



# **PUBLIC HEALTH**

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HEALTHIER WASHINGTON**

## **Marijuana 101**

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Washington State Department of Health- Community Based Prevention

# Overview

- **Today's Marijuana**
- **Medical Vs. Recreational**
- **Marijuana and Health**
- **What youth, parents, adult consumers and educators should know**
- **Acknowledge the Disparities**
- **DOH MPEP Programming**

# Today's Marijuana

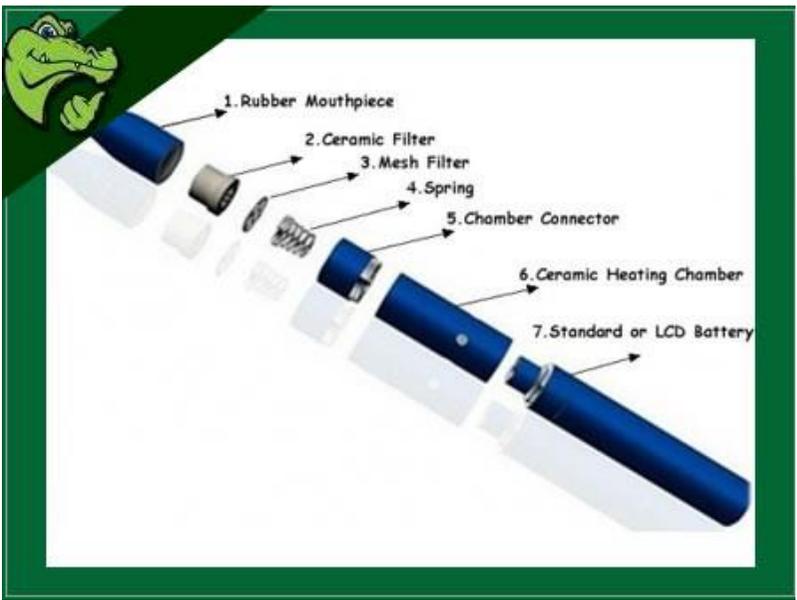
## Methods of Marijuana Consumption

- **Smoking-** most traditional form of ingesting marijuana.
- **Vaporizing-** inhaling active ingredients in marijuana through a vapor instead of smoke.
- **Edibles-** marijuana is infused into foods and/or drinks and are eaten.
- **Topicals-** lotions, salves, balms, and sprays that are applied directly to the skin.
- **Tinctures-** a concentrated form of marijuana in an alcohol solution that can be dropped under tongue.

Smokeable Marijuana



## Vaping



# Edibles



## Topicals & Tinctures



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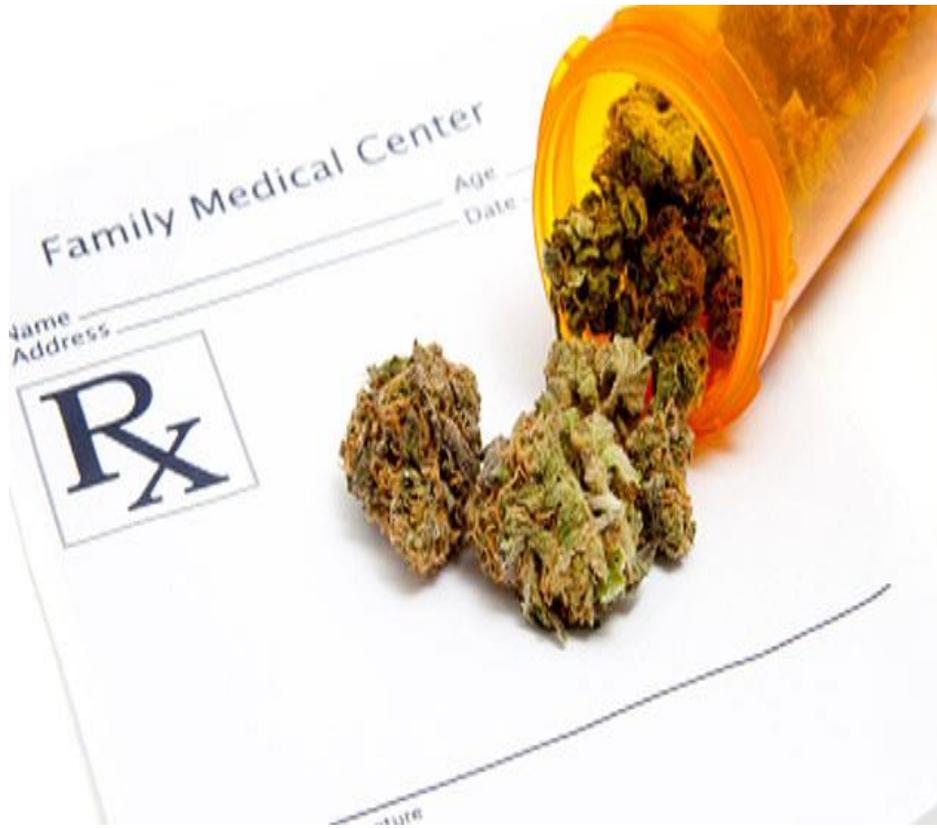
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Medical vs. Recreational



### What we know at this time...

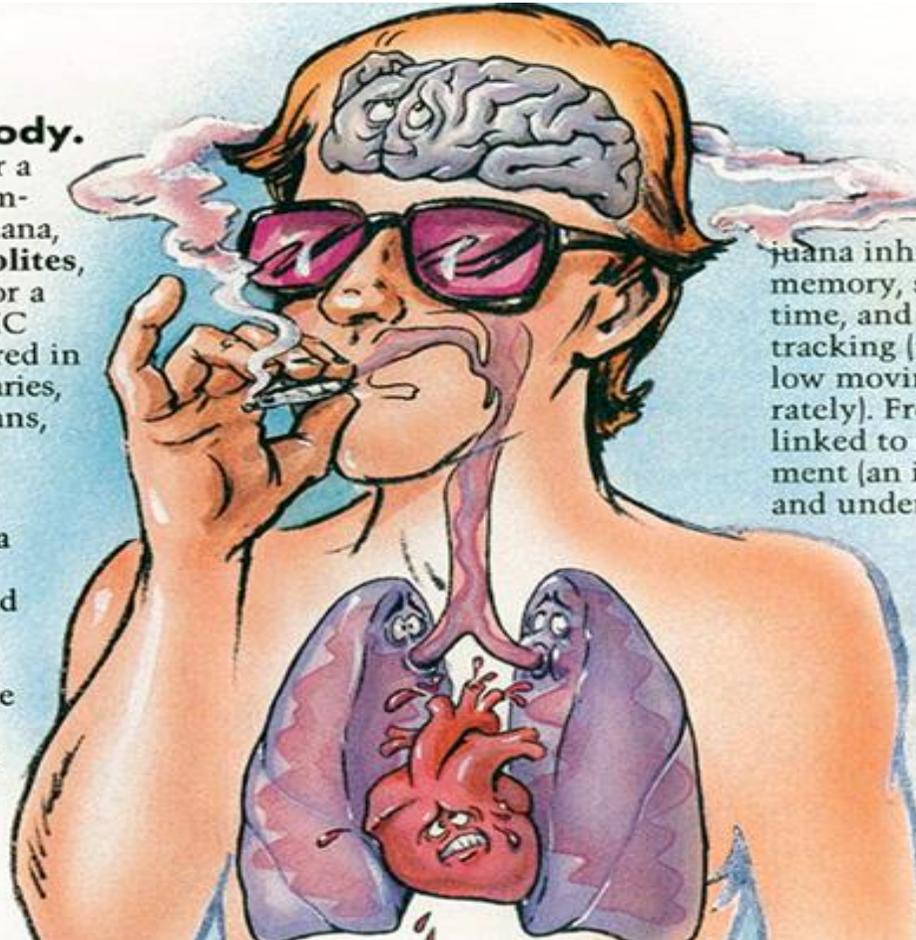
- Marijuana is addictive.
- There are health consequences associated with marijuana smoke.
- There are health risks to infants of mothers who use medical or recreational marijuana.
- Driving while under the influence of marijuana is not safe.
- Youth marijuana use is associated with higher addiction rates, lowered IQ, and academic failure.
- Anxiety, Depression, and existing Mental Health conditions.
- **Additional concerns:** Edibles, E-devices, Regulation of the Medical Market.

## Health Risks

### THC in your body.

You're only high for a few hours. But chemical traces of marijuana, called **THC metabolites**, stay in your body for a month or more. THC metabolites are stored in the brain, testes, ovaries, and other fatty organs, and are detectable by urine tests.

**Lungs.** Marijuana smoke irritates the throat and lungs and has twice as much "tar" as cigarette smoke. Frequent use is linked to an increased risk of lung cancer, bronchitis, and emphysema.



**Brain.** Marijuana inhibits short-term memory, slows reaction time, and impairs visual tracking (the ability to follow moving objects accurately). Frequent use is also linked to cognitive impairment (an inability to abstract and understand concepts).

**Heart.** Marijuana speeds a user's heartbeat as much as 50% while high, an increased risk for anyone with heart disease.

# What “Parents” Should Know

- **Marijuana is Addictive:** Most Teens that enter into Treatment Programs in WA State report that Marijuana is the main or only drug they use.
- **Talk to Your Kids About Marijuana:** Teens who use marijuana often start by age 14. Parents should have ongoing conversations by 4<sup>th</sup> or 5<sup>th</sup> grade.
- **Express a No Use Attitude:** Studies have shown that parents are the #1 influence in their children's lives.
- **Monitor your Children:** Ensure that rules are being followed, remain actively involved in your child's life, and know who their friends (and friends parents) are.
- **Its okay to be wrong!** If you suspect that your teen is using drugs and/or alcohol then its okay to look further into this matter. If you are wrong then you may suffer nothing more than a sense of relief. But if you are right, its important to take action immediately. A good start would to take your youth to a licensed treatment facility for a drug and alcohol evaluation.
- **Monitor your Own Behaviors:** You are a role model to your child. Avoid heavy drinking around your child. Do not use marijuana around your child.

## What “Youth” Should Know

- Illegal to use if your are under 21 years old.
- Consequences of use:
  - Family
  - Legal
  - Education
  - Social
  - Health



### **FLESH- Balloon Activity**

## What “Adult Consumers” Should Know

- Do not use marijuana in the view of the public or where smoking in public places laws are in effect.
- Never provide marijuana to a minor. Its illegal!!!
- Lock up and keep your marijuana out of the reach of children.
- Do not drive while under the influence of marijuana.
- **Potential Consequences of Use:** *Family; Legal; Employment; Social; Health*
- **Washington Recovery Help Line-** [www.warecoveryhelpline.org](http://www.warecoveryhelpline.org) or 1-866-789-1511

## What “Educators” Should Know

- **Educate staff on referral process:** Ensure all staff (not just teachers) knows what to do if they suspect a student is under the influence.
- **Enforce substance use policies and help students to succeed:** Studies have shown that students who use tobacco and other drugs tend to earn poorer grades, have frequent absences, habitually skip class, and get suspended more often.
- **Perceived social acceptance of drug, alcohol and tobacco use by adults influences adolescent use behaviors:** Schools can reduce the observation of substance use at all times, every day through enforcing drug free campus policies.
- **Know your local resources:** If a student and/or family is in need of substance abuse services have the ability to provide area resources. You can identify these resources by contacting the RECOVERY HELPLINE- [www.warecoveryhelpline.org](http://www.warecoveryhelpline.org) or 1-866-789-1511

## What “Communities” Should Know

- Encourage the enforcement of marijuana smoking in public places laws, and adopt policies that restrict marijuana use at community events.
- Implement social norms messaging that help to increase the perception of harm, of marijuana use and potential consequences of such.
- Host Community Awareness Sessions. Help community understand the public health burden and impacts of marijuana use, especially among our youth.
- Offer education sessions for youth and families that focus on increasing protective factors and reducing youth marijuana use. (look to evidence based programs/curriculum)

## Acknowledge the Disparities

**Those schools and youth with the most disproportionate impact, will see higher marijuana use rates:**

- Strategic marketing to low income and low education level.
- Disproportionate impacts of marketing.
- Disproportionate impacts of policy enforcement.
- Use prevalence higher among communities of color.
- Children of using parents, are more likely to use themselves.

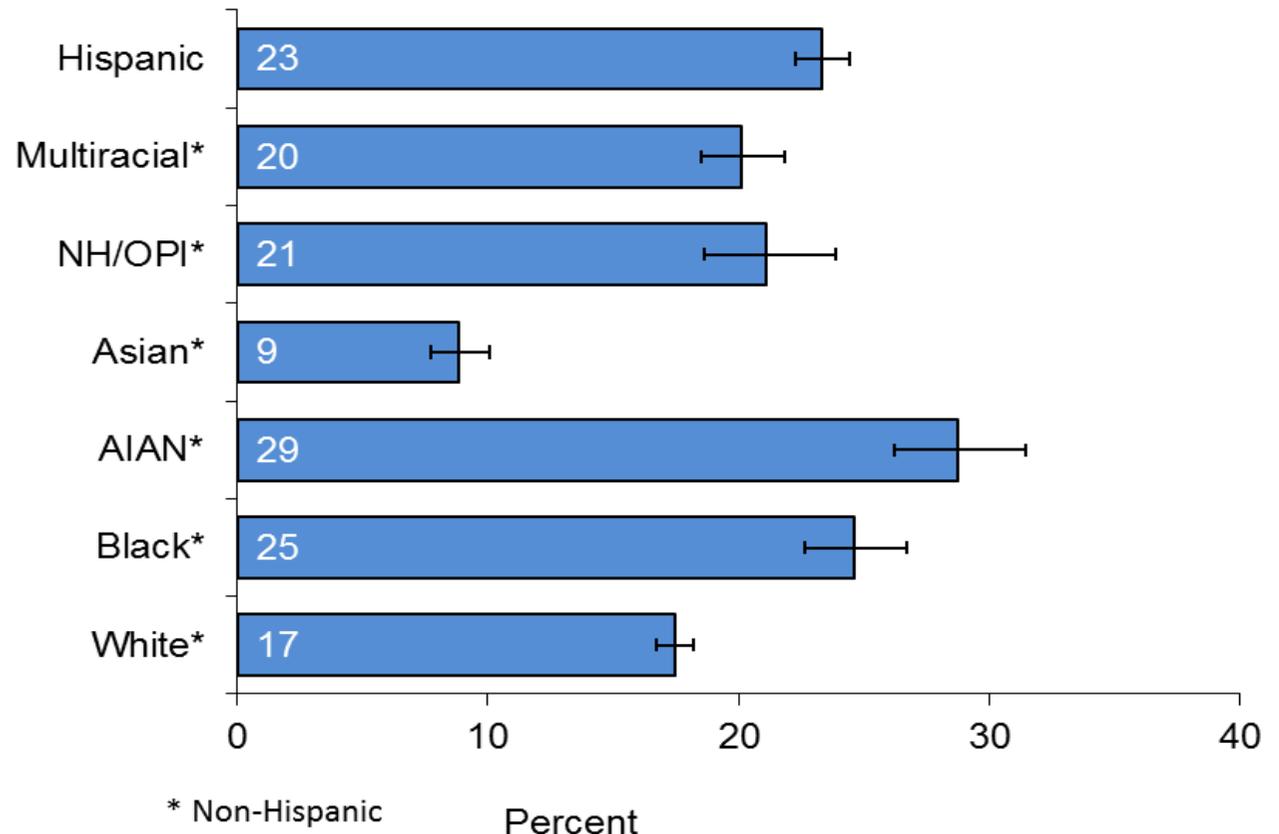
# Disparities

**Marijuana Use by Race/Ethnicity Among 10th Grade Youth, WA HYS, 2014**

## Youth who identified as

- Black or African American,
- Hispanic or Latino,
- Native Hawaiian and Pacific Islander, and
- American Indian or Alaska Native

**had significantly larger prevalence of past-30 day marijuana use than those who identified as white or Asian.**



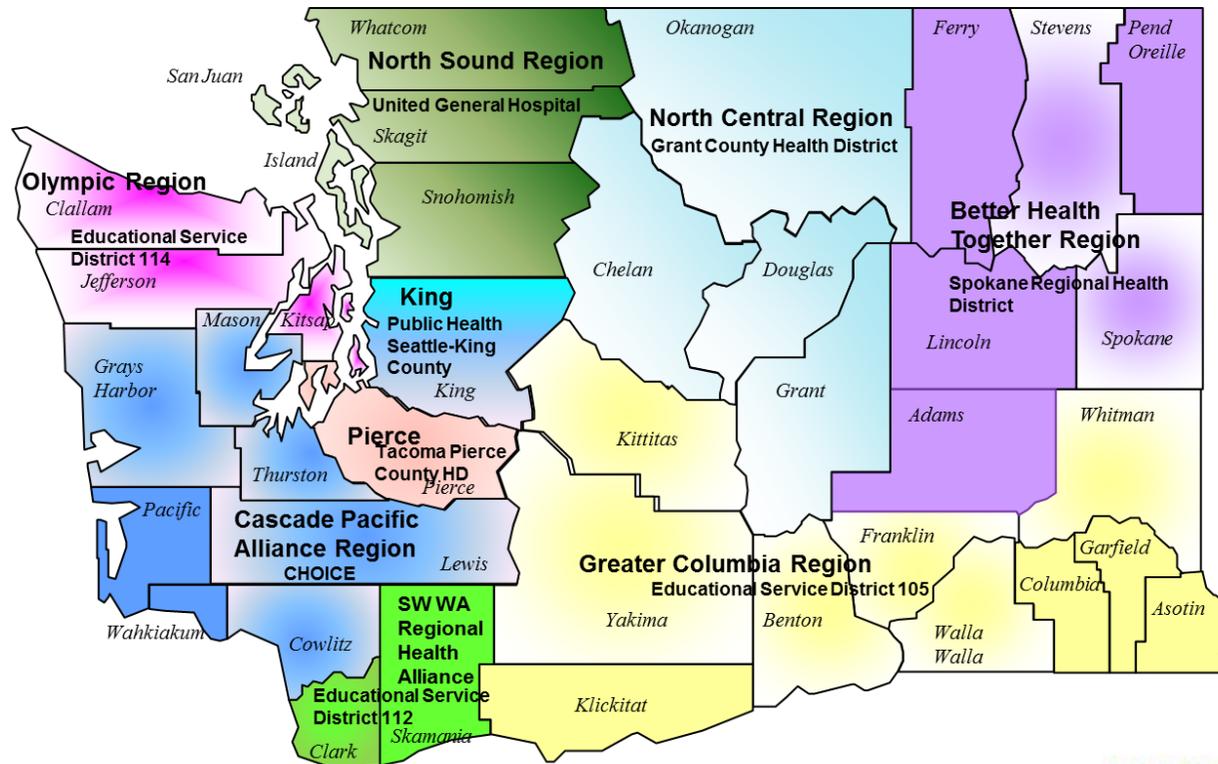
Estimates based all participating schools

## MPEP Efforts to Address Disparities

- **5 Priority Population Consultant Grantee's within program.**
  - **African American**
  - **American Indian/ Alaska Native**
  - **Hispanic/Latino**
  - **Asian/ Pacific Islander**
  - **LGBTQ**
- **Provide targeted prevention services and consult with DOH-MPEP system regarding best approaches in reaching the population they serve.**
- **Focus on racial and health disparities, associated with marijuana use and abuse.**
- **5 Targeted MPEP Media Contractors**

## Youth Marijuana Prevention Education Program

9 Regional Community Grantee's have been selected (per Accountable Community of Health (ACH) Region) throughout WA. State.



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Questions or Comments?

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