

Recreational Marijuana is Bad for Michigan's Health

Research shows that both short- and long-term use of marijuana has negative health effects. States that have legalized recreational marijuana have seen increases in marijuana use. Increased use in adolescents, young adults, and pregnant and nursing mothers is of great concern. As a health care provider, help protect the health of Michigan and inform others of the risks of legalization of marijuana.

Pregnancy and Lactation

THC crosses the placenta and accumulates in breast milk



Prenatal exposure leads to:

- Lower childhood reading and spelling scores¹
- Inattention and impulsivity at age 10²
- Deficits in problem solving²
- Increased newborn startles and tremors¹
- Predicts marijuana use by age 14²

The concentration of THC in marijuana and in THC extracts is much higher than marijuana from decades ago

Use of these very strong extracts is relatively new, yet available evidence shows that those using them have more depression, anxiety, and use of other drugs compared to those using traditional marijuana⁸



Children and Adolescents

1 in 6 teens that use marijuana will become addicted

- Youth in states with legalized marijuana say it is "very easy" to get marijuana³
- Adolescents using marijuana regularly score worse on tests of memory, learning, visual scanning, cognitive flexibility³
- Weekly use of marijuana by adolescents is associated with impaired learning, memory, math, reading, and failure to graduate from high school⁴
- Adolescents and young adults that use marijuana are more likely to have psychotic symptoms as adults⁴
- Adolescents that are regular marijuana users are much more likely to use other illicit drugs, such as heroin and cocaine, and the younger marijuana is first used, the more likely the use of other illicit drugs⁵

Adults

- Marijuana users are over 2x more likely to move on to abuse prescription opioids⁶
- Marijuana users are 3x more likely to become addicted to heroin⁷
- Long-term daily or near daily marijuana use is associated with cyclic vomiting, called cannabinoid hyperemesis syndrome⁴
- Daily or near daily marijuana use is associated with developing a psychotic disorder such as schizophrenia⁴
- Strong evidence shows an association between daily or near-daily marijuana use and chronic bronchitis⁴
- Daily or near daily marijuana use may be associated with bullous lung disease and pneumothorax in individuals younger than 40 years of age⁴



1 in 11 adults that use marijuana will become addicted

¹American College of Obstetricians and Gynecologists. (2015). Marijuana use during pregnancy and lactation. Committee Opinion No. 637. *Obstet Gynecol*, 126, 234-8.

²Behne, M., Smith, V. C., & Committee on Substance Abuse. (2013). Prenatal substance abuse: short- and long-term effects on the exposed fetus. *Pediatrics*, peds-2012.

³Smart Approaches to Marijuana (SAM). (2018). Lessons Learned From Marijuana Legalization in Four U.S. States and D.C. <https://learnaboutsam.org/wp-content/uploads/2018/04/SAM-Lessons-Learned-From-Marijuana-Legalization-Digital.pdf>

⁴Retail Marijuana Public Health Advisory Committee (2016). Monitoring Health Concerns Related to Marijuana in Colorado: 2016. Retrieved on May 2, 2017 from <https://www.colorado.gov/pacific/cdphe/marijuana-health-report>.

⁵Centers for Disease Control and Prevention. (2015). Vital Signs: Today's heroin epidemic. <https://www.cdc.gov/vitalsigns/heroin/index.html>

⁶Olson, M., Wall, M. M., Liu, S. M., & Blanco, C. (2017). Cannabis use and risk of prescription opioid use disorder in the United States. *American Journal of Psychiatry*, 175(1), 47-53.

⁷Repp, K., & Raich, A. (2014). Marijuana and health: a comprehensive review of 20 years of research. Washington County Oregon: Department of Health and Human Services

⁸Chan, G. C., Hall, W., Freeman, T. P., Ferris, J., Kelly, A. B., & Winstock, A. (2017). User characteristics and effect profile of Butane Hash Oil: an extremely high-potency cannabis concentrate. *Drug and alcohol dependence*, 178, 32-38.