

# Provincial Patterns and Trends in Cannabis Use among Youth: Newfoundland and Labrador

## Background: Cannabis Use in Canada

This factsheet presents recent patterns and trends of cannabis use among young people in Newfoundland and Labrador, including prevalence of use, perceptions of harm, cannabis use and driving, and dimensions of risk.

- In October 2018, the Government of Canada implemented the *Cannabis Act*, legalizing cannabis for non-medical use in Canada.
- The legislation prioritizes the health and safety of young Canadians by restricting youth access to cannabis through regulations on its production, sale and consumption.
- Canadian youth report the highest prevalence rates of non-medical cannabis use among developed countries.
- Patterns of non-medical cannabis use among Canadian youth vary by region.
- Some subgroups of youth, including Indigenous youth and youth belonging to gender-based minorities, demonstrate increased risk of experiencing cannabis-related harms.
- Increasing awareness and understanding of the risks and harms unique to Canadian youth can inform the development and implementation of cannabis public education efforts.

## Highlights

- In 2016–2017, Newfoundland and Labrador students reported the second highest prevalence of cannabis use in Canada, with 15% of students having used cannabis in the past 30 days.
- Students in grades 10–12 reported almost five times greater prevalence of cannabis use in the past 12 months than students in grades 7–9 (36.8% vs 7.9%).
- Prevalence of past-year cannabis use was higher among males than females (24.5% and 21%).
- Among students in grades 7–12 who reported using cannabis in the past year, over one in three (38%) reported using it once or more per week.
- Among students in grades 7–12 who reported using cannabis in the past year, the majority reported smoking it (94%), followed by vaping it (38%) and eating it in foods (35%).
- Among youth aged 15–24 who reported using cannabis at least once in their lifetime, the mean age of initiation was 16.5 years of age for males and 16.7 years for females.
- Almost three-quarters of youth in grades 10–12 (72%) reported cannabis to be fairly easy or very easy to obtain. The usual ways of obtaining it were sharing among friends (35%), getting or buying it from someone else (28%), or getting or buying it from a friend or family member (13%).



## Data Sources

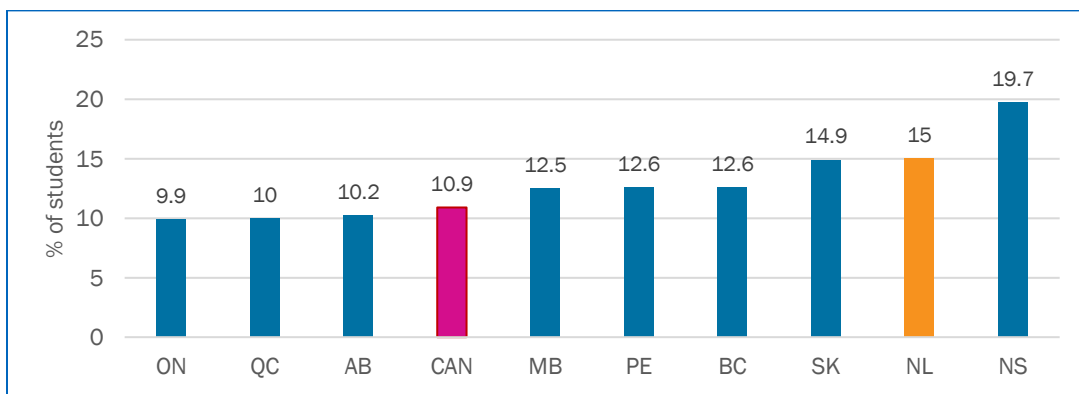
This report is based on the following sources of school and population-based survey data on cannabis use among youth.

- Canadian Student Tobacco Alcohol and Drugs Survey (CSTADS) is a biennial school-based survey of students in grades 7 to 12, conducted on behalf of Health Canada.
- Canadian Tobacco Alcohol and Drugs Survey (CTADS) is a telephone-based (including cell phones) survey of the Canadian population aged 15 and older, living outside of institutions and First Nations reserve communities, conducted by Statistics Canada.

## Prevalence of Cannabis Use among Youth across Canada

- Students in Newfoundland and Labrador had the second highest prevalence of use in Canada in 2016–2017.
- About 15% of students in grades 7 to 12 had used cannabis in the past 30 days.

Past-30-day cannabis use among grade 7–12 students

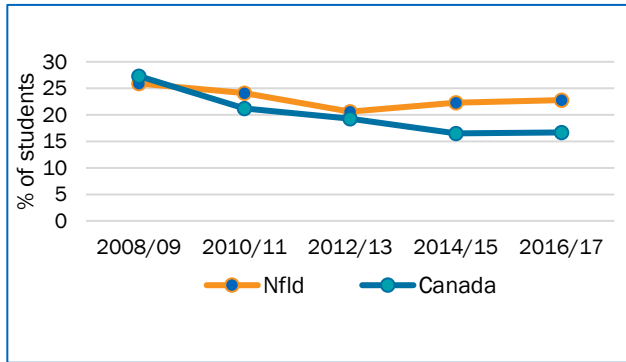


Source: CSTADS 2016–2017



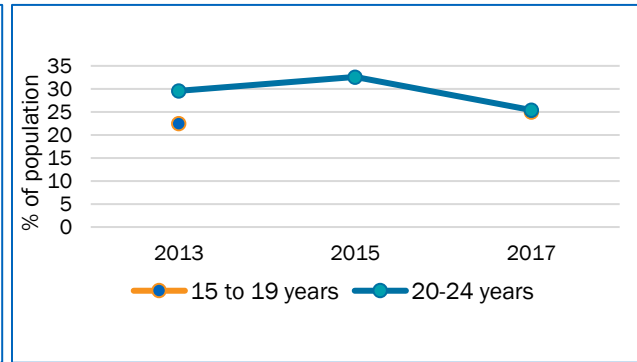
### Patterns of Cannabis Use among Youth in Nfld. and Labrador

Past-12-month cannabis use by grade 7–12 students (2008–2009 to 2016–2017)



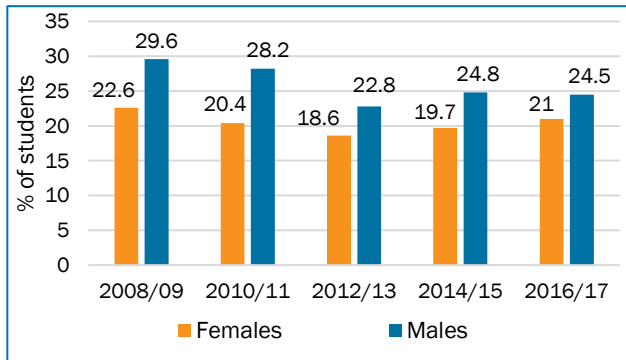
Source: CSTADS 2008–2009 to 2016–2017

Past-12-month cannabis use by youth aged 15–24 (2013 to 2017)



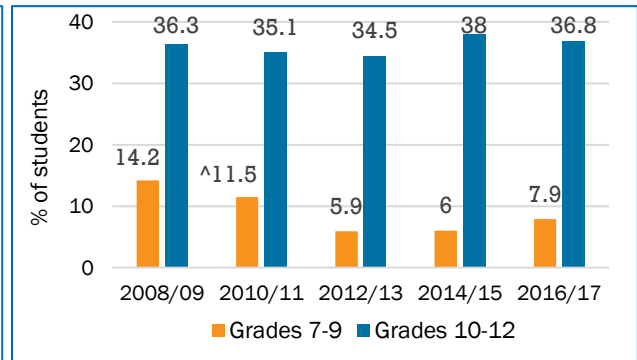
^ Moderate sampling variability, interpret with caution: Nfld. 2017: 15–19 years and 20–24 years  
! Due to low sample size and/or large coefficients of variation, the quality of these estimates is low: Nfld. 2015 15–19 years.  
Source: CTADS 2013, 2015, 2017

Past-12-month cannabis use by sex (2008–2009 to 2016–2017)



Source: CSTADS 2008–2009 to 2016–2017

Past-12-month cannabis use by grade (2008–2009 to 2016–2017)



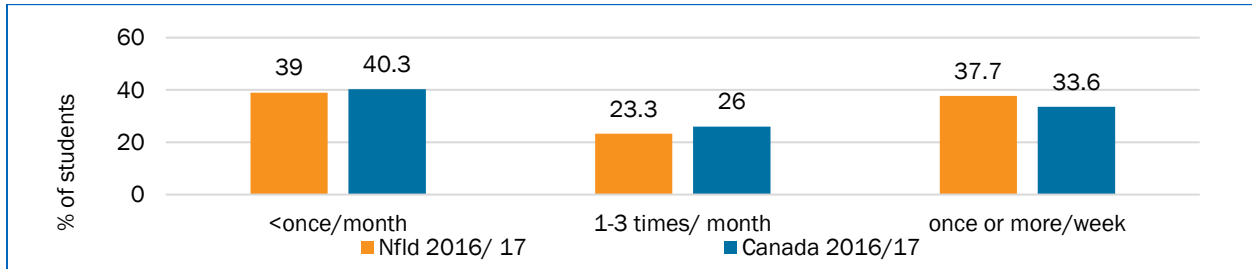
^ Moderate sampling variability, interpret with caution.  
Source: CSTADS 2008–2009 to 2016–2017

- Past 12-month cannabis use among youth in grades 7–12 has remained relatively constant in Nfld. and Labrador since 2008–2009, for all grades.
- Among males, past 12-month cannabis use has decreased since 2008–2009. Among females, past 12-month cannabis use has remained constant since 2008–2009.
- Grade 7–9 use has decreased from 2008–2009 to 2016–2017. Grade 10–12 use has remained steady since 2008–2009.



## Frequency of Cannabis Use among students in Nfld. and Labrador

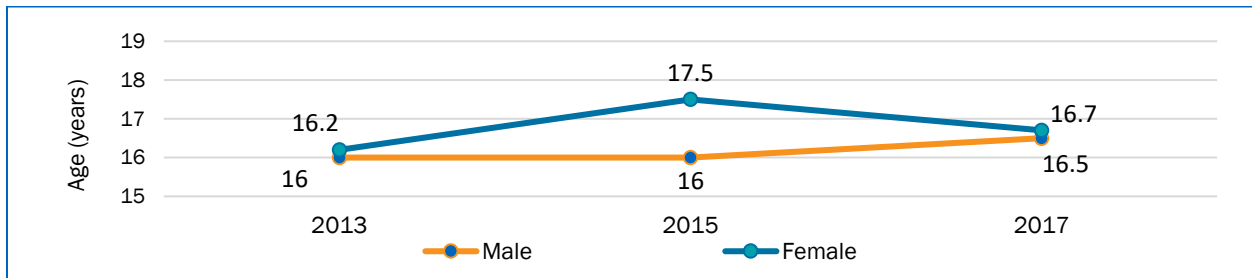
Frequency of cannabis use in past 12 months among students who have used cannabis



Source: CSTADS 2016–2017

## Age of First Cannabis Use among Youth

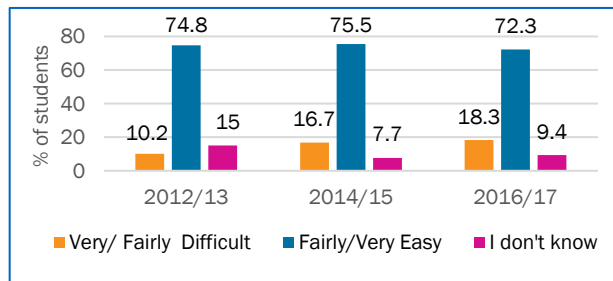
Mean age for initiating cannabis use among youth aged 15–24



Source: CTADS 2013, 2015, 2017

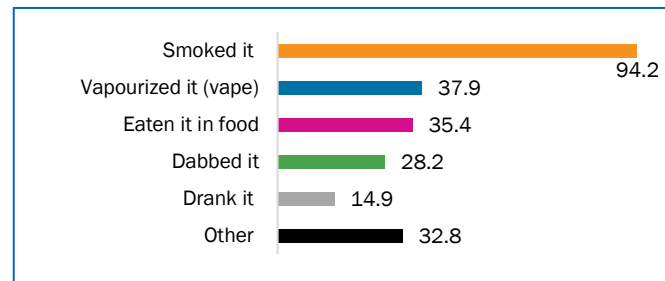
## Mode of Use and Ease of Access to Cannabis

Perceived ease of access among grade 10–12 students



Source: CSTADS 2012–2013, 2015–2016, 2016–2017

Mode of cannabis use in the past 12 months in grade 7–12 students



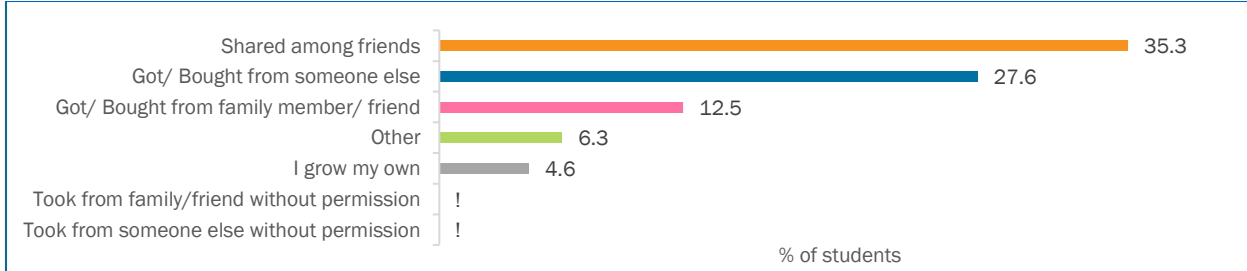
Source: CSTADS 2016–2017

- Among students who have used cannabis in the last 12 months, about 40% use less than once per month.
- Age of initiating cannabis use among females increased from 2013 to 2015 and decreased slightly, but not significantly, from 2015 to 2017; male age of initiation has remained relatively steady since 2013.
- Among students who have used cannabis in the past 12 months, the large majority have smoked it.
- The perceived ease of access to cannabis among grade 10–12 students has remained relatively unchanged between 2012–2013 and 2016–2017, with the majority reporting it is fairly or very easy to obtain cannabis.



## Usual Source of Cannabis among Students in Nfld. and Labrador

Usual source of cannabis among grade 7–12 students who have ever tried cannabis (2016–2017)

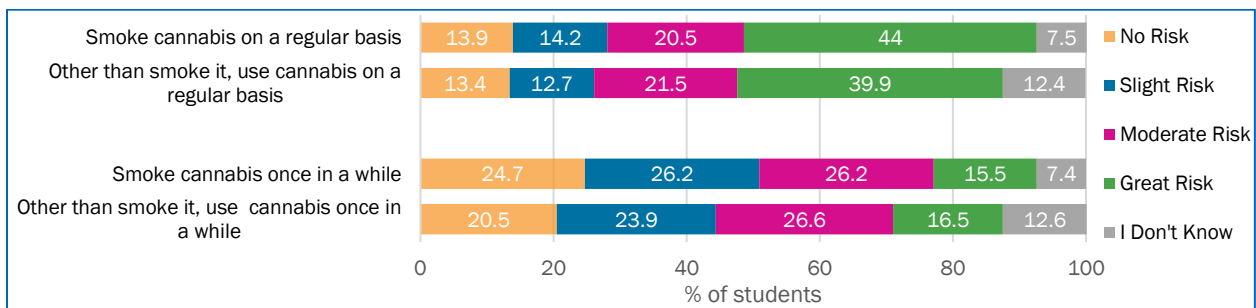


Source: CSTADS 2016–2017

! Due to low sample size and/or large coefficients of variation, the quality of these estimates is low.

## Perceived Harms of Cannabis Use

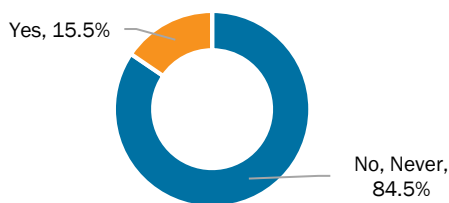
Responses to "How much do people risk harming themselves when they do each of the following activities?" among grade 7–12 students (2016–2017)



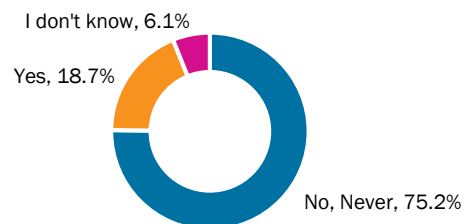
Source: CSTADS 2016–2017

## Cannabis Use and Driving

Grade 11–12 students who reported having driven a motor vehicle within two hours of using cannabis (2016–2017)



Grade 7–12 students who reported being a passenger in a motor vehicle driven by someone who had used cannabis in previous two hours (2016–2017)



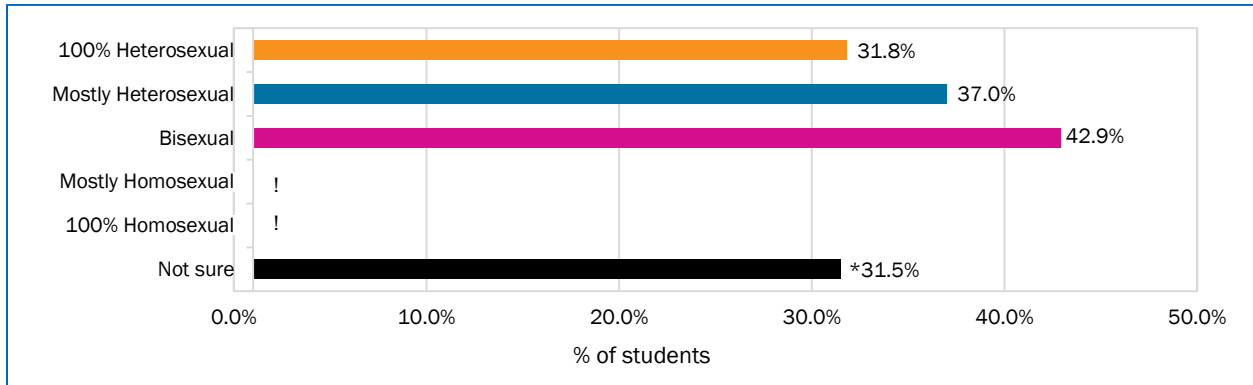
\*Motor vehicles include a broad range: cars, motorcycles, off-road vehicles (including agricultural machinery), light trucks and regular trucks.

- Before legalization, the majority of students reported that they shared cannabis among friends or that they purchased it from someone else.
- The majority of students feel that using cannabis on a regular basis is a risk.
- The majority of students reported they had not driven a motor vehicle within two hours of using cannabis; fewer reported they had not been a passenger in a motor vehicle driven by someone who had used cannabis within the last two hours.



## Dimensions of Risk for Cannabis Use among Youth in Nfld. and Labrador

Past 12-month cannabis use among grade 10–12 students, by sexual orientation† (2017)



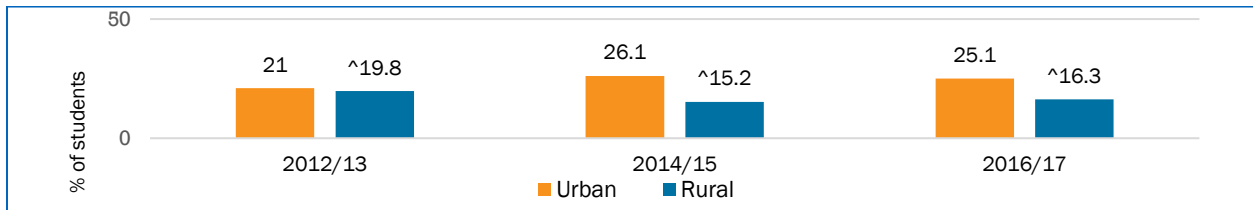
\* Due to low sample size and/or large coefficients of variation, the quality of these estimates is low. Interpret with extreme caution.

! Due to low sample size and/or large coefficients of variation, the quality of these estimates is low.

† Measuring sexual identity and orientation is difficult and changing. According to Statistics Canada, in 2016 4% to 10% of Canadian youth considered themselves either homosexual or bisexual.

Source: CRAYS 2017

Past 12-month use among grade 7–12 students attending urban and rural schools



^ Moderate sampling variability, interpret with caution.

Source: CSTADS 2012–2013, 2014–2015, 2016–2017

- The prevalence of cannabis use in the past 12 months did not vary significantly by sexual orientation.
- In Nfld., the prevalence of cannabis use among students attending school in an urban setting has been similar to students attending school in a rural setting from 2012–2013 to 2016–2017.



## Appendix: Data Table and Confidence Intervals

Series	Year	Percent- age	95% Confi- dence Limits
Cannabis use, past 12 months, grades 7–12, Nfld.	2016–2017	22.8	[20.4-25.1]
Cannabis use, past 12 months, grades 7–12, Nfld.	2014–2015	22.3	[19.9-24.6]
Cannabis use, past 12 months, grades 7–12, Nfld.	2012–2013	20.6	[19.3-21.9]
Cannabis use, past 12 months, grades 7–12, Nfld.	2010–2011	24.1	[20.4-27.7]
Cannabis use, past 12 months, grades 7–12, Nfld.	2008–2009	25.9	[22.5-29.3]
Cannabis use, past 12 months, grades 7–12, Canada	2016–2017	16.7	[15.0-18.3]
Cannabis use, past 12 months, grades 7–12, Canada	2014–2015	16.5	[15.3-17.8]
Cannabis use, past 12 months, grades 7–12, Canada	2012–2013	19.3	[17.1-21.5]
Cannabis use, past 12 months, grades 7–12, Canada	2010–2011	21.2	[19.7-22.6]
Cannabis use, past 12 months, grades 7–12, Canada	2008–2009	27.3	[25.7-29.0]
Cannabis use, past 12 months, grades 7–9	2016–2017	7.9	[6.4-9.3]
Cannabis use, past 12 months, grades 7–9	2014–2015	6.0	[4.5-7.5]
Cannabis use, past 12 months, grades 7–9	2012–2013	5.9	[4.0-7.8]
Cannabis use, past 12 months, grades 7–9	2010–2011	11.5	[6.4-16.6]
Cannabis use, past 12 months, grades 7–9	2008–2009	14.2	[11.0-17.4]
Cannabis use, past 12 months, grades 10-12	2016–2017	36.8	[32.5-41.0]
Cannabis use, past 12 months, grades 10-12	2014–2015	38.0	[33.4-42.6]
Cannabis use, past 12 months, grades 10-12	2012–2013	34.5	[32.5-36.4]
Cannabis use, past 12 months, grades 10-12	2010–2011	35.1	[31.2-39.0]
Cannabis use, past 12 months, grades 10-12	2008–2009	36.3	[31.0-41.5]
Cannabis use, past 12 months, female	2016–2017	21.0	[18.4-23.6]
Cannabis use, past 12 months, female	2014–2015	19.7	[17.0-22.4]
Cannabis use, past 12 months, female	2012–2013	18.6	[17.1-20.1]
Cannabis use, past 12 months, female	2010–2011	20.4	[18.0-22.8]
Cannabis use, past 12 months, female	2008–2009	22.6	[18.1-27.1]
Cannabis use, past 12 months, male	2016–2017	24.5	[21.9-27.2]
Cannabis use, past 12 months, male	2014–2015	24.8	[20.5-29.0]
Cannabis use, past 12 months, male	2012–2013	22.8	[20.3-25.2]
Cannabis use, past 12 months, male	2010–2011	28.2	[22.7-33.7]
Cannabis use, past 12 months, male	2008–2009	29.6	[25.9-33.3]
Cannabis use, past 12 months, age 15–19	2017	25.0	[14.4-35.6]
Cannabis use, past 12 months, age 15–19	2015	!	!
Cannabis use, past 12 months, age 15–19	2013	22.5	[17.5-27.6]
Cannabis use, past 12 months, age 20–24	2017	25.4	[16.9-33.8]
Cannabis use, past 12 months, age 20–24	2015	32.6	[23.8-41.4]
Cannabis use, past 12 months, age 20–24	2013	29.6	[22.6-36.6]
Past 12 month, frequency of use, <once/month, Nfld.	2016–2017	39.0	[36.4-41.6]
Past 12 month, frequency of use, 1–3 times/month, Nfld.	2016–2017	23.3	[20.2-26.4]
Past 12 month, frequency of use, once/week or more, Nfld.	2016–2017	37.7	[34.2-41.2]
Past 12 month, frequency of use, <once/month, Canada	2016–2017	40.3	[37.9-42.8]
Past 12 month, frequency of use, 1–3 times/ month, Canada	2016–2017	26.0	[24.5-27.6]
Past 12 month, frequency of use, once /week or more, Canada	2016–2017	33.6	[31.6-35.7]
Age at Initiation, female	2017	16.7	[16.2-17.2]
Age at Initiation, female	2015	17.5	[16.7-18.2]
Age at Initiation, female	2013	16.2	[15.7-16.7]
Age at Initiation, male	2017	16.5	[16.1-16.8]
Age at Initiation, male	2015	16.0	[15.4-16.6]
Age at Initiation, male	2013	16.0	[15.4-16.6]
Past 12 months mode of cannabis use, smoke	2016–2017	94.2	[92.6-95.8]
Past 12 months mode of cannabis use, eaten in food	2016–2017	35.4	[31.9-38.9]
Past 12 months mode of cannabis use, drank	2016–2017	14.9	[13.0-16.9]
Past 12 months mode of cannabis use, vaped	2016–2017	37.9	[33.4-42.4]
Past 12 months mode of cannabis use, dabbed	2016–2017	28.2	[25.3-31.0]
Past 12 months mode of cannabis use, other	2016–2017	32.8	[29.4-36.2]
Perceived ease of access, grade 10–12, very/fairly easy	2016–2017	72.3	[69.8-74.8]
Perceived ease of access, grade 10–12, very/fairly difficult	2016–2017	18.3	[15.8-20.8]
Perceived ease of access, grade 10–12, do not know	2016–2017	9.4	[7.5-11.3]
Perceived ease of access, grade 10–12, very/fairly easy	2014–2015	75.5	[70.9-80.1]
Perceived ease of access, grade 10–12, very/fairly difficult	2014–2015	16.7	[13.7-19.8]
Perceived ease of access, grade 10–12, do not know	2014–2015	7.7	[5.3-10.1]
Perceived ease of access, grade 10–12, very/fairly easy	2012–2013	74.8	[71.5-78.1]





Perceived ease of access, grade 10–12, very/fairly difficult	2012–2013	10.2	[8.3-12.1]
Perceived ease of access, grade 10–12, I do not know	2012–2013	15.0	[12.7-17.2]
Usual source of cannabis, last 12 months, shared among friends	2016–2017	35.3	[31.4-39.2]
Usual source of cannabis, last 12 months, got/bought from friend/family	2016–2017	12.5	[10.8-14.2]
Usual source of cannabis, last 12 months, got/bought from someone else	2016–2017	27.6	[25.9-29.3]
Usual source of cannabis, last 12 months, took it from family member/ friend without permission	2016–2017	!	!
Usual source of cannabis, last 12 months, took it from someone else, without permission	2016–2017	!	!
Usual source of cannabis, last 12 months, grow my own	2016–2017	4.6	[3.6-5.5]
Usual source of cannabis, last 12 months, other	2016–2017	6.3	[4.6-7.9]
Smoke cannabis on a regular basis: No risk	2016–2017	13.9	[12.2-15.5]
Smoke cannabis on a regular basis: slight risk	2016–2017	14.2	[13.4-14.9]
Smoke cannabis on a regular basis: moderate risk	2016–2017	20.5	[19.3-21.8]
Smoke cannabis on a regular basis: great risk	2016–2017	44.0	[42.1-45.9]
Smoke cannabis on a regular basis: I do not know	2016–2017	7.5	[6.5-8.4]
Smoke cannabis once in a while: No risk	2016–2017	24.7	[22.9-26.5]
Smoke cannabis once in a while: slight risk	2016–2017	26.2	[25.2-27.3]
Smoke cannabis once in a while: moderate risk	2016–2017	26.2	[24.4-28.0]
Smoke cannabis once in a while: great risk	2016–2017	15.5	[14.4-16.5]
Smoke cannabis once in a while: I do not know	2016–2017	7.4	[6.4-8.4]
Other than smoke, use on a regular basis: no risk	2016–2017	13.4	[11.8-15.0]
Other than smoke, use on a regular basis: slight risk	2016–2017	12.7	[12.0-13.4]
Other than smoke, use on a regular basis: moderate	2016–2017	21.5	[20.0-23.0]
Other than smoke, use on a regular basis: great risk	2016–2017	39.9	[38.3-41.5]
Other than smoke, use on a regular basis: I do not know	2016–2017	12.4	[11.6-13.2]
Other than smoke, use once in a while: no risk	2016–2017	20.5	[19.0-21.9]
Other than smoke, use once in a while: slight risk	2016–2017	23.9	[23.1-24.7]
Other than smoke, use once in a while: moderate	2016–2017	26.6	[25.1-28.0]
Other than smoke, use once in a while: great risk	2016–2017	16.5	[15.5-17.5]
Other than smoke, use once in a while: I do not know	2016–2017	12.6	[11.8-13.4]
Driven a vehicle within 2 hours of using cannabis, yes	2016–2017	15.5	[11.6-19.4]
Passenger within 2 hours of driver using cannabis, yes	2016–2017	18.7	[16.6-20.9]
Passenger within 2 hours of driver using cannabis, no	2016–2017	75.2	[72.6-77.7]
Passenger within 2 hours of driver using cannabis, I don't know	2016–2017	6.1	[5.4-6.8]
Used cannabis last 12 months, 100% heterosexual	2017	31.8	[22.6-41.0]
Used cannabis last 12 months, mostly heterosexual	2017	37.0	[25.0-48.9]
Used cannabis last 12 months, bisexual	2017	42.9	[31.2-54.5]
Used cannabis last 12 months, mostly homosexual	2017	!	!
Used cannabis last 12 months, 100% homosexual	2017	!	!
Used cannabis last 12 months, not sure	2017	31.5	[21.2-41.7]
Cannabis use, past 30 days, Saskatchewan	2016–2017	14.9	[10.5-19.4]
Cannabis use, past 30 days, Ontario	2016–2017	9.9	[7.4-12.4]
Cannabis use, past 30 days, British Columbia	2016–2017	12.6	[9.5-15.7]
Cannabis use, past 30 days, Alberta	2016–2017	10.2	[8.4-12.0]
Cannabis use, past 30 days, Manitoba	2016–2017	12.5	[10.1-14.8]
Cannabis use, past 30 days, Prince Edward Island	2016–2017	12.6	[10.1-15.0]
Cannabis use, past 30 days, Nova Scotia	2016–2017	19.7	[17.6-21.8]
Cannabis use, past 30 days, Quebec	2016–2017	10.0	[9.0-10.9]
Cannabis use, past 30 days, Newfoundland and Labrador	2016–2017	15.0	[13.4-16.7]
Past 12-month cannabis use in urban youth, grades 7–12	2016–2017	25.1	[21.0-29.2]
Past 12-month Cannabis use in rural youth, grades 7–12	2016–2017	16.3	[9.8-22.7]
Past 12-month Cannabis use in urban youth, grades 7–12	2014–2015	26.1	[19.6-32.7]
Past 12-month Cannabis use in rural youth, grades 7–12	2014–2015	15.2	[6.3-24.1]
Past 12-month Cannabis use in urban youth, grades 7–12	2012–2013	21.0	[16.0-25.9]
Past 12-month Cannabis use in rural youth, grades 7–12	2012–2013	19.8	[12.4-27.2]

Suggested citation: Cooke, M., Milicic, S., MacDonald, J.A., Asbridge, M., Guindon, E., Muhajarine, N., MacDonald, M., Wild, C., Elton-Marshall, T., Mancuso, M., Montreuil, A., Hammond, D., Grootendorst, P., Porath, A., Konefal, S., Douglas, O., Tariq, U., Burkhalter, R. Propel Centre for Population Health Impact. *Provincial patterns and trends in cannabis use: Newfoundland and Labrador*. (2020). Waterloo, Ont.: University of Waterloo and Canadian Centre for Substance Use and Addiction.

ISBN 978-1-77178-609-6

© Canadian Centre on Substance Use and Addiction 2020



Canadian Centre  
on Substance Use  
and Addiction

CCSA was created by Parliament to provide national leadership to address substance use in Canada. A trusted counsel, we provide national guidance to decision makers by harnessing the power of research, curating knowledge and bringing together diverse perspectives.

CCSA activities and products are made possible through a financial contribution from Health Canada. The views of CCSA do not necessarily represent the views of Health Canada.