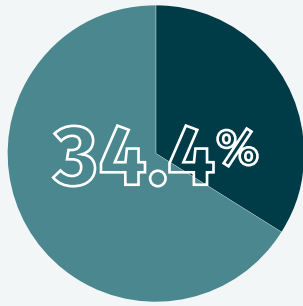


# Manitoba Cannabis Survey II – 2021

## Cannabis in Manitoba:

Just over  $\frac{1}{3}$  of Manitobans consumed cannabis in the last **12 months**.



About **10%** of cannabis users are at risk of **dependence** or **other harms**.



“ **Limit cannabis use to once or twice a week.** ”

— *Canada's Lower-Risk Cannabis Use Guidelines*

### Who is more likely to currently use cannabis?

- **younger** people
- people who live in **northern Manitoba**
- people with **lower income**
- people with **less formal education**
- **students**

### Why do people use cannabis?

**38.9%**



**FOR RELAXATION OR FUN**

**22.4%**



**TO REDUCE PAIN**

**20.4%**



**TO HELP WITH SLEEP**

### Cannabis consumption increased since legalization in 2018.



More people are choosing **edible** and **oil-based** forms of cannabis which pose less risk to the heart and lungs than other kinds of cannabis.

Cannabis impacts everyone differently. **Go slow, consume only a small amount, and wait to see how it feels.**