



# CAYMAN ISLANDS STUDENT DRUG USE SURVEY

Comparative Analysis of Drug Use Among  
Middle and High School Students (1998-2010)

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2011

## ACKNOWLEDGEMENTS

By the Chairman of the Board

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## SUMMARY OF KEY FINDINGS

This report contains in-depth results from the 2010 survey of middle and high school students in the Cayman Islands. A total of 2,612 students in 12 schools and HMPS-Eagle House completed questionnaires. The core section of the survey include questions on smoking, drinking, other drug use, perceptions of harm, access to drugs and various demographic indicators related to the respondents.

### **Alcohol:**

- ④ More than seven of every ten students (54.1%) reported that they had an alcoholic beverage at some time in their life. The annual prevalence was 39.2% (more than one-third of all students had an alcoholic beverage in the past year) and 22.9% (a little more than one-fifth) were currently consuming alcoholic beverages.
- ④ More than six of every ten students (64.1%) reported drinking alcohol only on social events.
- ④ About one-third of students (32.1%) reported binge drinking at least once in the two weeks before the survey.
- ④ A reduced proportion of students (15.3%) used alcohol for the first time at some point during the year prior to the survey. This compares to 33.2% of students in 2006.
- ④ The mean age of first use overall for alcoholic beverages was 11.6 years.
- ④ Not many students felt that drinking alcoholic beverages sometimes was very harmful.
- ④ Of those students that use alcohol, 19.3% reported getting it from friends while a high proportion (15.5%), reported drinking at other social events when asked about the place where alcohol is consumed.
- ④ The majority (61.8%) of students admitted that it was easy or very easy to obtain alcohol. This was mainly reported by students from Cayman Brac and East End).
- ④ A notable proportion of students felt that it was very harmful to drink daily: more than one-fifth (28.1%) felt it was very harmful.
- ④ Overall 32.1% of students indicated binge drinking (31.4% of males and 32.7% of females).
- ④ One of every six students (15.7%) admitted that they were introduced to alcohol by a friend.

### **Tobacco:**

- ④ Lifetime prevalence of tobacco use was 28.4%. More one-fifth of all students reported having tried cigarettes. The annual prevalence was 14.4% and the current use prevalence was 6.9%.
- ④ Annual use prevalence for smoking was about the same for both males and females (14.2% and 14.8% respectively).
- ④ Annual consumption rates in 2010 increased significantly since 2006 - from 6.8% in 2006 to 14.4% in 2010.
- ④ Rates of new smokers in the past year decreased from 8.1% in 2006 to 6.4% in 2010.

- ⓐ Early onset of smoking was 32.8%, which means that approximately 243 students smoked their first cigarette between the ages of 6 and 11. The mean age of first use overall for smoking was 12 years.
- ⓐ More than one-third of students considered it easy or very easy to obtain tobacco.
- ⓐ Almost half of all students (46.4%) felt that smoking cigarettes daily was very harmful.

**Ganja:**

- ⓐ The lifetime prevalence for ganja use was 20.1%, while the reported annual prevalence was 12.8% and the reported current prevalence was 7.4%.
- ⓐ As students' age increased, prevalence also increased.
- ⓐ Annual prevalence data showed notable higher prevalence among males (15.1%) compared to females (10.8%).
- ⓐ The districts with higher marijuana prevalence were East End (17.7%), Bodden Town (16.4%) and West Bay (14%).
- ⓐ New users in the past year were represented by 6.7% of the students. Males were more likely to start using ganja in the past year compared to females (7.4% versus 6.1%) .
- ⓐ About 16% of lifetime ganja users admitted having used ganja between the ages of 6 and 11years.
- ⓐ Females (41.4%) were more likely than males (38.5%) to report easy access to ganja.
- ⓐ Of those who reported ganja use, 9.8% admitted get it from friends mainly, and used at friend's house. Also it was reported that a friend was the first person who introduce them to ganja use.
- ⓐ No many students (17.9%) perceived that trying ganja once or twice will be harmful.

**Inhalants (glue or solvents):**

- ⓐ The annual prevalence of using glue or other solvents was 3.6%. More females than males were the most vulnerable population to use solvents in the last 12 months.
- ⓐ Past month prevalence was higher among females – two and a half times as many females reported use compared to males (5% versus 2.1%).
- ⓐ Students reported easy availability from shops; and indicated consumption done mainly at school and at home.
- ⓐ The districts with the highest reported prevalence of use of glue or other solvents were Bodden Town (4.4%) and East End (4.2%), followed by George Town (3.9%).

**Tranquilizers:**

- ⓐ Lifetime prevalence was 6%; annual prevalence was 3.3% and current use prevalence was 2.1%.
- ⓐ Females (2.8%) were more likely to report using tranquilizers than males (1.3%).
- ⓐ Eastern districts (Bodden Town (4%) and North Side (4%) reported the highest annual prevalence.
- ⓐ Some 12.4% of all students reported easy or very easy availability of tranquilizers. From those who reported use, 1.3% said they got tranquilizers mostly from doctors; and consumption was mostly at home.

**Other drugs:**

- ⓐ Past year prevalence of any illicit drug excluding ganja and inhalants was 9.2%.
- ⓐ Females (10.2%) were more likely to report use compared to males (8.2%).
- ⓐ Females were more likely to report easy or very easy access to other illicit drugs than males (7.3% versus 6.7%)
- ⓐ A small percentage of students (5.56%) admitted that it was easy or very easy to get any illicit drug (other than ganja).
- ⓐ Almost one-fifth (18.9%) of students reported getting the illicit drugs from friends, followed by parents (14.6%).
- ⓐ More students indicated that they consumed illicit drugs at home.

**Family:**

- ⓐ From those reported any use of illegal substances, 5.5% admitted that their families knew about their use of drugs.

**Counselling / Treatment:**

- ⓐ Just a small percentage of students (2.5%), indicated that they had been in treatment because of substance use.
- ⓐ An equally small percentage (2.9%), reported receiving counselling or rehabilitation treatment as a result of the use of any substance.

**Drug Market:**

- ⓐ In the last 12 months prior to the survey, 6.9% of students admitted buying drugs and 3% admitted selling drugs either for themselves or for others and.
- ⓐ Just about 2.1% of students said that their families knew that they bought drugs and 1.3% reported that their families knew that they sold drugs.

**Education:**

- ⓐ The majority of students (62.4%) agreed that education classes about drugs should be mandatory at schools.

**Prescription drugs:**

- ⓐ A small percentage of students (6.8%) reported having taken a drug which had not been prescribed by a doctor.

## 1. INTRODUCTION AND METHOD

Drug use is a global problem that affects almost all countries in the world. There are no longer isolated countries and it is not enough with just a protectionist policy to protect themselves from the negative effects of substance abuse. It is also the unanimous view that the understanding of the phenomenon involves the adoption of a social model (and economic might say) in response to the complex interaction of variable biological, psychological and social.

Furthermore, the issue of drug use has a market logic that starts with the use (and abuse) of legal drugs. In our country, the most consumed drugs and most social and dependence effect are the alcohol, tobacco and use of psychotropic drugs.<sup>1</sup>

In this report, we describe the extent and patterns of licit and illicit substance use and related-problems among students in grades 7 to 12 across the Cayman Islands. Therefore, we are able to present data on changes in licit and illicit substances use that have occurred over the past 12 years (1998-2010).

*Cayman Islands Student Drug Use Survey (CISDUS) 2010* is one of a series of focused CISDUS reports published by the National Drug Council (NDC) regarding substances use among Cayman Islands students. Readers should also be aware of the NDC's short "CISDUS Briefs," which provide highlights of selected CISDUS findings.

Surveys such as CISDUS contribute to a better understanding of both current and changing rates of licit and illicit substance use. Although the survey has been generally based on a core set of questions, changes have been made recently to reflect contemporary public health issues.

### Survey Design

The *CISDUS* employs a complete census<sup>2</sup> of students enrolled in grades 7 to 12. In 2010, 2,612 students in nine private and public schools were asked to complete anonymous, self-administered questionnaires between the period April 12<sup>th</sup> and 16<sup>th</sup>. Also, 2,480, 2,187, 2,186, and 1,946 students were interviewed in 2006, 2002, 2000 and 1998 respectively.

Although sample surveys are preferable for collecting data in large populations, there are several advantages to complete census when the population is small, as is the case for the

<sup>1</sup> II National Survey about drug use among students in high school (II ENCUESTA NACIONAL SOBRE CONSUMO DE DROGAS EN ESTUDIANTES DE ENSEÑANZA MEDIA), Junta Nacional de Drogas, OUD, República de Uruguay, 2006

<sup>2</sup> A **census** is the procedure of systematically acquiring and recording information about the members of a given population. It is a regularly occurring and official count of a particular population. The census can be contrasted with sampling in which information is obtained only from a subset of a population.

Cayman Islands school population. First, public acceptance and compliance is often enhanced in census surveys. In turn, this also strengthens political acceptance and credibility, especially in new research endeavours. Second, data analysis is less complicated because calculation of sampling error is irrelevant. Third, survey administration is easier, and fourth, a census provides the maximum numbers required to study subgroup differences. In sum, a census can increase reliability of your data as well as the public acceptance of it.

### Sample Participation and Characteristics

All twelve middle and high schools in the Cayman Islands participated in the 1998, 2000, 2002 and 2006 surveys, but in 2010, just nine middle and high schools participated. Of the 2,983 enrolled students, 2,612 completed questionnaires in 2010, a participation rate of 87%. Participation rates over the years showed: 84% in 2006, 88% in 2002, 94% in 2000 and 86% in 1998. Comparison with two large-scale sample surveys conducted elsewhere—Ontario Student Drug Use Survey, 65%; and U.S. Monitoring The Future Survey, 83%—show that participation rates are somewhat higher for Cayman Islands census surveys.

As seen in the next table, the major characteristics of the population did not change significantly between 1998 and 2010. In sum, the high response rate and comparability between populations suggest acceptable levels of representation.

#### Population Characteristics - CISDUS 1998-2010

|                    | 1998               |             | 2000               |             | 2002               |             | 2006               |             | 2010               |             |
|--------------------|--------------------|-------------|--------------------|-------------|--------------------|-------------|--------------------|-------------|--------------------|-------------|
|                    | Number Interviewed | %           |
| <b>Total</b>       | 1946               |             | 2186               |             | 2187               |             | 2480               |             | 2612               |             |
| <b>Male</b>        | 952                | <b>48.9</b> | 1063               | <b>48.9</b> | 1036               | <b>48.5</b> | 1228               | <b>49.7</b> | 1262               | <b>48.3</b> |
| <b>Female</b>      | 982                | <b>50.5</b> | 1111               | <b>51.1</b> | 1148               | <b>51.5</b> | 1242               | <b>50.3</b> | 1338               | <b>51.2</b> |
| <b>Grade 7</b>     | 359                | <b>18.4</b> | 409                | <b>18.7</b> | 429                | <b>19.6</b> | 427                | <b>17.3</b> | 495                | <b>19.0</b> |
| <b>Grade 8</b>     | 376                | <b>19.3</b> | 378                | <b>17.3</b> | 420                | <b>19.2</b> | 432                | <b>17.5</b> | 454                | <b>17.4</b> |
| <b>Grade 9</b>     | 329                | <b>16.9</b> | 361                | <b>16.5</b> | 340                | <b>15.5</b> | 452                | <b>18.3</b> | 453                | <b>17.3</b> |
| <b>Grade 10</b>    | 349                | <b>17.9</b> | 372                | <b>17.0</b> | 368                | <b>16.8</b> | 438                | <b>17.8</b> | 446                | <b>17.1</b> |
| <b>Grade 11</b>    | 300                | <b>15.4</b> | 369                | <b>16.9</b> | 321                | <b>14.7</b> | 405                | <b>16.4</b> | 387                | <b>14.8</b> |
| <b>Grade 12</b>    | 228                | <b>11.7</b> | 297                | <b>13.6</b> | 309                | <b>14.1</b> | 313                | <b>12.7</b> | 377                | <b>14.4</b> |
| <b>West Bay</b>    | 422                | <b>21.7</b> | 524                | <b>24.1</b> | 505                | <b>23.1</b> | 562                | <b>22.8</b> | 565                | <b>21.6</b> |
| <b>George Town</b> | 866                | <b>44.5</b> | 941                | <b>43.3</b> | 886                | <b>42.9</b> | 990                | <b>40.2</b> | 982                | <b>37.6</b> |
| <b>Bodden Town</b> | 390                | <b>20.0</b> | 423                | <b>19.5</b> | 481                | <b>20.6</b> | 562                | <b>22.8</b> | 658                | <b>25.2</b> |
| <b>East End</b>    | 71                 | <b>3.6</b>  | 79                 | <b>3.6</b>  | 79                 | <b>3.7</b>  | 99                 | <b>4.0</b>  | 96                 | <b>3.7</b>  |
| <b>North Side</b>  | 76                 | <b>3.9</b>  | 77                 | <b>3.5</b>  | 75                 | <b>3.6</b>  | 84                 | <b>3.4</b>  | 101                | <b>3.9</b>  |
| <b>Cayman Brac</b> | 110                | <b>5.7</b>  | 127                | <b>5.8</b>  | 140                | <b>6.0</b>  | 168                | <b>6.8</b>  | 149                | <b>5.7</b>  |

Source: CISDUS 2010, Cayman Islands National Drug Council

## Data Analysis, Interpretation and Presentation

Because the survey is based on a census, there is no sampling error attached to estimates (although estimates still have error based on non-sampling error such as mis-reporting). Thus, the calculation of confidence intervals is inappropriate. Although these data are population derived, there are still important reasons to perform inferential statistical analysis. First, a census can be regarded as a sample because it is subject to observational error (rates of ganja use could vary slightly if the census was replicated the following day) and it has a population limited in time and space. Second, random sampling is not a prerequisite for drawing statistical inference. For example, if we were to find numerical differences in alcohol use among districts, we still need to rule out the possibility of chance processes in generating the differences. Consequently, in this report we employ statistical tests, primarily the chi-square ( $\chi^2$ ) test, to ensure that differences are not due to chance processes. We report a difference as statistically significant if the probability is at the .05 level or lower.

Readers should note the following important points regarding the data analyses in this report: (1) Since there is still the element of chance findings and the element of non-sampling errors (such as mis-reporting), we cannot treat all absolute differences in percentages as meaningful and important; and (2) small percentages are more unreliable than larger percentages.

## Procedures

The findings are based on the 2010 cycle of the *Cayman Islands Student Drug Use Survey* (CISDUS 2010). Previous survey cycles were conducted in 1998, 2000, 2002 and 2006.

Teachers and students were notified prior to the survey. Unless notified by a parental letter all students were included in the survey.

Volunteers from community service organizations and private corporations agreed to assist with the survey administration. In an effort to standardize survey administration, the week prior to conducting the survey volunteers attended a training session, which lasted between 20 - 30 minutes, on procedures and guidelines for conducting CISDUS 2010.

## Questionnaire

The CISDUS 2010 questionnaire consisted of a total of 110 questions presented in booklet form. Most of the questions were in optional response format. Students were instructed to choose one answer only, and to not put their names on the questionnaire. The average completion time for the CISDUS 2010 was about 45 minutes.

The questionnaire included two broad areas: substance use outcomes (e.g., prevalence, frequency and consequences of use) and risk factors and correlates of substances use.

**Substance Use:**

- ❖ Trends of prevalence of alcohol, tobacco, ganja and other drugs
- ❖ Problems related to alcohol, tobacco, ganja and other drugs

**Risk Factors and Correlates of Substances Use:**

- ❖ Socio-demographic (e.g., sex, age, grade level)
- ❖ Family factors (e.g., family structure, parental monitoring)
- ❖ School factors (e.g., school performance and attachment)
- ❖ Environmental factors (e.g., drug availability)
- ❖ Vandalism and Anti-social behaviour (e.g., weapons)
- ❖ Health and feelings (e.g., suicide)
- ❖ Sexual behaviours
- ❖ Family upbringing
- ❖ Community

**Substance use measures and Definitions**

The CISDUS report primarily emphasizes the prevalence of substance use, i.e., the percentage of students who report using a given drug during the 12 months before the survey. It is important to note that prevalence does not imply regular, frequent or problematic use, but it is an important first-order epidemiological indicator of the size of the population that has, at minimum, tried a substance.

**Primary Substance Use Measure (Annual Prevalence) Described in the CISDUS2010**

|  |  |
|--|--|
| Cigarette Smoking                                    | Percentage smoking more than one cigarette during the last 12 months before the survey.  |
| Alcohol Use  | Percentage drinking alcohol (liquor, wine or beer) during the 12 months before the survey. Use includes drinking at special events (e.g., weddings, Christmas, etc.) and excludes those who tried a sip of alcohol.  |
| Ganja Use  | Percentage using ganja (herb or marijuana) at least once during the last 12 months   |
| Inhalant Use   | Percentage inhaling glue or solvents in order to get high at least once during the last 12 months  |
| Any Illicit Drug Use (including and excluding ganja) | Percentage reporting use of any of the following illicit drugs at least once during the last 12 months: ganja, glue/solvents, crack cocaine, cocaine powder, heroin, ecstasy, LSD, methamphetamine, tranquilizers, stimulants, methadone, oxycotin, *"donkey weed", "seasoned spliff", and "magic mushrooms"* <sup>3</sup> . |

<sup>3</sup> Donkey Weed: Local weed/bush

Seasoned Spliff: Combination of cocaine and marijuana

Magic Mushrooms: Hallucinogen mushrooms

## CHAPTER 2: RESULTS

### a. DEMOGRAPHICS

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#### **Age and gender**

Age distribution for the complete survey showed that almost half of the students (49.6%) were between 13 and 15 years old while 25.4% were between 16 and 18 years old. More than one-fifth (23.6%) were between 10 and 12 years old and 0.3% were between 19 and 20 years old. No data was available for about 1.1% of the population (about 28 students). Slightly more females than males completed the survey (51.2% of females compared to 48.3% of males). No data was available for about 12 students.

#### **School and Grade Level:**

Majority of respondents in the Cayman Islands survey attended public school (76%), and a further 24% attended private schools. Students were almost equally distributed (between 15 and 17%) among the grades levels that were surveyed: 19% were in Grade 7, 17.4% were in Grade 8, 17.3% were in Grade 9, 17.1% were in Grade 10, 14.8% were in Grade 11 and 14.4% were in Grade 12.

#### **District:**

The district with more concentration of students surveyed was George Town (37.6%) followed by the districts of Bodden Town (25.2%) and West Bay (21.6%). The distribution in the other districts showed, Cayman Brac (5.7%), North Side (3.9%) East End (3.7%) and North Side (3.9%).

#### **Living arrangements:**

Students were asked to indicate, "With whom are you currently living". Almost half (47.7%) indicated that they lived with their natural parents (mother and father). About one third (32.9%) said that they lived with their mother only; the 7.7% lived with other relatives and parent(s); 5% said they lived with their natural father; 3.9% lived with other relatives; and just the 1.5% said to lived with legal guardians.

#### **Race:**

A large proportion of students (about 35%) indicated that they were Black, followed by mixed/bi-racial (16%), Spanish/Hispanic/Latino (9.7%), other (5.8%), Pacific Islander (1.9%) and Asian (1.3%).

**Nationalities:**

Most of the respondents were Caymanians (65%).

- A small percentage (9.5%) were from the Caribbean (Antigua, Bahamas, Barbados, Bermuda, British Virgin Isl., Cuba, Dominican Republic, Jamaica, Puerto Rico and Trinidad);
- 7% from North America (Canada and United States);
- 4% were from Centre America (Belize, Costa Rica, Honduras, Mexico, Nicaragua and Panama);
- 1.9% were from United Kingdom (England, Great Britain, Ireland, Isle of Man, Scotland);
- 0.8% were from South America (Brazil, Chile, Colombia, Guyana and Venezuela);
- 0.7% were from Asia (Hong Kong, India, Indonesia, New Zealand, Philippines and Singapore);
- 0.2% were from Europe (France, Germany, Netherlands and Spain); and
- 0.1% was from Africa (Oman, South Africa).

Three in every ten students (30%) reported that both parents were Caymanians. A notably high proportion of students (38.2%) reported that they were citizens from other country.

*Table 1: Demographic Distribution – Age, gender, grade, district, living arrangements and nationalities, CISDUS 2010*

|                     |                    |      |
|---------------------|--------------------|------|
| <b>Age Grouping</b> | <b>10 - 12 yrs</b> | 23.6 |
|                     | <b>13 - 15 yrs</b> | 49.6 |
|                     | <b>16 - 18 yrs</b> | 25.4 |
|                     | <b>19 - 20 yrs</b> | 0.3  |

|                       |                |      |
|-----------------------|----------------|------|
| <b>Type of School</b> | <b>Private</b> | 24.0 |
|                       | <b>Public</b>  | 76.0 |

|               |               |      |
|---------------|---------------|------|
| <b>Gender</b> | <b>Male</b>   | 48.3 |
|               | <b>Female</b> | 51.2 |

|                            |                                      |      |
|----------------------------|--------------------------------------|------|
| <b>Living Arrangements</b> | <b>Both natural parents</b>          | 47.7 |
|                            | <b>Mother only</b>                   | 32.9 |
|                            | <b>Father only</b>                   | 5.0  |
|                            | <b>Other relatives only</b>          | 3.9  |
|                            | <b>Other relatives &amp; parents</b> | 7.7  |
|                            | <b>Legal guardians</b>               | 1.5  |

|                    |                   |      |
|--------------------|-------------------|------|
| <b>Grade Level</b> | <b>7th Grade</b>  | 19.0 |
|                    | <b>8th Grade</b>  | 17.4 |
|                    | <b>9th Grade</b>  | 17.3 |
|                    | <b>10th Grade</b> | 17.1 |
|                    | <b>11th Grade</b> | 14.8 |
|                    | <b>12th Grade</b> | 14.4 |

|                      |                       |      |
|----------------------|-----------------------|------|
| <b>Nationalities</b> | <b>Caymanians</b>     | 65.0 |
|                      | <b>Caribbean</b>      | 9.5  |
|                      | <b>North America</b>  | 7.0  |
|                      | <b>Centre America</b> | 4.0  |
|                      | <b>United Kingdom</b> | 1.9  |
|                      | <b>South America</b>  | 0.8  |
|                      | <b>Asia</b>           | 0.7  |
|                      | <b>Europe</b>         | 0.2  |
| <b>Africa</b>        | 0.1                   |      |

|                 |                    |      |
|-----------------|--------------------|------|
| <b>District</b> | <b>West Bay</b>    | 21.6 |
|                 | <b>George Town</b> | 37.6 |
|                 | <b>Bodden Town</b> | 25.2 |
|                 | <b>East End</b>    | 3.7  |
|                 | <b>North Side</b>  | 3.9  |
|                 | <b>Cayman Brac</b> | 5.7  |

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**OTHER DEMOGRAPHIC INFORMATION**

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**School experience:**

Majority of students (54.6%) reported that "B – Good" grades were achieved in the subjects at school, followed by 22.4% reported "C – Fair", 20.6% reported "A – Outstanding", 1.3% reported "D – Poor" and 0.3% reported "Unsatisfactory".

Students also reported the average time they spend doing homework each week outside school: more than one-third (35.4%) admitted spending about 1 to 2 hours, 28.4% reported spending less than a hour, 16.3% reported spending about 3 to 4 hours, 8.5 reported no homework at all, 7.3% reported spending about 5 to 6 hours, and 3.6% reported spending about 7 hours or more.

Asked about extracurricular activities during the week, 16.7% of students reported been involved in 1 activity, followed by 16.0% reporting 2 activities, 12.5% reporting 3 activities, 8.9% reporting 5 or more activities and 5.9% reporting 4 activities. More than a third (38.3%) reported no activity during an average week.

A large proportion of students (33.2%) felt sometimes that the schoolwork is meaningful and important, other proportion of students (32.2%) often felt that the schoolwork is meaningful; 25.4% reported that almost always they felt the schoolwork is meaningful; 5.2% reported that they seldom felt the schoolwork is meaningful, 3.1% admitted that they never felt that the schoolwork is meaningful.

The majority of respondents (66.1%) reported that teachers praised them when they work hard at school. For participation, the majority (79.5%) reported that they had a lot of chances to be part of class discussions and activities.

One-third of the students (37.3%) reported that the school informs their parents when they have done something well.

Asked about the chances that students have to get involved in sports, clubs and other school activities outside of class, most students (85.8%) reported that they have a lot of chances to get involved in these activities at school. As well, the majority of students (67.5%) reported that they do have a lot of chances to talk with a teacher one-on-one in their schools.

Asked about the perception that students have regarding school; 46.4% reported they 'like school to some degree', 21.5% reported they 'like school quite a lot', 15.1% of the students reported that they 'like school very much', while 10.8% reported that they 'don't like it very much' and 5.4% reported that they 'don't like it at all'.

*Table 2.1: School Experience, CISDUS 2010*

| <b>Grades:</b>  |      | <b>Meaningful about schoolwork:</b> |      |
|-----------------|------|-------------------------------------|------|
| B - Good        | 54.6 | Sometimes                           | 33.2 |
| C - Fair        | 22.4 | Often                               | 32.2 |
| A - Outstanding | 20.6 | Almost always                       | 25.4 |
| D - Poor        | 1.3  | Seldom                              | 5.2  |
| Unsatisfactory  | .3   | Never                               | 3.1  |

| <b>Time on homework:</b> |      | <b>Praised by teachers:</b>   |      |
|--------------------------|------|---|------|
| About 1 to 2 hours       | 35.4 |   | 66.1 |
| Less than 1 hour         | 28.4 | <b>Chances to be part of class discussion:</b>                              | 79.5 |
| About 3 to 4 hours       | 16.3 | <b>Parents been informed when done something well:</b>                      | 37.3 |
| No homework at all       | 8.5  | <b>Chances to be involved in sports, clubs and other school activities:</b> | 85.8 |
| About 5 to 6 hours       | 7.3  | <b>Chances to talk with teacher one-on-one:</b>                             | 67.5 |
| About 7 or more hours    | 3.6  |   |      |

| <b>Extracurricular activities:</b> |      | <b>Feelings about school:</b> |      |
|------------------------------------|------|-------------------------------|------|
| None                               | 38.3 | I like school to some degree  | 46.4 |
| 1                                  | 16.7 | I like school quite a lot     | 21.5 |
| 2                                  | 16.0 | I like school very much       | 15.1 |
| 3                                  | 12.5 | I don't like school very much | 10.8 |
| 5 or more                          | 8.9  | I don't like school at all    | 5.4  |
| 4                                  | 5.9  |                               |      |

Source: CISDUS 2010, Cayman Islands National Drug Council

**Incidents:**

When students were asked about how often they went to school in the last four weeks, but skipped a class; 80.6% of students reported that they didn't skip any class; however, 18.1% responded that they had skipped a class at least once.

When asked how many times they have been suspended from school, 81.2% reported that they were never suspended in the last term, 13.9% responded that they were suspended at least once. Notably more males (20.5%) compare to females (9.3%) reported being suspended at least once.

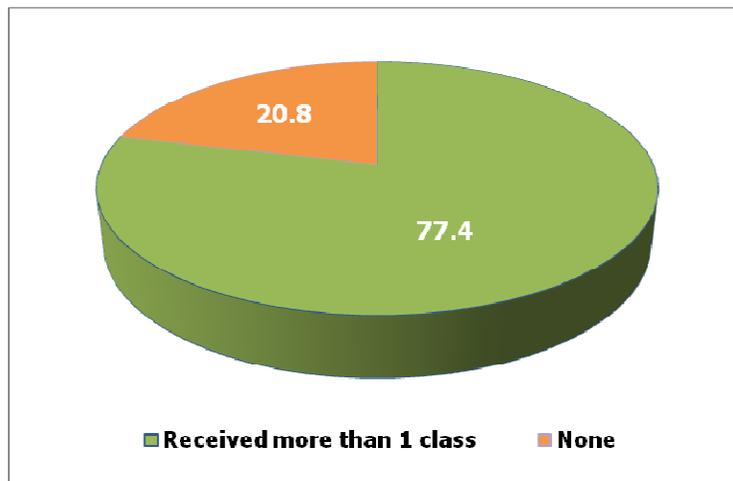
*Table 2.2: Incidents, CISDUS2010*

| <b>Skipped a class:</b> |      | <b>Suspended from school:</b> |      |
|-------------------------|------|-------------------------------|------|
| Yes                     | 18.1 | Yes                           | 13.9 |
| No                      | 80.6 | No                            | 81.2 |

**Prevention Education:**

When asked how many classes or lectures they have taken which talks about alcohol, tobacco or other drugs: 20.8% reported they didn't receive any classes or lectures while 77.4% said that they did receive classes or lectures about alcohol, tobacco or other drugs. Of those students who reported receiving classes, 18.1% were in 7<sup>th</sup> Grade, 19.4% were in 8<sup>th</sup> Grade, 19.8% were in 9<sup>th</sup> Grade, 17.3% were in 10<sup>th</sup> Grade, 13.6% were in 11<sup>th</sup> Grade, and 11.9% were in 12<sup>th</sup> Grade.

**FIGURE 1: PREVENTION EDUCATION, CISDUS2010**



Source: CISDUS 2010, Cayman Islands National Drug Council

**Table 2.3: Number of classes or lectures taken which talks about alcohol, tobacco and/or other drugs, CISDUS2010**

| Number of classes about alcohol, tobacco and other drugs: |      |
|---|------|
| Grade 7   | 18.1 |
| Grade 8   | 19.4 |
| Grade 9   | 19.8 |
| Grade 10  | 17.3 |
| Grade 11  | 13.6 |
| Grade 12  | 11.9 |

Source: CISDUS 2010, Cayman Islands National Drug Council

When students were asked – “Who do you think should teach students about alcohol and other drugs” – 41.1% said all the persons proposed in the survey (teachers, counsellors, coaches, police officers, older students, parents, and peer educators). However, almost one-third

(27.8%) said police officers, 10.8% said counsellors, 9.9% said older students, 9.1% said parents, 7.5% said teachers, 5% said peer educators, and 1.6% said coaches.

*Table 2.4: Persons that may teach students about alcohol and other drugs, CISDUS2010*

| Persons that may teach about alcohol and other drugs: |      |
|---|------|
| All   | 41.1 |
| Police Officers                                       | 27.8 |
| Counsellors   | 10.9 |
| Older students  | 9.9  |
| Parents   | 9.1  |
| Teachers  | 7.5  |
| Peer educators  | 5.0  |
| Coaches   | 1.6  |

Source: CISDUS 2010, Cayman Islands National Drug Council

**DARE Programme:**

The Drug Abuse Resistance Education is a ten-week programme carried out by DARE qualified police officers within schools to teach children, normally aged 10-11, about dangers of drugs, alcohol, tobacco and violence. The programme aims to provide participants with the skills needed to avoid and deal with situations involving any of the above.

The majority of the respondents (83.8%) had graduated from the DARE programme in primary school. A large proportion (35.9%) reported having taken all the 17 classes, followed by 19.5% reported having taken fewer than 5 classes, 19.2% reported having taken almost all the classes, and 11.3% reported having taken about half of the classes and 3.3% reported not having taken any of the classes.

Almost half of the students (45.2%) admitted that the programme was somewhat interesting; 28% said that it was very interesting; about 10.3% said that it was somewhat boring; and 5.1% said it was very boring.

*Table 2.5: DARE Programme and Perception of the programme, CISDUS2010*

| DARE Programme:           |      | DARE: Interesting or boring? |      |
|---------------------------|------|------------------------------|------|
| All the 17 classes        | 35.9 | Somewhat interesting         | 45.2 |
| Fewer than 5 classes      | 19.5 | Very interesting             | 28.0 |
| Almost all the classes    | 19.2 | Somewhat boring              | 10.3 |
| About half of all classes | 11.3 | Very boring                  | 5.1  |
| None                      | 3.3  |                              |      |

Source: CISDUS 2010, Cayman Islands National Drug Council

## b. OVERVIEW OF ALCOHOL USE IN 2010

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### **Lifetime Alcohol Use, 2010 CISDUS**

Alcohol remained the most common drug use reported by adolescents in the Cayman Islands drug use surveys. About 54% of all students surveyed reported lifetime use. As shown in Figure 2, lifetime use of alcohol did not significantly vary by sex (54.4% of males vs. 53.9% of females). As expected, there were significant increases in reported lifetime drinking prevalence as grade level increases, ranging from 23.6% of 7<sup>th</sup>-graders up to 80.1% of 12<sup>th</sup>-graders. Among the districts, more than half of the responding students in all districts reported consuming alcohol in their lifetime (about 55%), including students in Cayman Brac.

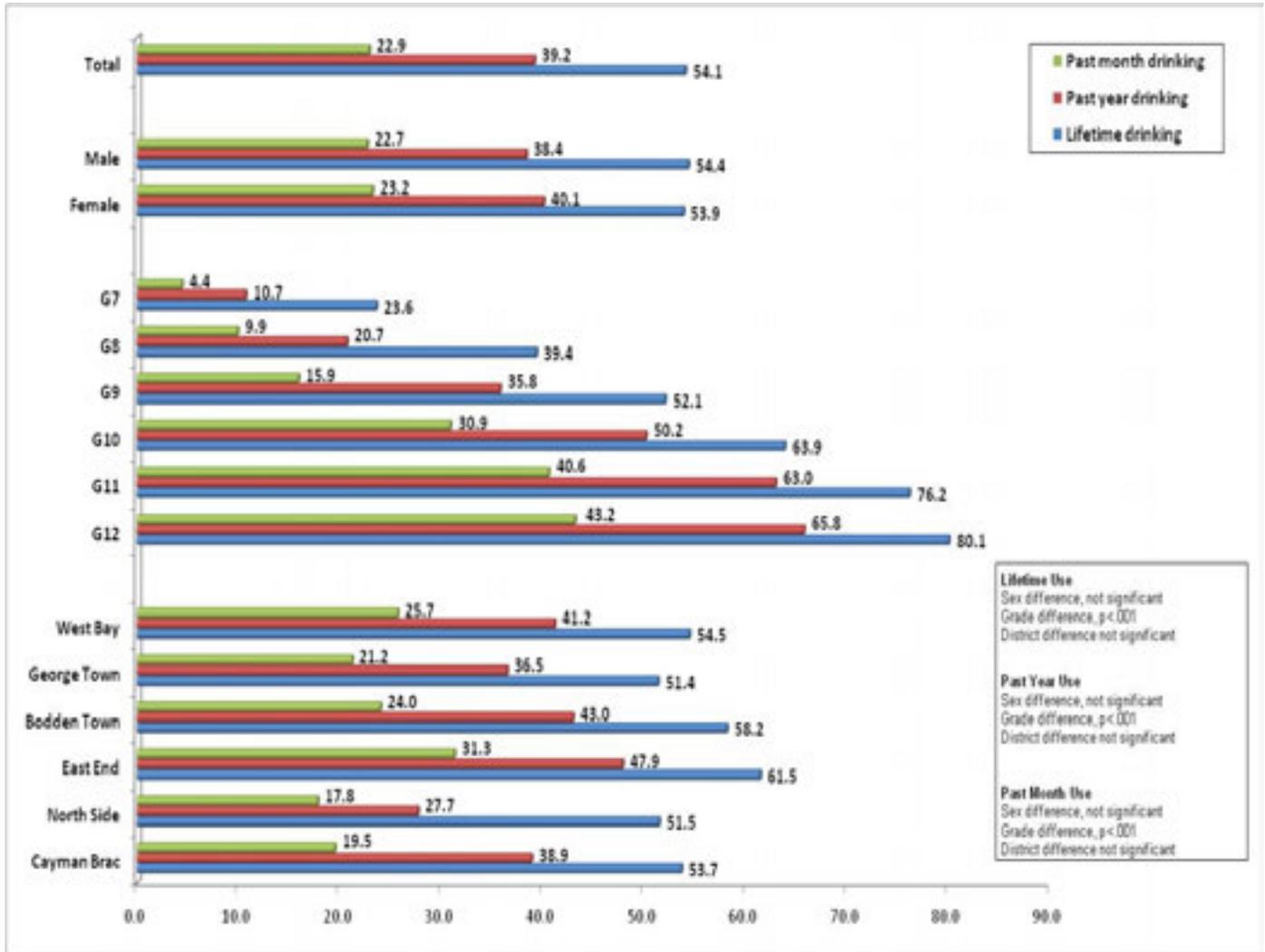
### **Past Year Alcohol Use, 2010 CISDUS**

More than one third (39.2%) of all students reported drinking at least once during the 12 months before the 2010 survey (see Figure 2). There was no significant difference in past year drinking between males (38.4%) and females (40.1%). However, the likelihood of past year drinking significantly increased with grade, from 10.7% of 7<sup>th</sup>-graders up to 65.8% of 12<sup>th</sup>-graders. There were also significant differences among the districts, with students in West Bay, Bodden Town and East End most likely (about 44%) to have consumed alcohol in the past year, followed by students in Cayman Brac (38.9%) and George Town (36.5%), whereas those in North Side (27.7%) were least likely.

### **Past Month Alcohol Use, 2010 CISDUS**

A little more than one fifth (22.9%) of students reported drinking alcohol at least once in the month (4 weeks) prior to the survey (see Figure 2). Again, there was no significant difference by sex (22.7% of males compared to 23.2% of females). The grade variation was significant, ranging from 4.4% of 7<sup>th</sup>-graders up to 43.2% of 12<sup>th</sup>-graders. There were also significant district differences, with students in East End (31.3%), West Bay (25.7%) and Bodden Town (24%) most likely to report having consumed alcohol in the past month, followed by students in George Town (21.2%), Cayman Brac (19.5%) and North Side (17.8%) least likely.

**FIGURE 2: PERCENTAGE OF STUDENTS REPORTING PAST MONTH, PAST YEAR, AND LIFETIME ALCOHOL USE, BY SEX, GRADE AND DISTRICT, 2010 CISDUS**



Source: CISDUS2010, Cayman Islands National Drug Council

**TRENDS IN PAST YEAR ALCOHOL USE, 1998-2010**

As seen in Table 3, past year alcohol used varied slightly among the CISDUS years except in 2006. In 1998, 39.9% of Cayman Islands students reported drinking, and this prevalence remained stable in 2000 (38.0%) and 2002 (38.1%), but in 2006 these trends increased notably and jumped to 45.5%. However, in 2010 alcohol use decreased significantly (reported prevalence was 39.2%).

- ✚ **Sex:** Males showed an increase in past year drinking prevalence between 2002 (37.7%) and 2006 (45.3%). In 2010 the rate decreased notable to 38.4%. The rate among females in 2010 (40.1%) and 2006 (45.7%) were significantly higher than 1998 (38.4%) as well as 2002 (38.6%) and 2000 (35.6%).
- ✚ **Grade:** Compared to the 1998 prevalence, past year drinking was significantly higher in 2010 for students in grades 10 to 12: from 42.0% in 1998 up to 50.2% in 2010 among 10th-graders; from 50.5% to 63% among 11th-graders; and 57.5% to 65.8% among 12th-graders. Since 2002, variations in alcohol use were found for students in 7, 8, 9 and 12 grade levels: from 14.6% in 2002 to 21.4% in 2006 and 10.7% among 7th-graders; from 21.1% in 2002 to 31.9% in 2006 and 20.7% in 2010 among 8th-graders; from 32.8% in 2002 to 41.6% in 2006 and 35.8% in 2010 among 9th-graders; from 61.5% in 2002 to 69.7% in 2006 and 65.8% in 2010 among 12th-graders.
- ✚ **District:** East End students showed the higher prevalence in 2010 (47.9%) similar to 1998. Increases between 2002 and 2006 were significant for students in George Town (from 37.3% up to 49.7%) and East End (30.4% up to 50.5%). In 2010, reported past year prevalence showed a slight decrease for all districts except in Cayman Brac.

*Table 3: Trends in Past Year Alcohol Use (%) by Sex, Grade, and District, 1998-2010 CISDUS*

|                 | Year               | 1998   | 2000   | 2002   | 2006   | 2010   |
|-----------------|--------------------|--------|--------|--------|--------|--------|
|                 | N                  | (1946) | (2186) | (2187) | (2447) | (2612) |
| <b>Total</b>    |                    | 39.9   | 38.0   | 38.1   | 45.5   | 39.2   |
| <b>Gender</b>   | <b>Male</b>        | 41.6   | 40.7   | 37.7   | 45.3   | 38.4   |
|                 | <b>Female</b>      | 38.4   | 35.6   | 38.6   | 45.7   | 40.1   |
| <b>Grade</b>    | <b>Grade 7</b>     | 20.6   | 14.2   | 14.6   | 21.4   | 10.7   |
|                 | <b>Grade 8</b>     | 32.4   | 20.1   | 21.1   | 31.9   | 20.7   |
|                 | <b>Grade 9</b>     | 45.2   | 37.2   | 32.8   | 41.6   | 35.8   |
|                 | <b>Grade 10</b>    | 42.0   | 45.8   | 48.8   | 53.8   | 50.2   |
|                 | <b>Grade 11</b>    | 50.5   | 53.8   | 62.6   | 61.3   | 63.0   |
|                 | <b>Grade 12</b>    | 57.5   | 64.4   | 61.5   | 69.7   | 65.8   |
| <b>District</b> | <b>West Bay</b>    | 39.8   | 41.2   | 43.2   | 45.8   | 41.2   |
|                 | <b>George Town</b> | 38.0   | 37.7   | 37.3   | 49.7   | 36.5   |
|                 | <b>Bodden Town</b> | 44.4   | 38.6   | 40.6   | 44.5   | 43.0   |
|                 | <b>East End</b>    | 47.1   | 30.3   | 30.4   | 50.5   | 47.9   |
|                 | <b>North Side</b>  | 45.9   | 35.1   | 34.7   | 36.9   | 27.7   |
|                 | <b>Cayman Brac</b> | 30.0   | 29.4   | 24.5   | 25.6   | 38.9   |

Source: CISDUS2010, Cayman Islands National Drug Council

**TRENDS IN PAST MONTH ALCOHOL USE, 1998-2010**

In 2010, 22.9% of students reported drinking alcohol at least once during the month before the survey. Past month drinking significantly increased since 1998, from a low of 17.8%, increasing to 22.6% in 2000, remaining stable in 2002 (23.5%), and increasing once again to 30.5% in 2006 and decrease in 2010 to 22.9% (Table 4).

- ✚ **Sex:** Past month drinking showed variations over time for both males and females. The rate for males in 2006 (31.9%) was significantly higher than that in 1998 (18.2%) and 2002 (23.0%) and 2010 (22.7%). The rate for females in 2006 (29.3%) was higher than 1998 (17.6%), 2002 (23.9%) and 2010 (23.2%). Prevalence in 2010 was notable lower than that of 2006 for both males and females.
- ✚ **Grade:** Compared to 1998 rates, past month drinking is significantly higher in 2006 and 2010 for students in 10, 11 and 12 grades. A notable decrease in 2010 was found for students in grades 7, 8, and 9 especially.
- ✚ **District:** In 2010, decreases in drinking were notable in all districts; however East End reported the highest prevalence of drinking in this year. Between 1998 and 2006 increases were found to be significant for West Bay, George Town, Bodden Town, and East End. Increases between 2002 and 2006 were significant among students in West Bay, George Town, and East End. Students in North Side and Cayman Brac showed no significant changes over time.

*Table 4: Trends in Past Month Alcohol Use (%) by Sex, Grade, and District, 1998-2010 CISDUS*

| Year            |                    | 1998   | 2000   | 2002   | 2006   | 2010   |
|-----------------|--------------------|--------|--------|--------|--------|--------|
| N               |                    | (1896) | (2132) | (2162) | (2416) | (2612) |
| <b>Total</b>    |                    | 17.8   | 22.6   | 23.5   | 30.5   | 22.9   |
| <b>Gender</b>   | <b>Male</b>        | 18.2   | 25.3   | 23.0   | 31.9   | 22.7   |
|                 | <b>Female</b>      | 17.6   | 20.1   | 23.9   | 29.3   | 23.2   |
| <b>Grade</b>    | <b>Grade 7</b>     | 4.5    | 7.0    | 5.9    | 11.3   | 4.4    |
|                 | <b>Grade 8</b>     | 12.0   | 9.2    | 11.8   | 18.4   | 9.9    |
|                 | <b>Grade 9</b>     | 19.3   | 19.3   | 22.0   | 24.9   | 15.9   |
|                 | <b>Grade 10</b>    | 17.2   | 25.3   | 32.3   | 38.1   | 30.9   |
|                 | <b>Grade 11</b>    | 28.4   | 37.8   | 39.1   | 43.0   | 40.6   |
|                 | <b>Grade 12</b>    | 32.4   | 42.3   | 38.2   | 54.1   | 43.2   |
| <b>District</b> | <b>West Bay</b>    | 19.3   | 20.9   | 25.1   | 30.4   | 25.7   |
|                 | <b>George Town</b> | 17.0   | 22.8   | 23.2   | 33.6   | 21.2   |
|                 | <b>Bodden Town</b> | 17.6   | 25.2   | 24.9   | 29.1   | 24.0   |
|                 | <b>East End</b>    | 16.7   | 20.0   | 18.2   | 38.3   | 31.3   |
|                 | <b>North Side</b>  | 24.7   | 19.7   | 24.3   | 23.8   | 17.8   |
|                 | <b>Cayman Brac</b> | 15.0   | 20.2   | 18.0   | 16.5   | 19.5   |

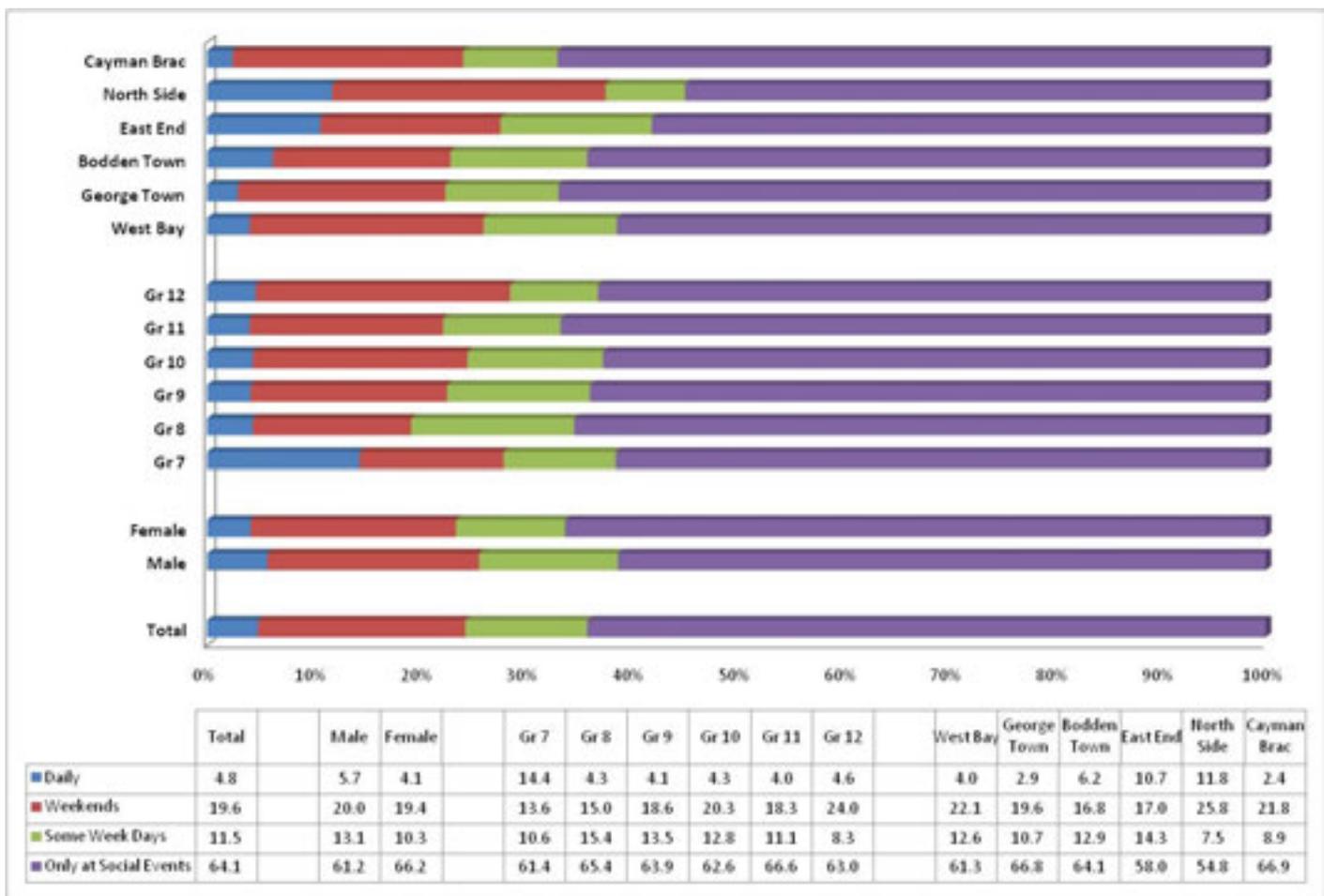
Source: CISDUS 2010, Cayman Islands National Drug Council

**FREQUENCY OF DRINKING ALCOHOL IN THE PAST YEAR**

As seen in Figure 3, the most common pattern of drinking among the students who reported drinking in 2010 (N=1066) was 'only at social events' (64.1%), while 19.6% reported drinking 'only during weekends', 11.5% reported drinking 'some week days' and 4.8% reported drinking 'daily'.

Females (66.2%) were more likely than males (61.2%) to report drinking only at social events; also both (females 19.4% and males 20.0%) were more likely to drink during weekends. There was a notable variation among grades: 7<sup>th</sup>-graders (14.4%) were more likely to drink daily than other grades. A small proportion of 12<sup>th</sup>-graders (8.3%) reported drinking during the week days. Among districts, the students from the eastern districts (Bodden Town (6.2%), East End (10.7%) and North Side (11.8%) were most likely to report daily drinking.

**FIGURE 3: FREQUENCY OF DRINKING ALCOHOL DURING THE PAST YEAR, BY SEX, GRADE AND DISTRICT, 2010CISDUS**

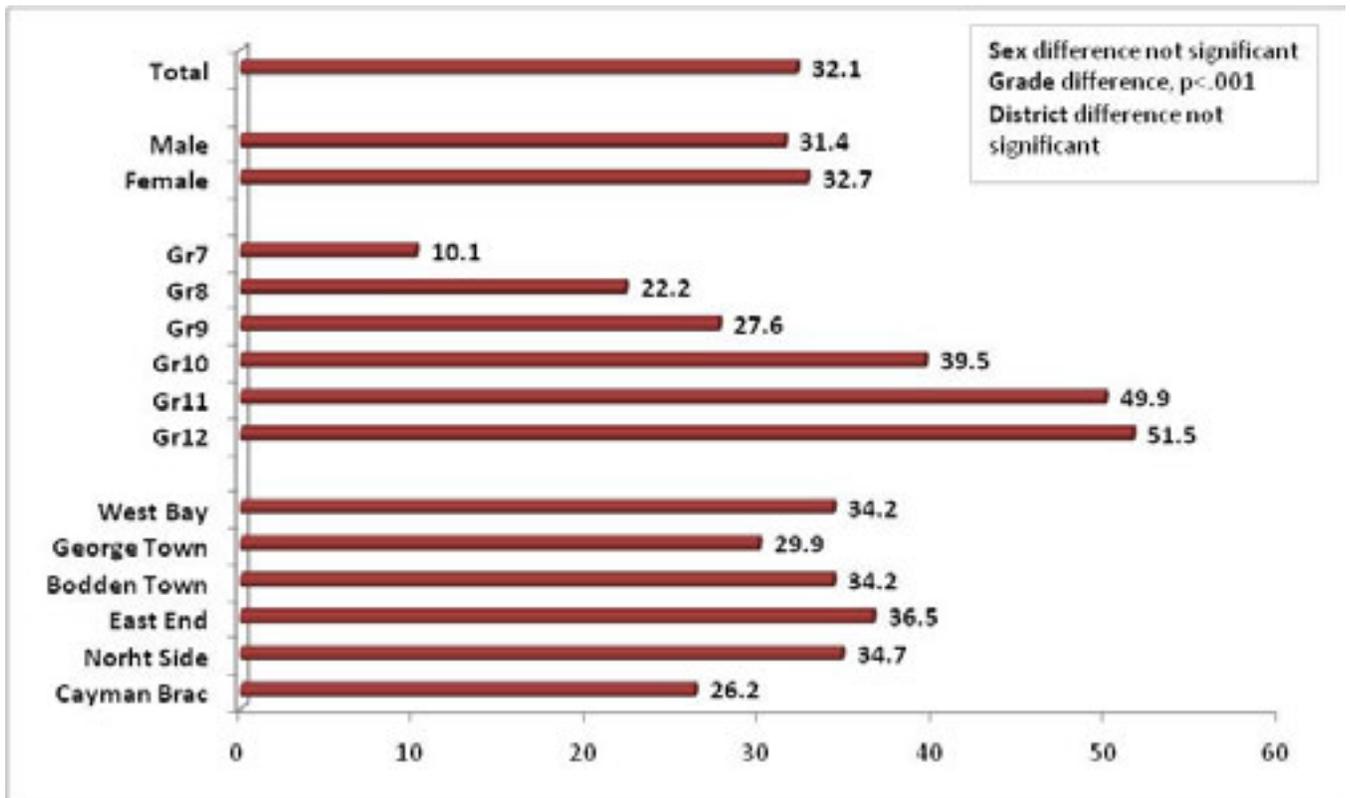


**BINGE DRINKING<sup>4</sup> IN THE PAST TWO WEEKS**

In 2010, 32.1% (839 students) of students in grades 7 to 12 reported binge drinking at least once in the two weeks before the survey. About 23.5% of students binged only once, 5.1% binged two or three times, and 3.5% did so four or more times in the last two weeks.

As presented in Figure 4, there is no significant difference in binge drinking between males (31.4%) and females (32.7%). However, binge drinking did significantly increase with grade, from about 20% of students in grades 7 to 9 up to 51.5% of 12th-graders. Despite some variation, there were no significant differences among the six districts.

**FIGURE 4: PERCENTAGE OF STUDENTS REPORTING BINGE DRINKING DURING THE LAST TWO WEEKS BY SEX, GRADE AND DISTRICT, 2010 CISDUS**



Source: CISDUS 2010, Cayman Islands National Drug Council

<sup>4</sup> Heavy episodic drinking commonly referred to as “binge” drinking, is defined as consuming five or more alcoholic drinks at one sitting. This pattern of drinking among youth warrants special attention because of the increased likelihood for harmful consequences such as injury, driving while intoxicated, violence and unsafe sex.

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**TRENDS: PAST MONTH BINGE DRINKING, 1998-2006 – PAST TWO WEEKS BINGE DRINKING 2010**

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Reported binge drinking among Cayman Island students has significantly increased over time. In 1998, 7.2% of students reported binge drinking in the past month. This percentage increased to 12.7% in 2000, remained steady in 2002 at 12.6%, and increased again in 2006, up to 15.2% and increased again in 2010 up to 32.1% for the last two weeks prior to the survey (Table 5).

✚ **Sex:** Both males and females showed increases in binge drinking over time. Among males, the rate increased mainly between 1998 (7.5%) and 2000 (15.4%) and stabilized at 16.6% in 2006.

In 2010 there was a notable increase to 31.4%. Rates for females show a similar pattern, but with a slightly increase between 1998 (6.9%) and 2000 (10.2%) and a non-significant increase between 2002 (11.3%) and 2006 (13.9%). In 2010, however, it shows a significant increase to 32.7%.

✚ **Grade:** Binge drinking among 7th-graders significantly increase over time from 1.5% in 1998 up to 10.1% in 2010. The same significant increase was reported for students in grades 8 and 9. Tenth, 11th and 12<sup>th</sup>-graders also showed increases over 1998.

However, only among 12<sup>th</sup>-graders was there a significant increase – 2002 (19.5%), 2006 (30.2%) and 2010 (51.5%).

✚ **District:** Students in all districts showed significant increases in binge drinking between 1998 and 2010. Between 2002 and 2006, binge drinking remained stable among all districts except for George Town (from 13.0% to 17.1%) and East End (from 10.4% to 16.1%).

In 2010 all districts reported increases—East End (36.5%), North Side (34.7%), Bodden Town (34.2%) and West Bay (34.2%) the highest increases. It is also notable, the high increase in Cayman Brac from 9.8% in 2006 to 26.2% in 2010.

*Table 5: Trends: Past Month (1998-2006) and Past Two Weeks (2010) Binge Drinking (%) by Sex, Grade, and District, CISDUS*

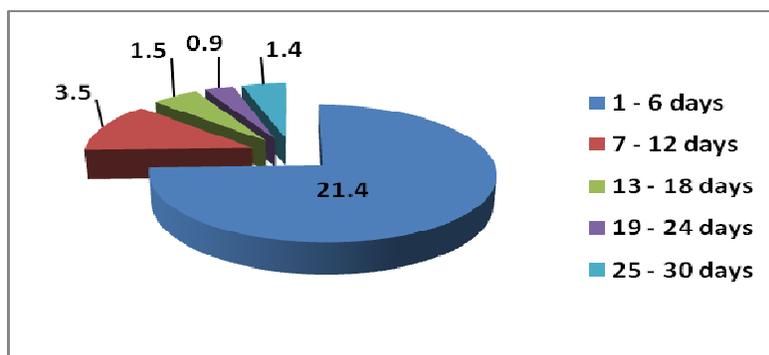
| Year            |                    | 1998   | 2000   | 2002   | 2006   | 2010*  |
|-----------------|--------------------|--------|--------|--------|--------|--------|
| N               |                    | (1892) | (2158) | (2168) | (2410) | (2612) |
| <b>Total</b>    |                    | 7.2    | 12.7   | 12.6   | 15.2   | 32.1   |
| <b>Gender</b>   | <b>Male</b>        | 7.5    | 15.4   | 14.0   | 16.6   | 31.4   |
|                 | <b>Female</b>      | 6.9    | 10.2   | 11.3   | 13.9   | 32.7   |
| <b>Grade</b>    | <b>Grade 7</b>     | 1.5    | 6.1    | 5.4    | 9.9    | 10.1   |
|                 | <b>Grade 8</b>     | 3.8    | 6.1    | 7.4    | 6.8    | 22.2   |
|                 | <b>Grade 9</b>     | 8.8    | 13.7   | 11.5   | 10.7   | 27.6   |
|                 | <b>Grade 10</b>    | 6.6    | 12.2   | 18.9   | 16.5   | 39.5   |
|                 | <b>Grade 11</b>    | 12.8   | 16.5   | 16.3   | 21.9   | 49.9   |
|                 | <b>Grade 12</b>    | 12.7   | 24.3   | 19.5   | 30.2   | 51.5   |
| <b>District</b> | <b>West Bay</b>    | 8.3    | 10.1   | 12.4   | 14.8   | 34.2   |
|                 | <b>George Town</b> | 7.7    | 13.8   | 13.0   | 17.1   | 29.9   |
|                 | <b>Bodden Town</b> | 4.5    | 11.8   | 12.2   | 14.1   | 34.2   |
|                 | <b>East End</b>    | 5.9    | 10.4   | 9.2    | 16.1   | 36.5   |
|                 | <b>North Side</b>  | 8.1    | 17.1   | 16.2   | 13.3   | 34.7   |
|                 | <b>Cayman Brac</b> | 9.3    | 15.4   | 11.5   | 9.8    | 26.2   |

Source: CISDUS 2010, Cayman Islands National Drug Council  
 (\*) 2010: Data of two weeks before the survey.

### Frequency of Getting Drunk

Students were asked to indicate on how many days they had drunk too much and gotten drunk in the last month. About 29% of students indicated getting drunk—21.4% reported having gotten drunk between 1 and 6 days; 3.5% between 7-12 days; 3.5% between 7-12 days; one and a half percent or less indicated getting drunk 13 days or more during the past month prior to the survey (Figure 5).

**FIGURE 5: NUMBER OF DAYS GOTTEN DRUNK**



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## NEW DRINKERS AND EARLY ONSET OF DRINKING

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### New Drinkers, 2010

“New drinkers” refers to those students who had their first alcoholic drink during the past 12 months. In 2010, 15.3% of students reported using alcohol for the first time at some point during the year before the survey (Table 6). However, a large proportion of the students (36.3%) reported using alcohol for the first time more than a year before the survey.

There was no significant difference between the percentage of males (29.4%) and females (29.7%) who were new drinkers. It is notable that 7<sup>th</sup>-graders reported more new drinkers (33.3%) than 12<sup>th</sup>-graders (24.4%).

However, there was significant variation according to district, with students from East End most likely to be new drinkers (35.6%), whereas Cayman Brac students (23.3%) were least likely to be new drinkers.

### Trend Among New Drinkers, 1998-2010

Although the trend over the years showed an increase of new drinkers (from 27.3% in 1998 to 33.25 in 2006, it is notable that in 2010 the trend decreased to 15.3%. The percentage of new male users increased from 27.1% in 1998 to 33.6% in 2006, and new female users increased from 27.6% in 1998 to 32.8% in 2006. In 2010, new male users and new female users decreased to 29.4% and 29.7% respectively.

The percentage of new drinkers in 12<sup>th</sup>-grade increased over time, but there were no significant changes for grades 10 and 11. Between 2002 and 2006, the percentage increased among 7<sup>th</sup>-graders (from 19.4% up to 29.8%) and among 8<sup>th</sup>-graders (from 29.3% up to 36.9%).

Although previous years reported an increased over time and over level of grades, in 2010 7<sup>th</sup>, 8<sup>th</sup>, and 9<sup>th</sup> grades reported the majority of new drinkers. In addition, as grade levels increased, prevalence of new drinkers decreased (from 33.3% among 7<sup>th</sup>-graders to 24.4% among 12<sup>th</sup>-graders).

Since 1998, new drinkers increased in the eastern districts, especially North Side and East End.

*Table 6: Trends in First Use of Alcohol in the Past Year (%) by Sex, Grade, and District, 1998-2010 CISDUS*

|                 |                    | Year | 1998   | 2000   | 2002   | 2006   | 2010   |
|-----------------|--------------------|------|--------|--------|--------|--------|--------|
|                 |                    | N    | (1882) | (2134) | (2161) | (2435) | (2612) |
| <b>Total</b>    |                    |      | 27.3   | 27.3   | 30.6   | 33.2   | 15.3   |
| <b>Gender</b>   | <b>Male</b>        |      | 27.1   | 28.1   | 31.7   | 33.6   | 29.4   |
|                 | <b>Female</b>      |      | 27.6   | 26.8   | 29.6   | 32.8   | 29.7   |
| <b>Grade</b>    | <b>Grade 7</b>     |      | 21.8   | 20.4   | 19.4   | 29.8   | 33.3   |
|                 | <b>Grade 8</b>     |      | 26.6   | 22.0   | 29.3   | 36.9   | 38.0   |
|                 | <b>Grade 9</b>     |      | 26.2   | 37.2   | 39.6   | 33.4   | 36.2   |
|                 | <b>Grade 10</b>    |      | 33.7   | 28.1   | 34.2   | 30.9   | 26.5   |
|                 | <b>Grade 11</b>    |      | 29.2   | 30.0   | 34.9   | 33.5   | 26.9   |
|                 | <b>Grade 12</b>    |      | 25.8   | 27.1   | 28.9   | 34.7   | 24.4   |
| <b>District</b> | <b>West Bay</b>    |      | 31.1   | 26.6   | 26.7   | 32.0   | 30.6   |
|                 | <b>George Town</b> |      | 26.9   | 28.6   | 32.8   | 33.9   | 29.0   |
|                 | <b>Bodden Town</b> |      | 26.3   | 25.8   | 29.8   | 34.1   | 28.8   |
|                 | <b>East End</b>    |      | 31.9   | 34.2   | 38.2   | 39.6   | 35.6   |
|                 | <b>North Side</b>  |      | 23.3   | 29.6   | 32.9   | 42.9   | 34.0   |
|                 | <b>Cayman Brac</b> |      | 19.6   | 19.4   | 26.1   | 21.6   | 23.3   |

Source: CISDUS 2010, Cayman Islands National Drug Council

### Early Onset of Drinking

One important predictor of future problems with alcohol, or any other substance, is early onset of use. "Early age" of drinking onset is defined here as first drinking alcohol, excluding a sip only, between the ages of 6 and 11.

In 2010, about 37% of lifetime drinkers (N=1,414) in all grades reported early onset, that is, they had their first drink between the ages of 6 and 11 years. The average age of first use among those reporting ever drinking alcohol was 11.6 years.

Among genders, more males (39.7%) than females (33.8%) reported had their first drink between the ages of 6 and 11 years.

**HAZARDOUS DRINKING, PROBLEMATIC CONSEQUENCES, & TREATMENT**

In 2010 CISDUS included some of the questions of the World Health Organization’s “Alcohol Use Disorders Identification Test” (AUDIT), which is a tool designed to detect problem drinkers at the less severe end of the spectrum of alcohol problems.

The AUDIT assesses hazardous and harmful drinking. Hazardous drinking refers to an established pattern of drinking that increases the likelihood of future medical and physical problems (e.g., accidents), whereas harmful drinking refers to a pattern of drinking that is already causing damage to one’s health (e.g., alcohol-related injuries).

**Alcohol Intake**

On a typical day when the students reporting alcohol use are drinking, 3.7% of students reported having drunk 5 to 7 drinks and 3.6% reported having drunk 8 or more drinks. Almost one-fifth (19.8%) admitted having drunk five or more drinks in one occasion at least less than monthly.

*Table 7: Alcohol Intake, 2010 CISDUS*

|   | 1 drink | 2 - 3 drinks | 4 drinks | 5 - 7 drinks | 8+ drinks |
|---|---------|--------------|----------|--------------|-----------|
| <b>How many drinks containing alcohol do you have on a typical day when you are drinking?</b> | 22.1    | 12.7         | 4.3      | 3.7          | 3.6       |

|   |                          |      |
|---|--------------------------|------|
| <b>How often do you have five or more drinks on one occasion?</b> | <b>Less than a month</b> | 19.8 |
|   | <b>Monthly</b>           | 13.9 |
|   | <b>Weekly</b>            | 4.2  |

Source: CISDUS 2010, Cayman Islands National Drug Council

**Dependence Indicators (Past 12 months)**

A small percentage of students (2.0%) admitted that daily, they were unable to stop drinking once they had started; on the other side, 40 students (1.5%) reported that daily or almost daily, they have failed to do was normally expected from them because of drinking. Another 40 students (1.5%) reported that daily or almost daily, they needed a drink first thing in the morning to get themselves going after a heavy drinking session.

*Table 8: Dependence Indicators, 2010 CISDUS*

| <b>How often during the last 12 months have you:</b> | <b>Less than monthly</b> | <b>Monthly</b> | <b>Weekly</b> | <b>Daily or almost daily</b> |
|--|--------------------------|----------------|---------------|------------------------------|
| <b>Unable to stop drinking</b>                       | 20.7                     | 7.0            | 2.0           | 2.0                          |
| <b>Not done things</b>                               | 19.8                     | 6.4            | 1.6           | 1.5                          |
| <b>Needed drink first thing in the morning</b>       | 20.0                     | 4.4            | 1.1           | 1.5                          |

Source: CISDUS 2010, Cayman Islands National Drug Council

### Adverse Consequences

Some students (2.0%) reported that almost every day or daily they had a feeling of guilty or remorse after drinking. Almost the same proportion (2.1%) admitted that almost every day or daily they have been unable to remember what happened the night before because they had been drinking.

A large proportion of students (41.5%) that reported alcohol use also reported not having injured themselves or someone else as a result their drinking in the last 12 months. However, a few students (3.0%) admitted that a relative, or friend, or doctor, or another health worker had been concern about their drinking or suggested they cut down on their drinking, in the last 12 months, prior to the survey.

*Table 9: Adverse Consequences, 2010 CISDUS*

| How often during the last 12 months have you:   | Less than monthly | Monthly | Weekly | Daily or almost daily |
|---|-------------------|---------|--------|-----------------------|
| Felt guilty after drinking                      | 19.1              | 6.3     | 2.6    | 2.0                   |
| Unable to remember what happen the night before | 17.8              | 7.2     | 1.7    | 2.1                   |

|   |                                    |      |
|---|------------------------------------|------|
| Have you or someone else been injured as a result of your drinking? | Yes, but not in the last 12 months | 4.1  |
|   | Yes, during the last 12 months     | 4.7  |
|   | No                                 | 41.5 |

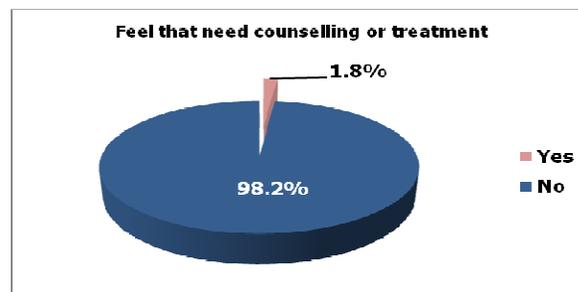
|  |                                    |      |
|--|------------------------------------|------|
| Has a relative or friend or a doctor or other health worker been concerned about your drinking or suggested that you cut down? | Yes, but not in the last 12 months | 1.6  |
|  | Yes, during the last 12 months     | 3.0  |
|  | No                                 | 43.9 |

Source: CISDUS 2010, Cayman Islands National Drug Council

### Treatment for Alcohol Use, 2010

The 2010 CISDUS queried students about whether they felt that they were in need of treatment for their alcohol use. As presented in Figure 4, in 2010 very few students (1.3%, n=34) had been in counselling or received treatment for alcohol use during the 12 months before the survey. Likewise, another small proportion of students (1.8%, n=48] felt that they were in need of alcohol treatment or counselling.

**FIGURE 6: TREATMENT FOR ALCOHOL USE, 2010**



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**PERCEPTIONS ABOUT ALCOHOL:  
AVAILABILITY, SOURCE, PLACE, RISK, AND INTRODUCTION TO SUBSTANCE**

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**Perceived Alcohol Availability, 2010**

In this section, we present the percentage reporting that it was “easy” or “very easy” to get alcohol, as well as the reported “usual” source and place of consumption of alcohol. In 2010, 61.8% of all students surveyed reported that it was “easy” or “very easy” to obtain alcohol (Table 10).

There was a significant difference between male (58.3%) and female (64.9%) students. Availability significantly increases with grade, from 27.8% of 7<sup>th</sup> graders to 86.1% of 12<sup>th</sup> graders reporting that it is easy or very easy to obtain alcohol.

There is also significant variation by district, with students in East End and Cayman Brac most likely to report easy availability of alcohol (about 66%). Students in West Bay, Bodden Town, George Town and North Side also reported easy availability of alcohol (about 60%).

**Trends in Availability, 1998-2010**

The percentage of all students reporting easy alcohol availability 2010 (61.8%) is significantly higher than that found in the previous years (about 44% on average).

✚ **Sex:** Although neither males nor females showed a significant change in reported availability over time, there was a notable increase in the proportion reporting easy availability of alcohol in 2010.

✚ **Grade:** Reported availability in 2010 was higher compared to 2006 and previous years among grade 7 students (27.8% vs. 21.1%). Eighth graders showed a decrease in 2006 (27.3%) versus 1998 (35.9%), but 2010 increase notably (42.7%). Reported availability among 9<sup>th</sup>- (59%), 10<sup>th</sup>- (78.3%), 11<sup>th</sup>- (80.6%) and 12<sup>th</sup>-graders in 2010 was significantly higher than the rates found in 1998 among 9<sup>th</sup> (42.9%), 10<sup>th</sup> (55.3), 11<sup>th</sup> (67.7%), and 12<sup>th</sup> (65.8%) graders.

✚ **District:** Reported availability increased between 1998 and 2010 among all districts, but mainly Cayman Brac and Bodden Town students (48.2% vs. 66.4% and 50.5% vs. 63%, respectively).

An increase was also found for students in East End between 2002 and 2010 (30.4% vs. 65.1%). Cayman Brac students showed a decline in reported availability between 1998 and 2006 (48.2% vs. 35.7%).

*Table 10: Trends in the Percentage of Students Reporting it is “Easy” or “Very Easy” to Obtain Alcohol by Sex, Grade, and District, 1998-2010 CISDUS*

|                 | Year               | 1998   | 2000   | 2002   | 2006   | 2010   |
|-----------------|--------------------|--------|--------|--------|--------|--------|
|                 | N                  | (1946) | (2186) | (2187) | (2480) | (2612) |
| <b>Total</b>    |                    | 45.7   | 43.0   | 44.0   | 46.8   | 61.8   |
| <b>Gender</b>   | <b>Male</b>        | 47.6   | 45.3   | 44.8   | 48.7   | 58.3   |
|                 | <b>Female</b>      | 44.5   | 41.0   | 43.4   | 45.2   | 64.9   |
| <b>Grade</b>    | <b>Grade 7</b>     | 18.4   | 13.0   | 14.2   | 21.1   | 27.8   |
|                 | <b>Grade 8</b>     | 35.9   | 21.2   | 26.2   | 27.3   | 42.7   |
|                 | <b>Grade 9</b>     | 42.9   | 42.4   | 40.3   | 39.8   | 59.0   |
|                 | <b>Grade 10</b>    | 55.3   | 51.3   | 55.4   | 57.8   | 78.3   |
|                 | <b>Grade 11</b>    | 67.7   | 65.3   | 68.8   | 67.4   | 80.6   |
|                 | <b>Grade 12</b>    | 65.8   | 74.7   | 74.4   | 77.6   | 86.1   |
| <b>District</b> | <b>West Bay</b>    | 43.6   | 43.5   | 43.5   | 44.7   | 64.7   |
|                 | <b>George Town</b> | 46.6   | 46.6   | 46.3   | 49.3   | 59.2   |
|                 | <b>Bodden Town</b> | 50.5   | 43.0   | 43.9   | 48.4   | 63.0   |
|                 | <b>East End</b>    | 54.9   | 38.0   | 30.4   | 50.5   | 65.1   |
|                 | <b>North Side</b>  | 48.7   | 45.5   | 37.3   | 40.5   | 57.3   |
|                 | <b>Cayman Brac</b> | 48.2   | 40.6   | 37.9   | 35.7   | 66.4   |

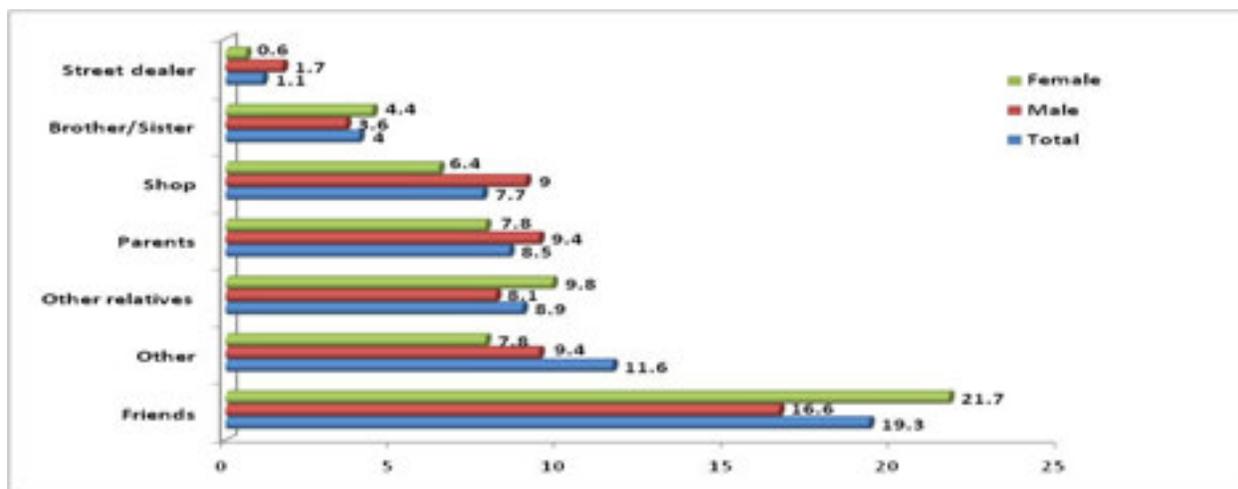
Source: CISDUS 2010, Cayman Islands National Drug Council

### Source of Obtaining Alcohol

Students were also asked how they usually get their alcohol. Of those who drank alcohol, about 19.3% said they got it from friends, 11.6% by “other” ways, 8.9% from other relatives, 8.5% from parents, 7.7% from buying it in the shops, 4% from brother/sister, and the remaining 1.1% obtained it from street dealers.

There was some variation by sex: both males and females were more likely to report getting alcohol from their friends. Female sources were more likely to be from other relatives and from brothers/sisters while males were more likely to report getting alcohol from “other sources”, buying it at a shop and obtaining it from parents (Figure 7).

**FIGURE 7: USUAL SOURCE OF ALCOHOL BY SEX, 2010 CISDUS**

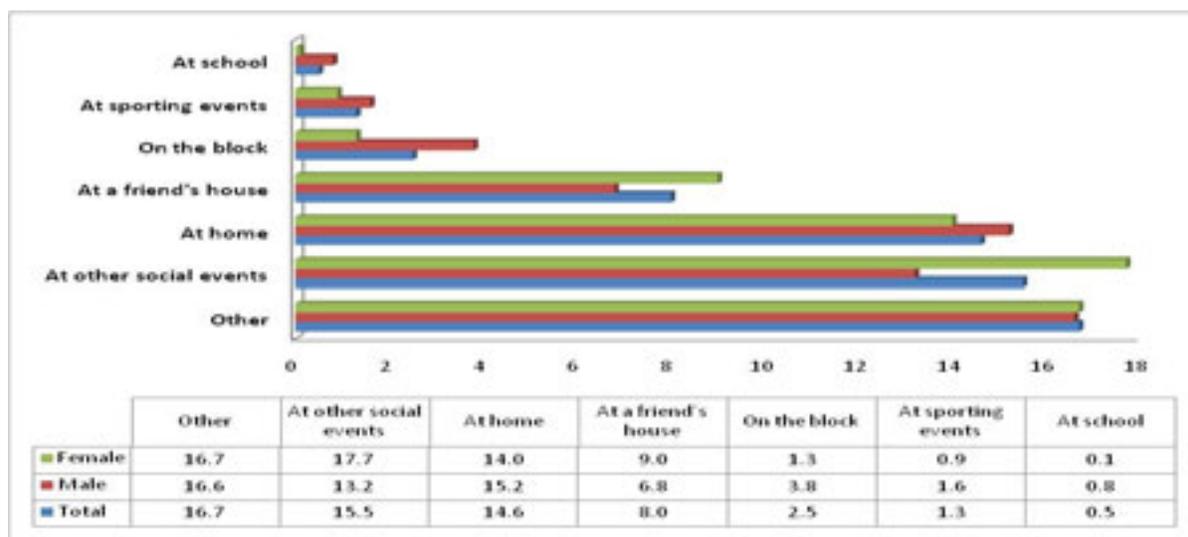


Source: CISDUS 2010, Cayman Islands National Drug Council

### Place of Consumption

Students were also asked where they usually drink alcohol. Of those who drank alcohol, about 16.7% said they did drink in “other” places, 15.5% said at other social events, 14.6% did drink at home, 8% did drink at a friend’s house, 2.5% on the block, 1.3% did drink at sporting events and the remaining 0.5% said they did drink at school. There is some variation by sex: both males and females were more likely to drink alcohol in “other” places. Females were more likely to drink at other social events and at a friend’s house while males were more likely to mainly drink at home, (Figure 8).

**FIGURE 8: PLACE OF CONSUMPTION OF ALCOHOL BY SEX, 2010 CISDUS**



Source: CISDUS 2010, Cayman Islands National Drug Council

**Perceptions of Risk from Daily Drinking**

Research shows that students’ attitudes and beliefs about substances correlate with both increases and decreases in rates of substance use over time, although there may be a lag effect.

Students were asked how much risk they thought daily drinking poses to one’s health and well-being. Table 11 presents the percentage of students who perceive “great risk” of harm to one’s health from daily drinking. In 2010, 28.1% of students reported that they believe drinking daily poses a great risk, with females significantly more likely than males to feel this way (32.4% vs. 23.3%). The perception of great risk from daily drinking increased with grade, from a low of about 23% of 7<sup>th</sup>- and 8<sup>th</sup>-graders up to about one-third of 11<sup>th</sup> and 12<sup>th</sup>-graders. While there is variation by district, this was not significant.

Overall, the perception that daily drinking poses a great risk of harm to one’s health is similar in 2010 (28.1%) compared to that reported in 1998 (28.9%).

*Table 11: Trends in the Percentage of Students Reporting that Daily Drinking Poses a “Great Risk” of Harm by Sex, Grade, and District, 1998-2010 CISDUS*

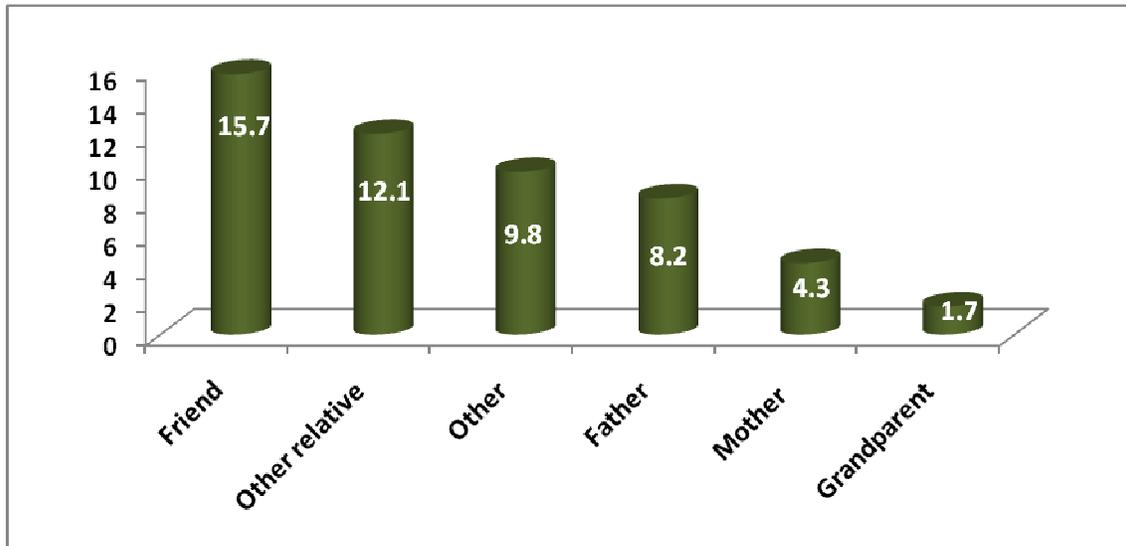
|                 |                    | Year | 1998   | 2000   | 2002   | 2006   | 2010   |
|-----------------|--------------------|------|--------|--------|--------|--------|--------|
|                 |                    | N    | (1946) | (2186) | (2187) | (2480) | (2612) |
| <b>Total</b>    |                    |      | 28.9   | 31.4   | 25.9   | 24.6   | 28.1   |
| <b>Gender</b>   | <b>Male</b>        |      | 23.3   | 27.1   | 22.9   | 20.0   | 23.3   |
|                 | <b>Female</b>      |      | 34.3   | 35.6   | 28.7   | 29.2   | 32.4   |
| <b>Grade</b>    | <b>Grade 7</b>     |      | 21.2   | 2.0    | 19.3   | 20.6   | 21.0   |
|                 | <b>Grade 8</b>     |      | 24.2   | 23.5   | 23.1   | 18.1   | 24.2   |
|                 | <b>Grade 9</b>     |      | 29.5   | 30.7   | 24.7   | 24.3   | 31.1   |
|                 | <b>Grade 10</b>    |      | 29.8   | 31.5   | 24.2   | 22.1   | 28.9   |
|                 | <b>Grade 11</b>    |      | 33.0   | 38.2   | 32.7   | 28.6   | 29.2   |
|                 | <b>Grade 12</b>    |      | 42.1   | 46.1   | 35.3   | 37.4   | 36.3   |
| <b>District</b> | <b>West Bay</b>    |      | 25.1   | 32.3   | 24.0   | 23.8   | 31.2   |
|                 | <b>George Town</b> |      | 32.2   | 31.1   | 28.7   | 24.5   | 26.9   |
|                 | <b>Bodden Town</b> |      | 31.5   | 30.3   | 24.1   | 26.0   | 30.1   |
|                 | <b>East End</b>    |      | 19.7   | 27.8   | 19.0   | 14.1   | 19.8   |
|                 | <b>North Side</b>  |      | 22.4   | 48.1   | 20.0   | 27.4   | 26.7   |
|                 | <b>Cayman Brac</b> |      | 21.8   | 26.6   | 30.0   | 28.6   | 26.8   |

Source: CISDUS 2010, Cayman Islands National Drug Council

**Introduction to Substance Use**

Students were asked who first introduced them to alcohol use. Some 15.7% of the students who reported use indicated that a friend was the first person who introduced them to alcohol use. The other persons indicated were: other relatives (12.1%), "other" person (9.8%), father (8.2%), mother (4.3%) and grandparent (1.7%), (Figure 9).

**FIGURE 9: PERSON WHO FIRST INTRODUCED TO ALCOHOL USE, 2010 CISDUS**



Source: CISDUS 2010, Cayman Islands National Drug Council

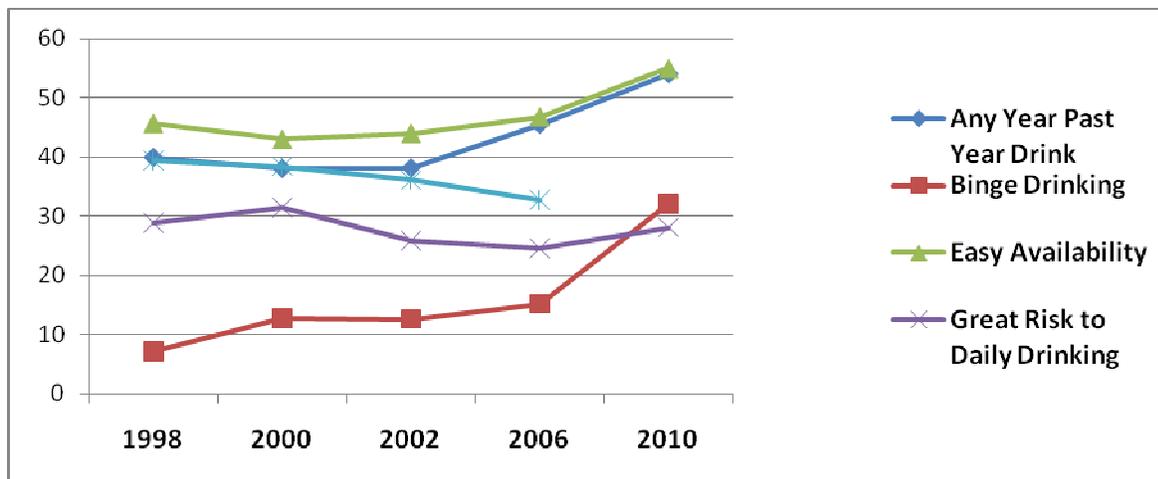
**Comparison:**

**(Drinking Behaviours, alcohol Availability, Perceptions of Risk and Disapproval)**

This section presents the relationship over time between students’ alcohol use (annual prevalence and binge drinking), the reported prevalence of alcohol availability, and attitudes about alcohol. Research has shown that availability and attitudes are associated with current or subsequent rates of use of that substance. These associations are co-relational and thus, we can only determine whether or not they move together in time, but we cannot know whether one factor causes another.

Figure 10 presents trends in two weeks binge drinking, past month binge drinking and any past year drinking by students, as well as reported alcohol availability, perceptions of risk of harm from daily drinking, and disapproval of daily drinking, from 1998 to 2010. In general, alcohol used increased as reported ease of availability increased, while perceptions of risk and disapproval of drinking gradually decreased. These temporal relationships are mostly evident between the years 2000 and 2006.

**FIGURE 10: THE RELATIONSHIP OVER TIME BETWEEN DRINKING BEHAVIOURS, ALCOHOL AVAILABILITY, RISK PERCEPTION AND DISAPPROVAL OF ALCOHOL, CISDUS 1998-2010**



Source: CISDUS 2010, Cayman Islands National Drug Council

**COMPARISON WITH OTHER STUDENT SURVEYS<sup>5</sup>**

In this section, we compare the 2010 CISDUS alcohol-related findings with those from similar school surveys in order to gain some perspective as to the extent of drinking among Cayman Islands students'. Table 11 compares several alcohol-related behaviours and problems among students in grades 8, 10 and 12 in the Cayman Islands, Ontario (Canada), the United States and Barbados.

Generally, past year drinking among students in the Cayman Islands is relatively lower than students surveyed in Ontario (Canada), but similar to students in the United States and Barbados. The past-month prevalence is lower among students in the Cayman Islands compared to students in the United States and Barbados. The rates of binge drinking for 8th - graders are different across the four regions: Cayman Islands reported the highest rate (22.2%). Tenth graders in the Cayman Islands (39.5%) were more likely to binge drink compared to Canadian (25.9%) and American (17.5%). Twelfth graders in the Cayman Islands (52.7%) were more likely to binge drink compared to their Canadian counterparts (48.5%), or to their American counterparts (25.2%).

*Table 11: Alcohol-Related Behaviors for Grades 8, 10, and 12: Comparing the 2010 CISDUS, 2009 OSDUS, 2009 MTF and 2006 SIDUC (Barbados) Survey Findings*

|                     | Grade 8     |            |          |            | Grade 10    |            |          |            | Grade 12    |            |          |            |
|---------------------|-------------|------------|----------|------------|-------------|------------|----------|------------|-------------|------------|----------|------------|
|                     | 2010 CISDUS | 2009 OSDUS | 2009 MTF | 2006 SIDUC | 2010 CISDUS | 2009 OSDUS | 2009 MTF | 2006 SIDUC | 2010 CISDUS | 2009 OSDUS | 2009 MTF | 2006 SIDUC |
| Past Year Drinking  | 20.7        | 36.5       | 30.3     | 33.2       | 50.2        | 64.5       | 52.8     | 62.6       | 65.8        | 82.6       | 66.2     | 64.4       |
| Past Month Drinking | 9.9         | n/a        | 14.9     | 16.8       | 30.9        | n/a        | 30.4     | 40.5       | 43.2        | n/a        | 43.5     | 41.5       |
| Binge Drinking      | 22.2        | 5.1        | 7.8      | n/a        | 39.5        | 25.9       | 17.5     | n/a        | 52.7        | 48.5       | 25.2     | n/a        |

Source: CISDUS 2010, Cayman Islands National Drug Council

<sup>5</sup> Notes: (1) OSDUS is the Ontario Student Drug Use Survey, which was conducted in Ontario, Canada; MTF is the Monitoring the Future survey, which was conducted across the USA; SIDUC is the Inter-American System of Uniform Drug-Use Data, which was conducted in Barbados in 2006. (2) The time frame for binge drinking is past month for the OSDUS and SIDUC, and the past 2 weeks for the CISDUS and MTF.

## C. OVERVIEW OF TOBACCO USE IN 2010

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### Lifetime Smoking, 2010 CISDUS

As seen in Figure 9, more than one-quarter (28.4%) of Cayman Island students in grades 7 to 12 have smoked at least one tobacco cigarette in their lifetime.

Males (29%) and females (28%) reported smoking in their lifetime. There were significant differences by grade levels for lifetime smoking, ranging from a low of 8.7% among 7<sup>th</sup> graders to a high of 45.9% among 12<sup>th</sup>-graders.

Despite some variation among the districts, there were no significant differences, except for East End students, that reported the highest prevalence (40.6%).

### Past Year Smoking, 2010 CISDUS

Overall, 14.4% of Cayman Islands students reported smoking tobacco cigarettes during the 12 months before the survey (Figure 9).

Males and females reported similar past year prevalence (14.2% vs. 14.8%, respectively). Rates significantly increased with grade, from 3.2% of 7<sup>th</sup>- graders up to 24.1% of 12<sup>th</sup>-graders.

Despite some variation, there was no significant difference by district.

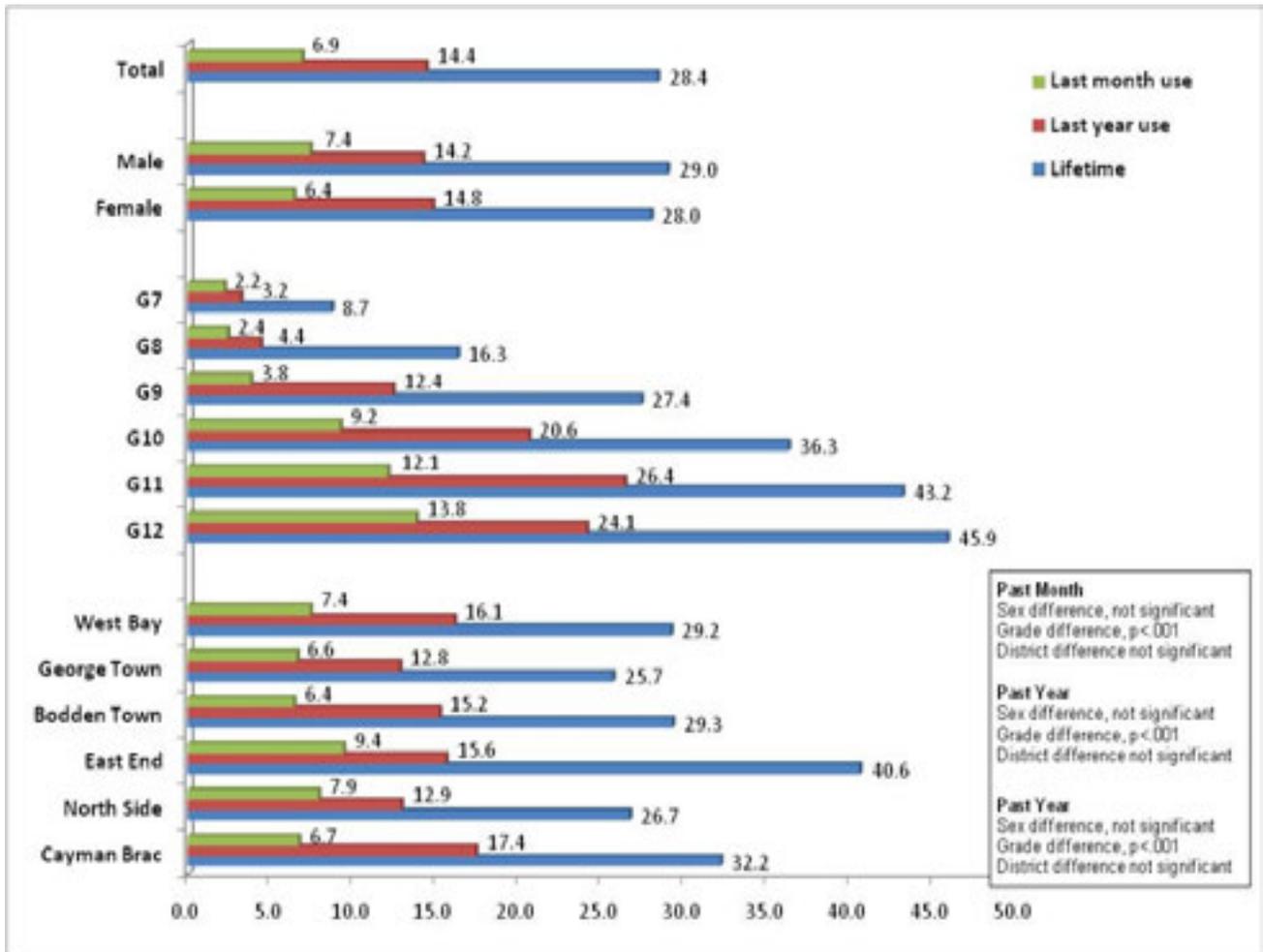
### Past Month Smoking, 2010 CISDUS

Overall, 6.9% of students reported smoking tobacco cigarettes during the four weeks before the survey (Figure 9).

Slightly more males compared to females (7.4% vs. 6.4%) reported past month smoking. Rates significantly increase with grade, from 2.2% of 7<sup>th</sup>-graders up to 13.8% of 12<sup>th</sup>-graders.

Again, there was no significant difference by district.

**FIGURE 9: PERCENTAGE OF STUDENTS REPORTING PAST MONTH, PAST YEAR, AND LIFETIME SMOKING, BY SEX, GRADE AND DISTRICT, 2010 CISDUS**



Source: CISDUS 2010, Cayman Islands National Drug Council

### TRENDS IN PAST YEAR SMOKING, 1998-2010

Past year tobacco smoking decreased from 8.5% in 1998 to 14.4% in 2010, although the decrease mainly occurred between 1998 and 2000 (5.9%) and rates have subsequently remained stable since then, except in 2010 where there was a notable increase (see Table 12).

**Sex:** Past year smoking among males did not significantly change over time, remaining between 7% and 9%. However, smoking among females was significantly higher in 2010

compared to 1998 (14.8 % vs. 8.4%, respectively). Smoking among males was also significantly higher in 2010 compared to 1998 (14.2% vs. 8.6%).

- Grade:** 7th-graders showed a significant decline in smoking between 1998 (2.3%) and 2000 (0.5%), remained steady in 2002 (0.5%), but then significantly increased in 2006 (3.3%) and 2010 (3.2%). Past year smoking was significantly lower in 2006 compared to 1998 but increased significantly in 2010 among 9<sup>th</sup>-graders (3.4% vs 8.3% vs. 12.4%, respectively), as well as among 10<sup>th</sup> -graders (10.1% vs. 8.0% vs. 20.6%), 11<sup>th</sup>-graders (10.7% vs. 17.7% vs. 26.4%) and 12<sup>th</sup>-graders (11.4% vs. 15.2% vs. 24.4%).
- District:** Students in all districts reported a significant increase in 2010, comparing the previous years. Students from East End and Bodden Town reported significant increases, from 4.3% in 1998 to 15.6% in 2010 and from 5.7% in 1998 to 15.2% in 2010, respectively.

Table 12: Trends in Past Year Tobacco Smoking (%) by Sex, Grade, and District, 1998-2010 CISDUS

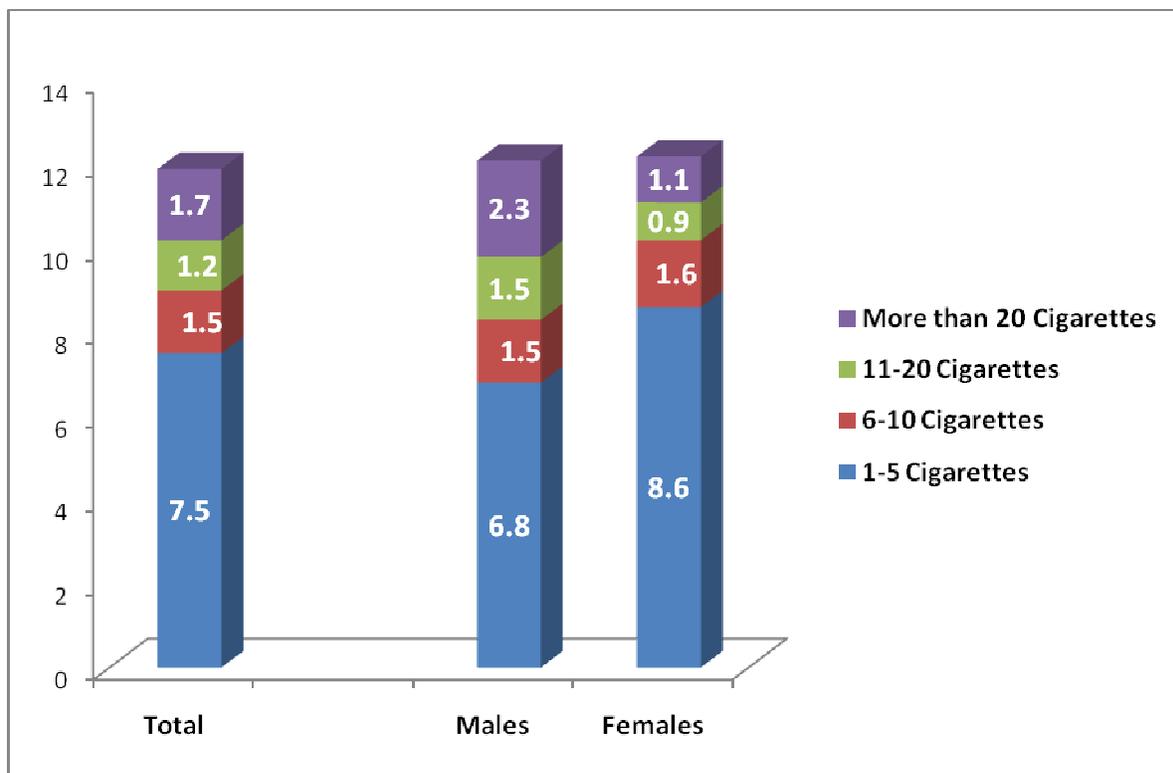
|                 |                    | Year | 1998   | 2000   | 2002   | 2006   | 2010   |
|-----------------|--------------------|------|--------|--------|--------|--------|--------|
|                 |                    | N    | (1919) | (2152) | (2180) | (2451) | (2612) |
| <b>Total</b>    |                    |      | 8.5    | 5.9    | 6.7    | 6.8    | 14.4   |
| <b>Gender</b>   | <b>Male</b>        |      | 8.6    | 6.7    | 7.3    | 7.9    | 14.2   |
|                 | <b>Female</b>      |      | 8.4    | 5.2    | 6.1    | 5.7    | 14.8   |
| <b>Grade</b>    | <b>Grade 7</b>     |      | 2.3    | 0.5    | 0.5    | 3.3    | 3.2    |
|                 | <b>Grade 8</b>     |      | 4.0    | 2.7    | 1.2    | 2.4    | 4.4    |
|                 | <b>Grade 9</b>     |      | 8.3    | 2.0    | 5.9    | 3.4    | 12.4   |
|                 | <b>Grade 10</b>    |      | 10.1   | 7.9    | 9.0    | 8.0    | 20.6   |
|                 | <b>Grade 11</b>    |      | 17.7   | 9.6    | 13.1   | 10.7   | 26.4   |
|                 | <b>Grade 12</b>    |      | 11.4   | 14.9   | 14     | 15.2   | 24.4   |
| <b>District</b> | <b>West Bay</b>    |      | 10.6   | 5.8    | 5.6    | 6.7    | 16.1   |
|                 | <b>George Town</b> |      | 8.4    | 6.1    | 7.6    | 6.3    | 12.8   |
|                 | <b>Bodden Town</b> |      | 5.7    | 5.2    | 7.5    | 8.2    | 15.2   |
|                 | <b>East End</b>    |      | 4.3    | 2.6    | 2.6    | 4.2    | 15.6   |
|                 | <b>North Side</b>  |      | 10.8   | 9.1    | 6.7    | 4.9    | 12.9   |
|                 | <b>Cayman Brac</b> |      | 11.8   | 5.0    | 5.0    | 6.6    | 17.4   |

Source: CISDUS 2010, Cayman Islands National Drug Council

**USUAL NUMBER OF CIGARETTES SMOKED IN THE PAST MONTH (AMONG SMOKERS)**

Among smokers in 2010 (N=743), 7.5% of the students reported smoking between 1 to 5 cigarettes in the past month (see Figure 10). About 1.5% smoked 6 to 10 cigarettes, 1.2% smoked 11 to 20 cigarettes, and 1.7% smoked more than 20 cigarettes in the past month. There was a significant sex difference, with females more likely to smoke more cigarettes. For example, 8.6% of female smokers smoked 1 – 5 cigarettes in the past month compared to 6.4% of male smokers. There was no significant variation by grade, or by district regarding amounts of cigarettes smoked daily (data not presented).

**FIGURE 10: PERCENTAGE OF SMOKERS (N=743) REPORTING USUAL NUMBER OF CIGARETTES SMOKED DURING THE PAST MONTH, BY SEX, 2010 CISDUS**



Source: CISDUS 2010, Cayman Islands National Drug Council

## NEW SMOKERS AND EARLY ONSET OF SMOKING

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### New Smokers, 2010

“New smokers” refers to those students who smoked their first whole cigarette during the past 12 months. In 2010, 6.4% of students smoked their first whole cigarette during the past year (Table 13). There was a significant difference between males (5.7%) and females (7.5%).

There was also significant grade variation, with an increase in new smokers occurring between grades 9 and 10 (from 7.1% to 8.5%) and again in grade 12 (9.0%). Among districts, students from West Bay, East End and Cayman Brac reported the highest prevalence of new smokers in the last year.

### Trend Among New Smokers, 1998-2010

The percentage of students that became new smokers in 2010 is significantly lower than the percentage found in 1998 (6.4% vs. 10.4%, respectively).

- ✚ **Sex:** Females showed a small, but significant, decline in the percentage of new smokers in 2010 (7.5%) compared to 1998 (10.0%).
- ✚ **Grade:** 7<sup>th</sup>-graders showed an increase in the percentage of new smokers between 2002 and 2006 (from 1.9% up to 4.6%), but in 2010 the proportion decreased to 3.4%. 8<sup>th</sup>-graders showed a decrease between 1998 (8.2%) and 2010 (3.4%), and 9<sup>th</sup>-graders showed an increase in 2010 (7.1%). 10<sup>th</sup>-, 11<sup>th</sup>-, and 12<sup>th</sup> -graders reported decreases over the years.
- ✚ **District:** Proportions of new smokers in George Town, Bodden Town, East End and North Side showed a decrease, but in Cayman Brac the number of new smokers in the last year increased.

Table 13: Trends in the Percentage of New Smokers during the Past Year by Sex, Grade, and District, 1998-2010 CISDUS

| Year            |                    | 1998   | 2000   | 2002   | 2006   | 2010   |
|-----------------|--------------------|--------|--------|--------|--------|--------|
| N               |                    | (1888) | (2125) | (2157) | (2430) | (2612) |
| <b>Total</b>    |                    | 10.4   | 7.4    | 9.5    | 8.1    | 6.4    |
| <b>Gender</b>   | <b>Male</b>        | 10.7   | 6.9    | 10.0   | 8.8    | 5.7    |
|                 | <b>Female</b>      | 10.0   | 8.0    | 9.1    | 7.6    | 7.5    |
| <b>Grade</b>    | <b>Grade 7</b>     | 5.7    | 2.0    | 1.9    | 4.6    | 3.4    |
|                 | <b>Grade 8</b>     | 8.2    | 4.4    | 4.1    | 4.0    | 3.4    |
|                 | <b>Grade 9</b>     | 11.7   | 10.5   | 10.7   | 5.2    | 7.1    |
|                 | <b>Grade 10</b>    | 11.4   | 9.7    | 12.1   | 9.0    | 8.5    |
|                 | <b>Grade 11</b>    | 13.7   | 7.5    | 17.0   | 12.6   | 8.3    |
|                 | <b>Grade 12</b>    | 13.9   | 11.9   | 15.0   | 14.7   | 9.0    |
| <b>District</b> | <b>West Bay</b>    | 10.5   | 8.2    | 9.0    | 8.7    | 8.8    |
|                 | <b>George Town</b> | 10.2   | 8.2    | 9.3    | 7.6    | 5.1    |
|                 | <b>Bodden Town</b> | 9.0    | 5.8    | 10.8   | 8.5    | 5.9    |
|                 | <b>East End</b>    | 14.7   | 6.7    | 11.7   | 11.5   | 8.3    |
|                 | <b>North Side</b>  | 8.0    | 5.6    | 11.0   | 9.5    | 5.9    |
|                 | <b>Cayman Brac</b> | 14.2   | 5.0    | 8.0    | 4.8    | 7.4    |

Source: CISDUS 2010, Cayman Islands National Drug Council

### Early Onset of Smoking

One important predictor of future smoking dependence is early onset of smoking. “Early age” of smoking onset is defined here as having smoked a whole cigarette between the ages of 6 and 11 years. In 2010, about 32.8% of lifetime smokers (N=743) in all grades reported early onset—these students had smoked their first cigarette between the ages of 6 and 11 years. Also in 2010, the average age of smoking onset among all students reporting “ever smoked” was 12 years.

### PERCEPTIONS ABOUT DAILY SMOKING: AVAILABILITY AND RISK

Research shows that students’ attitudes and beliefs about substances correlate with both increases and decreases in rates of substance use over time, although there may be a lag effect.

**Perceived Tobacco Availability, 2010**

In this section, we present the percentage reporting that it is “easy” or “very easy” to get tobacco. In 2010, 34.5% of all students in grades 7 to 12 reported that it is “easy” or “very easy” to obtain tobacco (Table 14). There was no significant difference between male (37.2%) and female (32.1%) students. Availability significantly increased with grade, from 10.5% of 7<sup>th</sup>-graders to 52.1% of 12<sup>th</sup>-graders reporting that it is easy or very easy to obtain tobacco. There was also significant variation by district, with students in East End and West Bay more likely to report easy availability of tobacco (about 41%).

*Table 14: Percentage of Students Reporting it is “Easy” or “Very Easy” to Obtain Tobacco by Sex, Grade, and District, 1998-2010 CISDUS*

| Year   | 2010   | Grade    |      | District    |      |
|--------|--------|----------|------|-------------|------|
| N      | (2612) | Grade 7  | 10.5 | West Bay    | 40.4 |
| Total  | 34.5   | Grade 8  | 18.6 | George Town | 33.2 |
| Gender |        | Grade 9  | 31.0 | Bodden Town | 33.2 |
| Male   | 37.2   | Grade 10 | 48.1 | East End    | 41.7 |
| Female | 32.1   | Grade 11 | 50.1 | North Side  | 21.8 |
|        |        | Grade 12 | 52.1 | Cayman Brac | 34.1 |

Source: CISDUS 2010, Cayman Islands National Drug Council

**Perceptions of Risk**

Students were asked how much risk they thought smoking one or more packs of cigarettes per day poses to one’s health and well-being. Table 15 presents the percentage of students who perceive “great risk” of harm to one’s health from daily smoking. In 2010, 46.4% of all students perceive daily smoking as a great risk of harm. There was a sex difference, with females more likely than males to perceive a great risk (51.4% vs. 40.9%, respectively). Perception of great risk increased with grade, from a low of 31.9% among 7<sup>th</sup>-graders up to 66.6% of 12<sup>th</sup>-graders. There was a significant difference among districts, with students in East End (40.6%) least likely to believe daily smoking is a great risk, whereas those in Cayman Brac were most likely (49.7%).

Compared to the percentage found in 1998, the percentage of students in 2010 who believed daily smoking to be a great risk of harm was significantly lower (57.0% vs. 46.4%, respectively). There was also significant change in perceived risk between 2002 (50.2%) and 2006 (46.4%).

Table 15: Trends in the Percentage of Students Reporting a “Great Risk” to Smoking One or More Packs of Cigarettes per Day, by Sex, Grade, and District, 1998-2010 CISDUS

|                 |                    | Year | 1998   | 2000   | 2002   | 2006   | 2010   |
|-----------------|--------------------|------|--------|--------|--------|--------|--------|
|                 |                    | N    | (1826) | (2043) | (2014) | (2307) | (2612) |
| <b>Total</b>    |                    |      | 57.0   | 53.4   | 50.2   | 52.2   | 46.4   |
| <b>Gender</b>   | <b>Male</b>        |      | 51.3   | 47.7   | 44.6   | 48.4   | 40.9   |
|                 | <b>Female</b>      |      | 62.4   | 59.0   | 55.0   | 55.9   | 51.4   |
| <b>Grade</b>    | <b>Grade 7</b>     |      | 45.3   | 40.6   | 38.7   | 40.7   | 31.9   |
|                 | <b>Grade 8</b>     |      | 50.0   | 42.2   | 39.4   | 43.7   | 39.9   |
|                 | <b>Grade 9</b>     |      | 57.3   | 54.5   | 42.5   | 51.6   | 44.6   |
|                 | <b>Grade 10</b>    |      | 59.9   | 56.2   | 52.4   | 51.7   | 48.7   |
|                 | <b>Grade 11</b>    |      | 62.2   | 62.7   | 63.0   | 62.2   | 52.5   |
|                 | <b>Grade 12</b>    |      | 74.9   | 66.7   | 69.1   | 66.2   | 66.6   |
| <b>District</b> | <b>West Bay</b>    |      | 55.2   | 55.4   | 54.7   | 55.2   | 47.3   |
|                 | <b>George Town</b> |      | 57.2   | 55.9   | 51.1   | 53.8   | 45.3   |
|                 | <b>Bodden Town</b> |      | 61.0   | 50.2   | 49.2   | 50.9   | 48.6   |
|                 | <b>East End</b>    |      | 53.1   | 43.6   | 37.1   | 31.0   | 44.8   |
|                 | <b>North Side</b>  |      | 54.2   | 63.5   | 47.0   | 47.3   | 40.6   |
|                 | <b>Cayman Brac</b> |      | 50.5   | 40.8   | 40.6   | 51.9   | 49.7   |

Source: CISDUS 2010, Cayman Islands National Drug Council

## COMPARISON WITH OTHER STUDENT SURVEYS

In this section, we compare the 2010 CISDUS tobacco-related findings with those from similar school surveys<sup>6</sup> in order to gain some perspective as to the extent of smoking among Cayman Islands students. Table 16 compares indicators among students in grades 8, 10 and 12 in the Cayman Islands, Ontario (Canada) and Barbados. Cayman Islands 8<sup>th</sup>- graders were more likely to smoke, regardless of the smoking measure used when compared to 8<sup>th</sup>-graders in Ontario. They were however less likely to smoke than 8<sup>th</sup>-graders in Barbados. Among 10<sup>th</sup>-graders, Cayman Islands students were more likely to use cigarettes in the past year, than 10<sup>th</sup>-graders from Canada and Barbados. Among 12<sup>th</sup>-graders, students from Cayman Islands and Canada were more likely to use cigarettes than students from Barbados.

<sup>6</sup> Notes: (1) OSDUS is the Ontario Student Drug Use Survey, which was conducted in Ontario, Canada; and SIDUC is the Inter-American System of Uniform Drug-Use Data, which was conducted in Barbados in 2006.

Students from Cayman Islands reported a high past month prevalence compared to students from Barbados.

*Table 16: Smoking-Related Behaviors for Grades 8, 10, and 12: Comparing the 2006 CISDUS, 2005 OSDUS, and 2006 SIDUC (Barbados) Survey Findings*

|                    | Grade 8     |            |            | Grade 10    |            |            | Grade 12    |            |            |
|--------------------|-------------|------------|------------|-------------|------------|------------|-------------|------------|------------|
|                    | 2010 CISDUS | 2009 OSDUS | 2006 SIDUC | 2010 CISDUS | 2009 OSDUS | 2006 SIDUC | 2010 CISDUS | 2009 OSDUS | 2006 SIDUC |
| Past Year Smoking  | 4.4         | 3.8        | 6.3        | 20.6        | 14.8       | 8.7        | 24.1        | 19.8       | 7.6        |
| Past Month Smoking | 2.4         | n/a        | 4.0        | 9.2         | n/a        | 3.9        | 13.8        | n/a        | 2.5        |

Source: CISDUS 2010, Cayman Islands National Drug Council

## d. OVERVIEW OF GANJA USE IN 2010

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### **Lifetime Ganja Use, 2010 CISDUS**

As a prevalence measure, ganja remains the second most common drug used among the student population, with 20.1% reporting lifetime use. As shown in Figure 11, lifetime use of ganja significantly varied by sex (23.3% of males vs. 17% of females).

As expected, there were significant increases in lifetime ganja prevalence as grade levels increased—ranging from 3.6% of 7<sup>th</sup>-graders up to 35.5% of 12<sup>th</sup>-graders. Among the districts, about one-fifth of the students in all districts reported having smoke ganja in their lifetime, including students in Cayman Brac.

### **Past Year Ganja Use, 2010 CISDUS**

During the past year prior to the survey, 12.8% all students reported smoking ganja at least once, (Figure 11). There was a significant difference in past year ganja use between males (15.1%) and females (10.8%).

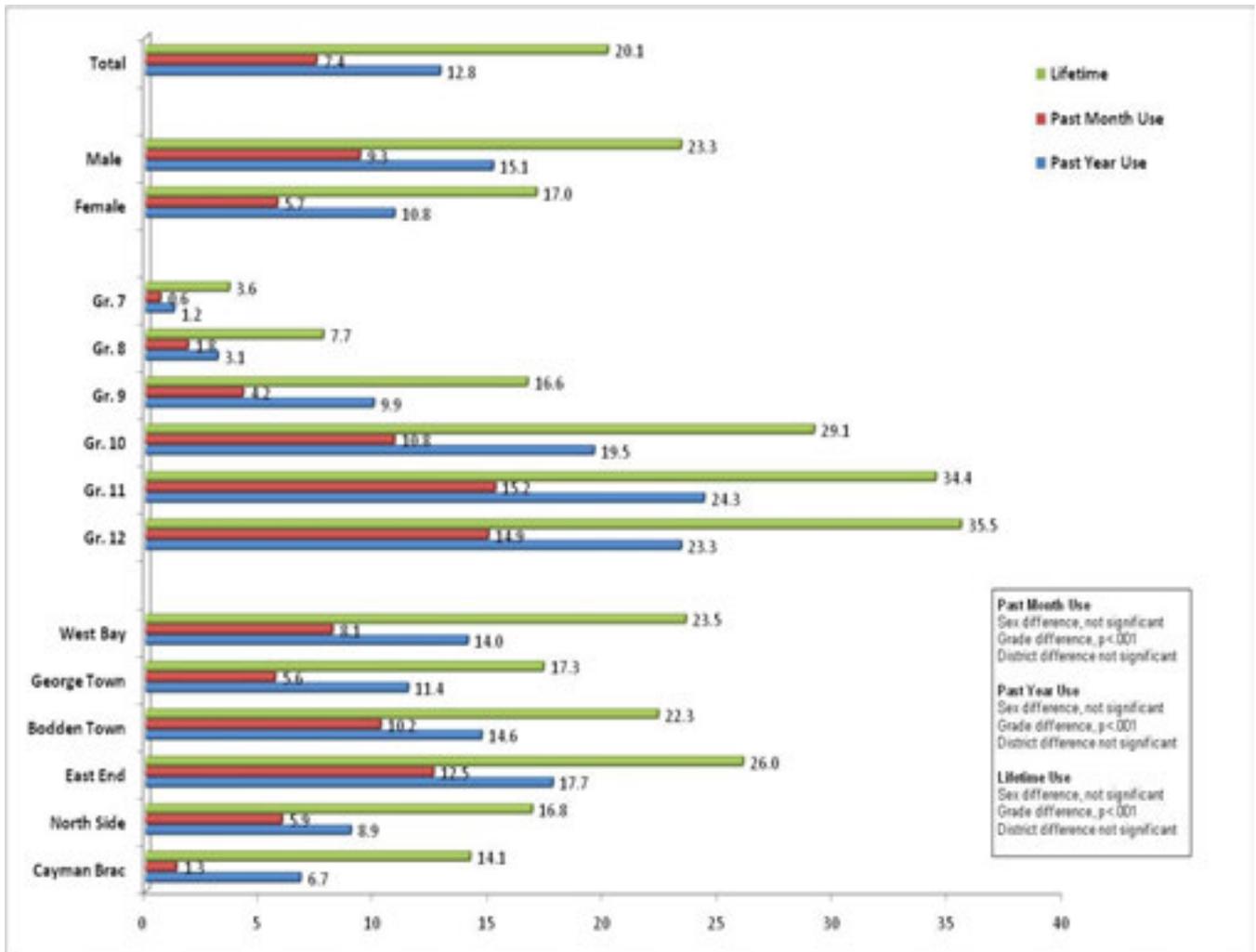
However, the likelihood of past year ganja use significantly increased with grade, from 1.2% of 7<sup>th</sup>-graders up to 24.2% of 12<sup>th</sup>-graders. There were also significant differences among the districts, with students in East End most likely (about 17.7%) to have used ganja in the past year, followed by students in Bodden Town (14.6%) and West Bay (14%), whereas those in Cayman Brac (6.7%) were least likely.

### **Past Month Ganja Use, 2010 CISDUS**

Just a few (7.4%) students reported ganja use at least once in the month (4 weeks) prior to the survey (Figure 11). Again, there was a slight difference by sex (9.3% of males compared to 5.7% of females).

The grade variation was significant, ranging from 0.6% of 7<sup>th</sup>-graders up to 15.5% of 12<sup>th</sup>-graders. There were also significant differences among the districts, with students in East End most likely (about 12.5%) to have used ganja in the past year, followed by students in Bodden Town (10.2%) and West Bay (8.1%), whereas those in Cayman Brac (1.3%) were least likely.

**FIGURE 11: PERCENTAGE OF STUDENTS REPORTING PAST MONTH, PAST YEAR, AND LIFETIME GANJA USE, BY SEX, GRADE AND DISTRICT, 2010 CISDUS**



Source: CISDUS 2010, Cayman Islands National Drug Council

**TRENDS IN PAST YEAR GANJA USE, 1998-2010**

In 2010, 12.8% of students reported ganja use during the year before the survey. Past year ganja use significantly increased since 1998, from a low of 6.6%, increasing to 7.2% in 2000; 9.5% in 2002; remained stable in 2006 (9.7%) and increasing in 2010 to 12.8% (Table 17).

**Sex:** Past year ganja use varied over time for both males and females. The rate for males in 2010 (15.1%) was significantly higher than that in 1998 (8.5%), 2002 (11.8%) and 2006

(12.9%). The rate for females in 2010 (10.8%) was higher than 1998 (4.7%), 2000 (6.1%), 2002 (7.4%) and 2006 (6.4%).

**Grade:** Compared to 1998 rates, past year ganja use was significantly higher in 2010 and very similar in 2000, 2002 and 2006 for students in 10, 11 and 12 grades. For 7<sup>th</sup>-graders, rates were similar in 2000 and 2010. Students from 8<sup>th</sup> and 9<sup>th</sup> grades had similar rates along the time.

**District:** Between 1998 and 2010 increases were found to be significant for East End, Bodden Town, and West Bay.

Table 17: Trends in Past Year Ganja Use (%) by Sex, Grade, and District, 1998-2010 CISDUS

|                 | Year               | 1998   | 2000   | 2002   | 2006   | 2010   |
|-----------------|--------------------|--------|--------|--------|--------|--------|
|                 | N                  | (1946) | (2186) | (2187) | (2451) | (2612) |
| <b>Total</b>    |                    | 6.6    | 7.2    | 9.5    | 9.7    | 12.8   |
| <b>Gender</b>   | <b>Male</b>        | 8.5    | 8.3    | 11.8   | 12.9   | 15.1   |
|                 | <b>Female</b>      | 4.7    | 6.1    | 7.4    | 6.4    | 10.8   |
| <b>Grade</b>    | <b>Grade 7</b>     | 1.7    | 1.2    | 1.9    | 2.4    | 1.2    |
|                 | <b>Grade 8</b>     | 2.9    | 2.4    | 3.6    | 3.8    | 3.1    |
|                 | <b>Grade 9</b>     | 5.8    | 5.3    | 6.5    | 6.0    | 9.9    |
|                 | <b>Grade 10</b>    | 6.4    | 9.4    | 13.9   | 13.1   | 19.5   |
|                 | <b>Grade 11</b>    | 14.0   | 10.9   | 18.8   | 16.8   | 24.3   |
|                 | <b>Grade 12</b>    | 11.9   | 16.0   | 16.6   | 18.4   | 23.3   |
| <b>District</b> | <b>West Bay</b>    | 10.6   | 6.8    | 10.1   | 9.9    | 14.0   |
|                 | <b>George Town</b> | 6.5    | 7.6    | 9.8    | 10.0   | 11.4   |
|                 | <b>Bodden Town</b> | 3.9    | 7.1    | 10.0   | 9.9    | 16.4   |
|                 | <b>East End</b>    | 5.7    | 7.8    | 3.8    | 12.1   | 17.7   |
|                 | <b>North Side</b>  | 4.0    | 7.8    | 6.8    | 6.0    | 8.9    |
|                 | <b>Cayman Brac</b> | 4.5    | 3.9    | 10.0   | 5.4    | 6.7    |

Source: CISDUS 2010, Cayman Islands National Drug Council

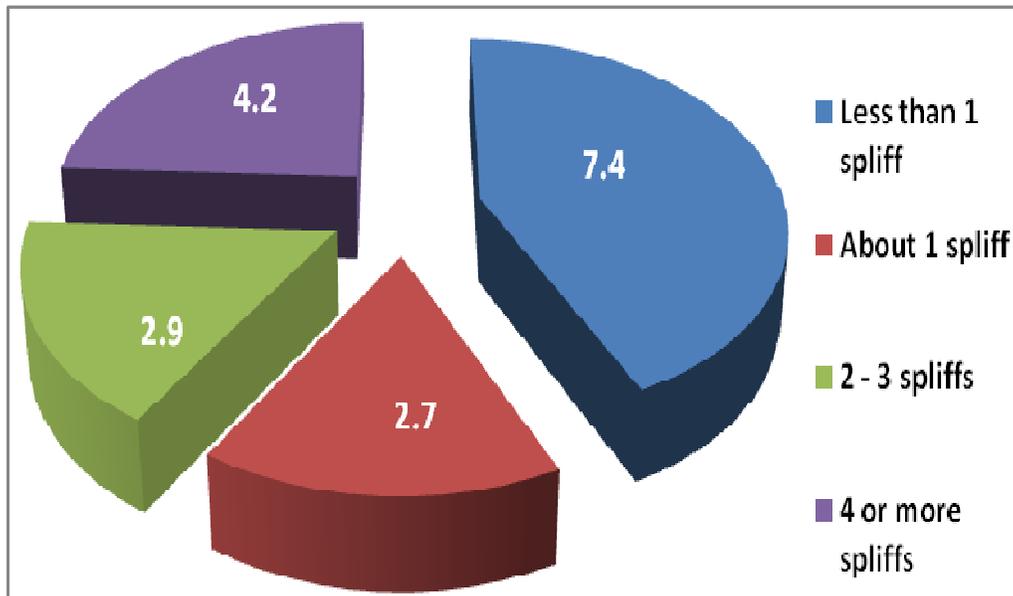
**FREQUENCY OF USE OF GANJA**

Among the students that report ganja use (n=525), 7.3% admitted having used ganja only once in their lifetime; 4.4% admitted using it sometimes in the past 12 months; 2.6% used it sometimes during the week; 2.6 used it daily and 2.5% admitted using it sometimes during the month.

**Past Month Frequency**

A small percentage of students (7.4%) admitted having used less than 1 spliff of ganja in the month before the survey. Another small proportion (4.2%) admitted having used 4 or more spliffs of ganja during the same period of time.

**FIGURE 12: PERCENTAGE OF STUDENTS REPORTING NUMBER OF SPLIFFS USED IN THE PAST MONTH, 2010 CISDUS**

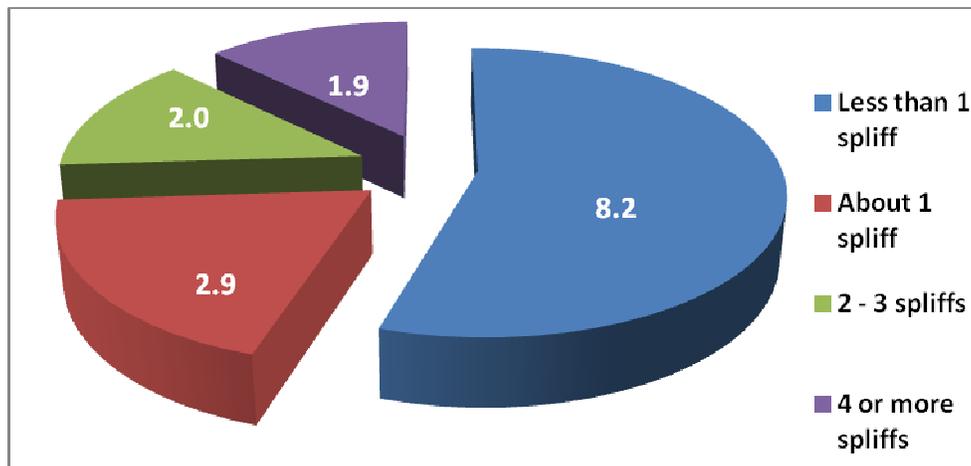


Source: CISDUS 2010, Cayman Islands National Drug Council

**Daily Frequency**

As well as past month frequency, a notable proportion of students (8.2%) reported having used less than 1 spliff of ganja every day, followed by 2.9% of students that reported having used 1 spliff of ganja daily.

**FIGURE 13: PERCENTAGE OF STUDENTS REPORTING NUMBER OF SPLIFFS USED DAILY, 2010 CISDUS**



Source: CISDUS 2010, Cayman Islands National Drug Council

**NEW GANJA USERS AND EARLY ONSET**

**New Ganja Users**

“New ganja users” refers to the number of first time ganja users over the past 12 months. In Table 18, the overall trend showed a decrease in new users from 6.9% in 2006 to 6.7% in 2010. In 2010, males (7.4%) reported a slightly higher prevalence of ganja use compared to females (6.1%).

The percentage of new male users increased from 6.5% in 1998 to 9.0% in 2006 but decreased in 2010 (7.4%); among females, use increased from 3.8% in 1998 to 6.1% in 2010. It is important to note that variations in the proportions of first time users by grade levels were not statistically significant.

Among districts, there was a slight increase in new users in East End (from 8.3% in 2006 to 11.5% in 2010).

Table 18: *New Ganja Users in the Past 12 Months, 1998-2010 CISDUS*

| Year            |                    | 1998   | 2000   | 2002   | 2006   | 2010   |
|-----------------|--------------------|--------|--------|--------|--------|--------|
| N               |                    | (1946) | (2186) | (2187) | (2451) | (2612) |
| <b>Total</b>    |                    | 5.1    | 4.8    | 5.9    | 6.9    | 6.7    |
| <b>Gender</b>   | <b>Male</b>        | 6.5    | 5.4    | 7.2    | 9.0    | 7.4    |
|                 | <b>Female</b>      | 3.8    | 4.2    | 4.8    | 4.8    | 6.1    |
| <b>Grade</b>    | <b>Grade 7</b>     | 2.1    | 0.5    | 1.2    | 2.2    | 1.2    |
|                 | <b>Grade 8</b>     | 2.4    | 4.3    | 1.9    | 3.1    | 2.6    |
|                 | <b>Grade 9</b>     | 4.6    | 4.5    | 5.6    | 5.7    | 6.8    |
|                 | <b>Grade 10</b>    | 6.4    | 6.2    | 9.3    | 9.3    | 10.1   |
|                 | <b>Grade 11</b>    | 8.9    | 6.6    | 10.7   | 10.8   | 11.9   |
|                 | <b>Grade 12</b>    | 7.7    | 7.5    | 9.1    | 10.7   | 9.5    |
| <b>District</b> | <b>West Bay</b>    | 6.4    | 4.5    | 6.8    | 7.2    | 8.3    |
|                 | <b>George Town</b> | 5.4    | 4.8    | 5.3    | 7.1    | 5.4    |
|                 | <b>Bodden Town</b> | 3.4    | 5.7    | 6.7    | 6.7    | 7.4    |
|                 | <b>East End</b>    | 5.9    | 2.6    | 5.2    | 8.3    | 11.5   |
|                 | <b>North Side</b>  | 2.7    | 5.3    | 4.1    | 7.1    | 5.9    |
|                 | <b>Cayman Brac</b> | 4.7    | 3.2    | 5.8    | 3.7    | 2.0    |

Source: CISDUS 2010, Cayman Islands National Drug Council

### Early Onset of using Ganja

One important predictor of future ganja dependence is early onset of ganja use. “Early age” of ganja use onset is defined here as having used ganja between the ages of 6 and 11 years. In 2010, about 16.8% of lifetime ganja users (N=525) in all grades reported early onset—they had used ganja between the ages of 6 and 11 years. In 2010, the average age of ganja use onset among all students reporting ever smoking ganja was 13 years.

## PERCEPTIONS ABOUT GANJA USE: AVAILABILITY, SOURCE, PLACE OF CONSUMPTION, RISK AND INTRODUCTION TO SUBSTANCE

### Perceived Ganja Availability 2010

In this section, we present the percentage reporting that it was “easy” or “very easy” to get ganja. In 2010, 35.6% of all students in grades 7 to 12 reported that it was “easy” or “very easy” to obtain ganja (Table 19).

Females were more likely than males to report easy access (41.4% vs. 38.5%). Perceived availability significantly increased with grade, from 11.8% of 7<sup>th</sup>-graders to 65.6% of 12<sup>th</sup>-graders reporting that it was easy or very easy to obtain ganja.

There was also significant variation by district, with students in East End, West Bay and Bodden Town most likely to report easy availability of ganja (about 46%).

### Trends in Availability, 1998-2010

The percentage of all students reporting easy ganja availability in 2010 (35.6%) was significantly higher than that found in the previous years.

**Sex:** Among the years, males were more likely than females to report easy availability, except in 2010 where the rates indicated that females were more likely to report easy availability than males.

**Grade:** Reported availability in 2010 was significantly higher compared to previous years. Among 7<sup>th</sup>-graders, there was a notable increase from 2006 (4.0%) to 2010 (11.8%).

Eighth and ninth graders showed a decrease between 1998 and 2006 but in 2010 the rates of availability increased notably. Reported availability among 10<sup>th</sup>-, 11<sup>th</sup>- and 12<sup>th</sup>-graders throughout the CISDUS years were constant, except in 2010 where the rates showed a significant increase.

**District:** Reported availability increased among all districts, mainly in East End (from 14.7% in 2000 to 48.8% in 2010) and North Side (from 19.4% in 2002 to 36.7% in 2010). West Bay, George Town, Bodden Town and Cayman Brac reported similar rates along the CISDUS series.

Table 19: Trends in the Percentage of Students Reporting it is “Easy” or “Very Easy” to Obtain Ganja by Sex, Grade, and District, 1998-2010 CISDUS

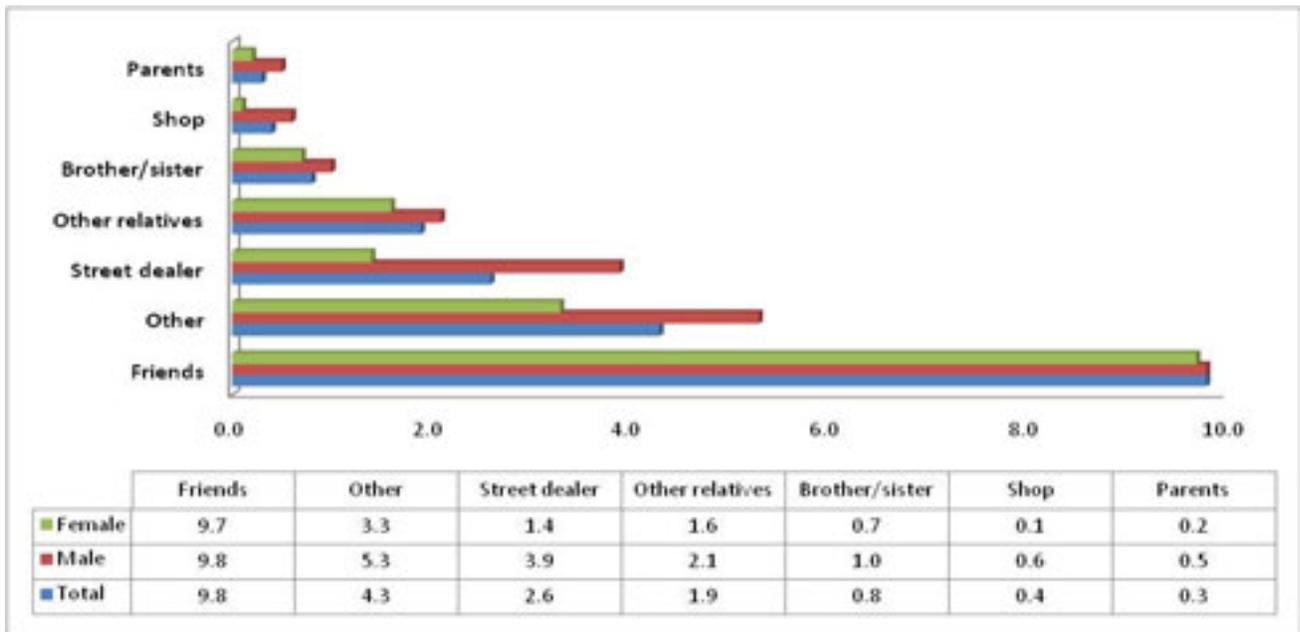
|                 | Year               | 1998   | 2000   | 2002   | 2006   | 2010   |
|-----------------|--------------------|--------|--------|--------|--------|--------|
|                 | N                  | (1946) | (2186) | (2187) | (2451) | (2612) |
| <b>Total</b>    |                    | 26.2   | 26.9   | 29.2   | 26.0   | 35.6   |
| <b>Gender</b>   | <b>Male</b>        | 28.4   | 31.2   | 31.2   | 28.8   | 38.5   |
|                 | <b>Female</b>      | 24.4   | 23.0   | 27.5   | 23.4   | 41.4   |
| <b>Grade</b>    | <b>Grade 7</b>     | 4.7    | 2.9    | 3.9    | 4.0    | 11.8   |
|                 | <b>Grade 8</b>     | 13.5   | 8.8    | 11.1   | 9.0    | 16.9   |
|                 | <b>Grade 9</b>     | 21.6   | 21.0   | 18.6   | 17.0   | 35.3   |
|                 | <b>Grade 10</b>    | 29.3   | 31.1   | 38.7   | 30.9   | 53.1   |
|                 | <b>Grade 11</b>    | 48.8   | 47.2   | 52.5   | 47.7   | 62.2   |
|                 | <b>Grade 12</b>    | 50.7   | 55.6   | 58.9   | 52.6   | 65.6   |
| <b>District</b> | <b>West Bay</b>    | 31.6   | 28.5   | 33.3   | 26.4   | 47.4   |
|                 | <b>George Town</b> | 23.9   | 28.6   | 28.8   | 24.7   | 36.9   |
|                 | <b>Bodden Town</b> | 23.9   | 24.6   | 31.4   | 28.4   | 42.0   |
|                 | <b>East End</b>    | 25.4   | 14.7   | 23.2   | 34.5   | 48.8   |
|                 | <b>North Side</b>  | 34.7   | 25.3   | 19.4   | 24.3   | 36.7   |
|                 | <b>Cayman Brac</b> | 28.0   | 25.4   | 21.8   | 21.7   | 24.8   |

Source: CISDUS 2010, Cayman Islands National Drug Council

**Sources of Obtaining Ganja**

Students were also asked about how they usually get ganja. Of those who reported ganja use, about 9.8% said they got it from friends, 4.3% from "other" ways, 2.6% from street dealers, 1.9% from other relatives, 0.8% from brother/sister, 0.4% from the shop, and the remaining 0.3% obtained it from parents. There was no variation among gender: both males and females were equally likely to report getting ganja from their friends. (Figure 14).

**FIGURE 14: USUAL SOURCE OF GANJA BY SEX, 2010 CISDUS**

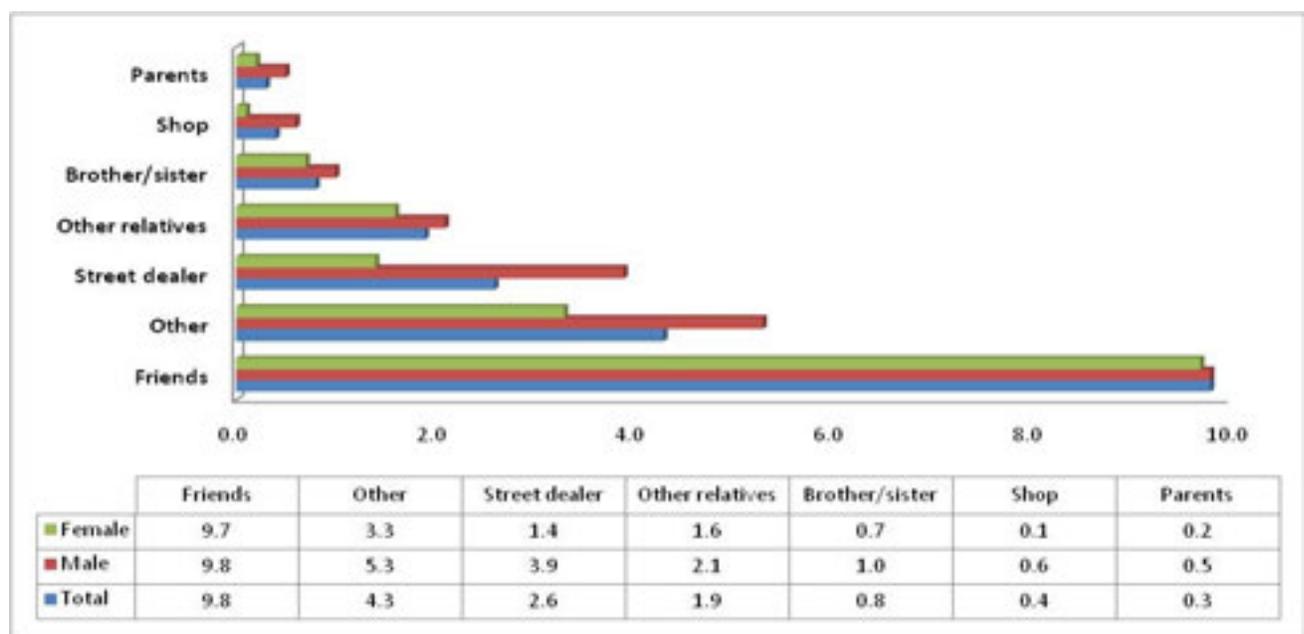


Source: CISDUS 2010, Cayman Islands National Drug Council

**Place of Consumption**

Students were also asked to indicate the place where they usually use ganja. Of those that use ganja, about 8.3% said it was used in “other” places, 5.1% used it at a friend’s house, 3.7% used it at home, 2.7% used it at special social events, 2.6% used it on the block, 0.7% used it at school and the remaining 0.4% said they used it at other sporting events. There was some variation by gender: both males and females were more likely to use ganja in “other” places. Males were more likely to use ganja at home and on the block while females were more likely to use ganja at home and other social events, (Figure 15).

**FIGURE 15: PLACE OF CONSUMPTION OF GANJA, 2010 CISDUS**



Source: CISDUS 2010, Cayman Islands National Drug Council

**Perception of Risk**

Students were asked how much risk they thought trying ganja once or twice poses to one’s health and well-being. Table 20 presents the percentage of students who perceive “no risk” of harm to one’s health from ganja use. In 2010, 17.9% of all students perceived that there was no risk of harm from trying ganja once or twice. There was a difference reported among sex—males were more likely than females to perceive ‘no risk’ (19.1% vs. 16.8%, respectively). Perception of no risk increased with grade, from a low of 14.7% among 7<sup>th</sup>-graders up to 23.9% of 12<sup>th</sup>-graders. There was also a significant difference among students from the various districts—those students in East End (25%) and North Side (20.8%) were most likely to perceive that trying ganja once or twice had no risk, whereas those in Cayman Brac were least likely (10.7%).

Compared to the previous years, the percentage of students in 2010 who perceived trying ganja once or twice posed 'great risk of harm' was significantly higher —(17.9% in 2010 compared to 12.3% in 2006). Perception of risk was stable between 1998 and 2006, but 2010 increased notably.

*Table 20: Trends in the Percentage of Students Reporting that Trying Ganja Once or Twice Poses "No Risk" of Harm by Sex, Grade, and District, 1998-2010 CISDUS*

|                 |                    | Year | 1998   | 2000   | 2002   | 2006   | 2010   |
|-----------------|--------------------|------|--------|--------|--------|--------|--------|
|                 |                    | N    | (1946) | (2186) | (2187) | (2451) | (2612) |
| <b>Total</b>    |                    |      | 12.5   | 11.6   | 11.9   | 12.3   | 17.9   |
| <b>Gender</b>   | <b>Male</b>        |      | 14.8   | 13.6   | 13.6   | 15.8   | 19.1   |
|                 | <b>Female</b>      |      | 10.1   | 9.7    | 10.8   | 9.7    | 16.8   |
| <b>Grade</b>    | <b>Grade 7</b>     |      | 13.5   | 11.2   | 10.7   | 10.1   | 14.7   |
|                 | <b>Grade 8</b>     |      | 11.7   | 11.6   | 10.7   | 8.0    | 13.2   |
|                 | <b>Grade 9</b>     |      | 8.4    | 7.0    | 10.6   | 12.3   | 14.3   |
|                 | <b>Grade 10</b>    |      | 9.5    | 10.7   | 13.3   | 12.8   | 20.4   |
|                 | <b>Grade 11</b>    |      | 17.6   | 17.1   | 14.8   | 16.4   | 23.0   |
|                 | <b>Grade 12</b>    |      | 15.7   | 11.8   | 11.8   | 15.1   | 23.9   |
| <b>District</b> | <b>West Bay</b>    |      | 11.3   | 10.4   | 13.6   | 12.0   | 19.1   |
|                 | <b>George Town</b> |      | 12.7   | 12.3   | 11.9   | 12.7   | 18.0   |
|                 | <b>Bodden Town</b> |      | 12.7   | 11.4   | 12.7   | 12.9   | 16.6   |
|                 | <b>East End</b>    |      | 12.5   | 15.2   | 21.1   | 13.8   | 25.0   |
|                 | <b>North Side</b>  |      | 13.9   | 8.2    | 4.7    | 11.1   | 20.8   |
|                 | <b>Cayman Brac</b> |      | 12.4   | 10.8   | 3.7    | 9.1    | 10.7   |

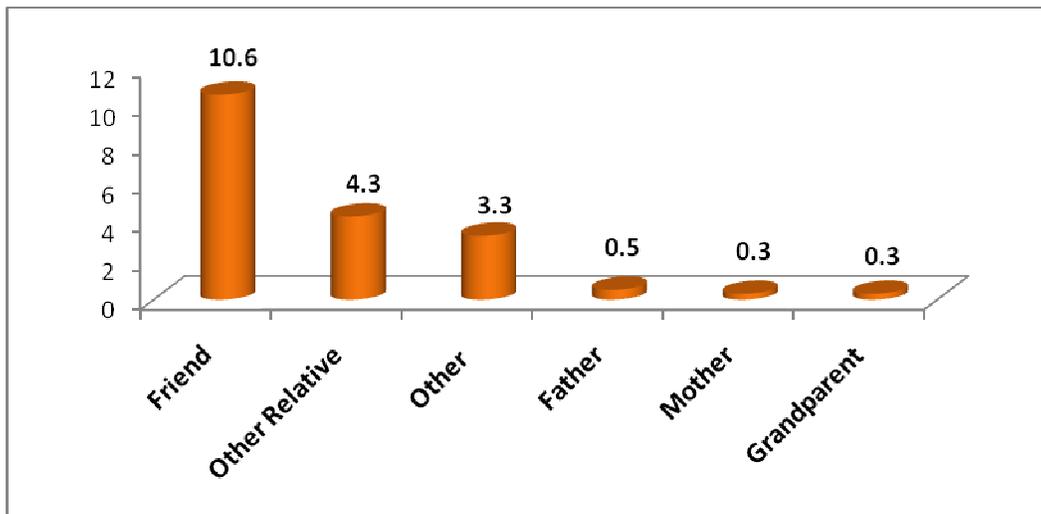
Source: CISDUS 2010, Cayman Islands National Drug Council

Students were also asked their opinion about smoking ganja regularly: Almost half of all respondents (47.1%) admitted that it was a "great risk" to smoke ganja regularly, followed by 11.7% that reported "do not know", 11.1% felt it was "medium risk", 10.6% said no risk at all and 4.6% felt there was only a "slight risk".

**Introduction to Substance**

Students were asked who first introduced them to using ganja. From the students that reported ganja use, 10.6% admitted that a friend was the first person who introduced them to ganja. This was followed by 4.3% that reported "other relatives", 3.3% said "other" person, 0.5% said "father", 0.3% said "mother" and 0.3% said grandparent (Figure 16).

**FIGURE 16: PERSON WHO FIRST INTRODUCED TO GANJA USE, 2010 CISDUS**



Source: CISDUS 2010, Cayman Islands National Drug Council

**COMPARISON WITH OTHER STUDENT SURVEYS**

Table 21 compares past year ganja use among Cayman Islands 10<sup>th</sup>- and 12<sup>th</sup>-grade students to those from the United States, Canada (Ontario) and Barbados. Reported prevalence rates of ganja use in the Cayman Islands were significantly lower compared to North America but similar compared with some countries in the Caribbean.

*Table 21: Ganja Use Behaviors for Grades 8, 10, and 12: Comparing the 2010 CISDUS, 2009 OSDUS, 2009 MTF and 2006 SIDUC (Barbados) Survey Findings*

|            | Grade 8     |            |          |            | Grade 10    |            |          |            | Grade 12    |            |          |            |
|------------|-------------|------------|----------|------------|-------------|------------|----------|------------|-------------|------------|----------|------------|
|            | 2010 CISDUS | 2009 OSDUS | 2009 MTF | 2006 SIDUC | 2010 CISDUS | 2009 OSDUS | 2009 MTF | 2006 SIDUC | 2010 CISDUS | 2009 OSDUS | 2009 MTF | 2006 SIDUC |
| Past Year  | 3.1         | 6.4        | 11.8     | 4.6        | 19.5        | 30.7       | 26.7     | 11.6       | 24.2        | 45.6       | 32.8     | 14.9       |
| Past Month | 1.8         | n/a        | 6.5      | 3.4        | 10.8        | n/a        | 15.9     | 6.7        | 15.5        | n/a        | 20.6     | 7.6        |

Source: CISDUS2010, National Drug Council

Notes: (1) OSDUS is the Ontario Student Drug Use Survey, which was conducted in Ontario, Canada; MTF is the Monitoring the Future survey, which was conducted across the USA; and SIDUC is the Inter-American System of Uniform Drug-Use Data, which was conducted in Barbados in 2006.

## e. OVERVIEW OF ILLICIT DRUG USE AND TRANQUILIZER MISUSE IN 2010

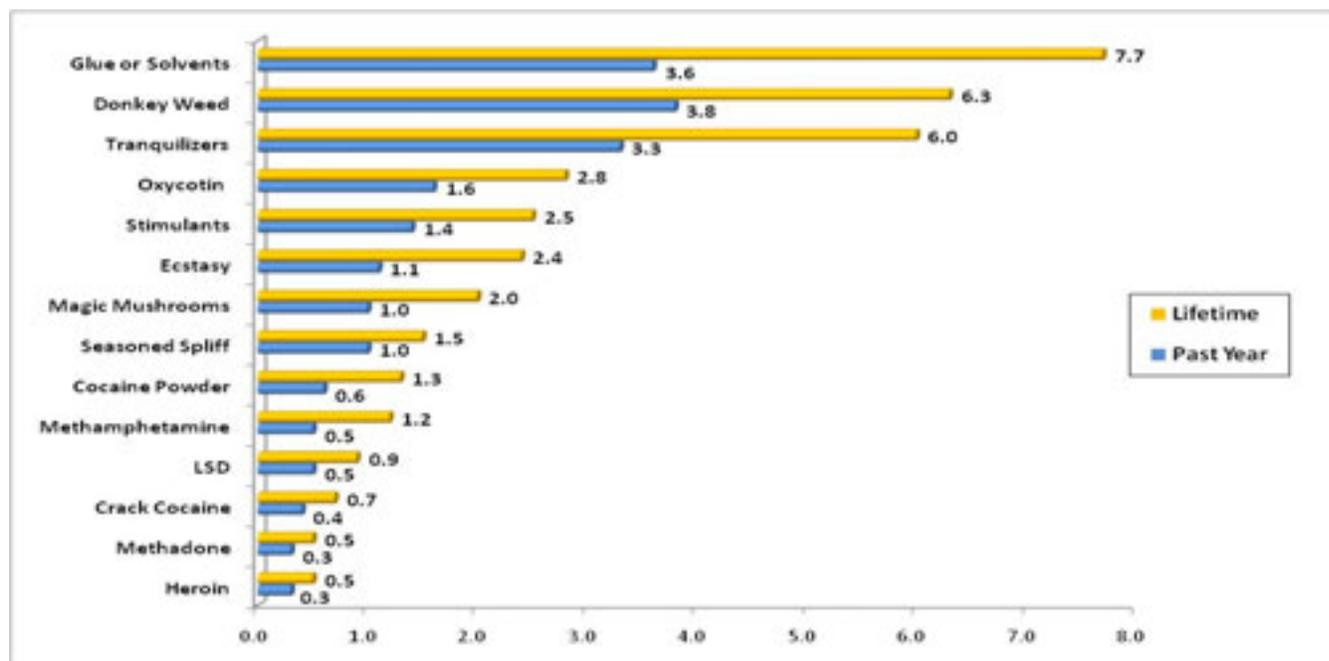
### Lifetime Drug Use, 2010 CISDUS

Among the fourteen illicit substances (not including ganja) presented in Figure 17, inhalants (glue and other solvents) were the most commonly used, with 7.75% of the students reported use at least once in their lifetime. Donkey weed (a local weed/bush) was the next most common drug, with 6.3% ever using, as well as tranquilizers, with 6.0% ever using. The lifetime prevalence rates for the remaining drugs were less than 3%.

### Past Year Drug Use, 2010 CISDUS

As shown in Figure 17, the pattern of past year prevalence for the fourteen drugs parallel that of lifetime use. Donkey weed was the most commonly used drug in 2010, with 3.8% of students reporting using it at least once during the past year, followed by inhalants (3.6%) and tranquilizers (3.3%). The 2010 past year prevalence for the remaining drugs did not exceed 2%.

**FIGURE 17: PERCENTAGE OF STUDENTS IN GRADES 7 TO 12 REPORTING LIFETIME AND PAST YEAR USE OF VARIOUS DRUGS, 2010 CISDUS (N=2,612)**



Source: CISDUS 2010, Cayman Islands National Drug Council

## INHALANT USE

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### Past Year Inhalant Use, 2010

Overall, 3.6% of students used inhalants in the past year. There was a notable difference between males (2.1%) and females (5.0%). There was significant variation in prevalence among grade levels—9<sup>th</sup>-graders were most likely to report inhalant use during the past year.

Use in all remaining grades declined as grade level increased. Among districts, Bodden Town and East End were most likely to report inhalant use, followed by George Town and West Bay.

### Trends in Past Year Inhalant Use, 1998-2010

As shown in Table 22, inhalant use in 2010 (3.6%) was significantly lower than the prevalence reported in 2006 (8.4%).

✚ **Sex:** Inhalant use did not significantly change over time among males, however in 2010 a notable decrease was reported when compared to 2006 (2.1% vs. 7.7%).

Likewise, females reported a significant decrease in use in 2010 (5.0%) compared to 2006 (9.2%) but a similar pattern in 2000 (5.7%).

✚ **Grade:** All grades reported decrease rates, compared with previous years. Grades 7<sup>th</sup> and 8<sup>th</sup> rates mainly decreased; grades 9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup> and 12<sup>th</sup> reported similar trends among the years.

✚ **District:** Among students in all districts, the rates reported showed decrease use (2010 over 1998/2000), and this mainly in Cayman Brac and East End. George Town showed a significant increase in inhalant use between 1998 (5.7%) and 2006 (8.1%).

Similarly, inhalant use among Bodden Town students increased between 1998 (5.2%) and 2006 (9.5%).

Table 22: Trends in Past Year Inhalant Use (%) by Sex, Grade, and District, 1998-2010 CISDUS

| Year            |                    | 1998   | 2000   | 2002   | 2006   | 2010   |
|-----------------|--------------------|--------|--------|--------|--------|--------|
| N               |                    | (1920) | (2153) | (2173) | (2452) | (2612) |
| <b>Total</b>    |                    | 6.2    | 6.1    | 6.9    | 8.4    | 3.6    |
| <b>Gender</b>   | <b>Male</b>        | 6.6    | 6.5    | 7.6    | 7.7    | 2.1    |
|                 | <b>Female</b>      | 5.9    | 5.7    | 6.4    | 9.2    | 5.0    |
| <b>Grade</b>    | <b>Grade 7</b>     | 6.8    | 11.4   | 12.0   | 14.7   | 3.0    |
|                 | <b>Grade 8</b>     | 8.1    | 8.1    | 8.9    | 10.9   | 2.9    |
|                 | <b>Grade 9</b>     | 8.5    | 5.9    | 6.2    | 9.2    | 5.1    |
|                 | <b>Grade 10</b>    | 4.6    | 4.1    | 5.5    | 7.1    | 3.8    |
|                 | <b>Grade 11</b>    | 5.4    | 3.0    | 4.4    | 4.5    | 3.4    |
|                 | <b>Grade 12</b>    | 2.3    | 3.4    | 2.6    | 2.6    | 3.2    |
| <b>District</b> | <b>West Bay</b>    | 6.1    | 5.0    | 6.2    | 6.5    | 2.5    |
|                 | <b>George Town</b> | 5.7    | 6.3    | 7.6    | 8.1    | 3.9    |
|                 | <b>Bodden Town</b> | 5.2    | 6.5    | 7.3    | 9.5    | 4.4    |
|                 | <b>East End</b>    | 4.3    | 14.3   | 6.3    | 11.2   | 4.2    |
|                 | <b>North Side</b>  | 6.7    | 1.3    | 2.8    | 7.1    | 1.0    |
|                 | <b>Cayman Brac</b> | 15.5   | 6.3    | 7.9    | 12.6   | 2.7    |

Source: CISDUS 2010, Cayman Islands National Drug Council

### Past Month Inhalant Use, 2010

Overall, 2.0% of students reported inhalant use during the 4-week period before the 2010 survey. Females were significantly more likely than males to report past month use (2.7% vs. 1.2%, respectively). Past month inhalant use significantly declined with grade level. There were no significant district differences.

### Frequency of Inhalant Use

From the students that report inhalants use, 3.2% reported less than 1 sniff, 1.2% reported 4 or more sniffs, 0.8% reported between 2 and three sniffs, and 0.5% reported one sniff during the past month prior to the survey.

A small proportion of students (3.5%) admitted using inhalants only 'once', 1.3% of students said they used it 'sometimes in the past year', 0.8% said they used it 'sometimes during the month', 0.5% said they used it 'sometimes during the week' and 0.5% said they used it 'daily'.

### Perceived Availability of Inhalants

In this section, we present the percentage reporting that it was “easy” or “very easy” to get inhalants. In 2010, 42.2% of respondents reported that it was “easy” or “very easy” to obtain inhalants.

Females were more likely, compared to males, to report easy access (52.7% vs. 43.7%). Perception of availability significantly increased as grade levels increased - from 30.3% of 7<sup>th</sup>-graders to 62.5% of 12<sup>th</sup>-graders reporting that it was ‘easy or very easy’ to obtain inhalants.

There was also significant variation by district, with students in Cayman Brac most likely to report easy availability of inhalants (about 56%).

### **Source of obtaining Inhalants**

Students were also asked how they usually get inhalants. Of those who reported inhalants use, about 1.8% said they got it from a shop; 1.8% said they got it by “other” means; 1.8% said they got it at home; 1.0% said they got it from friends; 0.6% got it from parents; 0.2% got it from brother/sister; 0.2% got it from other relatives; and the remaining 0.2% obtain it from street dealers. There was notable variation among gender: females (2.7%) were more likely to report getting inhalants from home while males (1.2%) were more likely to report getting inhalants from “other sources”.

### **Place of Consumption**

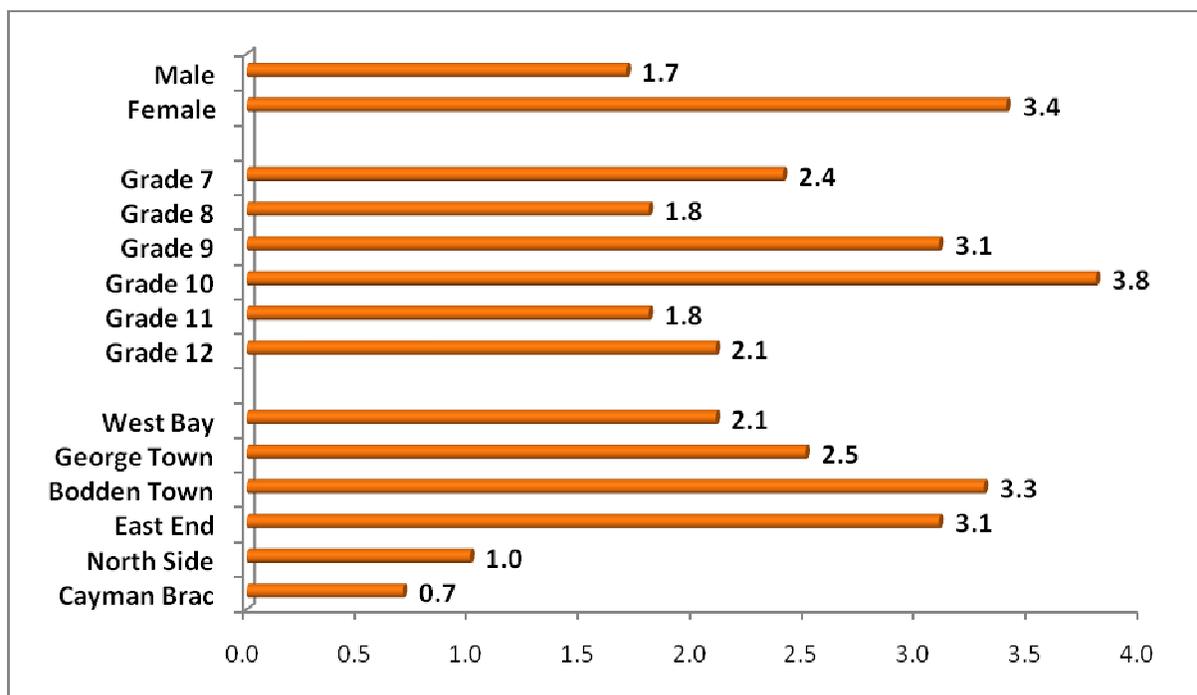
Students were also asked where they usually use inhalants. Of those that use inhalants, about 2.8% reported using inhalants at school. Some 2.6% said at home, 1.4% said at “other” places, 0.4% said it at a friend’s house, 0.3% said on the block, 0.2% said at sporting events and the remaining 0.2% said at other social events. There was some variation by gender: males (1.8%) were more likely to use inhalants at home and on the block while females were more likely to use inhalants at school (3.8%).

### **New Inhalant Users and Early Onset of Use**

In 2010, 2.5% of students reported using inhalants for the very first time during the 12 months before the survey. A higher proportion of females (3.6%) reported new inhalant use when compared to males (1.7%). There were also some variations among the grades, and districts (Figure 18).

“Early age” of inhalant use (early onset) is defined here as first using an inhalant (glue or other solvents) between the ages of 6 and 11 years. In 2010, about 39.9% of lifetime inhalant users (N=153) in all grades reported early onset. The average age of onset among all students reporting ever using an inhalant was 12.0 years.

**FIGURE 18: NEW INHALANT USERS – PAST YEAR, 2010 CISDUS**



Source: CISDUS 2010, Cayman Islands National Drug Council

## TRANQUILIZER USE - 2010

### Lifetime Use

Misuse of tranquilizer was reported as the third most common “any drug” used among the student population, with 6.0% reporting lifetime use. As shown in Table 23, more females than males reported tranquilizer use (7.2% vs 4.8%). There were significant increases in lifetime tranquilizer prevalence as grade level increased. Among the districts, students from Bodden Town were most likely to report tranquilizer use in their lifetime (about 7%).

### Past Year Use

During the past year prior to the survey, 3.3% all students reported use tranquilizers at least once during the 12 months before the 2010 survey (Table 22). There was significant difference in past year tranquilizer use between males (1.9%) and females (4.6%). However, the likelihood of past year ganja use significantly increased with grade. There were also significant differences among the districts, with students in North Side and Bodden Town most likely (about 4.0%) to have used tranquilizers in the past year, whereas those in East End (2.1%) were least likely.

### Past Month Use

Just a few (2.1%) students reported tranquilizer use at least once in the month (4 weeks) prior to the survey (Table 22). Again, there was a slight difference by sex (1.3% of males, 2.8% of

females). The grade variation was significant, ranging from 0.6% of 7<sup>th</sup>-graders up to 2.4% of 12<sup>th</sup>-graders. There were also significant differences among the districts, with students in North Side most likely (about 3%) to have used tranquilizer in the past year, whereas those in Cayman Brac (1.3%) were least likely.

Table 23: Prevalence of Tranquilizers Use (%) by Sex, Grade, and District, 2010 CISDUS

|                 |                    | Lifetime | Annual | Current |
|-----------------|--------------------|----------|--------|---------|
| <b>Total</b>    |                    | 6.0      | 3.3    | 2.1     |
| <b>Gender</b>   | <b>Male</b>        | 4.8      | 1.9    | 1.3     |
|                 | <b>Female</b>      | 7.2      | 4.6    | 2.8     |
| <b>Grade</b>    | <b>Grade 7</b>     | 4.8      | 2.2    | 0.6     |
|                 | <b>Grade 8</b>     | 5.3      | 2.2    | 1.8     |
|                 | <b>Grade 9</b>     | 6.2      | 4.0    | 2.6     |
|                 | <b>Grade 10</b>    | 7.2      | 3.8    | 2.6     |
|                 | <b>Grade 11</b>    | 7.2      | 4.4    | 2.8     |
|                 | <b>Grade 12</b>    | 5.8      | 3.4    | 2.4     |
| <b>District</b> | <b>West Bay</b>    | 5.7      | 3.0    | 1.8     |
|                 | <b>George Town</b> | 5.7      | 2.9    | 1.8     |
|                 | <b>Bodden Town</b> | 7.0      | 4.0    | 2.7     |
|                 | <b>East End</b>    | 3.1      | 2.1    | 2.1     |
|                 | <b>North Side</b>  | 5.9      | 4.0    | 3.0     |
|                 | <b>Cayman Brac</b> | 4.7      | 3.4    | 1.3     |

Source: CISDUS 2010, Cayman Islands National Drug Council

### Frequency

From the students that report tranquilizer use, 2.2% reported using 1 pill, 1.2% reported using between 2 and 3 pills, and 1.0% reported using 4 or more pills during the one-month period prior to the survey.

A small proportion of students (1.9% - 50 students) admitted using tranquilizer only once, 1% - 27 students- said they used it sometimes in the last past 12 months, 0.7% - 19 students - used it sometimes during the month, 0.5% - 12 students - used it sometimes during the week and 0.3% - 9 students - reported daily use.

### Perceived Availability

In this section, we present the percentage reporting that it was “easy” or “very easy” to get tranquilizer. In 2010, 12.4% of all students in grades 7 to 12 reported that it was “easy” or “very easy” to obtain tranquilizer.

Females were more likely than males to report easy access (16.8% vs. 11.2%). Availability significantly increased with grade, from 7.9% of 7<sup>th</sup>-graders to 19.3% of 12<sup>th</sup>-graders reporting that it was easy or very easy to obtain tranquilizers.

There was also significant variation by district, with students in Cayman Brac most likely to report easy availability of tranquilizer (about 18%).

### **Sources of Obtaining Tranquilizer**

Students were also asked where they usually get tranquilizers. Of those who reported tranquilizer use, about 1.3% said they got it from doctors, 1.3% said from parents, 0.8% said from "other" sources, 0.5% said from the shop, 0.3% got it from friends, 0.3% from other relatives, 0.2% from brother/sister, and the remaining 0.2% obtain it from street dealers. There was only a slight variation in proportion among gender: females (1.8%) were more likely to report getting tranquilizer from doctors and males (1%) were more likely to report getting tranquilizer from parents.

### **Place of Consumption**

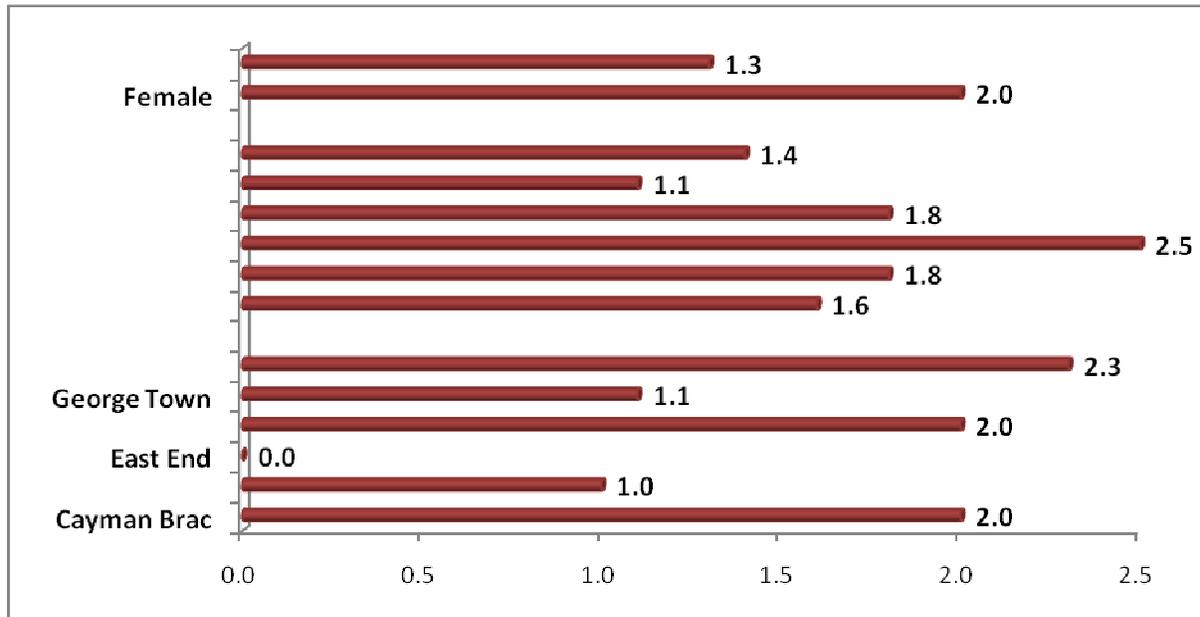
Students were also asked where they usually use tranquilizers. Of those that use tranquilizers, about 3.2% said they used it at home, 0.7% said at "other" places, 0.3% said at school, 0.3% said at a friend's house, 0.2% said on the block, and the remaining 0.1% said at other social events. There was some variation by gender: both males (1.9%) and females (4.5%) were more likely to use tranquilizers at home.

### **New Tranquilizers Users and Early Onset of Use**

In 2010, 1.7% of students reported using tranquilizers for the very first time during the 12 months before the survey. There was a difference between males and females regarding new tranquilizer users (1.3% vs. 2.0%, respectively). There was also some variation among the grade levels, and among the districts (Figure 19).

"Early" age of tranquilizers use (early onset) is defined here as first use of tranquilizers between the ages of 6 and 11 years. In 2010, about 2.3% of lifetime tranquilizer users (N=158) in all grades reported early onset. The average age of onset among all students reporting ever using tranquilizers was 11.9 years.

**FIGURE 19: NEW TRANQUILIZER USERS – PAST YEAR, 2010 CISDUS**



Source: CISDUS 2010, Cayman Islands National Drug Council

**ANY ILLICIT DRUG USE (EXCLUDING INHALANTS & GANJA)**

In this section, we examine the past year prevalence of any illicit drug use, excluding inhalants and ganja. Because of their low rates (i.e., under 3%), reports of the use of the following thirteen substances were combined to create a composite indicator: crack cocaine, cocaine powder, heroin, ecstasy, LSD, methamphetamine, tranquilizers, stimulants, methadone, "oxycotin", "donkey weed", "seasoned spliff", and "magic mushrooms"<sup>7</sup>.

**Any Illicit Drug Use (excluding Inhalants & Ganja), 2010**

Overall prevalence of any illicit substance use/drug use was 9.2%, (Table 24). There was a slight difference in prevalence between males (8.2%) and females (10.2%). Despite some variation among the grades, these differences were not statistically significant. Among the districts, North Side and Bodden Town were more likely to report use of any illicit drug.

<sup>7</sup> \* Oxycotin: Pain reliever.  
 \* Donkey weed: Local weed/bush.  
 \* Seasoned spliff: combination of cocaine and ganja.  
 \* Magic mushrooms: Hallucinogens mushrooms.

**Trends in Any Illicit Drug Use (excluding Inhalants & Ganja), 1998-2006**

Illicit drug use, excluding inhalants and ganja, among all students in 2010 (9.2%) differed from the rates found in 2006 (6.9%) or in 2002 (6.6%); Table 24).

- ✚ **Sex:** Use of any illicit drug, excluding inhalants and ganja, changed over time among males of females.
- ✚ **Grade:** 7<sup>th</sup>-graders showed a significant increase in use between 1998 (5.0%) and 2006 (8.7%) but in 2010 showed a notable decrease (4.0%). 9<sup>th</sup>-graders reported an increase over the years; 10<sup>th</sup>, 11<sup>th</sup> and 12<sup>th</sup>-graders showed an increase between 2006 and 2010.
- ✚ **District:** Over time, there were notable increases in rates of any drug use in all districts, except East End where a decrease was reported.

*Table 24: Trends in Any Illicit Drug Use<sup>8</sup>, excluding Inhalants & Ganja, in the Past Year (%) by Sex, Grade, and District, 1998-2010 CISDUS*

|                 |                    | Year | 1998   | 2000   | 2002   | 2006   | 2010   |
|-----------------|--------------------|------|--------|--------|--------|--------|--------|
|                 |                    | N    | (1946) | (2186) | (2187) | (2480) | (2612) |
| <b>Total</b>    |                    |      | 6.0    | 5.4    | 6.6    | 6.9    | 9.2    |
| <b>Gender</b>   | <b>Male</b>        |      | 4.9    | 5.5    | 6.4    | 6.8    | 8.2    |
|                 | <b>Female</b>      |      | 7.4    | 5.4    | 6.7    | 7.0    | 10.2   |
| <b>Grade</b>    | <b>Grade 7</b>     |      | 5.0    | 4.9    | 5.8    | 8.7    | 4.0    |
|                 | <b>Grade 8</b>     |      | 4.5    | 4.0    | 7.1    | 6.3    | 4.2    |
|                 | <b>Grade 9</b>     |      | 6.4    | 6.1    | 4.4    | 6.0    | 10.6   |
|                 | <b>Grade 10</b>    |      | 5.2    | 6.2    | 9.8    | 5.9    | 12.6   |
|                 | <b>Grade 11</b>    |      | 9.0    | 5.7    | 7.5    | 7.2    | 14.7   |
|                 | <b>Grade 12</b>    |      | 8.8    | 5.7    | 4.5    | 7.3    | 10.9   |
| <b>District</b> | <b>West Bay</b>    |      | 4.5    | 4.6    | 7.5    | 6.8    | 9.2    |
|                 | <b>George Town</b> |      | 6.8    | 6.0    | 6.0    | 6.5    | 8.8    |
|                 | <b>Bodden Town</b> |      | 5.9    | 4.6    | 6.9    | 6.4    | 10.3   |
|                 | <b>East End</b>    |      | 5.6    | 6.3    | 10.1   | 14.1   | 8.3    |
|                 | <b>North Side</b>  |      | 10.5   | 7.8    | 6.7    | 7.1    | 10.9   |
|                 | <b>Cayman Brac</b> |      | 5.5    | 5.5    | 5.0    | 7.1    | 7.4    |

Source: CISDUS 2010, Cayman Islands National Drug Council

<sup>8</sup> Illicit Drug Use refers to past year use of one or more of the following drugs at least once:  
 For 1998-2006: sedatives, heroin, methamphetamine, "Ice", stimulants, tranquilizers, LSD, other hallucinogens, cocaine, crack, or "Ecstasy".  
 For 2010: crack cocaine, cocaine powder, heroin, ecstasy, LSD, methamphetamine, tranquilizers, stimulants, methadone, oxycotin, "donkey weed", "seasoned spliff" and "magic mushrooms".

## **ANY ILLICIT DRUG USE (INCLUDING GANJA, EXCLUDING INHALANTS)**

In this section, we examine the past year prevalence of any illicit drug use, including ganja (but excluding inhalants). Reports of the use of the following twelve drugs/substances were combined to create a composite indicator: ganja, crack cocaine, cocaine powder, heroin, ecstasy, LSD, methamphetamine, tranquilizers, stimulants, methadone, oxycotin, "donkey weed", "seasoned spliff" and "magic mushrooms".

### **Any Illicit Drug Use (including Ganja, excluding inhalants), 2010**

Overall, 17.2% of students reported using any illicit drug, including ganja and excluding inhalants, at least once in the 12 months before the survey (Table 25). There was a significant difference between males (18.9%) and females (15.7%). Use of any illicit drug significantly increases with grade, from about 4.6% of grade 7 up to 27.6% of 12<sup>th</sup>-graders. Among the districts, East End was more likely to report use of any illicit drug (including ganja and excluding inhalants).

### **Trends in Illicit Drug Use (including Ganja, excluding inhalants), 1998-2010**

Illicit drug use, including ganja and excluding inhalants, among all students in 2010 (17.2%) was significantly higher than the rate found in the previous years of the CISDUS (Table 25).

- ✚ **Sex:** Illicit drug use significantly increased among males between 1998 (11.7%) and 2002 (15.8%) and remained stable in 2006 at 16.9%, but in 2010 there was a notable increase (18.9%). No significant change occurred among females between 1998 and 2006, but in 2010 the rates increased significantly.
- ✚ **Grade:** prevalence among 7<sup>th</sup> and 8<sup>th</sup>-graders showed a decrease during the last CISDUS (2006 and 2010). The remaining grades (9<sup>th</sup>, 10<sup>th</sup> and 12<sup>th</sup>) fluctuated over time (these trends were not statistically significant).
- ✚ **District:** During the period (1998-2010), North Side and East End reported the highest any illicit drug use, the remainder districts reported fluctuations over the years. During the last year (2010) all districts reported increases, mostly North Side and Bodden Town.

Table 25: Trends in Any Illicit Drug Use<sup>9</sup>, Including Ganja (excluding Inhalants), in the Past Year (%) by Sex, Grade, and District, 1998-2006 CISDUS

| Year            |                    | 1998   | 2000   | 2002   | 2006   | 2010   |
|-----------------|--------------------|--------|--------|--------|--------|--------|
| N               |                    | (1946) | (2186) | (2187) | (2480) | (2612) |
| <b>Total</b>    |                    | 11.2   | 10.8   | 13.9   | 14.4   | 17.2   |
| <b>Gender</b>   | <b>Male</b>        | 11.7   | 11.1   | 15.8   | 16.9   | 18.9   |
|                 | <b>Female</b>      | 10.6   | 10.4   | 12.0   | 11.9   | 15.7   |
| <b>Grade</b>    | <b>Grade 7</b>     | 6.1    | 5.4    | 7.0    | 9.6    | 4.6    |
|                 | <b>Grade 8</b>     | 6.9    | 5.6    | 9.8    | 8.6    | 6.2    |
|                 | <b>Grade 9</b>     | 10.0   | 10.0   | 9.4    | 10.4   | 14.3   |
|                 | <b>Grade 10</b>    | 10.9   | 12.6   | 19.6   | 16.4   | 24.7   |
|                 | <b>Grade 11</b>    | 19.3   | 14.1   | 21.8   | 20.5   | 30.7   |
|                 | <b>Grade 12</b>    | 17.1   | 9.2    | 18.8   | 23.6   | 27.6   |
| <b>District</b> | <b>West Bay</b>    | 13.0   | 10.1   | 14.7   | 15.1   | 17.9   |
|                 | <b>George Town</b> | 11.2   | 11.4   | 13.7   | 14.5   | 16.0   |
|                 | <b>Bodden Town</b> | 9.2    | 9.9    | 14.8   | 13.7   | 18.5   |
|                 | <b>East End</b>    | 9.9    | 11.4   | 13.9   | 22.2   | 22.9   |
|                 | <b>North Side</b>  | 13.2   | 13.0   | 12.0   | 11.9   | 16.8   |
|                 | <b>Cayman Brac</b> | 9.1    | 7.8    | 12.1   | 10.1   | 12.8   |

Source: CISDUS 2010, Cayman Islands National Drug Council

## ANY ILLICIT DRUG USE ANALYSIS

### Frequency

A small proportion of students (1.0%) admitted use any illicit drug use (other than ganja, donkey weed and seasoned spiff) only once, 0.3% of students said they use it sometimes in the last past 12 months, 0.3% used it sometimes during the month, 0.2% used it sometimes during the week and 0.2% said used it daily.

<sup>9</sup> Illicit Drug Use refers to past year use of one or more of the following drugs at least once:

For 1998-2006: ganja, sedatives, heroin, methamphetamine, "Ice", stimulants, tranquilizers, LSD, other hallucinogens, cocaine, crack, or "Ecstasy".

For 2010: ganja, crack cocaine, cocaine powder, heroin, ecstasy, LSD, methamphetamine, tranquilizers, stimulants, methadone, oxycotin, "donkey weed", "seasoned spliff" and "magic mushrooms".

### **Perceived Availability**

In this section, we present the percentage reporting that it was “easy” or “very easy” to get any illicit drug use (other than ganja). In 2010, 5.56% of all students in grades 7 to 12 reported that it was “easy” or “very easy” to obtain any illicit drug use (other than ganja).

Females were more likely than males to report easy access (7.3% vs. 6.7%). Availability significantly increased with grade, from 3.1% of 7<sup>th</sup>-graders to 9.9% of 12<sup>th</sup>-graders reporting that it was easy or very easy to obtain any illicit drug use (other than ganja).

There was also significant variation by district, with students in East End most likely to report easy availability of any illicit drug use (other than ganja) (9.4%), followed by students from West Bay (7.1%), George Town (6.2%), Bodden Town (6%), North Side (5.9%) and Cayman Brac (5.8%).

### **Source of Obtaining any Illicit Drug**

Students were also asked where they usually get any illicit drugs (other than ganja). Of those who reported any illicit drug use (other than ganja), about 30% said they got it from “other” sources, 18.9% got it from friends, 14.6% got it from parents, 13.8% got it from street dealers, 11.4% got it at the shop, 6% got it from other relatives, 4.7% report get it from brother/sister, and the remaining 1.8% obtained it from doctors.

### **Place of Consumption**

Students were also asked where they usually used illicit drug (other than ganja). Of those that use any illicit drug (other than ganja), about 0.9% said at home, 0.5% said at “other” places, 0.4% said at school, 0.2% said at a friend’s house, 0.1% said on the block, 0.1% said at sporting events, and the remaining 0.1% said at other social events.

### **New Drug Users and Early Onset of Use**

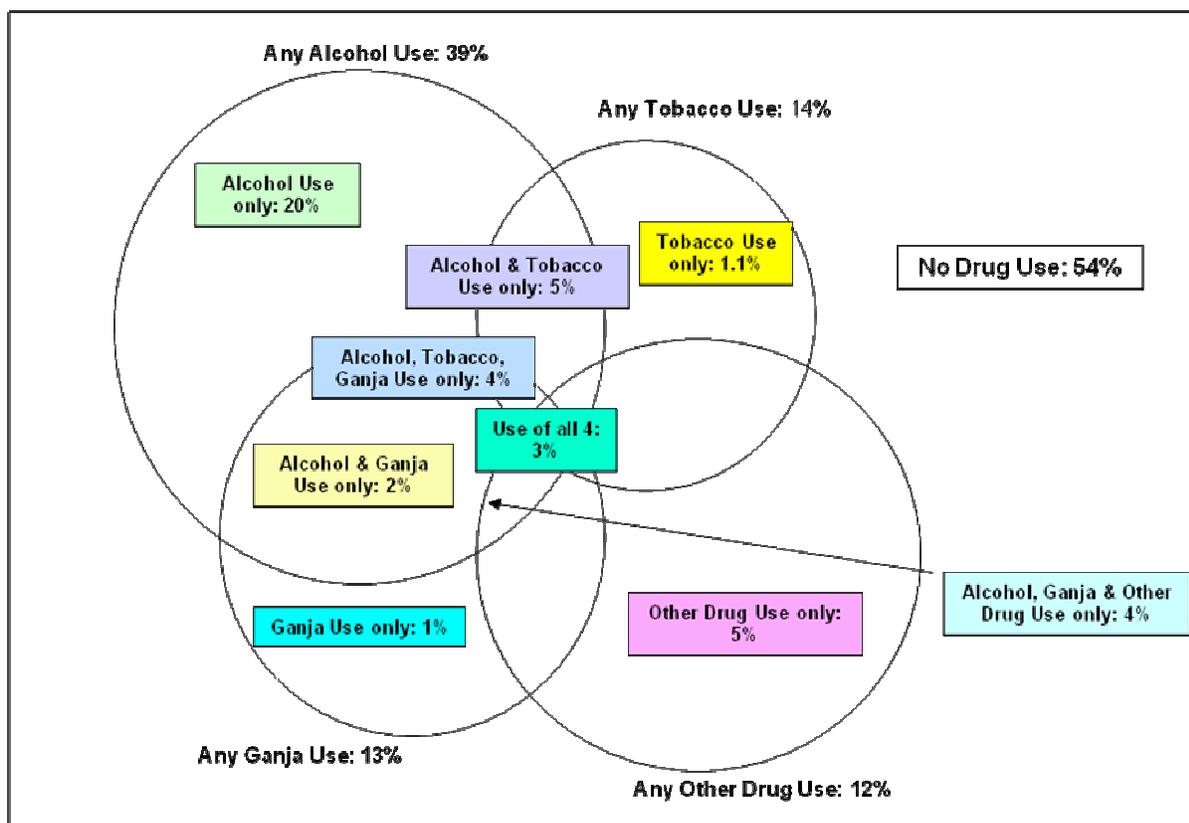
“New Drug Users” refers to those students who report using an illicit drug (other than ganja, donkey weed and seasoned spliff) for the first time during the 12-month period prior to the survey. In 2010, 0.7% of students in grades 7 to 12 used an illicit drug for the very first time during the past year. There was no significant difference between males (0.9%) and females (0.9%). Due to the small number, further breakdown by grade and district subgroups is not presented.

“Early onset” of any illicit drug (other than ganja) is defined in this report as first using of any illicit drug (other than ganja) between the ages of 6 and 11 years. In 2010, about 36.2% of lifetime ‘any illicit drug’ (other than ganja) users (N=946) in all grades reported early onset. The average age of onset among all students reporting ever using any illicit drug was 12.8 years.

**MULTIPLE SUBSTANCE USE**

Figure 20 presents the most common multiple substances used among all students in 2010, while Table 26 presents more detailed multiple substances used between 1998 and 2010. As seen in Figure 20, more than half (54%) of all students reported using no substance at all in 2010. About one-fifth (20%) used only alcohol. Very few students use only tobacco (1%) or only ganja (about 1%). About 5% use another drug exclusively. (Further analysis in Table 26 shows that about 1% used inhalants exclusively, and 1.1% used another illicit drug exclusively.)

**FIGURE 20: THE OVERLAP OF ALCOHOL, TOBACCO, GANJA, AND OTHER DRUG USE DURING THE PAST YEAR, 2010CISDUS (GRADES 7 TO 12, N=2,612)**



Note: "Other Drug Use" refers to use of at least one of 14 drugs: inhalants (glue/solvents), crack, cocaine, heroin, ecstasy, LSD, methamphetamine, tranquilizers, stimulants, methadone, oxycotin, donkey weed, seasoned spliff and magic mushrooms.

Source: CISDUS 2010, Cayman Islands National Drug Council

Some trends are evident from Table 26. The most dominant change in multiple substance use over time was the increase in "no substance use" that occurred between 2006 (47.2%) and 2010 (54.1). The percentage of students that restricted their use to alcohol only decreased during that same period, from 30.3% in 2006 to 20.4% in 2010.

Compared to 1998, the percentage of students in 2010 that reported using only alcohol and tobacco increased, from 3.1% to 4.7%. Further, there was an increase in the percentage of students that restrict their use to only alcohol and ganja between 1998 (1.6%) and 2006

(3.9%) but 2010 the rates decrease (2.3%). There was a notable decrease among students that reported only inhalants use, from 3.1% in 2006 to 1% in 2010.

Table 26: Multiple Substance Use<sup>10</sup> (%) in the Past Year, 1998-2010 CISDUS

| Year                               | 1998   | 2000   | 2002   | 2006   | 2010   |
|------------------------------------|--------|--------|--------|--------|--------|
| N                                  | (1901) | (2107) | (2158) | (2422) | (2612) |
| No Substance Used in the Past Year | 54.4   | 56.3   | 54.7   | 47.2   | 54.1   |
| Alcohol only                       | 26.5   | 26.4   | 25     | 30.3   | 20.4   |
| Tobacco only                       | 0.5    | 0.2    | 0.1    | 0.4    | 1.1    |
| Alcohol + Tobacco only             | 3.1    | 2      | 1.6    | 1.7    | 4.7    |
| Ganja only                         | 0.5    | 0.7    | 0.9    | 0.6    | 1.1    |
| Alcohol + Ganja only               | 1.6    | 2.4    | 3      | 3.9    | 2.3    |
| Tobacco + Ganja only               | 0.2    | 0.3    | 0.2    | 0.2    | 0.3    |
| Alcohol + Tobacco + Ganja only     | 2.3    | 1.8    | 2.4    | 2.5    | 3.9    |
| Inhalants only                     | 2.1    | 2.6    | 3.3    | 3.1    | 1.0    |
| Alcohol + Inhalants only           | 1.7    | 1.5    | 1.3    | 2.6    | 0.7    |
| Other Illicit Drugs only           | 1.9    | 1.4    | 1.8    | 1.7    | 1.1    |
| Alcohol + Other Illicit Drugs only | 1.4    | 1.2    | 1.6    | 1.6    | 1.3    |

Source: CISDUS 2010, Cayman Islands National Drug Council

## INJECTION DRUG USE

The CISDUS asked students “Have you ever injected illegal drugs?” In 2010, 0.7% (19 students) reported that they had used an illegal drug by injection. Males were more likely than females to report injecting a drug (1.0% vs. 0.5%, respectively). There were no significant differences among the grades, or among the districts (data not presented). The percentage of students that report injecting an illegal drug did not change over time: 1.1% in 1998; 1.4% in 2000; 1.6% in 2002, 1.3% in 2006 and 0.7 in 2010.

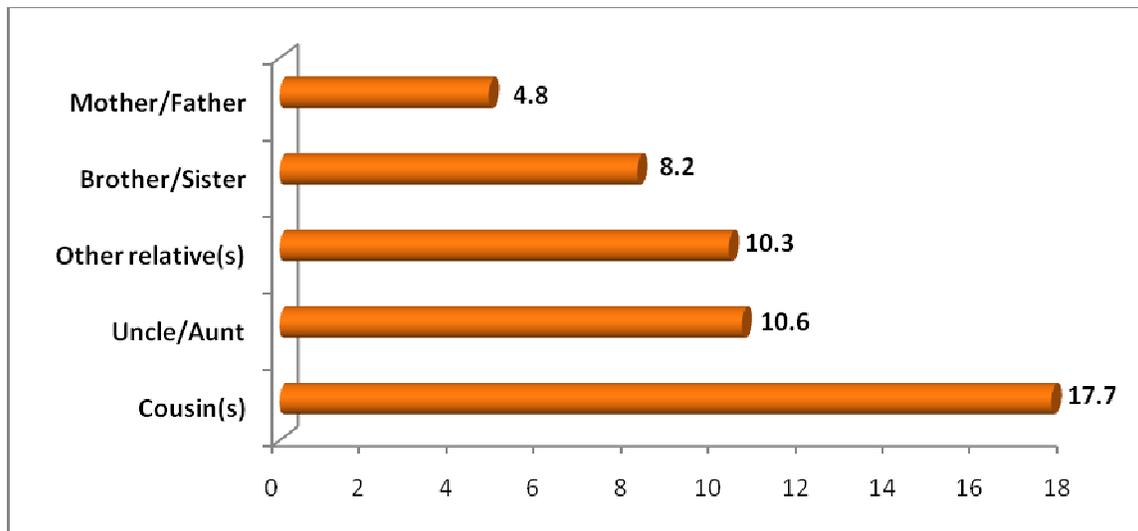
<sup>10</sup> Notes: (1) Substances are not necessarily used in combination with each other (i.e., on the same occasion); (2) “other illicit drug” use refers to use of one or more of the following: crack cocaine, cocaine powder, heroin, ecstasy, LSD, methamphetamine, tranquilizers stimulants, methadone, oxycotin, donkey weed, seasoned spliff, magic mushrooms.

## f. FAMILY, COUNSELLING/REHABILITATION TREATMENT

### Family

From those students that reported any use of illegal substances, 5.5% admitted that their families knew about their use of drugs. More than one-third (37.1%) reported that someone in their families use illegal drugs. From this percentage, 17.7% said that cousins used illegal drugs, followed by uncle/aunt (10.6%), other relative(s) (10.3%), brother/sister (8.2%) and mother/father (4.8%)- Figure 21.

**FIGURE 21: MEMBER OF FAMILY THAT USE ILLEGAL DRUGS, CISDUS2010**



Source: CISDUS 2010, Cayman Islands National Drug Council

### Counselling or Rehabilitation Treatment

A small proportion of students (2.5%), admitted that they have been treated by a doctor as a result of substance use. More males (2.8%) than females (2.2%) admitted to have been treated by a doctor.

On the other hand, 2.9% of the students reported received counselling or rehabilitation treatment as a result of the use of any substance. The students admitted to getting counselling or rehabilitation for alcohol (2%), marijuana (1.8%), other substances (1%), tobacco (0.5%), heroin (0.2%), crack cocaine (0.2%), ecstasy (0.2%) and cocaine powder (0.2%).

## g. DRUG MARKET

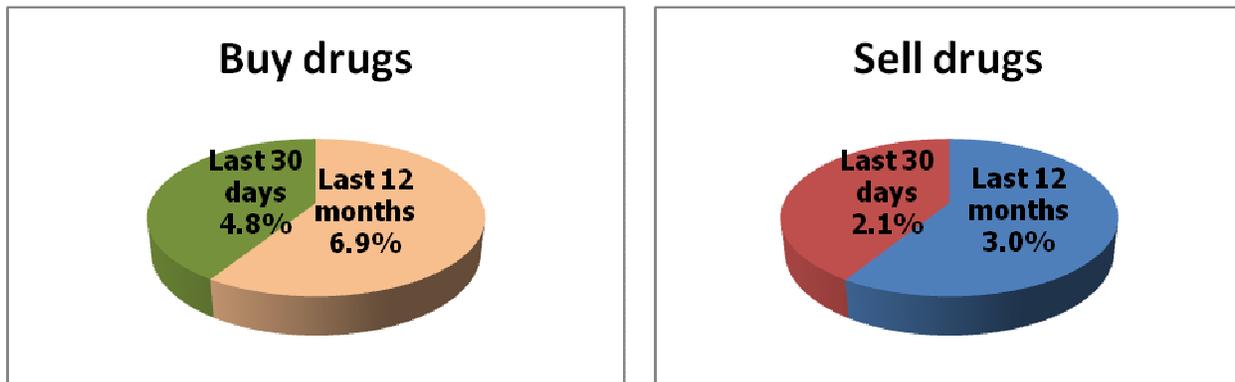
### Buyers and sellers

A small percentage of students reported buying drugs either for themselves or for others sometime before the survey - (6.9% in the past year and 4.8% in the past 30 days). Just 2.1% of students said that their family knew that they were buying or had bought drugs.

During the last 12 months, 78 students (3.0%) sold drugs either for themselves or for others; during the past 30 days, 56 students (2.1%) sold drugs either for themselves or for others. Not many students (1.2%) reported that their family knew that they were selling or had sold drugs.

In relation to selling drugs, 2.3% of students admitted that they did it to support themselves or their family.

**FIGURE 22: BUYERS AND SELLERS. CISDUS2010**



Source: CISDUS 2010, Cayman Islands National Drug Council

### Education

Majority of the students (62.4%) agreed that educational classes about drugs should be mandatory at school. In addition, a large number of students (68.2%) reported that there should be more educational classes about drugs at their schools.

### Prescription Drugs

Some students (6.8%) reported having taken drugs that had not been prescribed by a doctor. More males (7.1%) than females (6.7%) admitted having taken drugs without prescriptions in

the last 30 days prior to the survey. As grade level increased, the consumption of prescription drugs increased, from a lower of 8.9% of 7<sup>th</sup>-graders to 25.2% of 12<sup>th</sup>-graders.

### **Other Information**

One-fifth (20.3%) of the students reported that they knew anyone who was forced to do something they did not want to do because they were drunk or high. More females (24.1%) than males (16.1%) admitted that they knew anyone who was forced to do something unwilling because of consumption of alcohol or other drugs.

On the other hand, it was asked of the students if drugs were used, kept or sold on the grounds of your school –more than one-fifth (21.6) reported that drugs were used, kept or sold at their schools. More females (23.7%) than males (19.3%) reported that these behaviours were at their schools.

## CONCLUSIONS AND RECOMMENDATIONS

The survey was designed to have an appreciation and perception about a number of factors that are associated with the lifestyle of the students of the Cayman Islands. The finding of the Student Survey (CISDUS 2010) indicated that not many students were current users of illegal drugs.

The students that participate in the survey were from grades 7 to 12 from twelve middle and high schools and were between 10 and 20 years old, with the majority of students being between 13 and 15 years old. Most of the students indicated living with both natural parents (47.7%), and the district with the largest population of students was George Town with 37.6%, followed by the district of Bodden Town with 25.2% and West Bay 21.6%.

### ***Substance Use:***

An important proportion of students (39.2%) admitted consuming alcoholic beverages during the last 12 months prior to the survey; 22.9% admitted to consuming alcohol during the 4 weeks prior to the survey. About 14.4% of the students admitted to using tobacco in the last 12 months period before the survey.

In terms of illegal drugs, 12.8% reported having used marijuana; 3.6% reported having used glue or other solvents, 3.3% reported using tranquilizers and 3.8% of the students reported having used "donkey weed" during the last 12 months. Despite these statistics, about half (54%) of the students in the Cayman Islands did not report any legal or illegal drug use. It is important to support these students who are making and maintaining healthy lifestyle choices. These healthy lifestyles choices may be attributed to several factors, but they can certainly be maintained by implementing or strengthening programmes or policies including: a strong prevention education programme included in the curriculum, a comprehensive drug use reduction strategy, media messages about the risk of consuming not just the illegal drugs but also the legal drugs, more extracurricular activities and providing more counselling for those students that are already affected by drugs.

**Alcohol**

- ☀ There were few sex differences for drinking behaviours. Females were more likely to perceive daily drinking as risky.
- ☀ Grade was an important discriminator. Generally, as grade increases so does the likelihood of drinking, binge drinking, and related problems. Also, the availability of alcohol and the perception of daily drinking as risky increases with grade.
- ☀ There are several outcomes that differ by district. Generally, students in North Side were less likely to drink and less likely to report alcohol availability. Another pattern was that students in Bodden Town and East End were more likely to drink, students in Bodden Town and West Bay reported ease of availability of alcohol, and students in Bodden Town and West Bay were more likely to perceive daily drinking as risky.
- ☀ Past year alcohol use decreased from 45.5% in 2006 to 39.2% in 2010, but there was a notable increase that occurred between 2002 (38.1%) and 2006 (45.5%).
- ☀ Past month drinking has significantly increased since 1998, from a low of 17.8%, increasing to 22.6% in 2000, remaining stable in 2002 (23.5%), increasing once again to 30.5% in 2006 and decreasing to 22.9% in 2010.
- ☀ Binge drinking has increased over time, from 7.2% of students in 1998, to 12.7% in 2000, remaining steady in 2002 at 12.6%, increased in 2006, up to 15.2% and increased notably again up to 32.1%.
- ☀ There was a decrease in the rate of new drinkers (first time users of alcohol) per survey year, from 33.2% in 2006 to 15.3% in 2010.
- ☀ Most of the students obtained alcohol from friends, and their place of consumption was mainly at social events.
- ☀ A fewer students (15.7%) admitted that a friend was the first person who introduce them to the alcohol use.

**Tobacco**

- ☀ There were sex differences in smoking, with males more likely than females to smoke. Females were more likely to see daily smoking as risky.
- ☀ Grade level had a significant impact on smoking behaviour and attitudes. Smoking tended to increase as grade increased. Smoking onset (new smokers) was more likely to occur between grade 9 and 11.
- ☀ Among districts, students from Cayman Brac and West Bay were more likely to smoke.
- ☀ Past year tobacco smoking increased notably from 6.8% in 2006 to 14.4% in 2010, although the decrease mainly occurred between 1998 and 2000 (5.9%) and rates thereafter remained stable until 2010.
- ☀ The percentage of students that became new smokers in 2010 was significantly lower than the percentage found in 2006 (6.4% vs. 8.1%, respectively).

- ☀ The percentage of students in 2010 who believe daily smoking to be a great risk of harm was significantly lower in 2010 (46.4%) compared to 1998 (57.0%).

### ***Ganja***

- ☀ Ganja use among students increase notably in 2010.
- ☀ While a proportion had not risen significantly between 2002 (9.5%) and 2006 (9.7%), there was evident of an increase between 2006 and 2010, from 9.7% to 12.8%.
- ☀ No significant increase in new users between 2006 and 2010.
- ☀ Proportions reporting easy of availability increased – More students in 2010 reported that ganja was easily available compared to 2006 (26.0% vs. 35.6%).
- ☀ Approval of ganja use has increased from 12.3% in 2006 to 17.9% in 2010.
- ☀ Ganja use among Cayman Islands students was only half the rate compared to other international surveys in the United States and Canada but similar when compared to other Caribbean survey.
- ☀ More males reported using ganja - the percentage of males reporting ganja use has increased significantly from 8.5% in 1998 to 15.9% in 2010. Female ganja use also has increased significantly from 4.7% in 1998 to 10.8% in 2010.
- ☀ More students in higher grades using ganja - rates of ganja use by students in higher grades have increased significantly (from 6.4% to 19.5% of 10th graders between 1998 and 2010, and from 11.9% to 23.3% of 12th graders over the same period).
- ☀ More ganja use in eastern districts - rates of ganja use have increased significantly among students residing in the districts of Bodden Town (3.9% in 1998 to 16.4% in 2010) and East End (5.7% in 1998 to 17.7% in 2010).
- ☀ More students use ganja at younger ages - In 2010, 16.8% of lifetime ganja users reported early onset (use ganja between ages of 6 and 11 years).
- ☀ From the ganja users, 9.8% admitted obtain ganja from friends and 5.1% reported consume it at a friend's house.
- ☀ One-tenth admitted that a friend was the first person who introduces them to ganja.

### ***Other illicit drugs***

- ☀ Females were more likely than males to be past-month inhalants and tranquilizers users. Males, however, were more likely to use any illicit drug, including ganja and excluding inhalants, than females.
- ☀ Inhalant use increased from 7<sup>th</sup> grade to 9<sup>th</sup> grade and decreased from 10<sup>th</sup> Grade to 12<sup>th</sup> grade. Tranquilizers use increased with grade level. Any illicit drug use, including ganja and excluding inhalants, tended to increase with grade.
- ☀ Students from Bodden Town (4.4%), East End (4.2%) and George Town (3.9%) were more likely to use inhalants. Students from the eastern districts were more likely to use

tranquilizers (about 2.6%). Students from East End (22.9%), Bodden Town (18.5%) and West Bay (17.9%) were more likely to use any illegal drug, including ganja and excluding inhalants.

- ✿ More than half (54%) of all students did not use any substance, and another 20% restricted their use to alcohol only.
- ✿ Any illicit drug use, excluding inhalants and ganja, increased from 6.9% in 2006 to 9.2% in 2010.
- ✿ Inhalant use was lower in 2010 compared to 2006.
- ✿ Any illicit drug use, including ganja but excluding inhalants, was higher in 2010 (17.2%) compared to 2006 (14.4%).
- ✿ Prescription drug use (tranquilizers, oxycotin, etc.) increased notably from 2006 to 2010.
- ✿ The percentage of students reporting tobacco use only was higher compared to all previous years.
- ✿ Injection drug use has remained low and stable over time.

### ***Family, Counselling/Rehabilitation Treatment***

- ✿ From the students that reported any use of illegal substances, 5.5% admitted that their families had knowledge of their use of drugs.
- ✿ More than one-third of students admitted that some member of their family use illegal drugs. From them, most of the students reported cousins, uncle/aunt and other relatives as current users of illegal drugs in their families.
- ✿ Just a few students have been treated by a doctor as a result of any substance use and other small portion of students reported received counselling or rehabilitation.

### ***Drug Market***

- ✿ During the past 12 months and 30 days prior to the survey, 6.9% and 4.8% of students reported buying drugs either for themselves or for others. Just 2.1% admitted that their families know that they buy or bough drugs.
- ✿ During the past 12 months and 30 days prior to the survey, 3% and 2.1% of students reported sell drugs either for themselves or for others. Just 1.2% admitted that their families knew that they sell or sold drugs.
- ✿ Majority of students agreed that education classes about drugs should be mandatory at school.
- ✿ About prescription drugs, just a few students reported having taken any drugs which have not been prescribed by a doctor.

## RECOMMENDATIONS

1. It is important to recognize the problem of the abuse of legal and illegal substances as education institutions, Ministry of Health, counselling services and other stakeholders involved in the process and exercise their role as guiders providing assistance in policy making, counselling and prevention programs.
2. Although most students continue to choose not to use alcohol, tobacco and drugs, it is necessary to implement in the school curriculum:
  - an education, prevention and intervention programs
  - education campaigns in order to keep this healthy behaviour and at the same time be able to reach students that consume these substances and support them creating consciousness to discontinue this condition, reintegrate them to the student community and support them making healthy decisions about substances use.
3. Engage both teachers and parents in the strategy raised by the institution in the quest for the prevention of alcohol, tobacco and drug use and eventual reintegration of the students that used these substances.
4. Offer motivating extracurricular activities for students after school, such as sports, arts, theatre and photography among others.
5. In spite of the acknowledged limitations in the surveys, there were findings that increased the confidence placed in the surveys' results. These findings were consistent with and supported what has been observed elsewhere and what would not be seen if the students had been giving random answers or consistently dishonest answers. Consequently, Authorities and public in general should view this report as a valuable piece of literature that can be of great use in the efforts to plan, implement and evaluate drug prevention programs and projects.

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