



A Unique and Important Canadian Resource



The Nicotine Dependence in Teens (NDIT) Study began in 1999 to study cigarette smoking in youth.

One of the longest follow-up studies of youth in Canada, NDIT has yielded cutting-edge results on the most topical issues of our times.

Data collection timeline

1294 Grade 7 Students were recruited into NDIT from 10 Montreal-area high schools.

Participants are now in their 30s, an age group often overlooked in research despite being a critical stage in the life course!



NDIT is responsive to hot topic public health issues.



Cigarette smoking

- Nicotine dependence can appear soon after the very first puff.
- Half of students who smoked in grade 11 still smoke at age 30.
- Consuming nicotine across multiple products (cigarettes, e-cigarettes, cannabis) increases dependence.



Physical activity & screen time

- They are independent behaviours. A person can be very active and also report high screen time.
- NDIT data challenge the belief that most youth reduce physical activity and increase screen time markedly during adolescence.



E-cigarette use

- Young adults who are male, have friends who smoke, are impulsive, and who use other substances are more likely to use e-cigarettes.
- Those with higher education and excellent health are less likely to use e-cigarettes.



Cannabis use

- Early findings from qualitative interviews suggest that women use CBD to help with health issues and men use cannabis with THC for recreational purposes.

Changes during COVID-19

Depression & anxiety

- Symptoms of depression and anxiety increased slightly among NDIT participants during the pandemic.

Substance use

- Most participants reported stable patterns in substance use from before to during the pandemic.
- Cannabis use increased from 18% to 23% of NDIT participants during the pandemic.

Physical activity

- Many NDIT participants used physical activity to cope during COVID-19.
- 11% of NDIT participants newly met guidelines during pandemic and 25% no longer met guidelines.

NDIT data translate into action

NDIT data are used by public health practitioners, policy makers, and clinicians at the:

- Institut national de santé publique du Québec
- Ministère de la Santé et des Services sociaux du Québec
- Chronic Disease Prevention Alliance of Canada
- American Academy of Pediatrics Tobacco Consortium

It takes a village!

Over 60 MSc, PhD, and postdoctoral students have used NDIT data in their training.



For more information visit: <https://www.celphie.ca/ndit>

NDIT is supported by:

