

EDIBLE CANNABIS: IMPLICATIONS FOR PUBLIC HEALTH PRACTICE

*Jason Wepler, Health Promoter
Paige Haverkamp, Health Promoter
Kathryn Forsyth, Registered Dietitian*

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TOPICS TO BE COVERED:

- Review Cannabasics (CPHA)
- Methods of Consumption
- Types of Edibles and Potency Control
- Cannabis-infused Beverages
- Final Amendments to Legislation
- Implications for Public Health Practice
- Local Stats
- Other Resources

CANNABIS

- *A plant genus with several species and many derivatives including marijuana, hash and hemp*
- Two most common strains:
 - **Sativa** – cerebrally uplifting
 - **Indica** – physically sedating
- Most plants cultivated today are **hybrids** of these two strains



CANNABINOIDS

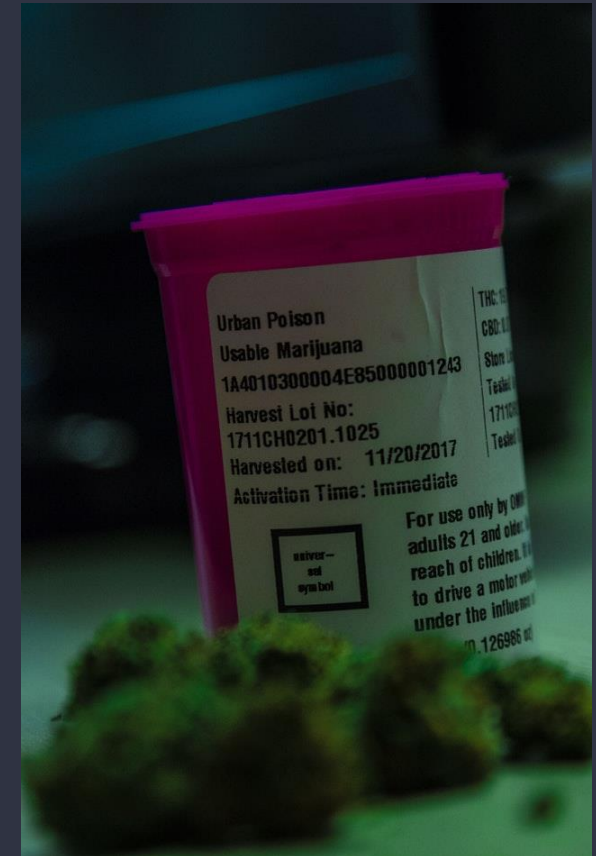
- *Chemical compounds that interact with the human endocannabinoid system to produce a range of physiological effects*
- Most commonly known are:
 - **CBD** – cannabidiol (non-psychoactive)
 - **THC** – delta-9 tetrahydrocannabinol or d-9-THC (psychoactive)
- Heat is needed to activate THC and other cannabinoids when consumed

MEDICAL CANNABIS USE

Cannabis has been approved medically for:

- Nerve pain unresponsive to standard treatment
- End of life cancer pain
- Chemotherapy-related nausea and vomiting
- Extreme muscle rigidity

*Cannabis has **not** been approved for use for anxiety, depression or glaucoma.*



MEDICALLY NOT APPROPRIATE WHEN:

- Under 25 years of age
- History of psychosis
- Unstable mental illness
- Cardiovascular disease
- Respiratory disease
- Pregnant or breastfeeding



CANNABIS SHOULD GENERALLY BE AVOIDED BY OLDER ADULTS WITH ANY OF THE FOLLOWING CONDITIONS:

- History of mental disorders
- Substance use disorder
- Cognitive impairment
- Cardiovascular disease
- Cardiac arrhythmias
- Coronary artery disease
- Unstable blood pressure
- Impaired balance





METHODS OF CONSUMPTION



1. INHALATION

- Most common route
- Fast effect (seconds to minutes for initial effects, up to 30 minutes for full effects)
- E.g. joints, bong, vaporizers
- Risk of second-hand exposure

2. ORAL-MUCOSAL

- Tincture applied under the tongue or sprayed into mouth
- **Most efficient route**





3. TOPICAL

- Applied to skin and **absorbed** using an oil extract that contains active cannabinoids
- Used for pain relief or inflammation
- Slower route

4. INGESTION

- **Eating** a food or beverage created using a fat or oil infused with cannabis that has been heated to activate the cannabinoids
- **Slowest route** (30 minutes to 2 hours for initial effects, up to 4 hours for full effects, but can last longer)






CONTROLLING POTENCY

When preparing edibles, there are 3 ways to control potency:

- 1. Adjust plant parts used 1:4 ratio**
(Bud/flower to trim/shake ratio)
- 2. Adjust strength** of canna-oil, canna-butter, canna-flour or tincture used
- 3. Adjust portion** of food consumed

CANNABIS-INFUSED BEVERAGES



A close-up photograph of a cannabis plant with green serrated leaves and a developing flower bud, serving as the background for the slide.

“To reduce health risks of the new cannabis products while providing for a broad diversity of cannabis products which will enable further displacement of the illegal market”

– CANNABIS ACT, 2019

FINAL REGULATION AMENDMENTS

AMENDMENTS FOR EDIBLES

- Restrict ingredients that could increase appeal
- Limit of **10mg THC** per package
- Require **child-resistant** and **plain packaging**
- Require label to display **standardized cannabis symbol** and health warning
- Strict manufacturing controls to reduce risk of food-borne illness and control quality
- Prohibit cannabis production in a facility where conventional food is manufactured



AMENDMENTS FOR EXTRACTS



- Prohibit use of ingredients that could appeal to young persons like sweeteners flavours, or colourants
- Limit of **10mg THC** per unit of cannabis extract
- Limit of **1000mg per package** (e.g. 100 10-mg capsules per package)
- Require **child-resistant** and plain packaging
- Display standardized cannabis symbol & health warning on package
- Prohibit any claims regarding health benefits
- Strict manufacturing controls in place for Quality Control

AMENDMENTS FOR TOPICALS

- Restrict use of certain types of ingredients
- Limit THC to **1000mg per package** of topical
- Require **child-resistant** and plain packaging
- Display standardized cannabis symbol and **health warning**
- Prohibit any health or cosmetic benefits claims
- Strict manufacturing controls in place for Quality Control





Cannabis Edibles, Extracts and Topicals

Cannabis edibles, extracts and topicals will become legal in Canada on October 17th, 2019. However, it will take time before new cannabis products are available for legal purchase. Here's what you need to know:

Methods of Consumption

Oral-Mucosal

- Tincture applied under the tongue or sprayed into the mouth

Topical

- Applied to the skin and absorbed using an oil extract; used for pain relief

Ingestion

- Eating a food or beverage created using a fat or oil infused with cannabis that has been heated to activate the cannabinoids
- Delayed onset (30 minutes to 2 hours for initial effects)
- Extreme caution must be taken when first trying edibles due to the delayed effect which can take up to 4 hours to peak and last much longer



Summary of Final Regulation Amendments:

- Require **child-resistant** and **plain packaging**
- Require label to display **standardized cannabis symbol** and health warning
- Limit of **10mg THC** per package
- **Strict manufacturing controls** to reduce risk of food-borne illness and control quality
- Prohibit cannabis production in a facility where conventional food is manufactured
- Prohibit any claims regarding health benefits
- Ensure strict manufacturing controls are in place

Final regulations for edible cannabis, extracts and topicals

Food Safety Recommendations:

- Use only from a legal source
- Inspect for mold and mildew
- Follow Safe Food Handler requirements
- Ensure no cross contamination with regular food
- Develop a system to keep cannabis ingredients and finished products labelled and locked away

Food System Implications:

- Loss of farm land to cannabis growers
- Loss of green house food production
- Transfer of food system human resources to cannabis production
- Smell and security around outdoor cannabis crops

Harm Reduction Strategies:

- Delay using cannabis until later in life
- Do not use if pregnant or breastfeeding
- Buy cannabis from a regulated seller
- Avoid frequent or daily use
- Avoid smoking cannabis, try vaping or edibles instead
- Start low and go slow when using edibles
- Do not drive while under the influence
- Do not mix with alcohol, nicotine, or other drugs
- Keep locked and out of reach of children and pets
- Seek immediate medical attention for your child if you suspect they have ingested cannabis edibles
- If you consume too much – keep calm, drink plenty of water, eat regular food and wait it out



WARNING: Do not use if pregnant or breastfeeding.
Using cannabis during pregnancy may harm your baby and result in low birth weight.

MISE EN GARDE : Ne consommez pas si vous êtes enceinte ou allaitez. Consommer du cannabis pendant la grossesse pourrait être dangereux pour le bébé et réduire son poids à la naissance.

Health Canada/Santé Canada

STANDARDIZED CANNABIS SYMBOL AND HEALTH WARNING



WARNING: Do not use if pregnant or breastfeeding.
Using cannabis during pregnancy may harm your baby and result in low birth weight.

MISE EN GARDE : Ne consommez pas si vous êtes enceinte ou allaitez. Consommer du cannabis pendant la grossesse pourrait être dangereux pour le bébé et réduire son poids à la naissance.

Health Canada/Santé Canada

IMPORTANT TO KNOW

- You must be **legal age** to possess cannabis (19 in ON)
- There are strict penalties for supplying youth with cannabis
- You can legally possess up to **30 grams** of legal **dried** cannabis in public (or the equivalent)
- It is illegal to take cannabis and cannabis-products across the Canadian border

Implications for Public Health Practice



FOOD SAFETY RECOMMENDATIONS

- Check quality of cannabis – use only from a known source
 - Inspect for mold and mildew
 - Avoid harsh pesticides and fertilizers when growing
- Follow **Safe Food Handler** requirements for food preparation
- Ensure no cross contamination
- Use labels to avoid confusion
- Develop a system to keep cannabis ingredients and finished products locked away and out of reach of children and pets

FOOD SYSTEM IMPLICATIONS

- Loss of farm land to cannabis growers
- Loss of green house food production
- Transfer of food system human resources to cannabis production
- Smell and security around outdoor cannabis crops
- Blurred lines between food and pharmaceuticals

NUTRITION IMPLICATIONS

- Increased intake of foods high in sugar and fat
- Will Public Health Dietitians be teaching cannabis cooking classes?

Canada's
food guide

Eat well. Live well.



Eat a variety of healthy foods each day

Discover your food guide at
Canada.ca/FoodGuide

HARM REDUCTION STRATEGIES

- Delay using cannabis until later in life
- Buy cannabis from a regulated seller
- Avoid frequent use
- Avoid smoking cannabis
- Do not drive while under the influence
- Do not mix with alcohol, nicotine, or other drugs



Start low and go slow

HARM REDUCTION STRATEGIES continued...

- Clean all surfaces and equipment thoroughly after each cannabis use
- Store cannabis products safely by keeping them locked and out of reach of children, youth, and pets
- Do not consume or smoke when children are present
- Teach children about medicine safety and why only adults are allowed to handle it
- If you consume too much – keep calm, drink plenty of water, eat some regular food, and wait for the feelings to subside

LOCAL STATISTICS – GREY BRUCE

USED CANNABIS IN LIFETIME

Rates of cannabis use in Grey Bruce are similar to Ontario rates.

43% of Grey Bruce residents have used cannabis at least once in their lives, and 35% have used it more than once.

43%

OF GREY BRUCE RESIDENTS HAVE USED CANNABIS



USED CANNABIS IN THE PAST YEAR

Grey Bruce residents and Ontarians are similarly likely to have used cannabis in the past year.

11% of Grey Bruce residents used cannabis more than once in the past year.

26%

OF GREY BRUCE RESIDENTS USED CANNABIS IN THE PAST YEAR



19%* AMONG THOSE AGED 65+

OLDER ADULTS LESS LIKELY TO USE

Only 19%* of Grey Bruce residents aged 65 and older have used cannabis, which is low relative to younger age groups.

A LOOK AT WHAT WE'RE UP AGAINST...

Father's Day Ad from OCS:

OCS ONTARIO CANNABIS STORE

CANNABIS ACCESSORIES LEARN FAQ

Search by strain, brand, and more 🔍 0g / out of 30g limit 🛒

🔔 AGCO AUTHORIZED CANNABIS RETAIL STORES ARE NOW OPEN. CLICK HERE FOR LOCATIONS >

Dads make the best buds.

SHOP TOP FLOWER

THE WOODS
CANADIAN LUMBER

DISCLAIMER: THIS PRESENTATION HAS BEEN PREPARED FOR EDUCATIONAL PURPOSES BY THE NUTRITION & EDIBLE CANNABIS WORKING GROUP OF THE ONTARIO DIETITIANS IN PUBLIC HEALTH.

FOR THOSE WHO HAVE MADE AN INFORMED DECISION TO USE EDIBLE CANNABIS, PLEASE FOLLOW THE LOWER-RISK CANNABIS USE GUIDELINES AND USE RESPONSIBLY.

FOR MORE INFORMATION:

- Final regulations for edible cannabis, extracts and topicals
<https://www.canada.ca/en/health-canada/services/drugs-medication/cannabis/resources/regulations-edible-cannabis-extracts-topicals.html>
- Cannabis: Lower your Risks (Health Canada)
<https://www.canada.ca/en/health-canada/services/drugs-medication/cannabis/resources/lower-your-risks.html>
- Cannabis in Canada: What You Need to Know (Health Canada)
<https://www.canada.ca/en/services/health/campaigns/cannabis/canadians.html>
- Responsible Use poster
<https://santemontreal.qc.ca/en/public/spotlight-on-cannabis/responsible-use/>
- Cannabis info for parents & caregivers of young children – Montreal children’s hospital
https://www.thechildren.com/sites/default/files/PDFs/Trauma/cannabis_brochure_parents_final_eng-fr.pdf?utm_source=Canadian+Public+Health+Association&utm_campaign=19c2f6817d-EMAIL_CAMPAIGN_2019_05_27_07_23&utm_medium=email&utm_term=0_1f88f45ba0-19c2f6817d-154370311
- Lower Risk Cannabis Use Guidelines (LRGUG) from CAMH
<https://www.camh.ca/-/media/files/pdfs---reports-and-books---research/canadas-lower-risk-guidelines-cannabis-pdf.pdf>