



Preventing a Bad Trip: Marijuana Related Injury in the Era of Retail Pot

Rebecca Hebner, MPH
Substance Abuse Prevention Systems Coordinator



COLORADO
Department of Public
Health & Environment

Marijuana Related Injury

1. Unintentional Consumption of marijuana (0-8 years)
2. Overconsumption of marijuana (9+ years)
3. Recreational Injury
4. Driving under the Influence
5. Flash fires, explosions from hash oil extraction

CDPHE's Public Health Response

1. Data Collection

Measure impact of marijuana, our work

2. Public Health Statements

Retail Marijuana Public Health Advisory Committee: 13 member committee charged to review scientific literature on the health effects of marijuana

3. Education Campaigns

Good to Know campaign

4. Partnerships & Collaboration

Regulatory changes, joint efforts

MARIJUANA RELATED INJURY

Unintentional Consumption of Marijuana

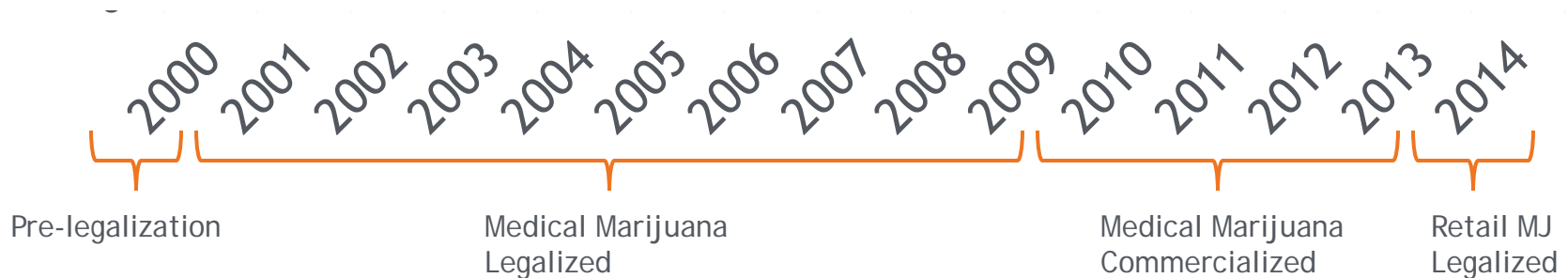
Colorado youth age 8 and under

Possible Marijuana Exposure

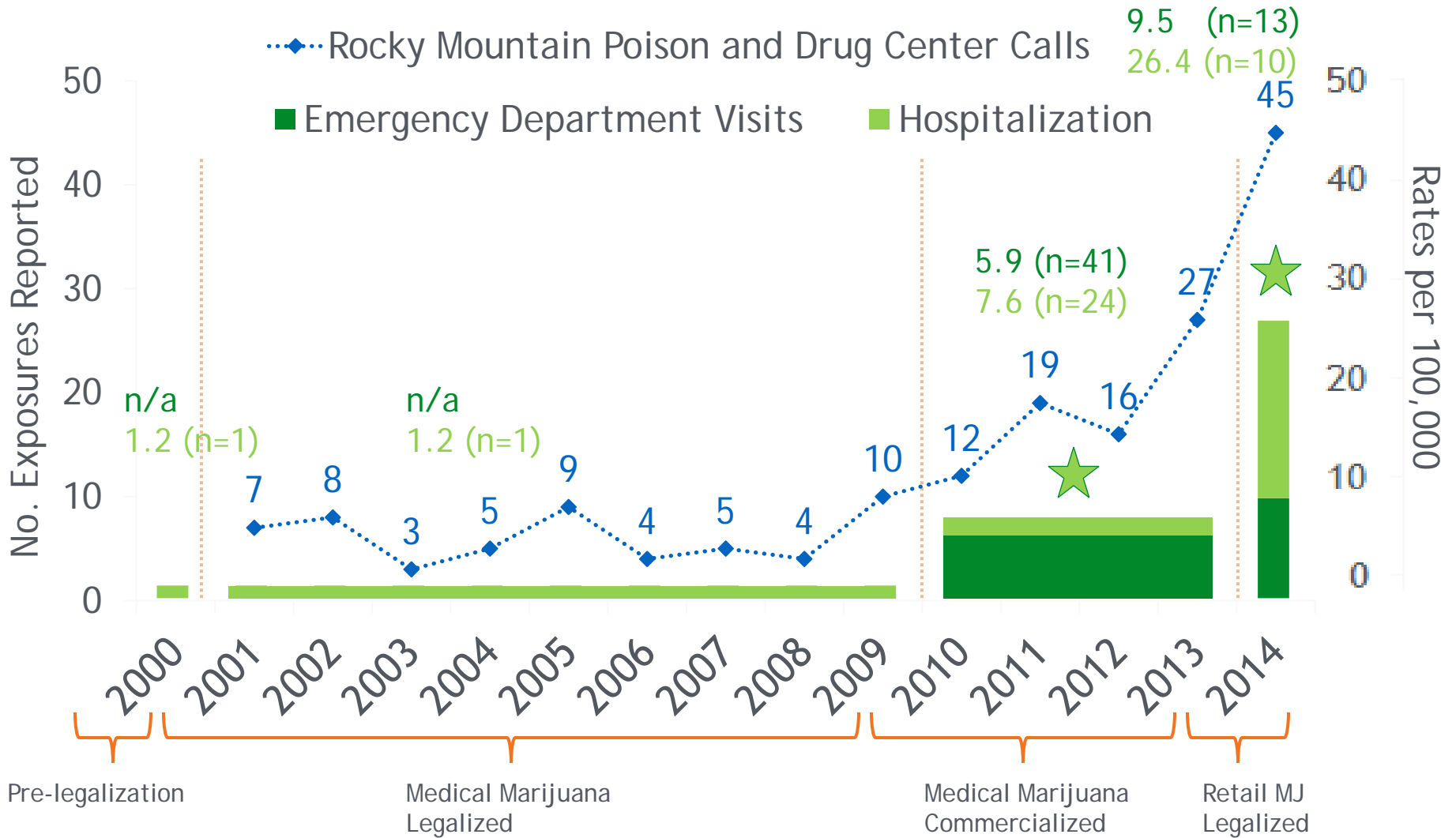
◆ Rocky Mountain Poison and Drug Center Calls

■ Emergency Department Visits

■ Hospitalization



Possible Marijuana Exposure



Public Health Statement

1. Legal marijuana access is associated with increased numbers of unintentional exposures in children which can lead to hospitalizations.

Legal → more access → more accidents → sick kids

2. While little data are available for marijuana, evidence indicates that child resistant packaging prevents exposure to children from potentially harmful substances.

Child resistant packaging may help keep kids safe

Education Campaign

 **GOOD *to* KNOW**

Store it right:
**LOCKED UP,
OUT OF REACH**
and **OUT OF SIGHT.**



Store marijuana securely away from those underage.




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GoodToKnowColorado.com

Marijuana in Colorado

Store it right,
**LOCKED UP,
OUT OF REACH**
and **OUT OF SIGHT.**

Store marijuana securely away from those underage.

 **GOOD *to* KNOW**



LOCK IT UP RIGHT.
OUT OF REACH & OUT OF SIGHT.

 **GOOD *to* KNOW**

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Partnerships & Collaboration

Retail Marijuana Industry Partners: **Child-resistant packaging and labels**



MARIJUANA RELATED INJURY

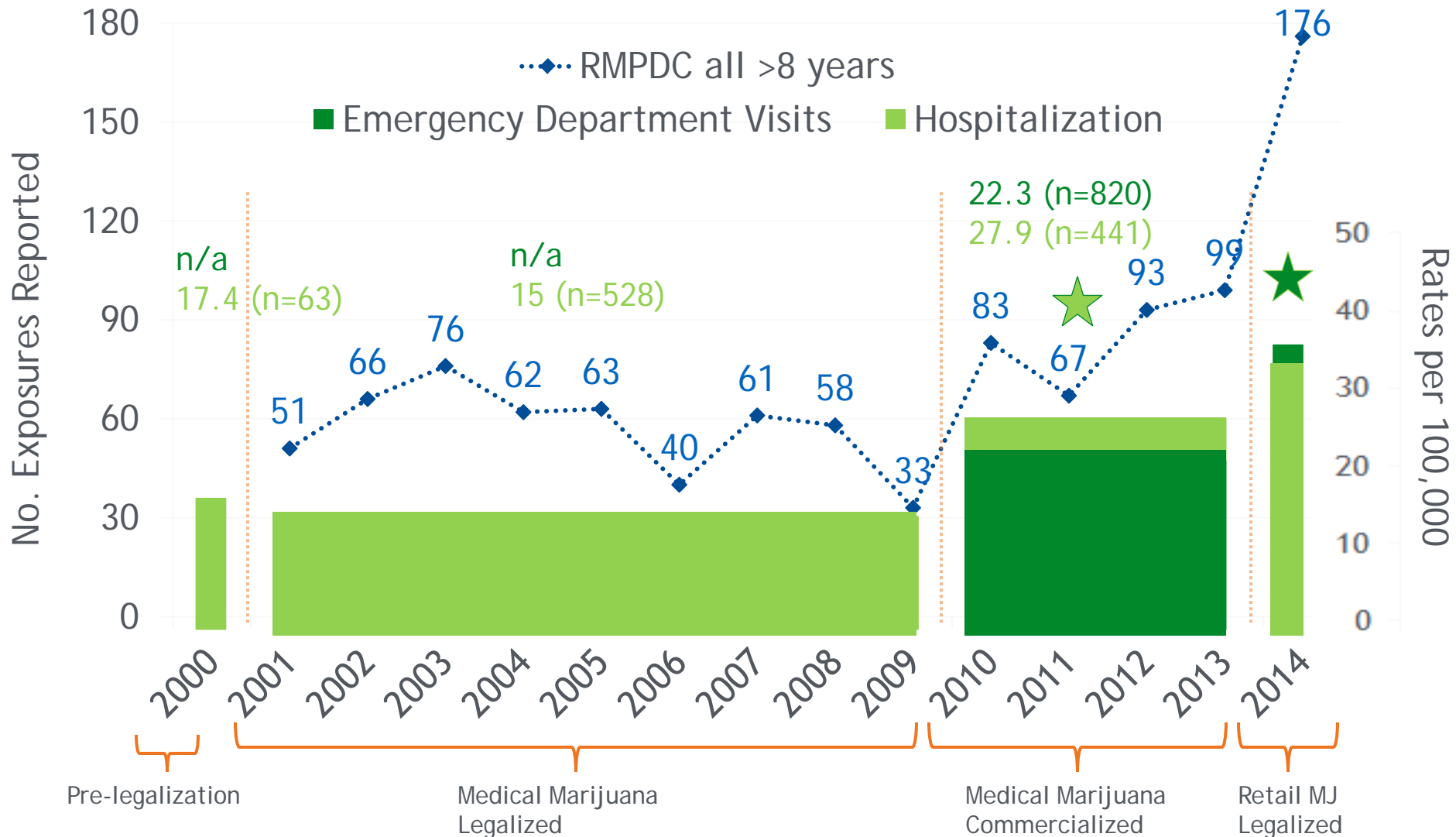
Overconsumption of Marijuana

Coloradans age 9 and up

intentional + unintentional consumption

Possible Marijuana Exposure

37.6 (n=290)
35.2 (n=68)



Quick Data Aside...

The sky is not falling.

1) Reporting bias for data

health care providers are looking for MJ exposure

2) Consider population at risk

~120,000 Medical MJ vs. 3,500,000 Retail MJ

Public Health Statement

1. For occasional users, smoking, eating, or drinking marijuana containing 10mg or more of THC is likely to cause impairments that affects your ability to drive, bike, or perform other safety-sensitive activities

1 serving = 10mg TCH → enough to feel “high”

2. Wait at least 6 hours after smoking, ...at least 8 hours after eating or drinking marijuana... before driving, biking, or performing other safety sensitive activities.

To be safe, you have to wait (probably longer than you thought)

Public Health Statement

3. It is important to delay consuming another THC-containing product until the effects from the first edible serving are known. For new or occasional users, it takes up to 4 hours to reach maximum blood levels of THC and potentially longer to feel the full effects of consuming a marijuana edible product.

Start low, go slow.

Public Health Statement

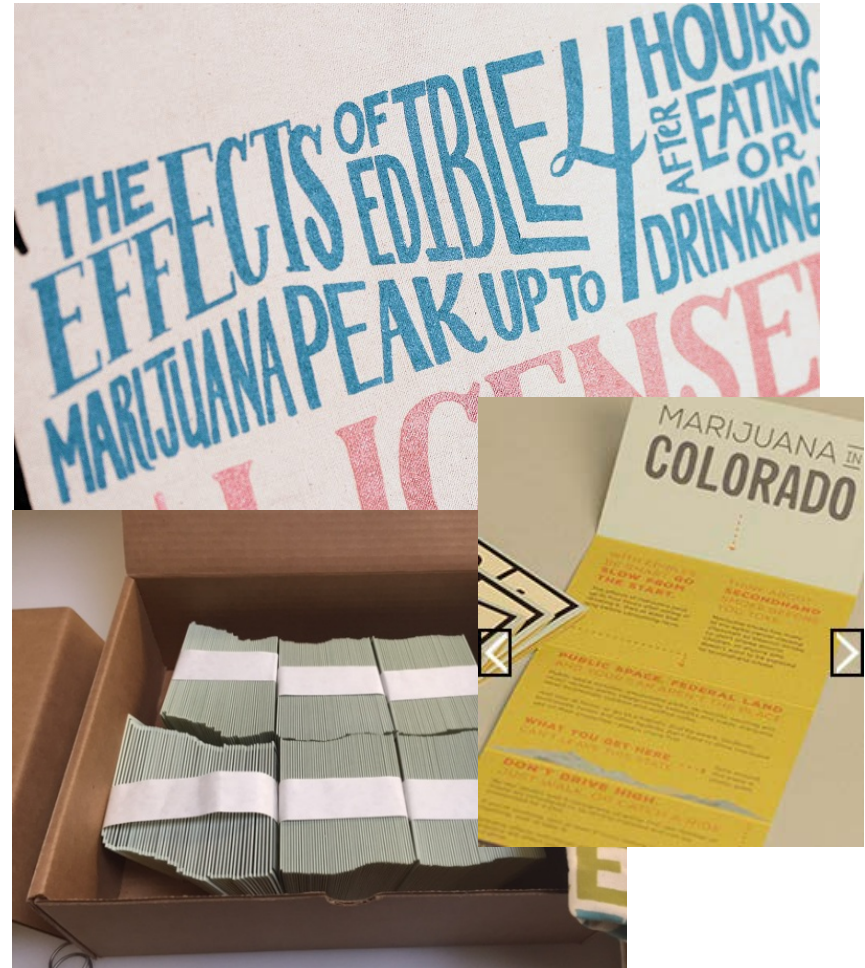
4. Using alcohol and marijuana at the same time is likely to result in greater impairment than either one alone.

Do not mix alcohol and marijuana

5. Use caution when taking drugs or medications and marijuana at the same time. Some drugs or medications may have interactions with marijuana that have not yet been identified.

Do not mix medication and marijuana

Education Campaign



Partnerships & Collaboration

Partners from food safety, sanitation, health effects and dosing committee, regulation, and industry partners worked together to regulate concentration/dosage of marijuana-infused products

As of February 2015, *all edible retail marijuana products must have clear single servings of 10 mg THC*, with no more than 100 mg per product. Servings can be individually wrapped pieces, bottled drinks or sections that are easy to break off.

→ No more 100mg THC cookies.

MARIJUANA RELATED INJURY

Skiing, Driving, Flash Fires

Other injuries related to marijuana in Colorado

Marijuana and Recreational Activity: Ski Area Pilot

November 2014 - present: small scale surveillance project in winter recreational area in Colorado

Does marijuana contribute to injury during recreation activity NOT captured in trauma registry?

Verbal screening during admission to Emergency Department to ask about recent marijuana use. Includes minor breaks, sprains.

Driving Under the Influence

Public Health Statements:

1. Driving soon after using marijuana doubles the risk of a motor vehicle crash.
2. Using alcohol and marijuana together increase the risk of a motor vehicle crash more than using either substance alone.

Data Challenge:

Timing of THC blood testing, quality of exposure measure, prevalence of testing, duration of impairment, interactions, tolerance...

Public Education: impairment, minimum wait time, interactions → *message alignment between sister-agencies*



Hash Oil Extractions & Flash Fires

Unanticipated source of injury

2014: 32 explosions, 27 injuries linked to hash oil extractions

Improve data collection by fire departments

Proposed legislation- HB 15-1305: Unlawful Manufacture Marijuana Concentrate: Restrict hash oil extractions in homes or by lay persons due to the flammability of some substances used in the production of the oil.

CDPHE's Public Health Response

1. Data Collection - *start now!*
2. Public Health Statements - *resource for documented health effect, common messaging: bit.ly/CDPHE_RMPHAC*
3. Education Campaigns - *message alignment, never too early to communicate what "safe and responsible" looks like*
4. Partnerships & Collaboration - *benefits of marijuana industry being a good partner*



Questions?