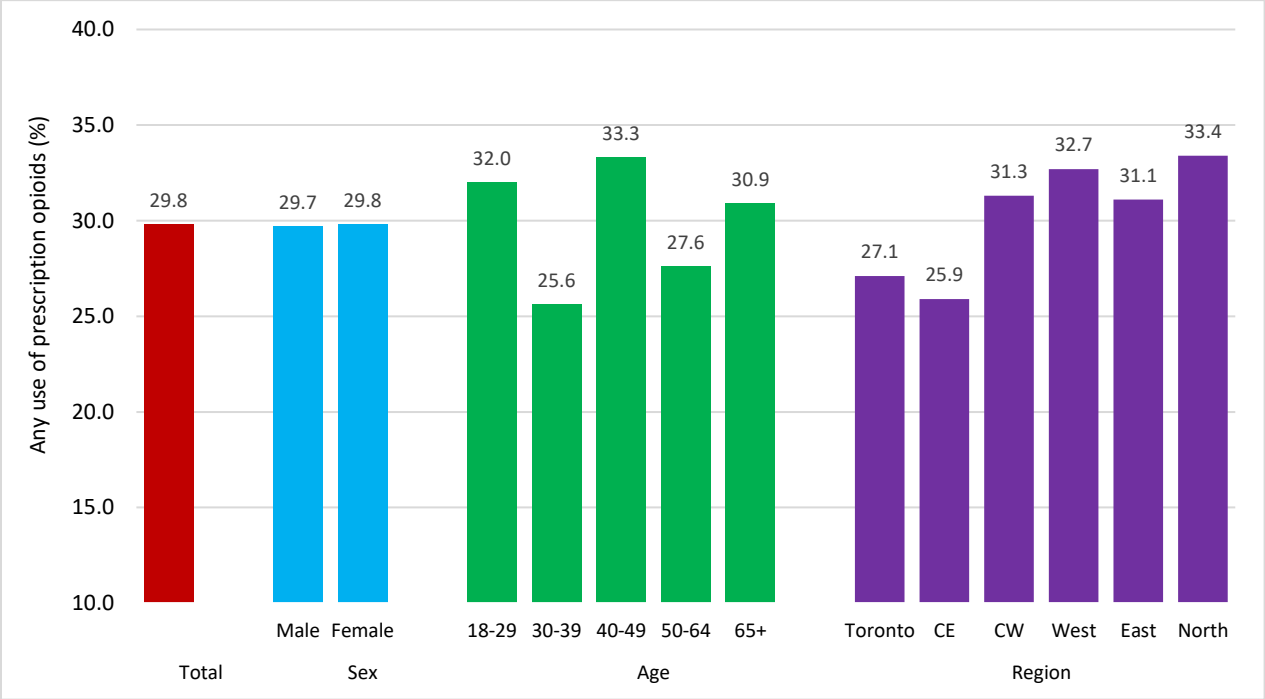
4.4% to 12.3%, respectively). The percentage increase was also evident among those aged 18 to 29 (from 5.1% to 19.6%), 30 to 39 (from 5.2% to 16.7%), 40 to 49 (from 3.5% to 15.4%) and those aged 50 and older (from 3.5% to 12.1%), and among all regions in Ontario (Table 5.3.2).

Compared to 2019 (pre-COVID-19), the percentage reporting non-medical use of prescription pain relievers was increased in 2025 (from 5.3% to 14.7%). This increase was evident among both men (from 5.2% to 17.2%) and women (from 5.5% to 12.3%), and those aged 18 to 29 (from 6.9% to 19.6%), 30 to 39 (from 7.1% to 16.7%), 40 to 49 (from 5.5% to 15.4%), 50 and older (from 4.1% to 12.1%).

Additionally, non-medical use was increased between 2019 and 2025 among those residing in Toronto, Central East, Central West, West, and East regions of Ontario (Table 5.3.2).

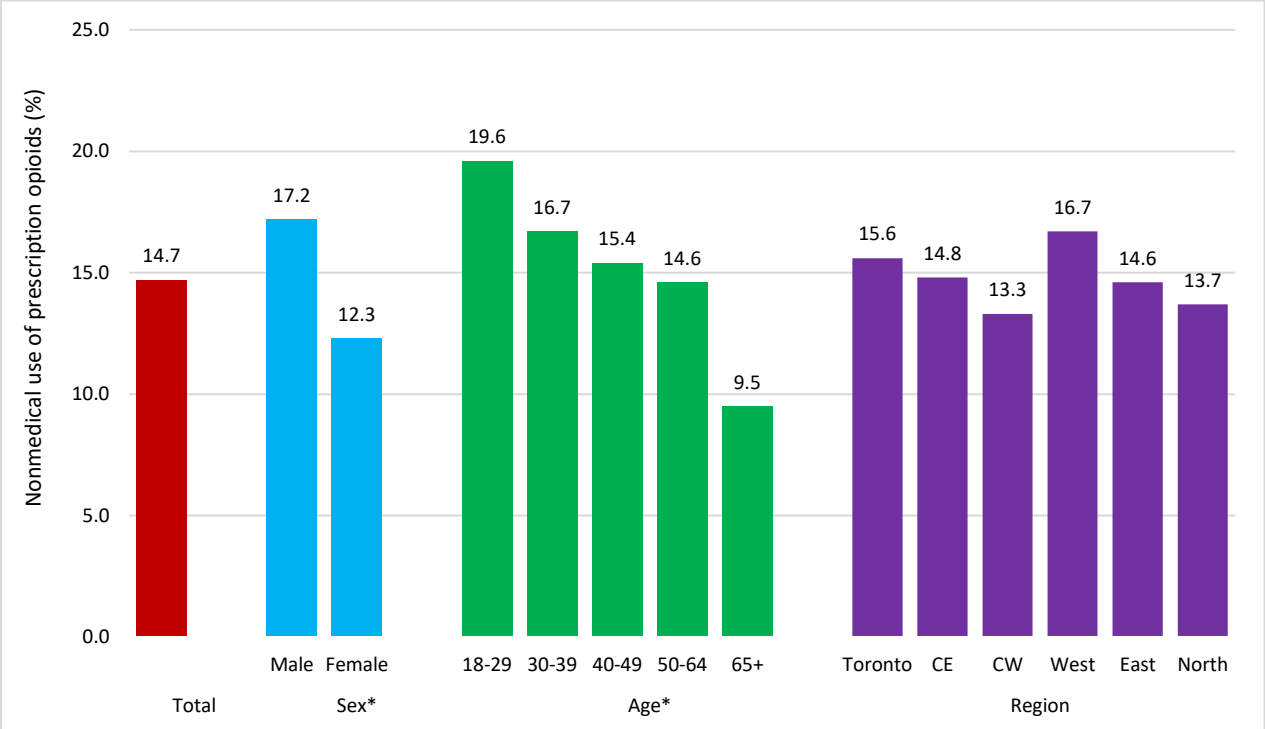
Compared to 2020, the percentage reporting non-medical use of prescription pain relievers declined in 2025 (from 17.8% to 14.7%, respectively). The percentage decrease was evident among women (from 16.6% to 12.3%), among those aged 50 and older (from 16.6% to 12.1%), and those residing in Toronto (from 22.0% to 15.6%, respectively) (Table 5.3.2).

**Figure 5.3.1** Past Year Use of Any Prescription Opioid Pain Relievers by Sex, Age and Region, Aged 18+, 2025 (N=1975)



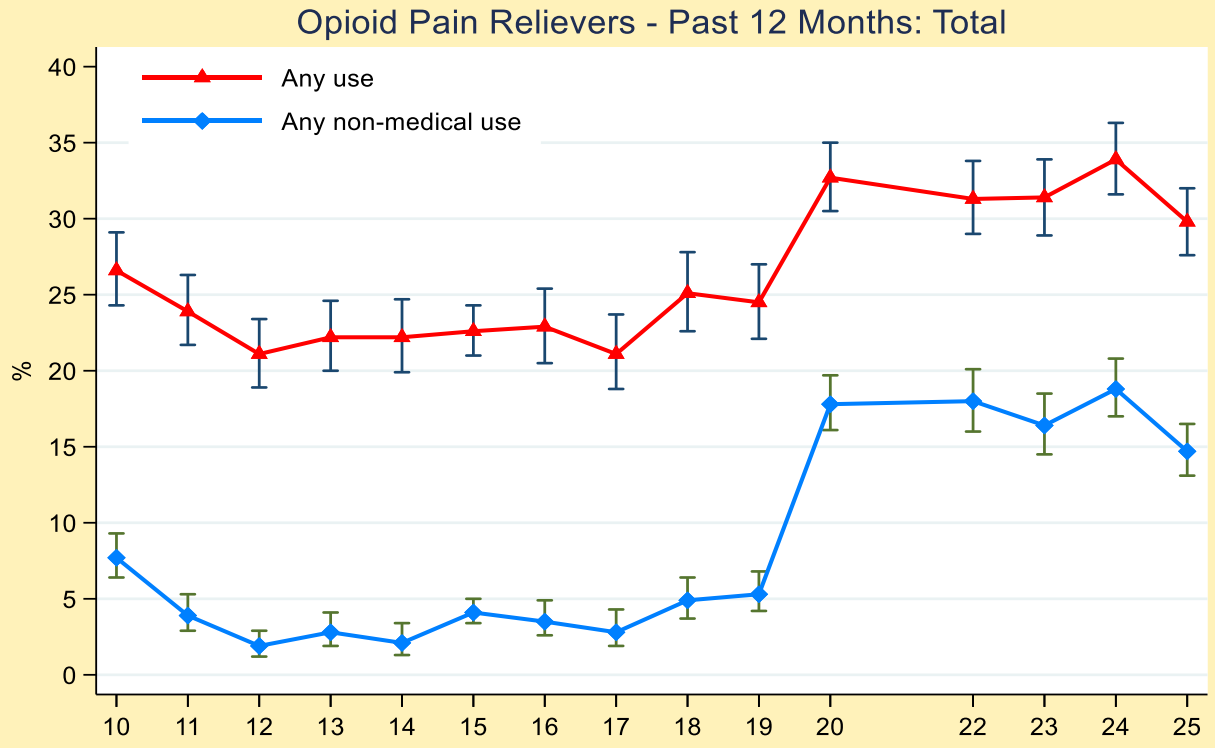

Note: CE: Central East; CW: Central West. *: Statistically significant differences between estimates, (p<0.05)

**Figure 5.3.2** Past Year Non-Medical Use of Prescription Opioid Pain Relievers by Sex, Age and Region, Aged 18+, 2025 (N=1975)




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

**Figure 5.3.3** **Past Year Use of Prescription Opioid Pain Relievers, Aged 18+, 2010–2025**




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

**Table 5.3.1:** Percentage Reporting ***Any Use of Prescription Opioid Pain Relievers*** in the Past 12 Months, by Demographic Characteristics, Aged 18+, 2010–2025

| (N=) | 2010 (2024) | 2011 (1999) | 2012 (2015) | 2013 (2060) | 2014 (2004) | 2015 (4007) | 2016 (2034) | 2017 (1811) | 2018 (1795) | 2019 (1818) | 2020 (1981) | 2022 (1679) | 2023 (1638) | 2024 (1990) | 2025 (1975) | Sig. |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Total Sample** (95%CI)¶ | **26.6** (23.3, 29.1) | **23.9** (21.7, 26.3) | **21.1** (18.9, 23.4) | **22.2** (20.0, 24.6) | **22.2** (19.9, 24.7) | **22.6** (21.0, 24.3) | **22.9** (20.5, 25.4) | **21.1** (18.8, 23.7) | **25.1** (22.6, 27.8) | **24.5** (22.1, 27.0 | **32.7** (30.5, 35.0) | **31.3** (29.0, 33.8) | **31.4** (28.9, 33.9) | **33.9** (31.6, 36.3) | **29.8** (27.6, 32.0) | **acp** |
| **Sex** | | | | | | | | | | | | | | | | |
| Men | **25.3** (21.9, 29.0) | **24.1** (20.6, 28.0) | **19.3** (16.2, 22.9) | **21.5** (18.3, 25.0) | **21.5** (18.1, 25.5) | **21.1** (18.7, 23.7) | **22.6** (19.1, 26.6) | **18.2** (15.1, 21.9) | **22.4** (18.9, 26.4) | **23.2** (19.8, 27.0) | **31.1** (28.0, 34.4) | **31.8** (28.2, 35.7) | **29.6** (26.0, 33.6) | **32.9** (29.6, 36.4) | **29.7** (26.7, 33.0) | **cp** |
| Women | **27.9** (24.9, 31.2) | **23.8** (21.0, 26.8) | **22.7** (19.9, 25.9) | **22.9** (20.0, 26.2) | **22.9** (20.0, 26.1) | **24.1** (22.0, 26.3) | **23.0** (20.1, 26.3) | **23.7** (20.4, 27.2) | **27.6** (24.2, 31.3) | **25.6** (22.4, 29.1) | **34.2** (31.2, 37.4) | **30.9** (27.9, 34.0) | **32.9** (29.7, 36.3) | **34.8** (31.6, 38.1) | **29.8** (26.9, 32.8) | **ac** |
| **Age** | | | | | | | | | | | | | | | | |
| 18-29 | **22.4** (16.5, 29.7) | **26.0** (19.4, 33.8) | **†21.8** (15.3, 30.2) | **†19.3** (13.0, 27.7) | **†20.1** (13.5, 28.7) | **20.3** (13.5, 28.7) | **†20.5** (13.6, 29.7) | **†20.0** (13.9, 27.9) | **24.5** (18.5, 31.8) | **23.6** (18.1, 30.3) | **30.9** (25.5, 36.9) | **32.1** (25.9, 38.9) | **32.6** (25.7, 40.4) | **33.1** (27.6, 39.3) | **32.0** (26.2, 38.4) | **c** |
| 30-39 | **21.4** (16.3, 26.6) | **22.3** (17.0, 28.6) | **16.7** (12.1, 22.5) | **23.0** (17.3, 29.9) | **24.4** (18.1, 32.0) | **20.3** (16.0, 25.4) | **23.4** (17.0, 31.1) | **†14.6** (9.3, 22.3) | **†18.4** (12.2, 26.8) | **19.2** (13.7, 26.2) | **30.5** (25.8, 35.6) | **33.5** (27.9, 39.6) | **26.4** (21.6, 31.9) | **34.3** (28.6, 40.5) | **25.6** (21.1, 30.5) | **a** |
| 40-49 | **27.1** (22.3, 32.6) | **22.9** (18.4, 28.2) | **20.4** (15.9, 25.7) | **21.6** (17.2, 26.7) | **20.7** (16.1, 26.2) | **18.3** (15.1, 22.2) | **20.6** (15.6, 26.7) | **†18.5** (13.5, 24.7) | **23.1** (16.9, 30.6) | **23.2** (17.0, 30.7) | **30.0** (25.3, 35.1) | **31.7** (26.0, 38.0) | **34.7** (29.0, 40.8) | **31.5** (25.0, 38.8) | **33.3** (28.2, 38.7) | **cp** |
| 50+ | **30.4** (27.3, 33.6) | **24.8** (22.0, 27.8) | **23.4** (20.8, 26.3) | **23.5** (20.9, 26.4) | **23.7** (20.9, 26.6) | **26.0** (24.0, 28.0) | **24.4** (21.9, 27.2) | **24.1** (21.3, 27.2) | **27.8** (24.6, 31.3) | **26.6** (23.5, 30.0) | **34.9** (31.7, 38.3) | **30.2** (27.1, 33.5) | **31.8** (28.4, 35.4) | **33.6** (30.1, 37.2) | **29.2** (26.3, 32.4) | |
| **Region** | | | | | | | | | | | | | | | | |
| Toronto | **24.2** (19.1, 30.1) | **22.3** (17.3, 28.1) | **23.9** (18.4, 30.3) | **25.4** (20.0, 31.6) | **16.0** (11.9, 21.2) | **22.0** (18.4, 26.1) | **16.7** (12.4, 22.1) | **18.8** (14.0, 24.6) | **24.4** (19.2, 30.5) | **19.8** (15.2, 25.4) | **35.2** (30.0, 40.7) | **31.8** (26.6, 37.4) | **30.4** (25.1, 36.2) | **28.1** (23.2, 33.6) | **27.1** (22.5, 32.2) | **p** |
| Central East | **29.5** (24.3, 35.3) | **22.8** (18.1, 28.4) | **18.2** (14.0, 23.4) | **16.9** (12.9, 21.8) | **23.8** (18.7, 29.9) | **20.8** (17.5, 24.6) | **27.2** (21.5, 33.7) | **24.2** (18.5, 31.1) | **27.0** (21.5, 33.4) | **21.1** (16.4, 26.7) | **31.2** (26.2, 36.7) | **31.8** (26.6, 37.5) | **28.4** (23.0, 34.5) | **32.3** (27.2, 37.9) | **25.9** (21.4, 30.9) | |
| Central West | **23.5** (18.7, 29.0) | **26.1** (21.0, 32.0) | **25.4** (20.5, 30.9) | **24.3** (19.3, 30.1) | **23.4** (18.3, 29.5) | **23.9** (20.2, 28.0) | **25.2** (19.8, 31.5) | **19.9** (15.0, 26.0) | **23.7** (18.3, 30.2) | **26.1** (20.5, 32.6) | **31.0** (26.2, 36.3) | **29.6** (24.8, 34.9) | **32.2** (26.9, 37.9) | **34.9** (29.7, 40.4) | **31.3** (26.5, 36.7) | **c** |
| West | **27.9** (22.8, 33.7) | **22.6** (18.1, 27.9) | **15.5** (11.7, 20.1) | **24.9** (19.9, 30.7) | **26.3** (21.2, 32.1) | **25.3** (21.7, 29.3) | **21.4** (16.7, 26.9) | **24.7** (19.5, 30.8) | **26.7** (20.5, 33.9) | **28.5** (23.1, 34.6) | **34.4** (29.3, 39.9) | **30.9** (25.6, 36.8) | **30.1** (24.7, 36.1) | **36.4** (31.2, 41.9) | **32.7** (27.8, 38.0) | **c** |
| East | **27.3** (22.2, 33.1) | **24.1** (19.2, 29.7) | **20.6** (16.2, 25.8) | **20.8** (16.4, 26.0) | **19.8** (15.1, 25.5) | **22.7** (19.1, 26.8) | **22.8** (17.9, 28.6) | **20.4** (15.5, 26.4) | **23.0** (17.7, 29.2) | **28.6** (22.9, 35.0) | **30.5** (25.9, 35.5) | **34.6** (29.1, 40.5) | **33.2** (27.7, 39.2) | **38.3** (32.8, 44.0) | **31.1** (26.3, 36.4) | **c** |
| North | **28.2** (22.9, 34.9) | **29.0** (23.4, 35.4) | **23.0** (18.1, 28.7) | **25.9** (20.6, 32.0) | **28.8** (23.3, 35.0) | **23.4** (19.5, 27.7) | **23.1** (18.0, 29.1) | **20.5** (15.4, 26.7) | **28.9** (22.7, 35.9) | **25.8** (20.4, 32.0) | **36.3** (31.3, 41.7) | **29.1** (22.6, 36.4) | **37.5** (31.4, 44.0) | **39.5** (34.1, 45.2) | **33.4** (28.5, 38.8) | **c** |

Notes: (1) ¶95% confidence interval; † estimate suppressed or unstable; the sampling design were changed in 2020 from telephone interview to web surveys.
(2) Significant change [a]2025 vs.2024, [b]2025 vs. 2020, [c]2025 vs. 2015, [p]2025 vs. 2019 (pre-COVID-19 pandemic).
*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 5.3.2:** Percentage Reporting ***Any Nonmedical Use of Prescription Opioid Pain Relievers i***n the Past 12 Months, by Demographic Characteristics, Aged 18+, 2010-2025

| (N=) | 2010 (2024) | 2011 (1999) | 2012 (2015) | 2013 (2060) | 2014 (2004) | 2015 (4007) | 2016 (2034) | 2017 (1811) | 2018 (1795) | 2019 (1818) | 2020 (1979) | 2022 (1680) | 2023 (1635) | 2024 (1996) | 2025 (1975) | Sig. |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Total Sample** | **7.7** | **3.9** | **†1.9** | **†2.8** | **†2.1** | **4.1** | **3.5** | **†2.8** | **4.9** | **5.3** | **17.8** | **18.0** | **16.4** | **18.8** | **14.7** | **abcp** |
| (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) | (16.1, 19.7) | (16.0, 20.1) | (14.5, 18.5) | (17.0, 20.8) | (13.1,16.5) | |
| **Sex** | | | | | | | | | | | | | | | | |
| Men | **8.1** | **†5.5** | **†2.1** | **†3.6** | **†3.2** | **3.8** | **†3.8** | **†2.9** | **†4.3** | **†5.2** | **19.1** | **20.1** | **16.8** | **21.2** | **17.2** | **cp** |
| | (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) | (16.5, 22.0) | (17.0, 23.7) | (13.8, 20.2) | (18.3, 24.3) | (14.7, 20.0) | |
| Women | **7.4** | **†2.6** | **†1.7** | **†2.0** | **†1.1** | **4.4** | **†3.3** | **†2.8** | **5.3** | **†5.5** | **16.6** | **16.2** | **16.0** | **16.7** | **12.3** | **abcp** |
| | (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) | (14.3, 19.1) | (13.9, 18.8) | (13.7, 18.7) | (14.4, 19.3) | (10.4, 14.6) | |
| **Age** | | | | | | | | | | | | | | | | |
| 18-29 | **†7.0** | **†7.0** | **†** | **†7.4** | **†4.4** | **†5.1** | **†4.6** | **†7.3** | **†9.1** | **†6.9** | **19.1** | **20.9** | **18.6** | **24.5** | **19.6** | **cp** |
| | (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) | (14.6, 24.5) | (15.6, 27.3) | (13.0, 25.9) | (19.4, 30.4) | (14.7, 25.6) | |
| 30-39 | **†6.6** | **†** | **†** | **†3.6** | **†3.1** | **†5.2** | **†6.1** | **†** | **†** | **†7.1** | **18.6** | **20.2** | **15.9** | **20.0** | **16.7** | **cp** |
| | (3.8, 11.2) | – | – | (1.6, 7.9) | (1.2, 7.8) | (3.1, 8.5) | (3.3, 10.9) | – | – | (3.9, 12.4) | (14.8, 23.2) | (15.6, 25.8) | (12.1, 20.8) | (15.4, 25.6) | (13.1, 21.1) | |
| 40-49 | **†8.9** | **†5.7** | **†** | **†2.3** | **†1.1** | **†3.5** | **†2.4** | **†1.3** | **†6.6** | **†5.5** | **18.4** | **19.5** | **21.1** | **18.6** | **15.4** | **cp** |
| | (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) | (14.7, 22.8) | (14.9, 25.2) | (16.5, 26.6) | (13.5, 25.1) | (11.7, 19.9) | |
| 50+ | **7.9** | **†2.1** | **†1.5** | **†1.1** | **†1.5** | **3.5** | **†2.8** | **†1.8** | **†3.3** | **4.1** | **16.6** | **15.7** | **14.2** | **15.6** | **12.1** | **abcp** |
| | (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) | (14.2, 19.3) | (13.3, 18.4) | (11.8, 17.0) | (13.1, 18.4) | (10.1, 14.3) | |
| **Region** | | | | | | | | | | | | | | | | |
| Toronto | **†8.4** | **†4.3** | **†** | **†2.6** | **†** | **†3.7** | **†2.4** | **†3.3** | **†5.4** | **†4.8** | **22.0** | **19.5** | **18.9** | **17.1** | **15.6** | **bcp** |
| | (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) | (17.7, 27.1) | (15.4, 24.5) | (14.6, 24.0) | (13.2, 21.9) | (12.0, 20.0) | |
| Central East | **†9.6** | **†4.2** | **†** | **†4.0** | **†** | **†3.7** | **†3.3** | **†2.6** | **†5.1** | **†5.6** | **19.7** | **17.2** | **18.5** | **18.9** | **14.8** | **cp** |
| | (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) | (15.5, 24.7) | (13.1, 22.3) | (13.8, 24.3) | (14.8, 23.8) | (11.3, 19.1) | |
| Central West | **†5.7** | **†4.1** | **†4.3** | **†3.1** | **†3.1** | **†4.3** | **†4.6** | **†5.1** | **†3.1** | **†6.0** | **13.9** | **18.4** | **14.5** | **19.5** | **13.3** | **acp** |
| | (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) | (10.5, 18.1) | (14.4, 23.3) | (10.7, 19.3) | (15.5, 24.3) | (9.9, 17.6) | |
| West | **†8.6** | **†3.4** | **†** | **†2.7** | **†** | **†4.0** | **†4.4** | **†** | **†** | **†7.4** | **18.9** | **17.1** | **15.6** | **18.0** | **16.7** | **cp** |
| | (5.7, 12.8) | (1.8,6.3) | – | (1.3, 5.8) | – | (2.5, 6.3) | (2.3, 8.1) | – | – | (4.7, 11.4) | (14.9, 23.6) | (13.0, 22.3) | (11.7, 20.6) | (14.0, 22.7) | (13.0, 21.2) | |
| East | **†5.5** | **†2.7** | **†** | **†** | **†2.2** | **†4.6** | **†2.6** | **†1.1** | **†5.0** | **†3.3** | **16.0** | **18.0** | **15.0** | **20.8** | **14.6** | **acp** |
| | (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) | (12.5, 20.2) | (14.0, 22.9) | (11.2, 19.8) | (16.5, 25.9) | (11.2, 18.8) | |
| North | **†6.8** | **†5.1** | **†** | **†** | **†** | **†5.7** | **†5.3** | **†** | **†5.1** | **†** | **18.2** | **†12.9** | **15.5** | **19.3** | **13.7** | **c** |
| | (4.1, 10.9) | (3.0, 8.4) | – | – | – | (3.8, 8.4) | (2.6, 10.3) | – | (2.7, 9.6) | – | (14.4, 22.7) | (8.5, 19.1) | (11.4, 20.9) | (15.2, 24.2) | (10.3, 17.9) | |

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

(2) Significant change [a]2025 vs.2024, [b]2025 vs. 2020, [c]2025 vs. 2015, [p]2025 vs. 2019 (pre-COVID-19 pandemic).

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

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

# 6. IMPAIRED AND DISTRACTED DRIVING

## 6.1 Driving after Drinking

Overall, an estimated **4.5%** (95% CI: 3.5% to 5.7%) of adults with a valid driver's licence reported driving after drinking alcohol – specifically, driving after consuming two or more alcoholic drinks in the previous hour – at least once during the past 12 months.

Men were more likely than women to report driving after drinking alcohol (7.1% vs. 1.9%, respectively) (Figure 6.1.1).

There were no differences in the percentages reporting driving after drinking across age groups and regions in Ontario.

### 2024-2025

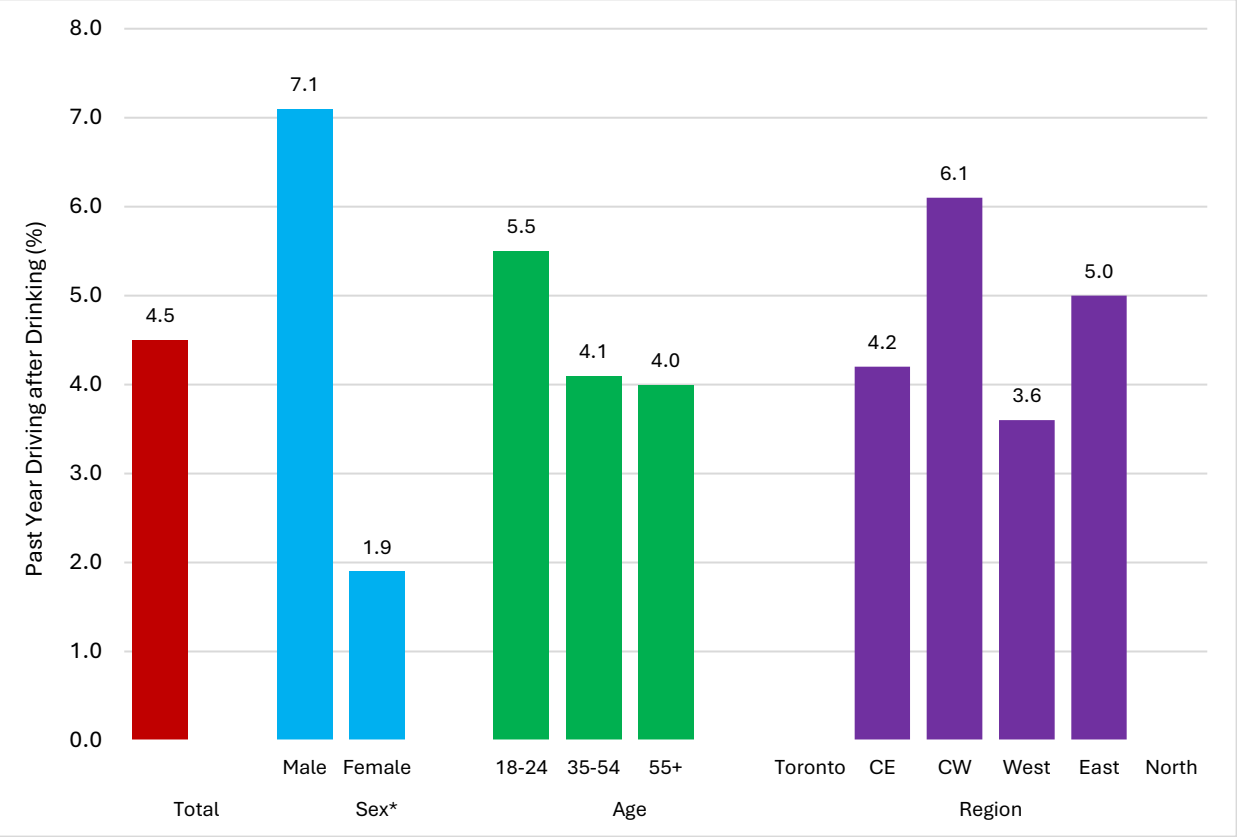
Overall, there were no significant differences between 2024 and 2025 in percentages reporting driving after drinking alcohol (4.6% vs. 4.5%, respectively). Similarly, the percentages remained stable among men and women, and age groups (Table 6.1.1b).

### 2015-2025

Overall, the percentage of adults reporting driving after drinking alcohol remained similar between 2015 and 2025 (4.9% vs. 4.5%, respectively). Likewise, the percentages remained similar among men and women, as well as age groups and regions during the same period (Table 6.1.1b).

Compared to 2019 (pre-COVID-19), the percentage of adults reporting driving after drinking alcohol remained similar in 2025 (3.9% vs. 4.5%, respectively). Likewise, the percentages remained similar among men and women. The estimates for age groups and regions were suppressed due to small sample size (i.e., unreliability) (Table 6.1.1b).

**Figure 6.1.1** Past Year Driving After Drinking by Sex, Age and Region, Ontario Licensed Drivers Aged 18+, 2025 (N=1707)




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

**Table 6.1.1a:** Percentage ***Driving within One Hour after Consuming Two or More Drinks*** in the Past 12 Months, by Demographic Characteristics, Ontario Licensed Drivers, Aged 18+, 1996–2005

| | 1996 | 1997 | 1998 | 1999 | 2000 | 2001 | 2002 | 2003 | 2004 | 2005 |
|---|---|---|---|---|---|---|---|---|---|---|
| (N=) | (2360) | (2432) | (2183) | (2101) | (2066) | (2308) | (2132) | (2124) | (2283) | (2126) |
| **Total** | **13.1** | **10.6** | **10.1** | **10.5** | **8.6** | **10.9** | **8.1** | **8.5** | **7.7** | **6.2** |
| (95%CI)¶ | (11.6,14.7) | (9.3,12.1) | (8.8,11.7) | (9.1,12.1) | (7.3,10.1) | (9.5,12.5) | (6.9,9.5) | (7.2,9.9) | (6.4, 9.2) | (5.1, 7.5) |
| **Sex** | | | | | | | | | | |
| Men | **21.2** | **18.6** | **16.0** | **16.5** | **13.6** | **17.9** | **12.5** | **13.7** | **12.6** | **10.1** |
| | (18.5,24.1) | (16.1,21.3) | (13.7,18.7) | (14.1,19.2) | (11.3,16.2) | (15.4,20.7) | (10.4,14.9) | (11.4,16.3) | (10.3, 15.2) | (8.2, 12.5) |
| Women | **4.9** | **†2.9** | **4.1** | **4.1** | **3.4** | **3.5** | **3.5** | **3.0** | **†2.6** | **†2.1** |
| | (3.8,6.4) | (2.1,4.1) | (3.0,5.6) | (3.0,5.5) | (2.4,4.9) | (2.5,4.9) | (2.5,4.8) | (2.0,4.3) | (1.8, 3.8) | (1.4, 3.2) |
| **Age** | | | | | | | | | | |
| 18 - 29 years | **20.1** | **13.0** | **14.0** | **13.9** | **11.2** | **12.5** | **11.9** | **12.4** | **14.6** | **†7.7** |
| | (16.7,24.7) | (10.0,16.8) | (10.4,18.4) | (10.4,18.4) | (8.2,15.1) | (9.3, 16.6) | (8.8,15.9) | (9.0,16.9) | (10.5, 19.9) | (5.0, 11.8) |
| 30 - 39 years | **15.4** | **11.4** | **10.3** | **12.6** | **10.2** | **13.2** | **8.5** | **11.1** | **†7.1** | **†8.0** |
| | (12.4,19.0) | (8.8,16.5) | (7.5,13.3) | (10.0,15.8) | (7.5,13.8) | (10.1,17.0) | (6.0,11.9) | (8.1,15.0) | (4.6, 10.7) | (5.4, 11.8) |
| 40 - 49 years | **11.8** | **10.1** | **11.3** | **10.3** | **8.3** | **11.9** | **†6.3** | **8.7** | **†6.4** | **†8.0** |
| | (9.1,15.1) | (7.3,13.8) | (8.6,14.9) | (7.5,13.9) | (6.0,11.4) | (9.0,15.5) | (4.3,9.2) | (6.3,11.9) | (4.4, 9.2) | (5.8, 11.0) |
| 50 - 64 years | **7.0** | **9.4** | **8.1** | **8.0** | **† 5.9** | **9.9** | **9.6** | **†5.8** | **†5.6** | **†2.6** |
| | (4.7,10.2) | (6.9,12.6) | (5.8,11.4) | (5.5,11.6) | (3.7,9.3) | (7.1, 13.5) | (7.0,13.2) | (3.8,8.7) | (3.9, 8.2) | (1.5, 4.6) |
| 65+ years | **5.8** | **7.8** | **6.4** | **6.8** | **† 6.0** | **† 5.0** | **†3.7** | **†3.4** | **†5.3** | **†4.3** |
| | (3.3,9.9) | (5.2,10.4) | (4.0,10.2) | (4.1,11.0) | (3.3,10.7) | (2.7, 9.4) | (1.9,7.1) | (1.8,6.6) | (3.1, 8.8) | (2.4, 7.6) |
| **Region** | | | | | | | | | | |
| Toronto | **13.8** | **†7.8** | **†9.9** | **†8.5** | **†9.0** | **†10.4** | **†5.0** | **†9.1** | **†7.3** | **†2.5** |
| | (10.3,18.9) | (5.0,12.0) | (6.9,14.1) | (5.7,12.7) | (5.9,13.4) | (7.2,14.8) | (2.9,8.5) | (6.2,13.2) | (4.5, 11.7) | (3, 4.8) |
| Central East | **16.2** | **9.9** | **11.2** | **†10.7** | **† 6.3** | **10.5** | **†8.5** | **†9.4** | **†7.7** | **†7.9** |
| | (12.7,20.5) | (7.3,13.3) | (8.1,15.3) | (7.6,14.8) | (4.3,9.2) | (7.6,14.2) | (5.7,12.5) | (6.6,13.2) | (5.1, 11.5) | (5.2, 11.8) |
| Central West | **11.2** | **11.5** | **†8.3** | **†9.4** | **†8.6** | **†9.5** | **†6.8** | **†7.7** | **†6.3** | **†6.7** |
| | (8.4,14.8) | (8.6,15.3) | (5.7,11.8) | (6.6,13.1) | (6.0,12.1) | (6.5,13.7) | (4.5,10.2) | (5.1,11.6) | (3.9, 10.0) | (4.5, 9.9) |
| West | **13.1** | **11.4** | **10.4** | **12.4** | **†9.3** | **15.6** | **13.2** | **†8.5** | **13.1** | **†9.2** |
| | (9.9,17.1) | (8.5,15.1) | (7.5,14.2) | (9.3,16.3) | (6.2,13.7) | (12.0,20.0) | (10.0,17.3) | (5.9,12.2) | (9.7, 17.3) | (6.5, 12.9) |
| East | **†9.5** | **12.2** | **10.0** | **11.7** | **†7.6** | **10.5** | **†7.5** | **†7.0** | **†5.4** | **†4.4** |
| | (6.8,13.2) | (9.2,16.1) | (7.1,13.8) | (8.5,15.8) | (5.0,11.5) | (7.7,14.3) | (5.0,11.0) | (4.6,10.5) | (3.4, 8.3) | (2.4, 8.0) |
| North | **13.9** | **11.5** | **12.8** | **12.8** | **13.2** | **9.9** | **†8.1** | **†9.0** | **†6.8** | **†6.3** |
| | (10.4,18.3) | (8.5,15.3) | (9.4,17.0) | (9.3,17.3) | (9.7,10.1) | (7.3,13.4) | (5.4,12.1) | (6.2,12.9) | (4.8, 9.5) | (3.9,10.0) |

Notes: ¶ 95% confidence interval.

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

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

**Table 6.1.1b:** Percentage ***Driving within One Hour after Consuming Two or More Drinks*** in the Past 12 Months, by Demographic Characteristics, Ontario Licensed Drivers, Aged 18+, 2006–2025

| (N= ) | 2006 (1730) | 2007 (1745) | 2008 (1809) | 2009 (1833) | 2010 (2711) | 2011 (1812) | 2012 (1830) | 2013 (1856) | 2014 (1816) | 2015 (924) | 2016 (1019) | 2017 (1642) | 2018 (1621) | 2019 (1610) | 2020 (1753) | 2022 (1471) | 2023 (1438) | 2024 (1753) | 2025 (1707) | Sig. |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Total Drivers**[1] | **5.9** | **6.1** | **7.1** | **6.9** | **5.0** | **5.8** | **4.7** | **5.1** | **4.9** | **4.9** | **†6.0** | **5.2** | **†3.6** | **†3.9** | **4.5** | **3.9** | **4.5** | **4.6** | **4.5** | |
| (95% CI)[¶] | (4.7, 7.4) | (4.9, 7.5) | (5.8, 8.8) | (5.5, 8.5) | (4.1, 6.1) | (4.6, 7.4) | (3.7, 6.0) | (3.9, 6.6) | (3.8, 6.4) | (3.3, 7.2) | (3.9, 9.1) | (3.8, 7.1) | (2.4, 5.2) | (2.9, 5.2) | (3.6, 5.6) | (3.0, 5.1) | (3.5, 5.8) | (3.5, 5.8) | (3.5, 5.7) | |
| **Sex** | | | | | | | | | | | | | | | | | | | | |
| Men | **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** | **7.2** | **†6.0** | **7.2** | **7.7** | **7.1** | |
| | (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) | (5.4, 8.9) | (4.4, 8.3) | (5.4, 9.6) | (5.8, 10.1) | (5.4, 9.3) | |
| Women | **†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** | **†2.0** | **†2.0** | **†2.0** | **†1.5** | **†1.9** | |
| | (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) | (1.2, 3.2) | (1.2, 3.4) | (1.2, 3.3) | (0.9, 2.7) | (1.1, 3.2) | |
| **Age** | | | | | | | | | | | | | | | | | | | | |
| 18-29 | **10.2** | **10.3** | **12.4** | **12.8** | **†5.7** | **†5.6** | **†6.7** | **†8.9** | **†3.2** | **†6.7** | **†** | **†9.2** | **†** | **†** | **† 4.7** | **†** | **†** | **†7.6** | **†** | |
| | (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) | – | – | (2.8, 7.8) | – | – | – | – | |
| 30-39 | **†3.4** | **†4.6** | **†6.0** | **9.0** | **†7.0** | **†5.0** | **†5.1** | **†5.1** | **†8.3** | **†** | **†13.3** | **†11.1** | **†** | **†** | **†3.9** | **†** | **†4.5** | **†5.6** | **†6.0** | |
| | (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) | – | – | (2.1, 6.8) | – | (2.5, 8.0) | (3.1, 9.9) | (3.6, 9.7) | |
| 40-49 | **†6.7** | **†5.8** | **†6.9** | **†7.3** | **†5.2** | **†7.8** | **†2.9** | **†4.0** | **†7.1** | **†5.8** | **†5.2** | **†4.7** | **†** | **†** | **†6.6** | **†** | **†4.7** | **†** | **4.4** | |
| | (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) | – | – | (4.3, 10.1) | – | (2.6, 8.5) | – | (2.5, 7.5) | |
| 50-64 | **†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** | **†4.0** | **†4.5** | **†4.6** | **†3.7** | **†3.2** | |
| | (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) | (2.6, 6.2) | (2.8, 6.9) | (2.8, 7.5) | (2.1, 6.2) | (1.8, 5.5) | |
| 65+ | **†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** | **†3.4** | **†3.6** | **†5.6** | **†2.7** | **†4.8** | |
| | (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) | (1.9, 6.1) | (2.0, 6.1) | (3.6, 8.6) | (1.5, 5.0) | (2.9, 7.7) | |
| **Region** | | | | | | | | | | | | | | | | | | | | |
| Toronto | **†4.5** | **†3.5** | **†5.4** | **†5.1** | **†4.6** | **†5.1** | **†2.9** | **†4.1** | **†3.8** | **†2.5** | **†6.0** | **†5.1** | **†** | **†** | **†** | **†** | **†** | **†7.2** | **†** | |
| | (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) | – | – | – | – | – | (4.4, 11.5) | – | |
| Central East | **†4.6** | **†7.4** | **†7.2** | **†5.9** | **†3.0** | **†5.6** | **†3.9** | **†5.1** | **†4.5** | **†5.7** | **†9.0** | **†8.5** | **†** | **†** | **†2.9** | **†4.6** | **†4.5** | **†3.3** | **†4.2** | |
| | (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) | – | – | (1.5, 5.5) | (2.5, 8.3) | (2.3, 8.5) | (1.9, 5.8) | (2.4, 7.1) | |
| Central West | **†5.8** | **†2.8** | **†7.8** | **†7.5** | **†6.5** | **†7.5** | **†4.5** | **†4.5** | **†7.8** | **†4.9** | **†4.6** | **†5.0** | **†** | **†5.3** | **†4.9** | **†4.7** | **†4.1** | **†3.4** | **†6.1** | |
| | (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) | – | (2.9,9.5) | (3.0, 7.8) | (2.8, 7.8) | (2.3, 7.0) | (1.8, 6.4) | (3.8, 9.4) | |
| West | **†7.2** | **†10.8** | **†5.2** | **†5.2** | **†6.6** | **†5.9** | **†6.6** | **†** | **†4.9** | **†5.7** | **†** | **†2.7** | **†** | **†** | **†7.9** | **†3.9** | **†5.5** | **†7.8** | **†3.6** | **ab** |
| | (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) | – | – | (5.4, 11.6) | (2.1, 7.2) | (3.2, 9.3) | (5.0, 12.0) | (1.9, 6.7) | |
| East | **†7.9** | **†8.7** | **†9.2** | **†10.8** | **†5.4** | **†5.1** | **†6.3** | **†7.4** | **†4.2** | **†6.0** | **†** | **†4.6** | **†** | **†** | **†5.0** | **†** | **†5.3** | **4.0** | **5.0** | |
| | (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) | – | – | (3.1, 8.0) | – | (3.2, 8.9) | (2.2, 7.1) | (3.0, 8.3) | |
| North | **†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** | **†3.8** | **†** | **†5.7** | **†** | **†** | |
| | (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) | (2.1, 6.5) | – | (3.3, 9.9) | – | – | |

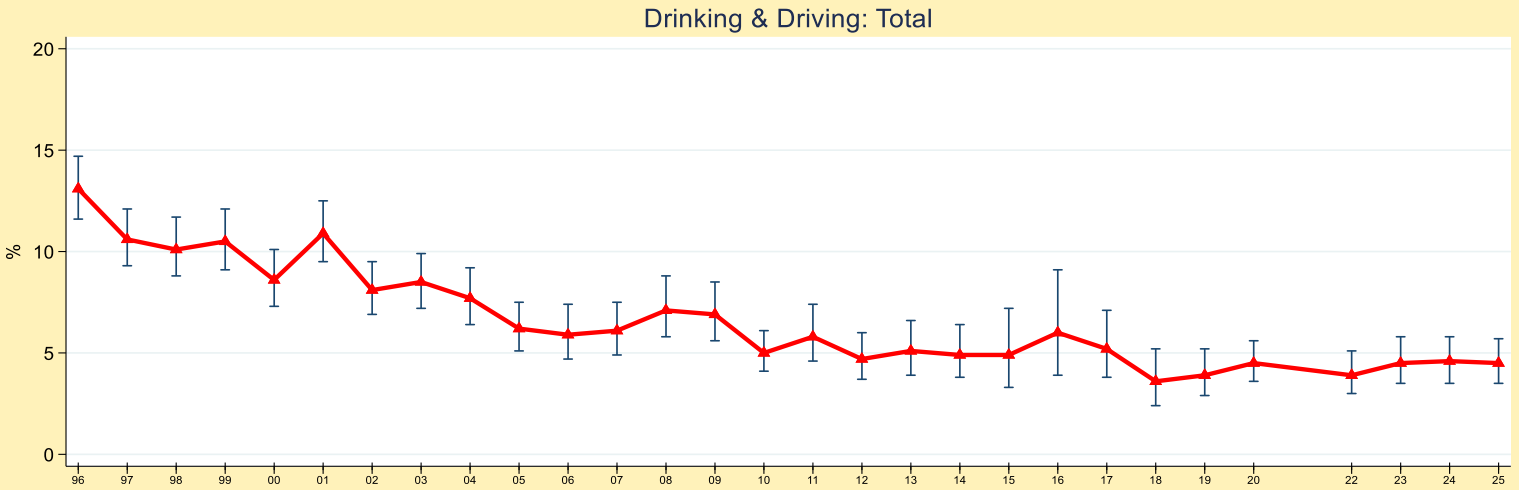
Notes: (1) [¶] 95% confidence interval; † Estimate suppressed or unstable. The sampling design was changed in 2020 from telephone to web survey.

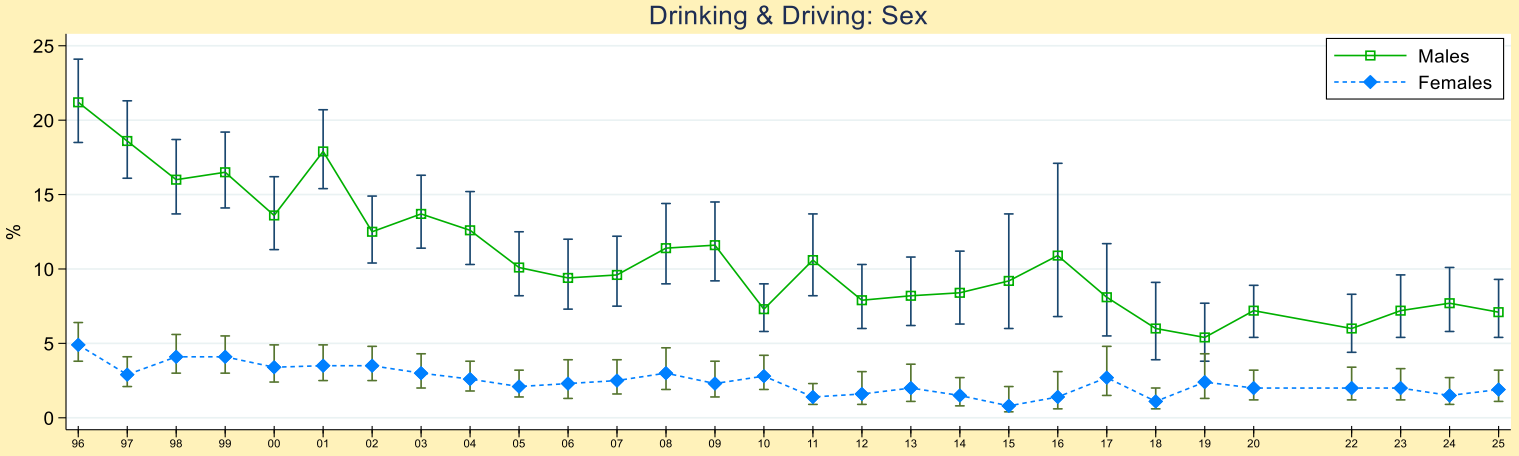
(2) Significant change [a]2025 vs.2024, [b]2025 vs. 2020, [c]2025 vs. 2015, [p]2025 vs. 2019 (pre-COVID-19 pandemic).

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

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

**Figure 6.1.2** Past Year Driving after Drinking, Ontario Licensed Drivers Aged 18+, 1996–2025




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

## 6.2 Driving after Cannabis Use

Overall, an estimated **3.7%** (95% CI: 2.8% to 4.9%) of adults with a valid driver's licence reported driving within one hour of consuming cannabis at least once during the past 12 months.

Men were more likely than women to report driving within one hour of consuming cannabis at least one time (5.0% vs. 2.5%, respectively) (Figure 6.2.1).

There were also significant differences in reporting driving after consuming cannabis between age groups.

### 2024-2025

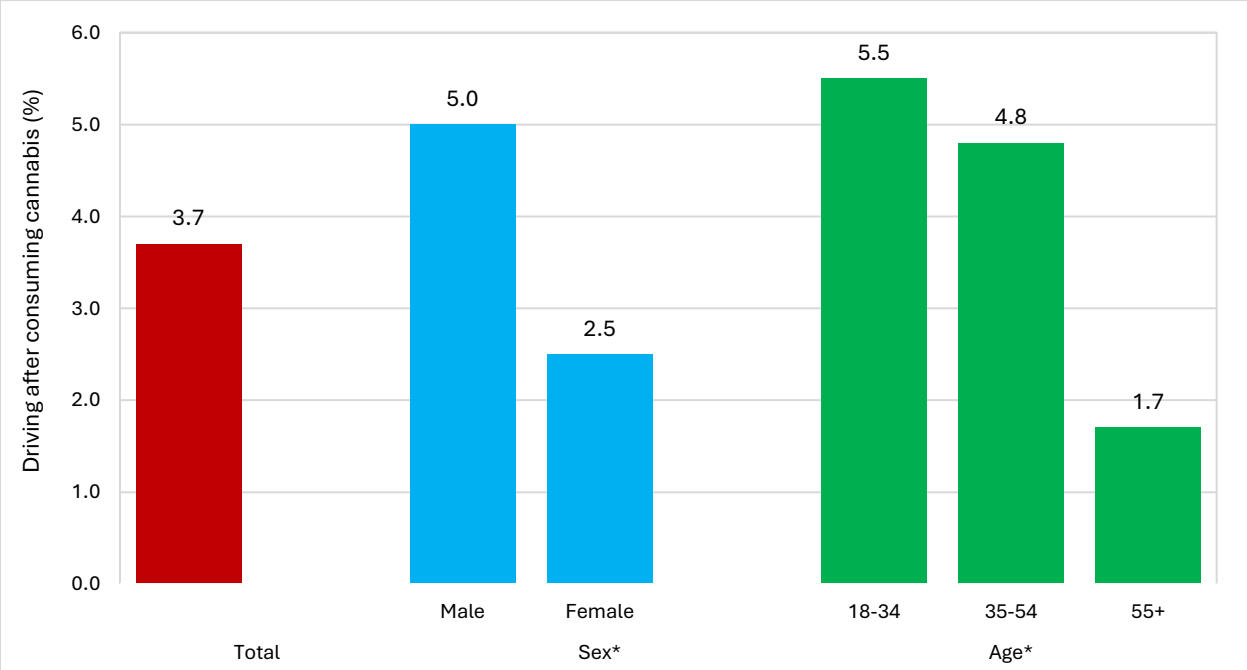
There was no significant change in percentages reporting driving within one hour of consuming cannabis between 2024 and 2025 (3.1% vs. 3.7%, respectively). Similarly, there was no significant changes among men and women, and among age groups (Table 6.2.1).

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

### 2015-2025

The percentage of adults reporting driving after using cannabis in 2025 was higher than the percentage in 2020 (3.7% vs. 2.4%). The 2025 percentage however, did not significantly differ from those in 2015 and 2019 (pre-COVID) (Table 6.2.1).

**Figure 6.2.1 Past Year Driving after Cannabis Use by Sex and Age, Ontario Licensed Drivers Aged 18+, 2025 (N=1710)**




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

**Table 6.2.1:** Percentage ***Driving within One Hour after Consuming Cannabis*** in the Past 12 Months, by Demographic Characteristics, Ontario Licensed Drivers[1], Aged 18+, 2002–2025

| | 2002 | 2003 | 2004 | 2005 | 2006 | 2007 | 2008 | 2009 | 2010 | 2011 | 2012 | 2013 | 2014 | 2015 | 2016 | 2017 | 2018 | 2019 | 2020 | 2022 | 2023 | 2024 | 2025 | Sig. |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| (N= ) | (2132) | (2124) | (2283) | (2126) | (1730) | (1745) | (1809) | (1833) | (2711) | (1812) | (1830) | (1856) | (1816) | (924) | (1019) | (1642) | (1622) | (1610) | (2014) | (1702) | (1661) | (1757) | (1710) | |
| **Total Drivers[1]** | **2.9** | **3.0** | **2.5** | **2.9** | **2.9** | **1.8** | **2.2** | **†1.8** | **†1.5** | **†2.4** | **†1.3** | **†2.3** | **†1.6** | **†2.9** | **†2.9** | **†2.6** | **†3.1** | **†3.1** | **2.4** | **†2.5** | **†2.8** | **3.1** | **3.7** | **b** |
| (95%CI)[¶] | (2.1, 4.1) | (2.2, 4.0) | (1.7, 3.6) | (2.1, 4.1) | (1.9, 4.3) | (1.2, 2.7) | (1.4, 3.6) | (1.2, 2.8) | (1.0, 2.2) | (1.5,3.7) | (0.7, 2.2) | (1.5, 3.5) | (0.9, 2.7) | (1.6, 5.2) | (1.4, 5.6) | (1.7, 4.0) | (2.0,4.7) | (2.2,4.3) | (1.8, 3.3) | (1.7, 3.5) | (2.0, 3.9) | (2.3, 4.2) | (2.8, 4.9) | |
| **Sex** | | | | | | | | | | | | | | | | | | | | | | | | |
| Men | **4.8** | **4.6** | **4.1** | **4.5** | **4.8** | **†2.2** | **†2.9** | **†3.3** | **†2.8** | **†2.9** | **†1.9** | **†3.4** | **†2.8** | **†5.6** | **†5.3** | **†3.9** | **†5.1** | **†4.7** | **†2.9** | **†2.9** | **†3.5** | **†4.7** | **†5.0** | **b** |
| | (3.4, 6.7) | (3.2, 6.4) | (2.8, 6.1) | (3.0, 6.6) | (3.1, 7.6) | (1.3,3.8) | (1.7,4.8) | (2.1,5.1) | (1.9,4.0) | (1.6, 5.2) | (1.0,3.6) | (2.1,5.5) | (1.6, 4.9) | (3.0, 10.2) | (2.5,11.0) | (2.3, 6.6) | (3.2,8.1) | (3.1,7.0) | (1.7, 4.3) | (1.7, 4.9) | (2.2, 5.4) | (3.3, 6.7) | (3.6, 6.9) | |
| Women | **†1.0** | **1.3** | **†1.0** | **†1.3** | **†1.0** | **†1.3** | **†1.6** | † | † | **†1.9** | † | **†1.2** | † | † | † | **†1.4** | **1.0** | **†1.6** | **†2.0** | **†2.1** | **†2.2** | **†1.6** | **†2.5** | |
| | (0.5, 2.3) | (0.7, 2.4) | (0.4, 1.8) | (0.7, 2.4) | (0.5, 2.2) | (0.7, 2.6) | (0.6, 4.2) | — | — | (1.0, 3.6) | — | (0.5, 2.8) | — | — | — | (0.7, 2.9) | (0.4,2.6) | (0.9,2.9) | (1.2, 3.2) | (1.3, 3.3) | (1.4, 3.5) | (1.0, 2.6) | (1.5, 3.9) | |
| **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** | **†4.0** | † | † | **†5.0** | **†6.0** | |
| | (4.6,11.3) | (6.0,13.2) | (5.3, 13.5) | (5.0, 12.5) | (7.4, 18.4) | (3.5, 11.0) | (3.4, 13.8) | (1.3, 6.1) | (1.7, 5.9) | (4.7,15.2) | (2.1, 8.7) | (4.3, 15.4) | (2.1, 10.6) | (2.9, 17.9) | (0.6,15.1) | (3.1, 12.6) | (2.4,7.9) | (3.1,9.7) | (2.3, 6.9) | — | — | (2.7, 9.1) | (3.3,10.8 | |
| 30 - 39 | **†4.2** | **†2.1** | **†1.0** | **†3.1** | **†1.5** | † | **†2.1** | **†3.4** | **†2.3** | † | † | † | † | † | † | † | † | † | † | † | **†6.2** | **†4.2** | **†4.7** | |
| | (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) | — | — | — | — | — | — | — | — | — | — | — | (3.6, 10.5) | (2.2, 7.8) | (2.8, 8.0) | |
| 40 - 49 | † | **†2.4** | **†1.8** | **†2.4** | † | † | **†1.8** | **†1.7** | † | † | † | † | † | † | † | † | **1.4** | † | † | **†3.4** | † | † | **†6.0** | |
| | — | (1.4, 4.2) | (0.8, 4.0) | (1.2, 4.6) | — | — | (0.9, 3.7) | (0.7, 4.4) | — | — | — | — | — | — | — | — | (0.4,4.8) | — | — | (1.9, 6.1) | — | — | (3.7, 9.5) | |
| 50+ | † | † | † | † | † | † | † | † | † | **†1.1** | † | **†1.1** | † | **†1.1** | **†0.8** | **†1.4** | **†2.9** | **†2.5** | **†1.7** | **†1.7** | **†1.6** | **†2.1** | **†1.8** | |
| | — | — | — | — | — | — | — | — | — | (0.6, 2.2) | — | (0.6, 2.3) | — | (0.4, 2.7) | (0.3, 1.5) | (0.6, 2.8) | (1.4,5.8) | (1.5,4.1) | (1.0, 2.9) | (1.0, 3.0) | (0.8, 2.9) | (1.3, 3.5) | (1.0, 3.1) | |

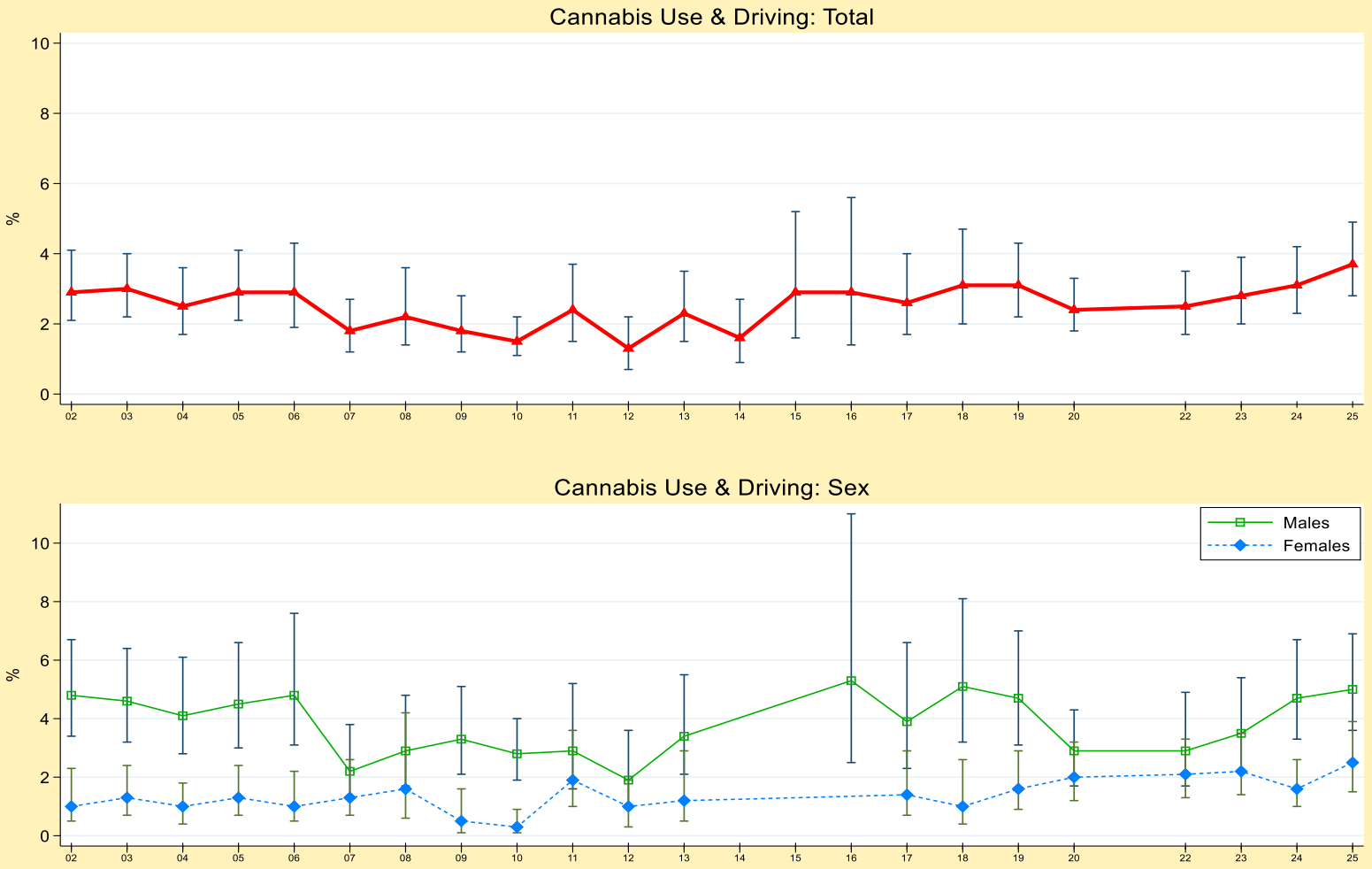
Notes:(1) [¶]95% confidence interval; † Estimate suppressed or unstable; the sampling design was changed in 2020 from telephone interview to web survey.

(2) Significant change [a]2025 vs.2024, [b]2025 vs. 2020, [c]2025 vs. 2015, [p]2025 vs. 2019 (pre-COVID-19 pandemic). [1]Driving items were asked only of a random subsample of respondents (Panel B only);

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

Source: CAMH Monitor, Centre for Addiction and Mental Health

**Figure 6.2.2** **Past Year Driving after Cannabis Use, Ontario Licensed Drivers Aged 18+, 2002–2025**




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

## 6.3 Distracted Driving

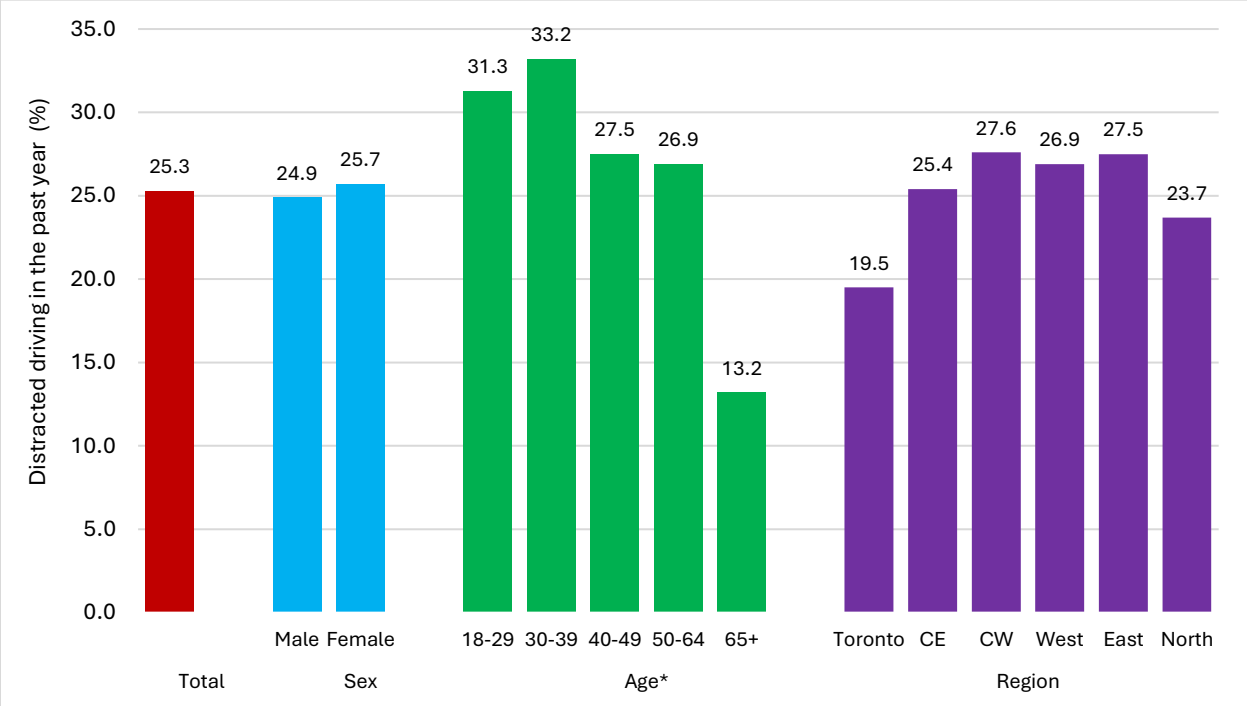
Overall, an estimated **25.3%** (95% CI: 23.1% to 27.6%) of Ontario adults with a valid driver's licence reported distracted driving at least once during the past 12 months. Notably, **21.8%** (95% CI: 19.5% to 24.2%) of licensed drivers reported distracted driving at least once in the past 30 days.

There was no significant difference in percentages reporting distracted driving in the past 12 months between men and women (24.9% vs. 25.7%, respectively) (Figure 6.3.1). Similarly, no sex difference was evident in distracted driving during the past 30 days (Figure 6.3.2)

There was a significant association between percentages reporting distracted driving in the past 12 months and age, with younger adults more likely to report distracted driving compared to older adults (Figure 6.3.1).

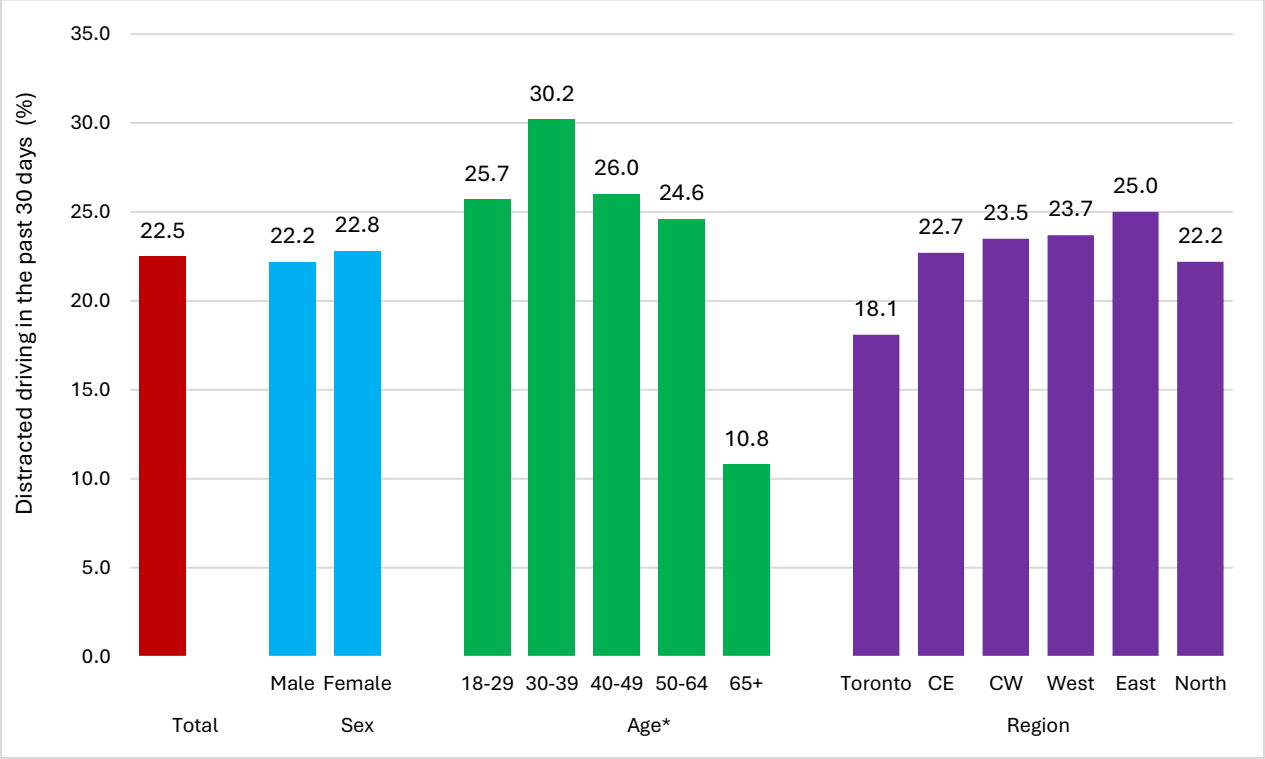
Similarly, younger adults were more likely to report texting while driving at least once during the past 30 days compared to older adults (Figure 6.3.2).

**Figure 6.3.1 Percentage Reporting Distracted Driving in the Past Year by Sex, Age and Region, Ontario Licensed Drivers Aged 18+, 2025 (N=1683)**




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

**Figure 6.3.2** **Percentage Reporting Distracted Driving (at least once) in the Past 30 Days by Sex, Age and Region, Ontario Licensed Drivers Aged 18+, 2025 (N=1410)**




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

# 7. MENTAL HEALTH

## 7.1 Psychological Distress

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

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

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

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

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

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

### Psychological Distress Symptoms

The three most common symptoms experienced by respondents "*most of the time"* or *"all of the time"* during the past 30 days were: feeling that everything was an effort (17.5%), feeling restless or fidgety (16.3%), and feeling nervous (13.8%) (Figure 7.1.1).

In 2025, there were significant differences between men and women in feeling restless or fidgety (14.3% vs.18.2%) and feeling nervous (11.6% vs. 15.9%, respectively) (Figure 7.1.2).

**Figure 7.1.1** Percentage Reporting Symptoms of Psychological Distress (K6) "Most of the Time" or "All of the Time" in the Past Month, Aged 18+, 2025 (N=1980)

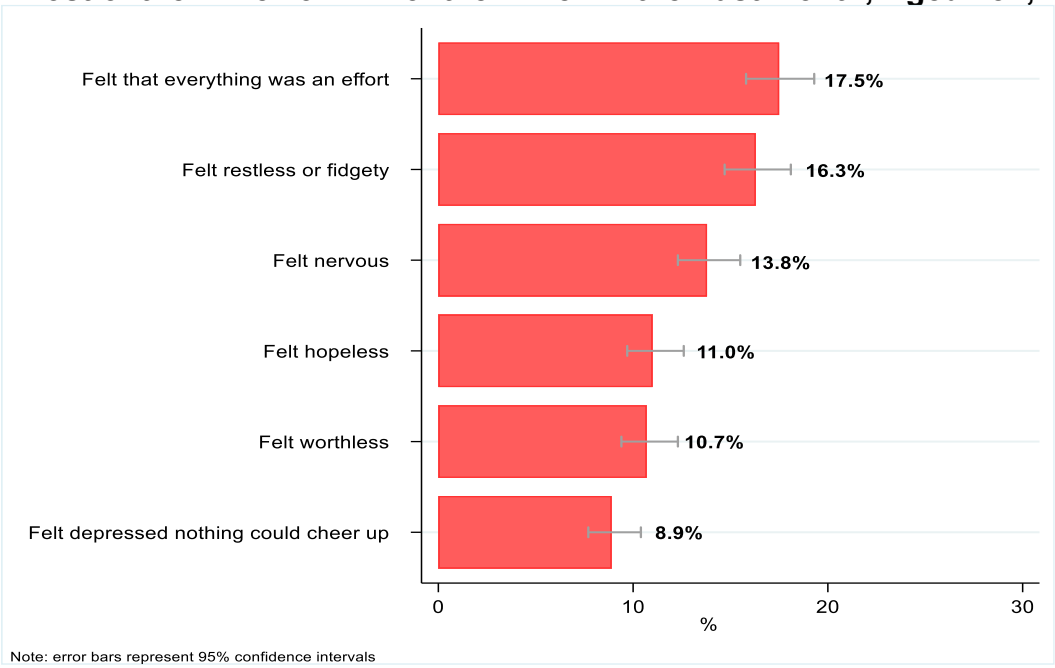
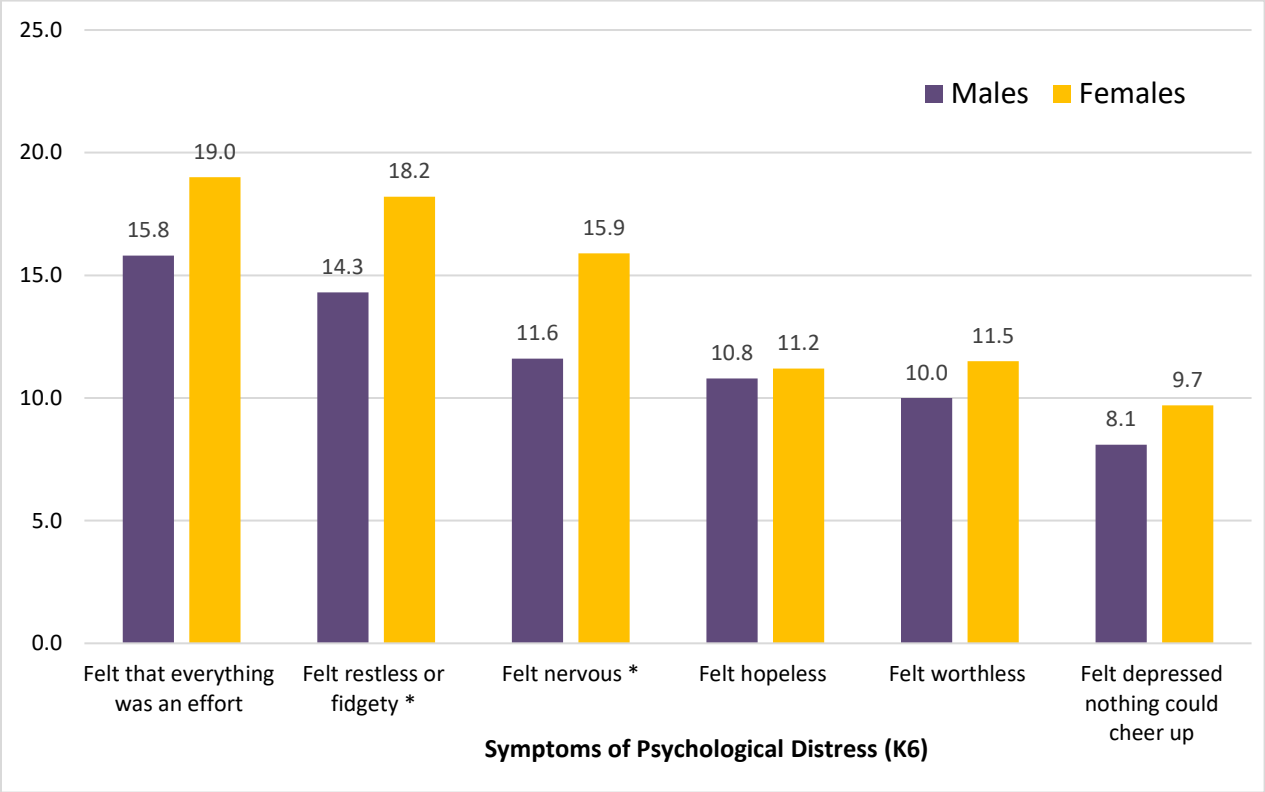


**Figure 7.1.2** Percentage Reporting Symptoms of Psychological Distress (K6) "Most of the Time" or "All of the Time" in the Past Month by Sex, Aged 18+, 2025 (N=1980)




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

### 7.1.1 Moderate to Serious Psychological Distress

An estimated **36.7%** (95% CI: 34.5% to 39.0%) of adults met the criteria for moderate to serious psychological distress (a score of 8 or higher) during the past 30 days.

Women were more likely than men to experience moderate to serious psychological distress (40.3% vs. 32.9%, respectively).

There were significant associations of age with moderate to serious psychological distress, with young adults more likely to experience moderate to serious psychological distress than older adults (Figure 7.1.3).

There was no association between region of residence and moderate to serious psychological distress in Ontario (Figure 7.1.3).

## Trends

**2014–2025**..... Fig. 7.1.5, Table 7.1.1

**2024–2025**

Overall, the percentage reporting moderate to serious psychological distress in the past 30 days did not change significantly between 2024 and 2025 (36.8% vs. 36.7%, respectively). Likewise, no significant changes were evident among men and women during this period (Table 7.1.1)

Among adults aged 30 to 39, there was a significant increase in the percentage experiencing moderate to serious psychological distress between 2024 and 2025 (from 44.6% to 54.0%). However, the percentages remained stable among other age and regional subgroups (Table 7.1.1).

### 2015–2025

The percentage experiencing moderate to serious psychological distress increased from 11.4% in 2015 to 36.7% in 2025, with the highest percentage evident in 2023 (37.1%). This upward trend was consistent among men and women, and across all age groups and regions of Ontario (Table 7.1.1).

Compared to 2019 (pre-COVID-19), there was a notable increase in 2025 in the percentage experiencing moderate to serious psychological distress (from 17.7% to 36.7%, respectively). Similar upward trends were evident among men and women, as well as all age groups and regions.

Compared to 2020, there was no change in the percentage experiencing moderate to serious psychological distress in 2025 (33.8% vs. 36.7%, respectively. Likewise, no change was observed among men and women during the same period. However, notable changes were evident among adults aged 30 to 39 (increased from 42.4% to 54.0%), and those residing in the East region of Ontario (increased from 32.9% to 42.2%, respectively) (Table 7.1.1)

## 7.1.2 Serious Psychological Distress

An estimated **15.6%** (95% CI: 14.0% to 17.4%) of adults met the criteria for **serious psychological distress** (a score of 13 or higher) during the past 30 days.

There was no significant difference in percentages experiencing serious psychological distress between men and women (14.8% vs. 16.4%, respectively).

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

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

### Trends

**2014–2025**…… Tables 7.1.2

### 2024–2025

Overall, the percentage experiencing serious psychological distress did not change between 2024 and 2025 (15.3% vs. 15.6%, respectively). Likewise, no changes were observed among men and women, all age groups and regions in Ontario (Table 7.1.2).

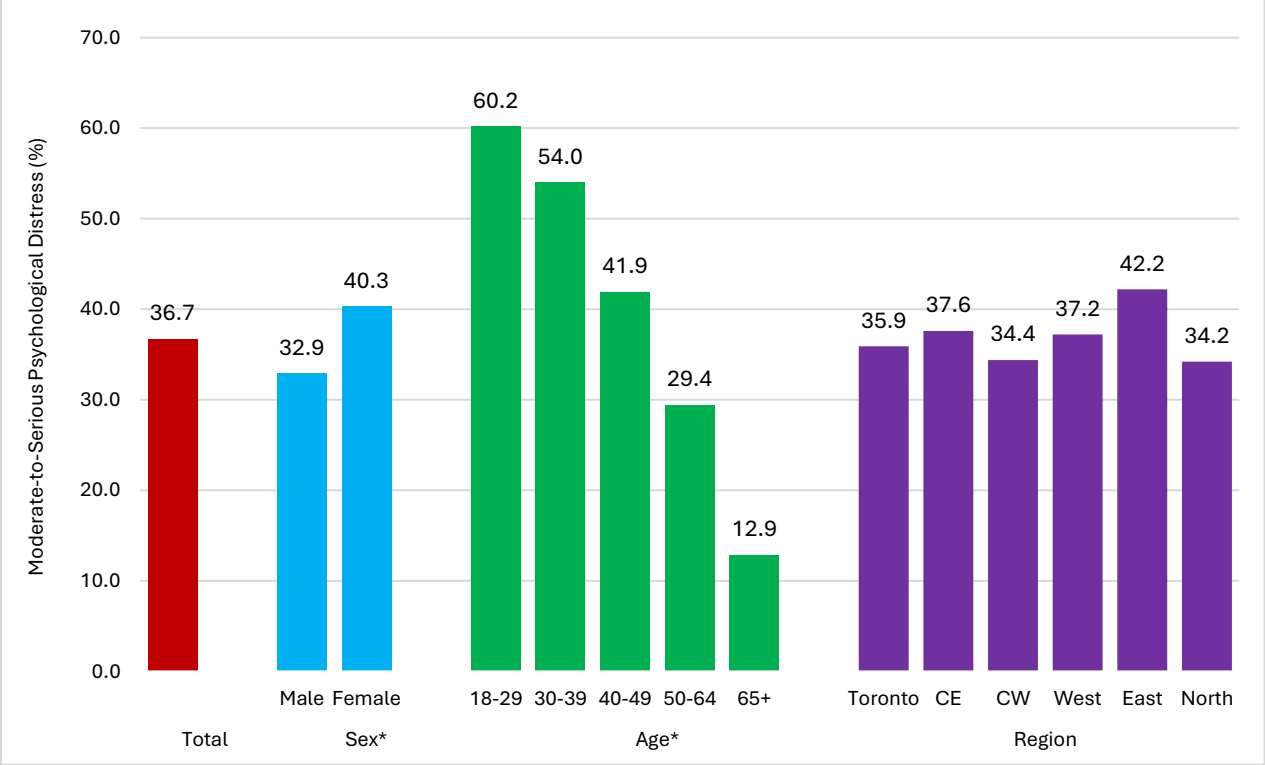
### 2014–2025

The percentage experiencing serious psychological distress increased from 3.1% in 2015 to 15.6% in 2025, with the highest percentage evident in 2023 (17.1%). This upward trend was consistent among men and women, among those aged 18 to 29, 50 to 64 and 65 and older, and across all regions of Ontario (Table 7.1.2).

Compared to 2019 (pre-COVID-19), there was a notable increase in 2025 in the percentage experiencing serious psychological distress (from 6.8% to 15.6%, respectively). A similar upward trend was evident among men and women, as well as all age groups and regions except Central West (Table 7.1.2)

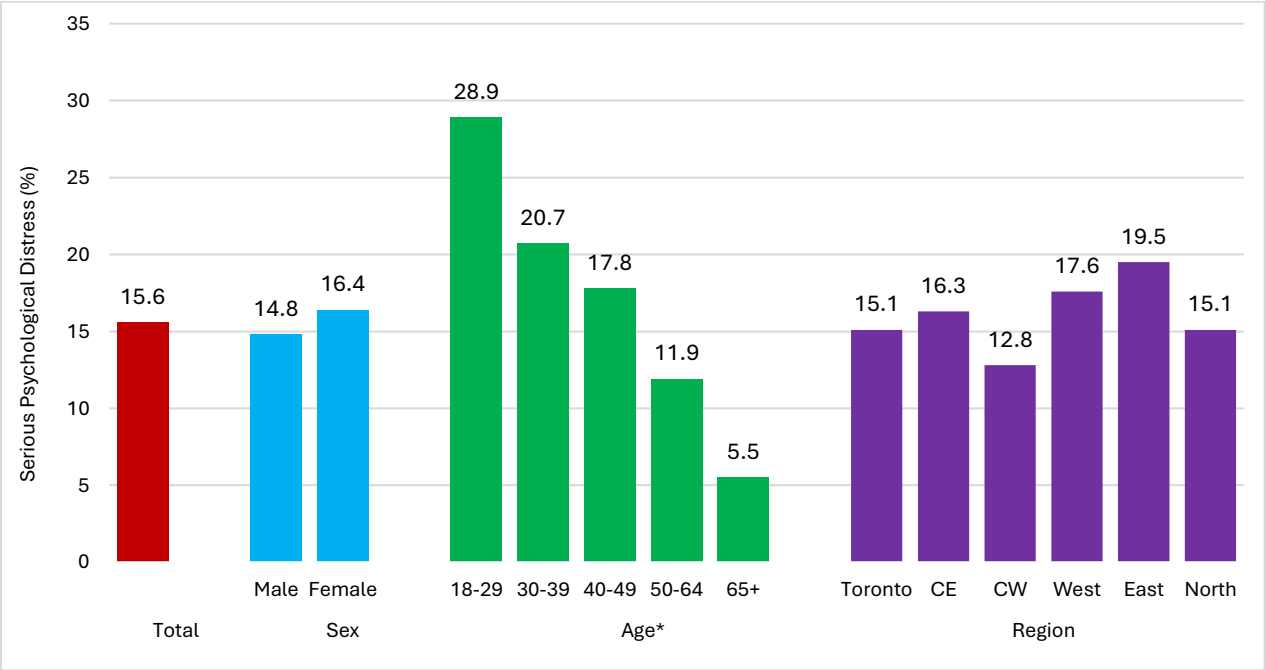
Compared to 2020, there was no change in the percentage experiencing serious psychological distress in 2025 (13.5% vs. 15.6%, respectively. Likewise, no change was observed among men and women, and all age groups during the same period. However, notable changes were evident among adults residing in the East region of Ontario (increased from 12.1% to 19.5%, respectively) (Table 7.1.2)

**Figure 7.1.3** Moderate-to-Serious Psychological Distress (K6/8+) in the Past Month by Sex, Age and Region, Aged 18+, 2025 (N=1995)




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

**Figure 7.1.4** Serious Psychological Distress (K6/13+) in the Past Month by Sex, Age and Region, Aged 18+, 2025 (N=1995)



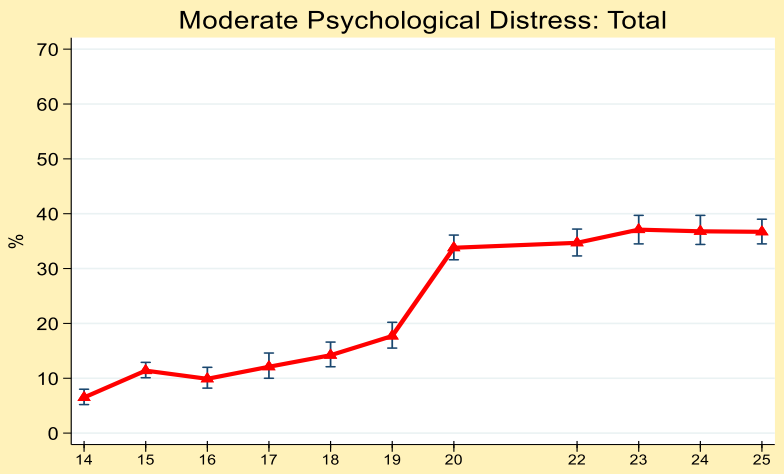

Note: CE: Central East; CW: Central West; *: Statistically significant differences between estimates, (p<0.05).

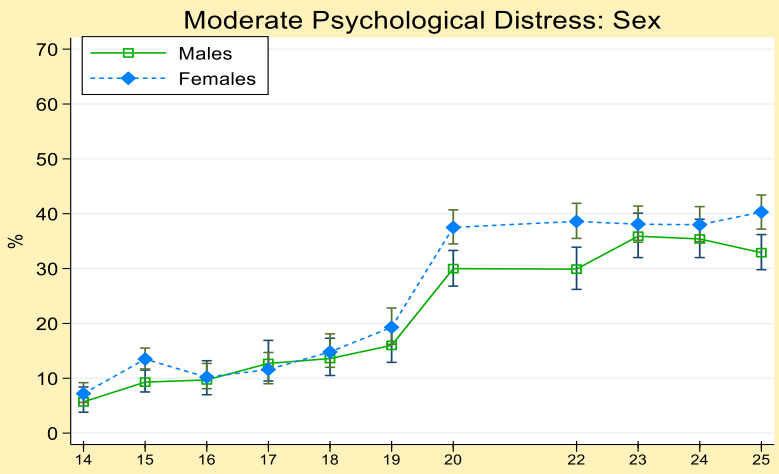
**Table 7.1.1:** ***Moderate to Serious Psychological Distress (K6/8+)*** in the Past 30 Days by Demographic Characteristics, Aged 18+, 2014-2025

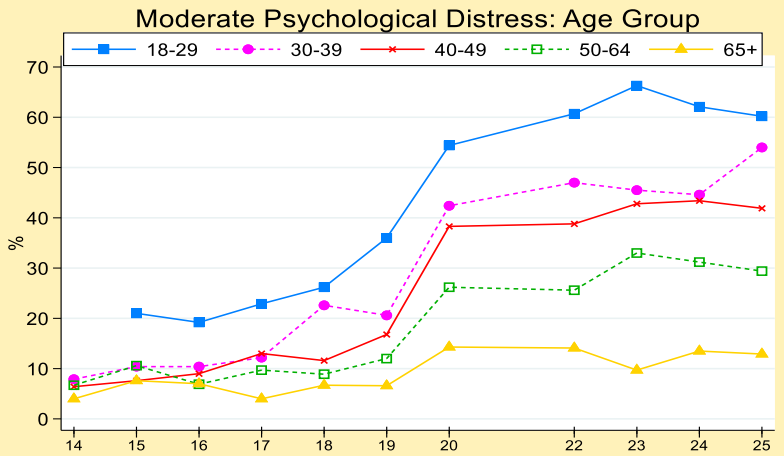
| (N=) | 2014 (2003) | 2015 (4007) | 2016 (2034) | 2017 (1813) | 2018 (1798) | 2019 (1820) | 2020 (2014) | 2022 (1702) | 2023 (1661) | 2024 (2015) | 2025 (1995) | Sig. |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Total Sample** | **6.5** | **11.4** | **9.9** | **12.1** | **14.2** | **17.7** | **33.8** | **34.7** | **37.1** | **36.8** | **36.7** | **cp** |
| (95% CI)¶ | (5.2, 8.0) | (10.1, 12.9) | (8.2, 12.0) | (10.0, 14.6) | (12.1, 16.6) | (15.5, 20.2) | (31.6, 36.1) | (32.3, 37.2) | (34.5, 39.7) | (34.4, 39.2) | (34.5, 39.0) | |
| **Sex** | | | | | | | | | | | | |
| Men | **5.7** (3.8, 8.4) | **9.3** (7.5, 11.5 ) | **9.7** (7.0, 13.2) | **12.7** (9.5, 16.9) | **13.6** (10.5, 17.3) | **16.0** (12.9, 19.6) | **30.0** (26.8, 33.3) | **29.9** (26.2, 33.9) | **35.9** (32.0, 40.1) | **35.4** (32.0, 39.0) | **32.9** (29.8, 36.2) | **cp** |
| Women | **7.2** (5.6, 9.2) | **13.5** (11.7, 15.5) | **10.2** (8.1, 12.7) | **11.6** (9.0, 14.7) | **14.8** (12.0, 18.1) | **19.3** (16.2, 22.8) | **37.5** (34.5, 40.7) | **38.6** (35.5, 41.9) | **38.1** (34.8, 41.4) | **38.0** (34.9, 41.3) | **40.3** (37.2, 43.4) | **cp** |
| **Age** | | | | | | | | | | | | |
| 18-29 | † - | **21.0** (16.4, 26.7) | **†19.2** (12.8, 28.0) | **22.9** (16.5, 31.0) | **26.2** (19.8, 33.8) | **36.0** (29.2, 43.4) | **54.4** (48.1, 60.5) | **60.7** (53.5, 67.4) | **66.3** (58.8, 73.0) | **62.1** (55.8, 67.9) | **60.2** (53.9, 66.2) | **cp** |
| 30-39 | **7.9** (4.9, 12.5) | **10.4** (7.5, 14.3) | **†10.4** (6.0, 17.5) | **†12.2** (6.4, 22.0) | **†22.6** (15.6, 31.6) | **†20.6** (14.0,29.3) | **42.4** (37.1, [illegible]) | **47.0** (41.0, 53.2) | **45.5** (39.8, 51.4) | **44.6** (38.5, 50.9) | **54.0** (48.6, 59.3) | **abcp** |
| 40-49 | **†6.4** (4.0, 10.2) | **7.6** (5.5, 10.3) | **†9.0** (6.2, 12.8) | **†13.0** (8.2, 20.1) | **†11.6** (7.4, 17.8) | **16.8** (12.0, 23.0) | **38.3** (33.3, 43.6) | **38.8** (32.8, 45.2) | **42.8** (36.8, 49.1) | **43.4** (36.2, 50.9) | **41.9** (36.5, 47.5) | **cp** |
| 50-64 | **†6.7** (4.7, [illegible]) | **10.6** (8.8, 12.8) | **6.9** (5.2, 9.1) | **9.7** (6.9, 13.3) | **†8.9** (6.3, 12.5) | **12.0** (9.0, 15.8) | **26.2** (22.4, 30.4) | **25.6** (21.7, 30.0) | **33.0** (28.6, 37.9) | **31.2** (26.7, 36.1) | **29.4** (25.5, 33.6) | **cp** |
| 65+ | **†4.0** (2.7, 5.9) | **7.6** (2.7, 5.9) | **†7.0** (4.6, 10.5) | **†4.0** (2.8, 5.7) | **†6.7** (4.7, 9.5) | **6.6** (4.8, 9.1) | **14.3** (10.9, 18.6) | **14.1** (10.9, 18.1) | **†9.7** (6.9, 13.4) | **13.5** (10.1, 17.9) | **12.9** (10.0, 16.5) | **cp** |
| **Region** | | | | | | | | | | | | |
| Toronto | **†5.6** (3.4, 9.2) | **15.2** (11.9, 19.1) | **†12.3** (7.9, 18.7) | **†14.8** (10.1, 21.3) | **†12.1** (8.5, 17.1) | **18.3** (13.8, 23.9) | **36.3** (31.1, 41.9) | **36.8** (31.4, 42.6) | **31.0** (25.8, 36.7) | **36.1** (30.9, 41.7) | **35.9** (30.8, 41.2) | **cp** |
| Central East | **†6.1** (3.6, 10.4) | **11.5** (8.7, 15.1) | **†8.7** (5.4, 13.7) | **†8.7** (9.3, 20.6) | **16.9** (12.1, 23.1) | **16.6** (12.0, 22.5) | **33.4** (28.4, 38.9) | **38.4** (32.9, 44.2) | **41.1** (35.1, 47.3) | **34.0** (28.9, 39.5) | **37.6** (32.5, 42.9) | **cp** |
| Central West | **†6.8** (4.4, 10.6) | **10.2** (7.5, 13.7) | **†9.8** (6.4, 14.7) | **†7.7** (4.2, 13.5) | **†16.5** (11.8, 22.6) | **18.0** (12.9,24.6) | **33.8** (28.8, [illegible]) | **29.9** (25.1, [illegible]) | **38.0** (32.4, 43.9) | **36.9** (31.7,42.5) | **34.4** (29.5,39.7) | **cp** |
| West | **†5.9** (3.7, 9.4) | **9.2** (7.0, 12.1) | **†7.5** (4.7, 11.8) | **†16.7** (11.2, 24.2) | **†11.0** (6.4, 18.2) | **17.5** (13.1, 23.0) | **30.7** (25.8, 36.2) | **35.1** (29.5, 41.0) | **31.8** (26.2, 38.0) | **40.4** (35.1, 45.9) | **37.2** (32.1, 42.5) | **cp** |
| East | **†9.0** (5.4, 14.5) | **10.5** (7.9, 13.7) | **†10.8** (7.3, 15.6) | **†10.6** (6.4, 16.9) | **†11.7** (8.0, 16.9) | **19.6** (14.7, 25.6) | **32.9** (28.1, 38.1) | **35.7** (30.1, 41.8) | **43.0** (37.1, 49.1) | **38.5** (33.1, 44.2) | **42.2** (36.9, 47.7) | **bcp** |
| North | **†5.9** (3.6, 9.5) | **8.3** (6.1, 11.1) | **10.8** (7.5, 15.3) | **9.4** (5.9, 14.5) | **15.0** (10.0, 21.9) | **†14.8** (10.5, 20.5) | **35.0** (30.0, 40.4) | **35.2** (28.4, 42.7) | **37.1** (31.1, 43.4) | **36.2** (31.0, 41.7) | **34.2** (29.2, 39.5) | **cp** |

Notes: (1) ¶95% confidence interval; † Estimate suppressed or unstable; the sampling design was changed in 2020 from telephone interview to web survey.
(2) Significant change [a]2025 vs.2024, [b]2025 vs. 2020, [c]2025 vs. 2015, [p]2025 vs. 2019 (pre-COVID-19 pandemic).
*Def'n: Moderate to Serious Psychological Distress is defined as reporting a score of 8 or more (out of 24) on the K6 scale.*
Source: The *CAMH Monitor*, Centre for Addiction and Mental Health

**Figure 7.1.5** **Moderate-to-Serious Psychological Distress (K6/8+) in the Past Month, Aged 18+, 2014–2025**




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

**Table 7.1.2:** Percentage Reporting ***Serious Psychological Distress (K6/13+)*** in the Past 30 Days by Demographic Characteristics, Aged 18+, 2014–2025

| | 2014 | 2015 | 2016 | 2017 | 2018 | 2019 | 2020 | 2022 | 2023 | 2024 | 2025 | Sig. |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| (N=) | (2003) | (4007) | (2034) | (1813) | (1798) | (1820) | (2014) | (1702) | (1661) | (2015) | (1992) | |
| **Total Sample**[1] | †2.0 | 3.1 | †2.9 | †4.0 | 5.2 | 6.8 | 13.5 | 14.9 | 17.1 | 15.3 | 15.6 | cp |
| (95%CI)[¶] | (1.4, 2.9) | (2.4, 4.1) | (1.9, 4.3) | (2.8, 5.6) | (3.9, 7.0) | (5.3, 8.6) | (12.0, 15.3) | (13.1, 16.8) | (15.1, 19.3) | (13.7, 17.2) | (14.0, 17.4) | |
| **Sex** | | | | | | | | | | | | |
| Men | † | †2.8 | †3.7 | †3.8 | †4.6 | †5.1 | 11.4 | 12.4 | 16.8 | 14.3 | 14.8 | cp |
| | - | (1.8, 4.4) | (2.1, 6.6) | (2.2, 6.5) | (2.8, 7.6) | (3.5, 7.4) | (9.3, 14.0) | (9.8, 15.6) | (13.6, 20.5) | (11.8, 17.2) | (12.5, 17.4) | |
| Women | † 2.4 | 3.4 | †2.1 | †4.2 | †5.7 | 8.3 | 15.6 | 16.9 | 17.4 | 16.3 | 16.4 | cp |
| | (1.6, 3.6) | (2.5, 4.7) | (1.2, 3.5) | (2.6, 6.5) | (4.0, 8.2) | (6.1, 11.1) | (13.4, 18.0) | (14.6, 19.4) | (15.0, 20.0) | (14.1, 18.7) | (14.2, 18.9) | |
| **Age** | | | | | | | | | | | | |
| 18-29 | † | †6.8 | †6.6 | †8.4 | †9.1 | †14.2 | 26.5 | 33.0 | 32.7 | 30.3 | 28.9 | cp |
| | - | (4.1, 11.2) | (2.9, 14.2) | (4.7, 14.6) | (5.4, 15.0) | (10.0, 19.8) | (21.5, 32.3) | (26.9, 39.8) | (25.8, 40.4) | (25.0, 36.2) | (23.6, 34.9) | |
| 30-39 | † | † | † | † | †10.0 | †10.6 | 15.4 | 16.9 | 19.8 | 21.7 | 20.7 | p |
| | - | - | - | - | (5.3, 18.2) | (5.5, 19.2) | (11.9, 19.7) | (12.9, 22.0) | (15.6, 24.9) | (17.0, 27.3) | (16.7, 25.3) | |
| 40-49 | † | †2.3 | † | † | † | †5.0 | 14.2 | 17.6 | 20.2 | 17.0 | 17.8 | p |
| | - | (1.3, 3.9) | - | - | - | (2.7, 9.2) | (10.9, 18.4) | (13.3, 22.9) | (15.6, 25.8) | (12.4, 22.9) | (14.0, 22.3) | |
| 50-64 | †2.7 | †2.6 | †2.1 | †3.2 | †3.5 | †4.1 | 10.6 | 8.9 | 14.8 | 12.2 | 11.9 | cp |
| | (1.7, 4.4) | (1.9, 3.7) | (1.1, 3.8) | (1.9, 5.3) | (1.9, 6.4) | (2.5, 6.6) | (8.1, 13.8) | (6.5, 12.1) | (11.6, 18.7) | (9.3, 15.9) | (9.3, 15.0) | |
| 65+ | † | †1.4 | †1.7 | †1.7 | † | †1.6 | †3.3 | †4.7 | †4.0 | †4.8 | †5.6 | cp |
| | - | (0.9, 2.3) | (1.0, 2.9) | (0.9, 3.1) | - | (0.8, 3.0) | (1.9, 5.8) | (2.9, 7.5) | (2.3, 6.7) | (2.9, 7.9) | (3.6, 8.1) | |
| **Region** | | | | | | | | | | | | |
| Toronto | † | †4.4 | † | † | † | †7.9 | 13.4 | 17.1 | 15.2 | 12.7 | 15.1 | cp |
| | - | (2.6, 7.4) | - | - | - | (5.0, 12.4) | (10.1, 17.6) | (12.9, 22.2) | (11.5, 19.8) | (9.5, 16.8) | (11.6, 19.5) | |
| Central East | † | †3.2 | † | † | †6.0 | †5.1 | 12.9 | 14.3 | 16.9 | 14.8 | 16.3 | cp |
| | - | (1.8, 5.8) | - | - | (3.4, 10.2) | (2.9, 8.7) | (9.6, 17.2) | (10.7, 18.8) | (12.7, 22.1) | (11.3, 19.2) | (12.7, 20.6) | |
| Central West | † | †3.2 | † | † | †5.9 | †7.2 | 14.6 | 12.4 | 18.9 | 16.2 | 12.8 | c |
| | - | (1.8, 5.6) | - | - | (3.2, 10.7) | (3.9, 12.7) | (11.1, 18.9) | (9.2, 16.5) | (14.4, 24.3) | (12.5, 20.7) | (9.6, 16.8) | |
| West | † | †1.8 | † | †6.0 | † | †5.6 | 12.9 | 14.8 | 15.3 | 16.7 | 17.6 | cp |
| | - | (1.1, 3.0) | - | (3.3, 10.8) | - | (3.3, 9.2) | (9.4, 17.4) | (11.1, 19.6) | (11.3, 20.3) | (13.0, 21.2) | (13.8, 22.1) | |
| East | † | †2.8 | † | † | †5.7 | †8.2 | 12.1 | 17.5 | 17.8 | 16.9 | 19.5 | bcp |
| | - | (1.5, 5.0) | - | - | (3.1, 10.1) | (5.1, 12.8) | (13.3, 22.8) | (13.3, 22.8) | (13.5, 23.1) | (13.0, 21.7) | (15.5, 24.1) | |
| North | † | †1.6 | †3.9 | † | † | †5.1 | 15.1 | 13.5 | 17.5 | 16.7 | 15.1 | cp |
| | - | (0.8, 2.9) | (2.1, 7.1) | - | - | (2.8, 9.1) | (11.7, 19.0) | (9.1, 19.4) | (13.2, 23.0) | (13.0, 21.2) | (11.6, 19.4) | |

Notes: (1) † Estimate suppressed or unstable; the sampling design was changed in 2020 from telephone interview to web survey, [¶]95% confidence interval; (2) Significant change [a]2025 vs.2024, [b]2025 vs. 2020, [c]2025 vs. 2015, [p]2025 vs. 2019 (pre-COVID-19 pandemic).
*Def'n: Serious Psychological Distress is defined as reporting a score of 13 or more (out of 24) on the K6 scale.*
Source: The *CAMH Monitor*, Centre for Addiction and Mental Health

## 7.1.3 Depression and Anxiety

In 2025, the survey included two validated mental health screening tools: the Patient Health Questionnaire-2 (PHQ-2)[22] and the Generalized Anxiety Disorder-2 (GAD-2)[23]. The PHQ-2 is a two-item measure assessing the frequency of depressed mood and loss of interest over the past two weeks, while the GAD-2 evaluates symptoms of nervousness and uncontrollable worry over the same time period of two weeks. Each item on both scales is scored from 0 ("not at all") to 3 ("nearly every day"), yielding a total score ranging from 0 to 6.

A PHQ-2 score of 3 or higher indicates the person may be experiencing major depressive disorder (MDD) and warrants further evaluation. Likewise, a GAD-2 score of 3 or more is the recommended threshold for identifying possible anxiety disorders that require additional diagnostic assessment.

### *Major Depression*

In the 2025 survey, about 23.9% of adults screening positive for MDD that needs further evaluation (Figure 7.1.6).

There was no significant difference in the percentages reporting positive screen for MDD between men and women (22.9% vs. 24.8%, respectively).

There were significant associations of age with MDD, with young adults more likely to screen positive for MDD than older adults (Figure 7.1.6).

There was no association between region of residence and MDD in Ontario (Figure 7.1.6).

### *Anxiety*

About 26.9% of adults may be experiencing anxiety disorders that needs comprehensive evaluation, respectively (Figure 7.1.7).

Women were more likely than men to be screened for anxiety disorders (30.6% vs. 21.7%, respectively).

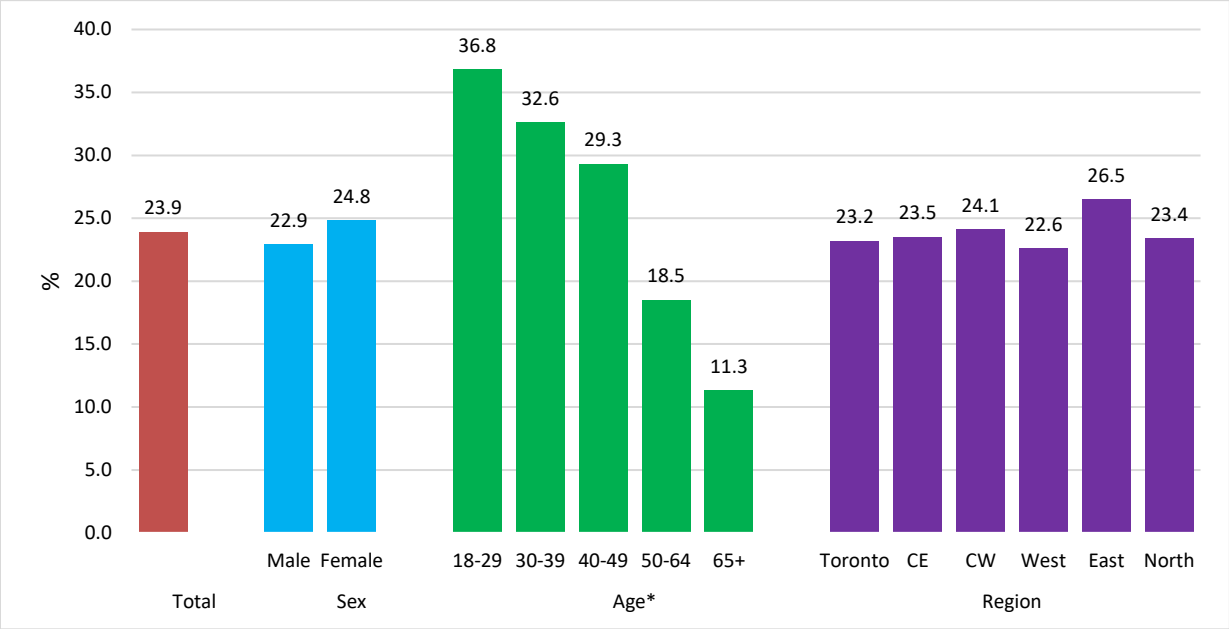
There were significant associations of age with anxiety disorders, with young adults more likely to be screened positive for anxiety disorders than older adults (Figure 7.1.7).

There were no association between region of residence and screening positive for anxiety in Ontario (Figure 7.1.7).

[22] Kroenke K, Spitzer RL, Williams JB. The Patient Health Questionnaire-2: Validity of a Two-Item Depression Screener. Medical Care. 2003; 41:1284-92.

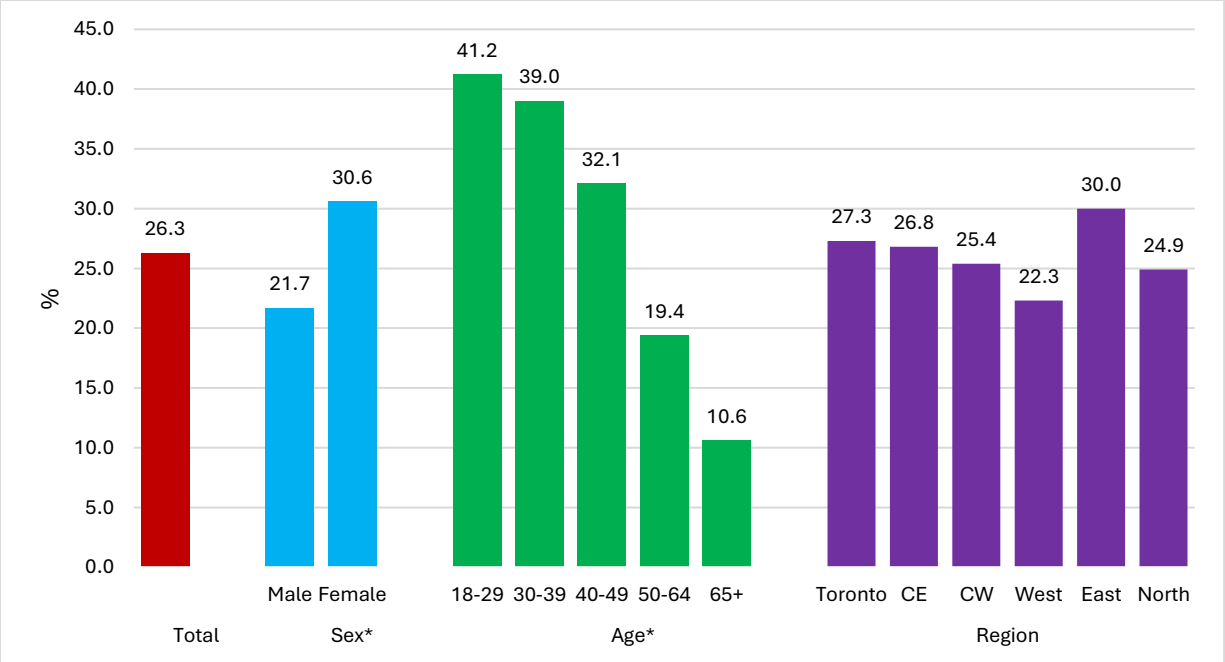
[23] Kroenke K, Spitzer RL, Williams JB, Monahan PO, Löwe B. Anxiety disorders in primary care: prevalence, impairment, comorbidity, and detection. Ann Intern Med. 2007; 146:317-25

## **Figure 7.1.6** Major depression (PHQ-2/3+) in the Past Two Weeks by Sex, Age and Region, Aged 18+, 2025 (N=1884)




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

## **Figure 7.1.7** Anxiety (GAD-2/3+) in the Past Two Weeks by Sex, Age and Region, Aged 18+, 2025 (N=1884)




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

## 7.2 Prescription Medication for Anxiety and Depression

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

The following questions were asked:

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

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

### 7.2.1 Antianxiety Medication

An estimated, **21.9%** (95% CI: 20.0% to 23.8%) of adults used a prescribed medication to treat anxiety– anxiolytics – during the 12 months before the survey.

Women were more likely than men to report use of antianxiety medication in the past 12 months (26.5% vs. 16.9%, respectively).

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

**Trends**
**2001–2025**..... Figure 7.2.2, Table 7.2.1a-b

**2024-2025**

Overall, there was no significant change in reports of antianxiety medication use between 2024 and 2025 (23.6% vs. 21.9%, respectively).

There were also no significant changes between 2024 and 2025 in use of antianxiety medication among men and women, as well as among all age groups and regions (Table 7.2.1b).

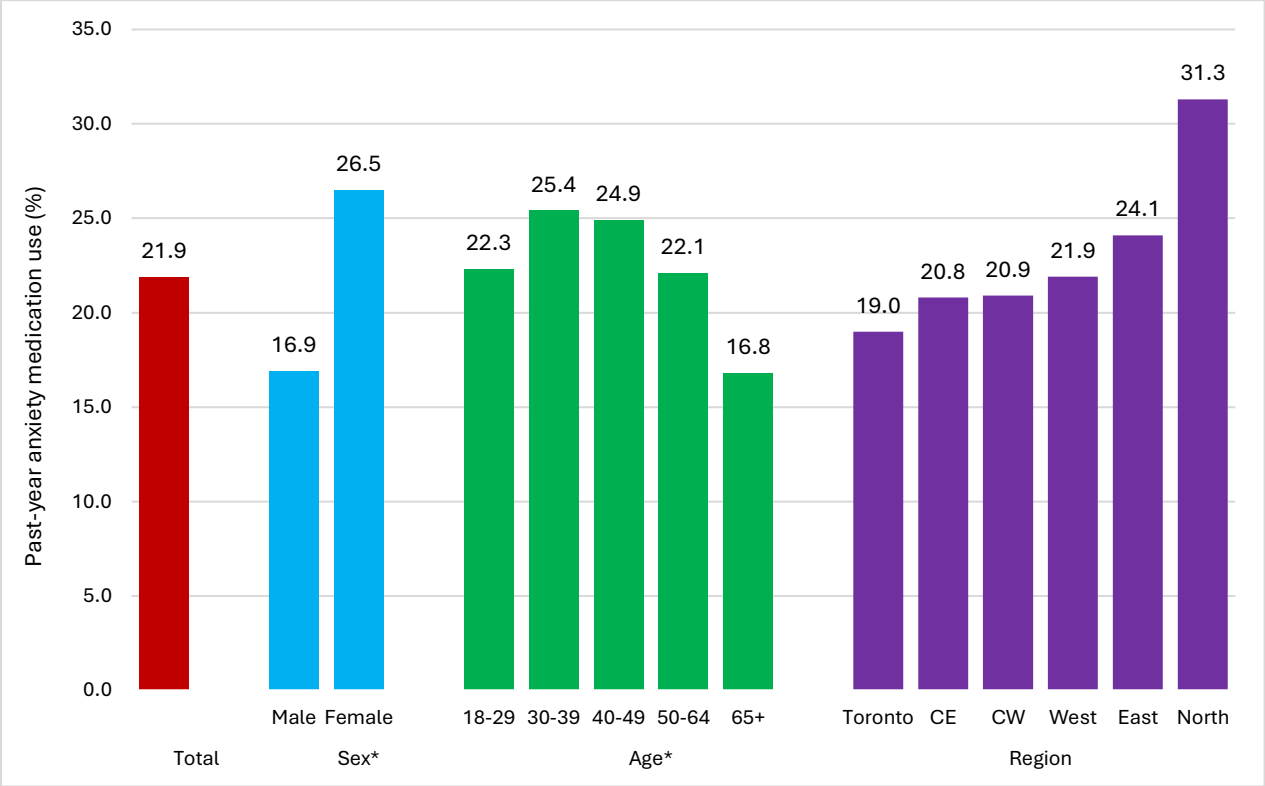
**2015-2025**

The percentage reporting antianxiety medication use increased from 10.3% in 2015 to 21.9% in 2025, peaking at 23.6% in 2024. This upward trend was especially observed among both men (from 7.7% to 16.9%) and women (from 12.7% to 26.5%), and across all age groups and regions. Notably, the largest percentage increase was occurred among adults aged 40 to 49, increasing from 8.3% to 24.9% (Table 7.2.1b).

Compared to 2019 (pre-COVID-19), there was an increase in the percentage in 2025 reporting antianxiety medication use (from 13.9% to 21.9%, respectively). Similar upward trends were evident among both men and women, those aged 18 to 29, 50 to 64, and 65 and older, and those residing in Central East, Central West, East and North regions (Table 7.2.1b).

Compared to 2020, the overall percentage reporting antianxiety medication use remained relatively stable in 2025 (19.4% vs. 21.9%). However, notable increases were observed among women (increasing from 22.3% to 26.5%), and among residents of the North region, where the percentage increased from 22.4% to 31.3%) (Table 7.2.1b).

**Figure 7.2.1** **Past Year Use of Prescription Medication to Treat Anxiety /Panic Attacks by Sex, Age and Region, Aged 18+, 2025 (N=1980)**




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

**Table 7.2.1a:** Percentage Reporting ***Using Prescription Medication to Treat Anxiety or Panic Attacks*** in the Past 12 Months, by Demographic Characteristics, Aged 18+, 2001–2009

| | 2001 | 2002 | 2003 | 2004 | 2006 | 2008 | 2009 |
|---|---|---|---|---|---|---|---|
| (N=) | (2627) | (2421) | (2411) | (2611) | (2016) | (2024) | (2037) |
| **Total** | **4.7** | **5.6** | **5.7** | **5.4** | **5.7** | **6.5** | **6.8** |
| (95% CI)¶ | (3.9,5.7) | (4.7,6.8) | (4.8,6.8) | (4.5, 6.5) | (4.7,6.8) | (5.4,7.8) | (5.7, 8.2) |
| **Sex** | | | | | | | |
| Men | **3.4** | **3.1** | **4.1** | **3.3** | **3.4** | **5.2** | **5.0** |
| | (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) |
| Women | **6.3** | **8.0** | **7.2** | **7.3** | **7.9** | **7.7** | **8.5** |
| | (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) |
| **Age** | | | | | | | |
| 18-29 | **†2.5** | **†3.4** | **†3.7** | **†5.3** | **†2.9** | **†4.1** | **†5.0** |
| | (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) |
| 30-39 | **†5.1** | **†5.4** | **†6.1** | **†5.1** | **†3.4** | **†5.2** | **†4.2** |
| | (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) |
| 40-49 | **†6.3** | **7.2** | **8.5** | **†4.7** | **†7.1** | **8.7** | **9.2** |
| | (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) |
| 50-64 | **†5.9** | **†4.3** | **†6.5** | **8.5** | **8.4** | **9.2** | **9.3** |
| | (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) |
| 65+ | **†4.1** | **8.2** | **†3.4** | **†3.3** | **†7.2** | **†5.4** | **†6.0** |
| | (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) |
| **Region** | | | | | | | |
| Toronto | **†3.1** | **†6.9** | **†4.4** | **†6.4** | **†4.4** | **†6.1** | **†5.0** |
| | (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) |
| C- East | **†3.8** | **†9.3** | **†6.4** | **†3.5** | **†4.8** | **†6.0** | **†6.5** |
| | (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) |
| C- West | †3.4 | **†6.6** | **†5.1** | **†3.1** | **†5.1** | **†5.7** | **†7.9** |
| | (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) |
| West | **†5.3** | **†5.1** | **7.5** | **†5.3** | **9.1** | **†5.8** | **†7.2** |
| | (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) |
| East | **†6.6** | **†6.8** | **8.7** | **9.9** | **†5.6** | **10.2** | **†7.6** |
| | (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) |
| North | **†5.5** | **†4.8** | **†6.7** | **†5.9** | **†7.5** | **†6.0** | **†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) |

Notes: (1) † Estimate suppressed or unstable; ¶95% confidence interval.

*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

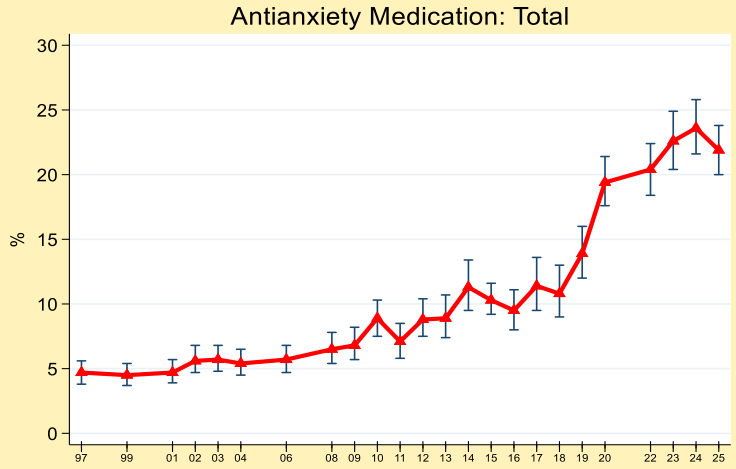
**Table 7.2.1b:** Percentage Reporting ***Using Prescription Medication to Treat Anxiety or Panic Attacks*** in the Past 12 Months, by Demographic Characteristics, Aged 18+, 2010–2025

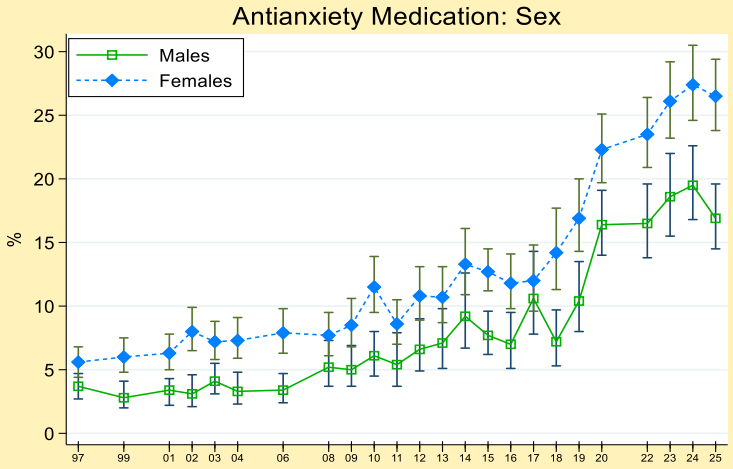
| | 2010 | 2011 | 2012 | 2013 | 2014 | 2015 | 2016 | 2017 | 2018 | 2019 | 2020 | 2022 | 2023 | 2024 | 2025 | Sig. |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| (N=) | (2024) | (1999) | (2015) | (2060) | (2004) | (4007) | (2034) | (1813) | (1798) | (1820) | (2014) | (1702) | (1661) | (2001) | (1980) | |
| **Total** | **8.9** | **7.1** | **8.8** | **8.9** | **11.3** | **10.3** | **9.5** | **11.3** | **10.8** | **13.9** | **19.4** | **20.4** | **22.6** | **23.6** | **21.9** | **cp** |
| (95% CI) ¶ | (7.5, 10.3) | (5.8, 8.5) | (7.5, 10.4) | (7.4, 10.7) | (9.5, 13.4) | (9.2, 11.6) | (8.0, 11.1) | (9.5, 13.6) | (9.0, 13.0) | (12.0, 16.0) | (17.6, 21.4) | (18.4, 22.4) | (20.4, 24.9) | (21.6, 25.8) | (20.0, 23.8) | |
| **Sex** | | | | | | | | | | | | | | | | |
| Men | **6.1** | **†5.4** | **†6.6** | **†7.1** | **9.2** | **7.7** | **7.0** | **10.6** | **7.2** | **10.4** | **16.4** | **16.5** | **18.6** | **19.5** | **16.9** | **cp** |
| | (4.5, 8.0) | (3.7,7.9) | (4.9, 9.0) | (5.1, 9.8) | (6.7, 12.6) | (6.2, 9.6) | (5.1, 9.5) | (7.8, 14.3) | (5.3, 9.7) | (8.0, 13.5) | (14.0, 19.1) | (13.8, 19.6) | (15.5, 22.0) | (16.8, 22.6) | (14.5, 19.6) | |
| Women | **11.5** | **8.6** | **10.8** | **10.7** | **13.3** | **12.7** | **11.8** | **12.0** | **14.2** | **16.9** | **22.3** | **23.5** | **26.1** | **27.4** | **26.5** | **bcp** |
| | (9.5, 13.9) | (7.0,10.5) | (8.9, 13.1) | (8.7, 13.1) | (10.9, 16.1) | (11.2, 14.5) | (9.8, 14.1) | (9.6, 14.8) | (11.3, 17.7) | (14.3, 20.0) | (19.7, 25.1) | (20.9, 26.4) | (23.2, 29.2) | (24.6, 30.5) | (23.8, 29.4) | |
| **Age** | | | | | | | | | | | | | | | | |
| 18-29 | **†5.4** | **†5.8** | **†8.7** | **†10.8** | **†13.9** | **†10.7** | **†7.9** | **†12.7** | **†12.3** | **†13.3** | **20.1** | **20.2** | **22.5** | **25.0** | **22.3** | **cp** |
| | (3.0, 9.7) | (2.9,11.2) | (4.8, 15.0) | (6.1, 18.5) | (8.4, 22.3) | (7.5, 15.1) | (4.3, 13.9) | (8.0, 19.6) | (8.0, 18.3) | (9.0, 19.3) | (15.8, 25.1) | (15.5, 25.9) | (16.9, 29.4) | (20.2, 30.5) | (17.4, 28.1) | |
| 30-39 | **†10.8** | **†7.1** | **†8.5** | **†8.9** | **†14.0** | **†10.0** | **†9.7** | **†11.2** | **†9.8** | **†18.1** | **19.3** | **21.7** | **24.9** | **23.9** | **25.4** | **c** |
| | (7.3, 15.8) | (4.5,10.8) | (5.6, 12.8) | (5.5, 14.2) | (9.0, 21.1) | (7.0, 13.9) | (5.7, 16.0) | (5.7, 21.0) | (5.3, 20.9) | (12.5, 25.5) | (15.4, 24.0) | (17.2, 26.9) | (20.2, 30.2) | (19.1, 29.5) | (21.1, 30.4) | |
| 40-49 | **†6.9** | **†8.7** | **†8.3** | **†6.9** | **†9.2** | **8.3** | **†8.8** | **†12.8** | **†12.4** | **17.2** | **23.5** | **19.3** | **23.3** | **21.5** | **24.9** | **c** |
| | (4.7, 10.1) | (6.0,12.5) | (5.9, 11.6) | (4.6, 10.4) | (6.1, 13.5) | (6.4, 10.7) | (6.2, 12.4) | (8.4, 19.0) | (8.2, 18.3) | (12.3, 23.6) | (19.2, 28.4) | (14.9, 24.7) | (18.5, 29.0) | (16.0, 28.2) | (20.4, 30.0) | |
| 50-64 | **12.8** | **7.7** | **10.7** | **9.5** | **11.5** | **11.3** | **10.5** | **11.4** | **†12.1** | **12.7** | **21.0** | **21.4** | **27.1** | **24.8** | **22.1** | **cp** |
| | (10.1, 16.0) | (5.7,10.5) | (8.4, 13.5) | (7.3, 12.3) | (8.8, 14.8) | (9.5, 13.3) | (8.2, 13.3) | (8.4, 15.2) | (8.5, 17.1) | (9.7, 16.5) | (17.5, 24.9) | (17.8, 25.4) | (22.9, 31.7) | (20.7, 29.5) | (18.7, 26.0) | |
| 65+ | **†8.2** | **†6.3** | **†7.0** | **8.9** | **8.6** | **11.0** | **10.1** | **9.2** | **7.9** | **10.9** | **12.8** | **18.6** | **15.8** | **18.4** | **16.8** | **cp** |
| | (5.8, 11.5) | (4.3,9.2) | (4.8, 10.0) | (6.7, 11.9) | (6.3, 11.6) | (9.1, 13.1) | (8.0, 12.8) | (7.1, 11.7) | (5.9, 10.6) | (8.5, 13.8) | (9.7, 16.8) | (14.9, 23.0) | (12.1, 20.4) | (14.4, 23.2) | (13.4, 20.7) | |
| **Region** | | | | | | | | | | | | | | | | |
| Toronto | **†8.1** | **†6.2** | **†7.9** | **†9.9** | **†13.0** | **9.1** | **†6.3** | **†8.6** | **†9.5** | **†13.3** | **19.5** | **18.7** | **19.2** | **19.5** | **19.0** | **c** |
| | (5.4, 12.1) | (4.0,9.6) | (5.0, 12.1) | (6.5, 14.6) | (9.1, 18.3) | (7.1, 11.7) | (3.8, 10.0) | (5.1, 14.1) | (6.1, 14.5) | (9.5, 18.4) | (15.4, 24.2) | (14.7, 23.6) | (15.0, 24.3) | (15.4, 24.6) | (15.1, 23.7) | |
| C- East | **†6.7** | **†5.8** | **†6.8** | **†8.6** | **†12.0** | **10.1** | **†9.8** | **†13.5** | **†11.6** | **†13.8** | **19.0** | **25.2** | **22.1** | **22.3** | **20.8** | **cp** |
| | (4.5, 9.8) | (3.4,9.8) | (4.3, 10.6) | (5.5, 13.2) | (8.0, 17.7) | (7.7, 13.1) | (6.6, 14.2) | (8.9, 20.0) | (8.0, 16.6) | (9.8, 19.1) | (15.0, 23.8) | (20.5, 30.5) | (17.5, 27.4) | (17.9, 27.4) | (16.8, 25.5) | |
| C- West | **†11.6** | **†6.7** | **†9.1** | **†7.9** | **†9.2** | **12.0** | **†8.9** | **†10.8** | **†10.2** | **†10.6** | **18.6** | **14.3** | **24.2** | **21.8** | **20.9** | **cp** |
| | (8.1, 16.2) | (4.3,10.2) | (6.3,13.0) | (5.2, 11.7) | (6.2, 13.3) | (9.3, 15.3) | (6.1, 13.0) | (6.9, 16.4) | (6.2, 16.4) | (6.9, 15.8) | (14.8, 23.1) | (10.9, 18.6) | (19.5, 29.6) | (17.5, 26.9) | (16.8, 25.7) | |
| West | **†8.8** | **†6.4** | **12.4** | **†9.3** | **†9.6** | **9.8** | **†9.7** | **15.5** | **†8.2** | **19.1** | **20.3** | **24.8** | **19.1** | **28.0** | **21.9** | **c** |
| | (6.0, 12.8) | (4.2,9.6) | (9.0, 16.7) | (6.3, 13.7) | (6.5, 14.0) | (7.6, 12.7) | (6.5, 14.1) | (11.1, 21.3) | (5.1, 12.8) | (14.4, 24.9) | (16.1, 25.2) | (19.9, 30.4) | (14.7, 24.6) | (23.3, 33.2) | (17.8, 26.7) | |
| East | **†9.7** | **10.5** | **†9.9** | **†9.7** | **†11.1** | **10.9** | **14.2** | **†10.2** | **†14.4** | **16.4** | **19.0** | **20.6** | **25.3** | **29.8** | **24.1** | **cp** |
| | (6.7, 13.8) | (7.1,15.4) | (6.8, 14.2) | (7.0, 13.4) | (7.3, 16.5) | (8.2, 14.4) | (10.6, 18.6) | (6.8, 15.0) | (10.3, 19.9) | (12.1, 21.8) | (15.2, 23.4) | (16.2, 25.8) | (20.4, 30.9) | (24.8, 35.3) | (19.8, 29.1) | |
| North | **†9.3** | **†9.9** | **†9.8** | **†8.7** | **†12.7** | **10.4** | **†10.1** | **†11.9** | **†12.9** | **†13.7** | **22.4** | **32.7** | **27.5** | **27.6** | **31.3** | **bcp** |
| | (6.3, 13.6) | (6.6,14.6) | (6.6, 14.3) | (5.9, 12.7) | (8.9, 17.7) | (8.1, 13.4) | (7.0, 14.4) | (8.1, 17.0) | (9.0, 18.2) | (9.7, 19.2) | (18.3, 27.3) | (26.0, 40.2) | (22.2, 33.5) | (22.9, 32.9) | (26.4, 36.5) | |

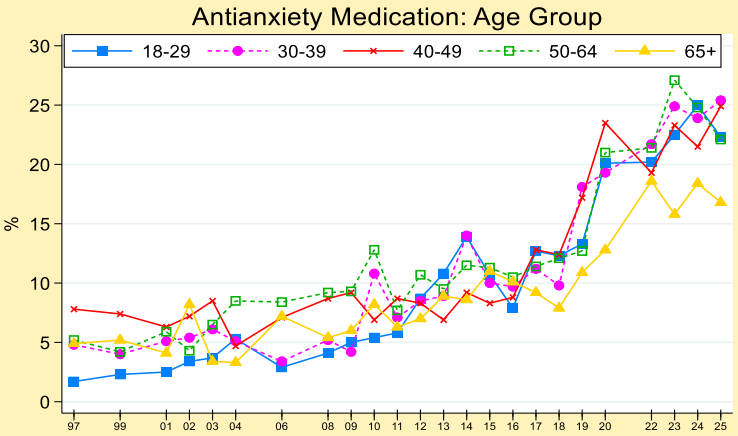
Notes: (1) † Estimate suppressed or unstable; ¶ 95% confidence interval. The sampling design was changed in 2020 from telephone to web survey.
(2) Significant change [a]2025 vs.2024, [b]2025 vs. 2020, [c]2025 vs. 2015, [p]2025 vs. 2019 (pre-COVID-19 pandemic).
*Q: In the past 12 months have you taken any prescription medication to reduce anxiety or panic attacks?*
Source: *CAMH Monitor*, Centre for Addiction and Mental Health

# Figure 7.2.2

## Past Year Use of Prescription Medication to Treat Anxiety or Panic Attacks, Aged 18+, 1997–2025




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

## 7.2.2. Antidepressant Medication

An estimated, **17.8%** (95% CI: 16.1% to 19.7%) of adults used a prescribed medication for depression (also known as antidepressants) during the 12 months before the survey.

Women were more likely than men to report use of use of antidepressants in the past 12 months before the survey (22.0% vs. 13.3%, respectively).

There were no significant differences in percentages reporting use of antidepressants by age groups or regions (Figure 7.2.1).

### Trends

**2001–2025**..... Tables 7.2.2a-b, Figure 7.2.4

#### 2024-2025

Overall, there was no significant change in the percentages reporting use of antidepressants between 2024 and 2025 (19.4% vs. 17.8%, respectively).

There were also no significant changes between 2024 and 2025 in antidepressant use among men and women, and among all age groups and regions (Table 7.2.2b).

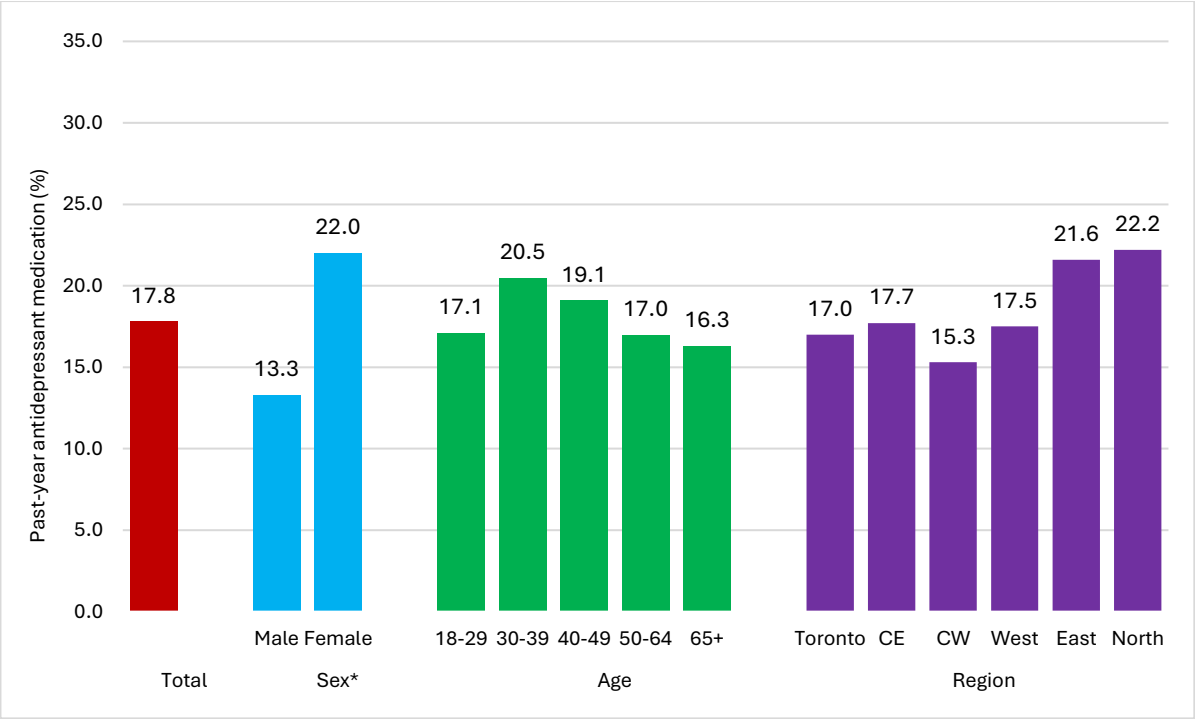
#### 2015-2025

The percentage reporting use of antidepressants increased from 8.7% in 2015 to 17.8% in 2025, peaking at 19.4% in 2024. This upward trend was especially observed among both men (from 6.1% to 13.3%) and women (from 9.9% to 20.5%), and across all age groups and regions (Table 7.2.2b).

Compared to 2019 (pre-COVID-19), there was an increase in 2025 in the percentage reporting use of antidepressants (from 11.8% to 17.8%, respectively). This upward trend was evident among both men and women, those aged 30 to 39, 50 to 64, and 65 or older, and those residing in Toronto, Central West, and North regions of the province (Table 7.2.2b).

Compared to 2020, the overall percentage reporting antidepressants use remained relatively stable in 2025 (16.1% vs. 17.8%). However, notable increases were observed among those aged 65 and older, where the percentage increased from 10.8% to 16.3%) (Table 7.2.2b).

**Figure 7.2.3** **Past Year Use of Prescription Medication to Treat Depression by Sex, Age and Region, Aged 18+, 2025 (N=1980)**




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

**Table 7.2.2a:** Percentage Reporting ***Using Prescription Medication to Treat Depression*** in the Past 12 Months, by Demographic Characteristics, Aged 18+, 2001–2009

| (N=) | 2001 (2627) | 2002 (2421) | 2003 (2411) | 2004 (2611) | 2006 (2016) | 2008 (2024) | 2009 (2037) |
|---|---|---|---|---|---|---|---|
| **Total** | **4.6** | **5.2** | **6.0** | **5.3** | **6.6** | **6.0** | **6.2** |
| (95% CI)¶ | (3.8, 5.5) | (4.4, 6.3) | (5.0, 7.1) | (4.4, 6.5) | (5.5, 7.8) | (5.0, 7.3) | (5.1,7.5) |
| **Sex** | | | | | | | |
| Men | **†2.8** | **†2.7** | **4.1** | **3.5** | **†3.6** | **†4.1** | **5.5** |
| | (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) |
| Women | **6.2** | **7.6** | **7.7** | **7.1** | **9.3** | **7.8** | **6.9** |
| | (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) |
| **Age** | | | | | | | |
| 18-29 | **†1.9** | **†3.3** | **†3.7** | **†3.5** | **†5.2** | **†4.4** | **†3.5** |
| | (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) |
| 30-39 | **†4.9** | **†4.6** | **6.3** | **6.3** | **†4.6** | **†4.2** | **†2.9** |
| | (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) |
| 40-49 | **6.9** | **8.2** | **7.2** | **†4.7** | **9.4** | **9.2** | **†7.0** |
| | (5.0, 9.4) | (6.0, 11.1) | (5.3, 9.7) | (3.2, 7.0) | (6.7, 12.9) | (6.7,12.6) | (4.7,12.5) |
| 50-64 | **†4.5** | **†4.8** | **9.2** | **7.1** | **8.7** | **8.5** | **9.5** |
| | (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) |
| 65+ | **†4.7** | **†5.7** | **†2.9** | **†4.2** | **†4.6** | **†4.6** | **†7.1** |
| | (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) |
| **Region** | | | | | | | |
| Toronto | **†3.6** | **†6.6** | **†6.3** | **†5.8** | **†4.5** | **†4.6** | **†4.1** |
| | (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) |
| C- East | **†3.6** | **†7.4** | **†7.7** | **†4.9** | **†5.8** | **†6.4** | **†7.0** |
| | (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) |
| C- West | **†2.8** | **†6.6** | **†5.0** | **†3.6** | **†6.8** | **†6.1** | **†6.1** |
| | (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) |
| West | **†4.1** | **†4.2** | **†5.0** | **†4.8** | **†8.4** | **†6.2** | **†7.5** |
| | (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) |
| East | **8.0** | **†6.6** | **8.3** | **†8.7** | **†7.9** | **†8.3** | **†6.7** |
| | (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) |
| North | **†6.0** | **†5.7** | **7.0** | **†5.2** | **†8.5** | **†4.2** | **†6.9** |
| | (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) |

Notes: (1) † Estimate suppressed or unstable; ¶95% confidence interval.

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

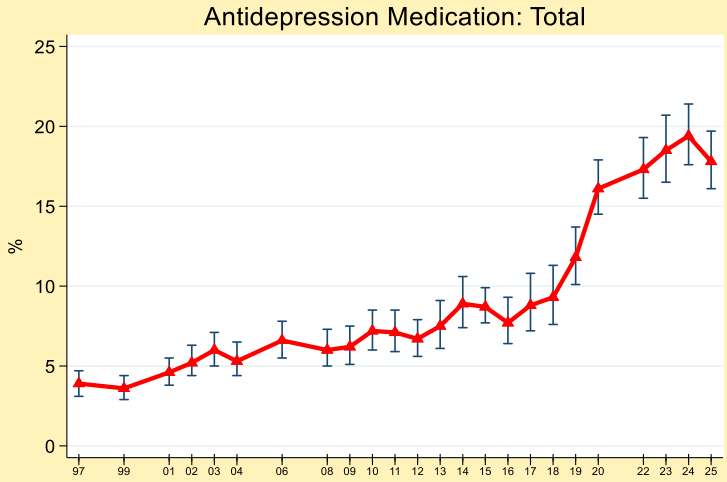
Source: *CAMH Monitor*, Centre for Addiction and Mental Health

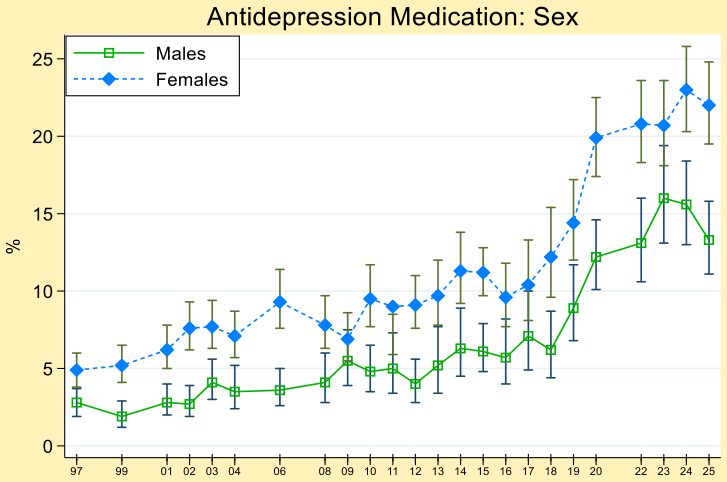
**Table 7.2.2b:** Percentage Reporting ***Using Prescription Medication to Treat Depression*** in the Past 12 Months, by Demographic Characteristics, Aged 18+, 2010–2025

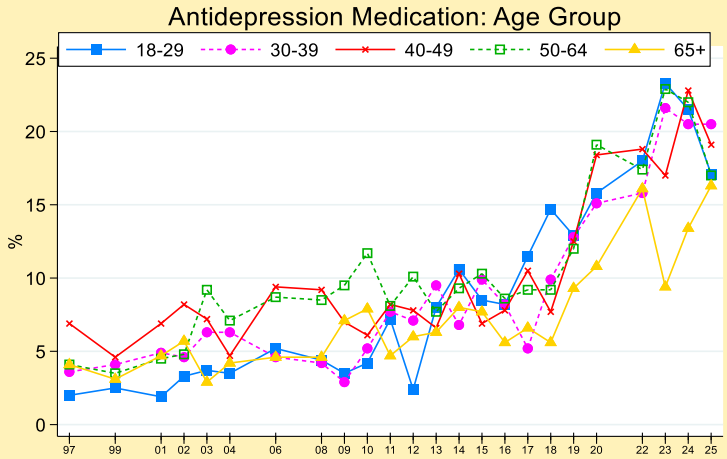
| (N=) | 2010 (2024) | 2011 (1999) | 2012 (2015) | 2013 (2060) | 2014 (2004) | 2015 (4007) | 2016 (2034) | 2017 (1813) | 2018 (1798) | 2019 (1820) | 2020 (2014) | 2022 (1702) | 2023 (1661) | 2024 (1994) | 2025 (1970) | Sig. |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Total** | **7.2** | **7.1** | **6.7** | **7.5** | **8.9** | **8.7** | **7.7** | **8.8** | **9.3** | **11.8** | **16.1** | **17.3** | **18.5** | **19.4** | **17.8** | **cp** |
| (95% CI)¶ | (6.0, 8.5) | (5.9,8.5) | (5.6,7.9) | (6.1,9.1) | (7.4, 10.6) | (7.7, 9.9) | (6.4, 9.3) | (7.2, 10.8) | (7.6, 11.3) | (10.1, 13.7) | (14.5, 17.9) | (15.5, 19.3) | (16.5, 20.7) | (17.6, 21.4) | (16.1, 19.7) | |
| **Sex** | | | | | | | | | | | | | | | | |
| Men | **4.8** | **5.0** | **†4.0** | **†5.2** | **†6.3** | **6.1** | **†5.7** | **†7.1** | **†6.2** | **8.9** | **12.2** | **13.1** | **16.0** | **15.6** | **13.3** | **cp** |
| | (3.5,6.5) | (3.4,7.3) | (2.8, 5.6) | (3.4, 7.7) | (4.5, 8.9) | (4.8, 7.9) | (4.0, 8.2) | (4.9, 10.0) | (4.4, 8.7) | (6.8, 11.7) | (10.1, 14.6) | (10.6, 16.0) | (13.1, 19.4) | (13.0, 18.4) | (11.1, 15.8) | |
| Women | **9.5** | **9.0** | **9.1** | **9.7** | **11.3** | **11.1** | **9.6** | **10.4** | **12.2** | **14.4** | **19.9** | **20.8** | **20.7** | **23.0** | **22.0** | **cp** |
| | (7.7, 11.7) | (5.9,8.5) | (7.6,11.0) | (7.8,12.0) | (9.2,13.8) | (9.7, 12.8) | (7.7,11.8) | (8.1, 13.3) | (9.6, 15.4) | (12.0, 17.2) | (17.4, 22.5) | (18.3, 23.6) | (18.1, 23.6) | (20.3, 25.8) | (19.5, 24.8) | |
| **Age** | | | | | | | | | | | | | | | | |
| 18-29 | **†4.2** | **†7.2** | **†2.4** | **†8.0** | **†10.6** | **†8.5** | **†8.2** | **†11.5** | **†14.7** | **†12.9** | **15.8** | **18.0** | **23.3** | **21.5** | **17.1** | **c** |
| | (2.2, 7.9) | (3.9,12.8) | (1.0,5.6) | (4.1,14.9) | (6.0,18.3) | (5.6, 12.8) | (4.5,14.5) | (7.0, 18.4) | (9.9, 21.3) | (8.9, 18.7) | (11.8, 20.6) | (13.5, 23.6) | (17.5, 30.4) | (17.0, 26.7) | (12.8, 22.5) | |
| 30-39 | **†5.2** | **†7.7** | **†7.1** | **†9.5** | **†6.8** | **†9.9** | **†8.2** | **†5.2** | **†9.9** | **†12.8** | **15.1** | **15.8** | **21.6** | **20.5** | **20.5** | **cp** |
| | (2.8, 9.3) | (5.1,11.6) | (4.6,10.8) | (5.7,15.4) | (4.2,10.8) | (6.9, 13.9) | (4.7,14.1) | (2.4, 10.9) | (5.4, 17.5) | (8.3, 19.2) | (11.7, 19.3) | (12.0, 20.6) | (17.1, 26.8) | (16.0, 26.0) | (16.5, 25.1) | |
| 40-49 | **†6.1** | **†8.2** | **†7.8** | **†6.6** | **†10.3** | **6.9** | **†7.8** | **†10.5** | **†7.7** | **†12.5** | **18.4** | **18.8** | **17.0** | **22.8** | **19.1** | **c** |
| | (3.9, 9.4) | (5.8,11.4) | (5.3,11.3) | (4.3,10.1) | (7.2,14.7) | (5.1, 9.2) | (5.1,11.7) | (6.4, 16.8) | (4.5, 12.8) | (8.4, 18.3) | (14.6, 22.9) | (14.4, 24.2) | (12.8, 22.2) | (17.0, 29.9) | (15.2, 23.7) | |
| 50-64 | **11.7** | **8.1** | **10.1** | **7.7** | **9.3** | **10.3** | **8.6** | **9.2** | **†9.2** | **12.0** | **19.1** | **17.4** | **22.9** | **22.0** | **17.0** | **cp** |
| | (9.2, 14.9) | (6.1,10.5) | (7.9,12.8) | (5.8,10.1) | (7.1,12.0) | (8.6, 12.2) | (6.6,11.1) | (6.6, 12.6) | (6.6, 12.8) | (9.2, 15.6) | (15.8, 23.0) | (14.1, 21.2) | (19.0, 27.4) | (18.1, 26.4) | (14.0, 20.6) | |
| 65+ | **†7.9** | **†4.7** | **†6.0** | **†6.3** | **8.0** | **7.7** | **5.6** | **6.6** | **†5.6** | **9.3** | **10.8** | **16.1** | **†9.4** | **13.4** | **16.3** | **bcp** |
| | (5.6, 11.1) | (3.0,7.2) | (4.1,8.9`) | (4.4,8.8) | (5.8,10.8) | (6.1, 9.6) | (4.1,7.7) | (5.0, 8.8) | (3.9, 8.0) | (6.9, 12.3) | (7.9, 14.5) | (12.6, 20.3) | (6.7, 13.1) | (10.0, 17.7) | (12.9, 20.3) | |
| **Region** | | | | | | | | | | | | | | | | |
| Toronto | **†7.0** | **†5.6** | **†6.9** | **†9.7** | **†8.5** | **9.7** | **†4.2** | **†6.1** | **†7.3** | **†8.9** | **15.4** | **14.5** | **15.6** | **16.5** | **17.0** | **cp** |
| | (4.4, 10.9) | (3.6,8.6) | (4.5, 10.4) | (6.1, 14.9) | (5.6, 12.7) | (7.4, 12.6) | (2.3, 7.6) | (3.4, 10.6) | (4.2, 12.2) | (5.9, 13.1) | (11.8, 19.9) | (10.9. 19.0) | (11.7, 20.3) | (12.6, 21.2) | (13.2, 21.6) | |
| C- East | **†4.6** | **†4.0** | **†3.2** | **†6.0** | **†7.0** | **7.8** | **†7.5** | **†11.2** | **†9.5** | **†12.9** | **14.7** | **20.1** | **17.1** | **17.0** | **17.7** | **c** |
| | (3.0, 7.0) | (2.0,7.6) | (1.8, 5.4) | (3.5, 10.0) | (4.2, 11.3) | (5.6, 10.7) | (4.7, 11.9) | (6.9, 17.6) | (6.1, 14.5) | (9.2, 17.8) | (11.2, 19.0) | (15.9, 25.2) | (12.9, 22.3) | (13.1, 21.8) | (13.9, 22.2) | |
| C- West | **†8.0** | **†9.0** | **†7.5** | **†7.7** | **†10.0** | **10.4** | **†9.8** | **†8.2** | **†10.0** | **†9.1** | **15.4** | **14.7** | **19.5** | **18.1** | **15.3** | **cp** |
| | (5.3, 11.9) | (6.2,12.8) | (5.2, 10.7) | (5.1, 11.5) | (7.1, 14.1) | (7.8, 13.6) | (6.6, 14.3) | (4.9, 13.5) | (6.4, 15.2) | (5.9, 13.8) | (11.9, 19.8) | (11.2, 19.0) | (15.2, 24.5) | (14.2, 22.7) | (11.8, 19.7) | |
| West | **†9.2** | **†6.9** | **†8.4** | **†5.9** | **†8.8** | **†5.2** | **†7.7** | **†11.4** | **†6.7** | **17.4** | **18.0** | **22.0** | **16.3** | **21.5** | **17.5** | **c** |
| | (6.4, 13.2) | (4.6,10.3) | (5.9,11.8) | (3.5,9.6) | (6.1,12.5) | (3.7, 7.2) | (4.7,12.2) | (7.6, 16.6) | (4.0, 11,1) | (12.9, 23.0) | (14.0, 22.8) | (17.4, 27.4) | (12.3, 21.3) | (17.3, 26.4) | (13.7, 22.1) | |
| East | **†8.8** | **†11.0** | **†8.6** | **†8.6** | **†11.1** | **10.0** | **†10.3** | **†8.8** | **†12.6** | **14.9** | **16.7** | **17.2** | **23.1** | **25.2** | **21.6** | **c** |
| | (6.0, 12.7) | (7.7,15.7) | (5.9,12.4) | (6.0,12.1) | (7.2,16.7) | (7.6, 13.1) | (7.3,14.4) | (6.0, 12.9) | (8.7, 17.9) | (10.7, 20.4) | (13.1, 21.1) | (13.1, 22.1) | (18.2, 28.8) | (20.4, 30.6) | (17.5, 26.4) | |
| North | **†5.5** | **†10.0** | **†10.4** | **†8.0** | **†11.1** | **9.0** | **†8.6** | **†9.5** | **†10.2** | **†13.0** | **19.2** | **23.7** | **21.0** | **25.1** | **22.2** | **cp** |
| | (3.4, 8.8) | (6.4,15.4) | (7.3,14.6) | (5.3,11.9) | (7.6,15.9) | (6.8, 11.7) | (5.8,12.7) | (6.1, 14.5) | (6.6, 15.3) | (9.0, 18.4) | (17.9, 30.8) | (17.9, 30.8) | (16.3, 26.7) | (20.6, 30.2) | (18.0, 27.0) | |

Notes: (1) † Estimate suppressed or unstable; ¶95% confidence interval; the sampling design was changed in 2020 from telephone to web survey.
(2) Significant change [a]2025 vs.2024, [b]2025 vs. 2020, [c]2025 vs. 2015, [p]2025 vs. 2019 (pre-COVID-19 pandemic).
*Q: In the past 12 months, have you taken any prescription medication to treat depression?*
Source: *CAMH Monitor*, Centre for Addiction and Mental Health

## **Figure 7.2.4** Past Year Use of Prescription Medication to Treat Depression, Aged 18+, 1997–2025




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

## 7.3 Mental Health-Related Quality of Life

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

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

2) *Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days in the last 30 days was your mental health not good?*

### 7.3.1 Self- Rated Fair/Poor Mental Health

An estimated, **29.0%** (95% CI: 27.3% to 30.8%) of adults rated their mental health as fair or poor.

Women were more likely than men to rate their mental health as fair or poor (32.9% vs. 25.0%, respectively).

Age was significantly associated with self-rated fair or poor mental health, with adults younger than 50 more likely to report fair or poor mental health compared to older adults (Figure 7.3.1).

Residents in the Central West region of the province was less likely to report fair or poor mental health compared to the provincial average (Figure 7.3.1).

**Trends**
**2003–2025**..... Table 7.3.1a-b, Figure 7.3.2

**2024-2025**

Overall, there was no significant change in self-rated fair or poor mental health between 2024 and 2025 (28.2% vs. 29.0%, respectively).

Estimates of self-rated fair or poor mental health between 2024 and 2025 also remained stable among both men and women, as well as among all age groups and regions in Ontario (Table 7.3.1b).

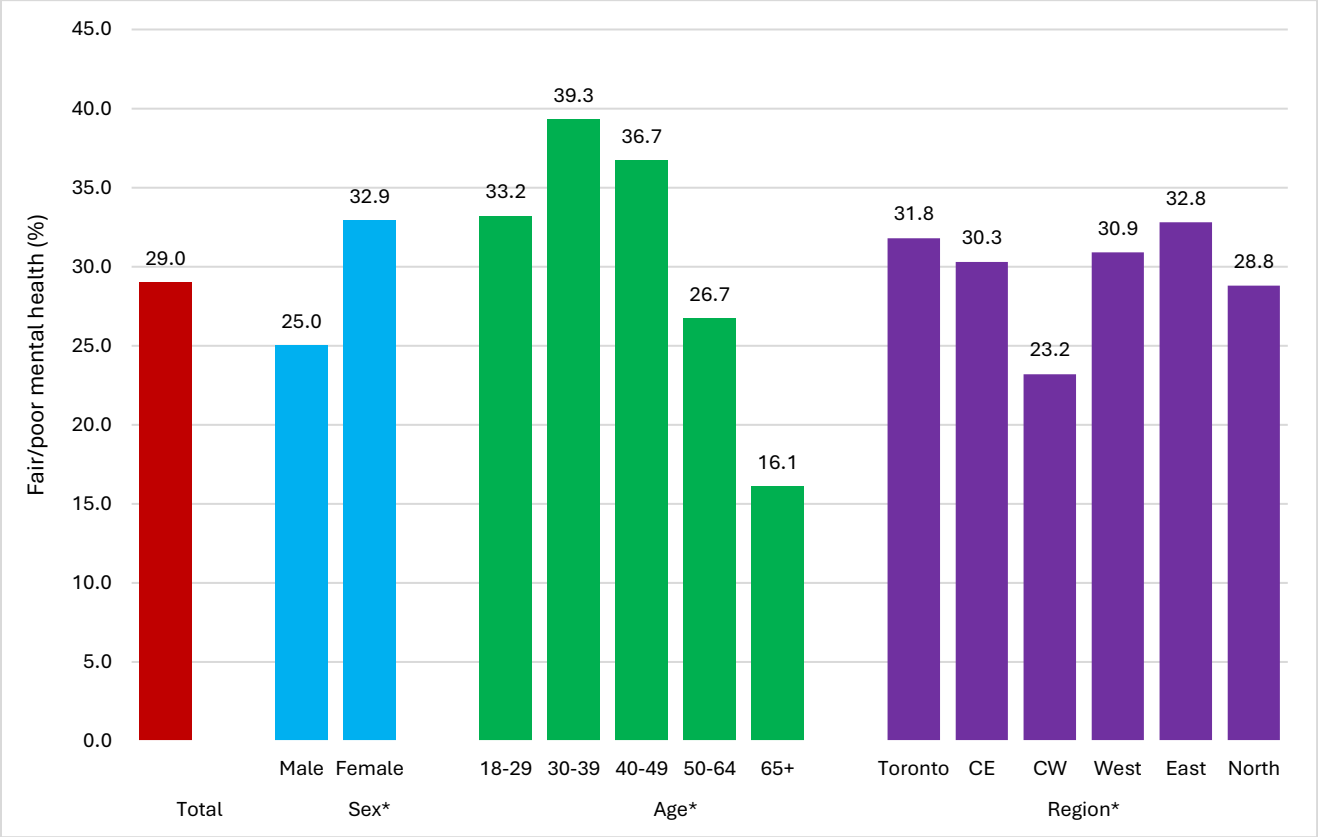
**2015-2025**

The percentage reporting self-rated fair or poor mental health increased from 6.7% in 2015 to 29.0% in 2025, peaking at 31.8% in 2022. This upward trend was especially observed among both men (from 5.9% to 25.0%) and women (from 7.3% to 32.9%), and across all age groups, with the largest percentage increase observed among those aged 30 to 39 (from 6.7% to 39.3%). Likewise, the increases were also evident among adults residing across all regions in Ontario (Table 7.3.1b).

Compared to 2019 (pre-COVID-19), there was a higher percentage reporting self-rated fair or poor mental health in 2025 (from 12.9% to 29.0%, respectively). A similar upward trend was evident among both men and women, and across all age groups and regions (Table 7.3.1b).

Compared to 2020, the percentage reporting self-rated fair or poor mental health increased in 2025 (from 26.2% to 29.0%). This increase was especially notable among men (from 20.8% to 25%) and adults aged 30 to 39 (from 29.9% to 39.3%), and those residing in Toronto (from 25.9% to 31.8%, respectively) (Table 7.3.1b).

**Figure 7.3.1** **Percentage Reporting Fair or Poor Mental Health by Sex, Age and Region, Aged 18+, 2025 (N=2951)**




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

**Table 7.3.1b:** Percentage Reporting ***Fair or Poor Mental Health***, by Demographic Characteristics, Aged 18+, 2003–2009

| (N=) | 2003 (2411) | 2004 (2611) | 2005 (2445) | 2006 (2016) | 2007 (2005) | 2008 (2024) | 2009 (2037) |
|---|---|---|---|---|---|---|---|
| **Total** | **4.7** | **6.1** | **5.2** | **5.8** | **6.2** | **6.1** | **5.7** |
| (95% CI)¶ | (3.9, 5.8) | (5.1, 7.4) | (4.3, 6.3) | (4.7, 7.1) | (5.2, 7.5) | (4.8, 7.6) | (4.7, 7.0) |
| **Sex** | | | | | | | |
| Men | **5.0** (3.7, 6.7) | **6.4** (4.8, 8.5) | **4.3** (3.1, 6.0) | **5.6** (4.4,7.8) | **5.1** (3.7, 6.9) | **6.1** (4.4, 8.3) | **6.1** (4.6, 8.2) |
| Women | **4.5** (3.4, 5.9) | **5.8** (4.6, 7.4) | **6.1** (4.8, 7.7) | **5.9** (4.1, 7.6) | **7.3** (5.7, 9.3) | **6.1** (4.4, 8.3) | **5.4** (4.1, 7.0) |
| **Age** | | | | | | | |
| 18-29 | **6.2** (3.9, 9.6) | **5.1** (3.0, 8.4) | **5.4** (3.4, 8.5) | **4.7** (2.5, 8.8) | **†7.1** (4.5, 11.2) | **†6.4** (3.0, 13.1) | **†2.9** (1.5, 5.7) |
| 30-39 | **†4.8** (3.0, 7.5) | **8.0** (5.6, 11.3) | **6.1** (3.9, 9.4) | **5.9** (3.6, 9.5) | **†3.9** (2.3, 6.4) | **†5.9** (3.4, 10.1) | **†7.8** (4.9, 12.1) |
| 40-49 | **†4.3** (2.8, 6.5) | **5.3** (3.5, 11.3) | **5.6** (3.8, 8.0) | **7.3** (4.9, 10.6) | **8.0** (5.5, 11.5) | **†6.1** (4.0, 9.2) | **†6.5** (4.2, 9.8) |
| 50-64 | **†4.3** (2.9, 6.3) | **6.4** (4.6, 9.0) | **5.2** (3.5, 7.6) | **5.4** (3.6, 8.2) | **†6.5** (4.5,9.3) | **7.9** (5.7, 10.9) | **†7.2** (5.2, 9.9) |
| 65+ | **†3.5** (2.1, 5.8) | **†4.2** (2.6, 6.8) | **†3.3** (2.0, 5.5) | **†5.7** (3.7,8.8) | **†5.7** (3.5, 9.2) | **†4.0** (2.4, 6.5) | **†4.3** (2.7, 6.6) |
| **Region** | | | | | | | |
| Toronto | **†4.6** (2.8, 7.3) | **†7.1** (4.7, 10.6) | **†4.9** (3.0, 7.8) | **†5.4** (3.2, 8.9) | **†6.5** (4.2,10.0) | **†9.2** (6.1, 13.7) | **†6.7** (4.4, 10.2) |
| Central East | **†5.1** (3.2, 7.9) | **†5.2** (3.3, 8.1) | **†5.5** (3.5, 8.5) | **†6.7** (4.2,10.6) | **†8.0** (5.4,11.8) | **†6.6** (3.9, 11.2) | **†5.7** (3.5,9.0) |
| Central West | **†3.7** (2.0, 6.7) | **†6.3** (4.1, 9.6) | **†3.1** (1.8, 5.4) | **†5.1** (3.0, 8.3) | **†4.1** (2.4,7.1) | **†2.6** (1.4, 4.7) | **†5.7** (3.7, 8.7) |
| West | **†4.2** (2.6, 6.8) | **†5.2** (3.4, 7.9) | **†6.4** (4.4, 9.4) | **†5.2** (3.3, 8.1) | **†5.9** (3.7,9.2) | **†5.3** (3.5,8.2) | **†5.4** (3.5,8.3) |
| East | **†5.4** (3.4, 8.5) | **†6.7** (4.2, 10.7) | **†6.9** (4.5, 10.4) | **†4.2** (2.5,7.1) | **†5.2** (3.2,8.3) | **†5.5** (3.2,9.1) | **†5.8** (3.7,9.0) |
| North | **†6.9** (4.8, 9.7) | **†6.3** (4.2, 9.3) | **†6.7** (4.5, 9.9) | **†9.3** (6.4,13.5) | **†7.5** (4.9,11.3) | **†5.1** (3.0, 8.4) | **†3.8** (2.1, 6.7) |

Notes: † Estimate suppressed or unstable; ¶95% confidence interval;

*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.*

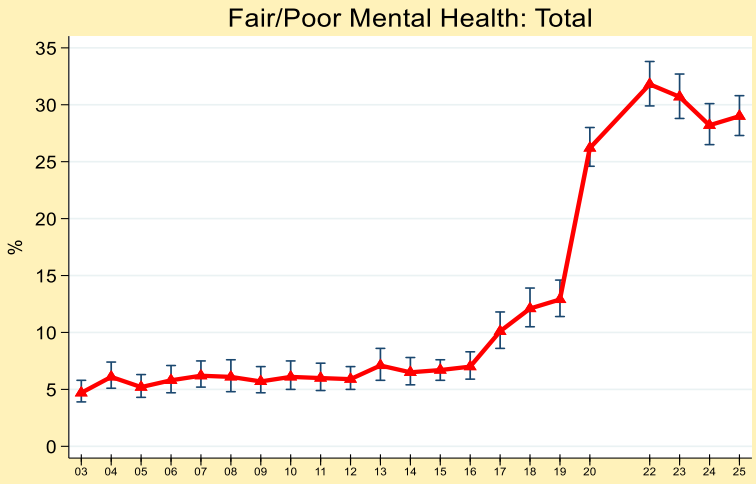
Source: The *CAMH Monitor*, Centre for Addiction and Mental Health.

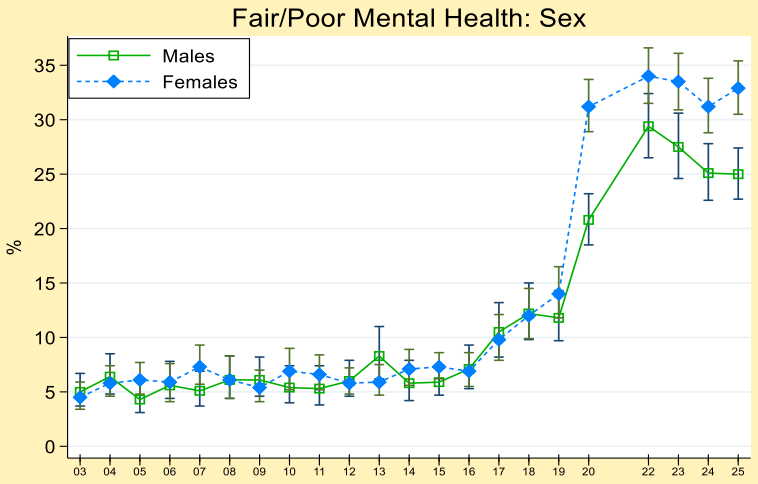
**Table 7.3.1b:** Percentage Reporting ***Fair or Poor Mental Health***, by Demographic Characteristics, Aged 18+, 2010–2025

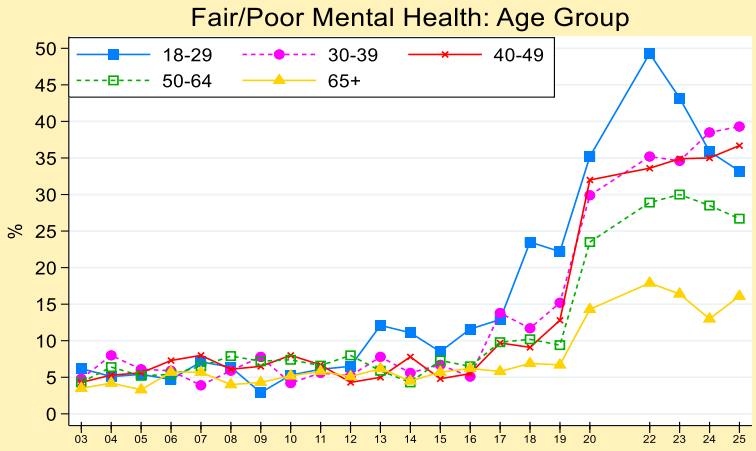
| | 2010 | 2011 | 2012 | 2013 | 2014 | 2015 | 2016 | 2017 | 2018 | 2019 | 2020 | 2022 | 2023 | 2024 | 2025 | Sig. |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| (N=) | (2024) | (1999) | (3030) | (3021) | (3043) | (5013) | (3042) | (2812) | (2806) | (2827) | (3033) | (2650) | (2590) | (2962) | (2951) | |
| **Total** | **6.1** | **6.0** | **5.9** | **7.1** | **6.5** | **6.7** | **7.0** | **10.1** | **12.1** | **12.9** | **26.2** | **31.8** | **30.7** | **28.2** | **29.0** | **bcp** |
| (95% CI)¶ | (5.0, 7.5) | (4.9, 7.3) | (5.0, 7.0) | (5.8, 8.6) | (5.4, 7.8) | (5.8, 7.6) | (5.9, 8.3) | (8.6, 11.8) | (10.5, 13.9) | (11.4, 14.6) | (24.6, 28.0) | (29.9, 33.8) | (28.8, 32.7) | (26.5, 30.1) | (27.3, 30.8) | |
| **Sex** | | | | | | | | | | | | | | | | |
| Men | **5.4** | **5.3** | **6.0** | **8.3** | **5.8** | **5.9** | **7.1** | **10.5** | **12.2** | **11.8** | **20.8** | **29.4** | **27.5** | **25.1** | **25.0** | **bcp** |
| | (4.0, 7.4) | (3.8, 7.4) | (4.6, 7.9) | (6.2, 11.0) | (4.2, 7.9) | (4.7, 7.4) | (5.3, 9.3) | (8.2, 13.2) | (9.8, 15.0) | (9.7, 14.3) | (18.5, 23.2) | (26.5, 32.4) | (24.6, 30.6) | (22.6, 27.8) | (22.7, 27.4) | |
| Women | **6.9** | **6.6** | **5.8** | **5.9** | **7.1** | **7.3** | **6.9** | **9.8** | **12.0** | **14.0** | **31.2** | **34.0** | **33.5** | **31.2** | **32.9** | **cp** |
| | (5.2, 9.0) | (5.2, 8.4) | (4.8, 7.2) | (4.7, 7.5) | (5.6, 8.9) | (6.2, 8.6) | (5.5, 8.6) | (7.9, 12.1) | (9.9, 14.5) | (11.8, 16.5) | (28.9, 33.7) | (31.5, 36.6) | (30.9, 36.1) | (28.8, 33.8) | (30.5, 35.4) | |
| **Age** | | | | | | | | | | | | | | | | |
| 18-29 | **†5.3** | **†6.1** | **†6.5** | **†12.1** | **†11.1** | **†8.5** | **†11.6** | **†12.9** | **23.5** | **22.2** | **35.2** | **49.3** | **43.2** | **35.9** | **33.2** | **cp** |
| | (2.7, 10.2) | (3.2,11.3) | (3.7,11.2) | (7.3,19.3) | (7.1,17.1) | (6.0, 11.9) | (7.8,17.0) | (9.2, 17.9) | (18.4, 29.6) | (17.7, 27.4) | (30.7, 39.9) | (43.5, 55.0) | (37.1, 49.5) | (31.3, 40.7) | (28.6, 38.3) | |
| 30-39 | **†4.2** | **†5.6** | **†5.2** | **†7.8** | **†5.6** | **†6.7** | **†5.1** | **†13.8** | **†11.7** | **†15.2** | **29.9** | **35.2** | **34.6** | **38.5** | **39.3** | **bcp** |
| | (2.3, 7.5) | (3.5,8.9) | (3.3,8.0) | (4.9,12.0) | (3.5,8.9) | (4.6, 9.9) | (2.7,9.4) | (8.2, 22.3) | (7.4, 17.9) | (10.8, 21.0) | (26.1, 34.0) | (30.8, 39.1) | (30.4, 39.1) | (33.8, 43.3) | (35.1, 43.7) | |
| 40-49 | **†8.0** | **†6.7** | **†4.3** | **†5.0** | **†7.8** | **†4.8** | **†5.5** | **†9.7** | **†9.1** | **12.8** | **32.0** | **33.6** | **34.9** | **35.0** | **36.7** | **cp** |
| | (5.4, 11.7) | (4.5,9.9) | (2.9, 6.3) | (3.3, 7.3) | (5.3, 11.5) | (3.3, 6.9) | (3.7, 8.1) | (6.4, 14.5) | (6.1, 13.4) | (9.2, 17.5) | (27.8, 36.4) | (29.0, 38.5) | (30.4, 39.7) | (29.8, 40.7) | (32.4, 41.2) | |
| 50-64 | **7.4** | **6.6** | **8.0** | **5.9** | **4.3** | **7.3** | **6.5** | **9.8** | **10.2** | **9.4** | **23.5** | **28.9** | **30.0** | **28.5** | **26.7** | **cp** |
| | (5.4, 10.2) | (4.7,9.0) | (6.3, 10.1) | (4.5, 7.7) | (3.2, 5.9) | (6.0, 8.9) | (5.0, 8.5) | (7.5, 12.6) | (7.7, 13.5) | (7.0, 12.4) | (20.5, 26.9) | (25.6, 32.6) | (26.6, 33.8) | (24.9, 32.4) | (23.7, 30.0) | |
| 65+ | **†5.2** | **†5.8** | **†5.1** | **6.2** | **4.5** | **5.7** | **6.2** | **5.8** | **6.9** | **6.7** | **14.3** | **17.9** | **16.4** | **13.0** | **16.1** | **cp** |
| | (3.4, 7.9) | (4.0,8.5) | (3.7, 7.0) | (4.4, 8.5) | (3.3, 6.2) | (4.6, 7.1) | (4.7, 7.9) | (4.5, 7.6) | (5.3, 9.0) | (5.2, 8.7) | (11.4, 17.6) | (14.9, 21.3) | (13.2, 20.2) | (10.2, 16.3) | (13.3, 19.3) | |
| **Region** | | | | | | | | | | | | | | | | |
| Toronto | **†6.9** | **†5.9** | **†7.2** | **†8.6** | **†6.0** | **6.4** | **†6.2** | **†10.3** | **10.6** | **16.5** | **25.9** | **34.9** | **28.3** | **28.0** | **31.8** | **bcp** |
| | (4.2, 11.3) | (3.6,9.4) | (5.2,10.1) | (5.5,13.3) | (3.6,9.8) | (4.8, 8.6) | (4.2,9.3) | (7.2, 14.4) | (7.8, 14.2) | (12.6, 21.2) | (22.2, 30.0) | (24.2, 32.7) | (24.2, 32.7) | (24.0, 32.3) | (27.8, 36.0) | |
| Central East | **†5.4** | **†3.7** | **†5.5** | **†7.4** | **†5.5** | **†6.2** | **†6.3** | **†10.0** | **12.0** | **10.3** | **26.0** | **32.4** | **30.9** | **28.2** | **30.3** | **cp** |
| | (3.5, 8.4) | (2.2,6.2) | (3.5, 8.5) | (4.8, 11.3) | (3.5, 8.6) | (4.5, 8.6) | (4.1, 9.6) | (6.9, 14.3) | (8.7, 16.3) | (7.5, 14.1) | (22.2, 30.1) | (28.1, 36.9) | (26.6, 35.7) | (24.2, 32.5) | (26.3, 34.5) | |
| Central West | **†5.8** | **†8.4** | **†4.2** | **†6.8** | **†7.0** | **8.0** | **†7.7** | **†8.4** | **14.3** | **†10.1** | **26.5** | **29.4** | **29.4** | **25.2** | **23.2** | **cp** |
| | (3.5, 9.2) | (5.5,12.6) | (2.7, 6.3) | (4.6, 9.9) | (4.8, 10.3) | (6.0, 10.6) | (5.1, 11.4) | (5.4, 12.8) | (10.4, 19.4) | (7.1, 14.2) | (22.4, 33.7) | (25.2, 34.0) | (25.2, 34.0) | (21.5, 29.4) | (19.7, 27.1) | |
| West | **†6.0** | **†6.8** | **†6.6** | **†4.2** | **†6.5** | **†5.8** | **†6.7** | **12.6** | **†9.9** | **14.8** | **24.9** | **30.1** | **29.5** | **30.8** | **30.9** | **cp** |
| | (3.6,9.8) | (4.5,10.1) | (4.6, 9.5) | (2.7, 6.4) | (4.3, 9.6) | (4.1, 7.9) | (4.3, 10.4) | (9.1, 17.3) | (6.5, 14.7) | (11.4, 19.1) | (21.1, 29.0) | (25.8, 34.8) | (25.3, 34.2) | (26.9, 35.1) | (27.0,35.1) | |
| East | **†7.5** | **†5.0** | **†6.3** | **†7.9** | **†8.2** | **7.0** | **†8.9** | **†10.8** | **11.2** | **14.0** | **25.7** | **31.1** | **36.1** | **30.0** | **32.8** | **cp** |
| | (4.9, 11.3) | (3.1,7.8) | (4.4, 8.9) | (5.5, 11.3) | (5.5, 12.1) | (5.1, 9.4) | (6.1, 12.9) | (7.2, 15.8) | (8.1, 15.4) | (10.6, 18.3) | (22.1, 29.7) | (26.7, 35.8) | (31.5, 41.0) | (25.9, 34.4) | (28.8, 37.1) | |
| North | **†4.1** | **†8.3** | **†6.4** | **†6.5** | **†6.8** | **6.6** | **†7.0** | **†10.7** | **13.6** | **13.4** | **29.7** | **34.2** | **33.4** | **32.7** | **28.8** | **cp** |
| | (2.5, 6.5) | (5.4,12.6) | (4.3, 9.4) | (4.5, 9.2) | (4.5, 10.0) | (5.1, 8.6) | (4.9, 9.8) | (7.6, 15.0) | (9.8, 18.6) | (10.1, 17.6) | (25.7, 34.1) | (29.1, 39.8) | (28.7, 38.4) | (28.4, 37.3) | (25.0, 32.9) | |

Notes :(1) † Estimate suppressed or unstable; ¶95% confidence interval; the sampling design was changed in 2020 from telephone interview to web survey.
(2) Significant change [a]2025 vs.2024, [b]2025 vs. 2020, [c]2025 vs. 2015, [p]2025 vs. 2019 (pre-COVID-19 pandemic).
*Q: In general, would you say your overall mental health is excellent, very good, good, fair, or poor?*
*Def'n: Poor Mental Health – reporting fair or poor mental health in general.*
Source: The *CAMH Monitor*, Centre for Addiction and Mental Health.

## **Figure 7.3.2** Percentage Reporting Fair or Poor Mental Health, Aged 18+, 2003–2025




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

### 7.3.2 Frequent Mental Distress Days

Overall, an estimated **18.7%** (95% CI: 17.0% to 20.6%) of adults reported frequent mental distress days (14+ days) in the past 30 days.

Women were more likely than men to report frequent mental distress days (21.0% vs. 16.3%, respectively).

There were also significant differences in estimates of frequent mental distress days between age groups. Adults aged 65 and older were less likely to experience frequent mental distress days compared to younger adults (Figure 7.3.2).

There were no significant differences in estimates of frequent mental distress days between regions (Figure 7.3.3).

#### Trends
**2003–2025**..... Table 7.3.2a-b, Figure 7.3.4

#### 2024-2025

Overall, there was no significant change in estimates of frequent mental distress days between 2024 and 2025 (17.7% vs. 18.7%, respectively).

There were also no significant changes between 2024 and 2025 in estimates of frequent mental distress days among men, women, and among all age groups and regions (Table 7.3.2b).

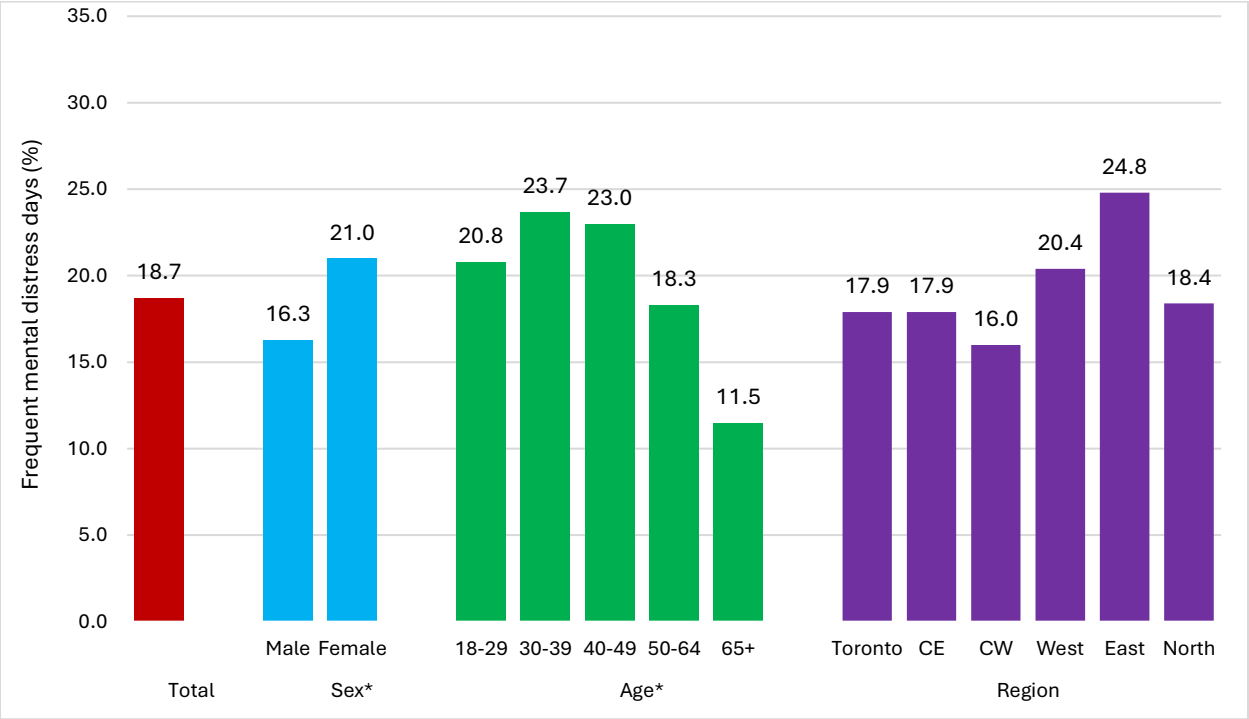
#### 2015-2025

The percentage experiencing frequent mental distress days increased from 9.7% in 2015 to 18.7% in 2025, peaking at 19.3% in 2022. This upward trend was particularly observed among both men (from 7.9% to 16.3%) and women (from 11.4% to 21.0%). A similar trend was evident across all age groups, except among those aged 18 to 29, whose percentages remained stable. The percentage also increased among adults residing in all regions of Ontario, except the Central West (Table 7.3.2b).

Compared to 2019 (pre-COVID-19), there was a notable increase in 2025 in the estimates of frequent mental distress days (from 13.3% to 18.7%, respectively). This trend was also evident among both men (increased from 9.5% to 16.3%) and women (increased from 16.8% to 21.0%), as well as among those aged 40 to 49 (increased from 11.3% to 23.0%) and 50 to 64 (increased from 7.9% to 18.3%). A similar trend was evident among adults residing in the West, East and North regions of Ontario (Table 7.3.2b).

Compared to 2020, the overall percentage of adults experiencing frequent mental distress days remained similar in 2025 (16.8% vs. 18.7%). However, notable increases were observed among men (from 12.3% to 16.3%), and those aged 30 to 39 (from 17.0% to 23.7%), and residents of the East region (from 13.3% to 24.8%) (Table 7.3.2b).

**Figure 7.3.3** **Percentage Experiencing Frequent Mental Distress Days (14+) in the Past 30 Days by Sex, Age and Region, Aged 18+, 2025 (N=1981)**




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

**Table 7.3.2a:** Percentage Experiencing ***Frequent Mental Distress Days*** (14+) in the Past 30 Days, by Demographic Characteristics, Aged 18+, 2003–2009

| (N=) | 2003 (2411) | 2004 (2611) | 2005 (2445) | 2006 (2016) | 2007 (2005) | 2008 (2024) | 2009 (2037) |
|---|---|---|---|---|---|---|---|
| **Total** | **5.4** | **6.6** | **5.4** | **5.8** | **6.6** | **6.0** | **6.4** |
| (95% CI)¶ | (4.5, 6.5) | (5.5, 7.9) | (4.5, 6.6) | (4.7, 7.1) | (5.5,7.9) | (4.7, 7.6) | (4.8, 8.3) |
| **Sex** | | | | | | | |
| Men | **4.2** | **5.7** | **4.4** | **†4.9** | **†4.7** | **†5.6** | **†4.7** |
| | (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) |
| Women | **6.5** | **7.4** | **6.3** | **6.7** | **8.4** | **6.4** | **8.1** |
| | (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) |
| **Age** | | | | | | | |
| 18-29 | **7.0** | **8.2** | **†5.7** | **†5.4** | **†7.9** | **10.2** | **†5.0** |
| | (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) |
| 30-39 | **†3.4** | **6.3** | **7.6** | **†7.6** | **†8.5** | **†5.9** | **†7.2** |
| | (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) |
| 40-49 | **6.8** | **7.8** | **†4.8** | **†7.1** | **†7.2** | **8.1** | **†6.5** |
| | (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) |
| 50-64 | **6.9** | **6.6** | **†5.1** | **†5.4** | **†6.2** | **†4.3** | **†8.3** |
| | (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) |
| 65+ | **†1.9** | **†3.8** | **†3.6** | **†3.2** | **†3.1** | **†1.9** | **†3.5** |
| | (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) |
| **Region** | | | | | | | |
| Toronto | **†4.7** | **†7.3** | **†4.8** | **†3.8** | **†5.1** | **†6.6** | **†6.9** |
| | (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) |
| Central East | **†5.5** | **†5.4** | **†6.5** | **†7.0** | **†8.7** | **†8.4** | **†5.5** |
| | (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) |
| Central West | **†6.2** | **†6.4** | **†5.6** | **†6.3** | **†5.4** | **†4.0** | **†8.5** |
| | (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) |
| West | **†6.0** | **†8.6** | **†5.1** | **†6.0** | **†4.3** | **†5.4** | **†4.5** |
| | (4.0, 9.1) | (6.2, 12.0) | (3.2, 8.0) | (3.8, 9.5) | (2.7,7.0) | (3.3, 8.5) | (2.2, 8.7) |
| East | **†4.5** | **†6.0** | **†5.1** | **†5.4** | **†8.3** | **†3.3** | **†7.4** |
| | (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) |
| North | **†5.4** | **†5.1** | **†4.6** | **†6.3** | **†8.4** | **†6.4** | **†4.4** |
| | (3.5, 8.3) | (3.6, 7.2) | (2.9, 7.2) | (3.9, 9.9) | (5.6,12.4) | (3.7, 10.6) | (1.8, 9.9) |

Notes: (1) † Estimate suppressed or unstable; ¶95% confidence interval

*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*

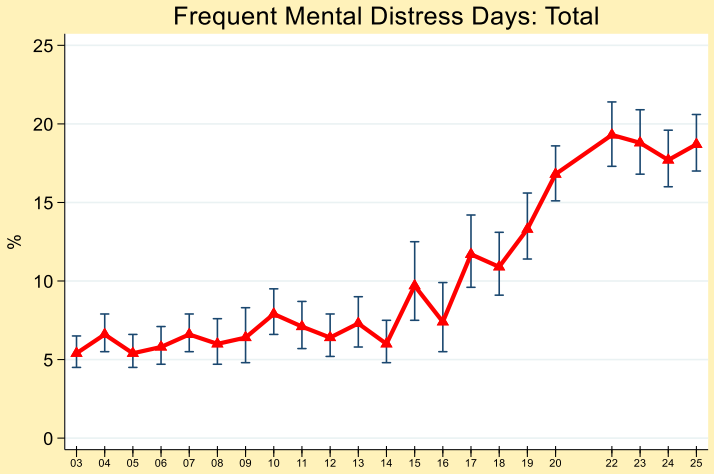
Source: The *CAMH Monitor*, Centre for Addiction and Mental Health.

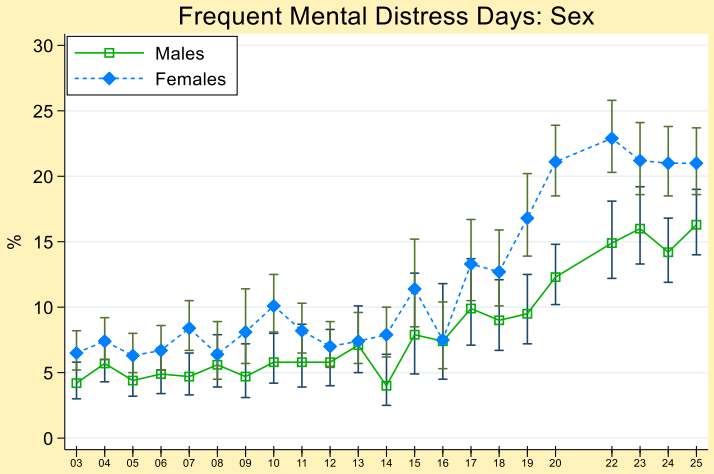
**Table 7.3.2b:** Percentage Experiencing ***Frequent Mental Distress Days*** (14+) in the Past 30 Days, by Demographic Characteristics, Aged 18+, 2010–2025

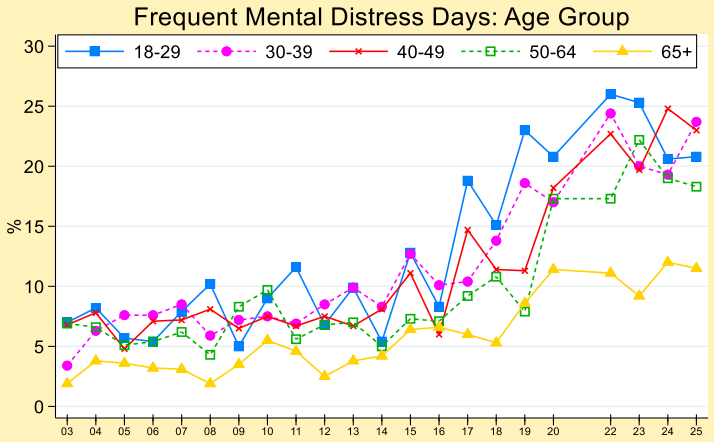
| (N=) | 2010 (2024) | 2011 (1999) | 2012 (2015) | 2013 (2060) | 2014 (2004) | 2015 (1005) | 2016 (1020) | 2017 (1813) | 2018 (1798) | 2019 (1820) | 2020 (2014) | 2022 (1702) | 2023 (1661) | 2024 (2002) | 2025 (1981) | Sig. |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Total** | **7.9** | **7.1** | **6.4** | **7.3** | **6.0** | **9.7** | **7.4** | **11.7** | **10.9** | **13.3** | **16.8** | **19.3** | **18.8** | **17.7** | **18.7** | **cp** |
| (95% CI)¶ | (6.6, 9.5) | (5.7,8.7) | (5.2, 7.9) | (5.8,9.0) | (4.8,7.5) | (7.5, 12.5) | (5.5,9.9) | (9.6, 14.2) | (9.1, 13.1) | (11.4, 15.6) | (15.1, 18.6) | (17.3, 21.4) | (16.8, 20.9) | (16.0, 19.6) | (17.0, 20.6) | |
| **Sex** | | | | | | | | | | | | | | | | |
| Men | **5.8** | **†5.8** | **†5.8** | **†7.1** | **†4.0** | **†7.9** | **†7.4** | **†9.9** | **9.0** | **9.5** | **12.3** | **14.9** | **16.0** | **14.2** | **16.3** | **bcp** |
| | (4.2, 8.0) | (3.9,8.7) | (4.0, 8.3) | (5.0,10.1) | (2.5,6.4) | (4.9, 12.6) | (4.5,11.8) | (7.1, 13.7) | (6.7, 12.1) | (7.2, 12.5) | (10.2, 14.8) | (12.2, 18.1) | (13.3, 19.2) | (11.9, 16.8) | (14.0, 19.0) | |
| Women | **10.1** | **8.2** | **7.0** | **7.4** | **7.9** | **11.4** | **†7.5** | **13.3** | **12.7** | **16.8** | **21.1** | **22.9** | **21.2** | **21.0** | **21.0** | **cp** |
| | (8.1, 12.5) | (6.5, 10.3 | (5.4, 8.9) | (5.7, 9.6) | (6.2, 10.0) | 8.5, 15.2) | (5.3, 10.4) | (10.5, 16.7) | (10.1, 15.9) | (13.9, 20.2) | (18.5, 23.9) | (20.3, 25.8) | (18.6, 24.1) | (18.5, 23.8) | (18.6, 23.7) | |
| **Age** | | | | | | | | | | | | | | | | |
| 18-29 | **†9.0** | **†11.6** | **†6.8** | **†9.9** | **†5.4** | **†12.8** | **†8.3** | **†18.8** | **†15.1** | **23.0** | **20.8** | **26.0** | **25.3** | **20.6** | **20.8** | |
| | (5.6, 14.2) | (7.1, 18.5) | (3.3, 13.2) | (5.4, 17.6) | (2.5, 11.0) | (6.7.23.1) | (3.2, 20.1) | (12.7.27.1) | (10.2, 21.7) | (17.4, 29.8) | (16.4, 26.1) | (20.6, 32.2) | (19.5, 32.0) | (16.5, 25.4) | (16.3, 26.3) | |
| 30-39 | **†7.5** | **†6.9** | **†8.5** | **†9.9** | **†8.3** | **†12.7** | **†10.1** | **†10.3** | **†13.8** | **†18.6** | **17.0** | **24.4** | **20.0** | **19.3** | **23.7** | **bc** |
| | (4.7, 11.8) | (4.3, 10.9) | (5.5, 12.9) | (5.8, 16.2) | (4.8, 14.0) | (6.7, 22.7) | (4.8, 20.1) | (5.2, 19.6) | (8.5, 21.7) | (12.2, 27.2) | (13.3, 21.5) | (19.5, 30.0) | (15.8, 24.9) | (14.9, 24.7) | (19.5, 28.5) | |
| 40-49 | **†7.5** | **†6.7** | **†7.5** | **†6.7** | **†8.1** | **†11.1** | **†6.0** | **†14.7** | **†11.4** | **†11.3** | **18.2** | **22.7** | **19.7** | **24.8** | **23.0** | **cp** |
| | (5.0, 11.1) | (4.6,9.9) | (5.0, 11.1) | (4.4,10.3) | (5.3,12.3) | (6.7, 17.8) | (2.8,12.7) | (9.6, 21.8) | (7.2, 17.7) | (7.5, 16.6) | (14.4, 22.7) | (17.8, 28.5) | (15.2, 25.1) | (19.3, 31.4) | (18.7, 28.0) | |
| 50-64 | **†9.7** | **†5.6** | **†6.8** | **7.0** | **†5.0** | **†7.3** | **†7.1** | **9.2** | **10.8** | **†7.9** | **17.3** | **17.3** | **22.2** | **19.0** | **18.3** | **cp** |
| | (7.2, 13.0) | (3.9,8.0) | (5.0, 9.2) | (5.1,9.4) | (3.5,7.1) | (4.8, 11.1) | (4.6,10.8) | (6.7, 12.7) | (7.9, 14.7) | (5.6, 10.9) | (14.1, 21.1) | (13.9, 21.2) | (18.4, 26.6) | (15.4, 23.3) | (15.1, 21.9) | |
| 65+ | **†5.5** | **†4.6** | **†2.5** | **†3.8** | **†4.2** | **†6.4** | **†6.6** | **6.0** | **†5.3** | **8.6** | **11.4** | **11.1** | **9.2** | **12.0** | **11.5** | **c** |
| | (3.6, 8.4) | (2.9,7.2) | (1.5, 4.2) | (2.4,5.8) | (2.8,6.3) | (3.9, 10.3) | (4.2,10.2) | (4.4, 8.3) | (3.5, 8.0) | (6.5, 11.3) | (8.3, 15.5) | (8.3, 14.8) | (6.5, 12.9) | (8.9, 16.0) | (8.7, 15.0) | |
| **Region** | | | | | | | | | | | | | | | | |
| Toronto | **†8.4** | **†7.7** | **†6.4** | **†9.2** | **†5.7** | **†6.8** | **†5.8** | **†11.4** | **†7.0** | **†12.3** | **15.7** | **16.4** | **18.2** | **15.8** | **17.9** | **c** |
| | (5.4, 12.8) | (5.0,11.7) | (3.9, 10.5) | (5.7,14.6) | (3.3,9.6) | (3.7, 12.3) | (2.4,13.4) | (7.7, 16.6) | (4.3, 11.2) | (8.7, 17.2) | (12.1, 20.2) | (12.6, 21.1) | (14.1, 23.2) | (12.1, 20.2) | (14.1, 22.5) | |
| Central East | **†7.1** | **†6.0** | **†8.0** | **†7.7** | **†4.9** | **†9.2** | **†6.9** | **†11.3** | **†11.8** | **†15.5** | **17.2** | **20.2** | **22.3** | **20.1** | **17.9** | **c** |
| | (4.7, 10.5) | (3.3, 10.6) | (5.3, 12.1) | (4.7, 12.4) | (2.9, 8.1) | (4.8, 16.7) | (3.7, 12.4) | (7.3, 17.0) | (8.1, 17.0) | (11.1, 21.4) | (13.3, 21.9) | (16.0, 25.1) | (17.5, 27.9) | (16.0, 25.0) | (14.2,22.4) | |
| Central West | **†10.3** | **†8.7** | **†4.8** | **†6.5** | **†8.0** | **†12.7** | **†9.0** | **†10.1** | **†14.0** | **†11.9** | **19.2** | **19.8** | **14.8** | **13.8** | **16.0** | |
| | (7.0,15.0) | (5.7,13.0) | (2.7, 8.3) | (4.1,10.3) | (5.0,12.4) | (7.4, 20.8) | (4.2,18.1) | (5.8, 17.1) | (9.7, 19.7) | (7.7, 18.0) | (15.3, 23.8) | (15.7, 24.6) | (11.2, 19.2) | (10.4, 18.0) | (12.5, 20.4) | |
| West | **†5.8** | **†6.8** | **†6.3** | **†6.2** | **†7.0** | **†4.8** | **†6.7** | **†14.4** | **†7.9** | **†13.3** | **14.7** | **19.2** | **18.5** | **18.4** | **20.4** | **cp** |
| | (3.6, 9.3) | (4.3, 10.7) | (3.9, 10.0) | (4.0, 9.5) | (4.4, 11.0) | (2.0, 10.8) | (3.1, 14.0) | (9.2, 21.9) | (4.0, 15.0) | (9.5, 18.3) | (11.1, 19.1) | (14.9, 24.4) | (14.2, 23.8) | (14.6, 22.9) | (16.5, 25.0) | |
| East | **†8.5** | **†6.4** | **†6.0** | **†7.3** | **†6.0** | **†13.3** | **†8.3** | **†13.8** | **†10.6** | **16.0** | **13.3** | **20.7** | **20.8** | **21.5** | **24.8** | **bcp** |
| | (5.7, 12.6) | (4.0, 10.3) | (4.0, 9.0) | (4.5, 11.5) | (3.3, 10.8) | (7.5, 22.3) | (4.7, 14.4) | (8.8, 21.0) | (6.9, 15.8) | (11.7, 21.6) | (10.1, 17.5) | (16.2, 26.0) | (16.2, 26.2) | (17.1, 26.5) | (20.4, 29.9) | |
| North | **†4.9** | **†6.7** | **†5.3** | **†4.7** | **†4.6** | **†15.0** | **†9.3** | **†10.8** | **†14.1** | **†11.7** | **19.5** | **21.6** | **24.4** | **24.0** | **18.4** | **p** |
| | (2.7, 8.8) | (3.9, 11.2) | (3.3, 8.4) | (2.8, 7.8) | (2.6, 8.1) | (9.1, 23.7) | (5.1, 16.3) | (6.6, 17.1) | (9.1, 21.2) | (7.9, 16.8) | (15.6, 24.1) | (16.1, 28.5) | (19.3, 30.4) | (19.6, 29.1) | (14.6, 22.9) | |

Notes: (1) † Estimate suppressed or unstable; ¶95% confidence interval; the sampling design was changed in 2020 from telephone interview to web survey.
(2) Significant change [a]2025 vs.2024, [b]2025 vs. 2020, [c]2025 vs. 2015, [p]2025 vs. 2019 (pre-COVID-19 pandemic).
*Q: Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?*
*Def'n: Frequent Mental Distress Days – reporting 14 or more mental distress days during the past 30 days*
Source: The *CAMH Monitor*, Centre for Addiction and Mental Health.

**Figure 7.3.4** **Percentage Experiencing Frequent Mental Distress Days (14+) in the Past 30 Days, Aged 18+, 2003–2025**




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

## 7.4 Suicidal Ideation and Suicide Attempt

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

Overall, an estimated **6.4%** (95% CI: 5.3% to 7.6%) of adults reported seriously contemplating suicide during the 12 months before the survey. About **1.1%** of adults reported attempting suicide in the past year. Other estimates for suicide attempts were suppressed due to unreliability.

There was no significant difference in the percentages reporting suicidal ideation between men and women (6.7% vs. 6.1%, respectively).

There was a significant association between age and suicidal ideation. Younger adults were more likely to contemplate suicide compared to older adults (Figure 7.4.1).

**Trends**
**2013–2025**..... Table 7.4.1

**2024-2025**

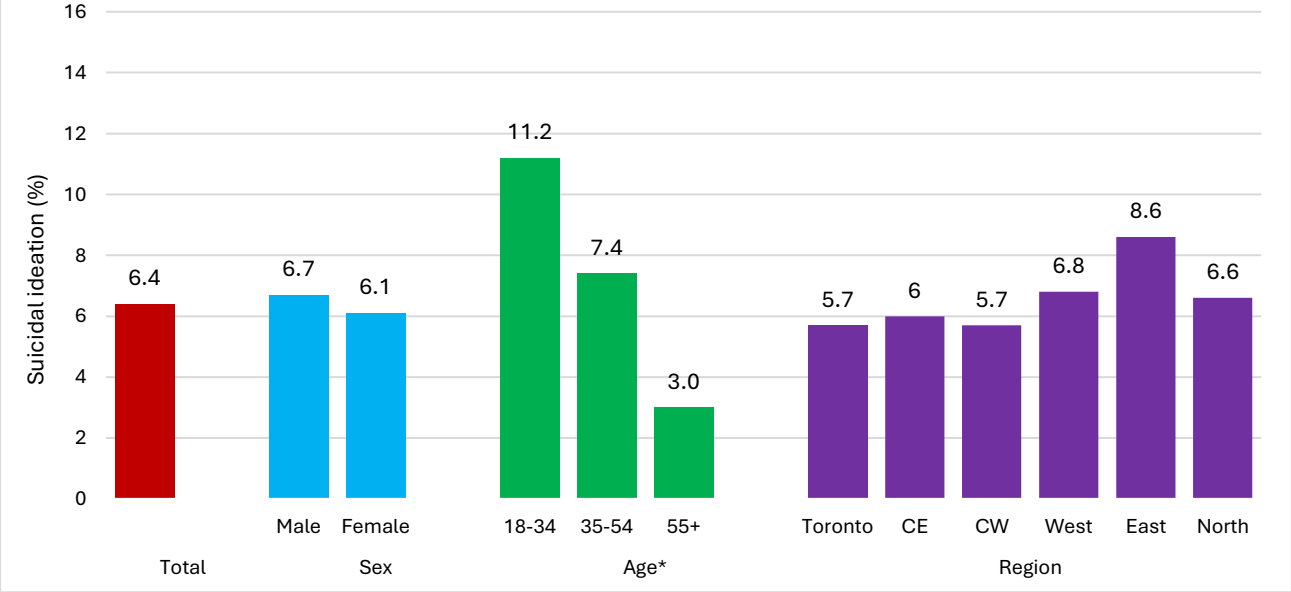
Overall, there was a significant change in the percentage reporting suicidal ideation between 2024 and 2025 (decreased from 8.3% to 6.4%). This decline was especially evident among women (decreased from 9.1% to 6.1%, respectively). However, it remained unchanged among men and age groups (Table 7.4.1).

**2015-2025**

The percentage reporting suicidal ideation increased from 2.4% in 2015 to 6.4% in 2023, peaking at 8.3% in 2024. This upward trend was evident among both men (from 2.5% to 6.7%) and women (from 2.2% to 6.1%), and among all age groups (Table 7.4.1).

Compared to 2019 (pre-COVID-19), there was a notable increase in 2025 in the percentage reporting suicidal ideation (from 3.9% to 6.4%, respectively). A similar upward trend was especially evident among men (increased from 2.7% to 6.7%) (Table 7.4.1).

**Figure 7.4.1 Percentage Reporting Suicidal Ideation in the Past Year by Sex Age and Region, Aged 18+, 2025 (N=1960)**




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

**Table 7.4.1** Percentage Reporting ***Suicidal Ideation*** in the Past 12 Months, by Demographic Characteristics, Aged 18+, 2013–2025

| | 2013 | 2014 | 2015 | 2016 | 2017 | 2018 | 2019 | 2020 | 2022 | 2023 | 2024 | 2025 | Sig. |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| (N=) | (2060) | (2004) | (4007) | (2034) | (1813) | (1798) | (1820) | (2014) | (1702) | (1661) | (1989) | (1960) | |
| **Total** | **†2.2** | **†2.4** | **2.4** | **†2.3** | **†4.1** | **†3.1** | **†3.9** | **7.7** | **7.7** | **8.0** | **8.3** | **6.4** | **acp** |
| (95% CI) ¶ | (1.4, 3.3) | (1.6, 3.8) | (1.7, 3.2) | (1.5, 3.5) | (2.8, 5.9) | (2.2, 4.4) | (2.8, 5.4) | (6.5, 9.2) | (6.6, 9.6) | (6.6, 9.6) | (7.1, 9.8) | (5.3, 7.6) | |
| **Sex** | | | | | | | | | | | | | |
| Men | **†2.8** | † | **†2.5** | **†2.7** | **†4.9** | **†3.3** | **†2.7** | **7.4** | **†5.6** | **7.8** | **7.4** | **6.7** | **cp** |
| | (1.6, 5.0) | - | (1.6, 4.1) | (1.4, 5.0) | (2.9, 8.3) | (1.9, 5.5) | (1.7, 4.2) | (5.6, 9.8) | (4.0, 7.9) | (5.7, 10.5) | (5.7, 9.7) | (5.2, 8.7) | |
| Women | **†1.6** | **†2.3** | **†2.2** | **†2.0** | **†3.3** | **†3.0** | **†4.9** | **7.9** | **9.4** | **8.2** | **9.1** | **6.1** | **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) | (6.4, 9.8) | (7.7, 11.5) | (6.5, 10.2) | (7.5, 11.1) | (4.7, 7.7) | |
| **Age** | | | | | | | | | | | | | |
| 18-34 | † | † | **†4.9** | † | **†8.2** | **†7.0** | **†7.0** | **13.8** | **13.3** | **12.5** | **14.4** | **11.2** | **c** |
| | - | - | (3.0, 8.0) | - | (4.6, 14.0) | (4.2, 11.3) | (4.6, 10.6 | (10.6, 17.7) | (10.1, 17.2) | (9.1, 16.9) | (11.1, 18.4) | (8.4, 14.7) | |
| 35-54 | **†1.0** | **†2.5** | **†1.3** | **†1.5** | **†2.9** | † | † | **7.9** | **8.2** | **8.3** | **9.4** | **7.4** | **c** |
| | (0.6, 2.0) | (1.3, 4.5) | (0.8, 2.3) | (0.9, 2.6) | (1.6, 5.2) | - | - | (6.1, 10.2) | (6.1, 10.9) | (6.2, 11.0) | (6.8, 12.7) | (5.6, 9.7) | |
| 55+ | **†1.9** | **†1.6** | **†1.5** | **†1.7** | **†2.3** | **†1.2** | **†2.0** | **†2.5** | **†4.0** | **†5.0** | **†3.5** | **†3.0** | **c** |
| | (1.1, 3.1) | (0.8, 3.0) | (1.1, 2.1) | (1.1, 2.8) | (1.2, 4.3) | (0.6, 2.1) | (1.2, 3.3) | (1.5, 4.1) | (2.7, 5.7) | (3.5, 7.0) | (2.2, 5.5) | (2.0, 4.4) | |

Notes: (1) ¶: 95% confidence interval; † Estimate unstable; the sampling design was changed in 2020 from telephone to web survey.
(2) Significant change [a]2025 vs.2024, [b]2025 vs. 2020, [c]2025 vs. 2015, [p]2025 vs. 2019 (pre-COVID-19 pandemic).
*Q: In the past 12 months, did you ever seriously consider attempting suicide?*
Source: The *CAMH Monitor*, Centre for Addiction and Mental Health.

## 7.5 Mental Health Services Use

Beginning in 2024, the survey asked respondents about their use of mental health services. The question asked was: *"In the last 12 months, how often did you see or talk to a health professional such as a doctor, nurse, or counsellor about your mental or emotional health?*"
Response options included: never, once, 2 to 4 times, monthly, and once or twice a week in the last 12 months.

In 2025, about **31.5%** (95% CI: 29.4% to 33.8%) of adults reported accessing mental health services at least once in the past 12 months (Figure 7.5.1). Additionally, about one in five adults (21.3%) reported using these services two or more times during the same period (Figure 7.5.2).

Women were more likely than men to report using mental health services at least once in the past year (36.0% vs. 26.7%, respectively).

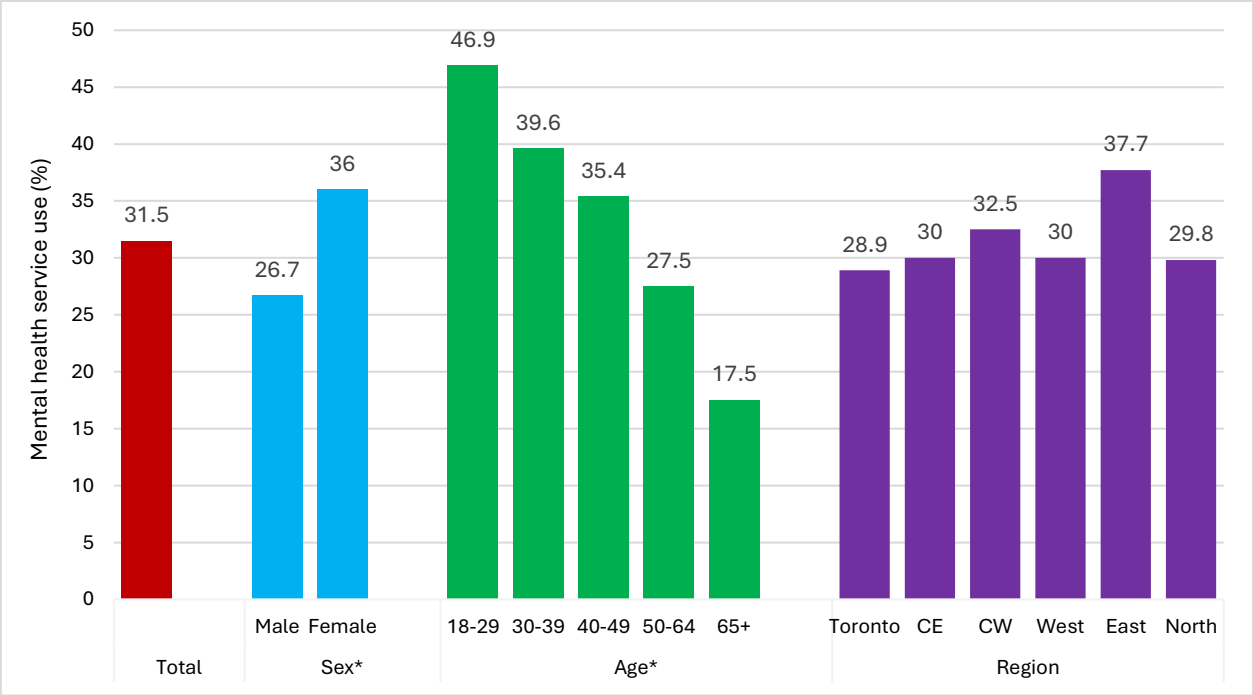
There were significant association of age with mental health service use, with young adults more likely to report using mental health services than older adults (Figure 7.5.1).

### 2024-2025

Overall, there was no significant change between 2024 and 2025 in the percentage reporting mental health service use at least once in the past year (33.0% vs. 31.5%, respectively).

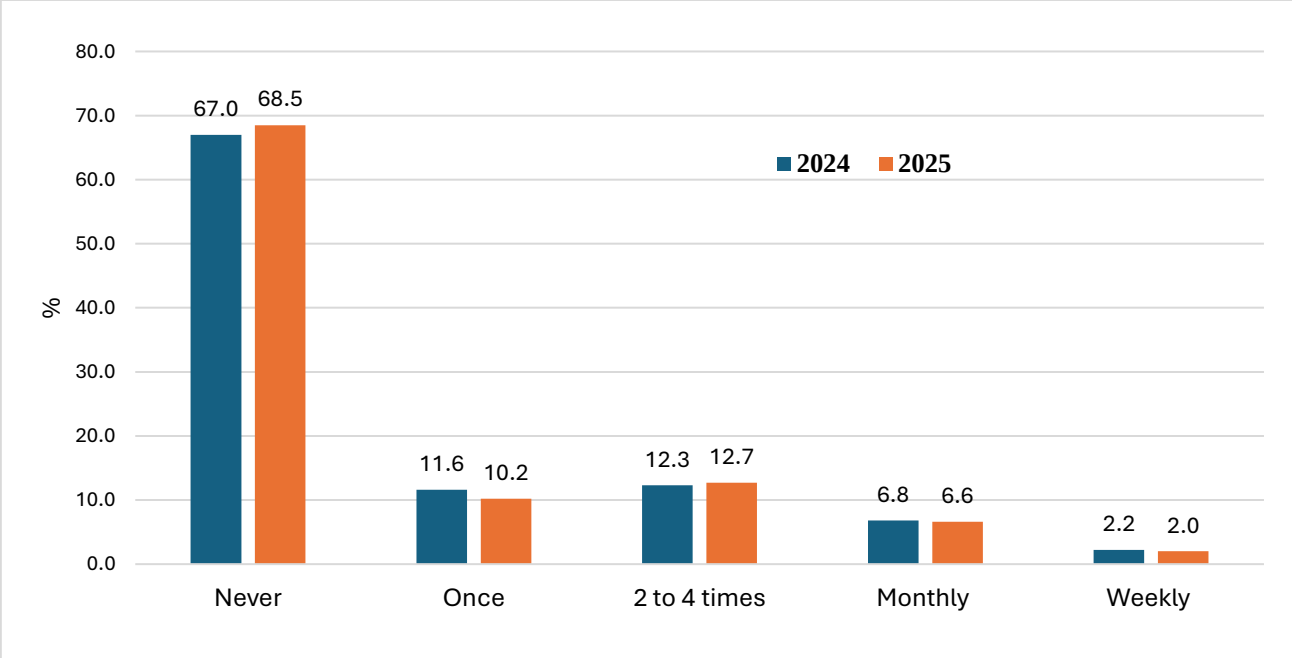
There were also no significant changes between 2024 and 2025 in estimates of mental health service use among men (29.2% vs. 26.7%) and women (36.4% vs. 36.0), and all age subgroups.

**Figure 7.5.1** Percentage Reporting Mental Health Service Use At least Once in the Past Year by Sex, Age and Region, Aged 18+, 2025 (N=1976)




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

**Figure 7.5.2** Percentage Reporting Mental Health Service Use in the Past Year, Aged 18+, 2024-2025 (N=3,969)



# 8. PHYSICAL HEALTH & OVERALL WELL-BEING

## 8.1 Self-Rated Health

Self-rated health (SRH) is a subjective assessment of one's overall health status. SRH is widely recognized as a reliable and valid predictor of both physical and mental health outcomes[24]. Individuals often use SRH as a personal health indicator, and research consistently shows that it correlates strongly with future morbidity and mortality, even when controlling for objective clinical measures. Importantly, SRH captures dimensions of health that are not always reflected in clinical assessments, such as emotional well-being, perceived stress, and psychosocial factors. These attributes enhance its predictive validity and underscore its clinical utility as a holistic measure that integrates both subjective and objective aspects of health[25].

In the survey, the participants were asked the following questions:

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

(2) *Now thinking about your physical health, which includes physical illness and injury, for how many days in the last 30 days, was your physical health not good?*

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

### 8.1.1 Self-Rated Fair/Poor Health

An estimated, **20.8%** (95% CI: 19.3% to 22.4%) of adults rated their overall health as fair or poor.

Women were more likely than men to report fair or poor overall health (23.3% vs. 18.2%, respectively).

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

**Trends**
**2003–2025**..... Table 8.1.1a-b, Figure 8.1.2

**2024-2025**

Overall, there was no significant change in the percentages reporting fair or poor overall health between the 2024 and 2025 (19.1% vs. 20.8%, respectively) surveys.

There were also no significant changes between 2024 and 2025 in the percentage reporting fair or poor overall health among men, women, all age subgroups and regions (Table 8.1.1b).

[24]Idler EL, Benyamini Y. Self-rated health and mortality: a review of twenty-seven community studies. J Health Soc Behav. 1997;38(1):21-37.

[25] Nordin, M., Sundström, A., Hakelind, C. *et al.* Self-rated health and its bidirectional relationship with burnout, sleep quality and somatic symptoms in a general adult population. *BMC Public Health* 24, 2094 (2024).

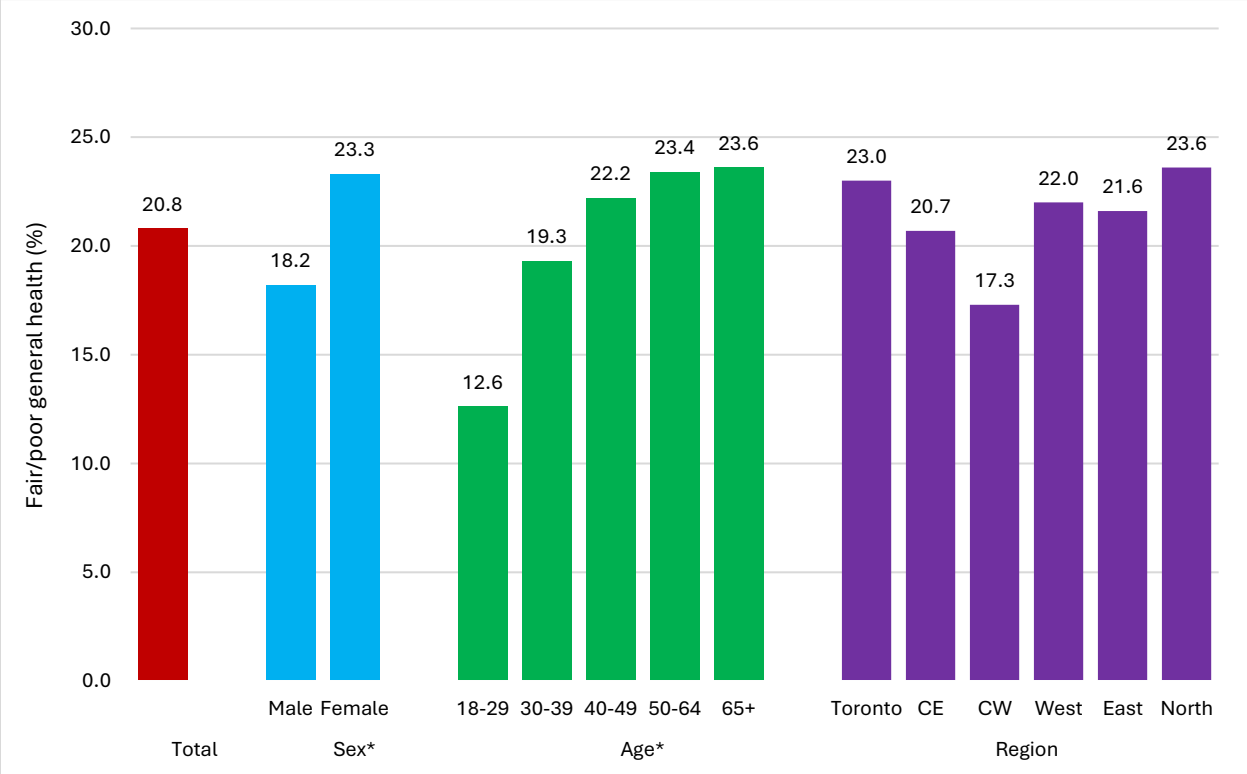
**2015-2025**

The percentage reporting fair or poor overall health increased from 9.9% in 2015 to 20.8% in 2025. This upward trend was evident among both men (increased from 9.9% to 18.2%) and women (increased from 9.8% to 23.3%), as well as mong all age groups and regions (Table 8.1.1b).

Compared to 2019 (pre-COVID-19), there was a notable increase in 2025 in fair or poor overall health (from 13.7% to 20.8%, respectively). This trend was especially observed among women (increased from 12.1% to 23.3%), as well as among those aged 30 to 39 (increased from 8.2% 19.3%), 40 to 49 (increased from 11.0% to 22.2%) and 50 to 64 (increased from 14.5% to 23.4%). An increase was also evident among adults residing in all regions of Ontario (Table 7.3.3b).

Compared to 2020, the percentage reporting fair or poor overall health increased in 2025 (from 16.3% to 20.8%). This upward trend was especially evident among women (increased from 16.4% to 23.3%). An increase was also evident among adults aged 50 to 64 (from 17.8% to 23.4%) and 65 and older (from 17.7% to 23.6%), and those residing in Toronto and Central East regions of Ontario (Table 8.1.1b).

**Figure 8.1.1 Percentage Reporting Fair or Poor Health by Sex, Age and Region, Aged 18+, 2025 (N=3000)**




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

**Table 8.1.1a:** Percentage Reporting ***Fair or Poor Health***, by Demographic Characteristic, Aged 18+, 2003–2009

| | 2003 | 2004 | 2005 | 2006 | 2007 | 2008 | 2009 |
|---|---|---|---|---|---|---|---|
| (N=) | (2411) | (2611) | (2445) | (2016) | (2005) | (2024) | (2037) |
| **Total** | **10.2** | **11.1** | **11.4** | **9.7** | **11.9** | **10.4** | **10.5** |
| (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) |
| **Sex** | | | | | | | |
| Men | **9.2** | **11.4** | **10.2** | **9.6** | **11.3** | **10.0** | **11.5** |
| | (7.5, 11.3) | (9.4, 13.7) | (8.2, 12.6) | (7.6, 12.0) | (9.1, 13.9) | (7.9, 12.6) | (9.3, 14.1) |
| Women | **11.2** | **10.8** | **12.6** | **9.9** | **12.6** | **10.8** | **9.6** |
| | (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) |
| **Age** | | | | | | | |
| 18-29 | **†7.1** | **†8.3** | **†8.8** | **†3.4** | **†11.5** | **†6.2** | **†7.8** |
| | (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) |
| 30-39 | **†4.7** | **†4.8** | **†6.8** | **†7.5** | **†8.3** | **†5.5** | **†8.5** |
| | (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) |
| 40-49 | **8.7** | **9.6** | **8.3** | **†9.9** | **†9.5** | **†10.9** | **†7.0** |
| | (6.5, 11.6) | (7.2, 12.8) | (6.1, 11.2) | (7.1, 13.6) | (6.8, 13.2) | (7.8, 15.0) | (4.8, 10.2) |
| 50-64 | **14.0** | **11.6** | **14.3** | **11.8** | **14.1** | **14.0** | **12.5** |
| | (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) |
| 65+ | **17.8** | **22.4** | **21.9** | **16.7** | **16.3** | **17.4** | **18.4** |
| | (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) |
| **Region** | | | | | | | |
| Toronto | **10.0** | **†10.3** | **11.0** | **†10.5** | **†11.0** | **12.5** | **12.9** |
| | (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) |
| Central East | **†9.3** | **10.5** | **13.6** | **†9.2** | **14.6** | **†10.2** | **†10.8** |
| | (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) |
| Central West | **10.4** | **11.0** | **10.2** | **†9.1** | **†7.8** | **†8.0** | **†8.9** |
| | (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) |
| West | **9.1** | **10.3** | **11.7** | **10.1** | **†10.7** | **†10.6** | **†6.6** |
| | (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) |
| East | **10.5** | **11.9** | **9.3** | **†6.6** | **15.1** | **†8.7** | **†8.6** |
| | (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) |
| North | **14.4** | **14.8** | **13.2** | **15.8** | **13.9** | **13.2** | **17.2** |
| | (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) |

Notes:(1) † Estimate suppressed or unstable; ¶95% confidence interval;
(2) 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 8.1.1b:** Percentage Reporting ***Fair or Poor Health***, by Demographic Characteristic, Aged 18+, 2010–2025

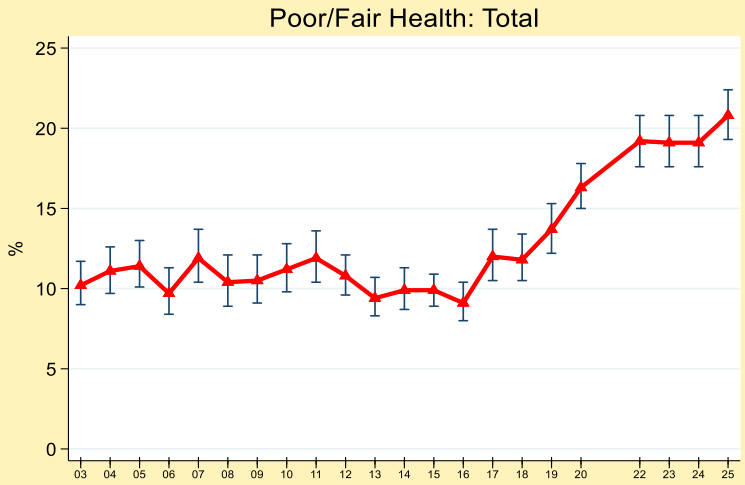
| | 2010 | 2011 | 2012 | 2013 | 2014 | 2015 | 2016 | 2017 | 2018 | 2019 | 2020 | 2022 | 2023 | 2024 | 2025 | Sig. |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| (N=) | (2024) | (1999) | (3030) | (3021) | (3043) | (5013) | (3042) | (2812) | (2806) | (2827) | (3033) | (2650) | (2590) | (3016) | (3000) | |
| **Total** | **11.2** | **11.9** | **10.8** | **9.4** | **9.9** | **9.9** | **9.1** | **12.0** | **11.8** | **13.7** | **16.3** | **19.2** | **19.1** | **19.1** | **20.8** | **bcp** |
| (95% CI)¶ | (9.8, 12.8) | (10.4, 13.6) | (9.6, 12.2) | (8.3, 10.7) | (8.7, 11.3) | (8.9, 10.9) | (8.0, 10.4) | (10.5, 13.7) | (10.5, 13.4) | (12.2, 15.3) | (15.0, 17.8) | (17.6, 20.8) | (17.6, 20.8) | (17.6, 20.8) | (19.3, 22.4) | |
| **Sex** | | | | | | | | | | | | | | | | |
| Men | **10.4** | **13.1** | **11.3** | **9.4** | **9.9** | **9.9** | **8.6** | **12.2** | **11.1** | **15.4** | **16.3** | **17.9** | **19.5** | **18.0** | **18.2** | **c** |
| | (8.4, 12.8) | (10.7, 16.0) | (9.4, 13.5) | (7.6, 11.4) | (8.0, 12.3) | (8.4, 11.6) | (6.9, 10.6) | (10.0, 14.9) | (9.2, 13.4) | (13.0, 18.0) | (14.3, 18.4) | (15.7, 20.3) | (17.2, 22.1) | (15.9, 20.3) | (16.1, 20.3) | |
| Women | **12.0** | **10.9** | **10.4** | **9.5** | **9.9** | **9.8** | **9.6** | **11.7** | **12.5** | **12.1** | **16.4** | **20.3** | **18.8** | **20.2** | **23.3** | **bcp** |
| | (10.0, 14.3) | (9.1, 12.9) | (8.9, 12.2) | (8.0, 11.2) | (8.5, 11.7) | (8.7, 11.2) | (8.2, 11.3) | (9.8, 14.0) | (10.6, 14.7) | (10.4, 14.0) | (14.5, 18.4) | (18.2, 22.6) | (16.7, 21.1) | (18.1, 22.6) | (21.2, 25.6) | |
| **Age** | | | | | | | | | | | | | | | | |
| 18-29 | **†5.2** | **†8.3** | **†5.9** | **†4.5** | **†6.6** | **†5.9** | **†5.1** | **†7.7** | **†7.1** | **†10.9** | **13.1** | **15.5** | **14.1** | **12.5** | **12.6** | **c** |
| | (2.9, 9.3) | (4.8, 14.0) | (3.3, 10.4) | (2.1, 9.2) | (3.4, 12.1) | (3.7, 9.2) | (2.7, 9.4) | (4.8, 12.1) | (4.5, 11.0) | (7.7, 15.0) | (10.2, 16.7) | (11.9, 19.9) | (10.5, 18.7) | (9.7, 15.9) | (9.7, 16.1) | |
| 30-39 | **†5.9** | **†6.8** | **†8.8** | **†7.4** | **†7.8** | **†5.3** | **†4.5** | **†10.6** | **†8.0** | **†8.2** | **14.0** | **15.4** | **14.7** | **16.7** | **19.3** | **cp** |
| | (3.4, 10.1) | (4.1, 11.0) | (6.0, 12.9) | (4.8, 11.2) | (5.0, 12.0) | (3.4, 8.2) | (2.2, 9.1) | (5.8, 18.8) | (4.9, 12.8) | (5.3, 12.5) | (11.3, 19.2) | (12.3, 19.2) | (11.7, 18.2) | (13.4, 20.5) | (16.1, 22.9) | |
| 40-49 | **†8.7** | **†8.0** | **7.7** | **8.4** | **†8.9** | **†6.3** | **†5.1** | **†9.9** | **†7.5** | **†11.0** | **18.3** | **18.3** | **23.0** | **19.6** | **22.2** | **cp** |
| | (6.1, 12.1) | (5.4, 11.8) | (5.6, 10.6) | (6.2, 11.3) | (6.2, 12.6) | (4.5, 8.7) | (3.3, 7.9) | (6.6, 14.7) | (4.8, 11.3) | (7.7, 15.5) | (15.0, 22.0) | (14.8, 22.3) | (19.1, 27.4) | (15.4, 24.5) | (18.6, 26.2) | |
| 50-64 | **14.5** | **14.6** | **12.4** | **10.5** | **10.4** | **13.1** | **11.1** | **12.1** | **13.0** | **14.5** | **17.8** | **21.2** | **21.8** | **25.0** | **23.4** | **bcp** |
| | (11.5, 18.1) | (11.8, 18.1) | (10.3, 14.9) | (8.4, 13.0) | (8.5, 12.6) | (11.2, 15.1) | (9.1, 13.4) | (9.8, 15.0) | (10.3, 16.3) | (11.7, 17.8) | (15.2, 20.9) | (18.3, 24.5) | (18.8, 25.2) | (21.6, 28.7) | (20.5, 26.5) | |
| 65+ | **21.4** | **22.3** | **18.2** | **15.4** | **15.1** | **16.5** | **17.9** | **18.3** | **19.8** | **19.9** | **17.7** | **23.2** | **20.6** | **21.1** | **23.6** | **bc** |
| | (17.5, 25.8) | (18.6, 26.4) | (15.4, 21.4) | (13.0, 18.2) | (12.8, 18.0) | (14.5, 18.8) | (15.5, 20.6) | (15.6, 21.3) | (17.1, 22.9) | (17.2, 22.9) | (14.7, 21.2) | (19.9, 26.9) | (17.2, 24.4) | (17.8, 24.9) | (20.3, 27.2) | |
| **Region** | | | | | | | | | | | | | | | | |
| Toronto | **†9.0** | **11.2** | **11.5** | **†9.1** | **†8.0** | **8.1** | **6.9** | **10.2** | **11.4** | **15.4** | **14.2** | **20.5** | **16.7** | **19.6** | **23.0** | **bcp** |
| | (6.2, 13.0) | (8.1, 15.2) | (8.8, 14.9) | (6.6, 12.6) | (5.7, 11.2) | (6.2, 10.6) | (4.9, 9.7) | (7.3, 13.9) | (8.5, 15.0) | (12.0, 19.7) | (11.4, 17.6) | (17.0, 24.4) | (13.5, 20.5) | (16.2, 23.5) | (16.2, 23.5) | |
| Central East | **11.3** | **†10.6** | **10.9** | **9.0** | **10.2** | **10.6** | **8.3** | **13.0** | **12.6** | **10.7** | **15.2** | **19.4** | **20.1** | **18.4** | **20.7** | **bcp** |
| | (8.3, 15.2) | (7.4, 14.9) | (8.2, 14.4) | (6.6, 12.2) | (7.4, 13.9) | (8.4, 13.3) | (6.0, 11.4) | (9.7, 17.2) | (9.6, 16.4) | (8.1, 14.2) | (12.3, 18.7) | (16.0, 23.2) | (16.5, 24.4) | (15.1, 22.2) | (17.3, 24.5) | |
| Central West | **12.0** | **13.1** | **7.6** | **8.7** | **8.5** | **10.0** | **11.1** | **†11.5** | **10.6** | **10.5** | **16.3** | **16.4** | **18.2** | **17.1** | **17.3** | **cp** |
| | (8.6, 16.4) | (9.8, 17.2) | (5.6, 10.2) | (6.4, 11.8) | (6.1, 11.7) | (7.9, 12.5) | (8.3, 14.7) | (8.2, 15.9) | (7.8, 14.4) | (7.7, 14.2) | (13.3, 19.9) | (13.4, 20.0) | (14.9, 22.0) | (13.9, 20.8) | (14.2, 20.9) | |
| West | **13.6** | **†11.1** | **11.8** | **9.2** | **10.3** | **9.8** | **9.7** | **12.7** | **11.9** | **18.2** | **16.1** | **17.5** | **19.7** | **18.9** | **22.0** | **cp** |
| | (10.1, 18.0) | (7.9, 15.3) | (9.1, 15.2) | (6.9, 12.0) | (7.8, 13.5) | (7.8, 12.1) | (7.3, 12.7) | (9.6, 16.5) | (9.0, 15.5) | (14.6, 22.5) | (13.1, 19.7) | (14.1, 21.5) | (16.0, 23.9) | (15.6, 22.6) | (18.6, 25.9) | |
| East | **10.3** | **12.8** | **11.0** | **10.0** | **12.4** | **10.3** | **9.5** | **†11.9** | **12.1** | **15.8** | **17.3** | **22.0** | **19.9** | **21.5** | **21.6** | **cp** |
| | (7.4, 14.0) | (9.4, 17.2) | (8.4, 14.2) | (7.5, 13.3) | (9.8, 15.6) | (8.3, 12.7) | (7.0, 12.9) | (8.5, 16.5) | (8.9, 16.3) | (12.4, 19.9) | (14.2, 20.9) | (18.2, 26.3) | (16.3, 24.1) | (17.9, 25.6) | (18.2, 25.5) | |
| North | **13.5** | **15.4** | **15.9** | **13.3** | **13.9** | **11.9** | **11.8** | **15.4** | **15.2** | **15.2** | **23.0** | **23.1** | **25.0** | **23.2** | **23.6** | **cp** |
| | (10.3, 18.2) | (11.9, 20.8) | (12.3, 20.0) | (10.8, 17.4) | (10.9, 17.7) | (9.8, 14.4) | (9.0, 15.2) | (12.0, 19.6) | (11.7, 19.6) | (11.9, 19.2) | (19.4, 27.1) | (18.7, 28.1) | (20.9, 29.7) | (19.5, 27.4) | (20.1, 27.5) | |

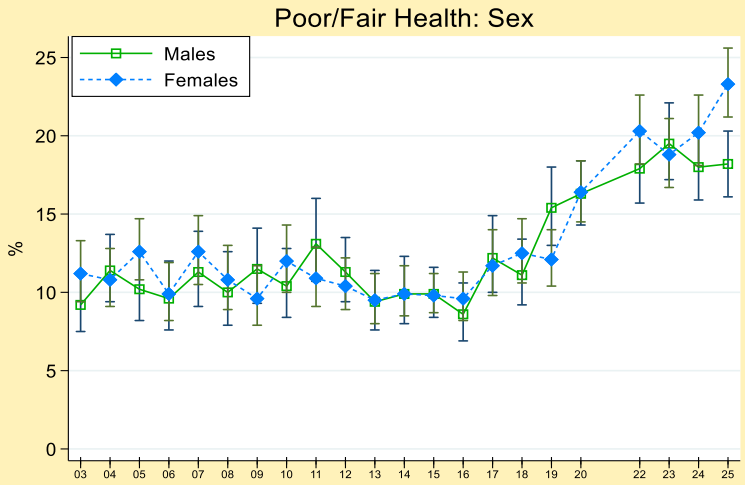
Notes: (1) † Estimate suppressed or unstable; ¶95% confidence interval; the sampling design was changed in 2020 from telephone interview to web survey.
(2) Significant change [a]2025 vs.2024, [b]2025 vs. 2020, [c]2025 vs. 2015, [p]2025 vs. 2019 (pre-COVID-19 pandemic).

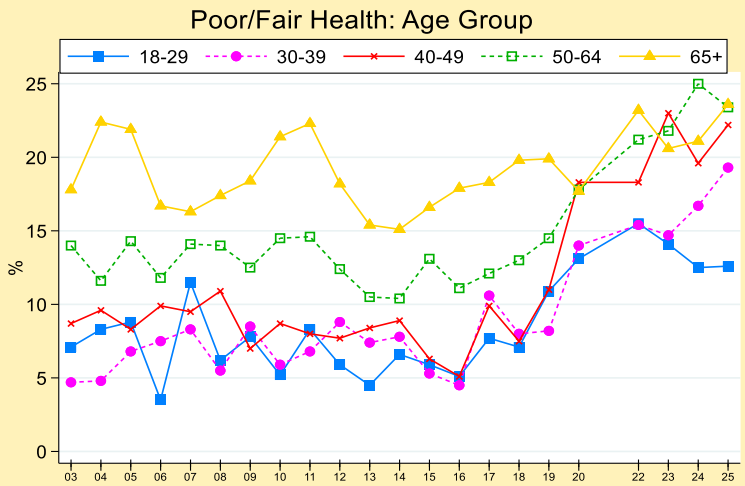
*Q: In general, would you say your overall health is excellent, very good, good, fair, or poor?*

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

## **Figure 8.1.2** Percentage Reporting Fair or Poor Health, Aged 18+, 2003–2025




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

## 8.1.2 Frequent Physically Unhealthy Days

Overall, an estimated **14.0%** (95% CI: 12.4% to 15.7%) of adults reported frequent physically unhealthy days (14+ days) in the past 30 days.

There was a significant difference in estimates of frequent physically unhealthy days between men and women (10.8% vs. 17.0%, respectively).

There were also significant differences in estimates of frequent physically unhealthy days between age groups. Older adults were more likely to experience physically unhealthy days than younger adults (Figure 8.1.3).

There were no significant differences in estimates of frequent physically unhealthy days between regions in Ontario (Figure 8.1.3).

### Trends

**2003–2025**..... Tables 8.1.2a-b, Figure 8.1.4

#### 2024-2025

Overall, there was no significant change in estimates of frequent physically unhealthy days between 2024 and 2025 (13.4% vs. 14.0%, respectively). There were also no changes among men and women, all age groups and regions (Table 8.1.2b).

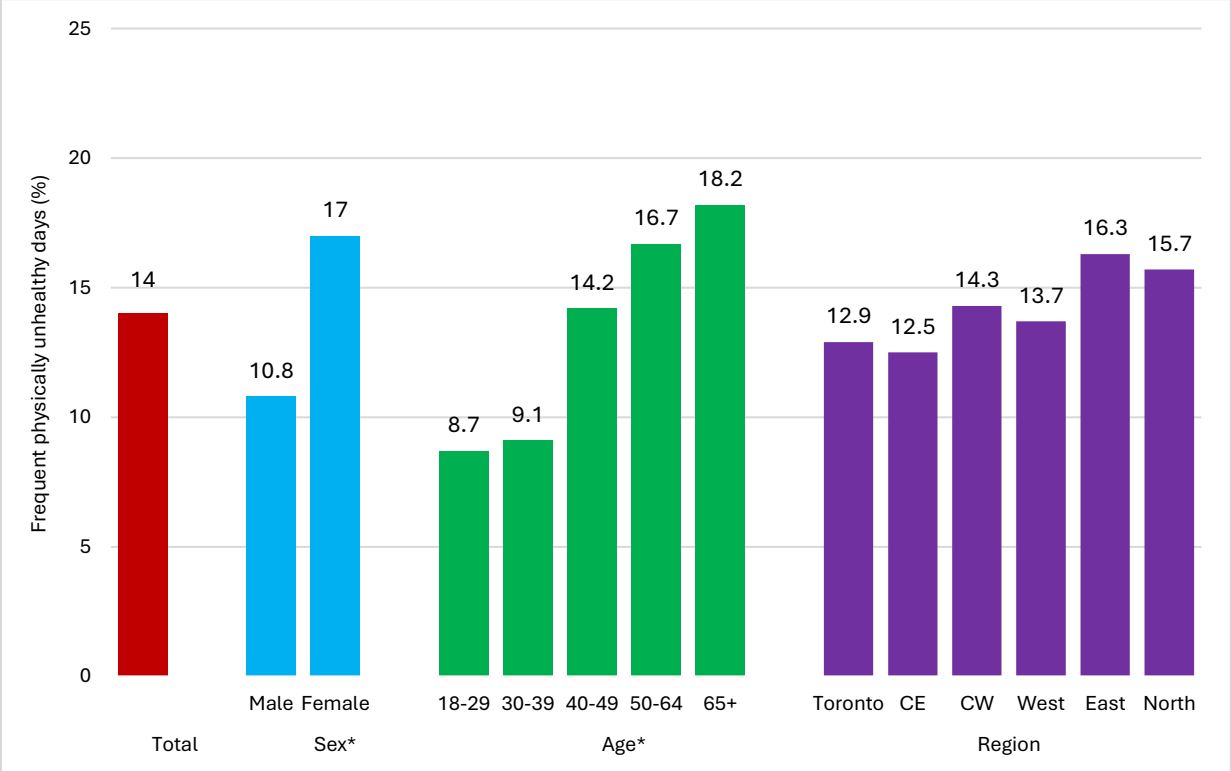
#### 2015-2025

The percentage experiencing frequent physically unhealthy days increased from 8.9% in 2015 to 14.0% in 2025. This upward trend was particularly observed among both men (from 6.6% to 10.8%) and women (from 11.1% to 17.0%). An increase was also evident among those aged 50 to 64 and 65 or older, as well as among those residing in Central East and North regions of Ontario (Table 8.1.2b).

Compared to 2019 (pre-COVID-19), there was no change in the percentage experiencing frequent physically unhealthy days in 2025 (12.2% vs. 14.0%, respectively). However, a notable increase was evident among women (from 13.0% to 17.0%), as well as among those aged 50 to 64 (increased from 11.7% to 16.7%) (Table 8.1.2b).

Compared to 2020, the overall percentage of adults experiencing frequent physically unhealthy days remained similar in 2025 (12.4% vs. 14.0%). However, a notable increase was observed among residents of the East region (from 9.5% to 16.3%) (Table 8.1.2b).

**Figure 8.1.3** **Percentage Experiencing Frequent Physically Unhealthy Days (14+) in the Past 30 Days by Sex, Age and Region, Aged 18+, 2025 (N=1984)**




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

**Table 8.1.2a:** Percentage Reporting ***Frequent Physically Unhealthy Days*** (14+) in the Past 30 Days, by Demographic Characteristics, Aged 18+, 2003–2009

| (N=) | 2003 (2411) | 2004 (2611) | 2005 (2445) | 2006 (2016) | 2007 (2005) | 2008 (2024) | 2009 (2037) |
|---|---|---|---|---|---|---|---|
| **Total**[1] | **6.7** | **5.9** | **6.5** | **6.9** | **7.4** | **6.6** | **8.3** |
| (95% CI)[¶] | (5.7, 7.9) | (5.0, 7.0) | (5.5, 7.8) | (5.7, 8.3) | (6.2, 8.7) | (5.6, 7.9) | (6.6, 10.4) |
| **Sex** | | | | | | | |
| Men | **4.9** | **5.0** | **5.5** | **†6.0** | **6.5** | **5.9** | **†6.9** |
| | (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) |
| Women | **8.4** | **6.8** | **7.5** | **7.7** | **8.3** | **7.3** | **9.8** |
| | (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) |
| **Age** | | | | | | | |
| 18-29 | **†2.8** | **2.9** | **†5.3** | **†4.7** | **†4.6** | **†3.8** | **†** |
| | (1.4, 5.4) | (1.5, 5.3) | (3.1, 8.8) | (2.2, 9.6) | (2.4, 8.4) | (1.8, 7.9) | - |
| 30-39 | **†3.4** | **†4.1** | **†3.7** | **†7.2** | **†3.9** | **†2.9** | **†6.1** |
| | (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) |
| 40-49 | **9.5** | **†5.5** | **†4.9** | **†5.8** | **†7.4** | **†5.8** | **†5.1** |
| | (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) |
| 50-64 | **9.7** | **7.4** | **7.8** | **7.9** | **9.9** | **9.3** | **10.2** |
| | (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) |
| 65+ | **†7.7** | **10.9** | **13.5** | **†9.8** | **11.2** | **12.6** | **18.3** |
| | (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) |
| **Region** | | | | | | | |
| Toronto | **†3.6** | **†4.0** | **†6.4** | **†5.8** | **†5.0** | **†4.8** | **†6.3** |
| | (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) |
| Central East | **†7.9** | **†6.5** | **†7.7** | **†7.6** | **†7.7** | **†8.9** | **†8.1** |
| | (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) |
| Central West | **†8.4** | **†5.2** | **†4.5** | **†6.3** | **†7.4** | **†3.8** | **†7.8** |
| | (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) |
| West | **†5.6** | **†5.8** | **†6.0** | **†7.5** | **†8.3** | **†8.2** | **†8.2** |
| | (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) |
| East | **†8.6** | **†8.6** | **†6.6** | **†4.4** | **†8.5** | **†6.2** | **†10.2** |
| | (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) |
| North | **†7.4** | **8.7** | **10.2** | **†12.5** | **†9.5** | **†8.6** | **†13.7** |
| | (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) |

Notes: (1) † Estimate suppressed or unstable; [¶]95% confidence interval;
(2) Frequent Unhealthy Days – reporting 14 or more physically unhealthy days during the past 30 days

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

**Table 8.1.2b:** ***Frequent Physically Unhealthy Days*** (14+) in the Past 30 Days, by Demographic Characteristics, Aged 18+, 2010–2025

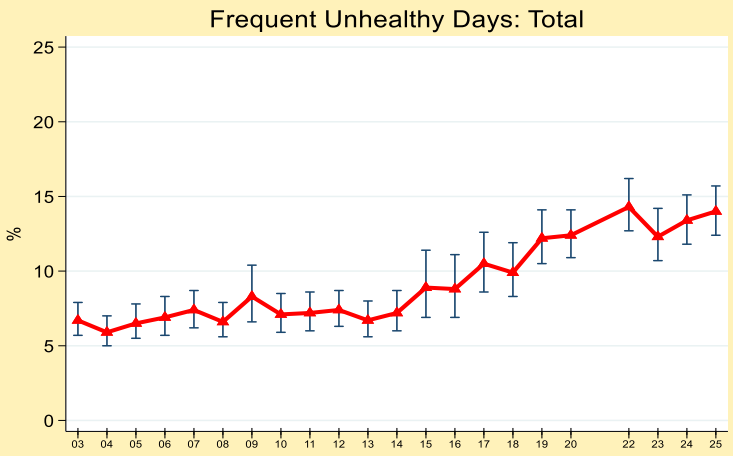
| (N=) | 2010 (2024) | 2011 (1999) | 2012 (2015) | 2013 (2060) | 2014 (2004) | 2015 (1005) | 2016 (1020) | 2017 (1813) | 2018 (1798) | 2019 (1820) | 2020 (2014) | 2022 (1702) | 2023 (1661) | 2024 (1999) | 2025 (1984) | Sig. |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Total**[1] | **7.1** | **7.2** | **7.4** | **6.7** | **7.2** | **8.9** | **8.8** | **10.5** | **9.9** | **12.2** | **12.4** | **14.3** | **12.3** | **13.4** | **14.0** | **c** |
| (95% CI)[¶] | (5.9, 8.5) | (6.0, 8.6) | (6.3, 8.7) | (5.6, 8.0) | (6.0, 8.7) | (6.9, 11.4) | (6.9, 11.1) | (8.6, 12.6) | (8.3, 11.9) | (10.5, 14.1) | (10.9, 14.1) | (12.7, 16.2) | (10.7, 14.2) | (11.8, 15.1) | (12.4, 15.7) | |
| **Sex** | | | | | | | | | | | | | | | | |
| Men | **5.7** | **6.9** | **5.9** | **6.5** | **†6.1** | **6.6** | **†9.0** | **10.0** | **8.1** | **11.3** | **10.0** | **10.9** | **10.4** | **10.5** | **10.8** | **c** |
| | (4.2, 7.6) | (5.1, 9.3) | (4.4, 7.8) | (4.9, 8.6) | (4.4, 8.5) | (4.3, 10.0) | (6.1, 13.2) | (7.2, 13.6) | (5.8, 11.1) | (8.9, 14.3) | (8.2, 12.2) | (8.8, 13.5) | (8.2, 13.1) | (8.6, 12.7) | (8.9, 13.1) | |
| Women | **8.6** | **7.5** | **8.7** | **7.0** | **8.2** | **11.1** | **8.5** | **10.9** | **11.7** | **13.0** | **14.7** | **17.2** | **14.0** | **16.1** | **17.0** | **cp** |
| | (6.8, 10.8) | (6.0, 9.3) | (7.2, 10.6) | (5.6, 8.7) | (6.6, 10.3) | (8.2, 14.8) | (6.4, 11.1) | (8.7, 13.6) | (9.5, 14.3) | (10.7, 15.6) | (12.5, 17.2) | (14.8, 19.8) | (11.8, 16.6) | (13.7, 18.7) | (14.7, 19.6) | |
| **Age** | | | | | | | | | | | | | | | | |
| 18-29 | **†6.3** | **†** | **†** | **†** | **†** | **†6.1** | **†8.1** | **†8.8** | **†** | **†7.7** | **†8.5** | **†8.7** | **†8.0** | **†6.0** | **†8.7** | |
| | (3.5, 11.3) | - | - | - | - | (2.5, 14.5) | (2.8,21.3) | (4.7, 16.0) | - | (4.5,12.9) | (5.8, 12.4) | (5.6, 13.2) | (4.5, 13.7) | (4.1, 8.6) | (5.8, 12.8) | |
| 30-39 | **†3.4** | **†4.3** | **†5.5** | **†8.2** | **†6.5** | **†8.6** | **†5.4** | **†7.9** | **†** | **†7.4** | **†9.2** | **†10.2** | **†7.6** | **†9.3** | **†9.1** | |
| | (1.8, 6.8) | (2.3, 7.9) | (3.3, 9.2) | (5.1, 12.9) | (3.6, 11.3) | (3.8, 18.5) | (2.1, 13.4) | (3.7, 16.1) | - | (4.3, 12.3) | (6.5, 12.9) | (7.1, 14.4) | (5.2, 11.0) | (6.3, 13.5) | (6.5, 12.7) | |
| 40-49 | **†3.9** | **†4.9** | **†6.3** | **†5.7** | **†7.7** | **†9.4** | **†4.5** | **†9.6** | **†7.1** | **†12.6** | **11.5** | **20.1** | **†11.5** | **†12.0** | **14.2** | |
| | (2.2, 6.9) | (3.1,7.7) | (4.2, 9.4) | (3.6, 9.0) | (4.9, 12.0) | (5.0, 17.0) | (2.0, 9.7) | (5.6, 16.0) | (4.1, 11.9) | (8.2, 18.8) | (8.5, 15.4) | (15.4, 25.7) | (8.2, 16.0) | (8.1, 17.4) | (10.8, 18.5) | |
| 50-64 | **9.9** | **10.2** | **9.4** | **7.2** | **7.9** | **†9.4** | **11.0** | **†12.2** | **14.9** | **11.7** | **15.9** | **15.9** | **18.4** | **17.0** | **16.7** | **cp** |
| | (7.5, 12.9) | (7.8, 13.3) | (7.2, 12.2) | (5.3, 9.8) | (6.0, 10.5) | (6.5, 13.6) | (8.1, 14.8) | (9.1, 16.2) | (11.1, 19.7) | (8.7, 15.6) | (12.8, 19.5) | (12.8, 19.7) | (14.8, 22.5) | (13.5, 21.0) | (13.7, 20.3) | |
| 65+ | **11.6** | **12.1** | **13.1** | **11.3** | **9.0** | **†10.7** | **12.9** | **11.7** | **13.5** | **19.8** | **14.9** | **16.2** | **13.6** | **18.7** | **18.2** | **c** |
| | (8.8, 15.2) | (9.3, 15.6) | (10.2, 16.6) | (8.7, 14.4) | (6.9, 11.8) | (7.6, 15.0) | (9.5, 17.3) | (9.2, 14.7) | (10.7, 16.9) | (16.5, 23.6) | (11.4, 19.2) | (12.7, 20.3) | (10.3, 17.9) | (14.8, 23.3) | (14.5, 22.5) | |
| **Region** | | | | | | | | | | | | | | | | |
| Toronto | **†6.8** | **†6.7** | **†8.1** | **†7.4** | **†4.4** | **†11.5** | **†5.6** | **†6.7** | **†7.8** | **†8.4** | **†10.6** | **14.2** | **12.2** | **12.1** | **12.9** | |
| | (4.3, 10.6) | (4.5, 9.9) | (5.5, 11.7) | (4.7, 11.6) | (2.7, 7.2) | (6.8, 18.9) | (2.7, 11.1) | (4.1, 10.7) | (5.3, 11.4) | (5.5, 12.6) | (7.6, 14.6) | (10.7, 18.7) | (8.7, 16.7) | (8.8, 16.5) | (9.6, 17.0) | |
| Central East | **†5.7** | **†5.8** | **†6.7** | **†5.1** | **†6.9** | **†4.9** | **†4.5** | **†10.2** | **15.8** | **†13.9** | **12.7** | **16.6** | **†11.8** | **11.8** | **12.5** | **c** |
| | (3.6, 8.9) | (3.5, 9.6) | (4.6, 9.7) | (3.2, 7.9) | (4.4, 10.8) | (2.5, 9.3) | (2.2, 8.9) | (6.8, 15.0) | (11.4, 21.5) | (9.9, 19.3) | (9.4, 17.0) | (12.8, 21.3) | (8.3, 16.3) | (8.6, 16.0) | (9.4, 16.5) | |
| Central West | **†9.2** | **†7.9** | **†5.5** | **†6.5** | **†8.1** | **†10.8** | **†13.3** | **†10.0** | **†8.8** | **†10.4** | **13.3** | **12.1** | **†10.6** | **†10.0** | **14.3** | |
| | (6.2, 13.3) | (5.4, 11.6) | (3.6, 8.4) | (4.5, 9.4) | (5.4, 11.8) | (6.0. 18.6) | (8.0, 21.2) | (6.0. 16.1) | (5.5, 13.7) | (7.1, 15.1) | (10.1, 17.3) | (9.0, 16.1) | (7.4, 14.8) | (7.1, 13.8) | (10.8, 18.6) | |
| West | **†5.9** | **†8.8** | **†7.5** | **†9.7** | **†7.7** | **†6.3** | **†12.9** | **†15.9** | **†** | **19.3** | **13.7** | **14.6** | **†12.8** | **17.4** | **13.7** | |
| | (3.9, 9.0) | (5.9, 12.9) | (5.2, 10.7) | (6.7, 13.8) | (5.0, 11.7) | (3.5, 11.2) | (7.2, 22.1) | (10.6, 23.2) | - | (14.8, 24.9) | (10.2, 18.0) | (10.9, 19.3) | (9.1, 17.7) | (13.5, 22.0) | (10.4, 17.8) | |
| East | **†8.0** | **†8.0** | **†9.2** | **†6.3** | **†8.4** | **†12.5** | **†8.9** | **†13.3** | **†8.3** | **†12.5** | **†9.5** | **16.1** | **13.7** | **17.9** | **16.3** | **b** |
| | (5.2, 12.1) | (5.4, 11.7) | (6.3, 13.2) | (4.1, 9.5) | (5.3, 13.0) | (7.5, 20.0) | (5.5, 14.1) | (8.8, 19.6) | (5.4, 12.5) | (8.8, 17.5) | (6.7, 13.1) | (12.2, 20.9) | (10.1, 18.4) | (13.8, 22.9) | (12.7, 20.7) | |
| North | **†8.6** | **†7.4** | **†9.2** | **†7.4** | **†11.6** | **†8.0** | **†12.9** | **†9.8** | **†13.1** | **12.9** | **16.2** | **†14.4** | **18.3** | **18.5** | **15.7** | **c** |
| | (5.7, 13.0) | (5.1, 10.7) | (6.5, 13.0) | (5.2, 10.5) | (7.8, 17.0) | (5.1, 12.3) | (8.6, 18.9) | (6.9, 13.9) | (9.1, 18.5) | (9.3, 17.8) | (12.6, 20.7) | (9.8, 20.6) | (13.8, 23.9) | (14.5, 23.3) | (12.2, 20.1) | |

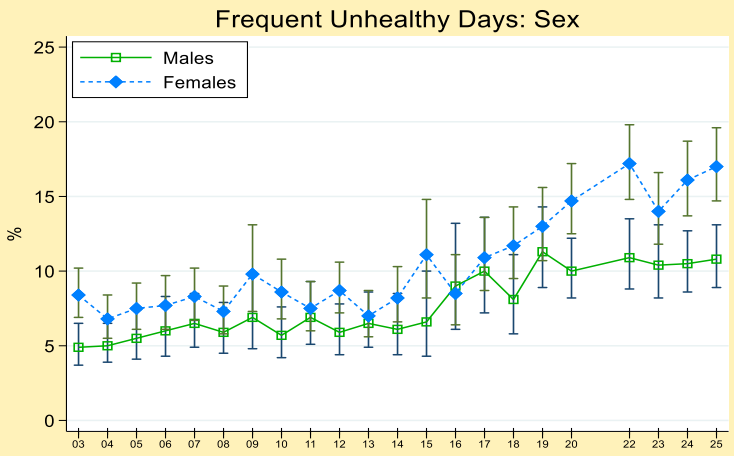
Notes: (1) † Estimate suppressed or unstable; [¶]95% confidence interval; The sampling design was changed in 2020 from telephone interview to web survey
(2) Significant change [a]2025 vs.2024, [b]2025 vs. 2020, [c]2025 vs. 2015, [p]2025 vs. 2019 (pre-COVID-19 pandemic).

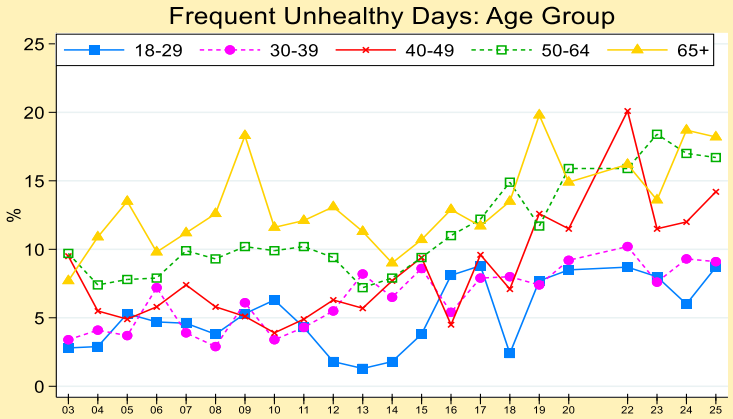
*Q: Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?*

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

**Figure 8.1.4** Percentage Reporting Frequent Physically Unhealthy Days (14+) in the Past 30 Days, Aged 18+, 2003–2025




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

## 8.2 Sleep

In 2024, the survey asked participants, *"On average, how many hours of sleep do you get per day (24 hours)?"* with response options ranging from 5 hours or less to 10 or more hours, including "Don't know." Sleep is essential for overall health—affecting everything from immune function and mental well-being to cognitive performance and chronic disease risk.

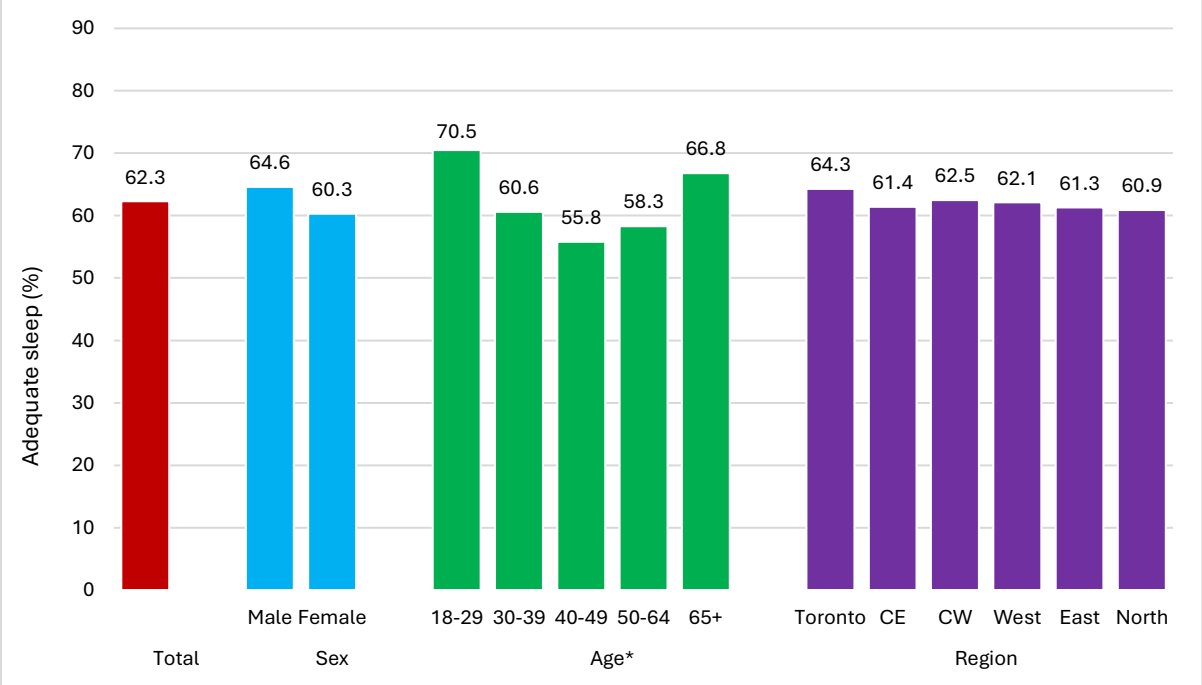
According to Health Canada, the recommended sleep duration for adults is 7 to 9 hours per day for those aged 18 to 64, and 7 to 8 hours for those aged 65 and older[26]. These guidelines are based on evidence linking adequate sleep to better physical and mental health outcomes. Insufficient sleep is associated with increased risks of chronic stress, poor mental health, and reduced daytime functioning.

In this report, adequate sleep was defined as reporting at least 7 hours or more of sleep per day.

In 2025, about 62.3% of the participants reported sleeping 7 hours or more per day (Figure 8.2.1).

Compared to 2024, the average duration of sleep per day in 2025 remained the same (Figure 8.2.2).

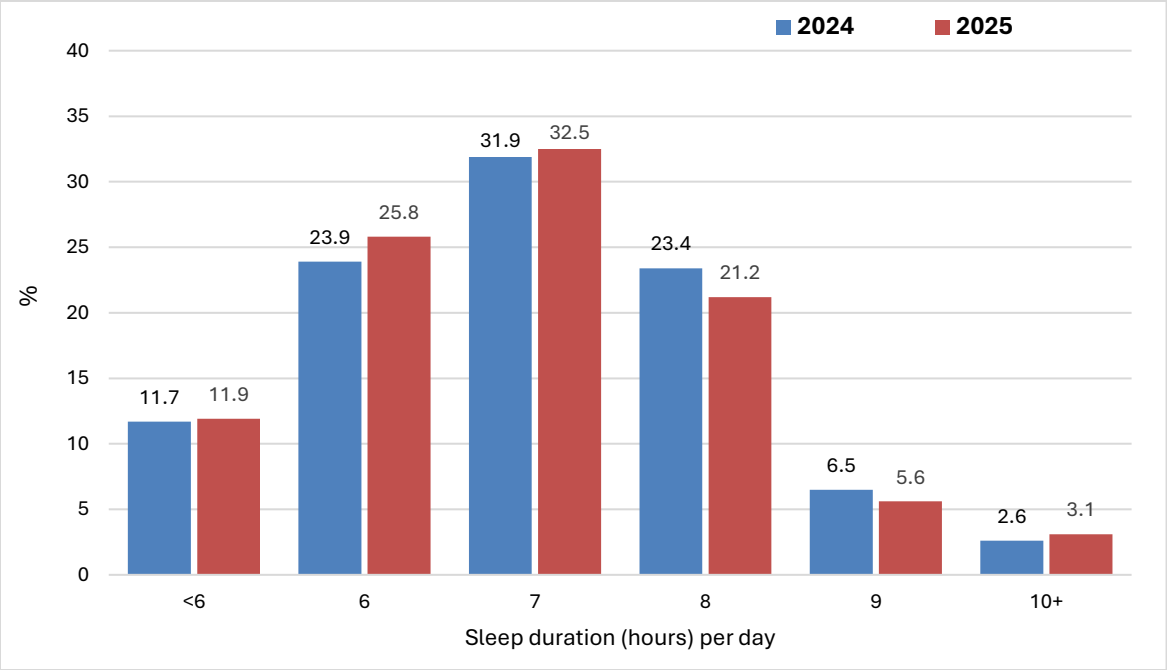
**Figure 8.2.1 Percentage Reporting Adequate Sleep (7 hours or more per day) by Sex, Age and Region, Aged 18+, 2025 (N=1990)**




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

[26] Sleep behaviours among Canadian adults: Findings from the 2020 Canadian Community Health Survey healthy living rapid response module.

**Figure 8.2.2** **Percentage Reporting Sleep Duration Per Day, Aged 18+, 2024-2025 (N=4,001)**




## 8.3 Physical Exercise

Physical activity plays a vital role in maintaining overall health and wellbeing. In 2024, the survey asked participants about their engagement in moderate-to-vigorous intensity physical activities — those that make them sweat lightly and breathe harder. Examples include biking, brisk walking, running, swimming, dancing, and aerobics.

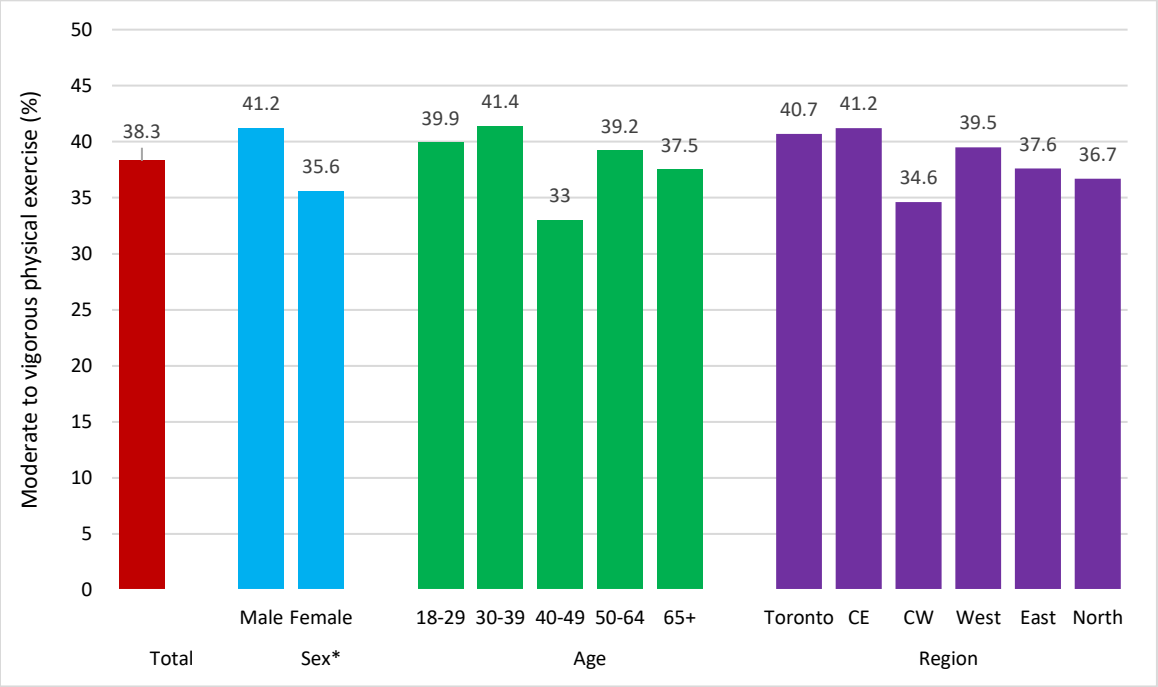
Participants were asked the following question: *"During the past 7 days, how many hours in total did you do moderate to vigorous physical activities?"* with response options ranging from *None (0)* to *5 hours or more (4)*.

In 2025, about **38.3%** (95%CI: 36.0% to 40.6%) of the participants engaged in moderate-to-vigorous physical activities (MVPA) for three or more hours per week. This estimate was not significantly different from the 2024 (40.7%).

Men were more likely than women to engage in MVPA for 3 or more hours per week (41.2% vs. 35.6%, respectively).

There were no significant differences in engaging in MVPA between age groups and regions in Ontario (Figure 8.3.1).

**Figure 8.3.1** **Percentage Engaging in Moderate to Vigorous Physical Activity (3+ hours) Per Week by Sex, Age and Region, Aged 18+, 2025 (N=1977)**




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

## 8.4 Climate Change

Worry about climate change is a concern as people become more aware of its potential impacts on the environment, health and future generations [27]. The survey participants were asked: "How *worried or anxious are you about climate change? Response options included not at all worried/anxious (1), a little worried/anxious (2), fairly worried/anxious (3), very worried/anxious (4), extremely worried/anxious (5).".* This question helps measure the emotional and psychological impact of climate-related risks on individuals.

To assess perceptions of whether government is addressing the risks of climate change, respondents were asked to rate their agreement with the statement:

*"The government and people in power are doing enough to protect the population from the risks of climate change."*

Responses ranged from *Strongly agree (1)* to *Strongly disagree (4)*.

These measures provide valuable insight into both the level of climate concern and the

[27] Gianfredi, V., Mazziotta, F., Clerici, G., Astorri, E., Oliani, F., Cappellina, M., Catalini, A., Dell'Osso, B. M., Pregliasco, F. E., Castaldi, S., & Benatti, B. (2024). Climate Change Perception and Mental Health. Results from a Systematic Review of the Literature. *European* Journal of Investigation in Health, Psychology and Education, 14(1), 215-229.

perceived adequacy of governmental response.

In 2025, about **40.8%** of the participants reported being fairly to extremely worried or anxious about climate change, while **23.4%** indicated they were not worried at all (Figure 8.4.1).

No significant sex differences were observed in levels of worry about climate change, with 38.7% of men and 42.8% of women reporting fairly to extreme concern about climate change (Figure 8.4.2).

Age was significantly associated with climate change worry, with adults aged 18 to 34 and 35 to 54 were more likely to report being fairly to extremely worried compared to those aged 55 and older (Figure 8.4.2).

Residence also showed a significant association with climate change worry. Adults residing in Toronto were mor likely to report higher levels of concern than the provincial average, whereas those residing in the North were less likely to worry about climate change (Figure 8.4.2).

**Figure 8.4.1 Level of Worry/Anxiety about Climate Change, Aged 18+, 2025 (N=1972)**

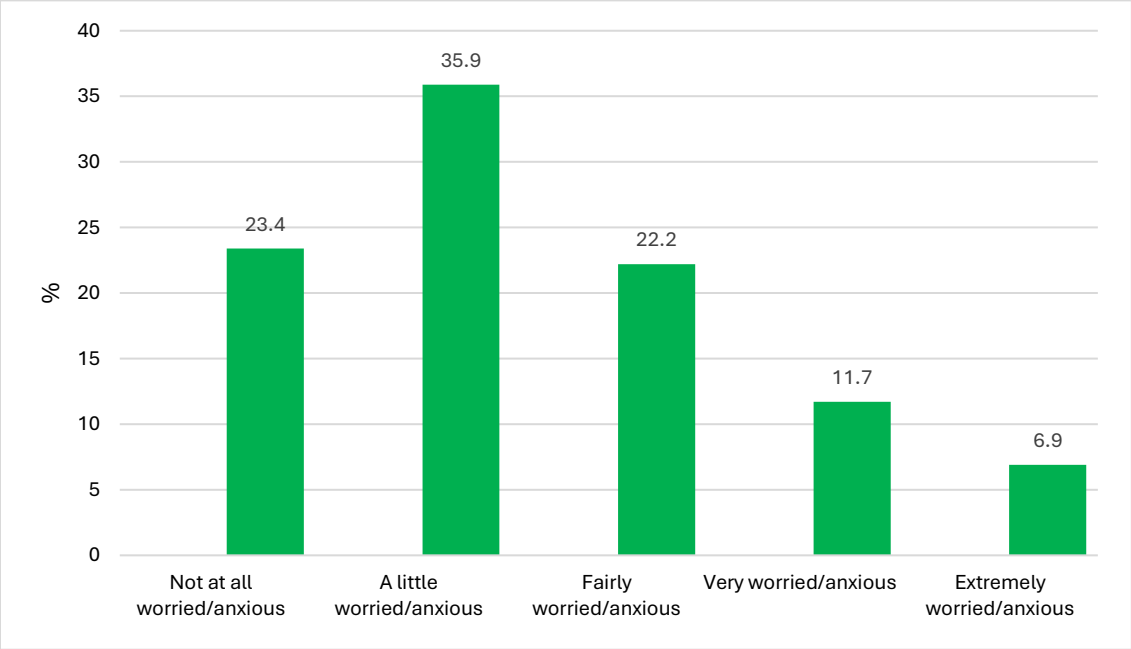
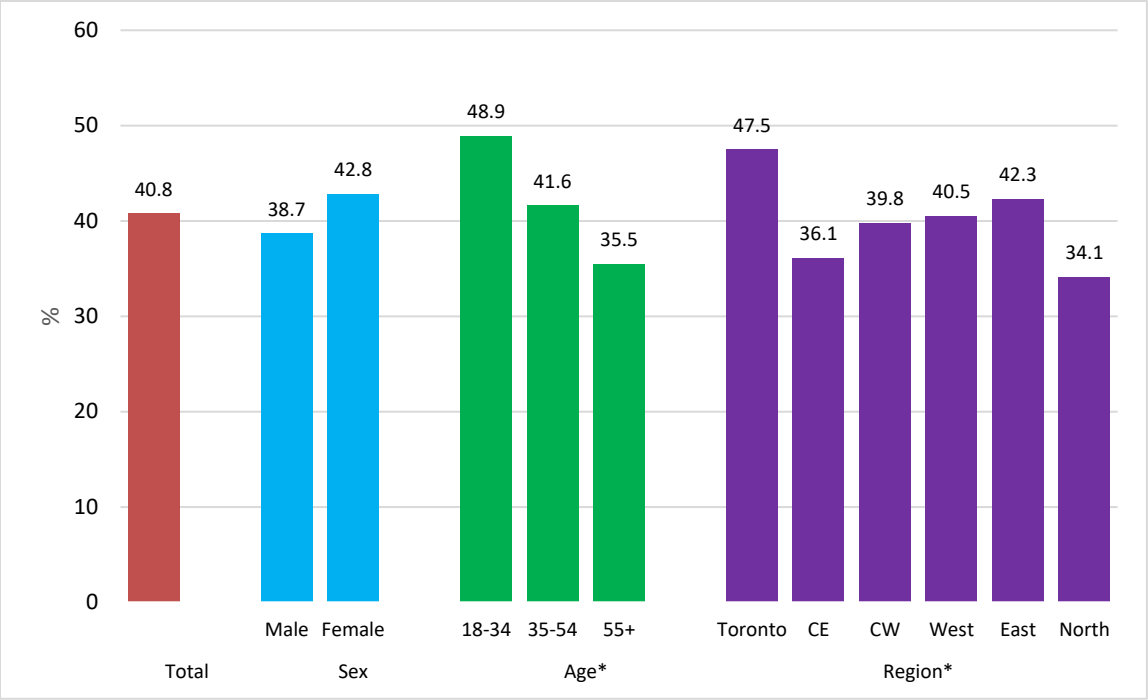


**Figure 8.4.2** Percentage Reporting Fairly to Extremely Worried/Anxious about Climate Change by Sex, Age and Region, Aged 18+, 2025 (N=1977)



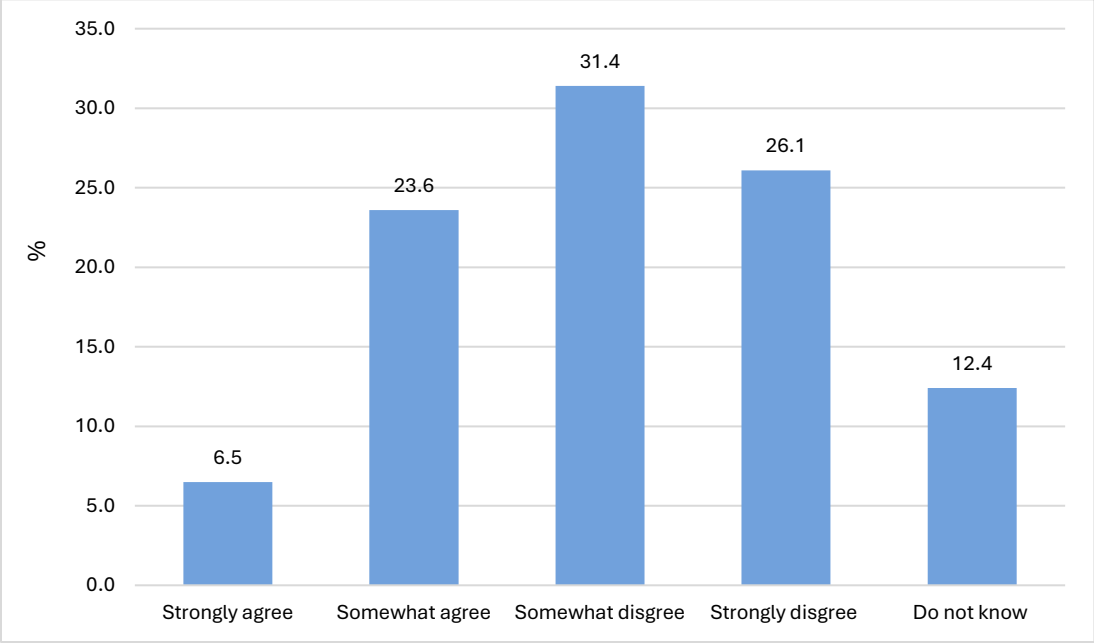

Note: CE: Central East; CW: Central West; *: Statistically significant differences between estimates ($p<0.05$)

## Perceived Adequacy of Climate Protection Efforts

In addition to personal worry about climate change, public perceptions of government response are also an important consideration.

In 2025, 57.5% of participants somewhat or strongly believe that government and leadership efforts to protect the population from climate change risks was inadequate (Figure 8.4.3).

**Figure 8.4.3** **Perceived Adequacy of Government and Leadership Efforts to Protect the Population from Climate Change Risks, Aged 18+, 2025 (N=2,004)**



# 9. CONCLUSIONS

The primary objective of the **CAMH Monitor (CM)** study is to systematically track and assess patterns of substance use, mental health, and overall health concerns among adults living in Ontario. Since its inception in 1977, the CM has become one of the longest-running and most comprehensive population-based health surveillance systems in Canada.

Over the years, the CM has generated robust, evidence-based data that has been instrumental in shaping public health initiatives, guiding the development of targeted prevention and health promotion programs, and informing social and public health policy decisions. The study also plays a critical role in assessing the effectiveness of health policies and interventions at the population level, helping stakeholders understand what works and where improvements are needed. Additionally, the CM serves as a key resource for knowledge dissemination, ensuring that timely and relevant findings are shared with health professionals, policy makers and the general public.

The **CM2025 Report** presents the key findings from the 2025 cycle of the CM, covering a comprehensive overview of trends and issues affecting adult populations. The report covers a broad range of topics, including patterns of substance use, such as alcohol, tobacco, cannabis and other drugs, as well as a range of overall health and mental health concerns. These include self-reported fair or poor health, psychological distress, use of antianxiety and antidepressant medications, and measures related to mental health-related quality of life.

In addition to current findings, the report highlights changes in these core indicators over time. It compares results from the 2025 cycle with those from the previous year (2024) to identify recent shifts, and also examines longer term trends by referencing data from pre-COVID-19 (2019), the first year of COVID-19 pandemic (2020), and a decade earlier (2015). These short-and long-term perspectives at the population level provides valuable insights into how health and behavioral patterns have evolved over time.

## Data Limitations

Although surveys are common ways in which to monitor substance use and mental health concerns in the general population, there are several limitations that should be considered when interpreting the report data. Given the study data starting from 2020 employed non-probability sampling to recruit the participants, there might be a potential for selection bias, limiting the generalizability of the study findings. Although selection bias cannot be completely eliminated, it is minimized by matching those who complete the survey to the characteristics of the population using quotas, which were embedded within the questionnaire such that those who completed the survey approximated the distributions in the Canadian Census.

The CM data are also based on self-reports, which are not easily verified. Although surveys tend to underestimate alcohol and drug use, such self-report methods are often the best available means to estimate such individual behaviours in the population (Harrison et al., 1993; Turner et al., 1992). Moreover, the CM is a cross-sectional survey, thus individual participants are not followed over time and the temporal sequence of different indicators cannot be determined. There might also be confounding bias as the comparison between percentage estimates are not adjusted for potential confounders.

Despite the limitations, surveillance or monitoring studies excel at identifying the extent of change in various health behaviours and indicators in the general population. Surveillance studies help identify populations at the highest risk for significant health concerns, highlight areas that require further research and detect

changes that may have implications for future service and programming needs.

## Key Findings in 2025

**Men were more likely than women** to report daily alcohol consumption, exceeding low-risk drinking guidelines, engaging in weekly binge drinking, drinking hazardously or harmfully, and exhibiting symptoms of alcohol dependence, current smoking, daily smoking, using nicotine pouches, e-cigarette use, past 30 days cannabis use, cannabis use problems, lifetime cocaine use, non-medical use of prescription opioids, driving after drinking, and driving after cannabis use.

**Women were more likely than men** to report moderate to serious psychological distress, anxiety symptoms, fair/poor self rated mental health, frequent mental distress days, mental health service use, use of antianxiety and antidepressant medications, frequent physically unhealthy days, and fair or poor self-rated general health.

**Adults aged 18 to 29 years old** were more likely than their older counterparts to report weekly binge drinking, drinking hazardously or harmfully, symptoms of alcohol dependence, nicotine pouches use, e-cigarette use, cannabis use, cannabis use problems, non-medical use of prescription opioids, driving after cannabis use, moderate to serious psychological distress, serious psychological distress, depressive symptoms, anxiety symptoms, suicidal ideation, mental health service use, and worry about climate change risks.

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

## Changes between 2024 and 2025

Five indicators show evidence of decreases in the overall sample between the past two survey cycles.

**Hazardous or harmful drinking** declined from 18.9% in 2024 to 16.5% in 2025. This decline was especially evident among individuals aged 50 to 64 and those residing in Toronto. **Current cigarette smoking** declined from 19.6% in 2024 to 16.2% in 2025, particularly among men, individuals aged 50 to 64, and residents of Toronto and North region in Ontario. **Use of prescription opioids (medical and non-medical)** declined from 33.9% in 2024 to 29.8% in 2025, especially among women and those aged 30 to 39. **Non-medical use of prescription opioids** declined from 18.8% in 2024 to 14.7% in 2025, particularly among women, individuals aged 50 years or older, and residents of the Central West and East regions in Ontario. **Suicidal ideation** decreased from 8.3% in 2024 to 6.4% in 2025, especially among women. Additionally, worry or anxiety about climate change risks declined overall from 53.4% in 2024 to 40.8% in 2025.

## Changes between 2020 and 2025

Between 2020 and 2025, there were notable changes in substance use and mental health overall and across various demographic and regional subgroups.

**Alcohol Consumption**: There were declines in past-year and daily drinking, hazardous or harmful drinking. In particular, past year drinking decreased among women, adults aged 30 to 39 and 40 to 49, and residents of the West and East regions. Daily drinking among current drinkers declined among adults aged 30 to 39 and 65 or older, and Toronto residents. Weekly binge drinking declined among those aged 30 to 39 and those residing in Toronto. Hazardous or harmful drinking declined among both men and women, those aged 50 to 64, 65 or older, as well as those residing in Toronto, Central East and West regions of Ontario. Symptoms of alcohol dependence declined among adults residing in Toronto, but increased among those in the North.

**Tobacco and E-cigarette Smoking**: There was no overall change in tobacco smoking or e-cigarette use in the overall sample between 2020 and 2025. However, daily smoking declined among adults in the West, and e-cigarette use declined among Toronto residents.

**Cannabis Use:** There was no overall change in cannabis use between 2020 and 2025. However, declines were observed among adults aged 18 to 29, 30 to 39, and those residing in Central West.

**Non-medical Use of Prescription Opioids:** The percentage reporting non-medical use declined in overall sample from 17.8% in 2020 to 14.7% in 2025, particularly among women, adults aged 50 and older and those residing in Toronto**.**

**Impaired Driving:** The percentage reporting driving after drinking remained similar in the overall sample between 2020 and 2025, but driving after cannabis use increased from 2.4% in 2020 to 3.7% in 2025, particularly among men. This signals a need for stronger public education around cannabis-impaired driving.

**Mental Health**: Most mental health indicators remained stable in the overall sample, except fair or poor mental health, which increased from 26.2% in 2020 to 29.0% in 2025. This increase was evident among men, individuals aged 30 to 39 and those residing in Toronto. Subgroup increases observed for moderate to serious psychological distress (among 30–39-year-olds and those residing in the East), serious psychological distress (among East residents), antianxiety medication use (among women and those residing in the North), antidepressants use (among 65+), frequent mental distress days (among men, 30 to 39 and those residing in the East region of Ontario). These findings suggest gaps in mental health service accessibility and effectiveness. The increase use of antianxiety and antidepressant medications among women and older adults may also indicate growing reliance on pharmacological interventions rather than preventive or therapeutic approaches.

**Overall health**: Percentages reporting fair or poor overall health increased among the overall sample from 16.3% in 2024 to 20.8% in 2025. This increase was particularly evident among women, those age 50 or older, and residents of Toronto and Central East regions of Ontario. The East region saw a rise in physically unhealthy days, highlighting growing regional health disparities.

## Changes between Pre-Pandemic Levels and Now: 2019 and 2025

Patterns of substance use and mental health have shifted significantly between 2019 and 2025, likely reflecting both the lingering impact of the pandemic and broader societal shifts.

**Alcohol Consumption:** Past-year drinking declined from 79.9% in 2019 to 76.2% in 2025 among overall sample. This decline was observed among men, women, and adults aged 18 to 29, 30 to 39 and 40 to 49, as well as in the Eastern region, suggesting a possible shift away from casual or social drinking. However, older adults (65+) reported increased alcohol use. In contrast, **daily drinking** increased from 7.1% in 2019 to 10.1% in 2025. This increase was evident among men, women, those aged 40 to 49, 50 to 64 and residents of the Central West, indicating a potential rise in habitual alcohol use. **Weekly binge drinking** also increased from 6.0% in 2019 to 9.6% in 2025. These increases evident among men, women, middle-aged adults (40 to 64 years old), and residents of Central West and East regions. Also concerning is the **rise in hazardous or harmful drinking** (from 13.2% to 16.5%) and **alcohol dependence** (from 7.4% to 12.1%) among the overall sample during this period. These increases were evident across nearly all subgroups, including women, older adults, and multiple regions. These trends suggest that while some may be drinking less overall, others are engaging in riskier patterns of alcohol use.

**Tobacco Use:** Overall tobacco use remained stable between 2019 and 2025. However, current smoking increased in Toronto, while both daily smoking and current smoking declined in the Central East, West, and North regions of Ontario. Meanwhile, e-cigarette use increased among adults aged 40 to 49.

**Cannabis Use:** Past year cannabis use increased from 25.6% in 2019 to 29.3% in 2025 among the overall sample. Increased use was reported among women, adults aged 40 to 49, 50 or older, and Toronto residents, while young adults (18 to 29) showed a decline—suggesting a generational shift in consumption patterns. Cannabis-related problems increased among women and those

aged 30 or older, raising concerns about dependency. Additionally, medical cannabis use increased among women, highlighting its growing role in health management among this group.

**Opioid Use:** Both any use and non-medical use of prescription opioids surged among the overall sample. In particular, non-medical use increased across nearly all subgroups including men, women, young and older adults, and every region except the North (no change). This broad increase underscores a critical area for public health intervention and highlights the urgency of addressing opioid-related harms.

**Mental Health:** Mental health indicators paint a stark picture of rising distress across Ontario. Seven indicators— including moderate to serious psychological distress, serious psychological distress, use of antianxiety and antidepressant medications, fair or poor mental health and frequent mental distress days, and suicidal ideation—increased among the overall sample between 2019 and 2025 (Table 9.1.1). This increase was observed across all age groups and regions, with serious psychological distress rising broadly—except in the Central West, which remained stable. Use of antianxiety and antidepressant medications increased among men, women, older adults, and across multiple regions, reflecting growing treatment needs.

Self-reported fair or poor mental health increased across all demographics, accompanied by more frequent mentally unhealthy days, especially among middle-aged adults and residents in the West and East. Suicidal ideation increased among men, underscoring the urgent need for enhanced mental health support and intervention.

**General Health:** Perceptions of overall health worsened, with reports of fair or poor general health increasing from 13.7% in 2019 to 20.8% among the overall sample. This increase was evident among women, middle-aged adults, and across all regions. Frequent physically unhealthy days increased among women and adults aged 50 to 64, suggesting a link between mental and physical health burdens and the need for integrated health strategies.

## 2015-2025

Overall, changes from 2015 to 2025 mirror those seen between 2019 and 2025, except that percentages reporting daily drinking and hazardous or harmful drinking in 2025 remained similar to 2015 levels. However, current smoking increased from 13.2% in 2015 to 16.2% in 2025 among the overall sample. This increase was evident among men, adults aged 40 to 49, 65 and older, as well as those residing in Toronto and Central West regions of Ontario (Table 4.1.1b). Likewise, e-cigarette use increased from 10.9% in 2015 to 14.5% in 2025 among overall sample. The increase observed especially among women, those aged 30 to 39, 40 to 49, as well as those residing in Toronto and West regions of Ontario.

Cannabis use, cannabis use problems and medical cannabis use all increased between 2015 and 2025. Past year cannabis use increased from 14.5% in 2015 to 29.3% in 2025, with increases particularly evident among both men and women, adults aged 30 to 39, 40 to 49, 50 and older, and across all regions in Ontario. Similarly, cannabis use problems became more common among both men and women, and those aged 30 years and older. Medical cannabis use followed the same trend, increasing among all demographics (except those aged 18 to 29) and across all regions.

In conclusion, the findings of this report highlight the need to strengthen support for mental health and substance use challenges. Facilitating equitable access to mental health and addiction services, particularly for individuals with complex needs, is important for reducing disparities and improving population health. These findings also underscore the need for continued monitoring of mental health, substance use, and other health-related behaviors to identify population trends. Such robust data serves as a foundation for evidence-based policy and targeted prevention strategies.

**Table 9.1.1:** Overall Summary of Changes in ***Substance Use, Mental Health and Well-Being*** among Ontario Adults: Comparing 2025 to 2015, 2019 (pre-COVID-19), 2020 and 2024, CAMH Monitor[1]

| Indicator | 10-year period *2025 vs. 2015* | 6-year period *2025 vs. 2019* | 5-year period *2025 vs. 2020* | 1-year period *2025 vs. 2024* |
|---|---|---|---|---|
| % drinking alcohol in the past year | ↓ | ↓ | ↓ | – |
| % drinking daily (total sample) | – | ↑ | ↓ | – |
| % drinking daily (among drinkers) | – | ↑ | ↓ | – |
| % weekly binge drinking (5+ drinks) | ↑ | ↑ | – | – |
| % hazardous or harmful drinking (AUDIT 8+) | – | ↑ | ↓ | ↓ |
| % reporting symptoms of alcohol dependence | ↑ | ↑ | – | – |
| % currently smoking cigarettes | ↑ | – | – | ↓ |
| % daily smoking cigarettes | – | – | – | – |
| % using e-cigarettes in the past year | ↑ | – | – | – |
| % using e-cigarettes in the past 30 days | ↑ | ↑ | ↑ | – |
| % using cannabis in the past year | ↑ | ↑ | – | – |
| % using cannabis in the past 30 days | ↑ | ↑ | – | – |
| % using cannabis daily in the past year | ↑ | – | – | – |
| % cannabis use problems (assist) in the past three months | ↑ | – | – | – |
| % cannabis use for medical purposes in the past year | ↑ | – | – | – |
| % cocaine use during lifetime | ↑ | ↑ | – | – |

| Indicator | 10-year period *2025 vs. 2015* | 6-year period *2025 vs. 2019* | 5-year period *2025 vs. 2020* | 1-year period *2025 vs. 2024* |
|---|---|---|---|---|
| % cocaine use in the past year | ▲ | ▲ | — | — |
| % non-medical use of prescription opioid pain relievers | ▲ | ▲ | ▼ | ▼ |
| % any use of prescription opioid pain relievers | ▲ | ▲ | — | ▼ |
| % moderate-to-serious psychological distress | ▲ | ▲ | — | — |
| % serious psychological distress | ▲ | ▲ | — | — |
| % fair or poor self-rated mental health | ▲ | ▲ | ▲ | — |
| % frequent mental distress days | ▲ | ▲ | — | — |
| % prescription for anxiety in the past year | ▲ | ▲ | — | — |
| % prescription for depression in the past year | ▲ | ▲ | — | — |
| % suicide ideation | ▲ | ▲ | — | ▼ |
| % fair or poor self-rated health | ▲ | ▲ | ▲ | — |
| % frequent physically unhealthy days | ▲ | — | — | — |

Note: Increased (▲), Decreased (▼), — No significant change between estimates. Statistically significant difference considered at $p<0.05$.

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