



# Route of Cannabis Use among Emerging Adults in South Florida by Race/Ethnicity: Preliminary Results from the Herbal Heart Study



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## BACKGROUND

- There exists in the cannabis research field a recognized diversity gap within the field, specifically the underrepresentation of Black, indigenous, and people of color (BIPOC) communities in the literature.
- Exploration is vital for a more comprehensive understanding of cannabis-related behaviors and underscores the importance of considering race-ethnicity in understanding cannabis consumption patterns.
- This study attempts to narrow this gap by examining cannabis use routes by race/ethnicity among young adult populations in South Florida.

## METHODS

- Data was collected from the Herbal Heart Study cohort (ages 18-35, South Florida)
- Focus:** Impact of cannabinoids and cannabis consumption methods on subclinical cardiovascular risk
- Race-ethnicity categories:** NHW, AA, Hispanic/Latino, others
- Cannabis use was self-reported and confirmed by rapid urine drug screening
- Descriptive statistics and Fisher's exact tests were employed using SAS Analytics

## RESULTS

Figure 1. Demographic Characteristics of Cannabis Users (N=76)

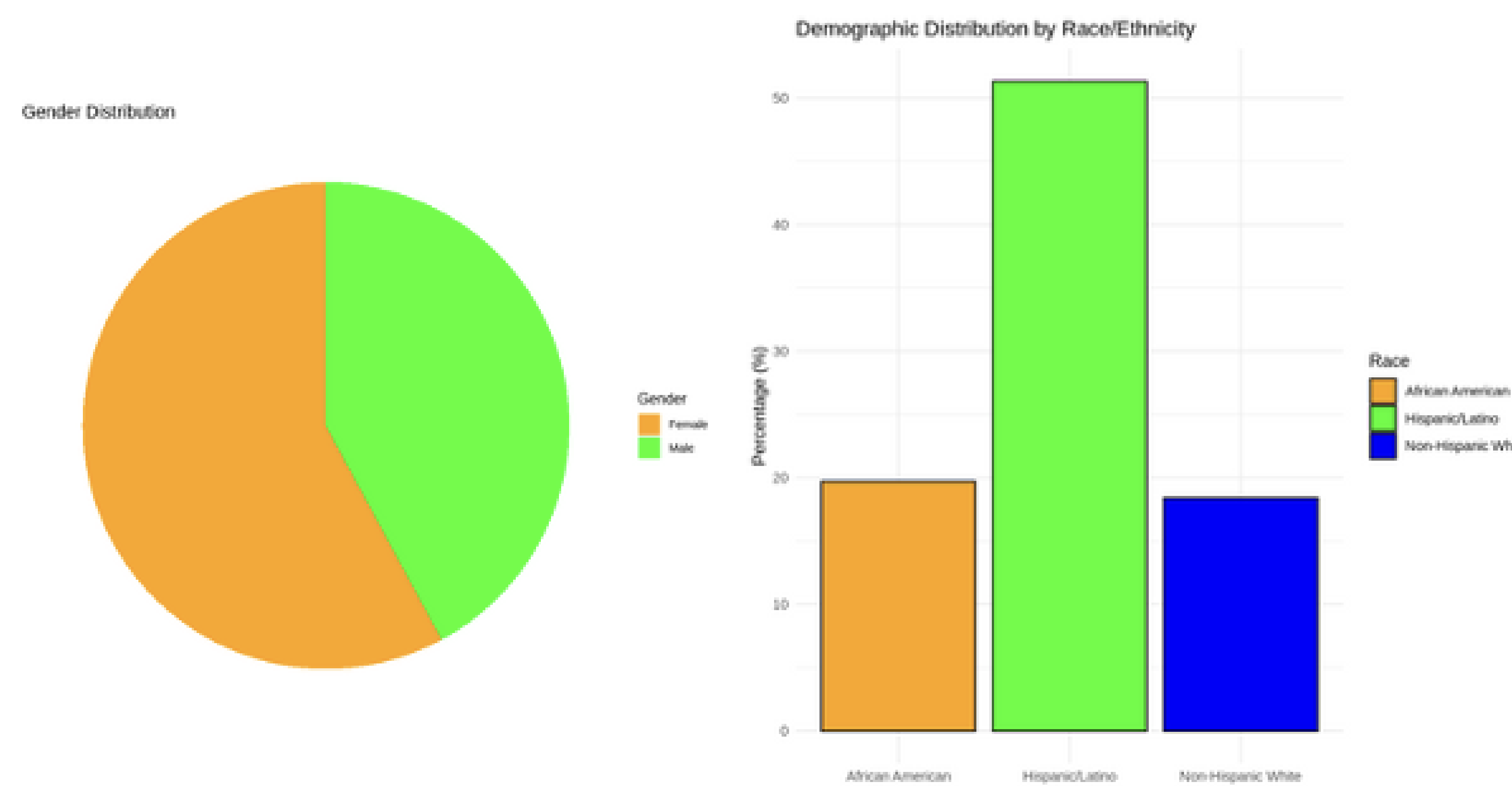
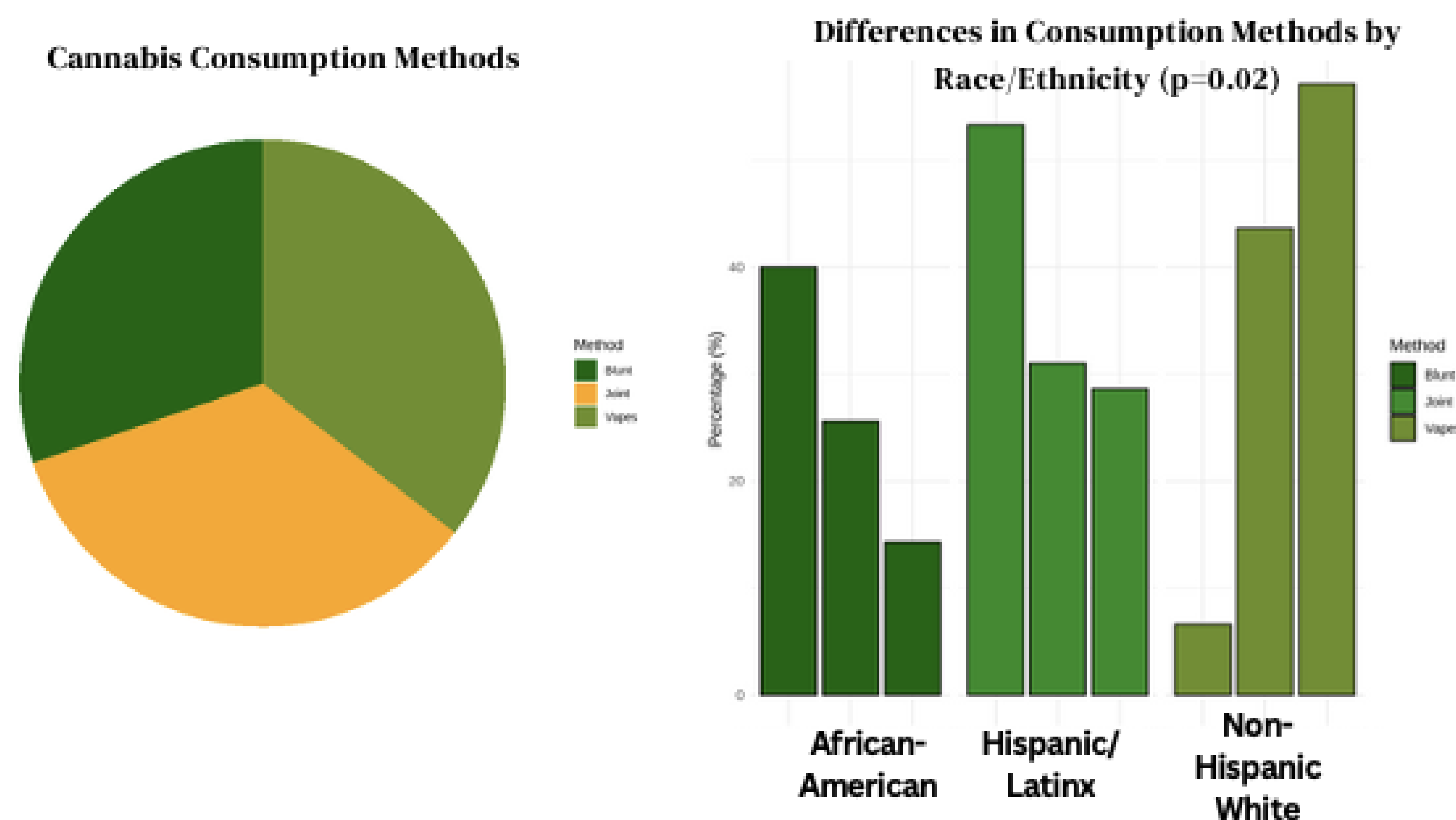


Figure 2. Cannabis Consumption Methods and Differences by Race/Ethnicity



## KEY FINDINGS

- Black individuals were more likely to report blunt use compared to Hispanic/Latino and non-Hispanic White individuals.
- Joint use was more common among Black individuals compared to Hispanic/Latino and non-Hispanic White individuals.
- Vape use was significantly lower among Black individuals compared to Hispanic/Latino and non-Hispanic White individuals.
- Blunt and joint usage were more prevalent than vape usage among the participants.

## CONCLUSION

- This study highlights the significant race/ethnic disparities in cannabis consumption methods among young adult populations in South Florida, emphasizing the prevalence of blunt and joint usage over vapes.
- These consumption patterns may contribute to cardiovascular disease risk among young adult populations in South Florida, particularly among BIPOC communities.
- Moving forward, targeted interventions and public health campaigns should consider these patterns in consumption routes to analyze cannabis-related behaviors effectively among BIPOC communities

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