

# Non-Medical Cannabis: A Public Health Perspective

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# What is Cannabis?

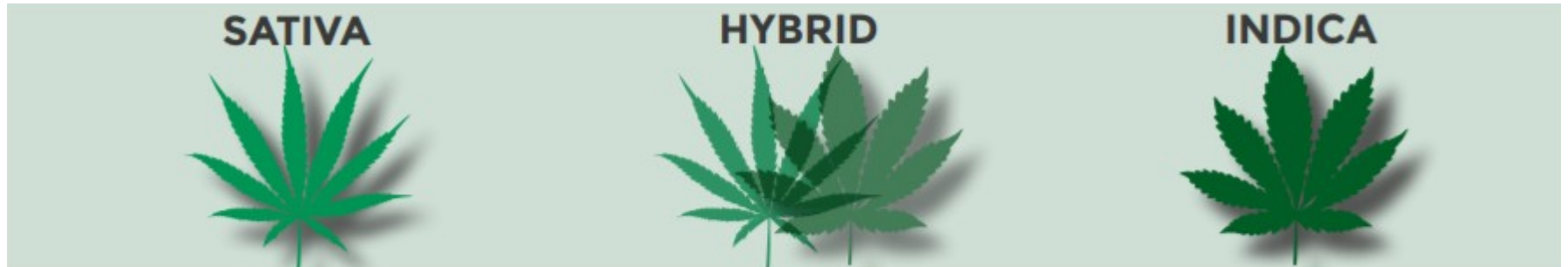
# WHAT IS CANNABIS?

Cannabis is any product that comes from the cannabis plant.

That includes

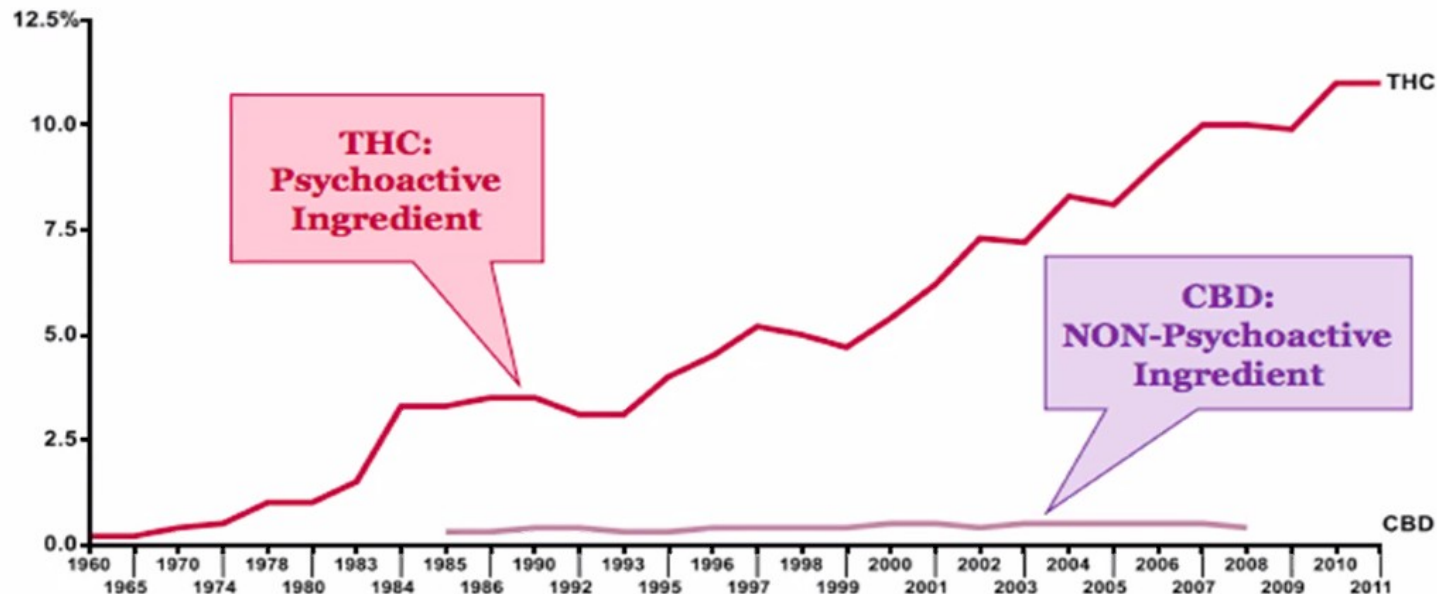
- Dried cannabis flowers
- Edible products
- Topicals (goes on the skin)
- Etc.

# VARIATIONS



# POTENCY OVER TIME

Average THC and CBD levels  
in the United States



CBD						0.3	0.3	0.4	0.4	0.3	0.3	0.4	0.4	0.4	0.4	0.5	0.5	0.4	0.5	0.5	0.5	0.5	0.5	0.4						
THC	0.2	0.2	0.4	0.5	1.0	1.0	1.5	3.3	3.3	3.5	3.5	3.1	3.1	4.0	4.5	5.2	5.0	4.7	5.4	6.2	7.3	7.2	8.3	8.1	9.1	10.0	10.0	9.9	11.0	11.0

**What are the (public) health concerns?**

# Short-Term Health Impacts

## Brain

- Confusion
- Fatigue
- Impaired memory
- Anxiety, fear, panic
- Euphoria

## Body

- Damaged blood vessels
- Decreased blood pressure
- Illness/ nausea

# Long-Term Health Impacts

## Brain

- Impaired memory, concentration and decision making
- Addiction/  
Dependency

## Body

- Lung infection
- Chronic cough



# Special Populations

Some individuals need to be especially careful about cannabis use. That includes;

- People under age 25
  - People who are pregnant
  - People with a personal or family history of mental illness
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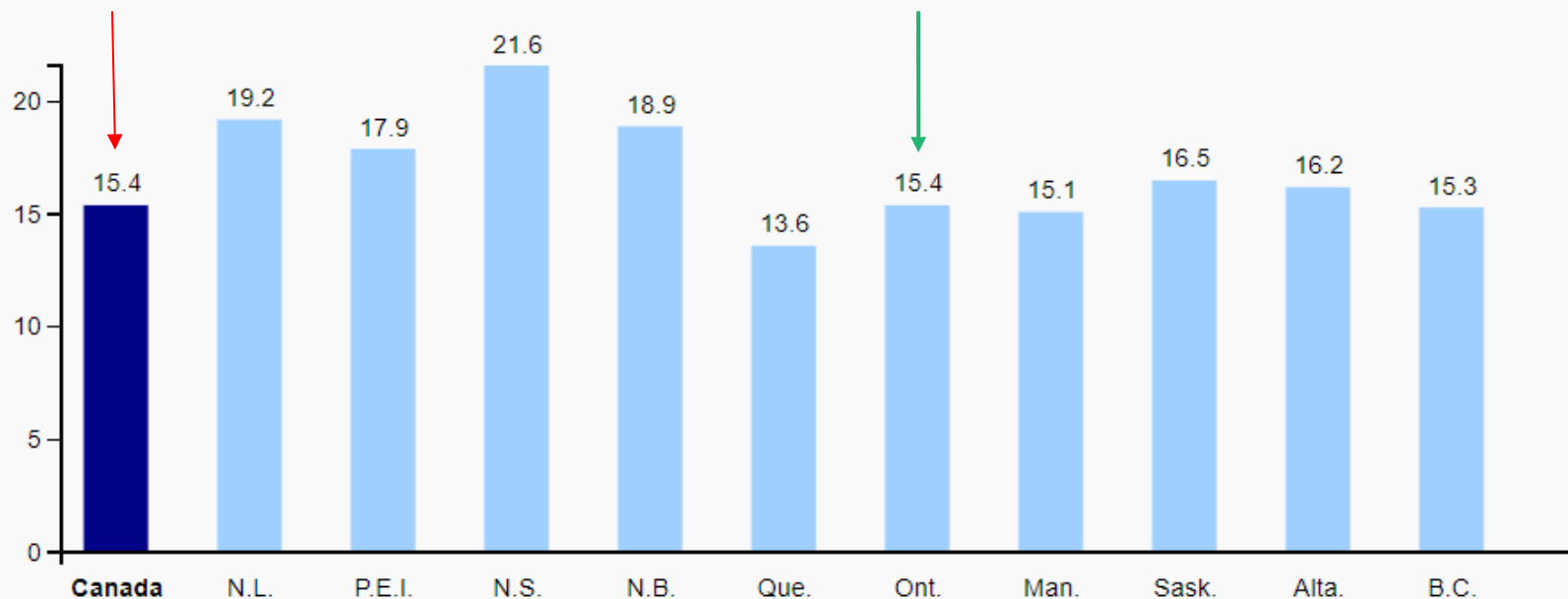
**Who is using Cannabis?**

# IN THE PAST 3 MONTHS:

## Cannabis use in the past three months by province

Fourth quarter 2018

(%)

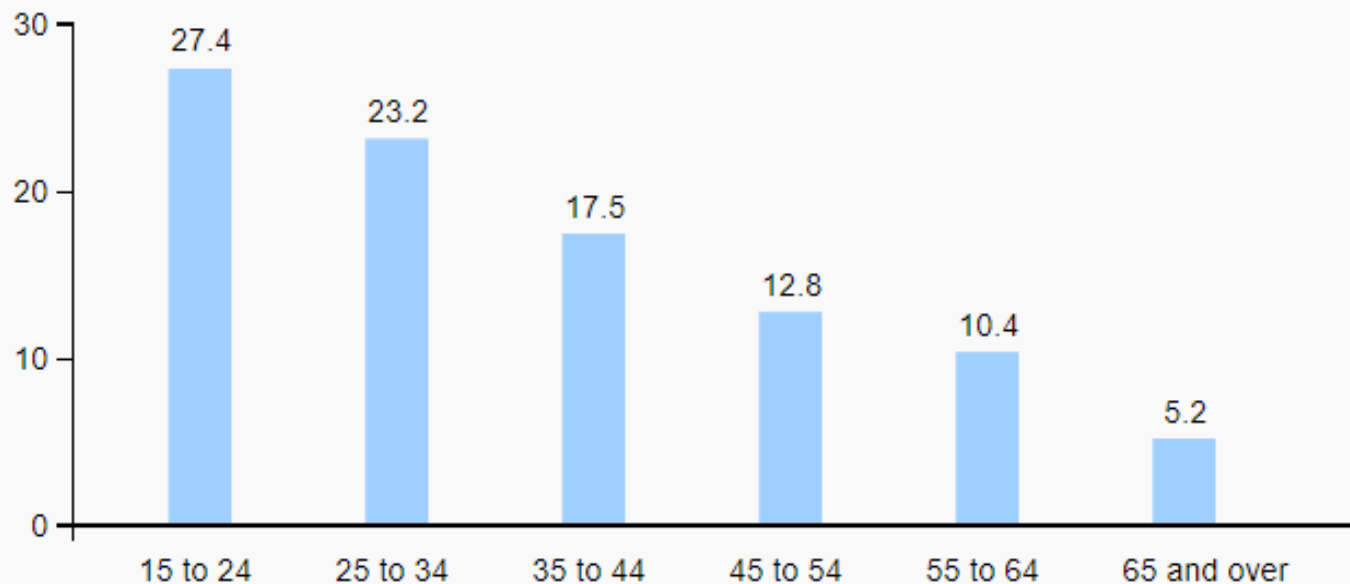


# AGE OF USERS:

## Cannabis use in the past three months by age, Canada

Fourth quarter 2018

(%)



# LOCAL YOUTH

These statistics are from a survey of Huron County schools.

Statistics from Perth County schools are quite similar.

**16%** reported using marijuana in the past month

**16%** COMPASS average\*

**5%** reported using marijuana daily

**5%** COMPASS average\*

**58%** think it would be easy to get marijuana if they wanted some

# What is Public Health Doing About Cannabis Use?

<b>1. Abstain</b>	<b>2. Delay</b>
<b>3. Choose products with high CBD</b>	<b>4. Avoid Synthetic products</b>
<b>5. Avoid smoking</b>	<b>6. Avoid harmful smoking practices</b>
<b>7. Reduce consumption frequency</b>	<b>8. Don't drive</b>
<b>9. Avoid altogether is at risk for mental health concerns or pregnant</b>	<b>10. Avoid combining risks</b>



Huron Perth  
**Public  
Health**

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