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Medical

MARIJUANA

Community Education Session

Presented By: Emily Smale, MPH

Marijuana 101

For thousands of years, Cannabis has been used for spiritual, medicinal, and recreational purposes. There are a variety of reasons someone may choose to use marijuana.

Strains are different variations of the cannabis plant that may illicit different psychological responses in the same person.

Many things contribute to how marijuana makes someone feel:

- Individual Body Chemistry
- Amount Consumed
- The Method of Consumption
- Set & Setting

THC

Main compound responsible for the temporary alteration of one's psychological state.

Can cause feelings of relaxation, euphoria, and creativity. Can also cause feelings of paranoia or anxiety.





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How is Marijuana consumed?



Smoking

Inhaling the smoke of marijuana



Vaping

Inhaling heated extracts using a vaporizing device



Dabbing

Concentrated doses of extract heated and inhaled



Edibles

Ingesting marijuana, onset is 15 min to a few hours



Topicals

Administered through the skin, not psychoactive

Information for Parents

It is important to know the facts about marijuana so that parents can have open and informed conversations with their kids.

Talking about marijuana or other drugs may not be easy or fun but it's important to remember you are not alone in these conversations.

The goal of open communication is to encourage thoughtful conversation between you and your child.



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Tips for effective communication:

- Be a good listener
- Acknowledge their point of view and be open to sharing your own
- Use open-ended questions to encourage reflection



The best practice is to **lock** all marijuana products away

Locking marijuana in a lockbox or lockbag can prevent children, adolescents, or pets from accidentally ingesting it.

If your child accidentally ingests marijuana, please call the poison control hotline (**1-800-222-1222**) and watch for the following signs:

- Has problems waking or sitting up
- Difficulty breathing
- Sleepiness or drowsiness



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Information for Teens



Learning & Memory

Regular use as an adolescent may impact the ability to learn and retain information.



Physical Performance

Smoke inhalation can weaken the lungs. Marijuana can also affect coordination and make learning new skills difficult.



Extracurriculars

Breaking school policies may get your kicked off a sports team or suspended/expelled from school.



Work

Marijuana use is prohibited by many employers and may affect your ability to get a job.



Legal Woes

Minor in Possession charges come with a fine, community service, and possibly court-ordered drug treatment

Medical Marijuana

Marijuana has been used as medicine in different parts of the world throughout time.

There is scientific evidence suggesting the benefits of marijuana for a variety of medical diagnoses as well as pain management.

More research is needed to understand whether marijuana is a successful treatment option for mental health conditions such as anxiety or ADHD.

Marijuana can impact mental health in certain circumstances - this is dependent on the chemistry and situation of each consumer.



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State laws vary in which conditions qualify.

In Michigan, the most commonly cited condition is severe and chronic pain.

Other less common reasons cited were cancer-related pain and post-traumatic stress disorder.



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Michigan Qualifying Conditions

- Cancer
- Glaucoma
- HIV Positive
- AIDS
- Hepatitis C
- Amyotrophic Lateral Sclerosis
- Crohn's Disease
- Agitation of Alzheimer's Disease
- Nail Patella
- Post-Traumatic Stress Disorder
- Obsessive Compulsive Disorder
- Arthritis
- Rheumatoid Arthritis
- Spinal Cord Injury
- Colitis
- Inflammatory Bowel Disease
- Ulcerative Colitis
- Parkinson's Disease
- Tourette's Disease
- Autism
- Chronic Pain
- Cerebral Palsy
- A chronic or debilitating disease or medical condition or its treatment that produces 1 or more of the following:
 - Cachexia or Wasting Syndrome
 - Severe and Chronic Pain
 - Severe Nausea
 - Seizures
 - Severe and Persistent Muscle Spasms

Expectant Mothers

There is some evidence that indicates an association between prenatal marijuana use and lower offspring birth weight.

The vast majority (86.7%) of Michigan expectant mothers did not use marijuana before, during, or after pregnancy.

Among mothers who quit using marijuana during pregnancy, the majority (79.5%) did not return to marijuana use in the months following birth.

About one in five mothers (20.5%) with pre-pregnancy use resumed marijuana use after pregnancy.



The American College of Obstetricians and Gynecologists say that there are no approved indications or recommendations regarding prenatal marijuana use, particularly because the impact of prenatal marijuana is not yet fully understood

https://injurycenter.umich.edu/wp-content/uploads/2020/05/2020_IPC_Cannabis_Report.pdf



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Marijuana & The Law

It is important to remember that marijuana, while legal in certain states, is illegal at the federal level and is still classified as a Schedule 1 controlled substance.

In 2018, Michigan became the first midwestern state to allow both medical and adult-use marijuana use. The Michigan Regulation and Taxation of Marijuana Act was passed by Michigan voters in 2018 and allows **anyone age 21 or older to possess up to 2.5 ounces of marijuana and to grow as many as 12 plants at home.**

It also sets up a system for the state-licensed cultivation and distribution of marijuana, with sales subject to a 10% excise tax, in addition to Michigan's 6% sales tax.

- This law went into effect on December 6, 2018 and the first marijuana retailers opened to the public on December 1, 2019.
- Approximately 3/4 of Michigan municipalities have banned adult-use marijuana retailers.



Under Michigan Law, the following is permitted:

- Anyone age 21 or older may possess and consume marijuana.
- Where marijuana sales are legal, an individual can purchase up to 2.5 oz, however an individual cannot have more than 15 grams of marijuana concentrate at one time.
- At home, an individual may keep up to 10 ounces of marijuana flower in a secured location.



Under Michigan Law, the following is not permitted:

- Public consumption is not permitted.
- Driving under the influence of marijuana is not permitted.
- Individuals cannot cross state lines with marijuana.

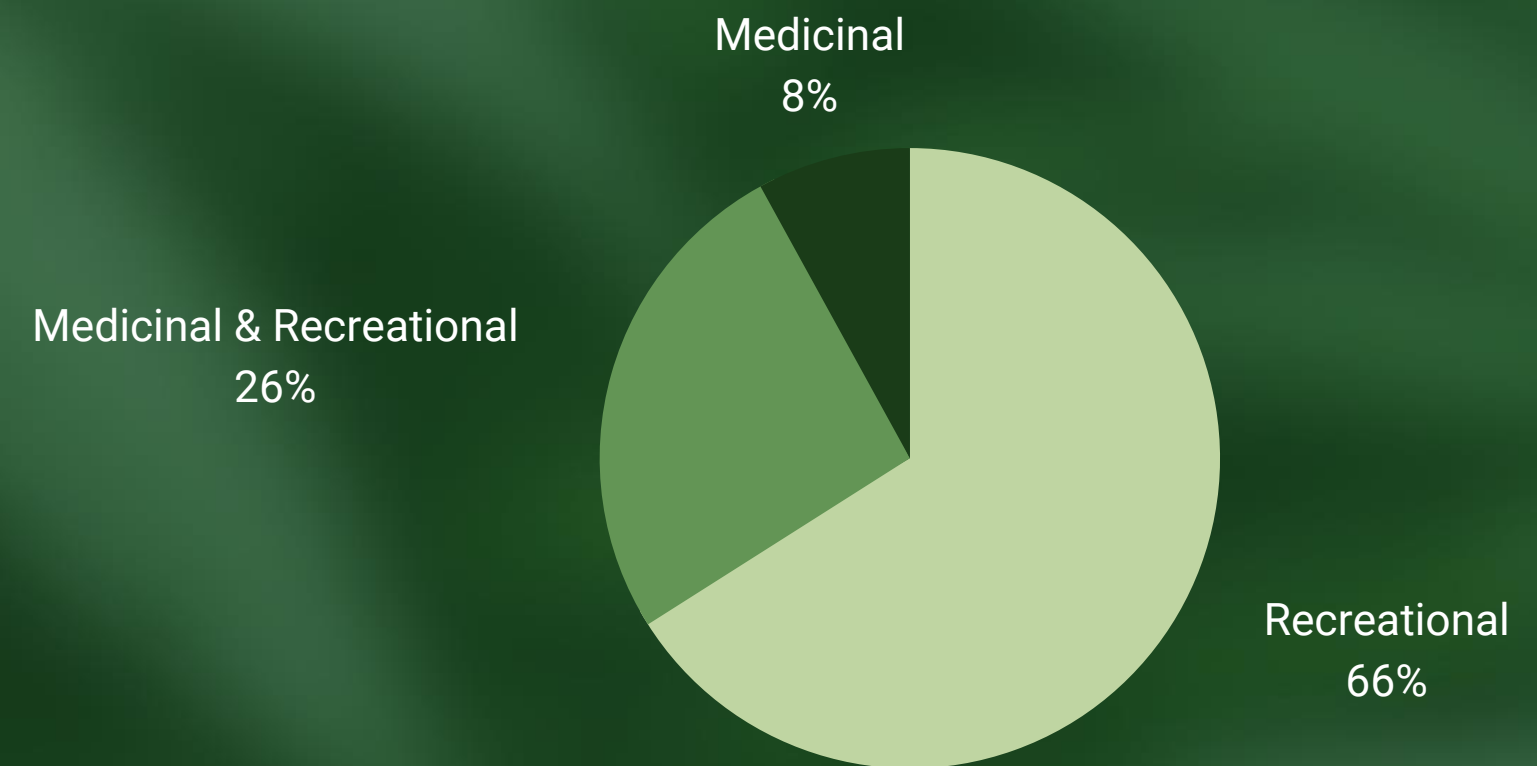


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Eaton County Data

◆ Eaton County BRFSS: 2020-2022

- At the time of the survey, 12.8% of Eaton County residents reported using marijuana in the past 30 days.
- 14.2% of males reported using marijuana in the past 30 day versus 11.9% of females.
- One in four (25.2%) 18-34-year-olds reported using marijuana in the past 30 days. As age categories increase, the percent of adults reporting using marijuana in the past 30 days decreases.
- Residents with a household income of less than \$24,999 are more likely to have used marijuana in the past 30 days than household income categories \$25,000 and greater.
- 66% of adults report using marijuana in the past 30 days for recreational purposes. 26% of residents report using marijuana for both medicinal and recreational purposes and 8% report using it for only medicinal purposes.





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THANK YOU!

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