

Figure 3.48: Type of strategy to reduce alcohol intake

3.1.3.3 Drug use

10.1% of students made use of drugs in the last month and 17.3% in the last year. Cannabis is the most widely used illicit substance by university students. 19.9% of the respondents stated that they have smoked cannabis at some point in their life and 9.6% have used the substance in the last month (Table 3.3). Cocaine is another frequently used drug, with 6% using it in the past year and 4.4% in the past month. 3% of the students have made use of inhalants, ecstasy, amphetamines, and LSD in the past year. About 5% of the students have also made use of tranquillisers and sleeping pills over the past year. Students are less likely to use of GHB, Ritalin and heroin (Figure 3.49). A greater proportion of males, make use of all the illicit drugs with the exception of sleeping pills and tranquillisers (Figure 3.50).

Table 3.3: Frequency of substance abuse by type of substance

Substance	Frequency of substance abuse			
	In the last month	In the last year	More than a year	Never
Cannabis	9.6%	4.0%	6.3%	80.1%
Inhalants	2.7%	1.6%	4.1%	91.6%
Ecstasy	2.1%	0.9%	3.0%	94.0%
Anabolic steroids	2.1%	0.2%	0.7%	97.0%
Magic mushrooms	2.1%	0.5%	1.1%	96.3%
Heroin	0.5%	0.0%	0.5%	99.0%
Amphetamines	2.5%	0.7%	0.7%	96.1%
Ketamine	2.1%	0.0%	0.5%	97.4%
LSD	2.3%	0.9%	1.4%	95.4%
Cocaine	4.4%	1.6%	1.8%	92.2%
GHB	1.1%	0.0%	0.0%	98.9%
Tranquillisers	3.4%	1.4%	1.8%	93.4%
Ritalin	1.1%	0.0%	0.0%	98.9%

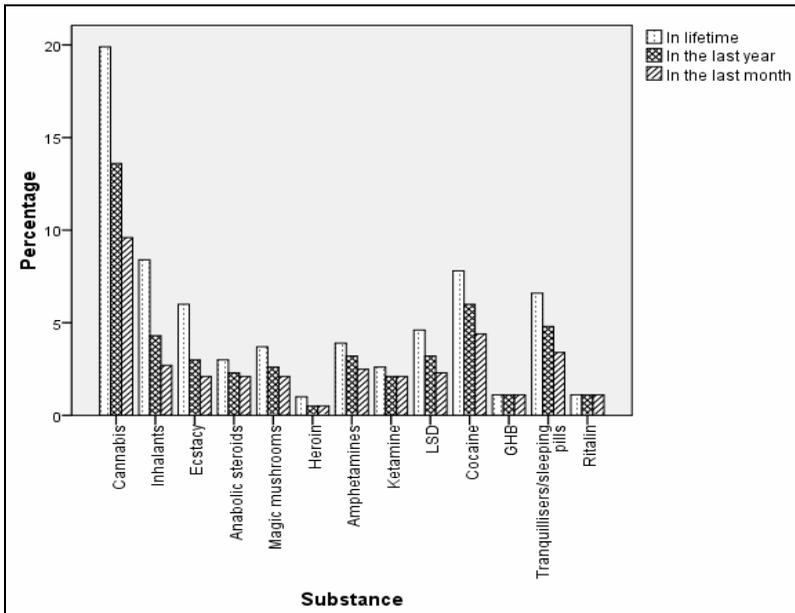


Figure 3.49: Frequency of substance abuse by type of substance

Healthy Students Healthy Lives

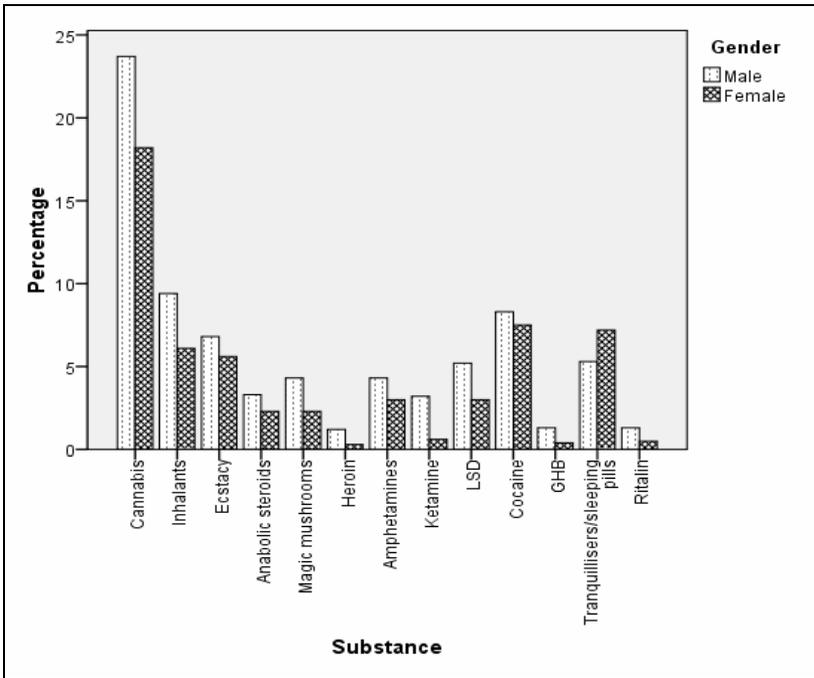


Figure 3.50: Substance abuse by gender

About 8% of those who use drugs, take drugs on a daily basis while 39% do so about once a week; more than half take drugs at most twice monthly (Figure 3.51).

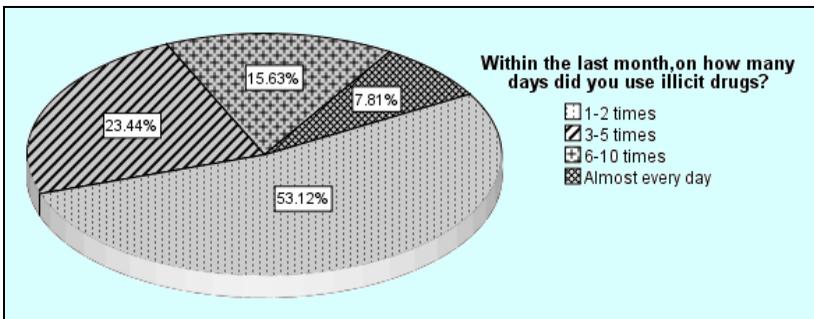


Figure 3.51: Frequency of substance use during the last month