Early results of the headline findings from Colombia

Prepared by By Dr Adam R Winstock, Dr Jason Ferris, Dr Larissa Maier and Dr Monica Barratt
Global Drug Survey (GDS) runs the world’s biggest annual drug survey.

A total of 101,313* people from over 50 countries participated in GDS2016 – of which 2.2% (2,095) were from Colombia.

*Data analysis was conducted on out on 97,000 for these preliminary analyses.

About

GDS is an independent global drug use data exchange hub that conducts university ethics approved, anonymous on-line surveys. We collaborate with global media partners who act as hubs to promote our work.

GDS is comprised of experts from the fields of medicine, toxicology, public health, psychology, chemistry, public policy, criminology, sociology, harm reduction and addiction. We research key issues of relevance and importance to both people who use drugs and those who craft public health and drug policy.

Resources

For more information and free resources to help you think about drugs and alcohol please here’s some helpful links to other Global Drug Survey resources:

www.youtube.com/user/GlobalDrugSurvey
www.globaldrugsurvey.com
www.drinks-meter.com
www.drugs-meter.com
www.saferlimits.com
www.onetoomany.com
www.globaldrugsurvey.com/brand/the-highway-code/

Mission

We aim to make drug use safer regardless of their legal status use by sharing information in a credible and meaningful way.

Our last 3 surveys, run at the end of 2013, 2014 & 2015 received almost 300,000 responses.

Over the last decade GDS has successfully supported the widespread dissemination of essential information both to people who use drugs through our media partners and to the medical profession through academic papers presentation at international conferences, expert advisory meetings and through www.drugs-meter.com and www.drinks-meter.com

Using and reporting the data

In all copy related to the data provided the study should be referred to as Global Drug Survey 2016 conducted in partnership with global media partners including La Revista Semana El Periodico El Tiempo, El Periodico El Espectador ,El Noticiero Caracol TV in Colombia. This data report is not to be shared with any other organization, including other news agencies, health services or other government departments.

When reporting the results in print, on-line and on TV we ask all our media partners to place links to our free anonymous, objective web and smart phone apps the Drinks Meter and Drugs Meter.
## COUNTRY BREAKDOWN

<table>
<thead>
<tr>
<th>Country</th>
<th>Percentage</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Germany</td>
<td>30.8%</td>
<td>(29,866)</td>
</tr>
<tr>
<td>Switzerland</td>
<td>8.5%</td>
<td>(8,174)</td>
</tr>
<tr>
<td>New Zealand</td>
<td>7.9%</td>
<td>(7,633)</td>
</tr>
<tr>
<td>United Kingdom</td>
<td>6.2%</td>
<td>(6,015)</td>
</tr>
<tr>
<td>United States</td>
<td>5.5%</td>
<td>(5,367)</td>
</tr>
<tr>
<td>Netherlands</td>
<td>5.2%</td>
<td>(5,058)</td>
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<tr>
<td>Australia</td>
<td>5.1%</td>
<td>(4,931)</td>
</tr>
<tr>
<td>France</td>
<td>3.9%</td>
<td>(3,858)</td>
</tr>
<tr>
<td>Italy</td>
<td>3.3%</td>
<td>(3,189)</td>
</tr>
<tr>
<td>Hungary</td>
<td>3.2%</td>
<td>(3,071)</td>
</tr>
<tr>
<td>Spain</td>
<td>2.6%</td>
<td>(2,520)</td>
</tr>
<tr>
<td>Colombia</td>
<td>2.2%</td>
<td>(2,095)</td>
</tr>
<tr>
<td>Austria</td>
<td>2.1%</td>
<td>(2,055)</td>
</tr>
<tr>
<td>Norway</td>
<td>1.5%</td>
<td>(1,461)</td>
</tr>
<tr>
<td>Canada</td>
<td>1.3%</td>
<td>(1,297)</td>
</tr>
<tr>
<td>Mexico</td>
<td>1.2%</td>
<td>(1,203)</td>
</tr>
<tr>
<td>Belgium</td>
<td>1.1%</td>
<td>(1,027)</td>
</tr>
<tr>
<td>Brazil</td>
<td>1.0%</td>
<td>(1,012)</td>
</tr>
<tr>
<td>Portugal</td>
<td>1.0%</td>
<td>(1,008)</td>
</tr>
<tr>
<td>Sweden</td>
<td>0.7%</td>
<td>(706)</td>
</tr>
<tr>
<td>Scotland</td>
<td>0.7%</td>
<td>(647)</td>
</tr>
<tr>
<td>Republic of Ireland</td>
<td>0.7%</td>
<td>(707)</td>
</tr>
<tr>
<td>Denmark</td>
<td>0.3%</td>
<td>(296)</td>
</tr>
</tbody>
</table>

“Probability based surveys tell you about the size of the drug use problem in your country. GDS tells you what to do about it.” Dr. Adam Winstock
A selection of recent publications


GDS2016.5 A 5 min launch survey

On the back of our global media report release on June 14th we will be running a 5 minute survey exploring 4 areas that we will cover in depth in GDS2017. These are

1) How have psychedelics changed your life
2) What drug have you ever ‘vaped’
3) Would you use drug checking facilities if you had them available
4) What do you do when your mate collapses/passes out
5) Please promote this using your networks and well share the results with you in November the link will go live on June 13th 2016 at www.globaldrugsurvey.com/GDS2016.5

GDS2017 areas of focus – launching November 2016

GDS has invested heavily this year in new design and technology. GDS2017 can be easily competed on phones and tablets and will also allow continuous date submission. We will have a short core survey that will take 20 minutes to complete and then 4 specialist areas that people can opt in to compete if they chose. In addition exploring drug trends GDS2017 will focus on 4 areas that are currently receiving huge interest from media, academic and commercial focus.

1) How psychedelics change people and are used by different groups for different functions from micro-dosing LSD to the commercialization of Ayahuasca.
2) While vape technology may be a common way to use nicotine and increasingly cannabis, the interaction between this technology and drugs is only just beginning GDS2017 will explore how ‘vaping’ changes the drug experience and just what other drugs people are choosing to use this way
3) How people use MDMA to maximize pleasure and minimize the risk of problems and how this once archetypal dance drug has left the dance floor for peoples living rooms and dinner parties
4) Drug tourism – people travel the world to take drugs – but does their consumption and risk vary when they leave their own backyard.

GDS2017 will tell the real story of drug use abroad.
**Methodology**

Our recruitment strategy is an example of non-purposive sampling. We acknowledge that this has significant limitations, most notably with respect to response bias whereby there will be inherent differences between those who participate and those who do not. It is more likely that individuals will respond to surveys if they see topics or items that are of interest to them, and thus by definition will differ from those who do not participate. Therefore, as participants in our survey may have a greater interest in or experience with drugs, they may not be representative of the wider population.

Don’t look to GDS for national estimates. GDS is designed to answer comparison questions that are not dependent on probability samples. The GDS sample is thus most effectively used to compare population segments, young, old, males, females, gay, straight, clubbers, thin people, obese people, vegetarians, those with a current psychiatric diagnosis, students, northerners, southerners etc. GDS can help add numbers and depth to the findings of more rigorous probability-based, though less detailed and smaller, survey findings.

Thus when judged against traditional epidemiological criteria for monitoring public health, GDS fully acknowledges that our methods have potentially significant limitations. But given GDS recruits younger, more involved drug using populations we are able to spot emerging drug trends before they enter into the general population.

GDS complements existing drug use information and provides essential, current data on the patterns of use, harms, health and well-being experienced by the full spectrum of users in your country.

**The founder and CEO of GDS is Dr Adam R Winstock MD**

Adam is a Consultant Addiction Psychiatrist and academic researcher based in London. The views presented here are entirely his own and have no relationship to those of his current employers or affiliate academic organizations. No government, regulatory authority, corporate organization or advocacy group has influenced the design of the survey or content of report. He is supported by an international network of individuals and organisations in over 20 countries.

**Limitations**

This is not a nationally representative sample, but it does represent one of the largest studies of drug use ever conducted in Colombia. Although the findings cannot be said to be representative of the wider Colombian population they do provide a useful snapshot of what drugs are being used and how they are impacting upon people’s lives in Colombia.

The findings can inform policy, health service development and most importantly provide people who drink and/or take drugs with practical advise on how to keep healthy and minimize the harms associated with the use of substances.

In the time frame and resources provided only these preliminary analyses are provided and given enormous data we gathered, composite results on key issues are provided only. Stories are thus based on preliminary findings and are subject to change on further analyses. Results have usually provided to the nearest full or half percent.

**Limitations with cross country comparison**

Throughout this report we provide some comparisons on some key areas that may be of interest to readers of your publications. Because the samples we have obtained from different countries vary considerable variation in the size of the country sample, its representativeness, the precise demographics and other characteristics of respondents such as age, gender, involvement in clubbing and drug use such comparisons have to be treated with some caution.

The results although based on the response of 100s or even thousand of users of drug in you country and across the world do not necessary represent the wider drug using community. Saying that if you ask a 100 people in a country how much a drug costs or a group of 25,000 MDMA users how often they need to seek emergency medical help you can’t dismiss the findings as irrelevant and inconsistent with more representative samples.

The limitations in cross country comparisons will be more marked for some results than others. For countries with small numbers the findings need to be treated with even more caution.
All data relating to this report is embargoed until Tuesday June 14th 2016

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El Periodico El Tiempo,
El Periodico El Espectador, El Noticiero Caracol TV in Colombia. This data report is not to be shared with any other organization, including other news agencies, health services or other government departments.

This report covers:

Demographics
Drug use prevalence
Alcohol
Seeking EMT
Cannabis
The internet and drugs
New drugs
Value for money

A separate report on

MDMA
Cocaine
And a series of other global stories of interest

will follow next week
data on 2,095* participants from Colombia have been used for this analysis. This number varies for each section of survey.

Topics Covered:

- Gender
- Age
- Sexual orientation
- Ethnicity
- Educational attainment
- Employment/ studying
- Who they live with
- Geographical location
- Body Mass Index
- Other recreational activities (clubbing and exercise)
### Global Drug Survey GDS2016

**Heterosexual** 82.5%
**Bisexual** 9.9%
**Homosexual** 5.0%
**Prefer not to say** 2.6%

**Female: 532**
**Male: 1,518**

<table>
<thead>
<tr>
<th>Global</th>
<th>Colombia</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gender</td>
<td></td>
</tr>
<tr>
<td>Female</td>
<td>34.1%</td>
</tr>
<tr>
<td>Male</td>
<td>65.5%</td>
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</table>

<table>
<thead>
<tr>
<th>Global</th>
<th>Colombia</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ethnicity</td>
<td></td>
</tr>
<tr>
<td>White</td>
<td>89.0%</td>
</tr>
<tr>
<td>Mixed</td>
<td>3.6%</td>
</tr>
<tr>
<td>Asian (Pakistani, Indian, Bangladeshi)</td>
<td>0.6%</td>
</tr>
<tr>
<td>Black African/Black Caribbean</td>
<td>0.4%</td>
</tr>
<tr>
<td>Black American</td>
<td>0.1%</td>
</tr>
<tr>
<td>Hispanic Latino</td>
<td>4.5%</td>
</tr>
<tr>
<td>SE Asian</td>
<td>0.5%</td>
</tr>
<tr>
<td>Other</td>
<td>1.5%</td>
</tr>
<tr>
<td>Aboriginal</td>
<td>0.3%</td>
</tr>
<tr>
<td>Native American</td>
<td>0.1%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Global</th>
<th>Colombia</th>
</tr>
</thead>
<tbody>
<tr>
<td>Education and Employment</td>
<td></td>
</tr>
<tr>
<td>Employment status</td>
<td></td>
</tr>
<tr>
<td>Paid Employment</td>
<td>53.4%</td>
</tr>
<tr>
<td>Unemployed (looking for work)</td>
<td>11.0%</td>
</tr>
<tr>
<td>Unemployed (not looking for work)</td>
<td>35.7%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Global</th>
<th>Colombia</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mean age</td>
<td></td>
</tr>
<tr>
<td>&lt;24 years</td>
<td>28.7</td>
</tr>
<tr>
<td>25-34 years</td>
<td>46.7%</td>
</tr>
<tr>
<td>35+ years</td>
<td>25.6%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Global</th>
<th>Colombia</th>
</tr>
</thead>
<tbody>
<tr>
<td>Highest Academic Qualification (global)</td>
<td></td>
</tr>
<tr>
<td>High School/Secondary School</td>
<td>22.1%</td>
</tr>
<tr>
<td>Technical or trade certificate</td>
<td>5.2%</td>
</tr>
<tr>
<td>College certificate/diploma</td>
<td>32.5%</td>
</tr>
<tr>
<td>Undergraduate degree</td>
<td>18.4%</td>
</tr>
<tr>
<td>Postgraduate degree</td>
<td>17.7%</td>
</tr>
</tbody>
</table>
Leisure Activities

How often did you play sport/exercise in 2015?

<table>
<thead>
<tr>
<th></th>
<th>Global</th>
<th>Colombian</th>
</tr>
</thead>
<tbody>
<tr>
<td>Never</td>
<td>7.4%</td>
<td>5.0%</td>
</tr>
<tr>
<td>Less than once/3 months</td>
<td>4.9%</td>
<td>5.8%</td>
</tr>
<tr>
<td>Once every 3 months</td>
<td>5.2%</td>
<td>6.7%</td>
</tr>
<tr>
<td>Once a month</td>
<td>9.9%</td>
<td>11.0%</td>
</tr>
<tr>
<td>Once every fortnight</td>
<td>12.1%</td>
<td>8.5%</td>
</tr>
<tr>
<td>Once or twice a week</td>
<td>31.6%</td>
<td>25.8%</td>
</tr>
<tr>
<td>3 to 4 times a week</td>
<td>18.5%</td>
<td>19.1%</td>
</tr>
<tr>
<td>More than 4 times a week</td>
<td>10.2%</td>
<td>18.1%</td>
</tr>
</tbody>
</table>

Living Circumstances

Living with (N=2,095)

<table>
<thead>
<tr>
<th></th>
<th>Global</th>
<th>Colombian</th>
</tr>
</thead>
<tbody>
<tr>
<td>Partner</td>
<td>13.3%</td>
<td></td>
</tr>
<tr>
<td>Friends</td>
<td>7.1%</td>
<td></td>
</tr>
<tr>
<td>Alone</td>
<td>10.7%</td>
<td></td>
</tr>
<tr>
<td>Parent(s)</td>
<td>55.1%</td>
<td></td>
</tr>
<tr>
<td>Housemates</td>
<td>4.1%</td>
<td></td>
</tr>
<tr>
<td>Siblings</td>
<td>22.7%</td>
<td></td>
</tr>
<tr>
<td>Other family</td>
<td>14.1%</td>
<td></td>
</tr>
<tr>
<td>Other</td>
<td>2.1%</td>
<td></td>
</tr>
</tbody>
</table>

Geographical Location (N=2,075)

<table>
<thead>
<tr>
<th></th>
<th>Global</th>
<th>Colombian</th>
</tr>
</thead>
<tbody>
<tr>
<td>City/Urban</td>
<td>97.3%</td>
<td></td>
</tr>
<tr>
<td>Regional</td>
<td>2.6%</td>
<td></td>
</tr>
<tr>
<td>Remote</td>
<td>0.1%</td>
<td></td>
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</tbody>
</table>

Diet

<table>
<thead>
<tr>
<th></th>
<th>Global</th>
<th>Colombian</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegetarian</td>
<td>6.3%</td>
<td></td>
</tr>
<tr>
<td>Not Vegetarian</td>
<td>93.7%</td>
<td></td>
</tr>
</tbody>
</table>

How Healthy Is Your Weight?

- Body Mass Index is calculated by weight in kg divided by (height in metres)^2
- It represents a measure of how healthy your weight is
- The mean BMI for all GDS2016 participants was 24.2
- The mean BMI for the Colombian sample is 22.93

BMI category (BMI score)

<table>
<thead>
<tr>
<th></th>
<th>Colombian (%)</th>
<th>Global (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Extremely underweight (&lt;18)</td>
<td>5.4</td>
<td>3.6</td>
</tr>
<tr>
<td>Underweight (20)</td>
<td>16.1</td>
<td>12.1</td>
</tr>
<tr>
<td>Normal /healthy range (20-25)</td>
<td>57.1</td>
<td>52.2</td>
</tr>
<tr>
<td>Overweight (&gt;25)</td>
<td>18.1</td>
<td>22.0</td>
</tr>
<tr>
<td>Obese (&gt;30)</td>
<td>3.4</td>
<td>10.0</td>
</tr>
</tbody>
</table>
DRUG USE PREVALENCE
Researching drug use prevalence

We asked whether participants had ever used any of the 150 drugs listed in the survey. We then asked whether they had used each drug in the last 12 months and the last 30 days. We provide data here on the rates of use for the 40 most commonly used drugs.

Using this data

- Dot no look to GDS for national prevalence rates
- Our non probability sample is best suited to comparing patterns of use between subsamples and detecting emerging trends among sentinel drug using populations
- We asked what drugs they had ever used, used in the year and the last month
- NOTE: This is not a general population survey so the findings cannot be said to reflect wider drug use patterns but they do give some insight into new drugs trends, price and patterns of use and purchase among a large number of current users
- GDS suggest you look your own country’s national household data and other trend data for comparison and our trend data if we have it for your country

Lifetime and current drug use experience

**Lifetime:**
12.3% had only ever taken legal drugs, 87.7% had taken at least one illegal drug. 0% had not used any drug at all

**Last 12 months:**
17.3% report only having used legal drugs, 81.1% had taken at least one illegal drug. 1.6% had not used any drug at all

**Last month:**
25.3% report only having used legal drugs, 69.5% had taken at least one illegal drug, 5.2% had not used any drug at all

2.9% had ever injected a drug:
1.1% had injected a drug in the last 12 months, with another 1.8% having ever injected as drug but not in the last year
Summary of ever and last year drug experience by legal status and IV use (Colombian GDS2016)

Summary of ever and last year drug experience by legal status and IV use (global sample M+F)
Last Year Drug Use Prevalence Colombia N > 2,000

Global Drug Survey GDS2016 © Not to be reproduced without authors permission
ALCOHOL BASED ON DATA FROM 1,890 COLOMBIAN DRINKERS AND 87,925 GLOBAL DRINKERS
In order to understand overall what levels of harm the respondents were placing themselves at however started the alcohol section with Alcohol Use Disorders Identification Test (AUDIT) a World Health Organisation questionnaire to ascertain harmful drinking levels and dependence. This includes how often individuals drank alcohol and how many drinks they would have on a typical day's use.

We also asked people what type of beverage they drank most commonly and how they thought different types of beverages affected their moods and behaviours; and whether individuals had sought emergency medical treatment due to alcohol use, for what reasons, how much they had drunk and the impact this had on future behaviour.

AUDIT screening questions
1. How often do you have drink containing alcohol?
   Never =0 monthly/less=1  2-4/month =2  2-3/wk = 3  4 or more/wk=4
2. How many std drinks do you have on a day when you drink?
   1 or 2 =0  3 or 4 = 1  5 or 6 =2  7-9=3  10 or more =4
3. How often do you have 6 (F) / 8 (M) or more drinks on one occasion?
   Never =1 less than monthly =1 monthly =2 weekly =3 daily/almost daily =4
4. How often during the last year have you found that you were not able to stop drinking once you had started?
   Never =1 less than monthly =1 monthly =2 weekly =3 daily/almost daily =4
5. How often during the last year have you failed to do what was normally expected of you because of your drinking?
   Never =1 less than monthly =1 monthly =2 weekly =3 daily/almost daily =4
6. How often during the last year have you needed a drink in the morning to get you going after a heavy drinking session?
   Never =1 less than monthly =1 monthly =2 weekly =3 daily/almost daily =4
7. How often during the past year have you had a feeling of regret or guilt after drinking?
   Never =1 less than monthly =1 monthly =2 weekly =3 daily/almost daily =4
8. How often during the last year have you been unable to remember what appened the night before because you had been drinking?
   Never =1 less than monthly =1 monthly =2 weekly =3 daily/almost daily =4
9. Have you or someone else been injured as a result of your drinking
   No=0 Yes, but not in the last year =2 Yes, during the last year=4
10. Has a friend, relative, Dr or other health worker been concerned about your drinking or suggested you cut down?

AUDIT scores in the range of 8-15 represented a medium level of alcohol problems whereas scores of 16 and above represented a high level of alcohol problems. AUDIT scores of 20 or above warrant further diagnostic evaluation for alcohol dependence.

<table>
<thead>
<tr>
<th>AUDIT SCORE</th>
<th>0-7</th>
<th>8-15</th>
<th>16-19</th>
<th>20+</th>
</tr>
</thead>
<tbody>
<tr>
<td>Colombian males</td>
<td>38.7%</td>
<td>43.3%</td>
<td>10.4%</td>
<td>7.6%</td>
</tr>
<tr>
<td>Colombian females</td>
<td>40.6%</td>
<td>44.1%</td>
<td>8.8%</td>
<td>6.6%</td>
</tr>
</tbody>
</table>
How often do you have an alcoholic drink?
*Those who had used alcohol in the last year*

- 27.1% Monthly or less
- 45.6% 2-4 times per month
- 23.5% 2-3 times a week
- 3.8% 4 or more times a week

How many drinks do you have on a day when you consume alcohol?

- 1-2: 17.2%
- 3-4: 23.2%
- 5-6: 21.4%
- 7-9: 14.1%
- 10+: 24.1%

How often do you have 6/8* or more drinks?

- Never: 10.3%
- Less than monthly: 36.4%
- Monthly: 32.5%
- Weekly: 20.1%
- Daily or almost daily: 0.6%
Selected AUDIT responses

Those who had used alcohol in the last year

- 14.8% stated that they could not stop drinking once they had started at least monthly over the last year.
- 6.6% stated that they had not been able to do what was normally expected of them at least monthly over the last year.
- 3.5% stated they needed a drink in the morning following a heavy drinking session at least monthly over the last year.
- 15.3% reported feelings of guilt or regret after drinking at least monthly over the last year.
- 13.2% had been unable to remember events of the night before at least monthly over the last year.
- 10.7% said that they or others had been injured as a result of their drinking over the last year.
- A further 21.8% reported injury to self or others as a result of their drinking at some point not in the last year.
- 14.5% said that others had expressed concern about their drinking over the last 12 months. A further 11.8% said others had expressed concern, but not in the last year.

39% of Colombian drinkers indicated they would like to drink less over the next 12 months. Of these 19.3% reported they would like help to drink less, whilst 4.4% indicated they planned to seek help to cut down on their drinking.
Like to drink less

Of those wanting to drink less the % that would like help
% of individuals who had sought emergency treatment after consuming alcohol

Global EMT Rate was 1.1%
% of last year users of each substance who sought Emergency Medical Treatment following the use of that substance

- Alcohol: 1.1%
- Cannabis: 1.2%
- Cocaine: 2.6%
- Any NPS: 2.7%
- MDMA/Ecstasy: 0.6%
- Ketamine: 0.4%
- Synthetic cannabinoids: 4.2%
- Any substance: 2.4%

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Are all alcoholic beverages the same?

The concept that different types of alcohol have diverse or ‘special’ qualities is nothing new. Many countries have beverage mythologies right at their cultural core. Scientifically speaking these myths have no basis in scientific fact. Alcohol is always the same no matter how you make it. From a chemist’s perspective alcohol is a naturally occurring group of organic compounds, predominantly in the form of ethyl alcohol or ethanol. Ethanol increases the influence of a chemical transmitter in the brain called GABA that slows down or quiets down brain activity hence we call alcohol a depressant. While alcohol also has a host of other subtle effects on the brain, the active ingredient is always ethyl alcohol. So no matter how you make your alcohol, it is always ethyl alcohol that gets you drunk. While the choice of source product and the difference between fermentation and distillation determine whether you end up with beer, cider, wine or spirits the variation in beverage taste and smell is largely due to the contribution of various congeners - chemicals which include acetone, acetaldehyde, esters, fusel alcohols and aldehydes.

These congeners may be where part of the difference in possible effects sits. Acetaldehyde is a breakdown product of alcohol that contributes to hangovers and darker beverages like dark rum, red wine, scotch and brandy contain a higher percentage of congeners. Studies are inconsistent, but many report that the darker the drink, the worse the hangover.

GDS2016 aimed to find out whether different drinks affect people differently in a consistent manner around the world. Before we take a look at the results let’s quickly look at the possible scientific explanations for differences we might find.

- It might be that certain drinks tend to get drunk in different ways meaning that it’s easier to drink more alcohol in some forms than another.
- It might be some drinks are more likely to be drunk in certain environments or occasions
- It might be some people drink certain drinks when they are feeling in particular moods
- It might be that might certain drinks are more likely be drunk by certain people
- It might be that some drinks are drunk with certain mixers that alter mood or behavior (e.g. energy drinks)
- It might be something called ‘effort after meaning’ a way that people try to make sense of what happened after the event (‘I ended up with that turd in my pocket because of the brandy, you know what it does to me...’), i.e. its an excuse that people can pull out that might avoid them admitting they just drunk too much
- It might be all be nonsense
Type of alcohol most likely to be drunk on a night out or at home: Colombia (%)

- **Beer**: 64.3% at home, 44.2% when out
- **Red wine**: 13.5% at home, 2% when out
- **White wine**: 14.3% at home, 2.3% when out
- **Spirits**: 0.2% at home, 0.3% when out
- **Cider**: 5.4% at home, 5.4% when out
- **Other**: 10.7% at home, 10.7% when out

Type of drink/s most likely to make you feel energised (%)

*could chose more than one

- **Spirits**: 57.2% at home, 45% when out
- **Beer**: 32.9% at home, 20% when out
- **White wine**: 11% at home, 2.3% when out
- **Red wine**: 6% at home, 8.7% when out
- **Cider**: 6% at home, 1% when out
Type of drink/s most likely to make you feel tired (%)

- Red wine: 45%
- Beer: 36%
- Spirits: 18%
- White wine: 17%
- Cider: 6%

Type of drink/s most likely to make you feel aggressive (%)

- Spirits: 27.2%
- Beer: 25%
- White wine: 6%
- Red wine: 5%
- Cider: 1%
### Type of drink/s most likely to make you feel relaxed (%)

*could chose more than one

<table>
<thead>
<tr>
<th>Beverage Type</th>
<th>Global</th>
<th>Colombia</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beer</td>
<td>43</td>
<td>43</td>
</tr>
<tr>
<td>Red wine</td>
<td>52.6</td>
<td>52.6</td>
</tr>
<tr>
<td>White wine</td>
<td>16.2</td>
<td>16.2</td>
</tr>
<tr>
<td>Spirits</td>
<td>21</td>
<td>21.1</td>
</tr>
<tr>
<td>Cider</td>
<td>2.3</td>
<td>2.3</td>
</tr>
</tbody>
</table>

### Type of drink/s most likely to make you feel sexy (%)

*could chose more than one

<table>
<thead>
<tr>
<th>Beverage Type</th>
<th>Global</th>
<th>Colombia</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spirits</td>
<td>44.9</td>
<td>44.9</td>
</tr>
<tr>
<td>Red wine</td>
<td>20.1</td>
<td>20.1</td>
</tr>
<tr>
<td>White wine</td>
<td>7.4</td>
<td>7.4</td>
</tr>
<tr>
<td>Beer</td>
<td>15</td>
<td>15</td>
</tr>
<tr>
<td>Cider</td>
<td>1.4</td>
<td>1.4</td>
</tr>
</tbody>
</table>
Type of drink/s most likely to make you feel ill (%) *could chose more than one

- Spirits: Global 43%, Colombia 37.2%
- Red wine: Global 19%, Colombia 13.9%
- Beer: Global 17%, Colombia 15%
- White wine: Global 14%, Colombia 6.7%
- Cider: Global 10%, Colombia 4.9%

Type of drink/s most likely to make you feel confident (%) *could chose more than one

- Spirits: Global 49%, Colombia 52.2%
- Beer: Global 36%, Colombia 40.1%
- Red wine: Global 20%, Colombia 17.8%
- White wine: Global 20%, Colombia 7.8%
- Cider: Global 10%, Colombia 2.1%
Type of drink/s most likely to make you feel restless (%) *could chose more than one

Type of drink/s most likely to make you feel tearful (%) *could chose more than one

<table>
<thead>
<tr>
<th>Type of Drink</th>
<th>Global</th>
<th>Colombia</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spirits</td>
<td>23</td>
<td>34.7</td>
</tr>
<tr>
<td>Beer</td>
<td>8</td>
<td>13.4</td>
</tr>
<tr>
<td>White wine</td>
<td>6</td>
<td>2.3</td>
</tr>
<tr>
<td>Red wine</td>
<td>5</td>
<td>5.5</td>
</tr>
<tr>
<td>Cider</td>
<td>3</td>
<td>1.1</td>
</tr>
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</table>

<table>
<thead>
<tr>
<th>Type of Drink</th>
<th>Global</th>
<th>Colombia</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spirits</td>
<td>20</td>
<td>28.5</td>
</tr>
<tr>
<td>Red wine</td>
<td>12</td>
<td>9.8</td>
</tr>
<tr>
<td>Beer</td>
<td>9</td>
<td>9</td>
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<tr>
<td>White wine</td>
<td>8</td>
<td>3.7</td>
</tr>
<tr>
<td>Cider</td>
<td>2</td>
<td>1.3</td>
</tr>
</tbody>
</table>
Type of drink that gives the worst hangover (%):

- Spirits: 40%
- Red wine: 27.2%
- Beer: 8.8%
- White wine: 1.7%
- Other: 13.1%
- Cider: 0.9%
- None of them: 8.4%

Type of drink that gives the worst hangover by gender (%):

Males:
- Spirits: 36.5%
- Red wine: 23.3%
- White wine: 9.6%
- Beer: 10.9%
- Cider: 4.1%
- Other: 4.5%
- None: 11%

Females:
- Spirits: 37.9%
- Red wine: 22.2%
- White wine: 9.1%
- Beer: 16.6%
- Cider: 4.5%
- Other: 16.6%
- None: 11%
Type of drink that gives the worst hangover (%)(GLOBAL)

- Spirits: 48%
- Red wine: 15%
- Beer: 10%
- White wine: 7%
- Cider: 2%
- Other: 4%
- None of them: 15%

Type of drink that gives the worst hangover by gender (%)(GLOBAL)

- Males
  - Spirits: 49.6%
  - Red wine: 15.7%
  - White wine: 10.9%
  - Beer: 11%
  - Cider: 1.8%
  - Other: 3.6%
  - None: 15.8%

- Females
  - Spirits: 45.1%
  - Red wine: 15.7%
  - White wine: 10.9%
  - Beer: 11%
  - Cider: 1.6%
  - Other: 4.2%
  - None: 15.8%
CANNABIS IN COLOMBIA – LAST YEARS USERS – 90.3% OF RESPONDENTS (N=1,594)

What this section covers

• How often people who smoked cannabis has used in the last year
• Data on the key motivations for using cannabis (pleasure or self medication or both)
• What types of cannabis are used most commonly in different countries
• The most common methods of use adopted in your country including what percentage of users mix with tobacco and how many joints or bongs people usually get from a gram
• *Prevalence of different types and cannabis and the cost per gram of the most common type (with global price comparisons)*
• Information on where people get their cannabis from and if they pay how much they usually pay for one gram
• Admissions to hospital for emergency medical treatment
• The risk and experience of violence associated with getting hold of cannabis

Days used in the last 12 months

<table>
<thead>
<tr>
<th>Method of use</th>
<th>1</th>
<th>2-10</th>
<th>11-50</th>
<th>51-100</th>
<th>&gt;100</th>
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<tbody>
<tr>
<td>Joint</td>
<td>3.30</td>
<td>3.20</td>
<td>2.40</td>
<td>1.50</td>
<td>0.30</td>
</tr>
<tr>
<td>Bong</td>
<td>0.40</td>
<td>0.00</td>
<td>0.00</td>
<td>0.00</td>
<td>0.00</td>
</tr>
<tr>
<td>Pipe</td>
<td>0.20</td>
<td>0.00</td>
<td>0.00</td>
<td>0.00</td>
<td>0.00</td>
</tr>
<tr>
<td>Blunt</td>
<td>8.40</td>
<td>0.50</td>
<td>0.00</td>
<td>0.00</td>
<td>0.00</td>
</tr>
<tr>
<td>Drink</td>
<td>0.30</td>
<td>0.00</td>
<td>0.00</td>
<td>0.00</td>
<td>0.00</td>
</tr>
<tr>
<td>Food</td>
<td>1.50</td>
<td>0.00</td>
<td>0.00</td>
<td>0.00</td>
<td>0.00</td>
</tr>
<tr>
<td>Vapouriser</td>
<td>2.40</td>
<td>0.00</td>
<td>0.00</td>
<td>0.00</td>
<td>0.00</td>
</tr>
<tr>
<td>Bucket bong</td>
<td>0.70</td>
<td>0.00</td>
<td>0.00</td>
<td>0.00</td>
<td>0.00</td>
</tr>
</tbody>
</table>

Method of use

Without Tobacco

With tobacco
COLOMBIA  Last Year Cannabis Users – 90.3% (N=1,594)

Reasons for use

- 84.0% use exclusively for recreational / pleasure
- 14.3% use mostly for pleasure, but sometimes for medical reasons
- 1.4% use mostly for medical reasons, but sometimes recreationally
- 0.3% used cannabis exclusively for medical reasons

Risk of violence

On a scale of 1 (almost none) to 10 (very high), the risk of violence when acquiring cannabis in Colombia was rated by last year users. 78.9% last year cannabis users had never been exposed to violence when buying cannabis. 14.2% had once, and 6.9% had on two or more occasions.

Cannabis – Sought Emergency Medical Treatment in Last 12 Months

Global EMT rate was 1.2%
1.2% (n> 550) of last year cannabis users globally sought Emergency Medical Treatment (EMT) Seekers (n> 550)

Preparation of cannabis used (%)

- High potency / hydroponic: 13.5%
- Herbal: 30.1%
- Resin / Hash: 53.5%
- Butane Hash Oil: 2.9%

Symptoms presented with:

- Feeling scared: 42.19%
- Anxiety: 64.16%
- chest pain: 33.57%
- Nausea: 37.88%
- Auditory hallucinations: 29.86%
- Agitation: 24.24%
- Unable to talk: 24.06%
- Seizure: 19.03%
- Mood: 15.83%
- Visual hallucinations: 14.03%
- Accident: 10.43%
- Seizure: 7.01%
- Aggression: 2.7%
- Bladder: 1.26%

%
Global comparison of preferred cannabis preparations around the world

<table>
<thead>
<tr>
<th>Country</th>
<th>High potency herbal</th>
<th>Resin</th>
<th>Normal weed</th>
<th>BHO</th>
<th>Other</th>
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<tbody>
<tr>
<td>Australia</td>
<td>32.3</td>
<td></td>
<td>80.4</td>
<td></td>
<td></td>
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<tr>
<td>Austria</td>
<td>64</td>
<td>60.2</td>
<td></td>
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<tr>
<td>Belgium</td>
<td>75.4</td>
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<td></td>
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<tr>
<td>Brazil</td>
<td>85</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Canada</td>
<td>64</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Columbia</td>
<td>63.9</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Denmark</td>
<td>58.1</td>
<td>58.7</td>
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<tr>
<td>France</td>
<td>56.8</td>
<td>55.8</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Germany</td>
<td>58.1</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hungary</td>
<td>30.4</td>
<td>1.7</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ireland</td>
<td>2.3</td>
<td>1.7</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Italy</td>
<td>1.5</td>
<td>1.1</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Netherlands</td>
<td>1.8</td>
<td>0.7</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>New Zealand</td>
<td>1.8</td>
<td>0.8</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Portugal</td>
<td>23.7</td>
<td>46.3</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Scotland</td>
<td>46.3</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Spain</td>
<td>52.1</td>
<td>52.1</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Switzerland</td>
<td>42.3</td>
<td></td>
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<td></td>
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<tr>
<td>UK</td>
<td>28.9</td>
<td>1.2</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>USA</td>
<td>4.2</td>
<td>1.3</td>
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DRUGS AND THE INTERNET
Background to the section

- The internet is the drug market without frontiers (or very often customs). Buying drugs online is a natural extension of e-commerce. People buy online because it’s convenient, for the range and quality of products and in some cases because it represents value for money. Vendor rating systems were also welcomed by dark net market buyers.
- The internet (both open and dark) as a source of psychoactive substances—both medicinal and illicit has grown significantly in the last few years.
- While the focus amongst law enforcement, the media and public health has been upon ‘legal highs’ little work has been conducted to look at the prevalence of using the internet to access drugs amongst the general population nor exploration into what substances were being accessed.
- With street dealing remaining a key target for drug squads, doctors being increasing wary of prescribing irresponsibly and the purity and many illicit drugs being comprised through adulteration, the appeal of obtaining drugs online is obvious.
- In the following section we investigated both the timing and prevalence of using the ‘open’ internet to purchase drugs and then specifically the use of ‘dark net’ markets—Silk Road and those that came after it.
- In this section we explore the use of the internet in any form to but any form of drug whether they be illegal, prescription medications or novel (NPS).
Have you ever bought drugs off the internet*? (%)

Base sample: All respondents excluding those who reported use of only alcohol/tobacco/caffeine.
* While not specified, the internet includes the dark net.
Only countries with over N=500 are shown.
LOCAL DATA ON NOVEL PSYCHOACTIVE SUBSTANCES (NPS) & LEGAL HIGHS
Background

- GDS has been tracking the use of ‘Novel Psychoactive Substances’ legal highs’, ‘research chemicals’ for the last 5 years.
- While there may be many new substances identified each week just because drugs are available on line or in ‘head shops’ it does mean they are being used.
- Overall there was increase in the percentage of Global GDS respondents who reported purchasing NPS in the last 12 months from 4.2% to 4.8%, with many countries seeing a notable increase in use.
- GDS thinks where people have good access to good quality traditional drugs the interest in NPS is generally low (for example in Switzerland). The Desert Island Drugs section and motivations for use will expand on this hypothesis
- The reduction in last year use in countries such as New Zealand suggests closing ‘head shops’ might lead to reduced sales a point that is of importance given that there appears to have been an increase in the proportion of GDS respondents globally of people buying from shops – though this show marked regional variation.
- There also seems to have been increase in the use of pills and powders compared to smoking mixtures though again there are marked regional variations.
4.8% of the global GDS2016 reported the purchase of NPS in the last 12 month (compared to 4.2% in GDS2015)

What was the appearance / form of the NPS purchased?

- GDS2016 What was the appearance / form of the NPS used
- GDS2015 What was the appearance /

Where did you source them from

- GDS2016 Where did you get them from?
- GDS2015 Where did you get them from?

<table>
<thead>
<tr>
<th>Appearance/Form</th>
<th>Herbal</th>
<th>Powder/Crystal</th>
<th>Tablet/Pills</th>
<th>Liquids</th>
</tr>
</thead>
<tbody>
<tr>
<td>GDS2016</td>
<td>31.4</td>
<td>49.7</td>
<td>30.2</td>
<td>10.1</td>
</tr>
<tr>
<td>GDS2015</td>
<td>37.5</td>
<td>52.1</td>
<td>29.5</td>
<td>7.4</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Source</th>
<th>On-line</th>
<th>Shop</th>
<th>Friend</th>
<th>Dealer</th>
<th>Other</th>
</tr>
</thead>
<tbody>
<tr>
<td>GDS2016</td>
<td>50.5</td>
<td>23.7</td>
<td>29.2</td>
<td>15.2</td>
<td>3</td>
</tr>
<tr>
<td>GDS2015</td>
<td>44.95</td>
<td>27.6</td>
<td>32</td>
<td>17.5</td>
<td>3</td>
</tr>
</tbody>
</table>

GLOBAL – HAVE YOU PURCHASED ANY DRUG PROMOTED AS ‘LEGAL HIGHS’ OR ‘RESEARCH CHEMICALS’ OR ‘BATH SALTS’ IN THE LAST 12 MONTHS? (%)
0.6% of the Colombian GDS2016 reported the use of NPS in the last 12 months.

What was the appearance / Form of the NPS used?

- Herbal: 30.8%
- Powder / Crystal: 38.5%
- Tablet / pills: 30.8%
- Liquids: 30.8%

Where did you get them from?

- On-line: 23.1%
- Shop: 38.5%
- Friend: 23.1%
- Dealer: 15.4%
- Other: 7.7%
The Global mean was 4.8%
VALUE FOR MONEY
GDS2016 asked participants to rate drugs based on their value for money from 1-10 (1=poor value for money 10=excellent value for money). The Global mean scores are shown below.
GDS2016 asked participants to alcohol based on its value for money from 1-10 (1=poor value for money 10=excellent value for money). The mean scores for each country are shown below.
GDS2016 asked participants to rate cannabis based on its value for money from 1-10 (1=poor value for money 10=excellent value for money). The mean scores for each top country are shown below.
GDS2016 asked participants to rate cocaine based on its value for money from 1-10 (1=poor value for money, 10=excellent value for money). The mean scores for each country are shown below.
GDS2016 asked participants to rate MDMA Pills and MDMA Powder based on its value for money from 1-10 (1=poor value for money 10=excellent value for money). The mean scores for each country are shown below.