

# Federal Agency Funds Study on Cannabis Edibles and Young Adults

## Washington State University Receives \$670K Grant to Curb Cannabis Misuse Among Young Adults in Legal States

Researchers at **Washington State University (WSU)** have been awarded a **\$670,000 grant** from the **National Institutes of Health (NIH)** to combat cannabis misuse, particularly among young adults in states where the substance is legal. The three-year project, led by **Stacey Hust** and **Jessica Willoughby**, aims to educate college students in [Washington](#), [Illinois](#), and [New York](#), focusing on the risks associated with cannabis consumption, especially **edibles**.

### Tackling Misunderstandings About Cannabis Edibles

The use of **cannabis edibles** has become increasingly popular, especially among younger consumers. However, as **WSU Insider** reports, these products are often misunderstood. Many users are unaware of the delayed onset of effects and struggle with determining appropriate portion sizes, which can lead to **accidental overconsumption**.

**Stacey Hust**, one of the project leaders, emphasized the gap in knowledge among younger cannabis users. “Adolescents and young adults are not necessarily educated consumers when it comes to cannabis,” Hust explained. “Our research has shown that many do not understand the **THC content** in edibles or how to properly gauge serving sizes.”

### A Tech-Based Solution to Cannabis Misuse

The NIH-funded initiative seeks to create a **technology-based intervention** that educates young adults about the risks of cannabis, with a particular emphasis on edibles. The program will utilize **mixed-media video presentations** hosted by a former cannabis marketer, offering a relatable and informative approach to addressing common misconceptions.

The content will focus on **reading labels**, understanding **THC levels**, and learning how to properly assess cannabis products like **cannabis-infused sodas**. The goal is to empower young consumers to make informed decisions and avoid overuse or accidental misuse.

### Early Success and Future Plans

Preliminary results of the program have shown promising outcomes, with participants demonstrating increased knowledge of cannabis and a heightened awareness of the potential health risks associated with misuse. The funding from NIH will enable the WSU team to **refine the program** and test it on a larger scale, adjusting the content to align with the cannabis regulations in different states.

Ultimately, the WSU researchers hope to secure additional funding to conduct a **national clinical trial**, which will allow them to assess the program's long-term impact on reducing cannabis misuse. If successful, the initiative could serve as a model for other states with legalized cannabis and help curb **overconsumption** among young adults across the country.

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