

Cannabis, Marijuana & THC Facts

What is Cannabis?

Cannabis is a genus of flowering plants that includes several species, with the three most commonly discussed being *Cannabis sativa*, *Cannabis indica*, and *Cannabis ruderalis*.

- THC (Tetrahydrocannabinol): This is the psychoactive compound in cannabis that produces the "high" associated with marijuana use.
- CBD (Cannabidiol): A non-psychoactive compound, CBD has gained popularity for its potential therapeutic benefits, such as reducing anxiety, pain, and inflammation (*Not FDA Approved).
- Other Cannabinoids: Cannabis contains over 100 other cannabinoids, each with varying effects and properties.
- Hemp contains less than 0.3% THC, while marijuana primarily contains THC, which causes an intoxicating effect.

DPCPs from CBD/Hemp (Derived Psychoactive Cannabis Products)

- Hemp primarily contains CBD
- When scientists extract CBD from Hemp and chemically alter it, they create CBD-derived products called DPCPs, which are intoxicating and produce effects similar to Delta-9 THC.
- These products are synthetically manufactured and are not naturally occurring.
- None of the DPCPs have been approved by the FDA for human consumption.
- Examples are Delta-8, Delta-10, THC-O, and 23 other varieties.

THC Extracts

THC extracts are created by isolating THC from cannabis plant material, resulting in a highly potent substance that can be used in various ways.

- i.e.: Hashish, Cannabis Oil, Shatter, Dabs, Waxes, Budder, Live Resin, Distillates and THC Isolates
- They can be vaped, dabbed, used in Edibles, Tinctures or in Topical products like lotions.
- Today, many retailers promote and profit from products containing up to 95–99% THC!

THC Edibles

Edibles are food and drink products infused with cannabis-derived THC. The THC can be extracted from the marijuana plant or synthetically created from CBD.

Edibles come in various forms, including:

- Gummy candies
- Chocolates
- Sodas and juices
- Cookies and other treats

THC Potency has Rapidly Increased

- In the 1970s, 'Woodstock weed' contained roughly 1–3% THC.
- Since then, the potency of marijuana has steadily increased, with today's plant material averaging 20–23% THC

THC Effects on People

When consuming edibles, or smoking marijuana, not everyone experiences the same thing. Each person processes THC products differently, and factors like weight, metabolism, gender, and eating habits can influence how quickly THC is absorbed into the body.

- Reduced hand-eye coordination
- Dizziness
- Increased blood pressure
- Confusion, anxiety, panic or paranoia
- Difficulty thinking or concentrating, including impaired learning and memory
- Psychosis, such as seeing or hearing things that are not real
- Relaxed or "high" feeling
- Increased heart rate
- Slower reactions

Cannabis, Marijuana & THC Facts (Cont...)



There are More Daily Users of Marijuana than Alcohol

In 2022, for the first time, the number people using daily or near-daily (DND) marijuana surpassed those using DND alcohol with 17.7 million DND marijuana users compared to 14.7 million DND alcohol users.



Marijuana is Addictive

Over the past few decades, the THC content in marijuana has steadily increased. Research indicates that 1 in 6 people who start using the drug before the age of 18 may become addicted.



Impact of Marijuana/THC on Youth Brain Development

Marijuana use can exacerbate mental health conditions. It may increase the risk of anxiety and depression and worsen symptoms of existing depression. Research also shows that marijuana use can elevate the risk of psychosis in individuals.



Addiction is a Pediatric Onset Disease

According to a study by the National Center on Addiction and Substance Abuse (CASA) at Columbia University, 90% of Americans who meet the clinical criteria for addiction began using substances before the age of 18.



Earlier Teens Use Any Substance, the Greater the Risk of Addiction

Teens who begin using substances before the age of 15 are six times more likely to develop an addiction compared to those who delay use until they are 21 or older.



Young Men; Highest Risk of Schizophrenia Linked with CUD

An NIH study highlights the importance of proactively screening for, preventing, and treating cannabis use disorder, particularly among young people. It indicates that up to 30% of schizophrenia cases in males aged 21 to 30 could be preventable by avoiding cannabis use disorder.



11 Times Greater Risk of Psychotic Disorder for Adolescents

A May 2024 study by Cambridge University Press found that cannabis use, compared to non-use, was associated with over 11 times the risk of developing a psychotic disorder at any point during adolescence (ages 12–19).



Marijuana Edible-Related Poison Control Calls Increased 3,311%

According to data from America's Poison Centers, from 2016 to 2022, calls to poison control centers regarding marijuana edibles among children aged 0–12 years increased by 3,311%.

- In the past 12 months alone, there were 9,105 reported cases as of July 2024.



National Poison Data System, America's Poison Centers

You can reach your local poison center by calling Poison Help at 1-800-222-1222. To save the number in your mobile phone, text POISON to 301-597-7137

Resources

Search "marijuana" on these websites:

- [samhsa.gov](https://www.samhsa.gov)
- [cdc.gov](https://www.cdc.gov)
- [smartapproachestomarijuana.org](https://www.smartapproachestomarijuana.org)
- [nida.nih.gov](https://www.nida.nih.gov)

