

Press Release

March 6, 2023

FOR IMMEDIATE RELEASE

CONTACT:

Dr. Sharon Harris

516- 676-2008

[safeglencove@yahoo.com](mailto:safeglencove@yahoo.com)

**SAFE Glen Cove Coalition: SAMHSA Advisory on Cannabidiol (CBD) – Potential Harms, Side Effects, and Unknowns**

It is critical that the public be made aware of the potential harms associated with cannabidiol (CBD) use, and parents, in particular, should be advised to not let their children use non-FDA-approved CBD products. The use of non-Food and Drug Administration (FDA)-approved CBD has gained attention in recent years, as CBD is becoming increasingly popular and is being marketed for various health conditions. The public should be aware of the misconceptions surrounding CBD products, as well as the potential harms and risks associated with their use.

A poll of American adults aged 18 years and older found that 14 percent reported using CBD products in 2019, and a similar poll conducted in 2020 found that as many as 1 in 3 adults reported using CBD products. However, non-FDA-approved, commercial CBD products marketed to the public and available over the counter differ significantly in composition from those used in clinical studies, and there is limited evidence to support their safety.

The Substance Abuse and Mental Health Services Administration (SAMHSA) has issued this advisory that introduces CBD, how it is derived, and how it differs from delta-9 THC and other cannabinoids. The advisory focuses on the risks and harms of CBD, especially those sold over the counter and also clarifies common misconceptions about CBD, given its broad availability and marketing for several medical conditions despite limited evidence of efficacy.

The following are highlights of the Advisory:

- Cannabidiol (CBD) and delta-9-tetrahydrocannabinol (delta-9 THC) are two of many chemical compounds called cannabinoids that are found in the cannabis plant. CBD, which in its pure form does not produce any psychoactive effects, is typically derived from the hemp plant. Nevertheless, CBD products, except for the prescription medication Epidiolex, are not FDA-approved, so despite being marketed extensively, there are no federal standards for their content, purity, or potency.
- The concentration of CBD may be more or less than advertised and, because of a lack of quality control, the manufacturing process may introduce harmful biological and chemical contaminants, including the psychoactive THC. The lack of safety standards, accuracy in labeling, and quality control may lead to additional concerns for unintended intoxication, particularly among children.

- Since federal restrictions on growing cannabis plants that contain low amounts of delta-9 THC were removed in 2018, CBD has become widely available in a range of products and formulations, including topicals, fabric, food, and beverages.
- In 2020, as many as one-third of American adults reported using CBD products.
- CBD has been marketed as a treatment for a range of health conditions in recent years; however, there is a lack of evidence to support many of these claims.
- Potential risks and harms associated with CBD use include adverse drug interactions, liver toxicity, and reproductive and developmental effects.
- Delta-9 THC or delta-9 THC-contaminated products may be sold as CBD. Labeling of these products may be unclear or misleading, posing a potential threat to a user's current or prospective employment, produce inaccurate medical test results, or cause unintended drug interactions.
- More clinical research is needed to determine if CBD products are safe and effective treatments for the conditions for which they are marketed.

The Substance Abuse and Mental Health Services Administration (SAMHSA) is a branch of the U.S. Department of Health and Human Services. It is charged with improving the quality and availability of treatment and rehabilitative services in order to reduce illness, death, disability, and the cost to society resulting from substance abuse and mental illnesses. For more information about SAMHSA please visit [www.samhsa.gov](http://www.samhsa.gov).

To read the advisory please visit <https://store.samhsa.gov/sites/default/files/pep22-06-04-003.pdf>.

SAFE is the only alcohol and substance use prevention agency in Glen Cove. Its Coalition is concerned about marijuana use- especially in youth and their developing brain. The Coalition is conducting a prevention awareness campaign entitled "Keeping Glen Cove SAFE; Underage Marijuana Use," in order to educate and update the community regarding marijuana use and its negative consequences. To learn more about the SAFE Glen Cove Coalition please follow us on [www.facebook.com/safeglencovecoalition](https://www.facebook.com/safeglencovecoalition) or visit SAFE's website to learn more about Marijuana use at [www.safeglencove.org](http://www.safeglencove.org).