Cannabis Regulatory Landscape

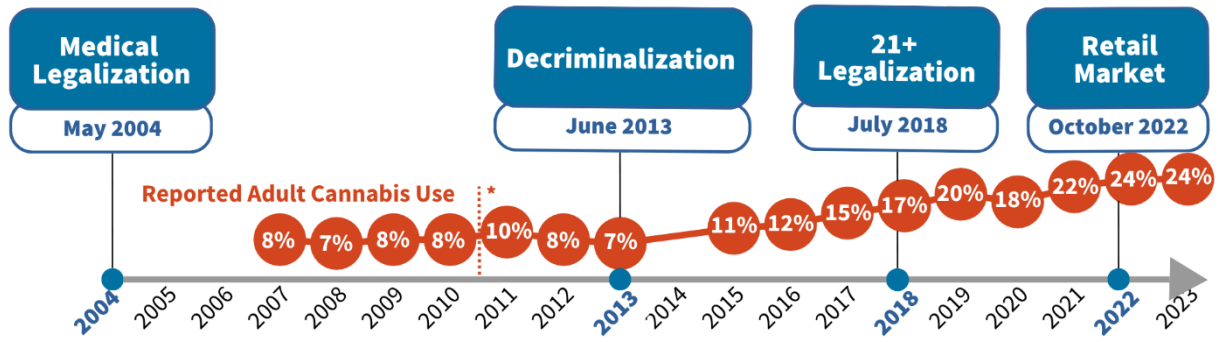
Changes in cannabis access and use November 2025

Vermont legalized medical use of cannabis in 2004 and made additional regulatory changes in 2022 that allowed legal sales of cannabis to adults. Given those changes, it is important to monitor cannabis use and cannabis-related health conditions.

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

Changes in the legal landscape and reported past 30-day adult (18+) cannabis use

Past 30-day adult use of cannabis has more than tripled since adult use was decriminalized in 2013.



*There were methodological changes in 2011 – use caution when comparing years before and after 2011.

Source: Behavioral Risk Factor Surveillance System

Changes in other states with recreational cannabis legalization

Compared to states without recreational cannabis legalization:

- In youth (age 12-17) cannabis use disorder increased.
- In adults (26+) frequent cannabis use and cannabis use disorder increased.

Source: Cerdá, M., Mauro, C., Hamilton, A., Levy, N. S., Santaella-Tenorio, J., Hasin, D., Wall, M. M., Keyes, K. M., & Martins, S. S. (2020). Association Between Recreational Marijuana Legalization in the United States and Changes in Marijuana Use and Cannabis Use Disorder From 2008 to 2016. JAMA psychiatry, 77(2), 165–171.

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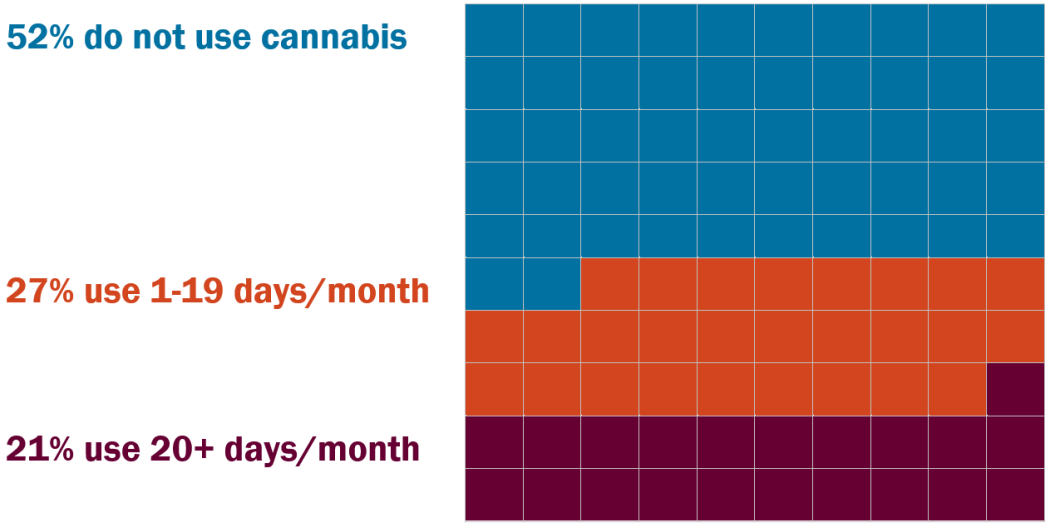
Most adults use cannabis for non-medical reasons.

More than half of Vermont adults report using cannabis in the past month for non-medical reasons only which increases to 84% when combining the non-medical and both medical and non-medical categories.

Source: Behavioral Risk Factor Surveillance System, 2023.

Many young adults who use cannabis use it frequently.

Nearly half of people aged 18-25 use cannabis and one in five used cannabis 20 or more days per month.



Of the 1 in 5 **young adults (ages 18-25)** who answered that having retail cannabis stores in Vermont will change their cannabis use, **65% responded they will start to use or increase their use of cannabis.**

Source: Young Adult Survey 2024

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