#### Lee Stewart, PhD

Johnny's Ambassadors

Parent Action Network/ Smart Approaches to Marijuana

**Big Village Prevention Coalition** 

Community Living Above Prevention Coalition

OLCC Rules Advisory Committee for Marijuana and Hemp

Community Impact Subcommittee of CPOT, Cannabis Policy Oversight Team

## **TODAY'S CANNABIS**

## "I smoked when I was a kid and nothing happened to me."

#### This is what you smoked



#### This is what they smoke







### New products: cannabis <u>concentrates</u>

THC is extracted and concentrated to a potency of 50 - 90+% THC

- Vapes
- Dab pens

Wax, shatter, budder, oils, crystals (diamonds)







#### Changing product and use pattern in the cannabis landscape



## **Teens prefer using concentrates**

## Adolescent cannabis users: **72% used concentrates**

Madeline H. Meier, et.al; Cannabis Concentrate Use in Adolescents. *Pediatrics* September 2019

Cannabis vaping: most popular cannabis delivery method among all U.S. adolescents.

Heavy and frequent use of cannabis is increasing among U.S. adolescents.

Keyes KM, et al. Frequency of adolescent cannabis smoking and vaping in the United States: Trends, disparities and concurrent substance use, 2017–19. *Addiction*. 2022





## "That's not how I remember marijuana....."

#### What you encountered



2 - 5% THC

#### What they encounter





#### **Oregon Youth Cannabis Use**

SAMHSA National Survey on Drug Use and Health 2022 data shows:

• Oregon students 12-17 have lowest perception of risk in the US

• 87% perceive NO great risk from smoking marijuana once a month

27% of PPS High School students report current cannabis use

(2021 Youth Risk Behavior Survey)

# WHY IT MATTERS (the harms to youth)

## Science is catching up with the commercial market

**High-potency cannabis** is associated with greater risk of:

- anxiety
- dependency
- suicidal ideation
- psychotic symptoms

Sources: 1) Wilson, Lancet Child & Adolescent Health, 2019; 2) Chandra, Eur Arch Psychiatry, 2019; 3) El Sohly, Biological Psychiatry, 2016

## CDC: Cannabis and Teens

Cannabis use can have permanent effects on the developing brain when use begins in adolescence, especially with regular or heavy use.

https://www.cdc.gov/cannabis/health-effects/cannabis-and-teens.html

# Addiction

## Cannabis Use Disorder (CUD)

The young brain is **more vulnerable** to addiction

**17% to 30+% of users under age 18** who use cannabis at least once a week **develop cannabis use disorder** 

(highest prevalence among daily users)

The 2022 National Survey on Drug Use and Health (NSDUH) estimated **7 million people under 25** had a Marijuana Use Disorder

Hinckley JD, Ferland JN, Hurd YL. The Developmental Trajectory to Cannabis Use Disorder. Am J Psychiatry. 2024 May



Teen cannabis addiction risk

# Educational Outcomes

According to the National Academies of Science, Engineering and Medicine report (2024)

Teens who use cannabis regularly are more likely to:

- quit high school or
- not get a college degree

# Teen and young adult suicide

## Youth suicide



# Psychosis

During adolescence (ages 12–19)

## Over <mark>11 X</mark> greater risk of chronic psychotic disorder

Cannabis & psychosis: Recent

data including more potent cannabis.

- Psychosis risk 15 X
- Youth psychosis risk 11 X
- Cannabis use disrupts adolescent nerve transmission refinement & white matter development
- Study of 11,363 children, 12-24yo. Longitudinal design w/ 6 to 9 year follow up. (2024)

## Canadian health warnings, March 12, 2025 revision

Using cannabis before age 25 can:

- harm brain development worsening attention, concentration, and memory
- increase risk of mental disorders like psychosis and schizophrenia
- cause psychotic symptoms like severe paranoia
  - The risk is greatest in people younger than 25 or when using products higher in THC.

Cannabis can be addictive. The higher the THC, the greater the risk and adverse effects.

Cannabis use increases the risk of anxiety and depression (the more you use, the greater the risk).

Do not drive under the influence of cannabis. It puts your life and other people's lives at risk.

## **Potential Policy To Protect Youth**

- Public Health education campaign
- · Limit potency of concentrates
- · Higher taxes for concentrates
- Prohibit flavored vapes
- · Health warnings
- · Increase dispensary buffer zones
- · Limit advertising
- Educate budtenders about potential risks to customers
- · Single-serving edibles
- · Plain edible packaging
- · Minimum pricing

## People protect what they love. - Jacques Cousteau