



CANNABIS

KNOWING THE IMPACTS



CANNABIS AND HEALTH

Chronic cannabis smoking increases risk of:



CHRONIC BRONCHITIS, AIRWAY INFLAMMATION AND LUNG DISEASE

PREDICTORS OF MORE SEVERE RISK

Dose, Method of use, Tetrahydrocannabinol (THC) Potency, Frequency of use



Serious harm is most likely in people with intensive, heavy, daily or almost daily use.

Of people who use cannabis, 25 to 30% experience adverse outcomes

Individuals who experience trauma, isolation, discrimination, violence or witness violence

associated with increased risk of cannabis use

MEDICAL CANNABIS

While there are considerable **health** and **social risks** associated with cannabis use, cannabis **may be beneficial** in the management of certain medical conditions



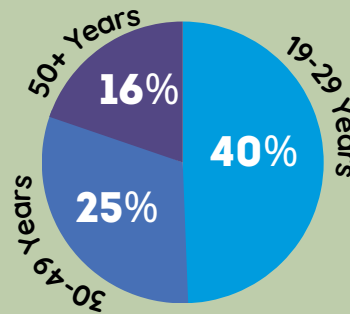
TALK TO YOUR DOCTOR!

WHAT CAN MY COMMUNITY DO?

- ✓ Promote Canada's Lower-Risk Cannabis Use Guidelines
- ✓ Review cannabis restrictions; consider consistent policy for nicotine and cannabis products
- ✓ Create smoke and vape-free spaces

STATISTICS

32% OF BRITISH COLUMBIANS (19+) USED CANNABIS IN THE PAST YEAR (2021)



Cannabis use among Fraser Health residents in the past year, by age (2018)

B.C. HAS AMONG THE HIGHEST RATES OF USE IN THE COUNTRY

YOUTH AND CANNABIS



Most youth who become frequent users start before their 13th birthday

Youth who start cannabis use early have increased risk for negative outcomes including:

INJURY, MENTAL HEALTH ISSUES, ACADEMIC DIFFICULTIES, AND OTHER SUBSTANCE USE PROBLEMS

Of youth who use cannabis



25% use 1-3 times per month



35% use once or more per week

Address the social determinants of health in your community to support populations disproportionately affected by cannabis-related harms.

CANNABIS: WHAT CAN MY COMMUNITY DO?

MUNICIPAL PLANNING AND POLICY

- Protect youth by minimizing their exposure to cannabis through limiting density and proximity of cannabis outlets and restricting consumption in places where children and youth frequent (e.g. schools, daycares, and parks).
- Restrict any new retail/consumption opportunities (e.g. farmer's markets, other direct purchasing from farms) to adult only spaces.
- Restrict cannabis advertising, signage and/or sponsorship.
- Ensure strong smoke and vape-free public spaces bylaws.

CREATE SMOKE AND VAPE-FREE SPACES

- Parks and Recreation Spaces
- Public Events and Markets
- Sports Fields/Spray Parks
- Skate Parks
- Beaches and Trails
- Sidewalks/Boulevards

✦✦ Specify a set distance from all of the above



PROMOTE LOWER RISK CANNABIS USE GUIDELINES

There is no universally safe level of cannabis use and the only way to avoid all risk of harm is to not use at all.



- Delay the onset of cannabis use until after adolescence (or as late as possible).
- Avoid the use of high-potency (THC) cannabis products.
- Refrain from smoking, deep inhalation practices, and frequent (daily/near daily) use.
- Use legal/regulated cannabis products whenever possible.
- Avoid unintended poisoning by ensuring all products, especially edibles, are kept away from children and pets.
- Avoid cannabis use during pregnancy and lactation.

PREVENT AND REDUCE IMPAIRED DRIVING

DRIVING WHILE CANNABIS IMPAIRED IS A PRIMARY CAUSE OF CANNABIS-RELATED DEATH



15-30% of people who use cannabis drive under the influence



Refrain from driving for at least 3 hours after smoking, and 6 hours after eating cannabis