

## **Cannabis facts sheet**

- Rise of global cannabis production and quality
- Cannabis is more potent than before with a growing market for indoor, sinsemilla, high potency cannabis
- Cannabis is everywhere in the world
- Increase in seized cannabis amounts
- Rises of prevalence rates
- The UNODC estimate of global annual adult prevalence for cannabis use is 4 per cent, or about 162 million people
- About 14% of annual cannabis users are daily users and can be therefore considered as tolerant to cannabis effects
- Of daily users, about 1/3 are chronically intoxicated
- Most daily users consume between one and four joints a day corresponding to about 1 gram of cannabis
- Chronic users can consume about 10 joints, or five grams of cannabis for fairly constant intoxication
- It is nearly impossible to die of an overdose of cannabis

## **Impact on public health : several reasons to worry :**

- Growth of acute health episodes
- Increase in cannabis emergency room admissions
- The most common reason for seeking emergency room attention is an unexpected reaction to cannabis
- The share of « cannabis only » mentions has increased since mid 90'
- Growth of rehabilitation demand
- Decrease of the age of first use, with early adolescence exposure interfering with normal development process
- Dysphoric effects, especially when used in high doses, including panic and delusions and «cannabis psychosis» are not uncommon
- Cannabis exposure during adolescence is associated with increased risk of psychosis during adulthood, especially in genetically or psychologically vulnerable individuals
- A significant association exists between early-onset, regular cannabis use and later depression
- About 10% of cannabis smokers have difficulties to stop, a significant proportion enter treatment for cannabis dependence
- Cannabis may worsen hypertension or underlying heart disease
- Cannabis smoking has adverse effects on the lungs
- Prenatal exposure to cannabis leads to reduced birth weight
- When smoked, cannabis is generally mixed with tobacco resulting in nicotine dependence
- Cannabis exposure impairs driving performances and increases the risk of accidents

## **How much cannabis in a dose :**

- When smoked, only 15 to 50 per cent of the THC in a joint is absorbed into the blood stream, depending on the inhalation technique and level of experience of the drug user

- Smoking an average joint containing 0.5 g of 10 per cent THC would result in the delivery of 7.5 to 25 mg of THC
- The psychotropic threshold is about 2-4 mg and the inhaled dose for a marked intoxication is about 10-20 mg (<50)
- One joint represents enough cannabis to serve between 1 to 10 people, depending on the inhalation technique, the frequency of use, and level of tolerance of the cannabis user

*World Drug Report 2006 and WHO Report // IUML-CG 2007-10-16*