



Cannabis in NYC: Health Effects

Cannabis (marijuana) is legal for adult use in New York State (NYS).



3 oz **24 g**

Adults age 21 and older may have and share (but not sell) up to 3 ounces of cannabis flower or bud, and up to 24 grams of concentrated cannabis such as oils or vapes.



Smoking Area

Adults age 21 and older may smoke or vape cannabis in most places where tobacco smoking is permitted.



New York's medical cannabis program has been expanded. For information about the changes, visit cannabis.ny.gov/medical-cannabis.



Cannabis sales are allowed only at NYS-licensed dispensaries. For up-to-date information about legally purchasing cannabis, including dispensary locations, visit cannabis.ny.gov/adult-use.

Research on how cannabis affects your health has been limited because of restrictive drug policies. Cannabis has been shown to be helpful for some conditions, such as chronic pain in adults; chemotherapy-induced nausea; and specific multiple sclerosis (MS) symptoms. We are still learning more about the long-term effects of cannabis.¹ We do know:

You may experience immediate, unwanted reactions after taking cannabis. This can happen if you use a form, amount or concentration of cannabis you are not used to, or if you take multiple doses over a short period of time. Some of these reactions may include:

- Anxiety
- Fast heart rate
- Nausea and vomiting
- Slower reactions and altered perceptions
- Breathing issues

Studies show that cannabis use is linked to some health risks, including:

- Higher risk of motor vehicle crashes when driving while impaired
- Earlier onset of psychotic disorders for those already at risk, particularly people who start using cannabis at a younger age or use it frequently
- More frequent breathing and coughing symptoms, especially when smoking or vaping cannabis
- Vaping-related lung injuries

Cannabis use while pregnant or breastfeeding can be harmful to your child's development. The chemicals in cannabis can be passed to and negatively affect your baby.

- Possible harmful effects include low birth weight, disruption of brain development, and behavior or attention difficulties later in childhood. Other risks of cannabis use while pregnant or breastfeeding are not yet known.
- Health care providers recommend not using cannabis while pregnant or breastfeeding.

For more information, visit nyc.gov/health/cannabis.

¹National Academies of Sciences, Engineering, and Medicine. The health effects of cannabis and cannabinoids: The current state of evidence and recommendations for research. January 2017. Accessed May 23, 2022. https://nap.nationalacademies.org/resource/24625/Cannabis_report_highlights.pdf