

CANNABIS USE



Currently, we are undergoing a revolution in our cultural relationship with cannabis

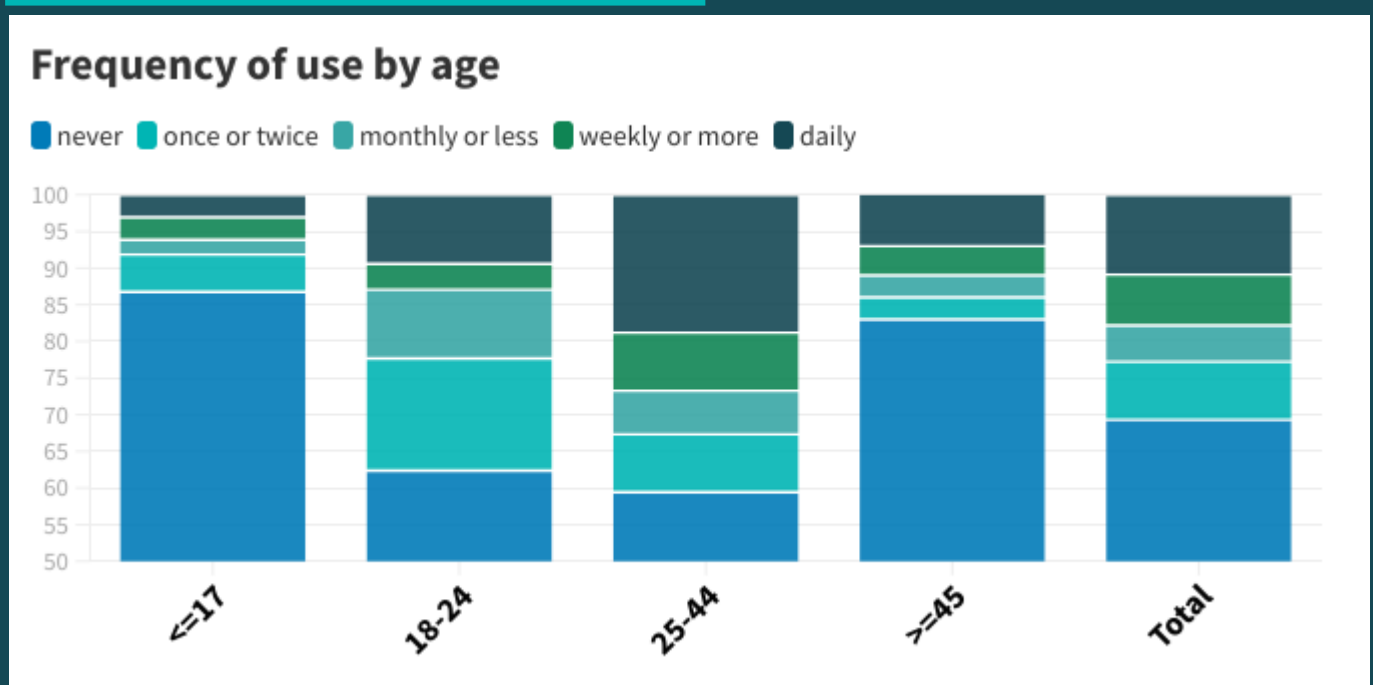
This is a summary of 4 years of screening for cannabis use in schools, community settings, and hospitals. 14,000 people ages 12 and older were screened during this time.

WE ASKED:

In the past 12 months, how often did you use any marijuana, including cannabis, oil, wax, or hash by smoking, vaping dabbing, tincture, or in edibles?

30%

of participants have used cannabis in the past year, with 18% using weekly or daily.



1 in 4 18-24 year olds uses cannabis more than weekly



1 in 5 25-44 year olds uses cannabis daily



Across all age groups, smoking was the most common method of use



Younger groups are more likely to report vaping or dabbing



Young adults 18-24 are most likely to use edibles

Those using all 4 methods are over 2.5 times more likely to have a significant risk of substance use disorder compared to those who report using 1 method

For youth under 18 who endorsed ANY use and for those 18+ who endorse weekly or greater use, additional questions are asked to look at reasons for use and potential impacts of their cannabis use

WE ASKED:

if use is for physical health, mental health, and/or recreational reasons.

Younger age groups were more likely to use to cope with mental health symptoms and for recreational reasons.

Those over 45 were more likely to use cannabis for physical health reasons.

WE ASKED:

In the past year, have you

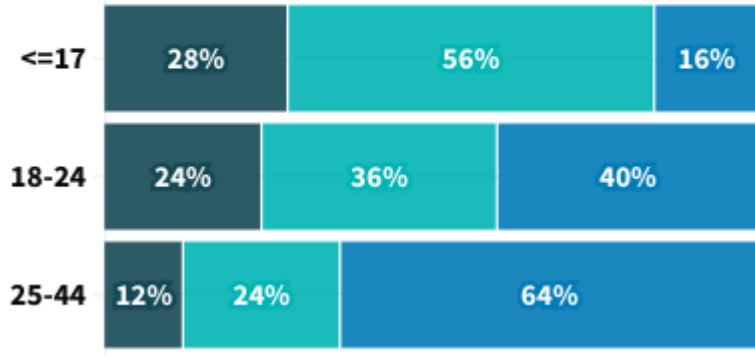
1. Tried to control your marijuana use by smoking only at certain times of the day or in certain places?
2. Worried about the amount of money you've been spending on marijuana?
3. Gone to work or school high or stoned?
4. Family, friends, or a health provider expressed concern about your marijuana use?
5. Driven a car or other vehicle, including a bicycle, after using marijuana?
6. Noticed that your memory is not as good as it used to be?
7. Continued to smoke marijuana when you promised yourself you would not?
8. Experienced any of the following when stopped using marijuana for a period of time: irritability, restlessness, anxiety, depression, loss of appetite, sleep problems, pain, shivering, sweating, or elevated body temperature?
9. Used larger amounts of marijuana over time, or used marijuana more frequently over time?
10. Seen a counselor or other professional as a result of your own concerns, or concerns that someone else had, about your marijuana use?

➔ # 1, 3, 8, and 9 were most endorsed.

Overall, greater frequency of use was associated with a greater number of impacts and higher risk levels. Moderate to high risk levels are associated with the likelihood of meeting criteria for a substance misuse disorder and a greater need for treatment.

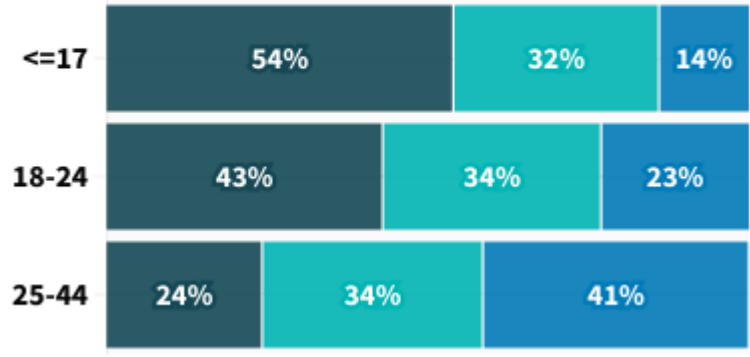
Risk with weekly use

■ Moderate and severe risk ■ Low risk ■ No risk



Risk with daily use

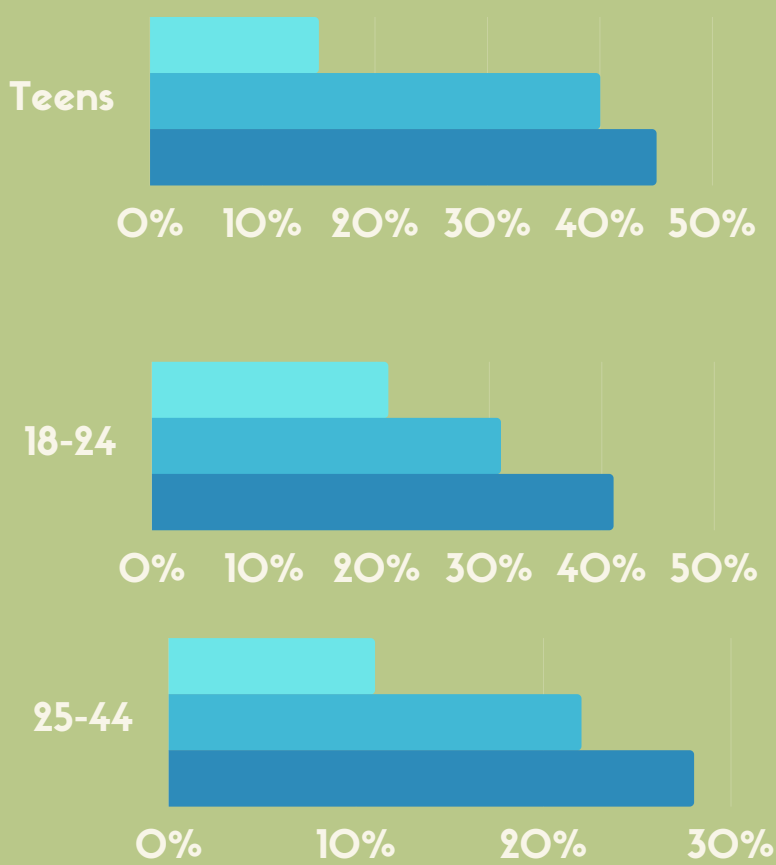
■ Moderate and severe risk ■ Low risk ■ No risk



Moderate to severe use risk doubles when frequency of use increases

While ANY use was associated with clinical levels of anxiety and/or depression, greater frequency of use was associated with higher rates of depression and anxiety.

- No use
- Use monthly or less
- Use weekly or more



One can see by age group, based on how often individuals report using cannabis, the percent who are positive for moderate to severe levels of *anxiety, depression, or both*

It's ok to talk about it and to have questions. If you are wondering about your cannabis use or just want to talk, you can call the Substance Abuse and Mental Health Services Administration (SAMHSA) 24 hours a day, 365 days a year free helpline in English or Spanish at 800-662-HELP (4357)

