

What is the Rapid Risk Factor Surveillance System (RRFSS)?

RRFSS is a phone survey of adults 18+ that uses landline and cell phone numbers.



The survey asks residents about their health behaviours and awareness on a variety of health topics.



Survey results are used to help plan programs and services offered to improve the health of Durham Region residents.



How did you get my phone number?

- Phone numbers are randomly selected using a computer program. They are taken from commercial listings of phone numbers.

Why should I participate in RRFSS?

- Help make your community healthier! Participate in our survey to make your voice heard about public health concerns and programs offered.

RRFSS Data in Action ... Do Durham Region Residents Know the Risks?

Alcohol and the Risk of Injuries

Percentage of residents surveyed **who knew** that alcohol **increases** the risk of:

unplanned or unprotected sex	crime in the community	sexual assault in the community
91%	87%	86%
domestic or family violence	suicide	
84%	77%	

73% of residents **knew** that alcohol **negatively affects** the brain development of adolescents age 24 and under

Safe Levels of Alcohol Use During Pregnancy

84% of residents surveyed **knew** that the safe level of drinking alcohol during pregnancy is **"none at all"**.

Awareness of Health Effects of Cannabis Use Among Adolescents

Percent of residents **who knew** that using cannabis **daily or almost daily** during adolescence can lead to¹:

lung damage if cannabis is smoked	addiction	difficulty in concentrating	long-term memory loss	long-term mental health conditions
79%	75%	74%	66%	62%

Note: ¹ Adolescents refers to people up to 24 years.

Data year (2016 RRFSS)