

2023 Cannabis Survey in Wellington-Dufferin-Guelph

Presented by Anna Vanderlaan, Manager Health Promotion
March 6, 2024



Key Points

- **WDG Public Health's 2023 Cannabis Survey** explored cannabis knowledge, attitudes and behaviours among WDG residents aged 16 and older.
- **2082 valid and complete responses** were received, exceeding target sample size of 1571.
- **Serious knowledge gaps** were identified among local residents.

Tell us what you think about cannabis.



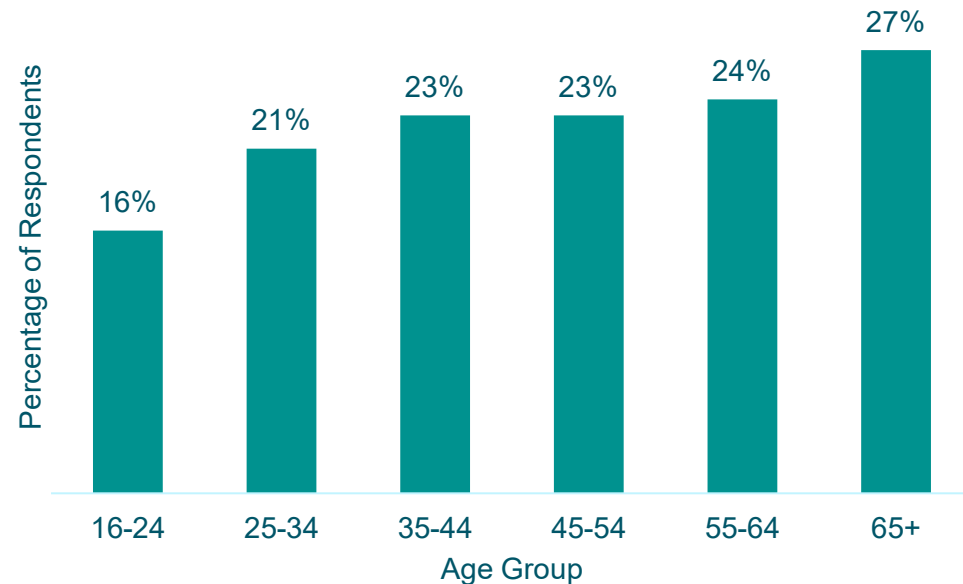
**Cannabis Survey
2023**



There is no known safe amount of cannabis during pregnancy.

- One-quarter of survey respondents either disagreed or did not know that cannabis use during pregnancy can harm a baby.
- Consuming cannabis regularly while pregnant leads to a greater risk for adverse outcomes, such as preterm birth and low birth weight.
- THC can impact brain development, and increases the risk of impulsivity, hyperactivity, learning, memory and problem-solving difficulties in childhood.

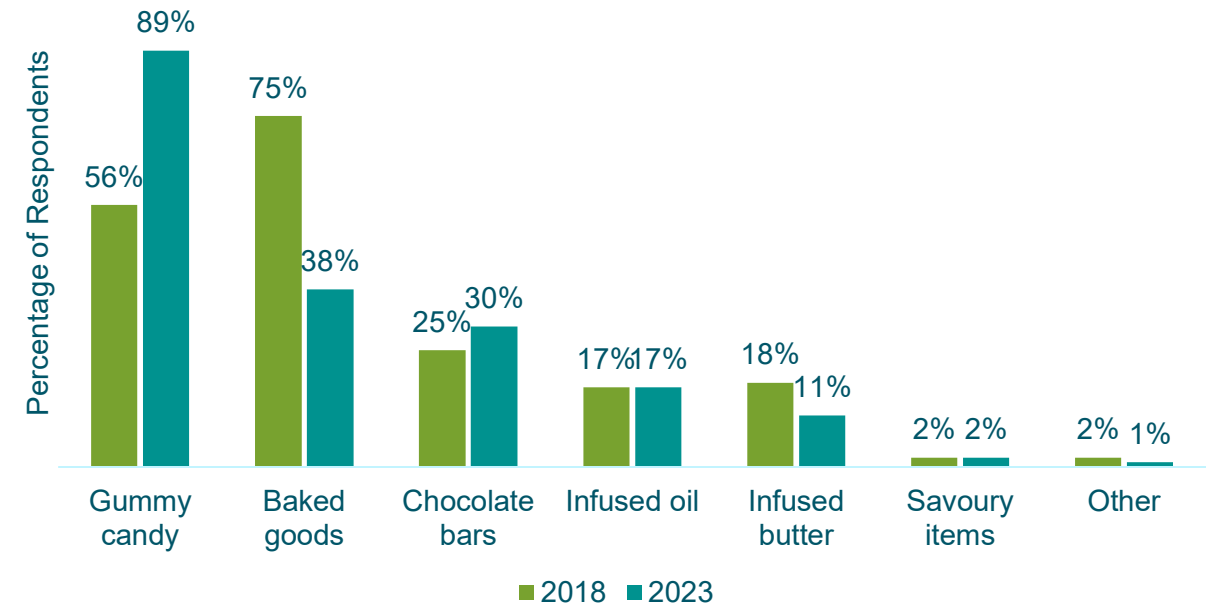
Disagreement that cannabis use during pregnancy can cause harm, by age group.



There are harms associated with the delayed effects of cannabis edibles.

- **43% of survey respondents did not know that there is a delayed effect when consuming edibles.**
- **Edibles have become an increasingly popular way of consuming cannabis, especially gummy candies.**
- **“Start low and go slow”**: it can take up to two hours or more to feel the effects of eating or drinking cannabis edibles.

Type of edibles consumed among past-year cannabis users, by year.



Cannabis can harm the developing youth brain.

- **1 in 3 survey respondents did not know that youth (under 25 years old) and adults do not have the same level of risk for harms related to cannabis use.**
- **Regular cannabis use during adolescence can lead to cognitive difficulties with thinking, problem-solving, learning, memory, coordination and maintaining attention.**



Next Steps

- Use local data and current evidence to inform programs/services.
- Share local data with local community partners.
- Provide more information to the community about safer cannabis use to reduce cannabis-related harms.
- Promote “Talking about Weed”, which includes messaging about the health effects of cannabis use and local resources for support.



Canadian Centre for Substance Use and Addiction, 2023

