

HEALTH CONCERNS: Marijuana

Prevention
Action Alliance

Behavioral Health

- Studies have found the frequency of marijuana use was significantly associated with the use of other illicit drugs, such as cocaine or crack and heroin, and this association was found to be particularly strong in adolescents.¹
- Data from the CDC's Youth Risk Behavior Surveillance System annual survey finds that lifetime marijuana use is the number one risk factor for prescription opioid misuse.²
- Marijuana intoxication may cause acute psychosis. This effect may depend on the potency and amount that is ingested. Maximum blood concentration after consuming marijuana edibles occurs in ~2 hours.³

Sources

1 Golub A, Johnson BD. The shifting importance of alcohol and marijuana as gateway substances among serious drug abusers. *J Stud Alcohol*. 1994;55(5):607-614 \

2 Jones CM, Clayton HB, Deputy NP, et al. Prescription Opioid Misuse and Use of Alcohol and Other Substances Among High School Students — Youth Risk Behavior Survey, United States, 2019. *MMWR Suppl* 2020;69(Suppl-1):38-46. DOI: <http://dx.doi.org/10.15585/mmwr.su6901a5external icon>.

3 D'Souza DC, Perry E, MacDougall L, et al. The psychotomimetic effects of intravenous delta-9-tetrahydrocannabinol in healthy individuals: implications for psychosis. *Neuropsychopharmacology*. 2004;29(8):1558-1572

HEALTH CONCERNS: Marijuana

Head to Toe

Most of marijuana's effects are short-term. Some, however, are long-term while others can even be permanent. Known effects include: ¹

- **Physical:** Digestive issues, dry mouth and eyes, increased phlegm, rapid heartbeat, red eyes, stinging or burning in mouth or throat, and lung irritation
- **Mental:** Altered sense of time, delusions, hallucinations, memory problems, mood changes, psychosis, slowed reaction time, trouble thinking or problem-solving
- **Systemic:** Affected brain development in teens, affected fetal development, affected tumor growth, breathing problems, increased risk for heart attack, weakened immune system, worsening of respiratory issues

This fact sheet was created by the Marijuana Task Force, a collaboration of the Ohio Prevention Professionals Association and Prevention Action Alliance. Members of the Marijuana Task Force include:

- PreventionFirst!
- Jennifer's Messengers
- Empower Tusc
- Mental Health and Recovery Board of Union County
- Alliance for Substance Abuse Prevention
- Westshore Enforcement Bureau
- Westshore Young Leaders Network
- Summit County Community Partnership

Prevention Action Alliance is a 501(c)3 nonprofit located in Columbus, Ohio. We're dedicated to leading healthy communities in the prevention of substance misuse and the promotion of mental health wellness. Learn more at preventionactionalliance.org.

If you have concerns about your own use of marijuana or of a loved one and wish to seek help, please visit: findtreatment.samhsa.gov/

For more information about marijuana and health, contact Prevention Action Alliance at:
(614) 540-9985
contact@preventionactionalliance.org

Sources

¹ [MEDICALNEWSTODAY.COM/ARTICLES/324948/#PHYSICAL-HEALTH](https://www.medicalnewstoday.com/articles/324948/#PHYSICAL-HEALTH)