

# Cannabis Use and its Predictors Within the State of Connecticut

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## Introduction:

While there is still much to learn about the effects of cannabis on the body, cannabis use has previously been found to be associated with other health-related risk behaviors and health outcomes, such as substance use disorders, cognitive impairment and mental health disorders.<sup>1</sup> With a growing number of legislatures legalizing medicinal and adult use cannabis, there is a greater need to understand prevalence of cannabis use and disparities in its predictors. This study assessed the prevalence of cannabis use amongst Connecticut adults and identified disparities in cannabis use by demographics and health risk behaviors before the adult markets opened.

## Methods:

Data on current adult cannabis use was taken from the Connecticut BRFSS 2021 dataset.

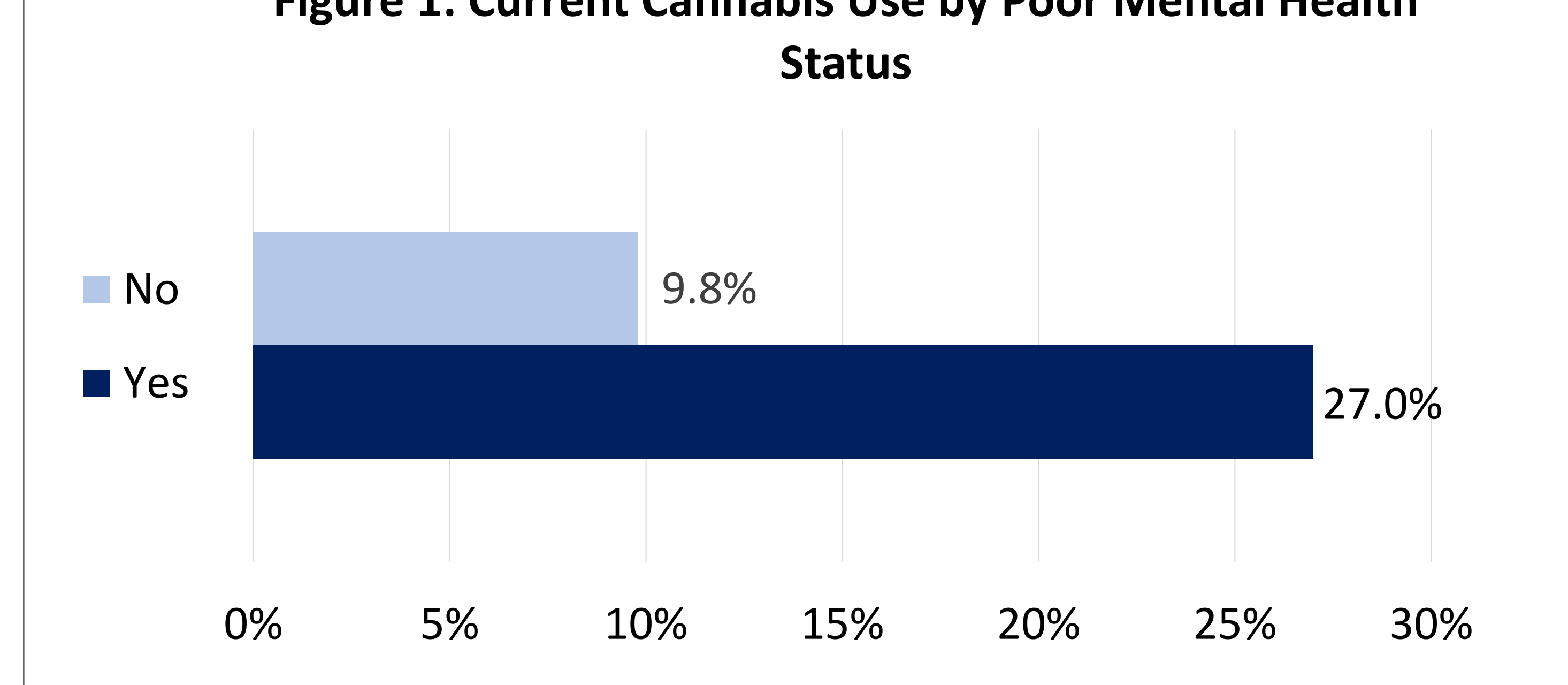
- Current cannabis use was dichotomized into a yes/no response variable if the adult indicated they used cannabis one or more times in the past 30 days
- Descriptive statistics of current use by several demographics and health risk behaviors were conducted using SAS
- All estimates were weighted to be representative of the state population and adjusted for nonresponse and oversampling
- Estimates with samples sizes less than 30 or CVs 15% or greater were flagged for limited validity

## Results:

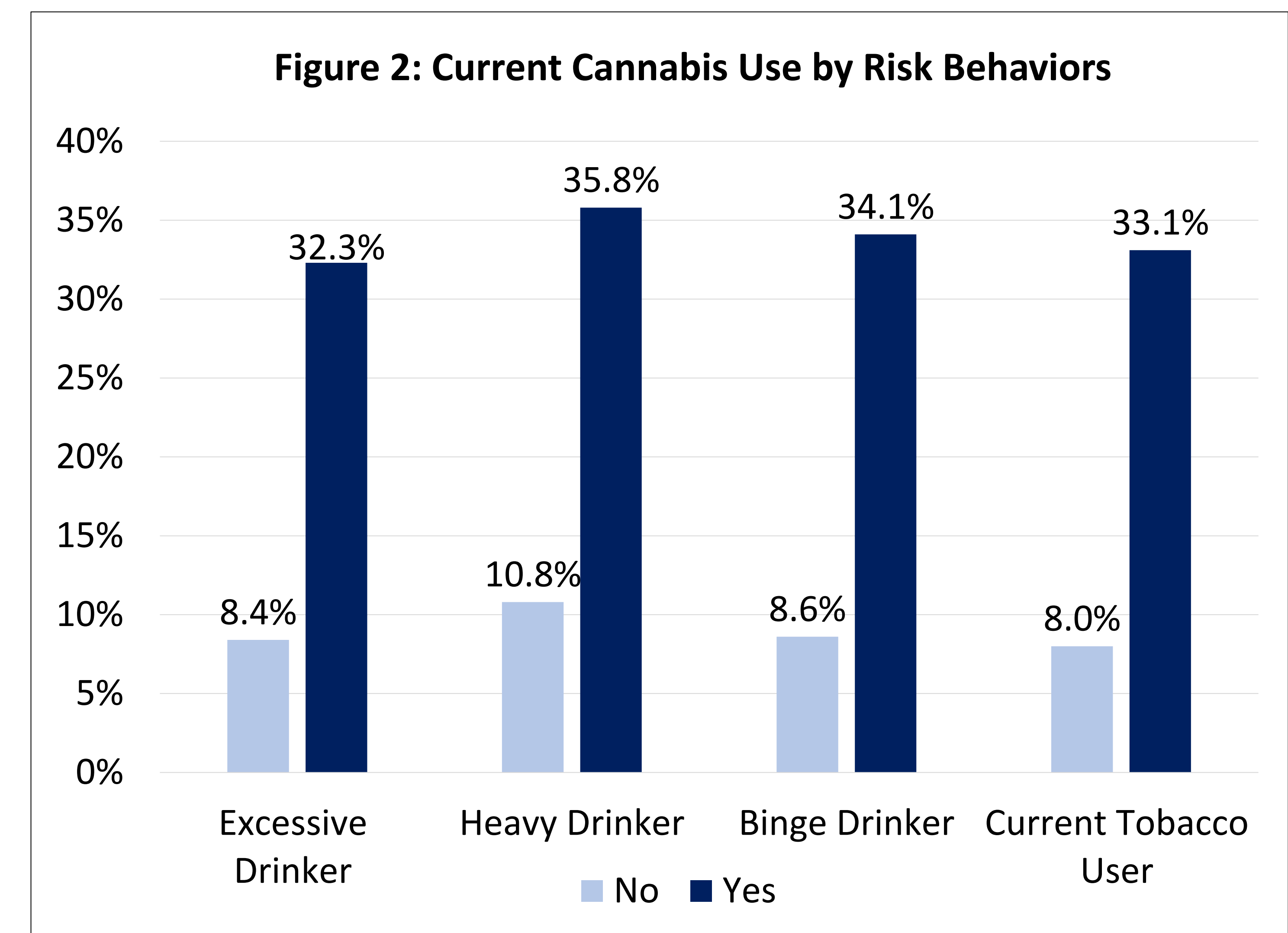
**Table 1. Current Cannabis Use Among Connecticut Residents**

Characteristic		Percent	95% CI		CV (%)
Total		12.1	11.0	13.2	4.8
Age	18-34	22.9	19.7	26.1	7.2
	35-54	12.3	10.5	14.1	7.3
	55+	5.7	4.6	6.7	9.6
Race/Ethnicity	Hispanic	10.9	8.6	13.2	10.9
	Non-Hispanic Black	15.5	11.3	19.8	13.9
	Non-Hispanic White	12.4	11.0	13.8	5.8
	Non-Hispanic Other	6.8	4.3	9.4	19.0
Sex	Male	15.4	13.5	17.3	6.2
	Female	9.1	7.8	10.4	7.2
Sexual Orientation	Straight	11.1	9.9	12.2	5.3
	LGBT+	26.1	20.4	31.8	11.1
Education Level	HS Graduate or Less	13.1	11.0	15.3	8.3
	More than HS	11.5	10.3	12.8	5.7
Income	<\$25K	17.1	12.2	22.1	14.8
	\$25k+	12.4	11.1	13.8	5.5
Disability	No	10.9	9.7	12.1	5.6
	Yes	16.4	13.5	19.3	9.1
US Veteran	No	12.4	11.2	13.6	5.0
	Yes	8.7	5.9	11.5	16.5

**Figure 1: Current Cannabis Use by Poor Mental Health Status**



## Results (cont.):



## Conclusion:

Males and adults aged 18-34 years had notably greater cannabis use than women and adults aged 35-55 and 55+ years.

Cannabis use was most common among adults who engaged in other risk behaviors, such as heavy or binge drinking, and tobacco use. Additionally, those who experienced 14 or more days of poor mental health in the past month were more likely to use cannabis compared to those who did not experience poor mental health.

## Reference:

1. National Academies of Sciences, Engineering and Medicine; Health and Medicine Division. The National Academies Collection: Reports funded by National Institutes of Health. The Health Effects of Cannabis and Cannabinoids: The Current State of Evidence and Recommendations for Research. National Academies Press (US) Copyright 2017 by the National Academy of Sciences. All rights reserved.; 2017.