

# Marijuana Use

**More Anne Arundel County youth reported marijuana use (19.9%) in the last 30 days than cigarette use (13.7%). (Maryland Youth Risk Behavior Survey, 2013)**

**You may think that using marijuana is safer than smoking cigarettes. Think again.**

FACT: Marijuana use affects the brain, especially the developing brain, in the areas that are responsible for memory, learning, attention, decision making, emotions, reaction time and motor coordination<sup>1</sup>.\*

FACT: More young people are in treatment for marijuana dependency than for alcohol or other illegal drugs combined<sup>2</sup>.

FACT: Marijuana use has been linked to increased risk of mental health problems, including schizophrenia, depression and suicidal thoughts<sup>3</sup>.

FACT: Marijuana use can irritate the lungs leading to coughing, lung infections and other respiratory problems<sup>4</sup>.

FACT: The active ingredient in marijuana, tetrahydrocannabinol (THC), has become more potent over the years. The levels of THC found in marijuana are four times higher than they were in the 1970s, increasing the risk of use<sup>5</sup>.

FACT: Studies show that marijuana impairs motor coordination and judgment. Driving under the influence of marijuana doubles the risk of car crashes<sup>6</sup>.

FACT: Marijuana use is a contributing factor to acute health problems such as burns, drowning and falls that lead to emergency room visits<sup>7</sup>.

FACT: Marijuana has been linked to low motivation, poor memory, low grade point average and increased school dropout rates<sup>8</sup>. Recent studies show use can lead to lower IQ<sup>9</sup>.

FACT: Youth who use marijuana have an increased risk of delinquency and are more likely to have delinquent friends<sup>10</sup>.

FACT: Youth who first start using marijuana at or before the age of 14 are six times more likely to abuse or become dependent on drugs compared to those who started use at a later age<sup>11</sup>.

FACT: Nine percent of marijuana users become addicted<sup>12</sup>.

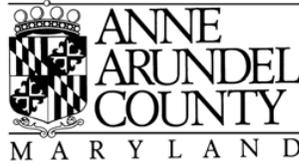
**Using marijuana puts youth at risk for short-term and long-term health problems and negative consequences. Is the risk worth it?**



**Adolescent and Family Services: 410-222-6725**  
**Treatment Referral Line: 410-222-0117**  
**Prevention and Education Services: 410-222-6724**

**[www.aahealth.org](http://www.aahealth.org)**  
**[www.facebook.com/aahealth](https://www.facebook.com/aahealth)**  
**[www.twitter.com/aac\\_recovery](https://www.twitter.com/aac_recovery)**

**\*The references are on the other side.**



## Anne Arundel County Department of Health (AACDOH)

### Bureau of Behavioral Health

122 Langley Road North, Suite A, Glen Burnie, Maryland 21060

#### Prevention and Education Services (PES)

Reducing drug and alcohol abuse among young people in Anne Arundel County through public health information and education. PES provides evidence-based programs to increase awareness of the risks of drug and alcohol abuse. 410-222-6724

#### Northern Lights Against Substance Abuse Coalition (NLASA)

Uniting the community to reduce alcohol and drug abuse in adolescents and young adults through collaborative efforts. NLASA uses evidence-based strategies serving Brooklyn Park, Curtis Bay, Glen Burnie and Pasadena.

443-261-4249 nlasacoalition@gmail.com

[www.facebook.com/northernlightsagainstsubstanceabuse](http://www.facebook.com/northernlightsagainstsubstanceabuse)

#### South County Bridges to a Drug Free Community

Improving life pathways for a healthy community, preventing youth substance abuse, increasing awareness, educating the community, and promoting individual neighborhoods' social, economic, spiritual and emotional healing processes in Southern Anne Arundel County.

410-222-6724 southcountyanearundel@gmail.com

[www.facebook.com](http://www.facebook.com) (Enter South County Bridges to a Drug Free Community in search bar.)

#### Western Anne Arundel Substance Abuse Prevention Coalition (WASP)

Establishing a safe and informed community free of underage drinking and the abuse of alcohol and other drugs in Ft. Meade, Hanover, Jessup, Laurel, Odenton and Severn.

443-351-7989 waspcoalition@gmail.com [www.facebook.com/WASPCoalition](http://www.facebook.com/WASPCoalition)

#### References:

1. National Institutes of Health: [www.nih.gov](http://www.nih.gov), August 2014.
2. National Council on Alcoholism and Drug Dependence: [www.ncadd.org](http://www.ncadd.org)
3. National Alliance on Mental Illness: [www.nami.org](http://www.nami.org)
4. Alcohol and Drug Abuse Institute: [www.adai.uw.edu/marijuana/factsheets/respiratoryeffects.htm](http://www.adai.uw.edu/marijuana/factsheets/respiratoryeffects.htm)
5. *DrugFacts: Marijuana*, National Institute on Drug Abuse: [www.drugabuse.gov](http://www.drugabuse.gov), January 2014.
6. *Marijuana and Your Health: Just the Facts Part 1*, Community Anti-Drug Coalitions of America: [www.cadca.org](http://www.cadca.org), 2012.
7. *DrugFacts: Marijuana*, National Institute on Drug Abuse: [www.drugabuse.gov](http://www.drugabuse.gov), January 2014.
8. Arria, Ameila M., Ph.D. and DuPont, Robert L., M.D., *Commentary: Recognizing the Contribution of Adolescent Substance Use to Poor School Performance*, Alcohol Drugs and Prevention, April 19, 2013.
9. *TEDS Report*, Substance Abuse and Mental Health Services Administration, August 13, 2013.
10. Child Trends Data Bank: [www.childtrends.org](http://www.childtrends.org), August 2014.
11. *CESAR FAX, Volume 19, Issue 31*, Substance Abuse and Mental Health Services Administration, October 25, 2010.
12. *DrugFacts: Marijuana*, National Institute on Drug Abuse: [www.drugabuse.gov](http://www.drugabuse.gov), January 2014.