



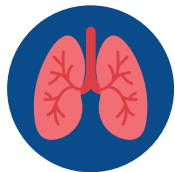
Cannabis Know the impacts

Cannabis and health

Chronic cannabis smoking increases risk of:



Chronic bronchitis, airway inflammation and lung disease



Predictors of more severe risk

- 1 Dose
- 2 Method of use
- 3 Tetrahydrocannabinol (THC) Potency
- 4 Frequency of use



Serious harm is most likely in people with intensive, heavy, daily or almost daily use.

Of people who use cannabis,

25 to 30% experience **adverse outcomes**



Individuals who experience **trauma, isolation, discrimination, violence** or **witness violence**



associated with increased risk of cannabis use

Medical cannabis

While there are considerable **health** and **social risks** associated with cannabis use, cannabis **may be beneficial** in the management of certain medical conditions

What can my community do?

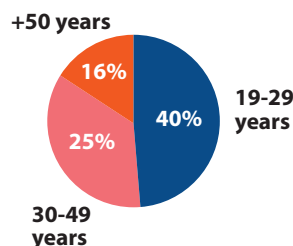
- Promote Canada's Lower-Risk Cannabis Use Guideline
- Review cannabis restrictions; consider consistent policy for nicotine and cannabis products
- Create smoke and vape-free spaces

Statistic

40%

of British Columbians (19+) used cannabis in the past year (2022)

Cannabis use among Fraser Health residents in the past year, by age (2018)



B.C. has among the highest rate of use in the country



Youth and cannabis



Most youth who become frequent users start before their 13th birthday

Youth who start cannabis use early have **increased risk** for **negative** outcomes including:



injury, mental health issues, academic difficulties, and other substance use problems

In 2023, **22%** of BC youth ever consumed cannabis
Of those who use cannabis,

61%  use
1-2 times
per month

73%  **smoked it**

Address the **social determinants of health** in your community to support populations **disproportionally affected** by cannabis-related harms.



Cannabis

What can my community do?

Municipal Planning and Policy

- Protect youth by minimizing their exposure to cannabis through limiting density and proximity of retail outlets especially in public spaces where youth congregate (e.g. recreation centres, malls, parks, schools)
- Restrict any new retail/ consumption opportunities (e.g. farmer's markets, other direct purchasing from farms) to adult only spaces.
- Restrict cannabis advertising, signage and/ or sponsorship.
- Ensure strong smoke and vape-free public spaces bylaws.

Create smoke and vape-free spaces

- Parks and Recreation Spaces
- Public Events and Markets
- Sports Fields/Spray Parks
- Skate Parks
- Beaches and Trails
- Sidewalks/Boulevards



Specify a set distance from all the above

References available upon request:
healthyliving@fraserhealth.ca

Promote Lower Risk Cannabis use Guidelines

There is no universally safe level of cannabis use and the only way to avoid all risk of harm is to not use at all.



- Delay the onset of cannabis use until after adolescence (or as late as possible).
- Avoid the use of high-potency (THC) cannabis products.
- Refrain from smoking, deep inhalation practices, and frequent (daily/near daily) use.
- Use legal/regulated cannabis products whenever possible.
- Avoid unintended poisoning by ensuring all products, especially edibles, are kept away from children and pets.
- Avoid cannabis use during pregnancy and lactation.

Prevent and reduce Impaired Driving

Driving while cannabis impaired is a primary cause of cannabis-related death



In 2023, **17%** of Canadians reported driving after using cannabis



Refrain from driving at least 6 hours after using cannabis