



DHD#10 TO LAUNCH EDUCATIONAL CAMPAIGN ON RISKS ASSOCIATED WITH YOUTH MARIJUANA USE

July 12, 2021 – District Health Department #10 (DHD#10) is launching a campaign this summer to educate parents and youth on the effects of youth marijuana use. This campaign will include educational presentations, social media messaging, billboards, and information packets for healthcare providers. This campaign is available through funds received by Crawford, Lake, Manistee, Mason, and Oceana counties.

Marijuana, also known as cannabis, weed, or pot, is the dried flowers and leaves of the cannabis plant and is commonly used for its psychoactive effects. Marijuana interferes with the cannabinoid receptors in the brain which sends messages to nerve cells throughout the nervous system that impact learning, memory, appetite, coordination, and pleasure.

Youth Marijuana use can lead to multiple short and long-term consequences:

1. **Impacted Brain Development:** Since brain development is not complete until our mid-to-late 20s, learning, attention, and memory areas of the brain are impacted.
2. **Reduced School Performance:** Youth who use marijuana are more likely to have lower grades and reading/math scores. Additionally, they are less likely to graduate high school and enroll in college.
3. **Removal from Sports and Activities:** If youth are caught with marijuana, they may be removed from sports activities, suspended, or expelled from school.
4. **Loss of Financial Aid:** Marijuana charges, including Minor in Possession (MIP), can lead to loss of federal financial aid in college.
5. **Unemployment:** Youth who use marijuana are more likely to be unemployed, have a lower income, and less career success.
6. **Increased Risk for Mental Health Problems:** Marijuana use increases the risks of psychosis, anxiety, and decreased overall life satisfaction. It is also associated with an increased risk for schizophrenia (NIDA).
7. **Increased Risk for Physical Health Problems:** Physical health effects of marijuana use include chronic cough and bronchitis, poor coordination, increased heart rate, sleep problems, and severe nausea and vomiting.
8. **Addiction:** One in six teens who use marijuana regularly will become addicted (NIDA).

For more information about youth and marijuana use, visit the National Institute on Drug Abuse for Teens (teens.drugabuse.gov) or talksooner.org (also available as a free mobile app on the App Store and Google Play).

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MEDIA CONTACT

Jeannine Taylor
Public Information Officer
O: 231-876-3823
C: 231-920-4998
E: jtaylor@dhd10.org



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