

LET'S TALK MARIJUANA

By Nubia Contreras, Prevention Specialist / 541-386-2500 / Nubia.contreras@co.hood-river.or.us

Marijuana has been legal in Oregon in some form for more than 20 years. The Oregon Medical Marijuana Act was passed by Oregon voters in 1998. Then, in 2014, Measure 91 made recreational marijuana use legal for people 21 years of age and older.

Did you know that even though it is not legal to use marijuana until age 21, more and more teenagers are using it? Results from the 2018 Student Wellness Survey show that 0.6% of 6th graders, 8.1% of 8th graders and 25.5% of 11th graders had used marijuana in the past 30 days.¹ If a person starts using marijuana before age 18, they are four to seven times more likely to having marijuana use disorder.² This makes a person feel cravings and withdrawals from marijuana, irritability, and pain.²

Let's take a closer look at marijuana. There are more than 400 chemicals in the cannabis plant.² The two main chemicals are THC and CBD. THC is psychoactive – it causes a high. Cannabidiol (CBD) is not psychoactive and is advertised as a natural pain reliever. But research has not shown if CBD actually works to help any health conditions other than childhood epilepsy.³ And CBD has several side effects including feeling tired, nauseous, and grumpy.³ The hundreds of other chemicals in marijuana have not all been identified, but scientist believe that some may cause cancer.⁴

Now let's talk about the difference between smoking or vaping marijuana and using edibles. The main difference between the two is that smoking can cause a high in a few seconds, while edibles take 30 to 60 minutes to have an effect, depending on the user.² It is very important to keep marijuana away from young people – **especially** to store edibles securely since kids can't tell the difference between candy and edibles.

Sources:

1. Oregon Health Authority. "2018 Oregon Student Wellness Survey." 2018.
2. National Institute on Drug Abuse. "Marijuana" 2018. www.drugabuse.gov/publications/drugfacts/marijuana.
3. Grinspoon, Peter. "Cannabidiol (CBD) — what we know and what we don't." 2018. *Harvard Health Blog*. www.health.harvard.edu/blog/cannabidiol-cbd-what-we-know-and-what-we-dont-2018082414476.
4. National Institute on Drug Abuse. "What are marijuana's effects on lung health?" 2018. www.drugabuse.gov/publications/research-reports/marijuana/what-are-marijuanas-effects-lung-health.

**IF THERE'S A JUNK FOOD THAT YOU LOVE,
THERE'S A MARIJUANA INFUSED PRODUCT
MEANT TO LOOK JUST LIKE IT.**



CAN YOU TELL THE DIFFERENCE?

THE DIFFERENCE IS HARD TO SPOT...PROTECT YOUTH AND BE CAREFUL WHAT THEY CONSUME!

UNDERAGE COMPLIANCE CHECKS AND WHY THEY MATTER

By Ross McLeod, Prevention Educator / 541-387-7030 / ross.mcleod@co.hood-river.or.us

The Oregon Liquor Control Commission (OLCC), Hood River County Sheriff's Office, and Hood River Police did an Underage Compliance Check in May. Thirteen randomly selected alcohol retailers were checked for following guidelines about asking for ID before selling alcohol. If alcohol is sold to a minor, there is a fine of up to \$450. These checks successfully reduce sales of alcohol to minors.

It is important to recognize that alcohol is a drug and it affects the body and brain – especially for young people because their brains are still developing. All adults play a role in preventing youth from accessing alcohol. In this most recent Underage Compliance Check, 92% of the alcohol retailers passed the check. We appreciate all of our alcohol retailers who are making sure to keep alcohol away from young people.

ACHIEVEMENTS FROM THE STRATEGIES FOR POLICY AND ENVIRONMENTAL CHANGE (SPARC) GRANT

By Jane Palmer, SPARC Grant Contractor / 541-386-2500

When the Prevention Department received the SPARC grant last fall, we started a county-wide effort to protect our workforce, residents and visitors from the impacts of secondhand smoke. We wanted to strengthen the Indoor Clear Air Act so business in our county would be smoke-free.

We collaborated with the hospitality industry to survey hotels and motels about their smoking policies and interview staff members. We shared what we found with elected officials. This grant gave us the chance to identify community priorities as we work to keep Hood River County safe, healthy, and drug-free.

ALCOHOL AWARENESS MONTH

USED WITH PERMISSION FROM THE U.S. DEPARTMENT OF HEALTH & HUMAN SERVICES

Drinking too much alcohol increases people's risk of injuries, violence, drowning, liver disease, and some types of cancer. This April, during Alcohol Awareness Month, we shared information with our community about the dangers of drinking too much.

If you feel like you are drinking too much and want to make a change, you can improve your health by cutting back or quitting. Here are some strategies to help you cut back or stop drinking:

- Limit your drinking to no more than 1 drink a day for women or 2 drinks a day for men.
- Keep track of how much you drink.
- Choose a day each week when you will not drink.
- Don't drink when you are upset.
- Limit the amount of alcohol you keep at home.
- Avoid places where people drink a lot.



Want to hear from us more than once a quarter?
There are lots of ways for you to keep in touch with us!

Have you checked out our new website yet?

Visit www.hoodriverprevents.com for information, resources, and to learn more about what we do at the Hood River County Prevention Department.

We would also love for you to like us on Facebook (Hood River Prevents) and follow us on Instagram (@hoodriverprevents) and invite your friends and family to check us out too!



Please reach out to our office with any questions, comments, suggestions, or concerns. You can reach our main office line at 541-386-2500.

We look forward to connecting with you!