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**

19% 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.

Acknowledgements: This resource was developed collaboratively by the People with lived and living experiences of substance use working group and the Public Health Agency of Canada. Special recognition is extended to Nat Kaminski, Matthew Bonn, survey participants and the sentinel site teams for their contributions to this work.

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