

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug
Use and Health Survey, 2013–2017

A Region of Peel – Public Health Technical Report

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Table of Contents

INTRODUCTION	1
KEY MESSAGES	3
CHAPTER ONE - RESPONDENT PROFILE	7
Student Demographics.....	8
Sex and Grade	8
Immigrant Status.....	9
Ethnic Background	11
Family Profile	12
Languages Spoken at Home.....	12
Parental Immigrant Status	13
Parental Education Level (as Reported by Students).....	15
Socio-Economic Status.....	17
CHAPTER TWO - PHYSICAL HEALTH.....	18
Self-Rated Physical Health	19
Self-Reported Body Mass Index.....	23
Actions Taken to Address Weight.....	29
Actions Taken to Address Weight by Body Mass Index.....	31
Hours of Sleep on an Average School Night	37
CHAPTER THREE - PHYSICAL ACTIVITY AND SCREEN TIME.....	40
Physical Activity	41
60 Minutes (or more) of Physical Activity on Each Day of the Week	41
No Days with at Least 60 Minutes of Physical Activity	44
Physical Inactivity at School	47
Outdoor Physical Activity After School	49
Active Transportation to School	52
Screen time and Social media use	55
Hours Spent on Social Media	55
Hours Spent Engaging in Screen Time Activities.....	58
Frequency of Video Game Play.....	61
Hours Spent Playing Video Games.....	63
Video Game Playing Problem.....	65

Hours Spent on Electronic Devices During Recreational Time	67
Problematic Technology Use	69
CHAPTER FOUR - NUTRITION AND EATING HABITS.....	72
Vegetable and Fruit Consumption.....	73
Going to Bed Hungry.....	75
Sugar-Sweetened Beverages	77
Consumption of High-Energy Caffeinated Drinks	79
Frequency of Drinking Coffee	81
Frequency of Drinking Tea	83
CHAPTER FIVE - MENTAL WELL-BEING	85
Self-Rated Mental Health.....	86
Perceived Effect of Mental Health on Academic Performance	90
Psychological Distress	92
Perceived Elevated Stress	95
Traumatic Event.....	97
Thoughts about Suicide	100
Attempted Suicide	102
Perceived Unmet Mental Health Needs	104
Parental Support.....	107
Low Self-Esteem.....	109
Attention-Deficit/Hyperactivity Disorder	111
CHAPTER SIX - ACCESS TO HEALTH SERVICES.....	113
No Visits to Primary Care Provider.....	114
Visit to a Health Professional to Discuss Mental Health.....	116
Use of Crisis Help-Line or Online Help Site	118
CHAPTER SEVEN - THE SCHOOL ENVIRONMENT	120
Perceived School Climate.....	121
School Subjective Social Status	126
Grades Usually Received at School	128
Time Spent on Homework	130
Paid Employment During School Year	132
School Violence and Bullying	134

Worried About Being Threatened or Harmed at School	134
Threatened or Harmed on School Property.....	136
Fight on School Property.....	138
Victim of Bullying at School.....	140
Type of Bullying Experienced at School	142
Frequency of Bullying at School among Bullied Victims	144
Victim of Cyberbullying	146
Bullying Perpetrators at School	149
Type of Bullying Perpetrated at School.....	151
Frequency of Bullying at School Among Students Who Bullied Others.....	153
Cyberbullying Perpetrators	155
CHAPTER EIGHT - GAMBLING AND ANTISOCIAL BEHAVIOUR	158
Gambling.....	159
Any Gambling.....	159
Type of Gambling	162
Problem Gambling	166
Antisocial Behaviours.....	168
Overall Antisocial Behaviour	168
Types of Antisocial Behaviour	170
School Suspensions.....	174
Intoxication on School Property	176
CHAPTER NINE - SAFETY AND INJURY	178
Seatbelt Use	179
Texting While Driving.....	182
Vehicle Collisions	184
Medically Treated Injuries	186
Head Injuries	188
Mild Head Injuries.....	188
Causes of Mild Head Injury	190
Traumatic Brain Injuries.....	193
CHAPTER TEN - METHODS	195
Definition of Terms	195

Methods.....	197
Data release	201
Limitations	202
Participation and Response Rate	203
ACKNOWLEDGEMENTS	204
REFERENCES	205

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

INTRODUCTION

Background

Public Health units are responsible for the ongoing collection, analysis and reporting of health indicators for priority populations. Understanding health-related behaviours of the student population is an important aspect of this work. Since 2013, the Region of Peel – Public Health has participated in the Ontario Student Drug Use and Health Survey (OSDUHS), the longest running student survey in Canada. The survey, conducted every two years since 1977, is administered by York University’s Institute for Social Research (ISR) on behalf of the Centre for Addiction and Mental Health (CAMH).¹ It contains valuable insight into the awareness and behaviours of students in grades 7 to 12 surrounding alcohol, tobacco and drugs use, as well as detailed information on physical and mental health, relationships with friends and parents, and the school environment.

The 2017 survey was administered to students in a randomly selected number of schools and classes in Ontario, from November 2016 to June 2017.¹ The present cycle is the largest to date with 11,435 Ontario elementary and secondary school students completing the survey. The overall class participation rate was 94% and the student completion rate was 61%. In Peel, a total of 1,680 grade 7 to 12 students completed the survey, which when weighted represents approximately 111,547 students.

Purpose of this Report

This report is intended to provide insight on *tobacco use behaviours*, and *attitudes and perceptions associated with tobacco* among Peel elementary and secondary school students. Data from this report will be used to inform, guide and support student-focused programs and/or strategies, including those tied to our strategic priorities.

How to Read This Report

This report has been produced in two formats: print and web. Both contain the same content. In some tables, ninety-five per cent confidence intervals (presented as “95% CI” in the report) are provided for many of the estimates (e.g. percentages). The confidence interval presents a lower and upper range of values, which we are confident contains the true value of the estimate for the whole population 95% of the time, or 19 times out of 20.

For example, in Peel 17% of students in grades 7 to 12 report being a victim of bullying at school at least once in the past 12 months, with a confidence interval for that estimate of 14% and 20%. This means that if we repeated the study twenty times using different samples from the same population; on nineteen occasions the estimate would be somewhere between 14% and 20%, while on one occasion the estimate would be below 14% or above 20%. We could say that we are 95% sure the actual percentage of students that were bullied in the population is between 14% and 20% and in this particular study, the sample estimate is 17%.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

In this report, 95% confidence intervals were used as a conservative method to determine statistical significance regarding differences between groups (e.g. by sex or grade). When the 95% confidence interval of the estimate for one group *does not* overlap with that of the estimate for another group, the difference between the estimates is considered statistically significant (i.e. unlikely to be due to chance). If the confidence intervals of two estimates *do overlap*, the estimates may still be significantly different. However, an appropriate statistical test would be required to assess whether there is a statistical difference of the two estimates. We did not conduct additional tests to determine significance in this report and therefore we acknowledge that some differences between groups may have been missed. However, our intention was to provide general descriptive statistical analyses and not accept or reject specific hypotheses.

The statements like ‘more or less common’ and ‘more likely or less likely’ are found throughout the report to describe differences between subgroups. These statements highlight statistically significant differences in percentages (as indicated by the 95% confidence intervals which do not overlap with each other). When there are large differences in percentages that are *not* considered statistically significant, it is telling you that it is considered similar to the comparison group. This may be due to the percentage being based on either a small number of events, or a small underlying population; so it could change from year to year and may be higher, similar, or lower than the comparison group the next time it is measured.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

KEY MESSAGES

Respondent Profile

- In 2017, Peel students (30%) were more likely to identify themselves as either long-term or recent immigrants, compared to Ontario students (19%).
- In Peel, the most commonly identified ethnic backgrounds among students were South Asian (29%), White (23%), Black (14%), and East or Southeast Asian (12%). Twelve per cent of Peel students reported belonging to multiple ethnicities.
- Compared to Ontario students, Peel students were more likely to report speaking both English and another language at home, have parents who were born outside of Canada, and to report living in only in one main household.

Physical Health

- Although most Grade 7-12 students in Peel rate their physical health positively (62%), the proportion of students with fair/poor physical health increased from 7% in 2013 to 10% in 2017.
- Approximately, one-quarter of Peel students are overweight or obese (27%) and one-third of Peel students sleep eight or more hours on an average school night (36%). This is similar to Ontario students.

Physical Activity and Screen Time

- In 2017, 19% of Peel students met the recommended 60 minutes of daily physical activity and 70% had at least one day with outdoor physical activity after school in the past five school days. These estimates are similar to Ontario.
- Peel students spend a significant amount of time in front of a screen and on electronic devices:
 - Students in Peel (67%) are more likely than Ontario (60%) students to spend three or more hours per day on recreational screen time.
 - The proportion of students that spend three or more hours daily on social media increased from 30% in 2013 to 46% in 2017.
 - Approximately 24% of Peel secondary school students have symptoms of moderate-to-serious problem with technology use.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Nutrition and Eating Habits

- In 2017, 15% of Peel students consumed fruits and vegetables at least five times daily and 9% of students consume at least one sugar-sweetened beverage daily. This is similar to Ontario and results are similar to 2013 and 2015 estimates.

Mental Well-Being

- The mental well-being of Peel students has declined over time:
 - The prevalence of very good/excellent mental health has decreased from two-thirds (66%) in 2013 to one-half (50%) in 2017.
 - The prevalence of moderate-to-high levels of psychological distress increased from 24% in 2013 to 39% in 2017.
 - The same trends are seen among Ontario students.
- In Peel, female students report poorer mental health compared to males:
 - Female students (49%) are more likely than males (30%) to have moderate-to-high levels of psychological distress.
 - One-in-five female students (20%) considered attempting suicide, which is twice as high as the prevalence among males (9%).
 - Females (44%) are more likely than male students (24%) to “not know who to turn to” when they wanted to discuss mental health or emotional issues.

Access to Health Services

- Ontario students (34%) were more likely to have not visited a physician in the past year, compared to Peel students (25%).
- In 2017, 21% of Peel and 25% of Ontario students visited a health professional about their mental or emotional health in the past year. The 2017 estimates for are similar to the 2013 and 2015 estimates.

The School Environment

- Most Peel students feel safe at school (92%), feel close to people at school (85%) and feel like a part of their school (85%).

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

- In 2017, 17% of Peel students were a victim of bullying at school at least once in the past year and 22% were bullied electronically or through the internet at least once in the past year. This is similar to Ontario students.

Gambling and Antisocial Behaviour

- In 2017, approximately one-third of Peel students (36%) participated in some type of gambling activity in the past 12 months and 7% exhibited antisocial behaviour in the past year. This is similar to Ontario and results are similar to the 2013 and 2015 estimates.

Safety and Injury

- Most students in Peel (75%) and Ontario (76%) always wear a seatbelt when travelling in a vehicle.
- Among students in grades 10 to 12 with a driver's licence, 24% in Peel and 33% in Ontario texted while driving in the past year.
- In 2017, 13% of Peel students had a mild head injury in the past year that resulted in a headache, dizziness, blurred vision, vomiting, feeling confused or "dazed", or problems remembering. This is similar to Ontario (15%).

**A look at Peel youth in grades 7–12:
Physical Health and Mental Well-Being**
Results from the Ontario Student Drug Use and Health Survey, 2013–2017

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Physical Health and Mental Well-Being**
Results from the Ontario Student Drug Use and Health Survey, 2013–2017

**CHAPTER ONE
RESPONDENT PROFILE**

HIGHLIGHTS

- A total of 1,680 grade 7 to 12 students from 29 schools in Peel participated in the 2017 cycle of OSDUHS.¹ The overall student completion rate in Peel was 63%.
- In Peel, 30% of grade 7 to 12 students identify themselves as either long-term or recent immigrants, which is higher than among Ontario students (19%).
- The most common ethnic backgrounds reported by Peel students are South Asian (29%), White (23%), Black (14%), and East or Southeast Asian (12%). Twelve per cent of Peel students reported belonging to multiple ethnicities.
- In Peel, 39% of grade 7 to 12 students reported speaking both English and another language at home, compared to 17% of Ontario students.
- Most Peel students (72%) reported that both their parents were born outside of Canada, compared to 36% of Ontario students.
- Peel students (9%) are less likely than Ontario students (14%) to divide their time between two or more homes.
- In 2017, 35% of Peel students considered their family to be of low socio-economic status, which is similar to Ontario students (36%) and estimates from 2013 and 2015.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

STUDENT DEMOGRAPHICS

The 2017 Ontario Student Drug Use and Health Survey (OSDUHS) contains responses from 1,680 grade 7 to 12 students in Peel, from two school boards: Peel District School Board and the Dufferin-Peel Catholic District School Board. The overall response rate in Peel was 63%.

Sex and Grade

A similar proportion of males (52%) and females (48%) participated in the survey and the sample was distributed almost equally across grades.

Survey Questions: Were you born male or female? What grade are you in?

Table 1.1
Demographic Profile of Students in Grades 7-12 by Sex at Birth and Grade,
Peel and Ontario, 2017

Demographics	Per cent of Grade 7-12 Students (95% Confidence Interval)	
	Peel n=1,680	Ontario n=11,435
Sex		
Male	51.6 (47.2 - 56.0)	51.6 (48.8 - 54.4)
Female	48.4 (44.0 - 52.8)	48.4 (45.6 - 51.2)
Grade		
7	14.6 (12.1 - 17.6)	13.5 (11.1 - 16.4)
8	15.2 (12.8 - 18.0)	14.1 (11.6 - 17.0)
9	15.5 (13.6 - 17.6)	16.0 (14.7 - 17.3)
10	16.1 (14.5 - 17.7)	16.6 (14.9 - 18.3)
11	16.5 (13.0 - 20.9)	17.1 (15.0 - 19.3)
12	22.1 (19.4 - 25.0)	22.8 (20.7 - 25.0)

Source: Ontario Student Drug Use and Health Survey, 2017, Centre for Addiction and Mental Health. Region of Peel – Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Immigrant Status

In Peel, 30% of grade 7 to 12 students identify themselves as either long-term or recent immigrants, which is higher than among Ontario students (19%).

The 2017 estimates are similar to the 2013 and 2015 estimates (data not shown).

Survey Question: How long have you lived in Canada?

Table 1.2
Immigrant Status Among Students in Grades 7-12,
Peel and Ontario, 2017

Immigrant Status	Per cent of Grade 7-12 Students (95% Confidence Interval)	
	Peel n=1,674	Ontario n=11,422
Non-immigrant [†]	70.2 (65.4 - 74.6)	80.6 (77.5 - 83.3)
Recent immigrant [‡]	20.6 (17.1 - 24.7)	13.0 (11.2 - 15.1)
Long-term immigrant [§]	9.2 (7.8 - 10.8)	6.4 (5.4 - 7.7)

[†] Includes students who reported living in Canada “all of my life”.

[‡] Includes students who reported living in Canada “2 years or less” to “10 years”.

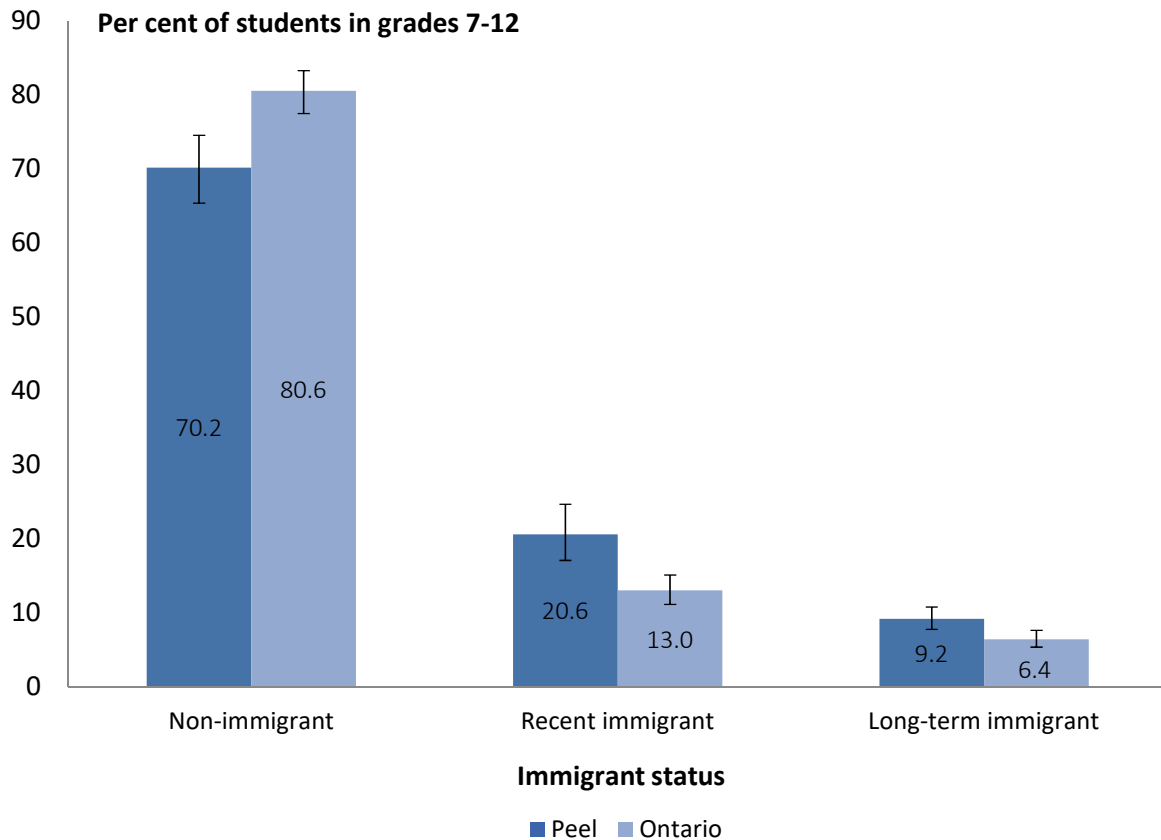
[§] Includes students who reported living in Canada “11 years or longer”.

Source: Ontario Student Drug Use and Health Survey, 2017, Centre for Addiction and Mental Health. Region of Peel – Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Figure 1.1
Immigrant Status Among Grade 7-12 Students,
Peel and Ontario, 2017



Peel n=1,674.

Ontario n=11,422.

Note: Error bars represent 95% confidence intervals.

Source: Ontario Student Drug Use and Health Survey, 2017, Centre for Addiction and Mental Health. Region of Peel - Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Ethnic Background

In 2017, the top ethnicities reported by Peel students in grades 7 to 12 were South Asian (29%), White (23%), Black (14%), and East or Southeast Asian (12%). Twelve per cent of Peel students reported having multiple ethnicities.

The 2017 estimates are similar to 2013 and 2015 estimates (data not shown).

Survey Question: Which of the following best describes your background? (You may choose more than one category.)

Table 1.3
Ethnic Background of Students in Grades 7-12,
Peel and Ontario, 2017

Ethnic Background	Per cent of Grade 7-12 Students (95% Confidence Interval)	
	Peel n=1,680	Ontario n=11,435
White	22.8 (16.8 - 30.2)	55.1 (50.5 - 59.6)
East or Southeast Asian [†]	11.9 (8.7 - 16.0)	6.4 (5.3 - 7.8)
South Asian	28.9 (21.4 - 37.7)	6.0 (4.8 - 7.6)
Black	13.8 (10.2 - 18.5)	8.5* (6.0 - 11.9)
Aboriginal	NR	0.8* (0.6 - 1.1)
Latin/Central/South American	3.4* (2.4 - 4.9)	2.5 (1.9 - 3.1)
West Asian or Arab	3.4* (2.1 - 5.5)	5.4 (3.9 - 7.4)
Multiple [‡]	11.8 (9.8 - 14.0)	10.8 (9.9 - 11.8)
Not sure/Not stated	3.8* (2.6 - 5.4)	4.4 (3.3 - 5.8)

[†] Includes Southeast Asian, Chinese, Filipino, Korean, and Japanese.

[‡] Includes those who selected more than one category (including those who selected both a specific category and “not sure”).

* Use estimate with caution.

NR – Not releasable due to small numbers.

Source: Ontario Student Drug Use and Health Survey, 2017, Centre for Addiction and Mental Health. Region of Peel – Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

FAMILY PROFILE

Languages Spoken at Home

In 2017, 49% of students in Peel and 64% of students in Ontario reported usually speaking English at home. Peel students (39%) are more likely to report speaking both English and another language at home, compared to Ontario students (17%), which is similar to 2013 and 2015 (data not shown).

Survey Question: What language do you usually speak at home?

Table 1.4
Languages Spoken at Home Among Students in Grades 7-12,
Peel and Ontario, 2017

Languages Spoken at Home	Per cent of Grade 7-12 Students (95% Confidence Interval)	
	Peel n=1,672	Ontario n=11,398
English	48.6 (40.8 - 56.4)	63.6 (58.1 - 68.8)
French	NR	1.9* (1.2 - 3.0)
English and French	NR	7.3 (5.4 - 9.8)
English, French, and other	NR	5.2* (3.0 - 8.9)
English and other	38.6 (32.6 - 45.0)	16.6 (14.6 - 18.8)
French and other	NR	NR
Other language(s)	7.3 (5.7 - 9.2)	4.6 (3.9 - 5.5)
Other language combinations or multiple answers	NR	NR

* Use estimate with caution.

NR – Not releasable due to small numbers.

Source: Ontario Student Drug Use and Health Survey, 2017, Centre for Addiction and Mental Health. Region of Peel – Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Parental Immigrant Status

In Peel, 72% of students have parents who were both/all born outside of Canada, which is twice the proportion seen among Ontario students (36%).

The 2017 estimates are similar to the 2013 and 2015 estimates (data not shown).

Survey Question: Were your parents born in Canada?

Table 1.5
Parental Immigrant Status Among Students in Grades 7-12[†],
Peel and Ontario, 2017

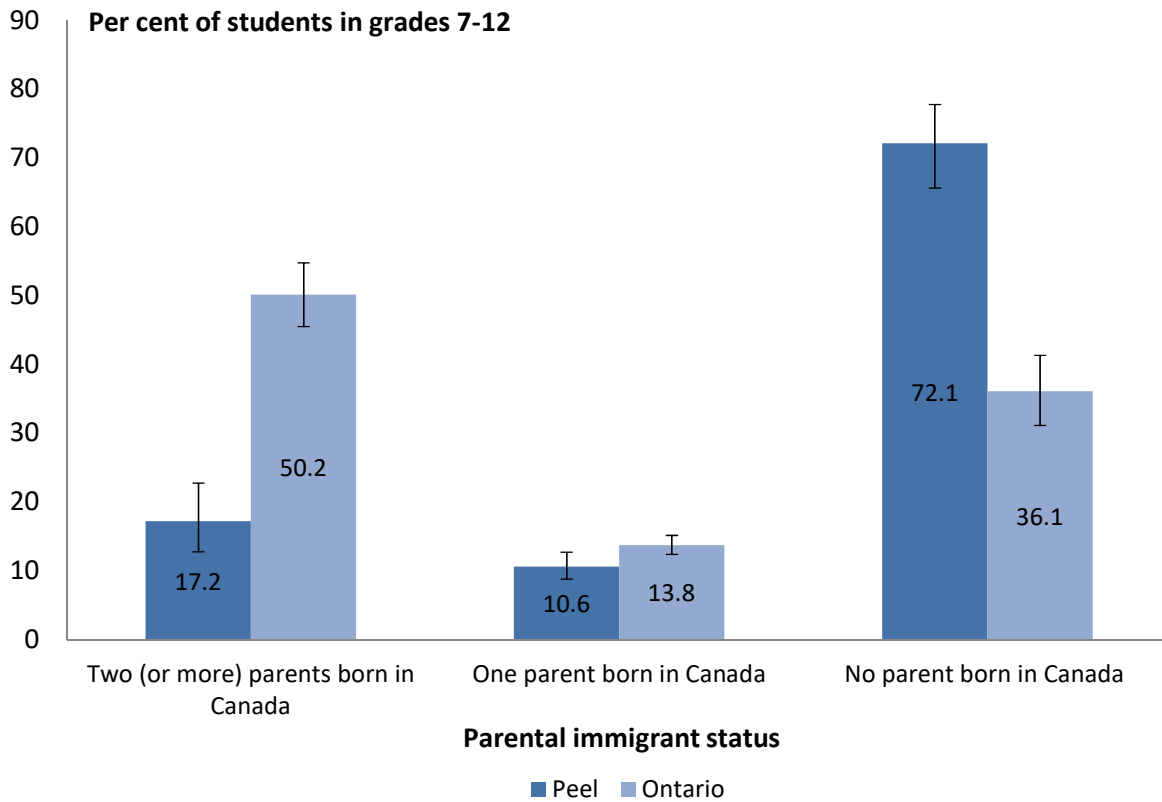
Parental Immigrant Status	Per cent of Grade 7-12 Students (95% Confidence Interval)	
	Peel n=1,663	Ontario n=11,279
Two (or more) parents born in Canada	17.2 (12.8 - 22.8)	50.2 (45.5 - 54.8)
One parent born in Canada	10.6 (8.9 - 12.7)	13.8 (12.4 - 15.2)
No parent born in Canada	72.1 (65.7 - 77.8)	36.1 (31.2 - 41.3)

[†] Parent refers to an individual the student considers to be a parent (e.g. birth parent, adoptive parent, stepparent, etc.).
Source: Ontario Student Drug Use and Health Survey, 2017, Centre for Addiction and Mental Health. Region of Peel – Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Figure 1.2
Parental Immigrant Status Among Grade 7-12 Students,
Peel and Ontario, 2017



Peel n=1,663.

Ontario n=11,279.

Note: Error bars represent 95% confidence intervals.

Source: Ontario Student Drug Use and Health Survey, 2017, Centre for Addiction and Mental Health. Region of Peel - Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Parental Education Level (as Reported by Students)

According to students, the majority of parents in both Peel and Ontario have completed post-secondary education. This was similar in 2013 and 2015.

Survey Question: What is the highest level of education your mother/father completed?

Table 1.6
Highest Level of Education Achieved Among Mothers as Reported by Students in Grades 7-12[†], Peel and Ontario, 2017

Level of Education	Per cent of Grade 7-12 Students (95% Confidence Interval)	
	Peel n=1,662	Ontario n=11,256
Less than secondary	4.4 (3.2 - 6.1)	4.6 (3.7 - 5.6)
Secondary	10.2 (8.5 - 12.2)	10.4 (9.3 - 11.6)
Some post-secondary	6.9 (5.5 - 8.6)	6.7 (6.0 - 7.4)
Completed post-secondary	60.3 (55.3 - 65.0)	62.3 (60.0 - 64.6)
Do not know	18.2 (15.1 - 21.9)	16.1 (14.4 - 17.9)

[†] Parent refers to an individual the student considers to be a parent (e.g. birth parent, adoptive parent, stepparent, etc.).
Source: Ontario Student Drug Use and Health Survey, 2017, Centre for Addiction and Mental Health. Region of Peel – Public Health.

Table 1.7
Highest Level of Education Achieved Among Fathers as Reported by Students in Grades 7-12[†], Peel and Ontario, 2017

Level of Education	Per cent of Grade 7-12 Students (95% Confidence Interval)	
	Peel n=1,658	Ontario n=11,257
Less than secondary	7.3 (5.8 - 9.3)	6.1 (5.3 - 7.1)
Secondary	9.2 (7.2 - 11.7)	11.6 (9.9 - 13.5)
Some post-secondary	5.9 (4.7 - 7.3)	6.6 (5.8 - 7.5)
Completed post-secondary	53.9 (49.1 - 58.7)	54.4 (52.2 - 56.6)
Do not know	23.6 (20.0 - 27.7)	21.2 (19.1 - 23.5)

[†] Parent refers to an individual the student considers to be a parent (e.g. birth parent, adoptive parent, stepparent, etc.).
Source: Ontario Student Drug Use and Health Survey, 2017, Centre for Addiction and Mental Health. Region of Peel – Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Living Arrangement at Home

In 2017, Peel students were less likely than Ontario students to report spending time between two or more homes (9% vs. 14%, respectively). This is similar to 2013 and 2015 (data not shown).

Survey Question: *Not everyone lives with both parents in one home. Some people spend part of their time in one home, and the other part of their time in another home. Please choose one of the following statements that best describes your living situation.*

Table 1.8
Living Arrangements at Home Among Students in Grades 7-12,
Peel and Ontario, 2017

Living Arrangement	Per cent of Grade 7-12 Students (95% Confidence Interval)	
	Peel n=1,662	Ontario n=11,301
Live in one home only	91.5 (89.1 - 93.4)	85.9 (84.0 - 87.6)
Split time between two or more homes	8.5 (6.6 - 10.9)	14.1 (12.4 - 16.0)

Source: Ontario Student Drug Use and Health Survey, 2017, Centre for Addiction and Mental Health. Region of Peel – Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Socio-Economic Status

Subjective socio-economic status was measured using the *family socio-economic ladder*, an adolescent-specific measure of subjective family social status.^{2,3}

Students were shown a ladder that was meant to represent the Canadian society (with numbers ranging from one to 10). They were told that at the top are the people who are “*best off* – they have the most money, the most education, and the jobs that bring the most respect” while at the bottom are the people who are “*worst off* – they have the least money, little education, no job or jobs that no one wants”. Students were asked to place their family on this scale.

Survey Question: Now think about your family. Please check off the numbered box that best shows where you think your family would be on this ladder.

Scores on the *family socio-economic ladder* were categorized in the following way:

- Low SES: students ranked their family between one to six on the ladder;
- High SES: students ranked their family between seven to 10 on the ladder.

In 2017, 35% of Peel students considered their family to be of low socio-economic status, based on the *family socio-economic ladder*, which is similar to Ontario students (36%).

The 2017 estimates are similar to the 2013 and 2015 estimates (data not shown).

Table 1.9
Subjective Family Socio-economic Status Among Students in Grades 7-12, Peel and Ontario, 2017

Socio-economic Status	Per cent of Grade 7-12 Students (95% Confidence Interval)	
	Peel n=1,657	Ontario n=11,146
Low SES	35.4 (31.8 - 39.2)	35.5 (32.2 - 38.9)
High SES	64.6 (60.8 - 68.2)	64.5 (61.1 - 67.8)

Source: Ontario Student Drug Use and Health Survey, 2017, Centre for Addiction and Mental Health. Region of Peel – Public Health.

**A look at Peel youth in grades 7–12:
Physical Health and Mental Well-Being**
Results from the Ontario Student Drug Use and Health Survey, 2013–2017

**CHAPTER TWO
PHYSICAL HEALTH**

HIGHLIGHTS

- While most Grade 7-12 students in Peel have very good/excellent self-rated physical health (60%), the proportion of students with fair/poor physical health increased from 7% in 2013 to 10% in 2017.
- Approximately one-quarter of Peel (27%) and Ontario (28%) students are overweight or obese. The prevalence of female obese students in Peel increased from 7% in 2013 to 11% in 2017.
- In 2017, 23% of students in Peel and 24% in Ontario reported feeling “*too fat*”.
- In Peel, 31% of students attempted to lose weight. This is similar to Ontario students (29%). Approximately, half of Peel (54%) and Ontario (51%) students who are overweight/obese are trying to lose weight.
- Approximately, one-third of Peel (36%) and Ontario (39%) students sleep eight or more hours on an average school night. The proportion of students with at least eight hours of sleep declined with increasing grade.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

SELF-RATED PHYSICAL HEALTH

In 2017, 60% of Peel students in grades 7 to 12 rated their physical health as either “*Very Good*” or “*Excellent*”. This is similar to Ontario (62%).

In Peel, males are more likely to report “*Very Good*” or “*Excellent*” physical health (65%) compared to females (54%). Younger students are more likely to report positive physical health compared to older students. Students in grade 7 (68%), grade 8 (67%) and grade 9 (64%) are more likely to report “*Very Good*” or “*Excellent*” health compared to students in Grade 12 (49%).

In Ontario, there were fewer students with self-rated positive physical health in 2017 (62%) compared to 2013 (66%). This trend was not seen among Peel students. In Peel, there were more students with fair/poor physical health in 2017 (10%) compared to 2013 (7%).

Survey Question: How would you rate your physical health?

Table 2.1
Self-Rated Physical Health Among Students in Grades 7 - 12,
Peel and Ontario, 2013, 2015, 2017

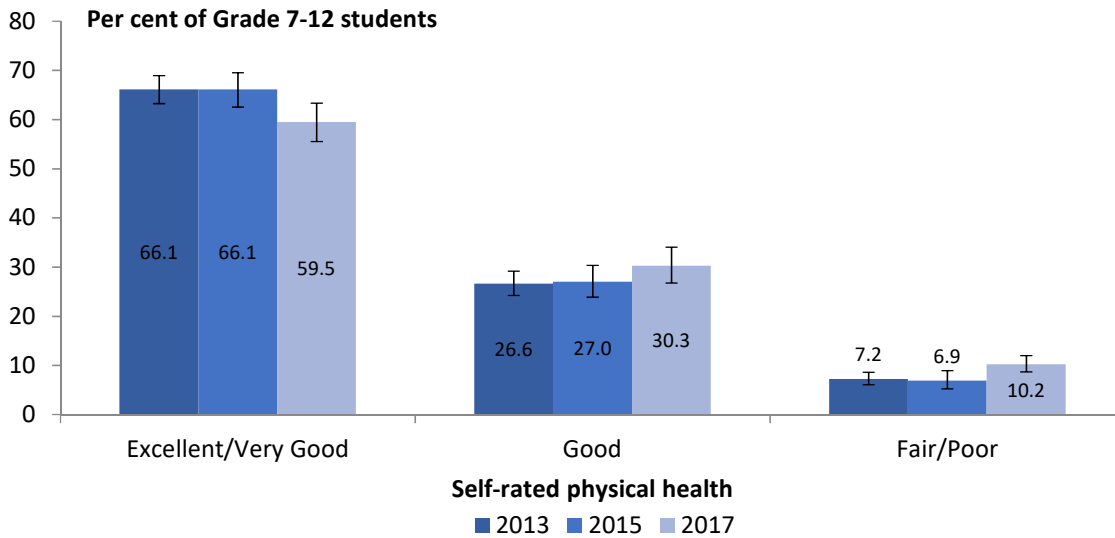
	Per cent of Grade 7 - 12 Students (95% Confidence Interval)					
	Peel			Ontario		
	2013 n=2,090	2015 n=1,135	2017 n=1,659	2013 n=10,186	2015 n=10,293	2017 n=11,281
Excellent/ Very Good	66.1 (63.3 - 68.9)	66.1 (62.5 - 69.5)	59.5 (55.5 - 63.3)	65.7 (63.6 - 67.7)	66.3 (64.3 - 68.2)	61.5 (58.6 - 64.2)
Good	26.6 (24.2-29.2)	27.0 (23.9 - 30.4)	30.3 (26.8 - 34.0)	27.3 (25.4 - 29.3)	26.1 (24.6 - 27.7)	29.9 (27.7 - 32.2)
Fair/Poor	7.2 (6.1-8.6)	6.9 (5.2 - 9.0)	10.2 (8.7 - 12.0)	7.0 (6.2 - 7.9)	7.6 (6.8 - 8.5)	8.7 (7.7 - 9.7)

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel - Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Figure 2.1
Self-Rated Physical Health Among Students in Grades 7-12,
Peel, 2013, 2015, 2017



*Use estimate with caution.

NR - Not releasable due to small numbers.

Notes: Error bars represent 95% confidence intervals.

Denominators vary by survey cycle.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addictions and Mental Health.
Region of Peel - Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Table 2.2

Excellent/Very Good Self-Rated Physical Health Among Students in Grades 7 - 12 by Sex and Grade, Peel, 2013, 2015, 2017

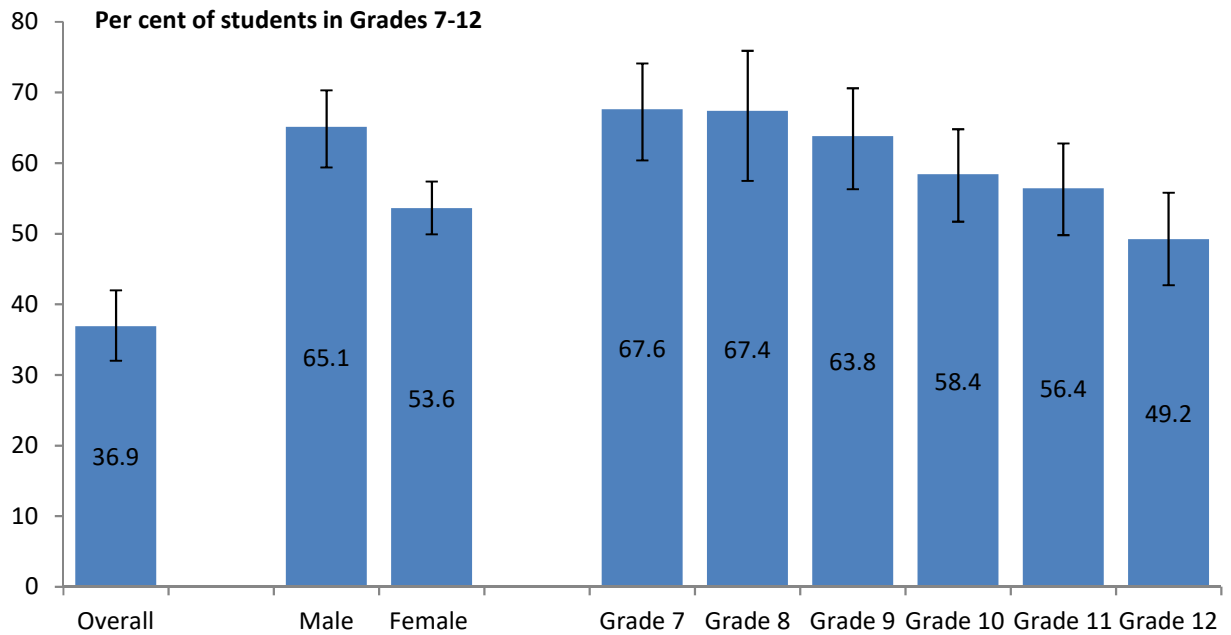
Demographics	Per cent of Grade 7 - 12 Students (95% Confidence Interval)		
	2013 n=2,090	2015 n=1,135	2017 n=1,659
Sex			
Male	70.8 (67.0 - 74.4)	73.2 (69.0 - 77.0)	65.1 (59.4 - 70.3)
Female	61.1 (57.0 - 65.1)	58.6 (52.1 - 64.9)	53.6 (49.9 - 57.4)
Grade			
7	72.5 (65.8 - 78.3)	77.5 (73.7 - 80.9)	67.6 (60.4 - 74.1)
8	69.8 (62.4 - 76.3)	67.1 (61.5 - 72.2)	67.4 (57.5 - 75.9)
9	67.8 (62.4 - 72.8)	62.7 (50.1 - 73.7)	63.8 (56.3 - 70.6)
10	64.4 (58.7 - 69.7)	64.4 (58.1 - 70.3)	58.4 (51.7 - 64.8)
11	64.1 (57.2 - 70.4)	65.1 (53.7 - 75.0)	56.4 (49.8 - 62.8)
12	61.5 (54.5 - 68.0)	62.8 (53.0 - 71.7)	49.2 (42.7 - 55.8)

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel – Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Figure 2.2
Self-Rated Physical Health Among Students in Grades 7-12 by Sex and Grade, Peel, 2017



n=1,659

*Use estimate with caution.

Notes: Error bars represent 95% confidence intervals.

Source: Ontario Student Drug Use and Health Survey, 2017, Centre for Addictions and Mental Health. Region of Peel - Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

SELF-REPORTED BODY MASS INDEX

The World Health Organization (WHO) 2006 Child Growth Standard for children (from birth to five years) and the WHO Growth Reference 2007 Charts for Children and Youth (aged five to 19 years) have been adapted for use in Canada, replacing previous recommendations to use the growth charts from the American Centers for Disease Prevention and Control (CDC).

Growth charts were developed based on a large cohort of children in the reference population. Age- and sex-specific percentile curves seen in the charts are based on the reference population and are used to identify the child's rank relative to other children of similar age and sex.

Body mass index (BMI) is an anthropometric measure of weight and height, defined as weight in kilograms (kg) divided by height in metres squared (m^2): $BMI = \text{weight (kg)} / \text{height (m)}^2$.

The recommended criteria for defining overweight and obesity in children and youth ages five to 19 can be found in Table 2.3.

Table 2.3
BMI-for-Age Percentile

BMI Category	BMI-for-Age Percentile
Underweight	<3 rd per centile
Healthy Weight	>=3 rd per centile to <85 th per centile
Overweight	>=85 th per centile to <95 th per centile
Obese	>=97 th per centile

Self-reported height and weight estimates were used to calculate BMI, and the WHO cut points were used to define each child's percentile score. It is important to note that estimates obtained from self-reported data are likely underestimating the true prevalence of overweight and obesity. It has been noted in the literature that individuals tend to overestimate height and underestimate weight, resulting in an underestimate of overweight and obesity levels, compared to measured height and weight data. Moreover, direct comparisons of these estimates to those in the 2011 Peel Student Health Survey, and other surveys which measure BMI directly cannot be made.

In 2017, 27% of Peel students were overweight or obese based on self-reported height and weight measures. This is similar to Ontario (28%).

In Peel, there are no differences by sex or grade.

In Ontario, the prevalence of obese students increased from 10% in 2013 to 13% in 2017. A similar trend was seen among female students in Peel. The prevalence of female obese students in Peel increased from 7% in 2013 to 11% in 2017.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Table 2.4
Body Mass Index among Students in Grades 7 - 12[†],
Peel and Ontario, 2013, 2015, 2017

Body Mass Index	Per cent of Grade 7 - 12 Students (95% Confidence Interval)					
	Peel			Ontario		
	2013 n=2,100	2015 n=1,155	2017 n=1678	2013 n=10,267	2015 n=10,422	2017 n=11,423
Underweight	3.8 (2.9 - 5.0)	4.2* (2.7 - 6.4)	3.4* (2.2 - 5.1)	3.7 (3.0 - 4.4)	3.3 (2.7 - 4.0)	3.2 (2.7 - 3.7)
Normal weight	67.7 (65.6 - 69.8)	65.9 (62.2 - 69.4)	61.8 (57.6 - 65.8)	65.6 (63.9 - 67.3)	64.1 (62.4 - 65.7)	61.6 (59.0 - 64.1)
Overweight	13.8 (12.1 - 15.7)	13.3 (11.6 - 5.2)	14.9 (12.7 - 17.4)	15.7 (14.6 - 16.8)	16.1 (15.1 - 17.3)	15.0 (13.8 - 16.3)
Obese	10.0 (8.8 - 11.3)	9.7 (7.5 - 12.5)	11.7 (9.9 - 13.8)	10.1 (9.2 - 11.2)	11.1 (10.0 - 12.3)	12.6 (11.4 - 13.9)

[†] Only includes students under 20 years old.

* Use estimate with caution.

Note: Proportion of Peel students who did not respond to the question was 4.6% in 2013, 8.8% in 2015 and 7.1% in 2017.

These missing values were included in the calculation of percentages in this table.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel - Public Health.

Table 2.5
Body Mass Index among Students in Grades 7 – 12 by Sex[†],
Peel, 2013, 2015, 2017

Body Mass Index	Per cent of Grade 7-12 students (95% Confidence Interval)					
	2013 n=2,100		2015 n=1,155		2017 n=1,678	
	Male	Female	Male	Female	Male	Female
Underweight	3.1* (1.9 - 4.8)	4.7 (3.5 - 6.4)	3.1* (1.7 - 5.3)	5.4* (3.1 - 9.2)	4.1* (2.1 - 7.8)	2.6* (1.6 - 4.0)
Normal weight	63.4 (60.1 - 66.5)	72.5 (69.4 - 75.3)	63.5 (59.9 - 67.0)	68.4 (62.3 - 73.9)	58.2 (53.1 - 63.2)	65.6 (61.0 - 69.9)
Overweight	15.8 (13.6 - 18.4)	11.6 (9.4 - 14.4)	15.6 (12.5 - 19.3)	10.9* (7.6 - 15.4)	15.7 (12.4 - 19.8)	14.0 (11.7 - 16.6)
Obese	13.2 (11.0 - 15.8)	6.5 (5.4 - 7.8)	11.2 (8.2 - 15.1)	8.1 (6.1 - 10.7)	12.3 (9.5 - 15.8)	11.0 (9.1 - 13.2)

[†] Only includes students under 20 years old.

* Use estimate with caution.

Note: Proportion of Peel students who did not respond to the question was 4.6% in 2013, 8.8% in 2015 and 7.1% in 2017.

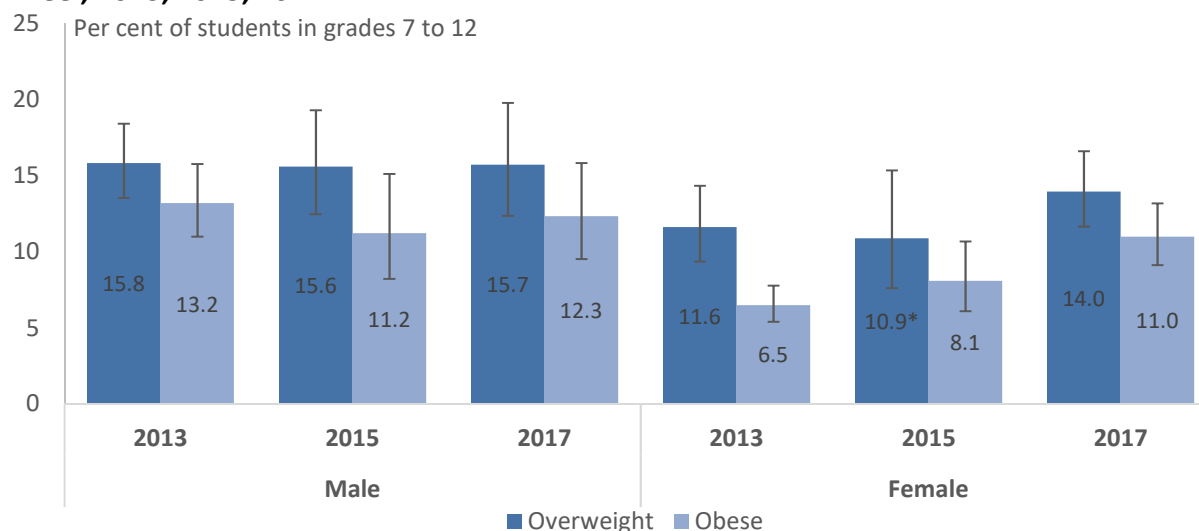
These missing values were included in the calculation of percentages in this table.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel - Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Figure 2.3
Body Mass Index Among Students in Grades 7 - 12 by Sex[†],
Peel, 2013, 2015, 2017



*Use estimate with caution.

Notes: Error bars represent 95% confidence intervals.

Denominator vary by survey cycle.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addictions and Mental Health. Region of Peel - Public Health.

Table 2.6
Overweight or Obese Students in Grades 7 - 12 by Grade[†],
Peel, 2013, 2015, 2017

Overweight/Obese Body Mass Index	Per cent of Grade 7 - 12 Students (95% Confidence Interval)		
	2013 n=2,100	2015 n=1,155	2017 n=1,678
Grade			
7	23.8 (18.2 - 30.4)	23.8* (16.5 - 33.1)	24.3 (17.8 - 32.3)
8	22.1 (17.7 - 27.2)	18.2 (13.2 - 24.7)	24.5 (19.3 - 30.7)
9	27.0 (21.4 - 33.4)	31.3 (23.9 - 39.8)	27.9 (22.2 - 34.5)
10	20.6 (15.7 - 26.6)	28.1 (20.1 - 37.6)	27.1 (21.6 - 33.5)
11	26.8 (21.5 - 33.0)	19.7 (14.3 - 26.7)	26.8 (19.2 - 36.0)
12	22.6 (17.5 - 28.7)	19.0* (12.0 - 28.7)	28.0 (22.8 - 33.8)

[†] Only includes students under 20 years old.

* Use estimate with caution.

Note: Proportion of Peel students who did not respond to the question was 4.6% in 2013, 8.8% in 2015 and 7.1% in 2017. These missing values were included in the calculation of percentages in this table.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel - Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

SELF PERCEIVED BODY IMAGE

In 2017, 23% of students in Peel and 24% in Ontario reported feeling “*too fat*”.

In Peel, females (30%) are more likely than males (16%) to report feeling “*too fat*”. There are no differences by grade.

The 2017 estimates are similar 2013 and 2015 estimates.

Survey Question: Do you think of yourself as being too thin, about the right weight, or too fat?

Table 2.7
Self-Perceived Body Image among Students in Grades 7 – 12[†],
Peel and Ontario, 2013, 2015, 2017

Body Image	Per cent of Grade 7 - 12 Students (95% Confidence Interval)					
	Peel			Ontario		
	2013 n=1,008	2015 n=542	2017 n=808	2013 n=4,586	2015 n=4,877	2017 n=4,893
Too thin	13.3 (11.6 - 15.2)	12.4 (9.7 - 15.8)	14.2 (11.8 - 17.0)	11.8 (10.4 - 13.3)	10.3 (9.2 - 11.5)	12.2 (10.7 - 13.7)
About right	67.0 (64.2 - 69.7)	68.6 (63.2 - 73.5)	62.5 (58.4 - 66.5)	64.7 (62.2 - 67.0)	67.4 (65.4 - 69.5)	64.1 (61.4 - 66.8)
Too fat	19.6 (17.4 - 22.1)	19.0 (15.2 - 23.4)	23.2 (20.1 - 26.7)	23.6 (21.4 - 25.9)	22.3 (20.3 - 24.3)	23.7 (21.5 - 26.0)

[†] Asked of half the sample.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel - Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Table 2.8

**Students in Grade 7-12 Who Think of Themselves as “Too Fat” by Sex and Grade[†],
Peel, 2013, 2015, 2017**

Demographics	Per cent of Grade 7 - 12 Students (95% Confidence Interval)		
	2013 n=1,008	2015 n=542	2017 n=808
Sex			
Male	15.4 (12.6 - 18.7)	12.1 (8.9 - 16.3)	16.4 (11.6 - 22.5)
Female	24.2 (20.8 - 27.9)	26.3 (21.1 - 32.3)	29.6 (24.9 - 34.8)
Grade			
7	NR	NR	20.5* (12.7 - 31.4)
8	12.7* (8.4 - 18.6)	NR	17.4* (11.9 - 24.6)
9	22.6 (16.9 - 29.4)	17.5* (10.8 - 27.2)	25.7 (19.4 - 33.4)
10	20.0 (14.8 - 26.5)	29.7* (16.8 - 46.8)	17.4* (12.2 - 24.1)
11	23.9 (17.1 - 32.3)	18.6* (12.1 - 27.6)	25.4* (17.4 - 35.4)
12	23.2 (17.1 - 30.8)	24.1* (15.4 - 35.7)	31.3* (21.7 - 42.8)

[†] Asked of half the sample.

* Use estimate with caution.

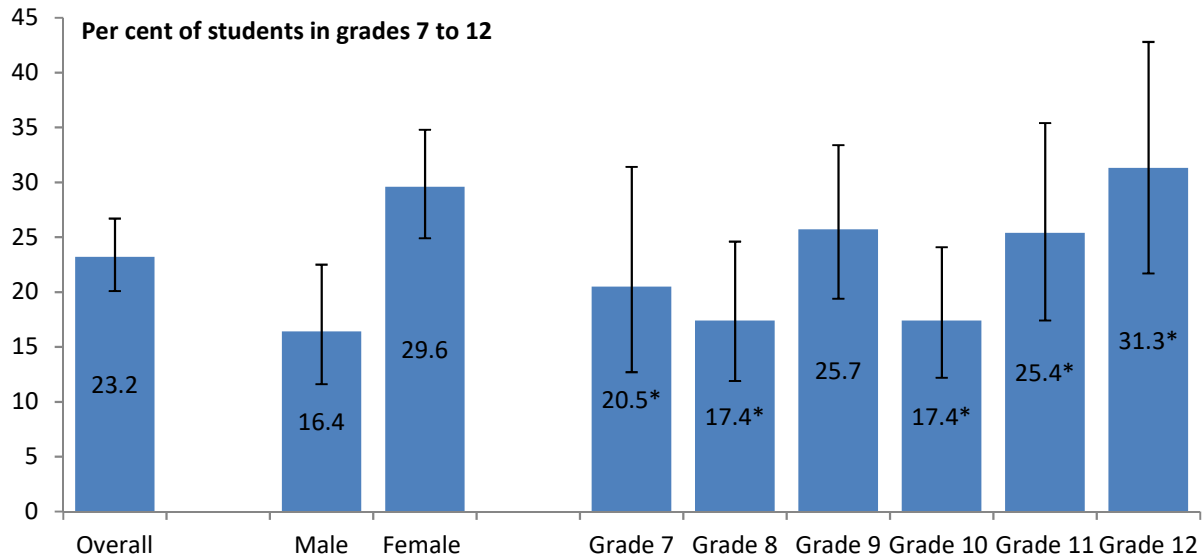
NR - Not releasable due to small numbers.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel – Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Figure 2.4
**Students in Grade 7-12 Who Think of Themselves as "Too Fat" by Sex and Grade[†],
Peel, 2017**



n=808

[†]Asked half of the sample.

*Use estimate with caution.

Notes: Error bars represent 95% confidence intervals.

Source: Ontario Student Drug Use and Health Survey, 2017, Centre for Addictions and Mental Health. Region of Peel - Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

ACTIONS TAKEN TO ADDRESS WEIGHT

In 2017, 31% of Peel students reported attempting to lose weight. This is similar to Ontario students (29%).

In Peel, there are no differences by sex or grade.

The 2017 estimates are similar to 2013 and 2015.

Survey Question: Which of the following are you doing about your weight?

Table 2.9
Actions Taken to Address Weight Among Students in Grades 7 – 12[†],
Peel and Ontario, 2013, 2015, 2017

Actions Taken to Change Weight	Per cent of Grade 7 - 12 Students (95% Confidence Interval)					
	Peel			Ontario		
	2013 n=1,011	2015 n=541	2017 n=806	2013 n=4,276	2015 n=4,862	2017 n=4,889
Nothing	34.8 (31.9 - 37.7)	39.0 (33.5 - 44.9)	33.8 (30.2 - 37.7)	33.8 (31.7 - 36.0)	34.2 (31.8 - 36.6)	35.2 (33.8 - 36.7)
Trying to lose	27.9 (25.9 - 30.0)	25.9 (21.1 - 31.3)	31.3 (27.8 - 35.0)	29.7 (27.6 - 31.9)	28.0 (26.0 - 30.1)	29.0 (26.9 - 31.1)
Trying to keep from gaining	21.2 (18.8 - 23.8)	20.3 (17.0 - 24.1)	22.2 (18.3 - 26.6)	22.7 (20.6 - 24.9)	25.0 (23.2 - 27.0)	22.2 (20.5 - 24.1)
Try to gain	16.1 (13.8 - 18.8)	14.7 (11.5 - 18.6)	12.8 (10.6 - 15.3)	13.8 (11.9 - 16.1)	12.8 (11.2 - 14.6)	13.6 (12.2 - 15.2)

[†] Asked of half the sample.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel - Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Table 2.10

**Students in Grades 7 – 12 Who are Trying to Lose Weight by Sex and Grade[†],
Peel, 2013, 2015, 2017**

Demographics	Per cent of Grade 7 - 12 Students (95% Confidence Interval)		
	2013 n=1,011	2015 n=541	2017 n=806
Sex			
Male	24.1 (20.3 - 28.4)	15.6* (10.7 - 22.3)	25.9 (21.3 - 31.2)
Female	32.0 (28.6 - 35.6)	37.1 (30.5 - 44.2)	36.3 (31.2 - 41.8)
Grade			
7	27.2 (21.2 - 34.2)	21.6* (10.9 - 38.3)	33.0 (24.1 - 43.2)
8	24.0 (18.4 - 30.7)	18.3* (10.5 - 30.0)	27.8 (22.0 - 34.4)
9	29.7 (23.0 - 37.4)	24.7* (14.4 - 39.1)	30.6 (22.1 - 40.6)
10	30.0 (24.0 - 36.8)	25.1* (13.8 - 41.3)	32.7 (27.3 - 38.7)
11	26.6 (20.9 - 33.3)	25.7 (18.3 - 34.8)	26.8 (20.6 - 34.0)
12	29.3 (23.9 - 35.3)	34.8 (27.7 - 42.5)	35.5 (27.4 - 44.6)

[†] Asked of half the sample.

* Use estimate with caution.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health.
Region of Peel – Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

ACTIONS TAKEN TO ADDRESS WEIGHT BY BODY MASS INDEX

In 2017, half of Peel students who were overweight or obese (54%) were trying to lose weight. This is similar to Ontario (51%).

There were differences in weight changing behaviours by BMI status among males and females. In Peel, males (26%) with a BMI in the normal range are more likely to try to gain weight, compared to females (7%* - use estimate with caution) in the same BMI category.

The 2017 estimates are similar to 2013 and 2015.

Survey Question: Which of the following are you doing about your weight?

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Table 2.11
**Actions Taken to Address Weight Among Students in Grades 7 – 12 by Body Mass Index[†],
Peel, 2013, 2015, 2017**

Body Mass Index Status	Per cent of Grade 7 - 12 Students (95% Confidence Interval)			
	Actions taken to address weight			
	Nothing	Trying to lose	Trying to keep from gaining	Trying to gain
2013 n=1,011				
Underweight	58.3 (41.1 - 73.7)	NR	NR	32.4* (18.3 - 50.7)
Normal weight	40.0 (36.4 - 43.7)	18.2 (15.8 - 21.0)	23.5 (20.3 - 27.0)	18.2 (15.2 - 21.7)
Overweight/ Obese	14.6 (11.2 - 18.7)	60.6 (54.3 - 66.6)	17.6 (12.5 - 24.4)	7.2* (4.3 - 11.7)
2015 n=569				
Underweight	NR	NR	NR	37.7* (21.7 - 57.0)
Normal weight	44.7 (38.3 - 51.3)	18.8 (13.7 - 25.2)	19.3 (15.2 - 24.2)	16.0 (11.8 - 21.3)
Overweight/ Obese	14.7* (7.2 - 27.6)	52.4 (40.2 - 64.4)	26.6* (17.0 - 39.0)	NR
2017 n=834				
Underweight	46.0* (30.5 - 62.4)	NR	NR	NR
Normal weight	38.6 (33.6 - 43.8)	22.9 (17.6 - 29.1)	21.9 (17.2 - 27.5)	15.7 (12.7 - 19.3)
Overweight/ Obese	17.2 (12.5 - 23.1)	54.3 (48.3 - 60.1)	24.7 (18.4 - 32.4)	NR

† Asked of half the sample.

* Use estimate with caution.

NR - Not releasable due to small numbers

Note: Proportion of Peel students who did not respond to the BMI and/or weight change questions was 4.6% in 2013, 9.8% in 2015 and 9.1% in 2017. These missing values were included in the calculation of percentages in this table.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel - Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Table 2.12
**Actions Taken to Address Weight Among Students in Grades 7 – 12 by Body Mass Index[†],
Ontario, 2013, 2015, 2017**

Body Mass Index Status	Per cent of Grade 7 - 12 Students (95% Confidence Interval)			
	Actions taken to address weight			
	Nothing	Trying to lose	Trying to keep from gaining	Trying to gain
2013 n=4,627				
Underweight	53.9 (39.1 - 68.1)	NR	NR	29.6* (17.5 - 45.5)
Normal weight	38.8 (35.9 - 41.7)	21.1 (18.6 - 23.7)	23.9 (21.4 - 26.7)	16.3 (13.6 - 19.3)
Overweight/ Obese	16.0 (12.9 - 19.8)	56.0 (51.6 - 60.4)	22.1 (18.5 - 26.3)	5.8* (3.8 - 8.8)
2015 n=5,023				
Underweight	45.7 (33.8 - 58.1)	NR	8.6* (4.7 - 15.3)	31.2* (21.8 - 42.5)
Normal weight	38.7 (36.0 - 41.5)	18.9 (16.7 - 21.2)	26.6 (24.2 - 29.2)	14.9 (13.2 - 16.8)
Overweight/ Obese	19.0 (15.7 - 22.7)	50.0 (46.0 - 54.0)	23.1 (19.5 - 27.2)	6.1* (3.9 - 9.2)
2017 n=5,062				
Underweight	43.7 (33.4 - 54.6)	9.3* (5.1 - 16.4)	10.0* (5.5 - 17.2)	35.9* (24.8 - 48.7)
Normal weight	40.1 (37.9 - 42.4)	19.6 (17.6 - 21.8)	22.7 (20.7 - 24.9)	16.7 (15.0 - 18.7)
Overweight/ Obese	21.1 (18.5 - 23.8)	50.2 (45.6 - 54.8)	22.4 (19.1 - 26.2)	5.2* (3.4 - 7.9)

[†] Asked of half the sample.

* Use estimate with caution.

NR - Not releasable due to small numbers.

Note: Proportion of Ontario students who did not respond to the BMI and/or weight change questions was 4.9% in 2013, 7.3% in 2015 and 8.7% in 2017. These missing values were included in the calculation of percentages in this table.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel - Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Table 2.13
Actions Taken to Address Weight Among Male Students in Grades 7 – 12 by Body Mass Index[†],
Peel, 2013, 2015, 2017

Body Mass Index Status	Per cent of Grade 7 - 12 Male Students (95% Confidence Interval)			
	Actions taken to address weight			
	Nothing	Trying to lose	Trying to keep from gaining	Trying to gain
2013 n=477				
Underweight	59.1*(25.1 - 86.2)	NR	NR	NR
Normal weight	41.2 (35.8 - 46.9)	10.4* (6.9 - 15.3)	20.5 (16.7 - 24.9)	28.0 (22.4 - 34.3)
Overweight/ Obese	16.1 (11.9 - 21.6)	56.8 (48.4 - 64.8)	18.6* (12.3 - 27.0)	8.5* (4.9 - 14.3)
2015 n=262				
Underweight	NR	NR	NR	NR
Normal weight	52.4 (43.2 - 61.4)	NR	15.1* (9.0 - 24.4)	26.7 (19.3 - 35.7)
Overweight/ Obese	NR	47.8 (32.3 - 63.6)	26.7* (15.1 - 42.6)	NR
2017 n=306				
Underweight	NR	NR	NR	NR
Normal weight	37.6 (31.3 - 44.3)	15.8* (10.5 - 23.1)	20.1 (14.4 - 27.4)	25.6 (20.2 - 31.9)
Overweight/ Obese	17.7* (11.1 - 27.0)	47.8 (39.7 - 56.0)	27.2* (17.3 - 40.0)	NR

† Asked of half the sample.

* Use estimate with caution.

NR - Not releasable due to small numbers.

Note: Proportion of Peel students who did not respond to the BMI and/or weight change questions was 4.6% in 2013, 9.8% in 2015 and 9.1% in 2017. These missing values were included in the calculation of percentages in this table.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel - Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Table 2.14
Actions Taken to Address Weight among Female Students in Grades 7 – 12 by Body Mass Index[†],
Peel, 2013, 2015, 2017

Body Mass Index Status	Per cent of Grade 7 - 12 Female Students (95% Confidence Interval)			
	Actions taken to address weight			
	Nothing	Trying to lose	Trying to keep from gaining	Trying to gain
2013 n=477				
Underweight	58.1 (39.6 - 74.5)	NR	NR	29.7* (15.6 - 49.2)
Normal weight	38.9 (33.3 - 44.8)	25.6 (21.4 - 30.3)	26.4 (20.8 - 32.8)	9.2* (5.9 - 14.0)
Overweight/ Obese	NR	67.6 (57.1 - 76.7)	15.9* (10.0 - 24.3)	NR
2015 n=307				
Underweight	39.0* (23.2 - 57.4)	NR	NR	42.3* (21.9 - 65.7)
Normal weight	36.7 (30.7 - 43.1)	33.3 (25.7 - 42.0)	23.7* (16.4 - 32.8)	NR
Overweight/ Obese	14.3* (7.3 - 26.3)	59.3 (46.5 - 70.9)	26.4* (16.1 - 40.1)	NR
2017 n=528				
Underweight	NR	NR	NR	NR
Normal weight	39.4 (32.7 - 46.5)	28.9 (21.9 - 36.9)	23.4 (18.1 - 29.7)	7.4* (4.7 - 11.5)
Overweight/ Obese	16.6* (10.5 - 25.2)	61.5 (53.0 - 69.3)	21.9 (15.7 - 29.7)	NR

† Asked of half the sample.

* Use estimate with caution.

NR - Not releasable due to small numbers.

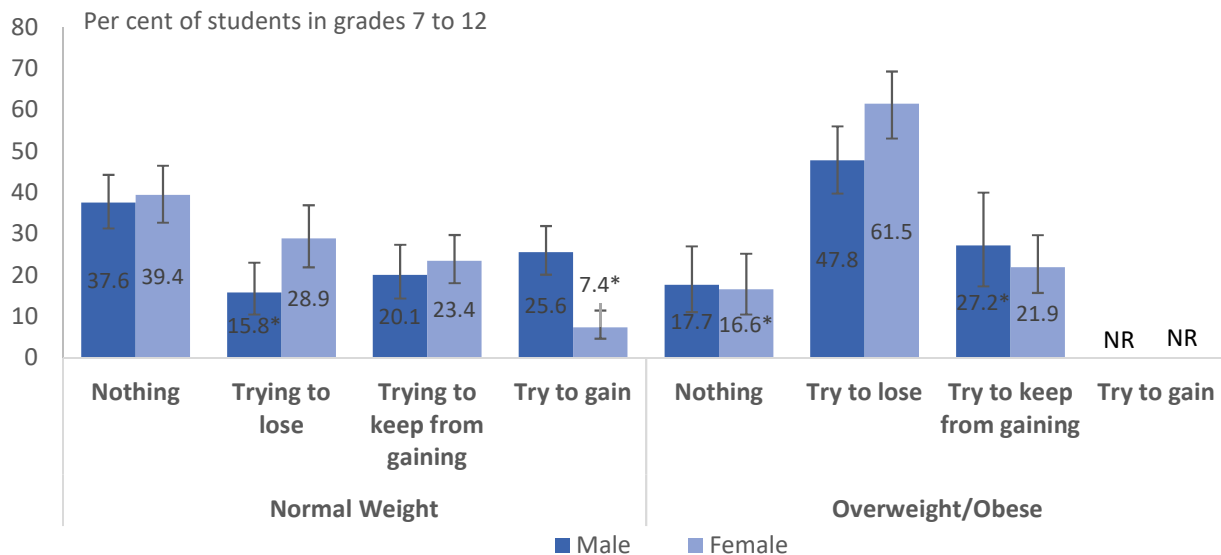
Note: Proportion of Peel students who did not respond to the BMI and/or weight change questions was 4.6% in 2013, 9.8% in 2015 and 9.1% in 2017. These missing values were included in the calculation of percentages in this table.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel - Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Figure 2.5
Actions Taken to Address Weight Among Students in Grades 7-12 by Body Mass Index and Sex, Peel, 2017



n=834

*Use estimate with caution.

NR - Not releasable due to small numbers.

Notes: Error bars represent 95% confidence intervals.

Proportion of Peel students who did not respond to the BMI and/or weight change questions 9.1% in 2017. These missing values were included in the calculation of percentages in this table.

Source: Ontario Student Drug Use and Health Survey, 2017, Centre for Addictions and Mental Health. Region of Peel - Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

HOURS OF SLEEP ON AN AVERAGE SCHOOL NIGHT

In 2017, 36% of Peel students reported getting eight or more hours of sleep on an average school night. This estimate is similar to Ontario students (39%).

In Peel, male students (41%) are more likely than females (30%) to have eight or more hours of sleep. The proportion of students with at least eight hours of sleep declined as grade increased. Three-quarters of Grade 7 students (75%) reported having eight or more hours of sleep, while only 15%* (*use estimate with caution) of students in Grade 12 reported getting the same amount.

The 2017 estimates are similar to 2015.

Survey question: On an average school night, how many hours of sleep do you get?

Table 2.15

Students in Grade 7 - 12 with Eight or More Hours of Sleep on an Average School Night, Peel and Ontario, 2015, 2017

Hours of Sleep per Night	Per cent of Grade 7-12 students (95% Confidence Interval)			
	Peel		Ontario	
	2015 n=1,129	2017 n=1,636	2015 n=10,288	2017 n=11,205
8 or more hours of sleep	36.0 (31.6 - 40.6)	35.5 (31.1 - 40.1)	41.0 (38.9 - 43.2)	39.2 (37.1 - 41.3)

Source: Ontario Student Drug Use and Health Survey, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel - Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Table 2.16

Students in Grade 7 - 12 with Eight or More Hours of Sleep on an Average School Night by Sex and Grade, Peel, 2015, 2017

Demographics	Per cent of Grade 7-12 students (95% Confidence Interval)	
	2015 n=1,129	2017 n=1,636
Sex		
Male	44.9 (41.9 - 47.9)	40.6 (35.7 - 45.6)
Female	36.9 (34.6 - 39.3)	30.2 (25.5 - 35.4)
Grade		
7	74.0 (64.7 - 81.5)	75.2 (65.6 - 82.8)
8	56.7 (49.6 - 63.5)	57.0 (51.7 - 62.2)
9	42.9 (34.3 - 52.0)	36.8 (31.2 - 42.6)
10	27.3 (21.3 - 34.3)	23.5 (17.9 - 30.2)
11	18.4 (13.4 - 24.8)	18.3* (12.0 - 26.8)
12	14.0* (7.4 - 25.0)	15.4* (9.6 - 23.7)

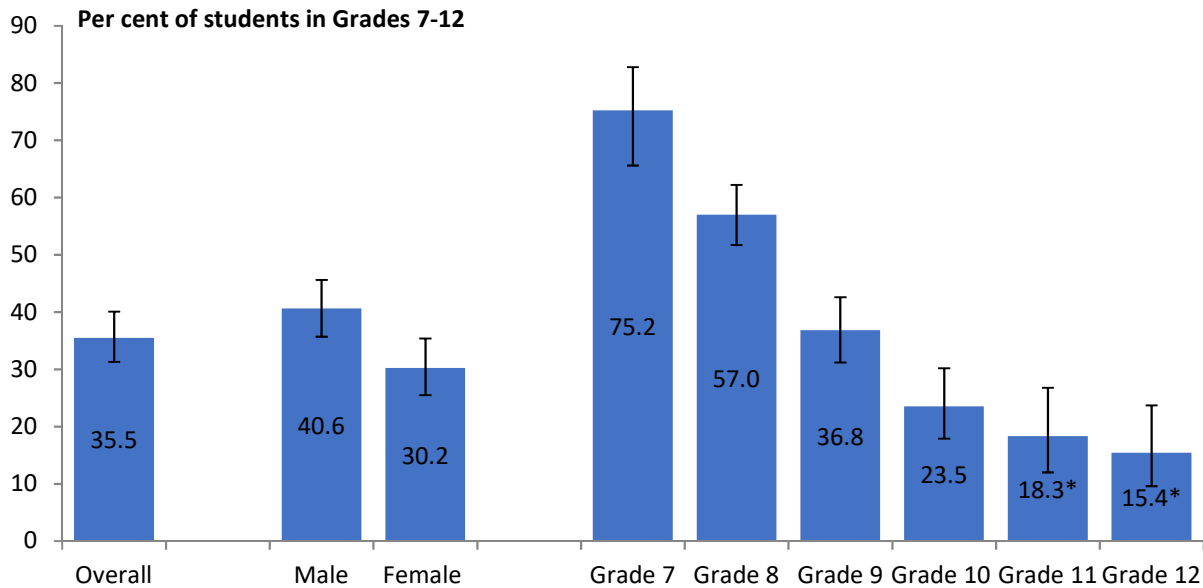
* Use estimate with caution.

Source: Ontario Student Drug Use and Health Survey, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel – Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Figure 2.6
Students in Grade 7-12 with Eight or More Hours of Sleep on an Average School Night
by Sex and Grade,



n=1,636

*Use estimate with caution.

Notes: Error bars represent 95% confidence intervals.

Source: Ontario Student Drug Use and Health Survey, 2017, Centre for Addictions and Mental Health. Region of Peel - Public Health.

A look at Peel youth in grades 7–12:
Physical Health and Mental Well-Being
Results from the Ontario Student Drug Use and Health Survey, 2013–2017

CHAPTER THREE
PHYSICAL ACTIVITY AND SCREEN TIME

HIGHLIGHTS

- Among Peel students, 19% had at least 60 minutes of physical activity daily in the week prior to the survey and 70% had at least one day with outdoor physical activity after school in the last five school days. These estimates are similar to Ontario. Daily physical activity and outdoor play are more prevalent among younger students compared to students in older grades.
- In Peel, the number of students that spend three or more hours daily on social media increased from 30% in 2013 to 46% in 2017. Female students (59%) are 1.6 times more likely than males (36%) to spend three or more hours per day on social media.
- The proportion of Peel students that spent three or more hours per day on recreational screen time activities increased from 61% in 2013 to 67% in 2017. This is greater than the 2017 Ontario estimate (60%).
- In Peel, one-in-five students (20%) played video games “every day” or “almost every day” in the past 12 months and 13% met the criteria for video gaming problem. Male students are more likely than females to play video games daily and to have a video gaming problem.
- Approximately one-third of Peel (36%) and Ontario (30%) secondary students spend five or more hours on electronic devices in their free time.
- In Peel, 24% of students met the criteria for a moderate-to-serious problem with technology use. This is similar to Ontario (18%).

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

PHYSICAL ACTIVITY

60 Minutes (or more) of Physical Activity on Each Day of the Week

The Canadian Physical Activity Guidelines suggest that for health benefits, youth aged 12 to 17 years should accumulate 60 minutes of moderate to vigorous physical activity daily.⁴ In 2017, 19% of Peel students met the 60-minute daily activity recommendations in the seven days before the survey. This is similar to Ontario (23%).

In Peel, males (25%) are more likely than females (14%) to be active daily. Daily physical activity is more prevalent among younger students compared to students in older grades. Students in grade 7 (25%), grade 8 (29%*- use estimate with caution) and grade 9 (22%) are more likely than Grade 12 students (9%*- use estimate with caution) to report getting at least 60 minutes of physical activity each day.

The 2017 estimates are similar to 2013 and 2015 estimates.

Survey Question: *On how many of the last 7 days were you physically active for a total of at least 60 minutes each day? Please add up all the time you spent in any kind of physical activity that increased your heart rate and made you breathe hard some or the time. (Some examples are brisk walking, running, rollerblading, biking, dancing, skateboarding, swimming, soccer, basketball, football.) Please include both school and non-school activities.*

Table 3.1
Proportion of Students in Grades 7 - 12 Who Achieved at Least 60 Minutes of Physical Activity on Each Day of the Week[†], Peel and Ontario, 2013, 2015, 2017

Physical Activity	Per cent of Grade 7-12 students (95% Confidence Interval)					
	Peel			Ontario		
	2013 n=2,084	2015 n=1,125	2017 n=1,650	2013 n=10,128	2015 n=10,292	2017 n=11,234
At least 60 minutes for each day of the week	20.1 (17.3 - 23.1)	20.7 (18.0 - 23.6)	19.4 (16.7 - 22.5)	21.8 (20.4 - 23.3)	22.3 (20.7 - 23.9)	23.0 (21.7 - 24.4)

[†] Refers to each of the seven days of the week prior to the survey.

Note: Data represents self-reported physical activity levels, as opposed to objectively measured physical activity (e.g., accelerometer). While self-reported measures of physical activity tend to be higher compared to objective measures, direct comparisons should be avoided.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel - Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Table 3.2

Proportion of Students in Grades 7 - 12 Who Achieved at Least 60 Minutes of Physical Activity on Each Day of the Week by Sex and Grade[†], Peel, 2013, 2015, 2017

Demographics	Per cent of Grade 7-12 students (95% Confidence Interval)		
	2013 n=2,084	2015 n=1,125	2017 n=1,650
Sex			
Male	25.8 (21.5 - 30.7)	25.7 (21.4 - 30.5)	24.9 (20.2 - 30.2)
Female	13.8 (11.2 - 16.9)	15.3 (12.2 - 19.0)	13.7 (11.4 - 16.3)
Grade			
7	27.5 (21.3 - 34.8)	35.0 (27.2 - 43.7)	25.2 (18.4 - 33.5)
8	18.1 (13.1 - 24.6)	17.5* (11.6 - 25.5)	28.7* (19.8 - 39.7)
9	20.5 (16.6 - 25.1)	26.9 (19.7 - 35.5)	21.9 (17.1 - 27.6)
10	23.4 (17.2 - 30.9)	19.0* (11.8 - 29.3)	17.8 (13.7 - 22.8)
11	20.2 (14.5 - 27.5)	18.8 (13.7 - 25.4)	18.8 (14.1 - 24.6)
12	13.9* (9.0 - 20.7)	12.6* (8.1 - 19.0)	9.4* (6.1 - 14.1)

[†] Refers to each of the seven days of the week prior to the survey.

* Use estimate with caution.

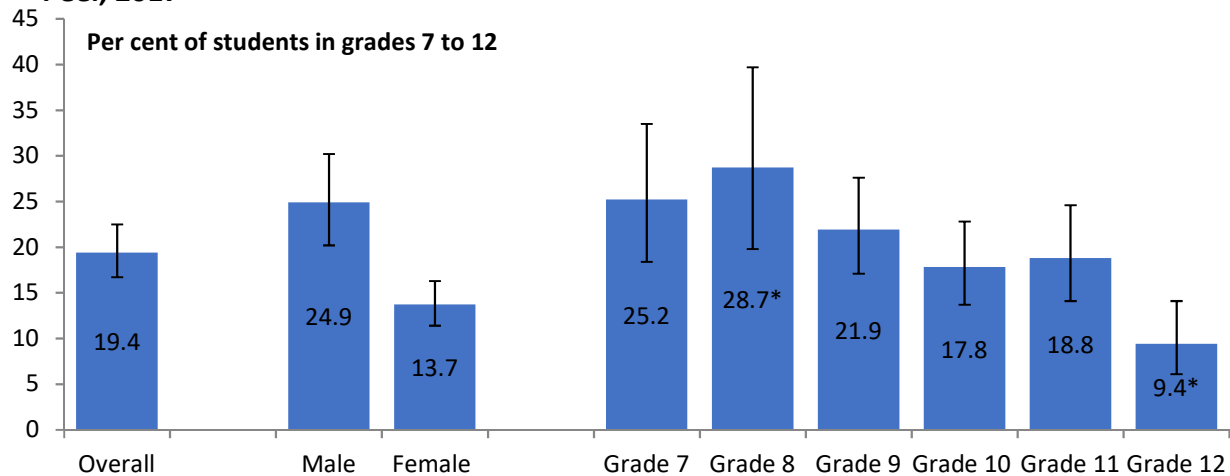
Note: Data represents self-reported physical activity levels, as opposed to objectively measured physical activity (e.g., accelerometer). While self-reported measures of physical activity tend to be higher compared to objective measures, direct comparisons should be avoided.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health.
Region of Peel – Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Figure 3.1
Students in Grade 7-12 Who Achieved at Least 60 Minutes of Physical Activity on Each Day of the Week by Sex and Grade†, Peel, 2017



n=1,650

†Refers to each of the seven days of the week prior to the survey.

*Use estimate with caution.

Notes: Error bars represent 95% confidence intervals.

Source: Ontario Student Drug Use and Health Survey, 2017, Centre for Addictions and Mental Health. Region of Peel - Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

No Days with at Least 60 Minutes of Physical Activity

In 2017, 10% of Peel students did not achieve the recommended 60 minutes of physical activity *on any of the seven days* before the survey. This is similar to Ontario (9%).

In Peel, the prevalence of students not achieving 60 minutes of physical activity at least one day of the week was twice as high among female students (13%) compared to male students (6%*- use estimate with caution). Across grades, students in grade 12 (17%*- use estimate with caution) had the highest prevalence of not reaching recommended physical activity levels on any days of the week.

In Ontario, the prevalence of students not receiving at least 60 minutes of physical activity on any day of the week has increased from 6% in 2015 to 9% in 2017. This trend was not seen in Peel.

Table 3.3
Proportion of Students in Grades 7 - 12 Who Did Not Achieve at Least 60 Minutes of Physical Activity on Any Day of the Week[†], Peel and Ontario, 2013, 2015, 2017

Physical Activity	Per cent of Grade 7-12 students (95% Confidence Interval)					
	Peel			Ontario		
	2013 n=2,084	2015 n=1,125	2017 n=1,650	2013 n=10,128	2015 n=10,292	2017 n=11,234
< 60 minutes for each day of the week	7.8 (6.2 - 9.7)	6.9* (4.8 - 9.9)	9.5 (7.7 - 11.8)	7.3 (6.4 - 8.3)	6.4 (5.5 - 7.5)	8.9 (7.8 - 10.2)

[†] Refers to each of the seven days of the week prior to the survey

* Use estimate with caution.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel - Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Table 3.4

Proportion of Students in Grades 7 - 12 Who Did Not Achieve at Least 60 Minutes of Physical Activity on Any Day of the Week by Sex and Grade[†], Peel, 2013, 2015, 2017

Demographics	Per cent of Grade 7 - 12 Students (95% Confidence Interval)		
	2013 n=2,084	2015 n=1,125	2017 n=1,650
Sex			
Male	5.4 (4.1 - 7.1)	5.2* (2.7 - 9.9)	6.3* (4.3 - 9.3)
Female	10.3 (7.6 - 13.9)	8.8* (6.1 - 12.4)	12.9 (10.1 - 16.4)
Grade			
7	5.8* (4.0 - 8.3)	NR	NR
8	2.6* (1.3 - 4.8)	4.8* (2.4 - 9.5)	4.6* (3.0 - 7.0)
9	3.3* (1.7 - 6.2)	5.5* (2.9 - 10.2)	4.8* (2.9 - 8.1)
10	9.1* (6.1 - 13.3)	9.1* (5.4 - 14.9)	8.9 (6.5 - 12.2)
11	10.1* (7.1 - 14.2)	8.4* (4.8 - 14.3)	16.1 (12.1 - 21.1)
12	12.8* (8.7 - 18.4)	9.3* (5.1 - 16.3)	16.9* (11.3 - 24.6)

[†] Refers to each of the seven days of the week prior to the survey.

* Use estimate with caution.

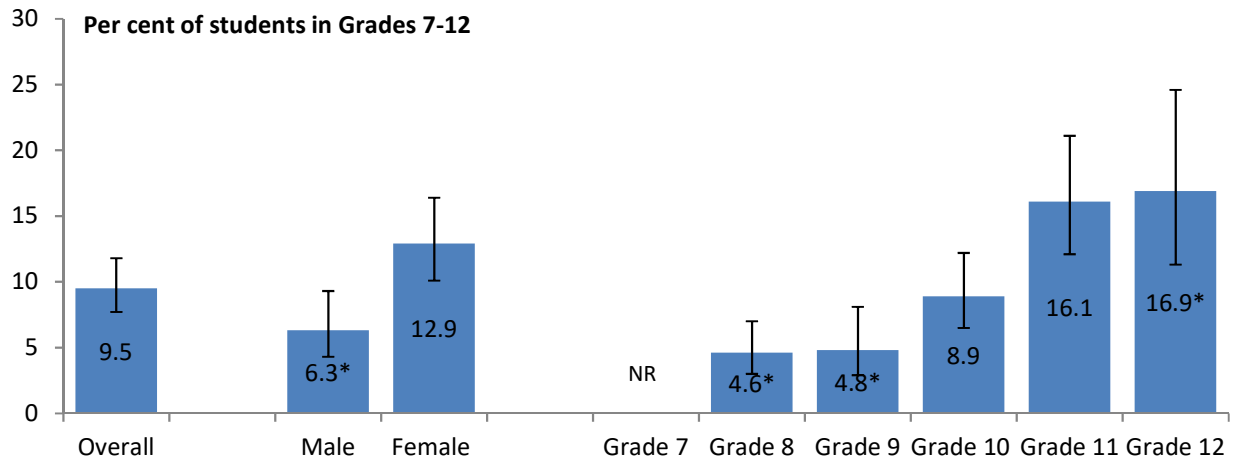
NR - Not releasable due to small numbers.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health.
Region of Peel – Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Figure 3.2
Students in Grade 7-12 Who Did Not Achieve at Least 60 Minutes of Physical Activity on Any Day of the Week by Sex and Grade†, Peel, 2017



n=1,650

† Refers to each of the seven days of the week prior to the survey.

* Use estimate with caution.

NR - Not releasble due to small numbers.

Notes: Error bars represent 95% confidence intervals.

Source: Ontario Student Drug Use and Health Survey, 2017, Centre for Addictions and Mental Health. Region of Peel - Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Physical Inactivity at School

In 2017, approximately half of Peel students (51%) did not participate in at least 20 minutes of physical activity at school in the week prior to the survey. This is similar to Ontario (45%).

In Peel, students in Grade 12 (75%), Grade 11 (66%), Grade 10 (71%) are more likely than students in Grade 7 (13%*- use estimate with caution) and Grade 8 (11%*- use estimate with caution) to be physically inactive in school. There are no differences by sex.

In Ontario, the prevalence of physical inactivity at school decreased from 51% in 2013 to 45% in 2015. This trend was not seen among Peel students.

Survey Question: On how many of the last 5 school days did you participate in physical activity for at least 20 minutes that increased your heart rate and made you breathe hard some of the time in physical education class in your school?

Table 3.5
Proportion of Students in Grades 7 - 12 who Did Not Participate in at Least 20 Minutes of Physical Activity at School[†], Peel and Ontario, 2013, 2015, 2017

Physical Activity at School	Per cent of Grade 7-12 students (95% Confidence Interval)					
	Peel			Ontario		
	2013 n=2,071	2015 n=1,122	2017 n=1,652	2013 n=10,999	2015 n=10,231	2017 n=11,208
<20 minutes of physical activity	50.9 (46.0 - 55.7)	43.6 (33.8 - 53.9)	50.5 (45.3 - 55.7)	51.0 (47.7 - 54.2)	41.9 (38.3 - 45.5)	44.8 (42.5 - 47.2)

[†] Refers to each of the seven days of the week prior to the survey.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel - Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Table 3.6

Proportion of Students in Grades 7 - 12 who Did Not Participate in at Least 20 Minutes of Physical Activity at School by Sex and Grade[†], Peel, 2013, 2015, 2017

Demographics	Per cent of Grade 7 - 12 Students (95% Confidence Interval)		
	2013 n=2,071	2015 n=1,122	2017 n=1,652
Sex			
Male	47.6 (41.1 - 54.1)	41.1 (33.2 - 49.3)	46.8 (39.9 - 53.9)
Female	54.4 (48.9 - 59.7)	46.3 (32.8 - 60.4)	54.3 (48.7 - 59.8)
Grade			
7	17.3 (13.3 - 22.1)	17.9* (11.3 - 27.3)	13.2* (7.9 - 21.3)
8	15.8* (10.6 - 22.8)	NR	10.8* (5.6 - 19.8)
9	47.1 (37.7 - 56.8)	25.2* (13.6 - 42.0)	50.2 (38.8 - 61.6)
10	61.3 (51.7 - 70.1)	57.2 (40.6 - 72.3)	70.7 (64.7 - 76.0)
11	62.3 (54.4 - 69.6)	63.9 (50.6 - 75.3)	65.7 (56.0 - 74.3)
12	80.7 (74.5 - 85.6)	65.5 (42.2 - 83.2)	75.0 (65.9 - 82.3)

[†] Refers to each of the seven days of the week prior to the survey.

* Use estimate with caution.

NR - Not releasable due to small numbers.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health.
Region of Peel – Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Outdoor Physical Activity After School

In 2017, 70% of Peel students had at least one day with outdoor physical activity after school in the last five school days. This is comparable to Ontario (74%).

In Peel, male students (78%) are more likely than females (63%) to engage in outdoor play after school. Prevalence of afterschool outdoor physical activity was highest among Grade 7 students (83%), which is greater than the prevalence among Grade 12 students (58%).

Survey Question: *On how many of the last 5 school days were you physically active outside after school, such as playing games or sports? (Do not include how you travel home from school or any inside activities.)*

Table 3.7
Number of Days with Outdoor Physical Activity After School Among Grade 7-12 Students†, Peel and Ontario, 2017

Number of Days	Per cent of Grade 7-12 students (95% Confidence Interval)	
	Peel n=1,651	Ontario n=11,238
0 days	29.6 (27.0 - 32.4)	25.8 (22.9 - 28.9)
1 – 2 days	32.1 (29.8 - 34.5)	30.4 (28.3 - 32.5)
3 – 4 days	21.3 (18.9 - 23.8)	23.2 (21.6 - 24.9)
All 5 days	17.0 (14.8 - 19.5)	20.6 (19.2 - 22.1)

† Refers to the last five school days.

Source: Ontario Student Drug Use and Health Survey, 2017, Centre for Addiction and Mental Health. Region of Peel - Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Table 3.8

One or More Days with Outdoor Physical Activity After School Among Grade 7-12 Students by Sex and Grade†, Peel and Ontario, 2017

Demographics	Per cent of Grade 7-12 Students (95% Confidence Interval)	
	2017 n=1,651	
Sex		
Male	78.0 (73.9 - 81.5)	
Female	62.5 (57.6 - 67.1)	
Grade		
7	82.6 (75.2 - 88.1)	
8	77.9 (70.3 - 84.0)	
9	77.0 (71.4 - 81.9)	
10	69.8 (64.8 - 74.4)	
11	64.4 (59.4 - 69.2)	
12	57.6 (49.7 - 65.2)	

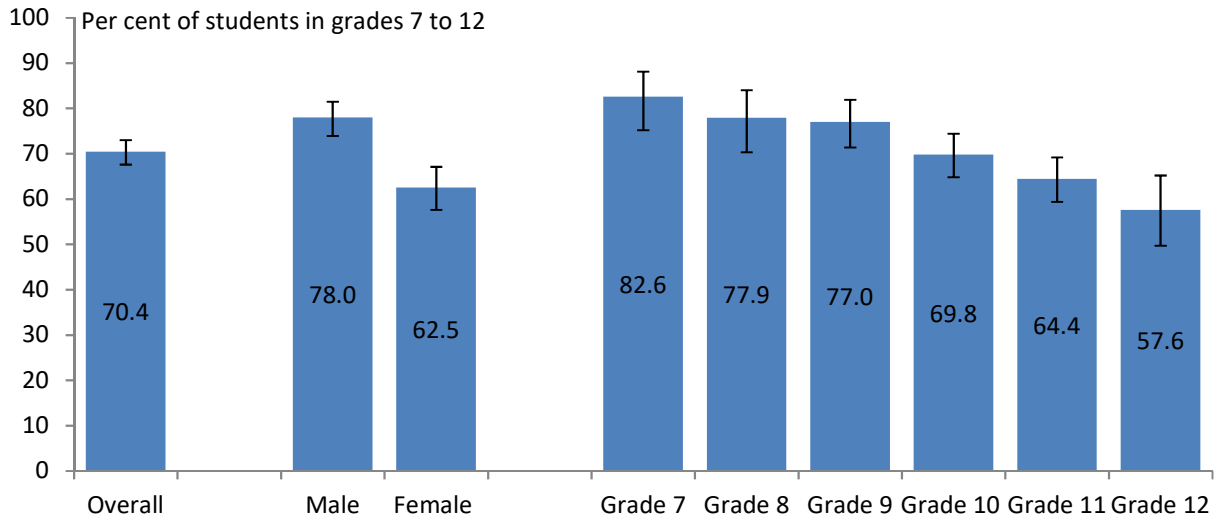
† Refers to the last five school days.

Source: Ontario Student Drug Use and Health Survey, 2017, Centre for Addiction and Mental Health. Region of Peel – Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Figure 3.3
One or More Days with Outdoor Physical Activity After School among Grade 7-12 Students by Sex and Grade[†], Peel, 2017



n=1,651

[†]Refers to the last five school days.

Notes: Error bars represent 95% confidence intervals.

Source: Ontario Student Drug Use and Health Survey, 2017, Centre for Addictions and Mental Health. Region of Peel - Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Active Transportation to School

In 2017, the most common mode of travel to school was taking the car (45%), followed by walking (26%) and taking the school bus (20%*- use estimate with caution). Peel students (45%) are more likely to report taking the car to school compared to Ontario students (33%).

There are no differences in model of travel to school by sex and grade.

The 2017 estimates are similar to 2013 and 2015 estimates.

Survey Question: How do you usually travel TO school?

Table 3.9
Usual Mode of Travel to School Among Students in Grades 7 - 12,
Peel and Ontario, 2013, 2015, 2017

Mode of Travel to School	Per cent of Grade 7-12 students (95% Confidence Interval)					
	Peel			Ontario		
	2013 n=2,061	2015 n=1,141	2017 n=1,666	2013 n=10,058	2015 n=10,330	2017 n=11,291
Car/Truck	48.2 (43.3 - 53.2)	48.2 (41.7 - 54.7)	45.2 (38.8 - 51.8)	37.3 (34.7 - 39.9)	38.0 (35.3 - 40.8)	32.5 (28.6 - 36.6)
School bus	14.3* (8.4 - 23.3)	19.4* (11.9 - 30.1)	19.6* (11.1 - 32.2)	27.1 (23.6 - 30.8)	25.7 (22.2 - 29.5)	38.5 (32.0 - 45.5)
Public bus	5.5* (3.8 - 7.9)	7.0* (4.4 - 11.0)	6.6 (4.9 - 8.7)	8.0 (6.3 - 10.1)	9.5* (6.6 - 13.4)	6.7* (4.1 - 10.7)
Walking	28.3 (23.1 - 34.3)	22.6 (16.2 - 30.6)	25.5 (18.8 - 33.6)	23.2 (20.6 - 26.0)	23.5 (20.7 - 26.5)	17.7 (14.7 - 21.1)
Cycling	NR	NR	1.0* (0.5 - 1.9)	1.4* (1.0 - 2.0)	0.9* (0.6 - 1.3)	1.3* (0.9 - 1.9)
Subway/ Streetcar	NR	NR	NR	NR	NR	NR
Other	0.5* (0.3 - 1.0)	NR	NR	0.5* (0.3 - 0.8)	0.5* (0.3 - 0.8)	0.4* (0.3 - 0.6)
Multiple	1.3* (0.75 - 2.24)	1.6* (0.9 - 2.7)	1.8* (1.2 - 2.8)	1.0 (0.8 - 1.4)	1.3 (1.0 - 1.6)	1.8 (1.5 - 2.2)

* Use estimate with caution.

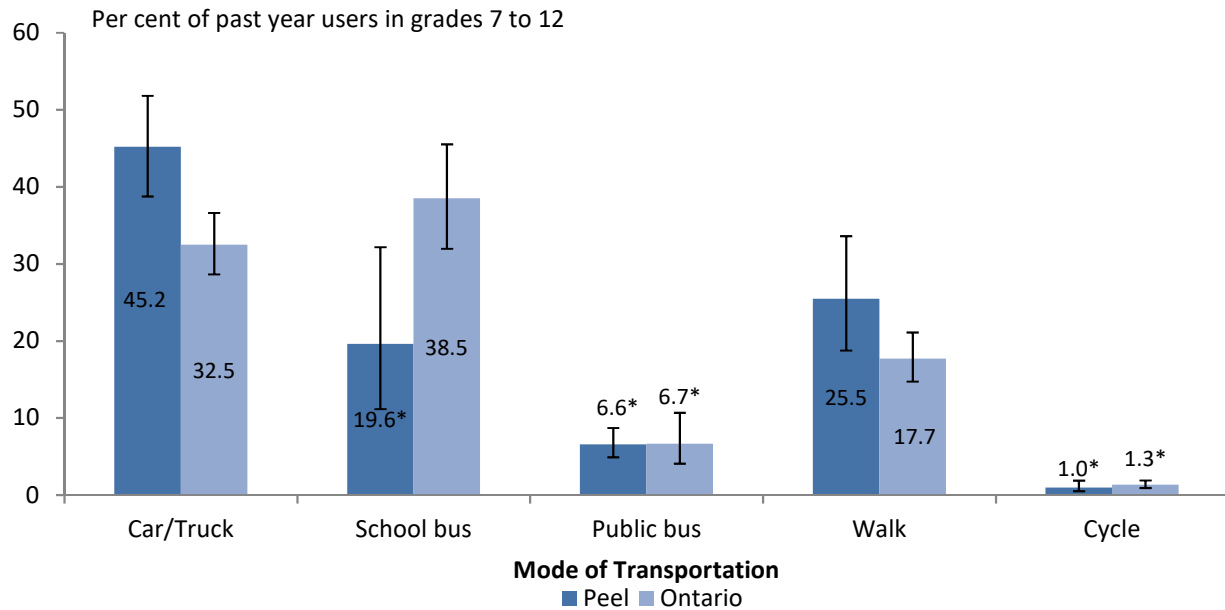
NR - Not releasable due to small numbers.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel - Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Figure 3.4
Usual Mode of Travel To School among Grades 7-12 Students,
Peel and Ontario, 2017



Peel n=1,666; Ontario n=11,291

* Use estimate with caution.

NR = Not releasable due to small numbers.

Notes: Error bars represent 95% confidence intervals.

Source: Ontario Student Drug Use and Health Survey, 2017, Centre for Addictions and Mental Health. Region of Peel - Public Health

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Table 3.10

Walking or Cycling as the Usual Mode of Travel to School Among Students in Grades 7 – 12 by Sex and Grade, Peel, 2013, 2015, 2017

Demographics	Per cent of Grade 7 - 12 Students (95% Confidence Interval)		
	2013 n=2,061	2015 n=1,141	2017 n=1,666
Sex			
Male	32.9 (26.5 - 40.0)	24.7 (18.8 - 31.8)	27.3 (19.9 - 36.2)
Female	26.8 (21.3 - 33.1)	22.1* (14.3 - 32.7)	25.5 (18.9 - 33.6)
Grade			
7	34.7 (27.8 - 42.4)	36.9 (26.0 - 49.4)	37.0* (20.6 - 57.1)
8	42.0 (34.7 - 49.7)	31.5* (17.7 - 49.6)	44.4* (27.3 - 63.0)
9	24.2* (15.1 - 36.4)	18.0* (11.0 - 28.2)	20.3 (14.8 - 27.3)
10	29.6* (20.1 - 41.2)	14.1* (7.4 - 25.3)	19.7* (12.6 - 29.4)
11	27.2 (20.7 - 34.8)	19.3* (11.2 - 31.3)	21.0* (12.2 - 33.8)
12	25.5* (17.4 - 35.8)	23.1* (12.2 - 39.3)	21.0* (14.7 - 29.1)

* Use estimate with caution.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel – Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

SCREEN TIME AND SOCIAL MEDIA USE

Hours Spent on Social Media

In 2017, 46% of Peel students indicated they spent three or more hours per day on social media. This is similar to Ontario (45%). The Canadian 24-Hour Movement Guidelines for Children and Youth recommend limiting recreational screen time to two hours or less per day among children and youth.⁴

In Peel, more than half of female students (59%) reported spending three or more hours per day on social media. This is 1.6 times higher than the prevalence among male students (36%). Grade 12 students (54%) are more likely than students in Grade 7 (23%* - use estimate with caution) to spend three or more hours per day on social media. The prevalence among Grade 12 students increased from one-third in 2013 (33%) to over one-half in 2017 (54%).

In Peel, the number of students that spend three or more hours daily on social media increased from 30% in 2013 to 45% in 2017. In Ontario, the prevalence of students that spend seven or more hours per day on social media increased from 4% in 2013 to 7% in 2017. A similar trend was seen among Peel students but was not statistically different.

Survey Question: About how many hours a day do you usually spend on social media sites or apps, such as Instagram, Snapchat, Twitter, Facebook, Ask.fm, either posting or browsing?

Table 3.11
Number of Hours Spent on Social Media Among Students in Grades 7 - 12[†],
Peel and Ontario, 2013, 2015, 2017

Hours per Day on Social Media	Per cent of Grade 7-12 students (95% Confidence Interval)					
	Peel			Ontario		
	2013 n=2,095	2015 n=585	2017 n=844	2013 n=10,240	2015 n=5,386	2017 n=6,342
Two hours or less	61.0 (57.6 - 64.4)	55.0 (49.3 - 60.5)	44.5 (39.6 - 49.5)	64.4 (62.5 - 66.2)	55.2 (53.0 - 57.5)	47.3 (43.3 - 51.4)
3 – 4 hours	17.9 (15.6 - 20.4)	21.0 (17.6 - 24.7)	26.8 (23.1 - 30.8)	16.7 (15.3 - 18.3)	21.4 (19.3 - 23.6)	25.3 (23.4 - 27.2)
5 – 6 hours	8.6 (7.3 - 10.2)	9.9* (6.9 - 14.0)	12.2 (9.6 - 15.4)	6.3 (5.6 - 7.0)	9.9 (8.7 - 11.1)	12.8 (11.2 - 14.7)
7 hours or more	3.8 (2.8 - 5.1)	6.3 (4.6 - 8.5)	7.3* (4.9 - 10.8)	4.4 (3.6 - 5.3)	6.1 (5.2 - 7.3)	7.3 (6.0 - 8.9)
No social media	8.7 (7.3 - 10.3)	7.9 (5.6 - 11.0)	9.3 (7.0 - 12.1)	8.2 (7.2 - 9.4)	7.4 (6.0 - 9.0)	7.3 (6.2 - 8.4)

[†] Asked of half the sample in 2015 and 2017.

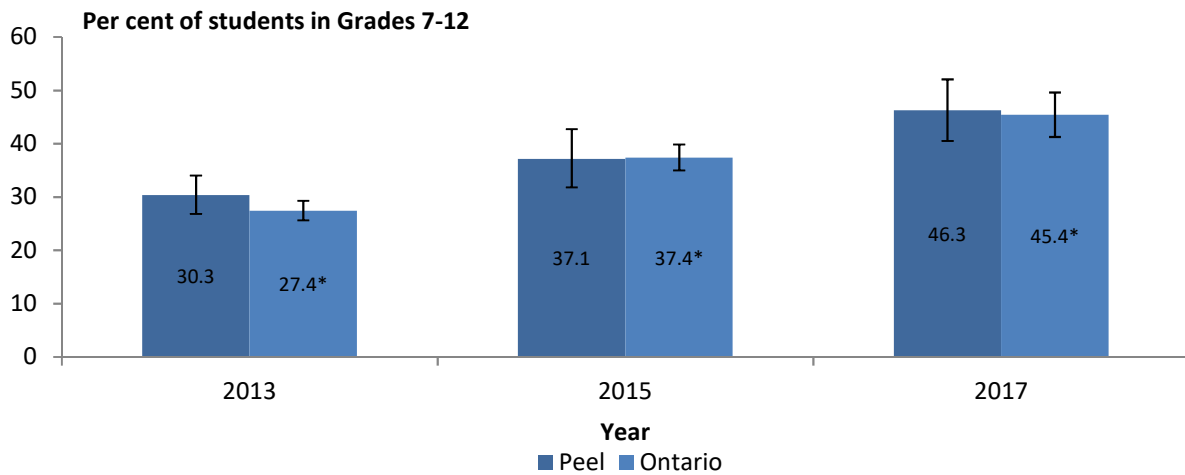
* Use estimate with caution.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel - Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Figure 3.5
Three or More Hours Spent on Social Media Among Grade 7 -12 Students[†],
Peel, 2013, 2015, 2017



[†] Asked of half the sample in 2015 and 2017.

* Use estimate with caution.

Notes: Error bars represent 95% confidence intervals.

Denominators vary by survey cycle.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addictions and Mental Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Table 3.12

**Three or More Hours Spent on Social Media Among Students in Grades 7 - 12[†],
Peel and Ontario, 2013, 2015, 2017**

Demographics	Per cent of Grade 7-12 Students (95% Confidence Interval)		
	2013 n=2,095	2015 n=585	2017 n=844
Sex			
Male	23.5 (20.0 - 27.4)	23.6 (17.3 - 31.3)	35.5 (28.7 - 43.0)
Female	37.7 (33.0 - 42.6)	51.3 (44.5 - 58.1)	58.8 (52.9 - 64.5)
Grade			
7	16.2* (10.5 - 24.1)	19.1* (12.0 - 29.1)	22.6* (12.5 - 37.3)
8	23.6 (16.8 - 32.1)	28.6* (16.0 - 45.8)	31.0* (20.0 - 44.6)
9	34.0 (26.4 - 42.5)	35.4* (24.2 - 48.4)	46.7 (33.8 - 60.2)
10	37.6 (32.7 - 42.9)	47.5 (36.1 - 59.1)	53.9 (43.6 - 63.8)
11	34.7 (27.6 - 42.5)	45.7 (31.4 - 60.8)	54.4 (38.9 - 69.0)
12	32.5 (27.1 - 38.4)	42.1* (27.7 - 58.0)	54.2 (43.1 - 65.0)

[†] Asked of half the sample in 2015 and 2017.

* Use estimate with caution.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health.
Region of Peel – Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Hours Spent Engaging in Screen Time Activities

The Canadian 24-Hour Movement Guidelines for Children and Youth recommend limiting recreational screen time to two hours or less per day among children and youth.⁴

In 2017, approximately two-thirds of Peel students (67%) spent three or more hours per day on recreational screen time. This is greater than the Ontario estimate (60%).

Peel students in Grade 7 (52%) were less likely to spend three or more hours per day on recreational screen time activities, compared to students in Grade 12 (74%). There are no differences by sex.

In Peel, the proportion of students that spent three or more hours per day on recreational screen time activities increased from 61% in 2013 to 67% in 2017. A similar pattern was seen among Ontario students but it was not statistically significant.

Survey Question: In the last 7 days, about how many hours on average did you spend: Watching tv/movies, playing video games/computer games, on a computer chatting, emailing or surfing the web in your free time?

Table 3.13

Proportion of Grade 7 - 12 Students who Spend Three or More Hours Per Day on Average Engaging in Recreational Screen Time Activities†, Peel and Ontario, 2013, 2015, 2017

Screen Time	Per cent of Grade 7-12 students (95% Confidence Interval)					
	Peel			Ontario		
	2013 n=2,085	2015 n=1,132	2017 n=1,650	2013 n=10,153	2015 n=10,332	2017 n=11,256
Three or more hours per day	60.8 (58.2 - 63.4)	62.8 (58.5 - 66.9)	66.9 (63.6 - 70.1)	55.9 (53.9 - 57.9)	59.9 (58.1 - 61.7)	60.0 (57.7 - 62.3)

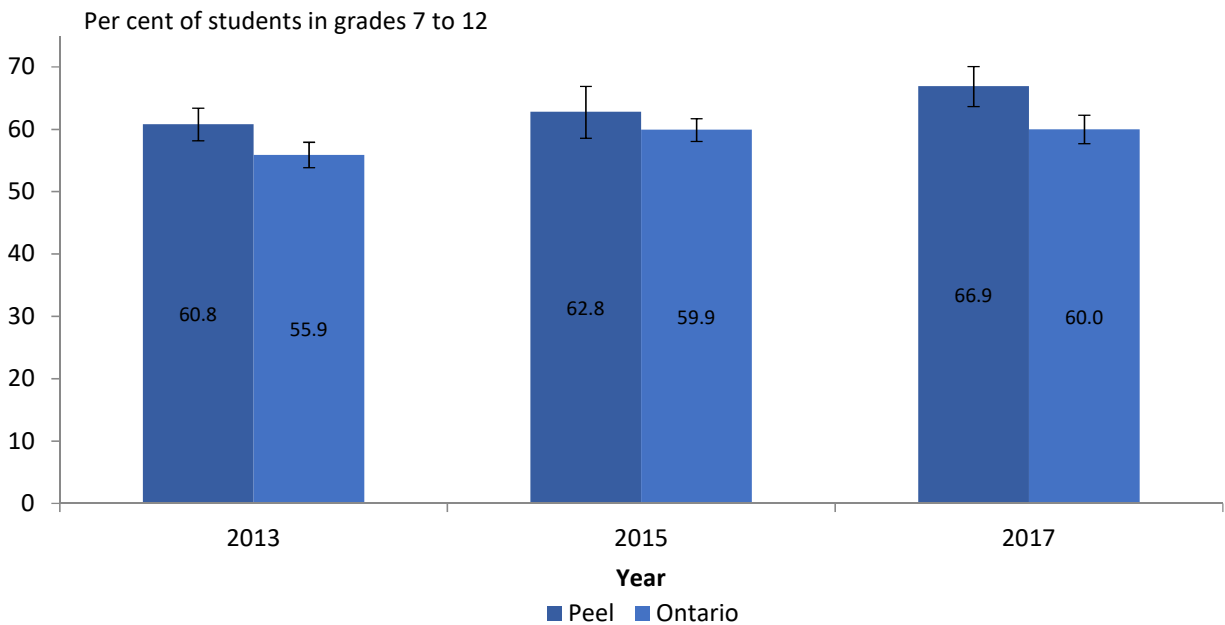
† Refers to the week prior to the survey.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel - Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Figure 3.6
Grade 7-12 Students who Spend More Than Two Hours Per Day on Average Engaging in Recreational Screen Time Activities[†], Peel, 2013, 2015, 2017



[†] Refers to the week prior to the survey.

Notes: Error bars represent 95% confidence intervals.

Denominators vary by survey cycle.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addictions and Mental Health. Region of Peel - Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Table 3.14

Proportion of Grade 7 - 12 Students who Spend Three or More Hours Per Day on Average Engaging in Recreational Screen Time Activities by Sex and Grade†, Peel, 2013, 2015, 2017

Demographics	Per cent of Grade 7-12 Students (95% Confidence Interval)		
	2013 n=2,085	2015 n=1,132	2017 n=1,650
Sex			
Male	61.5 (58.5 - 64.4)	61.2 (55.7 - 66.4)	68.5 (63.9 - 72.7)
Female	60.1 (56.3 - 63.8)	64.5 (57.2 - 71.2)	65.3 (61.6 - 68.9)
Grade			
7	40.5 (35.2 - 46.1)	47.0 (39.6 - 54.5)	51.5 (42.9 - 60.1)
8	56.2 (50.3 - 62.0)	55.8 (41.7 - 69.0)	58.0 (49.9 - 65.7)
9	58.0 (51.4 - 64.2)	67.8 (60.4 - 74.5)	67.2 (61.1 - 72.9)
10	68.6 (62.3 - 74.3)	64.5 (54.3 - 73.6)	71.3 (64.1 - 77.6)
11	67.1 (62.2 - 71.7)	64.7 (55.5 - 72.9)	74.5 (67.6 - 80.4)
12	68.3 (62.6 - 73.5)	70.7 (63.9 - 76.7)	73.9 (66.4 - 80.2)

† Refers to the week prior to the survey.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health.
Region of Peel – Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Frequency of Video Game Play

In 2017, one-in-five Peel students (20%) reported playing video games “every day” or “almost every day” in the 12 months prior to the survey. This is similar to Ontario (23%).

In Peel, males (32%) are more likely than females (8%*- use estimate with caution) to play video games daily. Prevalence of daily video game play was higher among Grade 9 students (27%) compared to Grade 8 students (13%*- use estimate with caution).

The 2017 estimates are similar to 2013 and 2015.

Survey Question: In the last 12 months, how often did you play video games?

Table 3.15
Frequency of Playing Video Games among Students in Grades 7 - 12[†],
Peel and Ontario, 2013, 2015, 2017

Frequency	Per cent of Grade 7-12 students (95% Confidence Interval)					
	Peel			Ontario		
	2013 n=1,043	2015 n=559	2017 n=799	2013 n=5,412	2015 n=5,273	2017 n=6,080
Every day/Almost every day	21.9 (19.2 - 24.9)	21.8 (18.1 - 25.9)	20.2 (16.9 - 23.9)	20.6 (18.9 - 22.5)	25.6 (23.6 - 27.6)	22.8 (20.8 - 25.0)
4-5 times/week	11.0 (9.6 - 12.7)	12.9 (9.9 - 16.5)	13.6 (11.6 - 15.9)	13.3 (11.7 - 15.1)	13.3 (11.9 - 14.8)	11.3 (10.3 - 12.3)
2-3 times/week	18.8 (16.0 - 22.1)	16.3 (12.5 - 20.8)	18.6 (15.8 - 21.9)	16.6 (15.1 - 18.2)	15.6 (14.1 - 17.2)	15.6 (13.8 - 17.6)
Once a week	7.6 (5.7 - 10.1)	7.3* (5.1 - 10.4)	5.3* (3.7 - 7.6)	7.6 (6.5 - 8.8)	7.6 (6.6 - 8.9)	7.4 (6.2 - 8.8)
<=3 times per month	25.4 (22.6 - 28.4)	22.8 (19.2 - 26.7)	24.4 (21.2 - 28.0)	28.6 (27.0 - 30.2)	24.0 (21.9 - 26.2)	26.0 (23.5 - 28.6)
Not in the past year	15.2 (12.8 - 18.0)	19.0 (14.3 - 24.8)	17.9 (15.1 - 21.0)	13.3 (11.6 - 15.2)	13.9 (12.3 - 15.7)	16.9 (15.5 - 18.4)

[†] Asked of half the sample.

* Use estimate with caution.

Note: Proportion of Peel students who did not respond to the question was 5.4% in 2017.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel - Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Table 3.16

**Frequency of Playing Video Games Daily among Students in Grades 7 – 12 by Sex and Grade[†],
Peel, 2013, 2015, 2017**

Demographics	Per cent of Grade 7-12 Students (95% Confidence Interval)		
	2013 n=1,043	2015 n=559	2017 n=799
Sex			
Male	35.0 (30.3 - 40.1)	35.1 (29.2 - 41.4)	31.7 (26.5 - 37.5)
Female	8.1* (5.6 - 11.4)	7.7* (4.6 - 12.8)	7.6* (5.1 - 11.1)
Grade			
7	23.4 (18.5 - 29.2)	17.8 (12.6 - 24.5)	NR
8	24.1 (17.6 - 32.1)	29.8* (20.2 - 41.5)	12.6* (7.8 - 19.6)
9	22.7* (15.4 - 32.1)	22.4* (13.8 - 34.2)	27.1 (20.1 - 35.4)
10	18.5* (12.9 - 25.9)	23.1* (13.2 - 37.2)	19.7* (13.8 - 27.4)
11	18.8* (13.1 - 26.2)	12.8* (6.2 - 24.5)	26.8* (15.5 - 42.2)
12	23.6 (17.2 - 31.6)	24.1* (14.7 - 36.9)	17.8* (11.4 - 26.8)

[†] Asked of half the sample.

* Use estimate with caution.

NR - Not releasable due to small numbers.

Note: Proportion of Peel students who did not respond to the question was 5.4% in 2017.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health.
Region of Peel – Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Hours Spent Playing Video Games

In 2017, among Peel students who played video games in past year, over half (54%) played two hours or more per day. This is similar to Ontario (50%).

In Peel, male students (74%) are more likely than females (25%) to play video games two or more hours per day. Daily video game play of two hours or more was more frequently reported among students in Grade 11 (66%) compared to Grade 7 students (46%).

The proportion of Grade 11 students in Peel who played video games two or more hours per day increased from 46% in 2013 to 66% in 2017.

Survey Question: In the last 12 months, on days when you played video games, about how many hours a day did you play?

Table 3.17

Number of Hours Typically Spent Playing Video Games Among Grade 7-12 Students who Played Video Games in the Last 12 Months[†], Peel and Ontario, 2013, 2015, 2017

Frequency per Day	Per cent of past year video game players (95% Confidence Interval)					
	Peel			Ontario		
	2013 n=871	2015 n=448	2017 n=649	2013 n=4,677	2015 n=4,532	2017 n=4,956
Less than one hour	27.3 (24.8 - 30.0)	22.1 (18.1 - 26.8)	27.3 (22.9 - 32.2)	29.7 (27.8 - 31.7)	28.3 (25.7 - 31.0)	28.4 (26.5 - 30.4)
About one hour	20.8 (17.8 - 24.2)	23.1 (17.0 - 30.6)	18.3 (14.2 - 23.3)	24.1 (22.2 - 26.2)	19.9 (18.0 - 21.9)	21.4 (19.4 - 23.4)
2 hours	23.4 (20.6 - 26.5)	25.7 (21.1 - 30.9)	20.9 (17.5 - 24.7)	22.3 (20.3 - 24.4)	22.0 (20.3 - 23.8)	21.0 (19.1 - 23.1)
3 - 4 hours	17.4 (14.5 - 20.8)	19.3 (16.0 - 23.0)	21.7 (17.4 - 26.7)	15.4 (13.0 - 18.1)	17.1 (15.1 - 19.2)	19.2 (17.3 - 21.3)
5 hours or more	10.3 (7.9 - 13.5)	9.3* (5.8 - 14.4)	11.8 (9.1 - 15.2)	7.3 (6.0 - 8.9)	12.1 (10.2 - 14.3)	10.0 (8.7 - 11.6)

[†] Asked of half the sample.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel - Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Table 3.18

Two or More Hours Spent Playing Video Games Daily Among Grade 7-12 Students who Played Video Games in the Last 12 Months by Sex and Grade[†], Peel, 2013, 2015, 2017

Demographics	Per cent of past year video game players (95% Confidence Interval)		
	2013 n=871	2015 n=448	2017 n=649
Sex			
Male	67.3 (61.7 - 72.5)	70.6 (62.5 - 77.6)	73.9 (67.9 - 79.1)
Female	29.4 (25.7 - 33.3)	29.4 (23.4 - 36.1)	25.3 (21.0 - 30.2)
Grade			
7	38.9 (34.2 - 43.8)	41.9 (28.5 - 56.6)	45.6 (37.5 - 54.0)
8	48.1 (40.7 - 55.5)	61.4 (49.2 - 72.3)	36.7 (25.9 - 49.0)
9	46.4 (39.7 - 53.3)	62.6 (46.3 - 76.5)	61.6 (51.4 - 70.9)
10	48.3 (41.6 - 55.0)	54.0 (40.6 - 66.7)	56.3 (46.3 - 65.9)
11	45.9 (40.8 - 51.0)	46.3 (36.5 - 56.3)	66.4 (54.4 - 76.6)
12	42.3 (37.6 - 47.0)	57.4 (44.3 - 69.6)	54.2 (41.4 - 66.4)

[†] Asked of half the sample.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health.
Region of Peel – Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Video Game Playing Problem

The Problem Video Game Playing (PVP) scale was developed to assess problematic video game playing among youth.⁵ The scale measures the dimensions of preoccupation, tolerance, loss of control, withdrawal, escape disregard for consequences and disruption to family and school. For each of the nine screener questions below, students were asked: *In the last 12 months did you...*

- ... Keep thinking about video games when not playing them?*
- ...Spend an increasing amount of time playing video games?*
- ...Try to cut back or stop playing video games, or played for longer than you planned to?*
- ...Get restless or irritated when you could not play video games?*
- ...Play video games more often when you felt bad, sad or nervous, or had a problem?*
- ...Keep playing to achieve your target? (When you lost in a game/when you did not get the results you wanted).*
- ...Skip school or work, lie or steal or argue with somebody so that you could play video games?*
- ...Ignore homework, go to bed late or spend less time with family or friends because of your video game playing?*
- ...Ever hide your video game playing from your family/friends?*

Each question has the response options, *Yes*, *No*, or *Don't play video games*. A video gaming problem is defined as having a positive response to five or more of the nine questions on the PVP scale.

In 2017, 13% of Peel students met the criteria for a video gaming problem. This is similar to Ontario (12%).

In Peel, males (20%*- use estimate with caution) are more likely than females (6%*- use estimate with caution) to exhibit a video gaming problem. There are no differences by grade.

The 2017 estimates are similar to 2013 and 2015.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Table 3.19
Video Gaming Problem Among Students in Grades 7-12[†],
Peel and Ontario, 2013, 2015, 2017

	Per cent of Grade 7-12 students (95% Confidence Interval)					
	Peel			Ontario		
	2013 n=1,038	2015 n=559	2017 n=803	2013 n=5,387	2015 n=5,275	2017 n=6,096
Video Gaming Problem	12.8 (10.8 - 15.2)	12.6* (8.6 - 18.2)	13.3 (9.9 - 17.7)	10.3 (8.6 - 12.3)	12.6 (11.2 - 14.2)	11.8 (9.6 - 14.4)

[†] Asked of half the sample.

* Use estimate with caution.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel - Public Health.

Table 3.20
Video Gaming Problem Among Students in Grades 7-12 by Sex and Grade[†],
Peel, 2013, 2015, 2017

Demographics	Per cent of Grade 7-12 Students (95% Confidence Interval)		
	2013 n=1,038	2015 n=559	2017 n=803
Sex			
Male	20.5 (17.0 - 24.5)	20.1* (13.4 - 29.1)	20.4* (14.2 - 28.5)
Female	4.8* (3.0 - 7.5)	4.8* (2.5 - 8.8)	5.5* (3.7 - 8.3)
Grade			
7	11.9 (9.9 - 14.2)	8.1* (4.1-15.5)	NR
8	9.7 (7.6 - 12.4)	NR	NR
9	13.6* (7.5 - 23.2)	NR	15.2* (9.8 - 22.9)
10	8.4* (5.2 - 13.4)	9.2* (4.6 - 17.6)	10.6* (5.5 - 19.4)
11	12.7* (8.6 - 18.5)	13.1* (7.3 - 22.5)	NR
12	18.1 (13.5 - 23.9)	21.1* (10.1 - 38.8)	14.9* (7.9 - 26.3)

[†] Asked of half the sample.

* Use estimate with caution.

NR - Not releasable due to small numbers.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel – Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Hours Spent on Electronic Devices During Recreational Time

In 2017, approximately one-third of secondary students in Peel (36%) spend five or more hours on electronic devices in their free time. This is comparable to Ontario (30%).

In Peel, more female (45%) than males (28%) spend five or more hours on electronic devices. There are no differences by grade.

Survey Question: About how many hours a day in your free time do you usually spend on electronic devices texting, messaging, emailing, chatting, watching videos, playing games, using social media (such as Instagram, Snapchat, Facebook), or surfing the Internet?

Table 3.21
**Hours Spent in Free Time on Electronic Devices Among Grade 9-12 Students[†],
Peel and Ontario, 2017**

Hours Spent on Electronic Devices	Per cent of Grade 9-12 Students (95% Confidence Interval)	
	Peel n=633	Ontario n=4,077
1 hour per day or less	13.6 (10.2 - 17.9)	17.4 (15.6 - 19.4)
2 hours a day	19.7 (15.4 - 25.0)	19.8 (18.2 - 21.6)
3 to 4 hours a day	31.1 (27.2 - 35.3)	33.3 (30.6 - 36.1)
5 to 6 hours a day	22.0 (18.5 - 25.9)	17.7 (15.7 - 19.8)
7 or more hours a day	13.5 (10.5 - 17.3)	11.8 (10.1 - 13.7)

[†] Asked of half the sample.

Source: Ontario Student Drug Use and Health Survey, 2017, Centre for Addiction and Mental Health. Region of Peel - Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Table 3.22

Grade 9-12 Students who Spend Five or More Hours per day in Free Time on Electronic Devices by Sex and Grade[†], Peel, 2017

Demographics	Per cent of Grade 9-12 Students (95% Confidence Interval)
	2017 n=633
Sex	
Male	27.6 (21.7 - 34.5)
Female	44.9 (37.7 - 52.2)
Grade	
9	32.8 (24.2 - 42.6)
10	34.6 (26.8 - 43.3)
11	40.0 (29.0 - 52.2)
12	35.2 (26.1 - 45.4)

[†] Asked of half the sample.

Source: Ontario Student Drug Use and Health Survey, 2017, Centre for Addiction and Mental Health. Region of Peel – Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Problematic Technology Use

The Short Problematic Internet Use Test (SPIUT) is a 6-item scale that measures the symptoms of problems with technology use.⁶ Students in grades 9 to 12 are asked the following items:

- *How often do you find that you are staying on electronic devices longer than you intended?*
- *How often do you neglect homework because you are spending more time on electronic devices?*
- *How often are you criticized by your parents or your friends about how much time you spend on electronic devices?*
- *How often do you lose sleep because you use electronic devices late at night?*
- *How often you do feel nervous when you are not using electronic devices and feel relieved when you do go back to using them?*
- *How often do you choose to spend more time on electronic devices rather than go out with your friends?*

Based on the responses to the six items, each student is given a summated score ranging from 0 to 24. Individuals with scores 14 or higher were classified as having a moderate-to-serious problem with technology use.

In 2017, 24% of secondary students in Peel had symptoms of moderate-to-serious problem with technology use. This is higher than the Ontario estimate (18%).

In Peel, more female students (32%) than males (17%* - use estimate with caution) had symptoms of moderate-to-serious problem with technology use. There are no differences by grade.

Survey Question: About how many hours a day in your free time do you usually spend on electronic devices texting, messaging, emailing, chatting, watching videos, playing games, using social media (such as Instagram, Snapchat, Facebook), or surfing the Internet?

Table 3.23
Moderate-to-Serious Problem with Technology Use Among Students in Grade 9-12^{†‡}, Peel and Ontario, 2017

	Per cent of Grade 9-12 Students (95% Confidence Interval)	
	Peel n=640	Ontario n=4,110
Symptoms of a Moderate-to-Serious Problem with Technology Use	23.7 (19.8 - 28.2)	18.1 (16.2 - 20.1)

[†] Asked of half the sample.

[‡] Indicated by a score of 14 or higher on the Short Problematic Internet Use Test.

Source: Ontario Student Drug Use and Health Survey, 2017, Centre for Addiction and Mental Health. Region of Peel - Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Table 3.24

Moderate-to-Serious Problem with Technology Use Among Grade 9-12 Students by Sex and Grade^{†‡}, Peel, 2017

Demographics	Per cent of Grade 9-12 Students (95% Confidence Interval)	
	2017 n=640	
Sex		
Male	16.6* (10.7 - 24.9)	
Female	32.1 (27.1 - 37.5)	
Grade		
9	20.5* (14.1 - 28.8)	
10	26.4* (18.0 - 36.9)	
11	30.7* (18.9 - 45.7)	
12	19.7* (13.7 - 27.4)	

† Asked of half the sample.

‡ Indicated by a score of 14 or higher on the Short Problematic Internet Use Test.

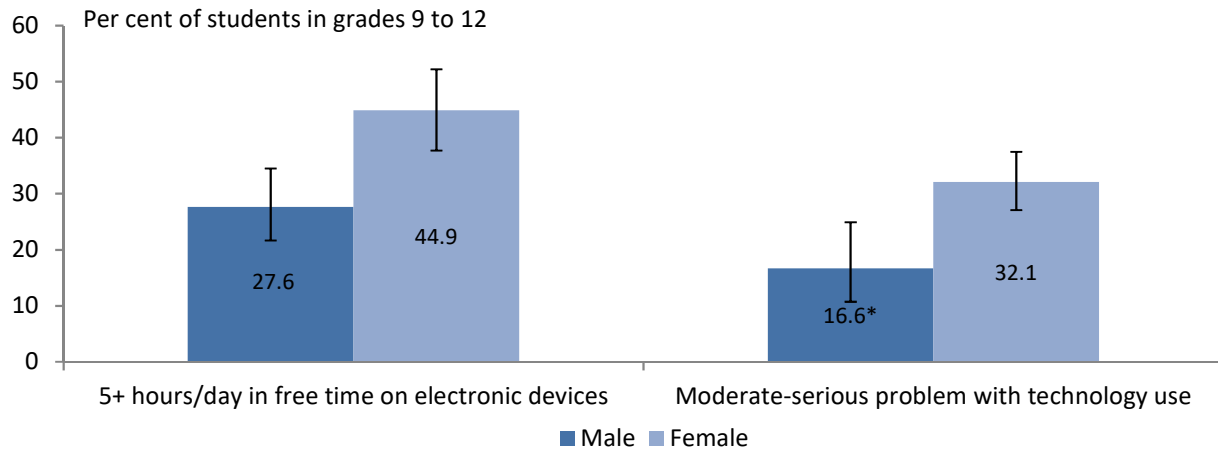
* Use estimate with caution.

Source: Ontario Student Drug Use and Health Survey, 2017, Centre for Addiction and Mental Health. Region of Peel – Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Figure 3.7
Free Time on Electronic Devices and Symptoms of Moderate-Serious Problem with Technology Use[†] Among Students in Grades 9-12 by Sex[‡], Peel, 2017



[†] Indicated by a score of 14 or higher on the Short Problematic Internet Use Test.

[‡] Asked of half the sample.

* Use estimate with caution.

Notes: Error bars represent 95% confidence intervals

Source: Ontario Student Drug Use and Health Survey, 2017, Centre for Addictions and Mental Health. Region of Peel - Public Health

**A look at Peel youth in grades 7–12:
Physical Health and Mental Well-Being**
Results from the Ontario Student Drug Use and Health Survey, 2013–2017

**CHAPTER FOUR
NUTRITION AND EATING HABITS**

HIGHLIGHTS

- In 2017, 15% of Peel and 16% of Ontario students consumed fruits and vegetables at least five times daily.
- In Peel, 5%* (*use estimate with caution) of Peel students “often or always” going to bed or school hungry. This is similar to Ontario (7%).
- Among Peel students, nine per cent consume at least one sugar-sweetened beverage daily and one-in-ten (10%) had at least one high-energy caffeinated drink in the past week prior to the survey. This is similar to Ontario students.
- In 2017, approximately one-half of Peel students had at least one coffee and 52% had at least one tea in the past week prior to the survey. Female students (57%) were more likely than males (40%) to drink at least one coffee in the past week.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

VEGETABLE AND FRUIT CONSUMPTION

In 2017, approximately one in seven (15%) Peel students ate fruits and vegetables at least five times daily. This is similar to Ontario estimates (16%).

In Peel, there are no differences by sex or grade.

The 2017 estimates are similar to 2015 estimates.

Survey question: On an average day, how many times do you eat fruits and vegetables? (Do not include juices.)

**Table 4.1
Consumption of Vegetables and Fruits Per Day on Average Among Grade 7-12 Students,
Peel and Ontario, 2015, 2017**

Frequency of Vegetable and Fruit Consumption	Per cent of Grade 7-12 students (95% Confidence Interval)			
	Peel		Ontario	
	2015 n=1,128	2017 n=1,647	2015 n=10,281	2017 n=11,225
0 times a day	3.4* (1.9 - 6.2)	4.8* (3.3 - 6.9)	3.0 (2.4 - 3.6)	3.0 (2.4 - 3.6)
1 time a day	19.2 (16.5 - 22.3)	17.0 (14.6 - 19.6)	18.0 (16.4 - 19.6)	14.8 (12.8 - 17.0)
2 times a day	27.4 (24.5 - 30.6)	27.5 (24.9 - 30.2)	26.4 (25.0 - 27.8)	28.1 (26.6 - 29.6)
3 times a day	22.7 (19.9 - 25.9)	22.4 (19.9 - 25.1)	24.3 (23.0 - 25.7)	24.4 (23.0 - 25.9)
4 times a day	12.6 (10.3 - 15.2)	13.0 (11.1 - 15.1)	12.9 (11.8 - 14.1)	14.2 (13.0 - 15.6)
5 times a day	4.8* (3.3 - 7.0)	6.0 (4.8 - 7.5)	6.3 (5.6 - 7.2)	6.2 (5.3 - 7.1)
6 or more times a day	9.8 (7.4 - 12.9)	9.4 (8.0 - 10.9)	9.2 (8.2 - 10.2)	9.3 (8.2 - 10.6)

* Use estimate with caution.

NR - Not releasable due to small numbers.

Source: Ontario Student Drug Use and Health Survey, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel - Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Table 4.2
Consumption of Vegetables and Fruits At Least Five Times Per Day on Average Among Grade 7-12 Students by Sex and Grade, Peel and Ontario, 2015, 2017

Demographics	Per cent of Grade 7-12 Students (95% Confidence Interval)	
	2015 n=1,128	2017 n=1,647
Sex		
Male	16.5 (12.8 - 20.9)	16.1 (13.4 - 19.1)
Female	12.6* (8.7 - 17.8)	14.6 (12.1 - 17.6)
Grade		
7	20.0 (14.4 - 27.0)	18.3* (12.8 - 25.6)
8	14.4 (11.7 - 17.7)	25.6 (21.5 - 30.2)
9	NR	15.5 (12.8 - 18.8)
10	8.3* (4.5 - 14.9)	15.4* (10.8 - 21.6)
11	14.8* (8.9 - 23.5)	9.1* (5.4 - 14.8)
12	NR	11.0* (7.3 - 16.3)

* Use estimate with caution.

NR - Not releasable due to small numbers.

Source: Ontario Student Drug Use and Health Survey, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel – Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

GOING TO BED HUNGRY

In 2017, 5%* (*use estimate with caution) of Peel students reported ‘often or always’ going to bed or school hungry. This estimate is similar in Ontario (7%).

In Peel, there are no differences by sex or grade.

The 2017 estimates are similar to the 2013 and 2015 estimates.

Survey question: Some young people go to school or to bed hungry because there is not enough food at home. How often does this happen to you?

Table 4.3
Frequency of Going to Bed or School Hungry among Students in Grade 7-12,
Peel and Ontario, 2015, 2017

Going to Bed or School Hungry	Per cent of Grade 7-12 students (95% Confidence Interval)			
	Peel		Ontario	
	2015 n=1,129	2017 n=1,634	2015 n=10,279	2017 n=11,175
Always	NR	1.7* (0.9 - 3.3)	1.1 (0.8 - 1.4)	2.2 (1.6 - 3.0)
Often	4.1* (2.7 - 6.2)	3.3* (2.3 - 4.9)	3.6 (2.9 - 4.4)	4.5 (3.8 - 5.4)
Sometimes	18.3 (15.2 - 21.9)	22.0 (19.4 - 24.8)	18.9 (17.4 - 20.5)	20.5 (18.9 - 22.3)
Never	76.6 (72.0 - 80.6)	73.0 (68.5 - 77.0)	76.5 (74.5 - 78.3)	72.8 (70.4 - 75.0)

* Use estimate with caution.

NR - Not releasable due to small numbers.

Source: Ontario Student Drug Use and Health Survey, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel - Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Table 4.4
Students in Grade 7-12 who Often or Always Go to Bed or School Hungry by Sex and Grade, Peel and Ontario, 2015, 2017

Demographics	Per cent of Grade 7-12 Students (95% Confidence Interval)	
	2015 n=1,129	2017 n=1,634
Sex		
Male	5.8* (4.0 - 8.4)	4.2* (2.2 - 7.8)
Female	4.3* (2.8 - 6.8)	5.9* (3.7 - 9.2)
Grade		
7	NR	NR
8	NR	NR
9	6.1* (3.2 - 11.4)	4.7* (3.0 - 7.4)
10	NR	NR
11	7.8* (4.2 - 14.2)	NR
12	NR	5.3* (2.9 - 9.6)

* Use estimate with caution.

NR - Not releasable due to small numbers.

Source: Ontario Student Drug Use and Health Survey, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel – Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

SUGAR-SWEETENED BEVERAGES

In 2017, 9% of Peel students consumed sugar-sweetened beverages on one or more occasions per day, in the week before the survey. This is similar to Ontario (12%).

In Peel, there are no differences by sex or age.

The 2017 estimates are similar to the 2013 and 2015 estimates.

Survey Question: *In the last 7 days how often did you drink a can, bottle, or glass of pop (such as Coke, Pepsi, Sprite) a sports drink (Gatorade), fruit cocktails or lemonades, or a pre-sweetened tea or coffee (Iced Tea or Frappuccino)? (Do not include diet pop, 100% fruit juice, G2 or plain water.)*

Table 4.5
Consumption of Sugar-Sweetened Beverages in the Last Week among Grade 7-12 Students, Peel and Ontario, 2013, 2015, 2017

Frequency	Per cent of Grade 7-12 students (95% Confidence Interval)					
	Peel			Ontario		
	2013 n=2,081	2015 n=1,128	2017 n=1,634	2013 n=10,141	2015 n=10,288	2017 n=5,035
At least once per week	70.7 (68.2 - 73.1)	69.2 (66.1 - 72.1)	72.0 (69.0 - 74.9)	69.8 (68.2 - 71.3)	70.3 (68.8 - 71.7)	70.2 (68.7 - 71.7)
Once each day	6.2 (5.1 - 7.6)	4.5 (3.4 - 5.9)	5.3 (4.0 - 6.9)	6.5 (5.6 - 7.4)	6.0 (5.2 - 6.9)	6.7 (5.0 - 9.1)
More than once per day	4.9 (3.6 - 6.6)	4.5* (2.8 - 7.2)	4.0 (3.0 - 5.3)	5.8 (5.1 - 6.6)	4.8 (4.1 - 5.7)	4.7 (4.0 - 5.6)
Not at all in last week	18.2 (16.0 - 20.6)	21.8 (19.2 - 24.7)	18.7 (16.0 - 21.8)	18.0 (16.5 - 19.5)	18.9 (17.4 - 20.5)	18.3 (16.8 - 19.9)

* Use estimate with caution.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel - Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Table 4.6

Consumption of Sugar-Sweetened Beverages Once Per Day or More in the Past Week among Grade 7-12 Students, Peel, 2013, 2015, 2017

Demographics	Per cent of Grade 9-12 Students (95% Confidence Interval)		
	2013 n=2,081	2015 n=1,128	2017 n=1,634
Sex			
Male	13.5 (10.6 - 17.0)	9.1* (6.4 - 12.9)	10.0 (7.2 - 13.7)
Female	8.5 (6.6 - 11.0)	8.9* (6.1 - 12.9)	8.5 (6.6 - 10.8)
Grade			
7	6.8* (4.8 - 9.5)	5.0* (2.6 - 9.4)	7.4* (3.7 - 14.0)
8	8.7* (5.8 - 12.8)	NR	9.1* (5.2 - 15.5)
9	12.4 (9.3 - 16.3)	8.8* (5.3 - 14.4)	11.2 (8.1 - 15.3)
10	12.9* (9.0 - 18.1)	10.0* (6.1 - 15.9)	6.6* (4.3 - 10.2)
11	14.7* (10.3 - 20.7)	8.7* (5.3 - 13.9)	7.6* (4.2 - 13.3)
12	10.5* (6.9 - 15.7)	13.1* (7.7 - 21.5)	12.3* (7.7 - 18.9)

* Use estimate with caution.

NR - Not releasable due to small numbers.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel – Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

CONSUMPTION OF HIGH-ENERGY CAFFEINATED DRINKS

In 2017, one-in-ten Peel students (10%) had at least one high-energy caffeinated drink in the past week prior to the survey. This is similar to Ontario students (13%).

In Peel, there are no differences by sex or grade.

The 2017 estimates are similar to 2013 and 2015.

Survey Question: *In the last 7 days how often did you drink a can of a high-energy caffeine drink, such as Red Bull, Rockstar, Amp, Full Throttle, Monster, etc.?*

Table 4.7
Consumption of High-Energy Caffeinated Beverages in the Last Week Among Grade 7-12 Students, Peel and Ontario, 2013, 2015, 2017

Frequency	Per cent of Grade 7-12 students (95% Confidence Interval)					
	Peel			Ontario		
	2013 n=2,069	2015 n=1,112	2017 n=1,631	2013 n=10,054	2015 n=10,190	2017 n=11,141
Once in last week	5.8 (4.7 - 7.1)	6.3 (4.9 - 8.1)	6.8 (5.4 - 8.6)	7.4 (6.4 - 8.5)	7.2 (6.3 - 8.3)	7.6 (6.7 - 8.6)
More than once per week	4.1 (3.0 - 5.4)	3.6* (2.4 - 5.5)	3.5* (2.4 - 5.0)	5.0 (4.3 - 5.9)	4.7 (4.2 - 5.4)	5.0 (3.9 - 6.4)
Not in last week	22.5 (20.0 - 25.2)	22.9 (19.3 - 26.8)	20.1 (17.3 - 23.1)	27.3 (25.6 - 29.0)	22.8 (21.3 - 24.4)	21.5 (19.9 - 23.2)
Not in the last year	67.7 (64.3 - 70.9)	67.2 (62.9 - 71.2)	69.7 (65.3 - 73.7)	60.3 (58.3 - 62.2)	65.2 (63.1 - 67.2)	65.9 (63.4 - 68.2)

* Use estimate with caution.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel - Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Table 4.8
Consumption of High-Energy Caffeinated Beverages Once or More in the Past Week
Among Grade 7-12 Students,
Peel, 2013, 2015, 2017

Demographics	Per cent of Grade 7-12 Students (95% Confidence Interval)		
	2013 n=2,069	2015 n=1,112	2017 n=1,631
Sex			
Male	12.3 (9.9 - 15.1)	11.3 (9.5 - 13.4)	12.7 (10.0 - 16.2)
Female	7.3 (5.7 - 9.3)	8.5* (5.9 - 12.1)	7.7 (5.5 - 10.6)
Grade			
7	4.4* (2.8 - 6.9)	6.0* (4.0 - 8.9)	NR
8	8.9* (5.8 - 13.5)	NR	6.7* (3.4 - 12.7)
9	9.4* (6.2 - 14.1)	9.9* (6.5 - 14.7)	12.4* (7.8 - 19.2)
10	14.8 (11.4 - 18.8)	9.4 (6.7 - 13.0)	12.5* (8.4 - 18.3)
11	12.4* (6.8 - 21.5)	11.2 (8.1 - 15.2)	13.3* (9.0 - 19.4)
12	8.8* (5.4 - 14.0)	14.6* (9.2 - 22.4)	8.6* (5.4 - 13.5)

* Use estimate with caution.

NR - Not releasable due to small numbers.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel – Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

FREQUENCY OF DRINKING COFFEE

In 2017, almost one-half (49%) of Peel students had at least one coffee in the past week prior to the survey. This is similar to Ontario students (45%).

In Peel, more females (57%) than males (40%) consumed at least one coffee in the past week. There are no differences by grade.

Survey Question: *In the last 7 days, how often did you drink a cup, can, or bottle of coffee or coffee drinks such as lattes or cappuccinos (hot or cold)? (Do not include decaffeinated coffee).*

Table 4.9
Consumption of Coffee in the Past Week among Students in Grade 7-12[†],
Peel and Ontario, 2017

Frequency	Per cent of Grade 7-12 Students (95% Confidence Interval)	
	Peel n=840	Ontario n=4,862
Once in past week	17.9 (14.8 - 21.5)	17.4 (16.0 - 19.0)
More than once in past week	30.7 (26.1 - 35.8)	27.9 (25.5 - 30.4)
Not in last week	23.4 (19.8 - 27.4)	20.9 (19.0 - 22.9)
Not in the past year	27.9 (23.3 - 33.2)	33.9 (30.0 - 38.0)

[†] Asked of half the sample.

Source: Ontario Student Drug Use and Health Survey, 2017, Centre for Addiction and Mental Health. Region of Peel - Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Table 4.10

Consumption of One or More Coffee Drinks in the Past Week Among Grade 7-12 Students by Sex and Grade[†], Peel, 2017

Demographics	Per cent of Grade 7-12 Students (95% Confidence Interval)
	2017 n=840
Sex	
Male	39.8 (31.7 - 48.4)
Female	57.0 (52.1 - 61.8)
Grade	
7	32.9* (20.8 - 47.8)
8	41.3 (33.3 - 49.6)
9	46.5 (35.7 - 57.6)
10	52.1 (41.3 - 62.7)
11	59.2 (47.4 - 70.0)
12	59.1 (47.1 - 70.2)

[†] Asked of half the sample.

* Use estimate with caution.

Source: Ontario Student Drug Use and Health Survey, 2017, Centre for Addiction and Mental Health. Region of Peel – Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

FREQUENCY OF DRINKING TEA

In 2017, one-half (52%) of Peel students had at least one tea beverage in the past week prior to the survey. This is similar to Ontario students (50%).

In Peel, two-thirds (66%) of students in Grade 11 had at least one tea beverage in the past week, which is greater than the prevalence among Grade 7 (42%) and Grade 8 students (40%). There are no differences by sex.

Survey Question: *In the last 7 days, how often did you drink a cup, can, or bottle of hot or iced tea? (Do not include decaffeinated tea).*

Table 4.11
Consumption of Tea in the Past Week Among Students in Grade 7-12[†],
Peel and Ontario, 2017

Frequency	Per cent of Grade 7-12 Students (95% Confidence Interval)	
	Peel n=802	Ontario n=4,878
Once in past week	21.1 (18.0 - 24.5)	18.7 (17.1 - 20.4)
More than once in past week	30.5 (26.0 - 35.4)	31.0 (29.0 - 33.0)
Not in last week	23.9 (20.6 - 27.5)	22.5 (20.9 - 24.1)
Not in the past year	24.5 (20.6 - 28.9)	27.8 (25.4 - 30.5)

[†] Asked of half the sample.

Source: Ontario Student Drug Use and Health Survey, 2017, Centre for Addiction and Mental Health. Region of Peel - Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Table 4.12

Consumption of One or More Tea Beverages in the Past Week Among Grade 7-12 Students by Sex and Grade[†], Peel, 2017

Demographics	Per cent of Grade 7-12 Students (95% Confidence Interval)
	2017 n=802
Sex	
Male	49.7 (43.6 - 55.8)
Female	53.3 (49.0 - 57.6)
Grade	
7	42.3 (35.4 - 49.4)
8	40.3 (31.6 - 49.7)
9	49.8 (40.5 - 59.1)
10	59.7 (52.0 - 67.0)
11	66.1 (57.3 - 74.0)
12	53.4 (40.0 - 66.3)

[†] Asked of half the sample.

Source: Ontario Student Drug Use and Health Survey, 2017, Centre for Addiction and Mental Health. Region of Peel – Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

CHAPTER FIVE MENTAL WELL-BEING

HIGHLIGHTS

- Among Peel students, the prevalence of very good/excellent mental health decreased from two-thirds (66%) in 2013 to one-half (50%) in 2017. A similar trend is seen among Ontario students.
- Approximately one-third (32%) of Peel students believe that their mental health affects their grades “a great deal” or “quite a lot”. Across grades, students in grade 12 (42%) are more likely to perceive that their mental health affects their grades “a great deal” or “quite a lot” than students in grades 7 to 8.
- The prevalence of Peel students with moderate-to-high levels of psychological distress increased from 24% in 2013 to 39% in 2017. Female students (49%) are more likely than males (30%) to have moderate-to-high levels of psychological distress.
- In 2017, 38% of Peel students and 35% of Ontario students in grades 9 to 12 experienced a serious traumatic event in their lifetime that affected them emotionally or physically. In Peel, female students (45%) are more likely than male students (32%) to experience a traumatic event.
- In Peel, one-in-five female students (20%) considered attempting suicide, which is twice as high as the prevalence among males (9%).
- In 2017, approximately one-third of students in Peel (33%) and Ontario (31%) felt like they “did not know who to turn to” when they wanted to discuss mental health or emotional issues. Females (44%) are more likely than male students (24%) to “not know who to turn to”.
- In 2017, 61% of students in Peel and Ontario always/usually/sometimes talk to at least one parent about their problems and feelings. Females (66%) are more likely than male students (56%) to talk to their parents.
- Approximately, 8% of Peel and 7% of Ontario students have low self-esteem.
- In 2017, 19% of Peel students reported symptoms of ADHD in the past six months. This is similar to Ontario (20%).

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

SELF-RATED MENTAL HEALTH

In 2017, one-half of Peel students (50%) in grades 7 to 12 rated their mental health as “Excellent” or “Very good”. This is similar to Ontario (53%).

In Peel, more males (59%) than females (40%) rated their mental health as “Excellent” or “Very good”. Students in younger grades are more likely to have excellent/very good mental health compared to older students. The prevalence of excellent/very good mental health among Grade 7 students (69%) is almost twice as high as Grade 12 students (36%).

Among Peel students, the prevalence of excellent/very good mental health has decreased from two-thirds (66%) in 2013 to one-half (50%) in 2017. A similar trend is seen among Ontario students.

Survey Question: How would you rate your mental or emotional health?

Table 5.1
Self-Rated Mental Health Among Grade 7-12 Students[†],
Peel and Ontario, 2013, 2015, 2017

Self-Rated Mental Health	Per cent of Grade 7-12 students (95% Confidence Interval)					
	Peel			Ontario		
	2013 n=1,039	2015 n=577	2017 n=837	2013 n=5,359	2015 n=5,367	2017 n=6,306
Excellent	27.6 (24.5 - 30.9)	24.3 (19.5 - 29.8)	23.3 (19.6 - 27.6)	26.6 (24.6 - 28.8)	22.9 (20.9 - 25.2)	21.8 (19.5 - 24.2)
Very good	38.1 (35.2 - 41.1)	34.9 (30.5 - 39.6)	27.1 (23.5 - 31.0)	36.1 (34.4 - 37.8)	36.7 (34.4 - 39.1)	31.7 (29.1 - 34.4)
Good	20.9 (18.4 - 23.7)	22.6 (19.1 - 26.5)	28.6 (23.7 - 34.1)	22.0 (20.3 - 23.7)	23.8 (22.0 - 25.7)	27.8 (25.2 - 30.5)
Fair	8.4 (6.9 - 10.3)	14.5 (11.0 - 18.9)	15.2 (12.5 - 18.4)	10.9 (9.4 - 12.5)	11.6 (10.1 - 13.4)	13.0 (11.7 - 14.3)
Poor	4.9* (3.5 - 7.0)	3.7* (2.3 - 6.2)	5.8* (4.0 - 8.3)	4.4 (3.5 - 5.7)	4.9 (4.0 - 6.0)	5.9 (4.8 - 7.1)

[†] Asked of half the sample.

* Use estimate with caution.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel - Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Table 5.2

**Self-Rated Mental Health among Grade 7-12 Students by Sex and Grade[†],
Peel, 2013, 2015, 2017**

Demographics	Per cent of Grade 7-12 Students (95% Confidence Interval)		
	2013 n=1,039	2015 n=577	2017 n=837
Sex			
Male	75.2 (71.4 - 78.7)	67.9 (59.5 - 75.3)	59.4 (52.4 - 66.0)
Female	55.7 (50.5 - 60.7)	50.1 (42.8 - 57.3)	40.0 (33.1 - 47.3)
Grade			
7	73.8 (68.4 - 78.5)	74.9 (66.1 - 82.0)	69.3 (60.0 - 77.2)
8	70.7 (61.4 - 78.5)	69.1 (56.1 - 79.7)	62.2 (48.7 - 74.0)
9	62.5 (54.0 - 70.3)	58.8 (51.4 - 65.9)	61.3 (52.7 - 69.3)
10	71.1 (64.0 - 77.4)	63.3 (55.1 - 70.7)	45.2 (35.8 - 55.0)
11	62.8 (53.2 - 71.4)	47.8 (35.9 - 59.9)	43.7 (32.2 - 55.9)
12	58.1 (48.7 - 66.9)	48.7 (33.8 - 63.9)	35.5 (25.5 - 46.8)

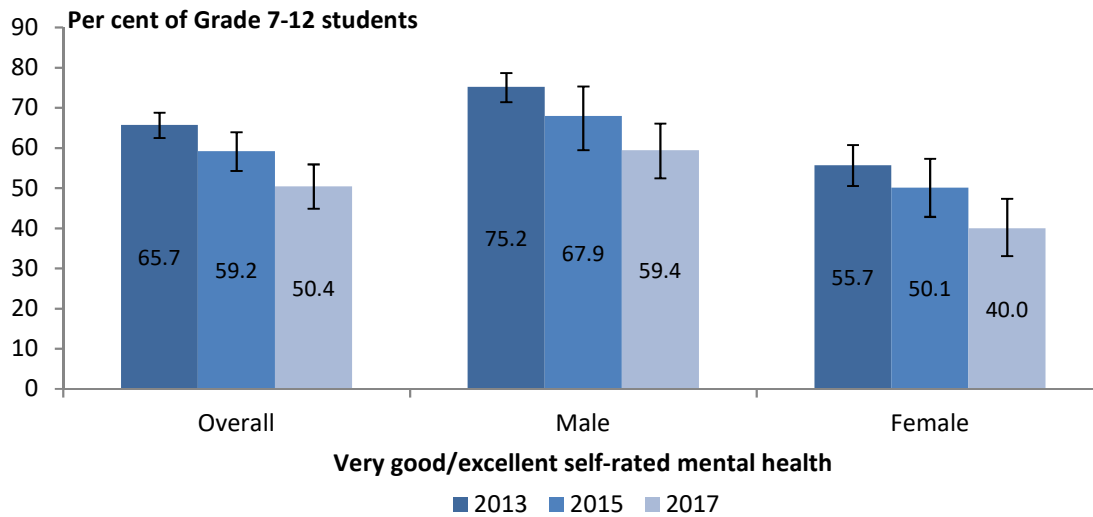
[†] Asked of half the sample.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel – Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Figure 5.1
Very Good/Excellent Self-Rated Mental Health Among Students in Grades 7-12
by Sex,[†]
Peel, 2013, 2015, 2017



Notes: Error bars represent 95% confidence intervals.

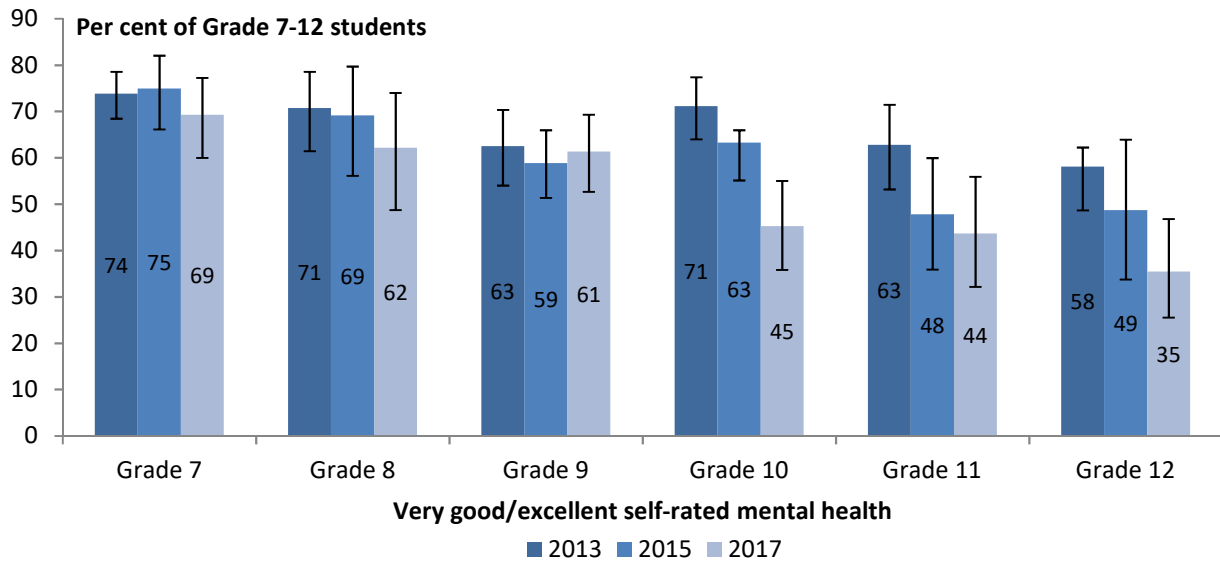
Denominators vary by survey cycle.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addictions and Mental Health. Region of Peel - Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Figure 5.2
Very Good/Excellent Self-Rated Mental Health Among Students in Grades 7-12,[†]
Peel, 2013, 2015, 2017



Notes: Error bars represent 95% confidence intervals.

Denominators vary by survey cycle.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addictions and Mental Health. Region of Peel - Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

PERCEIVED EFFECT OF MENTAL HEALTH ON ACADEMIC PERFORMANCE

In 2017, approximately one-third (32%) of Peel students believe that their mental health affects their grades “a great deal” or “quite a lot”. This is similar to Ontario students (29%).

In Peel, Grade 12 students (42%) are more likely to perceive that their mental health affects their grades “a great deal” or “quite a lot” compared to Grade 7 (14%* - use estimate with caution) and Grade 8 (20%* - use estimate with caution) students. There are no differences by sex.

Survey Question: How much do you think your mental or emotional health affects the grades you get in school?

Table 5.3
Perceived Effect of Mental Health on Academic Performance Among Grade 7-12 Students[†], Peel and Ontario, 2017

Perceived Effect of Mental Health Affecting Grades	Per cent of Grade 7-12 Students (95% Confidence Interval)	
	Peel n=836	Ontario n=6,280
A great deal	11.3 (8.6 - 14.7)	10.4 (9.1 - 12.0)
Quite a lot	20.1 (17.5 - 23.1)	18.2 (16.5 - 19.9)
A little	39.0 (34.7 - 43.6)	35.9 (33.6 - 38.2)
Not at all	29.5 (25.8 - 33.5)	35.5 (33.9 - 37.2)

[†] Asked of half the sample.

Source: Ontario Student Drug Use and Health Survey, 2017, Centre for Addiction and Mental Health. Region of Peel - Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Table 5.4

**Grade 7-12 Students who Perceive Mental Health as Affecting their Grades “A Great Deal” or “Quite a lot” by Sex and Grade[†],
Peel, 2017**

Demographics	Per cent of Grade 7-12 Students (95% Confidence Interval)
	2017 n=836
Sex	
Male	30.0 (24.8 - 35.9)
Female	33.1 (28.0 - 38.6)
Grade	
7	14.2* (9.4 - 20.9)
8	19.8* (13.7 - 27.7)
9	26.1 (18.3 - 35.8)
10	35.9 (29.7 - 42.7)
11	38.3 (26.6 - 51.5)
12	41.5 (34.3 - 49.0)

[†] Asked of half the sample.

* Use estimate with caution.

Source: Ontario Student Drug Use and Health Survey, 2017, Centre for Addiction and Mental Health. Region of Peel – Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

PSYCHOLOGICAL DISTRESS

The Kessler 6-Item Psychological Distress Scale (K6) is a validated screening tool that assesses feelings and behaviours of students over the previous four weeks in order to detect non-specific psychological distress.⁷ The Kessler 10 -item scale (K10) was used in 2013. Starting in 2015, the K10 was replaced by the K6.³ To maintain comparability across cycles, the 2013 estimate for psychological distress was calculated using only the six items asked in the K6.

For each of the screener questions below, students were asked: In the last 4 weeks, how often did you....

- ...Feel nervous*
- ...Feel that everything was an effort*
- ...Feel hopeless*
- ...Feel so sad that nothing could cheer you up*
- ...Feel restless or fidgety*
- ...Feel worthless*

Response options were on a five-point scale, ranging from 1-*Never*, to 5-*All of the time*. Students' responses were summed across questions, with an overall psychological distress score ranging from 0 to 24. Moderate-to-high levels of psychological distress scores are indicated by a score of eight or more out of a possible total of 24.

In 2017, 39% of Peel students experienced symptoms of moderate-to-high levels of psychological distress. This is similar to Ontario (39%).

In Peel, female students (49%) are more likely than males (30%) to have moderate-to-high levels of psychological distress. Moderate-to-high levels of psychological distress was more common among Grade 11 (51%) and 12 students (45%), compared to Grade 8 students (28%).

The prevalence of Peel students with moderate-to-high levels of psychological distress increased from 24% in 2013 to 39% in 2017. This pattern is similar to Ontario.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Table 5.5
**Students in Grades 7 - 12 Classified as Having Moderate-to-High Levels of Psychological Distress in the Last Month[†],
Peel and Ontario, 2013, 2015, 2017**

	Per cent of Grade 7-12 students (95% Confidence Interval)					
	Peel			Ontario		
	2013 n=1,035	2015 n=561	2017 n=811	2013 n=5,308	2015 n=5,253	2017 n=6,123
Moderate-to-high levels of psychological distress	24.4 (21.2 - 27.9)	37.3 (31.8 - 43.0)	38.7 (34.2 - 43.5)	23.5 (21.4 - 25.8)	34.0 (31.5 - 36.7)	38.7 (34.9 - 42.6)

[†] Asked of half the sample.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel - Public Health.

Table 5.6
**Students in Grades 7 - 12 Classified as Having Moderate-to-High Levels of Psychological Distress in the Last Month by Sex and Grade[†],
Peel, 2013, 2015, 2017**

Demographics	Per cent of Grade 7-12 Students (95% Confidence Interval)		
	2013 n=1,035	2015 n=561	2017 n=811
Sex			
Male	17.9 (14.5 - 21.9)	28.5 (20.0 - 38.8)	29.6 (24.0 - 35.9)
Female	31.2 (26.3 - 36.6)	46.4 (41.1 - 51.7)	49.0 (42.6 - 55.4)
Grade			
7	9.4* (5.7 - 15.3)	19.7 (15.0 - 25.4)	NR
8	22.5 (17.4 - 28.6)	30.3 (24.6 - 36.7)	26.7 (19.1 - 36.1)
9	21.8* (14.6 - 31.2)	24.1* (15.0 - 36.4)	36.5 (29.5 - 44.2)
10	26.1 (21.1 - 31.8)	32.6 (27.2 - 38.5)	39.3 (31.8 - 47.4)
11	29.2 (21.8 - 37.9)	53.7 (42.9 - 64.3)	51.2 (42.0 - 60.4)
12	31.5 (23.8 - 40.3)	52.0 (35.5 - 68.1)	45.4 (37.8 - 53.2)

[†] Asked of half the sample.

* Use estimate with caution.

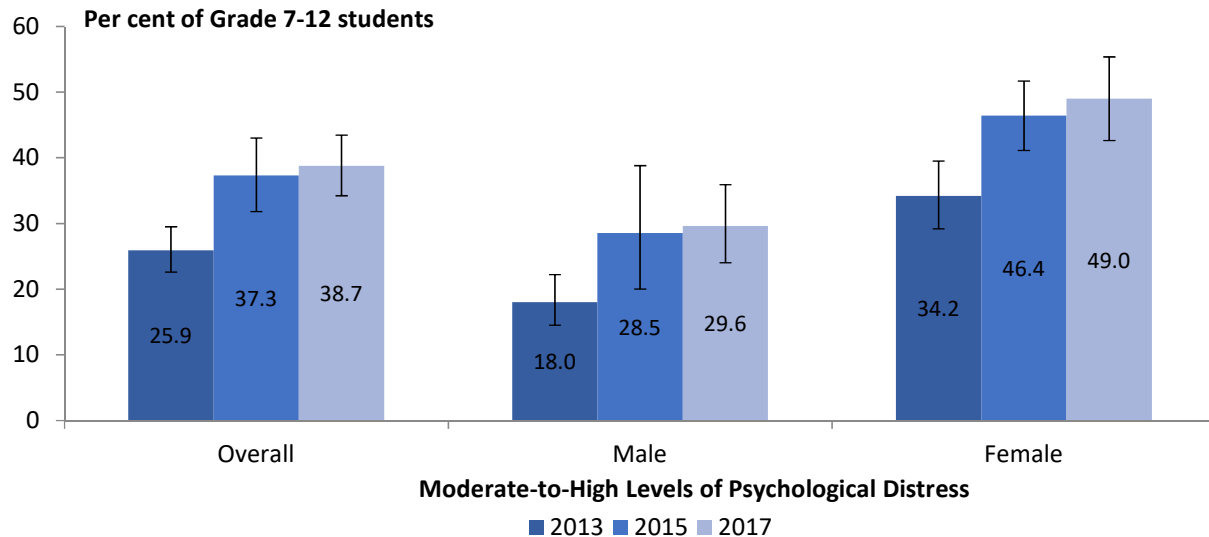
NR - Not releasable due to small numbers.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel – Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Figure 5.3
Moderate-to-High Levels of Psychological Distress in the Last Month Among Students in Grades 7-12 by Sex^{†‡}, Peel, 2013, 2015, 2017



† Asked of half the sample.

‡ Moderate-to-high levels of psychological distress indicated by score of eight or more on Kessler 6-item Psychological Distress Scale.

Notes: Error bars represent 95% confidence intervals.

Denominators vary by survey cycle.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addictions and Mental Health. Region of Peel - Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

PERCEIVED ELEVATED STRESS

The prevalence of perceived elevated stress was assessed by asking “In the last 4 weeks, did you feel that you were under any stress, strain, or pressure”. Students that responded with “Yes, almost more than I could take” or “Yes, a lot” were categorized as having elevated levels of stress.

In 2017, 31% of students in Peel had elevated levels of stress in the past month. This is similar to Ontario (30%).

In Peel, females (39%) are more likely than males (24%) to have elevated stress. Elevated stress was more prevalent among Grade 12 students (41%), compared to students in Grade 8 (15%).

The 2017 estimates are similar to 2015 estimates.

Survey Question: “In the last four weeks, did you feel that you were under any stress, strain or pressure?”

Table 5.7
Level of Stress Experienced in the Past Month Among Students in Grades 7-12[†], Peel and Ontario, 2015, 2017

Level of stress	Per cent of Grade 7-12 students (95% Confidence Interval)			
	Peel		Ontario	
	2015 n=573	2017 n=831	2015 n=5,361	2017 n=6,277
No stress	19.0 (15.5 - 23.1)	16.9 (13.9 - 20.4)	17.8 (15.9 - 19.9)	16.4 (15.0 - 17.8)
A little	27.4 (23.1 - 32.2)	25.0 (21.9 - 28.4)	29.1 (26.9 - 31.3)	28.5 (24.9 - 32.5)
Some	21.6 (17.4 - 26.5)	27.0 (23.9 - 30.3)	24.4 (22.5 - 26.5)	24.6 (23.1 - 26.3)
A lot	19.9 (16.7 - 23.6)	21.8 (18.0 - 26.1)	19.1 (17.2 - 21.1)	22.1 (19.7 - 24.7)
Almost more than I could take	12.0 (10.0 - 14.3)	9.3 (6.8 - 12.6)	9.6 (8.3 - 11.0)	8.4 (7.3 - 9.6)

[†] Asked of half the sample.

* Use estimate with caution.

NR - Not releasable due to small numbers.

Source: Ontario Student Drug Use and Health Survey, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel - Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Table 5.8
Elevated Levels of Stress Experienced in the Past Month Among Students in Grades 7-12
by Sex and Grade^{†‡},
Peel and Ontario, 2015, 2017

Demographics	Per cent of Grade 7-12 Students (95% Confidence Interval)	
	2015 n=573	2017 n=831
Sex		
Male	25.8 (19.6 - 33.1)	24.2 (19.8 - 29.3)
Female	38.4 (32.6 - 44.5)	38.8 (33.0 - 44.9)
Grade		
7	15.2* (9.1 - 24.4)	NR
8	17.0* (9.5 - 28.6)	15.3* (8.7 - 25.6)
9	21.3 (14.9 - 29.4)	26.8 (19.2 - 36.1)
10	30.8 (23.6 - 39.1)	37.9 (29.7 - 46.8)
11	44.7 (32.0 - 58.1)	42.0 (33.2 - 51.4)
12	50.6 (37.1 - 64.0)	40.6 (33.5 - 48.1)

† Asked of half the sample.

‡ Students that responded “Yes, almost more than I could take” or “Yes, a lot” were classified as having elevated levels of stress.

* Use estimate with caution.

NR - Not releasable due to small numbers.

Source: Ontario Student Drug Use and Health Survey, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel – Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

TRAUMATIC EVENT

In 2017, 38% of Peel students and 35% of Ontario students in grades 9 to 12 experienced a serious traumatic event in their lifetime that affected them emotionally or physically.

In Peel, female students (45%) are more likely than male students (32%) to have experienced a traumatic event. The prevalence of serious traumatic events is greater among Grade 12 students (50%), compared to students in Grade 9 (31%).

Survey Question: Have you ever experienced a serious traumatic or negative event in your life that affected you emotionally or physically?

**Table 5.9
Grade 9-12 Students who Experienced a Serious Traumatic Event^{†‡},
Peel and Ontario, 2017**

Experienced a Serious Traumatic Event	Per cent of Grade 9-12 Students (95% Confidence Interval)	
	Peel n=673	Ontario n=4,257
Yes	37.6 (33.9 - 41.4)	35.2 (32.8 - 37.7)
No	38.0 (34.5 - 41.6)	38.3 (34.6 - 42.1)
Not sure	24.4 (21.2 - 28.0)	26.5 (23.6 - 29.7)

[†] Asked of half the sample.

[‡] A serious traumatic event is defined as a self-perceived negative event to have affected the student emotionally or physically.

Source: Ontario Student Drug Use and Health Survey, 2017, Centre for Addiction and Mental Health. Region of Peel - Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Table 5.10
Grade 9-12 Students who Experienced a Serious Traumatic Event by Sex and Grade^{†‡},
Peel, 2017

Demographics	Per cent of Past Year Users (95% Confidence Interval)
	2017 n=673
Sex	
Male	31.8 (27.4 - 36.5)
Female	44.8 (38.5 - 51.3)
Grade	
9	30.8 (24.9 - 37.5)
10	34.1 (26.4 - 42.8)
11	30.7 (23.6 - 38.8)
12	49.9 (40.6 - 59.2)

† Asked of half the sample.

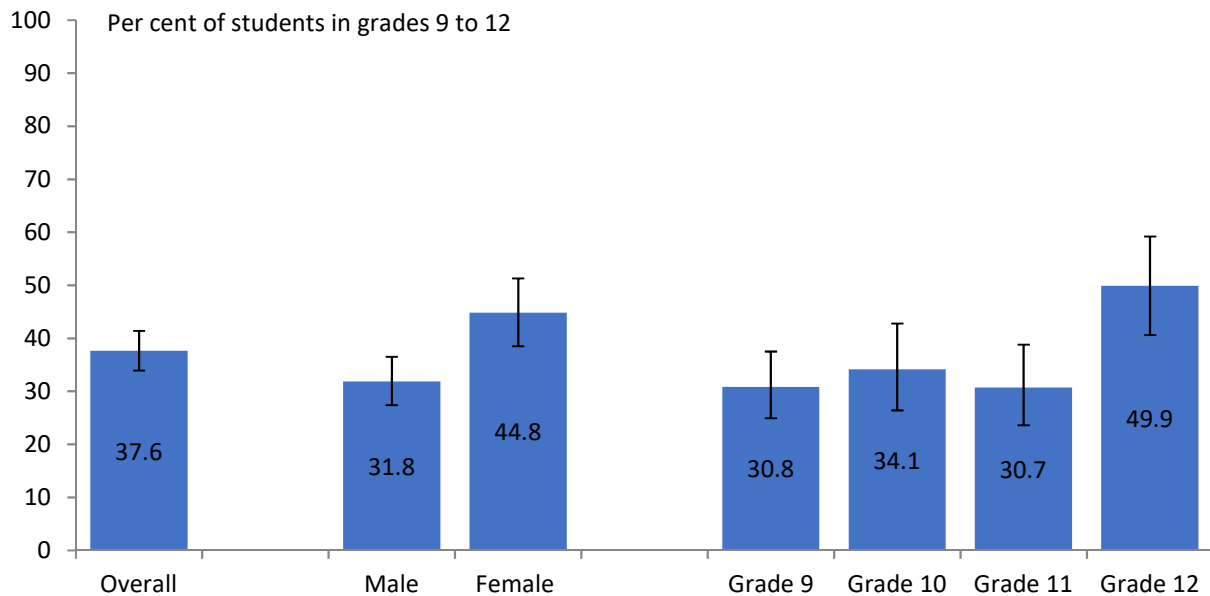
‡ A serious traumatic event is defined as a self-perceived negative event to have affected the student emotionally or physically.

Source: Ontario Student Drug Use and Health Survey, 2017, Centre for Addiction and Mental Health. Region of Peel – Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Figure 5.4
**Grade 9-12 Students who Experienced A Serious Traumatic Event^{†‡},
Peel, 2017**



n=673

† Asked of half the sample.

‡ A serious traumatic event is defined as a self-perceived negative event to have affected the student emotionally or physically.

Notes: Error bars represent 95% confidence intervals.

Source: Ontario Student Drug Use and Health Survey, 2017, Centre for Addictions and Mental Health. Region of Peel - Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

THOUGHTS ABOUT SUICIDE

In 2017, 14% of Peel students seriously considered attempting suicide in the past 12 months. This is similar to Ontario students (14%).

In Peel, one-in-five female students (20%) considered attempting suicide, which is twice as high as the prevalence among males (9%). There are no differences by grade.

The 2017 estimates are similar to the 2013 and 2015 estimates.

Survey Question: In the last 12 months, did you ever seriously consider attempting suicide?

Table 5.11
**Students in Grades 7 - 12 who Seriously Considered Suicide in the Past 12 Months[†],
Peel and Ontario, 2013, 2015, 2017**

	Per cent of Grade 7-12 students (95% Confidence Interval)					
	Peel			Ontario		
	2013 n=1,042	2015 n=570	2017 n=830	2013 n=5,234	2015 n=5,099	2017 n=5,912
Considered attempting suicide	12.0 (9.6 - 14.8)	13.9 (10.7 - 17.8)	13.8 (11.7 - 16.2)	13.4 (11.8 - 15.1)	12.4 (10.9 - 14.1)	13.6 (12.4 - 15.0)

[†] Asked of half the sample.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel - Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Table 5.12

**Students in Grades 7 - 12 who Seriously Considered Suicide in the Past 12 Months by Sex and Grade[†],
Peel, 2013, 2015, 2017**

Demographics	Per cent of Grade 7-12 Students (95% Confidence Interval)		
	2013 n=1,042	2015 n=570	2017 n=830
Sex			
Male	7.9* (5.2 - 11.7)	12.5* (8.7 - 17.4)	8.7 (6.2 - 12.0)
Female	16.4 (12.9 - 20.6)	15.4* (10.0 - 23.0)	19.6 (16.3 - 23.5)
Grade			
7	7.0* (3.8 - 12.6)	11.2* (5.7 - 20.6)	NR
8	8.0* (4.4 - 14.0)	12.0* (6.5 - 21.1)	12.7* (6.9 - 22.4)
9	10.0* (6.0 - 16.2)	9.7* (5.2 - 17.3)	14.0* (9.7 - 19.9)
10	17.0* (11.7 - 24.1)	13.2* (7.4 - 22.2)	14.6* (10.2 - 20.6)
11	12.9* (8.8 - 18.7)	18.5* (11.2 - 29.2)	13.7* (8.5 - 21.5)
12	14.6* (9.3 - 22.2)	16.9* (9.7 - 27.7)	18.3* (12.2 - 26.5)

[†] Asked of half the sample.

* Use estimate with caution.

NR - Not releasable due to small numbers.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel – Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

ATTEMPTED SUICIDE

In 2017, 4%* (*use estimate with caution) of Peel students attempted suicide in the past 12 months. This is similar to Ontario students (4%).

Comparisons by sex and grade for Peel students are not possible due to small numbers.

The 2017 estimates are similar to the 2013 and 2015 estimates.

Survey Question: In the last 12 months, did you actually attempt suicide?

Table 5.13
Students in Grades 7 - 12 who Attempted Suicide in the Past 12 Months[†],
Peel and Ontario, 2013, 2015, 2017

	Per cent of Grade 7-12 students (95% Confidence Interval)					
	Peel			Ontario		
	2013 n=1,041	2015 n=572	2017 n=830	2013 n=5,243	2015 n=5,109	2017 n=5,932
Attempted suicide	2.3* (1.5 - 3.7)	NR	3.8* (2.6 - 5.7)	3.5 (2.8 - 4.3)	3.0 (2.2 - 3.9)	3.9 (3.0 - 4.9)

[†] Asked of half the sample.

* Use estimate with caution.

NR - Not releasable due to small numbers.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel - Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Table 5.14

Students in Grades 7 - 12 who Attempted Suicide in the Past 12 Months by Sex and Grade[†], Peel, 2013, 2015, 2017

Demographics	Per cent of Grade 7-12 Students (95% Confidence Interval)		
	2013 n=1,041	2015 n=572	2017 n=830
Sex			
Male	NR	NR	NR
Female	3.6* (2.1 - 6.2)	NR	4.0* (2.6 - 5.9)
Grade			
7	NR	NR	NR
8	NR	NR	NR
9	NR	NR	NR
10	NR	NR	6.3* (3.8 - 10.3)
11	NR	NR	NR
12	NR	NR	NR

[†] Asked of half the sample.

* Use estimate with caution.

NR - Not releasable due to small numbers.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health.

Region of Peel – Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

PERCEIVED UNMET MENTAL HEALTH NEEDS

In 2017, one-third (33%) of students in Peel felt like they “*did not know who to turn to*” when they wanted to discuss mental health or emotional issues. This is similar to Ontario (31%).

Among students in Peel, females (44%) are more likely to report feeling like they “*did not know where to turn to*”, compared to males (24%). There are no differences by grade.

The proportion of females that “*did not know who to turn to*” increased from 34% in 2013 to 44% in 2017.

Survey Question: In the last 12 months, was there a time when you wanted to talk to someone about a mental health or emotional problem you had, but did not know where to turn?

Table 5.15

**Students in Grades 7 - 12 who Did Not Know who to Turn to when Wanting to Discuss a Mental or Emotional Health Issue[†],
Peel and Ontario, 2013, 2015, 2017**

	Per cent of Grade 7-12 students (95% Confidence Interval)					
	Peel			Ontario		
	2013 n=1,042	2015 n=572	2017 n=837	2013 n=5,397	2015 n=5,346	2017 n=6,296
Did not know who to turn to	27.1 (24.3 - 30.0)	31.9 (27.6 - 36.5)	33.1 (29.2 - 37.2)	27.9 (25.8 - 30.1)	28.4 (26.1 - 30.9)	31.2 (27.5 - 35.2)

[†] Asked of half the sample.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel - Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Table 5.16
Students in Grades 7 - 12 who Did Not Know who to Turn to when Wanting to Discuss a Mental or Emotional Health Issue by Sex and Grade[†], Peel, 2013, 2015, 2017

Demographics	Per cent of Grade 7-12 Students (95% Confidence Interval)		
	2013 n=1,042	2015 n=572	2017 n=837
Sex			
Male	20.2 (16.4 - 24.7)	19.4 (13.8 - 26.6)	23.6 (18.6 - 29.4)
Female	34.2 (30.9 - 37.7)	44.9 (39.0 - 50.8)	43.9 (37.9 - 50.1)
Grade			
7	19.3 (13.7 - 26.4)	21.3 (14.9 - 29.4)	24.1* (12.3 - 41.9)
8	31.0 (26.2 - 36.2)	27.5* (16.9 - 41.3)	23.9* (14.3 - 37.1)
9	28.6 (21.5 - 36.9)	24.1 (17.6 - 32.2)	29.8 (22.1 - 38.9)
10	22.6 (18.3 - 27.5)	34.4 (26.3 - 43.7)	33.8 (24.8 - 44.1)
11	30.1 (22.1 - 39.5)	41.0 (28.6 - 54.6)	31.0 (24.0 - 39.0)
12	29.2 (22.0 - 37.6)	38.4 (28.8 - 49.0)	45.7 (36.8 - 54.9)

[†] Asked of half the sample.

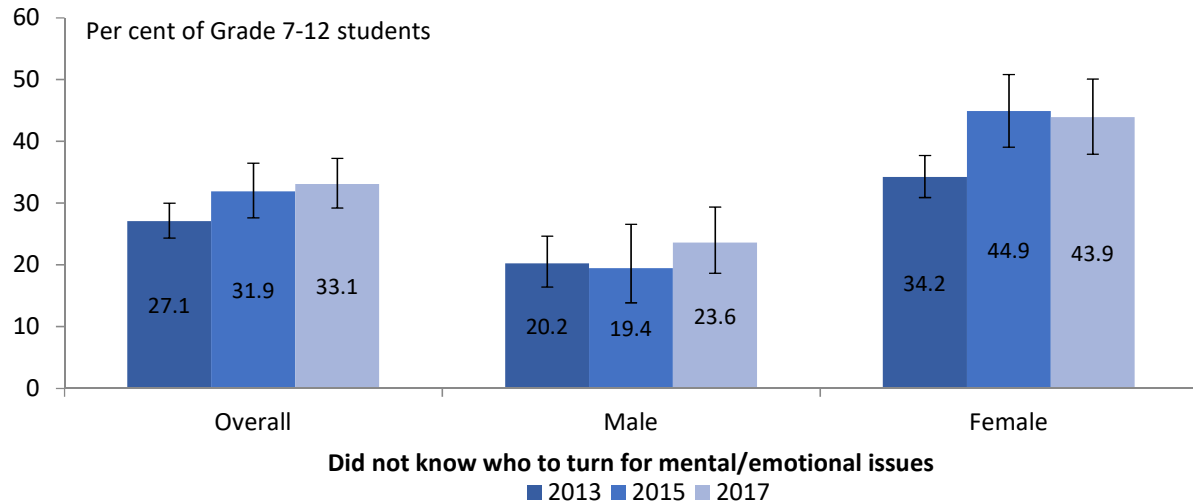
* Use estimate with caution.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel – Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Figure 5.5
Students in Grades 7-12 who Did Not Know who to Turn to when Wanting to Discuss a Mental or Emotional Health Issues by Sex[†], Peel, 2013, 2015, 2017



[†] Asked of half the sample.

Notes: Error bars represent 95% confidence intervals.

Denominators vary by survey cycle.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addictions and Mental Health. Region of Peel - Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

PARENTAL SUPPORT

In 2017, 61% of students in Peel always/usually/sometimes talk to at least one parent about their problems or feelings. This is similar to Ontario (61%).

In Peel, two-thirds (66%) of females always/usually talk to their parents about their emotions, which is greater than the estimate for males (56%). There was no variation by grade.

Survey Question: How often do you talk about your problems or feelings with at least one of your parents?

Table 5.17

Frequency of Talking to at Least One Parent About Problems or Feelings Among Grade 7-12 Students, Peel and Ontario, 2017

Frequency of Talking to Parents About Problems/Feelings	Per cent of Grade 7-12 Students (95% Confidence Interval)	
	Peel n=1,667	Ontario n=11,329
Always	12.3 (9.9 - 15.1)	11.2 (9.8 - 12.7)
Usually	22.8 (20.3 - 25.6)	23.1 (21.6 - 24.6)
Sometimes	25.6 (23.4 - 28.0)	26.5 (25.2 - 27.8)
Rarely	25.2 (22.3 - 28.4)	25.8 (24.2 - 27.6)
Never	14.1 (11.8 - 16.7)	13.4 (12.3 - 14.7)

Source: Ontario Student Drug Use and Health Survey, 2017, Centre for Addiction and Mental Health. Region of Peel - Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Table 5.18

Grade 7-12 Students who Always/Usually/Sometimes Talk to at Least One Parent About Problems or Feelings by Sex and Grade, Peel, 2017

Demographics	Per cent of Grade 7-12 Students (95% Confidence Interval)
	2017 n=1,667
Sex	
Male	55.6 (50.2 - 60.9)
Female	66.1 (61.4 - 70.5)
Grade	
7	68.3 (58.1 - 77.0)
8	63.2 (56.1 - 69.7)
9	63.3 (58.4 - 67.9)
10	56.2 (49.8 - 62.4)
11	57.7 (47.3 - 67.5)
12	57.9 (48.7 - 66.5)

Source: Ontario Student Drug Use and Health Survey, 2017, Centre for Addiction and Mental Health. Region of Peel – Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

LOW SELF-ESTEEM

Students that strongly disagreed to the statement “*I am satisfied with myself*” were classified as having low self-esteem. This is a global measure of self-esteem from the Rosenberg Self-Esteem Scale.⁸

In 2017, approximately 8% of Peel students and 7% of Ontario students had low self-esteem.

There are no differences by sex or grade.

In Ontario, the proportion of students who somewhat disagreed with the statement “*I am satisfied with myself*” increased from 13% in 2015 to 17% in 2017. This increase was not seen among Peel students.

Survey question: “How much do you agree or disagree with the following statement? On the whole, I am satisfied with myself.”

Table 5.19
Levels of Self-Satisfaction Among Students in Grades 7-12[†],
Peel and Ontario, 2015, 2017

Agreement with statement “I am satisfied with myself”	Per cent of Grade 7-12 students (95% Confidence Interval)			
	Peel		Ontario	
	2015 n=562	2017 n=827	2015 n=5,323	2017 n=6,218
Strongly agree	35.4 (30.6 - 40.4)	31.1 (26.1 - 36.6)	37.6 (35.2 - 40.1)	32.4 (29.9 - 34.9)
Somewhat agree	42.3 (35.9 - 49.0)	43.3 (39.7 - 46.8)	42.6 (40.7 - 44.4)	44.3 (42.6 - 46.1)
Somewhat disagree	15.6 (11.2 - 21.2)	17.7 (14.9 - 21.0)	12.8 (11.2 - 14.6)	16.8 (14.7 - 19.2)
Strongly disagree	6.7 (4.8 - 9.5)	7.9 (5.6 - 11.0)	7.0 (5.7 - 8.5)	6.5 (5.5 - 7.7)

[†] Asked of half the sample.

Source: Ontario Student Drug Use and Health Survey, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel - Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Table 5.20
Low Self-Esteem Among Students in Grades 7-12 by Sex and Grade^{†‡},
Peel and Ontario, 2015, 2017

Demographics	Per cent of Grade 7-12 Students (95% Confidence Interval)	
	2015 n=562	2017 n=827
Sex		
Male	8.0* (5.1 - 12.3)	5.4* (2.8 - 10.1)
Female	5.6* (3.2 - 9.4)	10.7* (7.6 - 15.0)
Grade		
7	NR	NR
8	NR	NR
9	6.6* (3.5 - 12.2)	7.7* (5.1 - 11.5)
10	NR	7.5* (5.3 - 10.5)
11	12.3* (7.1 - 20.5)	NR
12	NR	12.5* (7.1 - 21.1)

† Asked of half the sample.

‡ Students that strongly disagreed with the statement “*I am satisfied with myself*” were classified as having low self-esteem.

* Use estimate with caution.

NR - Not releasable due to small numbers.

Source: Ontario Student Drug Use and Health Survey, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel – Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

ATTENTION-DEFICIT/HYPERACTIVITY DISORDER

The 6-item, Attention-deficit/hyperactivity disorder (ADHD) Self-Report Scale (ASRS), was designed to screen for symptoms of ADHD and not intended for clinical diagnosis.⁹ Students were asked about the frequency of six symptoms in the past six months:

- *How often did you have trouble wrapping up final details of project, once the challenging parts had been done?*
- *How often did you have difficulty getting things in order when you had to do a task that required organization?*
- *How often did you have problems remembering appointments or obligations (things you had to do)?*
- *When you had a task that required a lot of thought, how often did you avoid or delay getting started?*
- *How often did you fidget or squirm with your hands or feet when you had to sit down for a long time?*
- *How often did you feel overly active and compelled to do things, like you were driven by a motor?*

The responses for all six items are summed into a score ranging from 0 to 24. Students with a score of 14 or higher were considered to have ADHD symptoms.

In 2017, 19% of Peel students reported symptoms of ADHD in the past six months. This is similar to Ontario (20%).

In Peel, there are no differences by sex or grade.

In Ontario, the prevalence of students exhibiting ADHD symptoms increased from 16% in 2015 to 20% in 2017. This increase was not seen among Peel students.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Table 5.21
**Symptoms of Attention-Deficit/Hyperactivity Disorder Among Students in Grades 7-12[†],
Peel and Ontario, 2015, 2017**

Attention-Deficit/Hyperactivity Disorder	Per cent of Grade 7-12 students (95% Confidence Interval)			
	Peel		Ontario	
	2015 n=555	2017 n=817	2015 n=5,234	2017 n=6,059
Exhibited symptoms in the past 6 months	16.4 (13.5 - 19.8)	18.5 (14.8 - 22.9)	15.8 (14.0 - 17.6)	20.1 (18.2 - 22.2)

[†] Asked of half the sample.

Note: Proportion of Peel students who did not respond to the question was 5.3% in 2015 and 3.3% in 2017.

Source: Ontario Student Drug Use and Health Survey, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel - Public Health.

Table 5.22
**Symptoms of Attention-Deficit/Hyperactivity Disorder Among Students in Grades 7-12 by
Sex and Grade[†],
Peel and Ontario, 2015, 2017**

Demographics	Per cent of Grade 7-12 Students (95% Confidence Interval)	
	Peel n=555	2017 n=817
Sex		
Male	14.5* (10.2 - 20.4)	15.6 (11.1 - 21.5)
Female	18.3 (13.0 - 25.2)	21.8 (17.1 - 27.4)
Grade		
7	NR	NR
8	15.1* (9.0 - 24.3)	NR
9	16.8* (10.1 - 26.7)	18.4 (14.2 - 23.5)
10	13.4* (7.7 - 22.4)	24.6* (15.0 - 37.6)
11	17.9* (11.7 - 26.4)	24.3* (16.7 - 33.9)
12	25.4* (16.4 - 37.1)	22.1 (16.6 - 28.7)

[†] Asked of half the sample.

* Use estimate with caution.

NR - Not releasable due to small numbers.

Note: Proportion of Peel students who did not respond to the question was 5.3% in 2015 and 3.3% in 2017.

Source: Ontario Student Drug Use and Health Survey, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel - Public Health.

**A look at Peel youth in grades 7–12:
Physical Health and Mental Well-Being**
Results from the Ontario Student Drug Use and Health Survey, 2013–2017

**CHAPTER SIX
ACCESS TO HEALTH SERVICES**

HIGHLIGHTS

- Ontario students (34%) were more likely to have not visited a physician in the past year, compared to Peel students (25%).
- In 2017, 21% of Peel and 25% of Ontario students visited a health professional about their mental or emotional health in the past year.
- Only a small proportion of students in Peel (2%*- use estimate with caution) and Ontario (3%*- use estimate with caution) used a crisis help-line/online help in the past year.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

NO VISITS TO PRIMARY CARE PROVIDER

In 2017, one-quarter (25%) of Peel students did not visit a physician in the past year. In comparison, one-third (34%) of Ontario students reported not visiting a physician in the same time period.

In Peel, there are no differences by sex or grade.

The 2017 estimates are similar to estimates from 2013 and 2015.

Survey Question: In the last 12 months, how many times did you see a doctor about your physical health or for a check-up?

Table 6.1
**Students in Grades 7 - 12 Who Did Not Visit a Physician in the Past 12 Months[†],
Peel and Ontario, 2013, 2015, 2017**

	Per cent of Grade 7-12 students (95% Confidence Interval)					
	Peel			Ontario		
	2013 n=1,017	2015 n=541	2017 n=798	2013 n=4,649	2015 n=4,859	2017 n=4,889
Did not visit a physician	26.7 (23.7 - 29.9)	20.9 (17.5 - 24.8)	24.7 (21.0 - 28.8)	27.4 (25.1 - 29.8)	28.6 (26.6 - 30.8)	33.7 (31.0 - 36.6)

[†] Asked of half the sample.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel - Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Table 6.2

**Students in Grades 7 - 12 Who Did Not Visit a Physician in the Past 12 Months by Sex and Grade[†],
Peel and Ontario, 2013, 2015, 2017**

Demographics	Per cent of Grade 7-12 Students (95% Confidence Interval)		
	2013 n=1,017	2015 n=541	2017 n=798
Sex			
Male	31.7 (27.0 - 36.7)	22.8 (17.1 - 29.6)	28.1 (21.6 - 35.6)
Female	21.3 (18.2 - 24.8)	18.8 (14.6 - 23.9)	21.5 (17.6 - 26.1)
Grade			
7	23.4 (17.2 - 31.0)	NR	25.5 (20.6 - 31.0)
8	30.3 (23.6 - 37.9)	NR	28.6* (15.3 - 46.9)
9	18.6 (13.8 - 24.5)	28.1* (19.4 - 38.8)	24.9 (19.8 - 30.8)
10	35.9 (29.6 - 42.7)	25.2* (16.4 - 36.7)	24.6* (16.9 - 34.4)
11	24.2* (16.7 - 33.7)	20.5* (10.9 - 35.3)	22.0* (14.0 - 32.8)
12	27.9 (19.7 - 38.0)	23.9* (15.7 - 34.6)	22.9* (14.3 - 34.4)

[†] Asked of half the sample.

* Use estimate with caution.

NR - Not releasable due to small numbers.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel – Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

VISIT TO A HEALTH PROFESSIONAL TO DISCUSS MENTAL HEALTH

In 2017, 21% of Peel students reported visiting a health professional about their mental or emotional health in the past 12 months. This is similar to Ontario (25%).

In Peel, there are no differences in mental health care visits by sex or grade.

The 2017 estimates are similar to 2013 and 2015 estimates.

Survey Question: In the last 12 months how many times did you see a doctor, nurse or counsellor about your mental or emotional health?

Table 6.3
Students in Grades 7 - 12 who Saw a Mental Health Professional at Least Once in the Last 12 Months[†],
Peel and Ontario, 2013, 2015, 2017

	Per cent of Grade 7-12 students (95% Confidence Interval)					
	Peel			Ontario		
	2013 n=1,041	2015 n=574	2017 n=838	2013 n=5,404	2015 n=5,349	2017 n=6,298
Visit to health professional for mental health	19.1 (16.6 - 21.9)	20.7 (17.4 - 24.4)	21.1 (17.8 - 24.7)	21.9 (19.8 - 24.3)	20.9 (18.9 - 23.0)	24.5 (22.0 - 27.2)

[†] Asked of half the sample.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel - Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Table 6.4

**Students in Grades 7 - 12 who Saw a Mental Health Professional at Least Once in the Last 12 Months by Sex and Grade[†],
Peel and Ontario, 2013, 2015, 2017**

Demographics	Per cent of Grade 7-12 Students (95% Confidence Interval)		
	2013 n=1,041	2015 n=574	2017 n=838
Sex			
Male	15.5 (12.1 - 19.8)	18.7 (13.8 - 24.9)	19.4 (14.5 - 25.5)
Female	22.9 (19.4 - 26.7)	22.8 (16.4 - 30.9)	23.0 (18.2 - 28.6)
Grade			
7	28.8 (22.2 - 36.5)	25.8 (19.3 - 33.5)	21.2* (12.9 - 32.8)
8	22.5 (17.3 - 28.7)	12.8* (7.1 - 21.9)	30.8 (21.5 - 42.0)
9	14.7* (9.5 - 22.0)	16.4* (10.4 - 24.9)	17.9* (11.2 - 27.3)
10	18.5* (13.0 - 25.6)	20.9* (13.0 - 31.8)	16.1* (11.2 - 22.6)
11	21.7* (14.4 - 31.2)	14.6* (8.7 - 23.7)	15.1* (8.9 - 24.5)
12	12.6* (7.1 - 21.5)	29.7 (22.4 - 38.2)	26.2 (19.3 - 34.6)

[†] Asked of half the sample.

* Use estimate with caution.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel – Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

USE OF CRISIS HELP-LINE OR ONLINE HELP SITE

In 2017, approximately 2%* (*use estimate with caution) of Peel students and 3%* (*use estimate with caution) of Ontario students reported using a crisis help-line/online help in the 12 months prior to the survey.

For Peel students, the estimates for subgroups were too small to assess for patterns.

The 2017 estimates are similar to 2013 and 2015.

Survey Question: *In the last 12 months, have you phoned a telephone crisis help-line or got on a website (such as “KidsHelpPhone.ca”) because you needed to talk to a councillor about a problem?*

Table 6.5
Students in Grades 7 - 12 who Phoned a Crisis Help-Line or Used an Online Help Site in the Past 12 Months[†],
Peel and Ontario, 2013, 2015, 2017

	Per cent of Grade 7-12 students (95% Confidence Interval)					
	Peel			Ontario		
	2013 n=1,045	2015 n=577	2017 n=839	2013 n=5,404	2015 n=5,372	2017 n=6,314
Used Crisis Help-Line/Online Help	3.2 (2.5 - 4.2)	4.5* (2.6 - 7.6)	1.9* (1.2 - 2.9)	3.0 (2.4 - 3.7)	3.0 (2.4 - 3.7)	3.4* (2.3 - 5.1)

[†] Asked of half the sample.

* Use estimate with caution.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel - Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Table 6.6

Students in Grades 7 - 12 who Phoned a Crisis Help-Line or Used an Online Help Site in the Past 12 Months by Sex and Grade[†], Peel and Ontario, 2013, 2015, 2017

Demographics	Per cent of Grade 7-12 Students (95% Confidence Interval)		
	2013 n=1,045	2015 n=577	2017 n=839
Sex			
Male	1.7* (0.9 - 3.1)	NR	NR
Female	4.9 (3.5 - 6.8)	5.5* (3.0 - 9.8)	3.0* (1.8 - 5.0)
Grade			
7	4.7* (2.7 - 7.9)	NR	NR
8	NR	NR	NR
9	NR	NR	NR
10	NR	NR	NR
11	NR	NR	NR
12	NR	NR	NR

[†] Asked of half the sample.

* Use estimate with caution.

NR - Not releasable due to small numbers.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel – Public Health.

**A look at Peel youth in grades 7–12:
Physical Health and Mental Well-Being**
Results from the Ontario Student Drug Use and Health Survey, 2013–2017

**CHAPTER SEVEN
THE SCHOOL ENVIRONMENT**

HIGHLIGHTS

- Most Peel students feel safe at school (92%), feel close to people at school (85%) and feel like a part of their school (85%).
- In Peel and Ontario, a small proportion of students (5%) rank themselves as having low social status at school.
- Approximately one-third of Peel (35%) and Ontario students (34%) spend five or more hours per week on homework outside of school.
- In 2017, one-third (33%) of Peel and 43% of Ontario students in grades 9 to 12 worked for pay during the school year.
- In 2017, 17% of Peel and 21% of Ontario students were a victim of bullying at school at least once in the 12 months prior to the survey. Verbal attack was the most common type of bullying reported by Peel (16%) and Ontario students (17%).
- Approximately, one-in-five Peel students (22%) were bullied electronically or through the internet in the past year. This is similar to Ontario (21%).
- In 2017, 11% of Peel students bullied others at school in the past year and 10% cyberbullied others at least once in the past year. This is similar to Ontario students.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

PERCEIVED SCHOOL CLIMATE

In 2017, almost all Peel students (92%) felt safe at school. This is similar to Ontario students (92%).

In Peel, Grade 7 students are more likely than Grade 12 students to feel safe at school and to feel like part of their school. There are no differences by sex.

In Ontario, the proportion of students feeling safe at school decreased from 96% in 2013 to 92% in 2017. The prevalence of Ontario students feeling close to people at school decreased from 89% in 2013 to 85% in 2017. These trends were not seen among Peel students.

Survey Question: For the next three questions, please tell us whether you agree or disagree with the following statements:

...I feel safe in my school.

...I feel close to people in my school.

...I feel like I am part of this school.

Table 7.1
Grade 7 - 12 Students who Strongly or Somewhat Agree with Survey Questions on School Climate, Peel and Ontario, 2013, 2015, 2017

Perception of School Climate	Per cent of Grade 7-12 students (95% Confidence Interval)					
	Peel			Ontario		
	2013	2015	2017	2013	2015	2017
I feel safe in my school	95.3 (93.5 - 96.7)	95.6 (94.0 - 96.8)	92.3 (89.7 - 94.2)	95.7 (94.8 - 96.4)	95.0 (94.0 - 95.8)	92.3 (90.6 - 93.8)
I feel close to people in my school	87.5 (85.4 - 89.2)	90.8 (88.0 - 93.0)	85.4 (82.8 - 87.6)	88.5 (87.4 - 89.4)	88.2 (87.1 - 89.2)	84.9 (82.9 - 86.6)
I feel like I am part of this school	87.3 (84.8 - 89.5)	87.5 (83.5 - 90.6)	84.9 (83.0 - 86.6)	86.8 (85.4 - 88.0)	86.2 (84.8 - 87.5)	85.0 (83.3 - 86.6)

Note: Denominators vary by survey question.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel - Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Table 7.2

Grade 7 - 12 Students who Strongly or Somewhat Agree with Survey Questions on School Climate by Sex, Peel and Ontario, 2013, 2015, 2017

Perception of School Climate	Per cent of Grade 7-12 students (95% Confidence Interval)					
	2013		2015		2017	
	Male	Female	Male	Female	Male	Female
I feel safe in my school	94.7 (91.9 - 96.5)	96.1 (94.3 - 97.3)	95.1 (92.8 - 96.7)	96.1 (93.0 - 97.9)	90.5 (86.8 - 93.2)	94.2 (92.3 - 95.6)
I feel close to people in my school	87.7 (84.6 - 90.3)	87.2 (84.5 - 89.5)	92.3 (88.3 - 95.0)	89.3 (86.1 - 91.8)	87.3 (83.7 - 90.3)	83.3 (79.6 - 86.5)
I feel like I am part of this school	86.8 (83.9 - 89.3)	87.9 (83.9 - 90.9)	87.3 (82.6 - 90.8)	87.7 (82.6 - 91.4)	86.4 (83.9 - 88.6)	83.2 (79.6 - 86.3)

Note: Denominators vary by survey question.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel - Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Table 7.3

Grade 7 - 12 Students who Strongly or Somewhat Agree with Survey Questions on School Climate by Grade, Peel and Ontario, 2013, 2015, 2017

Perception of School Climate	Per cent of Grade 7-12 students (95% Confidence Interval)					
	Grade 7	Grade 8	Grade 9	Grade 10	Grade 11	Grade 12
2013						
I feel safe in my school	95.2 (90.6 - 97.6)	96.4 (92.2 - 98.4)	95.5 (92.0 - 97.5)	94.1 (89.7 - 96.7)	95.6 (92.3 - 97.6)	95.2 (90.8 - 97.6)
I feel close to people in my school	95.4 (92.6 - 97.2)	90.1 (86.1 - 93.1)	87.6 (81.9 - 91.6)	86.1 (82.7 - 88.9)	85.9 (81.0 - 89.7)	82.9 (77.2 - 87.4)
I feel like I am part of this school	94.1 (89.8 - 96.7)	90.5 (86.9 - 93.2)	88.2 (82.4 - 92.3)	86.2 (82.9 - 89.0)	84.4 (79.3 - 88.4)	83.3 (75.5 - 89.0)
2015						
I feel safe in my school	93.8 (89.9 - 96.3)	97.8 (91.8 - 99.5)	98.1 (95.4 - 99.2)	91.6 (85.1 - 95.4)	92.1 (84.9 - 96.0)	99.0 (95.8 - 99.8)
I feel close to people in my school	91.8 (86.0 - 95.4)	93.6 (90.2 - 95.8)	93.3 (88.0 - 96.4)	92.1 (86.7 - 95.4)	84.7 (77.4 - 90.0)	90.3 (83.9 - 94.4)
I feel like I am part of this school	91.0 (84.6 - 94.9)	94.7 (88.5 - 97.6)	87.1 (82.5 - 90.6)	86.2 (75.1 - 92.8)	83.5 (76.8 - 88.5)	84.7 (73.3 - 91.8)
2017						
I feel safe in my school	99.3 (94.7 - 99.9)	95.1 (91.7 - 97.1)	91.1 (87.0 - 94.0)	88.7 (84.1 - 92.2)	90.5 (84.9 - 94.1)	90.3 (85.5 - 93.7)
I feel close to people in my school	91.0 (82.4 - 95.6)	91.9 (85.7 - 95.5)	85.7 (80.4 - 89.7)	84.7 (80.1 - 88.5)	83.3 (77.1 - 88.0)	79.0 (71.4 - 84.9)
I feel like I am part of this school	90.7 (86.7 - 93.6)	89.5 (84.8 - 92.9)	82.2 (77.7 - 85.9)	84.3 (79.0 - 88.4)	84.6 (79.2 - 88.8)	80.3 (74.7 - 84.9)

Note: Denominators vary by survey question.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel - Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

FEELINGS ABOUT SCHOOL IN GENERAL

In 2017, approximately one-third of Peel students (46%) liked school “very much” or “quite a lot”. This is similar to Ontario (47%).

In Peel, younger students are more likely than older students to like school “very much” or “quite a lot”. Approximately two-thirds of students in Grade 7 (65%) liked school, whereas only one-third (33%) of students in Grade 12 liked school. There are no differences by sex.

The 2017 estimates are similar to the 2013 and 2015 estimates.

Survey Question: Some people like school very much, while others don’t. How do you feel about going to school?

Table 7.4
Feelings about School in General among Grade 7 - 12 Students[†],
Peel and Ontario, 2013, 2015, 2017

Feelings About School	Per cent of Grade 7-12 students (95% Confidence Interval)					
	Peel			Ontario		
	2013 n=2,091	2015 n=583	2017 n=843	2013 n=10,231	2015 n=5,386	2017 n=6,347
Like school (very much/quite a lot)	47.7 (44.3 - 51.2)	35.4 (31.1 - 39.9)	46.1 (41.1 - 51.2)	44.1 (41.9 - 46.2)	32.3 (30.1 - 34.7)	46.6 (43.7 - 49.6)
I like school to some degree	38.2 (36.1 - 40.5)	52.0 (47.1 - 56.8)	37.1 (33.5 - 40.8)	41.3 (39.3 - 43.4)	49.5 (47.4 - 51.6)	34.1 (31.9 - 36.5)
I do not like it (very much/at all)	14.0 (11.5 - 17.1)	12.7 (10.8 - 14.8)	16.9 (13.9 - 20.3)	14.6 (13.3 - 16.1)	18.2 (16.4 - 20.1)	19.3 (17.5 - 21.1)

[†] Asked of half the sample in 2015 and 2017.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel - Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Table 7.5

**Grade 7 - 12 Students that Like School Very Much or Quite a Lot by Grade and Sex[†],
Peel and Ontario, 2013, 2015, 2017**

Demographics	Per cent of Grade 7-12 Students (95% Confidence Interval)		
	2013 n=2,091	2015 n=583	2017 n=843
Sex			
Male	47.9 (43.3 - 52.4)	37.8 (30.5 - 45.7)	40.9 (34.5 - 47.6)
Female	47.6 (43.1 - 52.1)	32.8 (26.7 - 39.6)	52.1 (45.9 - 58.3)
Grade			
7	61.0 (54.8 - 66.9)	53.4 (39.6 - 66.7)	65.4 (51.3 - 77.3)
8	52.3 (44.3 - 60.3)	47.8 (37.4 - 58.5)	68.5 (55.1 - 79.4)
9	44.7 (38.0 - 51.6)	32.6* (20.6 - 47.4)	42.5 (35.8 - 49.6)
10	41.1 (33.7 - 48.8)	25.9* (17.8 - 36.1)	45.9 (37.3 - 54.7)
11	42.9 (36.1 - 50.0)	22.7* (15.7 - 31.8)	37.7 (27.9 - 48.7)
12	46.8 (38.2 - 55.7)	33.2* (22.3 - 46.2)	33.4 (25.4 - 42.4)

[†] Asked of half the sample in 2015 and 2017.

* Use estimate with caution.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel – Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

SCHOOL SUBJECTIVE SOCIAL STATUS

The MacArthur Scale of Subjective Social Status assesses students' self-perceived status at school.^{2,3} In the survey, students were shown a 10-rung ladder that represented the social hierarchy at school. They were told that at the top are the people in school with the most respect and the 'highest standing', while at the bottom are the people who no one respects, and no one wants to hang out with. Students were asked to place themselves on this scale.

Survey Question: Please check off the numbered box that best shows where you would place yourself on this ladder.

Scores on the *ladder* were categorized by levels of subjective social status (SSS):

Low SSS: Students that ranked themselves between one to three on the ladder

Average SSS: Students that ranked themselves between four to seven on the ladder

High SSS: Students that ranked themselves between eight to 10 on the ladder

In 2017, 5% of Peel and Ontario students had low school subjective social status.

There are no differences by sex or grade.

The 2017 estimates are similar to the 2015 estimates.

Table 7.6
School Subjective Social Status Among Grade 7 - 12 Students[†],
Peel and Ontario, 2013, 2015, 2017

Social Status	Per cent of Grade 7-12 students (95% Confidence Interval)			
	Peel		Ontario	
	2015 n=1,134	2017 n=1,660	2015 n=10,259	2017 n=11,219
Low	3.2* (2.2 - 4.6)	4.5 (3.5 - 5.9)	4.6 (4.0 - 5.4)	5.3 (4.5 - 6.1)
Average	52.5 (48.5 - 56.5)	51.5 (45.9 - 57.1)	50.4 (48.4 - 52.4)	46.6 (43.7 - 49.6)
High	44.3 (40.1 - 48.7)	43.9 (38.4 - 49.7)	45.0 (42.9 - 47.0)	48.1 (44.9 - 51.2)

* Use estimate with caution.

[†] School subjective social status as measured by the MacArthur Scale of Subjective Social Status.

Source: Ontario Student Drug Use and Health Survey, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel - Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Table 7.7

**Low Subjective Social Status Among Students in Grades 7-12 by Sex and Grade^{††},
Peel and Ontario, 2015, 2017**

Demographics	Per cent of Grade 7-12 Students (95% Confidence Interval)	
	2015 n=1,134	2017 n=1,660
Sex		
Male	2.0* (1.1 - 3.8)	3.6* (2.3 - 5.7)
Female	4.4* (2.7 - 7.0)	5.5 (4.3 - 7.1)
Grade		
7	NR	NR
8	NR	6.2* (3.7 - 10.2)
9	NR	NR
10	NR	7.2* (4.2 - 12.1)
11	5.5* (2.9 - 10.2)	NR
12	NR	4.7* (2.7 - 8.1)

† Asked of half the sample.

* Use estimate with caution.

NR - Not releasable due to small numbers.

Source: Ontario Student Drug Use and Health Survey, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel – Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

GRADES USUALLY RECEIVED AT SCHOOL

In 2017, 7% of Peel students receive mostly C's or lower grades. This is similar to Ontario (7%).

In Peel, male students are twice as likely to receive mostly C's or lower grades (9%), compared to females (4%). There is no variation by grade.

The 2017 estimates are similar to 2013 and 2015.

Question: On average, what marks do you usually get in school?

Table 7.8
Usual Grades Received by Students in Grade 7 - 12,
Peel and Ontario, 2013, 2015, 2017

Grades	Per cent of Grade 7-12 students (95% Confidence Interval)					
	Peel			Ontario		
	2013 n=2,086	2015 n=1,147	2017 n=1,677	2013 n=10,919	2015 n=10,371	2017 n=11,378
Mostly A+ (90%-100%)	12.0 (9.4 - 15.1)	13.3 (10.4 - 16.8)	14.2 (11.6 - 17.2)	11.0 (9.6 - 12.5)	13.0 (11.7 - 14.4)	15.7 (13.9 - 17.8)
Mostly A/A- (80%-89%)	43.4 (39.7 - 47.1)	42.9 (39.9 - 46.0)	46.1 (42.2 - 50.0)	41.2 (38.7 - 43.7)	43.3 (41.5 - 45.1)	42.8 (40.1 - 45.5)
Mostly B (70%-79%)	36.5 (32.1 - 41.2)	38.4 (34.7 - 42.3)	33.1 (28.8 - 37.7)	36.9 (34.7 - 39.2)	36.1 (34.4 - 37.9)	34.9 (31.9-38.1)
Mostly C (60%-69%)	7.1 (5.7 - 9.0)	4.6* (3.0 - 7.0)	5.7 (4.2 - 7.6)	9.7 (8.2 - 11.5)	6.2 (5.5 - 7.1)	5.6 (4.7 - 6.6)
Mostly D/F (≤59%)	1.0* (0.6 - 1.6)	0.8* (0.4 - 1.5)	0.9* (0.5 - 1.8)	1.2* (0.8 - 1.8)	1.4 (1.0 - 1.8)	1.0 (0.7 - 1.2)

* Use estimate with caution.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel - Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Table 7.9

Students in Grade 7 – 12 who Usually Receive C’s or Lower Grades by Sex and Grade, Peel and Ontario, 2013, 2015, 2017

Demographics	Per cent of Grade 7-12 Students (95% Confidence Interval)		
	2013 n=2,086	2015 n=1,147	2017 n=1,677
Sex			
Male	10.5 (8.0 - 13.6)	6.3* (3.8 - 10.2)	8.9 (6.6 - 12.1)
Female	5.6* (3.9 - 7.9)	4.4* (2.6 - 7.4)	4.1* (2.5 - 6.5)
Grade			
7	8.6 (6.2 - 11.8)	NR	NR
8	6.3* (3.3 - 11.8)	NR	6.8* (4.0 - 11.3)
9	7.7* (4.5 - 12.8)	4.9* (2.8 - 8.7)	NR
10	12.6* (7.6 - 20.1)	10.0* (5.3 - 18.3)	6.3* (4.0 - 9.8)
11	9.5* (4.8 - 18.2)	5.8* (3.2 - 10.1)	7.4* (3.7 - 14.3)
12	NR	NR	8.2* (4.3 - 15.2)

* Use estimate with caution.

NR – Not releasable due to small numbers.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel – Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

TIME SPENT ON HOMEWORK

In 2017, 35% of Peel and 28% of Ontario students spent five or more hours per week on homework outside of school.

In Peel, females (42%) are more likely than males (28%) to spend five or more hours per week on homework. There was no variation by grade.

The 2017 estimates are similar to 2013 and 2015.

Survey Question: On average, how much time do you spend doing homework, each week outside of school?

Table 7.10
Number of Hours Per Week Students in Grade 7 – 12 Spend Doing Homework[†], Peel and Ontario, 2013, 2015, 2017

Number of Hours per Week	Per cent of Grade 7-12 students (95% Confidence Interval)					
	Peel			Ontario		
	2013 n=1,038	2015 n=583	2017 n=843	2013 n=4,747	2015 n=5,383	2017 n=6,343
No homework	3.4* (2.3 - 5.0)	2.6* (1.4 - 4.6)	2.4* (1.5 - 4.1)	6.6* (4.7 - 9.1)	6.3 (4.9 - 8.1)	7.1 (5.5 - 9.0)
Less than one hour	8.9 (7.1 - 11.2)	10.1* (6.9 - 14.6)	9.3 (7.1 - 12.1)	16.5 (14.1 - 19.2)	18.1 (15.5 - 21.0)	14.6 (12.6 - 17.0)
About 1 to 2 hours	24.2 (21.0 - 27.7)	24.4 (20.0 - 29.3)	27.8 (24.0 - 31.9)	26.9 (24.9 - 29)	26.9 (24.8 - 29.1)	27.4 (25.3 - 29.6)
About 3 to 4 hours	26.1 (23.4 - 29.0)	29.4 (25.8 - 33.3)	26.0 (22.0 - 30.4)	21.7 (19.4 - 24.2)	20.9 (19.4 - 22.5)	22.7 (21.1 - 24.4)
About 5 to 6 hours	17.7 (14.8 - 21.1)	17.8 (14.8 - 21.2)	16.4 (13.4 - 19.8)	14.2 (12.7 - 15.9)	14.3 (12.3 - 16.4)	14.5 (13.2 - 16.0)
About 7 or more hours	19.6 (15.8 - 24.1)	15.9 (13.2 - 18.9)	18.2 (15.4 - 21.3)	14.1 (12.0 - 16.5)	13.6 (11.8 - 15.6)	13.6 (12.2 - 15.1)

[†] Asked of half the sample.

* Use estimate with caution.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel - Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Table 7.11

**Students in Grade 7 – 12 who Spend Five or More Hours Per Week Doing Homework by Sex and Grade[†],
Peel and Ontario, 2013, 2015, 2017**

Demographics	Per cent of Grade 7-12 Students (95% Confidence Interval)		
	2013 n=1,038	2015 n=583	2017 n=843
Sex			
Male	30.2 (24.8 - 36.1)	27.5 (22.9 - 32.7)	27.9 (21.6 - 35.1)
Female	45.0 (38.7 - 51.5)	39.9 (33.0 - 47.2)	42.3 (36.5 - 48.3)
Grade			
7	18.2* (11.9 - 26.7)	32.3* (20.2 - 47.4)	24.6* (11.6 - 44.7)
8	22.9* (15.4 - 32.6)	24.9* (15.3 - 37.7)	33.6 (24.2 - 44.4)
9	37.5 (28.2 - 47.8)	27.0* (18.0 - 38.3)	35.1 (24.5 - 47.3)
10	34.6* (23.7 - 47.3)	38.0 (31.9 - 44.5)	39.1* (26.6 - 53.3)
11	47.2 (37.1 - 57.4)	39.3 (27.0 - 53.0)	35.5* (24.3 - 48.4)
12	53.0 (40.8 - 64.8)	37.6 (31.2 - 44.6)	35.7 (26.8 - 45.6)

[†] Asked of half the sample.

* Use estimate with caution.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel – Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

PAID EMPLOYMENT DURING SCHOOL YEAR

In 2017, one-third (33%) of Peel students and 43% of Ontario students in grades 9 to 12 worked for pay during the school year.

In Peel, approximately half of Grade 12 students (54%) had paid employment, which is greater than the prevalence among Grade 9 students (13%*- use estimate with caution). There is no difference by sex.

The 2017 estimates are similar to 2013 and 2015 estimates.

Survey Question: On average, how many hours a week do you spend working for pay outside the home, during the school year?

Table 7.12
Students in Grade 9 – 12 with Paid Employment During the School Year †, Peel and Ontario, 2013, 2015, 2017

	Per cent of Grade 9-12 students (95% Confidence Interval)					
	Peel			Ontario		
	2013 n=1,430	2015 n=348	2017 n=682	2013 n=6,140	2015 n=3,414	2017 n=4,287
Worked for pay	27.6 (24.2 - 31.4)	35.6 (28.6 - 43.4)	32.5 (27.2 - 38.3)	45.1 (42.2 - 48.1)	43.8 (40.3 - 47.4)	42.7 (37.7 - 47.8)

† Asked of half the sample.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel - Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Table 7.13

**Students in Grade 9 – 12 with Had Paid Employment During the School Year by Sex and Grade[†],
Peel and Ontario, 2013, 2015, 2017**

Demographics	Per cent of Grade 7-12 Students (95% Confidence Interval)		
	2013 n=1,430	2015 n=348	2017 n=682
Sex			
Male	28.1 (25.2 - 31.2)	41.2 (29.4 - 54.0)	31.9 (24.2 - 40.8)
Female	27.1 (21.5 - 33.6)	29.7* (18.6 - 43.9)	33.3 (27.4 - 39.8)
Grade			
9	13.1 (9.4 - 18.0)	NR	13.4* (8.8 - 19.9)
10	17.6* (11.1 - 26.9)	24.9* (14.6 - 39.0)	20.8 (15.2 - 27.8)
11	31.6 (25.4 - 38.5)	29.6* (17.6 - 45.3)	33.2 (26.4 - 40.7)
12	41.7 (36.1 - 47.5)	60.3 (45.8 - 73.2)	54.3 (42.2 - 65.9)

[†] Asked of half the sample.

* Use estimate with caution.

NR - Not releasable due to small numbers.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel – Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

SCHOOL VIOLENCE AND BULLYING

Worried About Being Threatened or Harmed at School

In 2017, 15% of Peel students indicated they are very worried or somewhat worried about being harmed or threatened, or about having something stolen at school. This is similar to Ontario (13%).

In Peel, there are no differences by sex or grade.

The 2017 estimates are similar to 2013 and 2015.

Survey Question: At school, how worried are you that someone will harm you, threaten you or take something from you?

Table 7.14

**Students in Grade 7 – 12 who Worry about Being Harmed, Threatened or Having Something Stolen at School[†],
Peel and Ontario, 2013, 2015, 2017**

Worried about Being Harmed	Per cent of Grade 7-12 students (95% Confidence Interval)					
	Peel			Ontario		
	2013 n=2,094	2015 n=583	2017 n=839	2013 n=10,243	2015 n=5,380	2017 n=6,298
Very/Some what worried	17.3 (14.8 - 20.1)	11.2 (8.7 - 14.3)	15.2 (12.4 - 18.5)	15.4 (13.8 - 17.1)	12.1 (10.2 - 14.4)	13.0 (11.3 - 14.8)
Not very worried/At all worried	82.7 (79.9 - 85.2)	88.8 (85.7 - 91.3)	84.8 (81.5 - 87.6)	84.6 (82.9 - 86.2)	87.9 (85.6 - 89.8)	87.0 (85.2 - 88.7)

[†] Asked of half the sample in 2015 and 2017.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel - Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Table 7.15

Students in Grade 7 – 12 who Very or Somewhat Worry about Being Harmed, Threatened or Having Something Stolen at School by Sex and Grade[†], Peel and Ontario, 2013, 2015, 2017

Demographics	Per cent of Grade 7-12 Students (95% Confidence Interval)		
	2013 n=2,094	2015 n=583	2017 n=839
Sex			
Male	15.6 (12.3 - 19.4)	12.1 (8.6 - 16.9)	13.7 (9.7 - 19.1)
Female	19.1 (16.1 - 22.6)	10.1* (6.4 - 15.6)	17.0 (13.6 - 20.9)
Grade			
7	17.5* (12.2 - 24.4)	17.5 (12.7 - 23.6)	NR
8	17.5 (13.8 - 21.9)	12.7* (6.3 - 23.9)	17.0* (10.2 - 27.0)
9	23.6 (19.1 - 28.9)	NR	18.8 (13.3 - 25.9)
10	23.3 (18.4 - 29.0)	10.2* (5.6 - 17.9)	19.1 (13.6 - 26.2)
11	14.2 (10.7 - 18.6)	NR	16.2* (9.3 - 26.8)
12	10.8* (6.4 - 17.7)	NR	11.7* (7.0 - 19.0)

[†] Asked of half the sample. in 2015 and 2017.

* Use estimate with caution.

NR - Not releasable due to small numbers.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel – Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Threatened or Harmed on School Property

In 2017, 6%* (*use estimate with caution) of Peel students reported being threatened or injured with a weapon on school property in the 12 months prior to the survey. This is similar to Ontario students (6%).

In Peel, there are no differences by sex. Comparisons by grade were not possible due to small numbers.

The 2017 estimates are similar to the 2013 and 2015 estimates.

Survey Question: In the last 12 months, how many times has somebody threatened or injured you with a weapon such as a gun or knife or club on school property?

Table 7.16
Students in Grade 7 – 12 who were Threatened or Injured with a Weapon at School in the Past Year[†], Peel and Ontario, 2013, 2015, 2017

	Per cent of Grade 7-12 students (95% Confidence Interval)					
	Peel			Ontario		
	2013 n=1,039	2015 n=567	2017 n=819	2013 n=5,391	2015 n=5,326	2017 n=6,183
Threatened or injured by weapon	7.9 (6.0 - 10.2)	4.3* (2.9 - 6.4)	6.2* (3.7 - 10.3)	5.8 (4.7 - 7.1)	5.8 (4.8 - 6.9)	5.5 (4.5 - 6.6)

[†] Asked of half the sample.

* Use estimate with caution.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel - Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Table 7.17

Students in Grade 7 – 12 who were Threatened or Injured with a Weapon at School in the Past Year by Sex and Grade[†], Peel and Ontario, 2013, 2015, 2017

Demographics	Per cent of Grade 7-12 Students (95% Confidence Interval)		
	2013 n=1,039	2015 n=567	2017 n=819
Sex			
Male	11.6 (8.5 - 15.8)	6.0* (4.0 - 8.9)	9.1* (4.9 - 16.3)
Female	3.9 (2.5 - 6.2)	NR	3.0* (1.7 - 5.4)
Grade			
7	8.1* (4.3 - 14.9)	NR	NR
8	14.3* (9.1 - 21.6)	NR	NR
9	NR	NR	NR
10	10.6* (6.7 - 16.3)	NR	9.5* (4.7 - 18.2)
11	5.3* (2.8 - 9.8)	NR	NR
12	5.6* (2.9 - 10.7)	NR	NR

† Asked of half the sample.

* Use estimate with caution.

NR - Not releasable due to small numbers.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel – Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Fight on School Property

In 2017, 9% of Peel students and 11% of Ontario students fought on school property at least once in the 12 months prior to the survey.

In Peel, male students (15%*- use estimate with caution) are more likely than females (4%*- use estimate with caution) to have fought on school property. There are no differences by grade.

The 2017 estimates are similar to 2013 and 2015.

Survey Question: During the last 12 months, how many times were you in a physical fight on school property?

Table 7.18
Students in Grade 7 – 12 who Fought on School Property in the Past Year[†],
Peel and Ontario, 2013, 2015, 2017

	Per cent of Grade 7-12 students (95% Confidence Interval)					
	Peel			Ontario		
	2013 n=1,018	2015 n=586	2017 n=828	2013 n=5,478	2015 n=5,403	2017 n=6,213
Fought on school property	10.9 (8.0 - 14.7)	9.8 (7.2 - 13.2)	9.4 (6.7 - 13.1)	10.9 (9.6 - 12.4)	10.4 (9.1 - 11.9)	11.4 (9.7 - 13.3)

[†] Asked of half the sample.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel - Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Table 7.19

**Students in Grade 7 – 12 who Fought on School Property in the Past Year by Sex and Grade[†],
Peel and Ontario, 2013, 2015, 2017**

Demographics	Per cent of Grade 7-12 Students (95% Confidence Interval)		
	2013 n=1,018	2015 n=586	2017 n=828
Sex			
Male	17.1* (11.8 - 24.1)	14.8* (10.3 - 20.7)	14.6* (10.1 - 20.6)
Female	4.6* (2.8 - 7.4)	4.6* (2.6 - 8.2)	3.5* (2.0 - 6.3)
Grade			
7	13.6* (7.6 - 23.2)	NR	NR
8	15.8* (10.3 - 23.4)	NR	15.5* (9.8 - 23.5)
9	NR	10.6* (5.9 - 18.4)	6.7* (3.7 - 11.8)
10	10.8* (5.9 - 19.0)	NR	9.5* (4.9 - 17.7)
11	10.3* (5.7 - 17.8)	NR	NR
12	NR	NR	8.4* (4.2 - 16.1)

[†] Asked of half the sample.

* Use estimate with caution.

NR - Not releasable due to small numbers.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel – Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Victim of Bullying at School

In 2017, 17% of Peel students and 21% of Ontario students was a victim of bullying at school at least once in the 12 months prior to the survey.

In Peel, there are no differences by sex or grade.

The 2017 estimates are similar to 2013 and 2015.

Survey Question: Bullying is when one or more people tease, hurt or upset a weaker person on purpose, again and again. It is also bullying when someone is left out of things on purpose. Since September in what ways were you bullied most at school? (Please choose only one answer.)

For this particular series of tables, a binary indicator was created combining all ways of bullying into a “yes” category.

Table 7.20

**Students in Grade 7 – 12 who were Bullied at School During the School Year[†],
Peel and Ontario, 2013, 2015, 2017**

	Per cent of Grade 7-12 students (95% Confidence Interval)					
	Peel			Ontario		
	2013 n=1,044	2015 n=565	2017 n=826	2013 n=5,369	2015 n=5,317	2017 n=6,192
Victim of bullying	21.1 (19.2 - 23.2)	21.4 (18.2 - 25.0)	17.2 (14.4 - 20.4)	25.0 (22.7 - 27.5)	23.6 (21.5 - 25.7)	21.0 (19.3 - 22.9)

[†] Asked of half the sample.

* Use estimate with caution.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel - Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Table 7.21

**Students in Grade 7 – 12 who were Bullied at School During the School Year by Sex and Grade[†],
Peel and Ontario, 2013, 2015, 2017**

Demographics	Per cent of Grade 7-12 Students (95% Confidence Interval)		
	2013 n=1,044	2015 n=565	2017 n=826
Sex			
Male	22.9 (19.0 - 27.4)	20.9 (16.2 - 26.6)	16.3 (12.6 - 20.9)
Female	19.3 (15.9 - 23.2)	22.0 (15.9 - 29.5)	18.2 (14.6 - 22.6)
Grade			
7	29.8 (23.5 - 36.9)	29.7 (21.1 - 40.0)	22.3* (13.4 - 34.8)
8	30.2 (26.8 - 33.8)	25.3 (18.3 - 33.7)	22.2* (14.6 - 32.3)
9	25.1* (15.8 - 37.4)	18.1* (12.2 - 26.0)	20.0 (15.2 - 25.8)
10	18.0 (13.6 - 23.3)	20.5* (11.0 - 35.0)	16.4* (10.3 - 24.9)
11	17.1* (11.3 - 25.0)	20.6* (11.5 - 34.1)	14.6* (9.6 - 21.4)
12	12.7 (9.7 - 16.5)	17.8* (8.9 - 32.5)	12.7* (8.2 - 19.3)

[†] Asked of half the sample.

* Use estimate with caution.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel – Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Type of Bullying Experienced at School

In 2017, verbal attack was the most common type of bullying experienced by Peel (16%) and Ontario students (17%).

In Peel, there are no differences by sex or grade.

The 2017 estimates are similar to 2013 and 2015.

Survey Question: Bullying is when one or more people tease, hurt or upset a weaker person on purpose, again and again. It is also bullying when someone is left out of things on purpose. Since September, in what ways were you bullied most at school? (Please choose only one answer.)

Table 7.22

**Type of Bullying Experienced at School During the School Year Among Students in Grade 7 – 12[†],
Peel and Ontario, 2013, 2015, 2017**

Type of Bullying	Per cent of Grade 7-12 students (95% Confidence Interval)					
	Peel			Ontario		
	2013 n=1,044	2015 n=565	2017 n=826	2013 n=5,369	2015 n=5,317	2017 n=6,192
Verbal attacks	17.9 (15.8 - 20.2)	18.2 (14.8 - 22.3)	15.8 (12.9 - 19.1)	21.4 (19.2 - 23.8)	21.0 (19.0 - 23.1)	17.4 (15.5 - 19.5)
Stolen or damaged property	1.9* (1.1 - 3.3)	NR	NR	1.9* (1.4 - 2.7)	1.5* (1.0 - 2.2)	1.7 (1.2 - 2.3)
Physical attacks	1.4* (0.7 - 2.4)	2.0* (1.0 - 3.8)	NR	1.7* (1.2 - 2.4)	1.1* (0.8 - 1.5)	2.0 (1.5 - 2.6)
Not bullied at school	78.9 (76.8 - 80.8)	78.6 (75.0 - 81.8)	82.8 (79.6 - 85.6)	75.0 (72.5 - 77.3)	76.4 (74.3 - 78.5)	79.0 (77.1 - 80.7)

[†] Asked of half the sample.

* Use estimate with caution.

NR – Not releasable due to small numbers.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel - Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Table 7.23

Students in Grade 7 – 12 who were Verbally Bullied at School During the School Year by Sex and Grade[†], Peel and Ontario, 2013, 2015, 2017

Demographics	Per cent of Grade 7-12 Students (95% Confidence Interval)		
	2013 n=1,044	2015 n=565	2017 n=826
Sex			
Male	17.5 (13.9 - 21.8)	16.6 (12.4 - 21.7)	14.6 (10.9 - 19.3)
Female	18.3 (15.2 - 22.0)	20.0 (14.3 - 27.3)	17.1 (13.3 - 21.6)
Grade			
7	24.4 (18.2 - 31.8)	24.1 (18.1 - 31.3)	22.3* (13.4 - 34.8)
8	24.1 (17.9 - 31.6)	19.8* (11.8 - 31.4)	21.0* (12.7 - 32.6)
9	22.4* (13.6 - 34.7)	17.3* (11.5 - 11.5)	16.8 (12.7 - 21.8)
10	13.1* (9.3 - 18.2)	14.9* (8.0 - 26.3)	13.5* (8.7 - 20.4)
11	17.0* (11.2 - 24.8)	16.5* (8.1 - 30.7)	13.6* (8.7 - 20.8)
12	11.0* (7.6 - 15.8)	17.8* (8.9 - 32.5)	12.3* (7.9 - 18.8)

[†] Asked of half the sample.

* Use estimate with caution.

NR - Not releasable due to small numbers.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel – Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Frequency of Bullying at School among Bullied Victims

In 2017, among Peel students who were bullied, 29%* (*use estimate with caution) reported that it happened at least once a week. This is similar to Ontario (31%).

In Peel there are no differences by sex. Comparisons by grade were not possible due to small numbers.

The estimates in 2017 are similar to 2013 and 2015.

Survey Question: Since September, how often have you been bullied at school?

Table 7.24

**Frequency of Being Bullied among Grade 7-12 Students who were Bullied at School During the School Year[†],
Peel and Ontario, 2013, 2015, 2017**

	Per cent of Grade 7-12 students who were Bullied at School (95% Confidence Interval)					
	Peel			Ontario		
	2013 n=226	2015 n=126	2017 n=149	2013 n=1,458	2015 n=1,325	2017 n=1,377
Daily/ almost daily	9.8* (6.6-14.4)	8.3* (4.2 - 15.6)	NR	10.6 (8.5 - 13.2)	8.4 (6.1 - 11.6)	8.4 (6.1 - 11.3)
About once per week	14.6* (10.1-20.6)	15.3* (8.9 - 25.1)	19.8* (11.8 - 31.4)	18.0 (14.8 - 21.7)	18.7 (14.9 - 23.2)	22.1 (19.4 - 25.0)
About once per month	19.5* (13.6-27.2)	21.4* (14.0 - 31.4)	18.1* (11.1 - 28.1)	21.4 (17.8 - 25.6)	17.8 (14.9 - 21.2)	16.4 (13.3 - 20.0)
Less than once per month	46.3 (40.2-52.6)	44.4 (32.4 - 57.1)	39.0 (29.4 - 49.5)	40.8 (36.6 - 45.2)	44.3 (40.4 - 48.2)	40.3 (34.7 - 46.1)

* Use estimate with caution.

NR - Not releasable due to small numbers.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel - Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Table 7.25

Bullied at Least Once Per Week among Grade 7-12 Students who were Bullied at School During the School Year by Sex and Grade[†], Peel and Ontario, 2013, 2015, 2017

Demographics	Per cent of Grade 7-12 students who were Bullied at School (95% Confidence Interval)		
	2013 n=226	2015 n=126	2017 n=149
Sex			
Male	25.8 (18.9 - 34.1)	NR	28.4* (15.8 - 45.7)
Female	22.6* (15.7 - 31.5)	22.5* (13.2 - 35.5)	29.1* (19.2 - 41.5)
Grade			
7	28.7* (18.7 - 41.3)	NR	NR
8	24.1* (16.3 - 34.0)	NR	NR
9	NR	NR	NR
10	NR	NR	NR
11	30.0* (20.1 - 42.3)	NR	NR
12	NR	NR	NR

[†] Asked of half the sample.

* Use estimate with caution.

NR - Not releasable due to small numbers.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel – Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Victim of Cyberbullying

In 2017, 22% of Peel students were bullied electronically or through the internet. This is similar to Ontario (21%).

There was no variation by sex or grade.

The 2017 estimates are similar to 2013 and 2015 estimates.

Survey Question: In the last 12 months, how many times did other people bully or pick on you electronically or through the Internet?

Table 7.26

**Students in Grade 7-12 who Experienced Cyberbullying in the Past 12 Months[†],
Peel and Ontario, 2013, 2015, 2017**

	Per cent of Grade 7-12 students (95% Confidence Interval)					
	Peel			Ontario		
	2013 n=1,037	2015 n=567	2017 n=826	2013 n=5,391	2015 n=5,329	2017 n=6,203
Victim of cyberbullying	14.6 (12.1 - 17.7)	17.7 (14.3 - 21.6)	21.5 (17.5 - 26.0)	19.0 (17.2 - 21.0)	19.8 (18.0 - 21.7)	20.5 (18.9 - 22.3)

[†] Asked of half the sample.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel - Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Table 7.27

**Students in Grade 7-12 who Experienced Cyberbullying in the Past 12 Months by Sex and Grade[†],
Peel and Ontario, 2013, 2015, 2017**

Demographics	Per cent of Grade 7-12 students (95% Confidence Interval)		
	2013 n=1,037	2015 n=567	2017 n=826
Sex			
Male	13.4 (10.1 - 17.7)	14.9 (10.8 - 20.2)	21.2 (16.7 - 26.5)
Female	15.9 (13.1 - 19.3)	20.6* (14.1 - 29.0)	21.8 (17.2 - 27.3)
Grade			
7	14.0* (7.9 - 23.6)	25.7* (16.6 - 37.7)	NR
8	14.4* (9.0 - 22.2)	15.5* (9.1 - 25.2)	22.0* (11.9 - 37.2)
9	18.1* (11.6 - 27.3)	16.4* (10.6 - 24.5)	23.0* (16.0 - 32.0)
10	17.0 (12.1 - 23.2)	14.8* (7.2 - 28.0)	22.1* (15.3 - 30.8)
11	11.3* (7.6 - 16.6)	19.2* (9.9 - 33.8)	20.2* (12.1 - 31.9)
12	13.6 (10.5 - 17.6)	15.8* (10.0 - 24.0)	21.6* (13.5 - 32.7)

[†] Asked of half the sample.

* Use estimate with caution.

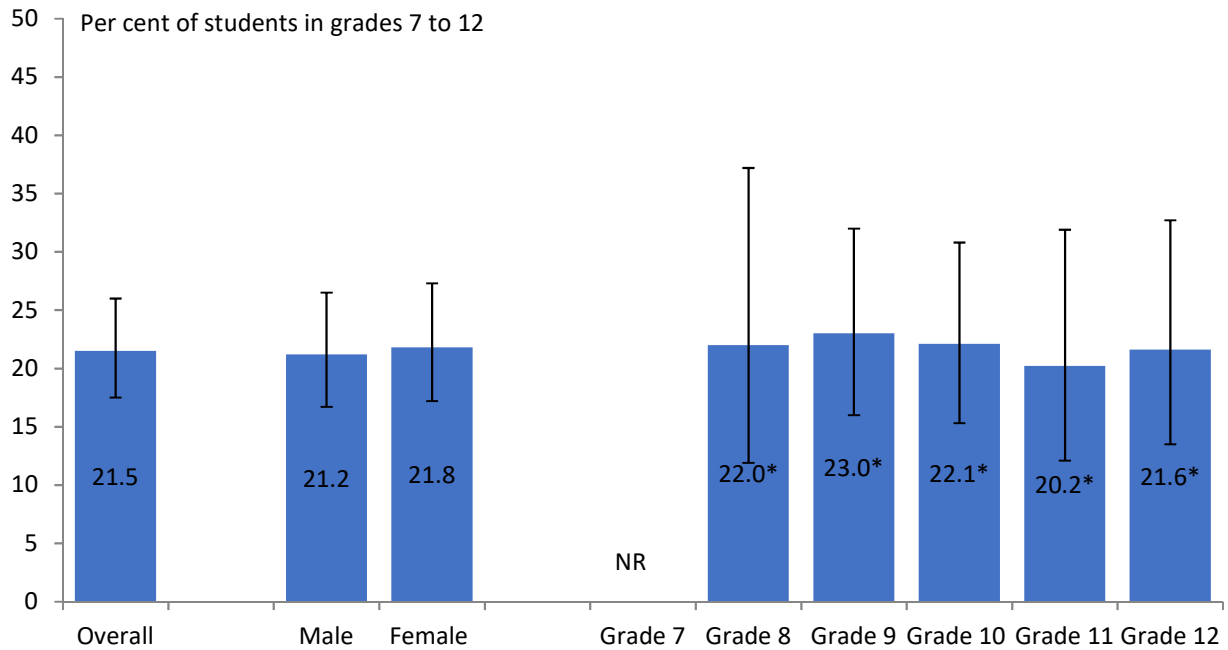
NR - Not releasable due to small numbers.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel – Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Figure 7.1
Victim of Cyberbullying Among Students in Grades 7-12 by Sex and Grade†, Peel, 2017



n=826

† Asked of half the sample.

* Use estimate with caution.

Notes: Error bars represent 95% confidence intervals.

Source: Ontario Student Drug Use and Health Survey, 2017, Centre for Addictions and Mental Health. Region of Peel - Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Bullying Perpetrators at School

In 2017, 11% of Peel students and Ontario students bullied others at school in the past year.

There was no variation by sex or grade.

In Ontario, the proportion of students that bullied others decreased from 16% in 2013 to 11% in 2017. This trend was not seen among Peel students.

Survey Question: Since September, in what ways did you bully other students the most at school? For this particular series of tables, a binary indicator was created combining all ways of bullying into a “yes” category.

Table 7.28
Students in Grade 7-12 who Bullied Others at School in the Past 12 Months[†],
Peel and Ontario, 2013, 2015, 2017

	Per cent of Grade 7-12 students (95% Confidence Interval)					
	Peel			Ontario		
	2013 n=1,041	2015 n=565	2017 n=825	2013 n=5,365	2015 n=5,304	2017 n=6,175
Bullied others	15.2 (12.6 - 18.2)	11.4 (8.7 - 14.8)	11.1 (8.3 - 14.8)	16.0 (14.4 - 17.8)	13.1 (11.5 - 14.8)	11.1 (10.0 - 12.4)

[†] Asked of half the sample.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel - Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Table 7.29

**Students in Grade 7-12 who Bullied Others at School in the Past 12 Months by Sex and Grade[†],
Peel and Ontario, 2013, 2015, 2017**

Demographics	Per cent of Grade 7-12 students (95% Confidence Interval)		
	2013 n=1,041	2015 n=565	2017 n=825
Sex			
Male	17.2 (13.3 - 21.9)	13.4* (8.2 - 21.1)	13.6* (9.5 - 19.3)
Female	13.1 (9.8 - 17.2)	9.3 (6.6 - 12.8)	8.3* (5.7 - 12.1)
Grade			
7	18.7* (11.7 - 28.3)	NR	NR
8	12.3 (9.4 - 16.0)	NR	14.7* (7.4 - 27.1)
9	18.9* (9.3 - 34.4)	13.1* (6.7 - 24.1)	13.6* (9.1 - 19.8)
10	18.6 (13.5 - 25.2)	15.6* (7.9 - 28.4)	15.1* (8.8 - 24.8)
11	12.9* (8.5 - 19.1)	9.8* (5.8 - 15.9)	NR
12	11.6* (7.6 - 17.4)	NR	8.1* (4.4 - 14.4)

[†] Asked of half the sample.

* Use estimate with caution.

NR - Not releasable due to small numbers.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel – Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Type of Bullying Perpetrated at School

In 2017, verbal attacks (10%) were the most common method of bullying perpetrated at school by Peel students. This is similar to Ontario (10%).

There are no differences by sex or grade.

Estimates in 2017 are similar to 2013 and 2015.

Survey Question: Since September, in what ways did you bully other students the most at school?

Table 7.30

**Type of Bullying Perpetrated at School Among Students in Grade 7-12[†],
Peel and Ontario, 2013, 2015, 2017**

Type of Bullying	Per cent of Grade 7-12 students (95% Confidence Interval)					
	Peel			Ontario		
	2013 n=1,041	2015 n=565	2017 n=825	2013 n=5,365	2015 n=5,304	2017 n=6,175
Verbal attacks	13.3 (10.4 - 16.7)	9.5 (7.7 - 11.7)	10.1 (7.5 - 13.4)	14.1 (12.5 - 15.8)	11.5 (9.9 - 13.3)	9.5 (8.5 - 10.6)
Physical attacks	1.1* (0.6 - 2.0)	NR	NR	1.1* (0.8 - 1.6)	1.3* (0.7 - 2.4)	1.2* (0.8 - 1.9)
Stolen/ damaged property	NR	NR	NR	0.8* (0.5 - 1.5)	NR	NR
Did not bully others	84.8 (81.8 - 87.4)	88.6 (85.2 - 91.3)	88.9 (85.2 - 91.7)	84.0 (82.3 - 85.7)	86.9 (85.2 - 88.5)	88.9 (87.6 - 90.0)

[†] Asked of half the sample.

* Use estimate with caution.

NR - Not releasable due to small numbers.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel - Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Table 7.31

**Use of Verbal Attacks Among Students in Grade 7-12 by Sex and Grade[†],
Peel and Ontario, 2013, 2015, 2017**

Demographics	Per cent of Grade 7-12 students (95% Confidence Interval)		
	2013 n=1,041	2015 n=565	2017 n=825
Sex			
Male	14.1 (10.3 - 19.0)	10.1* (6.6 - 15.2)	12.2* (8.3 - 17.6)
Female	12.5 (9.2 - 16.7)	8.9 (6.4 - 12.4)	7.7* (5.2 - 11.2)
Grade			
7	15.2* (9.11 - 24.3)	7.5* (4.2 - 12.9)	NR
8	10.2* (5.5 - 18.1)	NR	14.7* (7.4 - 27.1)
9	18.9* (9.3 - 34.4)	11.3* (5.9 - 20.7)	13.0* (8.6 - 19.3)
10	14.9* (10.1 - 21.4)	12.6* (6.8 - 22.2)	12.1* (7.0 - 20.3)
11	11.5* (7.1 - 18.0)	9.8* (5.8 - 15.9)	NR
12	10.6* (6.5 - 16.7)	NR	6.2* (3.2 - 11.7)

[†] Asked of half the sample.

* Use estimate with caution.

NR - Not releasable due to small numbers.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel – Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Frequency of Bullying at School Among Students Who Bullied Others

In 2017, among Peel students who bullied others at school, 48% bullied less than once per month. This is similar to Ontario students (42%).

There are no differences by sex. Comparisons by grade were not possible due to small numbers.

In Ontario, the proportion of bully perpetrators who bullied less than once per month decreased from 58% in 2013 to 42% in 2017. This trend was not seen among Peel students.

Survey Question: Since September, how often did you bully others at school?

Table 7.32

**Frequency of Bullying Among Students in Grade 7-12 who Reported Bullying Others at School^{†‡},
Peel and Ontario, 2013, 2015, 2017**

Type of Bullying	Per cent of Grade 7-12 students who Bullied Others at School (95% Confidence Interval)					
	Peel			Ontario		
	2013 n=156	2015 n=56	2017 n=82	2013 n=809	2015 n=626	2017 n=628
Daily/ almost daily	NR	NR	NR	4.9* (3.1 - 7.7)	4.3* (2.4 - 7.6)	6.4* (3.9 - 10.3)
About once per week	11.6* (6.6 - 19.7)	13.1* (6.7 - 24.1)	NR	11.4* (8.2 - 15.8)	15.3 (11.9 - 19.4)	16.2 (12.2 - 21.3)
About once per month	12.0* (6.6 - 20.7)	NR	17.6* (8.6 - 32.8)	11.9 (8.9 - 15.8)	21.9 (16.1 - 29.0)	8.6* (6.1 - 12.1)
Less than once per month	55.4 (45.8 - 64.7)	71.1 (51.9 - 84.9)	47.5 (34.8 - 60.5)	58.2 (52.7 - 63.5)	58.6 (51.3 - 65.4)	42.4 (34.6 - 50.5)

[†] Asked of half the sample.

[‡] Includes students who bullied others at school in the last 12 months.

* Use estimate with caution.

NR - Not releasable due to small numbers.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel - Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Table 7.33

**Bullying Others at Least Once a Month Among Bullying Perpetrators in Grades 7-12 by Sex and Grade^{†‡},
Peel and Ontario, 2013, 2015, 2017**

Demographics	Per cent of Grade 7-12 students who Bullied Others at School (95% Confidence Interval)		
	2013 n=156	2015 n=56	2017 n=82
Sex			
Male	40.8* (27.7 - 55.3)	NR	34.0* (19.4 - 52.4)
Female	25.7* (15.0 - 40.6)	NR	51.8* (27.4 - 75.4)
Grade			
7	44.0* (26.6 - 63.1)	NR	NR
8	NR	NR	NR
9	NR	NR	NR
10	NR	NR	NR
11	43.7* (20.4 - 70.2)	NR	NR
12	NR	NR	NR

† Asked of half the sample.

‡ Includes students who bullied others at school in the last 12 months.

* Use estimate with caution.

NR - Not releasable due to small numbers.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel – Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Cyberbullying Perpetrators

In 2017, one-in-ten students in Peel and Ontario cyberbullied others at least once in the past year.

In Peel, male students (14%) are more likely than females (6%* - use estimate with caution) to cyberbully others at least once in the past year. There are no differences by grade.

Survey Question: In the last 12 months, how often did you bully or pick on other people electronically or through the Internet?

Table 7.34
Frequency of Cyberbullying Among Students in Grade 7-12[†],
Peel and Ontario, 2017

Frequency of Cyberbullying	Per cent of Grade 7-12 Students (95% Confidence Interval)	
	Peel n=825	Ontario n=6,188
Don't use internet	9.0 (7.1 - 11.4)	7.4 (6.1 - 8.9)
Never	80.7 (77.2 - 83.7)	83.0 (81.0 - 84.8)
Once	7.3 (5.2 - 10.2)	6.2 (5.3 - 7.3)
Twice or more	3.0* (2.1 - 4.4)	3.5 (2.7 - 4.5)

[†] Asked of half the sample.

* Use estimate with caution.

Source: Ontario Student Drug Use and Health Survey, 2017, Centre for Addiction and Mental Health. Region of Peel - Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Table 7.35

**Cyberbullying Others at Least Once in the Past Year Among Students in Grade 7-12 by Sex and Grade[†],
Peel, 2017**

Demographics	Per cent of Grade 7-12 Students (95% Confidence Interval)
	2017 n=825
Sex	
Male	14.4 (10.8 - 18.9)
Female	5.7* (3.5 - 9.3)
Grade	
7	NR
8	9.7* (5.2 - 17.5)
9	11.9* (6.9 - 19.6)
10	9.4* (5.3 - 16.0)
11	12.3* (6.7 - 21.5)
12	12.2* (8.4 - 17.5)

† Asked of half the sample.

* Use estimate with caution.

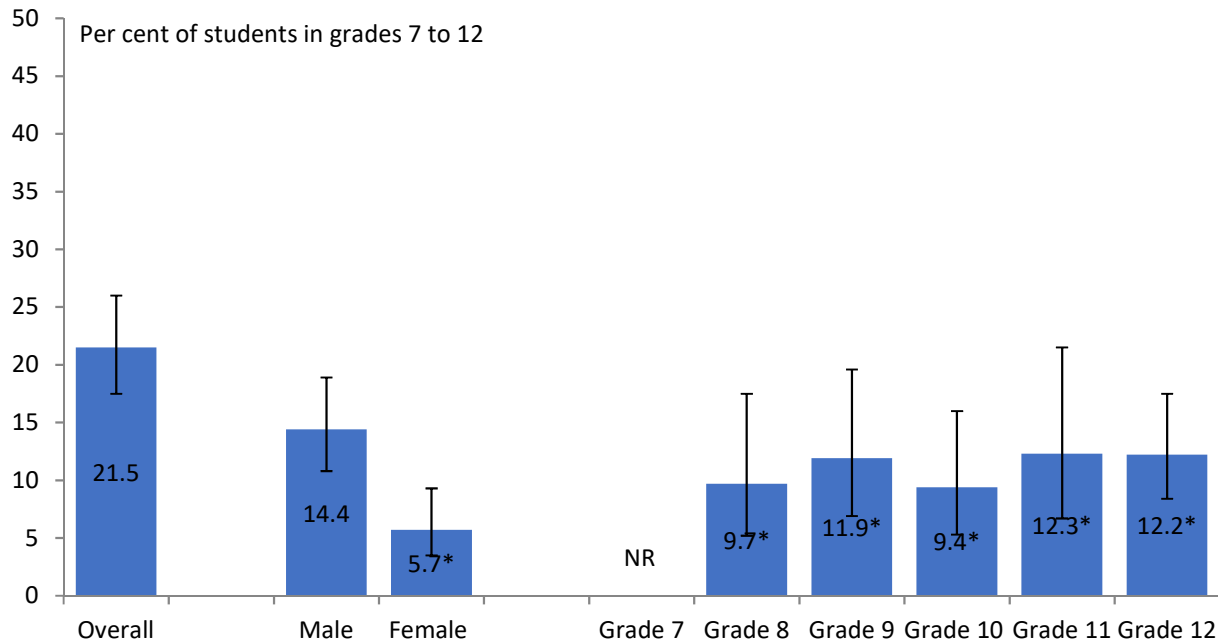
NR - Not releasable due to small numbers.

Source: Ontario Student Drug Use and Health Survey, 2017, Centre for Addiction and Mental Health. Region of Peel – Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Figure 7.2
Cyberbullying Others at Least Once in the Past Year among Students in Grades 7-12 by Sex and Grade†, Peel, 2017



n=825

† Asked of half the sample.

* Use estimate with caution.

Notes: Error bars represent 95% confidence intervals.

Source: Ontario Student Drug Use and Health Survey, 2017, Centre for Addictions and Mental Health. Region of Peel - Public Health.

**A look at Peel youth in grades 7–12:
Physical Health and Mental Well-Being**
Results from the Ontario Student Drug Use and Health Survey, 2013–2017

**CHAPTER EIGHT
GAMBLING AND ANTISOCIAL BEHAVIOUR**

HIGHLIGHTS

- In 2017, approximately one-third of Peel students (36%) participated in some type of gambling activity in the past 12 months. This is similar to Ontario students (36%).
- The most common types of gambling activities that Peel students participated are:
 - Betting money on a dare or private bet (13%),
 - Betting money on video game results (9%), and
 - Betting money in other ways (9%).
- In 2017, 6%* (*use estimate with caution) of Peel students and 9% of Ontario students exhibited symptoms of problem gambling.
- In 2017, 7% of Peel and Ontario students engaged in at least three of the nine measured antisocial behaviours in the past year.
- The most common antisocial activities among students in Peel are:
 - Taking things worth \$50 or less (13%)
 - Setting something on fire they were not supposed to (9%), and
 - Running away from home (8%).
- In 2017, 13% of Peel students reported being suspended, expelled or excluded from school at least once in their lifetime and 7% have been drunk or high on school property in the past year. This is similar to Ontario students.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

GAMBLING

Any Gambling

In 2017, approximately one-third of Peel students (36%) participated in some type of gambling activity in the past 12 months. This is similar to Ontario students (36%).

In Peel, male students (45%) are more likely than females (27%) to gamble. Gambling activity is more prevalent among students in Grade 12 (45%) compared to Grade 8 students (29%).

The 2017 estimates are similar to the 2013 and 2015 estimates.

Question: “Any gambling” activity in the last 12 months includes participation in at least one of the following activities:

...Bet money on card games
...Bet money on dice games
...Bet money on games of skill
...Played Bingo for money
...Bet money in sports pools
...Bought sports lottery tickets

...Bought other lottery tickets at a store
...Bet money at video game machines
...Bet money at casino in Ontario
... Bet money in other ways

Added in 2017:

...Bet money on video game results
...Bet money on poker online
...Bet money on sports betting online
...Bought lottery tickets online

...Bought money on a dare/private bet
...Bet money on bingo online
...Bet money on other online games

Table 8.1
Any Gambling in the Last 12 Months Among Students in Grades 7-12[†],
Peel and Ontario, 2013, 2015, 2017

	Per cent of Grade 7-12 students (95% Confidence Interval)					
	Peel			Ontario		
	2013 n=1,026	2015 n=563	2017 n=821	2013 n=5,334	2015 n=5,295	2017 n=6,130
Any gambling activity	32.9 (29.0 - 37.1)	33.0 (28.1 - 38.3)	36.1 (32.1 - 40.4)	35.1 (32.7 - 37.6)	32.1 (29.6 - 34.7)	36.1 (34.5 - 37.7)

[†] Asked of half the sample.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel - Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Table 8.2

**Any Gambling in the Last 12 Months Among Students in Grades 7-12 by Sex and Grade[†],
Peel and Ontario, 2013, 2015, 2017**

Demographics	Per cent of Grade 7-12 Students (95% Confidence Interval)		
	2013 n=1,026	2015 n=563	2017 n=821
Sex			
Male	42.0 (36.2 - 48.0)	39.8 (32.5 - 47.7)	44.6 (38.6 - 50.8)
Female	23.4 (18.6 - 29.0)	25.9 (21.2 - 31.3)	26.5 (22.2 - 31.3)
Grade			
7	23.4* (13.0 - 38.5)	26.3* (14.7 - 42.4)	NR
8	29.1* (18.9 - 42.0)	30.4 (22.6 - 39.6)	29.2 (24.9 - 34.0)
9	28.7* (18.6 - 41.4)	22.7 (17.1 - 29.4)	31.1 (22.8 - 40.9)
10	36.2 (28.5 - 44.7)	44.9 (30.9 - 59.8)	41.7 (32.2 - 51.8)
11	37.2 (30.2 - 44.8)	38.2 (30.5 - 46.4)	40.4 (30.8 - 50.9)
12	38.5 (32.6 - 44.8)	34.3 (26.7 - 42.7)	44.8 (35.3 - 54.6)

[†] Asked of half the sample.

* Use estimate with caution.

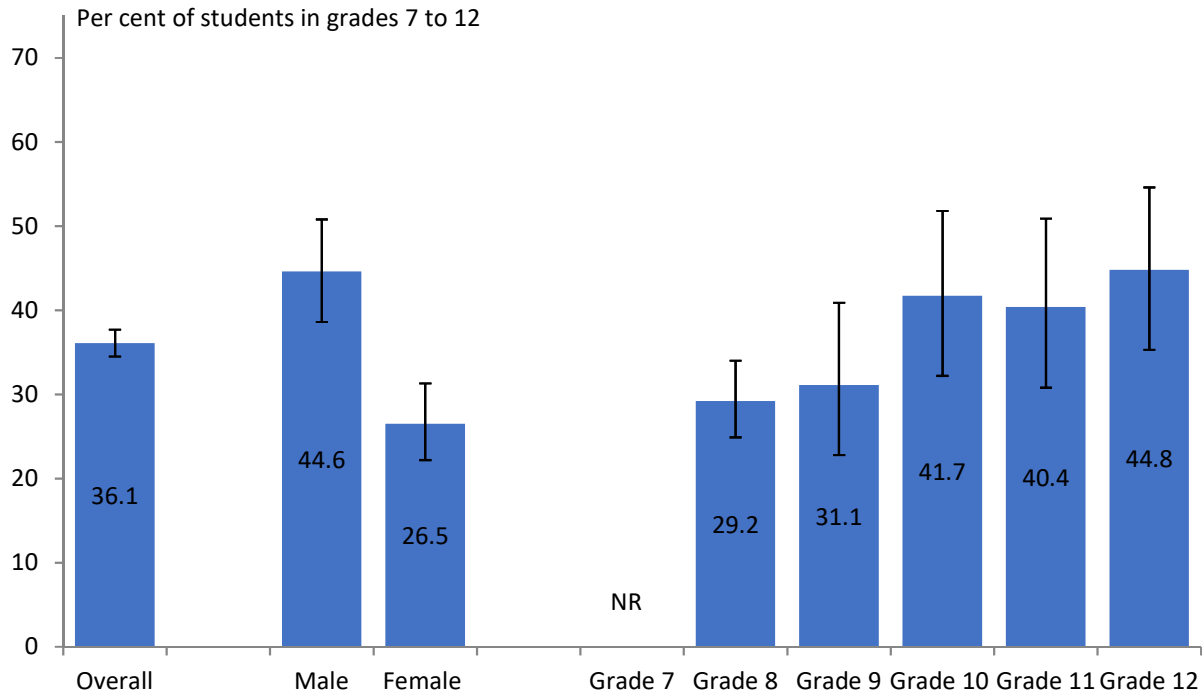
NR - Not releasable due to small numbers.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel – Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Figure 8.1
Any Gambling among Students in Grades 7-12 by Sex and Grade[†],
Peel, 2017



n=821

† Asked of half the sample.

Notes: Error bars represent 95% confidence intervals.

Source: Ontario Student Drug Use and Health Survey, 2017, Centre for Addictions and Mental Health. Region of Peel - Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Type of Gambling

In 2017, the most common gambling activity among Peel students was betting money on a dare or private bet (13%). This is similar to Ontario (12%).

Males (30%) are more likely than females (9%) to bet money on game-related activities. There are no differences by grade.

The 2017 estimates are similar to 2013 and 2015.

Survey Question: How often (if ever) in the last 12 months have you done each of the following...

- *Bet money on card games*
- *Bet money on dice games*
- *Bet money on other games of skill (such as pool, darts, chess, bowling)*
- *Played bingo for money*
- *Bet money in sports pools or fantasy sports*
- *Bought sports lottery tickets (such as Sports Select or Proline)*
- *Bought any other lottery tickets at a store, including instant lottery (such as 6/49, scratch cards)*
- *Bet money on video gambling machines, slot machines or other gambling machines*
- *Bet money at a casino in Ontario*
- *Bet money on results of a video game*
- *Bet money on a dare or private bet*
- *Bet money on poker online*
- *Bet money on bingo online*
- *Bet money on sports betting online*
- *Bet money on poker online*
- *Bet money on bingo online*
- *Bet money on sports betting online*
- *Bet money on other online games*
- *Bought lottery tickets online*
- *Bet money in other ways not listed above*

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Table 8.3
Types of Gambling Activities Among Students in Grades 7-12[†],
Peel and Ontario, 2013, 2015, 2017

Bet Money...	Per cent of Grade 7-12 Students (95% Confidence Interval)					
	Peel			Ontario		
	2013	2015	2017	2013	2015	2017
On a dare/private bet	--	--	12.9 (10.3-16.1)	--	--	11.6 (9.6-14.0)
On video game results	--	--	9.1 (6.8-12.2)	--	--	7.6 (5.9-9.7)
In other ways	14.0 (11.4-17.0)	11.2* (7.9-15.8)	8.9 (6.9-11.3)	13.4 (11.8-15.3)	10.5 (9.1-12.2)	9.3 (8.1-10.7)
On games of skill	9.2 (7.5-11.2)	6.5* (4.4-9.6)	8.2 (6.0-11.0)	8.3 (7.2-9.7)	7.0 (6.1-8.1)	7.7 (6.5-9.0)
On card games	8.9 (6.9-11.4)	9.1* (6.0-13.5)	7.2* (5.1-10.2)	10.6 (9.0-12.5)	9.5 (8.3-10.9)	9.4 (8.0-11.0)
In sports pools	8.3 (6.2-11.1)	9.0 (6.8-11.9)	6.7* (4.6-9.8)	10.2 (8.7- 11.8)	9.9 (8.7-11.3)	9.8 (8.4-11.4)
On lottery tickets in store	8.1 (5.8-11.2)	9.0* (6.1-13.0)	5.3* (3.6-7.7)	9.6 (8.3-11.0)	7.8 (6.7-9.0)	7.5 (6.4-8.7)
On dice games	5.1 (3.7-7.0)	2.4* (1.2-4.6)	4.6* (2.6-7.8)	4.6 (3.6-5.9)	3.1 (2.5- 3.8)	3.3 (2.5-4.3)
On bingo	3.5* (2.5-5.0)	4.8* (3.0-7.6)	4.2* (2.7-6.6)	4.4 (3.6-5.4)	4.4 (3.5-5.4)	4.4 (3.3-5.9)
On online games	--	--	2.6* (1.5-4.4)	--	--	2.2* (1.5-3.3)
On online sports bet	--	--	1.3* (0.7-2.4)	--	--	1.2 (0.9-1.7)
Over the internet	3.4* (2.3-5.0)	4.7* (3.1-7.0)	--	3.1* (2.1- 4.5)	3.8 (3.1-4.7)	--
On sports lottery tickets	2.4* (1.3-4.3)	3.8* (2.2-6.5)	NR	2.9 (2.1-4.0)	3.1 (2.4- 4.0)	2.1 (1.6-2.8)
On video game machines	1.8* (1.0-3.4)	NR	NR	3.8* (2.5-5.8)	2.4* (1.3-4.5)	3.6 (2.8-4.6)
At casino in Ontario	NR	NR	NR	0.6* (0.4-0.9)	0.5* (0.3-0.9)	0.5* (0.2-0.9)
On online poker	--	--	NR	--	--	0.9* (0.5-1.8)
On online bingo	--	--	NR	--	--	0.9* (0.5-1.8)
On online lottery	--	--	NR	--	--	0.4* (0.2-0.7)

[†] Asked of half the sample.

* Use estimate with caution.

-- Gambling activity not asked in survey cycle.

NR - Not releasable due to small numbers.

Note denominators vary by survey question.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel - Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Table 8.4
Types of Gambling Activity Among Grade 7-12 Students by Sex[†],
Peel, 2013, 2015, 2017

Bet Money....	Per cent of Grade 7-12 students (95% Confidence Interval)					
	2013		2015		2017	
	Male	Female	Male	Female	Male	Female
On a dare/ private bet	--	--	--	--	12.9* (9.0 - 18.2)	12.9 (9.6 - 17.2)
On online gambling [‡]	4.4* (2.8 - 6.9)	NR	8.5* (5.4 - 13.0)	NR	7.2* (4.5 - 11.2)	NR
On sports- related gambling [§]	14.2 (10.6 - 18.9)	2.7* (1.7 - 4.2)	16.8 (12.5 - 22.3)	NR	12.0* (8.3 - 16.9)	NR
On games- related gambling [¶]	24.4 (20.1 - 29.3)	10.5 (7.6 - 14.1)	17.6* (12.2 - 24.8)	13.4 (9.4 - 18.7)	30.0 (24.5 - 36.3)	8.9 (6.4 - 12.4)
In other ways ^β	24.9 (21.1 - 29.1)	16.7 (13.1 - 21.0)	22.6 (16.9 - 29.5)	15.3 (12.1 - 19.0)	16.0 (12.1 - 20.7)	12.9 (10.0 - 16.5)

[†] Asked of half the sample.

[‡] In 2013 and 2015, online gambling was represented by one question on internet gambling. In 2017, online gambling is a composite variable of different types of online gambling.

[§] Includes betting on sports pools and sports lottery tickets.

[¶] Includes betting on card games, dice, games of skills, and bingo. The 2017 cycle includes betting on video game results.

^β Includes betting in a casino, buying a lottery ticket in store, betting on video gaming machines and “other” ways.

* Use estimate with caution.

-- Gambling activity not asked in survey cycle.

NR - Not releasable due to small numbers.

Note denominators vary by survey question.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health. Peel Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Table 8.5
Types of Gambling Activity Among Grade 7-12 Students by Grade[†],
Peel, 2013, 2015, 2017

Types of Gambling Activity	Per cent of Grade 7 - 12 Students (95% Confidence Interval)					
	Grade 7	Grade 8	Grade 9	Grade 10	Grade 11	Grade 12
2013						
On a dare/ private bet	--	--	--	--	--	--
On online gambling [‡]	NR	NR	NR	5.7* (3.0 - 10.4)	NR	NR
On sports-related gambling [§]	NR	7.5* (3.9 - 14.0)	11.0* (6.2 - 18.8)	11.2* (6.5 - 18.5)	9.4* (6.2 - 14.1)	8.9* (5.2 - 14.8)
On games-related gambling [¶]	NR	17.6* (11.0 - 27.1)	13.3* (6.9 - 23.9)	17.8 (12.9 - 24.0)	21.6 (16.2 - 28.3)	20.1 (15.8 - 25.4)
In other ways [Ⓑ]	NR	15.6* (8.8 - 26.1)	15.3* (9.0 - 24.9)	23.1 (16.6 - 31.2)	22.8 (16.1 - 31.3)	29.5 (23.9 - 35.9)
2015						
On a dare/ private bet	--	--	--	--	--	--
On online gambling [‡]	NR	NR	NR	NR	NR	NR
On sports-related gambling [§]	NR	NR	NR	18.6 (13.1 - 25.6)	14.7* (7.8 - 26.1)	NR
On games-related gambling [¶]	NR	17.9* (10.2 - 29.5)	13.4 (10.4 - 17.2)	20.4* (11.2 - 34.4)	13.6* (7.9 - 22.4)	NR
In other ways [Ⓑ]	17.0* (8.8 - 30.4)	11.5* (6.3 - 20.1)	14.0* (9.2 - 20.8)	23.8* (14.8 - 35.9)	27.0 (19.3 - 36.3)	19.3* (10.5 - 32.6)
2017						
On a dare/ private bet	NR	15.0* (9.1 - 23.8)	16.0* (8.8 - 27.5)	13.8* (9.3 - 20.1)	12.4* (8.0 - 18.6)	9.5* (5.0 - 17.5)
On online gambling [‡]	NR	NR	NR	NR	NR	NR
On sports-related gambling [§]	NR	NR	NR	NR	NR	12.9* (7.0 - 22.5)
On games-related gambling [¶]	NR	18.9 (16.1 - 22.1)	15.9* (9.9 - 24.5)	24.2 (17.2 - 32.9)	20.2* (10.4 - 35.6)	27.3 (19.6 - 36.7)
In other ways [Ⓑ]	NR	9.1* (5.2 - 15.3)	12.3* (8.1 - 18.1)	18.1 (12.9 - 24.8)	18.9* (13.2 - 26.4)	16.1* (10.8 - 23.3)

[†] Asked of half the sample.

[‡] In 2013 and 2015, online gambling was represented by one question on internet gambling. In 2017, online gambling is a composite variable of different types of online gambling.

[§] Includes betting on sports pools and sports lottery tickets.

[¶] Includes betting on card games, dice, games of skills, and bingo. The 2017 cycle includes betting on video game results.

[Ⓑ] Includes betting in a casino, buying a lottery ticket in store, betting on video gaming machines and “other” ways.

* Use estimate with caution.

-- Gambling activity not asked in survey cycle.

NR - Not releasable due to small numbers.

Note denominators vary by survey question.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel - Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Problem Gambling

The *Gambling Problem Severity Subscale* (GPSS) of the *Canadian Adolescent Gambling Inventory* (CAGI) was included in the survey.¹⁰ The GPSS consists of nine items related to gambling behaviours in the past three months. The following nine questions were asked of a random half sample of students in grades 9 to 12:

- *How often have you skipped practice or dropped out of activities (such as team sports or band) due to your gambling?*
- *How often have you skipped hanging out with friends who do not gamble to hang out with friends who do?*
- *How often have you planned your gambling activities?*
- *How often have you felt bad about the way you gamble?*
- *How often have you gone back another day to try to win back the money you lost while gambling?*
- *How often have you hidden your gambling from your parents, other family members, or teachers?*
- *How often have you felt that you might have a problem with gambling?*
- *How often have you taken money that you were supposed to spend on lunch, clothing, movies, etc., and used it for gambling or for paying off gambling debts?*
- *How often have you stolen money or other things of value in order to gamble or to pay off your gambling debts?*

Responses to nine items are summed into a score ranging from 0 to 27. Based on the total score, students were categorized as:

- No problem (scores from 0 - 1);
- Low-to-moderate problem severity (scores 2- 5);
- and High problem severity (scores from 6- 27).

In 2017, 6%* (*use estimate with caution) of Peel students and 9% of Ontario students exhibited symptoms of problem gambling.

Comparisons by sex and grade were not possible due to small numbers.

In Ontario, the proportion of students with low-to-moderate gambling problem increased from 4% in 2015 to 7%* (*use estimate with caution) in 2017. This comparison was not possible for Peel due to small numbers.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Table 8.6
Problem Gambling Among Students in Grades 9-12[†],
Peel and Ontario, 2015, 2017

Problem Gambling	Per cent of Grade 9-12 students (95% Confidence Interval)			
	Peel		Ontario	
	2015 n=335	2017 n=644	2015 n=3,343	2017 n=4,115
No problem	95.1 (91.8 - 97.1)	94.1 (89.9 - 96.7)	95.3 (94.2 - 96.2)	91.3 (88.4 - 93.6)
Low-to-moderate problem	3.5* (1.8 - 6.8)	NR	3.6 (2.8 - 4.5)	6.9* (4.8 - 9.8)
High problem	NR	NR	1.1* (0.7 - 1.8)	1.8 (1.4 - 2.2)

[†] Asked of half the sample.

* Use estimate with caution.

NR - Not releasable due to small numbers.

Note: Proportion of Peel students who did not respond to the question was 4.6% in 2015 and 5.6% for 2017.

Source: Ontario Student Drug Use and Health Survey, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel - Public Health.

Table 8.7
Problem Gambling Among Students in Grades 9-12 by Sex and Grade[†],
Peel and Ontario, 2015, 2017

Demographics	Per cent of Grade 9-12 students (95% Confidence Interval)	
	2015 n=335	2017 n=644
Sex		
Male	8.3* (4.8 - 14.2)	8.8* (4.7 - 15.8)
Female	NR	NR
Grade		
9	NR	NR
10	NR	NR
11	NR	NR
12	NR	NR

[†] Asked of half the sample.

* Use estimate with caution.

NR - Not releasable due to small numbers.

Note: Proportion of Peel students who did not respond to the question was 4.6% in 2015 and 5.6% for 2017.

Source: Ontario Student Drug Use and Health Survey, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel - Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

ANTISOCIAL BEHAVIOURS

Overall Antisocial Behaviour

Students are asked to how often they engage in 10 antisocial behaviours during the past year with the following question:

Survey Question: How often (if ever) in the last 12 months have you done each of the following?

- Taken a car without permission
- Banged up or damaged something on purpose
- Sold cannabis or hashish
- Taken things worth \$50 or less
- Taken things worth more than \$50
- Broken into a locked building (exclude home)
- Ran away from home
- Set something on fire that you weren't suppose to
- Beat up or hurt anyone (exclude fights with siblings)
- Carried a weapon (e.g., gun or knife)

An overall measure for antisocial behaviour is based on nine out of the 10 antisocial behaviours (excludes setting something on fire). Students are classified as engaging in antisocial behaviour if they have participated in three or more of the nine behaviours at least once in the past year.³

In 2017, 7% of Peel and Ontario students engaged in antisocial behaviours in the past year. There are no differences by sex. Comparisons by grade was not possible due to small numbers.

The 2017 estimates are similar to 2013 and 2015.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Table 8.8
**Engagement of Antisocial Behaviours Among Students in Grades 7-12^{†‡},
Peel and Ontario, 2013, 2015, 2017**

	Per cent of Grade 7-12 students (95% Confidence Interval)					
	Peel			Ontario		
	2013 n=1,022	2015 n=563	2017 n=821	2013 n=5,321	2015 n=5,271	2017 n=6,090
Antisocial behaviours	5.6 (4.0 - 7.7)	4.9* (3.1 - 7.6)	6.5 (4.6 - 9.0)	7.2 (5.8 - 8.9)	5.2 (4.2 - 6.4)	6.9 (5.8 - 8.1)

† Asked of half the sample.

‡ Students who have participated in three or more of the nine measured antisocial behaviours at least once in the past year.

* Use estimate with caution.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel - Public Health.

Table 8.9
**Engagement of Antisocial Behaviours Among Students in Grades 7-12 by Sex and Grade^{†‡},
Peel and Ontario, 2013, 2015, 2017**

Demographics	Per cent of Grade 7-12 Students (95% Confidence Interval)		
	2013 n=1,022	2015 n=563	2017 n=821
Sex			
Male	7.2* (5.1 - 10.0)	NR	8.0* (5.2 - 12.0)
Female	NR	NR	4.8* (2.8 - 8.1)
Grade			
7	NR	NR	NR
8	NR	NR	NR
9	NR	NR	NR
10	8.8* (5.1 - 14.7)	NR	NR
11	9.8* (6.3 - 15.1)	NR	NR
12	NR	NR	10.0* (5.4 - 17.6)

† Asked of half the sample.

‡ Students who have participated in three or more of the nine measured antisocial behaviours at least once in the past year.

* Use estimate with caution.

NR - Not releasable due to small numbers.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel – Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Types of Antisocial Behaviour

In 2017, the most common antisocial behaviour among Peel students was stealing things worth \$50 or less (13%). Running away from home was most common antisocial behaviour among Ontario students (11%).

In Peel, there are no differences by sex or grade.

The 2015 estimates are similar to 2013.

***Survey Question: How often (if ever) in the last 12 months have you done each of the following?
(Write “0” if you have not done it.)***

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Table 8.10

**Types of Antisocial Behaviour Among Students in Grades 7-12[†],
Peel and Ontario, 2013, 2015, 2017**

Antisocial Behaviour	Per cent of Grade 7-12 Students (95% Confidence Interval)					
	Peel			Ontario		
	2013	2015	2017	2013	2015	2017
Taken things worth \$50 or less	9.1 (7.5 - 11.1)	8.9 (6.8 - 11.7)	12.9 (10.2 - 16.2)	8.9 (7.6 - 10.3)	7.7 (6.3 - 9.4)	9.5 (8.4 - 10.6)
Set something on fire you weren't supposed to	9.2 (7.1 - 11.9)	9.3* (6.4 - 13.4)	8.8 (6.7 - 11.5)	10.4 (9.0 - 12.1)	8.9 (7.5 - 10.5)	8.1 (7.1 - 9.4)
Run away from home	7.8* (5.4 - 11.2)	7.9* (5.6 - 11.2)	8.4 (6.5 - 10.8)	9.7 (8.0 - 11.7)	7.8 (6.4 - 9.4)	10.9 (9.3 - 12.7)
Vandalism	7.3 (5.8 - 9.1)	8.7* (5.6 - 13.3)	7.2* (4.8 - 10.5)	8.3 (7.2 - 9.5)	7.9 (6.6 - 9.4)	7.8 (6.7 - 9.1)
Beat up or hurt anybody	5.9 (4.4 - 8.0)	5.6* (3.8 - 8.2)	4.0* (2.5 - 6.3)	6.4 (5.3 - 7.6)	5.4 (4.3 - 6.8)	5.4 (4.1 - 6.9)
Taken a vehicle for a ride without owner's permission	4.7* (3.2 - 6.7)	NR	4.6* (3.1 - 6.7)	4.8 (3.7 - 6.3)	4.1 (3.0 - 5.4)	4.0 (3.0 - 5.4)
Sold cannabis or hashish	3.6* (2.4 - 5.3)	4.9 (3.5 - 6.8)	2.3* (1.5 - 3.7)	5.6 (4.3 - 7.3)	4.2 (3.4 - 5.2)	3.7 (2.9 - 4.8)
Carried a weapon such as a gun/knife	3.6* (2.5 - 5.0)	3.6* (2.2 - 5.8)	4.9* (3.5 - 6.9)	6.0 (5.0 - 7.3)	5.1 (4.1 - 6.4)	5.7 (4.2 - 7.5)
Taken things worth more than \$50	3.0* (2.0 - 4.5)	2.2* (1.3 - 3.8)	3.6* (2.3 - 5.7)	4.1 (3.3 - 5.2)	2.3 (1.7 - 3.1)	3.1 (2.5 - 4.0)
Broken into a locked building other than home	1.9* (1.0 - 3.5)	2.4* (1.5 - 3.8)	3.2* (1.8 - 5.4)	3.3* (1.3 - 3.8)	3.3 (2.5 - 4.2)	4.8 (3.9 - 5.9)

[†] Asked of half the sample.

* Use estimate with caution.

NR - Not releasable due to small numbers.

Note: Denominators vary by survey question.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel - Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Table 8.11

**Types of Antisocial Behaviour Among Grade 7-12 Students by Sex[†],
Peel, 2013, 2015, 2017**

Types of Antisocial Behaviour	Per cent of Grade 7-12 students (95% Confidence Interval)					
	2013		2015		2017	
	Male	Female	Male	Female	Male	Female
Nonviolent [‡]	29.9 (25.4 - 34.8)	21.6 (16.7 - 27.5)	27.5 (21.1 - 35.1)	24.0 (19.3 - 29.4)	31.2 (26.7 - 36.1)	23.8 (19.0 - 29.4)
Violent [§]	11.2* (7.9 - 15.7)	4.1* (2.6 - 6.2)	10.3* (5.9 - 17.4)	6.2* (3.3 - 11.5)	9.0* (6.2 - 13.0)	5.0* (3.4 - 7.4)

[†] Asked of half the sample.

[‡] Includes taking a car without permission, vandalism, sold cannabis, taken =<\$50 items, taken >\$50 items, broken into locked building, ran away from home, and set something on fire.

[§] Includes beat up/hurt anyone and carried a weapon.

* Use estimate with caution.

NR - Not releasable due to small numbers.

Note denominators vary by survey question.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health. Peel Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Table 8.12
Types of Antisocial Behaviour Among Grade 7-12 Students by Grade[†],
Peel, 2013, 2015, 2017

Types of Gambling Activity	Per cent of Grade 7 - 12 Students (95% Confidence Interval)					
	Grade 7	Grade 8	Grade 9	Grade 10	Grade 11	Grade 12
2013						
Nonviolent [‡]	19.0 (15.1 - 23.5)	17.0 (13.1 - 21.7)	20.3* (13.4 - 29.4)	31.7 (23.7 - 41.0)	32.4 (26.3 - 39.1)	30.2 (21.3 - 41.0)
Violent [§]	7.4* (5.0 - 10.8)	NR	9.8* (4.9 - 18.6)	13.7* (8.4 - 21.7)	6.1* (3.1 - 11.8)	5.7* (3.1 - 10.2)
2015						
Nonviolent [‡]	14.7* (7.5 - 26.8)	NR	23.6* (15.6 - 34.0)	30.8* (18.7 - 46.3)	34.9 (27.7 - 43.0)	30.5* (20.9 - 42.3)
Violent [§]	NR	NR	8.3* (4.9 - 13.6)	NR	10.4* (5.3 - 19.4)	NR
2017						
Nonviolent [‡]	19.8* (10.8 - 33.5)	28.1* (18.5 - 40.2)	20.1* (14.0 - 28.2)	30.4 (23.6 - 38.2)	32.0* (21.8 - 44.2)	31.7 (24.0 - 40.6)
Violent [§]	NR	11.0* (6.8 - 17.3)	9.2* (5.1 - 16.0)	9.2* (5.5 - 14.8)	5.5* (2.8 - 10.6)	NR

† Asked of half the sample.

‡ Includes taking a car without permission, vandalism, sold cannabis, taken =<\$50 items, taken >\$50 items, broken into locked building, ran away from home, and set something on fire.

§ Includes beat up/hurt anyone and carried a weapon.

* Use estimate with caution.

NR - Not releasable due to small numbers.

Note denominators vary by survey question.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel - Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

SCHOOL SUSPENSIONS

In 2017, 13% of Peel students reported being suspended, expelled or excluded from school at least once in their lifetime. This is similar to Ontario (17%).

In Peel, males (18%) are more likely than females (7%* - use estimate with caution) to be suspended. There are no differences by grade.

The 2017 estimates are similar to 2013 and 2015.

Survey Question: Have you ever been suspended, expelled, or excluded from any school in your lifetime?

Table 8.13
Students in Grades 7-12 who were Suspended from School at Least Once in their Lifetime[†], Peel and Ontario, 2015, 2017

Suspension	Per cent of Grade 7-12 students (95% Confidence Interval)			
	Peel		Ontario	
	2015 n=563	2017 n=844	2015 n=5,142	2017 n=6,231
Yes, at some point in lifetime	10.1* (6.7 - 14.9)	12.9 (9.2 - 17.8)	14.7 (12.7 - 16.9)	16.7 (14.0 - 19.8)

[†] Asked of half the sample.

* Use estimate with caution.

Source: Ontario Student Drug Use and Health Survey, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel - Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Table 8.14
Students in Grades 7-12 who were Suspended from School at Least Once in their Lifetime by Sex and Grade[†], Peel and Ontario, 2015, 2017

Demographics	Per cent of Grade 7-12 Students (95% Confidence Interval)	
	2015 n=563	2017 n=844
Sex		
Male	9.5* (5.2 - 16.5)	18.2 (13.3 - 24.3)
Female	10.8* (7.1 - 16.1)	6.7* (3.9 - 11.2)
Grade		
7	NR	NR
8	NR	NR
9	NR	12.4* (7.4 - 19.9)
10	13.3* (6.9 - 23.9)	13.4* (7.2 - 23.5)
11	19.7* (11.2 - 32.4)	13.2* (7.3 - 22.6)
12	NR	20.9* (14.4 - 29.1)

[†]Asked of half the sample.

* Use estimate with caution.

NR - Not releasable due to small numbers.

Source: Ontario Student Drug Use and Health Survey, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel – Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

INTOXICATION ON SCHOOL PROPERTY

In 2017, 7% of Peel students reported being drunk or high on school property at some point in the 12 months prior to the survey. This is similar to Ontario (10%).

There are no differences by sex or grade.

The 2017 estimates are similar to 2013 and 2015.

Survey Question: In the last 12 months how many times have you been drunk or high on school property?

Table 8.15
Intoxication (Drunk or High) on School Property in the Past Year among Students in Grades 7-12[†],
Peel and Ontario, 2013, 2015, 2017

Intoxicated on School Property	Per cent of Grade 7-12 students (95% Confidence Interval)					
	Peel			Ontario		
	2013 n=1,027	2015 n=563	2017 n=827	2013 n=4,756	2015 n=4,992	2017 n=5,015
Yes, in the past year	8.8 (6.4 - 11.9)	10.1* (6.7 - 14.9)	6.7 (5.0 - 8.9)	12.1 (10.3 - 14.1)	12.1 (10.3 - 14.1)	9.5 (7.9 - 11.4)

[†] Asked of half the sample.

* Use estimate with caution.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel - Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Table 8.16

Intoxication (Drunk or High) on School Property in the Past Year Among Students in Grades 7-12 by Sex and Grade[†], Peel and Ontario, 2013, 2015, 2017

Demographics	Per cent of Grade 7-12 Students (95% Confidence Interval)		
	2013 n=1,027	2015 n=563	2017 n=827
Sex			
Male	9.5* (6.6 - 13.3)	9.5* (5.2 - 16.5)	6.8* (3.9 - 11.5)
Female	8.1* (5.3 - 12.2)	10.8* (7.1 - 16.1)	6.6 (4.7 - 9.2)
Grade			
7	NR	NR	NR
8	NR	NR	NR
9	NR	NR	6.6* (3.3 - 12.8)
10	13.9* (8.6 - 21.8)	13.3* (6.9 - 23.9)	9.6* (6.1 - 14.7)
11	15.3* (9.1 - 24.6)	19.7* (11.2 - 32.4)	NR
12	11.0* (6.2 - 18.8)	NR	15.2* (9.7 - 23.0)

[†] Asked of half the sample.

* Use estimate with caution.

NR - Not releasable due to small numbers.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel – Public Health.

**A look at Peel youth in grades 7–12:
Physical Health and Mental Well-Being**
Results from the Ontario Student Drug Use and Health Survey, 2013–2017

**CHAPTER NINE
SAFETY AND INJURY**

HIGHLIGHTS

- In 2017, three-quarters of Peel (75%) and Ontario (76%) students always wore a seatbelt when travelling in a vehicle.
- Among students in grades 10 to 12 with a driver’s licence, 24% in Peel and 33% in Ontario texted while driving in the past year.
- In 2017, 13% of Peel students had a mild head injury in the past year that resulted in a headache, dizziness, blurred vision, vomiting, feeling confused or “dazed”, or problems remembering. This is similar to Ontario (15%). Sports were the leading cause of mild head injuries in Peel (47%) and Ontario (50%).
- Approximately one-third of Peel (35%) and Ontario (36%) students sustained a head injury which resulted in either the student going unconscious or staying overnight in a hospital at some point in their lifetime.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

SEATBELT USE

In 2017, three-quarters of Peel (75%) and Ontario (76%) students always wore a seatbelt when travelling in a vehicle.

Among Peel students, there are no differences by sex or grade.

In Peel, the proportion of Grade 12 students who always wear a seatbelt decreased from 90% in 2013 to 68% in 2017. This trend was not seen among Ontario students.

Survey Question: How often do you wear a seat belt when you are in a vehicle?

Table 9.1
Seatbelt Use when Travelling in a Vehicle Among Students in Grades 7-12[†],
Peel and Ontario, 2013, 2015, 2017

Frequency of Seatbelt Use	Per cent of Grade 7-12 students (95% Confidence Interval)					
	Peel			Ontario		
	2013 n=1,038	2015 n=562	2017 n=830	2013 n=4,740	2015 n=4,964	2017 n=5,028
Never travel by vehicle	NR	NR	NR	0.4* (0.2 - 0.8)	0.9* (0.5 - 1.5)	0.6* (0.4 - 1.0)
All of the time	76.2 (73.0 - 79.1)	79.2 (75.5 - 82.5)	74.5 (69.9 - 78.6)	75.9 (73.6 - 78.1)	75.2 (72.8 - 77.3)	75.7 (73.2 - 78.0)
Most of the time	18.5 (15.8 - 21.5)	15.3 (12.7 - 18.4)	19.0 (16.0 - 22.5)	18.4 (16.7 - 20.3)	19.2 (17.3 - 21.2)	19.3 (17.3 - 21.5)
Some of the time	2.4* (1.6 - 3.6)	3.3* (2.2 - 5.1)	5.0* (3.3 - 7.4)	3.6* (2.5 - 5.1)	2.9 (2.3 - 3.6)	3.3 (2.7 - 4.1)
Rarely	2.3* (1.4 - 3.5)	1.7* (0.9 - 3.1)	NR	1.7* (1.1 - 2.6)	1.9 (1.4 - 2.6)	1.0* (0.7 - 1.6)

[†] Asked of half the sample.

* Use estimate with caution.

NR - Not releasable due to small numbers.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel - Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Table 9.2

**Students in Grades 7-12 who Always Wear a Seatbelt when Travelling in a Vehicle by Sex and Grade[†],
Peel and Ontario, 2013, 2015, 2017**

Demographics	Per cent of Grade 7-12 Students (95% Confidence Interval)		
	2013 n=1,038	2015 n=562	2017 n=830
Sex			
Male	73.8 (68.8 - 78.2)	81.9 (76.7 - 86.2)	76.2 (69.9-81.6)
Female	78.7 (75.0 - 82.0)	76.3 (70.4 - 81.3)	72.8 (67.5-77.6)
Grade			
7	72.7 (65.9 - 78.7)	89.0 (81.5 - 93.7)	76.6 (68.7-82.9)
8	78.5 (64.9 - 87.8)	84.6 (65.8 - 94.0)	77.4 (62.1-87.8)
9	75.7 (65.0 - 83.9)	70.1 (59.0 - 79.2)	78.8 (70.2-85.5)
10	64.7 (55.7 - 72.7)	72.6 (63.9 - 79.8)	73.1 (64.3-80.3)
11	69.1 (61.2 - 76.0)	78.6 (66.1 - 87.4)	75.0 (63.5-83.9)
12	90.4 (83.1 - 94.8)	81.4 (70.5 - 88.9)	67.8 (57.0-77.0)

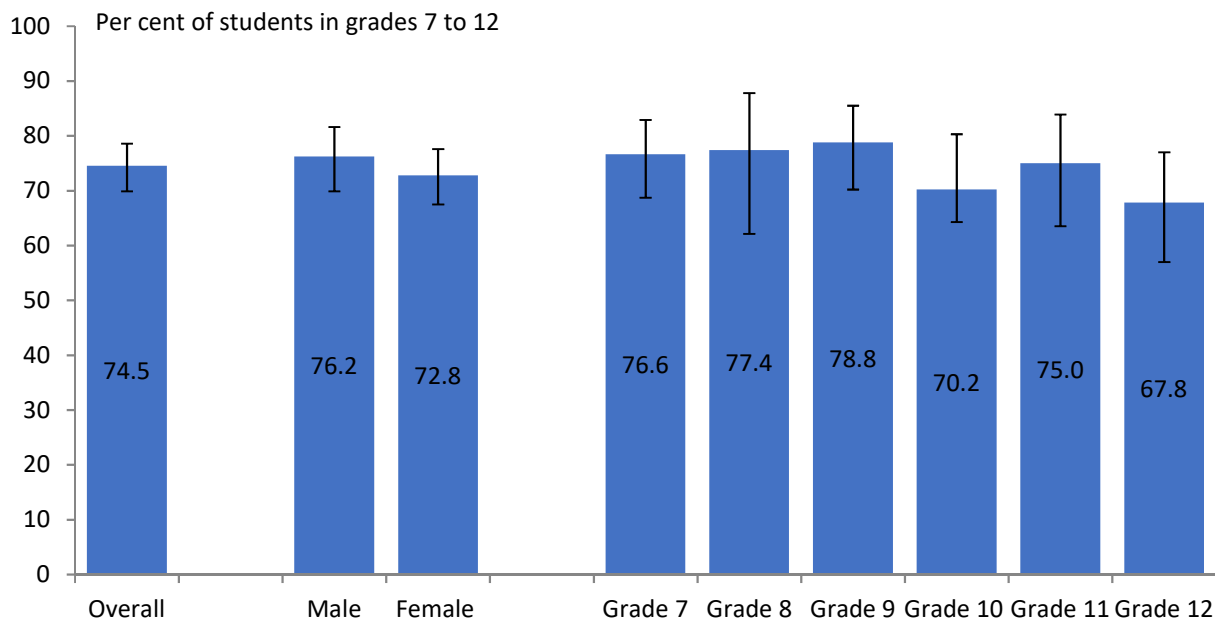
[†] Asked of half the sample.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel – Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Figure 9.1
Seatbelt Use when Travelling in a Vehicle among Students in Grades 7-12 by Sex and Grade[†],
Peel, 2017



n=830

† Asked of half the sample.

Notes: Error bars represent 95% confidence intervals.

Source: Ontario Student Drug Use and Health Survey, 2017, Centre for Addictions and Mental Health. Region of Peel - Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

TEXTING WHILE DRIVING

In 2017, 24% of Peel students and 33% of Ontario students in grades 10 to 12 with a driver’s license reported texting while driving in the past year.

In Peel, there are no differences by sex. Comparisons across grades were not possible due to small numbers.

The 2017 estimates are similar to 2013 and 2015.

Survey Question: In the last 12 months how often did you send or read a text or an email while you were driving a vehicle?

Table 9.3
Texting while Driving among Students in Grades 10-12^{†‡},
Peel and Ontario, 2013, 2015, 2017

Texting While Driving	Per cent of Grade 10-12 Students (95% Confidence Interval)					
	Peel			Ontario		
	2013 n=291	2015 n=106	2017 n=204	2013 n=1,138	2015 n=1,168	2017 n=1,190
Yes, at least once in the past year	32.7 (26.7 - 39.3)	25.4* (17.0 - 36.0)	24.0 (18.7 - 30.1)	35.9 (32.2 - 39.7)	35.3 (31.0 - 39.9)	32.5 (29.0 - 36.2)

[†] Asked of half the sample.

[‡] Students in grades 10 to 12 who have a valid G licence.

* Use estimate with caution.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel - Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Table 9.4

**Texting while Driving among Students in Grades 10-12 by Sex and Grade^{††},
Peel and Ontario, 2013, 2015, 2017**

Demographics	Per cent of Grade 10-12 Students (95% Confidence Interval)		
	2013 n=291	2015 n=106	2017 n=204
Sex			
Male	39.4 (29.6 - 50.2)	21.9* (11.3 - 38.1)	21.7* (14.3 - 31.7)
Female	24.5 (17.8 - 32.7)	29.6 (20.4 - 40.8)	26.6 (18.7 - 36.2)
Grade			
10	32.7 (26.7-39.3)	NR	NR
11	24.0* (13.9 - 38.1)	NR	NR
12	40.1 (32.3 - 48.4)	38.2 (27.4 - 50.3)	36.0 (29.5 - 43.1)

† Asked of half the sample.

‡ Students in grades 10 to 12 who have a valid G licence.

* Use estimate with caution.

NR - Not releasable due to small numbers.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel – Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

VEHICLE COLLISIONS

In 2017, 7%* (*use estimate with caution) of Peel students in grades 10 to 12 with a driver’s license were involved in a collision as a driver where either somebody was injured, or there was damage to the vehicle in the year before the survey. This is similar to Ontario (8%* - use estimate with caution).

In Peel, comparisons by sex and grade are not possible due to small numbers.

The 2017 estimate are similar to the 2013 and 2015 estimates.

Survey Question: In the last 12 months, how often were you involved in a car accident involving any kind of injury to you or to another person, or damage to the vehicle, while you were driving?

**Table 9.5
Vehicle Collisions Among Students in Grades 10-12^{†‡},
Peel and Ontario, 2013, 2015, 2017**

Vehicle Collision	Per cent of Grade 10-12 students (95% Confidence Interval)					
	Peel			Ontario		
	2013 n=583	2015 n=106	2017 n=203	2013 n=2,426	2015 n=1,171	2017 n=1,181
Yes, at least once in the past year	7.9 (6.1 - 10.1)	NR	6.5* (3.6 - 11.4)	7.6 (6.4 - 9.1)	8.6 (6.5 - 11.4)	8.4* (6.0 - 11.6)

† Asked of half the sample.

‡ Students in grades 10 to 12 who have a valid G licence.

* Use estimate with caution.

NR - Not releasable due to small numbers.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel - Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Table 9.6

**Vehicle Collisions Among Students in Grades 10-12 by Sex and Grade^{†‡},
Peel and Ontario, 2013, 2015, 2017**

Demographics	Per cent of Grade 10-12 Students (95% Confidence Interval)		
	2013 n=583	2015 n=106	2017 n=203
Sex			
Male	7.8* (5.0 - 11.9)	NR	NR
Female	8.0* (5.3 - 12.0)	NR	NR
Grade			
10	NR	NR	NR
11	6.0* (3.7 - 9.5)	NR	NR
12	9.7 (7.2 - 12.9)	NR	10.1* (5.7 - 17.3)

† Asked of half the sample.

‡ Students in grades 10 to 12 who have a valid G licence.

* Use estimate with caution.

NR - Not releasable due to small numbers.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel – Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

MEDICALLY TREATED INJURIES

In 2017, 40% of Peel students had at least one medically treated injury in the 12 months prior to the survey. This is similar to Ontario (43%).

In Peel, there are no differences by sex or grade.

The 2017 estimates are similar to the 2013 and 2015 estimates.

Survey Question: In the last 12 months how many times were you hurt or injured and had to be treated by a doctor or nurse?

Table 9.7
Students in Grades 7-12 Who Had at Least One Medically Treated Injury in the Past Year[†], Peel and Ontario, 2013, 2015, 2017

Medically Treated Injury	Per cent of Grade 7-12 students (95% Confidence Interval)					
	Peel			Ontario		
	2013 n=1,046	2015 n=569	2017 n=796	2013 n=4,649	2015 n=5,023	2017 n=4,886
Yes, at least once in the past year	34.3 (30.8 - 38.0)	38.4 (32.7 - 44.4)	40.3 (36.1 - 44.6)	41.0 (38.2 - 43.9)	42.2 (39.5 - 44.9)	42.5 (39.9 - 45.2)

[†] Asked of half the sample.

Note: Proportion of Peel students who did not respond to the question was 3.0% in 2013, 5.8% in 2015 and 4.7% in 2017.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel - Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Table 9.8

Students in Grades 7-12 Who Had at Least One Medically Treated Injury in the Past Year by Sex and Grade[†], Peel and Ontario, 2013, 2015, 2017

Demographics	Per cent of Grade 7-12 Students (95% Confidence Interval)		
	2013 n=1,046	2015 n=569	2017 n=796
Sex			
Male	38.3 (32.5 - 44.5)	37.7 (30.4 - 45.5)	44.8 (38.7 - 51.1)
Female	30.0 (25.8 - 34.5)	39.1 (32.2 - 46.5)	36.0 (31.1 - 41.3)
Grade			
7	37.8 (33.8 - 42.0)	27.7 (22.5 - 33.6)	38.2* (24.0 - 54.8)
8	37.8 (29.3 - 47.0)	37.9* (22.5 - 56.1)	38.3* (25.3 - 53.3)
9	32.7 (24.0 - 42.9)	39.7 (28.7 - 51.8)	40.2 (29.9 - 51.4)
10	28.3 (22.2 - 35.4)	44.6 (32.6 - 57.3)	44.4 (33.5 - 56.0)
11	41.1 (32.6 - 50.2)	35.1* (22.7 - 49.9)	43.1 (33.4 - 53.4)
12	30.1 (22.1 - 39.7)	42.2 (30.1 - 55.2)	38.6 (29.0 - 49.2)

[†] Asked of half the sample.

* Use estimate with caution.

Note: Proportion of Peel students who did not respond to the question was 3.0% in 2013, 5.8% in 2015 and 4.7% in 2017.

Source: Ontario Student Drug Use and Health Survey, 2013, 2015, 2017, Centre for Addiction and Mental Health. Region of Peel – Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

HEAD INJURIES

Mild Head Injuries

In 2017, 13% of Peel students had a mild head injury in the past year that resulted in a headache, dizziness, blurred vision, vomiting, feeling confused or “dazed”, or problems remembering. This is similar to Ontario (15%).

In Peel, there are no differences by sex or grade.

Survey Question: *We are interested in any head injury that resulted in a headache, dizziness, blurred vision, vomiting, feeling confused or “dazed,” or problems remembering. Did you have this type of head injury in the last 12 months?*

Table 9.9
Mild Head Injuries in the Past Year Among Grade 7-12 Students[†],
Peel and Ontario, 2017

Mild Head Injury	Per cent of Grade 7-12 Students (95% Confidence Interval)	
	Peel n=1,621	Ontario n=11,052
Yes, in the past year	12.6 (10.7 - 14.9)	14.8 (13.7 - 16.0)

[†] Mild head injury is any head injury that resulted in a headache, dizziness, blurred vision, vomiting, feeling confused or “dazed”, or problems remembering.

Source: Ontario Student Drug Use and Health Survey, 2017, Centre for Addiction and Mental Health. Region of Peel - Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Table 9.10

**Mild Head Injuries in the Past Year Among Grade 7-12 Students by Sex and Grade[†],
Peel, 2017**

Demographics	Per cent of Grade 7-12 Students (95% Confidence Interval)	
	2017 n=1,621	
Sex		
Male	12.5 (9.9 - 15.7)	
Female	12.8 (10.1 - 16.1)	
Grade		
7	10.7* (5.6 - 19.4)	
8	19.1 (15.6 - 23.2)	
9	11.7 (8.5 - 15.8)	
10	12.7 (9.8 - 16.3)	
11	11.2* (6.3 - 19.2)	
12	11.5* (7.1 - 17.9)	

[†] Mild head injury is any head injury that resulted in a headache, dizziness, blurred vision, vomiting, feeling confused or “dazed”, or problems remembering.

* Use estimate with caution.

Source: Ontario Student Drug Use and Health Survey, 2017, Centre for Addiction and Mental Health. Region of Peel – Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Causes of Mild Head Injury

In 2017, approximately half of all mild head injuries among Peel (47%) and Ontario (50%) students were caused by playing sports.

In Peel, among students with a mild head injury in the past year, males (62%) are more likely than females (31%) to have report playing sports as a cause of the injury. There are no differences by grade.

Survey Question: *We are interested in any head injury that resulted in a headache, dizziness, blurred vision, vomiting, feeling confused or “dazed,” or problems remembering. If you had a head injury like this in the last 12 months, what was the cause? (Please choose only one answer.)*

Table 9.12

Cause of Mild Head Injuries Among Grade 7-12 Students who had a Mild Head Injury in the Past Year[†], Peel and Ontario, 2017

Cause of Mild Head Injury	Per cent of Grade 7-12 Students with Mild Head Injury in Past Year (95% Confidence Interval)	
	Peel n=216	Ontario n=1,753
Sports-related [‡]	46.9 (40.5 - 53.4)	49.8 (46.2 - 53.4)
Accident-related [§]	16.0* (10.9 - 22.9)	16.7 (13.8 - 20.1)
Other/Multiple causes [¶]	35.4 (28.7 - 42.8)	31.0 (28.1 - 34.1)

[†] Includes students who had a mild head injury in the past year that resulted in a headache, dizziness, blurred vision, vomiting, feeling confused or “dazed”, or problems remembering.

[‡] Includes playing hockey, soccer, and another team sport, and other sports injury.

[§] Includes fell down by accident and hit by object by accident.

[¶] Includes motor vehicle accident, bicycle accident, fight with someone, pushed by someone, someone threw an object at me, and other causes not listed.

* Use estimate with caution.

Source: Ontario Student Drug Use and Health Survey, 2017, Centre for Addiction and Mental Health. Region of Peel - Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Table 9.13

Cause of Mild Head Injuries Among Grade 7-12 Students who had a Mild Head Injury in the Past Year by Sex[†], Peel, 2017

Cause of Mild Head Injury	Per cent of Grade 7-12 Students with Mild Head Injury in Past Year (95% Confidence Interval)	
	2017 n=216	
	Male	Female
Sports-related [‡]	62.1 (50.3 - 72.7)	31.3 (22.3 - 42.1)
Accident-related [§]	NR	22.1* (13.6 - 33.7)
Other/Multiple causes [¶]	26.8* (18.0 - 38.0)	44.2 (35.6 - 53.1)

[†] Includes students who had a mild head injury in the past year that resulted in a headache, dizziness, blurred vision, vomiting, feeling confused or “dazed”, or problems remembering.

[‡] Includes playing hockey, soccer, and another team sport, and other sports injury.

[§] Includes fell down by accident and hit by object by accident.

[¶] Includes motor vehicle accident, bicycle accident, fight with someone, pushed by someone, someone threw an object at me, and other causes not listed.

* Use estimate with caution.

NR – Not releasable due to small numbers.

Source: Ontario Student Drug Use and Health Survey, 2017, Centre for Addiction and Mental Health. Region of Peel - Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Table 9.14

Cause of Mild Head Injuries Among Grade 7-12 Students who had a Mild Head Injury in the Past Year by Grade[†], Peel, 2017

Cause of Mild Head Injury	Per cent of Grade 7-12 Students with Mild Head Injury in Past Year (95% Confidence Interval)					
	2017 n=216					
	Grade 7	Grade 8	Grade 9	Grade 10	Grade 11	Grade 12
Sports-related [‡]	40.6* (21.3 - 63.3)	47.6 (36.4 - 59.0)	43.6* (29.2 - 59.3)	51.0 (36.8 - 65.1)	51.7* (33.1 - 69.8)	45.7* (30.6 - 61.5)
Accident-related [§]	NR	NR	NR	NR	NR	24.0* (15.0 - 36.1)
Other/ Multiple causes [¶]	36.7* (22.9 - 53.1)	35.4* (22.0 - 51.5)	46.8* (30.9 - 63.3)	30.7* (18.0 - 47.1)	36.7* (21.2 - 55.6)	29.5* (15.4 - 49.1)

[†] Includes students who had a mild head injury in the past year that resulted in a headache, dizziness, blurred vision, vomiting, feeling confused or “dazed”, or problems remembering.

[‡] Includes playing hockey, soccer, and another team sport, and other sports injury.

[§] Includes fell down by accident and hit by object by accident.

[¶] Includes motor vehicle accident, bicycle accident, fight with someone, pushed by someone, someone threw an object at me, and other causes not listed.

* Use estimate with caution.

NR – Not releasable due to small numbers.

Source: Ontario Student Drug Use and Health Survey, 2017, Centre for Addiction and Mental Health. Region of Peel - Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Traumatic Brain Injuries

In 2017, the question on traumatic brain injuries was asked differently from previous cycles. As such, the 2017 estimates for traumatic brain injury prevalence should not be compared to estimates from previous cycles.

In 2017, 9% of Peel and 10% of Ontario students sustained a head injury which resulted in either the student going unconscious or staying overnight in a hospital at some point in their lifetime.

In Peel, there are no differences by sex or grade.

Survey Question: *Have you ever had a head injury in your life that resulted in you being unconscious (knocked out) for at least 5 minutes, or you had to stay in the hospital for at least one night because of it?*

Table 9.15
Traumatic Brain Injury Among Students in Grades 7-12[†],
Peel and Ontario, 2017

Traumatic Brain Injury	Per cent of Grade 7-12 Students (95% Confidence Interval)	
	Peel n=1,618	Ontario n=11,021
Yes, at least one in lifetime	9.3 (8.0 - 11.0)	9.8 (8.4 - 11.4)

[†] Traumatic brain injury is an injury which resulted in the student being unconscious for at least 5 minutes or had to stay in the hospital for at least one night.

Source: Ontario Student Drug Use and Health Survey, 2017, Centre for Addiction and Mental Health. Region of Peel - Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Table 9.16

**Traumatic Brain Injury Among Students in Grades 7-12 by Sex and Grade[†],
Peel, 2017**

Demographics	Per cent of Grade 7-12 Students (95% Confidence Interval)	
	2017 n=1,618	
Sex		
Male	10.6 (8.6 - 13.0)	
Female	8.0 (6.4 - 10.0)	
Grade		
7	11.0 (7.9 - 15.1)	
8	5.7* (3.5 - 9.2)	
9	12.6* (8.2 - 18.8)	
10	7.5* (4.3 - 12.8)	
11	8.7* (5.8 - 12.8)	
12	10.2 (7.2 - 14.2)	

[†] Traumatic brain injury is an injury which resulted in the student being unconscious for at least 5 minutes or had to stay in the hospital for at least one night.

* Use estimate with caution.

Source: Ontario Student Drug Use and Health Survey, 2017, Centre for Addiction and Mental Health. Region of Peel – Public Health.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

CHAPTER TEN METHODS

DEFINITION OF TERMS

Table 10.1
Definitions of Terms

Term	Definition
Immigrant Status	<p>Question: How long have you lived in Canada?</p> <ul style="list-style-type: none"> • Non-immigrant: includes students who reported living in Canada “<i>all my life</i>”; • Recent immigrant includes students who reported living in Canada “<i>less than 10 years</i>”; • Long-term immigrant includes students who reported living in Canada “<i>11 years or more</i>”
Ethnic Background	<p>Question: Which of the following best describes your background (You may choose more than one category.) Are you....?:</p> <ul style="list-style-type: none"> • White: (for example <i>British, French, Italian, Portuguese, Ukrainian, Russian, Israeli</i>); • Chinese; • South Asian (for example <i>East Indian, Pakistani, Sri Lankan</i>); • Black (<i>African, Caribbean, North American</i>); • Aboriginal (<i>First Nations, Inuit, Metis, non-status Indian</i>); • Filipino; Latin American, Central American, South American (for example, <i>Mexican, Brazilian, Chilean, Guatemalan, Venezuelan, Colombian, Argentinian, Salvadorian, Costa Rican</i>); • Southeast Asian (for example <i>Vietnamese, Cambodian, Malaysian, Laotian</i>); • West Asian or Arab (for example <i>Egyptian, Saudi Arabian, Syrian, Iranian, Iraqi, Lebanese, Afghani, Palestinian</i>); • Korean; • Japanese; and • Not Sure. <p>For the purpose of the report the following groupings were created:</p> <ul style="list-style-type: none"> • East Asian or South East Asian: Includes South East Asian, Chinese, Filipino, Korean and Japanese. • Multiple: Includes those who selected more than one category (including certain ethnicity and the not sure category).
Family Socio-Economic Status	<p>Measured using the <i>family socio-economic ladder</i>, which is an adolescent-specific measure of subjective social status.^{2,3} Students were shown a ladder that was meant to represent the Canadian society (with numbers ranging from one to 10). They were told that at the top are the people who are “<i>best off</i>” - they have the most money, the most education, and the jobs that bring the most respect” while at the bottom are the people who are “<i>worst off</i>” - they have the least money, little education, no job or jobs that no one wants”. Students were asked to place their family on this scale.</p> <p>The family SES ladder was then analyzed based on the following categories:</p> <ul style="list-style-type: none"> • Low SES: students ranked family between one to six on the ladder; and • High SES: students ranked family between seven to 10 on the ladder.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Table 10.1
Definitions of Terms (continued)

Term	Definition
Overweight/ Obese	Exceeding the age/sex specific body mass index (BMI) cut off values as established for children using the WHO recommendations, based on self-report height and weight; mid-point of each category used to compute BMI.
Video Game Playing Problem	Reporting at least five of the 9 items on the <i>Problem Video Game Playing (PVP) Scale</i> . The scale measures problems with preoccupation, tolerance and disruption to school/family due to video games during the previous 12 months prior to the survey.
Problematic Technology Use	Moderate-to-serious problem with technology use is indicated by scoring at least 14 out of 24 on the Short Problematic Internet Use Test (SPIUT). ⁶ The six-item scale measures the symptoms of problems with technology use.
Psychological Distress	Moderate-to-high levels of psychological distress is indicated by scoring at least eight out of 24 on the Kessler 6-item Psychological Distress Scale (K6). ⁷ The Likert scale measures unspecific psychological distress experienced in the last 4 weeks.
Low Self-Esteem	Strongly disagree with the statement “On the whole, I am satisfied with myself.” ⁸
Attention-Deficit/Hyperactivity Disorder (ADHD) Symptoms	Scoring at least 14 out of 24 on the 6-item Attention-deficit/hyperactivity disorder (ADHD) Self-Report Scale (ASRS). ⁹ This instrument was designed to screen for symptoms of ADHD and not intended for clinical diagnosis. Students were asked about the frequency of six symptoms in the past six months.
Problem Gambling	Scoring at least two out of 27 on the Gambling Problem Severity Subscale (GPSS) of the Canadian Adolescent Gambling Inventory (CAGI). ¹⁰ The GPSS consists of nine items related to gambling behaviours in the past three months. Scores 2 to 5 indicate low-to-moderate problem severity. Scores 6 to 27 indicate high problem severity.
Overall Antisocial Behaviour	Students are classified as engaging in antisocial behaviour if they have participated in three or more of the nine measured antisocial behaviours at least once in the past year. ³

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

METHODS

Sampling

Sampling Design

Details of the sampling design can be found in the CAMH technical documentation.¹ Briefly, the 2017 OSDUHS used a stratified two-stage cluster sample design to recruit Ontario students in grades 7 to 12. The target population for the OSDUHS is students in grades 7 to 12 enrolled in Ontario's four publicly funded school systems. The sampling frame for the 2017 OSDUHS was a list of publicly-funded schools in 2013/2014 with any grade 7 to 12 students, provided by the Ontario Ministry of Education. The following students are not covered by the sampling frame:

- students enrolled in private schools or those who are homeschooled;
- youth who are institutionalized for correctional or health reasons;
- students schooled in first nation reserves, military bases or in remote regions of Ontario; and
- Students who have dropped out and are no longer enrolled in school. Results do not generalize to this group of youth.

Sampling within Regions

Initially the OSDUHS sample divided Ontario into four regions. When provincial public health units began purchasing over samples in their regions, mutually exclusive regional strata were developed. In 2017 there were seven regional strata, sponsored by the corresponding provincial public health units, for a total of 10 mutually exclusive regions. Within each region, school level (grade 7 to 8 schools and grade 9 to 12 schools) were sampled separately. This sampling strategy created 18 region-by-school-level strata $((4*2) + (6*2) = 20 - 2$ (elementary schools weren't sampled in two regions) = 18 strata in total (Table 9.2).

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

Table 10.2

List of Region by Grade Level Strata, Ontario Student Drug Use and Health Survey 2017

Stratum	Grade 7 – 8	Grade 9 - 12
Region		
Greater Toronto Area	✓	✓
North *	✓	✓
West *	✓	✓
East*	✓	✓
Health Unit		
Durham	✓	✓
Haliburton, Kawartha, Pine Ridge District	✓	✓
Leeds		✓
Peel	✓	✓
Ottawa	✓	✓
York		✓

*Excluding health unit strata

School Selection

Within each of the 18 region-by school strata, schools were selected with probability proportional to size, using systematic selection without replacement. If a school refused to participate, or if it had closed, a replacement school from the same stratum was randomly selected, using the same method as above. For 2017, the criteria for an elementary school to be selected and included in the sample was set for a school with at least 15 students in grade 7, and 15 students in grade 8 (for a total of 30 or more in grades 7 and 8 combined). The criteria for a secondary school to be selected and included in the sample, the school had to have at least 80 students in total for grades 9, 10, 11, and 12. Secondary schools with a total of less than 80 students were not eligible for selection.

Class Selection

Within a selected school, a grade stratified list of all eligible classes was used to randomly select classrooms with equal probability and without replacement. The intention was one class per grade; however, sometimes more than one class had to be selected. If the selected classroom was unable to participate a replacement class from the same school and grade was randomly re-selected. Classrooms that were excluded included special education classes; English as Second Language (ESL) classes and classes with fewer than four returned consent forms. All students within the selected classes were eligible to participate in the survey.

Questionnaires

The OSDUHS has four questionnaire forms (Form A and B for Elementary Schools; Form A and B for Secondary Schools). In 2017, there were 56 core questions (found in all four questionnaire forms) and additional questions found in only one or two of the questionnaire forms. For instance, elementary

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

school student questionnaires are excluded from certain topics (such as illicit drug use) and therefore these grades are excluded from certain sections of the report.

Questionnaires were intentionally designed without skip patterns in order to protect students' privacy, ensuring students would be completing the questionnaire at roughly equal times regardless of what behaviours they engaged in (i.e. students who use drugs would not take longer to complete the survey because they would answer the drug questions). Skip patterns were also avoided in order to prevent navigational errors. Questionnaires were distributed randomly within each classroom (alternating form A and form B).

Data Collection

Research Approval

The 2017 OSDUHS protocol was approved by Research Ethics Boards at CAMH and York University, as well as research review committees at school boards (as required). Consent for participation required the approval of: school boards, school principals, classroom teachers and parents (if students were under 18 years old) and students themselves. Details can be found in the CAMH technical report ¹ briefly:

- Permission was first granted by the school boards, and the Director of Education
- For selected schools, participation was contingent on the approval of the principals
- For selected classrooms, teachers had to grant permission for their classroom to participate
- For students in selected classrooms, a signed parental consent form was required for participation (if under 18 years old); consent form also required student signature.
- If students did not return the consent form they were not allowed to participate; survey weights were adjusted for non-response.

Consent

Participation in the OSDUHS required both parental and student consent. 'Active' parental consent forms were distributed to students in selected classrooms. Active consent requires parents to give explicit consent for students' participation (as opposed to 'passive' consent which would assume student participation unless parents opted out). The consent form required both a parent and a student signature. If the student was over 18 years old, no parental consent was required. Consent forms were provided in English and French, as there were no requests for the form to be prepared in any other non-official languages. Students who did not return a dual-signed consent form on the day of (or prior to) the survey were not allowed to participate.¹

Data Collection in Field

Trained staff from the Institute for Social Research (ISR) at York University were responsible for all contact with school and in-field data collection. Detailed information about in field data collection and training can be found in technical documentation.¹ Briefly, ISR was responsible for:

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

- obtaining permission from schools to participate;
- making arrangements with selected schools regarding data collection;
- administering the survey to the students in selected classrooms; and
- entering student responses into a machine-readable data file.

Post Survey Processing

Data Editing

Several data quality enhancements were made to the final dataset by the ISR, prior to delivery to CAMH.^{1,3} This includes removal of cases from the final dataset that met any one of the following conditions:

- did not report their sex at birth;
- only answered demographic questions;
- obtained assistance to complete their survey from a teacher;
- reporting use of a fictitious drug (i.e. “adrenochromes”); or
- reporting using all of the core illicit drugs 40 or more times in the past year.

Item Missingness

According to CAMH diagnostics, both the single item missing and the cumulated item missing rates were low suggesting quality reporting. Across the 56 core survey questions, the item missing average was about 1.5%. Missing responses <5% were not statistically imputed, but were excluded from calculations. Missing responses ≥5% were also excluded from calculations; however, where estimates are presented in tables or figures, the percentage missing is shown in the notes sections below the relevant table/figure.

Post Stratification

The 2017 OSDUHS weighted sample was compared with the most current school enrollment figures from the Ministry of Education based on the 2013/2014 academic year.¹ Differences between the sample and the sex-by-grade enrollment distributions varied by region. To improve the quality of the estimates by reducing potential nonresponse and non-coverage bias, CAMH calculated post-survey adjustments for the sex by grade distribution within each of the eleven regional stratifications separately to restore each regions demographic composition to the population composition. The adjusted OSDUHS sample corresponds well to the most recent Ontario enrolment estimates.

Statistical Analysis

All analysis was conducted using the ‘svy’ procedure in Stata 15.1 to take into account the surveys complex stratified cluster design. In order to calculate appropriate variance estimates, confidence intervals and p-values, the entire sample must be used in the analysis. Thus, domain analysis using indicator variables (0, 1 coding) was used to ensure correct estimates are obtained for subpopulation samples.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

DATA RELEASE

CAMH does not provide data suppression rules; however in the supplementary documentation provided to supplementary health units, it states that:

“We recommend that the relative standard error – the ratio of the standard error to its estimate – or the coefficient of variation (CV) be employed to identify unstable estimates. Individual users are responsible for decisions about estimate suppression.”

In this report, we used release guidelines based on the Coefficient of Variation (CV) seen in Table 9.3. These guidelines are also used by CAMH in their reports and are recommended by Statistics Canada.

Table 10.3
Data Suppression and Release Guidelines

Coefficient of Variation (CV) in %	Type of Estimate	Label in Reports/Tables
CV >33.3	Non-releasable	Estimates labelled with NR
16.6 ≤ CV ≤ 33.3	Results should be interpreted with caution due to high sampling variability	Estimates labelled with a *
CV <16.6	Acceptable for unrestricted release	Estimates not labelled

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

LIMITATIONS

Sampling Frame

Although the sampling frame captures approximately 91% of all grade 7 to 12 students in Ontario (i.e. children and adolescents aged 12 to 18 years),³ approximately nine per cent of grade 7 to 12 students are not captured in the frame, including:

- students enrolled in private schools or those who are homeschooled;
- youth who are institutionalized for correctional or health reasons;
- students schooled in first nation reserves, military bases or in remote northern regions of Ontario; and
- students who have dropped out/not enrolled in school. Results from the OSDUHS do not attempt to extrapolate to this group of youth.

Additionally, the list of publicly funded schools used to select the sample does not capture any schools which were built after 2013/2014. This outdated list is particularly problematic for high growth areas like Peel where numerous newly built schools would be excluded from participating.

Non-Response Bias

Response rates to the OSDUHS have decreased since its initiation in 1977. In 2017, the student response rate was 61% for Ontario while in Peel the response rate was 63%. This is higher than the response rates for the 2015 OSDUHS in Ontario (59%) and in Peel (61%), but lower than the rates in 2013 [i.e., Ontario (63%) and Peel (71%)]. Table 10.4 contains information regarding reasons for non-response for 2017. In Peel, approximately 27% of non-response was due to non-consent, while 10% was due to absenteeism. Students who did not have consent to complete the survey, or who were absent from class on the day of the survey may be different than students who complete the survey. The provincial reports released by CAMH investigate this issue further.

Social Desirability Self-Report

The OSDUHS contains questions addressing sensitive topic areas, including alcohol and drug use. Student responses may be subject to social desirability bias whereby students respond in a favourable or socially desirable manner. Since there is no direct validation of student responses, estimates of the impact of this phenomenon is limited.

A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

PARTICIPATION AND RESPONSE RATE

In 2017, a total of 1,680 students were surveyed in Peel across 29 schools in 107 classrooms. The student completion rate was 63% (Table 10.4). The sample was weighted to represent approximately 111,547 students in grades 7 to 12 in Peel.

The school participation rate observed in Peel (60%) in 2017 was higher than that observed in 2015 (47%) and lower than the relatively high rate in 2013 (72%).

Table 10.4
Participation and Response Rates for the 2017 Ontario Student Drug Use and Health Survey, Peel and Ontario

	Peel	Ontario
Schools Surveyed	29 (n=8 Grade 7 – 8; n=21 Grade 9 – 12)	214 (n=94 Grade 7 – 8; n=120 Grade 9 – 12)
School Participation	29/48 (60%)	214/353 (61%)
Classes Surveyed	n=107	n=764
Class Participation	Not available	94%
Students Surveyed	n=2,678	n=18,773
Student Completion	n=1,680 (63%)	n=11,435 (61%)
Reason for non-completions	Absent: 10% (n=280) No consent: 27% (n=714) Other non-response 0.1% (n=4)	Absent: 12% (n=2,192) No consent: 27% (n=5,020) Other non-response 1% (n=126)

Source: Northrup D, McCague H, Chi T, Myles R, Park S, Pollard J. The design and implementation of the Ontario Student Drug Use and Health Survey 2017. Institute for Social Research. York University, Toronto, ON: Centre for Addiction and Mental Health. 2017.

**A look at Peel youth in grades 7–12:
Physical Health and Mental Well-Being**
Results from the Ontario Student Drug Use and Health Survey, 2013–2017

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**A look at Peel youth in grades 7–12:
Physical Health and Mental Well-Being**
Results from the Ontario Student Drug Use and Health Survey, 2013–2017

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A look at Peel youth in grades 7–12: Physical Health and Mental Well-Being

Results from the Ontario Student Drug Use and Health Survey, 2013–2017

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