

### RRFSS and Your Health – Alcohol and Cannabis



#### 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?

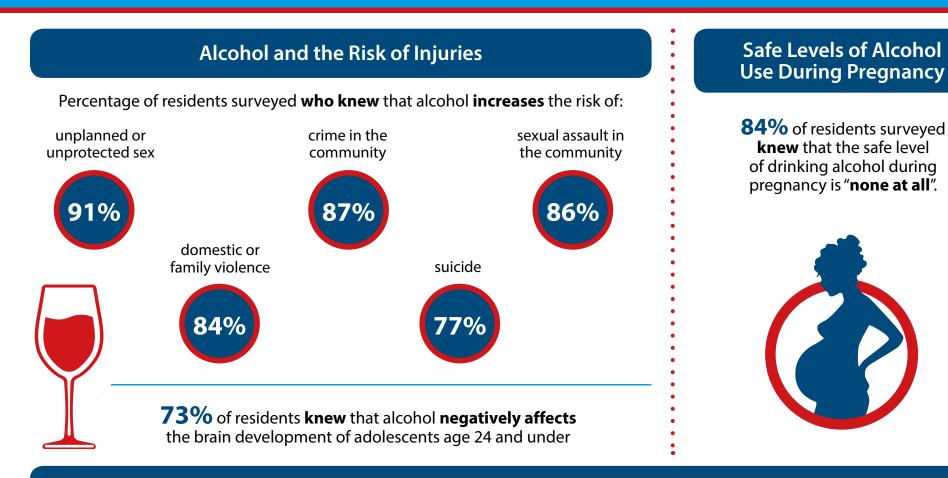
Phone numbers are randomly selected using a computer program. They are taken from commercial listings of phone numbers.



## Why should I participate in RRFSS?

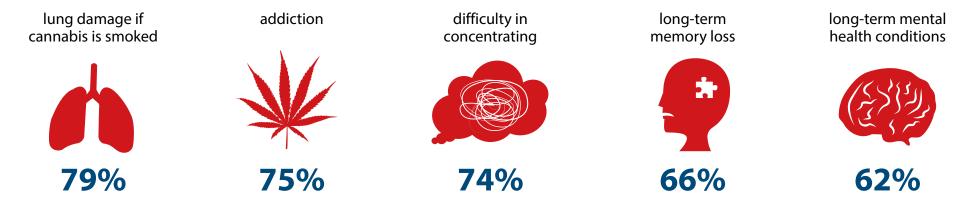
Help make your community healthier! Participate in our survey to make your voice heard about public health concerns and programs offered.

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



#### 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 to<sup>1</sup>:



Note: <sup>1</sup> Adolescents refers to people up to 24 years.

Data year (2016 RRFSS)



Durham Health Connection Line 1-800-841-2729 or 905-668-2020 **durham.ca/health** If you require this information in an accessible format, contact 1-800-841-2729.

