



Niagara Region Public Health

Health Behaviours and Perceptions of Niagara Students

2017



niagararegion.ca/health

Author:

Rachel Skellet, BPH, MSc

Special thanks to:

The OSDUHS team: Lindsay Garofalo, Dayna Dent, Victoria Hull, Angela Lorenzo, Erica McFadyen, Melanie Seguin.

Content experts: Amy Fishleigh, Kevin Maidment, Donna Mills, Emily St. Aubin, Kelly Wilson.

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For more information, please contact:

Organizational and Foundational Standards Division

Niagara Region Public Health

1815 Sir Isaac Brock Way

P.O. Box 1052

Thorold ON L2V 0A2

905-688-8248, 1-888-505-6074

www.niagararegion.ca/health

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1 Introduction

1.1 Background

The Ontario Students Drug Use and Health Survey (OSDUHS), administered by the Centre for Addiction and Mental Health (CAMH), is the longest ongoing school survey of adolescents in Canada and one of the longest in the world. The survey has been conducted every 2 years since 1977 (1).

Topics included in the survey include: alcohol, cannabis, other drug use, tobacco, mental health, physical activity, health eating, road safety, head injuries, family and school environments, and demographics (1).

1.2 Niagara Region Public Health and OSDUHS

In 2011, Niagara Region Public Health (NRPH) purchased an oversample of the OSDUHS from CAMH in order to get locally accurate information on the knowledge, attitudes and behaviours of secondary students in Niagara. Prior to purchasing the oversample, NRPH had little to no reliable, population-level data for youth regarding their knowledge, attitudes, and behaviours.

In 2015, another oversample was purchased; this time it included students from grade 7 through 12. This provided us with rich data to understand the differences in knowledge, attitudes and behaviours among grade 7 and 8 and secondary students, and some ability to compare trends.



2 Methods

2.1 General Methodology and Participation

Information presented here are methodological highlights from the full methodology discussed in the Detailed Drug Use Findings (2) and the Detailed Mental Health Findings (3) produced by CAMH.

Survey Design and Administration

OSDUHS employs a disproportionately stratified, two-stage cluster design sampling method. First, schools were selected to be included in the survey, and then classes meeting the criteria were selected to participate (2) (3).

Schools could not participate if they met the following criteria:

- The school had less than 30 students (this applies to elementary schools)
- The school had less than 80 students (this applies to secondary schools) (2) (3)

If a selected school could not participate, another school from the same region was selected as a replacement. Schools from both Catholic and Public school boards were selected. Once a school was selected to participate, one class per grade from each school was selected. Classes could not participate if they met the following criteria (2) (3):

- They were an English as a Second Language (ESL) class
- The class had less than 5 students in it (2) (3)

If a selected class could not participate, another class in the same school was selected as a replacement. In order to participate in the survey, students were required to return a consent form (2) (3).

All surveys were developed to be a grade 7 reading level (2) (3). Questions have been tested and validated (see 2.2 Survey Scales for more information about the scales used in the survey). The average completion time for the survey was 30 minutes (4).

Participation Rate

Overall, OSDUHS had a 59% participation rate. Reasons for not participating include:

- 11% were absent on the day of the survey
- 29% did not have the appropriate consent required
- 1% had comprehension issues (2) (3)

2.2 Survey Scales

A variety of validated tools have been used throughout OSDUHS. Below is a list of the scales used, questions asked in each scale, and information on how results are calculated. For more information about each of these scales, please refer to the [Centre for Addiction and Mental Health](#).

Alcohol Use Disorders Identification Test Scale (Alcohol)

- The Alcohol Use Disorders Identification Test (AUDIT) Scale was developed by the World Health Organization (WHO) and has been used in OSDUHS since 1999 (2)
- It is a 10-item scale that assess hazardous or harmful drinking. Hazardous drinking is a pattern of drinking that increases the potential for medical and/or physical problems in the future. Harmful drinking is a pattern of drinking that is already causing harm to one's health. Questions include:
 - Past 12-month consumption
 - 2 or more drinks on a typical drinking occasion
 - 5 or more drinks on one occasion in the past 12 months
 - Not being able to stop drinking after starting
 - Failing to do things that were expected from you because of drinking
 - Needing a drink in the morning to get going after a heavy drinking session
 - Feeling guilty after drinking in the past 12 months
 - Not remembering what happened when drinking in the past 12 months
 - Injuring yourself or someone else as a result of drinking
 - Family or friends being concerned about your drinking (2)
- Those who have a score of eight or higher (out of 40) are considered to be hazardous or harmful drinkers (2)

Severity of Dependence Scale (Cannabis)

- The Severity of Dependence (SDS) was developed by Martin, Copeland, Gates and Gilmour and has been used in OSDUHS since 2007 (2)
- The five-item scale includes questions on:
 - Out of control cannabis use
 - Being anxious or worried because you couldn't smoke cannabis
 - Worrying about your cannabis use
 - Wishing you could stop using cannabis
 - Difficulty stopping or going without cannabis (2)
- Items were scored from zero to three. A score of 4 or more (out of 15) indicates potential cannabis dependence (2).

CRAFFT Scale (Drug)

- The CRAFFT scale was developed by Knight et al. and has been a part of OSDUHS since 2003 (2)
- The six-item scale include questions about:
 - Riding in a car driven by someone who had been using drugs
 - Using drugs to relax
 - Using drugs alone
 - Forgetting things while on drugs
 - Having family or friends tell you that you should cut down on drug use
 - Getting into trouble while using drugs (2)
- Those who have a score of two or higher (out of six) are identified as having a drug use problem and may be in need of further assessment or treatment (2)

Psychological Distress Scale (Mental Health and Addictions)

- The Psychological Distress Scale (also known as the Kessler 6-Item Psychological Distress Scale, or K6) was developed by Kessler et al. (3)
- It is used to identify non-specific psychological distress
- There is also a longer version of the scale (K10), which was used in the 2011 OSDUHS (when Niagara last purchased the oversample)
- Questions asked in this survey are about:
 - Feeling nervous
 - Feeling hopeless
 - Feeling restless or fidgety
 - Feeling so depressed that nothing could cheer you up
 - Feeling that everything was an effort
 - Feeling worthless (3)
- Items were scored from zero through four, and a cut-off of 8 or higher is considered to identify moderate-to-serious psychological distress. Another cut-off score of 13 and higher is used to identify serious psychological distress (3).

Rosenberg Self-Esteem Scale (Mental Health and Addictions)

- The Rosenberg Self-Esteem Scale was developed by Rosenberg, Schooler, and Schoenbach (3)
- It is used to assess self-esteem or self-liking (3)
- It is a one-item scale, with the question pertaining to how much an individual is satisfied with themselves. Those who strongly disagree with the statement are considered to have low self-esteem (3).

ADHD Self-Report Scale (Mental Health and Addictions)

- The ADHD Self-Report Scale was developed by WHO and the Workgroup on Adult ADHD (5)
- It is used to help screen for ADHD in adult patients (5)
- The questions are consistent with DSM-IV criteria for ADHD (5)
- The full questionnaire has 18 questions, but the first six questions are asked in this survey. They include questions about:
 - Troubles wrapping up the final details of projects
 - Difficulty getting things in order when organization is required
 - Having problems remembering appointments or obligations
 - Avoiding or delaying starting tasks that involve a lot of thought
 - Feeling fidgety when you have to sit for long periods of time
 - Feeling overly active and compelled to do things (3)
- Items are scored from zero through four and a cut-off of 14 or higher is considered to be positive indication of ADHD symptoms (3)

Anti-Social Behaviour (Mental Health and Addictions)

- First used in the 1991 OSDUHS to assess violent and non-violent anti-social behaviour (3)
- Questions included are about:
 - Taking a vehicle without permission
 - Vandalism
 - Selling marijuana
 - Stealing
 - Breaking into a building (other than their home)
 - Running away from home
 - Setting something on fire
 - Hurting others (other than sibling fights)
 - Carrying a weapon (3)
- The original scale did not include the question about setting things on fire. Those who participate in three or more of the nine original behaviours are classified as exhibiting anti-social behaviour (3).



Gambling Problem Severity Scale (Mental Health and Addictions)

- It is the first time this scale is being used as part of OSDUHS (3)
- It is a nine-item scale asking about:
 - Dropping out of activities because of gambling
 - Not hanging out with friends with friends who do not gamble/hanging out with those who do
 - Planning gambling activities
 - Feeling bad about gambling
 - Gambling again to try to win money back
 - Hiding gambling from parents, family, or teachers
 - Feeling you have a problem with gambling
 - Using money that was supposed to be for other things for gambling
 - Stealing money or other valuables to gamble or pay off gambling debts (3)
- Items were scored from zero to three, with a maximum potential score of 27. Those who had a score of two to five are considered to have a low-to-moderate problem severity, and those with a six or higher are considered to have high problem severity (3).

Problem Video Game Playing (Mental Health and Addictions)

- The Problem Video Game Playing Scale was developed by Salguero and Moran and has been a part of OSDUHS since 2007 (3)
- It is a nine-item scale with questions about:
 - Spending time thinking about video games when you aren't playing them
 - Spending more time playing video games
 - Trying to cut back on video game playing
 - Getting irritated when you couldn't play video games
 - Playing video games when feeling sad or having problems
 - Playing again after losing in order to achieve your goal
 - Skipping school or work, lying or stealing to play video games
 - Ignoring homework or going to bed late to play video games
 - Hiding video game playing from family or friends (3)
- Those who stated "yes" to five or more of the questions were identified as having probable video gaming problems (3)

BMI-for-Age (Physical Activity)

- When calculating BMI-for-age, methods by the Dieticians of Canada and the Canadian Paediatric Society have been utilized (6)
- Using WHO's BMI-for-age charts, BMIs found in the 85th percentile or higher for the midpoint of each year were considered to be overweight or obese (6)

2.3 Infographics

A series of infographics has been developed to accompany the results in this report. The images of each infographic have been inserted at the beginning of each chapter.

Legend

Results presented in the infographics have been colour-coded to help with interpretation.

- Data presented in **purple** are percentages that are combined for grades 7 through 12 students
- Data presented in **blue** are percentages that are not significantly different between grade 7 and 8 students and secondary students
- Data presented in **pink** (grade 7 and 8 students) and **orange** (secondary students) are percentages that are significantly different from each other
- Data is also presented in **orange** for secondary students when data are not reportable for grade 7 and 8 students, or the questions are not asked to grade 7 and 8 students



3 Demographics

- In total, 889 students from Niagara participated in the survey (Table 3-1)

Table 3-1: Grade and gender of participants

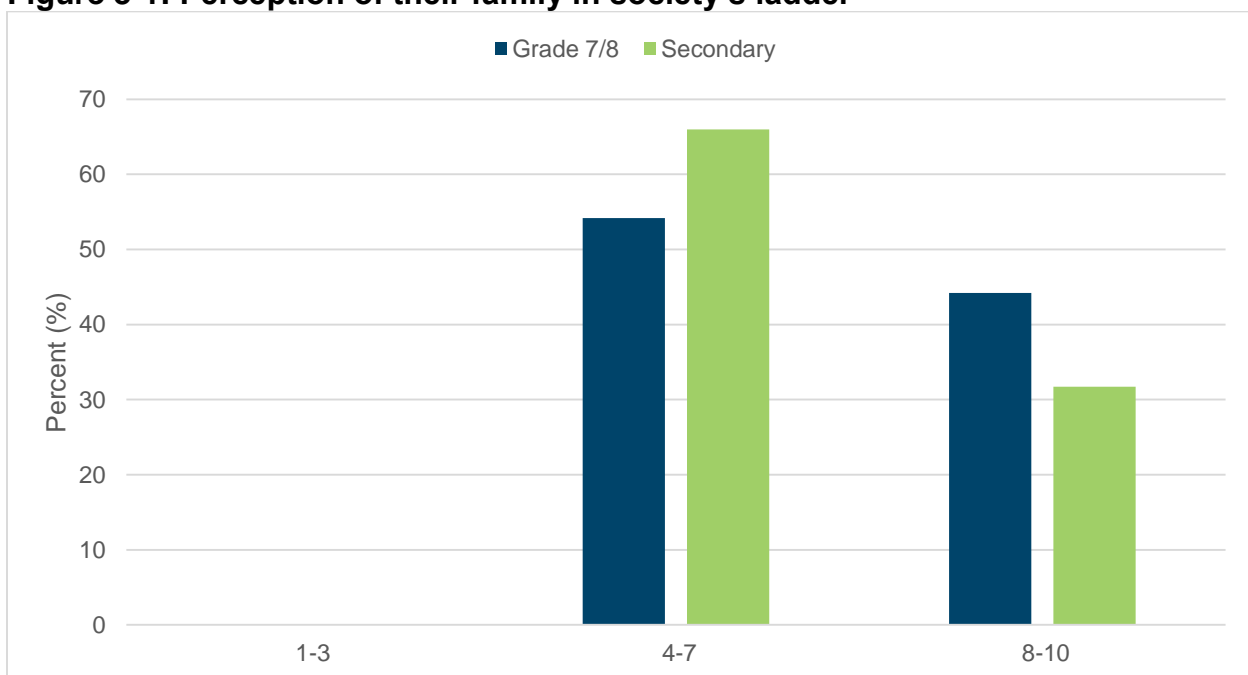
Grade	Number of Students	Gender	Number of Students
7	233	Male	446
8	225	Female	443
9	91		
10	121		
11	122		
12	97		

Data Source: Ontario Student Drug Use and Health Survey, 2015.

3.1 Social Determinants of Health

- 4.8%* of secondary students always or often go to bed hungry (data not reportable for grade 7 and 8 students)
 - There is no significant difference between Niagara and Ontario
- Data not reportable for grade 7 and 8 students and secondary students who view their family on the lowest rungs of society's ladder (Figure 3-1)

Figure 3-1: Perception of their family in society's ladder



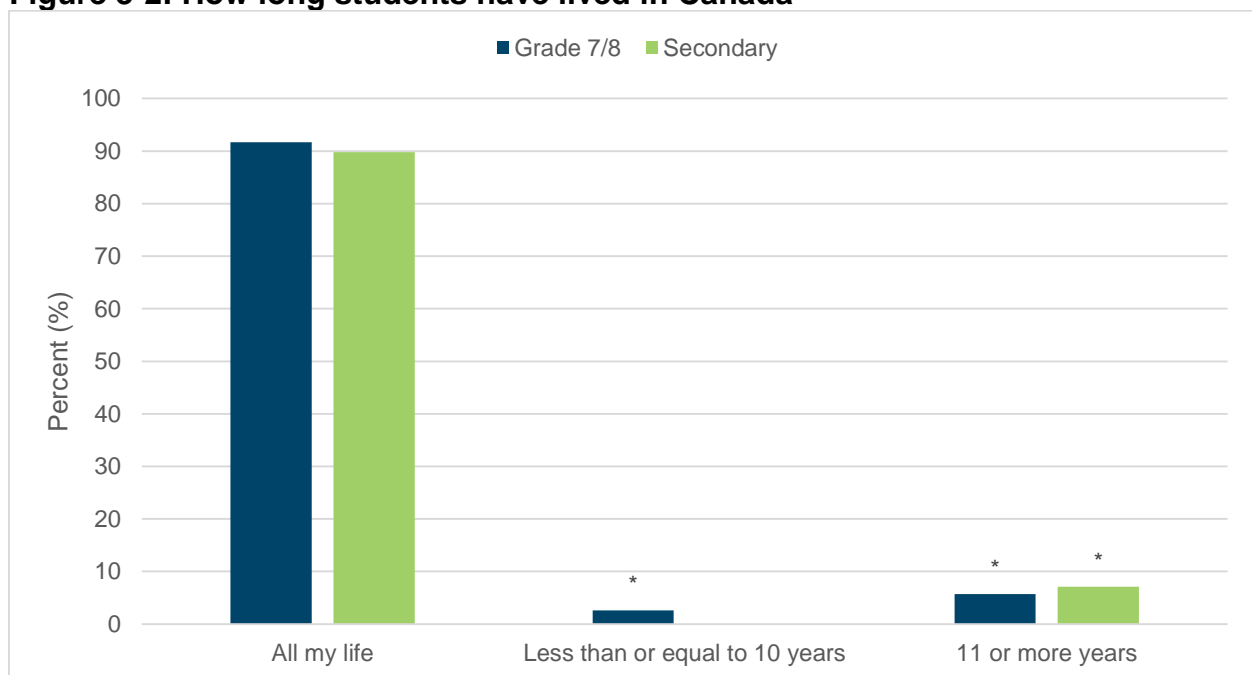
Data Source: Ontario Student Drug Use and Health Survey, 2015.

Note: A missing bar means the data are unreliable and not releasable for these categories

3.2 Home Environment

- 85.9% of grade 7/8 and 81.4% of secondary students live in one home only, while the rest are split between two or more homes
 - There is no significant difference between grade 7 and 8 students and secondary students
 - A lower proportion of Niagara secondary students live in one home only compared to Ontario secondary students
- 91.7% of grade 7 and 8 students and 89.8% of secondary students have lived their entire life in Canada (Figure 3-2)
 - There is no significant difference between grade 7 and 8 students and secondary students
 - A higher proportion of Niagara grade 7 and 8 students have lived their entire life in Canada compared to Ontario grade 7 and 8 students
- 75.4% of grade 7 and 8 students and 60.2% of secondary students say their parents always know where they are when they spend free time away from home
 - A higher proportion of grade 7 and 8 students say that their parents always know where they are when they spend their free time away from home compared to secondary students
 - There is no significant difference between Niagara and Ontario
- 52.3% of secondary students do not work for pay outside their home
 - This question was not asked to grade 7 and 8 students
 - There is no significant difference between Niagara and Ontario

Figure 3-2: How long students have lived in Canada



Data Source: Ontario Student Drug Use and Health Survey, 2015.

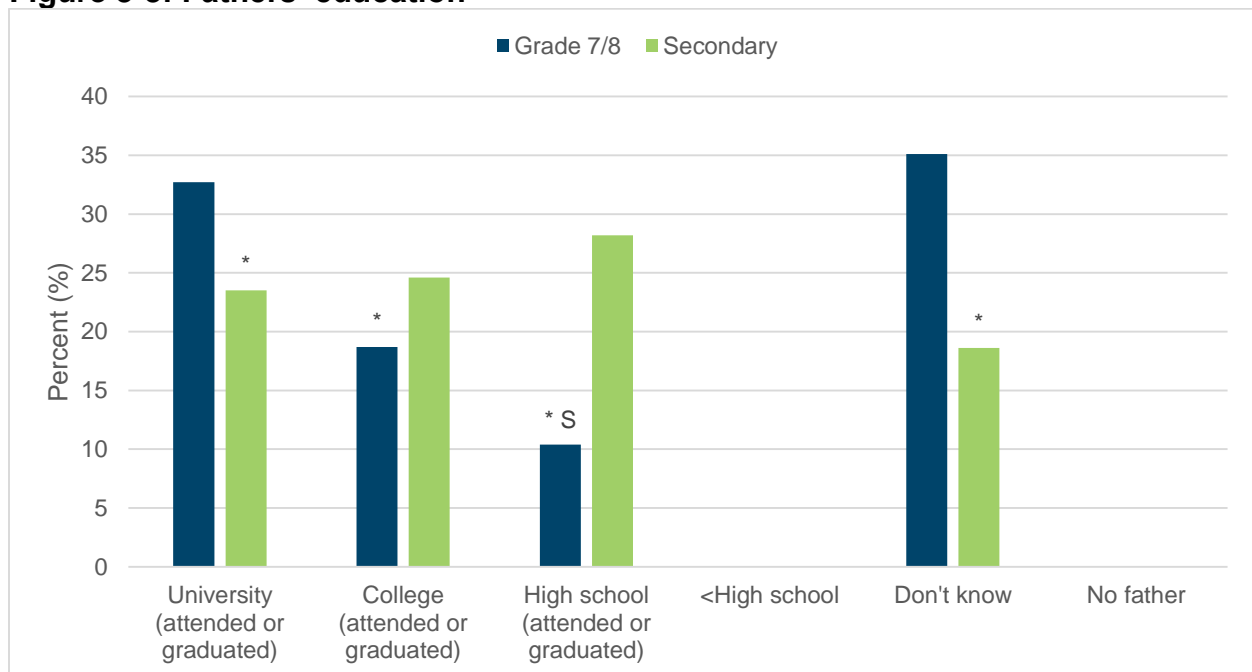
*: Interpret with caution

Note: A missing bar means the data are unreliable and not releasable for these categories

3.3 Parents' Education

- 32.7% of grade 7 and 8 students and 23.5%* of secondary students have fathers who attended or graduated university
 - There is no significant difference between grade 7 and 8 students and secondary students
 - There is no significant difference between Niagara and Ontario
- 37.9% of grade 7 and 8 students and 30.6%* of secondary students have mothers who attended or graduated university
 - There is no significant difference between grade 7 and 8 students and secondary students
 - There is no significant difference between Niagara and Ontario

Figure 3-3: Fathers' education



Data Source: Ontario Student Drug Use and Health Survey, 2015.

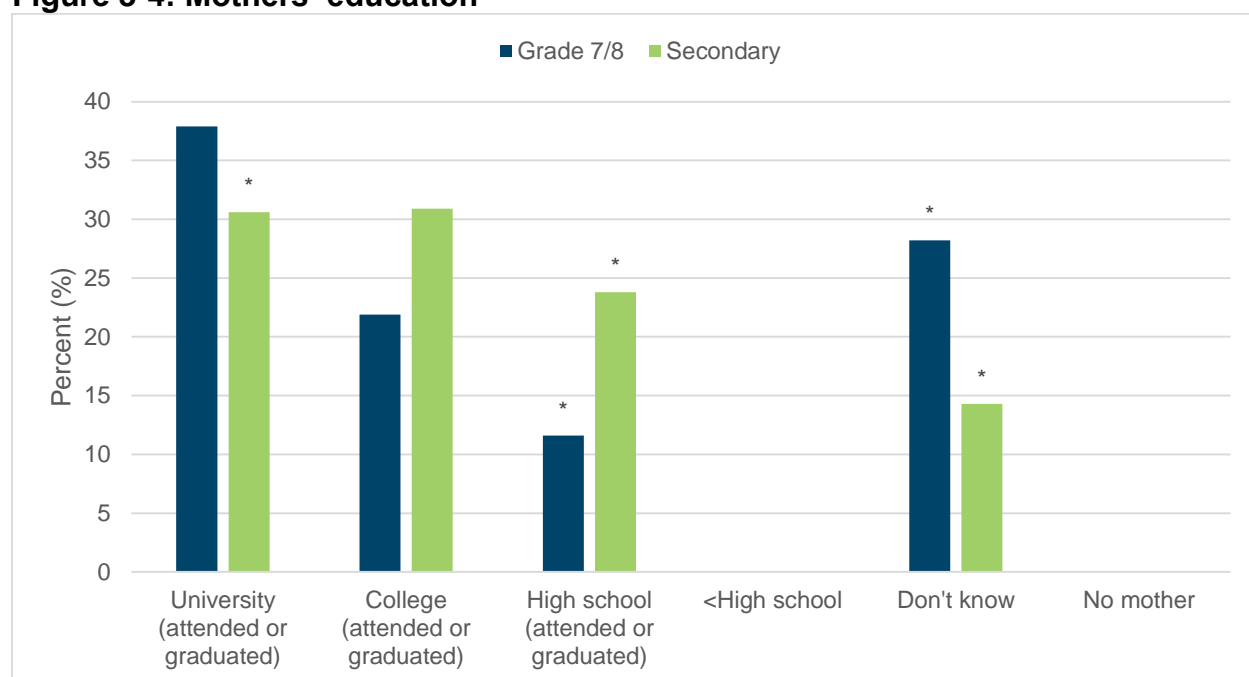
S: Significant difference between grade 7/8 students and secondary students

*: Interpret with caution

Note: A missing bar means the data are unreliable and not releasable for these categories



Figure 3-4: Mothers' education



Data Source: Ontario Student Drug Use and Health Survey, 2015.

*: Interpret with caution

Note: A missing bar means the data are unreliable and not releasable for these categories



Alcohol Use Among Niagara Students



18% of **grade 7 and 8** students have drank more than a sip of alcohol in the past 12 months



41% of **secondary** students have drank alcohol in the past 4 weeks



18% of **secondary** students felt drunk for the first time in elementary school



30% of **secondary** students have played drinking games in the past 4 weeks

60% of **secondary** students have drank more than a sip of alcohol in the past 12 months

How easy is it to get alcohol?

32%

of **grade 7 and 8** students think it is easy to get alcohol



74%

of **secondary** students think it is easy to get alcohol

How harmful is drinking 5 or more drinks once or twice each weekend?



34% of **grade 7 to 12** students think that there is no risk or a slight risk from drinking 5 or more drinks once or twice each weekend

Do you disapprove of adults drinking 5 or more drinks once or twice each weekend?

72%

of **grade 7 and 8** students disapprove or strongly disapprove



42%

of **secondary** students disapprove or strongly disapprove

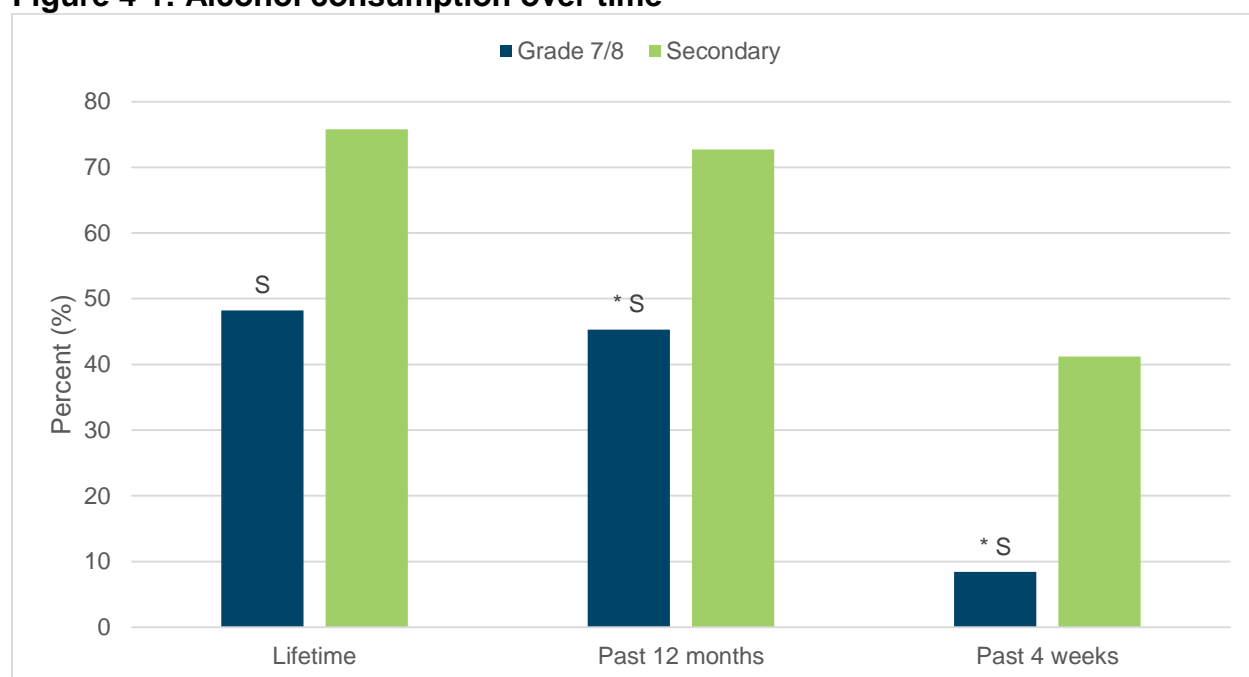
4 Alcohol Use

Alcohol is the number one drug used by the youth population. Alcohol use is a risk factor for many chronic diseases, violence, injuries and motor vehicle crashes. Evidence demonstrates that alcohol can impact mental and physical development with the youth population (7). Providing youth with the right skills, tools and education around the harms of alcohol use is important in reducing short and long term alcohol-related health risks.

4.1 Overall Alcohol Consumption

- 48.2% of grade 7 and 8 students and 75.8% of secondary students have consumed alcohol in their lifetime (Figure 4-1)
 - A lower proportion of grade 7 and 8 students have consumed alcohol in their lifetime compared to secondary students
 - There is no significant difference between Niagara and Ontario
- 45.3% of grade 7 and 8 students and 72.7% of secondary students have consumed alcohol in the past 12 months (including a sip of alcohol) (Figure 4-1)
 - A lower proportion of grade 7 and 8 students have consumed alcohol in the past 12 months compared to secondary students
 - There is no significant difference between Niagara and Ontario
- 18.3%* of grade 7 and 8 students and 59.7% of secondary students have consumed *more than a sip* of alcohol in the past 12 months (Figure 4-2)
 - A lower proportion of grade 7 and 8 students have consumed alcohol in the past 12 months compared to secondary students
 - There is no significant difference between Niagara and Ontario
- 8.4%* of grade 7 and 8 students and 41.2% of secondary students have consumed alcohol in the past four weeks (Figure 4-1)
 - A lower proportion of grade 7 and 8 students have consumed alcohol in the past four weeks compared to secondary students
 - There is no significant difference between Niagara and Ontario
- 21.2%* of secondary students have consumed enough alcohol to feel drunk in the past four weeks (data not reportable for grade 7 and 8 students)
 - There is no significant difference between Niagara and Ontario
- Of those who have consumed alcohol, 80.2% of grade 7 and 8 students and 51.4% of secondary students had it given to them by their friends or family
 - A higher proportion of grade 7 and 8 students had alcohol provided to them by friends and family compared to secondary students
 - There is no significant difference between Niagara and Ontario

Figure 4-1: Alcohol consumption over time

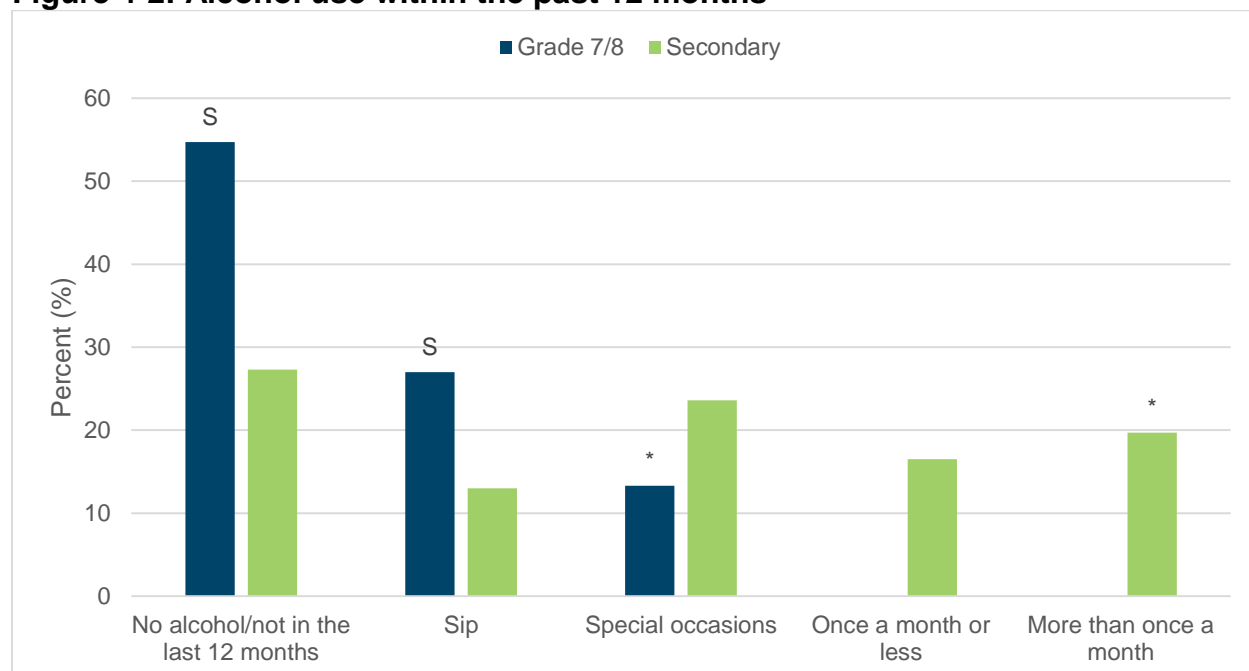


Data Source: Ontario Student Drug Use and Health Survey, 2015.

S: Significant difference between grade 7/8 students and secondary students

*: Interpret with caution

Figure 4-2: Alcohol use within the past 12 months



Data Source: Ontario Student Drug Use and Health Survey, 2015.

S: Significant difference between grade 7/8 students and secondary students

*: Interpret with caution

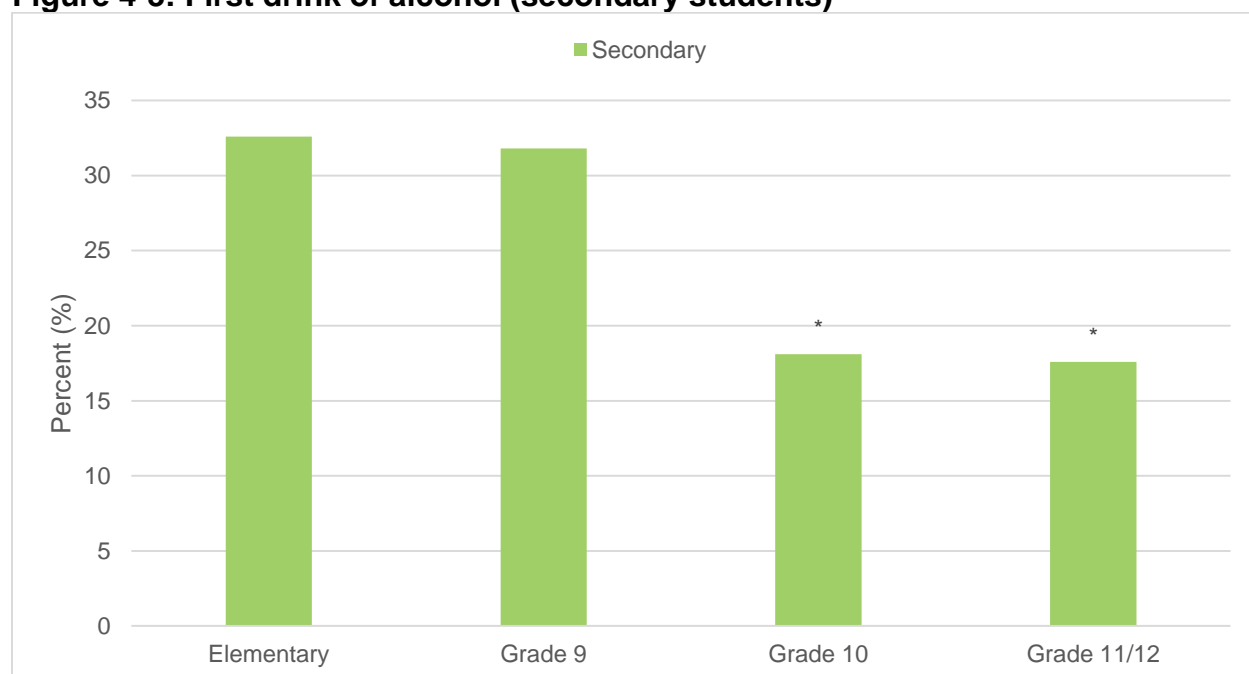
Note: A missing bar means the data are unreliable and not releasable for these categories



4.2 First Drink of Alcohol and First Time Being Drunk

- Of those secondary students who have consumed alcohol, one-third (32.6%) drank alcohol for the first time in elementary school, while another third (31.8%) drank alcohol for the first time in grade 9 (Figure 4-3)
 - There is no significant difference between Niagara and Ontario
 - A higher proportion of males had their first drink in elementary school (52.3%) compared to females (28.1%*)
- Of those secondary students who have ever been drunk, 18.4%* were drunk for the first time in elementary school, while 34.2% were drunk for the first time in grade 9 (Figure 4-4)
 - There is no significant difference between Niagara and Ontario

Figure 4-3: First drink of alcohol (secondary students)

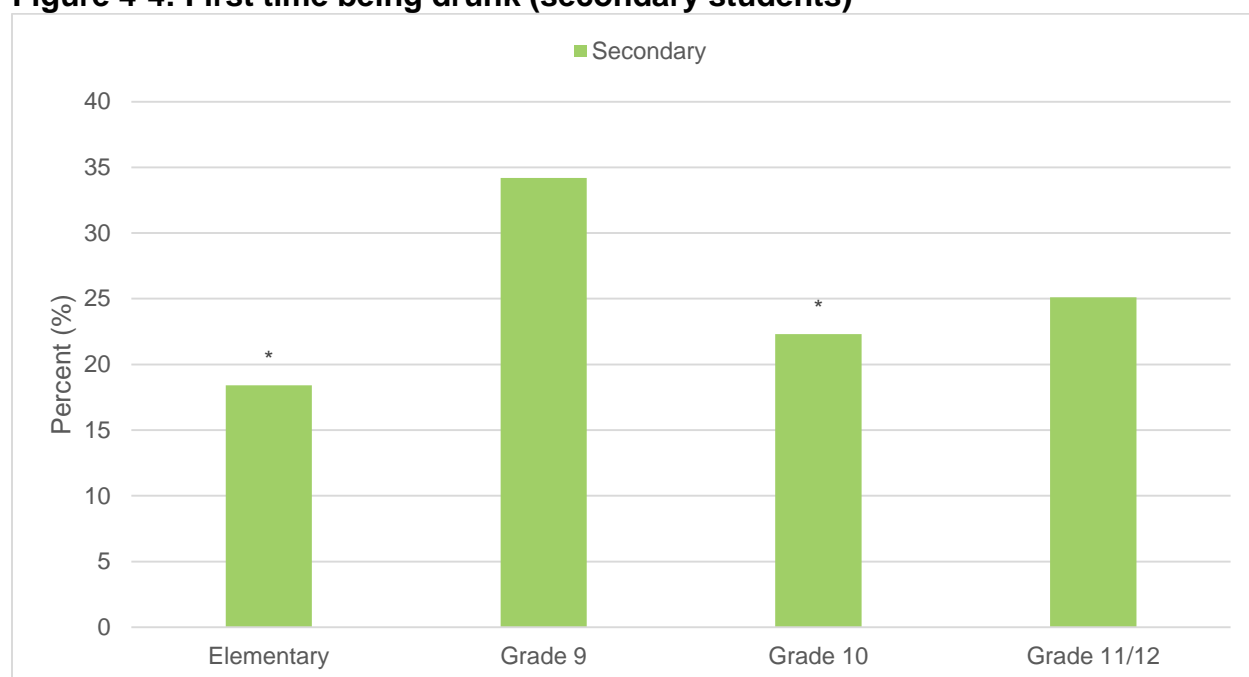


Data Source: Ontario Student Drug Use and Health Survey, 2015.

*: Interpret with caution



Figure 4-4: First time being drunk (secondary students)



Data Source: Ontario Student Drug Use and Health Survey, 2015.

*: Interpret with caution

4.3 Harmful/Binge Drinking

- When grade 7 and 8 students drink alcohol, 93.6% drink between 1 and 3 drinks
 - There is no significant difference between Niagara and Ontario
- When secondary students drink alcohol, most (54.5%) will drink 4 or more drinks
 - There is no significant difference between Niagara and Ontario
- 13.6%* of secondary students are considered hazardous or harmful drinkers (as identified by the AUDIT Scale)
 - This series of questions was not asked to grade 7 and 8 students
 - There is no significant difference between Niagara and Ontario

4.4 Alcohol Consumption and Risky Behaviours

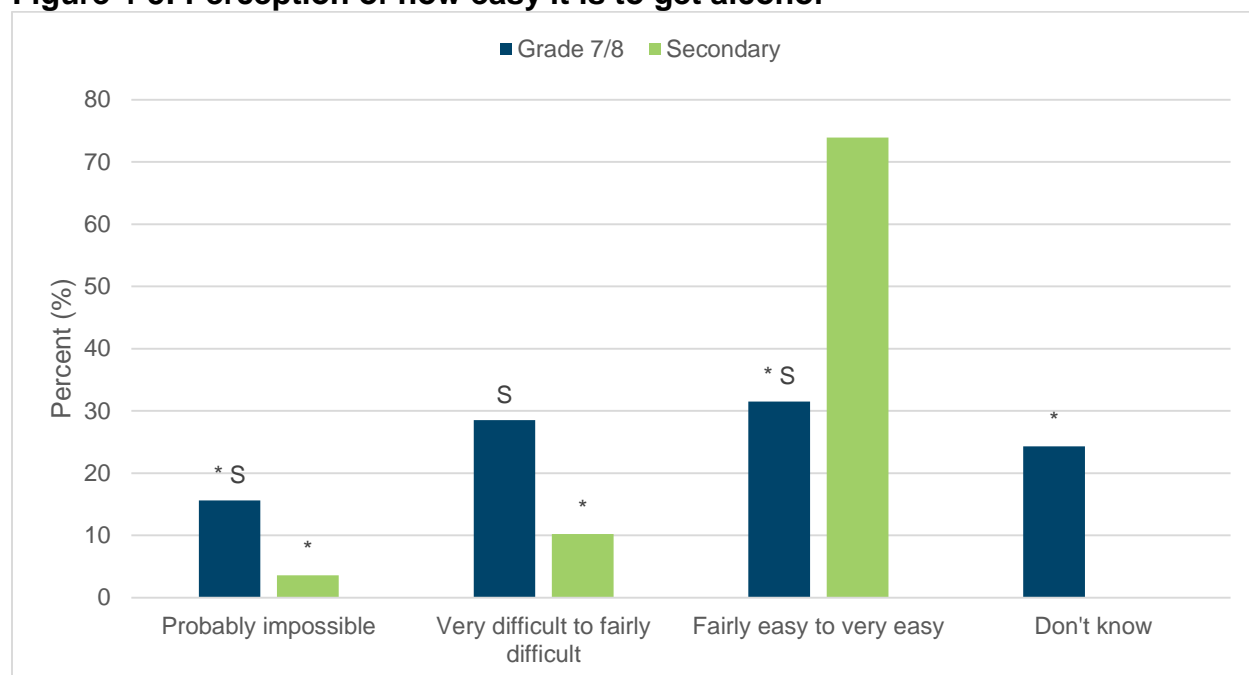
See 10.2 for information related to alcohol consumption and driving behaviours

- 25.9%* of secondary students have consumed an energy drink with alcohol in it in the past 12 months (data not reportable for grade 7 and 8 students)
 - There is no significant difference between Niagara and Ontario
- 30.1%* of secondary students have played drinking games in the past 4 weeks
 - This question was not asked to grade 7 and 8 students
- 9.3%* of secondary students have injured themselves or someone else as a result of their drinking (data not reportable for grade 7 and 8 students)
 - There is no significant difference between Niagara and Ontario

4.5 Attitudes and Perceptions

- 14.9%* of secondary students said that their parents would allow them to consume alcohol at their house with their friends
 - This question was not asked to grade 7 and 8 students
 - A lower proportion of students in Niagara think their parents would allow them to consume alcohol at their house with their friends compared to Ontario
- 31.5%* of grade 7 and 8 students and 73.9% of secondary students think it is easy to get alcohol (Figure 4-5)
 - A lower proportion of grade 7 and 8 students think it is easy to get alcohol compared to secondary students
 - There is no significant difference between Niagara and Ontario
- 35.9% of grade 7 and 8 students and 33.8% of secondary students think there is no risk or a slight risk from drinking five or more drinks, once or twice each weekend (Figure 4-6)
 - There is no significant difference between grade 7 and 8 students and secondary students
 - A higher proportion of grade 7 and 8 students in Niagara think that there's no to slight risk compared to Ontario
 - More males (45.8%) think there is no to slight risk compared to females (23.1%)
- 72.1% of grade 7 and 8 students disapprove or strongly disapprove of adults' binge drinking, while 41.7% of secondary students feel the same way (Figure 4-7)
 - A higher proportion of grade 7 and 8 students disapprove compared to secondary students
 - There is no significant difference between Niagara and Ontario

Figure 4-5: Perception of how easy it is to get alcohol



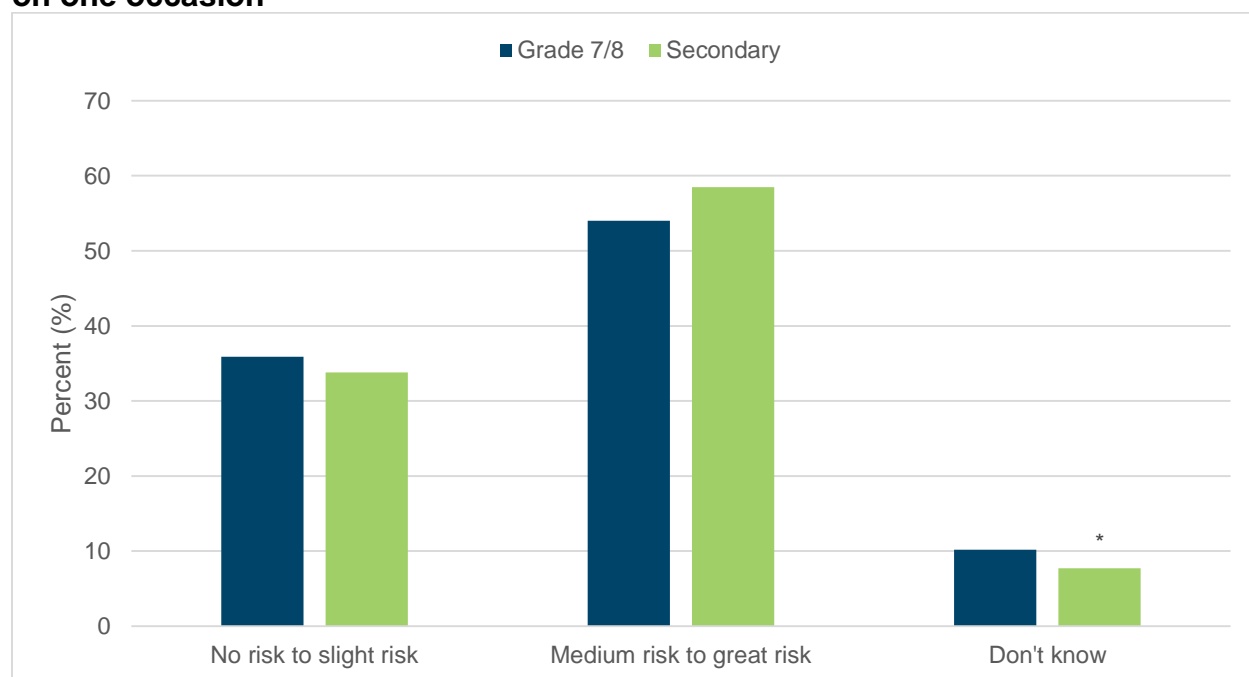
Data Source: Ontario Student Drug Use and Health Survey, 2015.

S: Significant difference between grade 7/8 students and secondary students

*: Interpret with caution

Note: A missing bar means the data are unreliable and not releasable for these categories

Figure 4-6: Perception of the harm associated with drinking five or more drinks on one occasion

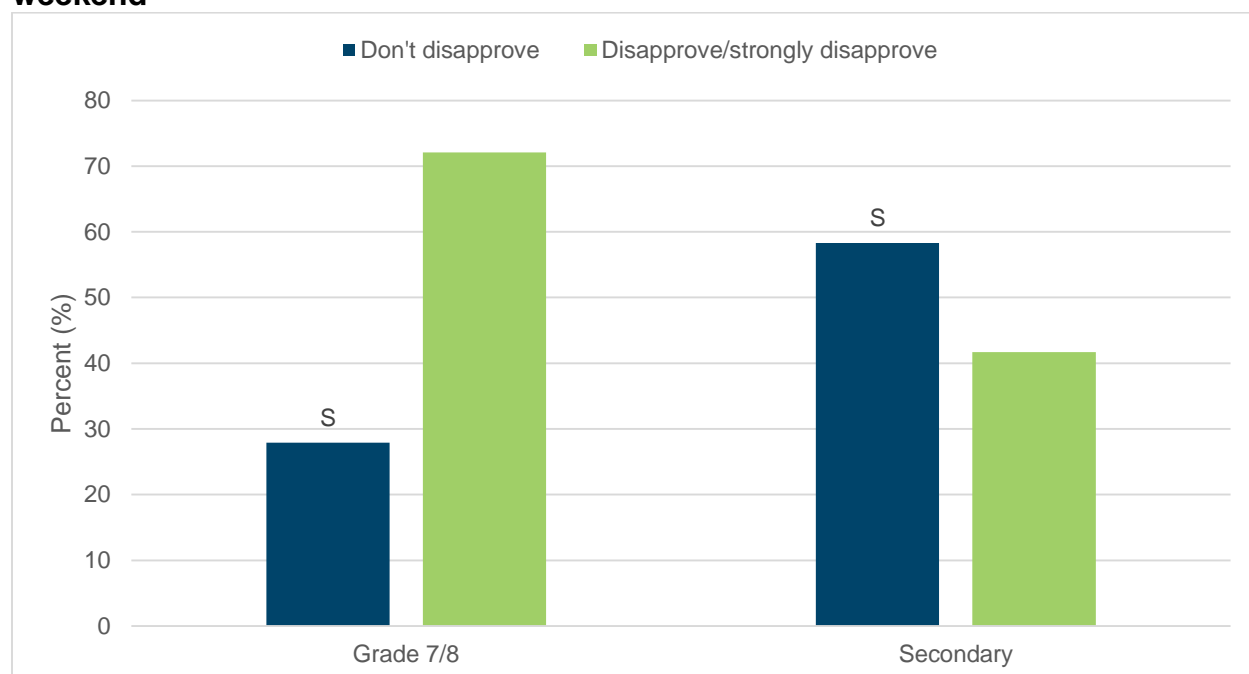


Data Source: Ontario Student Drug Use and Health Survey, 2015.

*: Interpret with caution



Figure 4-7: Disapproval of adults having five or more drinks, once or twice each weekend



Data Source: Ontario Student Drug Use and Health Survey, 2015.

S: Significant difference between grade 7/8 students and secondary students

4.6 Comparison 2011 to 2015

Many of the alcohol-related questions analyzed above were asked on OSDUHS 2011. Overall, there was no significant changes for these indicators:

- Past 12-month alcohol consumption
- Lifetime alcohol consumption
- When alcohol was first consumed
- Perception of how easy it is to get alcohol
- Perception of harm from drinking five or more drinks, once or twice each weekend

Cannabis Use Among Niagara Students



35%

of **secondary** students
have used cannabis in the
past 12 months



23%

of **secondary** students
have used cannabis in the
past 4 weeks



86%

of **secondary** students
who use cannabis get it
from their friends



How easy
is it to get
cannabis?

65%

of **secondary**
students think it is
easy to get cannabis



How harmful
is regular
marijuana use?

36%

of **secondary**
students believe
there is no risk or a
slight risk



Do you disapprove
of adults regularly
using marijuana?

62%

of **secondary**
students disapprove
or strongly
disapprove

10%

of **grade 7 and 8**
students believe
there is no risk or a
slight risk

94%

of **grade 7 and 8**
students disapprove
or strongly
disapprove

5 Cannabis Use

Cannabis is the number one used illicit drug. Emerging research indicates that cannabis use at a young age has a significant impact on short and long term mental health (8). Education and awareness on health and social impacts associated with cannabis use, such as adolescent brain development and drug impaired driving, is essential in reducing their risk of harms related to cannabis use.

5.1 Overall Cannabis Use

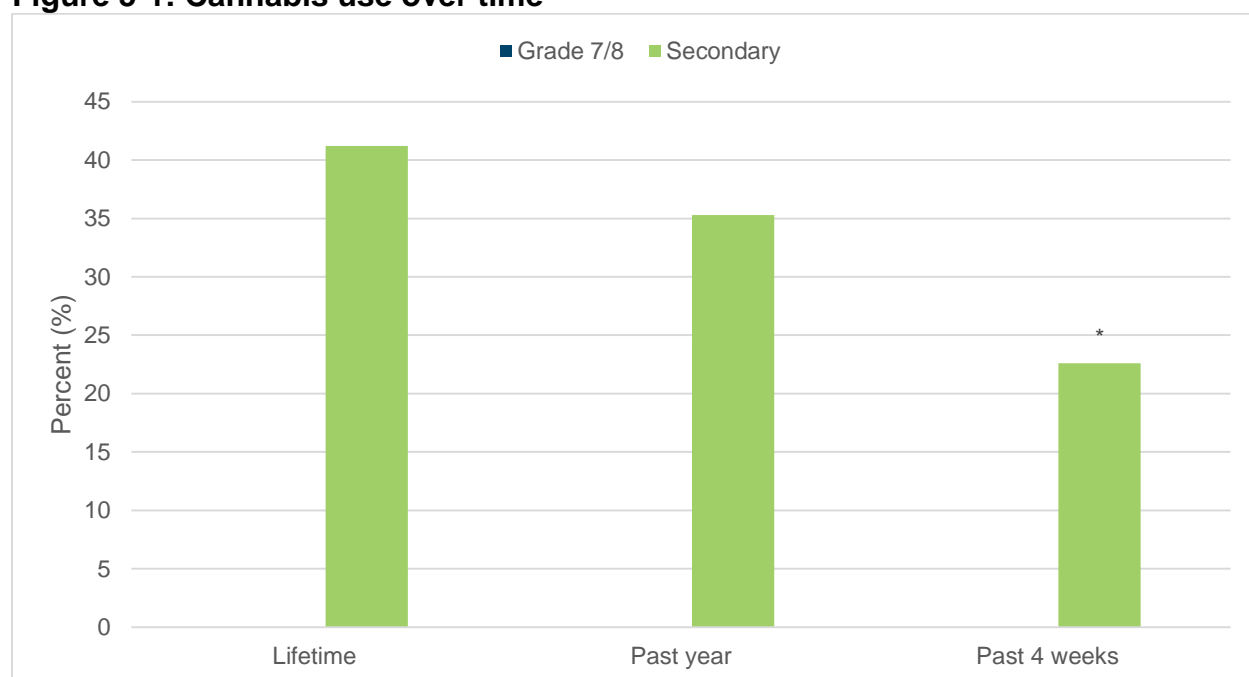
- 41.2% of secondary students have used cannabis in their lifetime (Figure 5-1) (data not reportable for grade 7 and 8 students)
 - There is no significant difference between Niagara and Ontario
- 35.3% of secondary students have used cannabis in the past 12 months (Figure 5-1) (data not reportable for grade 7 and 8 students)
 - There is no significant difference between Niagara and Ontario
- 22.6%* of secondary students have used cannabis in the past four weeks (Figure 5-1) (data not reportable for grade 7 and 8 students)
 - There is no significant difference between Niagara and Ontario
- Of those who have used cannabis, 86.0% of secondary students got the cannabis from their friends (data not reportable for grade 7 and 8 students)
 - There is no significant difference between Niagara and Ontario
- 91.4% of secondary students are not dependent on cannabis (as determined through the Severity of Dependence Scale)
 - A lower proportion of Niagara secondary students are not dependent on cannabis compared to Ontario secondary students

5.2 First Use of Cannabis

- Of those secondary students who have used cannabis, 29.6% used it for the first time in elementary school, while 30.9% used it for the first time in grade 9 (Figure 5-2)
 - There is no significant difference between Niagara and Ontario



Figure 5-1: Cannabis use over time

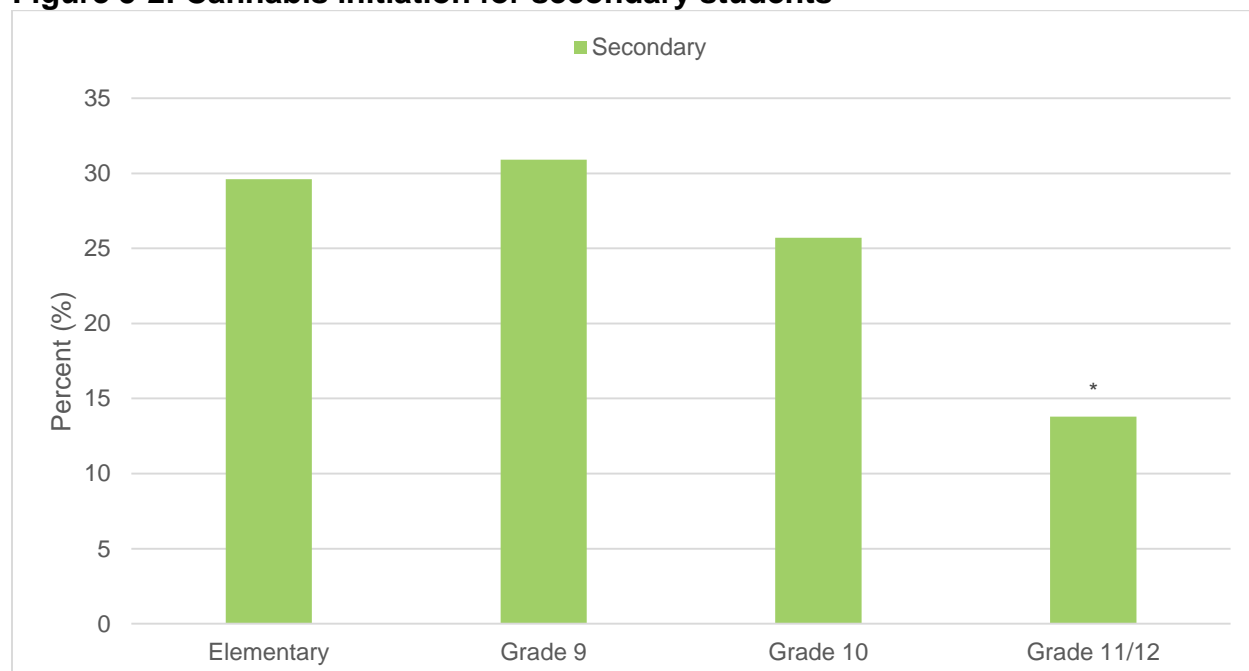


Data Source: Ontario Student Drug Use and Health Survey, 2015.

*: Interpret with caution

Note: A missing bar means the data are unreliable and not releasable for these categories

Figure 5-2: Cannabis initiation for secondary students



Data Source: Ontario Student Drug Use and Health Survey, 2015.

*: Interpret with caution



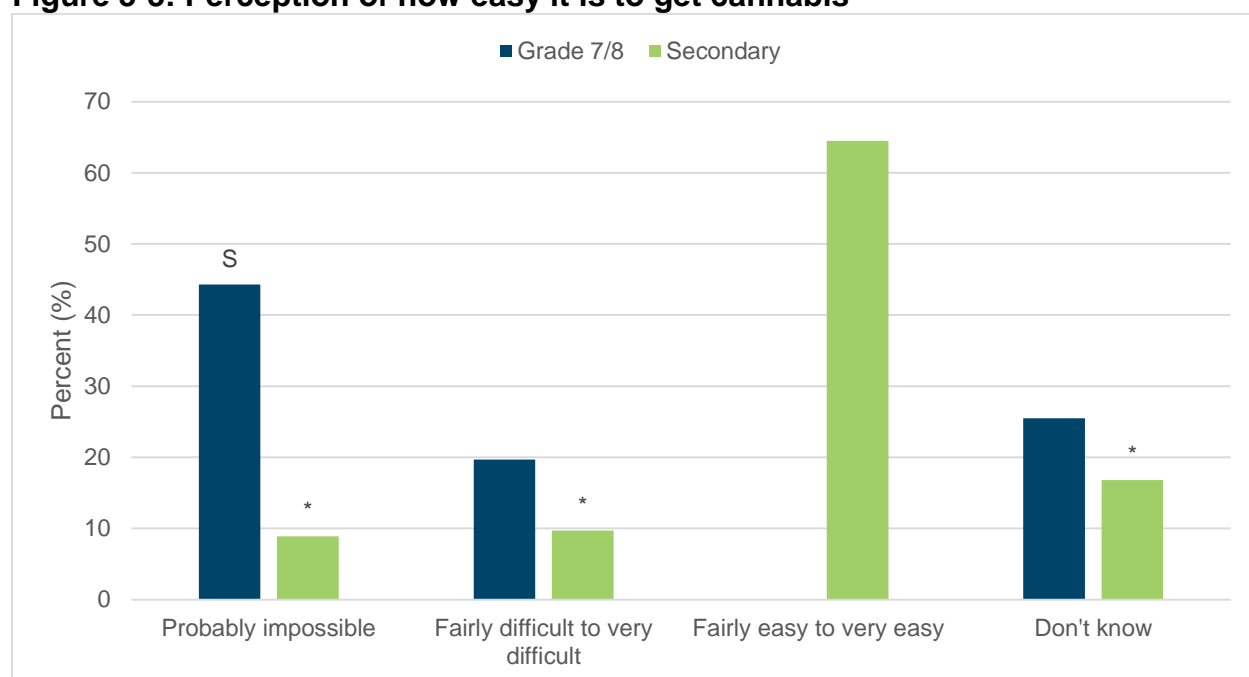
5.3 Cannabis Use and Risky Behaviours

See 10.2 for information related to cannabis use and driving behaviours

5.4 Attitudes and Perceptions

- 64.5% of secondary students think that it is easy to get cannabis (Figure 5-3) (data not reportable for grade 7 and 8 students)
 - There is no significant difference between Niagara and Ontario
- 40.2% of grade 7 and 8 students and 73.0% of secondary students think there is no risk or a slight risk associated with trying marijuana (Figure 5-4)
 - A higher proportion of secondary students think there is no risk or a slight risk associated with trying marijuana compared to grade 7 and 8 students
 - There is no significant difference between Niagara and Ontario
- 10.4%* of grade 7 and 8 students and 36.1% of secondary students think there is no risk or a slight risk associated with regularly using marijuana (Figure 5-5)
 - A higher proportion of secondary students think there is no risk or a slight risk associated with regularly using marijuana compared to grade 7 and 8 students
 - There is no significant difference between Niagara and Ontario
- 86.3% of grade 7 and 8 students disapprove or strongly disapprove of adults trying cannabis, while 39.3% of secondary students feel the same way (Figure 5-6)
 - A higher proportion of grade 7 and 8 students disapprove or strongly disapprove of adults trying cannabis compared to secondary students
 - A lower proportion of Niagara secondary students disapprove or strongly disapprove of adults trying cannabis compared to Ontario secondary students
- 94.4% of grade 7 and 8 students disapprove or strongly disapprove of adults regularly using cannabis, while 61.9% of secondary students feel this way (Figure 5-7)
 - A higher proportion of grade 7 and 8 students disapprove or strongly disapprove of adults regularly using cannabis compared to secondary students
 - A lower proportion of Niagara secondary students disapprove or strongly disapprove of adults regularly using cannabis compared to Ontario secondary students

Figure 5-3: Perception of how easy it is to get cannabis



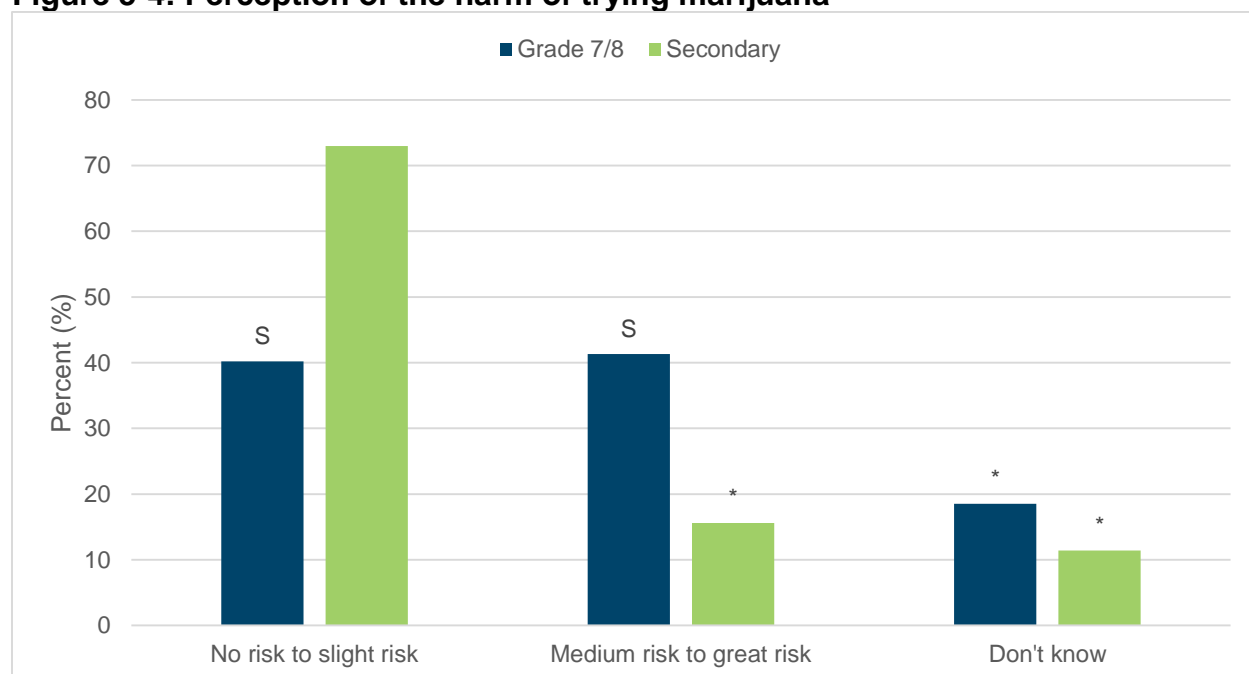
Data Source: Ontario Student Drug Use and Health Survey, 2015.

S: Significant difference between grade 7/8 students and secondary students

*: Interpret with caution

Note: A missing bar means the data are unreliable and not releasable for these categories

Figure 5-4: Perception of the harm of trying marijuana



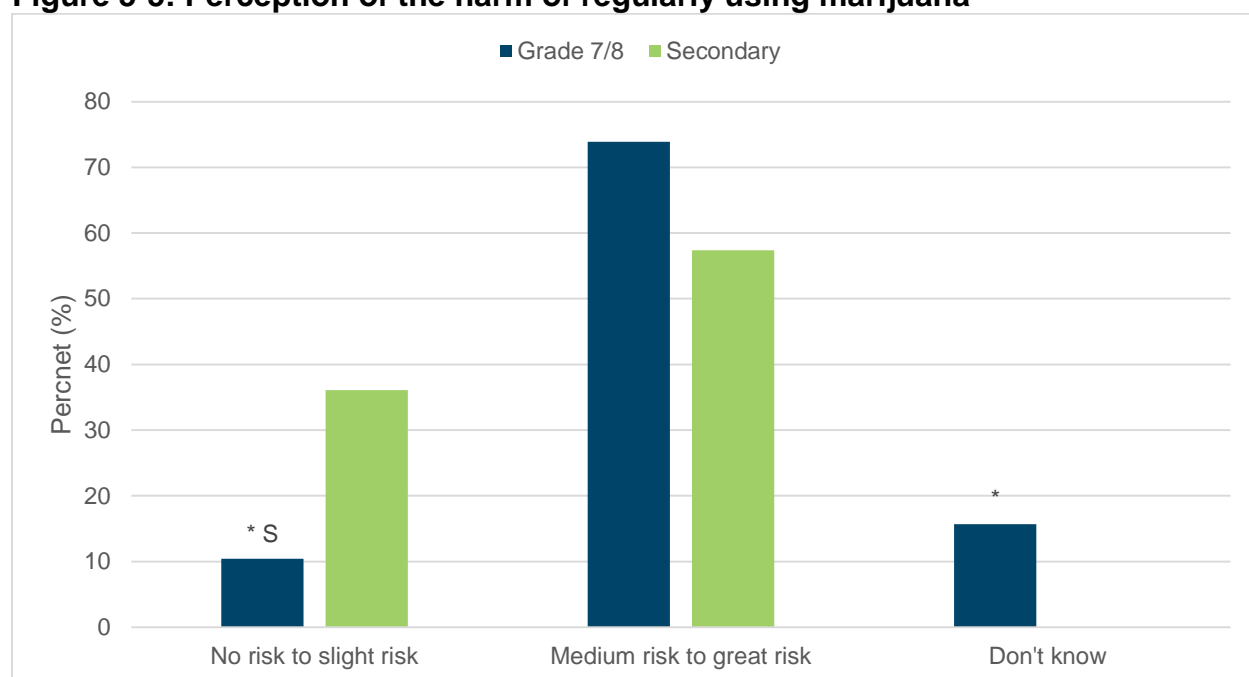
Data Source: Ontario Student Drug Use and Health Survey, 2015.

S: Significant difference between grade 7/8 students and secondary students

*: Interpret with caution



Figure 5-5: Perception of the harm of regularly using marijuana



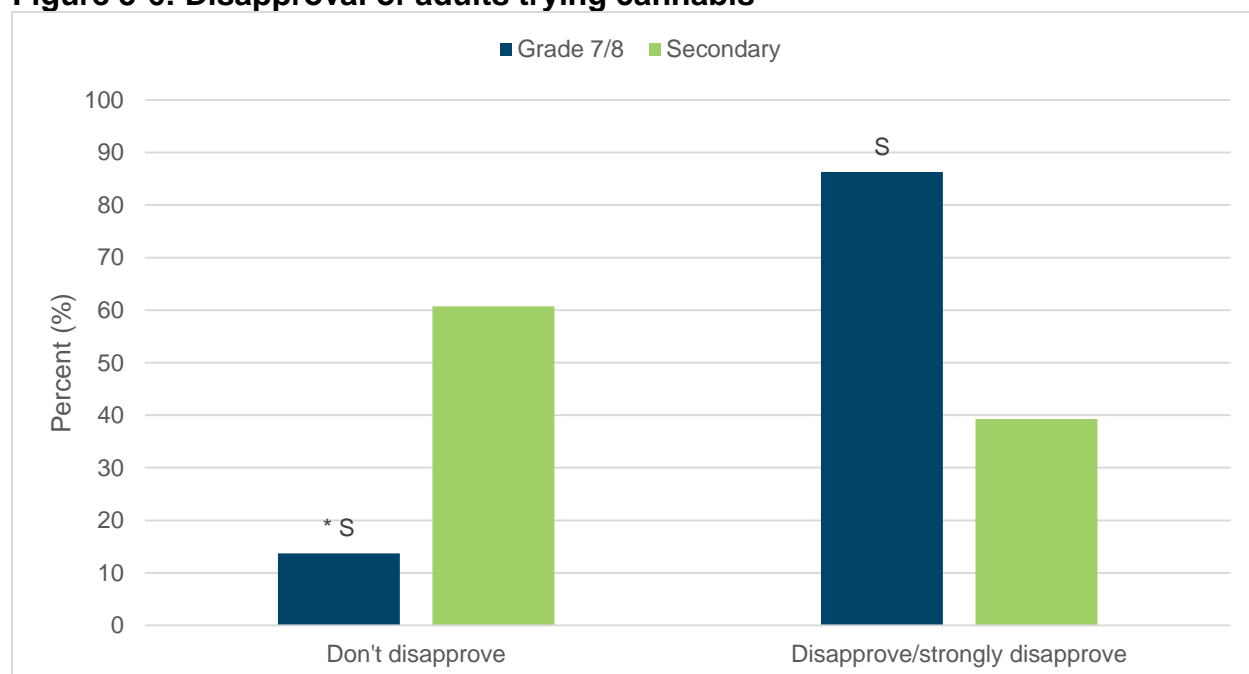
Data Source: Ontario Student Drug Use and Health Survey, 2015.

S: Significant difference between grade 7/8 students and secondary students

*: Interpret with caution

Note: A missing bar means the data are unreliable and not releasable for these categories

Figure 5-6: Disapproval of adults trying cannabis



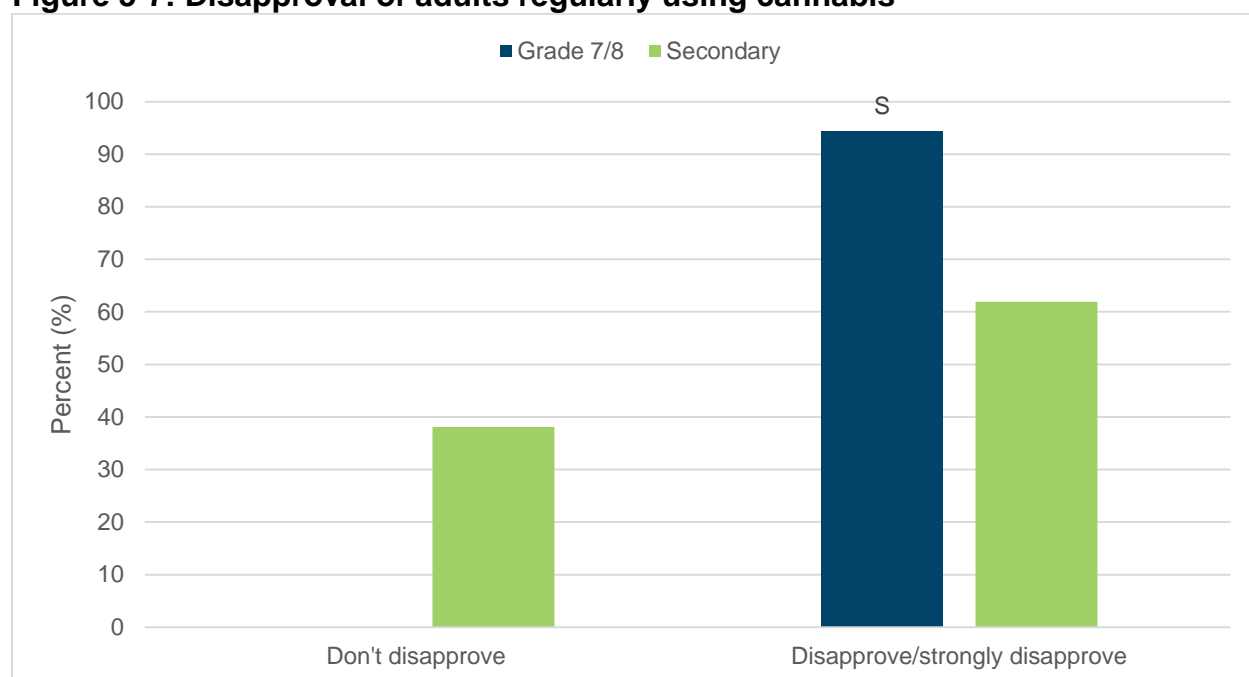
Data Source: Ontario Student Drug Use and Health Survey, 2015.

S: Significant difference between grade 7/8 students and secondary students

*: Interpret with caution



Figure 5-7: Disapproval of adults regularly using cannabis



Data Source: Ontario Student Drug Use and Health Survey, 2015.

S: Significant difference between grade 7/8 students and secondary students

Note: A missing bar means the data are unreliable and not releasable for these categories

5.5 Comparison 2011 to 2015

Many of the cannabis-related questions analyzed above were asked on OSDUHS 2011. Overall, there was no significant changes for these indicators:

- Past 12-month cannabis use
- Lifetime cannabis use
- How easy it is to get cannabis
- Harm from smoking 1 to 2 cigarettes per day

However, a significant difference was seen in perceptions of harm associated with regular marijuana use:

- Compared to 2011, more secondary students now think that there is “no to slight” risk from regular marijuana use

Tobacco and E-Cigarette Use Among Niagara Students



21% of **secondary** students have used tobacco cigarettes in the past 12 months



25% of **secondary** students have used an e-cigarette in the past 12 months



8% of **secondary** students are daily tobacco cigarette smokers



21% of **secondary** students have used a waterpipe in the past 12 months



How easy is it to get tobacco cigarettes?

21%

of grade 7 and 8 students think it is easy to get tobacco cigarettes

66%

of **secondary** students think it is easy to get tobacco cigarettes



How harmful is smoking 1 or 2 cigarettes per day?

31%

of grade 7 to 12 students believe there is no risk or a slight risk



How harmful is the regular use of e-cigarettes?

49%

of grade 7 and 8 students believe there is no risk or a slight risk

61%

of **secondary** students believe there is no risk or a slight risk

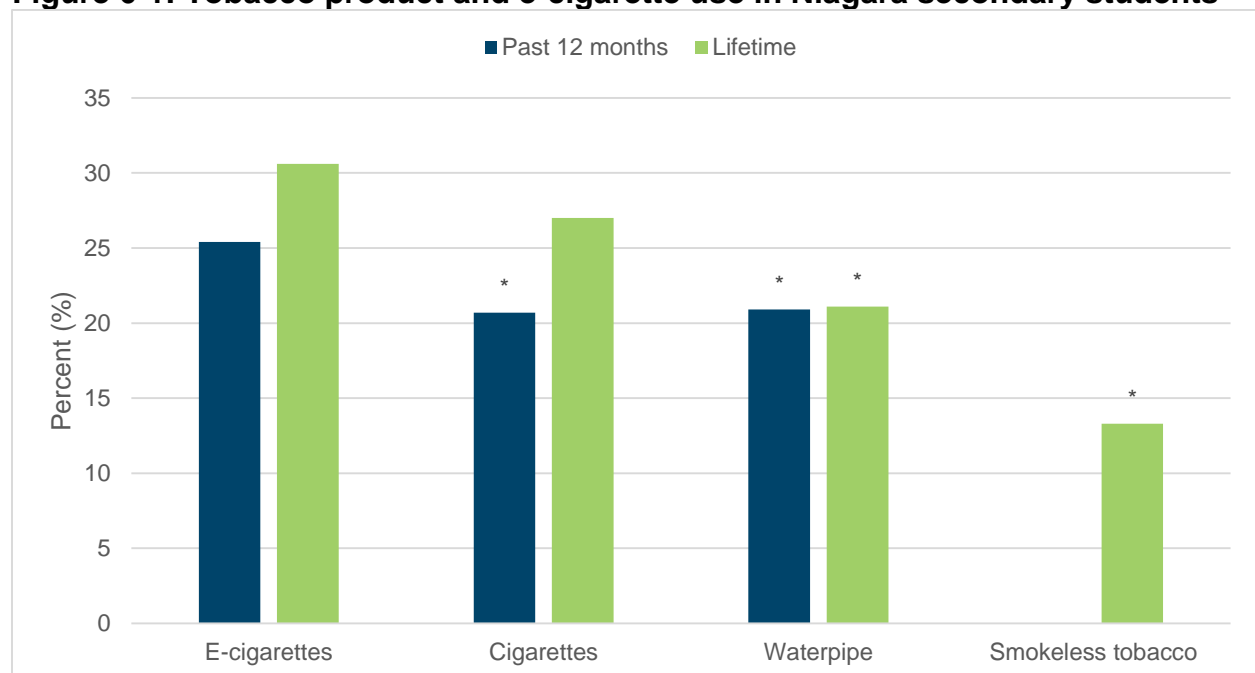
6 Tobacco Use

Smoking and other forms of tobacco use remain the leading cause of preventable illness and death in Ontario (9). Smoking and exposure to tobacco smoke have been clearly established as the cause of a large number of diseases and health conditions. All youth and young adults may be considered at risk for smoking uptake and should be a target for prevention and cessation efforts (9). Effective strategies to prevent smoking uptake in youth and young adults will minimize the health consequences and lifetime burden associated with tobacco use.

6.1 Overall Tobacco Use

- 27.5% of secondary students have used some form of tobacco in the past 12 months (cigarettes, smokeless tobacco, or a waterpipe), while 25.4% have used e-cigarettes (Figure 6-1)

Figure 6-1: Tobacco product and e-cigarette use in Niagara secondary students



Data Source: Ontario Student Drug Use and Health Survey, 2015.

*: Interpret with caution

Note: A missing bar means the data are unreliable and not releasable for these categories

6.2 Cigarettes

Cigarette Use and Exposure to Second-Hand Smoke

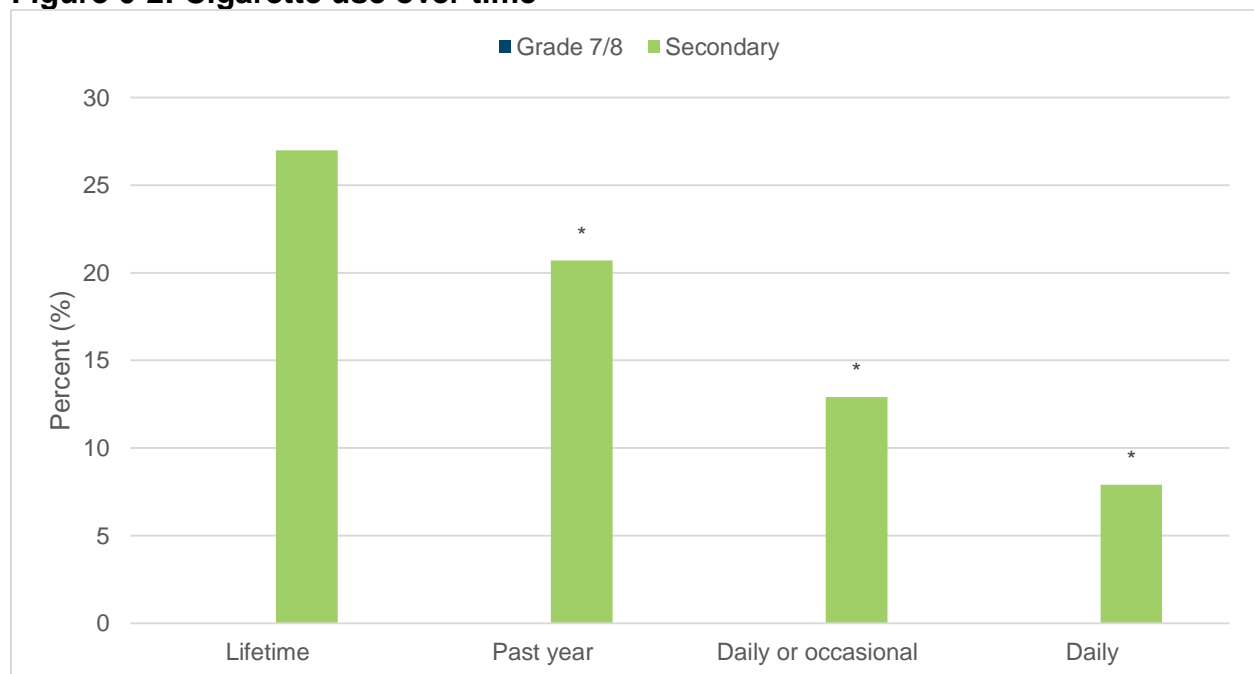
- 27.0% of secondary students have used cigarettes in their lifetime (Figure 6-2) (data not reportable for grade 7 and 8 students)
 - There is no significant difference between Niagara and Ontario
 - A lower proportion of grade 9 and 10 students (15.6%) have used cigarettes in their lifetime compared to grade 11 and 12 students (36.0%)
- 20.7%* of secondary students have used cigarettes in the past 12 months (Figure 6-2) (data not reportable for grade 7 and 8 students)
 - There is no significant difference between Niagara and Ontario
- 7.9%* of secondary students are daily smokers (Figure 6-2) (data not reportable for grade 7 and 8 students)
 - There is no significant difference between Niagara and Ontario
- Of those who have tried smoking a cigarette 19.1%* of secondary students tried it for the first time in elementary school
 - There is no significant difference between Niagara and Ontario
- 31.3%* of grade 7 and 8 students and 55.6% of secondary students have been exposed to second hand tobacco smoke on at least 1 day in the previous week
 - A lower proportion of grade 7 and 8 students have been exposed to second hand tobacco smoke compared to secondary students
 - There is no significant difference between Niagara and Ontario

Cigarette Use Attitudes and Perceptions

- 74.7% of elementary and 71.3% of secondary have not heard of youth groups that raise awareness about tobacco issues
 - There is no significant difference between grade 7 and 8 students and secondary students
 - There is no significant difference between Niagara and Ontario
- 38.5%* of grade 7 and 8 students and 22.6% of secondary students agree or strongly agree that movies showing characters smoking should be rated 18A
 - There is no significant difference between grade 7 and 8 students and secondary students
 - There is no significant difference between Niagara and Ontario
- 39.3% of grade 7 and 8 students and 17.5%* of secondary students would definitely or probably be embarrassed if someone in their family was addicted to cigarettes

- A higher proportion of grade 7 and 8 students would be embarrassed if someone in their family was addicted to cigarettes compared to secondary students
- There is no significant difference between Niagara and Ontario
- Over 50% of grade 7 and 8 students think that tobacco products should not be sold at all (Figure 6-3)
 - A higher proportion of grade 7 and 8 students think that tobacco products should not be sold at all compared to secondary students
 - There is no significant difference between Niagara and Ontario
- 21.4%* of grade 7 and 8 students and 66.2% of secondary students think it is easy to get tobacco cigarettes (Figure 6-4)
 - A lower proportion of grade 7 and 8 students think it is easy to get tobacco cigarettes
 - There is no significant difference between Niagara and Ontario
- 31.3% of grade 7 and 8 students and 30.6% of secondary students think there is no risk or a slight risk associated with smoking one or two cigarettes per day (Figure 6-5)
 - There is no significant difference between grade 7 and 8 students and secondary students
 - There is no significant difference between Niagara and Ontario

Figure 6-2: Cigarette use over time

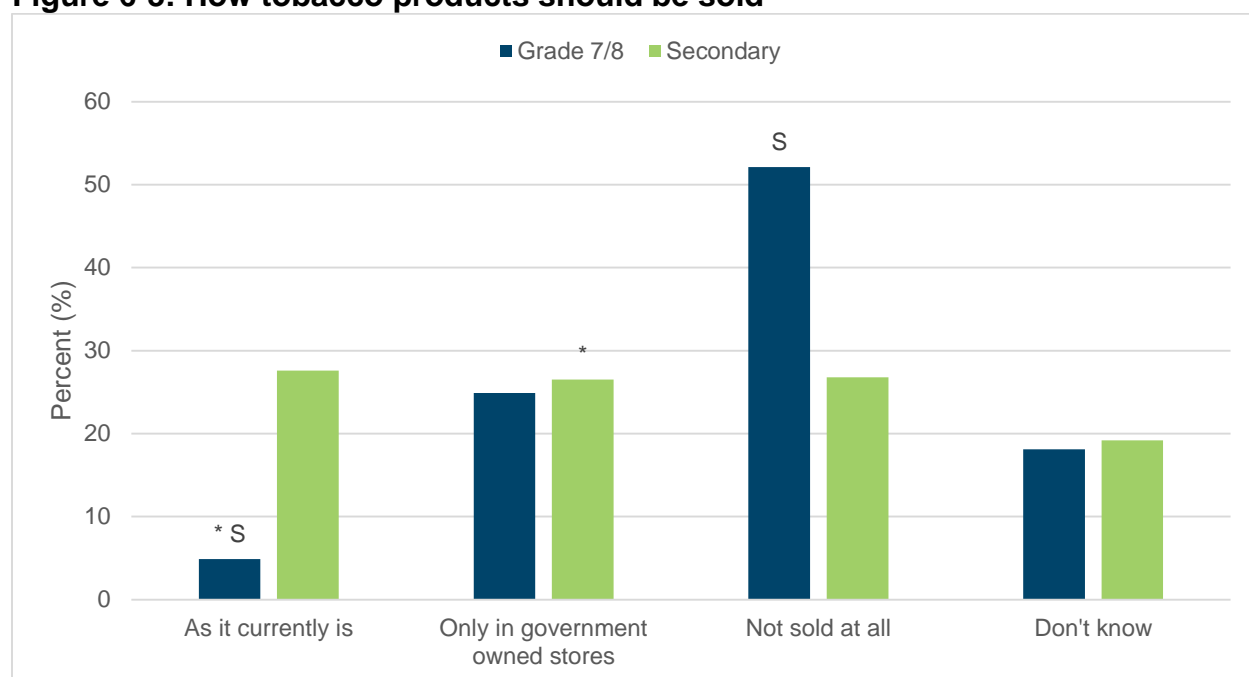


Data Source: Ontario Student Drug Use and Health Survey, 2015.

*: Interpret with caution

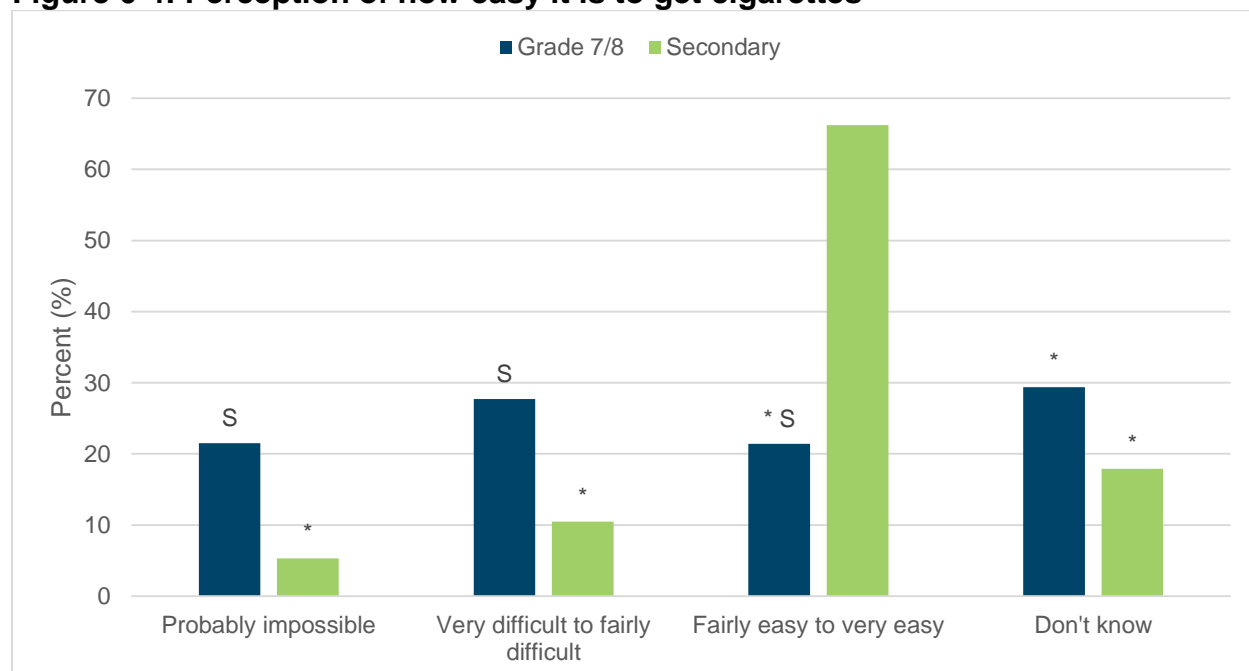


Figure 6-3: How tobacco products should be sold



Data Source: Ontario Student Drug Use and Health Survey, 2015.
 S: Significant difference between grade 7/8 students and secondary students
 *: Interpret with caution

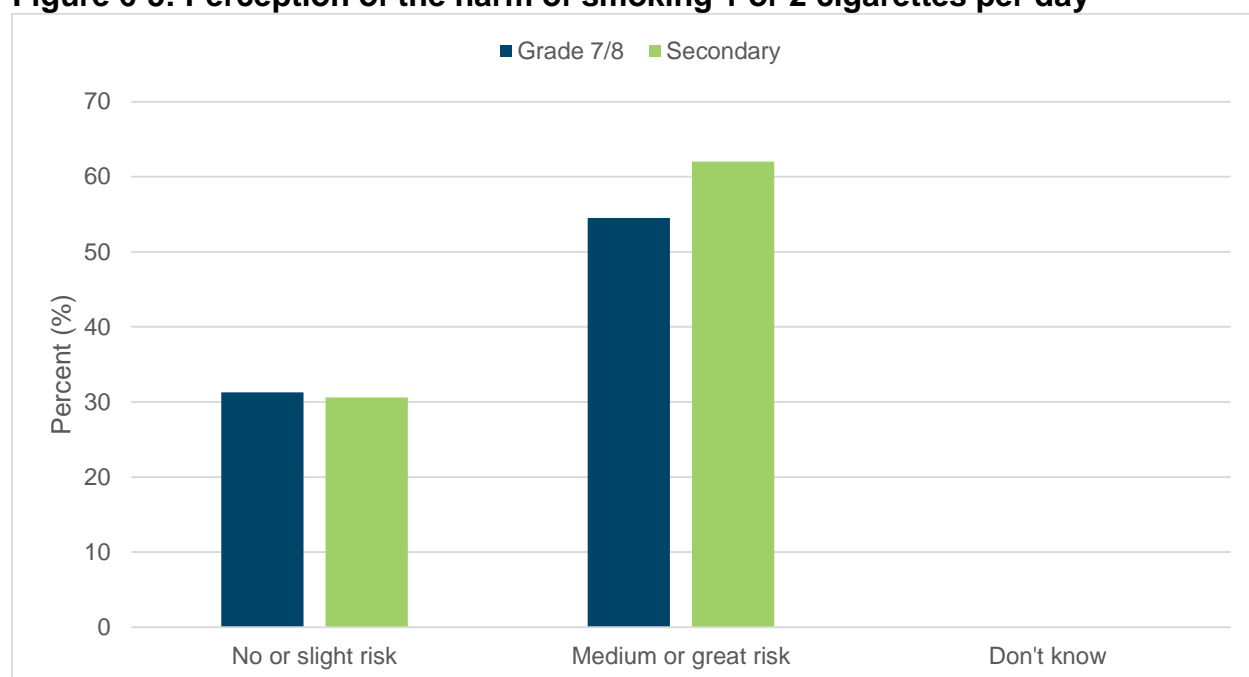
Figure 6-4: Perception of how easy it is to get cigarettes



Data Source: Ontario Student Drug Use and Health Survey, 2015.
 S: Significant difference between grade 7/8 students and secondary students
 *: Interpret with caution



Figure 6-5: Perception of the harm of smoking 1 or 2 cigarettes per day



Data Source: Ontario Student Drug Use and Health Survey, 2015.

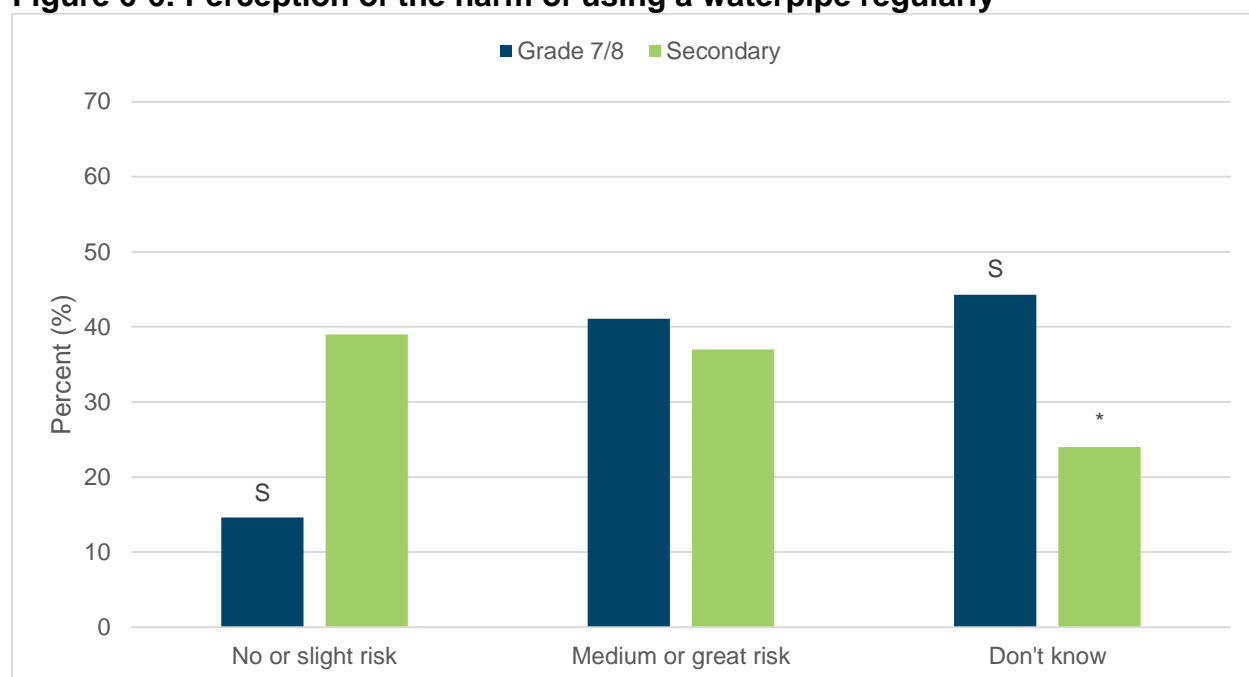
Note: A missing bar means the data are unreliable and not releasable for these categories

6.3 Waterpipes

Waterpipe Use

- 21.1%* of secondary students have used waterpipes in their lifetime (Figure 6-1) (data not reportable for grade 7 and 8 students)
 - There is no significant difference between Niagara and Ontario
- 20.8%* of secondary students have used waterpipes in the past 12 months (Figure 6-1) (data not reportable for grade 7 and 8 students)
 - There is no significant difference between Niagara and Ontario
- 14.6% of grade 7 and 8 students and 39.0% of secondary students think there is no risk or a slight risk associated with using a waterpipe regularly (Figure 6-6)
 - A lower proportion of grade 7 and 8 students think there is no risk or a slight right associated with using a waterpipe regularly compared to secondary students; however, there is a significantly higher proportion of grade 7 and 8 students that don't know the risks associated with using a waterpipe compared to secondary students
 - There is no significant difference between Niagara and Ontario

Figure 6-6: Perception of the harm of using a waterpipe regularly



Data Source: Ontario Student Drug Use and Health Survey, 2015.

S: Significant difference between grade 7/8 students and secondary students

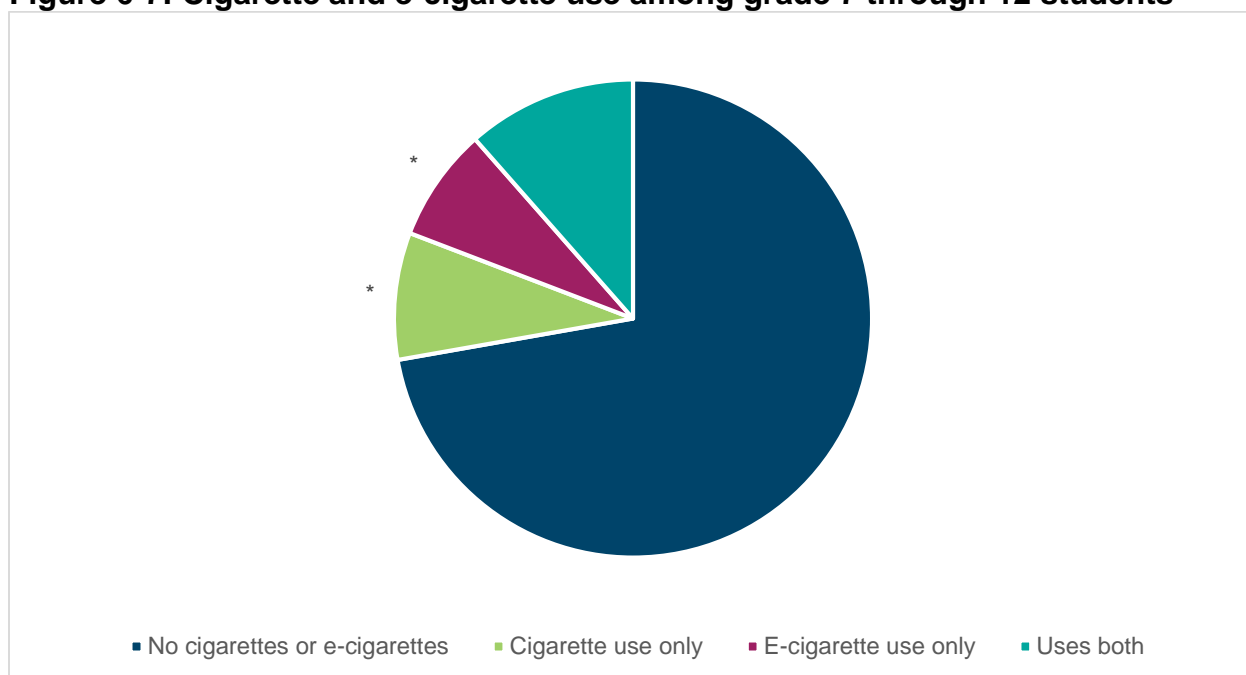
*: Interpret with caution

6.4 E-cigarettes

E-cigarette Use

- 30.6% of secondary students have used an e-cigarette in their lifetime (Figure 6-1) (data not reportable for grade 7 and 8 students)
 - There is no significant difference between Niagara and Ontario
- 25.4% of secondary students have used an e-cigarette in the past 12 months (Figure 6-1) (data not reportable for grade 7 and 8 students)
 - There is no significant difference between Niagara and Ontario
- 21.8% of secondary students have tried an e-cigarette for the first time in the last 12 months (data not reportable for grade 7 and 8 students)
 - There is no significant difference between Niagara and Ontario
- 11.5% of grade 7 through 12 students have used both an e-cigarette and a tobacco cigarette. A further 8.6%* have used only cigarettes and 7.7%* have used only e-cigarettes. (Figure 6-7)
- 48.8% of grade 7 and 8 students and 60.7% of secondary students think there is no risk or a slight risk associated with using e-cigarettes (Figure 6-8)
 - There is no significant difference between grade 7 and 8 students and secondary students
 - There is no significant difference between Niagara and Ontario

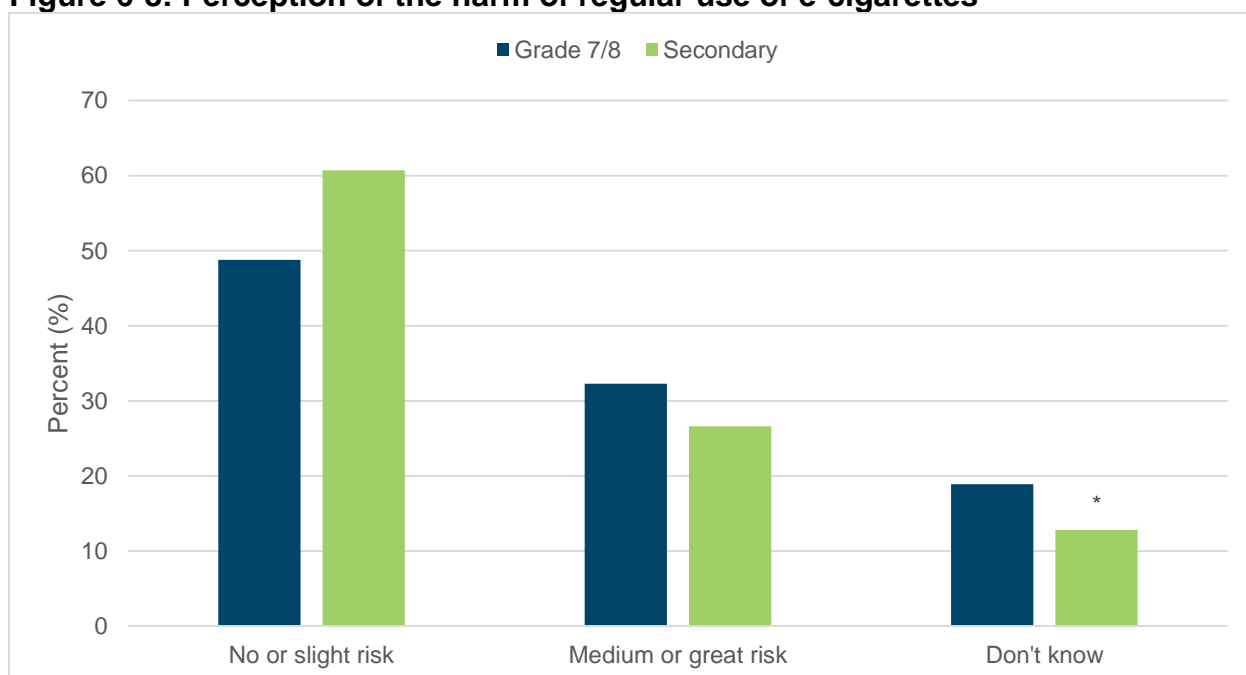
Figure 6-7: Cigarette and e-cigarette use among grade 7 through 12 students



Data Source: Ontario Student Drug Use and Health Survey, 2015.

*: Interpret with caution

Figure 6-8: Perception of the harm of regular use of e-cigarettes



Data Source: Ontario Student Drug Use and Health Survey, 2015.

*: Interpret with caution



6.5 Smokeless Tobacco

- 13.3%* of secondary students have used smokeless tobacco in their lifetime (data not reportable for grade 7 and 8 students)
 - There is no significant difference between Niagara and Ontario
 - 17.9% of males have used smokeless tobacco in their lifetime (data not reportable for females)
- Data not reportable for past 12-month use for both grade 7 and 8 students and secondary students

6.6 Comparison 2011 to 2015

Many of the tobacco-related questions analyzed above were asked on OSDUHS 2011. Overall, there was no significant changes for these indicators:

- Past 12 months how often smoke cigarettes
- Lifetime how often cigarette use
- Past 12 months smokeless tobacco use
- How easy/difficult would it be to get tobacco cigarettes
- Harm from smoking 1 to 2 cigarettes per day

However, it is important to note that some questions were not asked on the 2011 OSDUHS survey. This includes the e-cigarette use and perception questions. This is a new and emerging issue within public health, and will be something that will be monitored going forward.



Drug Use Among Niagara Students



12%

of **secondary** students have used pain relief medicine without a prescription in the past 12 months



24%

of **secondary** students have been drunk or high while on school property in the past 12 months



31%

of **secondary** students have had someone try to sell them drugs in the past 12 months



26%

of **secondary** students have seen someone selling illegal drugs in their neighbourhood in the past 12 months



29%

of **secondary** students think that drug use is a big problem in their school

How easy is it to get pain relief pills without a prescription?

12%

of **grade 7 and 8** students think it is easy to get pain relief pills



25%

of **secondary** students think it is easy to get pain relief pills

How harmful is it to take pain relief pills that are not prescribed for you?



16% of **grade 7 to 12** students believe that there is no risk or a slight risk from using pain relievers that were not prescribed to them



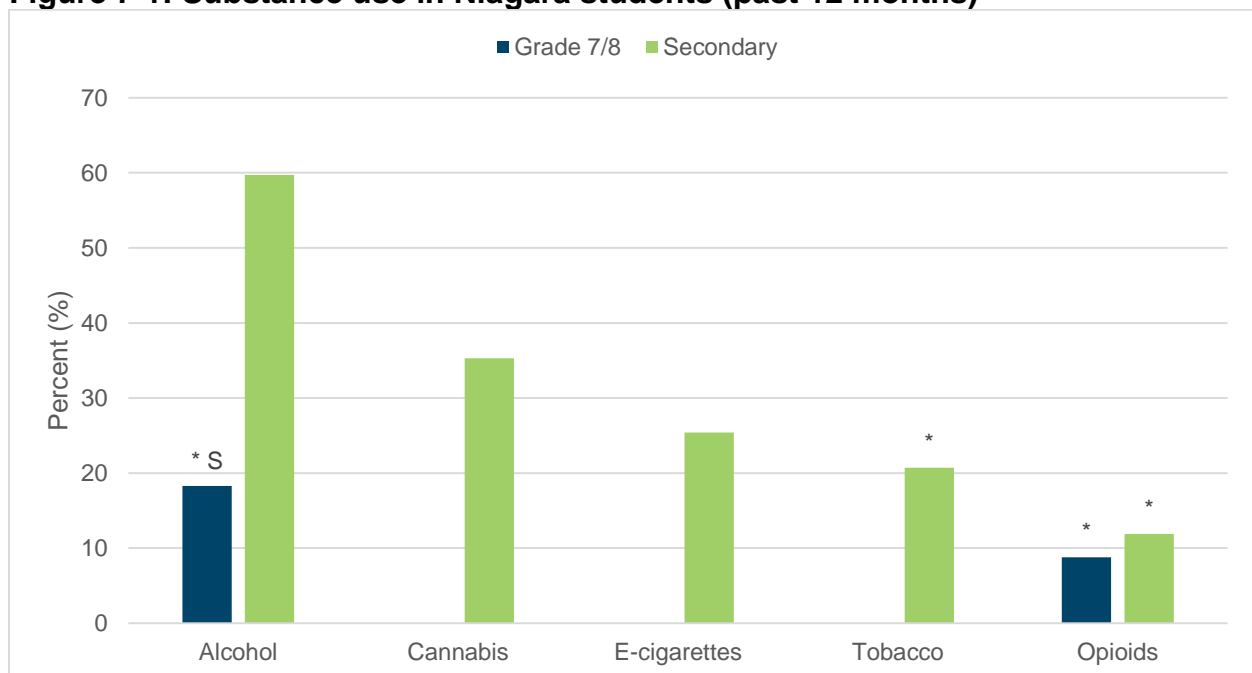
7 Drug Use

Although alcohol and cannabis are the most frequently used drugs among this population, illicit drug use remains a concern. When it comes to illicit drugs, there is no way to know what drug you are getting which increases the risk of harm. Healthy coping strategies and decision-making skills are integral to preventing substance misuse (10).

7.1 Overall Drug Use

- Alcohol is the substance that has been used by the highest proportion of secondary students in the past 12 months (Figure 7-1)
- Alcohol is the substance that the highest proportion of secondary students think is easy to get
- Prescription pain relief pills are the substance that the highest proportion of secondary students think could be most harmful
- Cocaine is the substance that the highest proportion of secondary students disapprove of adults using
- Pain relief medication with and without a prescription is the most commonly used drugs (other than alcohol) amongst grade 7 and 8 students (Table 7-1 and 7-2)

Figure 7-1: Substance use in Niagara students (past 12 months)



Data Source: Ontario Student Drug Use and Health Survey, 2015.

S: Significant difference between grade 7/8 students and secondary students

*: Interpret with caution

Note: A missing bar means the data are unreliable and not releasable for these categories

Table 7-1: Percentage of grade 7/8 and secondary students who have used licit and illicit drugs in the past 12 months and in their lifetime

Drug type	Grade 7/8 – Past 12 Months (%)	Secondary – Past 12 Months (%)	Grade 7/8 – Lifetime (%)	Secondary – Lifetime (%)
Pain relief (prescription)	12.4	24.9	29.2	39.2
Pain relief (no prescription)	8.8*	11.9*	9.8*	13.3*
Cough/cold medicine	4.4*	8.8*	6.0*	12.3*
ADHD (prescription)			6.8*	7.5*
Salvia divinorum				
Glue/solvents				
ADHD (no prescription)				
Spice				
Adrenochromes	0	0	0	0

Data Source: Ontario Student Drug Use and Health Survey, 2015.

*: Interpret with caution

Note: A blank cell means the data are unreliable and not releasable for these categories

Table 7-2: Percent of secondary students who have used licit and illicit drugs in the past 12 months and in their lifetime

Drug type	Secondary – Past 12 Months (%)	Secondary – Lifetime (%)
MDMA/ecstasy	8.4*	9.3*
Magic mushrooms	4.7*	6.5*
LSD/acid	3.0*	4.0*
Sedatives/tranquilizers (prescription)	4.3*	4.9*
Cocaine		
Crack		
Meth/crystal meth		
Heroin		
Jimson weed		
Mephedrone		
Sedatives/tranquilizers (no prescription)		
Modafinil (no prescription)		
Steroids	-	
Injection/needle drug use	0	-

Data Source: Ontario Student Drug Use and Health Survey, 2015.

*: Interpret with caution

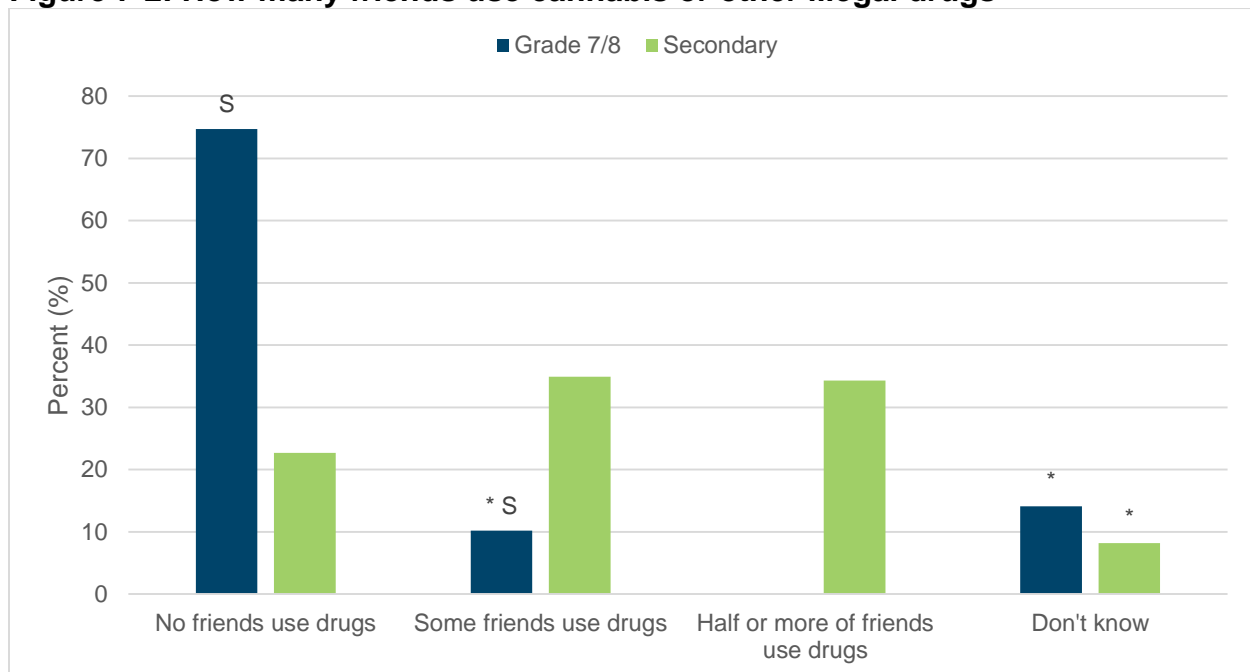
-: Question not asked

Note: A blank cell means the data are unreliable and not releasable for these categories



- 31.0%* of secondary students have had someone try to sell them drugs (data not reportable for grade 7 and 8 students)
 - There is no significant difference between Niagara and Ontario
- 12.4%* of grade 7 and 8 students and 26.4%* of secondary students have seen someone selling illegal drugs in their neighbourhood
 - There is no significant difference between grade 7 and 8 students and secondary students
 - There is no significant difference between Niagara and Ontario
- 12.1%* of secondary students were flagged through the CRAFFT scale as having a drug use problem, and may need further assessment or treatment
 - These questions were not asked to grade 7 and 8 students)
 - There is no significant difference between Niagara and Ontario
- 34.3% of secondary students have half or more of their friends use cannabis or other illegal drugs (Figure 7-2)
 - There is no significant difference between grade 7 and 8 students and secondary students
 - A higher proportion of Niagara secondary students have half or more of their friends use cannabis or other illegal drugs compared to Ontario secondary students

Figure 7-2: How many friends use cannabis or other illegal drugs



Data Source: Ontario Student Drug Use and Health Survey, 2015.

S: Significant difference between grade 7/8 students and secondary students

*: Interpret with caution

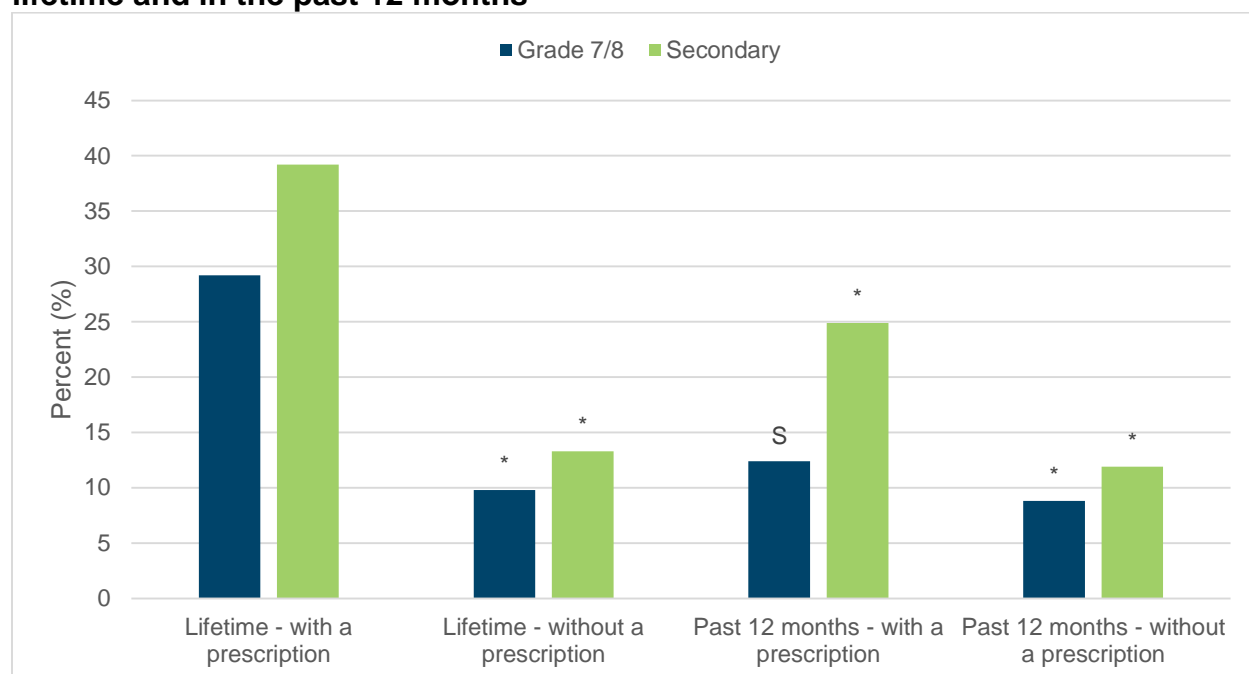
Note: A missing bar means the data are unreliable and not releasable for these categories



7.2 Prescription Pain Medication

- 8.8%* of grade 7 and 8 students and 11.9%* of secondary students have used pain relief medicine without a prescription in the past 12 months (Figure 7-3)
 - There is no significant difference between grade 7 and 8 students and secondary students
 - There is no significant difference between Niagara and Ontario
- 12.4% of grade 7 and 8 students and 24.9%* of secondary students have used pain relief medicine with a prescription in the past 12 months (Figure 7-3)
 - A lower proportion of grade 7 and 8 students have used pain relief medicine with a prescription compared to secondary students
 - There is no significant difference between Niagara and Ontario
- 12.3%* of grade 7 and 8 students and 24.6% of secondary students think it is easy to get pain relief medicine without a prescription (Figure 7-4)
 - A lower proportion of grade 7 and 8 students think it is easy to get pain relief medicine without a prescription compared to secondary students
 - There is no significant difference between Niagara and Ontario
- 15.7% of grade 7 and 8 students and 15.4%* of secondary students think that there is no or a slight risk from using pain relievers that weren't prescribed for them (Figure 7-5)
 - There is no significant difference between grade 7 and 8 students and secondary students
 - There is no significant difference between Niagara and Ontario

Figure 7-3: Prescription pain medicine use, with or without a prescription, in their lifetime and in the past 12 months

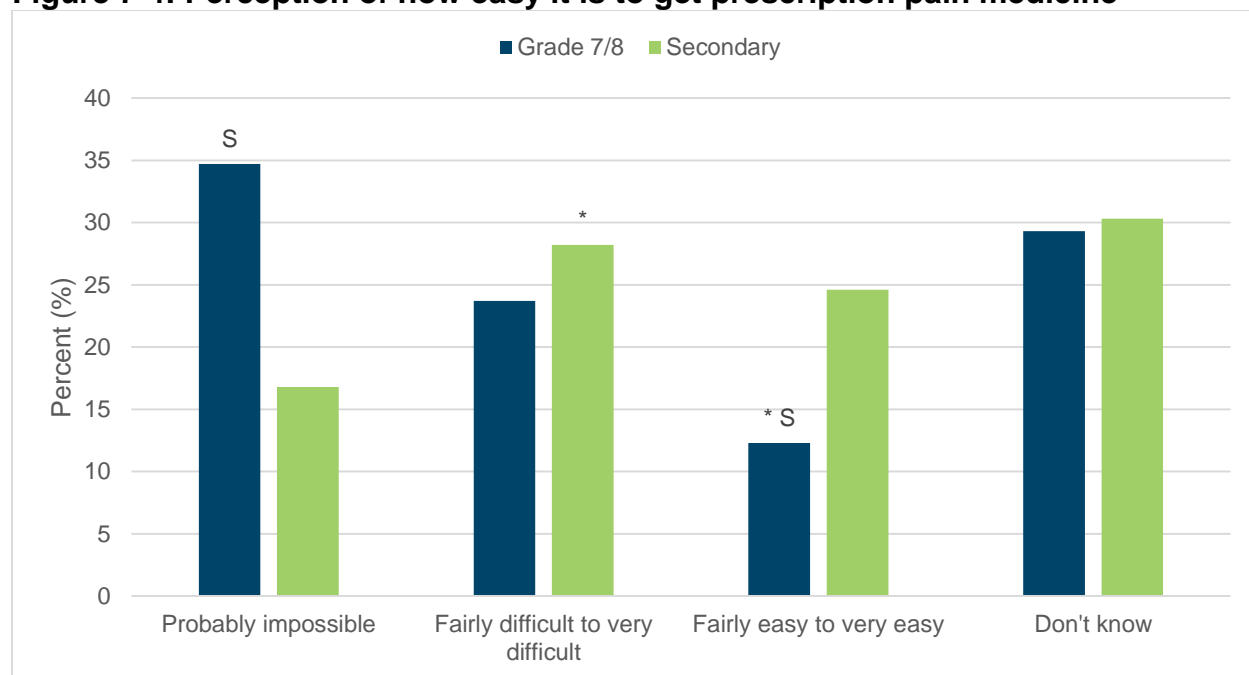


Data Source: Ontario Student Drug Use and Health Survey, 2015.

S: Significant difference between grade 7/8 students and secondary students

*: Interpret with caution

Figure 7-4: Perception of how easy it is to get prescription pain medicine



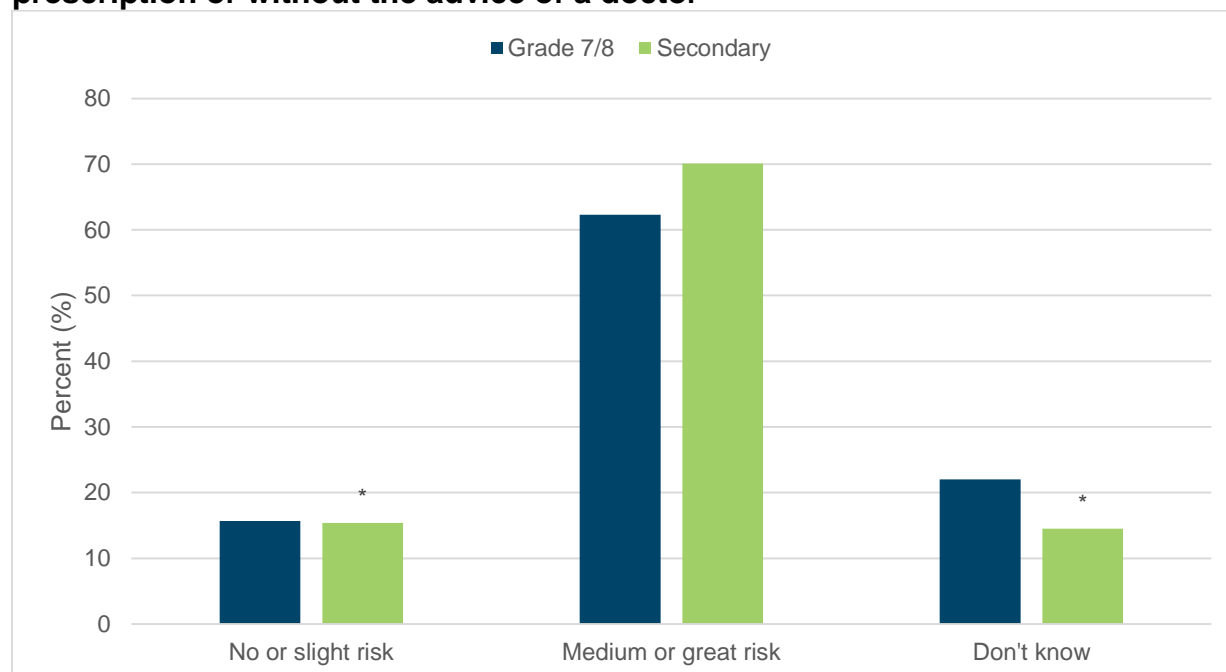
Data Source: Ontario Student Drug Use and Health Survey, 2015.

S: Significant difference between grade 7/8 students and secondary students

*: Interpret with caution



Figure 7-5: Perception of harm from using prescription pain medicine without a prescription or without the advice of a doctor



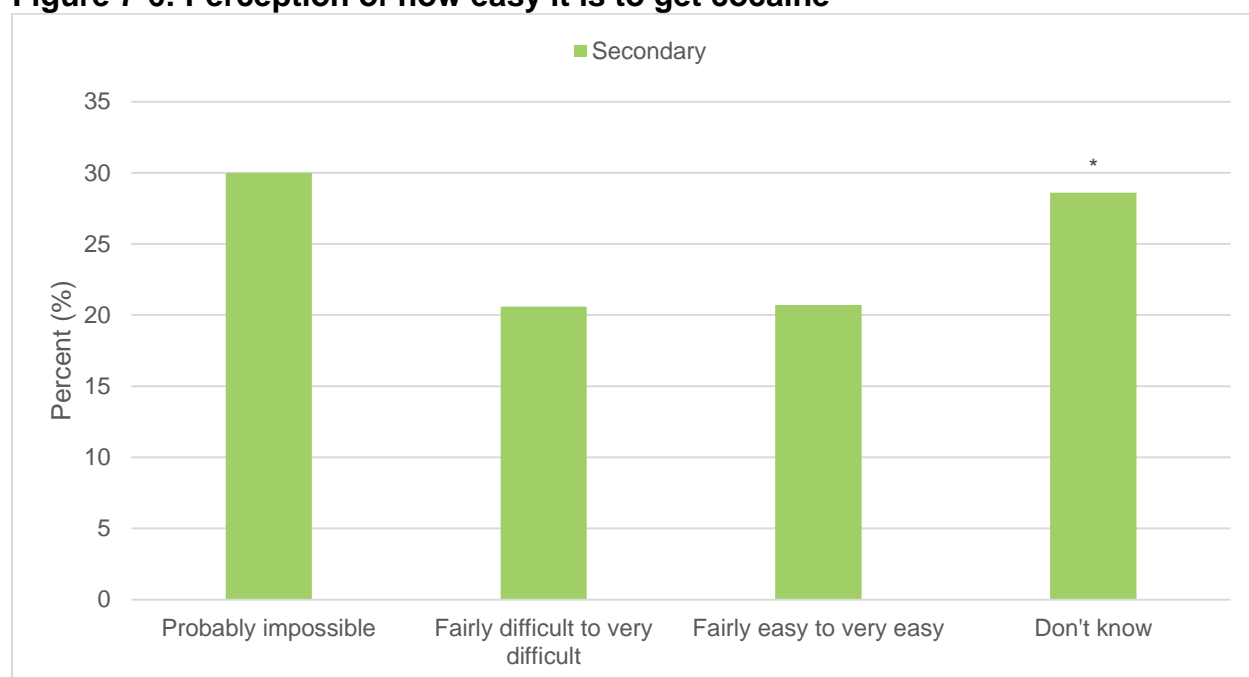
Data Source: Ontario Student Drug Use and Health Survey, 2015.

*: Interpret with caution

7.3 Cocaine

- Data on past 12-month use and lifetime use is not reportable for secondary students
 - This question was not asked to grade 7 and 8 students
- 20.7% of secondary students think it is easy to get cocaine (Figure 7-6)
 - This question was not asked to grade 7 and 8 students
 - A higher proportion of Niagara secondary students think it is easy to get cocaine than Ontario secondary students
- 21.3%* of secondary students think there is no risk or a slight risk associated with trying cocaine once or twice (Figure 7-7)
 - This question was not asked to grade 7 and 8 students
 - There is no significant difference between Niagara and Ontario
- 83.0% of secondary students disapprove or strongly disapprove of adults trying cocaine once or twice
 - This question was not asked to grade 7 and 8 students
 - There is no significant difference between Niagara and Ontario

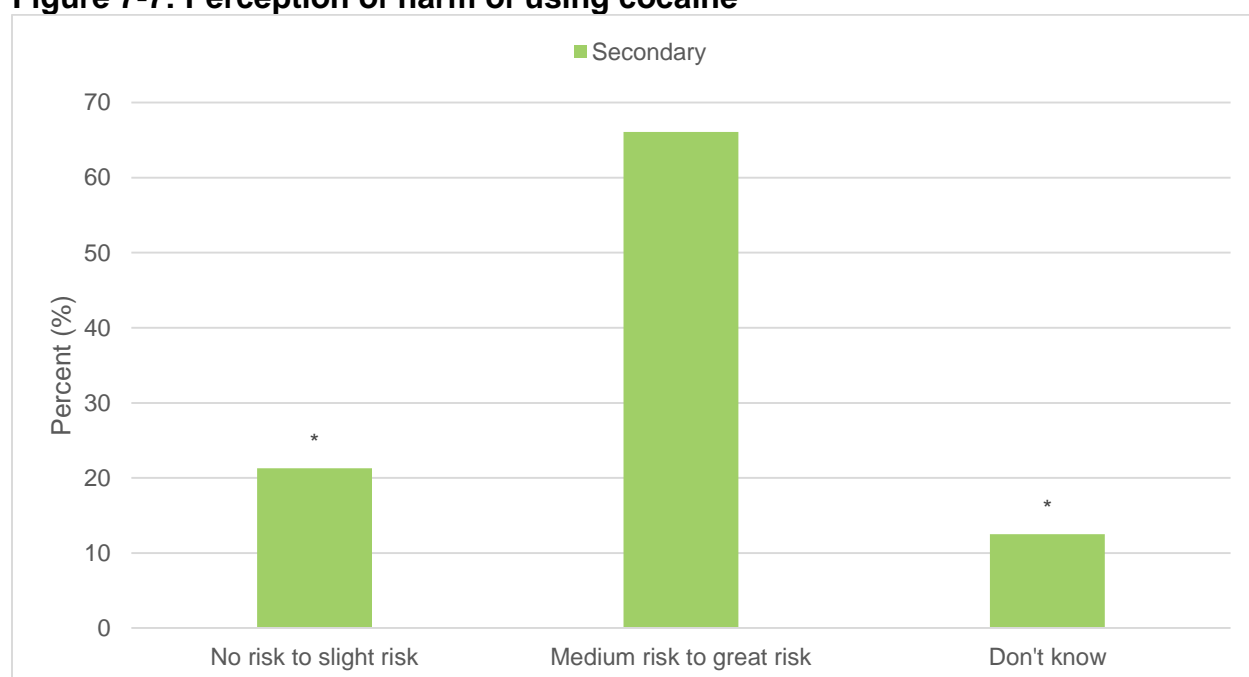
Figure 7-6: Perception of how easy it is to get cocaine



Data Source: Ontario Student Drug Use and Health Survey, 2015.

*: Interpret with caution

Figure 7-7: Perception of harm of using cocaine



Data Source: Ontario Student Drug Use and Health Survey, 2015.

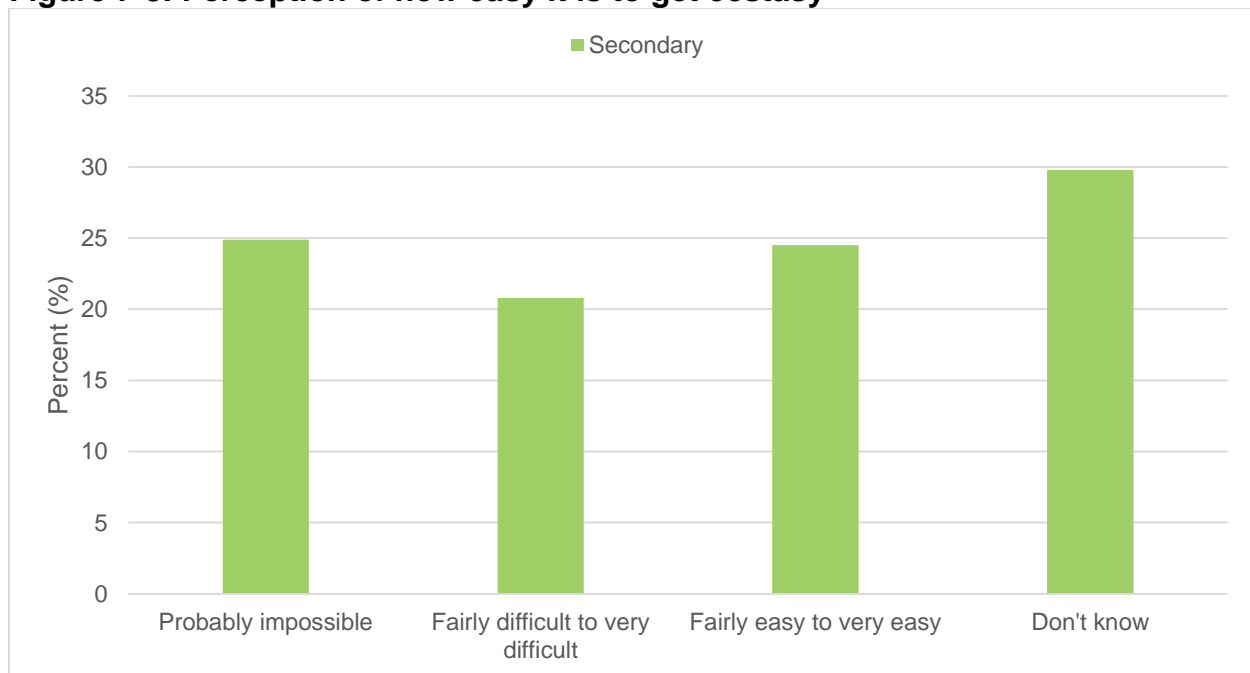
*: Interpret with caution



7.4 Ecstasy

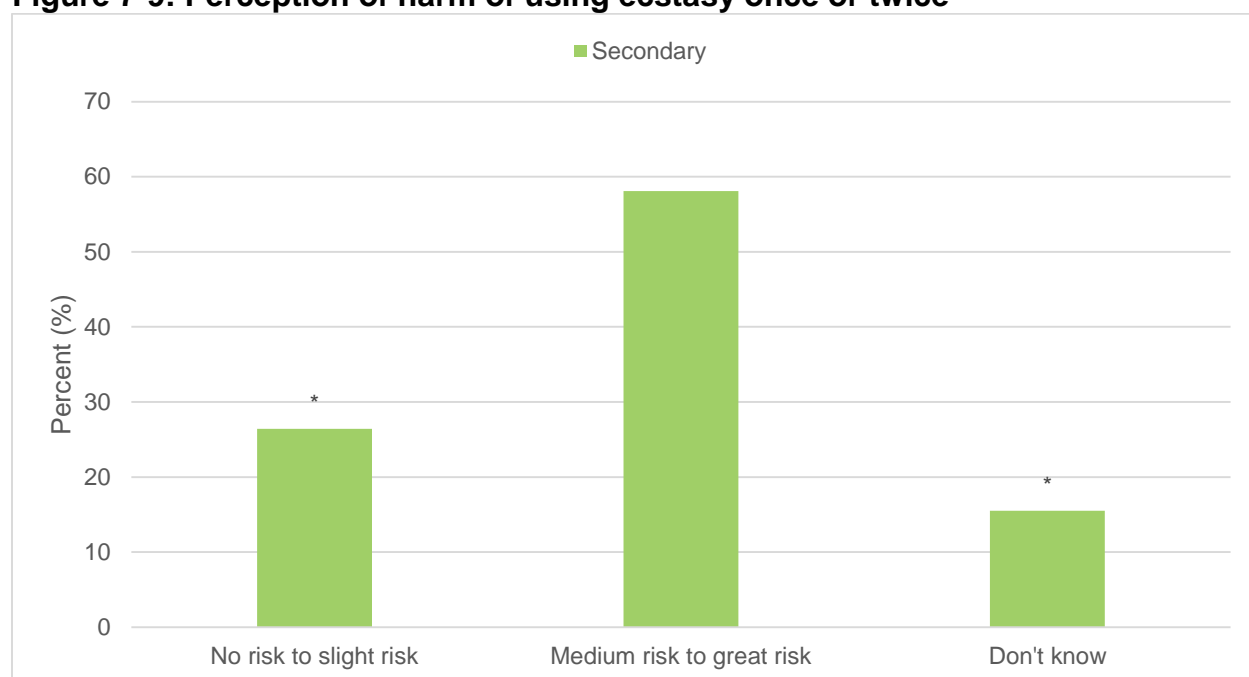
- 8.4%* of secondary students have used MDMA/ecstasy in the past 12 months, while 9.3%* have used it in their lifetime
 - This question was not asked to grade 7 and 8 students
 - There is no significant difference between Niagara and Ontario
- 24.5% of secondary students think it is easy to get ecstasy (Figure 7-8)
 - This question was not asked to grade 7 and 8 students
 - There is no significant difference between Niagara and Ontario
- 26.4%* of secondary students think there is no risk or a slight risk associated with trying ecstasy (Figure 7-9)
 - This question was not asked to grade 7 and 8 students
 - There is no significant difference between Niagara and Ontario
- 80.7% of secondary students disapprove or strongly disapprove of adults trying ecstasy once or twice
 - This question was not asked to grade 7 and 8 students
 - There is no significant difference between Niagara and Ontario

Figure 7-8: Perception of how easy it is to get ecstasy



Data Source: Ontario Student Drug Use and Health Survey, 2015.

Figure 7-9: Perception of harm of using ecstasy once or twice



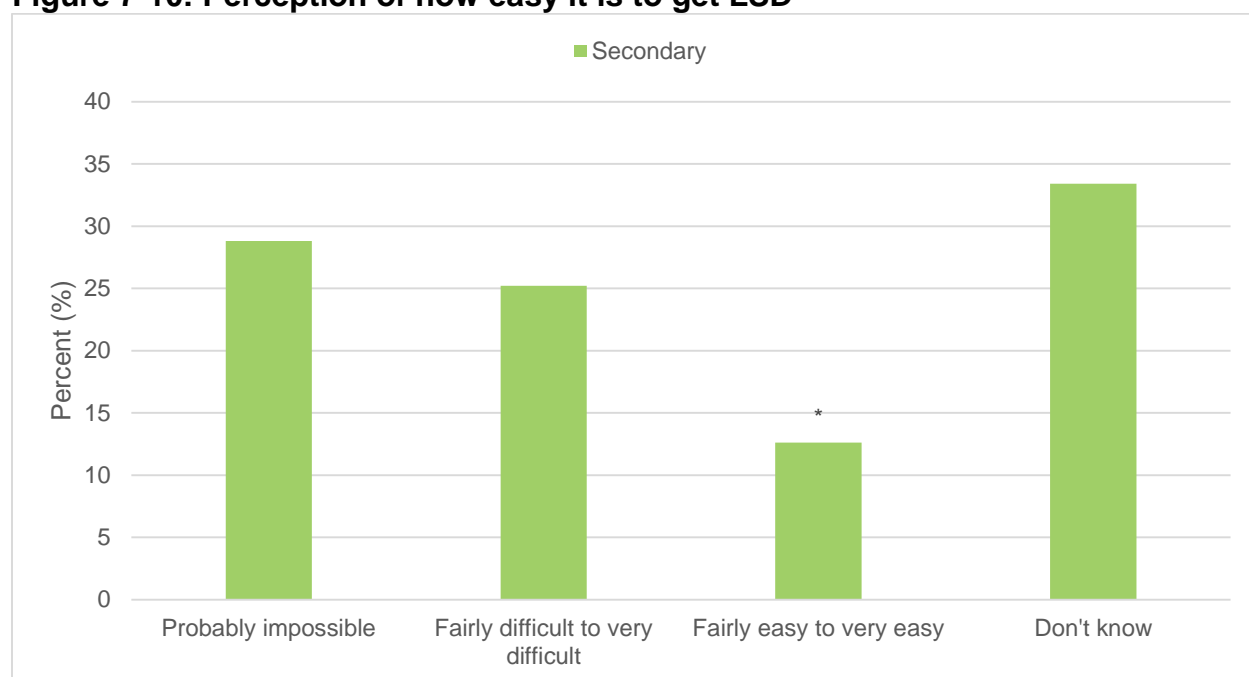
Data Source: Ontario Student Drug Use and Health Survey, 2015.

*: Interpret with caution

7.5 LSD

- 3.0%* of secondary students have used LSD in the past 12 months, while 4.0%* have used it in their lifetime
 - This question was not asked to grade 7 and 8 students
 - There is no significant difference between Niagara and Ontario
- 12.6% of secondary students think it is easy to get LSD
 - This question was not asked to grade 7 and 8 students
 - There is no significant difference between Niagara and Ontario

Figure 7-10: Perception of how easy it is to get LSD



Data Source: Ontario Student Drug Use and Health Survey, 2015.

*: Interpret with caution

7.6 Drug Use and Risky Behaviours

See 10.2 for information related to drug use and driving behaviours

7.7 Comparison 2011 to 2015

Many of the drug-related questions analyzed above were asked on OSDUHS 2011. In 2011, very few drug behaviours were able to be reported on. Overall, there was no significant changes to the CRAFFT Scale.

It is important to note that some questions were asked differently in the 2011 survey (specifically related to prescription pain relievers), and cannot be compared over time.

Mental Health Among Niagara Students



20% of grade 7 and 8 students and
22% of secondary students have seen a medical professional related to their mental health in the past 12 months



9% of grade 7 and 8 students and
20% of secondary students were flagged as having probable serious psychological distress



20% of grade 7 and 8 students and
33% of secondary students have wanted to talk about mental health but did not know where to turn



17% of secondary students have seriously considered suicide in the past 12 months

help!

Females have a higher percentage who didn't know where to turn

stress

Females have a higher percentage who were flagged as having probable serious psychological distress

Self-rated mental health

13%

of grade 7 and 8 students rate their mental health as fair or poor



22%

of secondary students rate their mental health as fair or poor

14%

of grade 7 and 8 students describe their stress as a lot or more than they could take in the past 4 weeks



31%

of secondary students describe their stress as a lot or more than they could take in the past 4 weeks

stress

Females have a higher percentage who describe their stress as a lot or almost more than they can take

help!

Females have a higher percentage in the fair or poor category

8 Mental Health and Addictions

Mental health is an essential component of health – there is no health without mental health (11). Mental health is a state of well-being where an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community (11). The burden of poor mental health and mental illness can begin in childhood and can affect health across the life course, significantly impacting all aspects of life – social connections, workforce participation, life expectancy, quality of life and health care utilization (12).

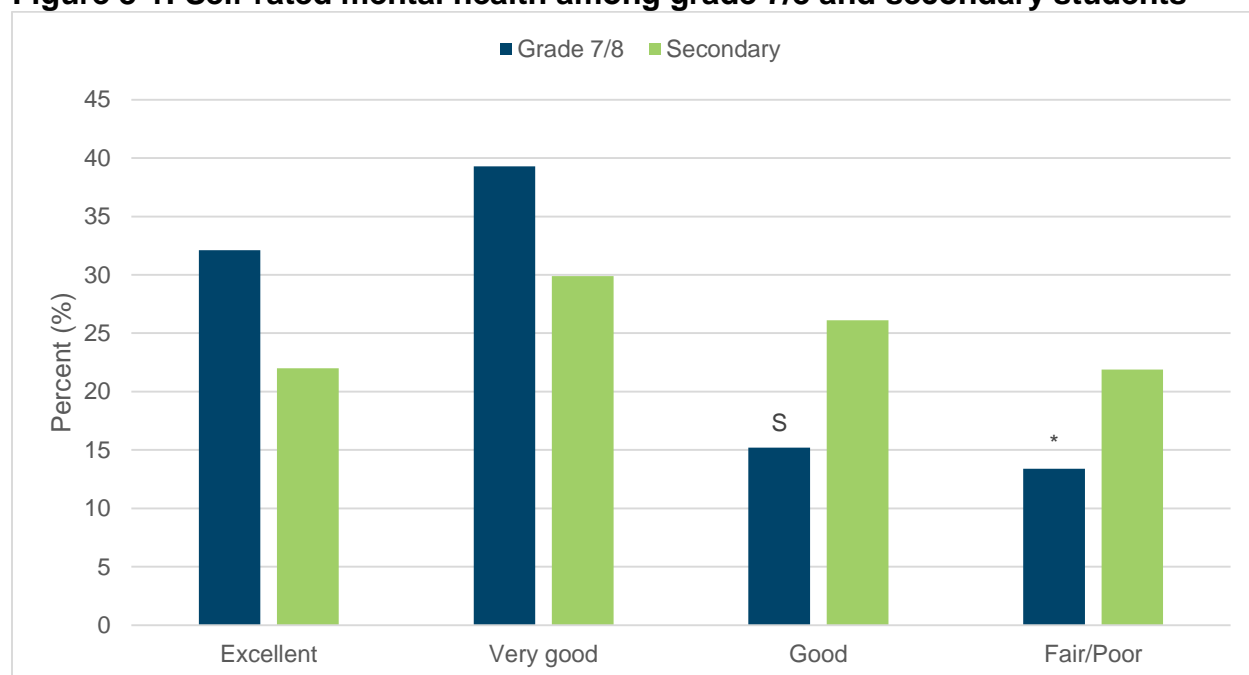
8.1 Mental Health

- 13.4%* of grade 7 and 8 students and 21.9% of secondary students rate their mental health as fair or poor (Figure 8-1)
 - There is no significant difference between grade 7 and 8 students and secondary students
 - There is no significant difference between Niagara and Ontario
- 70.0% of grade 7 and 8 students and 64.1% of secondary students perceive their weight as “about right” (Figure 8-2)
 - There is no significant difference between grade 7 and 8 students and secondary students
 - There is no significant difference between Niagara and Ontario
- 14.1%* of grade 7 and 8 students and 30.9% of secondary students feel that the stress, strain, and pressure in the past four weeks was a lot or almost more than they could take (Figure 8-3)
 - A lower proportion of grade 7 and 8 students feel that the stress, strain, and pressure was a lot or more than they could take compared to secondary students
 - There is no significant difference between Niagara and Ontario
- 20.1% of grade 7 and 8 students and 21.8%* of secondary students have seen a medical professional about their mental health in the past 12 months
 - There is no significant difference between grade 7 and 8 students and secondary students
 - There is no significant difference between Niagara and Ontario
- 20.4%* of grade 7 and 8 students and 33.2% of secondary students wanted to talk about their mental health in the past 12 months but did not know where to go
 - There is no significant difference between grade 7 and 8 students and secondary students
 - There is no significant difference between Niagara and Ontario
- 8.5%* of grade 7 and 8 students and 19.5% of secondary students were flagged by the Kessler 6 scale as having probable serious psychological distress
 - There is no significant difference between grade 7 and 8 students and secondary students
 - There is no significant difference between Niagara and Ontario

- 18.4%* of grade 7 and 8 students and 36.8% of secondary students were flagged by the Psychological Distress Scale as having probable moderate-to-serious psychological distress
 - A lower proportion of grade 7 and 8 students were flagged as having probable moderate to serious psychological distress compared to secondary students
 - There is no significant difference between Niagara and Ontario
- 84.5% of grade 7 and 8 students and 77.9% of secondary students are satisfied with themselves
 - There is no significant difference between grade 7 and 8 students and secondary students
 - There is no significant difference between Niagara and Ontario
- 11.6%* of secondary students are strongly dissatisfied with themselves (as determined through the Rosenberg Self-Esteem Scale) (data not reportable for grade 7 and 8 students)
 - There is no significant difference between Niagara and Ontario
- 17.0%* of secondary students have seriously considered suicide in the past 12 months (data not reportable for grade 7 and 8 students)
 - There is no significant difference between Niagara and Ontario
- Data are not reportable for the proportion of students who have attempted suicide for both grade 7 and 8 students and secondary students
- 7.6%* of grade 7 and 8 students and 16.7% of secondary students exhibit characteristics that are highly consistent with ADHD (as identified through the ADHD Self-Report Scale)
 - There is no significant difference between grade 7 and 8 students and secondary students
 - There is no significant difference between Niagara and Ontario
- Data on anti-social behaviour are not reportable for both grade 7 and 8 students and secondary students (as identified by the Anti-Social Behaviour Scale)



Figure 8-1: Self-rated mental health among grade 7/8 and secondary students

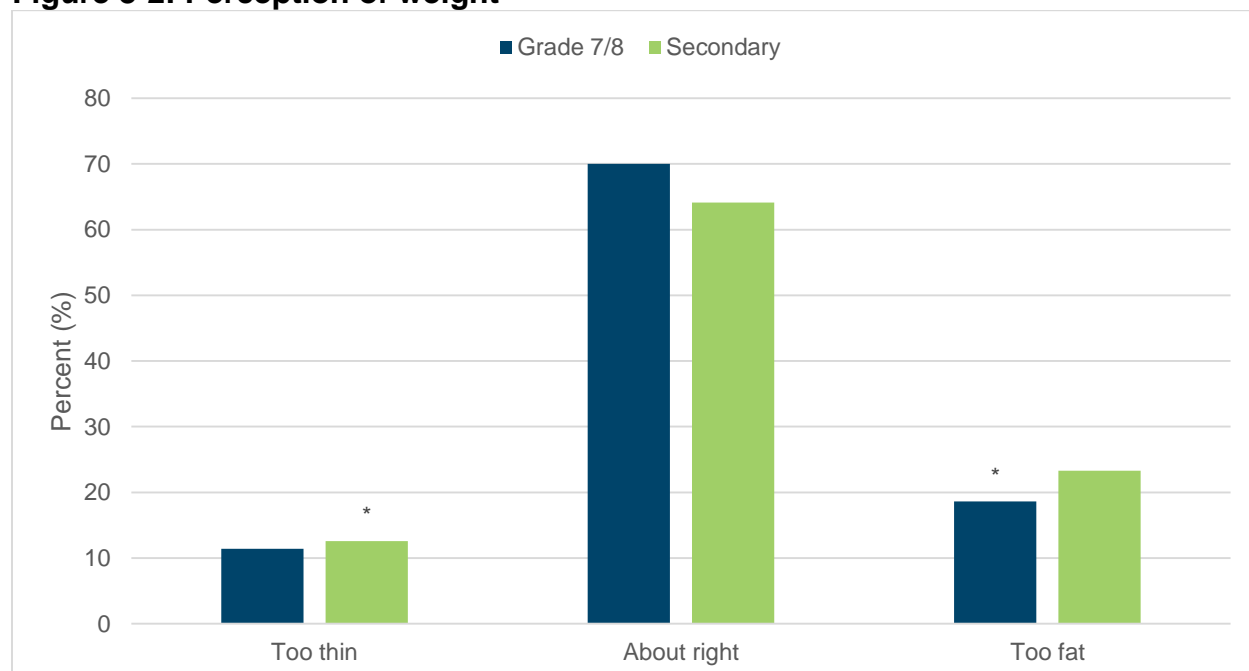


Data Source: Ontario Student Drug Use and Health Survey, 2015.

S: Significant difference between grade 7/8 students and secondary students

*: Interpret with caution

Figure 8-2: Perception of weight

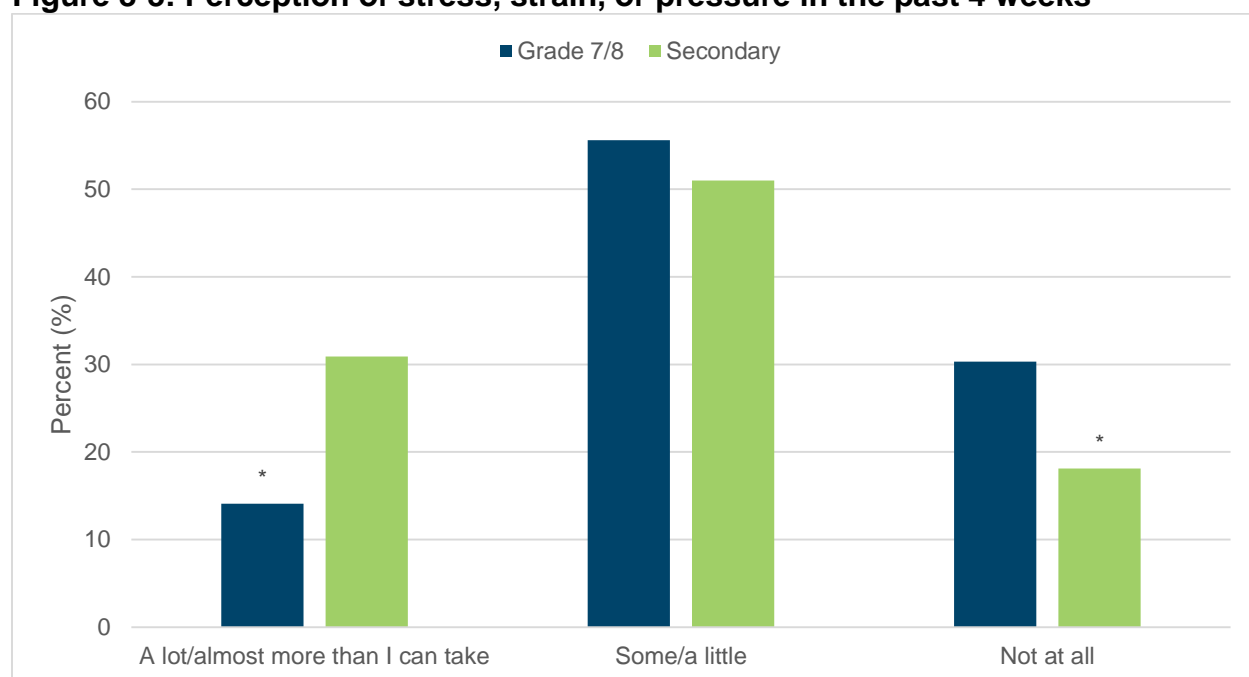


Data Source: Ontario Student Drug Use and Health Survey, 2015.

*: Interpret with caution



Figure 8-3: Perception of stress, strain, or pressure in the past 4 weeks



Data Source: Ontario Student Drug Use and Health Survey, 2015.

*: Interpret with caution

8.2 Gambling and Addictions

- 93.5% of secondary students do not have a problem with gambling, while 6.5% have a low-to-moderate problem with gambling (as identified through the Gambling Problem Severity Scale)
- The most common gambling behaviour was buying lottery tickets (Table 8-1)
- 15.0% of secondary students were identified as probably having a problem with video game playing (as identified through the Problem Video Game Playing Scale) (data not reportable for grade 7 and 8 students)
 - There is no significant difference between Niagara and Ontario

Table 8-1: Gambling behaviours (2 or more occurrences of these behaviours)

	Grade 7/8	Secondary
Bought other lottery tickets		8.7*
Bet money in other ways	4.5*	8.2*
Betting money in sports pools		7.8*
Gambling cards	2.8*	6.4*
Gambling dice		
Gambling other games of skill		
Gambling bingo		
Bought sports lottery tickets		
Gambling on video gambling, slot machine, etc.		
Gambled at a casino in Ontario		
Bet money over the internet		

Data Source: Ontario Student Drug Use and Health Survey, 2015.

*: Interpret with caution

Note: A blank cell means the data are unreliable and not releasable for these categories

8.3 Comparison 2011 to 2015

Some of the mental health and addictions-related questions analyzed above were asked on OSDUHS 2011. Overall, there was no significant changes for these indicators:

- Rating of mental health
- Seeing a health professional related to mental health in the past 12 months
- Seriously considering attempting suicide

It is important to note that some of the scales have changed compared to the 2011 OSDUHS, and as a result cannot be compared.



Head Injuries Among Niagara Students

50% of grade 7 and 8 students always wore a helmet when riding a bike in the past 12 months



21% of secondary students always wore a helmet when riding a bike in the past 12 months

13% of grade 7 to 12 students have had **one** head injury where they had to stay in the hospital overnight or have been knocked unconscious for more than 5 minutes in their lifetime



8% of grade 7 to 12 students have had **2 or more** head injuries where they had to stay in the hospital overnight or have been knocked unconscious for more than 5 minutes in their lifetime

6%

of grade 7 to 12 students have had this type of head injury in the past 12 months



30% of these types of head injuries are caused by sports



40% of students did not miss any days of school because of their head injury

41% of students missed less than 1 week

9 Head Injuries

Head injuries in the young population often occur during sport activities or as the result of falls. They are always a concern as damage to the developing brain can have negative and lasting impacts affecting development that can lead into adulthood. Concussions often follow head injuries, can have lasting physical and mental effects and are often unreported (13). It is crucial to address these injuries through policy advocacy and safety education so that young people can safely take part in sport and play.

9.1 Helmet Use

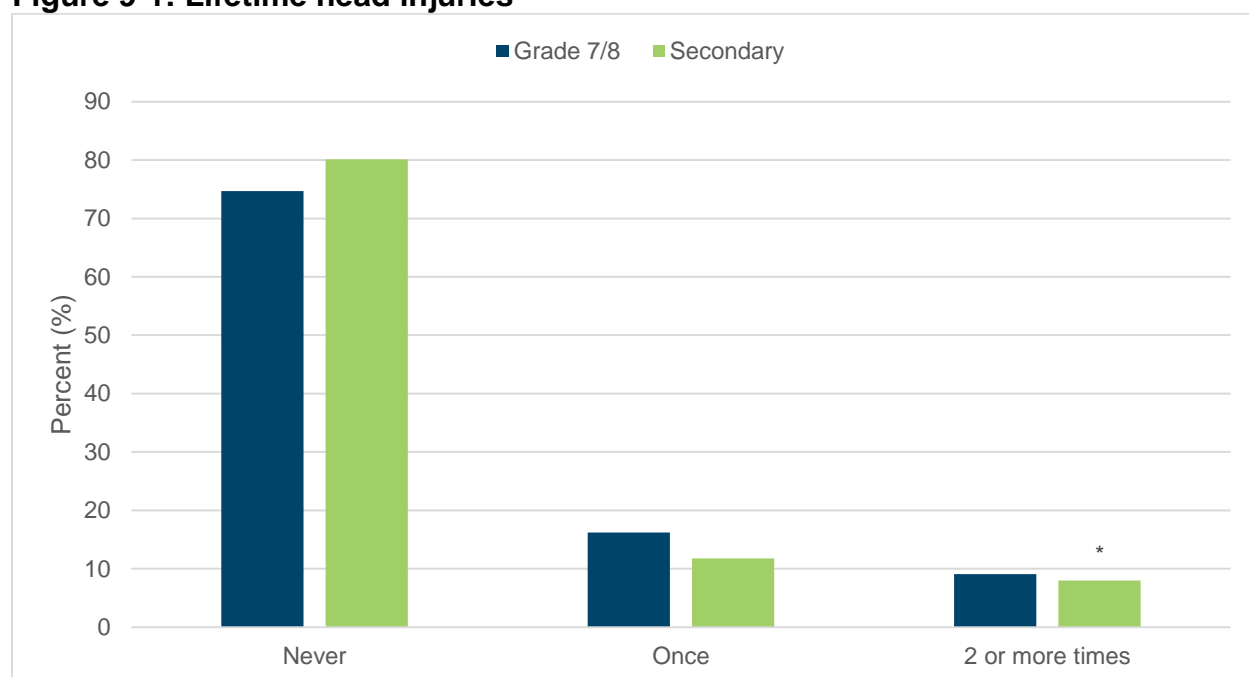
- 49.5% of grade 7 and 8 students and 21.4%* of secondary students always wear a helmet when riding a bicycle
 - A higher proportion of grade 7 and 8 students always wear a helmet when riding their bicycle compared to secondary students
 - There is no significant difference between Niagara and Ontario

9.2 Head Injuries

For the purposes of the survey, a head injury has been defined as an injury to the head that results in either a) being unconscious (knocked out) for at least five minutes, or b) having to stay in the hospital overnight for at least one night (14). This definition applies to all head injury indicators in this report.

- 7.2%* of grade 7 and 8 students and 5.2%* of secondary students have had a head injury that knocked them unconscious or resulted in an overnight hospital stay in the past 12 months
 - There is no significant difference between grade 7 and 8 students and secondary students
 - There is no significant difference between Niagara and Ontario
 - A higher proportion of males (8.7%*) have had this type of head injury compared to females (2.6%*)
- 9.1% of grade 7 and 8 students and 8.0%* of secondary students have had two or more head injuries in their lifetime (Figure 9-1)
 - There is no significant difference between grade 7 and 8 students and secondary students
 - There is no significant difference between Niagara and Ontario

Figure 9-1: Lifetime head injuries



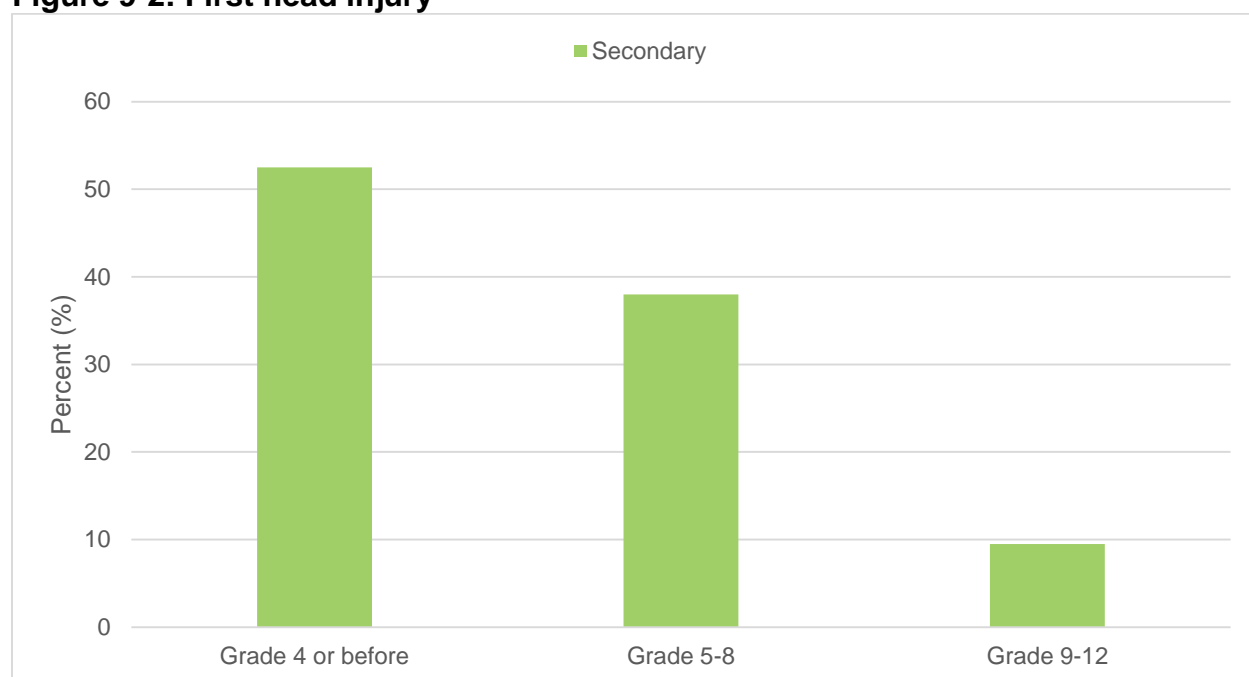
Data Source: Ontario Student Drug Use and Health Survey, 2015.

*: Interpret with caution

9.3 First and Most Recent Head Injury

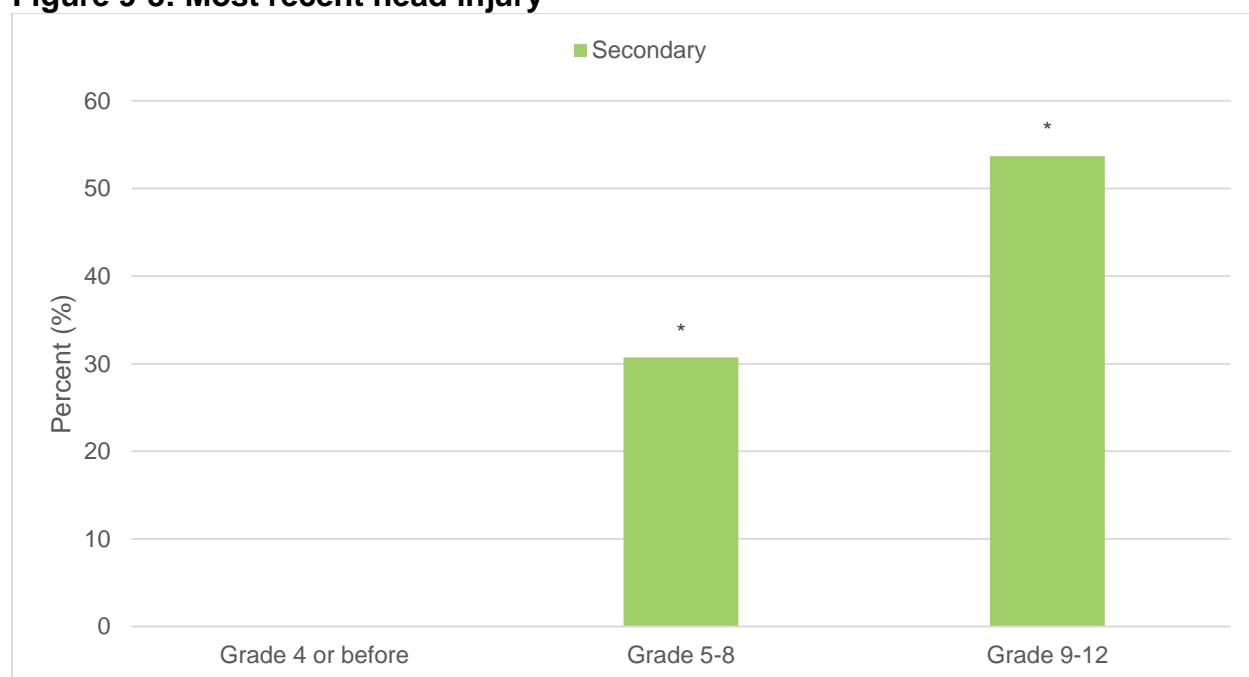
- 52.5% of secondary students had their first head injury occur in grade 4 or earlier (Figure 9-2)
 - A higher proportion of secondary students had their first head injury occur in grade 4 or earlier, while in Ontario, more secondary students had their first head injury in high school
- 53.7%* of secondary students had their most recent head injury occur in secondary school (Figure 9-3)
 - There is no significant difference between Niagara and Ontario
- 32.6% of grade 7 and 8 students and 28.7% of secondary students had their most recent head injury as a result of playing sports
 - There is no significant difference between grade 7 and 8 students and secondary students
 - A lower proportion of Niagara secondary students have had a head injury due to sports compared to Ontario secondary students
- 43.3% of grade 7 and 8 students and 38.7% of secondary students missed no days of school due to their most recent head injury
 - There is no significant difference between grade 7 and 8 students and secondary students
 - There is no significant difference between Niagara and Ontario

Figure 9-2: First head injury



Data Source: Ontario Student Drug Use and Health Survey, 2015.

Figure 9-3: Most recent head injury



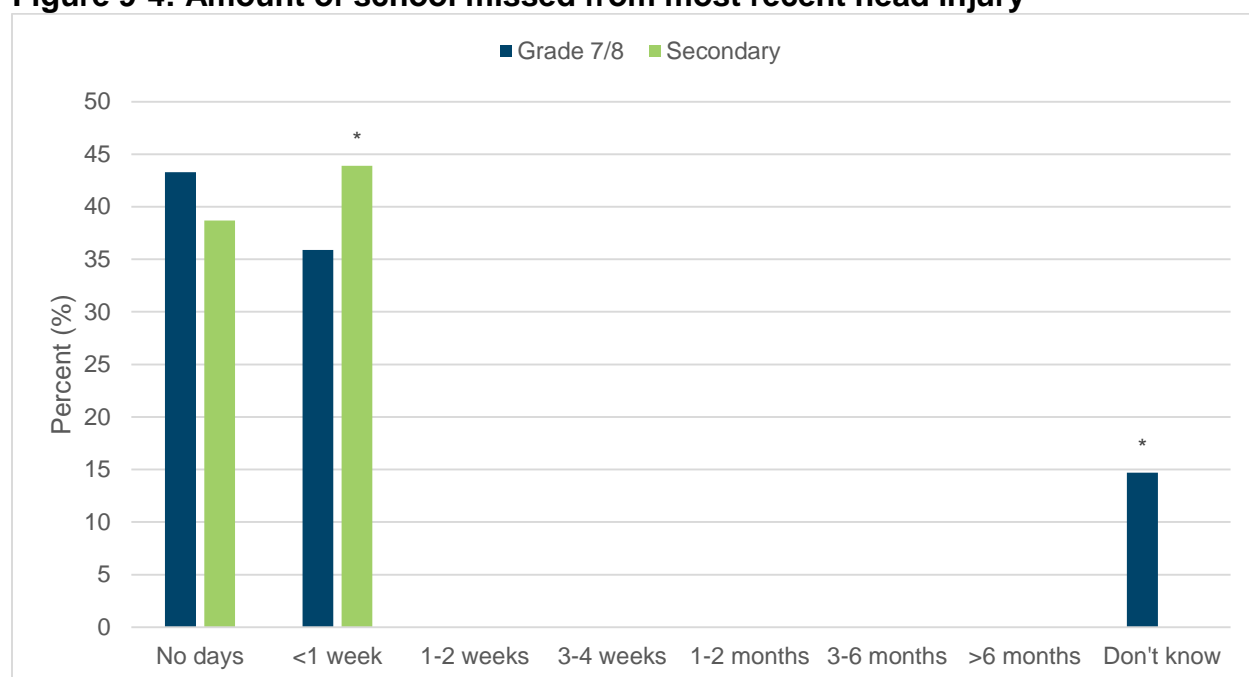
Data Source: Ontario Student Drug Use and Health Survey, 2015.

*: Interpret with caution

Note: A missing bar means the data are unreliable and not releasable for these categories



Figure 9-4: Amount of school missed from most recent head injury



Data Source: Ontario Student Drug Use and Health Survey, 2015.

*: Interpret with caution

Note: A missing bar means the data are unreliable and not releasable for these categories

9.4 Comparison 2011 to 2015

One of the head injuries-related questions analyzed above was asked on OSDUHS 2011. Overall, there was no significant changes to lifetime head injuries (having one or more).

It is important to note that more questions related to head injuries were asked in the 2015 version of OSDUHS compared to the 2011 survey.



Road Safety Behaviours Among Niagara Students

In the past 12 months...



10% of grade 7 and 8 students rode in a vehicle with someone who had consumed alcohol before driving

16% of secondary students rode in a vehicle with someone who had consumed alcohol before driving



2% of grade 7 and 8 students rode in a vehicle with someone who had used drugs before driving

18% of secondary students rode in a vehicle with someone who had used drugs before driving



4% of secondary students who have a license have driven within an hour of consuming 2 or more alcoholic drinks



10% of secondary students who have a license have driven within an hour of using marijuana or hashish



43% of secondary students who have a license have texted while driving

80%

of grade 7 and 8 students always wear a seatbelt when in a vehicle



71%

of secondary students always wear a seatbelt when in a vehicle

10 Road Safety

Road safety continues to be of paramount concern with the high school aged population as motor vehicle collisions remain a leading cause of preventable injuries and death for this age group (15). Strategies to reduce road safety injuries can include providing ongoing education and skill building on safe road user behaviours to prevent distracted driving, aggressive driving and impaired driving among this population.

10.1 Seatbelt Use

- 80.0% of grade 7 and 8 students and 71.3% of secondary students always wear a seatbelt when in a vehicle
 - There is no significant difference between grade 7 and 8 students and secondary students
 - There is no significant difference between Niagara and Ontario

10.2 Substance Use and Driving

- 9.9%* of grade 7 and 8 students and 16.2% of secondary students have been in a vehicle where someone else has drank alcohol before driving
 - There is no significant difference between grade 7 and 8 students and secondary students
 - There is no significant difference between Niagara and Ontario
- 2.2%* of grade 7 and 8 students and 18.0% of secondary students have been in a vehicle where someone else has used another drug (not alcohol) before driving
 - A lower proportion of grade 7 and 8 students have been in a vehicle where someone else has used drugs before driving compared to secondary students
 - There is no significant difference between Niagara and Ontario
- 4.4%* of secondary students who have a license have driven within an hour of drinking 2 or more drinks in the past 12 months
 - There is no significant difference between Niagara and Ontario
- 9.8%* of secondary students who have a license have driven within an hour of using marijuana/hashish in the past 12 months
 - There is no significant difference between Niagara and Ontario

10.3 Texting and Driving

- 43.1% of secondary students who have a license have texted while driving in the past 12 months
 - There is no significant difference between Niagara and Ontario
 - A higher proportion of males (58.8%) have texted while driving compared to females (27.8%*)

10.4 Comparison 2011 to 2015

Two of the road safety-related questions analyzed above were asked on OSDUHS 2011. Overall, there was no significant changes for these indicators:

- Being a passenger in a car when the driver has consumed drugs (other than alcohol) before driving

However, a significant difference was seen in alcohol consumption and driving:

- Compared to 2011, a significantly lower proportion of secondary students were a passenger in a car when the driver had consumed alcohol before driving

Activity Behaviours Among Niagara Students

38% of grade 7
and 8 students get the
recommended 9 or more
hours of sleep per night



9% of secondary
students get the
recommended 9 or more
hours of sleep per night

59% of grade 7 and 8
students are physically active
for at least 60 minutes on
most days of the week



46% of secondary
students are physically active
for at least 60 minutes on
most days of the week



For health benefits, children and youth should
accumulate at least 60 minutes of heart
pumping activity per day

48% of grade 7 and
8 students spend 3 or more
hours each day in front of a
screen in their free time



65% of secondary
students spend 3 or more
hours each day in front of a
screen in their free time



For health benefits, screen time for children
and youth should be limited to no more than
2 hours per day

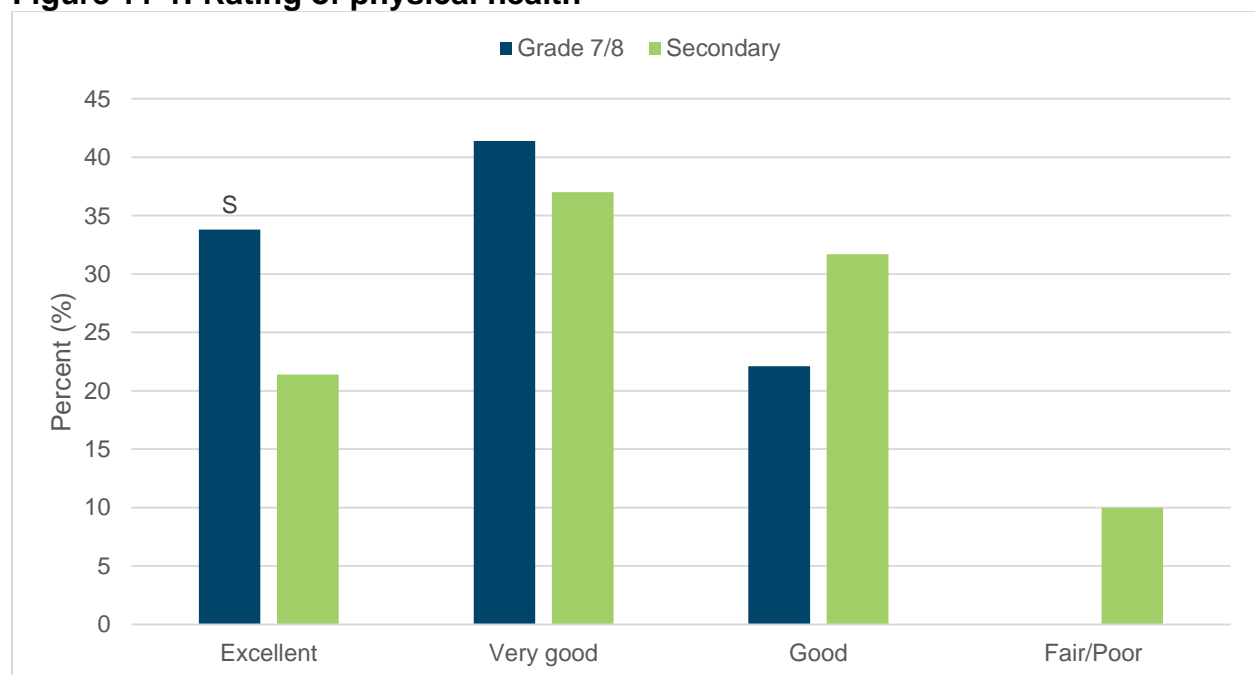
11 Physical Activity

Being physically active is an important part of staying healthy. The Canadian 24-Hour Movement Guidelines for Children and Youth recommend high levels of physical activity (60 minutes of heart-pumping activity), low levels of sedentary behaviour (no more than 2 hours per day of recreational screen time), and sufficient sleep (16).

11.1 Physical Health

- 33.8% of grade 7 and 8 students and 21.4% of secondary students rate their physical health as excellent (Figure 11-1)
 - A higher proportion of grade 7 and 8 students rate their physical health as excellent compared to secondary students
 - There is no significant difference between Niagara and Ontario
- 30.6% of grade 7 and 8 students and 31.2% of secondary students have not seen a doctor in the past 12 months (Figure 11-2)
 - There is no significant difference between Niagara and Ontario
- Based on WHO's growth charts, 23.6% of grade 7 and 8 students and 27.5% of secondary students are considered to be overweight or obese (Figure 11-3)
 - There is no significant difference between Niagara and Ontario

Figure 11-1: Rating of physical health

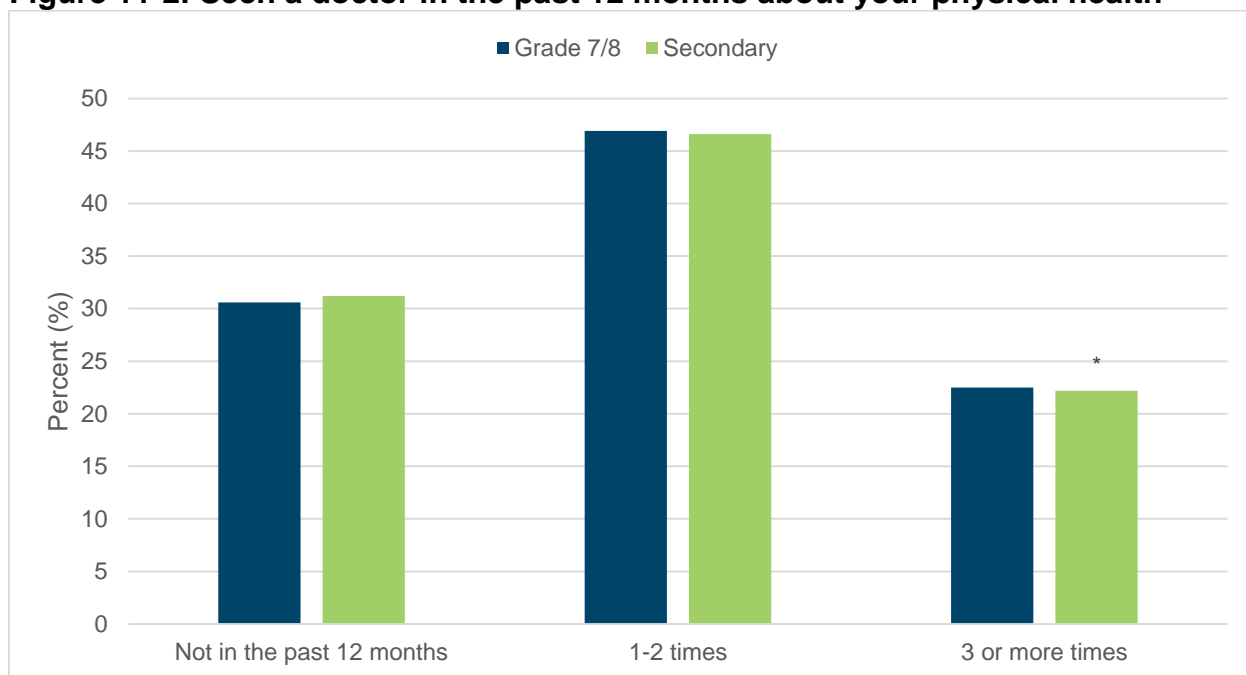


Data Source: Ontario Student Drug Use and Health Survey, 2015.

S: Significant difference between grade 7/8 students and secondary students

Note: A missing bar means the data are unreliable and not releasable for these categories

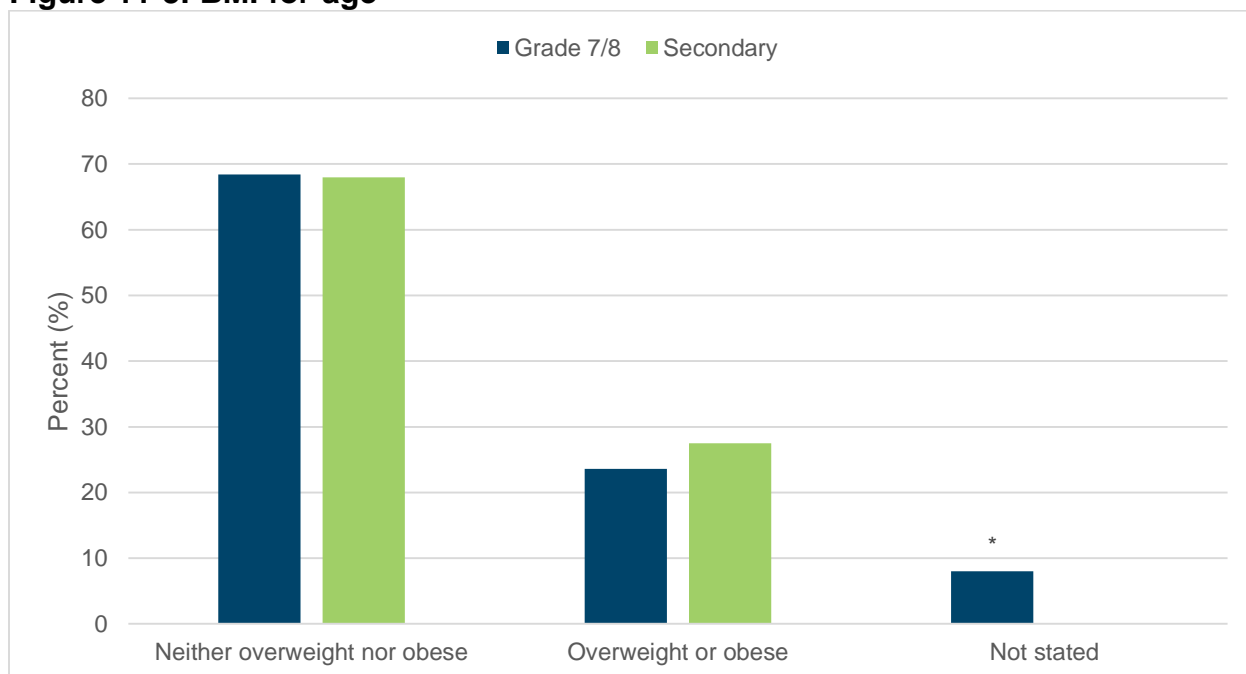
Figure 11-2: Seen a doctor in the past 12 months about your physical health



Data Source: Ontario Student Drug Use and Health Survey, 2015.

*: Interpret with caution

Figure 11-3: BMI-for-age



Data Source: Ontario Student Drug Use and Health Survey, 2015.

*: Interpret with caution

Note: A missing bar means the data are unreliable and not releasable for these categories



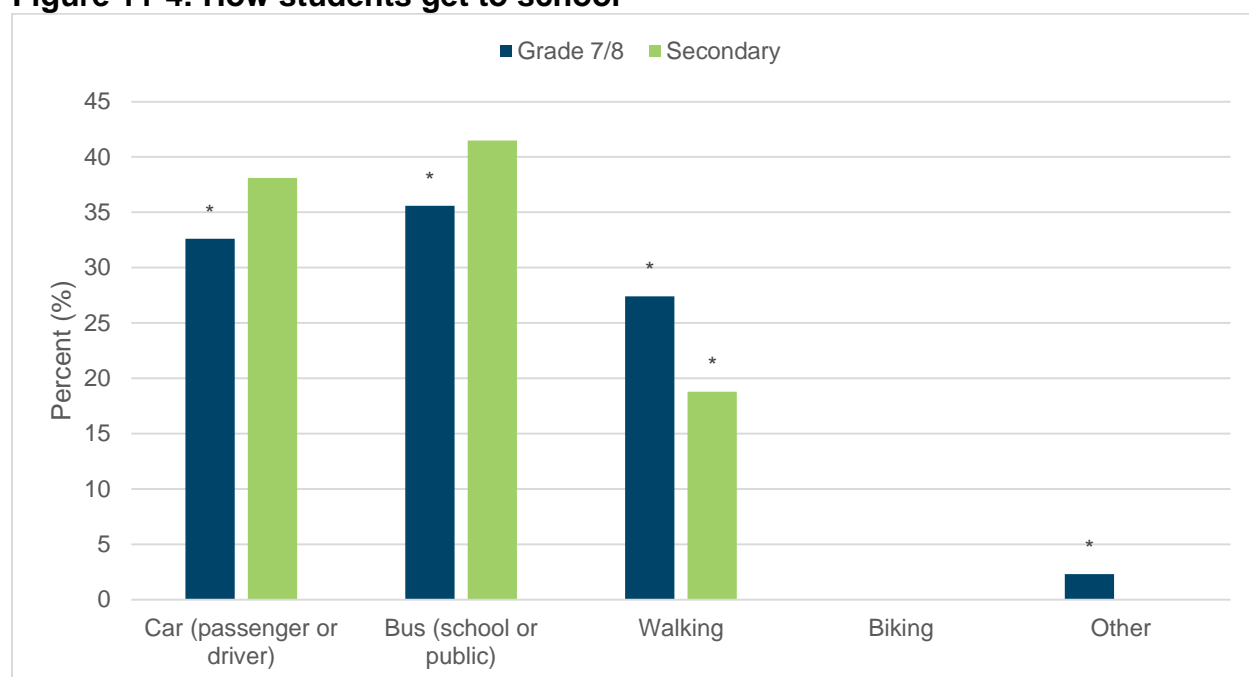
11.2 Sleep

- 37.5% of grade 7 and 8 students and 8.7%* of secondary students get the recommended 9 or more hours of sleep per night
 - A higher proportion of grade 7 and 8 students get the recommended amount of sleep per night compared to secondary students
 - There is no significant difference between Niagara and Ontario

11.3 Physical Activity

- 27.4% of grade 7 and 8 students and 18.8% of secondary students get to school by walking (Figure 11-4)
 - There is no significant difference between grade 7 and 8 students and secondary students
 - There is no significant difference between Niagara and Ontario
- 59.4% of grade 7 and 8 students and 46.3% of secondary students met the recommended 60 minutes a day of physical activity for most days of the week (Figure 11-5)
 - A higher proportion of grade 7 and 8 students get the recommended amount of physical activity compared to secondary students
 - There is no significant difference between Niagara and Ontario
 - A higher proportion of males (58.2%) get the recommended amount of physical activity compared to females (41.5%)
- 26.2%* of grade 7 and 8 students and 22.7% of secondary students were physically active for a least 20 minutes in their physical education class five days of the week (Figure 11-6)
 - There is no significant difference between grade 7 and 8 students and secondary students
 - There is no significant difference between Niagara and Ontario
 - A higher proportion of males (32.5%) participated in physical education classes compared to females (14.3%*)

Figure 11-4: How students get to school

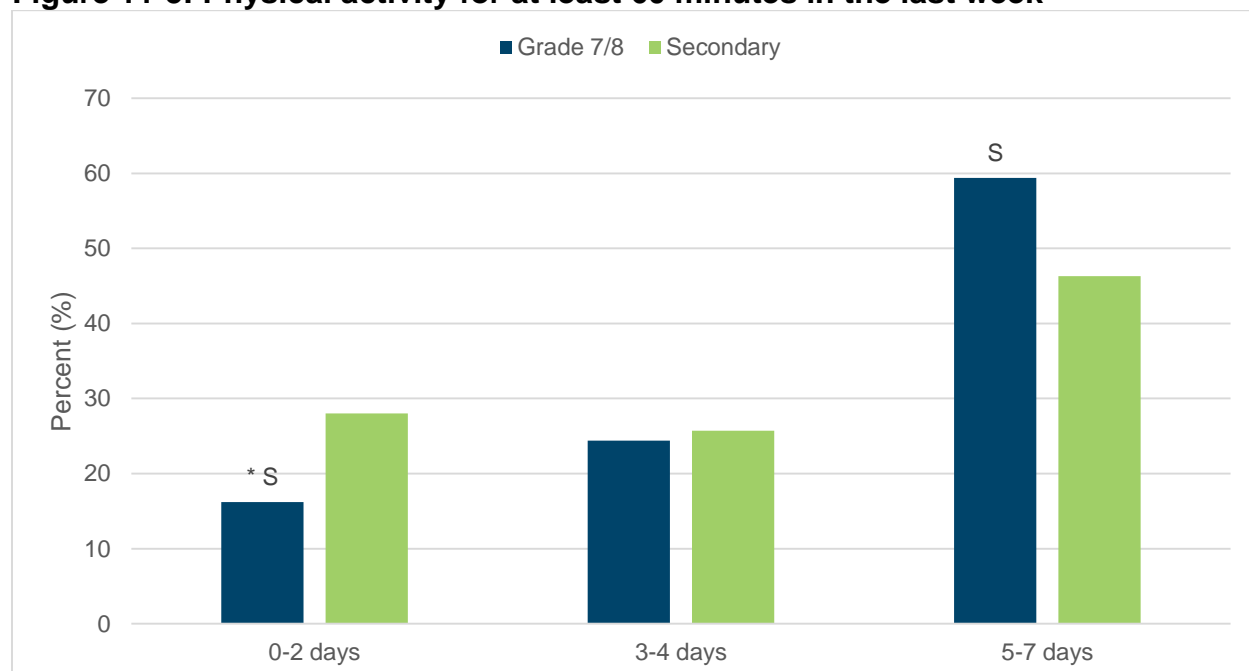


Data Source: Ontario Student Drug Use and Health Survey, 2015.

*: Interpret with caution

Note: A missing bar means the data are unreliable and not releasable for these categories

Figure 11-5: Physical activity for at least 60 minutes in the last week



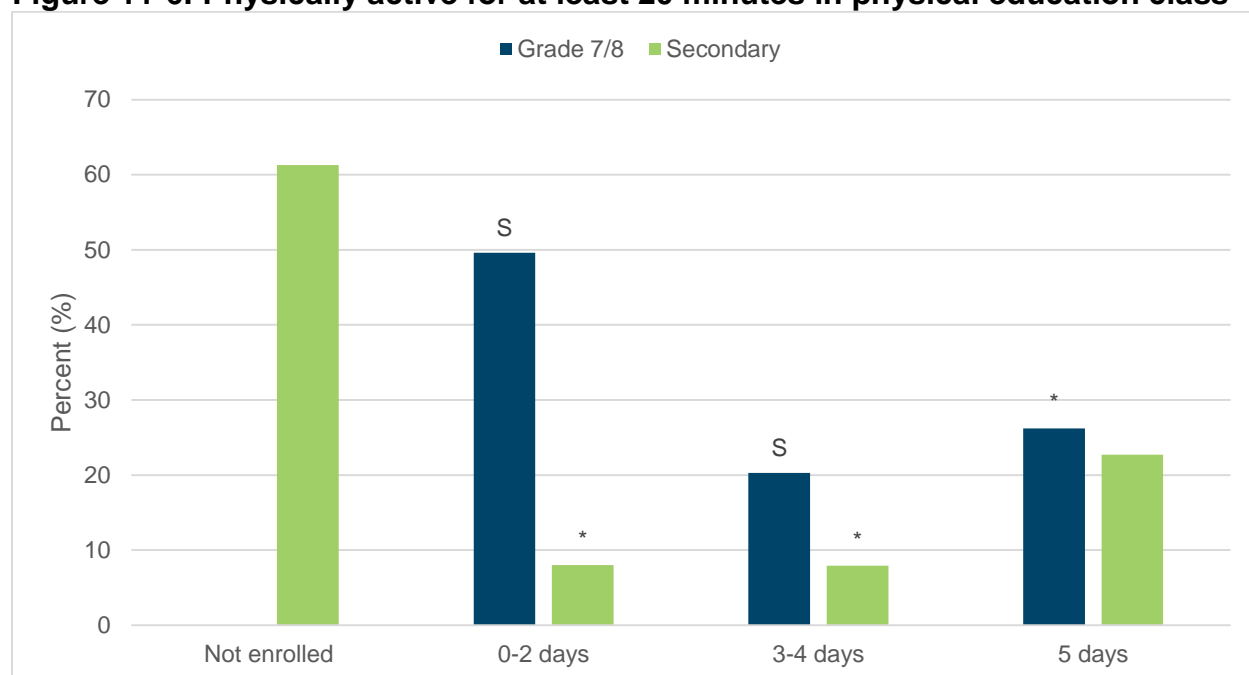
Data Source: Ontario Student Drug Use and Health Survey, 2015.

S: Significant difference between grade 7/8 students and secondary students

*: Interpret with caution



Figure 11-6: Physically active for at least 20 minutes in physical education class



Data Source: Ontario Student Drug Use and Health Survey, 2015.

S: Significant difference between grade 7/8 students and secondary students

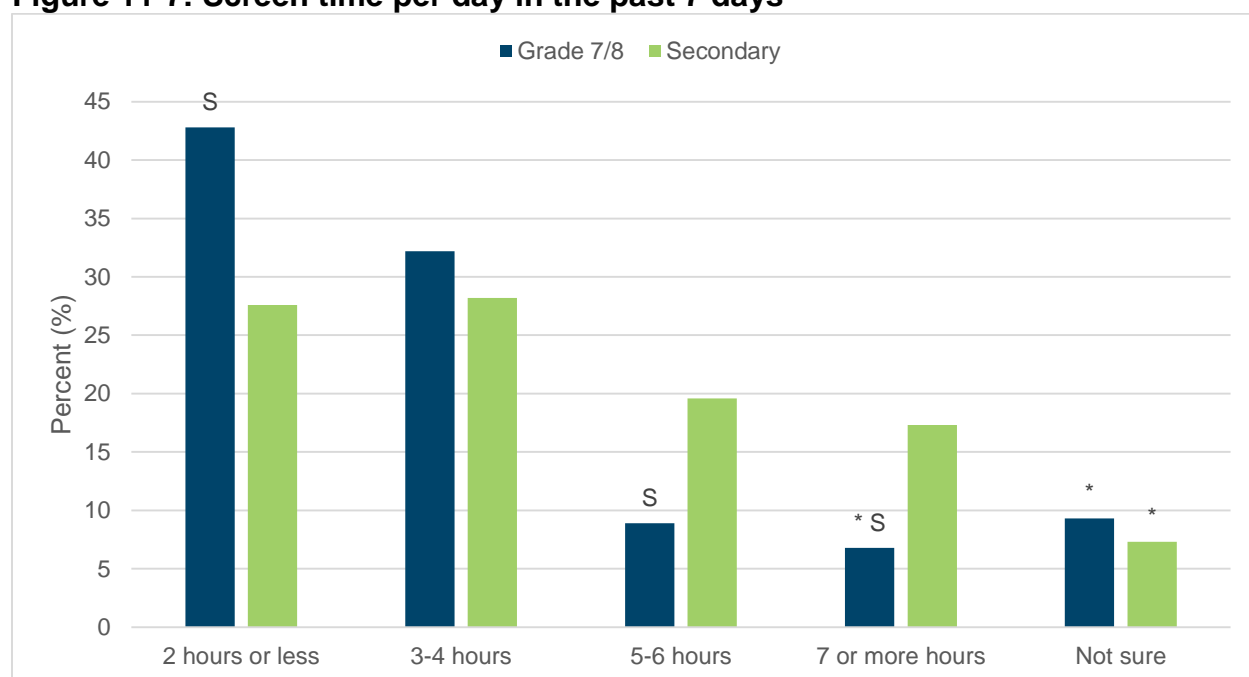
*: Interpret with caution

Note: A missing bar means the data are unreliable and not releasable for these categories

11.4 Sedentary Behaviour

- 47.9%* of grade 7 and 8 students and 65.1% of secondary students spent three or more hours each day watching TV, playing video games, or playing computer games (Figure 11-7)
 - A lower proportion of grade 7 and 8 students spent seven or more hours watching TV, playing video games, or playing computer games compared to secondary students
 - There is no significant difference between Niagara and Ontario
- 7.0%* of secondary students spent seven or more hours per week on social media (Figure 11-8) (data not reportable for grade 7 and 8 students)
 - A lower proportion of Niagara secondary students spend two hours or less on social media per week compared to Ontario secondary students
 - A higher proportion of males spend two hours or less on social media per week compared to females, while a higher proportion of females spend three to four hours on social media per week compared to males

Figure 11-7: Screen time per day in the past 7 days

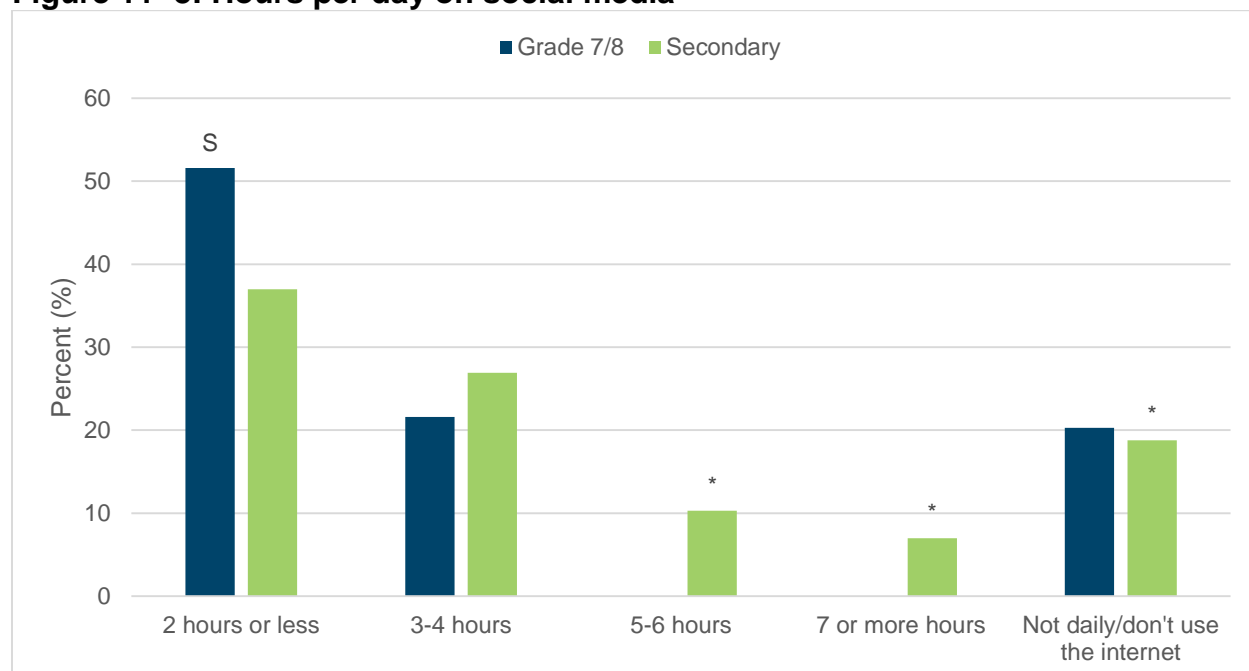


Data Source: Ontario Student Drug Use and Health Survey, 2015.

S: Significant difference between grade 7/8 students and secondary students

*: Interpret with caution

Figure 11- 8: Hours per day on social media



Data Source: Ontario Student Drug Use and Health Survey, 2015.

S: Significant difference between grade 7/8 students and secondary students

*: Interpret with caution

Note: A missing bar means the data are unreliable and not releasable for these categories



11.5 Comparison 2011 to 2015

Many of the physical activity-related questions analyzed above were asked on OSDUHS 2011. Overall, there was no significant changes for these indicators:

- Rating of physical health
- How students get to school
- Number of days students were active for 60 minutes each day
- Number of days students were active during physical education classes for at least 20 minutes each day

It is important to note that the sleep question was not a part of the 2011 OSDUHS.



Eating Habits Among Niagara Students

16% of **grade 7 and 8** students meet the daily recommended servings of vegetables and fruits each day



5% of **secondary** students meet the daily recommended servings of vegetables and fruits each day

17% of **grade 7 and 8** students have had 5 or more sugar-sweetened beverages in the past week



26% of **secondary** students have had 5 or more sugar-sweetened beverages in the past week

Eating more vegetables and fruit and drinking fewer sugar-sweetened beverages can help improve the diet quality of Niagara students

62% of **grade 7 and 8** students had breakfast on all 5 school days in the past week



44% of **secondary** students had breakfast on all 5 school days in the past week

Eating a nutritious breakfast can help improve students concentration in the classroom

Building healthy eating habits in students can help them stay on the path to health for years to come

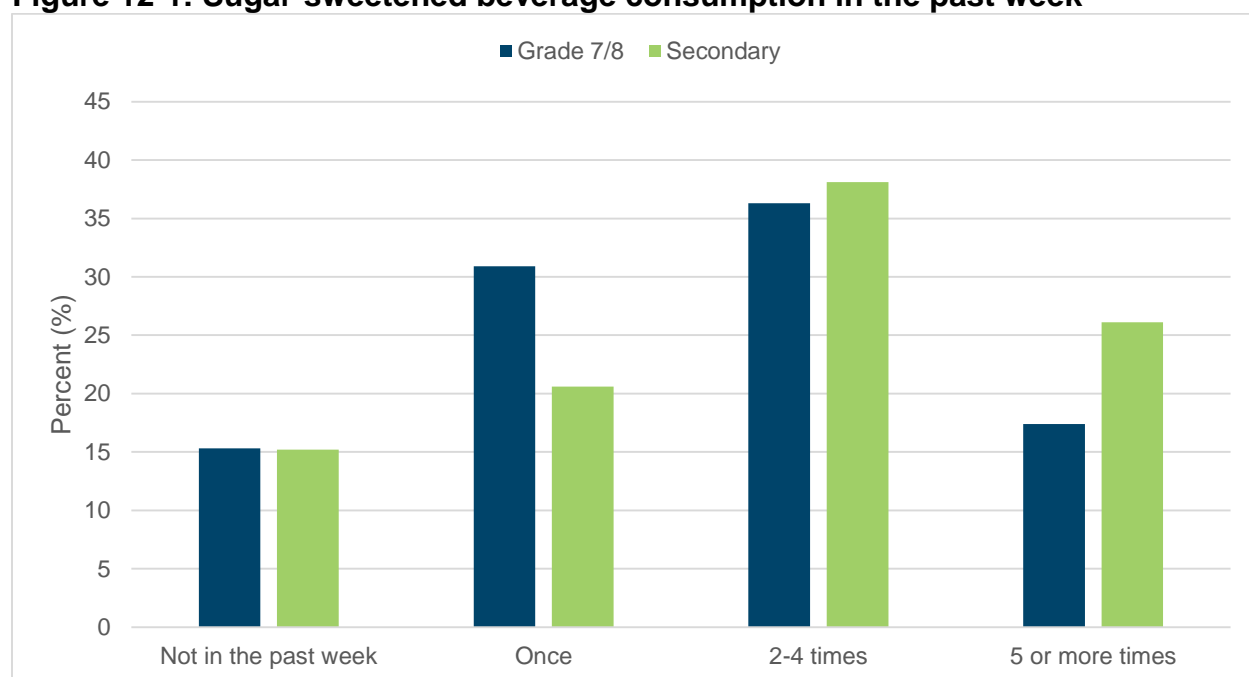
12 Eating Habits

Not eating enough vegetables and fruits and drinking too many sugary drinks, including sugar-sweetened beverages, fruit juices and energy drinks, are markers of poor diet quality (17). Poor diet quality may not have apparent effects in youth, however it increases their risk of developing chronic diseases, including cardiovascular disease, type 2 diabetes and certain cancers, as they move into adulthood (17). Building healthy eating habits in youth will give them the energy they need to live, learn, and play, and will help them stay on the path to health for years to come.

12.1 Current Eating Habits

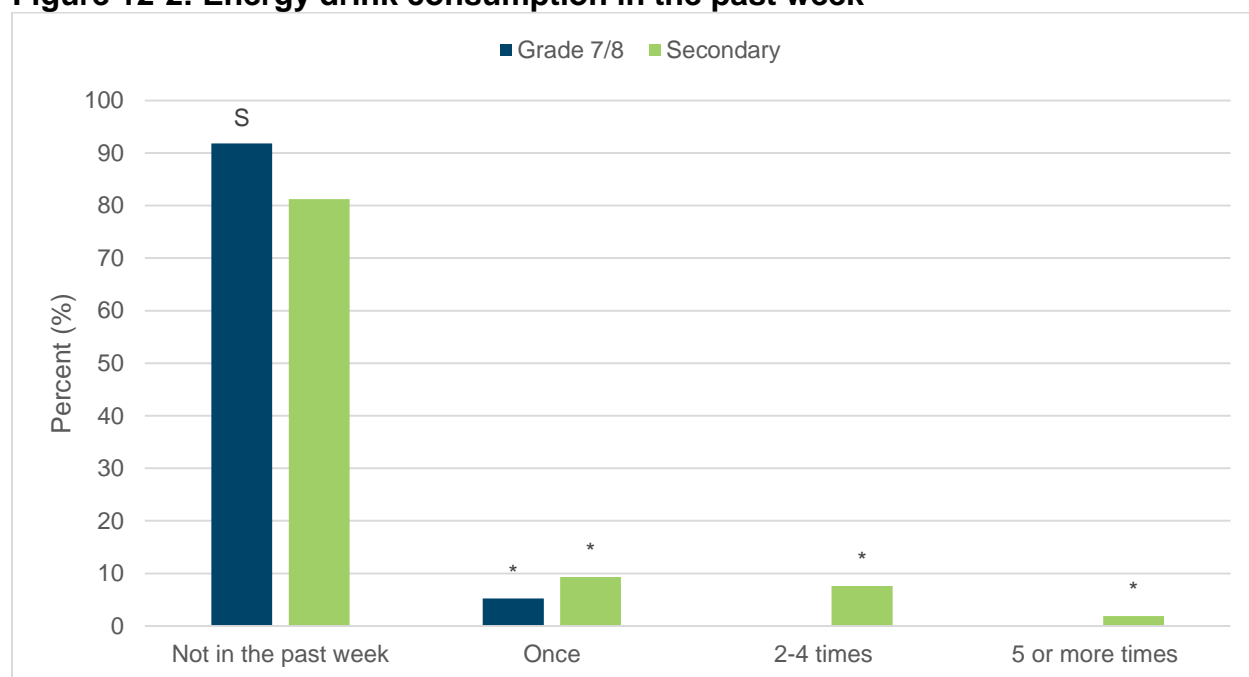
- 17.4% of grade 7 and 8 students and 26.1% of secondary students have had 5 or more sugar-sweetened beverages in the last week (Figure 12-1)
 - There is no significant difference between grade 7 and 8 students and secondary students
 - There is no significant difference between Niagara and Ontario
- 1.9%* of secondary students have had 5 or more energy drinks in the last week (Figure 12-2) (data not reportable for grade 7 and 8 students)
 - There is no significant difference between Niagara and Ontario
- 61.5% of grade 7 and 8 students and 43.9% of secondary students had breakfast on all five school days in the past week (Figure 12-3)
 - A higher proportion of grade 7 and 8 students had breakfast on all five school days in the past week compared to secondary students
 - There is no significant difference between Niagara and Ontario
- 16.0% of grade 7 and 8 students and 5.4%* of secondary students have six or more servings of vegetables and fruit each day
 - A higher proportion of grade 7 and 8 students have six or more servings of vegetables and fruit each day compared to secondary students
 - There is no significant difference between Niagara and Ontario

Figure 12-1: Sugar-sweetened beverage consumption in the past week



Data Source: Ontario Student Drug Use and Health Survey, 2015.

Figure 12-2: Energy drink consumption in the past week



Data Source: Ontario Student Drug Use and Health Survey, 2015.

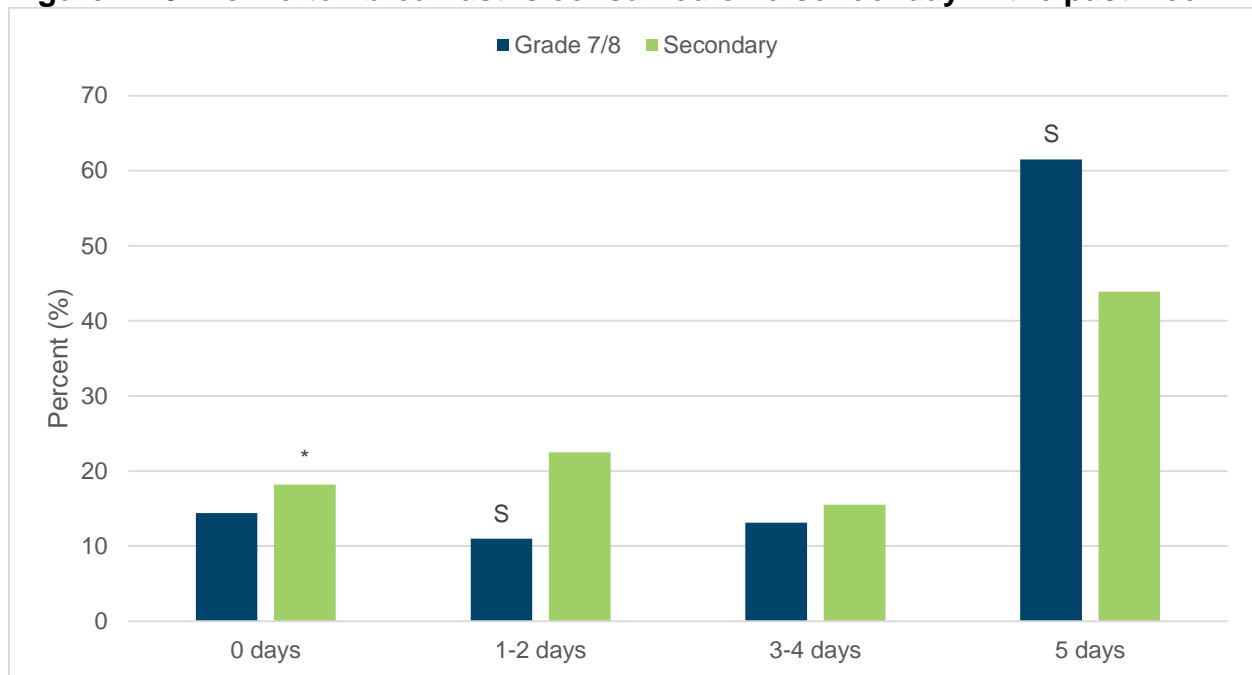
S: Significant difference between grade 7/8 students and secondary students

*: Interpret with caution

Note: A missing bar means the data are unreliable and not releasable for these categories



Figure 12-3: How often breakfast is consumed on a school day in the past week



Data Source: Ontario Student Drug Use and Health Survey, 2015.

S: Significant difference between grade 7/8 students and secondary students

*: Interpret with caution

12.2 Comparison 2011 to 2015

Two of the eating habit-related questions analyzed above were asked on OSDUHS 2011. Overall, there was no significant change to sugar-sweetened beverage consumption.

However, a significant difference was seen in these indicators:

- Compared to 2011, fewer secondary students ate breakfast on all of the past five school days

The School Environment in Niagara

94% of grade 7 and 8 students feel safe at school



96% of secondary students feel safe at school

89% of grade 7 and 8 students feel close to people at their school



84% of secondary students feel close to people at their school

90% of grade 7 and 8 students feel like they are a part of their school



81% of secondary students feel like they are a part of their school



28%

of grade 7 and 8 students were bullied during this school year

27%

of secondary students were bullied during this school year



22% of secondary students were offered, sold, or given drugs on school property in the past year

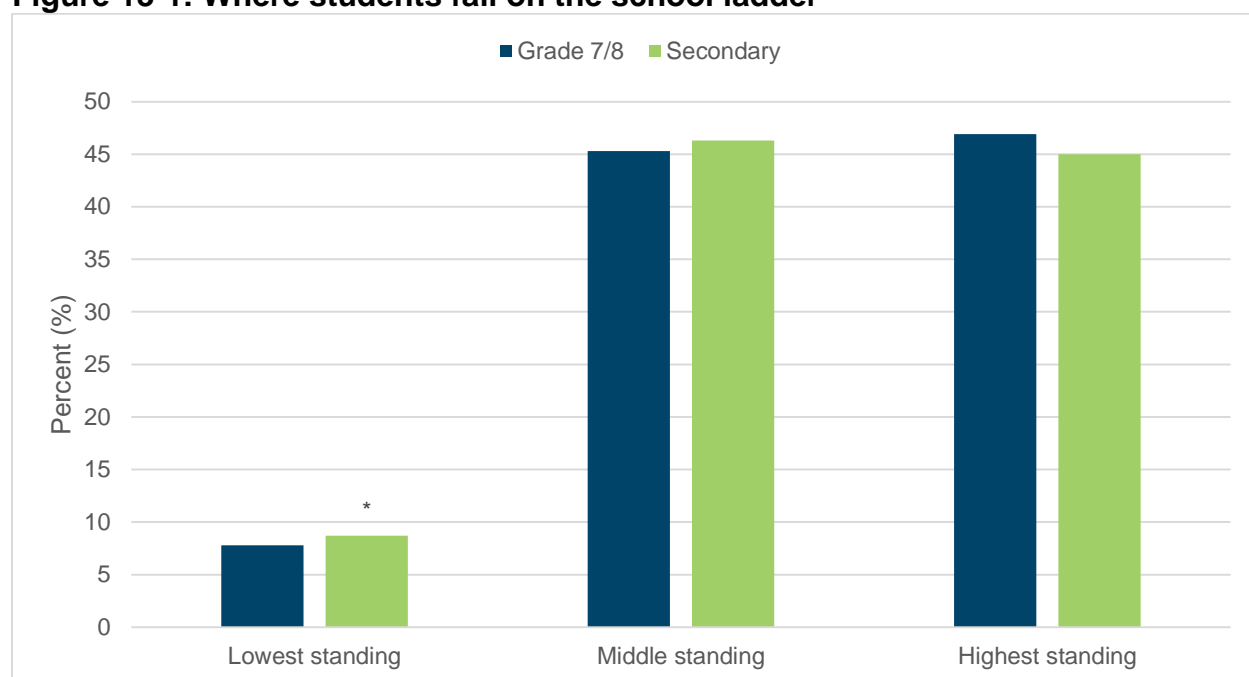
13 The School Environment

Many protective factors exist against mental health issues in youth. Among these include student's feelings of safety and acceptance in their school communities, as well as a feeling of closeness with other members of their school community. Experiencing bullying behaviours or participating in illicit activities such as drug or alcohol misuse increase student's risk of experiencing mental health issues (18). Promoting positive, accepting school culture as well as discouraging drug and alcohol use are important ways to promote wellness in all Niagara students.

13.1 Perception of the Environment

- 93.6% of grade 7 and 8 students and 95.7% of secondary students feel safe at school
 - There is no significant difference between grade 7 and 8 students and secondary students
 - There is no significant difference between Niagara and Ontario
- 88.8% of grade 7 and 8 students and 83.7% of secondary students feel close to people at their school
 - There is no significant difference between grade 7 and 8 students and secondary students
 - There is no significant difference between Niagara and Ontario
- 89.9% of grade 7 and 8 students and 81.4% of secondary students feel like they are a part of their school
 - There is no significant difference between grade 7 and 8 students and secondary students
 - There is no significant difference between Niagara and Ontario
- 13.1%* of grade 7 and 8 students and 12.2%* of secondary students are somewhat or very worried that someone will harm them at school
 - There is no significant difference between grade 7 and 8 students and secondary students
 - There is no significant difference between Niagara and Ontario
- 7.8% of grade 7 and 8 students and 8.7%* of secondary students see themselves at the bottom of the school ladder (the people who no one respects and no one wants to hang out with) (Figure 13-1)
 - There is no significant difference between grade 7 and 8 students and secondary students
 - A higher proportion of Niagara secondary students see themselves at the bottom of the ladder compared to Ontario secondary students

Figure 13-1: Where students fall on the school ladder



Data Source: Ontario Student Drug Use and Health Survey, 2015.

*: Interpret with caution

13.2 Substances and Schools

- 29.2%* of secondary students think that drug use is a big problem in their school (data not reportable for grade 7 and 8 students)
 - There is no significant difference between Niagara and Ontario
- 22.0%* of secondary students were offered, sold, or given drugs on school property in the past 12 months (data not reportable for grade 7 and 8 students)
 - There is no significant difference between Niagara and Ontario
- 24.2%* of secondary students have been drunk or high on school property at least once in the past 12 months (data not reportable for grade 7 and 8 students)
 - There is no significant difference between Niagara and Ontario

13.3 Bullying

- 27.7% of grade 7 and 8 students and 26.8%* of secondary students were bullied during this school year
 - There is no significant difference between grade 7 and 8 students and secondary students
 - There is no significant difference between Niagara and Ontario
- 6.4%* of grade 7 and 8 students and 12.6%* of secondary students admit to bullying others this school year
 - There is no significant difference between grade 7 and 8 students and secondary students
 - There is no significant difference between Niagara and Ontario

13.4 Comparison 2011 to 2015

Many of the school environment-related questions analyzed above were asked on OSDUHS 2011. Overall, there was no significant changes for these indicators:

- Being drunk or high on school property
- Being worried that someone will harm you at school
- Being bullied this school year
- Bullying someone else this school year

However, a significant difference was seen in how close students feel to others at school:

- Compared to 2011, fewer secondary students feel close to people at school



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