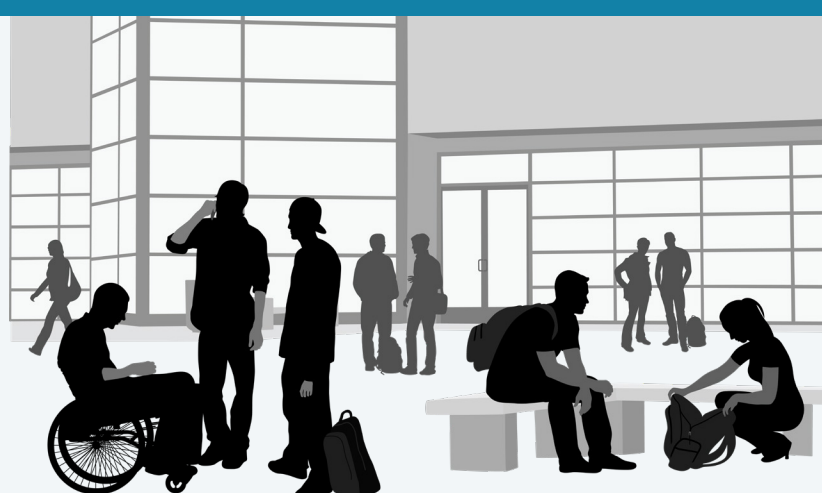


# YOUTH HEALTH TRENDS IN ONTARIO: CANNABIS

## Since Legalization



This infographic is informed by data from the COMPASS study. The 9-year longitudinal study (started in 2012/13) tracks Canadian high school students to understand the onset and progression of various health behaviours and outcomes among youth.

For more information, please visit [compass.uwaterloo.ca](http://compass.uwaterloo.ca).

### Notes

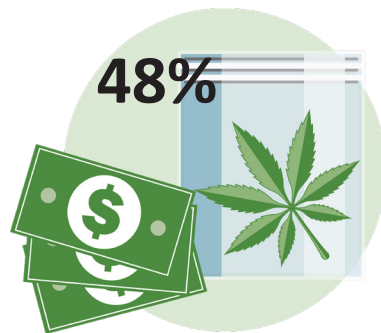
With COVID-19 public health measures (including school closures) in March 2020, online surveys were used to collect data, with lower participation compared to previous years. Due to sampling and methodology changes resulting from COVID-19, results in later years have been weighted to match the demographic distribution of the 2017-18 sample.

## Legalization

Canada legalized and regulated non-medical cannabis in October 2018. In Ontario, only those 19 years of age and older can buy, use, possess and grow cannabis.

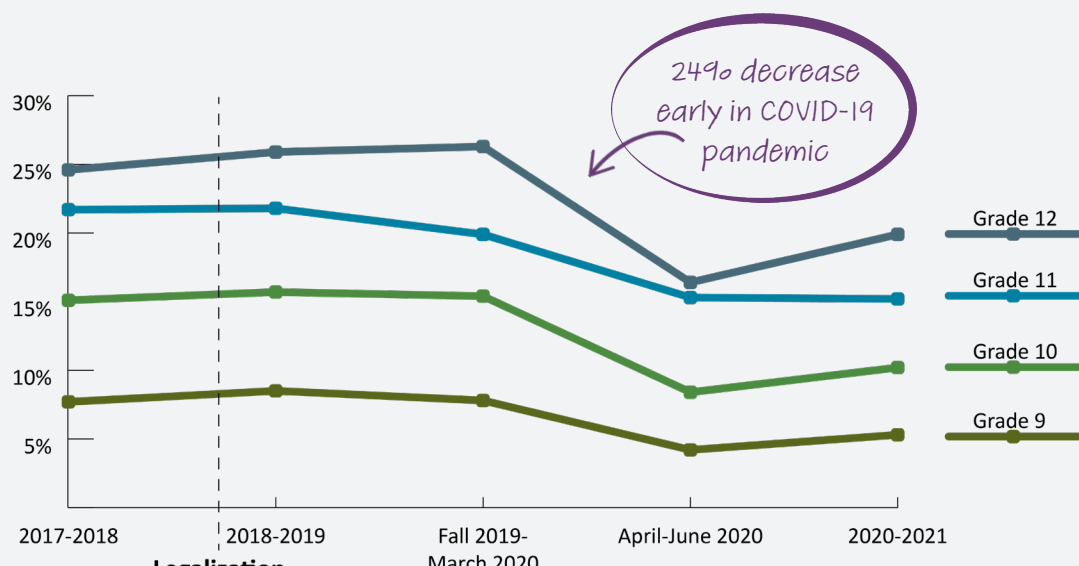


## Almost 1 in 2 students report accessing cannabis as EASY



Students in higher grades  $\nearrow$  report cannabis as being easier to obtain.

## Current cannabis consumption has decreased since legalization

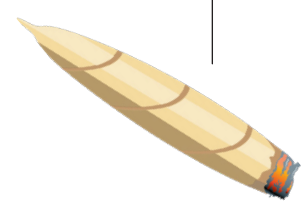


Since legalization, 3 in 4 students report that they have **NEVER** consumed cannabis.

## More students reported > 1 mode of consumption

Smoking\* **83%**

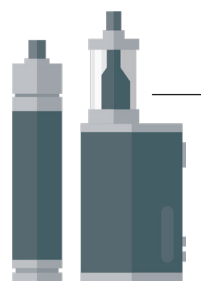
Down 10% since legalization



\*joint, pipe, bong

Vaping **41%**

Nearly doubled since legalization



Eating/Drinking **46%**

34% Increase since legalization



## Fewer students report consuming cannabis weekly

**8%** of students report consuming cannabis at least 1 x per week



**1 in 8** Grade 12 students who consume cannabis do so weekly.

## Differences in cannabis use among male and female students

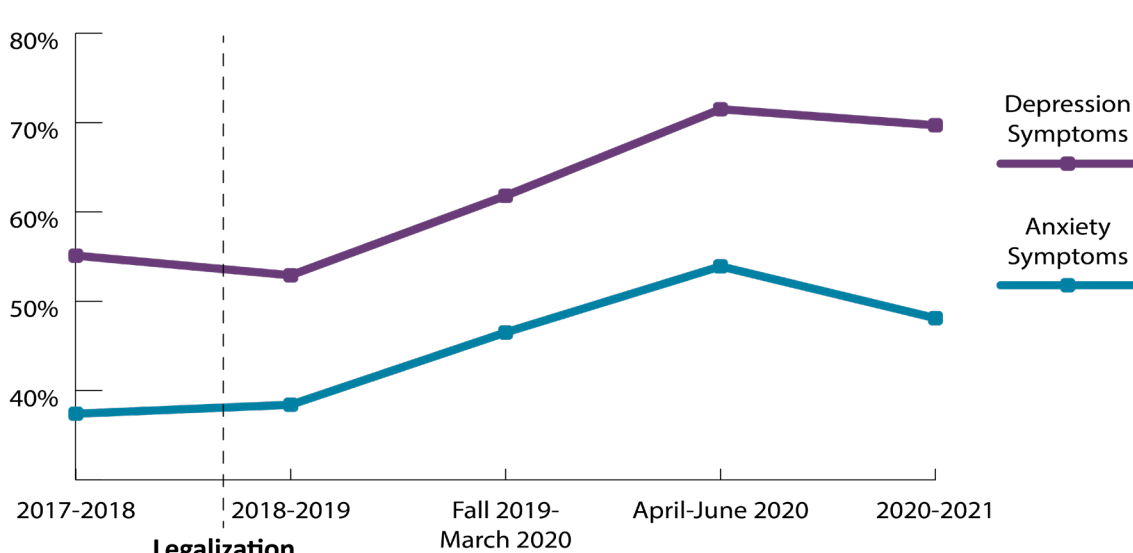
Male students continue to be **more likely** to report daily and weekly use.



More **female** students are choosing to consume cannabis in a variety of ways.

Largest increase seen in those vaping

## More students who report consuming cannabis frequently are also meeting criteria for anxiety and depression\*



\*as measured by The Generalized Anxiety Disorder 7 (GAD-7) scale and the Centre for Epidemiological Studies Depression Scale Revised (CESD-R-10)

Among all students that participated in 2020/21 school year:

**46%** reported clinically relevant symptoms for depression

**34%** reported clinically relevant symptoms for anxiety

