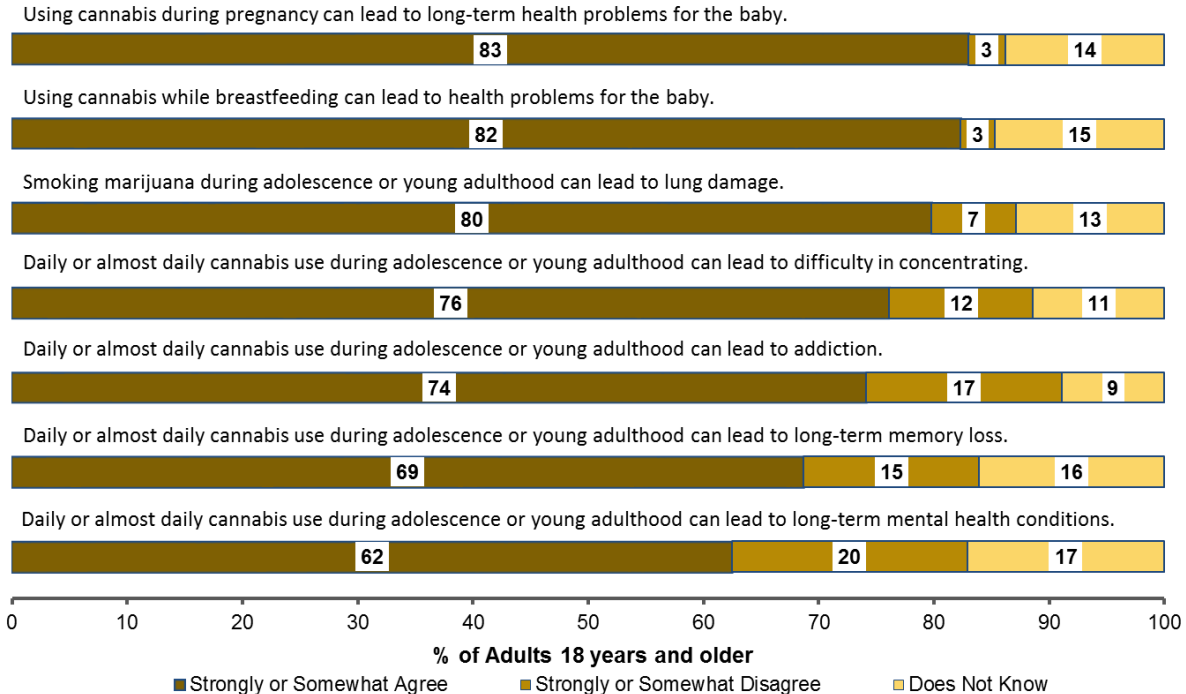


## Cannabis Health Effects

In 2018, as part of the Rapid Risk Factor Surveillance System (RRFSS), approximately 1,200 randomly sampled adult residents of Simcoe Muskoka were asked a series of questions about the long-term health effects of cannabis, also known as marijuana or hashish. This is a brief summary of the results of those survey questions.

Residents were asked to indicate their level of agreement (strongly agree, somewhat agree, somewhat disagree or strongly disagree) with seven different statements on potential health effects of cannabis use, particularly for adolescents and young adults and for babies that could be exposed during pregnancy or while breastfeeding. Approximately four-in-five adults in Simcoe Muskoka agreed (strongly or somewhat) that cannabis use during pregnancy or while breastfeeding could lead to health problems for the baby. Four-in-five Simcoe Muskoka adults also agreed that smoking marijuana during adolescence or young adulthood could lead to lung damage. Approximately three-quarters of Simcoe Muskoka adults agreed that daily or almost daily cannabis use during adolescence or young adulthood could lead to difficulties in concentrating and even addiction. Approximately two-thirds of Simcoe Muskoka adults agreed that daily or almost daily cannabis use during adolescence or young adulthood could lead to long-term memory loss. Agreement was lowest for the statement that daily or almost daily cannabis use during adolescence or young adulthood could lead to long-term mental health conditions. It should be noted that a substantial percentage of respondents did not have an opinion on the various statements, which suggests that more education on this topic is needed.

### Agreement with Cannabis Health Effect Statements, Simcoe Muskoka Adults (18+), 2018



Data Source: Rapid Risk Factor Surveillance System (RRFSS), Simcoe Muskoka District Health Unit, Cycles 28-30 (Jan-Dec 2018).  
Data collected by the Institute for Social Research (ISR) at York University in Toronto, ON on behalf of the health unit.  
Post-stratification weights applied based on 2018 Population Estimates from Statistics Canada.

Figure 1: Percent of adults (18+) who reported their level of agreement with various cannabis health effect statements, Simcoe Muskoka District Health Unit, 2018.