



# DO YOU KNOW CANNABIS?

Our 2023 Cannabis Survey gave us a clearer picture of how people in our community understand and use non-medical cannabis. We've pulled together key findings to help you stay informed and make decisions. Take a look at the highlights below.

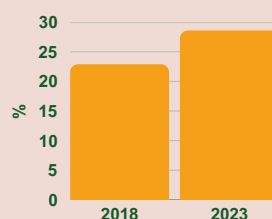


## PEOPLE WHO USE CANNABIS ARE USING MORE OF IT

Among those that used cannabis:

Daily cannabis use increased from **23% in 2018** to **29% in 2023**.

**42%** reported increased consumption since legalization.



## OUR KNOWLEDGE IS IMPROVING BUT WE'RE NOT THERE YET

**41%** of respondents were unaware of the delayed effects of edibles. This increases the risk of overconsumption and negative health effects.



**1 in 3** respondents were unaware that **youth (<25)** face greater cannabis-related harms compared to adults.

Only **10%** were aware of Canada's Lower-Risk Cannabis Use Guidelines (LRCUG).



## UNDERSTANDING THE RISK TO BABIES & CHILDREN

**1 in 4** respondents disagreed or were unsure that cannabis use during pregnancy can harm the baby.

Cannabis use during pregnancy can increase the risk of **preterm birth** (being born too early) and **low birth weight**. It can also impact **brain development**, affecting learning, memory and problem-solving in children.

**DID YOU KNOW?**



## CANNABIS AFFECTS OUR ABILITY TO DRIVE

**13%** of respondents that used cannabis reported driving within two hours of use.

Cannabis effects last up to **6 hours** (smoking/vaping) and **12 hours** (edibles), but impairment can last for **24+ hours**. Plan ahead—use a designated driver, rideshare or public transit.

**DID YOU KNOW?**



## BROADER TRENDS

Ontario and Canadian data show...



### Pediatric (0-12) Cannabis Poisonings

A rise in poisonings, especially from edibles, since legalization.



### Stronger THC & Health Risks

High-potency cannabis products have increased since legalization, likely contributing to rising cases of severe nausea, mental health issues and other health harms.



### Youth Mental Health

Youth (13-24) have the highest rates of emergency department visits for cannabis-related mental health concerns.

## RESOURCES

Learn more about cannabis and your health:  
[wdgpublichealth.ca/cannabis-and-your-health](https://wdgpublichealth.ca/cannabis-and-your-health)

Explore cannabis trends: Visit the CROP (Cannabis Reporting on Outcomes and Patterns) Dashboard



Learn more

**Survey Notes:** Survey findings are representative of respondents and not necessarily the broader Wellington-Dufferin-Guelph population. This was an anonymous, voluntary online survey conducted with residents of Wellington County, Dufferin County and the City of Guelph, aged 16 and older. A total of 2,082 valid and complete responses were collected between June 1 and July 7, 2023.