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The Regional Municipality of Durham Information Report

From: Commissioner & Medical Officer of Health
Report: #2026-INFO-005
Date: January 30, 2026

Subject:

CAMH Monitor eReport 2025: Substance Use, Mental Health and Well-Being Among Ontario Adults

Recommendation:

Receive for information

Report:

1. Purpose

1.1 To provide an update on the release of the [CAMH Monitor eReport 2025: Substance Use, Mental Health and Well-Being Among Ontario Adults](#), released by the Centre for Addiction and Mental Health (CAMH) on January 12, 2026.

2. Background

- 2.1 The CAMH Monitor is the longest-running population survey on substance use and mental health in Canada, conducted among adults aged 18 and older across Ontario between 1977 and 2025.
- 2.2 The purpose of the survey is to describe trends in mental and physical health, certain risk behaviours such as smoking, drinking and drug use, and opinions on various Ontario policy measures.
- 2.3 The 2025 survey, which was administered by the Institute for Social Research at York University, was conducted online between February 12 and March 28, 2025. In total, 3,012 adults aged 18 and older completed the survey.

3. Report Highlights

- 3.1 The 2025 CAMH Monitor report presents survey data from 1977 to 2025 and provides a breakdown by sex, age categories, and region (i.e., Central East, Central West, East, North, Toronto and West).
- 3.2 The report compares the 2025 data with those of prior years, specifically, 2024, 2020 (five years ago), 2015 (ten years ago), and 2019 (immediately prior to the COVID-19 pandemic).
- 3.3 In summary, the 2025 data related to substance use, mental health and well-being show either no change or slight improvements when compared to 2024 data. However, when compared to 2015 and 2019 data, most indicators show an increase in substance use and mental health distress, and poorer well-being in 2025.
- 3.4 Following are some key results presented in the 2025 CAMH Monitor report:
 - a. In 2025, approximately 16 per cent of adults consumed enough alcohol (i.e., seven or more drinks per week) to put them in the high-risk category according to [Canada's Guidance on Alcohol and Health](#). There was a significant increase of individuals reporting weekly binge drinking from 7.5 per cent in 2015 to 9.6 per cent in 2025.
 - b. Data were presented on hazardous or harmful drinking as measured by the [Alcohol Use Disorders Identification Test](#) (AUDIT). The AUDIT identifies hazardous alcohol use, which is an established pattern of drinking that increases the likelihood of future physical and mental health problems, and harmful consequences of alcohol use which is already causing damage to health. In 2025, 16.5 per cent of adults drank hazardously or harmfully in the past 12 months and this has increased when compared to 2019 (13.2 per cent).
 - c. In 2025, 11.6 per cent of adults reported daily smoking in Ontario. Of note, when compared to 2019, there was a significant decline in daily smoking in the Central East region (from 13.9 per cent to 8.0 per cent).
 - d. Approximately 14.5 per cent of respondents reported using e-cigarettes in the past year, with the highest reported use being among younger adults aged 18 to 29 in the past year and in the past 30 days.
 - e. Overall, approximately 21 per cent of adults used cannabis at least once in the past 30 days and 6.6 per cent used cannabis daily over the past three months. Sixteen per cent of adults met the criteria for moderate to high-risk of cannabis use problems.
 - f. The percentage of those who reported cannabis use in the past 12 months increased from 14.5 per cent in 2015 to 29.7 per cent in 2025. However,

when reviewing the results by age, the percentage decreased among those aged 18 to 29 from 45.5 per cent in 2019 to 35.5 per cent in 2025.

- g. The ways in which people are using cannabis are also changing. The percentage of individuals reporting cannabis use in a food product has increased from 50.4 per cent in 2019 to 66.4 per cent in 2025. Similarly, reported use of cannabis in a drink form, vapor or e-cigarette has also increased.
- h. In 2025, 36.7 per cent of respondents met the criteria for moderate to serious psychological distress during the past 30 days, and women were more likely than men to experience moderate to serious psychological distress. There were also significant associations with age, with young adults more likely to experience moderate to serious psychological distress. There has been a notable increase in the percentage of those experiencing moderate to serious psychological distress when compared to 2015 (11.4 per cent) and 2019 (17.7 per cent).
- i. The percentage of individuals reporting self-rated fair or poor mental health has increased from 6.7 per cent in 2015 to 29 per cent in 2025. The trend was observed in both men and women, and across all age groups.
- j. Approximately 6.4 per cent of adults reported seriously contemplating suicide in the past 12 months, which has increased significantly since 2015 (2.4 per cent). This trend was observed in both men and women, and across all age groups.
- k. The percentage of adults reporting fair or poor overall health has increased from 9.9 per cent in 2015 to 20.8 per cent in 2025. Research has shown that self-rated health is a strong indicator of future morbidity and mortality.

4. Local Health Department Program Initiatives

- 4.1 Local health statistics and information on mental health and substance use can be found on the [Durham Health Stats](#) webpage.
- 4.2 Locally, Durham Region Health Department's (DRHD's) programs and services provide information, supports and strategies to address risky substance use and promote positive mental health. Comprehensive information and resources about alcohol, cannabis, mental health, opioids, tobacco and vaping are available at [durham.ca](#).
- 4.3 DRHD's health promotion campaigns increase public awareness about mental health and substance including:
 - a. Promotion of the 'Buddy Up Month' suicide prevention strategy encouraging men to strengthen social connections, reduce isolation and promote early help-seeking.

- b. A 'Mindful Consumption' campaign to increase public awareness of the potential risks when consuming cannabis edibles and harm reduction strategies.
 - c. Promoting nicotine cessation through the 'STOP on the Net' social media campaign.
 - d. Increasing awareness of the link between alcohol and cancer through a communication campaign which ran from October to December 2025.
- 4.4 DRHD staff collaborates with local partners on various strategies to support health and well-being. DRHD's partnerships are reported annually in its [Advocacy, Engagement and Partnerships Report](#).
- 4.5 DRHD public health nurses work with local elementary and secondary schools to deliver health promotion and support comprehensive school health, which could include strategies related to substance use and mental health. Strategies are based on school needs and planned in collaboration with school communities.
- 4.6 Region of Durham Paramedic Services partners with the Social Services Department to operate the Primary Care Outreach Program (PCOP). PCOP's street outreach team helps unsheltered people access health and mental health services.

5. Previous Reports

- 5.1 DRHD aims to keep Regional Council updated with the latest trends and information about substance use and mental health through information reports. The following information reports were provided in 2025:
- a. Report [2025-INFO-03](#) provided an update on the report: [Alcohol and Cancer Risk 2025](#).
 - b. Report [2025-INFO-04](#) provided an update on the report: [Healthcare Utilization and Clinical Comorbidities among People Who Died of a Substance-Related Toxicity Death in Ontario](#).
 - c. Report [2025-INFO-14](#) provided an update on the health effects of vaping, local data and DRHD's programs and services related to vaping/e-cigarettes.
 - d. Report [2025-INFO-44](#) provided an update on the data publication: [Child and Youth Mental Health](#).
 - e. Report [2025-INFO-59](#) provided an update on the data release: [Opioid- and Stimulant-related Harms in Canada](#).
 - f. Report [2025-INFO-61](#) provided an update on the report: [From Loneliness to Social Connection](#).

6. Relationship to Strategic Plan

6.1 This report aligns with the following Strategic Direction and Pathways in Durham Region's 2025-2035 Strategic Plan:

a. Healthy People, Caring Communities

- H1. Implement preventive strategies to support community health, including food security.
- H2. Collaborate with partners to respond to complex social issues that improve community safety and well-being, including mental health and addictions.

7. Conclusion

7.1 The 2025 CAMH Monitor report presents key findings from the 2025 cycle of the population survey and compares results with previous years to highlight changes over time.

7.2 The primary objective of the CAMH Monitor report is to track and assess patterns of substance use, mental health, and overall health concerns among adults in Ontario.

7.3 The data presented in the CAMH Monitor help to inform social and public health policy decisions and help to shape public health initiatives including prevention and health promotion programs.

Respectfully submitted,

Original signed by

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