

Washington's Young Adult Health Survey: New Findings from the 2024 Study

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Before we get started...

- Special thank you to Sarah Mariani, Kasey Kates, and Rachel Oliver
- Thank you to Isaac Wulff and the SPE Consortium

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Washington Young Adult Health Survey (YAHS)

• Funded by Division of Behavioral Health & Recovery (DBHR):

- Sarah Mariani
- Kasey Kates
- Rachel Oliver
- Megan Stowe

• Young Adult Health Survey Team:

- Jason Kilmer
- Mary Larimer
- Rose Lyles-Riebli
- Joseph Lambuth
- Isaac Rhew

Washington State Health Care Authority (Division of Behavioral
Health and Recovery) (PI: Kilmer).

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Young Adult Health Survey Recruitment... A Reminder of the Main Steps

- Participants recruited using a combination of direct mail advertising to a random sample from DOL, as well as online advertising (Facebook, Craigslist, Instagram, study web site, etc.)
- Assessed demographics on ongoing basis and modified strategies to recruit under-represented groups
- Convenience sample, not a random sample

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Post-stratification weighting and analyses

- To improve generalizability, used post-stratification weights based on sex, race, and geographic region
- Weighted results are consistently very similar to non-weighted

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Young Adult Health Survey

- Each year we collect data from a new cohort of 18-25 year olds

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Sample sizes over time

• Cohort 1 (2014):	2,101
• Cohort 2 (2015):	1,675
• Cohort 3 (2016):	2,493
• Cohort 4 (2017):	2,342
• Cohort 5 (2018):	2,412
• Cohort 6 (2019):	1,942
• Cohort 7 (2020):	1,643
• Cohort 8 (2021):	1,756
• Cohort 9 (2022):	1,110
• Cohort 10 (2023):	1,237
• Cohort 11 (2024):	<u>1,751</u>
• TOTAL:	20,462

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Young Adult Health Survey

- In 2024, we also followed up with each of the previous 10 cohorts (participants in Cohort 1, 18-25 in 2014, were largely 28-35 when we collected data from them in 2024)

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What do we see with eleven years of data?

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Any past year "recreational"/non-medical/personal use:
Cohorts 4-8 higher than Cohort 1

	Cohort 1 (2014)	Cohort 2 (2015)	Cohort 3 (2016)	Cohort 4 (2017)	Cohort 5 (2018)	Cohort 6 (2019)	Cohort 7 (2020)	Cohort 8 (2021)	Cohort 9 (2022)	Cohort 10 (2023)	Cohort 11 (2024)	Total across 11 years
18-20	43.27%	44.82%	40.94%	43.41%	44.42%	43.68%	40.39%	44.89%	39.11%	36.57%	39.00%	42.18%
21-25	43.67%	47.09%	46.55%	49.75%	50.87%	49.61%	52.29%	55.21%	53.60%	51.90%	52.00%	49.76%
TOTAL	43.51%	46.29%	44.76%	47.43%	48.49%	47.24%	47.94%	51.19%	47.26%	46.24%	46.44%	46.91%

Cohort 1 vs. Cohorts 2-11:

Compared to Cohort 1, significantly higher prevalence for

- Cohort 4 (t=2.29, p<.05; odds ratio = 1.171; Cohort 4 has 17% higher odds of non-medical cannabis use than Cohort 1)
- Cohort 5 (t=2.96, p<.01; odds ratio = 1.222; Cohort 5 has 22% higher odds of non-medical cannabis use than Cohort 1)
- Cohort 6 (t=2.11, p<.05; odds ratio = 1.163; Cohort 6 has 16% higher odds of non-medical cannabis use than Cohort 1)
- Cohort 7 (t=2.41, p<.05; odds ratio = 1.196; Cohort 7 has 20% higher odds of non-medical cannabis use than Cohort 1)
- Cohort 8 (t=4.19, p<.001; odds ratio = 1.362; Cohort 8 has 36% higher odds of non-medical cannabis use than Cohort 1)

Source: Young Adult Health Survey, Preliminary Data Report to DBHR, March 2025, Kilmer (PI)

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Any past year "recreational"/non-medical/personal use:
Significant increasing linear trend for 18-25-year-olds

	Cohort 1 (2014)	Cohort 2 (2015)	Cohort 3 (2016)	Cohort 4 (2017)	Cohort 5 (2018)	Cohort 6 (2019)	Cohort 7 (2020)	Cohort 8 (2021)	Cohort 9 (2022)	Cohort 10 (2023)	Cohort 11 (2024)	Total across 11 years
18-20	43.27%	44.82%	40.94%	43.41%	44.42%	43.68%	40.39%	44.89%	39.11%	36.57%	39.00%	42.18%
21-25	43.67%	47.09%	46.55%	49.75%	50.87%	49.61%	52.29%	55.21%	53.60%	51.90%	52.00%	49.76%
TOTAL	43.51%	46.29%	44.76%	47.43%	48.49%	47.24%	47.94%	51.19%	47.26%	46.24%	46.44%	46.91%

Linear trend from Cohort 1 to Cohort 11:

Significant (t=2.41, p<.05; odds ratio = 1.0127; odds of non-medical cannabis use are 1.3% higher with each successive year/cohort)

Age by cohort interaction:

- Significant, reflecting the differences in the linear trend seen in the stratified models below (t=4.38, p<.001)

Source: Young Adult Health Survey, Preliminary Data Report to DBHR, March 2025, Kilmer (PI)

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Any past year "recreational"/non-medical/personal use:
Significant decreasing trend for 18-20, increasing trend for 21-25

	Cohort 1 (2014)	Cohort 2 (2015)	Cohort 3 (2016)	Cohort 4 (2017)	Cohort 5 (2018)	Cohort 6 (2019)	Cohort 7 (2020)	Cohort 8 (2021)	Cohort 9 (2022)	Cohort 10 (2023)	Cohort 11 (2024)	Total across 11 years
18-20	43.27%	44.82%	40.94%	43.41%	44.42%	43.68%	40.39%	44.89%	39.11%	36.57%	39.00%	42.18%
21-25	43.67%	47.09%	46.55%	49.75%	50.87%	49.61%	52.29%	55.21%	53.60%	51.90%	52.00%	49.76%
TOTAL	43.51%	46.29%	44.76%	47.43%	48.49%	47.24%	47.94%	51.19%	47.26%	46.24%	46.44%	46.91%

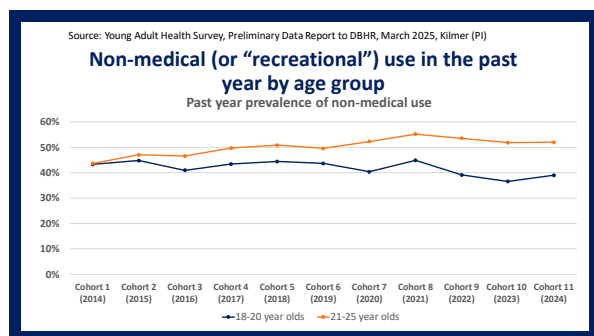
Model split by over/under 21

18-20: Newly significant decreasing trend (t = -2.31, p<.05)

21-25: Significant increasing trend over time (t=5.36, p<.001)

Source: Young Adult Health Survey, Preliminary Data Report to DBHR, March 2025, Kilmer (PI)

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At least monthly "recreational"/non-medical/personal use: Cohorts 5-9 and 11 higher than Cohort 1

	Cohort 1 (2014)	Cohort 2 (2015)	Cohort 3 (2016)	Cohort 4 (2017)	Cohort 5 (2018)	Cohort 6 (2019)	Cohort 7 (2020)	Cohort 8 (2021)	Cohort 9 (2022)	Cohort 10 (2023)	Cohort 11 (2024)	Total across 11 years
18-20	24.08%	24.88%	21.19%	23.56%	27.06%	23.24%	23.17%	24.16%	26.21%	20.15%	24.21%	23.85%
21-25	23.63%	23.56%	25.12%	28.07%	27.88%	29.55%	33.81%	33.86%	31.65%	30.87%	29.06%	28.33%
TOTAL	23.81%	24.03%	23.84%	26.46%	27.62%	27.09%	29.90%	30.11%	29.19%	26.87%	26.98%	26.67%

Cohort 1 vs. Cohorts 5-11:
Compared to Cohort 1, significantly higher prevalence for

- Cohort 5 ($t=2.56$, $p<.01$; odds ratio = 1.221, Cohort 5 has 22% higher odds of non-medical cannabis use than Cohort 1)
- Cohort 6 ($t=2.08$, $p<.05$; odds ratio = 1.189, Cohort 6 has 19% higher odds of non-medical cannabis use than Cohort 1)
- Cohort 7 ($t=3.73$, $p<.001$; odds ratio = 1.365, Cohort 7 has 37% higher odds of non-medical cannabis use than Cohort 1)
- Cohort 8 ($t=3.88$, $p<.001$; odds ratio = 1.379, Cohort 8 has 38% higher odds of non-medical cannabis use than Cohort 1)
- Cohort 9 ($t=2.99$, $p<.01$; odds ratio = 1.320, Cohort 9 has 32% higher odds of non-medical cannabis use than Cohort 1)
- Cohort 11 ($t=1.99$, $p<.05$; odds ratio = 1.183, Cohort 11 has 18% higher odds of non-medical cannabis use than Cohort 1)

Source: Young Adult Health Survey, Preliminary Data Report to DBHR, March 2025, Kilmer (PI)

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At least monthly "recreational"/non-medical/personal use: Significant increasing trend for 18-25-year-olds

	Cohort 1 (2014)	Cohort 2 (2015)	Cohort 3 (2016)	Cohort 4 (2017)	Cohort 5 (2018)	Cohort 6 (2019)	Cohort 7 (2020)	Cohort 8 (2021)	Cohort 9 (2022)	Cohort 10 (2023)	Cohort 11 (2024)	Total across 11 years
18-20	24.08%	24.88%	21.19%	23.56%	27.06%	23.24%	23.17%	24.16%	26.21%	20.15%	24.21%	23.85%
21-25	23.63%	23.56%	25.12%	28.07%	27.88%	29.55%	33.81%	33.86%	31.65%	30.87%	29.06%	28.33%
TOTAL	23.81%	24.03%	23.84%	26.46%	27.62%	27.09%	29.90%	30.11%	29.19%	26.87%	26.98%	26.67%

Linear trend from Cohort 1 to Cohort 11:
Significant increasing trend over time ($t=4.41$, $p<.001$; Odds ratio = 1.026)

Age by cohort interaction:
Significant ($t=2.67$, $p<.01$)

Source: Young Adult Health Survey, Preliminary Data Report to DBHR, March 2025, Kilmer (PI)

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At least monthly "recreational"/non-medical/personal use:
Significant increasing trend for 21-25-year-olds

	Cohort 1 (2014)	Cohort 2 (2015)	Cohort 3 (2016)	Cohort 4 (2017)	Cohort 5 (2018)	Cohort 6 (2019)	Cohort 7 (2020)	Cohort 8 (2021)	Cohort 9 (2022)	Cohort 10 (2023)	Cohort 11 (2024)	Total across 11 years
18-20	24.08%	24.88%	21.19%	23.56%	27.06%	23.24%	23.17%	24.16%	26.21%	20.15%	24.21%	23.85%
21-25	23.63%	23.56%	25.12%	28.07%	27.88%	29.55%	33.81%	33.86%	31.65%	30.87%	29.06%	28.33%
TOTAL	23.81%	24.03%	23.84%	26.46%	27.62%	27.09%	29.90%	30.11%	29.19%	26.87%	26.98%	26.67%

Model split by over/under 21

18-20: No significant linear trend

21-25: Significant increasing trend over time (t=5.97, p<.001)

Odds ratio = 1.061 (odds of non-medical cannabis use are 6.1% higher with each successive year/cohort)

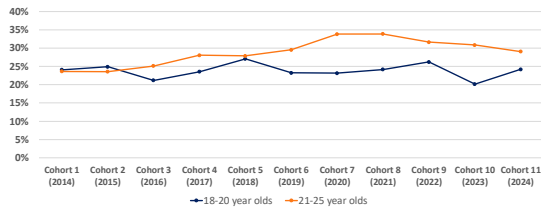
Source: Young Adult Health Survey, Preliminary Data Report to DBHR, March 2025, Kilmer (PI)

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Source: Young Adult Health Survey, Preliminary Data Report to DBHR, March 2025, Kilmer (PI)

At least monthly non-medical (or "recreational")
use by age group

At least monthly prevalence of non-medical use



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At least weekly "recreational"/non-medical/personal use:
Cohorts 7, 8, and 10 higher than Cohort 1

	Cohort 1 (2014)	Cohort 2 (2015)	Cohort 3 (2016)	Cohort 4 (2017)	Cohort 5 (2018)	Cohort 6 (2019)	Cohort 7 (2020)	Cohort 8 (2021)	Cohort 9 (2022)	Cohort 10 (2023)	Cohort 11 (2024)	Total across 11 years
18-20	16.51%	13.43%	13.30%	15.40%	18.56%	14.41%	15.21%	16.86%	16.40%	14.42%	15.12%	15.50%
21-25	16.86%	16.21%	18.55%	18.42%	19.22%	21.39%	24.07%	24.59%	21.93%	24.89%	19.74%	20.10%
TOTAL	16.72%	15.23%	16.85%	17.37%	19.03%	18.59%	20.84%	21.62%	19.47%	20.84%	17.76%	18.37%

Cohort 1 vs. Cohorts 2-11:

Cohort 7 is significantly higher than Cohort 1 (t=2.86, p<.01, Odds ratio = 1.311)

Cohort 8 is significantly higher than Cohort 1 (t=3.37, p<.001, Odds ratio = 1.374)

Cohort 10 is significantly higher than Cohort 1 ((t=2.61, p<.01, Odds ratio = 1.311)

Source: Young Adult Health Survey, Preliminary Data Report to DBHR, March 2025, Kilmer (PI)

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At least weekly "recreational"/non-medical/personal use:
Significant increasing trend for 18-25-year-olds

	Cohort 1 (2014)	Cohort 2 (2015)	Cohort 3 (2016)	Cohort 4 (2017)	Cohort 5 (2018)	Cohort 6 (2019)	Cohort 7 (2020)	Cohort 8 (2021)	Cohort 9 (2022)	Cohort 10 (2023)	Cohort 11 (2024)	Total across 11 years
18-20	16.51%	13.43%	13.30%	15.40%	18.56%	14.41%	15.21%	16.86%	16.40%	14.42%	15.12%	15.50%
21-25	16.86%	16.21%	18.55%	18.42%	19.22%	21.39%	24.07%	24.59%	21.93%	24.89%	19.74%	20.10%
TOTAL	16.72%	15.23%	16.85%	17.37%	19.03%	18.59%	20.84%	21.62%	19.47%	20.84%	17.76%	18.37%

Linear trend
Significant ($t=4.06$, $p<.001$); Odds ratio = 1.028

Age by cohort interaction:
Newly non-significant

Source: Young Adult Health Survey, Preliminary Data Report to DBHR, March 2025, Kilmer (PI)

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At least weekly "recreational"/non-medical/personal use:
Significant increasing trend for 21-25-year-olds

	Cohort 1 (2014)	Cohort 2 (2015)	Cohort 3 (2016)	Cohort 4 (2017)	Cohort 5 (2018)	Cohort 6 (2019)	Cohort 7 (2020)	Cohort 8 (2021)	Cohort 9 (2022)	Cohort 10 (2023)	Cohort 11 (2024)	Total across 11 years
18-20	16.51%	13.43%	13.30%	15.40%	18.56%	14.41%	15.21%	16.86%	16.40%	14.42%	15.12%	15.50%
21-25	16.86%	16.21%	18.55%	18.42%	19.22%	21.39%	24.07%	24.59%	21.93%	24.89%	19.74%	20.10%
TOTAL	16.72%	15.23%	16.85%	17.37%	19.03%	18.59%	20.84%	21.62%	19.47%	20.84%	17.76%	18.37%

Model split by over/under 21
18-20:

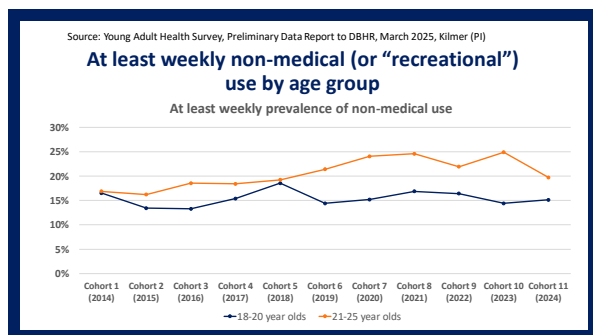
- No significant linear trend

21-25:

- Significant increasing trend over time ($t=5.23$, $p<.001$; odds ratio = 1.044, odds of non-medical cannabis use are 4.4% higher with each successive year/cohort)

Source: Young Adult Health Survey, Preliminary Data Report to DBHR, March 2025, Kilmer (PI)

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Non-medical use, categories of frequency, whole sample

	Cohort 1	Cohort 2	Cohort 3	Cohort 4	Cohort 5	Cohort 6	Cohort 7	Cohort 8	Cohort 9	Cohort 10	Cohort 11
	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	2024
Never	56.49%	53.71%	55.24%	52.57%	51.51%	52.76%	52.06%	48.81%	52.74%	53.76%	53.56%
Once a year	7.53%	8.28%	8.00%	6.36%	6.67%	6.41%	5.86%	7.13%	5.70%	5.75%	6.19%
2-3x/year	8.58%	9.60%	9.72%	10.21%	10.52%	9.77%	8.76%	9.79%	9.23%	9.38%	9.62%
Every other month	3.59%	4.38%	3.20%	4.40%	3.68%	3.97%	3.42%	4.15%	3.13%	4.25%	3.64%
Once a month	3.15%	3.55%	3.06%	3.58%	3.24%	3.72%	4.29%	3.67%	2.87%	2.33%	4.30%
2-3x/month	3.94%	5.24%	3.94%	5.51%	5.35%	4.77%	4.77%	4.82%	6.86%	3.70%	4.92%
1x/week	2.49%	2.75%	2.90%	2.38%	2.61%	2.92%	3.36%	3.23%	3.12%	3.43%	2.99%
More than 1x/wk	5.26%	4.39%	4.63%	4.29%	4.81%	4.63%	5.25%	6.36%	5.16%	4.37%	4.73%
Every other day	2.63%	3.44%	2.35%	3.55%	3.60%	2.85%	3.93%	4.29%	3.06%	2.64%	2.21%
Every day	6.34%	4.65%	6.97%	7.14%	8.01%	8.19%	8.30%	7.74%	8.14%	10.39%	7.82%

Cohort 4-10 all significantly higher odds of more frequent cannabis use than Cohort 1.

Linear trend from Cohort 1 to Cohort 11:

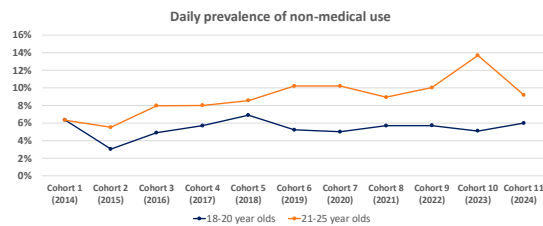
Significant increasing trend over time ($t=3.79$, $p<.001$, Odds ratio = 1.019)

Source: Young Adult Health Survey, Preliminary Data Report to DBHR, March 2025, Kilmer (PI)

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Source: Young Adult Health Survey, Preliminary Data Report to DBHR, March 2025, Kilmer (PI)

Daily non-medical (or “recreational”) use by age group



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Perceived norms of non-medical cannabis use

PERCEPTIONS OF NON-MEDICAL CANNABIS

	Cohort 1	Cohort 2	Cohort 3	Cohort 4	Cohort 5	Cohort 6	Cohort 7	Cohort 8	Cohort 9	Cohort 10	Cohort 11
	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	2024
Never	2.41%	2.42%	1.61%	2.31%	2.06%	1.50%	2.38%	1.92%	3.05%	2.44%	3.27%
Once a year	1.82%	2.10%	1.74%	1.52%	1.27%	0.75%	1.32%	1.15%	1.37%	1.01%	1.29%
2 to 3 times a year	8.22%	10.12%	6.73%	6.40%	3.89%	3.31%	2.23%	3.87%	3.95%	4.53%	3.75%
Every other month	6.98%	7.29%	5.32%	4.59%	3.14%	3.90%	4.42%	3.48%	2.93%	3.37%	4.13%
Once a month	9.74%	11.15%	10.41%	9.07%	6.88%	5.51%	6.39%	7.07%	6.63%	6.66%	9.09%
2-3x/month	17.08%	19.68%	19.83%	18.91%	13.47%	13.93%	14.32%	14.04%	14.38%	12.69%	15.03%
Once per week	12.65%	12.72%	15.43%	13.89%	14.28%	12.91%	12.64%	14.11%	13.24%	11.51%	14.18%
More than 1x/wk	22.08%	20.70%	21.42%	23.94%	27.12%	25.90%	28.57%	29.17%	25.76%	26.73%	23.44%
Every other day	9.72%	6.82%	8.56%	8.63%	11.10%	12.25%	13.10%	10.45%	13.14%	12.03%	11.00%
Every day	8.84%	6.95%	8.96%	10.31%	16.79%	20.03%	14.62%	14.75%	15.57%	19.02%	14.74%

** In ordinal logistic models, Cohort 4 ($t=2.57$, $p<.01$), Cohort 5 ($t=10.67$, $p<.001$), Cohort 6 ($t=12.37$, $p<.001$), Cohort 7 ($t=9.72$, $p<.001$), Cohort 8 ($t=9.02$, $p<.001$), Cohort 9 ($t=8.10$, $p<.001$), Cohort 10 ($t=9.55$, $p<.001$), and Cohort 11 ($t=6.50$, $p<.001$) have higher perceived non-medical cannabis norms compared to cohort 1; but cohort 2 has lower norms compared to cohort 1 ($t=-3.35$, $p<.001$)

** Overall, a significant increasing linear trend over time ($t=16.30$, $p<.001$) **

In Cohort 11, 17.75% use at least weekly (meaning most, 82.25%, young adults don't use weekly or more), yet 63.42% think the typical person their age uses weekly or more often

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Decreasing trend significant	Source: Young Adult Health Survey, Preliminary											
Increasing trend significant	Data Report to DBHR, March 2025, Kilmer (PI)											
WHERE DO PEOPLE GET CANNABIS, 18-20-year-olds												
	Cohort 1	Cohort 2	Cohort 3	Cohort 4	Cohort 5	Cohort 6	Cohort 7	Cohort 8	Cohort 9	Cohort 10	Cohort 11	
	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	2024	
From friends	72.86%	76.24%	69.68%	77.40%	63.75%	60.74%	66.87%	65.62%	59.68%	58.06%	63.88%	
Gave money to someone	23.29%	26.47%	34.72%	41.45%	39.29%	43.17%	40.55%	39.80%	37.62%	33.36%	35.45%	
Got it from someone w/ medical card	17.60%	14.12%	4.30%	5.24%	2.79%	2.82%	4.27%	4.58%	4.10%	1.62%	5.02%	
Got it from a medical dispensary	13.65%	18.99%	5.58%	4.72%	6.50%	8.28%	8.41%	12.03%	3.40%	7.53%	6.96%	
Got it at a party	22.99%	22.14%	23.08%	24.92%	20.12%	22.91%	8.82%	24.67%	16.43%	10.98%	13.56%	
Got it from family	5.65%	5.18%	11.75%	9.75%	11.24%	10.92%	13.49%	7.09%	11.36%	9.67%	8.52%	
Got it some other way	11.64%	4.12%	6.12%	9.02%	7.30%	6.21%	5.04%	6.24%	3.62%	4.28%	2.20%	
Bought from retail store	0.99%	4.58%	1.73%	1.92%	2.03%	3.55%	1.58%	1.03%	3.08%	1.53%	1.71%	
Got it from parents w/ permission	5.75%	6.02%	12.33%	10.44%	11.89%	12.91%	13.08%	13.91%	12.38%	15.77%	14.00%	
Grew it themselves	1.91%	1.15%	1.65%	0.23%	1.47%	2.78%	1.64%	0.42%	0.59%	0.56%	1.85%	
Stole it from store/dispensary	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	4.16%	2.40%	0.00%	0.57%	0.36%	

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Decreasing trend significant

Increasing trend significant

Source: Young Adult Health Survey, Preliminary
Data Report to DBHR, March 2025, Kilmer (PI)

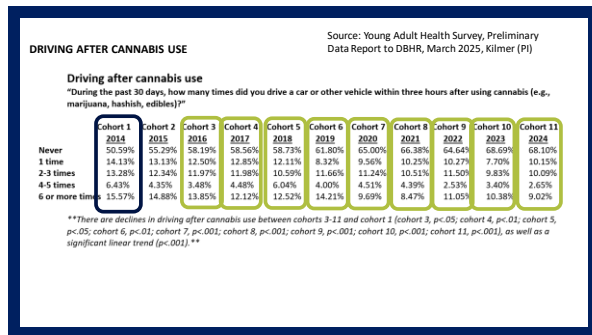
WHERE DO PEOPLE GET CANNABIS, 21-25-year-olds

	Cohort 1	Cohort 2	Cohort 3	Cohort 4	Cohort 5	Cohort 6	Cohort 7	Cohort 8	Cohort 9	Cohort 10	Cohort 11
	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	2024
From friends	67.50%	54.89%	42.78%	36.51%	33.80%	25.72%	20.26%	26.44%	26.04%	21.17%	26.70%
Gave money to someone	19.87%	10.72%	8.10%	5.64%	4.97%	3.63%	5.08%	4.61%	7.75%	4.46%	1.27%
Got it from someone w/ medical card	18.85%	9.41%	2.53%	2.02%	0.17%	0.65%	0.27%	0.62%	1.16%	1.03%	0.21%
Got it from a med. dispensary	20.65%	13.03%	12.60%	9.96%	10.15%	14.23%	14.71%	15.62%	16.02%	16.90%	9.85%
Got it at a party	11.81%	10.76%	10.93%	8.06%	6.54%	5.76%	1.57%	7.12%	10.93%	3.87%	6.94%
Got it from family	11.48%	8.26%	4.08%	7.04%	5.76%	4.37%	4.02%	5.52%	4.56%	4.04%	5.74%
Got it some other way	5.13%	6.68%	3.29%	3.41%	3.71%	3.71%	1.24%	2.13%	1.85%	1.97%	1.29%
Bought from retail store	8.80%	51.86%	77.60%	76.31%	80.06%	78.03%	77.27%	74.42%	70.93%	72.28%	78.09%
Got it from parents w/ permission	4.56%	3.50%	2.02%	4.28%	4.47%	3.15%	2.75%	4.75%	4.41%	5.79%	1.97%
Grew it themselves	1.51%	3.01%	1.49%	1.82%	1.81%	0.71%	1.11%	1.74%	0.79%	1.16%	0.86%
Stole it from store/dispensary	2.84%	0.17%	0.60%	0.29%	0.17%	0.11%	0.97%	0.43%	0.69%	0.78%	0.46%

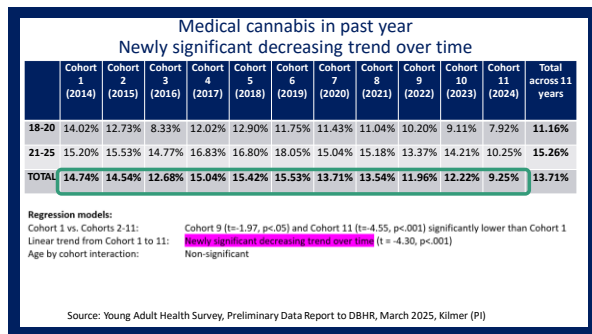
26

Source: Young Adult Health Survey, Preliminary												
Data Report to DBHR, March 2025, Kilmer (PI)												
Model with cohort x age interaction significant for:												
<ul style="list-style-type: none"> Getting cannabis from friends: decline is stronger for those 21-25 compared to those 18-20 (t= -4.43, p < .001) Gave money to someone: increasing for those 18-20, decreasing for those 21-25 (t= -6.63, p<.001) Got it from someone w/med. cannabis card: those 21+ had sharper declining trend than <21 (t= -4.14, p<.001) Got it from family: no change for 18-20, significant decline for those 21-25 (t= -2.49, p<.05) Bought it from retail store: Those 21-25 have increasing trend, no change 18-20 (t=4.14, p<.001) Got it from parents w/permission: increasing for 18-20, no change for 21-25 (t=-2.06, p<.05) 												
<ul style="list-style-type: none"> from last year's report Stole it from store/dispensary: significant increase for 18-20, no change 21-25 (t= -3.71, p<.001) 												

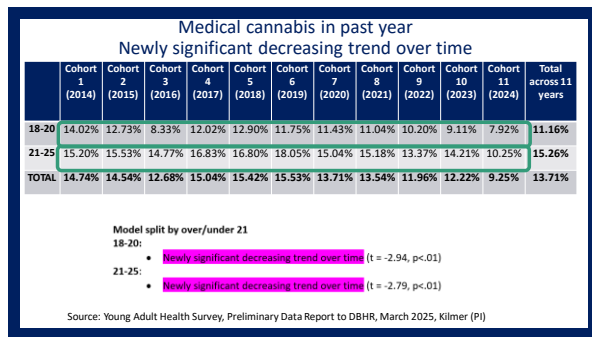
27



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Medical cannabis

- Perceptions of medical use continue to increase significantly (both a linear trend, and past 8 cohorts higher than cohort 1)

Source: Young Adult Health Survey, Preliminary
Data Report to DBHR, March 2025, Kilmer (PI)

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Other substances

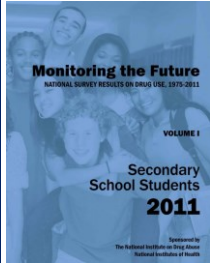
- Significant decreasing trend in:
 - Alcohol, at least once in past year
 - Alcohol, at least monthly
 - Cigarettes, at least once in the past year
 - Pain relievers to get high, at least once in the past year (down to 1.94%...lowest in the 11 years of the study)
 - Heroin use, at least once in the past year (down to 0.07%, second lowest only to 0.00% in 2022))

Source: Young Adult Health Survey, Preliminary
Data Report to DBHR, March 2025, Kilmer (PI)

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Let's go back in time for a minute to June 2012...

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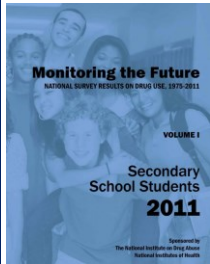


Monitoring the Future
NATIONAL SURVEY RESULTS ON DRUG USE, 1975-2011
VOLUME I
Secondary School Students
2011
Sponsored by:
The National Institute on Drug Abuse
National Institutes of Health

Johnston, L. D., O'Malley, P. M., Bachman, J. G., & Schulenberg, J. E. (2012). *Monitoring the Future national survey results on drug use, 1975-2011: Volume I, Secondary school students*. Ann Arbor: Institute for Social Research, The University of Michigan.

"Some of the most important trends have involved marijuana use (see Figure 8-1a). From the beginning of the study in 1975 through 1978, the degree of harmfulness perceived to be associated with all levels of marijuana use declined as use increased sharply (see Figure 8-4). In 1979, for the first time, the proportion of 12th graders seeing risk to the user increased. This increase in perceived risk preceded an appreciable downturn in use (which began a year later in 1980) and continued fairly steadily through 1991, as use fell dramatically. However, in 1992 perceived risk began to drop again, which presaged a sharp increase in use beginning in 1993. As Figures 8-1a and 8-4 illustrate, perceived risk continued to drop and use continued to rise until 1997." (p.355)

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Monitoring the Future
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Johnston, L. D., O'Malley, P. M., Bachman, J. G., & Schulenberg, J. E. (2012). *Monitoring the Future national survey results on drug use, 1975-2011: Volume I, Secondary school students*. Ann Arbor: Institute for Social Research, The University of Michigan.

"This clear and consistent concordance in trends supports our contention that changes in beliefs about the harmfulness of marijuana use played a critical role in causing both the downturn and the subsequent upturn in use. **In both cases, the reversal in perceived risk preceded the reversal in actual use by a year.**" (p. 355)

"As more states take on the legalization issue, it seems likely that attitudes about and use of marijuana will change." (p. 379)

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Here's what I showed 3 years ago...

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Perceived risk of marijuana use continues to decrease;
Perceived risk of alcohol use increases
(with exception of 5+ drinks every weekend)

- **Marijuana**

- Physical risk of occasional marijuana use
- Psychological/emotional risk of occasional marijuana use
- Physical risk of regular marijuana use
- Psychological/emotional risk of regular marijuana use

- **Alcohol**

- Physical risk of 2 drinks every day
- Psychological risk of 2 drinks every day
- Physical risk of 5+ drinks every weekend
- Psychological risk of 5+ drinks every weekend

Gilson, Kilmer, Fleming, Rhew,
Calhoun, & Guttmanova (under
revision)

Source: Young Adult Health Survey,
Preliminary Data Report to DBHR, Kilmer (PI)

** significant decreasing linear trend **
** significant increasing linear trend **

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Perceived risk

Source: Young Adult Health Survey, Preliminary
Data Report to DBHR, March 2025, Kilmer (PI)

- **Cannabis**

- Physical risk of occasional cannabis use ** newly non-significant **
- Psychological/emotional/cognitive risk of occasional cannabis use ** newly non-significant **
- Physical risk of regular cannabis use ** newly significant **
- Psychological/emotional/cognitive risk of regular cannabis use ** newly significant **

- **Alcohol**

- Physical risk of 2 drinks every day
- Psychological risk of 2 drinks every day
- Physical risk of 5+ drinks every weekend ** newly significant **
- Psychological risk of 5+ drinks every weekend

** newly non-significant **
** significant increasing linear trend **

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Next Steps

- We have invited collaborators/partners to provide input on new items
- Planning to launch our 12th year of data collection this summer

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Thank you!

- DBHR:
 - Sarah Mariani
 - Kasey Kates
 - Rachel Oliver
 - Megan Stowe
- SPE Consortium
 - Isaac Wulff

This research was supported by a contract with the Washington State Health Care Authority (Division of Behavioral Health and Recovery) (PI: Kilmer)

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Sex

Sex	Cohort 1 (2014)	Cohort 2 (2015)	Cohort 3 (2016)	Cohort 4 (2017)	Cohort 5 (2018)	Cohort 6 (2019)	Cohort 7 (2020)	Cohort 8 (2021)	Cohort 9 (2022)	Cohort 10 (2023)	Cohort 11 (2024)	Total across all 11 years
Female	59.26%	66.99%	69.11%	68.57%	70.40%	68.07%	65.00%	68.00%	62.25%	61.76%	64.25%	66.26%
Male	40.74%	33.01%	30.89%	31.43%	29.60%	31.93%	35.00%	32.00%	37.75%	38.24%	35.75%	33.74%

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Race/Ethnicity	Cohort 1 (2014)	Cohort 2 (2015)	Cohort 3 (2016)	Cohort 4 (2017)	Cohort 5 (2018)	Cohort 6 (2019)	Cohort 7 (2020)	Cohort 8 (2021)	Cohort 9 (2022)	Cohort 10 (2023)	Cohort 11 (2024)	Total across 11 years
Caucasian/White, non-Hispanic	68.63%	69.07%	63.90%	63.71%	62.73%	59.94%	57.52%	58.83%	55.59%	50.12%	51.34%	60.97%
Hispanic, any race	9.14%	8.72%	12.76%	15.24%	15.42%	19.21%	18.87%	17.03%	19.64%	25.22%	19.47%	15.82%
Asian/Asian-American, non-Hispanic	11.71%	12.06%	12.23%	10.29%	10.99%	10.87%	12.78%	13.21%	13.42%	11.96%	15.59%	12.13%
More than one race, non-Hispanic	5.85%	6.45%	7.30%	7.64%	7.50%	6.08%	7.85%	7.35%	7.66%	9.22%	9.08%	7.36%
Black/African-American, non-Hispanic	2.09%	1.49%	1.56%	1.28%	1.70%	1.91%	1.52%	2.11%	1.98%	1.78%	3.14%	1.84%
Other, non-Hispanic	0.71%	0.84%	0.92%	0.81%	0.70%	0.46%	0.67%	0.85%	1.26%	0.57%	0.46%	0.74%
American Indian/Alaskan Native, non-Hispanic	1.00%	0.84%	0.88%	0.68%	0.58%	1.29%	0.43%	0.28%	0.18%	0.65%	0.29%	0.68%
Native Hawaiian/Pacific Islander, non-Hispanic	0.86%	0.54%	0.44%	0.34%	0.37%	0.26%	0.37%	0.34%	0.27%	0.49%	0.63%	0.45%

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Geographic Region of Washington												
Region	Cohort 1 (2014)	Cohort 2 (2015)	Cohort 3 (2016)	Cohort 4 (2017)	Cohort 5 (2018)	Cohort 6 (2019)	Cohort 7 (2020)	Cohort 8 (2021)	Cohort 9 (2022)	Cohort 10 (2023)	Cohort 11 (2024)	Total across 11 years
Eastern Washington	19.51%	17.01%	21.34%	22.50%	21.93%	24.05%	20.51%	18.00%	17.12%	20.78%	17.76%	20.34%
Western Washington (King County and north)	54.78%	58.27%	52.51%	49.91%	50.83%	45.67%	54.84%	56.49%	55.05%	50.77%	57.97%	53.10%
Western Washington (Pierce County and south)	25.70%	24.72%	26.15%	27.58%	27.24%	30.28%	24.65%	25.51%	27.84%	28.46%	24.27%	26.57%
