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Authors

Li, Shuwen

Wang, Jijiang

Zhu, Shu-Hong

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M32

Modes of Cannabis Consumption: Results From a California Statewide Survey

Shuwen Li *[1] , Jijiang Wang[1], Shu-Hong Zhu[1]
[1] University of California, San Diego

Drug Category: Cannabis/Cannabinoids
Topic: Behavior
Abstract Detail: Other
Abstract Category: Original Research

Aim: The increasing availability of non-combustible forms of cannabis products, such as vapes and edibles, has reshaped usage patterns. Various modes used to consume cannabis carry unique public health implications, including an elevated risk of overdose with the consumption of edibles, and the presence of higher-potency delta-9 THC in vapes and dabs. This study investigates the prevalence of modes of cannabis consumption and the population patterns associated with the frequency of cannabis use.
Methods: We analyzed the 2022 California Health Interview Survey (CHIS), the largest general health survey in California. One randomly selected adult was surveyed in each sampled household, using a two-stage, geographically stratified, address-based sample design. A total of 21,462 adults were interviewed in 2022. Modes of cannabis consumption were queried among participants who reported using cannabis in the past 30 days, defined as current users. All analyses were weighted with survey weights.
Results: Overall, 15.2% of California adults were current users of cannabis. Among the current users, 56.3% reported using 2 or more modes to consume cannabis in the past 30 days. Smoking cannabis in a joint, bong, or pipe (9.4%) was the most prevalent mode of consumption, followed by eating (8.4%), vaping (6.0%), blunt (2.6%), dabbing (2.2%) and drinking (1.7%). Exclusive use of a single mode was rare, with eating at 2.9%, joint/bong/pipe at 2.5%, and the remaining modes all below 1%. The likelihood of using 2 or more modes was positively correlated with participants' self-reported number of days using cannabis in the past 30 days.
Conclusions: Over half of the adult cannabis users consumed cannabis with multiple methods. Smoking is still the dominant method, closely followed by eating. The third most prevalent mode used is vaping, particularly endorsed by young adults. Fast-changing cannabis products and consumption patterns highlight the importance of ongoing monitoring.