

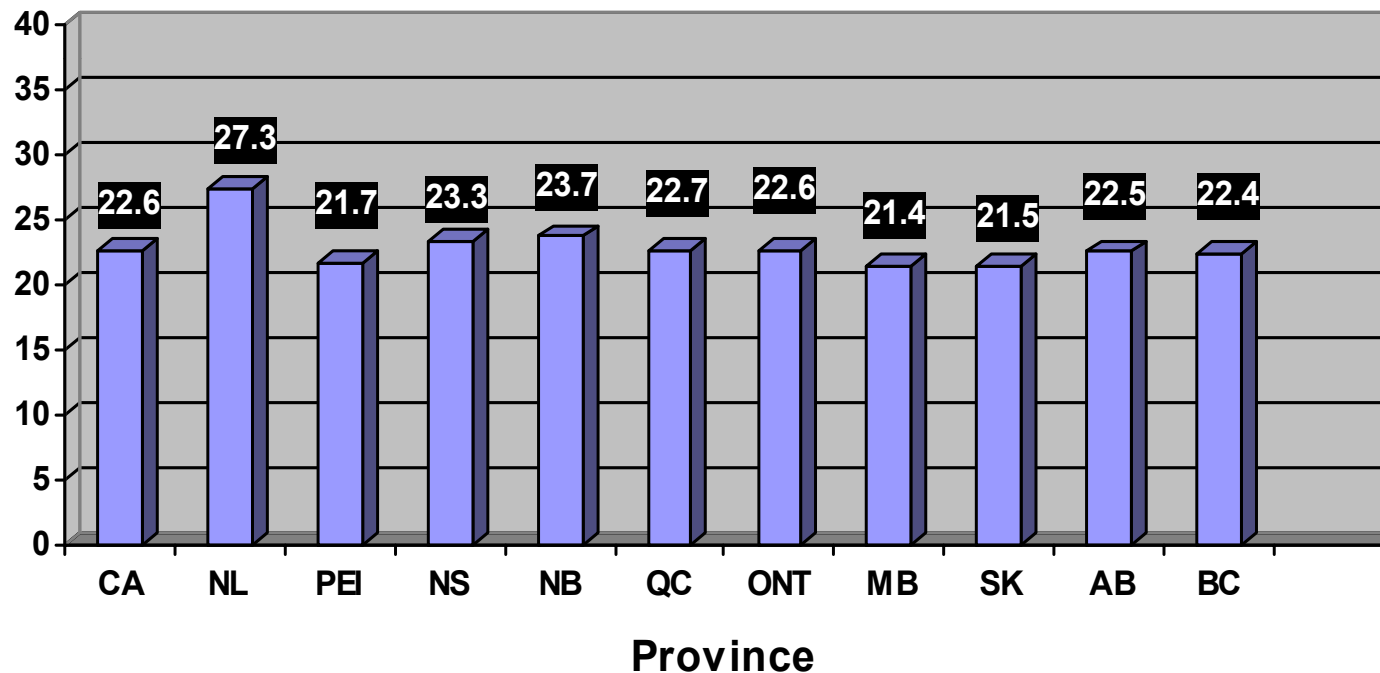
# Substance Use in Newfoundland and Labrador

## An Overview



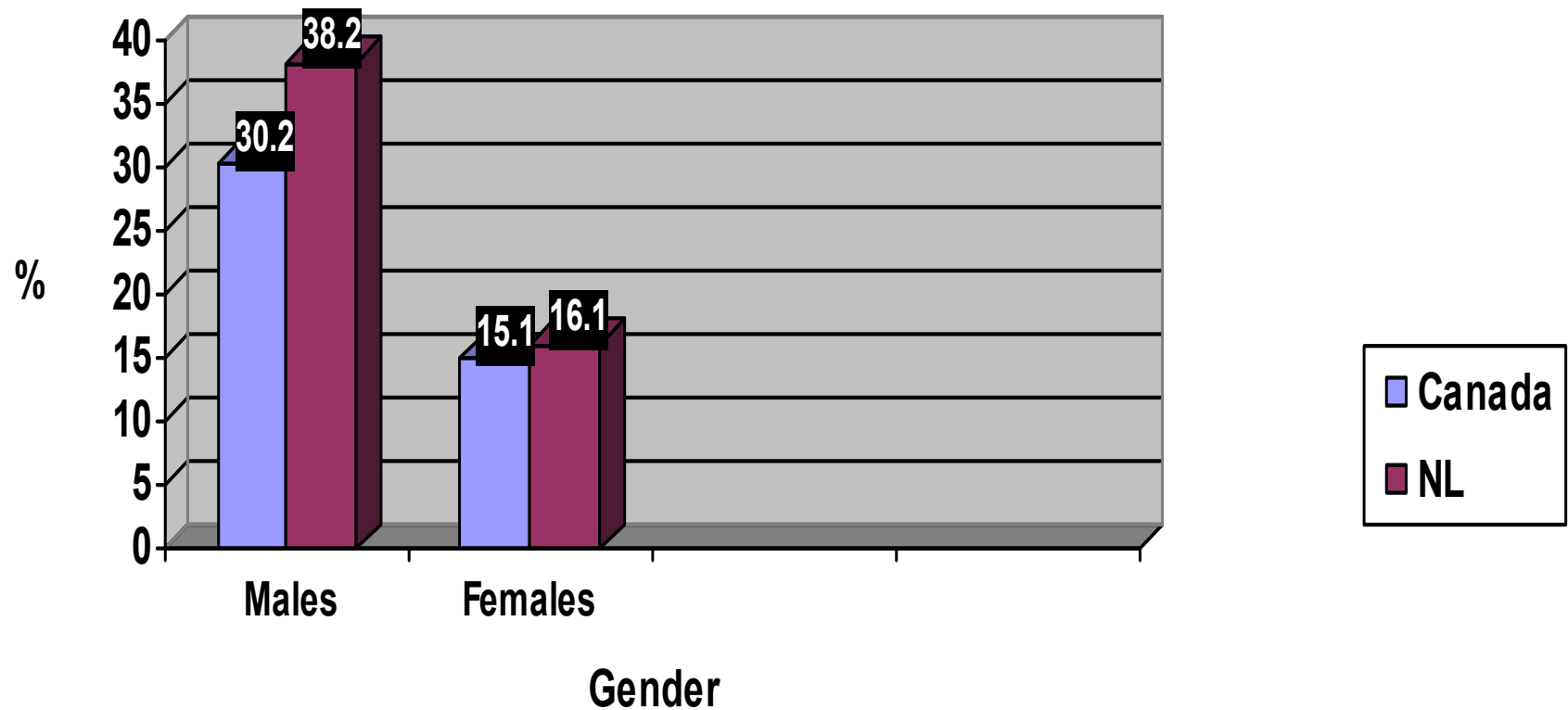
# Canadian Addictions Survey

## Percentage of Past Year Drinkers Who Exceed the Low Risk Drinking Guidelines (2004)

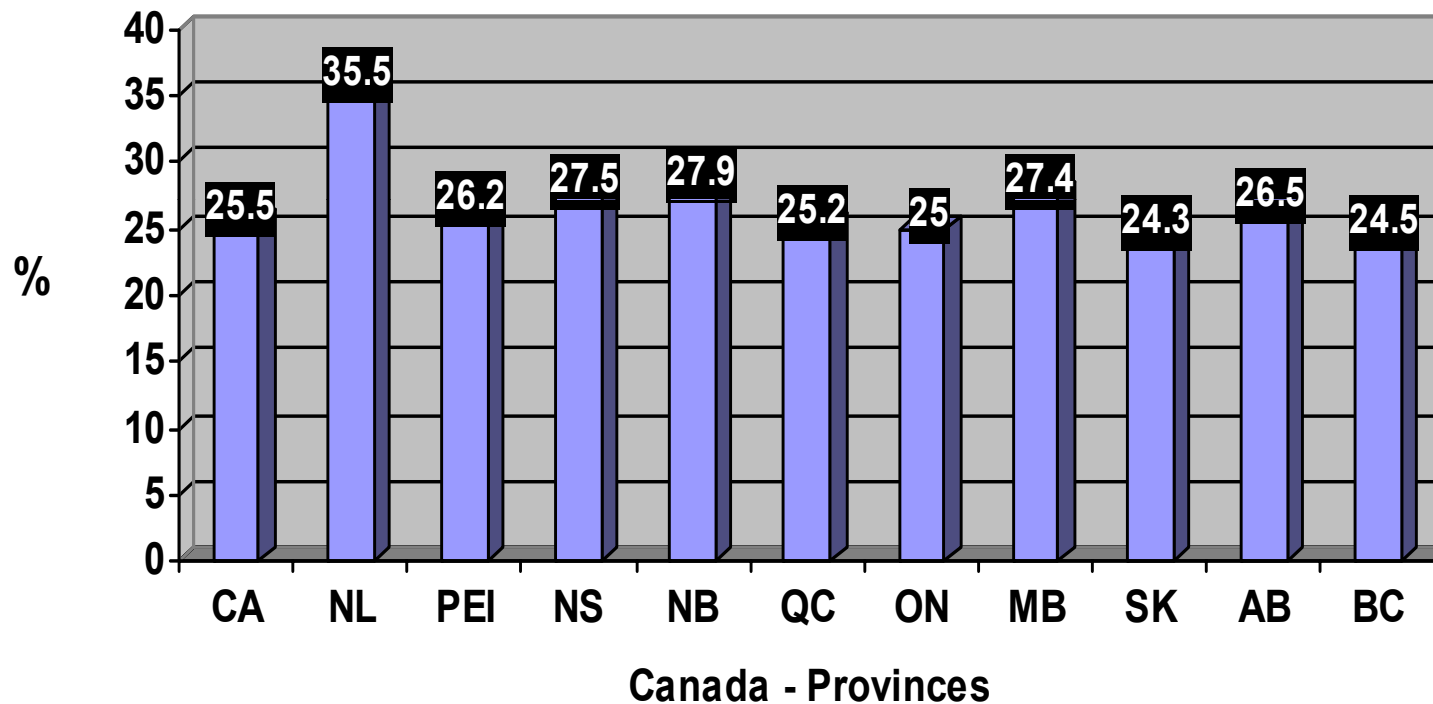


According to the Canadian **guidelines for low-risk drinking**, weekly alcohol intake should not exceed 14 standard drinks for males and 9 drinks for females, and daily use should not exceed 2 drinks, among males or females.

## Comparison by Gender- NL drinkers vs. Canadian Drinkers who Exceed the Low Risk Drinking Guidelines

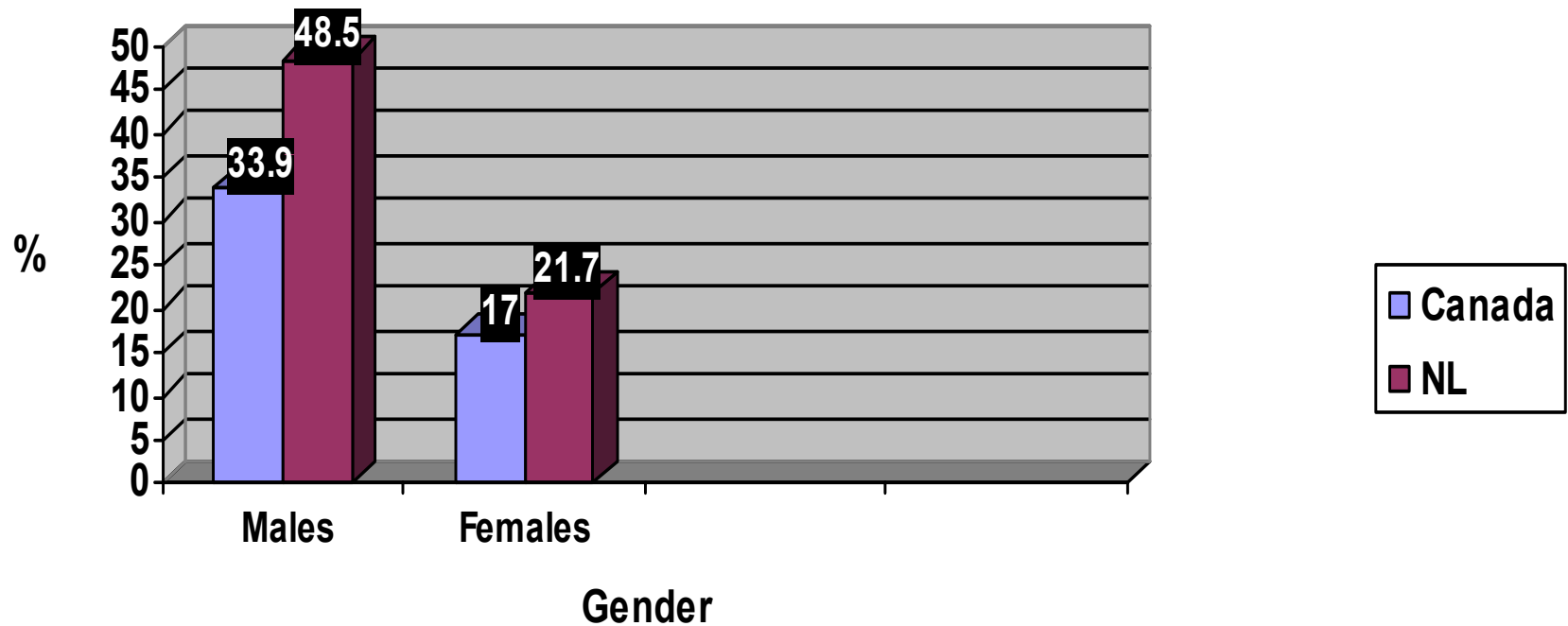


## Percentage of Past Year Drinkers Who Drink Heavily on a Monthly Basis (2004)

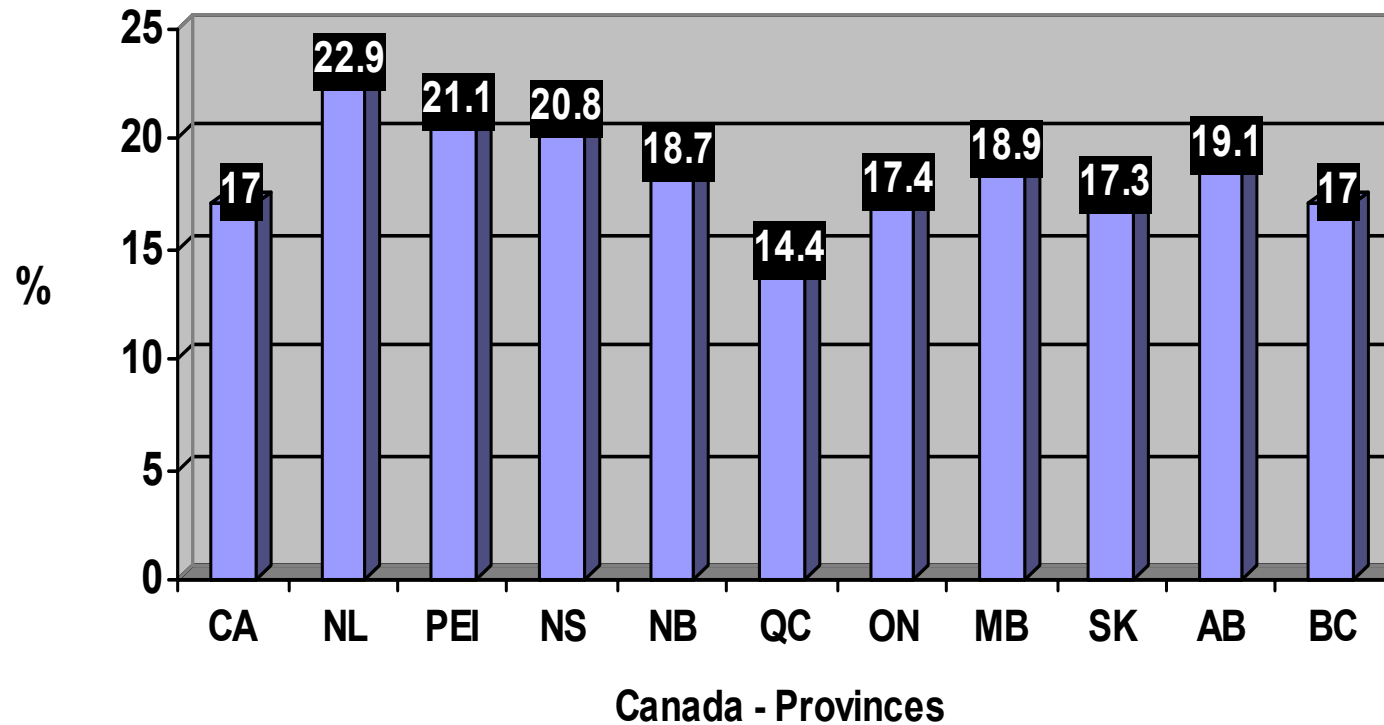


In this survey, **heavy drinking** means having 5 drinks or more at a sitting for men, and 4 or more drinks at a sitting for women.

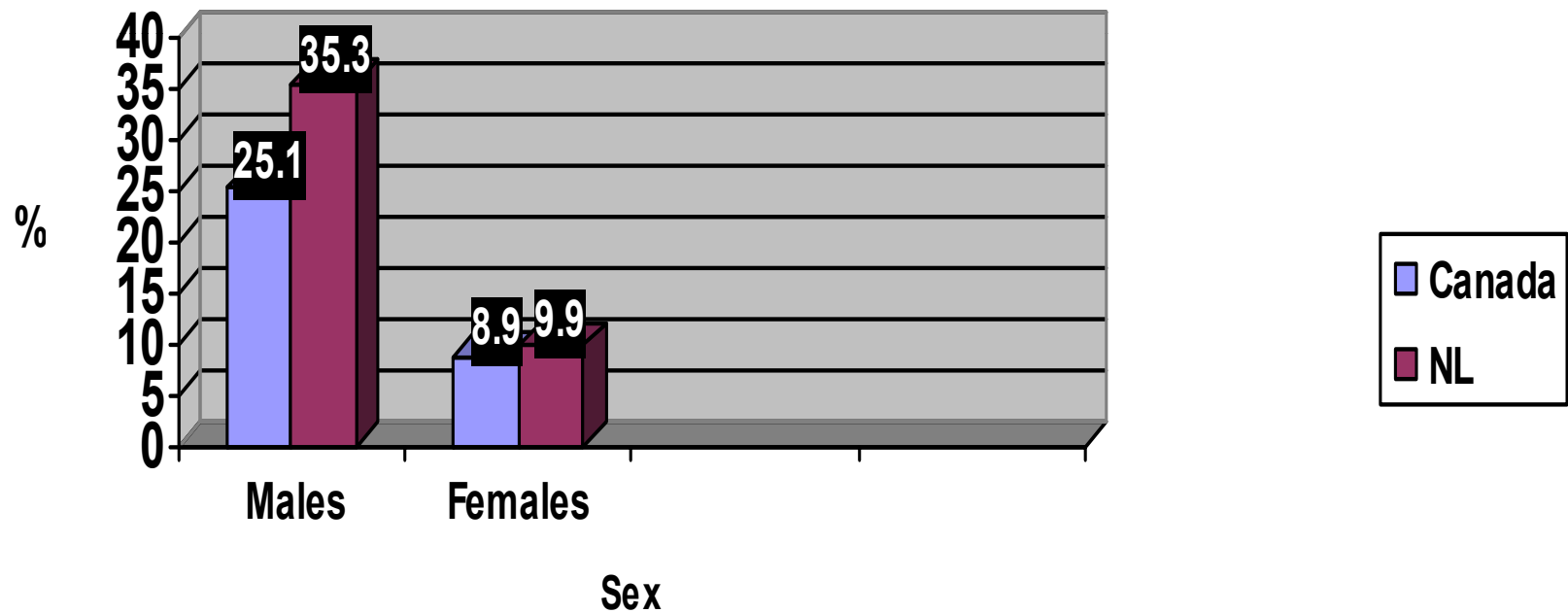
## Comparison by Gender - NL drinkers vs. Canadian Drinkers who Drink Heavily on a Monthly Basis



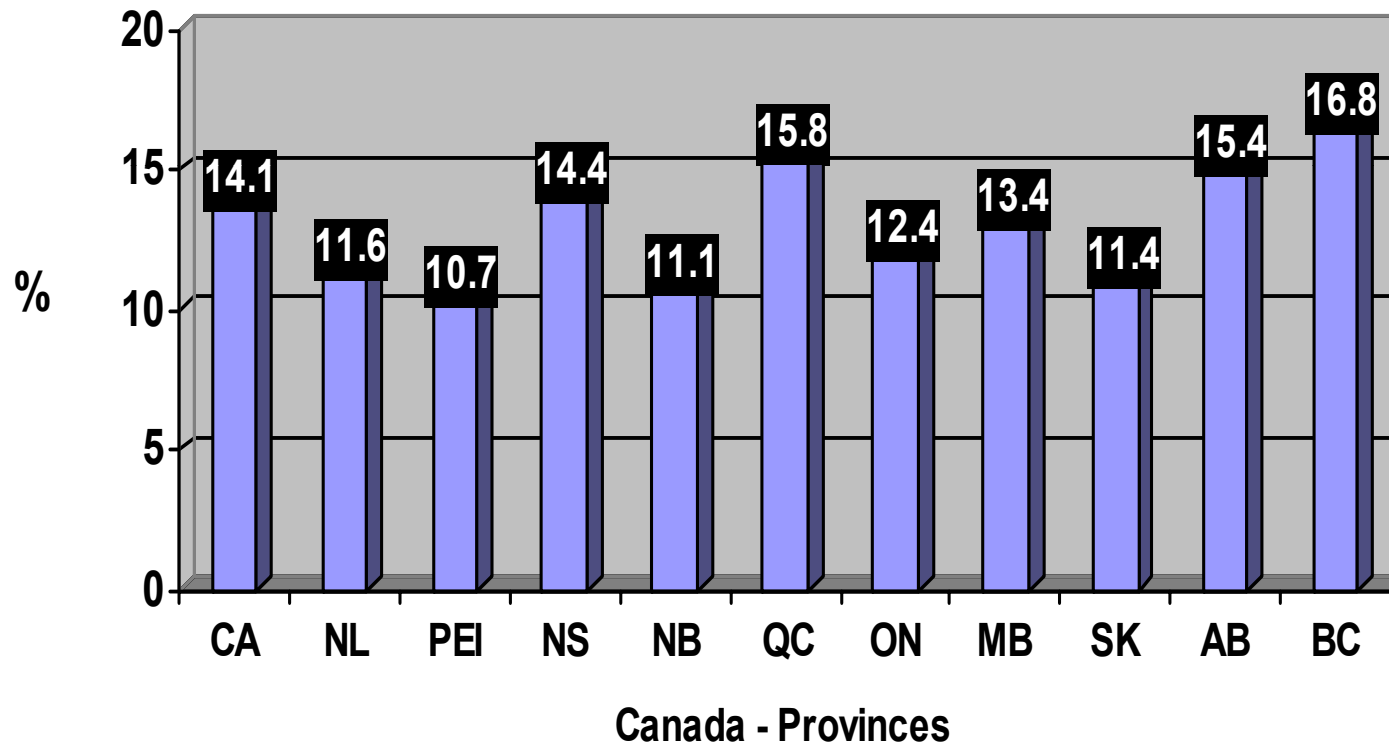
## Percentage of Current Drinkers who Drink Hazardously



## Comparison by Gender - NL drinkers vs. Canadian Drinkers who Drink Hazardously

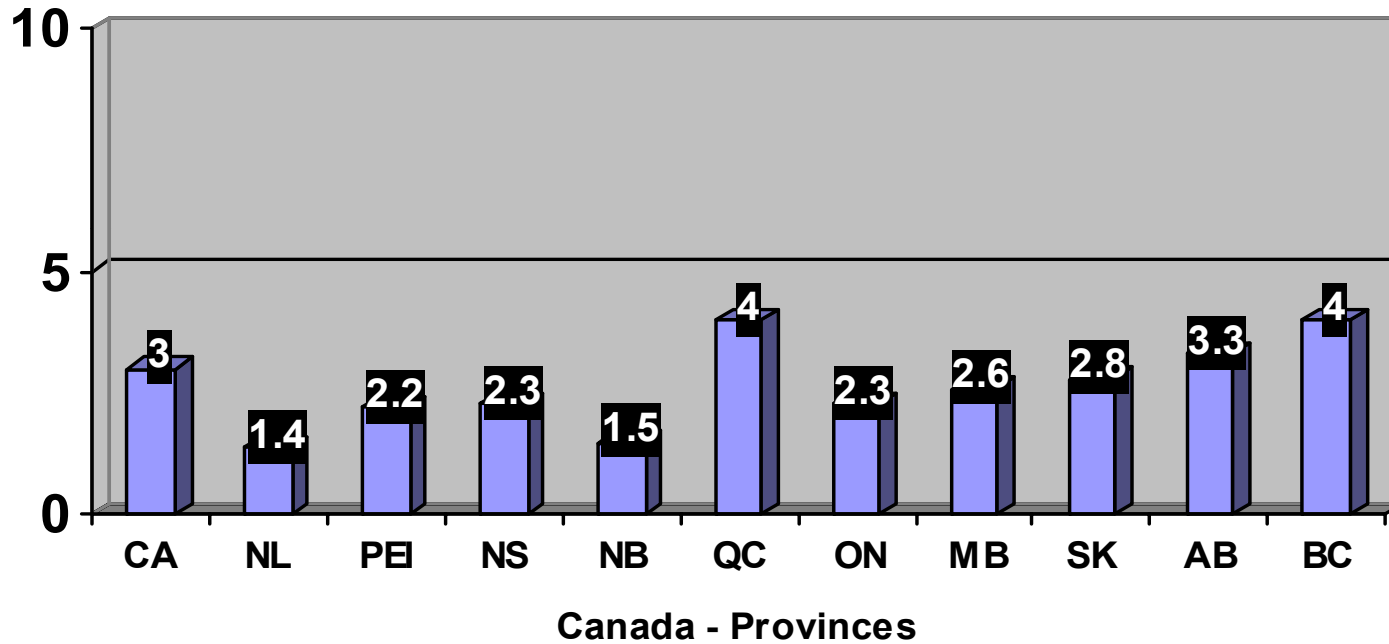


## Past Year Cannabis Use by Province (2004)






## Past Year Illicit Drug Use Use by Province (2004)



Includes cocaine, speed, ecstasy, hallucinogens or heroin.



# Student Drug use Survey 2007

## Prevalence of Substance Use

- Alcohol – 52.0 (50.9)
- Cannabis – 29.5 (29.3)
- Cigarettes – 16.9 (15)
- MDMA – 7.2 (6.2)
- Cocaine – 5.3 (4.0)
- LSD – 4.2 (3.9)
- Inhalants – 4.4 (3.7)
- Methamphetamine – 2.4 (1.9)
- (The number in brackets refers to the Atlantic average)



# Trends

Alcohol	1996 – 55.4 1998 – 58.3 2003 – 57.9 2007 – 52	Cigarettes	1996 – 35.7 1998 – 38.1 2003 – 27.3 2007 – 16.9
Cannabis	1996 – 22.8 1998 – 30.2 2003 – 34.5 2007 – 29.5	Inhalants	1996 – 8.0 1998 – 7.2 2003 – 5.6 2007 – 4.4
Cocaine	1996 – 3.0 1998 – 3.5 2003 – 3.7 2007 – 5.3	MDMA	2003 – 2.0 2007 – 7.2



# Alcohol

- Heavy drinking in past 30 days – 29.7
- Access to alcohol
  - Self bought – 6.9
  - Friend bought – 41.2
  - Friend offered – 19.9
  - Parents offered – 16.6
  - Other adult offered – 5.0
  - Got at home – 10.3



# Age of initiation

- Average age of first use of alcohol – 12.9
- Average age of smoking first whole cigarette – 12.6
- Average age at first use of cannabis – 13.5

# Drug Use by Grade – Past 12 months

<b>Alcohol</b>	<b>7 – 8.4</b> <b>9 – 36.9</b> <b>10 – 59.5</b> <b>12 – 76.6</b>	<b>Methamphetamine</b>	<b>7 - .8</b> <b>9 – 3.8</b> <b>10 – 1.7</b> <b>12 – 3.0</b>
<b>MDMA</b>	<b>7 – 1.0</b> <b>9 – 5.8</b> <b>10 – 7.5</b> <b>12 – 14.2</b>	<b>Cocaine</b>	<b>7 – 1.9</b> <b>9 – 5.7</b> <b>10 – 5.4</b> <b>12 – 8.1</b>
<b>Cannabis</b>	<b>7 – 3.8</b> <b>9 – 28.9</b> <b>10 – 36.5</b> <b>12 – 47.2</b>	<b>LSD</b>	<b>7 - .3</b> <b>9 – 4.4</b> <b>10 – 3.4</b> <b>12 – 8.5</b>



# Driving Behaviour

- 16.3% of drivers with a license drove within one hour of drinking alcohol
- 16.9% rode with a driver who had been drinking
- 29.5% of drivers with a license drove within an hour of using cannabis
- 22.2% rode with a driver who had been using cannabis



# Sexual Behaviour

- 37% had sexual intercourse in the past year
- Of these, 35.3% had unplanned sex after using alcohol or drugs
- 38.8% did not use a condom or latex barrier at most recent sexual intercourse





# Gambling

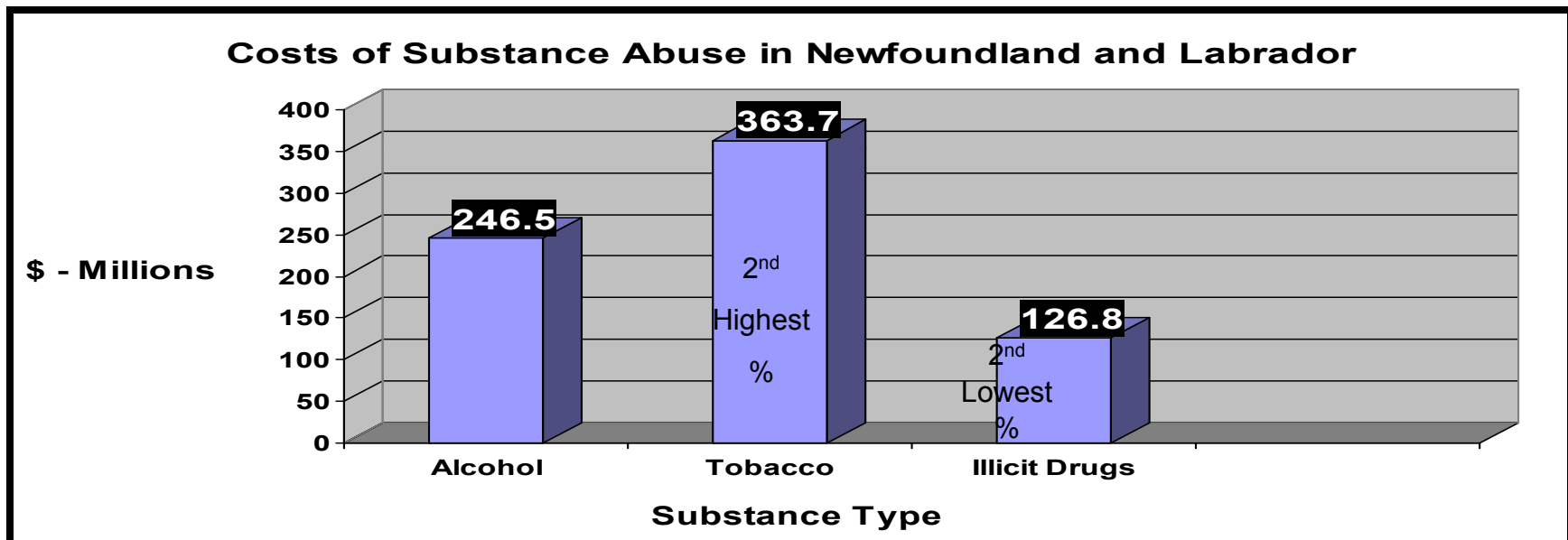
- 61.6% played any of 9 activities for money
- The most common activities were:
  - Scratch tabs – 38.8%
  - Cards for money – 38.1%
  - Breakopens – 30.6%
  - Bingo for money – 22.9%
- Problem gambling
  - At-risk – 3.5
  - Problem – 1.7



# Depression

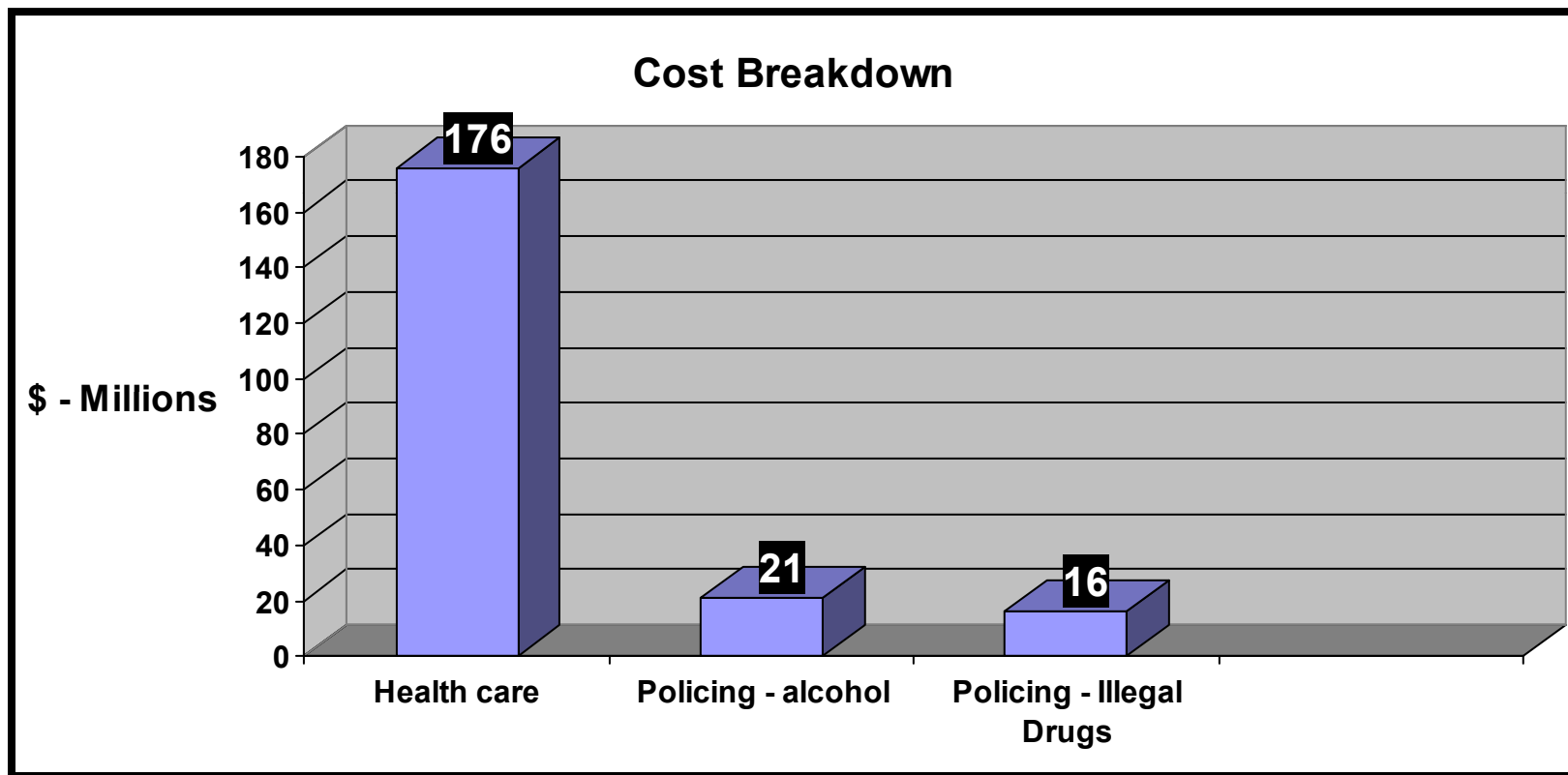
- Elevated depressive symptoms
  - Somewhat
    - Male - 14
    - Female – 25.8
  - Very
    - Male – 1.9
    - Female – 7.8

# Costs of Substance Abuse in NL



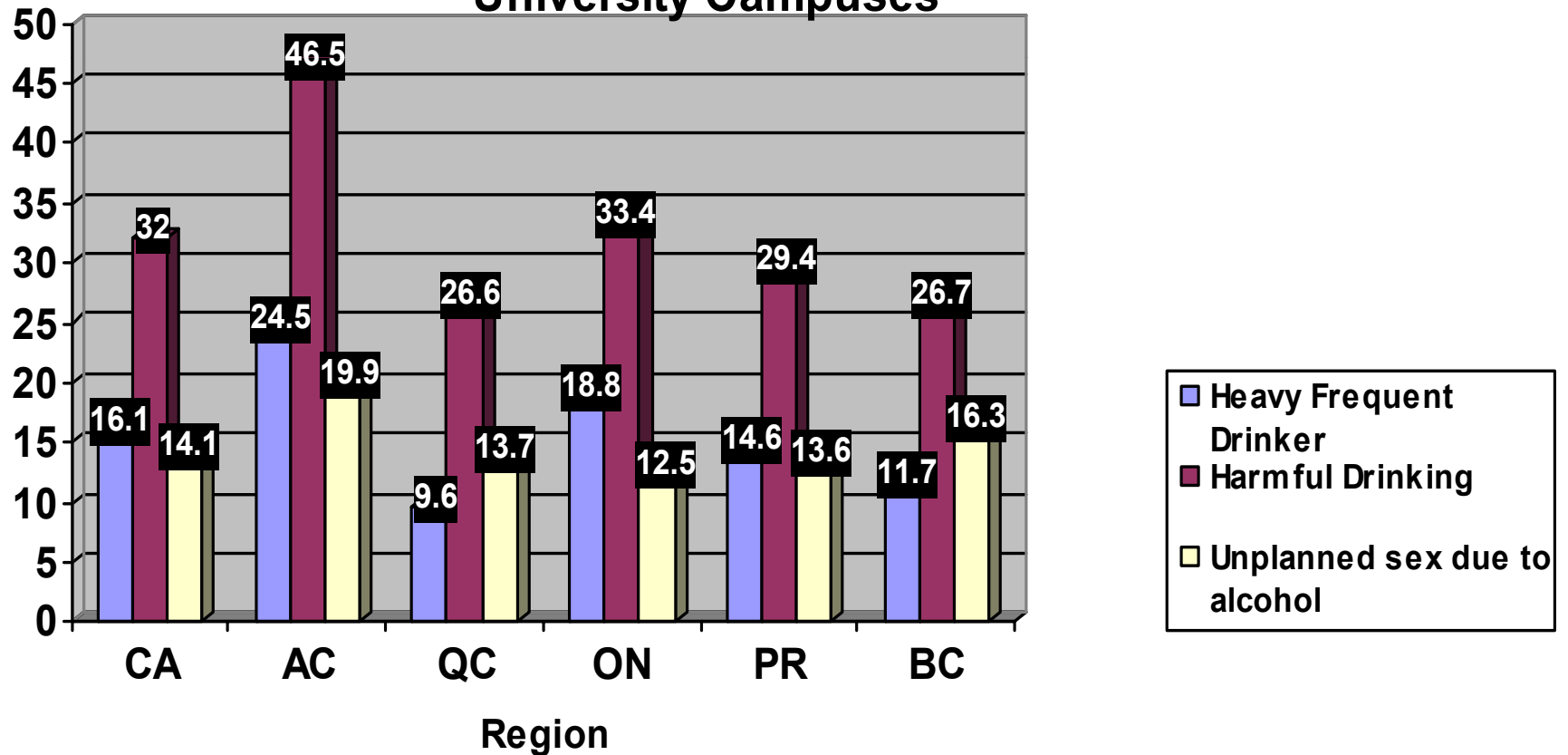
Measured in terms of the burden on services such as health care and law enforcement, and the loss of productivity in the workplace or at home resulting from premature death and disability

# Costs



# Canadian Campus Survey 2005

Comparison of Alcohol Related Issues Across Canadian University Campuses





# Canadian Campus Survey 2005

- Atlantic Canada students were also significantly above the national average for current smokers, cannabis use and at-risk gamblers.



# Provincial Initiatives – 4 pillars

- Provincial Substance use Strategy

- Prevention
- Treatment
- Harm reduction
- Enforcement