

SAFE Glen Cove Coalition: Negative Consequences of Marijuana Use

National Institutes of Health (NIH) 2021:

- The use of cannabis has been linked to an increased risk of motor vehicle crashes
- Smoking cannabis during pregnancy has been linked to lower birth weight
- Some people who use cannabis develop cannabis use disorder, which has symptoms such as craving, withdrawal, lack of control, and negative effects on personal and professional responsibilities
- Adolescents using cannabis are four to seven times more likely than adults to develop cannabis use disorder
- Cannabis use is associated with an increased risk of injury among older adults
- The use of cannabis, especially frequent use, has been linked to a higher risk of developing schizophrenia or other psychoses (severe mental illnesses) in people who are predisposed to these illnesses
- Marijuana may cause orthostatic hypotension (head rush or dizziness on standing up), possibly raising danger from fainting and falls
- The FDA has warned the public not to use vaping products that contain THC. Products of this type have been implicated in many of the reported cases of serious lung injuries linked to vaping
- There have been many reports of unintentional consumption of cannabis or its products by children, leading to illnesses severe enough to require emergency room treatment or admission to a hospital. Among a group of people who became ill after accidental exposure to candies containing THC, the children generally had more severe symptoms than the adults and needed to stay in the hospital longer
- Some long-term users of high doses of cannabis have developed a condition involving recurrent severe vomiting
- There have been reports of contamination of cannabis/cannabinoid products with microorganisms, pesticides, or other substances

- Some cannabis/cannabinoid products contain amounts of cannabinoids that differ substantially from what's stated on their labels

Centers for Disease Control (CDC) 2021

- Heavy use of marijuana by teens and young adults with mood disorders, (depression and bipolar disorder) are linked to an increased risk of self-harm/ suicide attempts

- **Dr. Nora Volkow, Director of the National Institute on Drug Abuse (NIDA) 2021**

- The 2020 National Institute on Drug Abuse Monitoring the Future Survey indicates that daily marijuana prevalence rose in 8th, 10th and 12th grades in 2019, significantly so in the lower two grades, with further increase in 2020. In 2020, in all three grades daily marijuana levels were at or near the highest level recorded since 1991 (1.1%, 4.4%, and 6.9%)
- Currently, marijuana is the most commonly used 'illicit' drug in the United States, with about 12% of people 12 years of age or older reporting use in the past year and particularly high rates of use among young people
- Evidence suggests that long-term marijuana use can lead to addiction
- Adolescents are particularly vulnerable to long-term adverse effects of marijuana use because the brain undergoes active development until about age 21; The negative effect of marijuana use on the functional connectivity of the brain is particularly prominent if use starts in adolescence or young adulthood, which may help to explain the finding of an association between frequent use of marijuana from adolescence into adulthood and significant declines in IQ
- In addition to marijuana's possible role as a gateway drug, regular marijuana use has been associated with an increased risk of anxiety and depression, as well as with a negative effect on school performance
- Marijuana use has also been linked with a higher risk of motor vehicle accidents; Analysis found that the overall risk of involvement in an accident increases by a factor of about 2 when a person drives soon after using marijuana
- Marijuana smoking has also been associated with inflammation of the large airways, increased airway resistance, and lung hyperinflation...associations that are consistent with the fact that regular marijuana smokers are more likely to report symptoms of chronic bronchitis than are nonsmokers
- Some studies have shown beneficial effects of marijuana use for conditions such as multiple sclerosis, epilepsy, and chronic pain. However, the need to take advantage of those potential medical benefits without exposing people who are sick to [marijuana's] intrinsic risks. Some physicians continue to prescribe marijuana for medicinal purposes despite limited evidence of a benefit. This practice raises particular concerns with regard to long-term use by vulnerable population
- Overall, marijuana use has been associated with substantial adverse effects. Marijuana, like other drugs of abuse, can result in addiction.... Repeated marijuana use during adolescence may result in long-lasting changes in brain function that can jeopardize educational, professional, and social achievements

- The effects of a drug (legal or illegal) on individual health are determined not only by its pharmacologic properties, but also by its availability and social acceptability. In this respect, legal drugs (alcohol and tobacco) offer a sobering perspective, accounting for the greatest burden of disease associated with drugs not because they are more dangerous than illegal drugs but because their legal status allows for more widespread exposure. As policy shifts toward legalization of marijuana, it is reasonable and probably prudent to hypothesize that its use will increase and that, by extension, so will the number of persons for whom there will be negative health