



What is the OSDUHS?

The OSDUHS is an anonymous health survey of Ontario students that has been going on since 1977. It is the longest-running school survey in Canada and one of the longest in the world! Every two years, over 10,000 students in grades 7 to 12 in public and Catholic schools in big cities, small towns and rural areas across Ontario take part in the survey. The survey topics cover a range of issues facing young people today, such as drinking, smoking, cannabis and other drug use, mental health, physical health, bullying, gambling, video gaming, and social media use. The OSDUHS is a leading source of data that provides the most comprehensive information about the health of Ontario youth.

How are the survey results used?

Public Health Monitoring

- Identify trends, emerging issues and needs.
 - Identify risk and protective factors.
 - Evaluate youth health promotion and prevention strategies.
 - Contribute to community reports and policy-related documents.
- Provide reliable data to public health units and other health agencies.

Health Promotion

- Develop resources to help youth, families and communities.
- Provide the impetus and information for national media prevention campaigns.

Education

- Provide teachers and other professionals with accurate and timely information.
 - Facilitate outreach activities to parents, school boards and communities.
 - Identify areas for targeted policies and programs.
 - Identify groups who are at risk.
- Contribute evidence to inform Ontario's curriculum and school policies.



Who uses the results?

- health professionals
- educators
- community agencies
- public health advocates
- policymakers
- researchers
- private sector
- media



Some media headlines

“‘Jarring’ survey results reveal worsening mental health among Ontario youth

2023 OSDUHS, The Canadian Press

“More than half of Ontario’s young students say they feel depressed about the future”

2021 OSDUHS, Toronto Star

“Teen vaping rates double in Ontario in just two years”

2019 OSDUHS, Toronto Star

“Half of teen girls in Ontario under psychological distress, CAMH survey shows”

2017 OSDUHS, CTV News

“E-cigarettes more popular among Ontario students than regular cigarettes: CAMH”

2015 OSDUHS, Global News

“Texting while driving common among Ontario teens: study”

2013 OSDUHS, CBC News

“Is driving high the new drinking and driving for Ontario teens?”

2013 OSDUHS, Global News

“Concussions strike 1 in 5 teens and may lead to lower grades: study”

2011 OSDUHS, Toronto Star

To see OSDUHS reports and FAQs, please visit our web page: www.camh.ca/osduhs
E-mail: osduhs@camh.ca

Disponible en français.

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mental health is health