

YOUTH RISKS OF MARIJUANA USE

May 31, 2022 – District Health Department #10 (DHD#10) is starting a campaign this summer to educate parents and youth on the effects of youth marijuana use, through funds received in Mason, Lake, Oceana, and Crawford Counties. The campaign will include educational presentations for youth and adults, social media messaging, and billboards.

Marijuana, also known as cannabis, weed, or pot, is the dried flowers and leaves of the cannabis plant that is commonly used for its psychoactive effects. Marijuana affects the brain's cannabinoid receptors, which send messages to different nerve cells throughout the nervous system. This can cause learning and memory problems, increased appetite, and poor coordination.

The legalization of medical and adult-use (recreational) marijuana has raised concerns about a potential increase in teenage marijuana use. Preventing and delaying marijuana use in youth is important. Understanding the risks related to marijuana use is key to help our youth move into healthy adulthood.

There are multiple concerns linked to youth marijuana use, including:

- Brain development
 - Since brain development is not complete until our mid-to-late 20s, learning, attention, and memory areas of the brain are impacted.
- School
 - 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 or pursue other professional degrees.
- Sports and activities
 - If youth are caught with marijuana, they may be removed from sports activities, suspended, or expelled from school.
- Financial Aid
 - Marijuana charges, including Minor in Possession (MIP), can lead to loss of federal financial aid in college.
- Employment
 - Youth who use marijuana are more likely to be unemployed, have a lower income, and less career success.
- Mental Health
 - Marijuana use increases the risks of psychosis, anxiety, and decreased overall life satisfaction. It is also associated with an increased risk for schizophrenia (NIDA).
- Physical Health
 - Marijuana use can lead to chronic cough and bronchitis, poor coordination, increased heart rate, sleep problems, and severe nausea and vomiting.
- Addiction
 - One in six teens who use marijuana regularly will become addicted (NIDA).



MEDIA CONTACT

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COUNTIES SERVED:

Crawford
Kalkaska
Lake
Manistee
Mason
Mecosta
Missaukee
Newaygo
Oceana
Wexford



www.dhd10.org



www.facebook.com/DHD10

For more information about youth and marijuana use, check out the National Institute on Drug Abuse for Teens (www.teens.drugabuse.gov) or visit www.TalkSooner.org.

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