

YOUTH SUBSTANCE USE PREVENTION

Edible Cannabis

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RISING POPULARITY

The 2023 Monitoring the Future Survey showed that 23% of teenagers report using marijuana (in any form) at least once in their lifetime.** Studies have shown that states who are moving towards the legalization of marijuana show higher rates of teen consumption of edibles.

Edible cannabis has increased in popularity for several reasons including more positive attitudes towards marijuana legalization as well as the growing awareness of the health consequences of smoking.

Oral consumption of THC results in a much more powerful “high” with longer-lasting effects. The effects of THC from smoking marijuana are felt immediately and last 1-2 hours while edible forms of THC will not be felt for up to 90-minutes and may last 6 or more hours.

This timing is entirely dependent on the timing of digestion, the amount ingested, metabolism rates, and whether or not any other substances were consumed.



The THC Truth

THE OVERDOSE IS REAL

Acute Marijuana Intoxication (AMI) symptoms include the following:

- Extreme confusion, anxiety, panic or paranoia
- Hallucinations and/or delusions
- Increased blood pressure
- Fast heart rate
- Severe nausea and vomiting

Not Just Brownies

THE FIVE FORMS OF EDIBLE CANNABIS

Foods: brownies, cookies, cupcakes, granola bars

Drinks: juices, teas, sodas, flavored concentrates

Candies: gummies, lollipops, hard lozenges

Butters & Oils: used to make edibles

Tinctures: infused liquids with alcohol, honey or vegetable glycerin to be consumed sub-lingually for fastest absorption.

Unique Risks

EDIBLES POSE A GREATER RISK OF OVERDOSE AND ADDICTION

Risks associated with edible cannabis products are extensive. To start, the potency of THC has gone from 2% in the 1960s to 17-28% in 2017*.

Higher potency of THC increases the risk of overdose, a higher baseline for tolerance, and subsequently an increased risk of addiction. The delayed onset of edibles raises the likelihood of overconsumption as people often underestimate the delay and subsequently take more.

Studies show a link between marijuana use and psychosis with the greatest risk around edibles consumption. Inadvertent consumption by children remains a significant concern.

In 2016, Poison Control Centers reported 187 calls for marijuana exposure of children under 12. In 2020, that number rose to more than 3100 with the majority of the children under the age of 5.

Not only does deceptive packaging of edibles appeal to children but it also means these products are easily overlooked by legal authorities, school staff, family, and caregivers.

*Stuyt, Elizabeth. “The Problem with the Current High Potency THC Marijuana from the Perspective of an Addiction Psychiatrist.” Missouri medicine vol. 115,6 (2018): 482-486.

**Johnston LD, Miech RA, O’Malley PM, et al. Monitoring the Future national survey results on drug use, 1975-2020: Overview, key findings on adolescent drug use. Institute for Social Research, University of Michigan; National Institute on Drug Abuse at the National Institutes of Health, Ann Arbor, MI 2021.

Safer Isn't Safe

MEDICAL VS. RECREATIONAL: IS THERE A DIFFERENCE?

Terms like “medical marijuana” and “medical grade” marijuana are very misleading. Scientifically, there is NO DIFFERENCE between “medical marijuana” and recreational marijuana.

The term refers only to the fact that the product is being distributed for medical purposes. There is no guarantee of cleaner production, higher potency, or “safer” indicator.

While marijuana is often used to treat a variety of conditions, the FDA has only approved medical marijuana for the treatment of specific forms of epilepsy.



Edible cannabis is often considered the “safer” alternative to smoking marijuana but it ultimately increases one’s risk of underestimating the risks of intoxication, addiction, and unintended consumption.

At LSIS we continuously educate students that “safer” does not mean “safe”. Edibles are in no way “safer” than any other form of marijuana.

While the risk of lung cancer is minimized, the risk of overdose, psychosis, and other risky behaviors associated with impaired judgment and motor control is increased.

Know The Code

Thanks to social media, the slang terms used by students change frequently. We do our best to keep up.

Here are terms and emoji’s to watch for:

- Tree
- Flower
- Gas
- Clover
- Flames
- Bush
- Cocktail
- Lace
- Brownie
- Firecracker



*<https://pubmed.ncbi.nlm.nih.gov/34952279/#:~:text=In%20absolute%20terms%2C%20there%20were,substantially%20between%20states%20in%202021.>