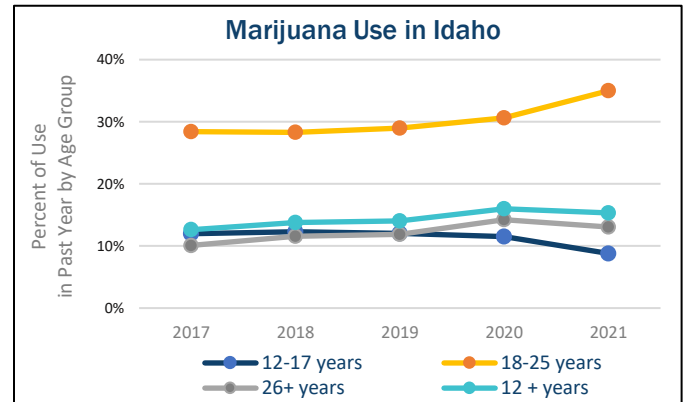


**Did you know...** Marijuana refers to the dried leaves and flowers of the cannabis plant that contains the chemical compound tetrahydrocannabinol (THC). THC is a cannabinoid primarily responsible for the psychoactive effects of marijuana. Marijuana is a Schedule 1 controlled substance under the Controlled Substances Act and Idaho law. As such, the use and sale of marijuana for any purpose is illegal in Idaho.<sup>1</sup>

## Prevalence of Marijuana Use in Idaho?

According to the 2021 National Survey on Drug Use and Health, Idaho is ranked 40<sup>th</sup> nationally for marijuana use among individuals aged 12 and above.<sup>2</sup>

- **6%** of Idaho high school students tried marijuana for the first time before the age of 13.<sup>3</sup>
- **28%** of high school students have used marijuana at least once during their lifetime.<sup>3</sup>
- For those aged 12 and up, Idaho use rates (**15%**) are lower than the national average of 19%.<sup>2</sup>



Data Source: National Survey on Drug Use and Health, 2021.

## The Impacts of Marijuana Use on Health and Well-being.

Frequent marijuana use is associated with increased scarring to lung tissue and damage to small blood vessels.<sup>4</sup> Frequent use has also been linked to impaired brain functioning, impacting areas responsible for memory, learning, attention, and decision-making.<sup>4</sup> Research suggests that approximately 9% of people who use marijuana will become dependent on it, rising to about **17%** for those who start using in their teen years.<sup>5</sup>

- Youth and 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 a teen's health and well-being is even greater.<sup>7</sup>

### Marijuana Use Risk in Youth



In 2021, nearly 14% of Idaho 12<sup>th</sup> graders reported that they had ridden with a driver who had just used marijuana one or more times.<sup>6</sup>



Past month marijuana use was associated with lower academic achievement among Idaho high school students.<sup>6</sup> Teens who use marijuana may be less likely to graduate from high school compared to teens who do not.<sup>7</sup>



Developing teen brains are more susceptible to the long-term impacts of substance use. Marijuana use beginning in teen years or younger may affect brain development which may impair thinking, memory, and learning.<sup>7</sup>

**You Can be the Difference!** It is important for parents to talk with children about marijuana. A strong, open relationship with a parent or caregiver is one of the most influential factors on teens choices with substance use.<sup>8</sup>

## How to Prevent Youth Marijuana Use – Get the Facts & Start the Conversation

### 13-16

The age Idaho youth often initiate marijuana use.

### 77.5%

Of Idaho youth believe monthly marijuana use is not harmful to health.

**Know the Facts:** When youth know a substance is harmful, they are less likely to use it. However, only 77.5% of Idaho youth ages 12-17 believe that smoking marijuana once a month is not harmful to health.<sup>3</sup>

**Start the Conversation:** Teens in Idaho often initiate marijuana use between the ages of 13-16. Parents should start an ongoing conversation about drugs by 4<sup>th</sup> or 5<sup>th</sup> grade. For marijuana facts and helpful tips on how to talk with teens and prevent marijuana use, visit [betheparents.org](https://www.betheparents.org) or [odp.idaho.gov/marijuana](https://odp.idaho.gov/marijuana).

**Get Support:** 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.

Sources: (1) Idaho State Legislative Code, Title 37, Ch.27 § 37-2732. (2) National Survey on Drug Use and Health (NSDUH), SAMSHA, 2021. (3) Idaho Youth Risk Behavior Survey, SDE, 2021. (4) National Center for Injury Prevention and Control, Centers for Disease Control and Prevention, 2021. (5) NIH, National Institute on Drug Abuse, 2021. (6) Idaho Healthy Youth Survey, ODP, 2021 (7) CDC, Marijuana and Public Health: Teens, 2021. (8) SAMHSA: Talking With Your Teen About Marijuana, 2020.