Marijuana Use Among California Adults

About Marijuana

In California, using marijuana is legal for all adults age 21 and over. The marijuana plant naturally contains the chemical tetrahydrocannabinol (THC), which is what gives the user a feeling of being “high.”

The plant contains other chemicals such as cannabidiol (CBD) and flavor compounds called terpenes, which may also have an effect on the user’s mood. There are many different forms of marijuana, and some forms can have very high amounts of THC, which may have a much stronger effect on the user.

Fast Fact

Marijuana is the most commonly used drug in the United States.¹

Some people use marijuana for recreation, others may use marijuana medically to treat a wide range of conditions, although the United States Food and Drug Administration (U.S. FDA) has not approved marijuana use for the treatment of any medical condition.² As of June 2020, there were over 1,000 licensed recreational and medical marijuana retailers in California.³

Like alcohol and other drugs, marijuana use may lead to dependence or abuse in some users. Marijuana may also make some mental health conditions worse or cause symptoms such as psychosis, although most users do not experience this effect.

Adult Marijuana Use in California

In 2018, 17.7 percent of California adults aged 18 and over reported using marijuana in the past 30 days. This is higher than the percentage of adults who use marijuana in the U.S. as a whole, which is 10.5 percent.⁴

Young adults, aged 21-24 have the highest rates of marijuana use in California.

Marijuana use increased among adults of all ages between 2017 and 2018.
Methods of Use

Fast Fact

58 percent of California adults smoke marijuana as their primary method of use.

Marijuana can be taken in many forms, including edibles such as cookies, gummies, and candies, smoked either alone or with tobacco, vaped as an oil, or dabbed (i.e. heating a small amount of concentrated "wax" or resin and inhaling the vapor).

The amount of THC can vary widely by form – for example, marijuana that is dabbed can have up to ten times more THC per puff than smoked marijuana. The amount of THC in marijuana has increased significantly over the last 25 years, from about four percent in 1995 to over 15 percent by 2018. Some forms of marijuana, like edibles and concentrates have very high levels of THC – up to 90 percent.

Dependence and Abuse

It is commonly believed that marijuana use does not lead to abuse or dependence. However, recent research suggests that as many as 30 percent of adult marijuana users in the U.S. meet the criteria for a cannabis use disorder, in some cases severe enough to interfere with daily life.

Heavy and dependent marijuana users can experience symptoms of withdrawal, including depression, anxiety, insomnia, tremors, and decreased appetite.

Fast Fact

In 2017, 15 percent of people seeking treatment at publicly funded drug treatment centers in California cited marijuana as the drug that was most problematic.
**Marijuana Secondhand Smoke Exposure**

**Fast Fact**
Between 2016 and 2018, exposure to secondhand marijuana smoke increased by 85 percent among California adults.

Secondhand marijuana smoke contains many of the same chemicals as cigarette smoke, and has been shown to be dangerous to health even over short time periods.11,12

Between 2016 and 2018, exposure to secondhand marijuana smoke among California adults increased from 22 percent of adults to 40 percent of adults, an increase of 85 percent in just two years (Figure 4).

People who breathe secondhand marijuana smoke may be exposed to chemicals that are known to the State of California to cause cancer and other health effects.13

**Drugged Driving**

In 2018, over 12 million U.S. adults reported that they had driven while under the influence of marijuana in the previous 12 months, an increase of 47 percent since 2014.14

After using marijuana, a driver’s risk of being involved in an automobile crash is two times higher than if they had not used marijuana.15

In California, marijuana is associated with more fatal automobile crashes than any other drug.16

Between 2013 and 2017, the percentage of California drivers involved in fatal crashes who tested positive for marijuana, increased from 18 percent to 22 percent (Figure 5).

**Fast Fact**
In California, marijuana is associated with more fatal automobile crashes than any other drug.
Marijuana overdose is rarely fatal, but can cause serious behavioral and physical health effects that can be life-threatening. These can include: psychosis, paranoia, worsening of existing psychiatric symptoms, respiratory distress, severe vomiting, and cardiac symptoms.17-19

In 2018, there were 748 calls to California Poison Control Centers regarding exposure to cannabis among adults age 20 and older.20

In California, hundreds of people visit the emergency room each year due to marijuana poisoning. The rate of emergency room visits is highest among adolescents, but young adults aged 20 to 24 and 25 to 29 have higher rates of marijuana–poisoning related ER visits than older adults 21 (Figure 6).

Figure 6. Rates of emergency department visits for marijuana poisoning per 100,000 residents by age group in California, 2018. Source: California Office of Statewide Health Planning and Development, Emergency Department Visit Data, 2018.
1. NIDA. Media Guide. National Institute on Drug Abuse, 2 Jul. 2018

2. NICIH. Cannabis (Marijuana) and Cannabinoids: What You Need To Know. National Institute for Complementary and Integrated Health.


6. NIDA. Marijuana Potency. National Institute on Drug Abuse, 1 Apr. 2020,


