Youth transitioning to polysubstance use.


3. Holligan SD, Battista K, de Groh M, Jiang Y, Leatherdale ST. Age at first alcohol use predicts current alcohol use, binge drinking and mixing of alcohol with energy drinks among Ontario Grade 12 students in the COMPASS study. Health Promotion and Chronic Disease Prevention in Canada: Research, Policy and Practice, 39(6-9), 244.

2. Williams GC, Battista K, Leatherdale ST. (2019). An examination of how age of onset for alcohol, cannabis, and tobacco are associated with physical activity, screen time and BMI as students are preparing to graduate from high school. Preventive Medicine Reports, 10.


RELATED COMPASS PUBLICATIONS


7. Williams G, Battista K, Leatherdale ST (2019). An examination of how age of onset for alcohol, cannabis, and tobacco are associated with physical activity, screen time and BMI as students are preparing to graduate from high school. Preventive Medicine Reports, 15.


ONGOING ALCOHOL RELATED RESEARCH PROJECTS


5. Gohari MR, Zuckerman AM, Leatherdale ST. Youth polysubstance use post an alcohol policy change in Ontario.


Cannabis use

Obesity

Mental health

Physical activity

Alcohol use

Smoking

Sedentary behaviour

COMPASS is an ongoing longitudinal study (started in 2012) designed to follow a prospective cohort of grade 9 to 12 students attending a convenience sample of Canadian secondary schools to better understand how changes in school environment characteristics (polices, programs, built environment) and provincial, territorial, and national policies are associated with changes in youth health behaviours. This special edition of the COMPASS brochure highlights current trends of youth alcohol use in Canada using the COMPASS data.

THE COMPASS STUDY

- The COMPASS study connects researchers with schools and youth across Canada to identify important youth health issues. Results will help schools, communities, and government agencies across Canada to develop and evaluate policies and programs aimed at promoting healthy lifestyles among Canadian youth.

- COMPASS offers multi-level, multi-year, comprehensive research paired with knowledge exchange and strategic health partnerships to help turn knowledge into action and action into positive results for youth, like no other study has done before.

- Student responses are linked throughout all participating years giving researchers the ability to examine trajectories of different health behaviours.

compasS.uWaterloo.ca

VISIT THE WEB FOR MORE INFORMATION ABOUT THE COMPASS STUDY AND TO VIEW COMPASS PUBLICATIONS.
THE VALUE OF COMPASS DATA

Student-level Data: COMPASS annually collects individual level data on student behaviours across a number of health domains. Each student is tracked using a unique anonymized code allowing researchers to understand how health outcomes develop and change over time.

School Policies and Programs Data: School administration provides details regarding the presence, absence, or any change to relevant school programs, policies, and/or resources related to student health for each of the behavioural domains measured by COMPASS. Data on school programs and policies are then linked back to student-level data to determine the impact the school environment has on youth health behaviours.

Built Environment Data: Built environment data are collected within the school and the surrounding community to measure the impact these characteristics and structures have on student health behaviours and outcomes.

CHANGES TO THE ALCOHOL ENVIRONMENT

There have been a number of provincial government led changes, such as extended hours of sale, and changes to where alcohol can be consumed and purchased, that may shift the social environment surrounding consumption.

Youth in the jurisdictions exposed to the latest change in LCBO policy are more likely to transition from abstinence to high-risk regular drinking and high-risk regular drinkers are more likely to maintain their behaviours.

(TSHAHI ET AL, UNDER REVIEW)

TRENDS IN FREQUENCY OF ALCOHOL USE AMONG STUDENTS IN THE COMPASS STUDY

Among Ontario students participating in the COMPASS study in 2018/19, 41% of males and 37% of females aged 15-19 have had more than a sip of alcohol in the last 30 days.

(TSHAHI ET AL, UNDER REVIEW)

AMONG GRADE 12 STUDENTS PARTICIPATING IN THE COMPASS STUDY IN 2018/19, 75% HAVE HAD MORE THAN A SIP OF ALCOHOL AT LEAST ONCE IN THEIR LIFETIME.

(DUCKERMANN ET AL., 2018)

HEALTH BEHAVIOURS AND EARLY INITIATION TO ALCOHOL CONSUMPTION

Early initiation of alcohol consumption increases the likelihood for older students to engage in heavy drinking.

Students who started binge drinking in grade 10 or 11 had larger body weight and BMI increases in comparison to those who never became binge drinkers.

(YOUNG ET AL., 2019)

Younger age of first alcohol use was associated with increased MVPA in grade 12.

(YOUNG ETAL, 2019)

FROM 2013 TO 2018, BINGE DRINKING HAS DECREASED ACROSS ALL COMPASS PARTICIPANTS IN ONTARIO REGARDLESS OF THEIR GENDER, GRADE, ETHNICITY OR AVAILABLE SPENDING MONEY.

RELATING YOUTH BINGE DRINKING TO OTHER HEALTH BEHAVIOURS AND OUTCOMES

The most common dual use of substances were alcohol and e-cigarettes.

Grade 12 students with higher levels of school connectedness were more likely to use alcohol and binge drink.

Team sport participation has been shown to be associated with binge drinking among COMPASS student participants.

Among adolescent girls, those who were considered dieters were at increased risk of becoming involved in binge drinking in subsequent years.

(WILLIAMS ET AL., 2019)

Adolescents who initiate binge drinking have a relatively higher risk of poor academic performance, and a lack of preparedness and engagement.

(PATTE ET AL., 2017)
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Youth in the jurisdictions exposed to the latest change in LCBO policy drinkers are more likely to maintain their behaviours.

(Tschabitscher et al., Under Review)

TRENDS IN FREQUENCY OF ALCOHOL USE AMONG STUDENTS IN THE COMPASS STUDY

**Frequency of Alcohol Use**

**Frequency of Binge Drinking**

SOURCE: 2013-14 TO 2018-19 COMPASS ONTARIO SCHOOLS

ALCOHOL USE IS DEFINED AS ANY USE THAT WAS MORE THAN JUST A SIP IN THE LAST 12 MONTHS.

BINGE DRINKING IS DEFINED AS CONSUMING 5 DRINKS OF ALCOHOL OR MORE ON ONE OCCASION IN THE LAST 12 MONTHS.

AMONG ONTARIO STUDENTS PARTICIPATING IN THE COMPASS STUDY IN 2018-19, 41% OF MALES AND 37% OF FEMALES AGED 15-19 HAVE HAD MORE THAN A SIP OF ALCOHOL IN THE LAST 30 DAYS.

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Students who started binge drinking in grade 10 or 11 had larger body weight and BMI increases in comparison to those who never became binge drinkers.

(Williams et al., 2009)

Younger age of first alcohol use was associated with increased MVPA in grade 12.

(Williams et al., 2009)

Adolescents who initiate binge drinking have a relatively higher risk of poor academic performance, and a lack of preparedness and engagement.

(Duckmann et al., 2014)

(Duckmann et al., 2018)

(Patte et al., 2017)

(RELATING YOUTH BINGE DRINKING TO OTHER HEALTH BEHAVIOURS AND OUTCOMES)

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Grade 12 students with higher levels of school connectedness were more likely to use alcohol and binge drink.

Team sport participation has been shown to be associated with binge drinking among COMPASS student participants.

Among adolescent girls, those who were considered dieters were at increased risk of becoming involved in binge drinking in subsequent years.

(Patel et al., 2018)

From 2013 to 2018, binge drinking has decreased across all COMPASS participants in Ontario regardless of their gender, grade, ethnicity or available spending money.

Youth in the jurisdictions exposed to the latest change in LCBO policy drinkers are more likely to maintain their behaviours.

(Tschabitscher et al., Under Review)
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