Cannabis Adult Health Concerns

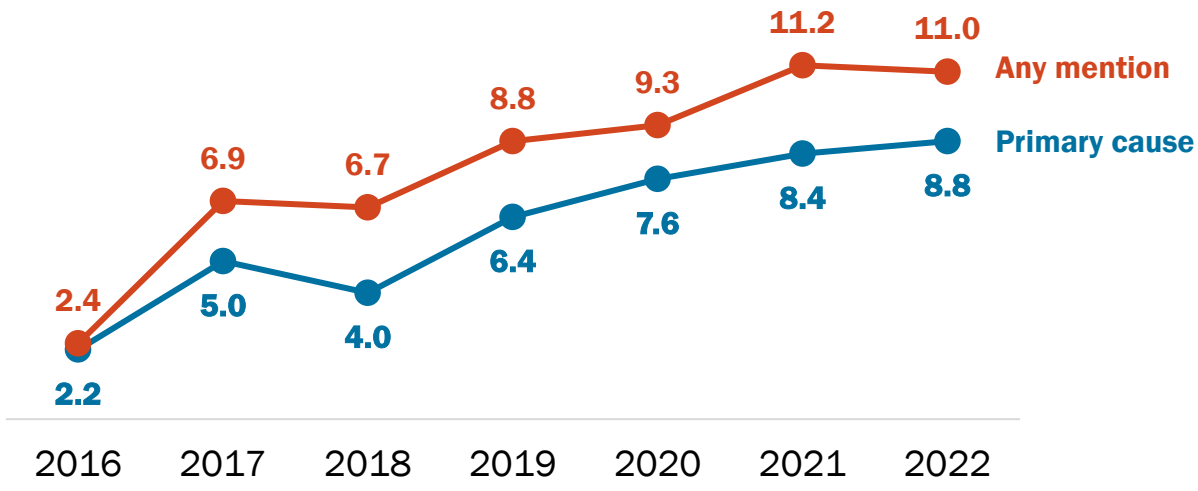
November 2025

Vermont decriminalized the use of cannabis in 2013, legalized its use for people 21 and over in 2018 and authorized retail cannabis sales in 2022. This makes cannabis more accessible so monitoring trends and attitudes around cannabis use is important to understand the impacts of these changes. Adult cannabis use has more than doubled since decriminalization (BRFSS).

If you need help accessing or understanding this information, contact AHS.VDHDSU@Vermont.gov.

ED visits related to cannabis are increasing.

The rate of emergency department (ED) visits for primary or any mention of cannabis per 10,000 visits has increased since 2016.



Source: Vermont Uniform Hospital Discharge Data Set

Depression rates are higher in cannabis users.

Depression is statistically higher among Vermont adults who use cannabis than those who do not use cannabis.

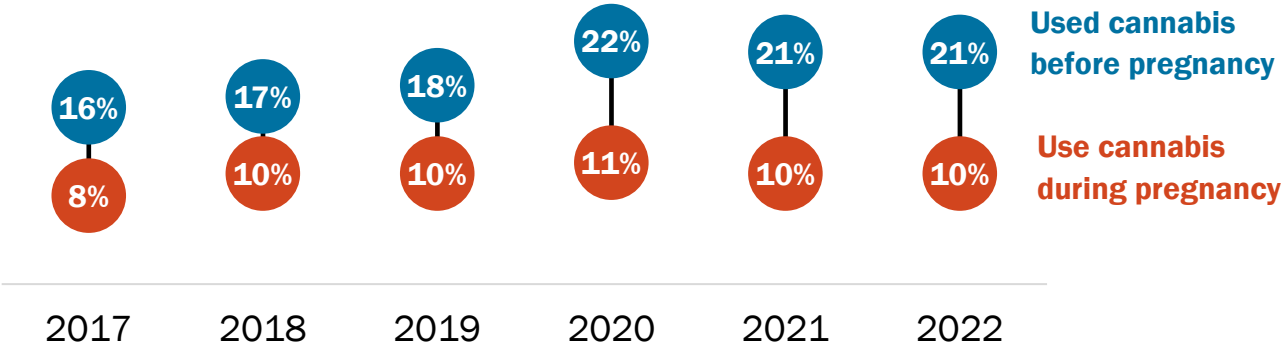
* Statistically different

- The percent of people reporting that their mental health was "not good" 14+ times in past 30 days is almost two times higher for those who used cannabis in the past 30 days, compared to those who did not use cannabis in the past 30 days.
- Adults who have been **told they have a depressive disorder** are 1.6 times more likely to use cannabis in the past 30 days than **those who had not**.

Source: Behavioral Risk Factor Surveillance System 2023

Where can we do more?

Use of cannabis during pregnancy continues to remain lower than use during the month before pregnancy. However, 10% of women continue to use cannabis during pregnancy.



Source: Pregnancy Risk Assessment Monitoring Survey

Messaging on use during pregnancy is discussed in One More Conversation and Let's Talk Cannabis.

One More Conversation Can Make the Difference

LET'S TALK CANNABIS

VERMONT DEPARTMENT OF HEALTH