

WHAT YOU SHOULD KNOW ABOUT CANNABIS USE AMONG COLLEGE STUDENTS



PREVALENCE

- In 2023, nearly one in 16 college students (6.3%) used cannabis on a daily basis.
- Between 2018 and 2023, the percentage of full-time college students (aged 19-22) who vaped cannabis at least once in the past 30 days increased from 10% to 14.2%.

Sources: *Monitoring the Future Panel Study annual report: National data on substance use among adults ages 19-65, 1976-2023*



CONSEQUENCES

- Cannabis users can experience a wide range of mental and physical effects, including:
 - ✓ Impaired memory
 - ✓ Increased heart rate
 - ✓ Difficulty problem-solving
 - ✓ Breathing problems
- The amount of THC in cannabis has increased steadily during the past few decades, which may explain the rise in emergency room visits involving cannabis 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 between 22-30% of those who use cannabis have a cannabis use disorder.

Source: *Cannabis. National Institute on Drug Abuse. Retrieved September 25, 2024, from <https://nida.nih.gov/research-topics/cannabis>*



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.,
- ✓ lack of accepted safety for use under medical supervision, and
- ✓ high potential for abuse.



THINGS YOU CAN DO TO PREVENT CANNABIS 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 cannabis to address potential academic consequences.
- Collaborate with local law enforcement personnel to stay current on cannabis use methods, types, and trends.
- Get involved! Join your campus’s or local community’s coalition to prevent drug misuse.

HELPFUL RESOURCES



- **DEA Website:** www.campusdrugprevention.gov
- **DEA Publication:** Drug Fact Sheet: Marijuana/Cannabis: www.campusdrugprevention.gov/cannabisfactsheet
- **DEA Publication:** Preventing Cannabis Use Among Youth and Young Adults: www.campusdrugprevention.gov/preventcannabisuse