



Cannabis: Public Health Challenges

Presentation to

Council Education Session

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Dr. Karim Kurji

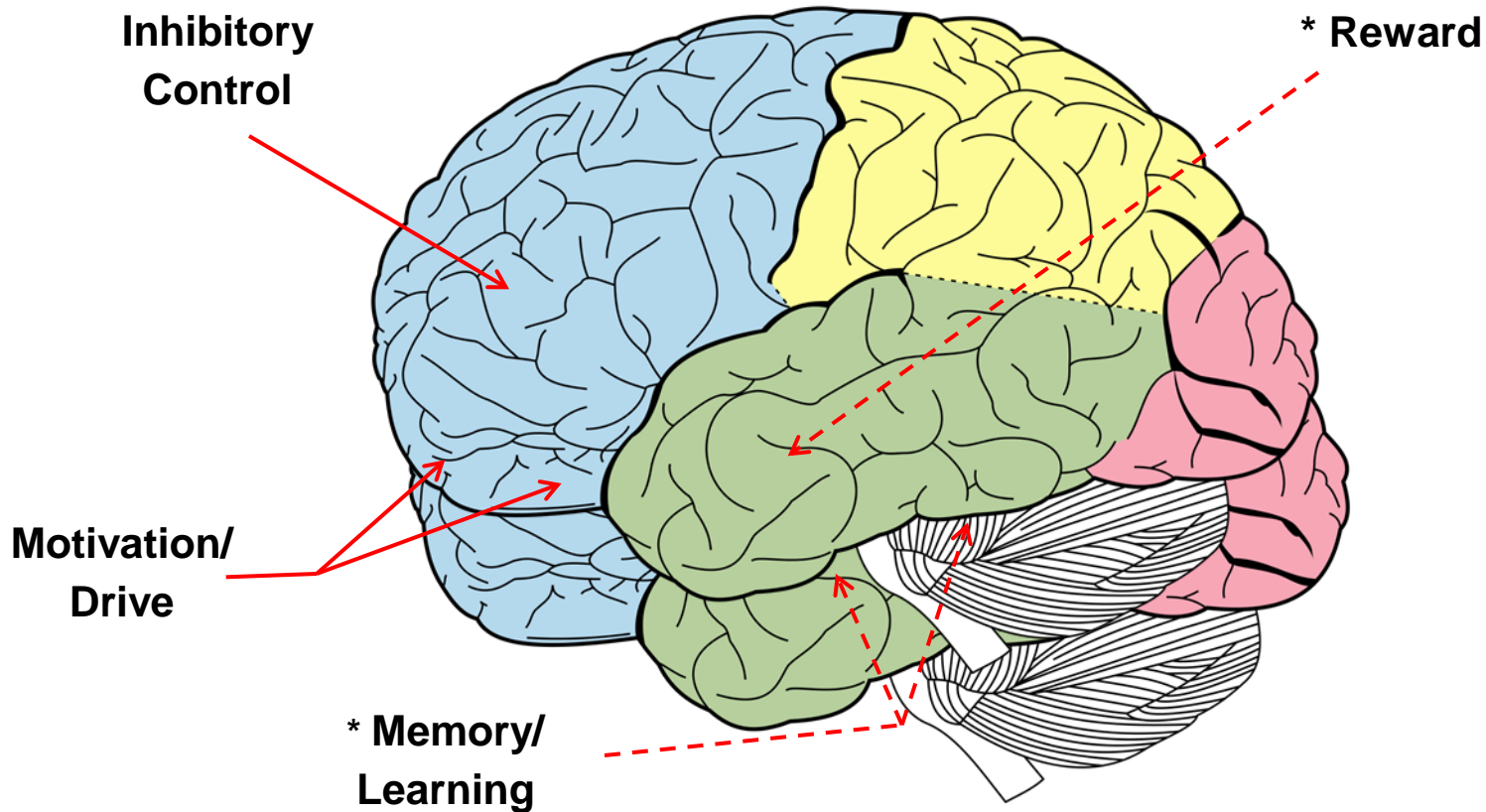
York Region Medical Officer of Health

What are the two cannabinoids we should know about?

Cannabis

- 600 compounds, 60 cannabinoids
- THC (Tetrahydrocannabinol), CBD (cannabinol)
- THC harmful, CBD possibly helpful
- **1975:** THC 3%, CBD 3%
- **Today:** THC 25-35%, CBD < 0.1%

Where does cannabis act?



Cognitive impairment: impulse control, working memory, decision making, executive function, impaired academic performance

* Inside the brain

What factors make cannabis worse?



Lower Risk

- Adults
- Low THC Content
- Low Frequency

Higher Risk

- Genetics
- Mental Health Disorder or Predisposition
- Adolescence
- Higher THC content
- Frequency
- Habitual



Cannabis Use Disorder



Psychiatric Disorders

- Schizophrenia
- Depression
- Anxiety
- Social Phobias
- Personality Disorders
- Obsessive Compulsive Disorders

Lower-Risk Cannabis Use Guidelines

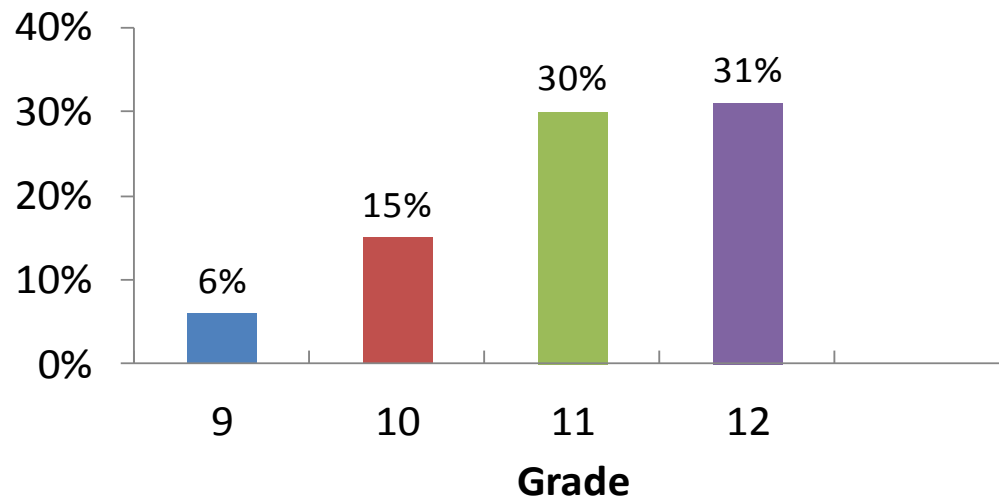
- Abstinence
- Age of initiating use
- Choice of product
- Cannabis use and practices
- Frequency and intensity of use
- Use and driving
- Special-risk populations
- Combining risk behaviours

Source: Centre for Addiction and Mental Health. Canadian Research Initiative in Substance Misuse. Canada's lower-risk cannabis use guidelines (LRCUG). An evidence-based tool to guide choices and improve the health of Canadians who use cannabis [Evidence Brief on the Internet]. Toronto: CAMH; 2017 [cited 2018 Jan 24]. Available from:

https://www.camh.ca/en/research/news_and_publications/reports_and_books/Documents/LRCUG.KT.Professional.15June2017.pdf

How many York Region residents smoke cannabis?

- 274,000 (30%) of 914,000 York Region adults ages 18 years and over have used cannabis at least once in their lifetime
- 12,800 (22%) of 58,300 York Region students ages 14 - 17 years reported using cannabis in the past year
- Proportion of York Region students in each grade who have smoked cannabis in the last year



CAMH Recommends Legalization with Strict Regulation

- Establish a government monopoly on sales
- Set a minimum age
- Limit Availability
- Curb demand through pricing
- Curtail higher-risk products and formulations
- Invest in education and prevention
- Prohibit marketing, advertising and sponsorship
- Product information should be clearly displayed
- Address and prevent impaired driving
- Enhance access to treatment and expand treatment options

Source: Crepault JF. Cannabis policy framework [Internet]. Toronto: Centre for Addiction and Mental Health; 2014 [cited 2018 Jan 28]. Available from:

https://www.camh.ca/en/hospital/about_camh/influencing_public_policy/Documents/CAMHCannabisPolicyFramework.pdf

What are the implications and costs for Public Health?

Implications

- Enforcement challenges
- Second hand cannabis smoke
- Education
- Increase in tobacco use
- Edibles

Costs

- Inspection and educational – 4 FTE's (\$0.5M annually)