Edible Cannabis Products, commonly known as edibles, are products that contain cannabinoids that you eat or drink. Cannabinoids are chemical compounds found in the cannabis that affect your mind and body when consumed. THC (tetrahydrocannabinol) is a cannabinoid that makes an individual euphoric and intoxicated (high).

The potency of THC in cannabis is shown as a percentage of THC by weight. THC potency in dried cannabis has increased from an average of 3% in the 1980's to about 15% today. Some strains also contain as much as 30% THC.

What the Data is Telling Us

According to data collected by the Connecticut Department of Public Health in 2021, 17,000 (11.1%) of high school youth reported using cannabis in the last 30 days. An estimated 1.2 million youths aged 12-17 tried cannabis for the first time in 2017 and half of these youths said it would be easy for them to access cannabis.

What is Delta-8?

- Delta-8 THC is less potent but if you use enough, you can experience the same "high" effects as Delta-9.
- Delta-8 can be found in drinks, gummies, cookies, vapes, and blunts and is sold in convenience stores, gas stations, vape shops and CBD stores.
- In a recent press release, CT Attorney General William Tong stated "our undercover investigation revealed widespread sale of untested, unregulated, Delta-8 edibles mimicking popular youth snacks." (reference photo at right)

To learn more, click here.

Sources: CDC, SAMHSA, Beintheknowct, Partnership to End Addiction
Cannabis is legal for adults 21+. Just like with tobacco and alcohol, it is illegal for anyone under 21 to purchase, use, or possess cannabis. **Legal for adults, does not mean safe for teens.** Youth, teens and young adults are at a special risk for harm from marijuana use because human brains continue to develop until age 25.

*from the Attitudes and Behaviors Surveys 2021-2022 in 5 districts