



Health and Wellness

Legalization and Regulation of Cannabis

August 22, 2017

Atlantic Summer Institute on Healthy and Safe Communities
2nd Symposium on Promoting Child and Youth Mental Health

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- High rates among youth
- Criminal records
- Organized crime
- Popular opinion

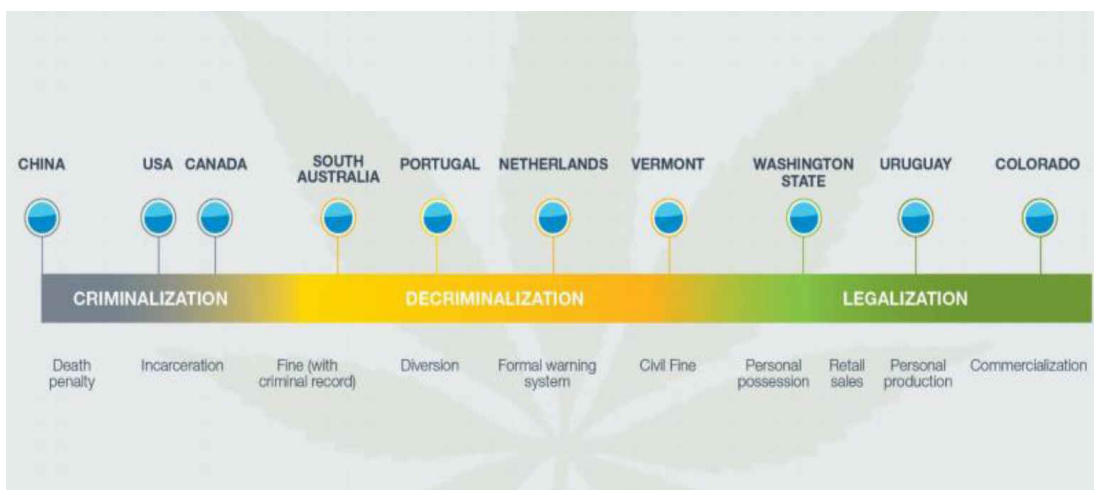
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- “The Government will continue to work to keep all Canadians safe, while at the same time protecting our cherished rights and freedoms.”
- “To that end, the Government will introduce legislation ... that will legalize, regulate and restrict access to marijuana”



Chief Public Health Office

- Epidemiology and health effects of cannabis use
- Potential health impacts of legalization
- Public health policy decisions

EPIDEMIOLOGY AND HEALTH EFFECTS

When you smoke the herb, it reveals you to yourself.

-- Marley

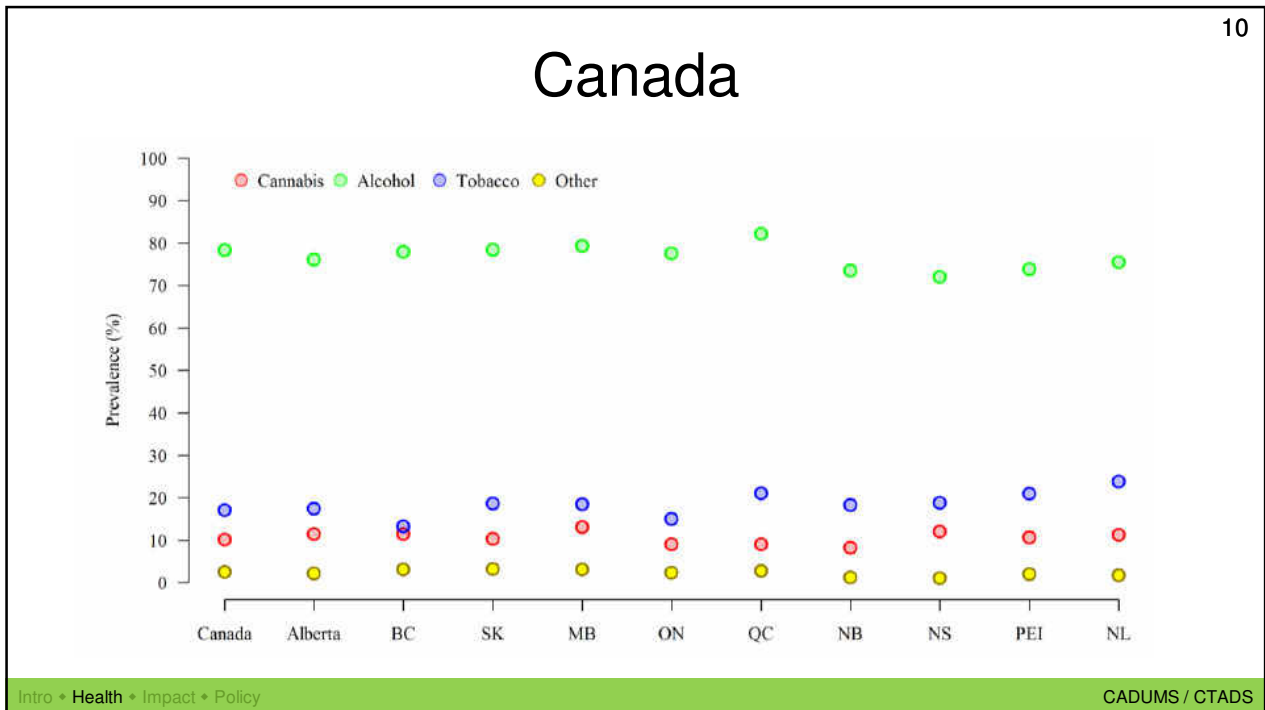
Cannabis

cannabis	<ul style="list-style-type: none"> • Most scientifically accurate term • Formal communications and planning documents
marijuana	<ul style="list-style-type: none"> • More common/popular term • Web pages for search engine optimization
weed, pot, etc.	<ul style="list-style-type: none"> • Most commonly used by public • Social media and appropriate conversations

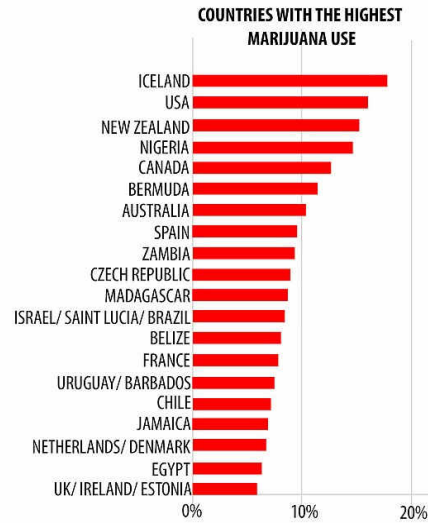
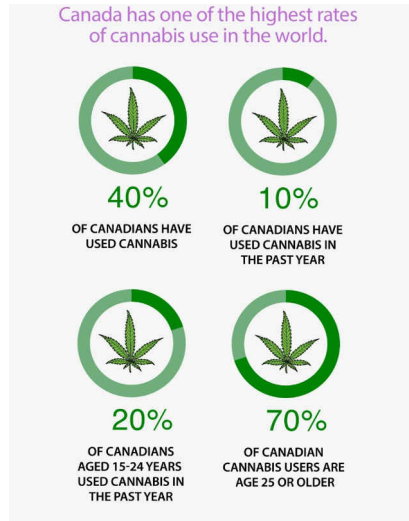
CBD binds indirectly with the cannabinoids receptors
THC binds directly with the cannabinoids receptors

CBD is non-psychoactive
THC is psychoactive

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University of Calgary



Canada

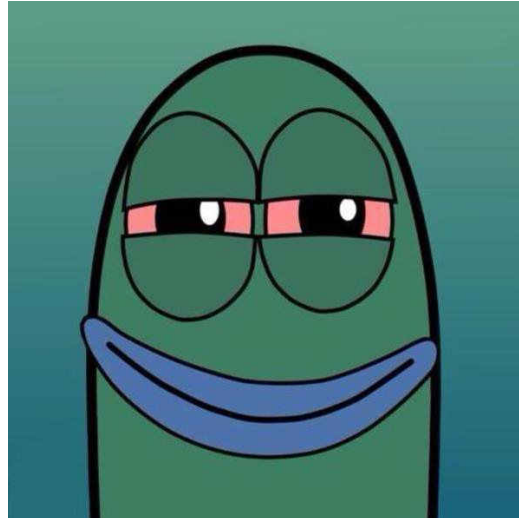


Prince Edward Island

- Adult past year use 2004-2015
 - 10.7% similar to Canada; highest 18-24 years; increasing trend 45+
- Student past year use 2006-2014
 - M: 26-33%; F: 19-26%; increase w/ grade; >50% initiate before age 16
- Higher prevalence groups similar to Canada
 - Ages 15-34, males, no university degree, never married, concurrent use of alcohol, tobacco and illicit drugs

Desired

- Happy, relaxed feeling
- Slightly altered LOC
- Distorted perceptions
- Change in affect/behaviour

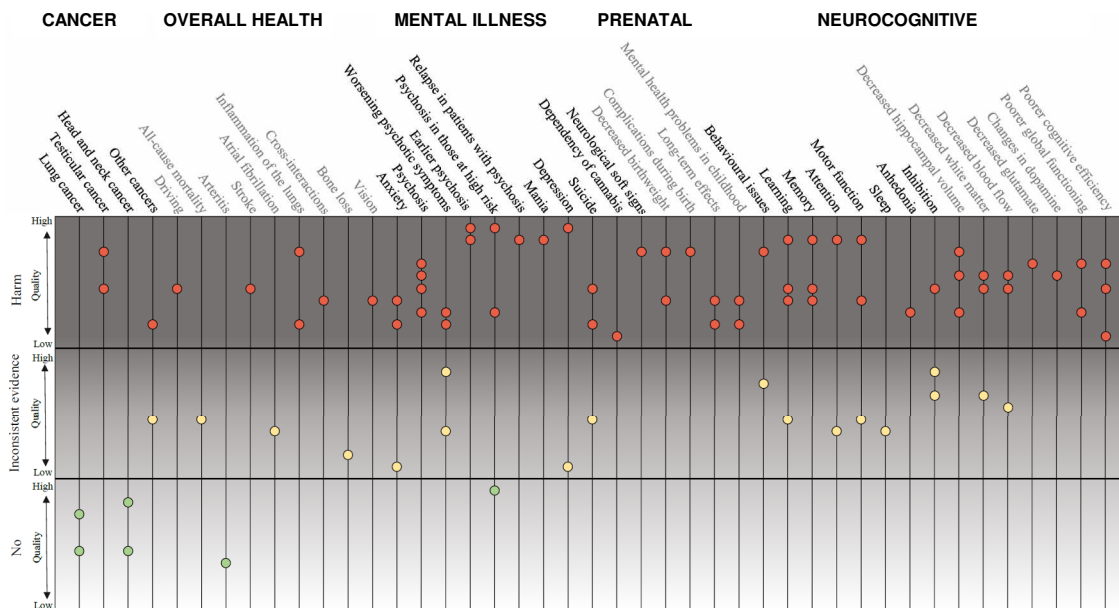


Short-term Health Harms

- Cognition and coordination
- Anxiety and psychotic symptoms
- Cardiovascular and respiratory
- Pregnancy
- Traffic injuries and fatalities
- Acute toxicity

Long-term Health Harms

- Cannabis use and dependence
- Cognitive
- Mental health
- Social and educational



WEIGHING THE IMPACT

*When wealth is lost, nothing is lost; when health is lost, something is lost;
when character is lost, all is lost.*

-- Graham

Tobacco

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- Factors
 - Concurrent use
 - Dopaminergic pathways
 - Shared genetic, temperamental and psychological factors
- Tobacco use → cannabis dependence
- Reverse gateway: cannabis use → late initiation and nicotine dependence



Alcohol



Opioids





Heroin use is part of a larger substance abuse problem.

Nearly all people who used heroin also used at least 1 other drug.

Most used at least **3** other drugs.

Heroin is a highly addictive opioid drug with a high risk of overdose and **death** for users.

People who are addicted to...

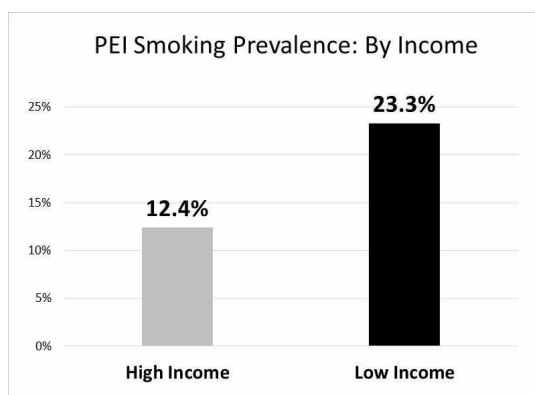
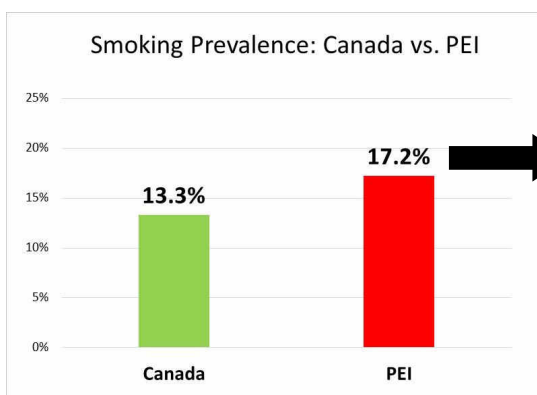
 ALCOHOL	 MARIJUANA	 COCAINE	 Rx OPIOID PAINKILLERS
are	are	are	are
2x	3x	15x	40x

...more likely to be addicted to heroin.

SOURCE: National Survey on Drug Use and Health (NSDUH), 2011-2013.



Tobacco Use in PEI



Cannabis: Populations At Risk

- Children, young adults (15-34), males, Indigenous
- Mental health, addictions, concurrent tobacco/illicit drugs
- Unemployed, low education, truant, poor social supports
- Other social determinants...

Colorado

- Usage
 - Past 30d youth ↑ 20%
 - Past 30d adult ↑ 63%
- MVCs
 - Cannabis-related traffic deaths ↑ 37%
- Health Services
 - ED cannabis-related visits ↑ 49%
 - Cannabis-related hospitalizations ↑ 32%

Population Impact ?

- Cannabis dependence
- Depression, anxiety, psychosis
- Neurocognition
- School performance
- Lifetime achievement

POLICY IMPLICATIONS

My administration's position... is that legalization is not the answer.

-- Obama

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Federal Policy Objectives

- Protect the young
- Undermine organized crime
- Reduce and redistribute enforcement burden
- Prevent criminal records
- Engage in public health approach
- Gather data to guide policy/legislation

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Minimize Harms	Safe Supply Chain	Public Safety	Medical Access
Minimum age	Wholesale model	Strengthened laws and enforcement	Separate medical access framework
Sales access restrictions	Retail model	Impairment tools and research	Integrate tax
Advertising and marketing restrictions	Home cultivation	Use restricted in public places	Clinical research
Pricing and taxation			
Product development and packaging			
Public education			

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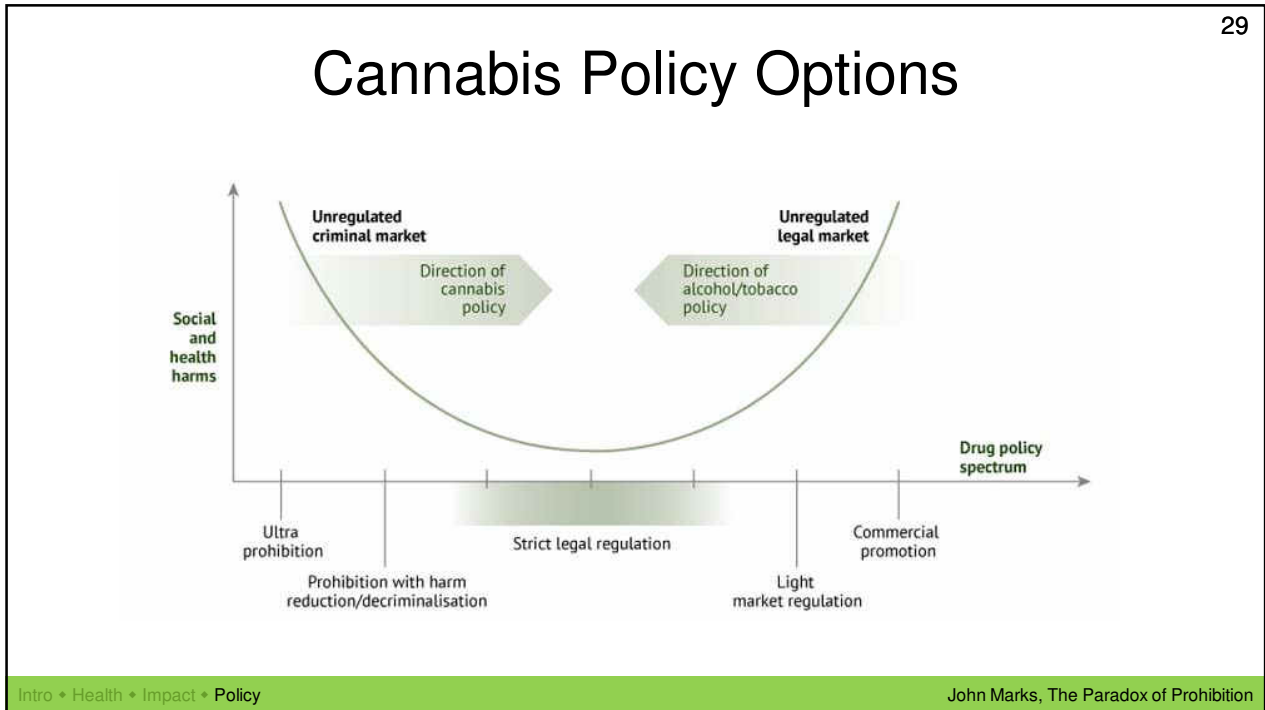
CANNABIS
CAMH recommends legalization with strict regulation

CAMH offers 10 basic principles to guide regulation of legal cannabis use.

- ESTABLISH A GOVERNMENT MONOPOLY ON SALES**
Control boards provide an effective means of controlling consumption.
- PROHIBIT MARKETING, ADVERTISING AND SPONSORSHIP**
Products should be sold in plain packaging with warnings about risks of use.
- SET A MINIMUM AGE**
Sales or supply of cannabis products to underage individuals should be penalized.
- PRODUCT INFORMATION SHOULD BE CLEARLY DISPLAYED**
In particular, products should be tested and labelled for THC and CBD content.
- LIMIT AVAILABILITY**
Place caps on retail density and limits on hours of sales.
- CURTAIL HIGHER-RISK PRODUCTS AND FORMULATIONS**
This would include higher-potency formulations and products designed to appeal to youth.
- ADDRESS & PREVENT CANNABIS-IMPAIRED DRIVING**
Develop a comprehensive framework that includes prevention, education and enforcement.
- CURB DEMAND THROUGH PRICING**
Pricing policy should curb demand while minimizing the continuation of black markets.
- INVEST IN EDUCATION AND PREVENTION**
Need both general and targeted initiatives for specific groups e.g. adolescents, people with a history of mental illness.
- ENHANCE ACCESS TO TREATMENT AND EXPAND TREATMENT OPTIONS**
Include a spectrum of options from brief interventions for at-risk users to more intensive interventions.

Logos: cmaaj, CPHA/ACSP, Canadian Centre on Substance Abuse, Canadian Paediatric Society

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Marijuana Sales Top \$1 Billion in Colorado, Washington Combined

Posted by **Mary Chastain** Saturday, February 11, 2017 at 5:00pm [Share](#) [Tweet](#) [Comment](#)

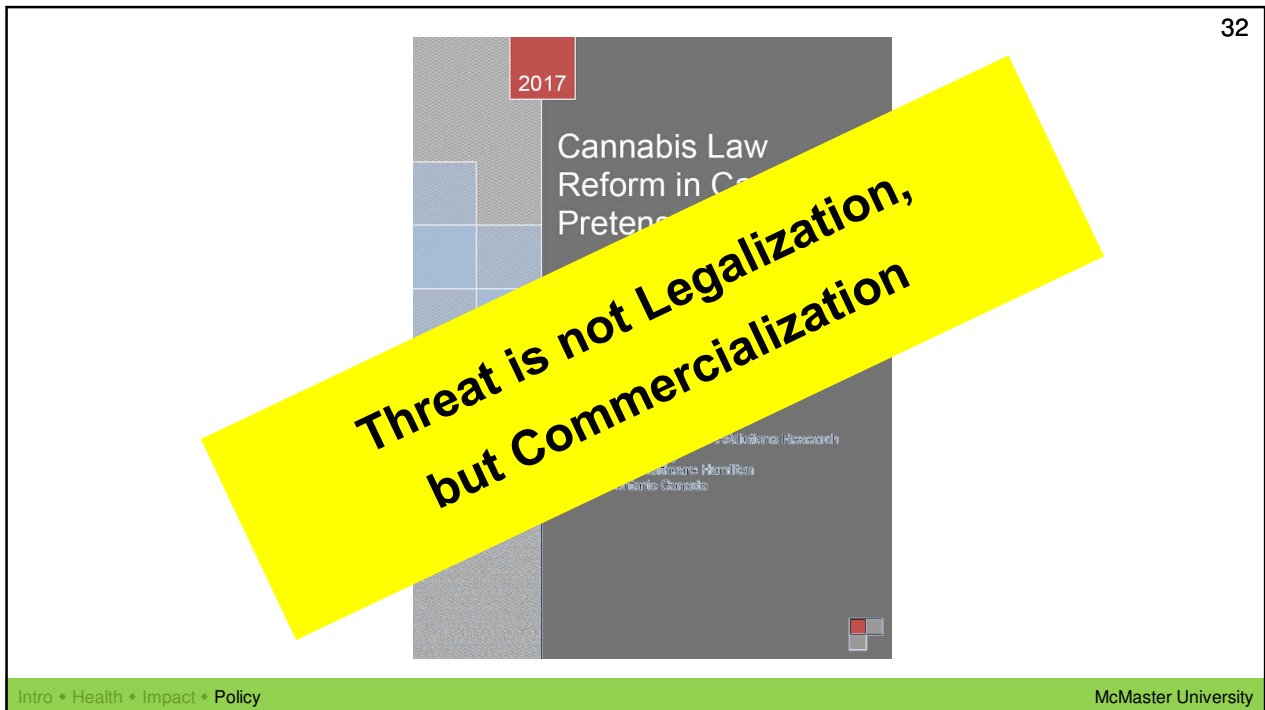
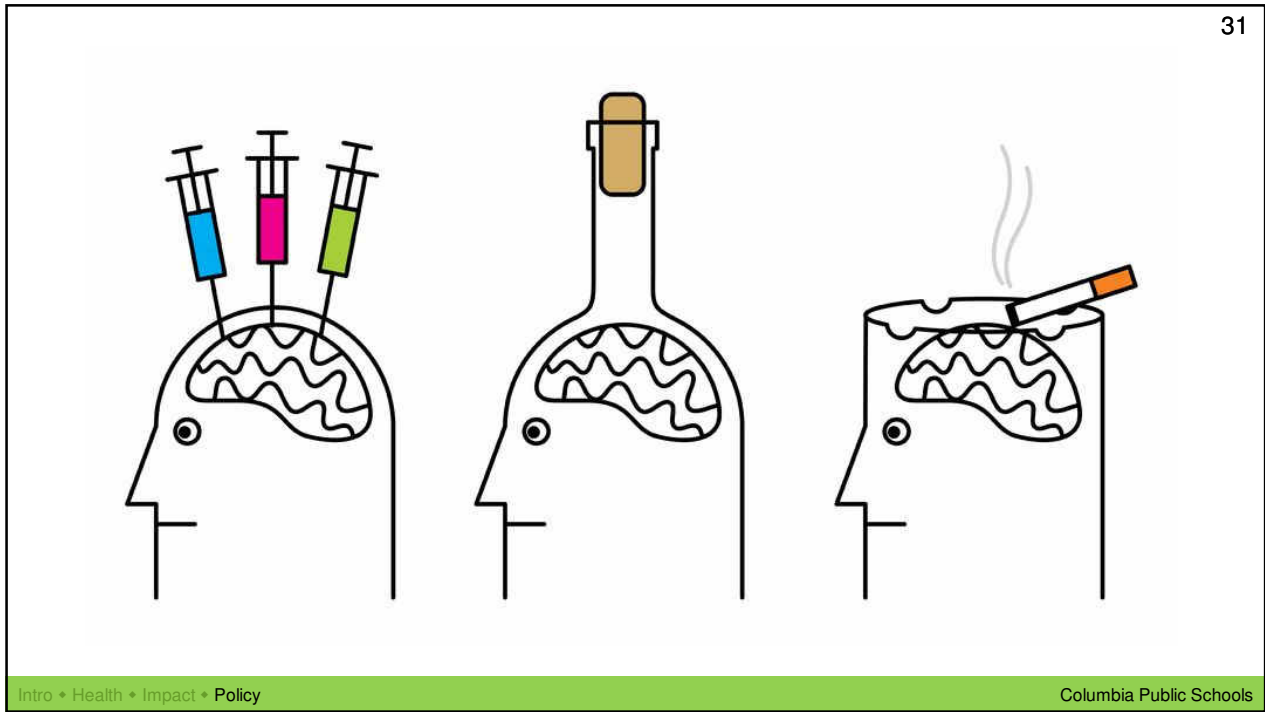
Colorado earned \$200 million in tax revenue.



Policy Objectives

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EDITORIAL

Cannabis legislation fails to protect Canada's youth

Diane Kelsall MD MEd

■ Cite as: *CMAJ* 2017 May 29;189:E737-8. doi: 10.1503/cmaj.170555

With tabling of Bill C-45, the federal government has moved one step closer to fulfilling its election promise to legalize the use of cannabis in Canada, despite concerns over the many health risks associated with its use. The purported purpose of the act is to protect public health and safety,¹ yet some of the act's provisions appear starkly at odds with this objective, particularly for Canada's youth.

ance protection of the developing brain with the hope of reducing use of illicit cannabis among youth.

The federal government has stepped back from setting national standards for retail distribution systems.¹ Because provinces and territories are mandated to set their own regulations, ease of access to cannabis will likely differ across the country and include various combinations of mail order, online

Conclusion

- Cannabis use is associated with health harms
- Legalization likely to increase consumption and health risk
- Strict regulation can mitigate population health risk

Urgent need to advance Public Health Policy to protect Child and Youth Mental Health



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