

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

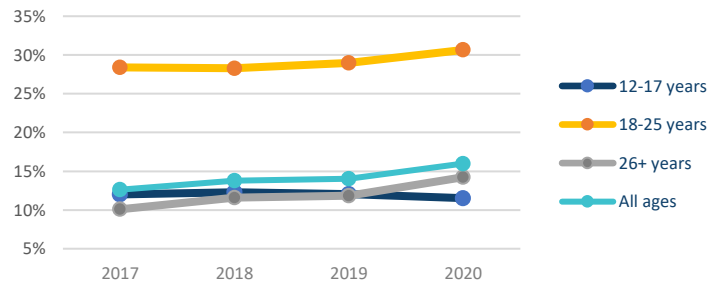
Marijuana is a Schedule 1 controlled substance under the Controlled Substances Act and Idaho law. As such, the use and sale of marijuana for any purpose is illegal in Idaho.²

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

Past Year Marijuana Use in Idaho by Age Group^{4*}



Marijuana use can negatively affect health and well-being.

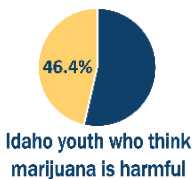
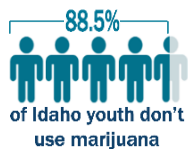
Frequent marijuana use is associated with an increased risk for lung diseases (such as bronchitis and emphysema) and mental health disorders (such as depression, anxiety, and acute psychosis).² Research shows that marijuana negatively affects cognition and suggests that people who use marijuana often 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

- Youth who use marijuana are 54% more likely to drive impaired and are 74% more likely to ride with an impaired driver.⁷
- Students who use marijuana are significantly more likely to receive lower grades.⁵
- On average, youth who engage in heavy marijuana use are less likely to obtain a degree and more likely to earn lower annual incomes as adults.⁵
- Youth who use marijuana experience adverse effects on their social lives and have a higher risk of suicide.⁵
- 1 in 6 youth who use marijuana becomes addicted or develops a marijuana use disorder.⁶

Did you know? A strong, open relationship with a parent or caregiver is one of the most influential factors for teens choices on substance use. For tips on how to talk with teens about marijuana, visit odp.idaho.gov/marijuana or betheparents.org.

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

Sources: (1) NIH, Cannabis and Cannabinoids: What You Need to Know, 2019. (2) DEA, Marijuana Drug Fact Sheet, 2020. (3) Region 10: Idaho, Oregon, Washington, Alaska. (4*) SAMHSA, National Survey on Drug Use and Health, 2019 & Q1, Q4 2020. (5) NIDA, Marijuana Research Report, 2020. (6) CDC, What You Need to Know about Marijuana Use in Teens, 2017. (7) ODP, Idaho Healthy Youth Survey, 2019. (8) SAMHSA, National Survey on Drug Use and Health (Results), 2020. (9) IDHW, 2-1-1 Idaho CareLine, 2021.

*There was a significant gap in data collection for the 2020 NSDUH 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.