

Sources

American College of Obstetricians and Gynecologists: <https://www.acog.org/womens-health/infographics/marijuana-and-pregnancy>

Centers for Disease Control and Prevention: <https://www.cdc.gov/marijuana/health-effects/index.html>; <https://www.cdc.gov/marijuana/featured-topics/what-we-know-about-marijuana.html>

Fischer, Hall, W., Fidalgo, T. M., Hoch, E., Foll, B. L., Medina-Mora, M.-E., Reimer, J., Tibbo, P. G., & Jutras-Aswad, D. (2023). Recommendations for reducing the risk of cannabis use-related adverse psychosis outcomes: A public mental health-oriented evidence review. *Journal of Dual Diagnosis*, 19(2-3), 71–96. <https://doi.org/10.1080/15504263.2023.2226588>

Geisel School of Medicine at Dartmouth College; Dr. Alan Budney, Center for Technology and Behavioral Health: <https://www.c4tbh.org/>

National Institutes of Health: <https://nida.nih.gov/publications/drugfacts/cannabis-marijuana>

If you or someone you love is struggling with substance use, please consult the SAMHSA treatment locator here:

<https://www.findtreatment.gov/>



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Cannabis Walk & Talk

Cannabis (marijuana) has become more medically and recreationally available in the last decade. It is now one of the most used drugs in the United States, especially among young people. Despite it being more readily accessible, cannabis should not be considered harmless and can in fact have negative effects on users' health and functioning.

- Cannabis that is laden with THC (the mind-altering chemical that causes a “high”) can lead to substance use-related problems.
- There is currently NO clinically significant data to suggest any form of cannabis (including THC, hemp, and CBD) relieves symptoms related to pain, depression, anxiety, attention-deficit/hyperactivity disorder (ADHD), post-traumatic stress disorder (PTSD), or psychosis.
- Cannabis use during pregnancy is associated with preterm birth, low birth weight, and abnormal neurological development.
- Cannabis can be ingested in a variety of methods including in food (edibles), vaping, or smoking.

- Cannabis can negatively impact many mental health issues.
- Starting cannabis use in adolescence can increase the likelihood of mental health issues.
- Cannabis can cause adverse drug interactions and liver toxicity.
- The amount of THC in cannabis has increased in recent decades, making it more potent.
- Cannabis is frequently used in combination with other substances like alcohol or opioids. Using multiple substances can increase the risk of misuse, impairment, and harm.
- Those aged 55 and older are the fastest growing population using cannabis.