

The Canadian Student Tobacco, Alcohol and Drugs Survey (CSTADS): A Tool for Surveillance and Research

Audra Thompson-Haile & Martin Cooke | May 31, 2018

Tobacco Control Forum



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Agenda

- Overview of CSTADS
- Methods
- Data use
- Accessing data
- Coming up in 2018/2019 implementation

What is CSTADS?

- Biennial school based surveillance survey
- Funded by Health Canada
- Lead by Dr. Martin Cooke (previously Steve Manske) at Propel, UW
- Co-Investigators in each province
- Grades 7-12 students from all provinces
- 52, 671 participants in 2016/17



History of CSTADS

- Youth Smoking Survey (YSS) conducted since 1994
- Originally included a school-based survey for 10-14 year olds and a telephone survey for 15-19 year olds
- YSS from 2004-2012
 - Moves to school based only, grades 6-12
 - Survey is conducted every two years to closely monitor changes in student behaviour
 - Gradually shifts from tobacco only, to include more alcohol and drug questions
- YSS is renamed CSTADS for 2014/2015 cycle to reflect equal amount of tobacco, alcohol and drug questions
- CSTADS 2016/2017 no longer surveying grade 6 students



Methods

Sample

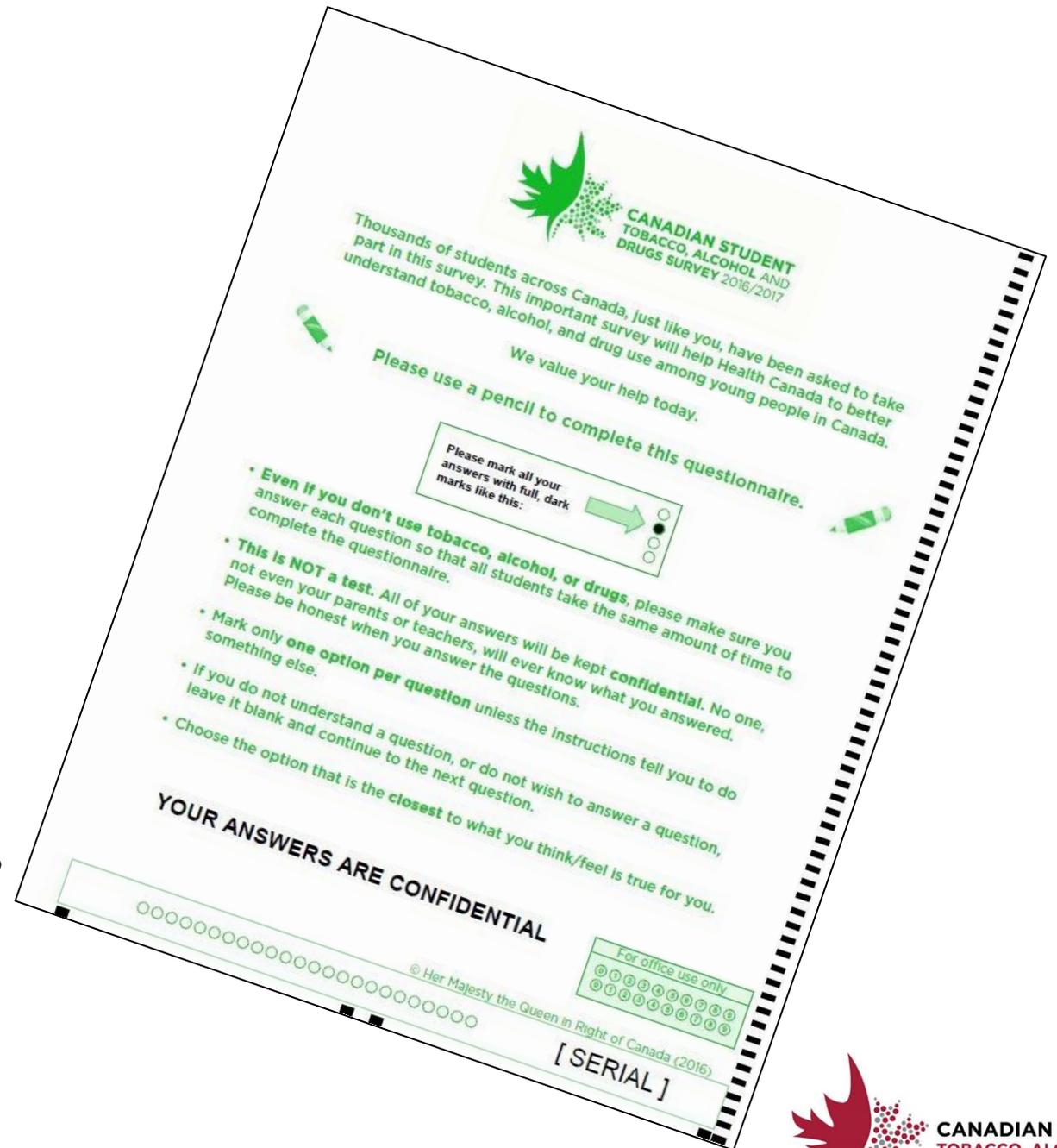
- Canadian residents attending private and publicly-funded schools and enrolled in one of grades 7-12 (QC Sec I-V)
- A stratified single-stage cluster design with schools selected from strata
 - Smoking rate (high and low region), Urban region
 - School type (elementary, secondary)
- School and student target numbers are established for each province to ensure National and Provincial representation

Methods

2016/2017 CSTADS Questionnaire

topics included:

- smoking status and behaviour
- use of tobacco products
- use of alcohol
- use of cannabis and other drugs
- bullying & wellbeing
- school connectedness

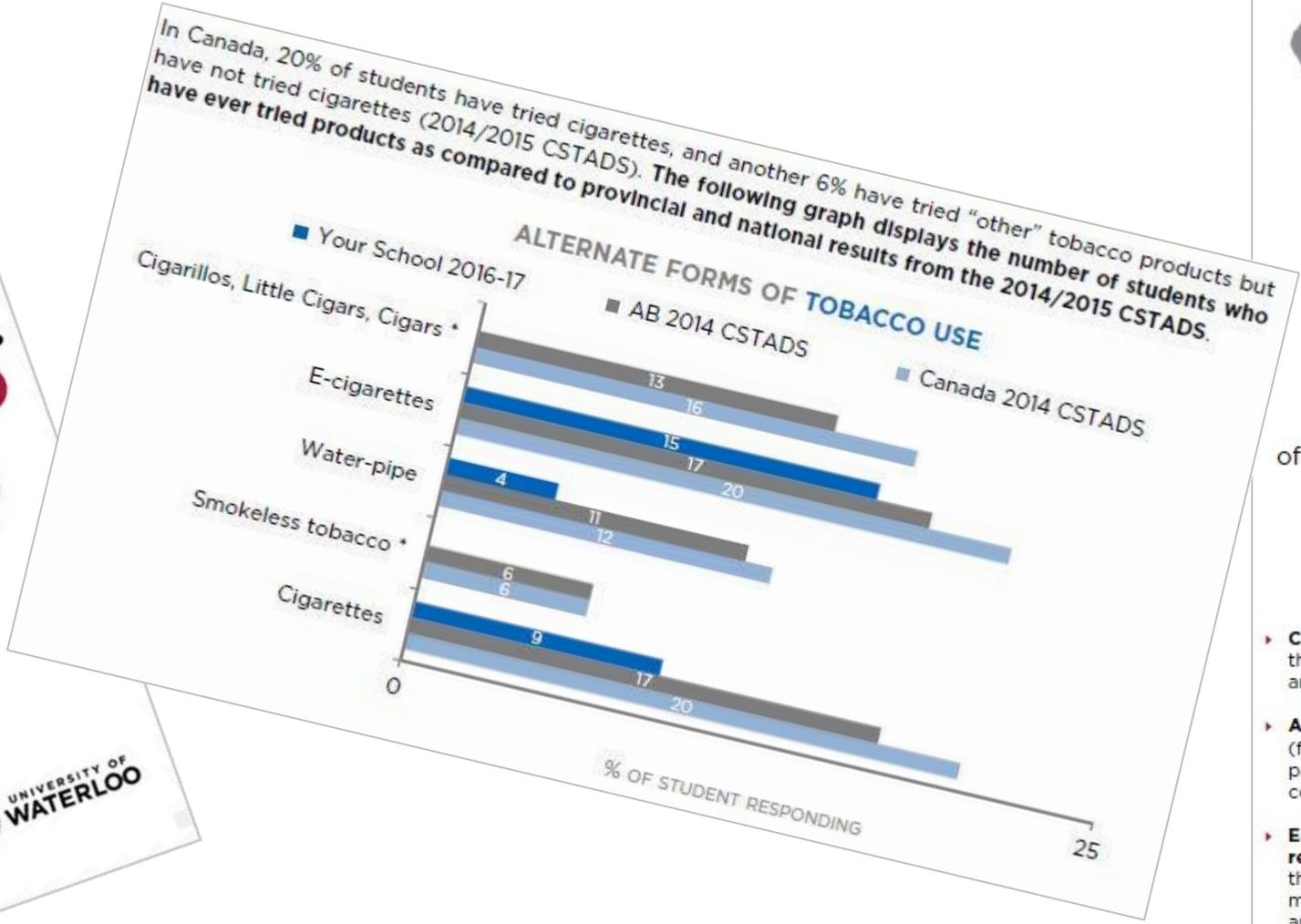
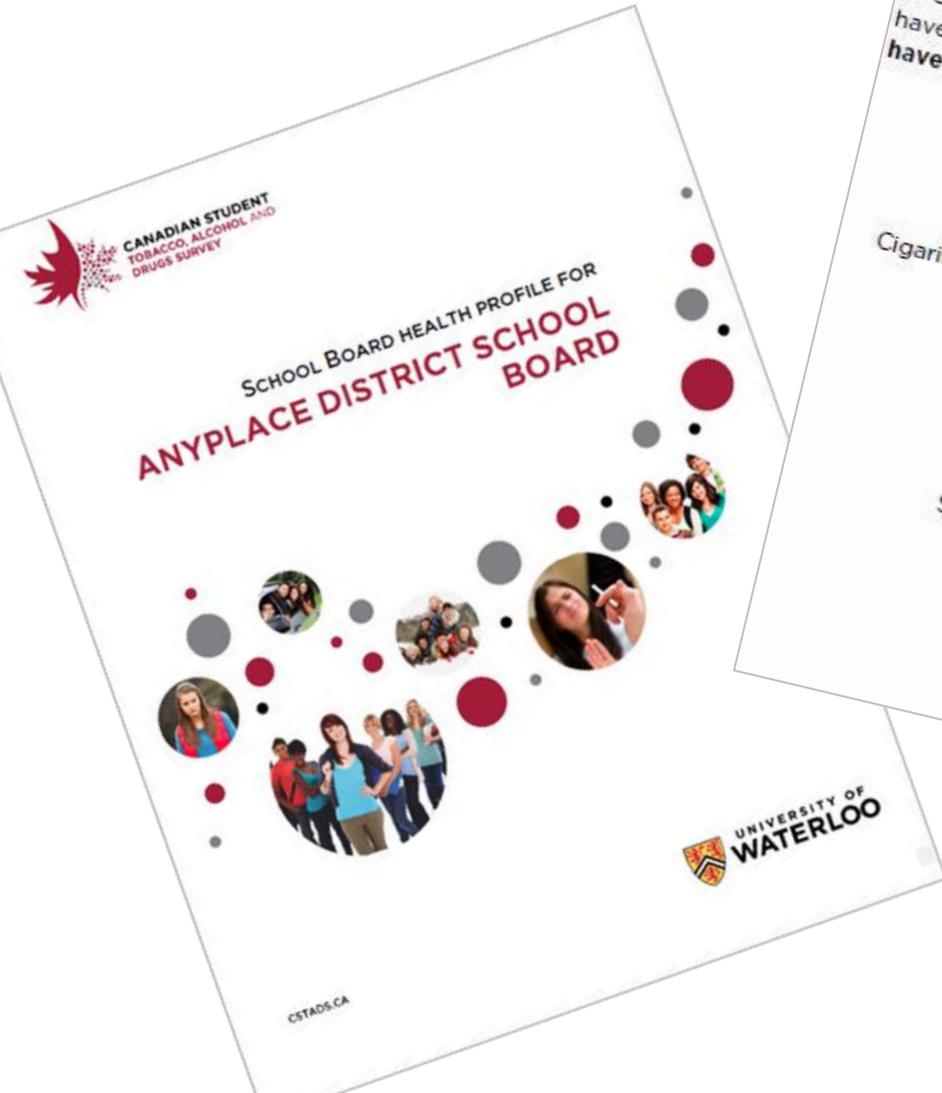


Methods

Implementation

- School boards and schools recruited locally in each province.
- All implementation progress and protocols are tracked in an Online Survey Implementation System to ensure consistency across the country.
- Data collection in classrooms occur between October and June.
- All survey processing completed at Propel UW

Local Level Feedback



MARIJUANA USE



22%

of students at your school report having tried marijuana.

YOU CAN HELP

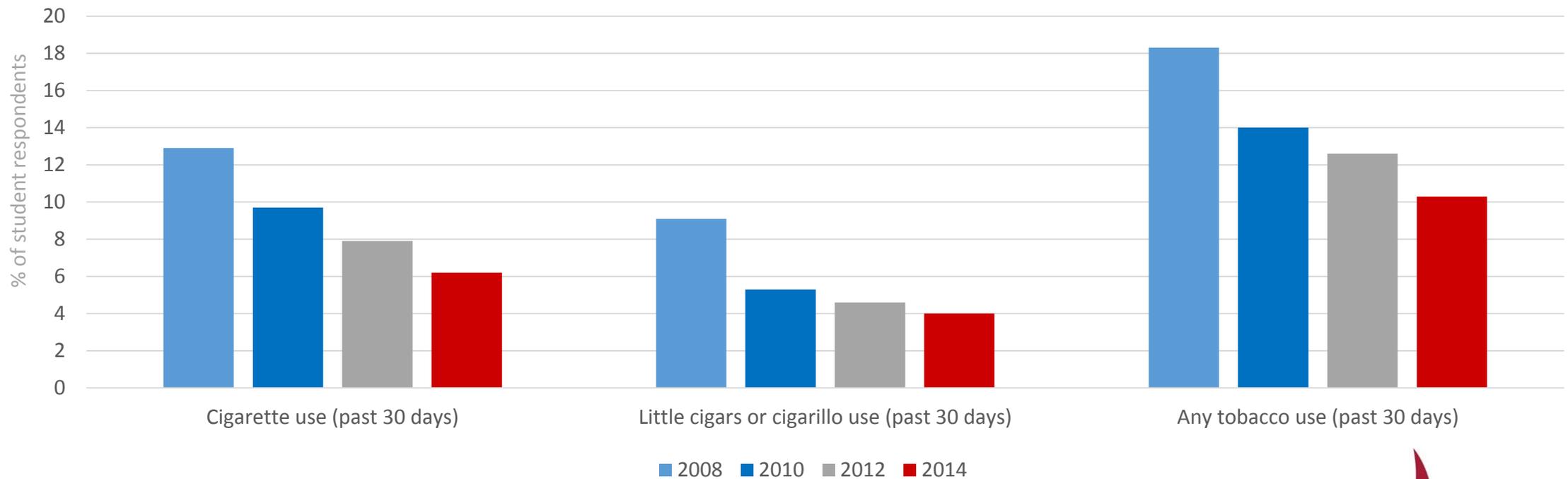
- ▶ **Create class projects** that explore the long and short-term health risks and social risks of marijuana use.
- ▶ **Ask community resource people** (former drug users, clinicians) to paint a picture of drug use consequences.
- ▶ **Equip students with the skills to recognize/avoid** situations where they may feel obligated to use marijuana (e.g., a joint being passed around at a party).

Why CSTADS?

- Helps to monitor the success of the Federal Tobacco Control Strategy,
- Provide information for reporting on the National Anti-Drug Strategy,
- Informs the development of drug and public health policy, and
- Support Health Canada's reporting to international bodies on the Canadian drug situation.

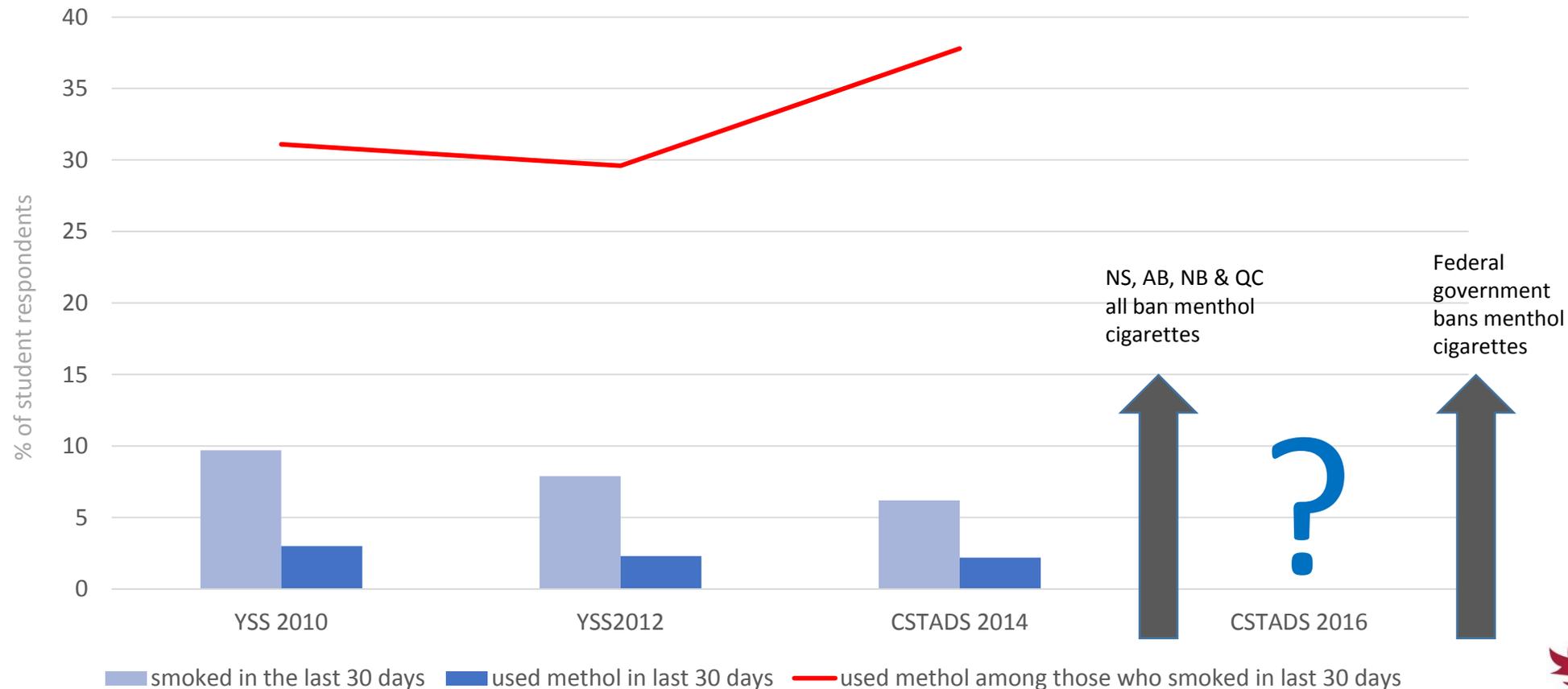
Trend Data are Key- and CSTADS provides them!

Tobacco Use among Canadian Youth in Grades 6-12
Canadian Student Tobacco, Alcohol and Drugs Survey (CSTADS) 2008/2009- 2014/2015



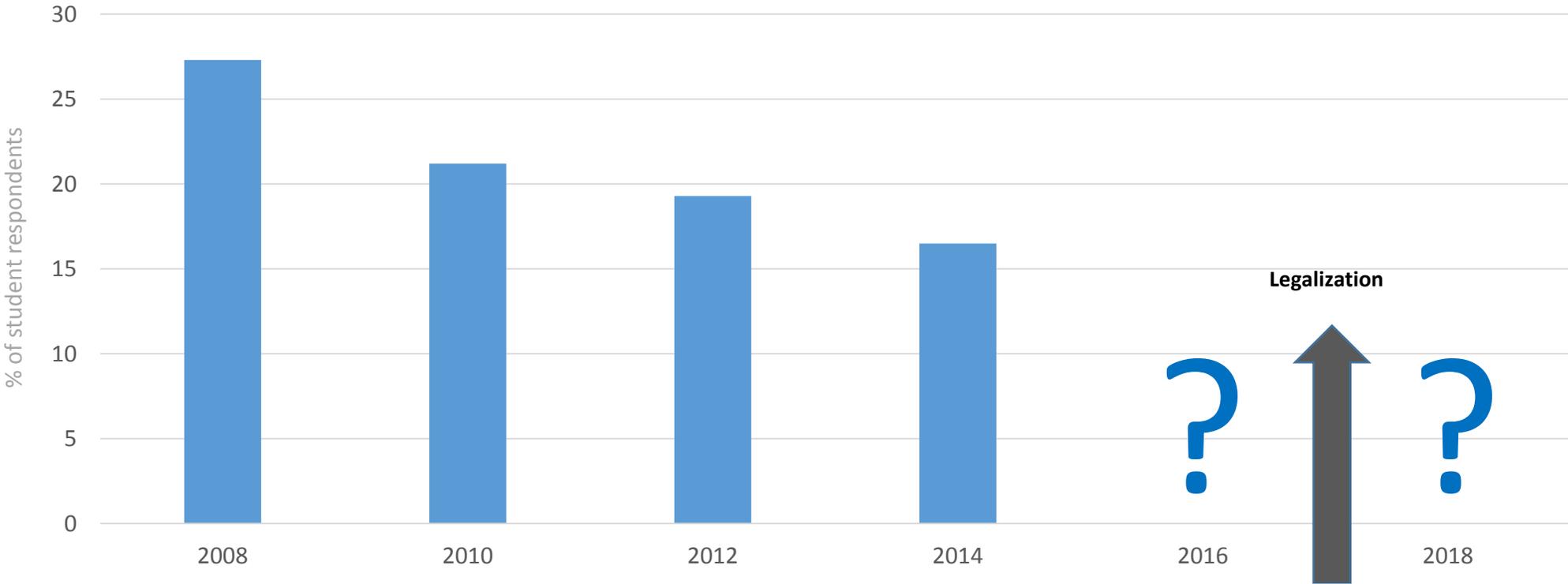
Trend data guiding new policy/policy change

Flavoured Tobacco Use among Canadian Youth in Grades 6-12
Canadian Student Tobacco, Alcohol and Drugs Survey (CSTADS)



Trend Data Monitoring change

Cannabis Use (past 12 month) among Canadian Youth Grades 7-12,
Canadian Student Tobacco, Alcohol and Drugs Survey (CSTADS)



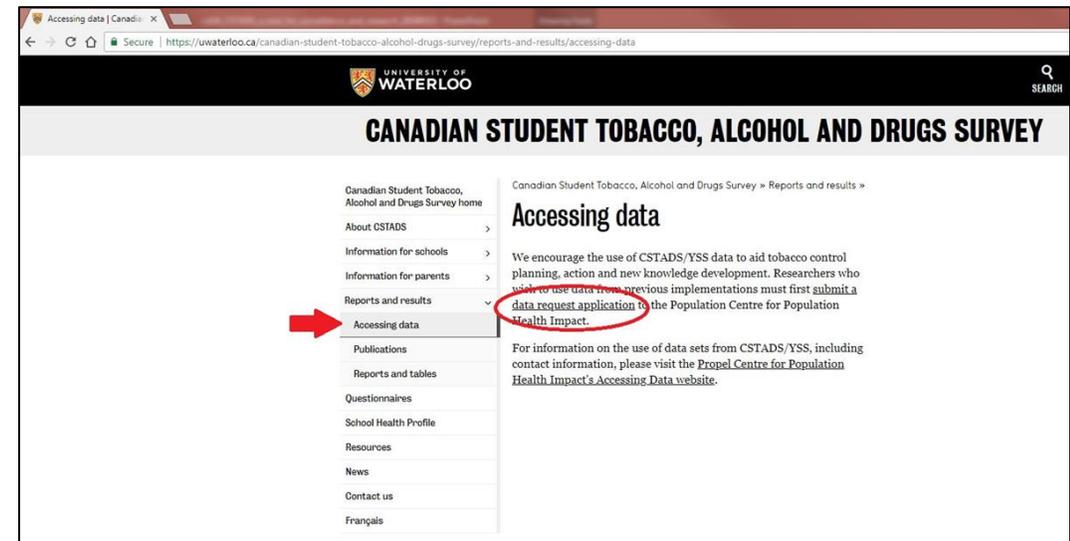
Accessing Data

Public Release of 2016/2017 CSTADS results are coming soon!

- Health Canada releases summary information and tables online

Data available through Propel's Data Repository

- Confidential data are removed
- Data are available in SPSS and STATA





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IN BRIEF:

STUDENT TOBACCO USE IN ALBERTA

The Canadian Student Tobacco, Alcohol and Drugs Survey (CSTADS) is a biennial school-based survey of Canadian students in grades 6-12. The following details results from the 2014/2015 CSTADS on the use of tobacco products, including flavoured tobacco products, by Grades 6 to 12 students in Alberta.

- The CSTADS results have identified differences in how Alberta students use and consume flavoured tobacco products as compared to non-flavoured tobacco products. Details can be found in Tables 1 and 2. Results show that:
- **Students who smoke flavoured (menthol) cigarettes smoke significantly more than students who smoke non-flavoured cigarettes.** Alberta students who smoke, smoke an average of 7.5 cigarettes per day (about 225 cigarettes/month). In comparison, students who smoke menthol cigarettes smoke an average of 9.4 cigarettes per day (about 282 cigarettes/month) and student who only smoke non-flavoured cigarettes smoke an average of 5.9 cigarettes per day (about 177 cigarettes/month).
 - **Female Alberta students who smoke are significantly more likely to have smoked menthol cigarettes in the last 30-days (47.0%) than male students (25.1%).**

TABLE 1
PERCENT OF ALBERTA STUDENTS REPORTING USE OF TOBACCO PRODUCTS, GRADES 6-12 STUDENTS, 2014/2015 CSTADS

	Last 30-day use (%)	Ever Use (%)
Both Males and Females	2.9	10.2
Cigarillos or little cigars	1.8	6.7
Cigars	4.8	15.1
E-cigarettes	3.7	9.5
Waterpipe	1.8	5.1
Smokeless tobacco	4.5	15.5
Cigarettes	8.5	20.0
Any tobacco product*		
Male / Female		



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Weighted prevalence of hookah use and perceptions of harm in Alberta

The following data from the 2012/2013 Youth Smoking Survey (YSS) displays the prevalence of hookah use among grade 9-12 students in the province of Alberta. This table was produced using the methods outlined in the 2015 Minaker manuscript, [Hookah use prevalence, predictors and perceptions among Canadian Youth](#) (Cancer Causes & Control), which displays hookah use prevalence among grade 9-12 students in Canada.

Table 1: Weighted prevalence of hookah ever use and last 30-day use (total and flavoured), as well as perceptions about harm: Grades 9-12, Alberta, 2012/2013 Youth Smoking Survey

Characteristics	n*	% Ever use of hookah	% Last 30 day use of hookah	% Last 30-day use of flavoured hookah	% Last 30-day use of flavoured tobacco among hookah users	% Believing hookah use is less harmful than smoking cigarettes
Alberta	3416	17.7	7.1†	3.9	55.1	45.9
Gender						
Female	1700	17.2	6.6†	4.1	63.2	44.9
Male	1716	18.3	7.6	3.6	48.0	46.9
Grade						
9	1101	9.5	3.2	NR	NR	36.9
10	909	15.0	7.3	4.8	66.8	47.2
11	746	18.6	7.2†	4.1	57.2†	47.9
12	660	27.5	10.5†	NR	NR	51.0
Ethnicity						
White	2430	17.9	6.8†	3.7†	54.5	46.7
Asian	282	NR	NR	NR	NR	35.5
Aboriginal	382	23.8	NR	NR	NR	41.2
Black	121	NR	NR	NR	NR	57.7

2018/2019 CSTADS Implementation

What to expect for the next cycle?

- In the field October 2018 – May 2019
- Data collection in all 10 provinces
- Targeting approx. 420 schools
- Updated content



**CANADIAN STUDENT
TOBACCO, ALCOHOL AND
DRUGS SURVEY 2018/2019**

The Canadian Student Tobacco, Alcohol and Drugs Survey (CSTADS) asks students in grades 7 to 12 about tobacco, alcohol, drugs, bullying, and sleep.

CSTADS INSPIRES ACTION

IN OUR SCHOOLS

Through school-specific profiles that are provided to schools following their participation and shared within the school community.

IN OUR PROVINCES

Through provincial comparisons that guide action and focus on policies, programs and health related interventions.

IN OUR COUNTRY

Providing data that inform federal substance use policies and programs.

OVER TIME

Allowing us to understand how the school, province and country data change over time.

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Updated content for 2018/2019 CSTADS

- Gender question
- Sexual orientation question
- Continuation of core tobacco questions
- Additional E-cigarette questions
 - Susceptibility
 - With or without nicotine
- Additional cannabis questions
 - Ease of access post legalization
 - Co-use with alcohol
 - Household rules
- New questions on sleep replace school connectedness

About You	Tobacco Use
<p>1. What grade are you in?</p> <p><input type="radio"/> Grade 7 <input type="radio"/> Grade 8 <input type="radio"/> Grade 9 <input type="radio"/> Grade 10 <input type="radio"/> Grade 11 <input type="radio"/> Grade 12</p> <p>Quebec students only</p> <p><input type="radio"/> Secondary I <input type="radio"/> Secondary II <input type="radio"/> Secondary III <input type="radio"/> Secondary IV <input type="radio"/> Secondary V</p>	<p>7. Have you ever tried cigarette smoking, even just a few puffs?</p> <p><input type="radio"/> Yes <input type="radio"/> No</p>
<p>2. How old are you today?</p> <p><input type="radio"/> 11 years or younger <input type="radio"/> 12 years <input type="radio"/> 13 years <input type="radio"/> 14 years <input type="radio"/> 15 years</p> <p><input type="radio"/> 16 years <input type="radio"/> 17 years <input type="radio"/> 18 years <input type="radio"/> 19 years or older</p>	<p>8. How old were you when you first tried smoking cigarettes, even just a few puffs?</p> <p><input type="radio"/> I have never done this <input type="radio"/> I do not know <input type="radio"/> 8 years or younger <input type="radio"/> 9 years <input type="radio"/> 10 years <input type="radio"/> 11 years <input type="radio"/> 12 years <input type="radio"/> 13 years</p> <p><input type="radio"/> 14 years <input type="radio"/> 15 years <input type="radio"/> 16 years <input type="radio"/> 17 years <input type="radio"/> 18 years or older</p>
<p>3. What was your sex at birth?</p> <p><input type="radio"/> Male <input type="radio"/> Female</p>	<p>9. At any time during the next 12 months do you think you will smoke a cigarette?</p> <p><input type="radio"/> Definitely yes <input type="radio"/> Probably yes <input type="radio"/> Probably not <input type="radio"/> Definitely not</p>
<p>4. What is your gender? <i>Gender refers to current gender which may be different from sex assigned at birth and may be different from what is indicated on legal documents.</i></p> <p><input type="radio"/> Man / boy <input type="radio"/> Woman / girl <input type="radio"/> Or please specify: _____</p>	<p>10. At any time during the next 12 months do you think you will use an e-cigarette (vape, vape pen, tank & mod)?</p> <p><input type="radio"/> Definitely yes <input type="radio"/> Probably yes <input type="radio"/> Probably not <input type="radio"/> Definitely not</p>

Thanks to...

CSTADS Co-Investigator team:

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The Propel Centre for Population Health Impact was founded by the Canadian Cancer Society and the University of Waterloo.

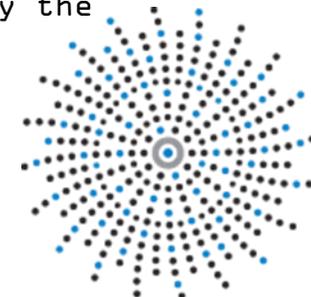
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Canadian Cancer Society
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