

CPADS 2024

Summary of Results



**University
of Manitoba**



The University of Manitoba Traditional Territories Acknowledgement

The University of Manitoba campuses and research spaces are located on original lands of Anishinaabeg, Ininiwak, Anisininewuk, Dakota Oyate, Dene and Inuit, and on the National Homeland of the Red River Métis.

UM recognizes that the Treaties signed on these lands are a lifelong, enduring relationship, and we are dedicated to upholding their spirit and intent. We acknowledge the harms and mistakes of the past and the present. With this understanding, we commit to supporting Indigenous excellence through active Reconciliation, meaningful change, and the creation of an environment where everyone can thrive. Our collaboration with Indigenous communities is grounded in respect and reciprocity and this guides how we move forward as an institution.

CPADS

The Canadian Postsecondary Education Alcohol and Drug Use Survey (CPADS) is organized and administered nationally by Health Canada to monitor the prevalence of substance use and its impact on postsecondary students.

The survey asks students about the following substances:

- Alcohol
- Cannabis
- Psychoactive pharmaceuticals (pain relievers, sedatives, and stimulants)
- Illegal drugs (such as heroin and cocaine)
- Tobacco and vaping products

The UM previously deployed the CPADS survey in 2019 and 2021; results are available on the Student Affairs website

CPADS 2024

- The CPADS 2024 gathered data from 43 Canadian institutions, with complete responses from 29,371 students (7.4% response rate; 33% male and 67% female)
 - 2710 UM students participated (8.4% response rate); 33% male and 66% female
- Note: Survey responses are reported by sex based on the question which asks about biological sex assigned at birth. This measure was chosen to align with recommendations in Canada's Low-Risk Alcohol Drinking Guidelines (LRDG). The LRDG recommend safe drinking amounts based on sex, given the important biological differences in how alcohol is metabolised between males and females and the increased health risks to females who consume alcohol. Sex at birth may not reflect the respondent's current gender identity, which is asked in a separate question.



CPADS 2024 results are embargoed until Health Canada makes the results public on their website. Please keep these results internal until otherwise notified.

Demographics

	TOTAL (all sites)		University of Manitoba	
	N	%	N	%
Total invited**	396,190	100.0%	32,357	8.2%
Total completes	29,371	100.0%	2,710	9.2%
Response rate	-	7.4%	-	8.4%
Survey language				
English	22,800	77.6%	2,706	99.9%
French	6,571	22.4%	4	0.1%
Sex at birth				
Male	9,683	33.2%	907	33.6%
Female	19,502	66.8%	1,789	66.4%
Gender				
Female	18,226	62.6%	1,668	62.1%
Male	9,381	32.2%	892	33.2%
Transgender female	115	0.4%	10	0.4%
Transgender male	281	1.0%	27	1.0%
Non-binary gender	780	2.7%	66	2.5%
Gender-fluid	228	0.8%	18	0.7%
Another gender	97	0.3%	7	0.3%
Age groups				
16 to 19 yrs	8,980	30.6%	759	28.0%
20 to 22 yrs	9,808	33.4%	884	32.6%
23 to 25 yrs	4,193	14.3%	458	16.9%
26 or older	6,390	21.8%	609	22.5%

Demographics



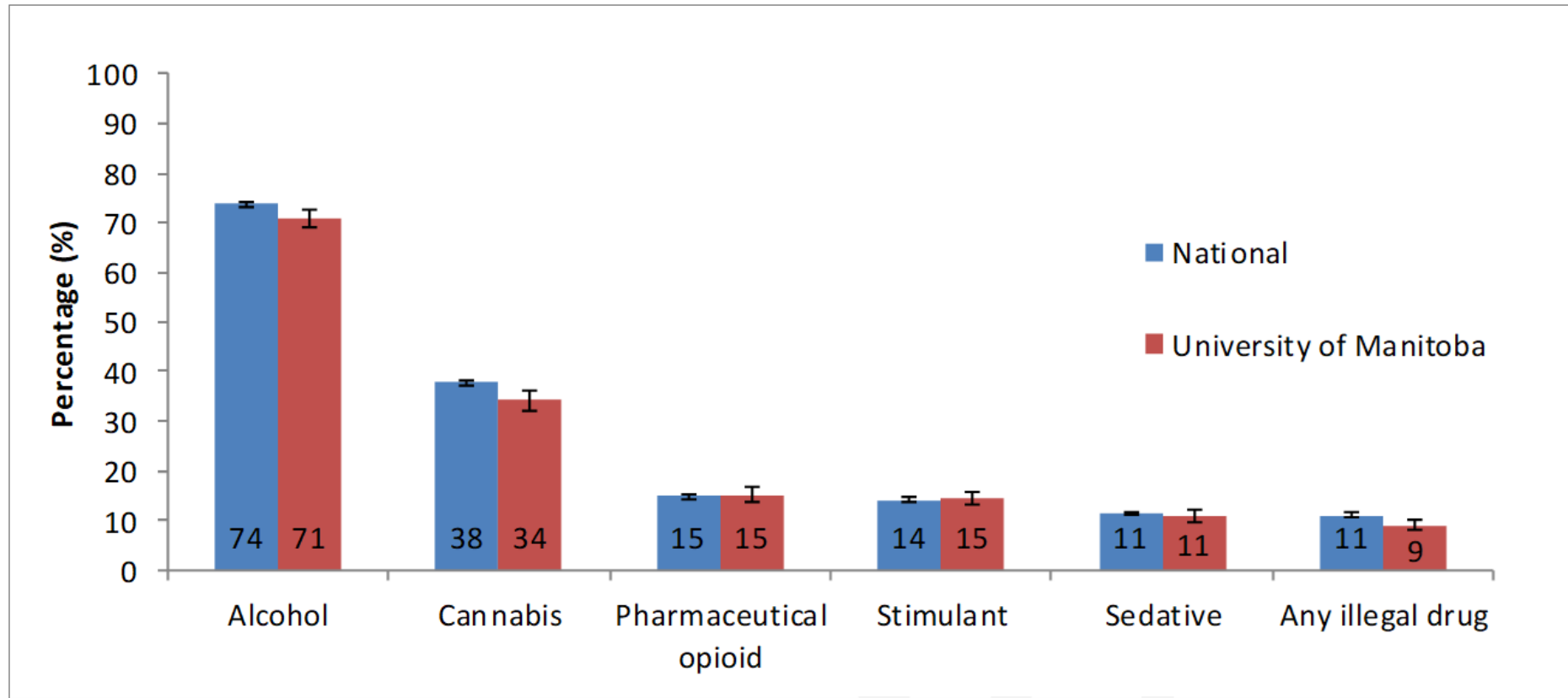
	TOTAL (all sites)		University of Manitoba	
	N	%	N	%
Sexual orientation				
Heterosexual	20,196	73.2%	1,891	74.7%
Gay or lesbian	1,435	5.2%	128	5.1%
Bisexual	4,604	16.7%	390	15.4%
Two spirited	79	0.3%	12	0.5%
Another	1,295	4.7%	112	4.4%
Field of study				
Arts/Humanities/Social Science	8,235	28.3%	711	26.5%
Science/Technology	5,680	19.5%	684	25.5%
Engineering	2,943	10.1%	247	9.2%
Business/commerce	2,464	8.5%	205	7.6%
Medicine	1,383	4.8%	160	6.0%
Health science	3,624	12.5%	315	11.7%
Law	910	3.1%	44	1.6%
Education	2,133	7.3%	94	3.5%
Other	1,726	5.9%	227	8.4%
Year of study				
1st and 2nd year	13,421	47.3%	1,167	44.0%
3rd yr or higher	14,946	52.7%	1,487	56.0%
Student status				
Full-time	26,651	91.4%	2,500	92.7%
Part-time	2,505	8.6%	198	7.3%
International student status				
Yes	3,400	11.6%	430	15.9%
No	25,800	88.4%	2,267	84.1%
Living location				
Off-campus with family	14,307	49.1%	1,872	69.5%
Off-campus with friends/roommates	7,831	26.9%	451	16.7%
Off-campus alone	2,911	10.0%	243	9.0%
University or college residence	3,674	12.6%	106	3.9%
Other on-campus housing	167	0.6%	6	0.2%
I do not have stable housing	43	0.1%	2	0.1%
Other location	223	0.8%	13	0.5%

Health Status

- 87% of UM students rated their general health as *excellent, very good or good* (same as national, which was up from 83%)
- 66% of UM students rated their mental health as *excellent, very good or good* (same as national, which was up from 58%)
 - Ranking mental health highly was more common among UM males (70%)

Substance Use

Figure 1. Past 12-month use of Alcohol, Cannabis, Psychoactive Pharmaceuticals and illegal drugs*, CPADS 2024/25, University of Manitoba



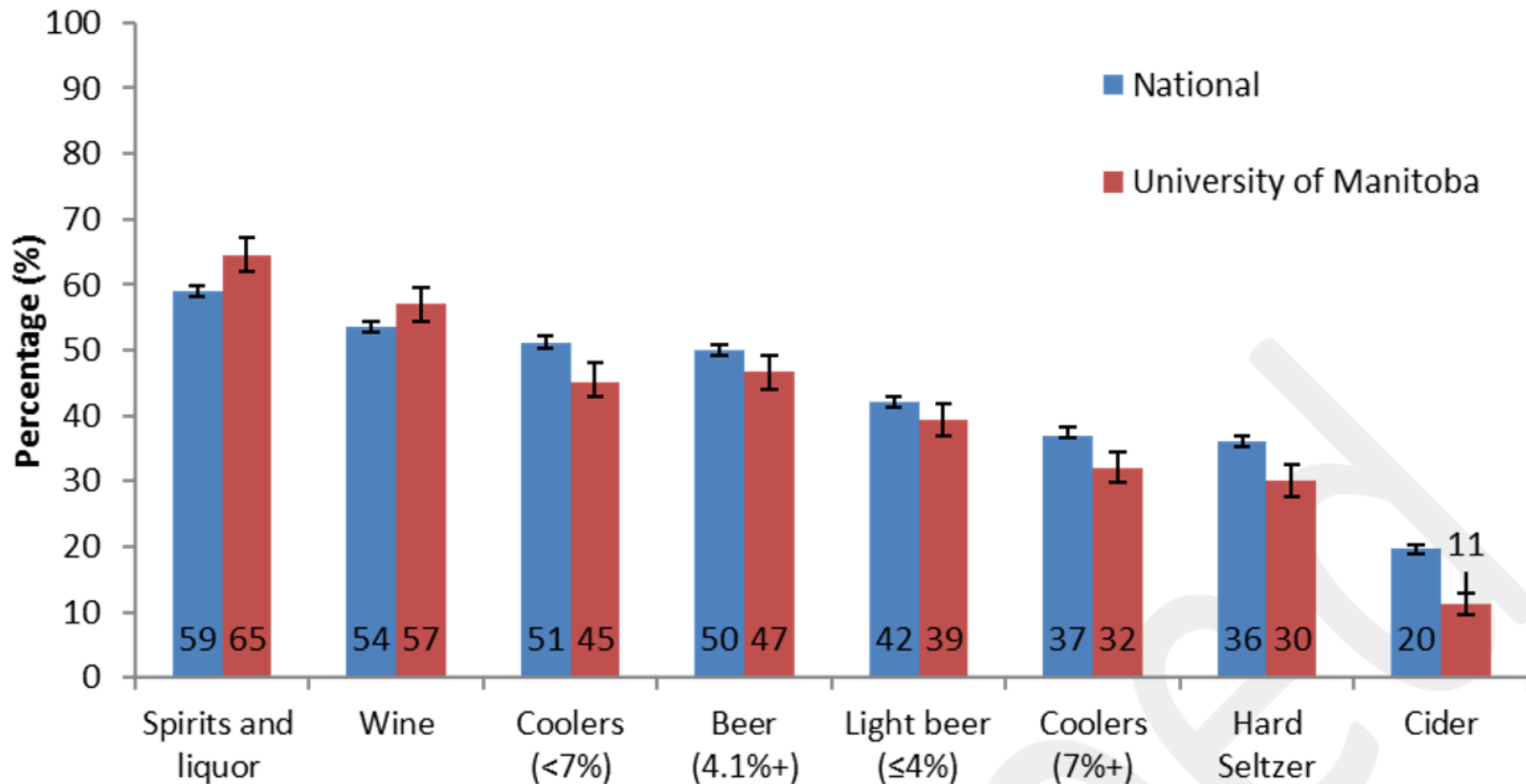
* Includes: Cocaine or crack, illegal amphetamines / methamphetamines, psychedelics, ecstasy or similar designer drugs, Salvia, Dissociatives, Inhalants, Heroin, Synthetic cannabinoids, Mephedrone, BZP/TFMPP, Nitrous Oxide, Alkyl Nitrites, Fentanyl, Kratom

Alcohol Consumption

- 48% of UM students indicated awareness of the Low-Risk Drinking Guidelines (LRDG) (higher than 45% nationally and up from overall 18% in 2021/22)
 - Awareness of the LRDG was higher among UM females (50%)
- Consumption compared to other schools:
 - Past-year consumption of alcohol was lower (71%, compared to 74% nationally)
 - Past-month consumption of alcohol was lower (58%, compared to 60% nationally)
 - Proportion of students not consuming alcohol in the past month was higher (42%). This was more common among junior students (47%)
 - Mean age of initiating alcohol consumption was higher (16.3 years old, compared to 16 nationally)
 - Proportion consuming alcohol at least once per week was lower (21%, compared to 25% nationally)
 - Consuming at least once a week was more common among males (25%) and senior students (24%)

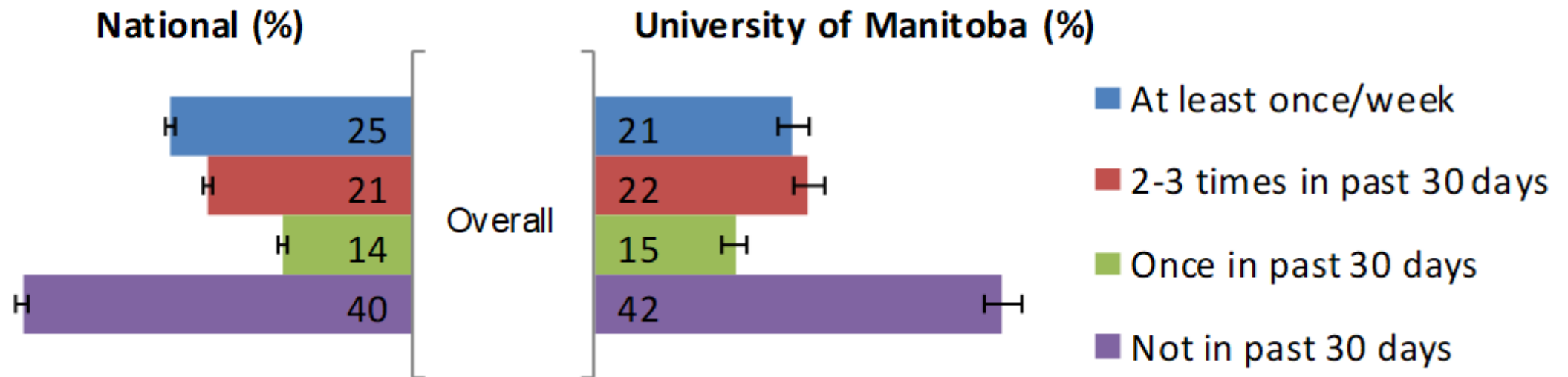
Consumption by Beverage Type

Figure 3. Past 30-day alcohol use by beverage type, CPADS 2024/25, University of Manitoba



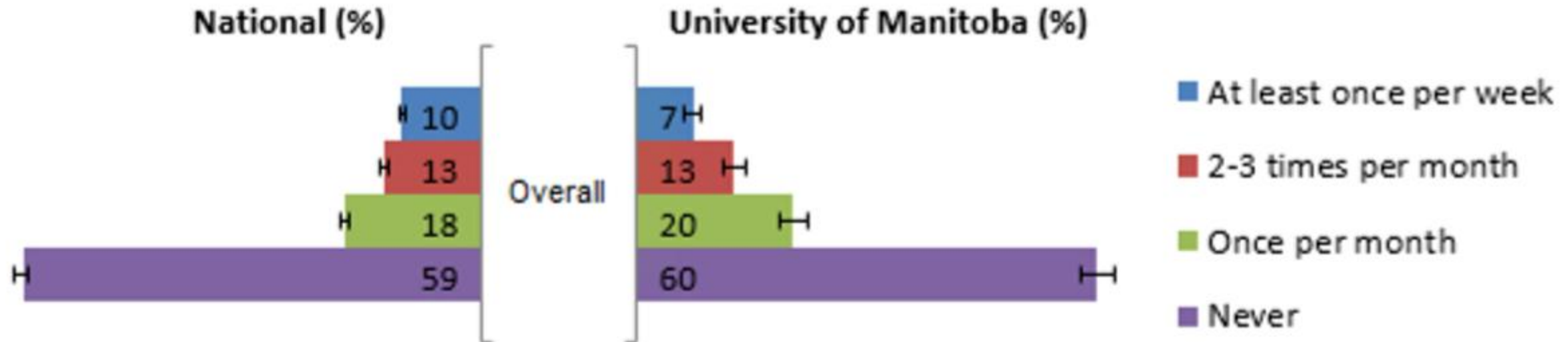
Comparative results: 30-Day Alcohol Use

Figure 2. Frequency of past 30-day alcohol use, CPADS 2024/25, University of Manitoba



Comparative results: Heavy Drinking

Figure 5. Frequency of Heavy Drinking in the past 30 days, CPADS 2024/25, University of Manitoba



Heavy drinking: is defined as having four (4) or more drinks for women and five (5) or more drinks for men on one occasion in the past 30 days. ‘On one occasion’ means consuming drinks at the same time (i.e., consecutively) or within a couple of hours of each other.

Alcohol-Related Harms

- Reports of harms similar to 2021/2022

Table 6. Top five alcohol-related harms experienced due to own drinking in past 30 days, by sex, [among past 12-month drinkers], CPADS 2024/25, National

Top 5 harms caused by own drinking	National (%)			
	Overall	Male	Female	Difference
Had a hangover	24	26	23	Sig.
Less energy or felt tired	19	19	18	Not sig.
Said or did embarrassing things	14	14	14	Not sig.
Drank on nights when planned not to	14	15	13	Sig.
Felt sick to my stomach or thrown up	11	12	11	Not sig.
Experienced at least one harm related to own drinking*	45	47	43	Sig.

* This proportion is based on 28 harms in the B-YAACQ scale

UM students reported slightly lower (42%) rates of alcohol-related harm to self

Alcohol-Related Harms

Table 7. Alcohol related harms due to others' drinking in the past 30 days, by sex, [among all respondents], CPADS 2024/25, National

Top 3 harms caused by others' drinking	National (%)			Difference
	Overall	Male	Female	
Upset or disappointed by the other(s)	10	8	11	Sig.
The other(s) had to be taken care of	9	8	9	Sig.
Affected sleep	8	7	8	Sig.
Experienced at least one harm caused by others' drinking*	23	21	25	Sig.

*This proportion is based on 11 harms that could be caused by others drinking.

UM students reported slightly lower (20%) rates of harm caused by others' drinking

Alcohol-Impaired Driving

- 6% of students have driven within 2 hours of consuming at least 2 drinks (13% nationally)
 - Driving after consumption was more common among men (7%)
- 13% of students have been a passenger with a driver who had consumed at least 2 drinks within 2 hours of driving (15% nationally)

Drinking Environment

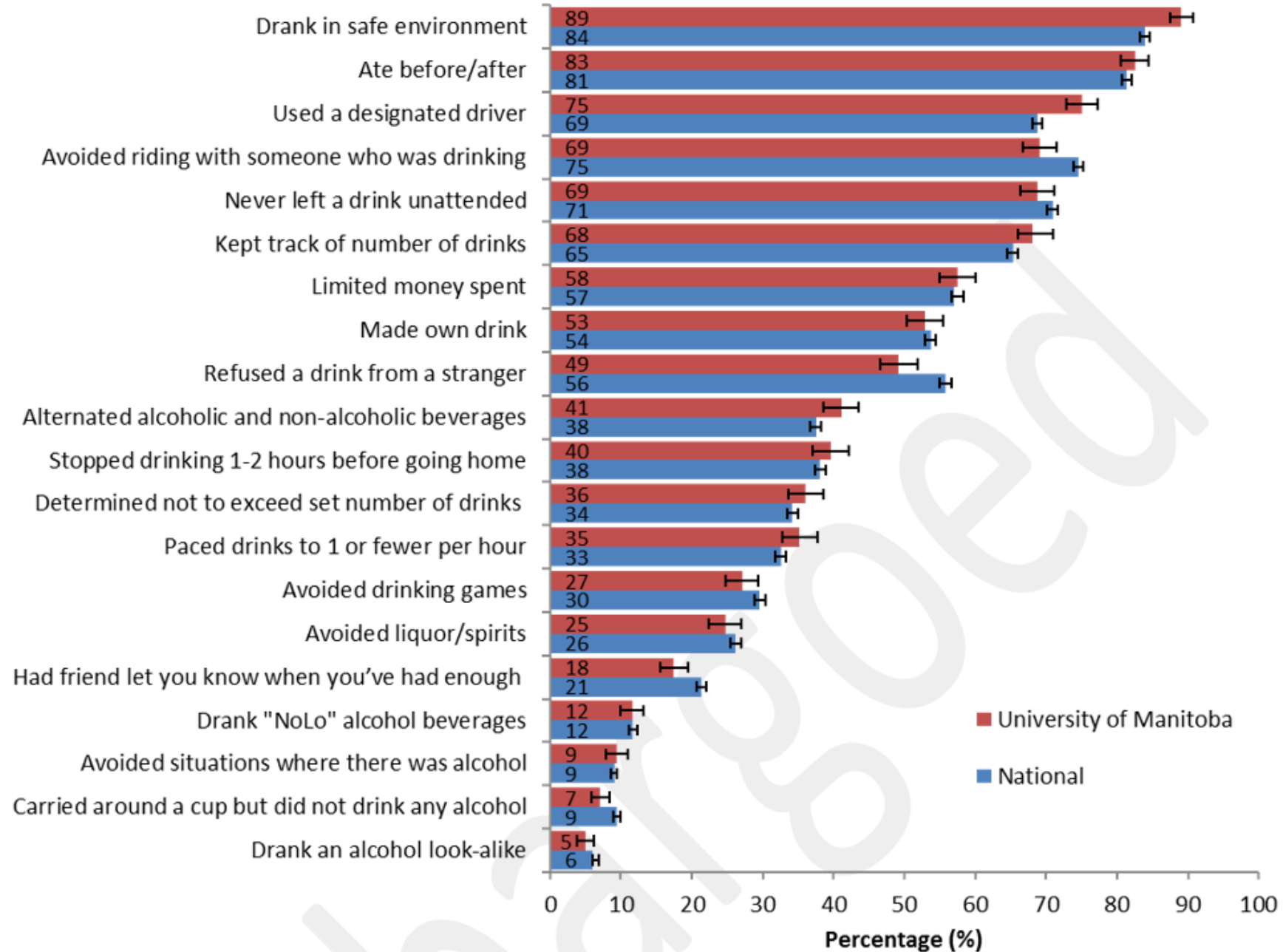
- 97% of students consume alcohol off campus (93% nationally)

Alcohol-Related Protective Strategies

- Nearly all of the most common protective strategies are being employed more often
 - Exception: making own drinks 54% from 59% - This is related to return to increased social drinking
- Females and junior students are more likely to employ these strategies

Figure 8. Alcohol protective strategies used 'always' or 'usually' when drinking in the past 30 days, CPADS 2024/25, University of Manitoba

Comparative Results: Usage of Alcohol-Related Protective Strategies



Cannabis Use

- 76% of UM students indicated awareness of education campaigns (71% nationally)
- 34% of UM students have used cannabis within the past 12 months (38% nationally)
 - Past-year consumption was more common among senior students (37%).
- 22% of students have used cannabis within the past month (24% nationally)
 - Past-month consumption was more common among senior students (24%)
- Among those who reported using cannabis, the average age of initiating was higher (18.1 years old at UM, 17.6 nationally)

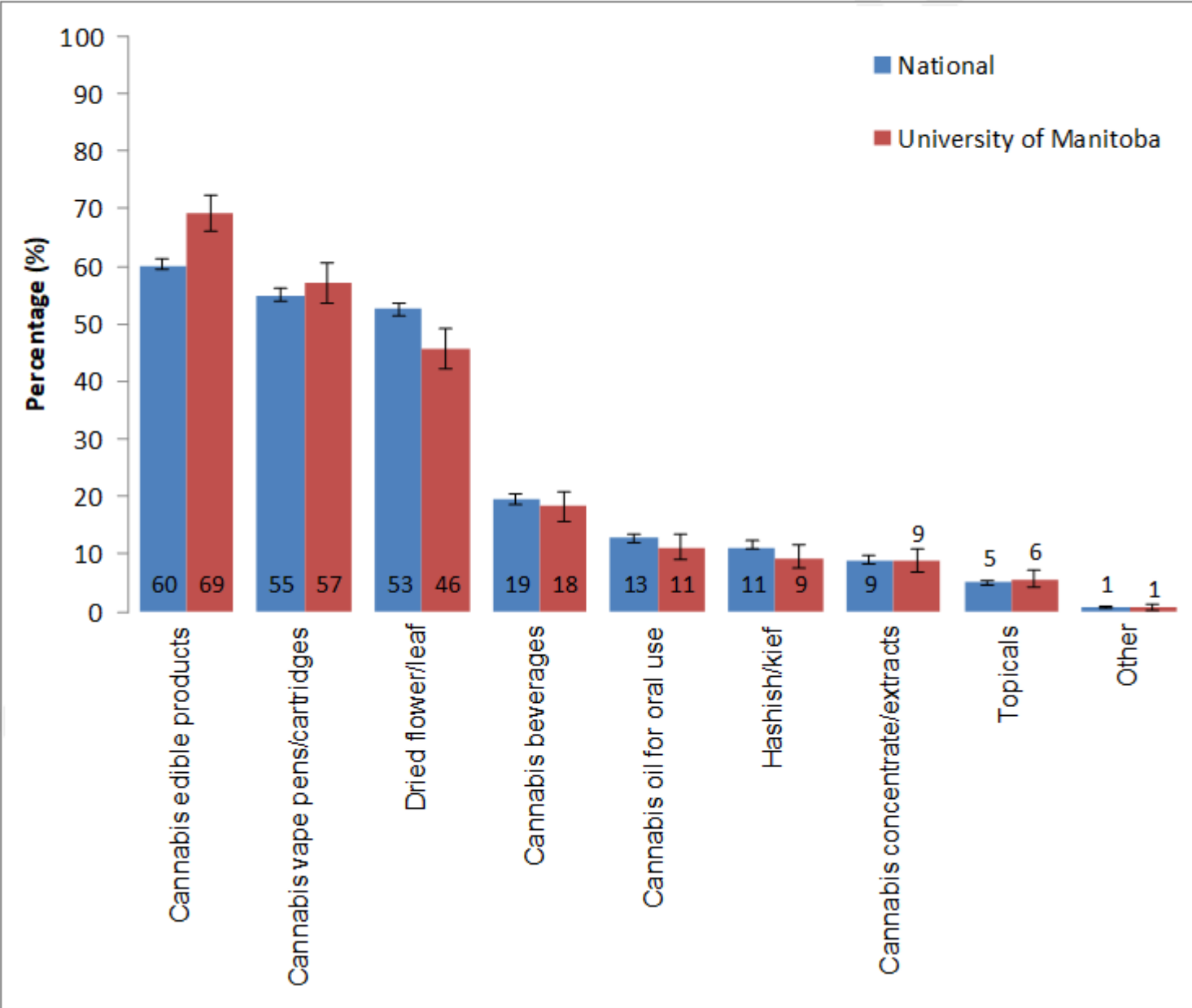
Cannabis Use

- Beliefs about cannabis-related risks:
 - 90% of UM students believe that cannabis smoke is harmful
 - 93% believe that cannabis consumption is harmful during pregnancy
 - 84% believe that frequent use can increase the risk of mental health problems
 - 84% believe that teenagers are at a greater risk of harm than adults
- 16% of UM students who reported using cannabis in the past year indicated they have attended class within 2-4 hours of consuming cannabis
- 12% of UM students who reported using cannabis indicated they had ever driven within 2 hours of smoking or vaping cannabis
 - 28% of UM students who identified as having used cannabis in the past year reported having been a passenger with a driver who had smoked or vaped cannabis within 2 hours (more common among females (30%) and senior students (31%))

Figure 10. Cannabis products used among those who reported using cannabis in the past year, CPADS 2024/25, University of Manitoba

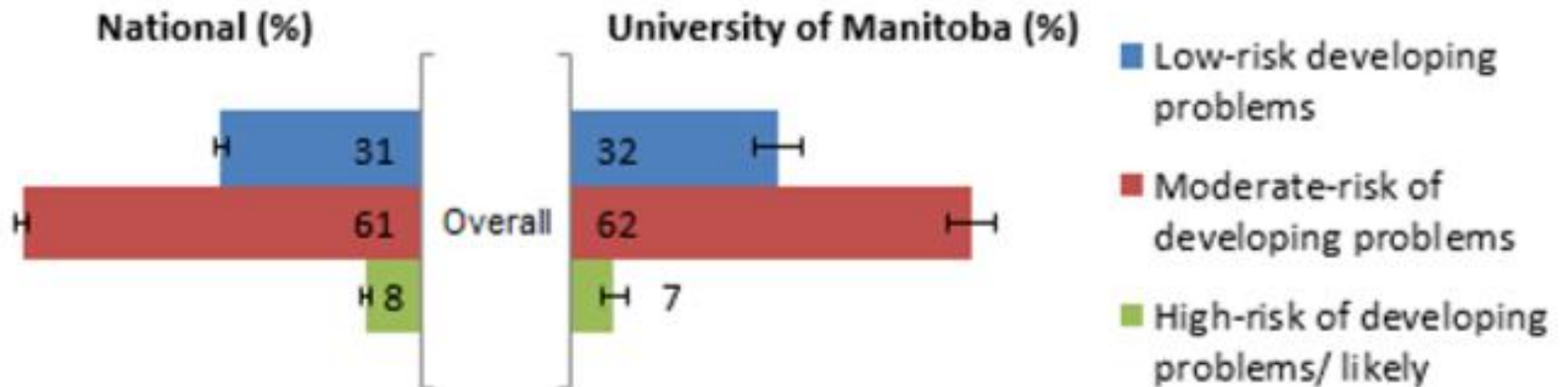
Comparative Results:

Methods of Cannabis Consumption



Comparative results: Risk of Problematic Cannabis Use

Figure 12. ASSIST scores among past 3-months for respondents who reported using cannabis, CPADS 2024/25, University of Manitoba



Use of Psychoactive Pharmaceuticals

- 33% of UM students had used at least one pharmaceutical opioid, stimulant or sedative in the past 12 months (same as national rate)
 - This is more common among females (37%)
- 15% of UM students reported using pharmaceutical opioids
- 11% of UM students reported using stimulants and sedatives
 - Use of sedatives was more common among women (15%)
- 22% of respondents (nationally) are experiencing problematic use (UM numbers not provided)
- 63% of UM students have heard of Naloxone kits (lower than 66% nationally)
 - This was more common among women (66%) and senior students (68%)

Polysubstance Use

- 12% of UM students had consumed more than one substance at the same time or close enough in time that the effects overlapped within the last 30 days (13% nationally)
 - Of these students, 27% have done so at least once a week (compared to 32% nationally), and this was more common among males (35%)
- 68% of UM students have never done this (compared to 65% nationally)
- Of UM students who reported polysubstance use in the last 30 days, 72% typically consume alcohol and cannabis together (same as national)

Smoking Tobacco and Vaping

- 23% of UM students have ever smoked a cigarette (27% nationally)
 - More common among males (25%, compared to 28% nationally) and senior students (26%, compared to 31% nationally)
 - Of these, 52% have smoked at least 100 cigarettes in their life (compared to 47% nationally)
 - more common among males at 57%
 - 36% were past-month smokers (more common among males at 42%)
 - 9% were daily smokers (compared with 8% nationally; more common among UM males at 12%)
- 38% of UM students have tried vaping (40% nationally)
 - More common among senior students (40%)
 - Of these, 13% were past-month vapers (16% nationally)
 - 8% of students (nationally) vape daily

Help-Seeking for Substance Use

- 6% of UM students who ever *felt a need* to seek professional help for their use of substances (7% nationally)
- 22% of UM students ever *sought* professional help for their use of substances in the past 12 months (similar to 22% nationally)
 - Seeking help was unreportable for males
- Most common reasons for not having sought professional help were:
 - Too busy (30%, compared to 26% nationally)
 - Afraid of what people would think of them (27%, compared to 24% nationally)
 - Felt they did not need treatment in the last 12 months (19%, compared to 21% nationally)
 - Treatment not covered by insurance (14%, compared to 16% nationally)
 - Personal or family responsibilities (14%, not cited nationally)