The 2022 CAMH MONITOR *e*REPORT
Executive Summary

The Centre for Addiction and Mental Health's *CAMH Monitor* is the longest ongoing population survey of adult substance use in Canada. The study, which spans **46 years**, is based on 34 cross-sectional probability surveys, conducted between 1977 and 2019. Due to COVID-19, the 2020 and 2022 cycles of the *CAMH Monitor* are based on quota sampling and a web panel survey among adults aged 18 and older across Ontario.

This summary presents the estimates of substance use and related harms, as well as mental health and well-being indicators among Ontario adults in the 2020 and 2022 surveys.

Substance Use, Mental Health & Well-Being Indicators, 2020/2022 CAMH Monitor

Indicator	2020 (n=3033)				2022 (n=2650)			
	T %	M %	W %		T %	M %	W %	
Alcohol								
Percentage drinking alcohol - past 12 months	**80.4**	80.8	80.0		**80.4**	82.1	78.8	
Percentage drinking daily - total sample	**9.7**	12.0	7.6	*	**9.2**	11.3	7.3	*
- among drinkers	**12.1**	14.9	9.5	*	**11.4**	13.8	9.2	
Average number of drinks consumed weekly - among drinkers *(mean)*	**6.7**	8.7	4.8	*	**6.3**	8.0	4.7	*
Percentage consuming 5 or more drinks on a single occasion weekly (weekly binge drinking) - total sample	**11.3**	15.9	7.1	*	**10.7**	15.1	6.8	*
- among drinkers	**14.1**	19.6	8.9	*	**13.3**	18.4	8.6	*
Percentage reporting hazardous or harmful drinking (AUDIT 8+) - total sample	**21.2**	26.9	16.0	*	**20.1**	25.7	15.0	*
- among drinkers	**26.8**	33.8	20.3	*	**25.3**	31.6	19.3	*
Percentage reporting symptoms of alcohol dependence (based on the AUDIT) - total sample	**13.9**	17.1	11.0	*	**14.1**	18.0	10.7	*
Tobacco								
Percentage currently smoking cigarettes	**17.2**	19.3	15.3		**17.7**	19.9	15.7	*
Daily smoking	**12.4**	13.1	11.7		**12.3**	12.9	11.8	
Average number of cigarettes smoked daily - among smokers (mean)	**9.0**	8.1	10.1		**8.9**	8.2	9.8	
Percentage of daily smokers reporting high nicotine dependence - among daily smokers	**7.8**	6.2	9.4		**9.4**	8.7	10.1	
Percentage reporting electronic cigarette use - past 12 months	**15.2**	17.4	13.0		**13.7**	17.0	10.7	*
Cannabis								
Percentage using cannabis in lifetime	**53.0**	53.4	52.6		**54.1**	56.9	51.7	*
Percentage using cannabis - past 12 months	**31.7**	33.9	29.7	*	**32.9**	35.7	30.3	*
Percentage reporting moderate to high risk of cannabis use problems (ASSIST-CIS 4+) - total sample	**16.4**	18.9	14.0	*	**19.4**¶	23.3	16.2	*
- among users	**55.5**	62.0	48.9	*	**64.4**¶	73.0¶	56.5	*
Percentage using cannabis for medical purposes - past 12 months - total sample	**13.1**	12.6	13.5		**14.2**	13.7	14.7	
- among users	**41.5**	37.3	46.0	*	**43.7**	38.6	49.0	*

Indicator	2020 (n=3033)				2022 (n=2650)			
	T %	M %	W %		T %	M %	W %	
Cocaine								
Percentage using cocaine in lifetime	**14.7**	17.0	12.6		**15.1**	17.2	13.1	*
Percentage using cocaine - past 12 months	**3.7**	4.5	3.0		**3.0**	4.0	2.1	*
Prescription Opioid Pain Relievers								
Percentage reporting any use (medical or nonmedical) of prescription opioid pain relievers - past 12 months	**32.7**	31.1	34.2		**31.3**	31.8	30.9	
Percentage using prescription opioid pain relievers for nonmedical purposes - past 12 months	**17.8**	19.1	16.6		**18.0**	20.1	16.2	
Driving[2]								
Percentage of drivers who drove after drinking two or more drinks in the previous hour - past 12 months	**4.4**	7.0	2.0		**3.9**	6.0	2.0	*
Percentage of drivers who drove after using cannabis in the previous hour - past 12 months	**2.4**	2.9	2.0		**2.5**	2.9	2.1	
Percentage of drivers who reported texting while driving - past 12 months	**26.5**	28.8	24.3		**23.5**	21.3¶	25.3	
Mental Health								
Percentage reporting moderate to serious psychological distress during the past 30 days (K6/8+)	**33.8**	30.0	37.5	*	**34.7**	29.9	38.6	*
Percentage reporting serious psychological distress during the past 30 days (K6/13+)	**13.5**	11.4	15.6		**14.9**	12.4	16.9	*
Percentage using prescribed antianxiety medication - past 12 months	**19.4**	16.4	22.3		**20.4**	16.5	23.5	*
Percentage using prescribed antidepressant medication - past 12 months	**16.1**	12.2	19.9	*	**17.3**	13.1	20.8	*
Percentage reporting fair or poor mental health in general	**26.2**	20.8	31.2	*	**31.8¶**	29.4¶	34.0	*
Percentage reporting frequent mental distress days (14+) during the past 30 days	**16.8**	12.3	21.1	*	**19.3**	14.9	22.9	*
Percentage reporting suicidal ideation - past 12 months	**7.7**	7.4	7.9		**7.7**	5.6	9.4	*
Physical Health								
Percentage reporting fair or poor health in general	**16.3**	16.3	16.4		**19.2¶**	17.9	20.3¶	
Percentage reporting frequent physically unhealthy days (14+) during the past 30 days	**12.4**	10.0	14.7		**14.3**	10.9	17.2	*

Notes: * Within year significant difference between men (M) and women (W) at p<0.05; ¶ Significant change between 2020 and 2022; [2] estimates are based on licensed drivers.

Key findings in 2022

- **Men** were more likely than women to report daily drinking, higher number of drinks consumed weekly, weekly binge drinking, drinking hazardously or harmfully, symptoms of alcohol dependence, current smoking, past year electronic cigarette use, lifetime and past year cannabis use, moderate to high risk cannabis use problems, lifetime and past year cocaine use, and past year driving after drinking two or more drinks in the previous hour.

- **Women** were more likely than men to report cannabis use for medical purposes among cannabis users, moderate to serious psychological distress, serious psychological distress, fair/poor self rated mental health, frequent mental distress days, use of anxiety and depression medications, suicidal ideation and frequent physically unhealthy days.

- **Adults aged 18 to 29 years old** were more likely than their older counterparts to report drinking hazardously or harmfully, symptoms of alcohol dependence, past year e-cigarette use, past year cannabis use, cannabis use problems, cannabis use for medical purposes among the total sample, texting while driving in the past year and 30 days, moderate and serious psychological distress, serious psychological distress, fair or poor mental health, frequent mental distress days, and suicidal ideation.

- **Adults aged 65 years and older** were more likely than their younger counterparts to report higher number of cigarettes smoked daily, cannabis use for medical purposes among cannabis users, fair or poor overall health and frequent physically unhealthy days in the past 30 days.

- Significant **regional** differences were observed for current smoking and average number of cigarettes smoked daily (both were highest in the **North**), past year electronic cigarette use (highest in **Toronto**), lifetime cocaine use (highest in the **North** region), past year use of antianxiety and antidepressant medications (highest in the **North**).

Overall changes between 2020 and 2022

Indicators	2020		2022
Moderate to high risk of cannabis use problems among total sample	16.4%	↑	19.4%
Moderate to high risk of cannabis use problems among cannabis users	55.5%	↑	64.4%
Fair or poor mental health	26.2%	↑	31.8%
Fair or poor general health	16.3%	↑	19.2%

Subgroup Differences between 2020 and 2022

There were some significant differences between the 2020 and 2022 surveys among men that were not evident among women, and vice versa. Specifically,

- Among **men**, there were significantly higher percentages in the 2022 survey for moderate to high cannabis use problems among past year cannabis users and for fair/poor mental health, and **lower** percentages for drivers who reported texting while driving in the past 12 months and in the past 30 days.

- Among **women**, the percentage reporting fair or poor general health was higher in the 2022 compared to the 2020 survey.

- **Age** group and **regional** differences (▲ **increase** / ▼ **decrease**) were also observed between 2020 and 2022 for the following substance use and mental health concerns:

    ⇒ Past year drinking (▼ West region)

    ⇒ Daily drinking among total and drinkers (▼ West region)

    ⇒ Average number of drinks consumed weekly (▼ East region)

    ⇒ Weekly binge drinking (▼ 30 to 39 years old, ▼ West region)

    ⇒ Daily smoking (▼ 18 to 29 years old)

    ⇒ Cannabis use in the past year (▲ 50 to 64 years old)

    ⇒ Cannabis use problems among users (▲ 30 to 39, ▲ 50 to 64 years old, ▲ Toronto)

    ⇒ Cannabis use for medical purposes (▲ 50 to 64 years old)

    ⇒ Lifetime cocaine use (▲ 40 to 49 years old)

    ⇒ Texting while driving in the past 12 months (▼ Toronto)

    ⇒ Texting while driving in the past 30 days (▼ Toronto)

    ⇒ Past year use of antianxiety medication use (▲ 65+ year olds, ▲ North region)

    ⇒ Past year use of antidepressants (▲ 65+ year olds)

    ⇒ Fair or poor mental health (▲ 18 to 29, ▲ 50 to 64 year olds, ▲ Toronto, ▲ Central East region)

    ⇒ Frequent mental distress days (▲ 30 to 39 years old, ▲ East region)

    ⇒ Fair or poor general health (▲ 65+ year olds, ▲ Toronto)

    ⇒ Frequent physically unhealthy days (▲ 40 to 49 year olds, ▲ East region)