

Youth alcohol use

Health indicator report

Background

- The purpose of this health indicator report is to provide information about alcohol use among youth aged 12-17 living in Halton Region.
- Alcohol is commonly used by youth for various reasons such as experimentation and social pressures.¹
- However, alcohol use among youth can lead to harms such as injury, violence, and new or worsening mental health problems.^{2,3}
- Research also suggests that those who drink before the age of 15 are more likely to develop an alcohol use disorder and suffer alcohol-related harms later in life.⁴
- This health indicator report uses data from the Canadian Health Survey on Children and Youth (CHSCY).

Key findings

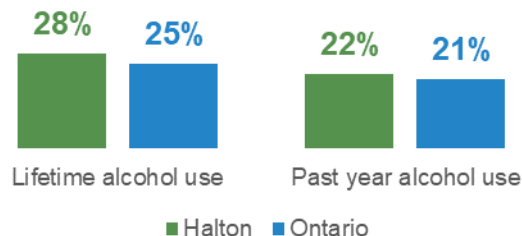
- In 2019, 28% of Halton youth aged 12-17 reported having ever tried alcohol, while 22% reported having consumed alcohol within the past year.
- There were no significant differences between Halton and Ontario, or by sex, municipality, household income, parents' highest level of education, or immigration status.



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Halton vs. Ontario

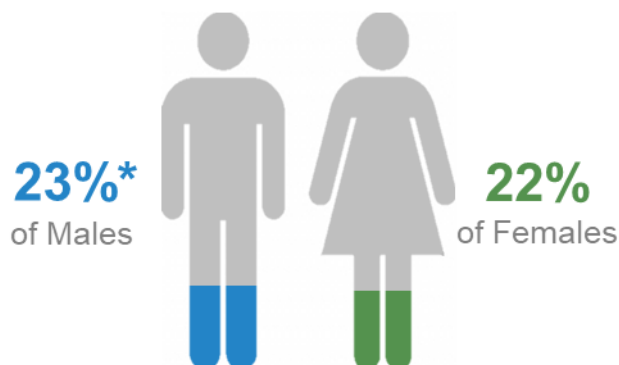
- In 2019, 28% of Halton youth aged 12-17 reported having ever tried alcohol, while 22% reported having consumed alcohol in the past year.
- In 2019, 25% of Ontario youth aged 12-17 reported having ever tried alcohol, while 21% reported having consumed alcohol in the past year.
- There were no statistically significant differences between Halton and Ontario in lifetime or past year alcohol use.



Percentage of youth aged 12-17 who reported having ever consumed alcohol (lifetime alcohol use) and having consumed alcohol in the past year (past year alcohol use), Halton Region and Ontario, 2019

Sex

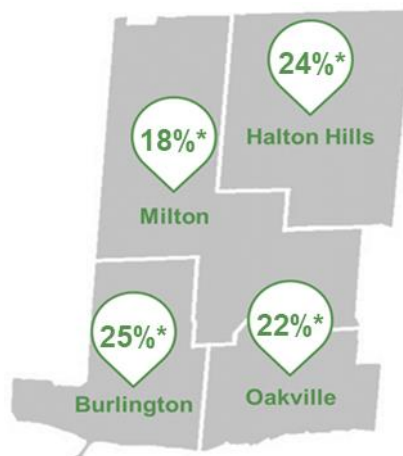
- In 2019, there were no statistically significant differences by sex in the percentage of youth aged 12-17 who reported having consumed alcohol in the past year.



Percentage of youth aged 12-17 who reported having consumed alcohol in the past year, by sex, Halton Region, 2019

Municipality

- In 2019, there were no statistically significant differences by municipality in the percentage of youth aged 12-17 who reported having consumed alcohol in the past year.



Percentage of youth aged 12-17 who reported having consumed alcohol in the past year, by municipality, Halton Region, 2019

Estimates marked with an asterisk (*) should be interpreted with caution due to high variability.



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Household income

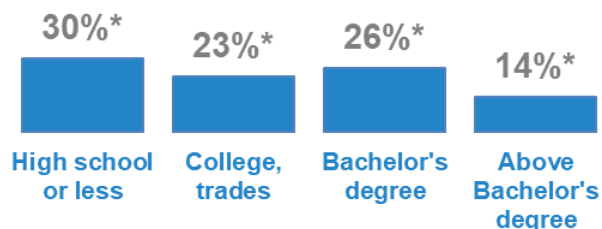
- In 2019, there were no statistically significant differences by household income group in the percentage of youth aged 12-17 who reported having consumed alcohol in the past year.



Percentage of youth aged 12-17 who reported having consumed alcohol in the past year, by household income group, Halton Region, 2019

Parents' education

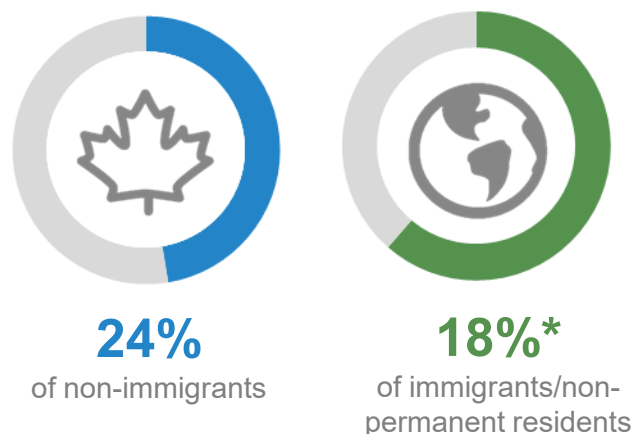
- In 2019, there were no statistically significant differences by parents' education in the percentage of youth aged 12-17 who reported having consumed alcohol in the past year.



Percentage of youth aged 12-17 who reported having consumed alcohol in the past year, by parents' highest level of education, Halton Region, 2019

Immigrant status

- In 2019, there were no statistically significant differences by immigrant status in the percentage of youth aged 12-17 who reported having consumed alcohol in the past year.



Percentage of youth aged 12-17 who reported having consumed alcohol in the past year, by immigrant status, Halton Region, 2019

Estimates marked with an asterisk (*) should be interpreted with caution due to high variability.

About CHSCY

- The Canadian Health Survey on Children and Youth (CHSCY) explores issues that have an impact on the physical and mental health of children and youth. CHSCY is conducted by Statistics Canada.
- CHSCY is an occasional and voluntary survey that is designed to provide reliable estimates at the provincial level and across age groups. CHSCY was first conducted in 2019 and included 50,000 children and youth ages 1-17 from across Canada's provinces and territories, including 1,138 children and youth in Halton and 22,651 children and youth in Ontario.⁵
- In 2019, CHSCY was administered as a cross-sectional survey, meaning that respondents were surveyed at a single point in time.⁵ In 2023, a longitudinal component is being added to the cross-sectional survey, and respondents from the previous cycle (2019) will be resurveyed to assess changes in health and well-being over time.⁶
- Two questionnaires were used to collect survey data. One questionnaire was administered to the Person Most Knowledgeable (PMK) about the selected child or youth aged 1 to 17.⁶ A separate questionnaire was administered directly to the selected youth aged 12 to 17.⁶ Youth aged 15 to 17 could be identified as their own PMK if they lived on their own or did not live with a parent.⁷
- For more information on CHSCY methodology and limitations, see the CHSCY Data Notes and Data Interpretation Guide at www.halton.ca/For-Residents/Public-Health/Health-Statistics.

Data notes

Definitions:

Alcohol use includes having had a drink of alcohol, such as a bottle of beer, a glass of wine, a wine cooler, or a mixed drink with something like rum or whisky. It does not include only having small sips.

Data Source: Canadian Health Survey on Children and Youth [2019], Statistics Canada, Share File, Ontario MOHLTC

Estimates marked with an asterisk (*) should be interpreted with caution due to high variability.

References

1. Keltly Mental Health Resource Centre. Substance use and youth. Retrieved November 2023 from <https://keltymentalhealth.ca/substance-use-and-youth#:~:text=Mental%20Health%20and%20Coping,form%20of%20relief%20or%20escape>
2. Canadian Centre on Substance Abuse. 2013. When mental health and substance use problems collide. Accessed November 2023 from <https://www.ccsa.ca/sites/default/files/2019-05/CCSA-Mental-Health-and-Substance-Abuse-2013-en.pdf>
3. Medline Plus. 2022. Risks of underage drinking. Accessed November 2023 from <https://medlineplus.gov/ency/patientinstructions/00528.htm>
4. Canadian Research Initiative in Substance Misuse. 2023. Canadian guideline for clinical management of high-risk drinking and alcohol use disorder.
5. Statistics Canada. 2019. Canadian Health Survey on Children and Youth. Accessed May 2023 from <https://www23.statcan.gc.ca/imdb/p2SV.pl?Function=getSurvey&Id=1215270>
6. Statistics Canada. 2023. Canadian Health Survey on Children and Youth. Accessed May 2023 from <https://www23.statcan.gc.ca/imdb/p2SV.pl?Function=getSurvey&SDDS=5233#a2>
7. Statistics Canada. 2020. 2019 Canadian Health Survey on Children and Youth (CHSCY): User Guide.

For more health indicator and health status reports, visit the Halton Health Statistics webpage at halton.ca.

Last updated: November 2023