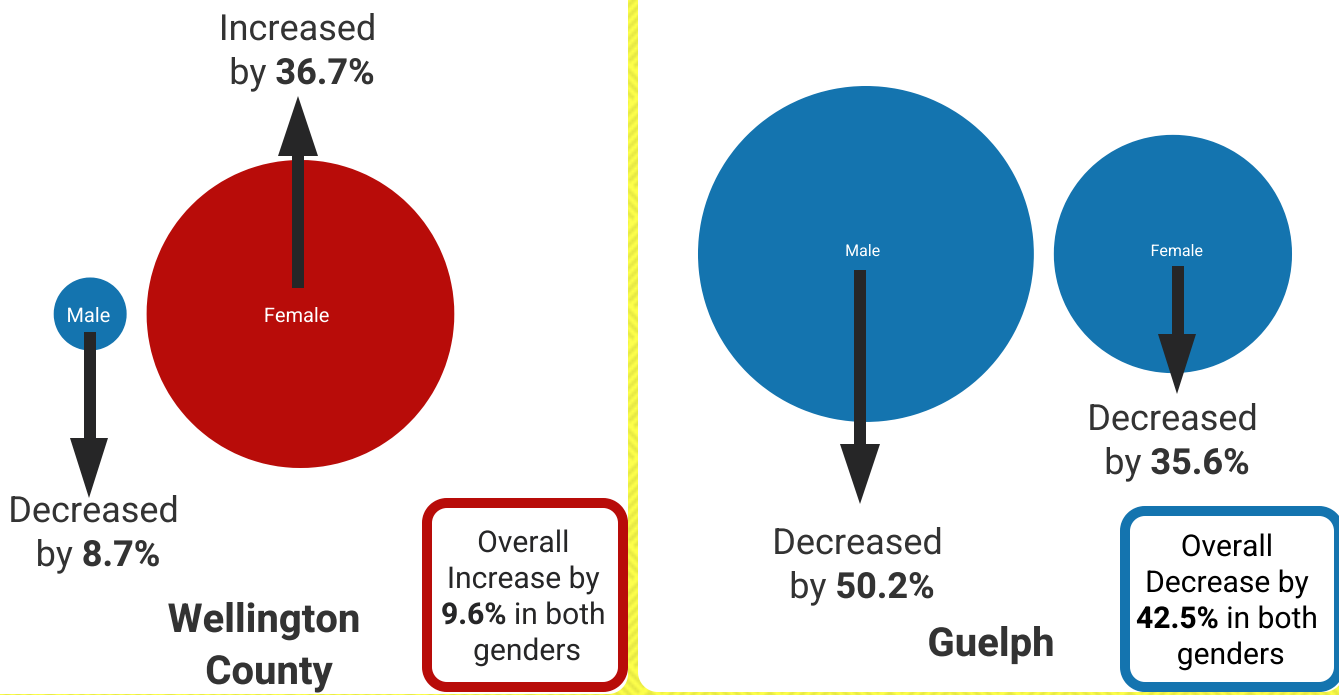


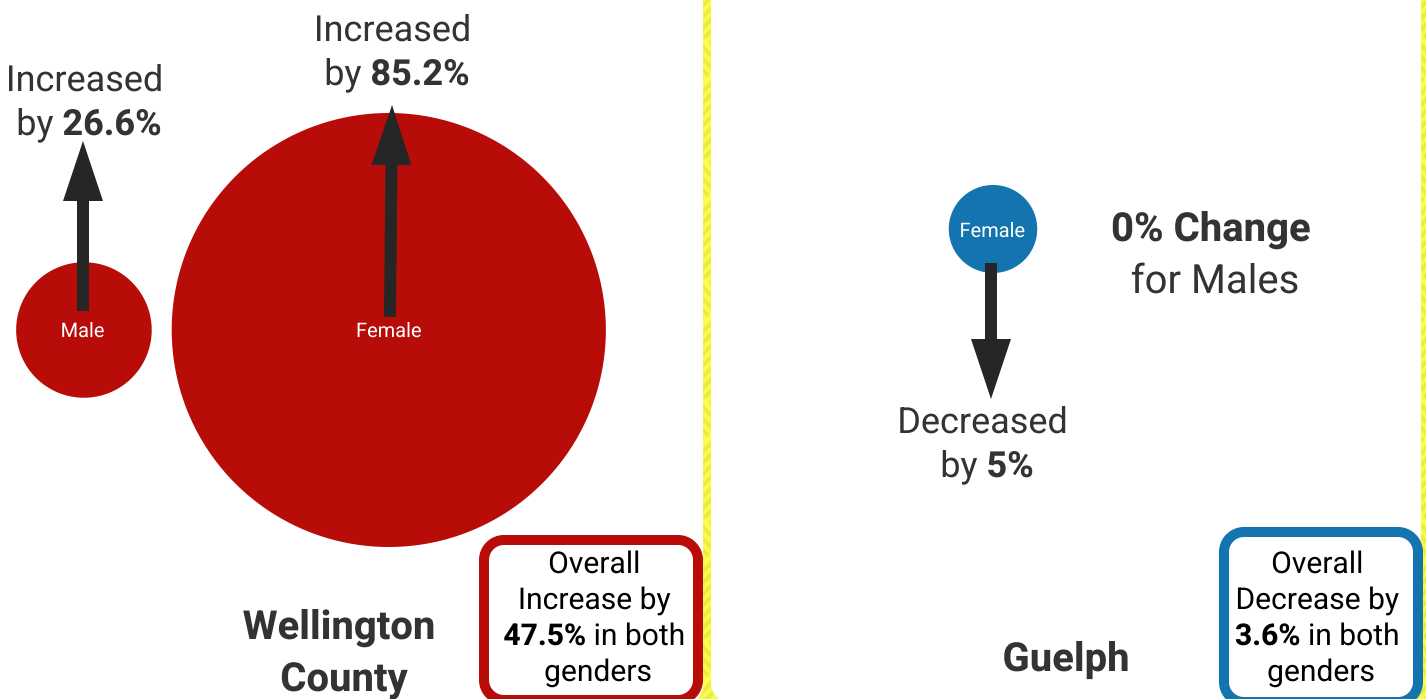
Youth Substance Use Trends In Guelph and Wellington County

The following data was obtained from the Wellington-Dufferin-Guelph Public Health (WDGPH) Report Cards from the years 2011 to 2018. Students in Grade 7 and 10 attending schools in the Upper Grand District School Board and Wellington Catholic District School Board, living in Wellington County and Guelph, completed the WDGPH Youth Survey which asked them questions about their substance use. The results are shown below.

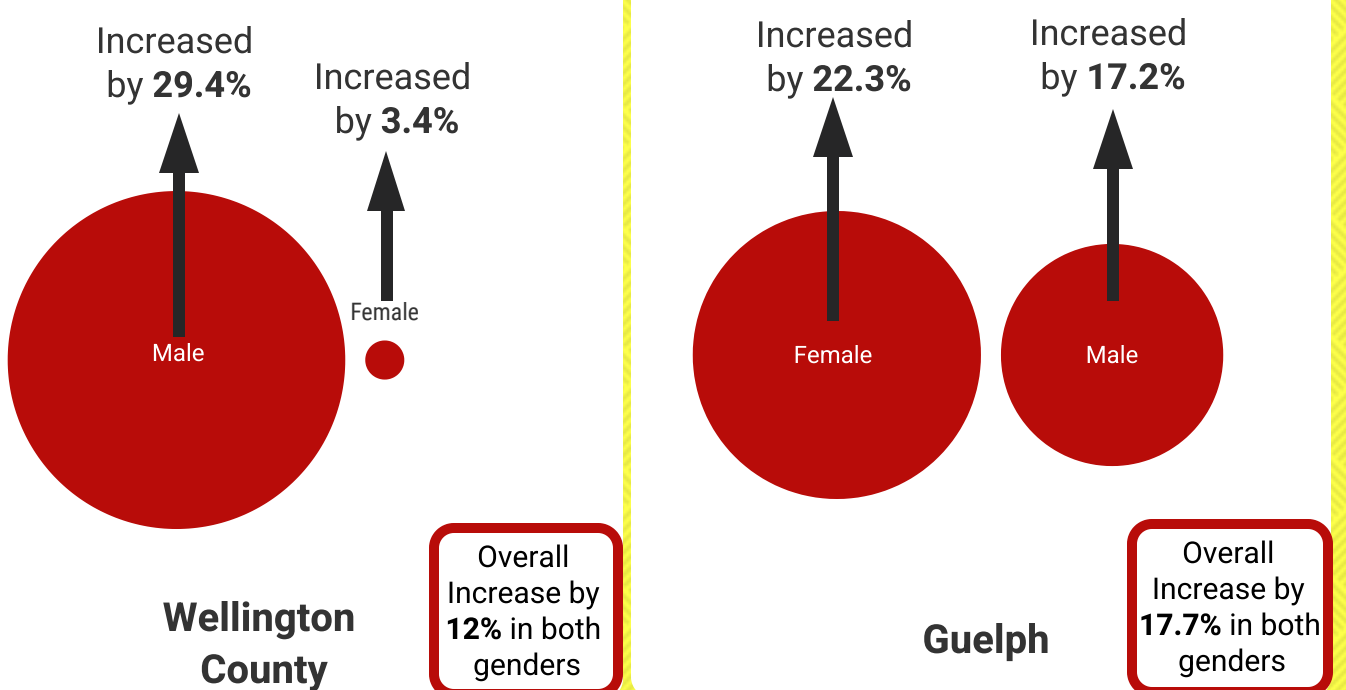
Alcohol Use Trends from 2011-2018



Cannabis Use Trends from 2011-2018



Prescription Pain Pill Use Trends from 2011-2018



Key Findings

- Increase in **Alcohol and Cannabis use** in Wellington County primarily attributed to an increase in **female use**
- **Prescription pain pill use** increased in both Wellington County and Guelph in **all genders**

Suggested Recommendations

1. Provide all youth in Guelph and Wellington County in Grades 5, 6, 7 and 8 with substance-use prevention programming.
2. Prevention programming should include information on positive coping mechanisms. Many youth who use substances are coping with emotional pain, social stressors, boredom, and trauma.
3. Prevention programming should include the risks associated with using Rx pills since Rx pill use is increasing.
4. Conduct research into patterns of substance use based on gender and rural vs. urban residency.