

Tracks Survey Findings 2023-2025: Substance Use

Key insights from people who inject drugs



There is diversity in drug use patterns.



1 in 3
injected drugs
every day

Of those injecting
daily, most injected

2 - 5

times per day



3 in 4

use at least one
strategy to keep safe
while injecting

The median
number of years
injecting was: **15**

13% Injected alone

89% Used drugs ~2
hours before sex



People actively manage their risk. Harm reduction needs to meet people where they are at.



Substance use behaviours are evolving in response to an unpredictable drug supply.

Most commonly
used substances:

2017-2019

2023-2025

Injection

cocaine
hydromorphone



methamphetamine
fentanyl

Non-injection

cannabis
alcohol



methamphetamine
cannabis

“
The nature of
the illegal drug
supply and
where people
live impacts
the drugs they
use and how
they use them.
”



People choose drugs based on cost, availability, and how well they meet their needs. However, some drugs can contain toxic substances they don't know about.



Drug use equipment is shared.

10%

borrowed
used needles
or syringes

28%

borrowed other
used injecting
equipment

64%

borrowed used
non-injection
equipment



Sharing of injection equipment has decreased and inhalation is more prevalent. Education and distribution programs need to include non-injection equipment.

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