

# Cannabis use during adolescence and young adulthood

## Health indicator report

### Background

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- The purpose of this health indicator report is to provide information about Halton adults' perceptions of health problems that may result from using cannabis daily or almost daily during adolescence and young adulthood.
- Unlike adults, the teen brain is actively developing and often will not be fully developed until the mid twenties. Research suggests that cannabis use during this period can have permanent effects on the developing brain, especially with regular or heavy use.<sup>1,2</sup>
- Negative effects of cannabis use during adolescence and young adulthood may include:<sup>1,2</sup>
  - Difficulty thinking and problem solving.
  - Problems with memory and learning.
  - Impaired coordination.
  - Difficulty maintaining attention.
- This health indicator report uses data from the Rapid Risk Factor Surveillance System (RRFSS).

### Key findings

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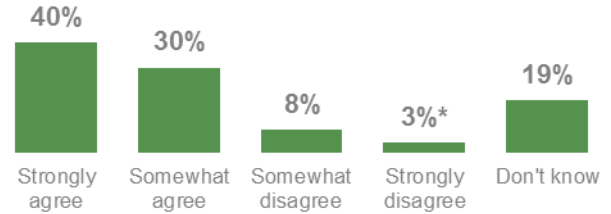
- Most adults agreed that using cannabis daily or almost daily during adolescence and young adulthood can lead to negative health impacts such as memory loss, difficulty concentrating, mental health problems, addiction, and lung damage.
- Females were more likely to agree than males that using cannabis daily or almost daily during adolescence and young adulthood can lead to negative health impacts.
- Young adults aged 18-24 were generally less likely to agree than all other age groups that using cannabis daily or almost daily during adolescence and young adulthood can lead to negative health impacts.
- Older adults aged 65+ were more likely to say they did not know than adults aged 25-44 and 45-64 whether using cannabis daily or almost daily during adolescence and young adulthood can lead to negative health impacts.
- Post-secondary graduates were more likely to agree than non-post-secondary graduates that using cannabis daily or almost daily during adolescence and young adulthood can lead to negative health impacts.



# Memory loss

## Overall findings

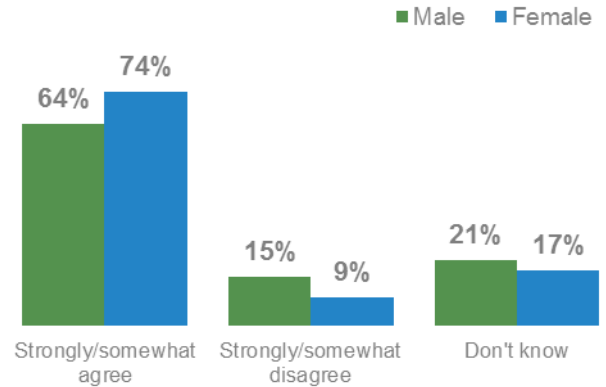
- In 2017, 40% of Halton adults strongly agreed that using cannabis daily or almost daily during adolescence and young adulthood can lead to long-term memory loss, 30% somewhat agreed, 8% somewhat disagreed, 3%\* strongly disagreed and 19% did not know.



Percentage of adults aged 18 and over who agreed, disagreed or did not know whether daily/almost daily cannabis use during adolescence and young adulthood can lead to long-term memory loss, Halton Region, 2017

## Sex

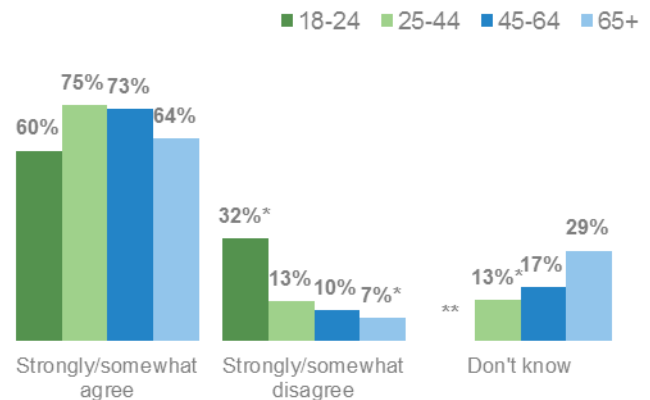
- In 2017, females were more likely to agree and less likely to disagree than males that using cannabis daily or almost daily during adolescence and young adulthood can lead to long-term memory loss. These differences were **statistically significant**.
- There were no statistically significant differences by sex in the percentage of adults who did not know.



Percentage of adults aged 18 and over who agreed, disagreed or did not know whether daily/almost daily cannabis use during adolescence and young adulthood can lead to long-term memory loss, by sex, Halton Region, 2017

## Age

- In 2017, there were no statistically significant differences by age in the percentage of adults who agreed that using cannabis daily or almost daily during adolescence and young adulthood can lead to long-term memory loss.
- Adults aged 18-24 were more likely to disagree than all other age groups that using cannabis daily or almost daily during adolescence and young adulthood can lead to long-term memory loss. These differences were all **statistically significant**.
- Older adults aged 65+ were more likely than adults aged 25-44 and 45-64 to not know whether using cannabis daily or almost daily during adolescence and young adulthood can lead to long-term memory loss, and these differences were **statistically significant**.



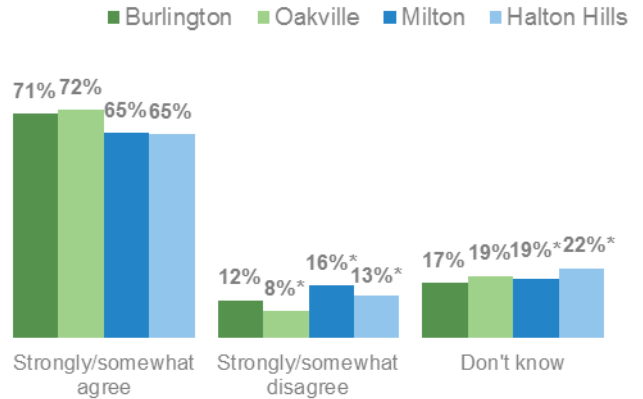
Percentage of adults aged 18 and over who agreed, disagreed or did not know whether daily/almost daily cannabis use during adolescence and young adulthood can lead to long-term memory loss, by age, Halton Region, 2017



# Memory loss

## Municipality

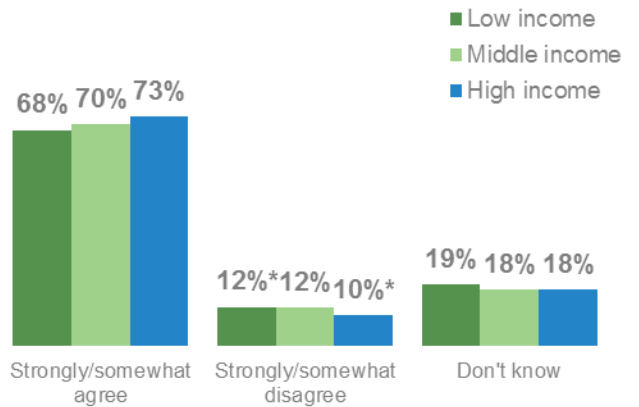
- In 2017, there were no statistically significant differences by municipality in the percentage of adults who agreed, disagreed, or did not know whether using cannabis daily or almost daily during adolescence and young adulthood can lead to long-term memory loss.



Percentage of adults aged 18 and over who agreed, disagreed or did not know whether daily/almost daily cannabis use during adolescence and young adulthood can lead to long-term memory loss, by municipality, Halton Region, 2017

## Income

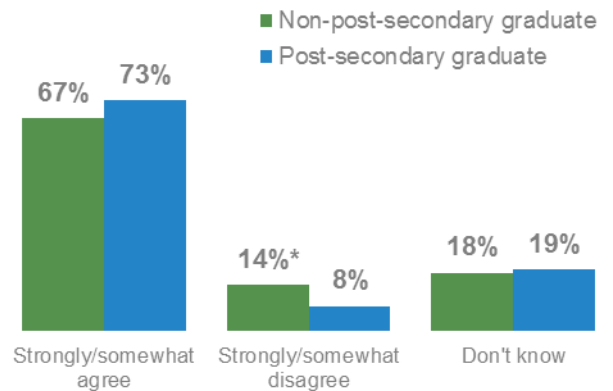
- In 2017, there were no statistically significant differences by income in the percentage of adults who agreed, disagreed, or did not know whether using cannabis daily or almost daily during adolescence and young adulthood can lead to long-term memory loss.



Percentage of adults aged 18 and over who agreed, disagreed or did not know whether daily/almost daily cannabis use during adolescence and young adulthood can lead to long-term memory loss, by income, Halton Region, 2017

## Education

- In 2017, non-post-secondary graduates were more likely to disagree than post-secondary graduates that using cannabis daily or almost daily during adolescence and young adulthood can lead to long-term memory loss, and this difference was **statistically significant**.
- There were no statistically significant differences by education in the percentage of adults who agreed or did not know whether using cannabis daily or almost daily during adolescence and young adulthood can lead to long-term memory loss.



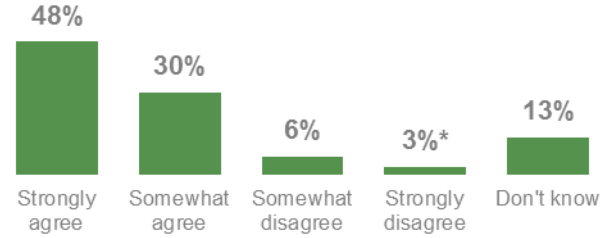
Percentage of adults aged 25 and over who agreed, disagreed or did not know whether daily/almost daily cannabis use during adolescence and young adulthood can lead to long-term memory loss, by education, Halton Region, 2017



# Difficulty concentrating

## Overall findings

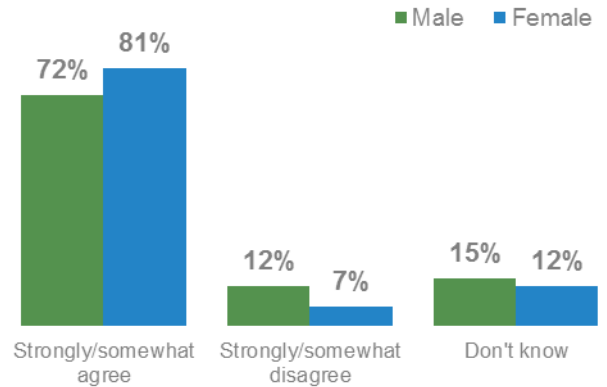
- In 2017, 48% of Halton adults strongly agreed that using cannabis daily or almost daily during adolescence and young adulthood can lead to difficulty concentrating, 30% somewhat agreed, 6% somewhat disagreed, 3%\* strongly disagreed and 13% did not know.



Percentage of adults aged 18 and over who agreed, disagreed or did not know whether daily/almost daily cannabis use during adolescence and young adulthood can lead to difficulty concentrating, Halton Region, 2017

## Sex

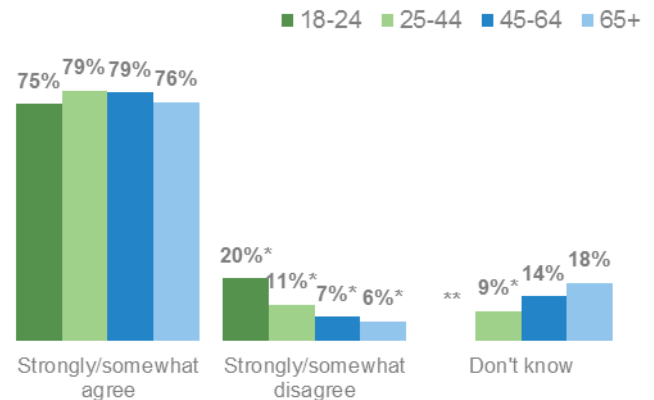
- In 2017, females were more likely to agree than males that using cannabis daily or almost daily during adolescence and young adulthood can lead to difficulty concentrating. This difference was **statistically significant**.
- There were no statistically significant differences by sex in the percentage of adults who disagreed or who did not know.



Percentage of adults aged 18 and over who agreed, disagreed or did not know whether daily/almost daily cannabis use during adolescence and young adulthood can lead to difficulty concentrating, by sex, Halton Region, 2017

## Age

- In 2017, there were no statistically significant differences by age in the percentage of adults who agreed that using cannabis daily or almost daily during adolescence and young adulthood can lead to difficulty concentrating.
- Adults aged 18-24 were more likely than adults aged 45-64 and 65+ to disagree that using cannabis daily or almost daily during adolescence and young adulthood can lead to difficulty concentrating.
- Older adults aged 65+ were more likely than adults aged 25-44 to not know whether using cannabis daily or almost daily during adolescence and young adulthood can lead to difficulty concentrating, and this difference was **statistically significant**.



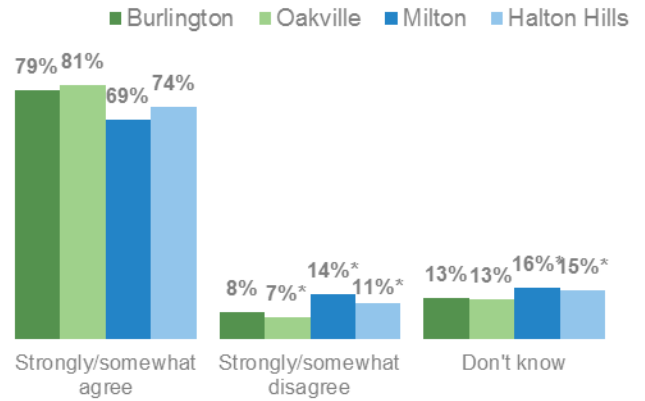
Percentage of adults aged 18 and over who agreed, disagreed or did not know whether daily/almost daily cannabis use during adolescence and young adulthood can lead to difficulty concentrating, by age, Halton Region, 2017



# Difficulty concentrating

## Municipality

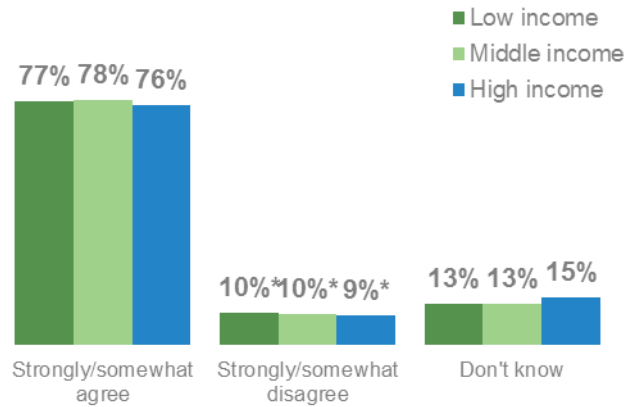
- In 2017, there were no statistically significant differences by municipality in the percentage of adults who agreed, disagreed, or did not know whether using cannabis daily or almost daily during adolescence and young adulthood can lead to difficulty concentrating.



Percentage of adults aged 18 and over who agreed, disagreed or did not know whether daily/almost daily cannabis use during adolescence and young adulthood can lead to difficulty concentrating, by municipality, Halton Region, 2017

## Income

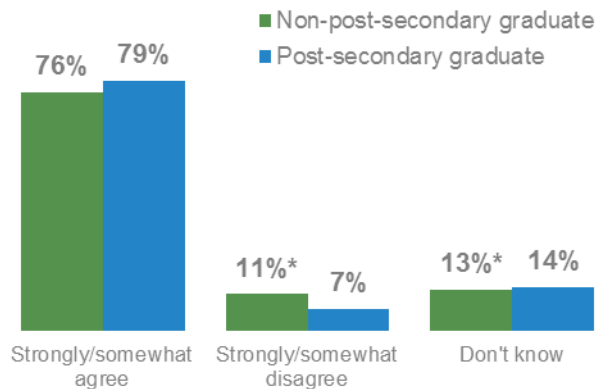
- In 2017, there were no statistically significant differences by income in the percentage of adults who agreed, disagreed, or did not know whether using cannabis daily or almost daily during adolescence and young adulthood can lead to difficulty concentrating.



Percentage of adults aged 18 and over who agreed, disagreed or did not know whether daily/almost daily cannabis use during adolescence and young adulthood can lead to difficulty concentrating, by income, Halton Region, 2017

## Education

- In 2017, there were no statistically significant differences by education in the percentage of adults who agreed, disagreed, or did not know whether using cannabis daily or almost daily during adolescence and young adulthood can lead to difficulty concentrating.



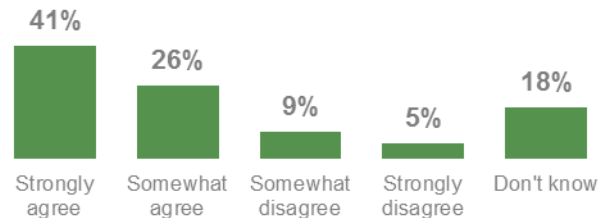
Percentage of adults aged 25 and over who agreed, disagreed or did not know whether daily/almost daily cannabis use during adolescence and young adulthood can lead to difficulty concentrating, by education, Halton Region, 2017



# Mental health conditions

## Overall findings

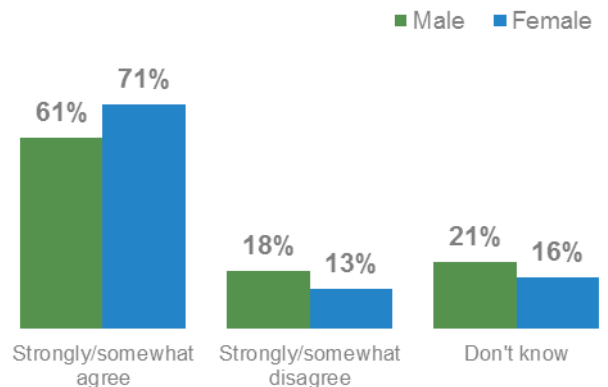
- In 2017, 41% of Halton adults strongly agreed that using cannabis daily or almost daily during adolescence and young adulthood can lead to long-term mental health conditions, 26% somewhat agreed, 9% somewhat disagreed, 5% strongly disagreed and 18% did not know.



Percentage of adults aged 18 and over who agreed, disagreed or did not know whether daily/almost daily cannabis use during adolescence and young adulthood can lead to long-term mental health conditions, Halton Region, 2017

## Sex

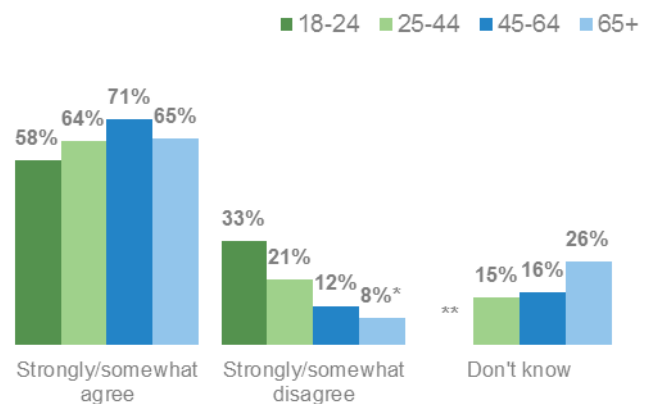
- In 2017, females were more likely than males to agree that using cannabis daily or almost daily during adolescence and young adulthood can lead to long-term mental health conditions, and this difference was **statistically significant**.
- There were no statistically significant differences by sex in the percentage of adults who disagreed or did not know.



Percentage of adults aged 18 and over who agreed, disagreed or did not know whether daily/almost daily cannabis use during adolescence and young adulthood can lead to long-term mental health conditions, by sex, Halton Region, 2017

## Age

- In 2017, there were no statistically significant differences by age in the percentage of adults who agreed that using cannabis daily or almost daily during adolescence and young adulthood can lead to long-term mental health conditions.
- Older adults aged 65+ were less likely than adults aged 18-24 and 25-44 to disagree that using cannabis daily or almost daily during adolescence and young adulthood can lead to long-term mental health conditions. Older adults aged 65+ were also more likely than adults aged 25-44 and 45-64 to state that they did not know. These differences were all **statistically significant**.



Percentage of adults aged 18 and over who agreed, disagreed or did not know whether daily/almost daily cannabis use during adolescence and young adulthood can lead to long-term mental health conditions, by age, Halton Region, 2017

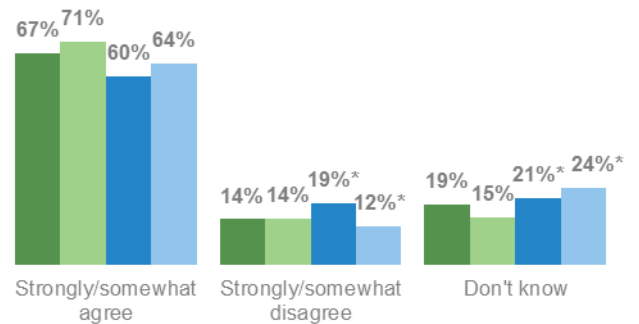


# Mental health conditions

## Municipality

- In 2017, there were no statistically significant differences by municipality in the percentage of adults who agreed, disagreed, or did not know whether using cannabis daily or almost daily during adolescence and young adulthood can lead to long-term mental health conditions.

■ Burlington ■ Oakville ■ Milton ■ Halton Hills

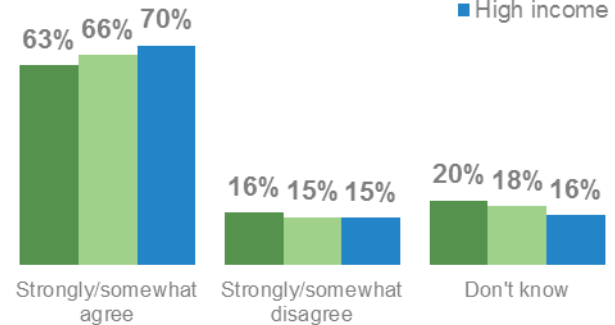


Percentage of adults aged 18 and over who agreed, disagreed or did not know whether daily/almost daily cannabis use during adolescence and young adulthood can lead to long-term mental health conditions, by municipality, Halton Region, 2017

## Income

- In 2017, there were no statistically significant differences by income in the percentage of adults who agreed, disagreed, or did not know whether using cannabis daily or almost daily during adolescence and young adulthood can lead to long-term mental health conditions.

■ Low income ■ Middle income ■ High income

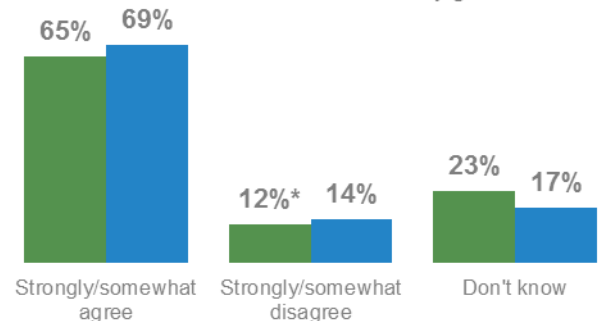


Percentage of adults aged 18 and over who agreed, disagreed or did not know whether daily/almost daily cannabis use during adolescence and young adulthood can lead to long-term mental health conditions, by income, Halton Region, 2017

## Education

- In 2017, there were no statistically significant differences by education in the percentage of adults who agreed, disagreed, or did not know whether using cannabis daily or almost daily during adolescence and young adulthood can lead to long-term mental health conditions.

■ Non-post-secondary graduate ■ Post-secondary graduate



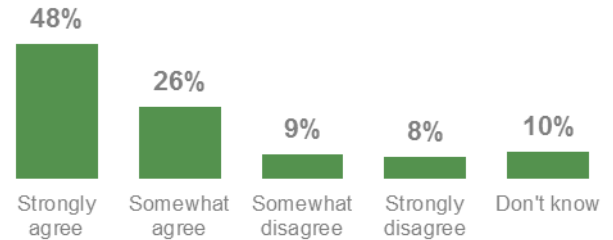
Percentage of adults aged 25 and over who agreed, disagreed or did not know whether daily/almost daily cannabis use during adolescence and young adulthood can lead to long-term mental health conditions, by education, Halton Region, 2017





## Overall findings

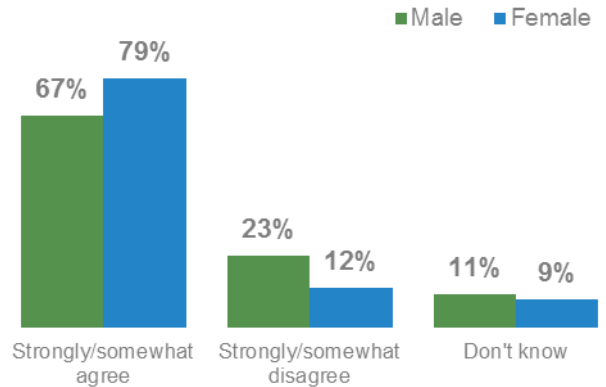
- In 2017, 48% of Halton adults strongly agreed that using cannabis daily or almost daily during adolescence and young adulthood can lead to addiction, 26% somewhat agreed, 9% somewhat disagreed, 8% strongly disagreed and 10% did not know.



Percentage of adults aged 18 and over who agreed, disagreed or did not know whether daily/almost daily cannabis use during adolescence and young adulthood can lead to addiction, Halton Region, 2017

## Sex

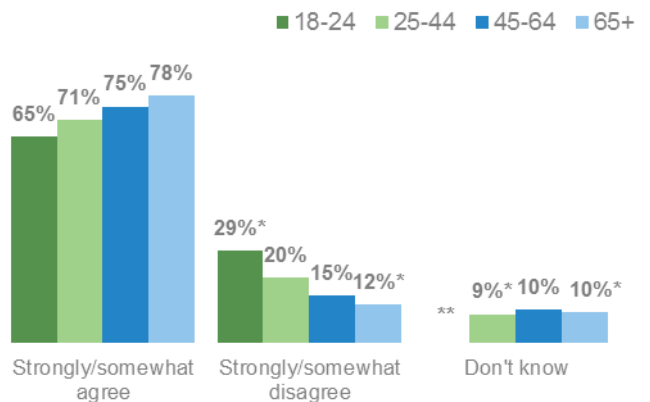
- In 2017, females were more likely to agree and less likely to disagree than males that using cannabis daily or almost daily during adolescence and young adulthood can lead to addiction. These differences were **statistically significant**.
- There were no statistically significant differences by sex in the percentage of adults who did not know.



Percentage of adults aged 18 and over who agreed, disagreed or did not know whether daily/almost daily cannabis use during adolescence and young adulthood can lead to addiction, by sex, Halton Region, 2017

## Age

- In 2017, there were no statistically significant differences by sex in the percentage of adults who agreed that using cannabis daily or almost daily during adolescence and young adulthood can lead to addiction.
- The percentage of adults who disagreed that using cannabis daily or almost daily during adolescence and young adulthood can lead to addiction decreased with age. This difference was **statistically significant** when comparing adults aged 18-24 to adults aged 45-64 and 65+.
- There were no statistically significant differences by age in the percentage of adults who did not know.



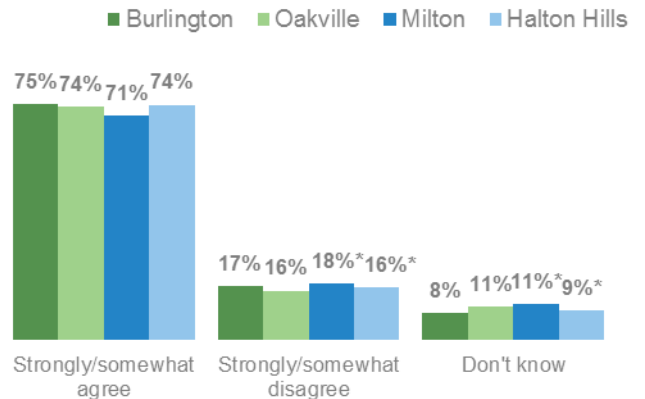
Percentage of adults aged 18 and over who agreed, disagreed or did not know whether daily/almost daily cannabis use during adolescence and young adulthood can lead to addiction, by age, Halton Region, 2017





## Municipality

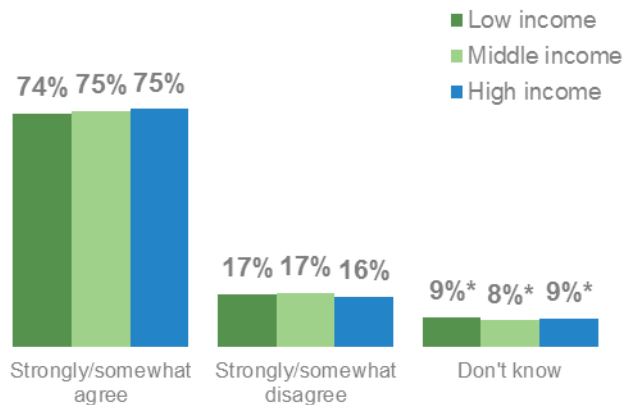
- In 2017, there were no statistically significant differences by municipality in the percentage of adults who agreed, disagreed, or did not know whether using cannabis daily or almost daily during adolescence and young adulthood can lead to addiction.



Percentage of adults aged 18 and over who agreed, disagreed or did not know whether daily/almost daily cannabis use during adolescence and young adulthood can lead to addiction, by municipality, Halton Region, 2017

## Income

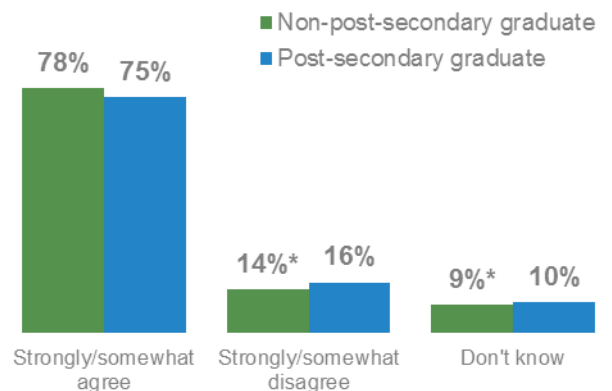
- In 2017, there were no statistically significant differences by income in the percentage of adults who agreed, disagreed, or did not know whether using cannabis daily or almost daily during adolescence and young adulthood can lead to addiction.



Percentage of adults aged 18 and over who agreed, disagreed or did not know whether daily/almost daily cannabis use during adolescence and young adulthood can lead to addiction, by income, Halton Region, 2017

## Education

- In 2017, there were no statistically significant differences by education in the percentage of adults who agreed, disagreed, or did not know whether using cannabis daily or almost daily during adolescence and young adulthood can lead to addiction.



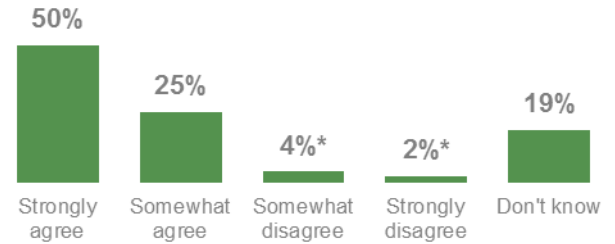
Percentage of adults aged 25 and over who agreed, disagreed or did not know whether daily/almost daily cannabis use during adolescence and young adulthood can lead to addiction, by education, Halton Region, 2017



# Lung damage

## Overall findings

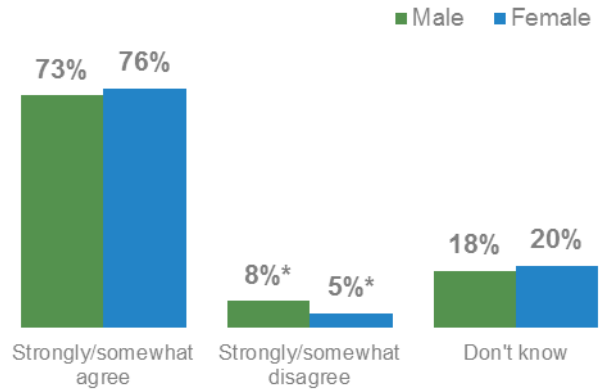
- In 2017, 50% of Halton adults strongly agreed that using cannabis daily or almost daily during adolescence and young adulthood can lead to lung damage, 25% somewhat agreed, 4%\* somewhat disagreed, 2%\* strongly disagreed and 19% did not know.



Percentage of adults aged 18 and over who agreed, disagreed or did not know whether daily/almost daily cannabis use during adolescence and young adulthood can lead to lung damage, Halton Region, 2017

## Sex

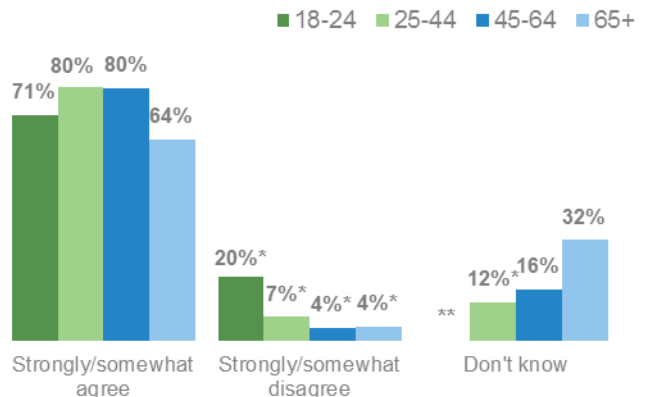
- In 2017, there were no statistically significant differences by sex in the percentage of adults who agreed, disagreed or did not know whether using cannabis daily or almost daily during adolescence and young adulthood can lead to lung damage.



Percentage of adults aged 18 and over who agreed, disagreed or did not know whether daily/almost daily cannabis use during adolescence and young adulthood can lead to lung damage, by sex, Halton Region, 2017

## Age

- In 2017, older adults aged 65+ were less likely to agree and more likely to say they did not know than adults aged 25-44 and 45-64 that using cannabis daily or almost daily during adolescence and young adulthood can lead to lung damage. These differences were all **statistically significant**.
- Adults aged 18-24 were more likely to disagree than all other age groups that using cannabis daily or almost daily during adolescence and young adulthood can lead to lung damage. These differences were all **statistically significant**.



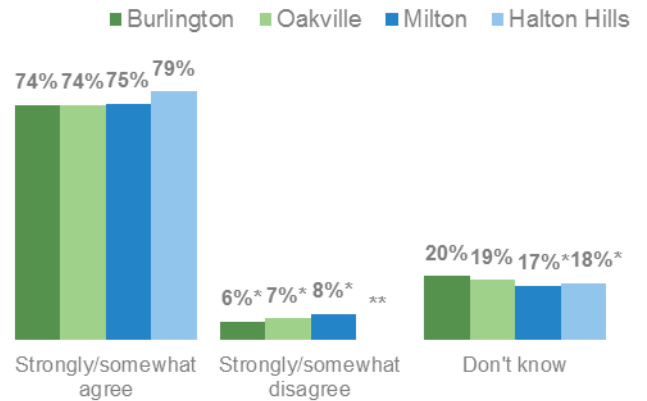
Percentage of adults aged 18 and over who agreed, disagreed or did not know whether daily/almost daily cannabis use during adolescence and young adulthood can lead to lung damage, by age, Halton Region, 2017



# Lung damage

## Municipality

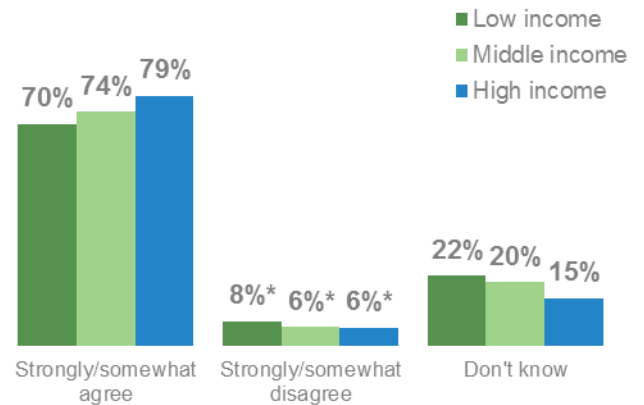
- In 2017, there were no statistically significant differences by municipality in the percentage of adults who agreed, disagreed, or did not know whether using cannabis daily or almost daily during adolescence and young adulthood can lead to lung damage.



Percentage of adults aged 18 and over who agreed, disagreed or did not know whether daily/almost daily cannabis use during adolescence and young adulthood can lead to lung damage, by municipality, Halton Region, 2017

## Income

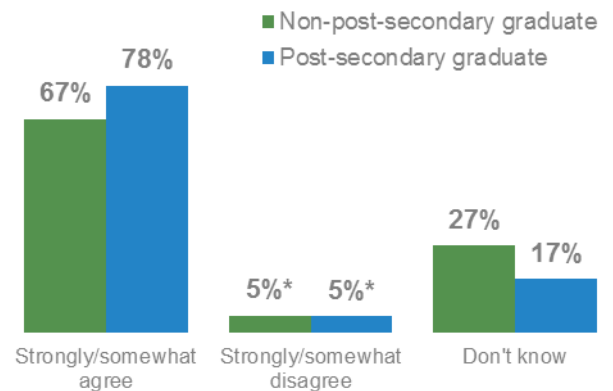
- In 2017, there were no statistically significant differences by income in the percentage of adults who agreed, disagreed, or did not know whether using cannabis daily or almost daily during adolescence and young adulthood can lead to lung damage.



Percentage of adults aged 18 and over who agreed, disagreed or did not know whether daily/almost daily cannabis use during adolescence and young adulthood can lead to lung damage, by income, Halton Region, 2017

## Education

- In 2017, post-secondary graduates were more likely to agree and less likely to say they did not know than non-post-secondary graduates that using cannabis daily or almost daily during adolescence and young adulthood can lead to lung damage. These differences were **statistically significant**.
- There were no statistically significant differences by education in the percentage of adults who disagreed that using cannabis daily or almost daily during adolescence and young adulthood can lead to lung damage.



Percentage of adults aged 25 and over who agreed, disagreed or did not know whether daily/almost daily cannabis use during adolescence and young adulthood can lead to lung damage, by education, Halton Region, 2017

## About RRFSS

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- The Rapid Risk Factor Surveillance System (RRFSS) is an on-going telephone survey (land line and cell phone) used to collect information on attitudes, behaviours, knowledge and awareness of issues related to health in Halton. RRFSS is conducted by the Institute of Social Research and York University.
- Each year, a random sample of approximately 1,200 adults aged 18 and over are surveyed in Halton Region.
- In 2016, RRFSS underwent changes in sampling and analysis methodology. Therefore, it is not recommended to compare data from the 2016 onwards to past years of RRFSS data.
- For more information on RRFSS methodology, limitations and statistical terms see the RRFSS Data Notes and Data Interpretation Guide at [Halton.ca](http://Halton.ca)

## Data notes

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### Definitions:

**Cannabis** includes marijuana and hashish.

**Adolescence and young adulthood** refers to adults under the age of 24.

**Data Source:** Rapid Risk Factor Surveillance System [2017], Halton Region Health Department and Institute for Social Research, York University.

Estimates marked with an asterisk (\*) should be interpreted with caution due to high variability. Estimates marked with a double asterisk (\*\*) are not reportable.

### References

1. Centers for Disease Control and Prevention. 2017. What you need to know about marijuana use in teens. Accessed October 2018 from <https://www.cdc.gov/marijuana/factsheets/teens.htm>
2. Canadian Centre on Substance Abuse. 2015. The effects of cannabis use during adolescence. Accessed October 2018 from <http://www.ccsa.ca/Resource%20Library/CCSA-Effects-of-Cannabis-Use-during-Adolescence-Summary-2015-en.pdf>

For more health indicator and health status reports, visit the Halton Health Statistics website at [Halton.ca](http://Halton.ca)

*Last updated: October 2018*