



PUBLIC HEALTH

**ALWAYS WORKING FOR A SAFER AND
HEALTHIER WASHINGTON**

Recreational Marijuana 101

Paul Davis, Marijuana Education and Tobacco Prevention

Washington State Department of Health

Overview

- **The Law**
- **DOH Mandates**
- **Today's Marijuana**
- **Medical Vs. Recreational**
- **Marijuana and Health**
- **Education plans**

I-502 Marijuana Legalization in Washington State

- **Persons 21 and over can legally purchase, possess and use:**
 - One ounce of useable Marijuana
 - 16 oz. of marijuana infused product in solid form; or
 - 72 oz. of marijuana infused product in liquid form.
- **It is illegal to drive under the influence of Marijuana**
 - THC levels greater than 5 nanograms per milliliter of blood.
 - Blood test must be done to determine THC blood levels (no breath)
- **It is illegal to consume marijuana in the view of the general public.**



The Department of Health has 3 mandates for implementing Initiative 502

- **Marijuana use public health hotline**
 - utilizing evidence based public health approaches
 - does not advocate an abstinence only approach
- **Media based education campaign**
 - Separately targeting youth and adults
- **Community grants program to prevent/reduce marijuana use by youth.**

Department of Health Mission

- **The Department of Health works to protect and improve the health of people in Washington State.**
- **We will continue to seek connections between marijuana use and health and address the risks as evidence emerges.**

Today's Marijuana

Methods of Marijuana Consumption

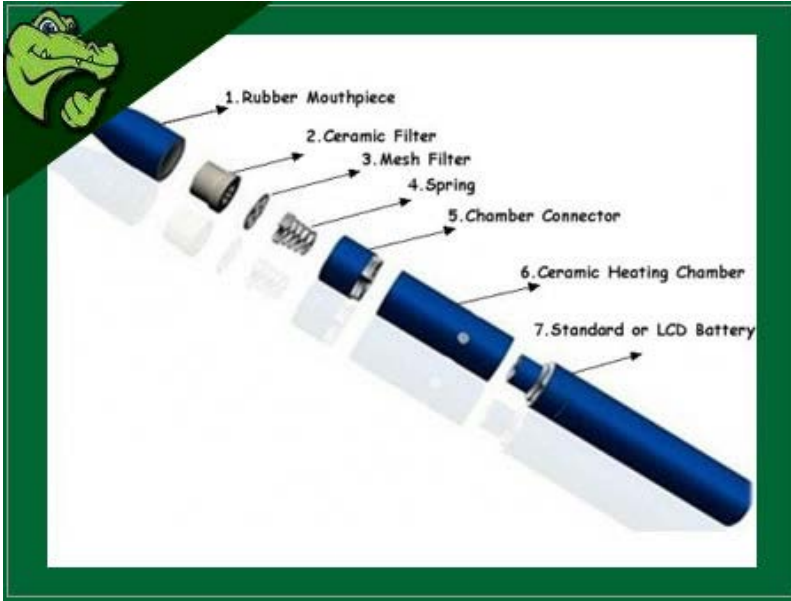
- **Smoking-** most traditional form of ingesting marijuana.
- **Vaporizing-** inhaling active ingredients in marijuana through a vapor instead of smoke.
- **Edibles-** marijuana is infused into foods and/or drinks and are eaten.
- **Topicals-** lotions, salves, balms, and sprays that are applied directly to the skin.
- **Tinctures-** a concentrated form of marijuana in an alcohol solution that can be dropped under tongue.

Smokeable Marijuana



Vaping

Today's Marijuana



Edibles



Topicals & Tinctures



Advertising

THE WORLD'S FIRST NO CARTRIDGE VAPORIZER

THE JACKA
Vaporizing with "The Trippy Stix™"

THE TRIPPY STIX

POWERED for potency
Engineered for ENJOYMENT

tristick

SEA OF GREEN FARMS

FIRST TO BE LICENSED IN SEATTLE AND KING COUNTY UNDER I-502.

Now flowering 57 of the finest strains including:

SOG MK1	Alien on Moonshine	Permafrost
Dutch Hawaiian	Girl Scout Cookies	Harlequin
AC/DC	Jack Skellington	Space Needle
Blue Dream	Snoops Dream	Space Bomb
Dutch Treat	Sleestack	The Flaw

~ SEATTLE'S FIRST AND FINEST ~

206-588-1308 www.seaofgreenfarms.com

SNOOP DOGG

G PER

HERBAL VAPORIZER

SNOOP DOGG

#DOUBLEGSERIES
GRENCOSCIENCE.COM/SNOOPDOGG

The Online Co-op.

GREEN AMBROSIA

Quality Delivered

206-496-2345
greenambrosia.net

144 SEATTLEMAG.COM | DECEMBER 2014



GET INVOLVED!

Hempfest Central
Hemp Boutique &
420 Culture Store

Mon. 2/16 7pm
Reggae Consciousness
014-7th Annual All
Ages Bob Marley
Birthday Concert

Sat. 3/1 6pm
Membership House
Party!

I WANT YOU TO SHOP AT

HEMPFEST CENTRAL

Medical vs. Recreational



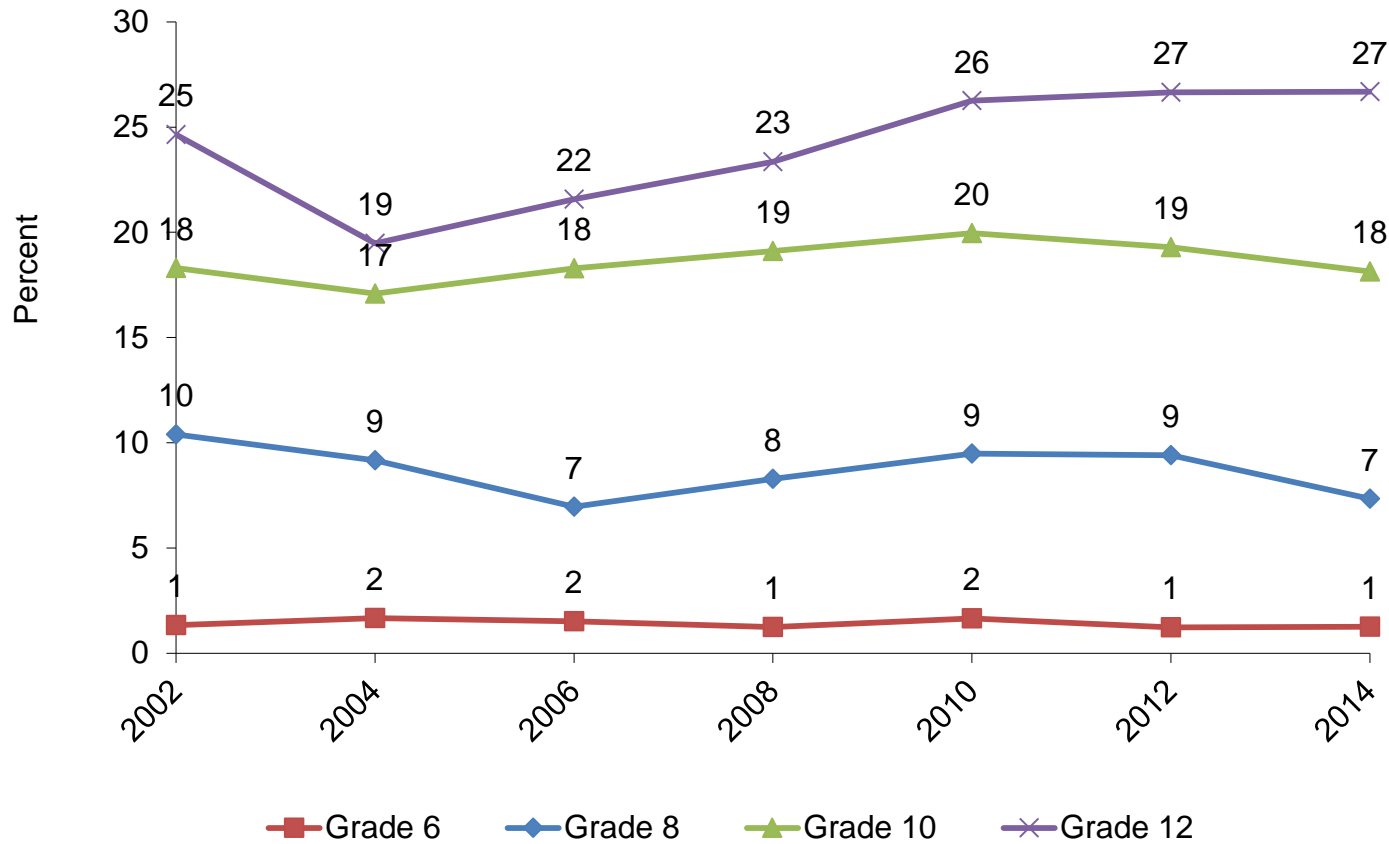
What we know at this time...

- Marijuana is addictive.
- There are health consequences associated with marijuana smoke.
- There are health risks to infants of mothers who use medical or recreational marijuana.
- Driving while under the influence of marijuana is not safe.
- Youth marijuana use is associated with higher addiction rates, lowered IQ, and academic failure.
- Anxiety, Depression, and existing Mental Health conditions.
- **Additional concerns:** Edibles, E-devices, No regulation of Medical Market.

What “Parents” Should Know

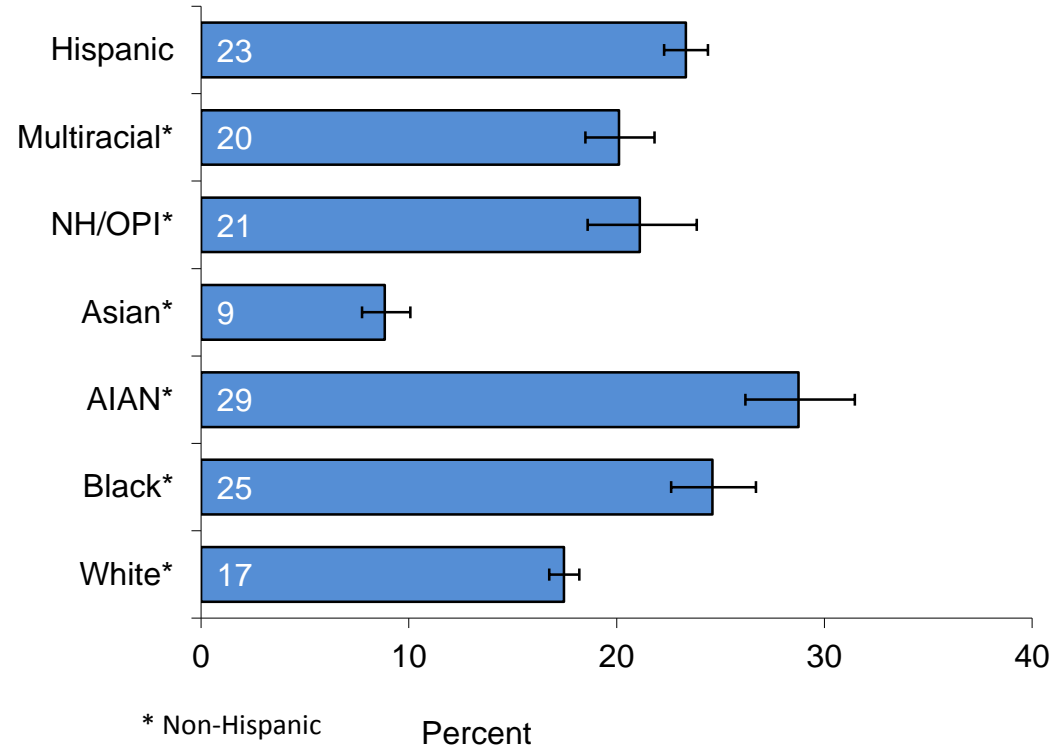
- **Marijuana is Addictive:** Most Teens that enter into Treatment Programs in WA State report that Marijuana is the main or only drug they use.
- **Talk to Your Kids About Marijuana:** Teens who use marijuana often start by age 14. Parents should have ongoing conversations by 4th or 5th grade.
- **Express a No Use Attitude:** Studies have shown that parents are the #1 influence in their children's lives.
- **Monitor your Children:** Ensure that rules are being followed, remain actively involved in your child’s life, and know who their friends (and friends parents) are.
- **Monitor your Own Behaviors:** You are a role model to your child. Avoid heavy drinking around your child. Do not use marijuana around your child.

Marijuana Use by Grade and Year, WA HYS, 2002-2014



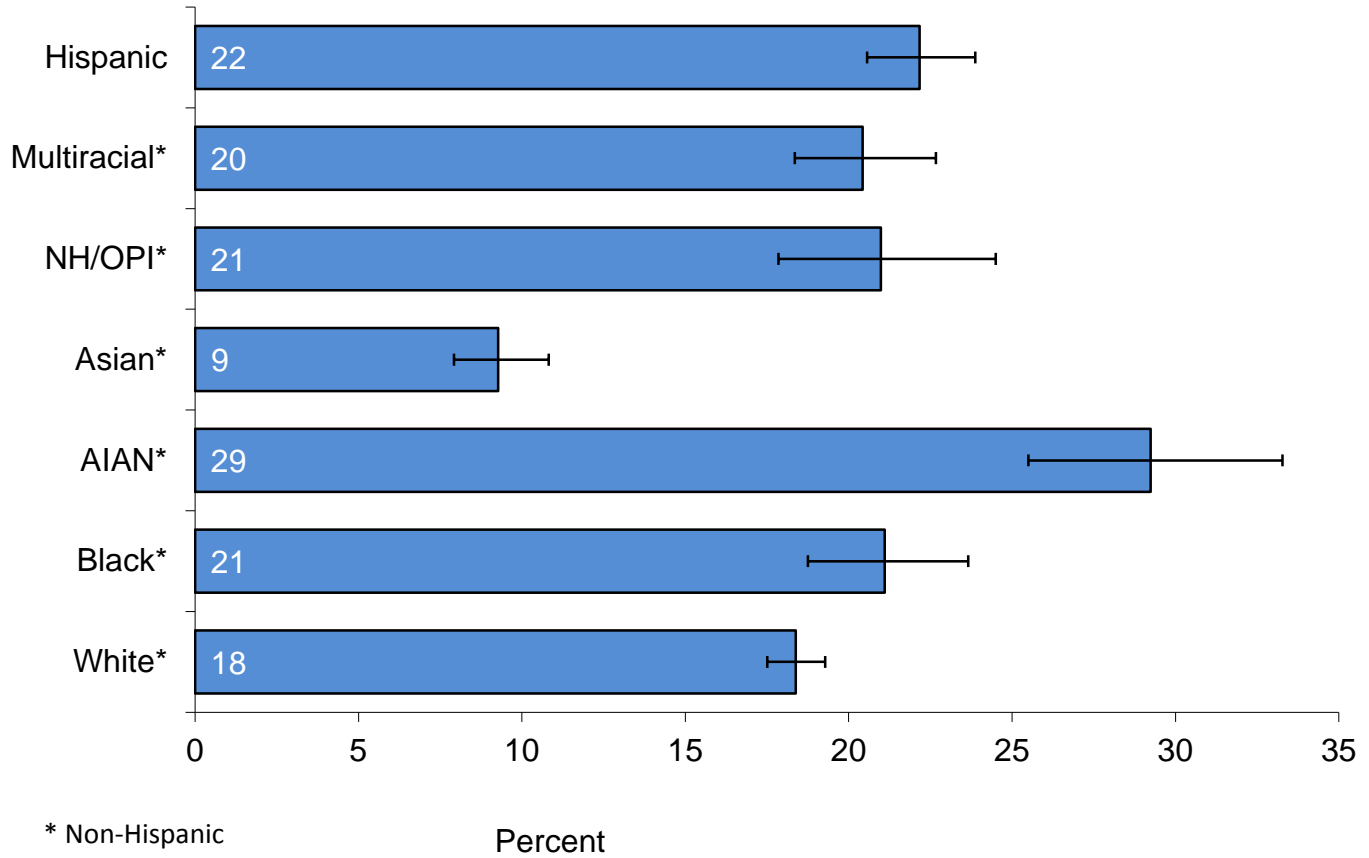
Differences by race and ethnicity

Marijuana Use by Race/Ethnicity Among 10th Grade Youth, WA HYS, 2014



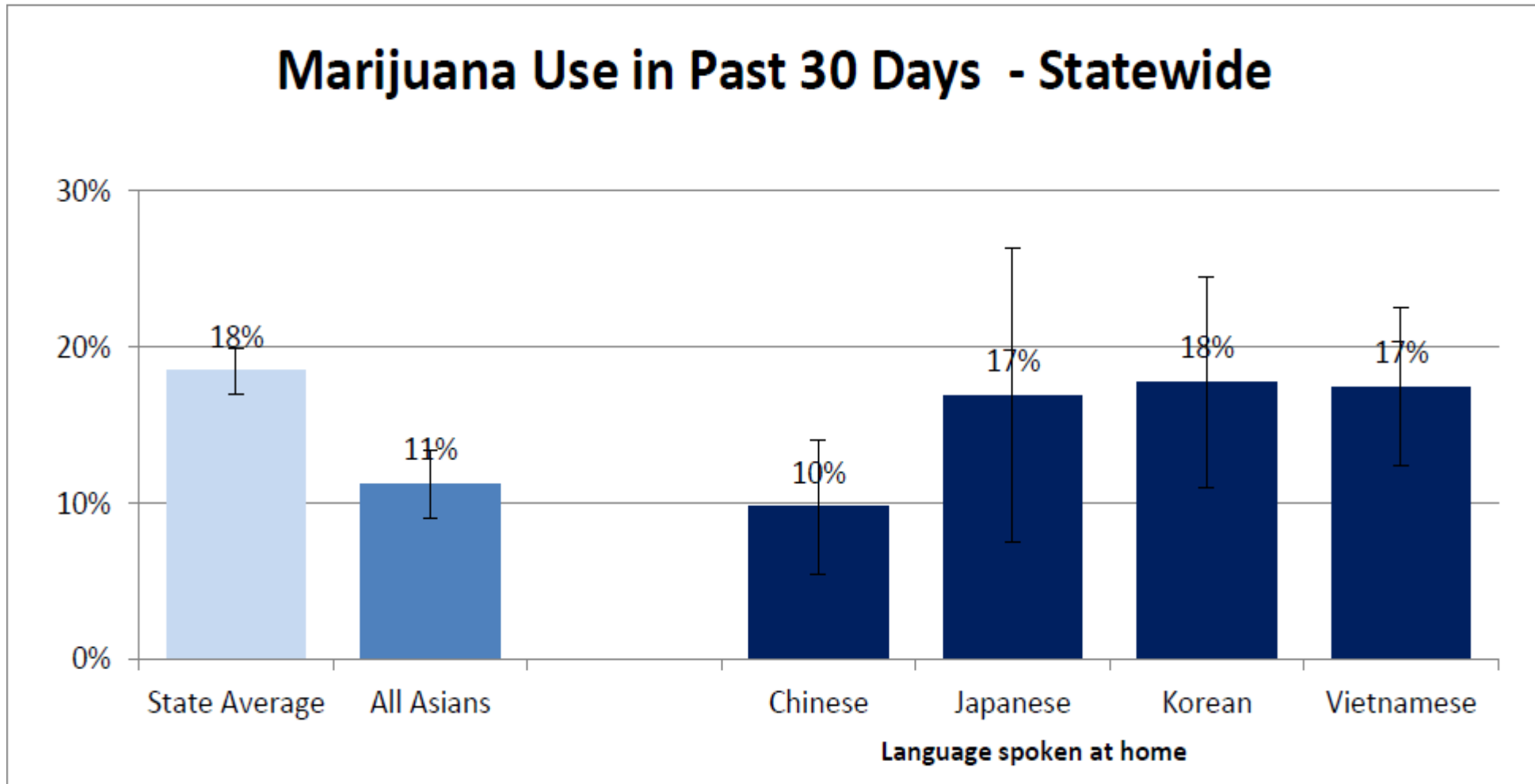
Estimates based all participating schools

Youth E-Cigarette Use by Race/Ethnicity Among 10th Grade Youth, WA HYS, 2014

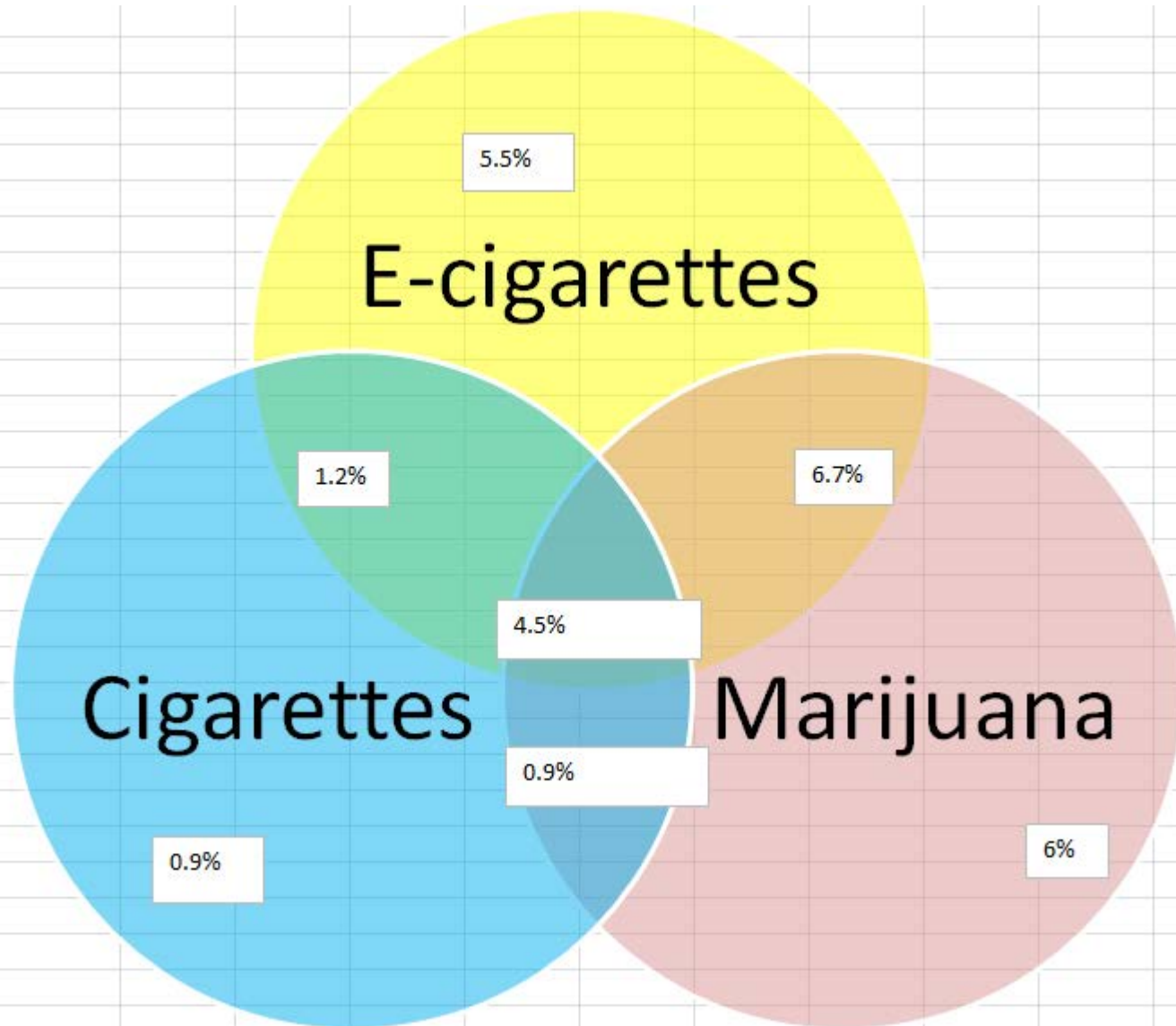


Estimates based on full census of schools

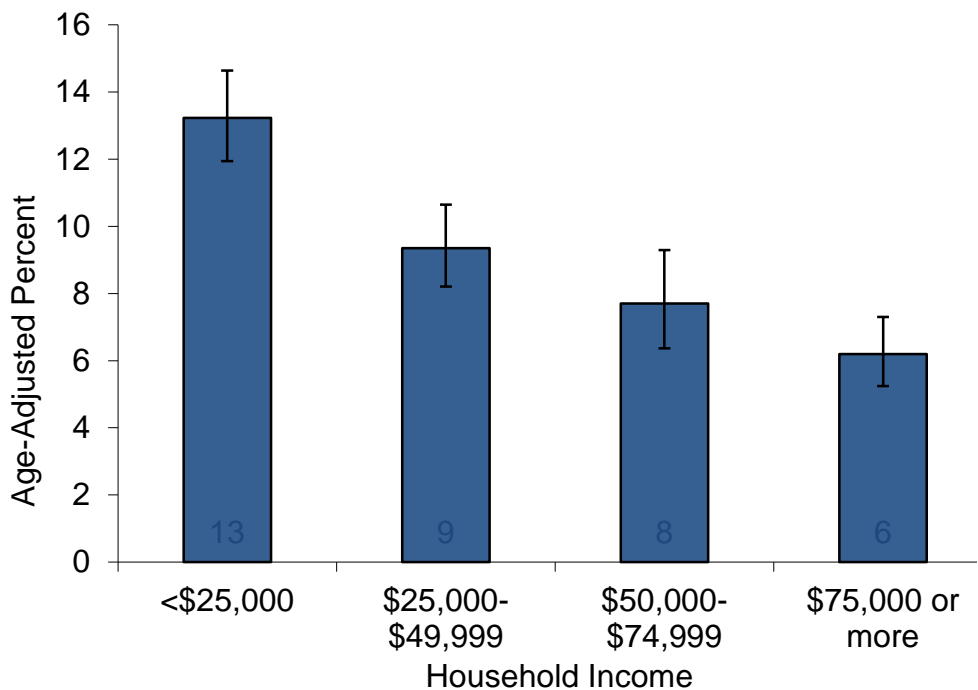
Some 2012 data



Many
youth use
more than
one
substance

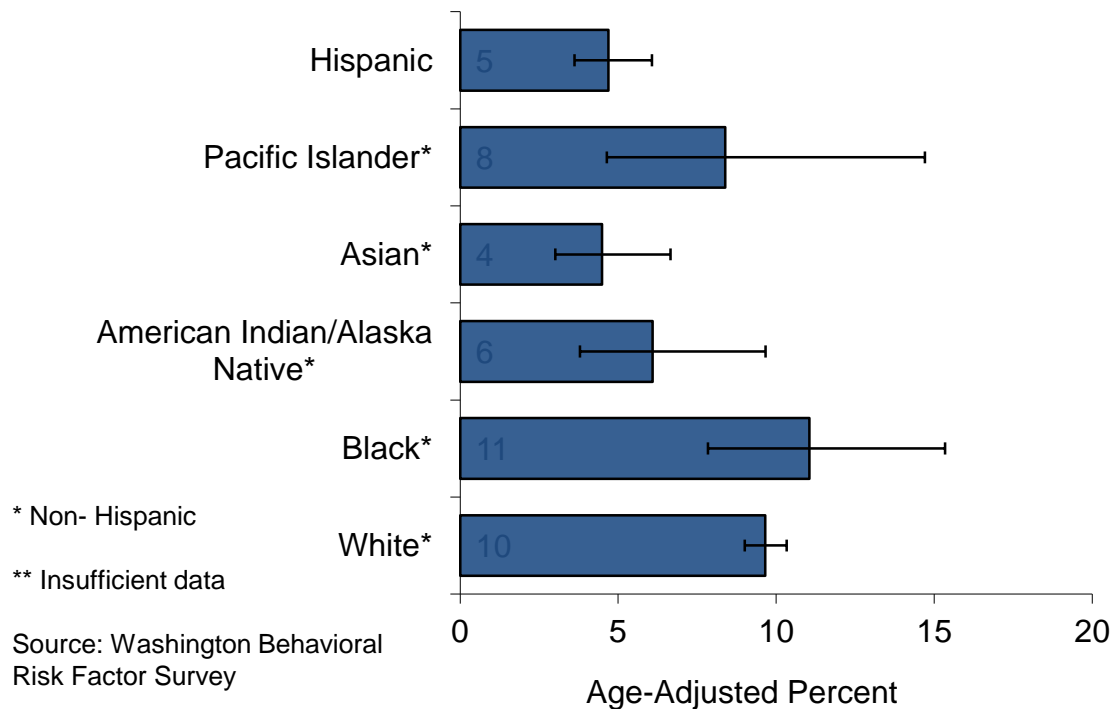


Marijuana Smoking Among Adults by Income as Percentage of Federal Poverty Level in Washington, 2011-2013



Source: Washington Behavioral Risk Factor

Marijuana Smoking Among Adults by Race & Hispanic Origin in Washington, 2011-2013



Next steps:

- What are some ways we can reduce substance abuse?
 - Media campaign
 - Local coalitions
 - Policies and community norms

What's next with media campaign?

- Depends on funding
- Youth focused campaign will be informed by focus groups and other research
- Continue campaign to encourage parents and adults to talk to kids about not using
- www.starttalkingnow.org

Focus Group Findings

- Still gaps in knowledge about the law
- Scare tactics and ‘most of us’ messages tested poorly
- Younger kids think marijuana is more dangerous than older ones
- Parents and other adults are a good source of information, as are schools
- Sharing trustworthy health impacts can be useful
- Many kids don’t want their life experience ‘dulled’

Who is the most powerful influence in your child's life? You.

Believe it or not, you have more influence on your children than friends, music and celebrities. Teens say the #1 reason they don't use alcohol or other drugs is that they don't want to disappoint their parents.

Now that you know the influence you have, click on the Parents tab for tips on how to start talking, and keep talking, to your child, teen or young adult.



Latest Information

Six parenting practices to reduce the chances your child will use alcohol or other drugs

How to prevent alcohol and drug use in three easy steps:

Bond

Children who feel close to their parents are less likely to use alcohol, marijuana or other drugs.

Set Boundaries

Set clear rules and expectations about no alcohol or drug use.

Monitor

Ask who, what, when and where.



The latest news on substance abuse and addiction.

Questions or Comments?

PUBLIC HEALTH
ALWAYS WORKING FOR A SAFER AND
HEALTHIER WASHINGTON

Paul.Davis@doh.wa.gov

(360) 236-3642