

# Medical Health Officer Report to City of Nanaimo Committee of the Whole

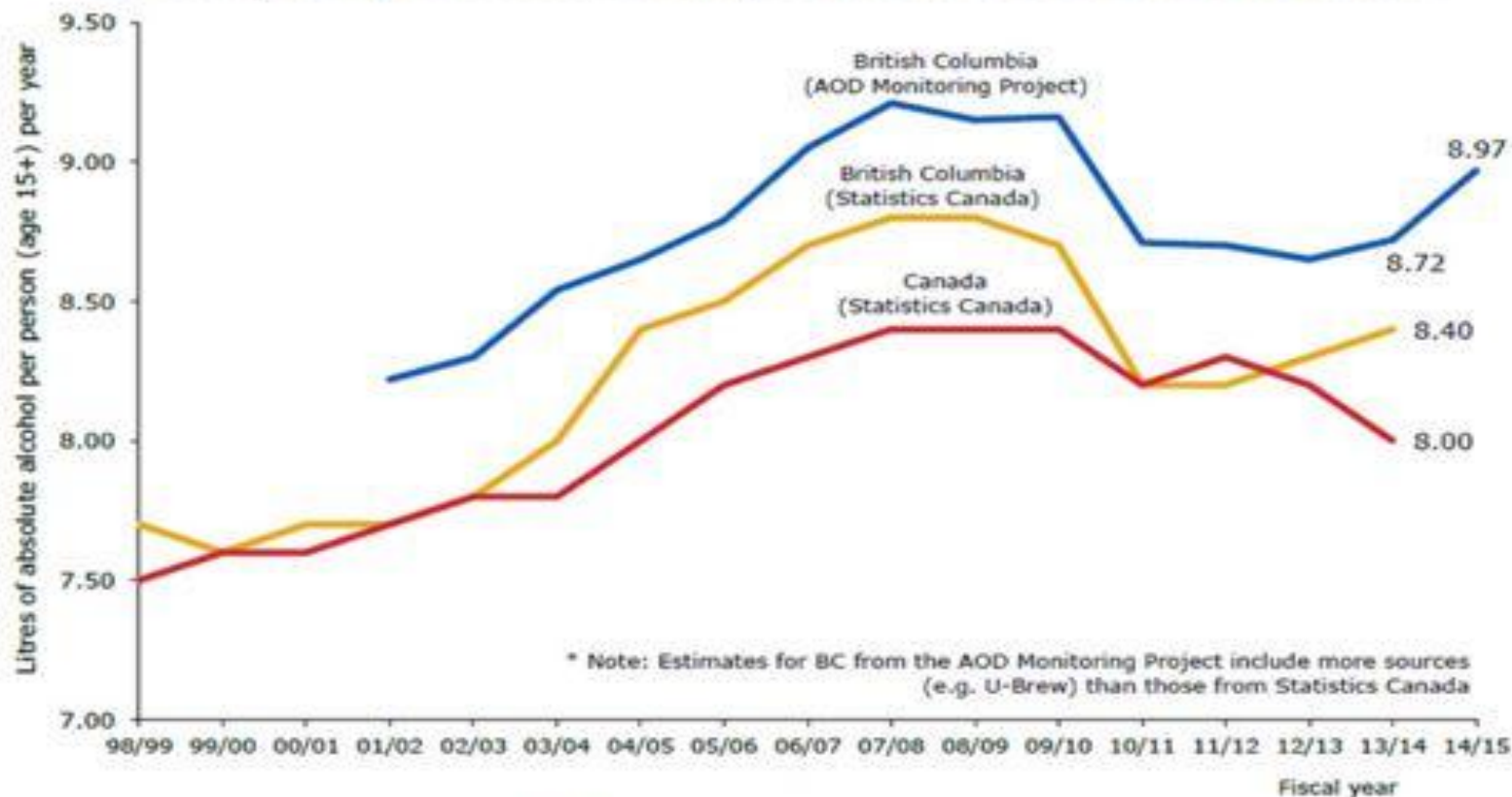
May 30, 2016

## Substance Use and Misuse

*Excellent care for everyone,  
everywhere, every time.*

# Alcohol Use

Annual per capita alcohol consumption in British Columbia and Canada



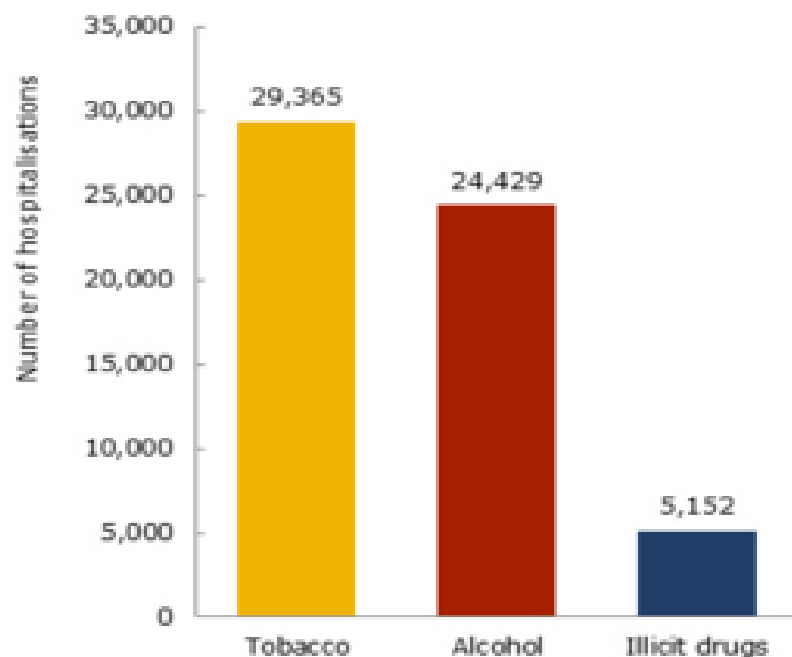
University  
of Victoria

Centre for Addictions  
Research of BC

carbc.ca | aodmonitoring.ca

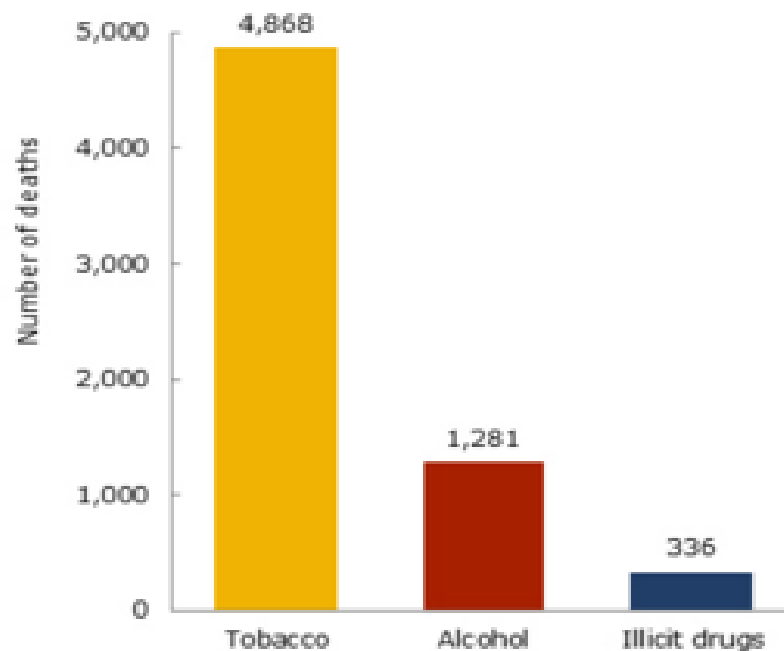
# Substance Use: Mortality and Morbidity

**Number of BC Hospitalizations Related to Substance Use, 2013**



Source: BC Alcohol and Other Drugs (AOD) Monitoring Project, Centre for Addictions Research of BC

**Number of BC Deaths Related to Substance Use, 2013**



carbc.ca

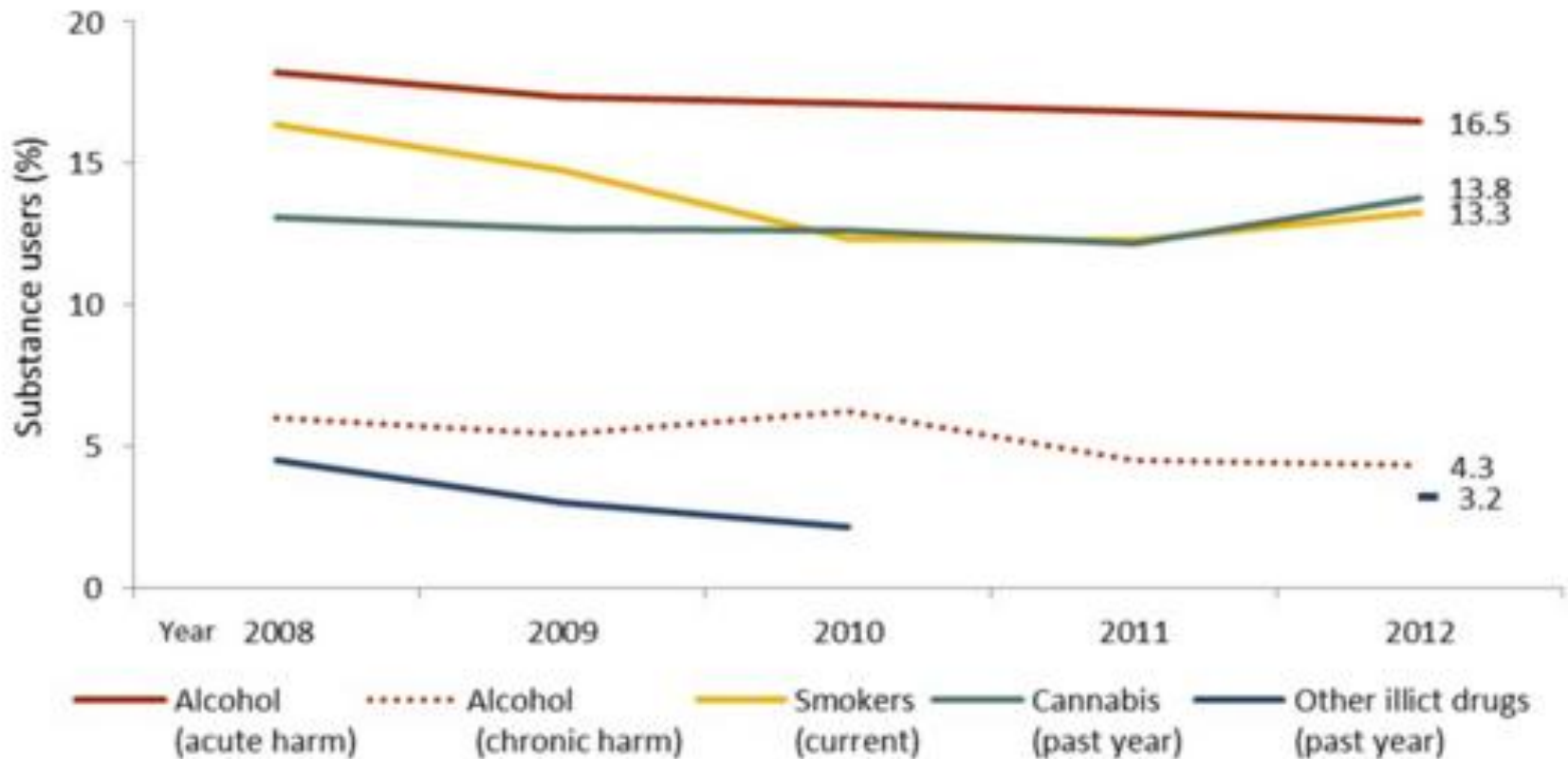


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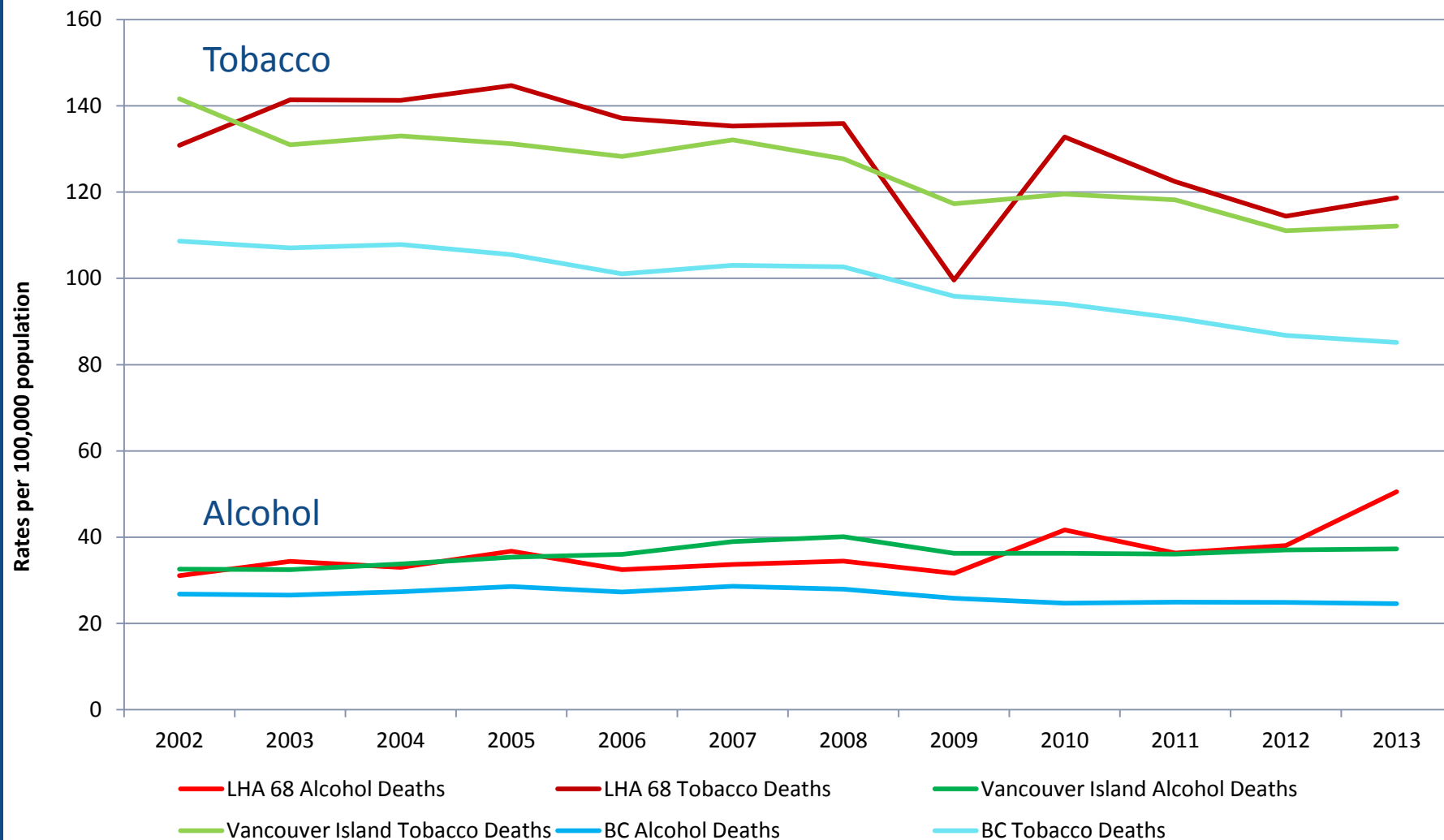
# Substance Use Trend

Prevalence of past year substance use in BC, age 15+ 2008-2012

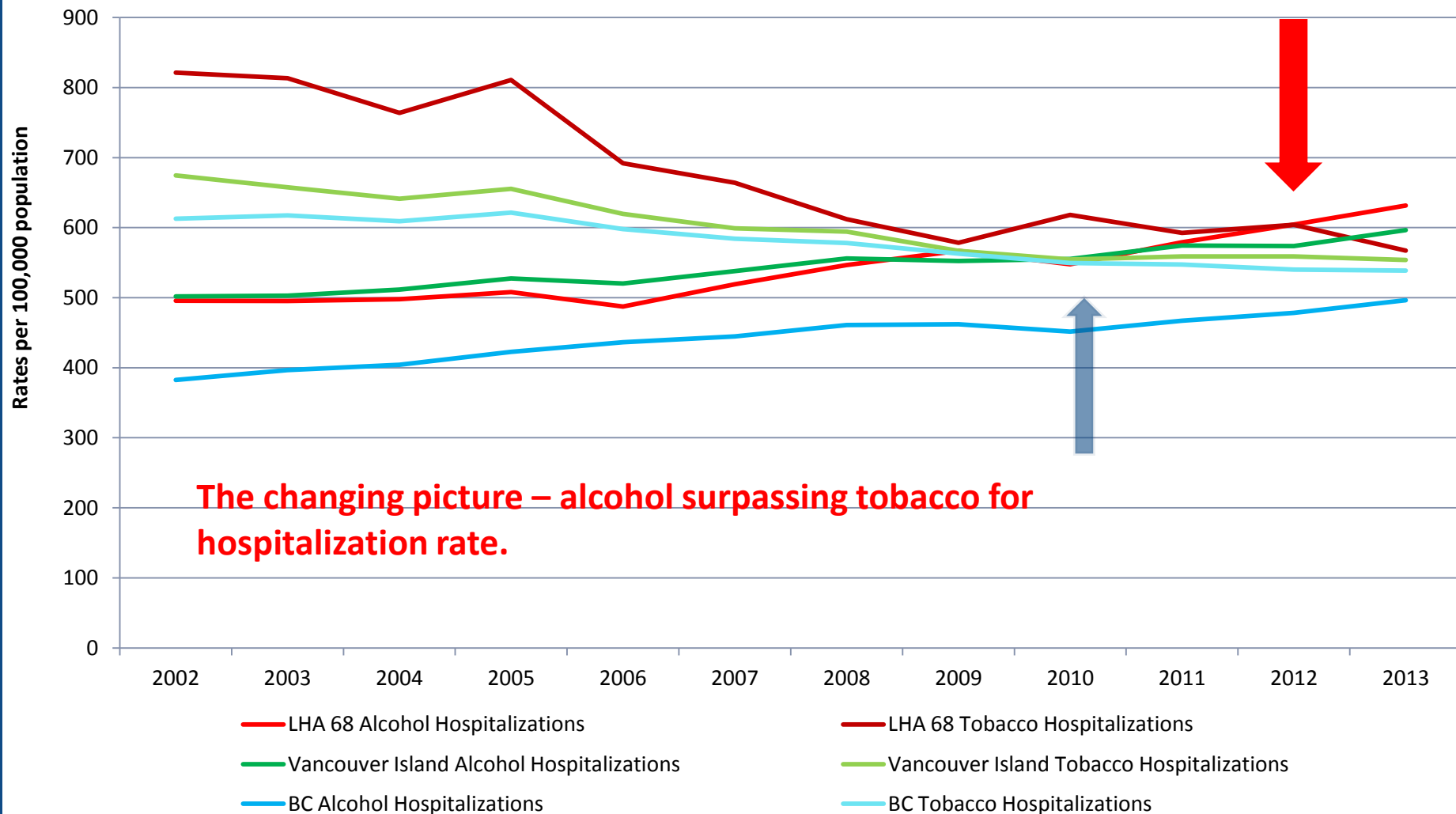


Estimate unstable for other illicit drug use in 2011 and has been suppressed.

# Standardized Rate of Alcohol and Tobacco Deaths by LHA, Island and BC, 2002-2013

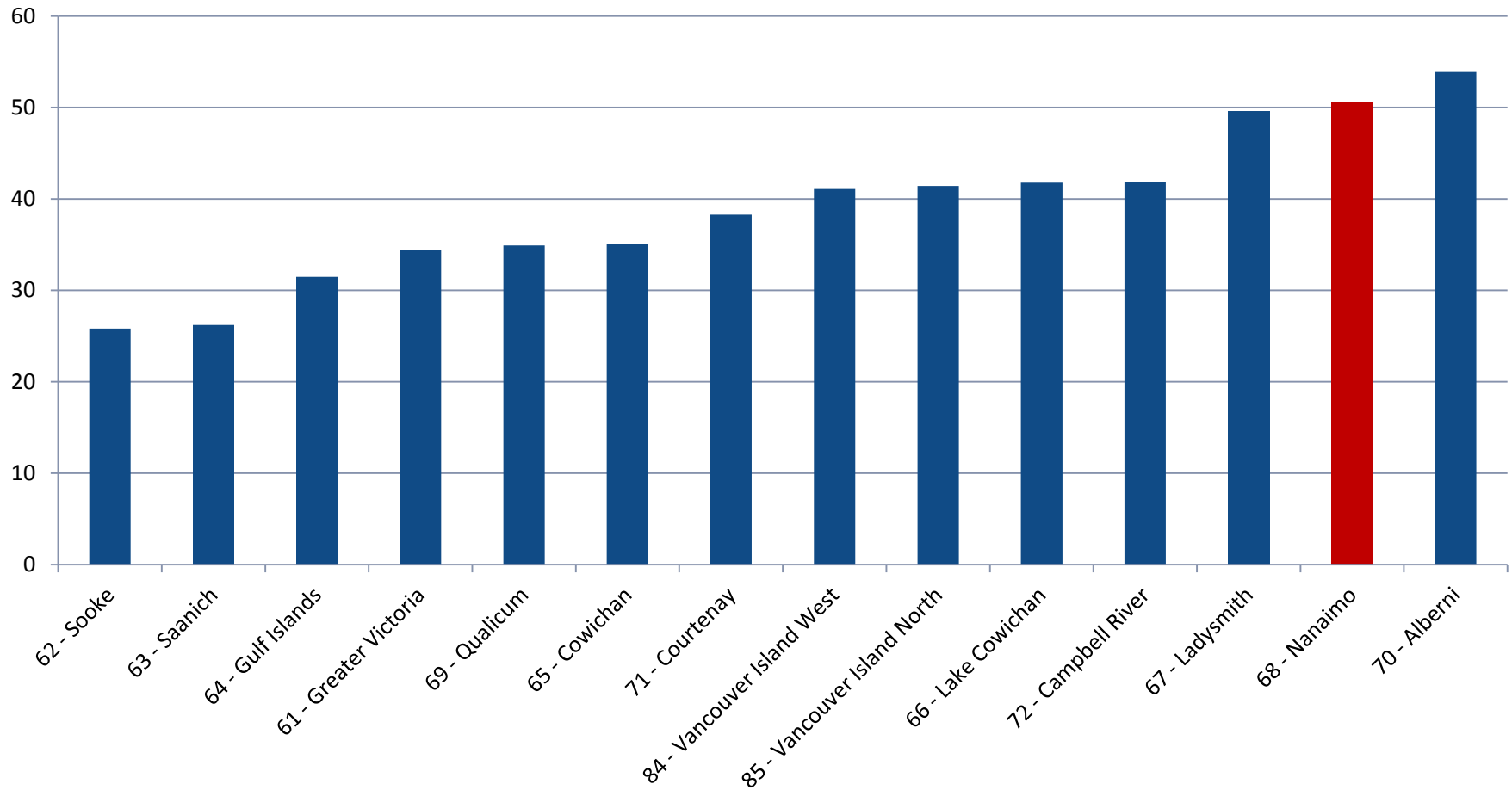


## Standardized Rate of Alcohol and Tobacco Hospitalizations by LHA, Island and BC - 2002 - 2013



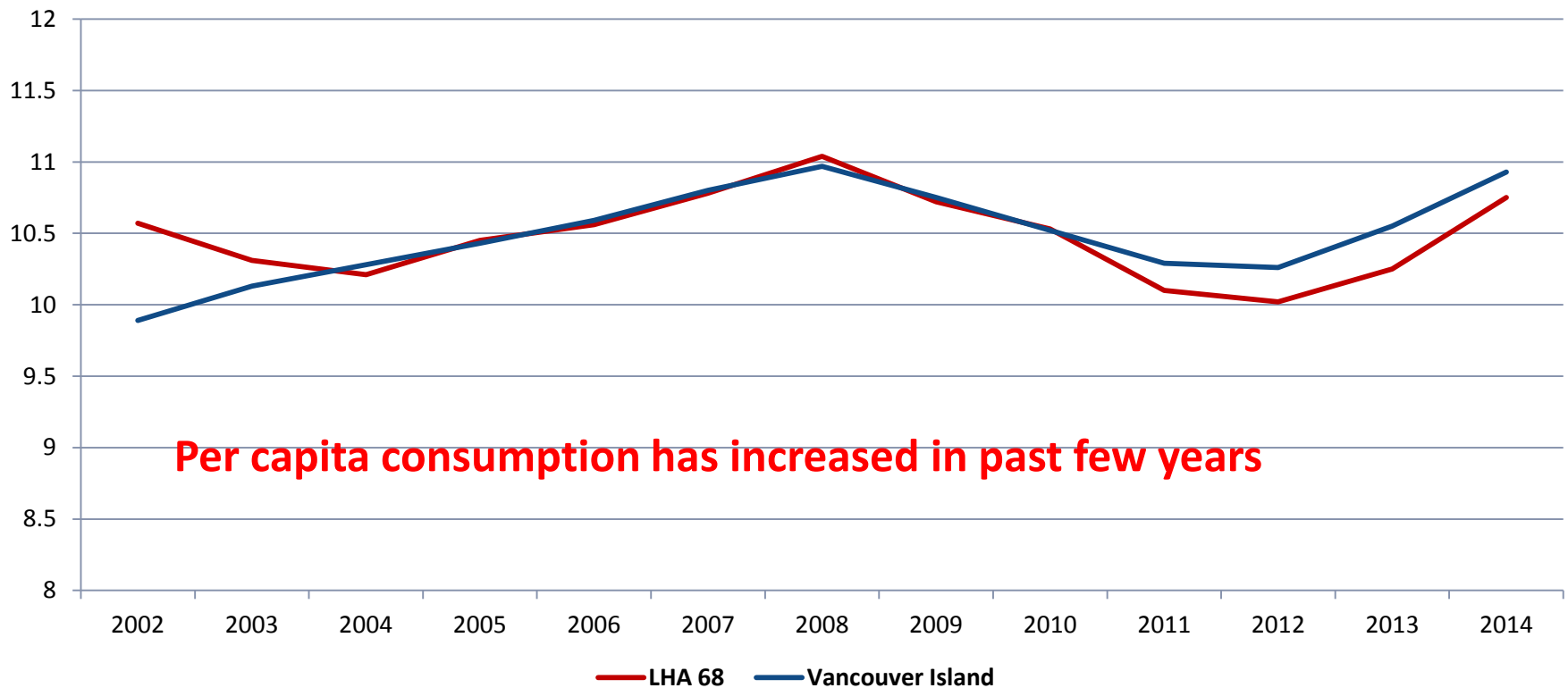
# Alcohol Related Mortality

Standardized Rate of Alcohol Deaths, 2013



# Alcohol consumption per capita is generally increasing

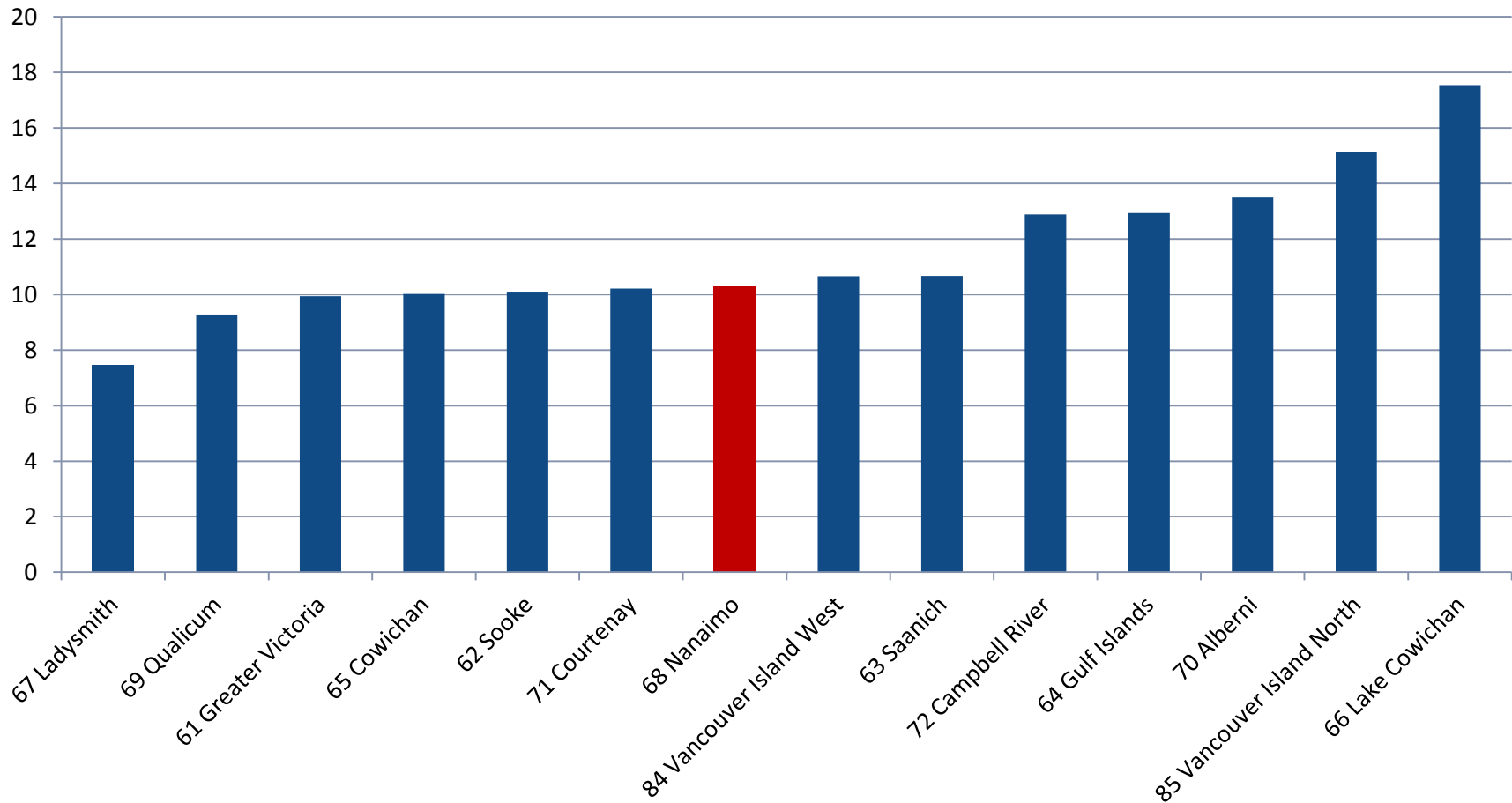
Annual per Capita Alcohol Consumption - 2002 to 2014





## Annual per capita Alcohol Consumption, Island Health - 5 Year Average from 2010 to 2014

### Consumption driven by location of purchase



# Longer Term Needs

- Effective prevention of drug use and addiction.
- Early intervention activities.
- Major policy shifts.
- Safer consumption sites.
- Increased access to detox and treatment programs.
- Addiction training.
- Opiate substitution (methadone).
- Housing solutions.
- Public awareness.

# Marijuana

- Not a special case.
- Special only in regulatory environment changing.
- Many issues that local governments may wish to consider.



# Issues

- Few proven health benefits, some health risks. Risk:benefit akin to alcohol.
- “Dispensaries” can be regulated to some extent by local government, but are not authorized by Health Canada – that may change. Product currently not monitored for quality.
- Authorized growers/dispensors need only advise local governments, but are not required to obtain approval.

# Prescription Drug Overdoses

- Increasing.
  - Aging of persons with chronic pain.
  - Misuse
    - More controls in place



# So What....

- Local governments can impact accessibility and can contribute to worsening or alleviating substance use issues.
- Local governments need to be aware of and involved in decisions related to marijuana – including setting policy direction.
- Substance use impacts have long been problematic, and require community wide solutions.
- Nanaimo clean air bylaw needs to be updated to include “weed” and vaping.

# Housing as a Community Solution



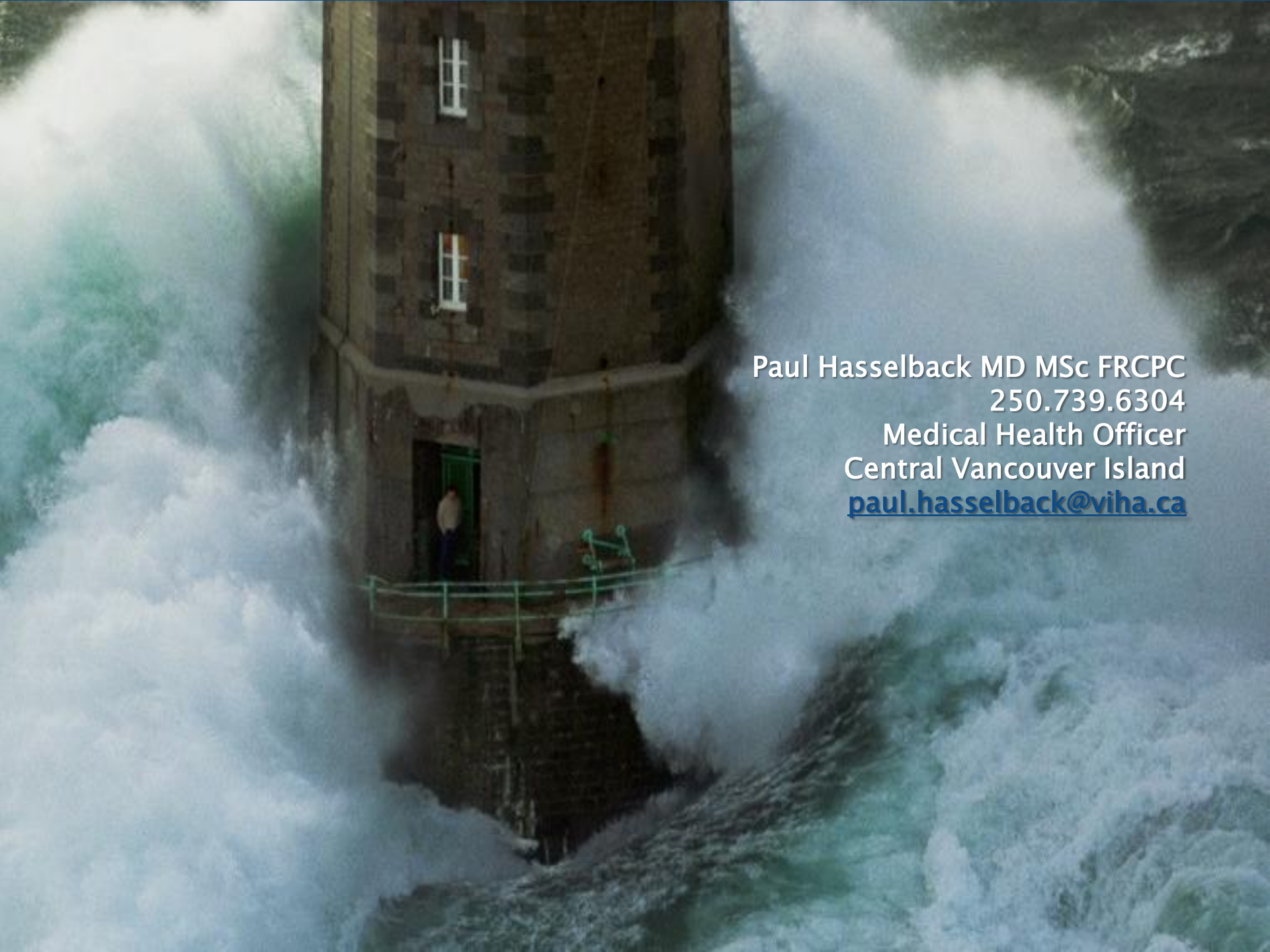
- Good evidence of value
  - Local governments have significant influence
  - RDN housing strategy
- Need for diverse options
  - Detox, transition housing, collective supported environments
- Zoning and NIMBY issues

# Advocacy Options

- Advocate for effective solutions
- Build hope
  - Treatment and detox options
  - Financial supports for clients
- Municipal Alcohol Policy  
<http://bchealthycommunities.ca/map>







Paul Hasselback MD MSc FRCPC  
250.739.6304  
Medical Health Officer  
Central Vancouver Island  
[paul.hasselback@viha.ca](mailto:paul.hasselback@viha.ca)