Marijuana Use among Young Adult Vermont Residents Ages 18 to 25:
Findings from the 2018 Vermont Young Adult Survey (YAS) and the 2016/17 National Survey on Drug Use and Health (NSDUH)

Amy Livingston

Presentation for RPP Training: Jan 7, 2019
Background and purpose of YAS

• Conducted by PIRE every 2 years since 2014 as part of Vermont’s Partnerships for Success (PFS) and Regional Prevention Partnerships (RPP) evaluation

• No other suitable source of behavioral data on young adults at the sub-state level

• Provides data that can address other research and surveillance issues:
  • Statewide rates and trends
  • Subgroup differences (e.g., full-time students versus other young adults)

• Data are weighted by county, sex, and age group.
YAS 2016 estimates compared to state-level NSDUH estimates for Vermont (ages 18-25)
Vermont YAS Methods

- Administered online
- Compatible with smartphones and tablets
- Conducted in the spring of 2014, 2016 and 2018
- Respondents recruited through Facebook and Instagram ads
- Incentives: Weekly drawings of $100, plus $500 grand prize
- Eligibility: Vermont residents aged 18-25
- Focus was on alcohol, marijuana, and Rx drug use, and related topics such as perceived risk and availability
- Data were weighted to 2010 county-level demographics (age group and sex)
Trends in Key Marijuana Measures
2014-2018
Young Adults Statewide Data

Source: Vermont YAS
Trends in marijuana use measures: Vermont young adults

Source: Vermont YAS
Trends in ways marijuana was used: Vermont young adults

<table>
<thead>
<tr>
<th>Method</th>
<th>Percent 2016</th>
<th>Percent 2018</th>
</tr>
</thead>
<tbody>
<tr>
<td>Smoked</td>
<td>93.9</td>
<td>95.9</td>
</tr>
<tr>
<td>Consumed in food</td>
<td>22.9</td>
<td>32.5</td>
</tr>
<tr>
<td>Consumed in beverage</td>
<td>4.2</td>
<td>3.8</td>
</tr>
<tr>
<td>Inhaled with vaping device</td>
<td>4.4</td>
<td>23.7</td>
</tr>
<tr>
<td>Other method</td>
<td>26.2</td>
<td></td>
</tr>
</tbody>
</table>

Source: Vermont YAS
Trends in perceived ease of obtaining substances: Vermont young adults

Source: Vermont YAS
Trends in low perceived risk from using substances: Vermont young adults

Source: Vermont YAS
Subgroup Comparisons:
Selected substance use measures and risk factors
By age group

Source: 2018 Vermont YAS
Comparisons on marijuana use measures by age group

Source: 2018 VT YAS
Comparisons on ways marijuana was used by age group

Source: 2018 VT YAS
Comparisons on perceived ease of obtaining substances by age group

Source: 2018 VT YAS
Comparisons on low perceived risk of using marijuana by age group

<table>
<thead>
<tr>
<th>Activity</th>
<th>Ages 18-20</th>
<th>Ages 21-25</th>
</tr>
</thead>
<tbody>
<tr>
<td>No risk or slight risk from having 5+ drinks once or twice per week</td>
<td>26.7%</td>
<td>23.3%</td>
</tr>
<tr>
<td>No risk or slight risk from smoking marijuana once or twice per week</td>
<td>79.2%</td>
<td>80.8%</td>
</tr>
<tr>
<td>No risk or slight risk from smoking marijuana every day or almost every day</td>
<td>53.6%</td>
<td>60.6%</td>
</tr>
<tr>
<td>No risk or slight risk from using Rx pain relievers that were not prescribed a few times a year</td>
<td>11.9%</td>
<td>14.2%</td>
</tr>
</tbody>
</table>

Source: 2018 VT YAS
Subgroup Comparisons:
Selected substance use measures and risk factors
   By sex

Source: 2018 Vermont YAS
Comparisons on marijuana use measures by sex

Source: 2018 VT YAS
Comparisons on ways marijuana was used by sex

Source: 2018 VT YAS
Comparisons on perceived ease of obtaining substances by sex

Source: 2018 VT YAS
Comparisons on perceived risk of using marijuana by sex

Source: 2018 VT YAS
Subgroup Comparisons:
Selected substance use measures and risk factors
By full-time student status

Source: 2018 Vermont YAS, persons aged 18-22 only
Comparisons on marijuana use measures:
Full-time students vs. other young adults

Source: 2018 VT YAS
Comparisons on ways marijuana was used: Full-time students vs. other young adults

Source: 2018 VT YAS
Comparisons on perceived ease of obtaining substances: Full-time students vs. other young adults

<table>
<thead>
<tr>
<th>Activity</th>
<th>Full-time College, ages 18-22</th>
<th>Other Young Adults, ages 18-22</th>
</tr>
</thead>
<tbody>
<tr>
<td>Very or somewhat easy for underage persons to buy alcohol in stores</td>
<td>40.2%</td>
<td>30.1%</td>
</tr>
<tr>
<td>Very or somewhat easy for underage persons to be served alcohol</td>
<td>21%</td>
<td>18%</td>
</tr>
<tr>
<td>VERY EASY for persons 25 to obtain marijuana</td>
<td>55.3%</td>
<td>61.8%</td>
</tr>
<tr>
<td>Very or somewhat easy for persons 18-25 to obtain pain relievers</td>
<td>25.2%</td>
<td>35.6%</td>
</tr>
</tbody>
</table>

Source: 2018 VT YAS
Comparisons on perceived risk of using marijuana: Full-time students vs. other young adults

<table>
<thead>
<tr>
<th>Risk Level</th>
<th>Full-time College, ages 18-22</th>
<th>Other Young Adults, ages 18-22</th>
</tr>
</thead>
<tbody>
<tr>
<td>No risk or slight risk from smoking marijuana once or twice per week</td>
<td>79.6%</td>
<td>78.4%</td>
</tr>
<tr>
<td>No risk from smoking marijuana once or twice per week</td>
<td>39.6%</td>
<td>47.1%</td>
</tr>
<tr>
<td>No risk or slight risk from smoking marijuana every day or almost every day</td>
<td>51.9%</td>
<td>60.3%</td>
</tr>
<tr>
<td>No risk from smoking marijuana every day or almost every day</td>
<td>16.9%</td>
<td>31.2%</td>
</tr>
</tbody>
</table>

Source: 2018 VT YAS
Prevalence rates for LGBT and non-LGBT respondents: 2016 and 2018 YAS

<table>
<thead>
<tr>
<th>Behavior:</th>
<th>LGBT</th>
<th>Non-LGBT</th>
<th>Comparison²</th>
<th>Comparison²</th>
</tr>
</thead>
<tbody>
<tr>
<td>(n=643)</td>
<td>(n=532)</td>
<td>(n=2172)</td>
<td>(n=1582)</td>
<td></td>
</tr>
<tr>
<td>Alcohol use past 30 days</td>
<td>72.9</td>
<td>73.1</td>
<td>72.5</td>
<td>75.7*</td>
</tr>
<tr>
<td>Binge drinking past 30 days</td>
<td>47.1</td>
<td>48.1</td>
<td>49.5</td>
<td>51.3</td>
</tr>
<tr>
<td>Marijuana use past 30 days</td>
<td>51.4</td>
<td>49.6</td>
<td>39.0</td>
<td>42.2*</td>
</tr>
<tr>
<td>Used marijuana 20+ days in past 30</td>
<td>24.0</td>
<td>21.4</td>
<td>20.3</td>
<td>18.8</td>
</tr>
<tr>
<td>Percent of users who used 20+ days</td>
<td>47.1</td>
<td>43.4</td>
<td>52.6</td>
<td>45.0**</td>
</tr>
<tr>
<td>Cigarette use past 30 days</td>
<td>25.8</td>
<td>19.9</td>
<td>20.5</td>
<td>21.0</td>
</tr>
<tr>
<td>E-cigarette or vaping device past 30 days</td>
<td>22.8</td>
<td>19.2</td>
<td>15.5</td>
<td>14.7</td>
</tr>
<tr>
<td>Any misuse of any Rx drug in past year</td>
<td>8.0</td>
<td>5.5</td>
<td>5.5</td>
<td>2.8***</td>
</tr>
<tr>
<td>Any misuse of Rx pain reliever in past year</td>
<td>9.8</td>
<td>6.5*</td>
<td>5.3</td>
<td>4.4</td>
</tr>
<tr>
<td>Any misuse of Rx stimulants in past year</td>
<td>16.4</td>
<td>15.2</td>
<td>10.5</td>
<td>11.3</td>
</tr>
</tbody>
</table>

¹Significance levels for comparing years: * p<.10  ** p<.05  ***p<.01
²Significance levels for comparing LGBT with non-LGBT (within each year):  + p<.10  ++ p<.05  +++ p<.01
Source: Vermont 2016 and 2018 YAS
Trends in Key Marijuana Measures
2016/17 National Survey on Drug Use and Health (NSDUH)
State Level Data

Source: NSDUH
18-25 year olds have a statistically higher prevalence of past 30 day marijuana use compared to those 12-17 years old and 26+ years old in Vermont.

Source: National Survey on Drug Use and Health, 2003-2017
Vermont has a statistically higher prevalence of past year marijuana use compared to the U.S. in every age group in 2016/2017 (including 12+, not shown).

Source: National Survey on Drug Use and Health, 2015/2017
Perception of risk for substance use varies greatly by substance in Vermont.

Percent of Vermont population reporting that people are at great risk from substance use, by substance, 2016/2017

- **Perception of Great Risk of Smoking Marijuana Once a Month**
  - 12-17: 17
  - 18-25: 7
  - 26+: 17

- **Perception of Great Risk of Drinking Five or More Drinks Once or Twice a Week**
  - 12-17: 44
  - 18-25: 27
  - 26+: 39

- **Perception of Great Risk of Smoking One or More Packs of Cigarettes per Day**
  - 12-17: 68
  - 18-25: 65
  - 26+: 73

*Significantly lower than 2015/16

Source: National Survey on Drug Use and Health, 2015-17
Alcohol and Drug Involved Fatal Crashes

Source: VTrans – Office of Highway Safety
<table>
<thead>
<tr>
<th>Vermont Fatal Crash Data</th>
<th>2013</th>
<th>2014</th>
<th>2015</th>
<th>2016</th>
<th>2017</th>
<th>2018</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fatal Crashes</td>
<td>64</td>
<td>42</td>
<td>50</td>
<td>59</td>
<td>64</td>
<td>60</td>
</tr>
<tr>
<td>Total Fatalities (People)</td>
<td>70</td>
<td>44</td>
<td>57</td>
<td>64</td>
<td>70</td>
<td>68</td>
</tr>
<tr>
<td>Operators Suspected as Driving under the Influence of Alcohol Only</td>
<td>9</td>
<td>3</td>
<td>4</td>
<td>14</td>
<td>7</td>
<td>5</td>
</tr>
<tr>
<td>Operators Suspected as Driving under the Influence of Drugs Only</td>
<td>9</td>
<td>10</td>
<td>11</td>
<td>10</td>
<td>18</td>
<td>13</td>
</tr>
<tr>
<td>Operators Suspected as Driving under the Influence of both Alcohol &amp; Drugs</td>
<td>9</td>
<td>3</td>
<td>9</td>
<td>10</td>
<td>9</td>
<td>10</td>
</tr>
<tr>
<td>Active Cannabis - Delta 9 THC Confirmed*</td>
<td>11</td>
<td>9</td>
<td>11</td>
<td>18</td>
<td>19</td>
<td>15</td>
</tr>
</tbody>
</table>

*Active Cannabis - Delta-9 THC Confirmed is counted in the number of operators that had drugs only or alcohol & drugs.

Source: VTrans - Office of Highway Safety
For more information...

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