

## MARIJUANA QUICK FACTS

### Addictiveness and Potency

- Marijuana is the most common substance for which adolescents seek treatment and the second-most common for which adults seek treatment in Texas.<sup>i</sup>
- 40% of teens in treatment to stop using marijuana experience withdrawal symptoms.<sup>ii</sup>
- The risk for becoming dependent on marijuana (addicted) is 1 in 10 for adults and 1 in 6 for those who start in adolescence.<sup>ii</sup>
- THC levels in recreational marijuana have quadrupled in the last 20 years.<sup>iii</sup>

### Health Effects<sup>iv</sup>

- Regular cannabis use in adolescence doubles the risk of being diagnosed with schizophrenia or reporting psychotic symptoms in adulthood.
- Regular cannabis users have a higher risk of developing chronic bronchitis.
- Regular cannabis use produces intellectual impairment.
- Driving while cannabis-intoxicated doubles the risk of a car crash; this risk increases substantially if users are also alcohol-intoxicated.

### Use among Youth

- The average age of first use is thirteen years old.<sup>v</sup>
- 23% of Houston Area high school students used marijuana in the last 30 days, and 43.6% have used in at some point in their lifetimes.<sup>vi</sup>
- In the U.S., 7% of adolescents use marijuana daily, 24% use monthly, 36% have used marijuana in the last year, and 44% have used it at some point in their lifetimes.<sup>vii</sup>
- The highest rates of current use are found among people ages 18-25.<sup>viii</sup> Age 18-25 is also a critical time for brain development which may be impeded by substance use.<sup>ix</sup>

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<sup>i</sup> Department of State Health Services. Substance Abuse Adult Admissions; 2014. Accessed June 24, 2015.

<sup>ii</sup> Greene, C and Kelly, J. The prevalence of cannabis withdrawal and its influence on adolescents' treatment response and outcomes: A 12-month prospective investigation. *Journal of Addiction Medicine*. 2015:8.

<sup>iii</sup> Maxwell, J. Substance abuse trends in Texas: June 2015 Preliminary. The University of Texas School of Social Work, Addiction Research Institute. 2015.

<sup>iv</sup> Hall W. What has research over the past two decades revealed about the adverse health effects of recreational cannabis use? *J Addiction*. 2014; 110(1): 19-35.

<sup>v</sup> Texas A&M University. Texas School Survey of Drug and Alcohol Use: 2014 HHSC Region 5 and 6 Report Grades 6-12. Spring 2014.

<sup>vi</sup> Centers for Disease Control and Prevention. Youth Risk Behavior Survey, 2013.

<sup>vii</sup> Partnership for Drug-Free Kids. The Partnership Attitude Tracking Study, Teens & Parents, 2013.

<sup>viii</sup> Substance Abuse and Mental Health Services Administration. National Survey on Drug Use and Health, 2013.

<sup>ix</sup> National Institute of Mental Health. The teen brain: Still under construction. National Institutes of Health, 2012.