**Did you know?** Marijuana refers to the dried leaves and flowers of the cannabis plant that contain significant levels of tetrahydrocannabinol (THC). THC is a cannabinoid (a chemical compound found in the cannabis plant) primarily responsible for the psychoactive effects of marijuana.¹

Marijuana is a Schedule 1 controlled substance under the Controlled Substances Act and Idaho law. As such, the use and sale of marijuana for any purpose is illegal in Idaho.²

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**How common is marijuana use in Idaho?**

Idaho ranks 29th overall for marijuana use in the United States.⁴*

- In the past year, the rate of marijuana use for individuals aged 12+ in Idaho was 15.9%.
- For the same measure, Idaho rates are lower than the national average (17.7%) and significantly lower than other Region 10 states (26.2%).³

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**Marijuana use can negatively affect health and well-being.**

Frequent marijuana use is associated with an increased risk for lung diseases (such as bronchitis and emphysema) and mental health disorders (such as depression, anxiety, and acute psychosis).² Research shows that marijuana negatively affects cognition and suggests that people who use marijuana often experience adverse impacts such as lower academic and career success, injury or legal trouble from driving impaired, and difficulty building connections in relationships.⁵

- Youth & young adults have a significantly higher risk of experiencing harm from marijuana use, as it can lead to permanent effects on the developing brain. For those who use marijuana before age 18, the risk of long-lasting effects on health and well-being is even greater.⁶

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**Past Year Marijuana Use in Idaho by Age Group⁴⁴**

[Graph showing past year marijuana use by age group from 2017 to 2020]

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**What can help prevent marijuana use?**

**Know the facts:** Idaho youth misperceive how often their peers use marijuana – believing their peers use marijuana more frequently than they do. In fact, 88.5% of Idaho youth choose not to use marijuana.⁷

**Know the risks:** When youth know a substance is harmful, they are less likely to use it. However, only 46.4% of Idaho youth think marijuana is harmful to their health.⁷ While the degree of impairment varies, studies show exposure to THC during adolescence can cause long-term adverse changes in the brain.⁶

**Know where to get help:** Last year, 5.5 million youth and young adults had Marijuana Use Disorder in the United States.⁸ For information on the risk of marijuana use and resources for overcoming addiction, the Idaho CareLine is available to all Idahoans for free. Call 2-1-1 or text 898211 to get connected.⁹

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**Sources:**

- [DEA, Marijuana Drug Fact Sheet, 2020.](https://www.dea.gov)
- [SAMHSA, National Survey on Drug Use and Health, 2019 & Q2, Q4 2020.](https://www.samhsa.gov)
- [CDC, What You Need to Know about Marijuana Use in Teens, 2017.](https://www.cdc.gov)
- [SAMHSA, National Survey on Drug Use and Health (Results), 2020.](https://www.samhsa.gov)
- [IDHW, 2-1-1 Idaho CareLine](https://211i.idaho.gov/

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*There was a significant gap in data collection for the 2020 NOSI due to the COVID-19 pandemic. Therefore, care must be taken when comparing data to prior years as survey limitations may have effects on some estimates.*

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**Contact Information:**

304 N 8th St, Boise, ID 83702 • Phone: (208) 854-3040 • [info@odp.idaho.gov](mailto:info@odp.idaho.gov)