



# Cannabis



Center for Health Promotion

# What's in cannabis (marijuana)?

There are over 480 natural components of the Cannabis sativa plant. The two most well known and researched components are THC and CBD.

## THC versus CBD

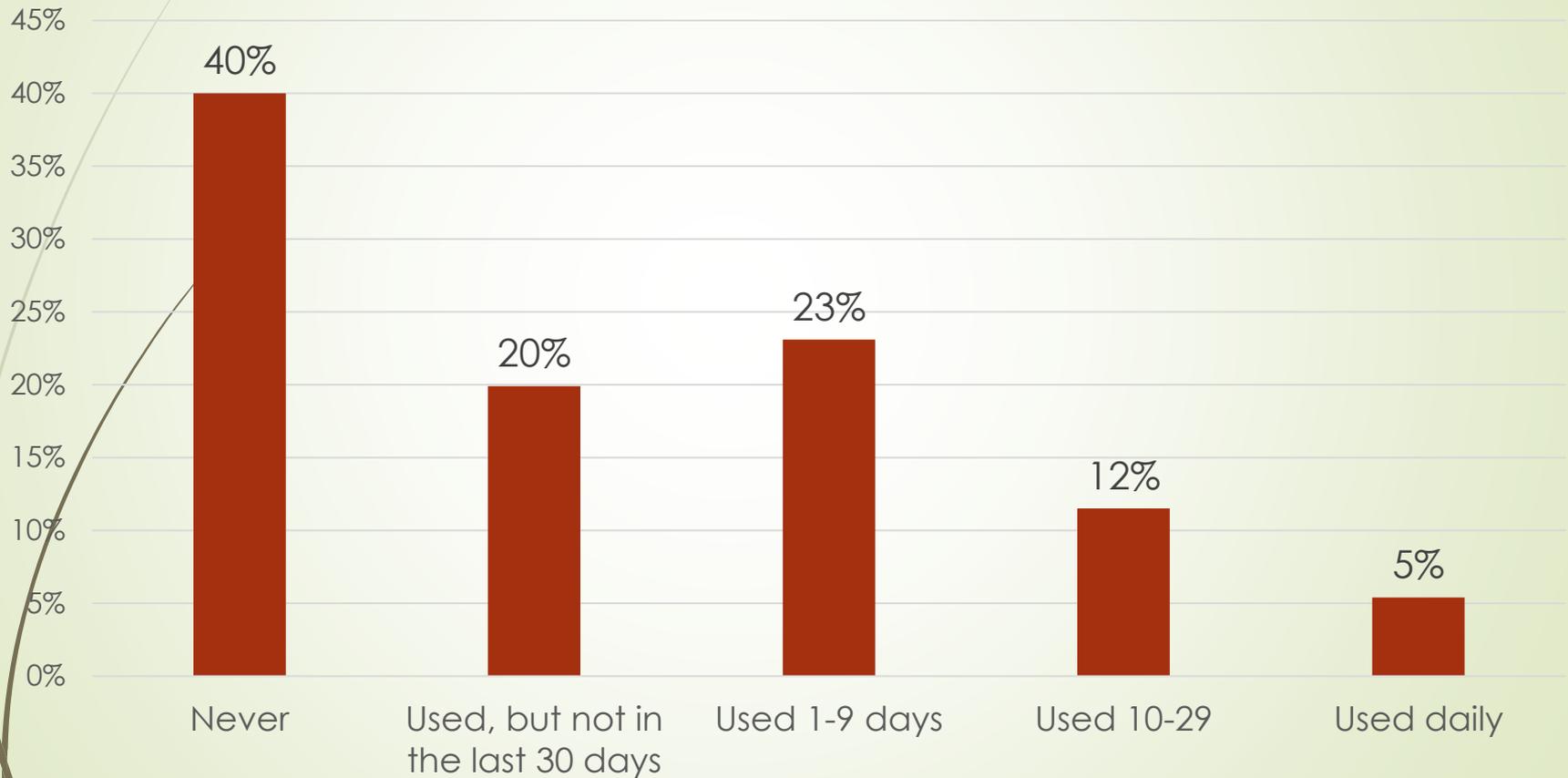
- ▶ THC = Tetrahydrocannabinol
  - ▶ Part of weed that causes the “high”
  - ▶ Much stronger potency than even 20 years ago
- ▶ CBD = Cannabidiol
  - ▶ Medicinal effects
  - ▶ Thought to interact with THC to lessen the anxiety and other psychoactive effects of THC



# IC Social Norms:

Past-month cannabis use among Ithaca College students

Percentage of IC survey respondents



Data collected from the Ithaca College National College Health Assessment February 2019  
IC undergraduate students

# Legal Issues

Some states have legalized recreational cannabis use for people 21 years of age or older. New York is not yet one of those states. (As of 11/2020)



There are other states that have legalized the medical use of marijuana, but not the recreational use.

The federal government still maintains that marijuana is an illegal substance.



# How people may feel when they use:

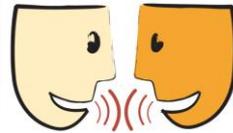
Less self-conscious

Sleepy



Unmotivated

Talkative



Sociable

“Chilled out”



Happy

Relaxed

Paranoid



Nauseous

Depressed



Breathing difficulties (long term use)

Issues with memory/attention

Less anxious/more anxious



# “Not your parent’s or grandparent’s weed”

- THC levels have increased from about 4% in the 1980s to 20% or higher now.
- Oils, dabs/shatter and other similar products have higher THC levels than the plant, because they are highly concentrated.
  - Some people have needed medical treatment after using concentrates
- Synthetic marijuana (spice, mango kush) is not real marijuana. It contains chemicals made in a lab, and the effects are highly unpredictable.

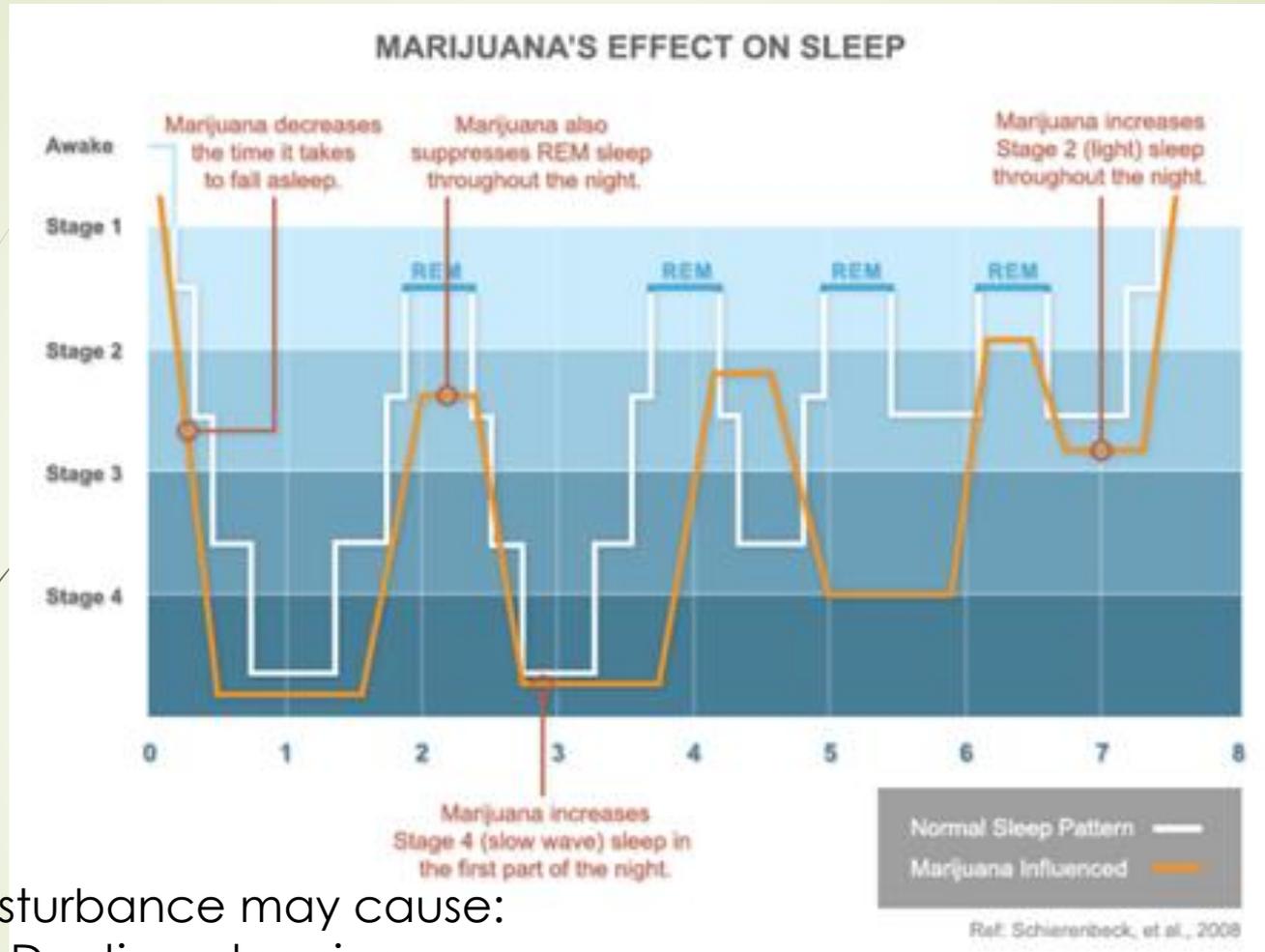


# The effects of edibles

- Difficult to predict the effects on an individual
- Absorbed slower into the bloodstream
- It can take up to 1-2 hours to feel the effect
- Children can mistake an edible for a regular brownie, cookie, candy, etc.



# Cannabis and Sleep



REM disturbance may cause:

- ✓ Daytime sleepiness
- ✓ Problems with concentration
- ✓ Problems with muscle development
- ✓ Depressed mood
- ✓ Increased anxiety and irritability

White line- regular sleep pattern Orange line- sleep pattern under MJ use

# Is cannabis addictive?



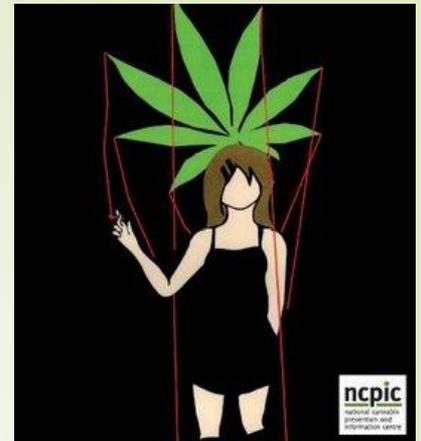
- Addiction is defined as substance use despite when that use causes problems in areas of life, like school, relationships, and work.
- Studies show that regular cannabis use can cause:
  - Difficulty thinking
  - Problems with memory and learning
  - Delayed brain development
  - Can cause dependence (Cannabis Use Disorder).
- Not all people who use cannabis will have problems related to it. Studies show that about 19% of users will develop a Cannabis Use Disorder.

# Who is most vulnerable to developing a Cannabis Use Disorder?

- Age: Younger users (using before age 18) are 4-7 times more likely to develop a Cannabis Use Disorder.
- How much someone uses; how long they've been using, and how often they use.
- Mental health concerns such as depression and anxiety.
- Family history of a substance use disorder (biological parents, grandparents, aunts/uncles).

# Are You In Control?

## Ask yourself ...



- Do you use more weed now than you used to get high?
- Do you spend a lot of time using weed, being high, getting weed, thinking about getting high?
- Do you get nauseous, depressed, irritable, shaky, get the chills and/or the sweats, and crave weed if you haven't used it recently? (withdrawal symptoms)
- Have you experienced issues with your relationships, work, school work, grades, etc. because of using weed?
- Have you thought about quitting or used even though you said you wouldn't?

**If you feel you're not in control, the BASICS Program can help.**

# BASICS- Balancing Alcohol and Substance Use to Improve College Success

- Free, confidential and nonjudgmental
- Discuss personal use patterns
- Identify practical changes for reducing risk
- Email [basics@ithaca.edu](mailto:basics@ithaca.edu) for more information or to set up an appointment
- Spring 2021- We're connecting virtually on Zoom
- Give BASICS a try!