



CHANGE IN MARIJUANA USE OVER TIME ACROSS THE SAME GROUPS OF PEOPLE, 2014-2016

YOUNG ADULT HEALTH SURVEY

PARTNERSHIP BETWEEN THE DEPARTMENT OF SOCIAL & HEALTH SERVICES' DIVISION OF BEHAVIORAL HEALTH & RECOVERY (DBHR) AND THE UNIVERSITY OF WASHINGTON'S CENTER FOR THE STUDY OF HEALTH AND RISK BEHAVIORS (CSHRB)



WHAT DID WE ASK?

We asked about frequency of marijuana use over the past year (ranging from never to daily).

WHAT DID WE DO?

Thousands of 18-25 year olds in Washington participated in web-based surveys during 2014, 2015, and 2016. The sample was collected statewide through a direct mail invitation and various social media sites, and includes a new sample/cohort at each year as well as annual follow-ups within cohorts. While it is not a random sample (and is instead a sample of convenience), data were weighted to match Washington Census data and improve generalizability.

WHO COMPLETED THE SURVEY?

For the purposes of this fact sheet, we had 2 groups:

Cohort 1: The 1,005 participants recruited in 2014 who also participated in 2015 and 2016

Cohort 2: The 1,180 participants recruited in 2015 who also participated in 2016

WHY DID WE ASK THAT?

After recreational marijuana legalization in Washington, there were questions related to (a) whether more people would use marijuana as well as (b) if those who do use would begin to use it more frequently. With increasing THC potency in marijuana plants and no THC cap on concentrate-based products in Washington State, any increase in frequency of use could increase the risk of addiction.

WHAT DID WE FIND?

There was *no significant change over time* in prevalence of *past year marijuana use* in Cohort 1 or 2.

Past Year Marijuana Use			
COHORT	2014	2015	2016
1	40%	41%	41%
2	--	46%	48%

However, there was an *significant increase over time for both cohorts* in those reporting *at least weekly use*.

Weekly Marijuana Use, Whole Sample			
COHORT	2014	2015	2016
1	13%	13%	16%
2	--	14%	20%

Finally, looking only at those with past year marijuana use, *there was no significant change over time for Cohort 1 in using at least weekly* (i.e., once per week up to daily use), but *the increase was significant over time for Cohort 2*.

Weekly Marijuana Use Among Those With Past Year Use			
COHORT	2014	2015	2016
1	34%	34%	38%
2	--	30%	41%

WHY DOES THAT MATTER?

People can get addicted to marijuana. Approximately 9% of those who experiment with marijuana and 25-50% of those who use daily become addicted (Volkow, et al., 2014). See the Washington Recovery Helpline for more information about addiction and related resources (www.warecoveryhelpline.org/).

Volkow, N.D., Baler, R.D., Compton, W.M., & Weiss, S.R.B. (2014). Adverse health effects of marijuana use. *The New England Journal of Medicine*, 370, 2219-2227.

FOR MORE DETAILS ON YOUNG ADULT HEALTH SURVEY (YAHS) METHODOLOGY AS WELL AS OTHER FACT SHEETS, SEE THE YAHS HOMEPAGE AT [HTTP://BLOGS.UW.EDU/UWWYAHS/](http://blogs.uw.edu/uwwyahs/)