

# WHAT YOU SHOULD KNOW ABOUT CANNABIS USE AMONG COLLEGE STUDENTS



## PREVALENCE

- Nearly one in 12 college students (7.9 percent) use marijuana on a daily basis, which is the highest level among U.S. college students over the past four decades.
- Between 2019 and 2020, the percentage of full-time college students (aged 19-22) who vaped marijuana at least once in the past 30 days decreased from 14 percent to 12 percent.
- More than a quarter of college students (26.5 percent) used cannabis in the past three months.

Sources: Monitoring the Future national survey results on drug use, 1975-2020: Volume 2; American College Health Association-National College Health Assessment (Spring 2021)

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## CONSEQUENCES

- Marijuana users can experience a wide range of mental and physical effects, including:
  - Impaired memory**      **Difficulty with problem-solving**
  - Increased heart rate**      **Breathing problems**
- The amount of THC in marijuana has increased steadily during the past few decades, which may explain the rise in emergency room visits involving marijuana use.
- Edibles take longer to digest and produce a high, so people may consume more to feel the effects faster, leading to dangerous results.
- Research suggests that between 9-30% of those who use marijuana may develop some degree of marijuana use disorder.

Source: National Institute on Drug Abuse, Marijuana DrugFacts (December 2019)

## IT'S LEGAL, RIGHT?

**NO** According to federal law, “recreational and medical use” of marijuana is illegal. Under the Controlled Substances Act, it remains classified as a Schedule I drug, meaning it has:

- ✓ no currently accepted medical use in the U.S.,
- ✓ a lack of accepted safety for use under medical supervision, and
- ✓ a high potential for abuse.

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## THINGS YOU CAN DO TO PREVENT MARIJUANA USE

- Despite efforts to approve the drug for “recreational and medical use” across the nation, students need to understand the physical, academic, and legal costs and consequences of cannabis use.
- Screen students to identify those who use marijuana to address potential academic consequences.
- Collaborate with local law enforcement personnel to stay current on marijuana use methods, types, and trends.
- Get involved - join your campus’s or local community’s coalition to prevent drug misuse.

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## RESOURCES

- DEA Website  
[www.campusdrugprevention.gov](http://www.campusdrugprevention.gov)
- DEA Drug Fact Sheet - Marijuana/Cannabis  
<https://go.usa.gov/x732g>
- Preventing Marijuana Use among Youth and Young Adults:  
<https://go.usa.gov/xewJr>