

Compiled Substance Use Statistics

Data collected from:

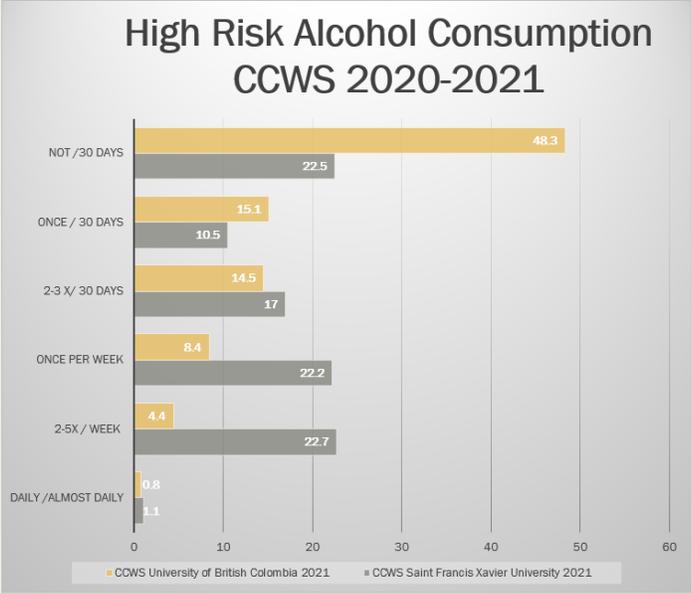
- Canadian Post-Secondary Alcohol and Drug Use Survey (2019)
- Canadian Campus Wellness Survey (2020)
- Student Satisfaction Surveys (2020, 2021)
- Student Town Hall (2021)

Themes

- The low consumption statistics are dominated by BC
- The high consumption statistics are dominated by StFX

UBC dominated

StFX dominated



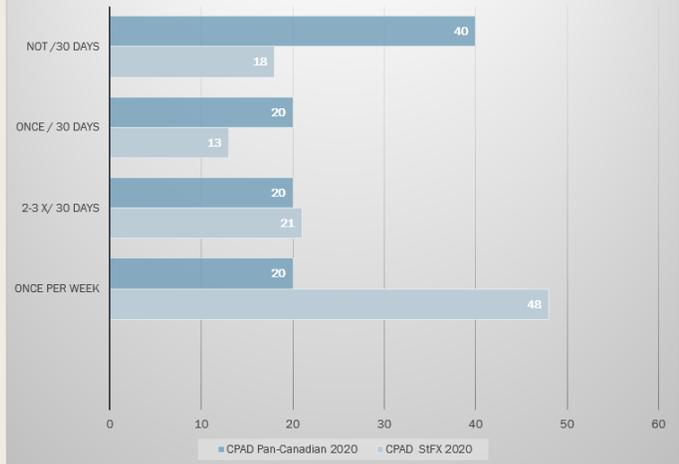
Themes

- The low consumption statistics are dominated by pan-can
- The high consumption statistics are dominated by StFX

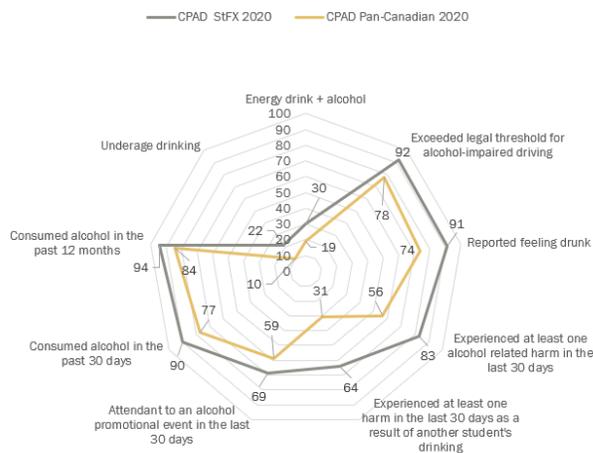
Pan-Can dominated

StFX dominated

High Risk Alcohol Consumption CPAD 2019-2020



Main Alcohol Trends CPAD 2019-2020



Themes

- Alcohol related harm
- Overall consumption
- Exceeding consumption guidelines

Significantly higher in StFX respondents compared to UBC

Student Union Report - Alcohol

When students were asked to comment on their social challenges in 2021, the **second highest reported challenge** out of all responses was the party and alcohol culture at StFX. (16)

“What StFX should **START**, **STOP**, and **KEEP** doing to improve their university experience/university culture transition?”.

In the **STOP** responses alone, **19** responses surrounding safety concerns, and **13** of which were related to alcohol.

Priority of Wellness Supports

The mean score for “Accessing alcohol, substance and addictions support services” was **3.9**, ranking it at **number 5 out of the 22 supports listed**.

STOP encouraging drinking and partying (11)

STOP normalizing excessive substance abuse (3)

STOP advertising alcohol (1)

STOP encouraging party culture (5)

STOP forced bonding activities (3)

STOP the amount of drinking events (1)

They need alternatives to partying. Students need way more things to do on campus instead of being pushed off campus to go find parties or anything to do.

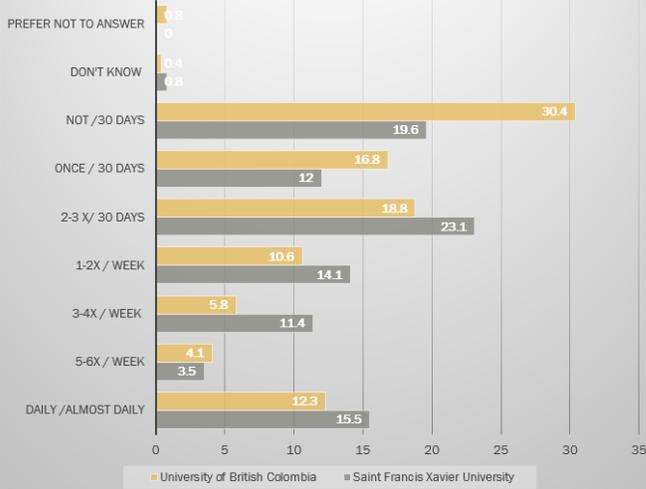
Instead of punishment for damages (likely revolved around substance use and anger), we should use restorative justice and potentially set them up with a counselor/therapist in order to get to the bottom of the underlying issue.

Having more options, wet/dry events. Not necessarily having events just at the Inn, this way people feel comfortable going without having to use substances.

People were more inclined to partake in substances, but there were less opportunities due to the pandemic.

TOWN HALL COMMENTS - ALCOHOL

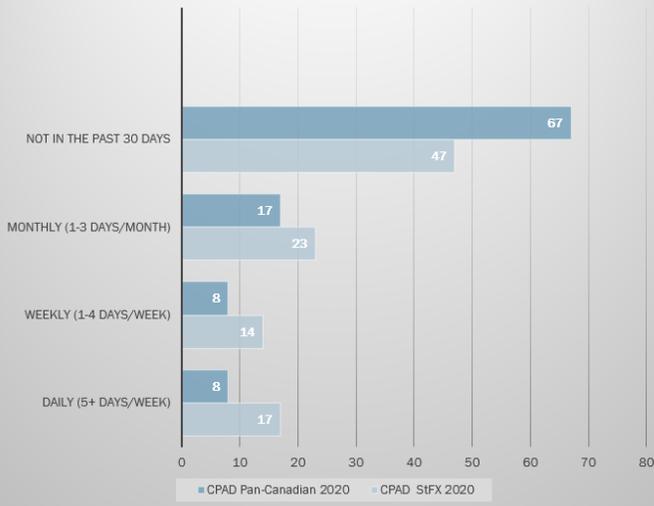
Cannabis Use CCWS 2020-2021



Themes

- The low consumption statistics are dominated by BC
- The high consumption statistics are dominated by StFX

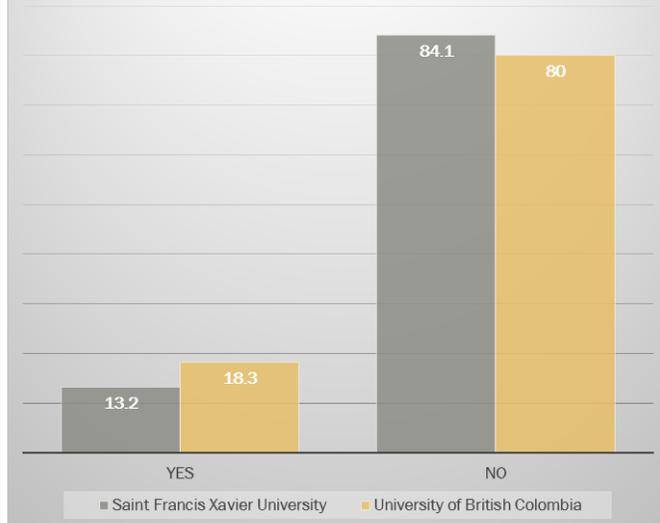
Cannabis Use CPADS 2019-2020



Themes

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Pain Reliever Use for Reasons Other than for Pain Relief CCWS 2020-2021



Themes

- More StFX respondents are using pain relievers for their main purpose, though the discrepancy between StFX and UBC results is small

CPADS 2019-2020 relevant information

Among respondents from St. Francis Xavier University who had used a pain reliever, stimulant, sedative, or over-the-counter medication in the past 12 months, 55% had used these in a problematic way. This is higher than 37% who had done so among the Pan-Canadian survey sample.

Tobacco and Vaping

CCWS Information (2020-2021)

- No information regarding UBC respondents was given therefore no comparisons can be made. **The most noteworthy statistic is that 13.8% of students used e-cigarettes of vapes daily or almost daily.**
- 79.8% of respondents state that they have never been a smoker

CPADS Information (2019-2020)

- The proportion of individuals from St. Francis Xavier University who **occasionally smoke tobacco was 14% which is higher than 8% among all Pan-Canadian respondents.** Although the proportion of daily smokers was 2% among the Pan-Canadian sample, the result for the St. Francis Xavier University is unreportable (**the proportion of daily smokers from the 2020-2021 CCWS report was 2.0%).
- In total, **41% of St. Francis Xavier University students reported using an e-cigarette or had tried vaping in the past 30 days which is higher than 17% among all Pan-Canadian respondents.**

Additional Drug Statistics – CPADS 2019-2020

- **AWARENESS** - Approximately 58% of respondents from St. Francis Xavier University had heard of naloxone kits in their lifetime, which is greater than the Pan-Canadian estimate (40% Pan-Canadian).
- **ILLEGAL DRUG USE** - Approximately 25% of participants from St. Francis Xavier University reported using at least one of these substances during the past 12 months (higher than 15% Pan-Canadian sample) and they were more likely to be male (33%).
- **ILLEGAL DRUG USE HARM** - Approximately 12% of students from St. Francis Xavier University experienced at least one harm due to their illegal substance use which is higher than the estimate reported among Pan-Canadian respondents (6%).

Additional Drug Statistics – CCWS 2020-2021

- In the past 12-months, 12.8% of respondents have used stimulants, compared to 86.5% who report that they have not. **Another noteworthy statistic is that 39.9% of respondents were using stimulants that were not prescribed to them.**

Alternative
Events with no
substances

Promoting and
university culture
that is not
associated with
drugs and alcohol.

Substance abuse

- talks & supports,
- Stop normalizing excessive substance abuse
- Pressure

Student Satisfaction Survey– Drugs and Substances

**The major themes regarding substance abuse were discussed in the alcohol student's union report page, but the following offers further insight

Town Hall Notes

Drug Specific Comments

- Cocaine was a huge problem - noticeably used way more frequently
- Became reliant on cocaine/drugs to have fun
- More weed consumption, weed is much more accessible now with the Cannabis store
- People were more inclined to partake in substances, but there were less opportunities due to the pandemic

Supports that town hall recommends to be put in place so that students do not feel the need to engage with risk taking behaviour

- Open up the gym or have more resources for working out or physical activity
- Society fair needs to happen in O-week
- Promote getting engaged with the SU

How to support students who have developed a dependency on substances

- They need alternatives to partying.
- Ping pong tables in res
- Residence Wii or gaming console
- Naloxone training/kit provided
- More mental health resources on campus

The outlets that should be used to educate students on harm reduction

- O-week with res programming
- Upper year students could facilitate conversation