

Cannabis Misuse: A Fact Sheet

Negative Health Impacts of Cannabis Misuse

Individual

- Increased risk to accidents and injury
- Smoking cannabis increases risk of lung-related illness
- Increased mental health problems: temporary paranoia or schizophrenia, depression, social anxiety and suicidal ideation
- Greater risk with increased THC content
- Marijuana/cannabis use disorder (MUD)
- Changes to brain:
 - memory
 - attention
 - learning
 - control
 - decision making
 - reaction time
 - impulsivity

Families, Friends & Other Relationships

- Suspensions/expulsions put academic futures at risk
- Affects potential employment and career opportunities for minority populations
- Increase in edible-associated poisonings
- Exposure to secondhand smoke

Community

- Burden of disease - the financial cost of sickness and death for a condition
- Crime
- Violence
- Impaired driving - self and others
- Economic burden - healthcare, lost productivity, criminal justice costs
- Decrease of perceived safety

Between 2020 and 2021, there were 163 cannabis poisoning cases seen in Montana emergency departments; 36 (22%) of these were among children aged 10 and under (MT DPHHS).

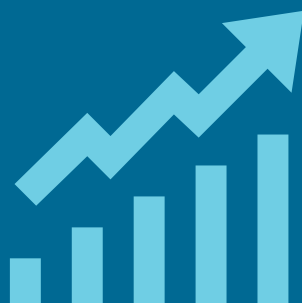
Today's cannabis has more than **3x** the concentration of THC from 25 years ago. More THC — the mind-altering chemical in cannabis — may lead to an increase in dependency and addiction (SAMHSA, 2023).

Cannabis Health Effects

3 in 10 people who use marijuana have marijuana use disorder - the risk of developing marijuana use disorder is greater among people who start using at a young age



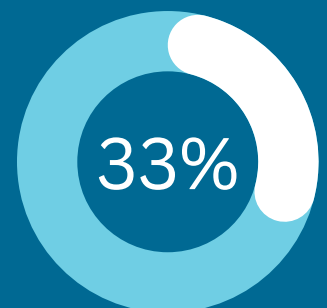
Chronic cannabis use is associated with an increased risk of suicide



Smoking marijuana while pregnant is associated with low birth weight and developmental delays in babies



Youth who regularly use cannabis (weekly or monthly) have a 33% increased risk of developing cannabis dependence



Safely Store your Stash from Children and Pets:



Out of sight and reach of children and pets



In child-resistant packaging



In clearly labeled original packaging



In a locked cabinet or lockbox



In the trunk while driving



Know the consequences:

Recognize the signs of an unintentional poisoning or overconsumption of cannabis and cannabis products

- Drowsiness or sleepiness (most common symptom in children)
- Nausea or vomiting
- Dizziness
- Difficulty with walking and coordination
- Rapid heartbeat
- Confusion
- Trouble breathing

If a child or pet eats cannabis in any form, immediately contact medical professionals

Poison Control Hotline 1-800-222-1222 | Animal Poisoning Hotline 1-888-426-4435

Cannabis is the most commonly used federally illegal drug in the United States; 48.2 million people, or about 18% of Americans, used it at least once in 2019 (CDC, 2021).

Only use cannabis you purchased from legal, regulated marijuana retailers.

Avoid products that produce a feeling of being “high” or promote intoxication that are sold in locations other than licensed dispensaries.

Stay informed with the state’s regulatory process and list of Montana licensed dispensaries updated monthly:



<https://mtrevenue.gov/cannabis/education/visiting-a-licensed-dispensary/#1>



Stay clear of any copycat products that promote intoxication. These are not legal to sell and have not been tested by the state. See examples below:



For information on prevention strategies and treatment options, visit RiverStoneHealth.org/bRIGHTChoices or contact PublicHealth@RiverStoneHealth.org