



Here's the educational summary to go with that map:

U.S. Marijuana Legalization: State-by-State Status (May 2026)

The Big Picture

As of 2026, the landscape has shifted dramatically — 24 states and Washington D.C. now allow adults to buy and use marijuana recreationally, while every remaining state falls somewhere on a spectrum from medical-only programs to outright prohibition. A significant federal development occurred in April 2026, when the federal government moved certain categories of marijuana from Schedule I to Schedule III, though recreational marijuana and unlicensed products remain federally prohibited. [LegalClarityLegalClarity](#)

Category 1 — Fully Legal (Recreational + Medical): 24 states + D.C.

Alaska, Arizona, California, Colorado, Connecticut, Delaware, Illinois, Maine, Maryland, Massachusetts, Michigan, Minnesota, Missouri, Montana, Nevada, New Jersey, New Mexico, New York, Ohio, Oregon, Rhode Island, Vermont, Virginia, Washington, and Washington D.C. Large population centers such as California, New York, Illinois, Michigan, and New Jersey are among the legal states, as well as smaller states like Vermont and Rhode Island. In all of these, adults 21 and older may purchase from licensed dispensaries. [Visual Capitalist](#)

Category 2 — Medical Use Only: ~15 states

States including Alabama, Arkansas, Florida, Kentucky, Louisiana, Oklahoma, Pennsylvania, South Dakota, Utah, and West Virginia permit cannabis with a valid medical card for qualifying conditions but prohibit recreational sales.

Category 3 — Decriminalized or CBD/THC Only: ~7 states

States where marijuana is decriminalized include Hawaii, Louisiana, Mississippi, Nebraska, New Hampshire, North Carolina, and North Dakota. In these states, recreational marijuana remains illegal, but enforcement for minor possession offenses is typically less severe, often resulting in civil fines rather than criminal charges. Georgia, Indiana, Iowa, Tennessee, Texas, and Wisconsin permit only CBD oil with limited THC. [World Population Review](#)

Category 4 — Fully Illegal: 4 states

Idaho, Kansas, South Carolina, and Wyoming maintain complete prohibition — no recreational, medical, or CBD-with-THC programs.

The Federal Complication

Regardless of state law, marijuana remains a federally controlled substance. A state-legal marijuana purchase does not protect you from workplace consequences. Most banks and credit unions are federally regulated and risk penalties for handling proceeds from cannabis businesses — the result is that many marijuana businesses still operate heavily in cash, creating security risks and tax complications. [LegalClarityLegalClarity](#)

Key Takeaway for Patients

Laws are evolving rapidly and vary not just state to state, but sometimes city to city within a state. Anyone considering cannabis for a medical condition — including peripheral neuropathy — should verify their specific state's current rules and consult a physician, as possession or use in the wrong jurisdiction can still carry legal consequences.