

Attachment 1: Substance Use and Mental Health Data Updates

Toronto Public Health regularly reviews updated sources of information on substance use harms and mental health. Below is a sample of more recent data from Public Health Ontario, Toronto Public Health's Population Health Status Indicators (PHSI), and other sources since the last OHOC report. Depending on the data source, not all indicators are available annually.

Stimulants and Benzodiazepines

- There were 386 emergency department (ED) visits (14.2 per 100,000 people) due to benzodiazepine-related poisonings in Toronto among those 15 years and older in 2023, and 398 visits (14.0 per 100,000 people) in 2024.
- There were 216 deaths (7.9 per 100,000 people) due to benzodiazepine toxicity in Toronto among those 15 years and older in 2023, and 242 deaths (8.5 per 100,000 people) in 2024.
- There were 430 ED visits (15.8 per 100,000 people) due to stimulant-related poisonings at Toronto hospitals among those 15 years and older in 2023, and 402 visits (14.2 per 100,000 people) in 2024.
- There were 486 deaths (17.9 per 100,000 people) due to stimulant toxicity in Toronto among those 15 years and older was in 2023, and 461 deaths (16.2 per 100,000 people) in 2024ⁱ.

Alcohol

- There were 19,602 ED visits (720.8 per 100,000 people) at Toronto hospitals for conditions entirely caused by alcohol among those 15 years and older in 2023, and 19,601 visits (690.7 per 100,000 people) in 2024.
- There were 6,983 hospitalizations (256.8 per 100,000 people) in Toronto for conditions entirely caused by alcohol among those 15 years and older in 2023, and 7,311 hospitalizations (257.6 per 100,000 people) in 2024ⁱⁱ.
- In 2023, 29.4 percent of Toronto youth (grades 7 to 12) reported drinking alcohol in the past year which was comparable to the rest of Ontario (37.1 percent) and the rest of the GTA (31.6 percent)
- The percentage of Toronto youth who reported drinking alcohol in the past year was stable between 2019 (31.7 percent) and 2023 (29.4 percent).
- In 2023, 7.6 percent of Toronto youth (grades 7 to 12) reported binge drinking alcohol in the past four weeks. This was comparable to the rest of Ontario (10.0 percent) and the rest of the GTA (6.8 percent)
- The percentage of Toronto youth who reported binge drinking in the past four weeks was stable between 2019 (9.8 percent) and 2023 (7.6 percent)ⁱⁱⁱ.

Cannabis

- There were 3,053 ED visits (102.3 per 100,000 people) at Toronto hospitals for all cannabis related harms in 2022, and 2,920 visits (93.9 per 100,000 people) in 2023.
- There were 1,236 hospitalizations (41.4 per 100,000 people) at Toronto hospitals for all cannabis related harms in 2022, and 1,363 hospitalizations (43.8 per 100,000 people) in 2023^{iv}.
- In 2023, 16.4 percent of Toronto youth (grades 7 to 12) reported cannabis use in the past year, which was comparable to the rest of Ontario (18.0 percent) and the rest of the GTA (16.9 percent).
- The percentage of Toronto youth who reported cannabis use in the past year was stable between 2019 (14.6 percent) and 2023 (16.4 percent)^v.

Tobacco and vaping

- In 2023, 10.3 percent of Toronto youth (grades 7 to 12) reported vaping/e-cigarette use in the past year. This was comparable to the rest of Ontario (14.1 percent) and the rest of the GTA (12.1 percent).
- The percentage of Toronto youth who reported vaping/e-cigarette use in the past year was stable between 2019 (11.2 percent) and 2023 (10.3 percent).
- In 2023, 2.6 percent of Toronto youth (grades 7 to 12) reported tobacco use in the past year. This was comparable to the rest of Ontario (3.4 percent).
- The percentage of Toronto youth who reported tobacco use in the past year was stable between 2019 (2.6 percent) and 2023 (2.6 percent)^{vi}.

Mental Health

- In 2023, 37.0 percent of Toronto youth (grades 7 to 12) reported fair or poor mental health. This was comparable to the rest of Ontario (38.4 percent) and the rest of the GTA (37.7 percent). The percentage of Toronto youth who reported fair or poor mental health increased from 27.1 percent in 2019 to 37.0 percent in 2023.
- In 2023, 18.0 percent of Toronto youth (grades 7 to 12) reported that they seriously contemplated suicide in the past year. This was comparable to the rest of Ontario (17.6 percent) and the rest of the GTA (18.0 percent). The percentage of Toronto youth who reported suicidal ideation in the past year was stable between 2019 (16.7 percent) and 2023 (18.0 percent)^{vii}.
- There was an increase in intentional self-harm ED visits in Toronto among those 10 years and older from 86.9 per 100,000 people in 2013 to 100.3 per 100,000 people in 2022^{viii}.

ⁱ Ontario Agency for Health Protection and Promotion (Public Health Ontario). Technical notes: substance use and harms tool. Toronto, ON: King's Printer for Ontario; 2025.

ⁱⁱ Ontario Agency for Health Protection and Promotion (Public Health Ontario). Technical notes: substance use and harms tool. Toronto, ON: King's Printer for Ontario; 2025.

ⁱⁱⁱ Toronto Public Health. (2025). Population Health Status Indicator Dashboard: Child and Youth Health Dashboard. Available from: <https://www.ontariohealthprofiles.ca/torontohealthstatus/child&youth.php>

^{iv} Ontario Agency for Health Protection and Promotion (Public Health Ontario). Snapshots: cannabis harms snapshot [Internet]. Toronto, ON: King's Printer for Ontario. [modified 2025 Apr 22; cited 2025 Oct 31]. Available from: <https://www.publichealthontario.ca/en/Data-and-Analysis/Substance-Use/Cannabis-Harms>

^v Toronto Public Health. (2025). Population Health Status Indicator Dashboard: Child and Youth Health Dashboard. Available from: <https://www.ontariohealthprofiles.ca/torontohealthstatus/child&youth.php>

^{vi} Toronto Public Health. (2025). Population Health Status Indicator Dashboard: Child and Youth Health Dashboard. Available from: <https://www.ontariohealthprofiles.ca/torontohealthstatus/child&youth.php>

^{vii} Toronto Public Health. (2025). Population Health Status Indicator Dashboard: Child and Youth Health Dashboard. Available from: <https://www.ontariohealthprofiles.ca/torontohealthstatus/child&youth.php>

^{viii} Toronto Public Health. (2025). Population Health Status Indicator Dashboard: Mental Health and Substance Use Dashboard. Available from: <https://www.ontariohealthprofiles.ca/torontohealthstatus/mental-health-and-substance-use.php>