

# 1 in 18 Ontario residents received a benzodiazepine in 2019

## BENZODIAZEPINES

A class of **sedative and anti-anxiety medications** that are widely prescribed for the treatment of anxiety, sleep disorders, certain forms of epilepsy, and alcohol withdrawal

## TRENDS BETWEEN 2013 AND 2019

Benzodiazepine use decreased by **13%** among Ontario residents



Benzodiazepine use was consistently **higher** among women



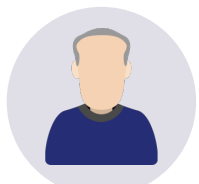
Benzodiazepine use **increased** among people aged **24 or younger**



Benzodiazepine use **decreased** among people aged **35 or above**



The largest increase was among **women aged 19 to 24**, who saw a **30% increase**



The largest decrease was among **men aged 75 or above**, who saw a **29% decrease**



## GEOGRAPHIC PATTERNS IN 2019

The public health units reporting the **highest** rates of benzodiazepine use were **Porcupine, Windsor-Essex County, North Bay Parry Sound District, and Brant County**

The public health units reporting the **lowest** rates of benzodiazepine use were **Peel, York Region, and Northwestern**

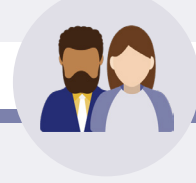
## 445,867 ONTARIO RESIDENTS

newly started a benzodiazepine in 2019. Among these individuals:

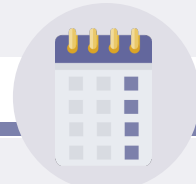
**65%** were women



**36%** were between the ages of 45 and 64



**30%** were prescribed a supply of more than 4 weeks



**25%** were being treated for an anxiety disorder



**55%** had no documented reason for treatment



## COMBINED BENZODIAZEPINE AND OPIOID USE IN 2019



**24%** of Ontarians with benzodiazepine use were prescribed an opioid at the same time



**75%** of these individuals received both prescriptions from the same provider



## For More Information

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Ontario Drug Policy Research Network on behalf of the ODPRN Citizens' Panel. Characterizing Prescription Benzodiazepine Use among Community-Dwelling Residents of Ontario, Canada. Toronto. Ontario Drug Policy Research Network. April 2021. doi: 10.31027/ODPRN.2021.01.