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.

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

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.

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/).


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/