

STUDENT ALCOHOL AND TOBACCO USE

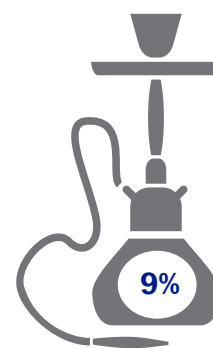
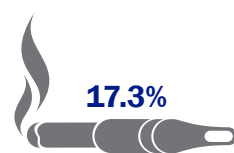
- Alcohol and tobacco are the most commonly used drugs among Canadians 15 years of age and older. Nearly 80% of individuals report consuming alcohol in the past 12 months.¹ Sixteen per cent of individuals report being a current smoker; a further 26% indicate they are a former smoker.²
- Tobacco prevention and control efforts have resulted in a 20% decline in the percentage of student smokers (Grades 7-12) since 1999.³ However, the use of new tobacco products, typically targeted to youth, has increased.
- While the percentage of Grade 7-12 students who report binge drinking has declined (27.6% in 1999 vs. 19.8% in 2013)³, it is still relatively high.
- The negative effects of alcohol can occur quickly (e.g. alcohol poisoning, verbal/physical altercations, injuries) or over a longer period of time (e.g. addiction, liver disease, cancer, mental health).⁴ The negative effects of tobacco use are mainly long-term (e.g. heart disease, stroke, cancer).⁵
- The potential effects of alcohol and tobacco on the developing brains of children and youth is cause for concern.⁶ So too is the risk of developing certain chronic diseases in later years.

HKPR District includes Haliburton County, Northumberland County and City of Kawartha Lakes

Results from the 2013 Ontario Student Drug Use and Health Survey

Over the previous year, Grades 7-12 students in the HKPR area:

- 17.3% reported using an electronic cigarette
- 11.9% reported smoking a whole cigarette
- 9.0% reported using a water pipe
- 7.8% reported using smokeless tobacco



More than **three out of every five** (61.4%) Grade 7-12 students in the HKPR area reported using alcohol in the previous 12 months.

Nearly **one in four** HKPR students reported being drunk* in the previous four weeks.

*NOTE: Drunk is defined in the survey question as: "had so much to drink that you could not do what you wanted to do, or you threw up."



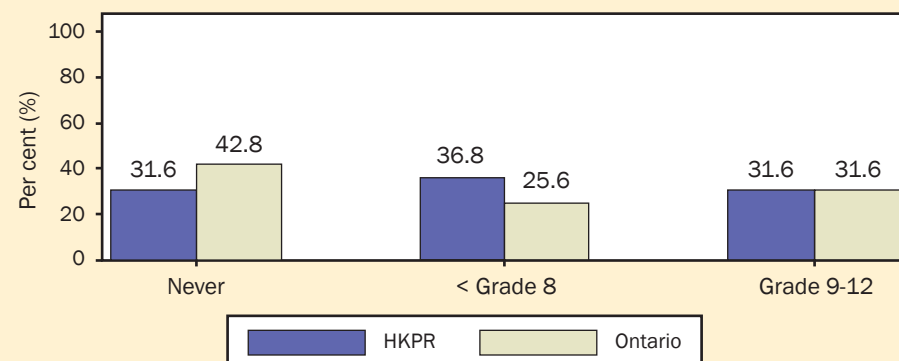
In the previous 12 months, nearly **one in nine** (11.6%) local Grade 10-12 students reported driving a snowmobile, motorboat, Sea-doo or all terrain vehicle within an hour of consuming one or more drinks of alcohol. The local rate is significantly higher than the rest of Ontario (5%).



Most local students (**36.8%**) first consumed alcohol prior to entering Grade 9.

HKPR students were **11.8%** (95% CI: 3.45, 20.9%) more likely to have consumed alcohol prior to beginning Grade 9; this difference is statistically higher than the rest of Ontario ($p < 0.05$).

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



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

Over the previous year, nearly **one-in-five** (17.8%) Grade 10-12 students in the HKPR area reported riding in a vehicle with a driver who had been drinking.



References

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