

THE TRIANGULUM OF CANNABIS, TOBACCO, AND E-CIGARETTE USE: Its Effects on Physical Health, Addiction, and Mental Health, and How You Can Best Help

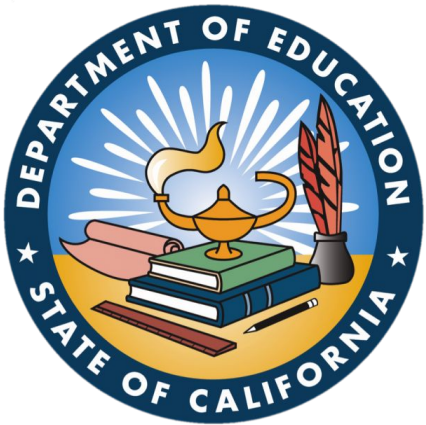


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We gratefully acknowledge the support of the California Department of Education Tobacco Use Prevention Education program for this project. The contents do not necessarily reflect the position or policy of the CDE.

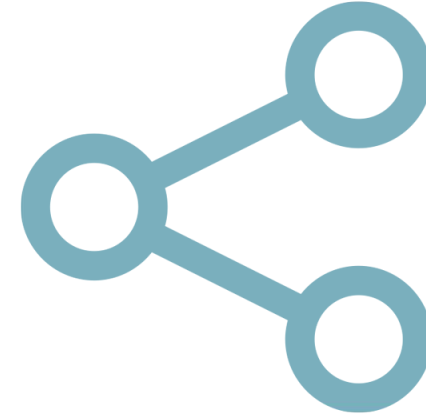




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Bonnie Halpern-Felsher, PhD, FSAHM

Marron and Mary Elizabeth Kendrick Professor in Pediatrics II
Director, Stanford REACH Lab



The Triangulum of Cannabis, Tobacco, and E-cigarette Use: Its Effects on Physical Health, Addiction, and Mental Health, and How You Can Best Help

Bonnie Halpern-Felsher, PhD, FSAHM

**Marron and Mary Elizabeth Kendrick Professor
in Pediatrics II**

Founder & Executive Director, REACH Lab and Curriculums

The REACH Lab



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OASAS. Every Step of the Way.



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Tobacco/Nicotine Products



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Oral Nicotine Products

Pouches



Gums



Tablets & Lozenges



Use, marketing, and appeal of oral nicotine products among adolescents, young adults, and adults

Shivani Mathur Gaiha^a, Crystal Lin^a, Lauren Kass Lempert^{a,b}, Bonnie Halpern-Felsher^{a,*}

^a Stanford REACH Lab, Division of Adolescent Medicine, Department of Pediatrics, Stanford University, CA, USA

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Toothpicks





Preventive Medicine 185 (2024) 108068



Contents lists available at [ScienceDirect](https://www.sciencedirect.com)

Preventive Medicine

journal homepage: www.elsevier.com/locate/ypmed



Correspondence

Popularity of Zyn and other nicotine pouch brands among U.S. adolescents, young adults, and adults in 2021



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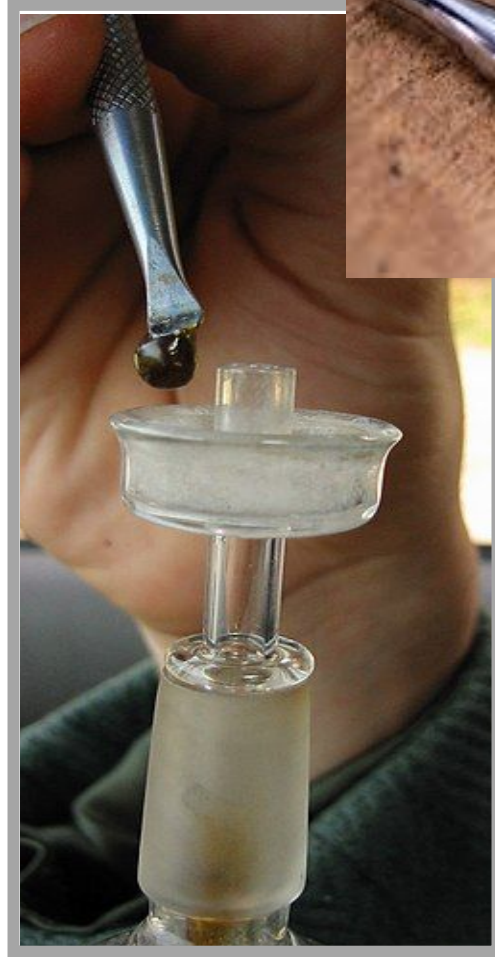
Cannabis Products



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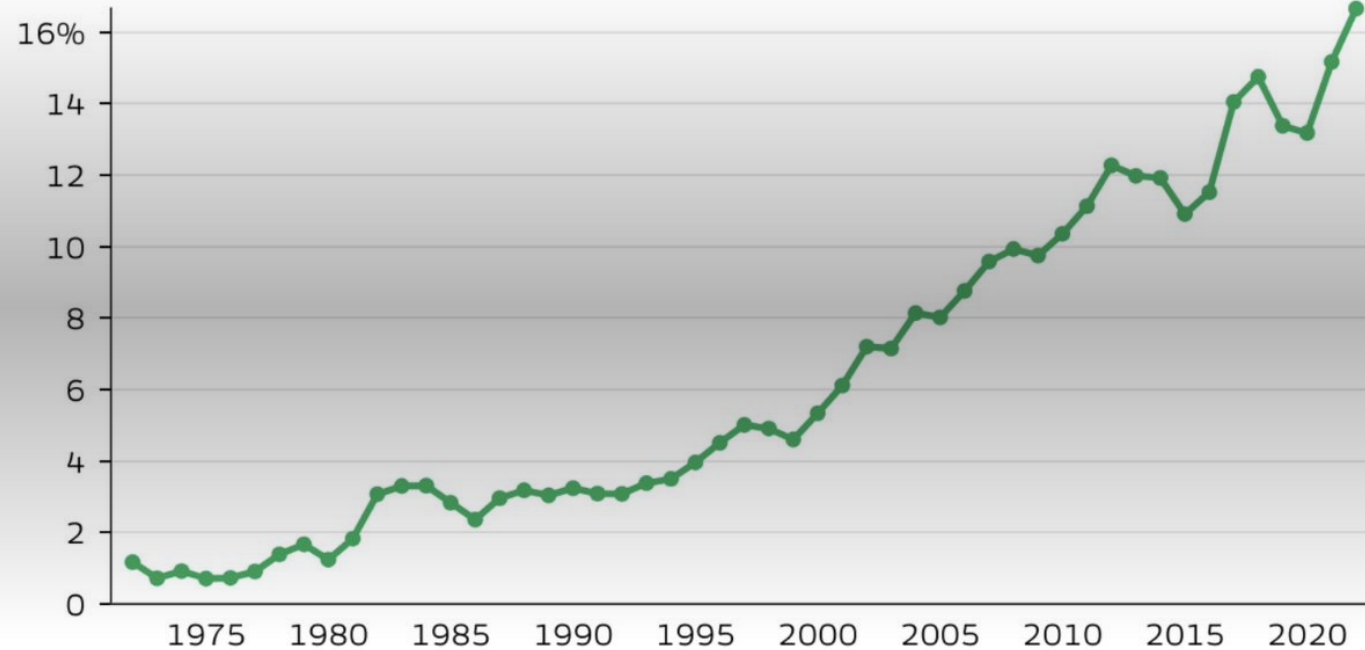
Cannabis Products



THC Concerns

Today's cannabis is a lot stronger than its predecessors

Cannabis available today contains more than 10 times as much **THC**, on average, than it did in the 1970s



SOURCE: NIDA POTENCY MONITORING PROGRAM, UNIVERSITY OF MISSISSIPPI

- Today's 1 joint = "yesterday's" 10 joints
- Different methods, different risks
- Difficult to determine the amount of THC being consumed

Delta 8 Cannabis

- Synthetic form of cannabis
- Less potent form of cannabis, derived from hemp
 - Extracting the THC from the hemp plant

Hemp

- Plant in the botanical class of *Cannabis sativa*
- Very low THC levels
- Used for fibers, creams, and other goods
- Legal in its natural form
- Edible hemp products are legal to sell and use with no age limit, if derived from raw hemp with THC less than 0.3%
- Inhaled hemp illegal in CA

Intoxicating Hemp

- Chemically altered to increase the THC levels
 - to intoxicating levels, similar to Delta 9 cannabis
- Inhalable and edible forms
- Because derived from legal hemp, the regulation of intoxicating hemp has been vague; many loopholes

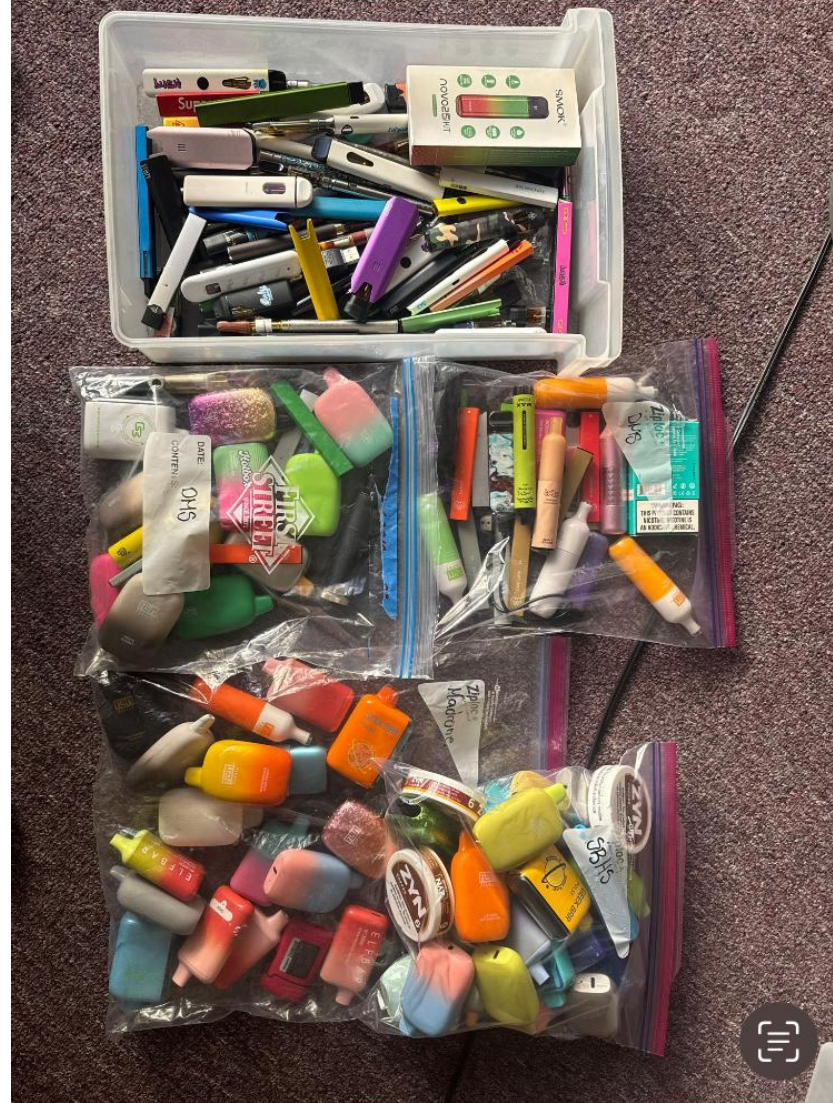
Co-Use of Cannabis and Tobacco

What is Co-Use?

- Use of cannabis and tobacco at the same time
- Use of cannabis and tobacco within a short period of time (chasing)
- Ever or past 30-day use of both types of products



Photo from a CA County



Rates of Co-Use

- Past 30-day co-use of tobacco and cannabis is highly prevalent
- 5-30% of adolescents and young adults (AYAs) in the United States engage in co-use
- Some studies suggest co-use is more prevalent than sole-use of either tobacco or cannabis



Contents lists available at [ScienceDirect](#)

Addictive Behaviors

journal homepage: www.elsevier.com/locate/addictbeh

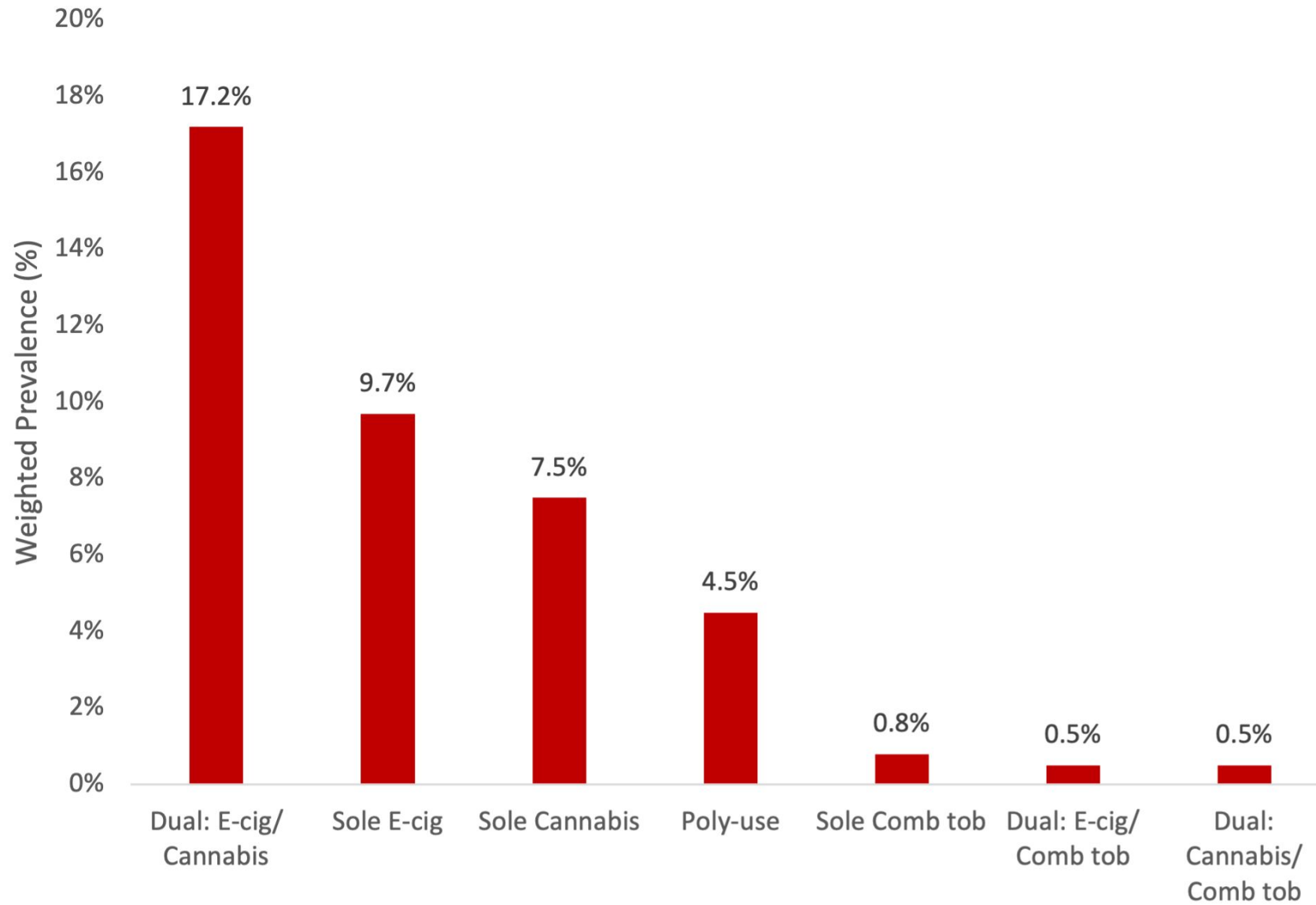


Products and patterns through which adolescents, young adults, and adults initiate co-use of tobacco and cannabis

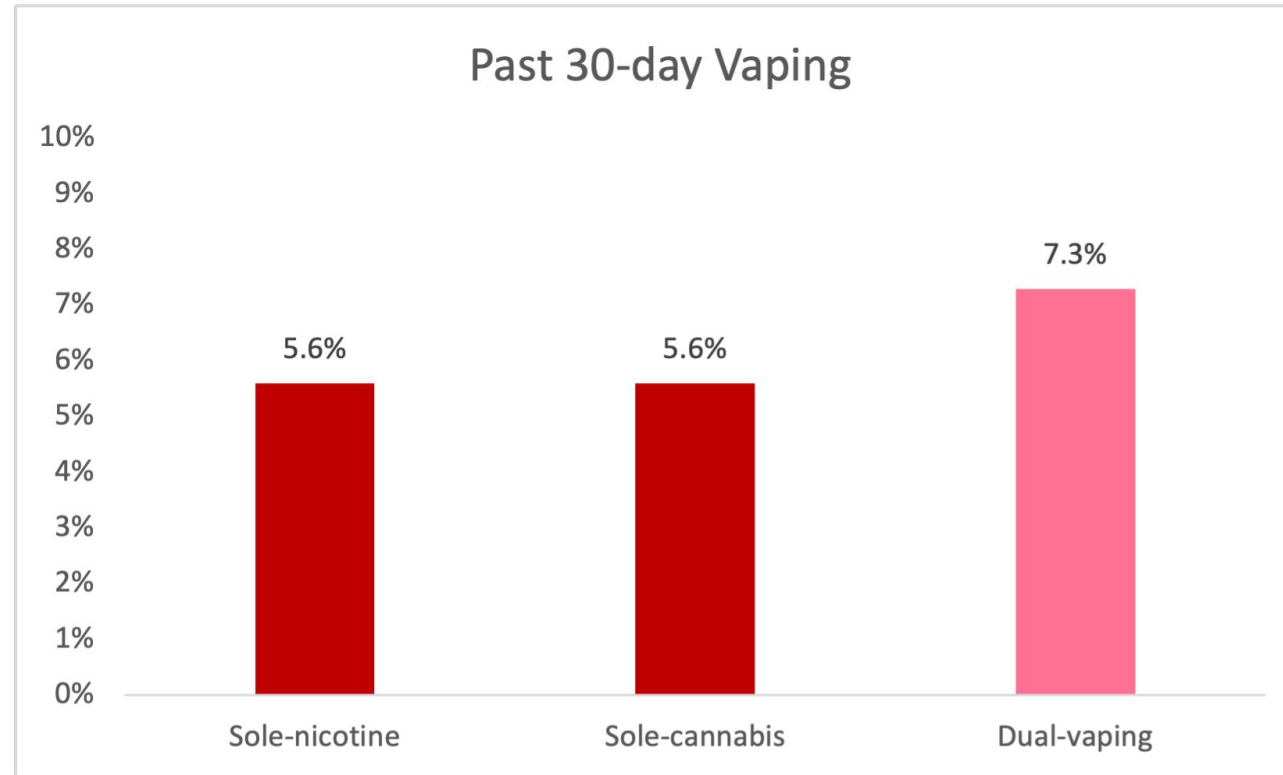
Devin M. McCauley^a, Jessica Liu^a, Shivani Mathur Gaiha^{a,b,c}, Bonnie Halpern-Felsher^{a,*}

- Among a national sample of 13-40 year olds:
 - 38.4% reported use of both tobacco and cannabis in the past 30 days.
 - 70.9% used tobacco **first** in their lifetime (66.6% < 21; 71.7% 21–24; 76.6% > 24).
 - 60% who initiated co-use with tobacco reported nicotine e-cigarettes as their first tobacco product (63.3% < 21; 66.7% 21–24; 49.6% > 24).

Weighted Prevalence of Sole-, Dual-, and Poly-Use

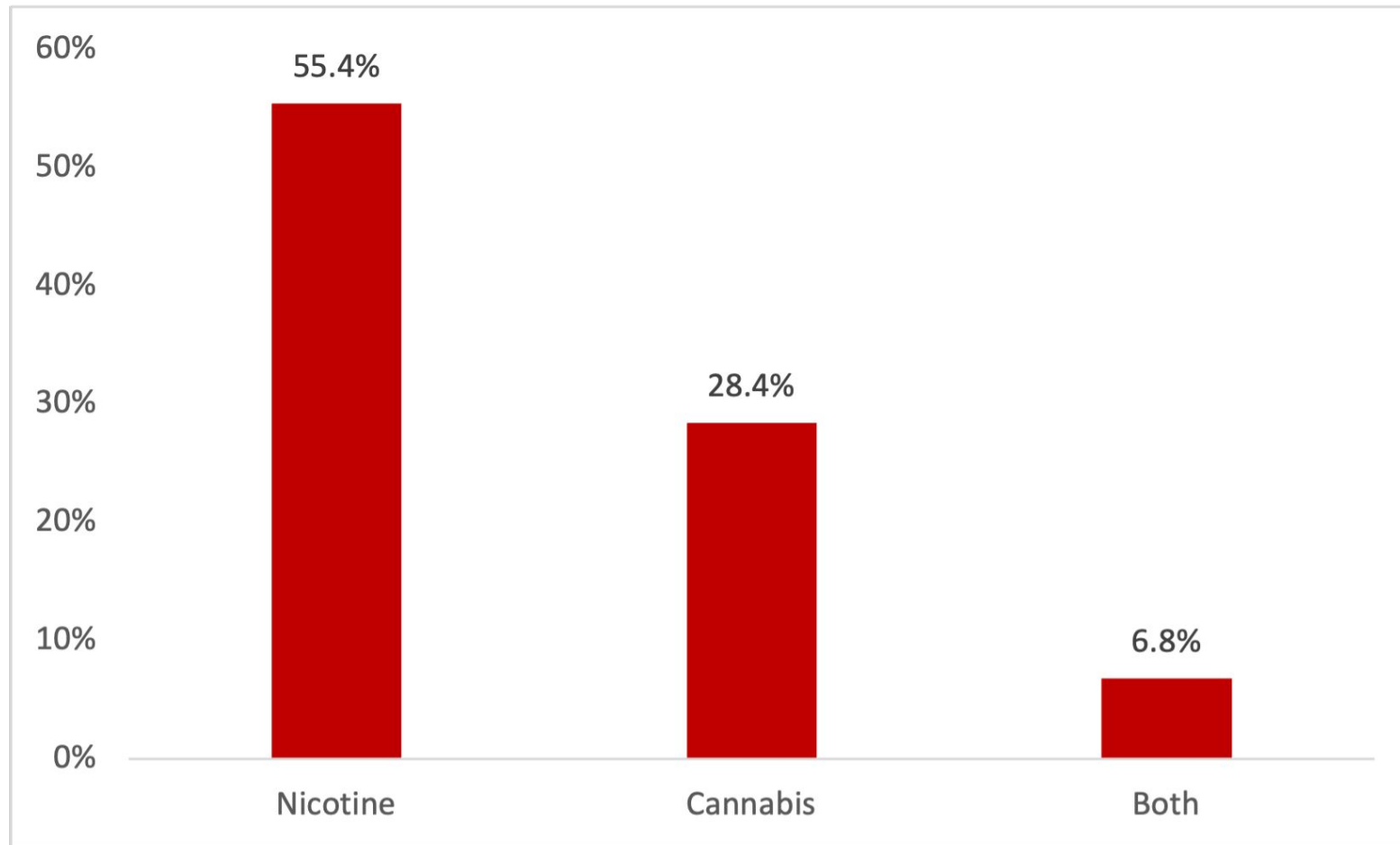


Vaping Prevalence (N=2013 Participant Observations)



Of the participants that reported past 30-day vaping, over one-third (38.8%) reported dual-vaping

Which Substance Vaped First, Among those who Reported Dual-vaping (n=74)



Youth Vaping and Cannabis

- 33% of high school students who ever used e-cigs reported using cannabis in their e-cigs.
- 23% of middle school students who ever used e-cigs reported using cannabis in their e-cigs.
- Youth who vape are **3.5 times more likely to use cannabis** than vape-free youth.





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Health Effects



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The Body on Cannabis/Tobacco

stan.md/capt

Altered brain
development, anxiety,
paranoia, slowed
reactions, poor memory

Lung inflammation,
cell damage, chronic
cough, slowed
breathing, respiratory
infections

Increased appetite,
nausea, vomiting

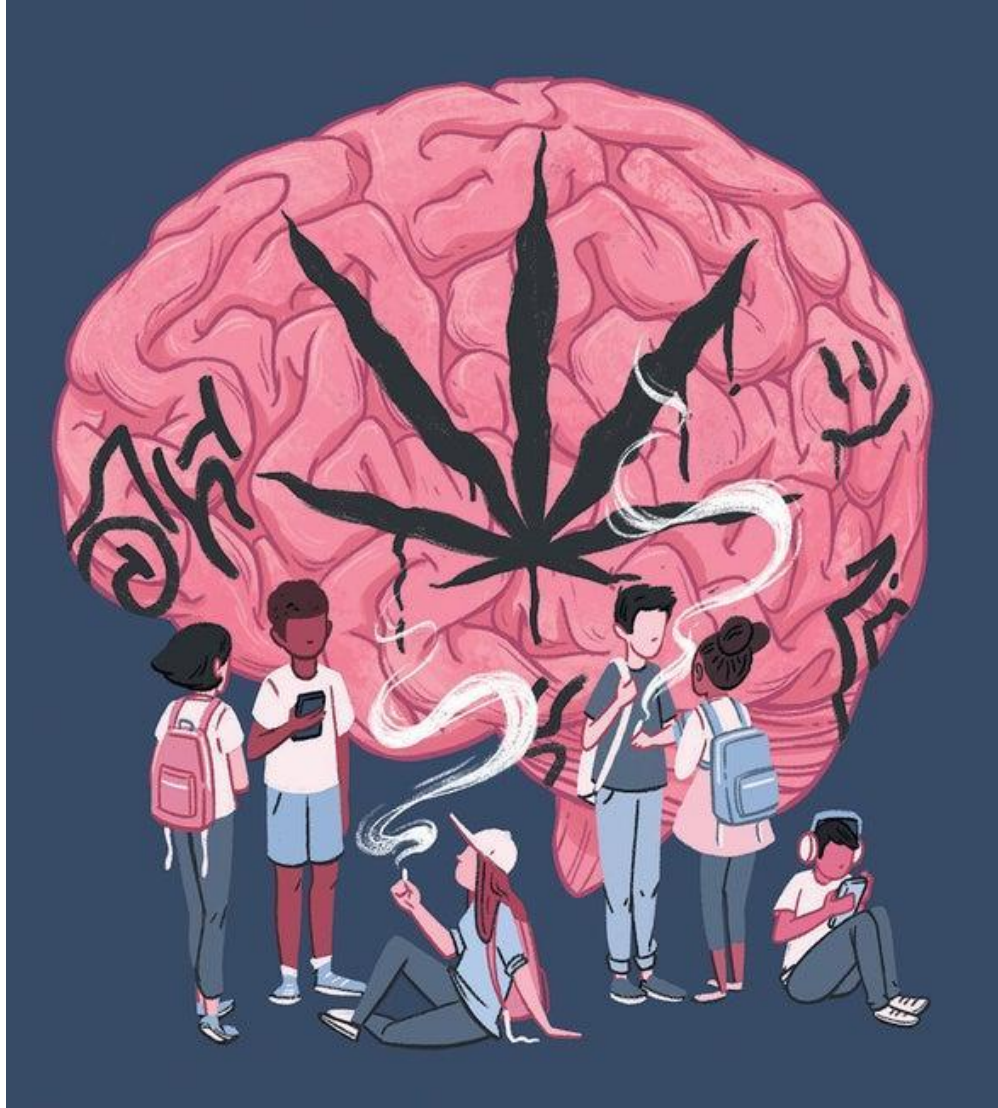
Increased heart rate by
20-50 beats per minute

Poor muscle
coordination,
imbalance, falling

*Slide Created in
Collaboration with:*

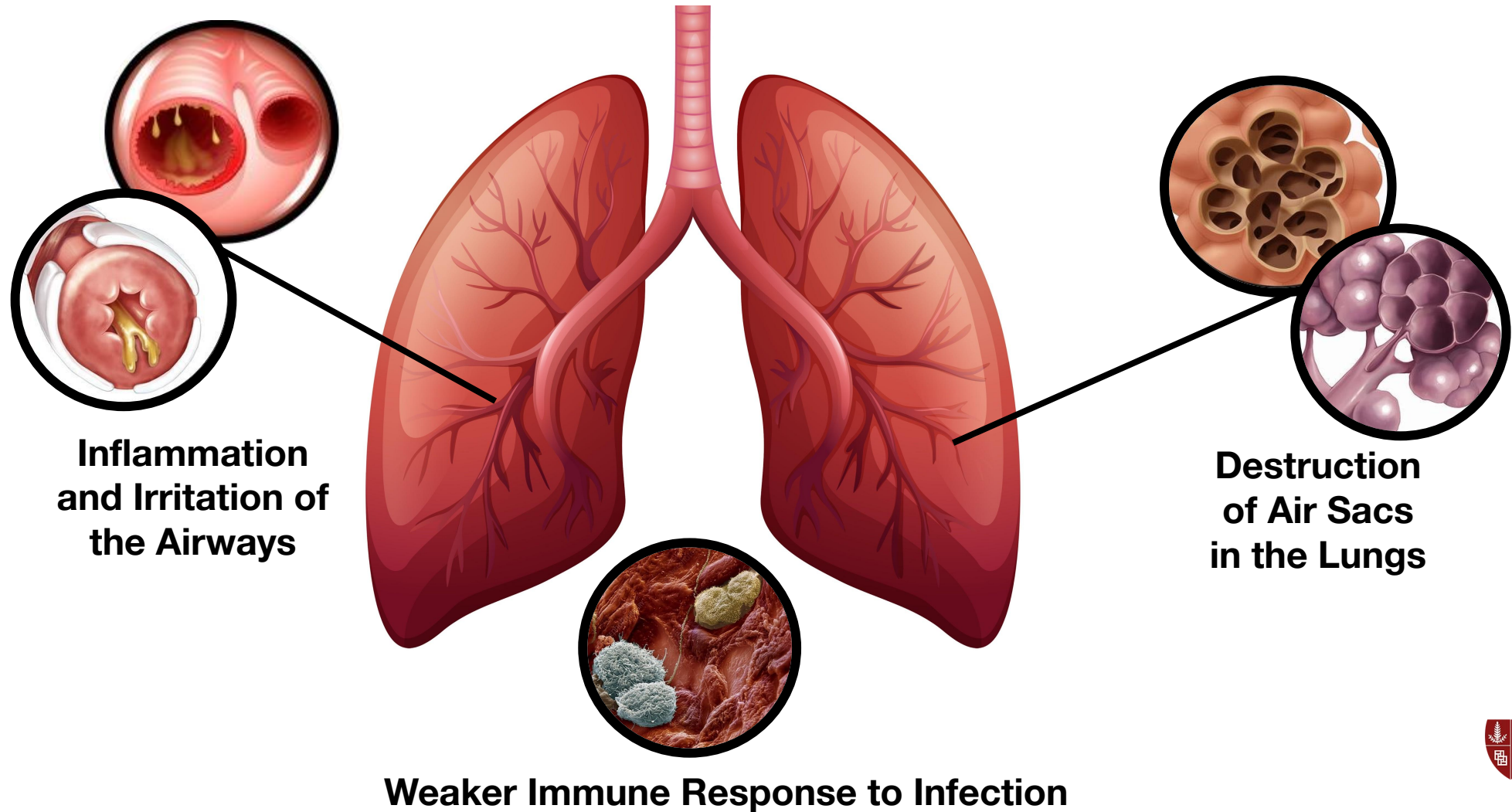


Drugs and The Brain



- Addiction!
- Impaired learning, memory, attention, impulse control, decision-making
- Lower academic performance
- Loss of IQ Points with repeated use
- Sleep issues
- The higher the dose and more regular the use, the greater the impairment
- Brain impairment in youth does not resolve with abstinence

Tobacco/Cannabis and the Lungs



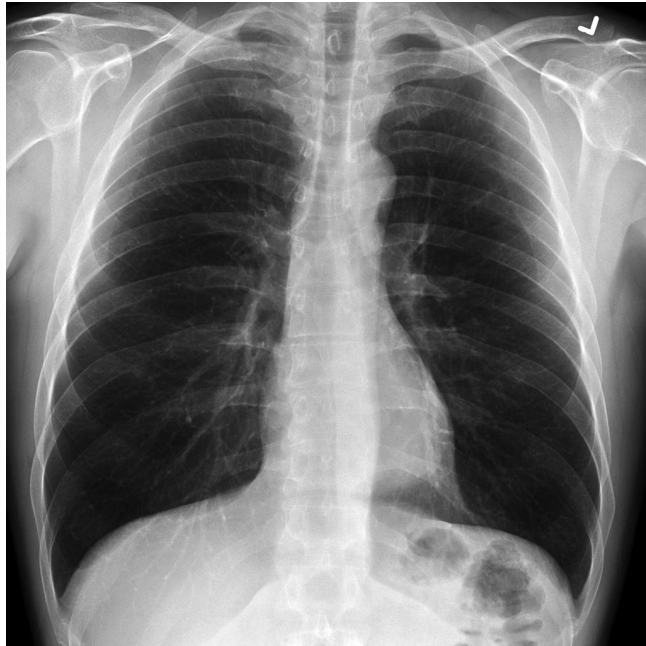
Pulmonary Effects

- Inhaled flavorings associated with (animal and human models):
 - Respiratory illness/bronchitis
 - Life-threatening respiratory failure
- Largely due to diacetyl, a buttery flavoring agent used in microwaveable popcorn
 - Generally Recognized as Safe (GRAS) – for oral but not inhalation

Marijuana & Respiratory Illness

E-cigarette, or Vaping, product use Associated Lung Injury (EVALI)

Healthy lungs



Vape-injured lungs



17yo victim



Tryston Zohfeld, TX

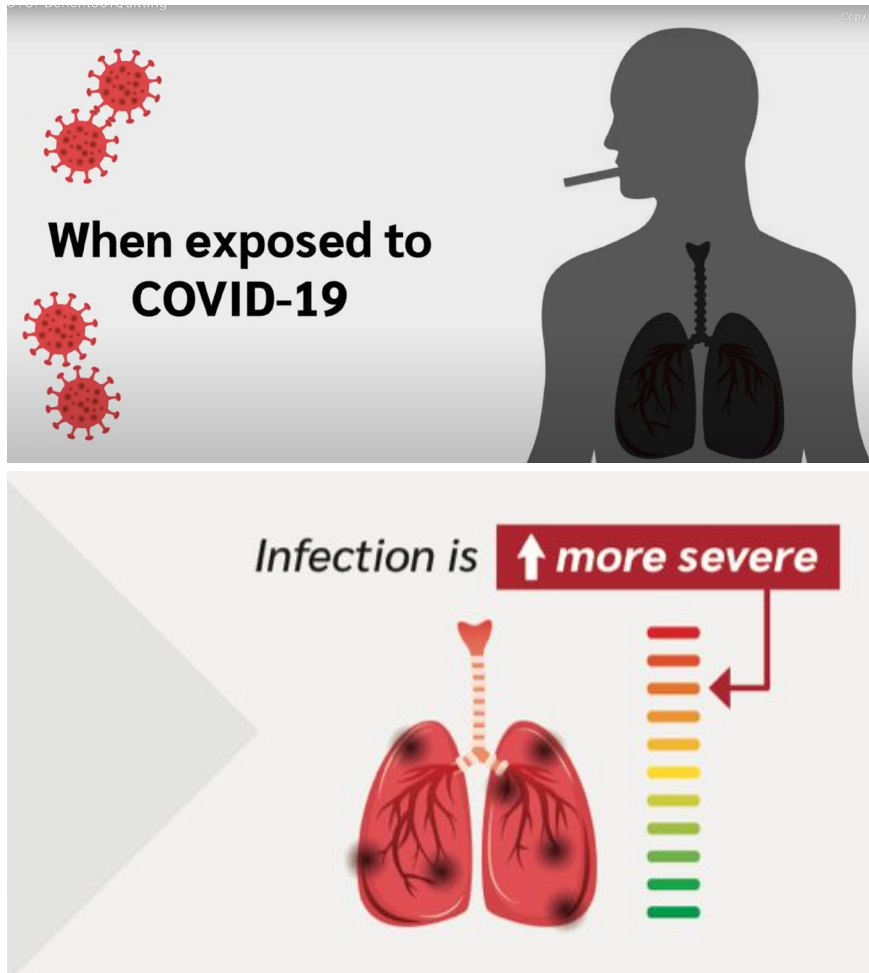
- ◆ 18 days in hospital
- ◆ 10 days medically-induced coma

Vaping-related Lung Illness

As of **February 18, 2020**:

- 2,807 cases of e-cigarette, or vaping, product use associated lung injury (EVALI)
- 68 deaths in 29 states and the District of Columbia
- THC in most devices, but not all
- Vitamin E acetate is of concern

Smoking/Vaping & COVID-19



- Lungs weakened from breathing in smoke or aerosol
- Novel coronavirus attacks the lungs
- Weakened lungs at greater risk for attack and more severe infection
- Also, bringing hand to mouth or sharing products increases risk

Cannabis Hyperemesis Syndrome

- Vomiting and abdominal pain
- Caused by long term use
- Symptoms ease in a couple days unless marijuana use resumed

Cannabis and Mental Health

- Hallucinations and paranoia
- Depression and anxiety
- Cannabis use associated with 2-3 times increased risk of psychosis (schizophrenia)
- Younger people at higher risk than adults

New Study: Co-Use and Mental Health

- Nearly 1 in 3 reported past 30-day co-use and half screened positive for depression
- Screening positive for depression was more likely among:
 - Past 30-day co-users versus tobacco-only or cannabis-only users.
 - Past 30-day e-cigarette, cigarette, chewed tobacco, and blunt users.
- Those who were depressed commonly used nicotine e-cigarettes and smoked cannabis.



Depression screening outcomes among adolescents, young adults, and adults reporting past 30-day tobacco and cannabis use

Shivani Mathur Gaiha^{a,c,d}, Maggie Wang^b, Mike Baiocchi^a, Bonnie Halpern-Felsher^{a,*}

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^b Department of Biomedical Data Science, Stanford University, CA, United States

^c Division of Adolescent/Young Adult Medicine, Department of Pediatrics, Boston Children's Hospital, Boston, United States

^d Faculty of Pediatrics, Harvard Medical School, Boston, United States



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Cannabis and Suicidality

In youth (<18) and young adults (18-24), cannabis use associated with:

- 50% increased risk of suicidal ideation
- 3.5% increased risk of suicide attempt



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Secondhand and Thirdhand Aerosol/Smoke



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Secondhand Aerosol/Smoke

tobaccopreventiontoolkit.stanford.edu



Nicotine

Heavy
Metals

Ultrafine
Particles

VOCs

Cancerous
Chemicals

Thirdhand Aerosol/Smoke



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Cannabis and Secondhand Smoke

- Contains cadmium, chromium, benzene
- 33+ on Prop 65 list of toxins
- Harmful effects on cardiovascular system
- Exposed children have detectable levels of THC
- Exposure also associated with breathing issues, ear infections, asthma and eczema

Smoke/Aerosol

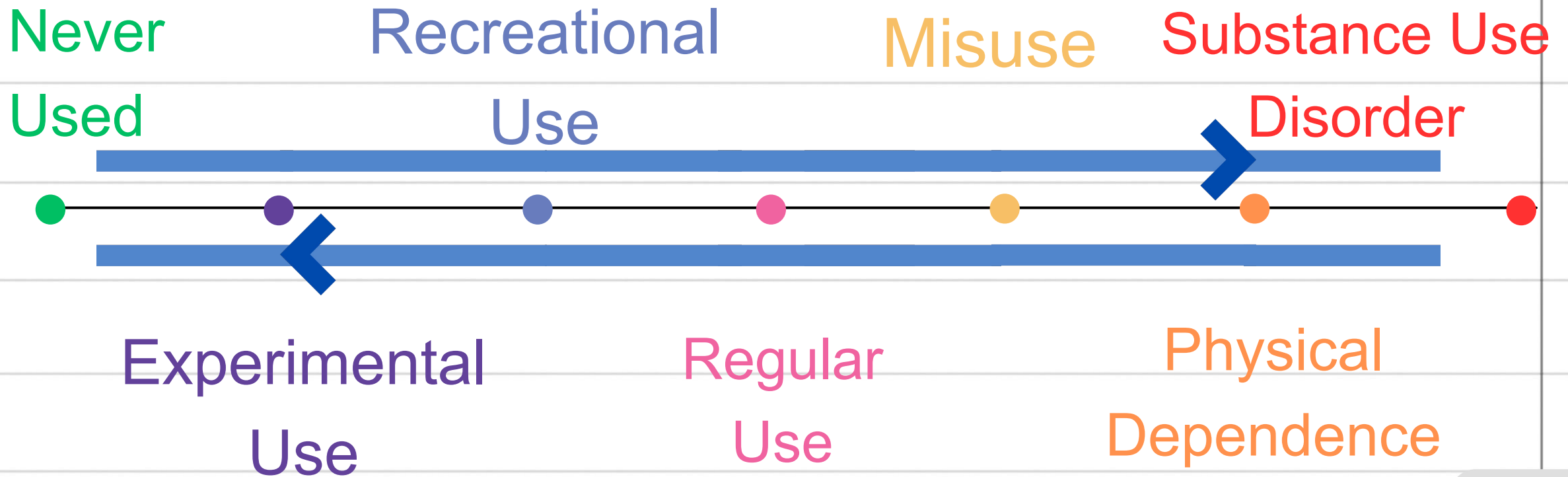


Secondhand tobacco smoke / aerosol easily goes from apartment to apartment and location to location

- Walls
- Vents
- Windows
- Pipes
- Hallways
- Stairways

Why Youth Use Drugs?

UNDERSTANDING THE CONTINUUM OF DRUG USE AMONG TEENS





Decision Theories Applied to Adolescent Risk Behavior

Adolescents Take Risks Because They:

- Cannot judge risks appropriately
- Believe they are invulnerable to harm
- Are pressured by peers
- Have poor decision-making skills

“What are some good things about using
_____?”

“What are some bad things about not using
_____?”

Why Youth Use

- Flavors
- Easy to hide
- Marketing
- Access
- Misperceptions
- Stress

Why Youth Use E-cigarettes

- **Flavors**
- Easy to hide
- Marketing
- Access
- Misperceptions
- Stress



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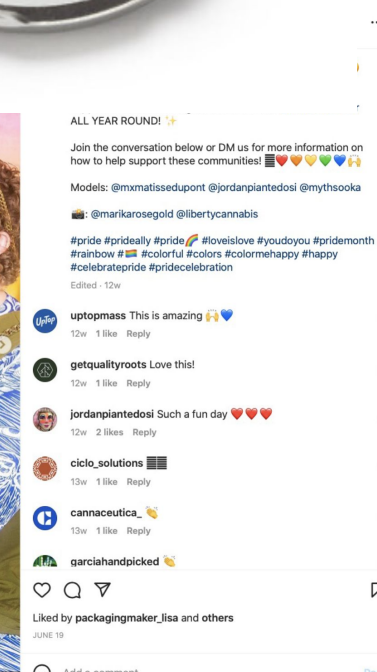
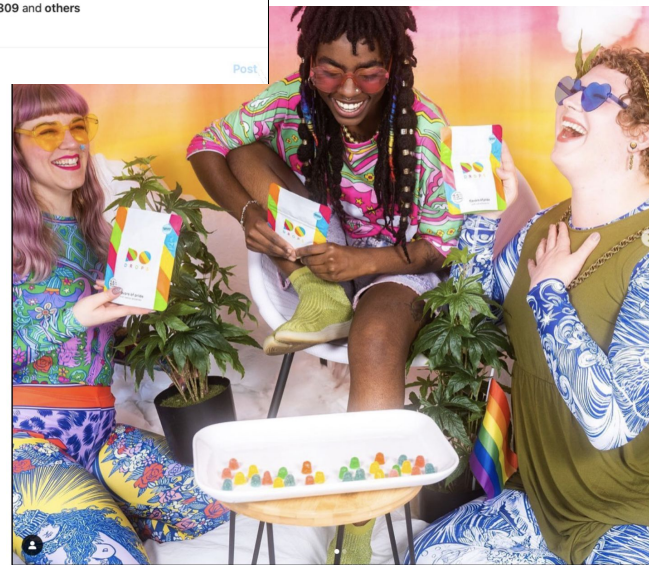
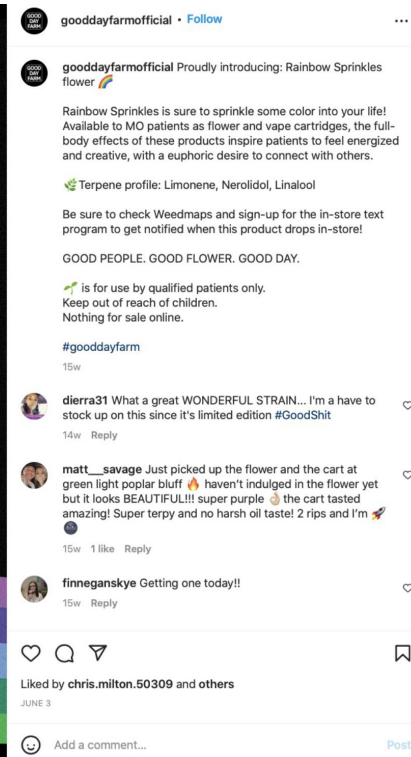




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Targeting LGBTQ+



Targeting People of Color



Why Youth Use E-cigarettes

- Flavors
- Easy to hide**
- Marketing
- Access
- Misperceptions
- Stress





Why Youth Use E-cigarettes

- Flavors
- Easy to hide
- Marketing**
- Access
- Misperceptions
- Stress

Cannabis (Delta 8, Delta 9, and Hemp) Sold in a CA County



Cannabis (Delta 8, Delta 9, and Hemp) Sold in a CA County



Targeting Youth





E-liquid

Food product





E-Cigarette



E-Cigarette



E-Cigarette



E-Cigarette



E-Cigarette



E-Cigarette



E-Cigarette



E-Cigarette



E-Cigarette

GETTING ANSWERS

FDA ISSUES ILLEGAL E CIGARETTE WARNING

15 ONLINE RETAILERS WARNED ABOUT MARKETING TO KIDS

Minions Disposable



<https://happyvape.en.made-in-china.com/product/KFLTpXDOQbVZ/China-Minions-Mesh-X-Rechargeable-Disposable-Vapes.html>



HOME / STARTER KITS / DISPOSABLE VAPES / BBK GLOOMY BEAR 8000 PUFF

BBK Gloomy Bear Disposable Vapes 8000 Puffs – Mineral Water

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SKU: BBK-010-1

Categories: BBK, BBK Gloomy Bear 8000 Puff

[f](#) [t](#) [e](#) [p](#) [in](#)

The product image shows a blue BBK Gloomy Bear disposable vape with a marbled pattern. The product page includes a search icon, a breadcrumb trail, the product name, price, a flavor selector set to 'Mineral Water', a quantity selector set to 1, an 'ADD TO CART' button, the SKU 'BBK-010-1', categories, and social media icons for Facebook, Twitter, Email, Pinterest, and LinkedIn.


Boba vapes

AISO[®] MINI CUP

6800 PUFFS | 16ml EJUICE | MESH COIL | 650mAh BATTERY | TYPE-C PORT

SAKURA GRAPE | WATERMELON STRAWBERRY | PEACH MANGO | ENERGY DRINK | HONEYDEW MELON | LYCHEE COLA

MIX FRUIT | PINK LEMON | STRAWBERRY BANANA | STRAWBERRY KIWI | STRAWBERRY MANGO | STRAWBERRY ICE CREAM



Original Happy Bucks Coffee Bubble Tea Cup Rechargeable Disposable Vape Pen Device 6000 Puffs 650mah (free shipping)

Write a review

\$19.99

Flavor: Taro Ice Cream

Availability: **In stock**

Quantity: 10000

Minimum quantity for "Original Happy Bucks Coffee Bubble Tea Cup Rechargeable Disposable Vape Pen Device 6000 Puffs 650mah (free shipping)" is **10000**.

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V-Play: The First VAPENTERTAINMENT System



Description for the Vape device boasts 20,000 puffs, and 1.77 inch screen on which you can play games. Games available on the device include F-22, Pac Maze, & Tetra Stack. The product is available in a number of sweet flavors and the device offers a “**beast mode**” that delivers a more intense flavor and more vapor.

Why Youth Use E-cigarettes

- Flavors
- Easy to hide
- Marketing
- Access**
- Misperceptions
- Stress

Pop Quiz

What is the Minimum Legal Age to Purchase Tobacco and Cannabis in the U.S.?

16 17 18 19 20 21 22 23 24 25



What is the Minimum Legal Age to Purchase Tobacco and Cannabis in the U.S.?

16 17 ~~18~~ 19 20 **21** 22 23 24 25



Pop Quiz

21!!!

TOBACCO
~~eighteen~~ **twenty-one**



Access



The legal age to purchase tobacco/nicotine* in the United States is...



Approximately 2 in 5 people don't know the minimum legal age to purchase tobacco! ¹

21

*This includes e-cigarettes, cigarettes, and oral nicotine products like Zyn.



Tobacco 21 is designed to protect YOU-th!



Using tobacco before age 21 negatively impacts the brain's development and increases risk for addiction.



ACTION ALERT: Spreading the word about Tobacco 21 can encourage YOU-th to stay tobacco free!

¹ McCauley, D. M. & Halpern-Felsher, B. (In Press). Gaps in awareness of the United States minimum legal age of e-cigarette and cigarette sales: Implications for public health Messaging. *Journal of Adolescent Health*. <https://authors.elsevier.com/a/1juwC,Nz%7ENVg3t>



21

The minimum legal age to purchase tobacco/nicotine in the US is...

*This includes e-cigarettes, cigarettes, and oral nicotine products like Zyn.



1. There is a common misconception that the legal age to purchase tobacco is still 18. ¹



2. Using tobacco before age 21 negatively impacts the brain's development.



3. Helping adolescents gain awareness of Tobacco 21 laws can discourage access and use.



4. Spreading the word to teens about Tobacco 21 can encourage youth to stay tobacco/nicotine free!

¹ McCauley, D. M. & Halpern-Felsher, B. (In Press). Gaps in awareness of the United States minimum legal age of e-cigarette and cigarette sales: Implications for public health Messaging. *Journal of Adolescent Health*. <https://authors.elsevier.com/a/1juwC,Nz%7ENVg3t>

Why Youth Use E-cigarettes

- Flavors
- Easy to hide
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Mental Health Issues

- Youth are incredibly stressed
- More than 44% of students reported feeling sad or hopeless about themselves in 2021, which is a substantial increase compared to 34% in 2019 (YRBS)
- 25% of high school students expressing suicide ideation (YRBS)
- Youth are more likely to use substances when feeling stressed, depressed, and anxious

Co-Use and Mental Health

- Nearly 1 in 3 reported past 30-day co-use and half screened positive for depression
- Screening positive for depression was more likely among:
 - Past 30-day co-users versus tobacco-only or cannabis-only users.
 - Past 30-day e-cigarette, cigarette, chewed tobacco, and blunt users.
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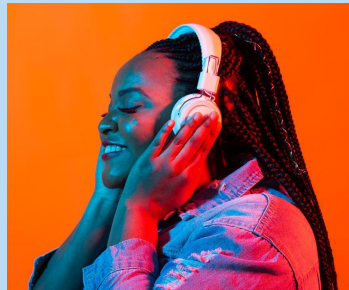
^c Division of Adolescent/Young Adult Medicine, Department of Pediatrics, Boston Children's Hospital, Boston, United States

^d Faculty of Pediatrics, Harvard Medical School, Boston, United States

Healthy Options for Coping with Stress



Sleep



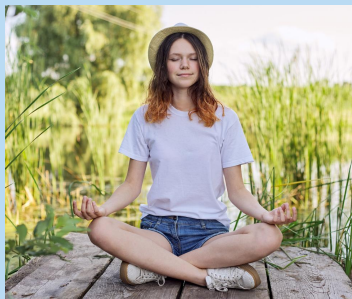
Listen to Music



Talk with a Friend



Exercise



Meditate



Watch a Movie



Paint



Garden

Drug Use, Stigma, and Mental Health

Stigma: a mark of disgrace or shame associated with a person or group of people.

Stigmas can lead to people being stereotyped and discriminated against.



safety
first

Summary: Perfect Storm to Addict Youth

- Stealth/youth-focused products
- Very high THC and nicotine levels
- Misperceptions of harms
- Flavors
- Packaging, ads
- HARMFUL



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What Can We Do?



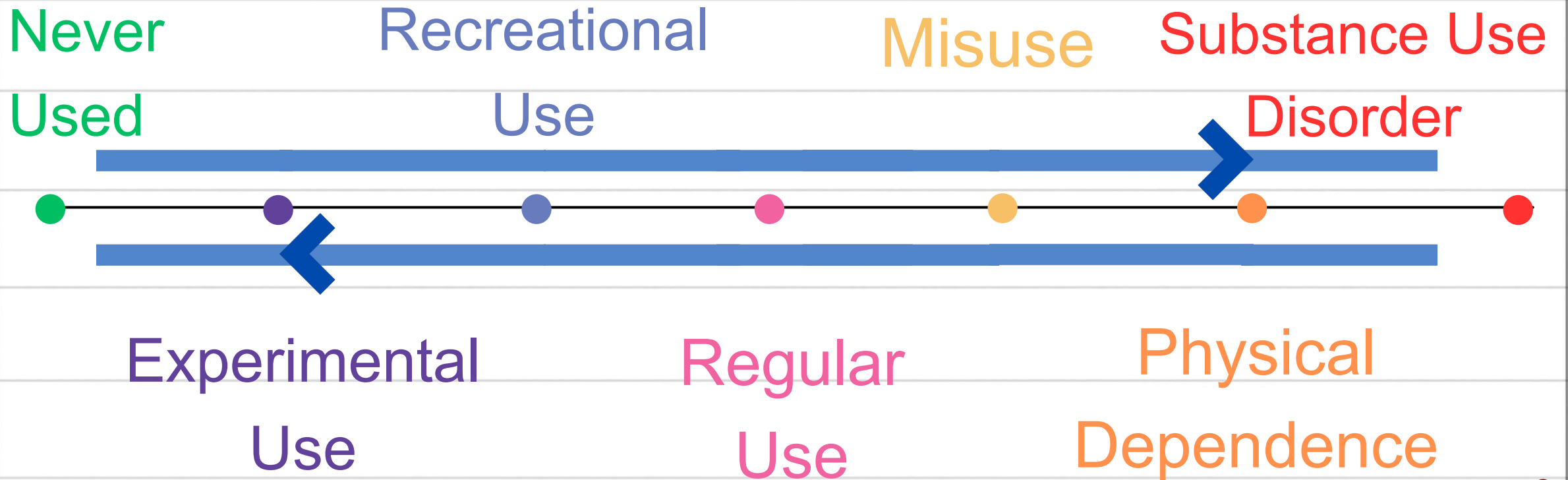
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Honest Drug Education

- Based in science
- Based on how adolescent learn and make decisions
- Keep teens safe!

UNDERSTANDING THE CONTINUUM OF DRUG USE AMONG TEENS



Goal

- Normalize drug education communication not normalize drug use!
- Conversation, not a confrontation! Not a lecture!

Starting the Conversation

- Goal: Have a conversation, not a lecture
 - Find the “right time”
 - Be patient and listen
- Avoid “we need to talk” or “you don’t use, right!?!?”
- Use the right words
- Realize that you might not learn immediately whether teen is using; might need more than one conversation



Halpern-Felsher REACH Lab

Our Team

Research

Publications

Preventions and
Interventions

Advocacy

In the News

YAB Corner

Parent Corner

Resources

Marketing and Promotion

Lab Fun



Research

Our research is driven to improve adolescent and young adult (AYA) health by:

- Conducting interdisciplinary, high-impact research focused on health-related decision-making
- Translating evidence into effective programs that reduce and prevent AYA risk behavior
- Informing and supporting policies that improve AYA health
- Training the next generation of leaders in AYA health and risk prevention

Current research projects/evaluations:

Understanding the Potential Impact of FDA Authorization and Marketing on Adolescents' Young Adults', and Adults' Perceptions, Intentions, and Actual Use of Tobacco (funded by the NIH)





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**FREE
RESOURCES!**

Stanford REACH Lab offers **free** curriculums and resources to supplement prevention, education, harm-reduction, interventions and cessation on: vaping/e-cigarettes, cannabis, drugs and other substances. Scan the QR code below to learn more!

PREVENTION, EDUCATION & AWARENESS CURRICULUMS

TOBACCO/VAPING



You & Me, Together Vape-Free
Elementary, Middle & High School Curriculum

CANNABIS



Smart Talk: Cannabis Prevention & Awareness
Elementary, Middle & High School Curriculum

HARM-REDUCTION & INTERVENTIONS

DRUG EDUCATION



A Comprehensive Drug Education and Harm-Reduction Curriculum

CANNABIS/TOBACCO



Self-Paced or Group Led Alternative-to-Suspension



DATA DASHBOARD FOR EDUCATORS & ADMINISTRATORS

We have developed and launched a data dashboard for educators, where you can see, in **real time**, anonymous student survey responses related to the curriculum and interventions you are implementing.

GET STARTED

or visit tinyurl.com/reachlabdatadashboard



Connect with us and learn more by scanning the QR Code:





- Comprehensive, harm-reduction
 - 13 lessons
- Brain and addiction
- Stress, coping, wellness
- Alcohol, opioids/fentanyl, e-cigs, cannabis, hallucinogens, stimulants
 - Marketing



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REACH Lab



- Nicotine and Cannabis
- Intervention
- MY and OUR Healthy Futures
- Certificate of Completion

6TH

STANFORD REACH LAB'S

ANNUAL TEACHING CANNABIS (AND
OTHER DRUGS!*) AWARENESS AND
PREVENTION VIRTUAL CONFERENCE*TOBACCO/NICOTINE, FENTANYL/OPIOIDS, ALCOHOL,
HALLUCINOGENS, AND OTHER SUBSTANCES!REGISTER
TODAY

scan the QR or click the link below:

event.me/b43GRAAPRIL 9TH - 10TH, 2025
8:00 A.M. - 2:30 P.M. (PST)

REGISTRATION COST

- ↳ **Early Bird:** \$125 (ends February 1st)
- ↳ **Regular:** \$150 (after February 1st)

WHAT YOU WILL LEARN

Tune in to learn about how to work with current youth users, health effects, successful prevention strategies (including harm-reduction), advocacy, new curriculums, and the latest research on cannabis and other drugs. **Registration for this conference will include access to ALL workshops and materials for one year after the conference.**

WHO SHOULD ATTEND?

- Educators
- Tupe Coordinators
- Community-based Organizations
- School Administrators
- Health care Providers
- School Resource Officers
- Parents
- Counselors
- Anyone working with youth

DAY 1 & 2
WELCOME & OPENING
REMARKS**Patricia Zuber-Wilson**BA, Associate Commissioner for the Division
of Prevention at the NYS Office of Addiction
Services and Supports (OASAS)DAY 1
KEYNOTE**Christopher M. Jones**PharmD, DrPH, MPH, CAPT, US Public Health
Service, Director, Center for Substance Abuse
& Mental Health Administration, U.S. Department
of Health & Human ServicesDAY 2
KEYNOTE**Jason R. Kilmer**PhD, Professor, Psychiatry & Behavioral
Sciences Adjunct Professor, Psychology
University of Washington

This activity is approved for *AMA PRA Category 1 Credits™*,
ANCC Contact Hours, ASWB Continuing Education (ACE)
Credits, APA Continuing Education credits by the Stanford
University School of Medicine.

For CME information, accreditation and disclosure information,
please visit:
<https://stanford.cloud-cme.com/2025cannabisawareness>

For additional credit types including **CEU and CHES*/MCHES***
information, [please visit our website](#).

*For all credit types, live attendance at this virtual conference is
required. For eligibility and pricing, [please visit our website](#).

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For any questions or concerns, please e-mail us
at canprevtoolkit@stanford.edu.

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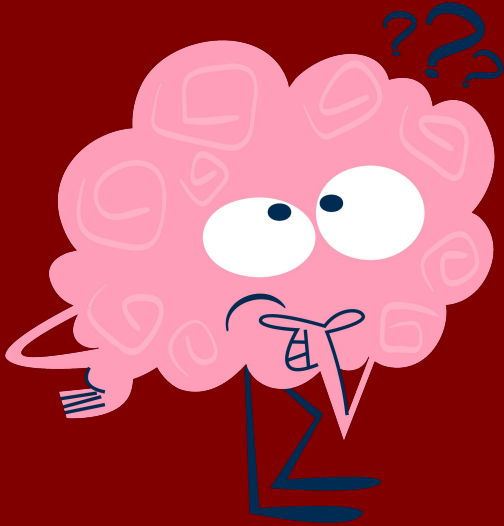
[@Stanford REACH Lab](#)

[@Stanford Medicine's REACH Lab](#)



Thank you!

Any Questions



bonnieh@stanford.edu

ACEs LEARNING COMMUNITY

- CSHA launching an ACEs Learning Community for SBHCs
- Opportunity to integrate ACE screening and response in SBHCs
- Grants of up to \$10,000 available
- Webinars, collaborative learning, and individualized technical assistance offered
- SBHC must have MediCal providers, and be interested in piloting or launching ACE screening



Learn more at this [link](#).

ACEs Aware Learning Community for SBHCs [Application](#)

Deadline: Nov 9, 2024



UPCOMING CSHA WEBINARS

Building Vaccine Confidence & Addressing Vaccine Hesitancy

- Tuesday, November 19, 10:30-11:30 am Pacific
- [Registration Link](#)

Wellness Coaches in Action: New Opportunities for SBHCs & Wellness Centers

- Thursday, November 21, 2:00-3:00 pm Pacific
- [Registration Link](#)

CATCH My Breath Youth Vaping Prevention

- Tuesday, December 3rd 2024, 10:00 - 11:00AM Pacific
- [Registration Link](#)



FREE RESOURCES AVAILABLE



<https://www.schoolhealthcenters.org/about-us/our-work/>

The cover of the "From Vision to Reality" toolkit. It features the California School-Based Health Alliance logo at the top, followed by the title "FROM VISION TO REALITY: How to Build a School Health Center from the Ground Up" in white text on a red background.

VISION TO REALITY

From [Vision to Reality](#), our toolkit on starting a school-based health center (SBHC), is a comprehensive resource for anyone seeking to expand health services for students.

The cover of the "Planning a School-Based Health Center: Key Steps" overview. It features the California School-Based Health Alliance logo at the top, followed by the title "Planning a School-Based Health Center: Key Steps" in white text on a red background. Below the title is a photograph of a group of people, including children and adults, working together to plant a tree in a field.

KEY STEPS TO PLANNING

The first steps of establishing a new school-based health and wellness center can feel daunting. Our [Key Steps to Planning](#) overview outlines the high-level activities to get started.

An icon consisting of a blue square with a white checklist and a pencil, and a yellow school building with a red cross on its roof.

BEST PRACTICES CHECKLIST

The [Best Practices Checklist](#) is designed to help school-based health and wellness center staff identify areas where they can strengthen their practices and improve the quality and sustainability of services.

STAY CONNECTED

 schoolhealthcenters.org

 info@schoolhealthcenters.org

 [sbh4ca](https://twitter.com/sbh4ca)

 [sbh4ca](https://www.instagram.com/sbh4ca)

Gracias

謝謝

Thank you

Cảm ơn

Salamat

Amy Blackshaw, Behavioral Health Project
Director



ablackshaw@schoolhealthcenters.org

Dr. Bonnie Halpern-Felsher, Stanford REACH Lab



bonnieh@stanford.edu