

2019



Cannabis &
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Forum

30 APRIL-1 MAY 2019
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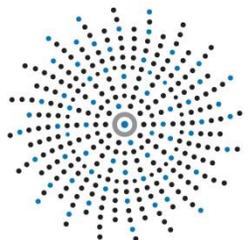
Forum sur
le cannabis et
la santé publique

DU 30 AVRIL AU 1 MAI 2019
OTTAWA | CENTRE SHAW

What Lies Ahead in a Legalized Policy Environment?

The Value of Cannabis Trend Data for Monitoring Significant Change in Perceptions of Risk between Prince Edward Island (PEI) and Canadian Students

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Presentation Outline

- Acknowledgements
- Disclosure Statement
- Background
- Methods
- Trend Data
- Discussion

Acknowledgements

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Project Funders:

Health Canada (CSTADS)

Project Partners:

Propel Centre for Population Health Impact, University of Waterloo

Disclosure Statement

- I have no affiliation (financial or otherwise) with a cannabis producer, processor, distributor or communications organization.

Background

Potential harms from Cannabis legalization in Canada include new methods of consumption that increase potency, new appeal to minors, and long-term consequences for at-risk & vulnerable groups such as children and youth.

- Windle, S. B., Wade, K., Filion, K. B., Kimmelman, J., Thombs, B. D., & Eisenberg, M. J. (2019). Potential harms from legalization of recreational cannabis use in Canada. *Canadian Journal of Public Health, 110*(2), 222-226.

In the current federal policy context of legalization of recreational cannabis, youth perceptions of cannabis harm take on heightened importance.

Method: Survey Instrument CSTADS

From 2008/2009 to 2016/2017, the Canadian Student Tobacco Alcohol and Drugs Survey (CSTADS) (formerly Youth Smoking Survey) collected biennial student substance use data across Canada.



www.cstads.ca

 **CANADIAN STUDENT TOBACCO, ALCOHOL AND DRUGS SURVEY 2016/2017**

Thousands of students across Canada, just like you, have been asked to take part in this survey. This important survey will help Health Canada to better understand tobacco, alcohol, and drug use among young people in Canada.

We value your help today.

 Please use a pencil to complete this questionnaire. 

Please mark all your answers with full, dark marks like this: 

- **Even if you don't use tobacco, alcohol, or drugs**, please make sure you answer each question so that all students take the same amount of time to complete the questionnaire.
- **This is NOT a test.** All of your answers will be kept **confidential**. No one, not even your parents or teachers, will ever know what you answered. Please be honest when you answer the questions.
- Mark only **one option per question** unless the instructions tell you to do something else.
- If you do not understand a question, or do not wish to answer a question, leave it blank and continue to the next question.
- Choose the option that is the **closest** to what you think/feel is true for you.

YOUR ANSWERS ARE CONFIDENTIAL

PLEASE DO NOT COPY

For office use only
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Method

- In 2016/2017, CSTADS data were collected from 52,103 students in 9 Canadian provinces (grades 7-12).
- The PEI sample included 4536 students in 21 schools (grades 7-12).
- We analyzed questions related to youth perceptions of cannabis related harms between 2014/15 and 2016/2017 as well as new questions about methods of cannabis consumption contained in the 2016/17 data collection cycle.

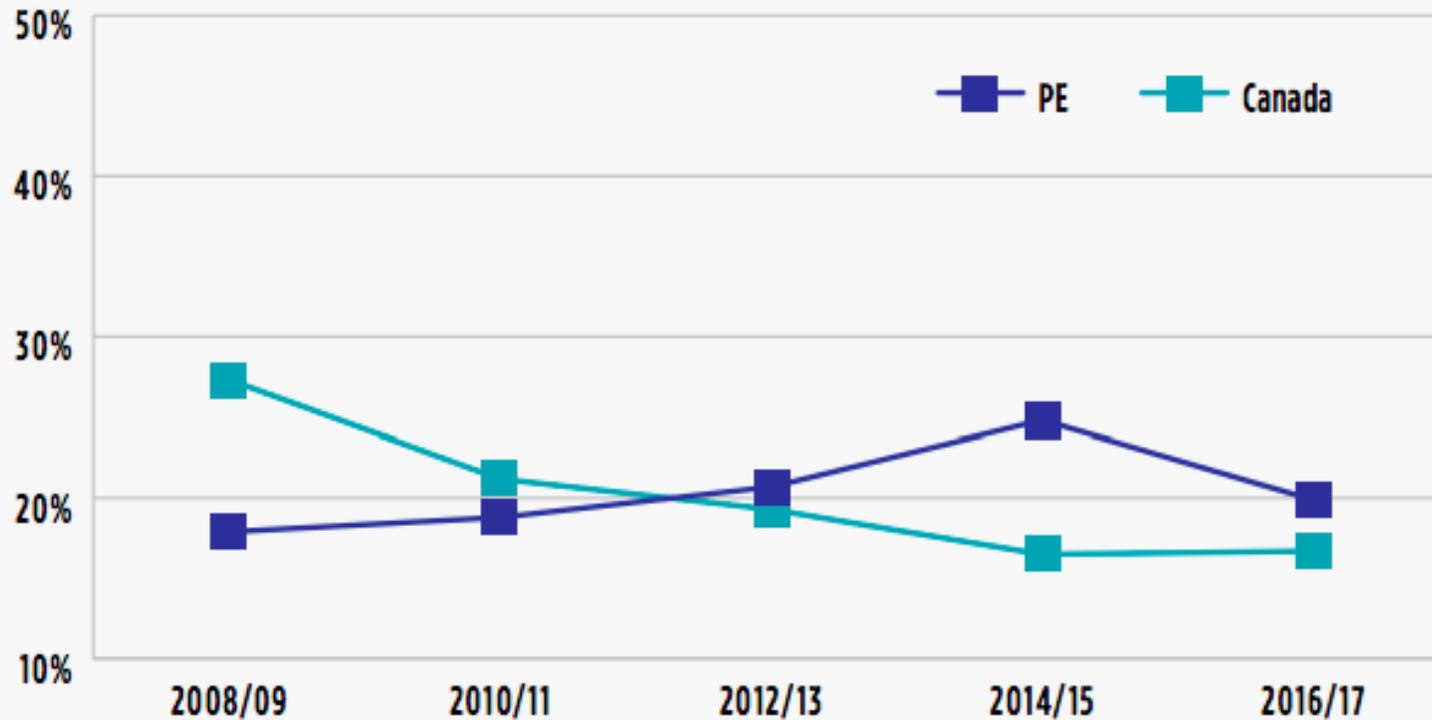
Trends in Cannabis Use over Time

“Despite the common perception that cannabis use is increasing among young people, nationally representative findings from Canada's ‘benchmark’ survey indicate that cannabis use among youth peaked in 2008/09 and generally decreased thereafter”.

- Leos-Toro, C., Rynard, V., Murnaghan, D., MacDonald, J. A., & Hammond, D. (2019). Trends in cannabis use over time among Canadian youth: 2004–2014. *Preventive medicine, 118*, 30-37.

CSTADS PEI & Canada: 12 month Cannabis Use

Past 12 month cannabis use, PE and Canada, 2008/09–2016/17



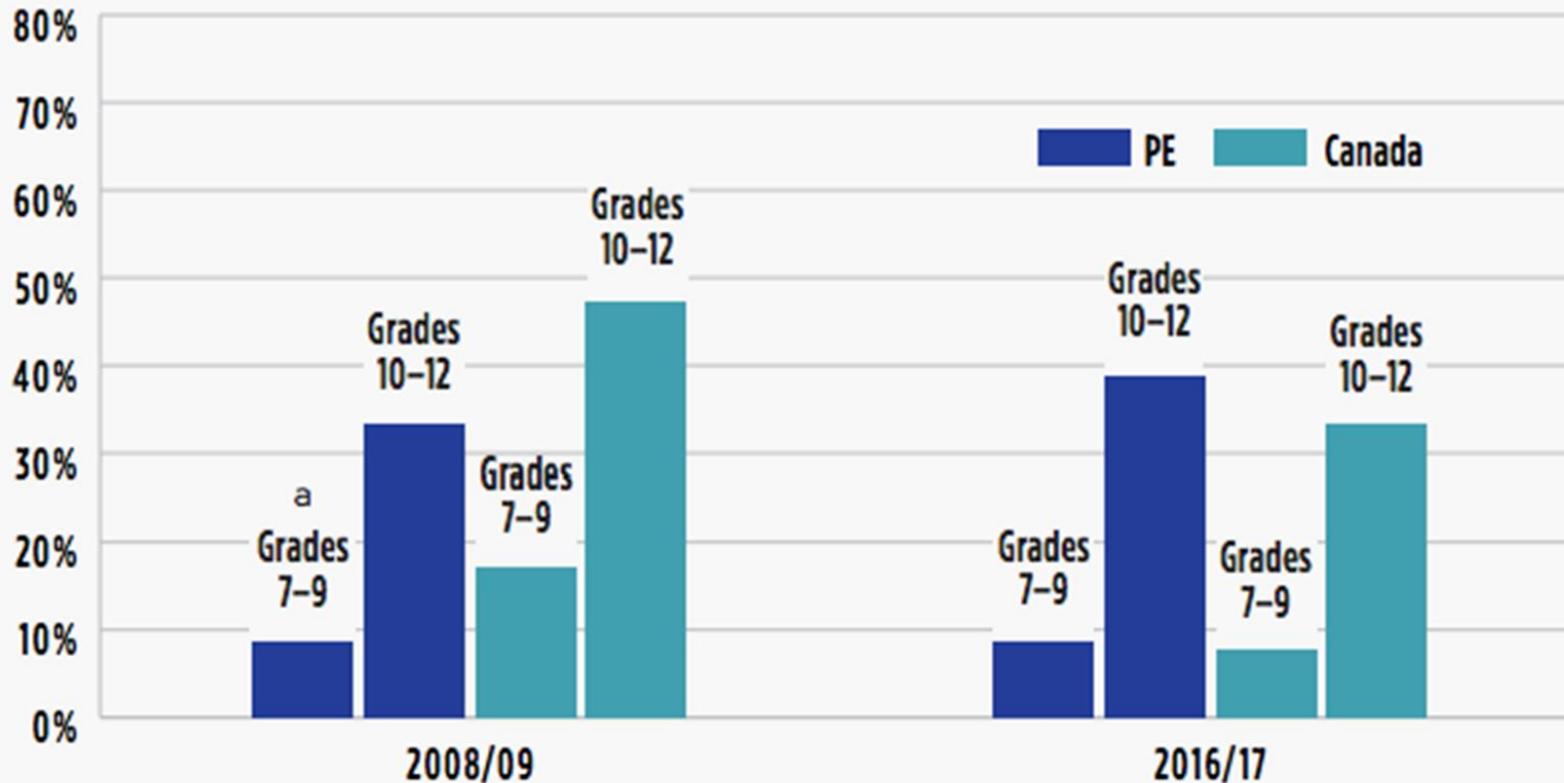
PEI 2016/17:

- Significant drop for males (29% to 21%)
- Significant drop for gr. 10-12 (37% to 32%)

Thompson-Haile, A., Madill, C., Burkhalter, R., MacKenzie, A., MacDonald, J, Murnaghan, D., & Cooke, M. (2018). Provincial Patterns and Trends in Cannabis Use from the Canadian Student Tobacco, Alcohol and Drugs Survey (CSTADS): Prince Edward Island. Waterloo, Ontario: Propel Centre for Population Health Impact, University of Waterloo

CSTADS PEI & Canada: Lifetime Cannabis Use

Lifetime cannabis use, by grade, PE and Canada, 2008/09 and 2016/17



2008/2009 gr. 7-12 use:

PEI – 21.4%

Canada – 32.6%

2016/17 gr. 7-12 use:

PEI – 24.4%

Canada – 20.7%

Thompson-Haile, A., Madill, C., Burkhalter, R., MacKenzie, A., MacDonald, J, Murnaghan, D., & Cooke, M. (2018). Provincial Patterns and Trends in Cannabis Use from the Canadian Student Tobacco, Alcohol and Drugs Survey (CSTADS): Prince Edward Island. Waterloo, Ontario: Propel Centre for Population Health Impact, University of Waterloo

Perceptions of Harm Decrease in Canada

Canadian student perceptions of the harm of smoking cannabis showed significant change 2016-17:

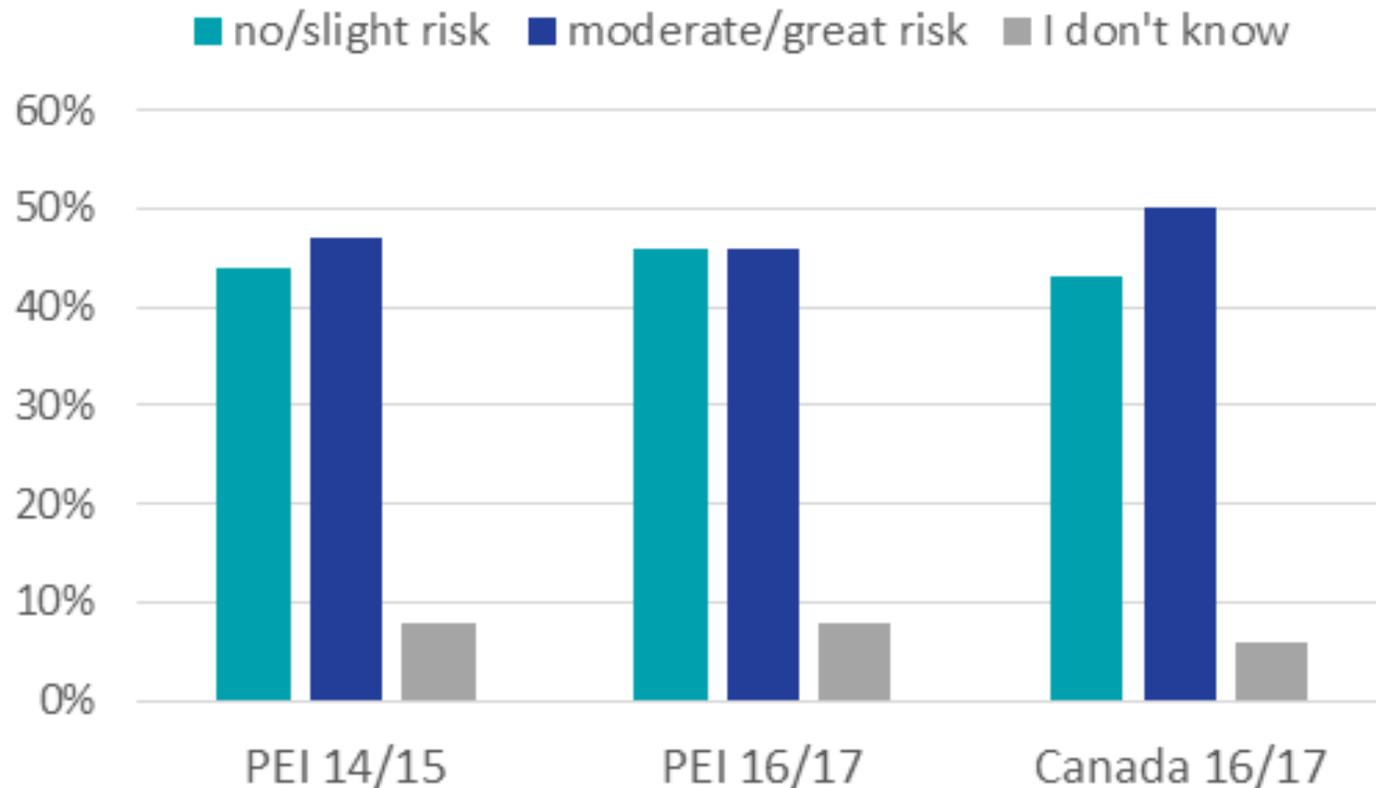
19% of students reported that smoking cannabis once in a while put people at 'great risk' of harming themselves (decreased from 25% 2014/2015)

18% of students thought there was 'no risk' (increased from 14% 2014/2015)

- Health Canada (2019) Summary of results for the Canadian Student Tobacco, Alcohol and Drugs Survey 2016-17. <https://www.canada.ca/en/health-canada/services/canadian-student-tobacco-alcohol-drugs-survey/2016-2017-summary.html>

Perceived risk of harm when smoking Cannabis 'once in a while'

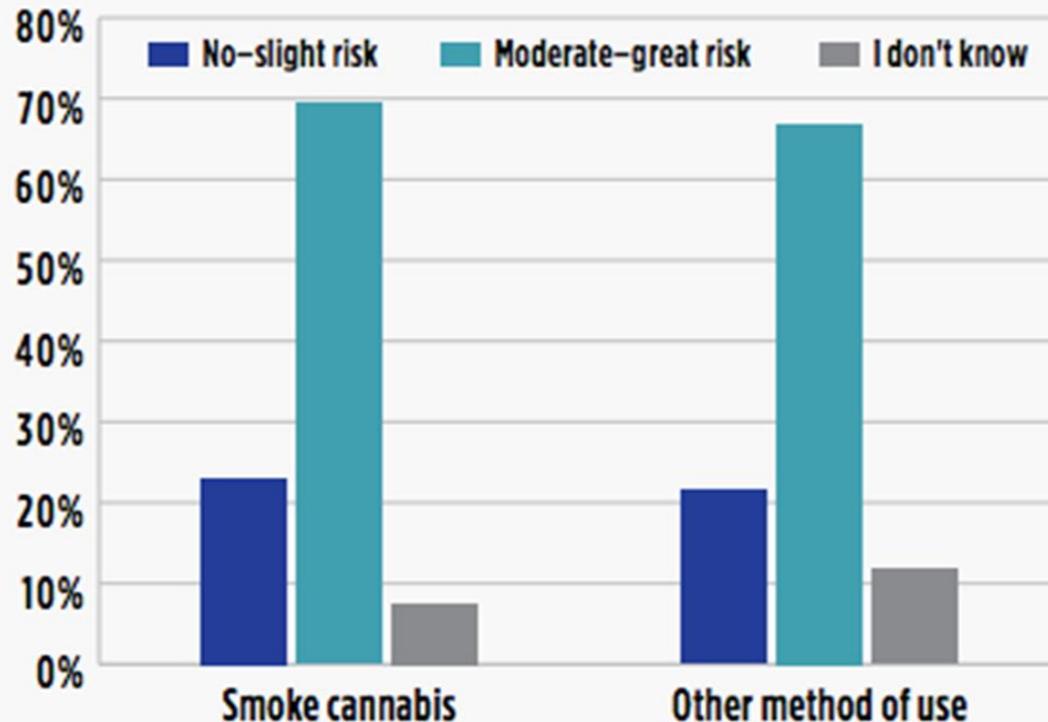
Perceived risk of harm when smoking cannabis
once in a while PE & Canada (gr. 7-12)



Trend: Fewer PEI students perceived a moderate-great risk (46%) than Canadian students (50%) in 2016/17.

Perceived Harm: Smoking Cannabis or other method on a regular basis

Perceived harm of cannabis use by smoking or other method on a regular basis, PE, 2016/17

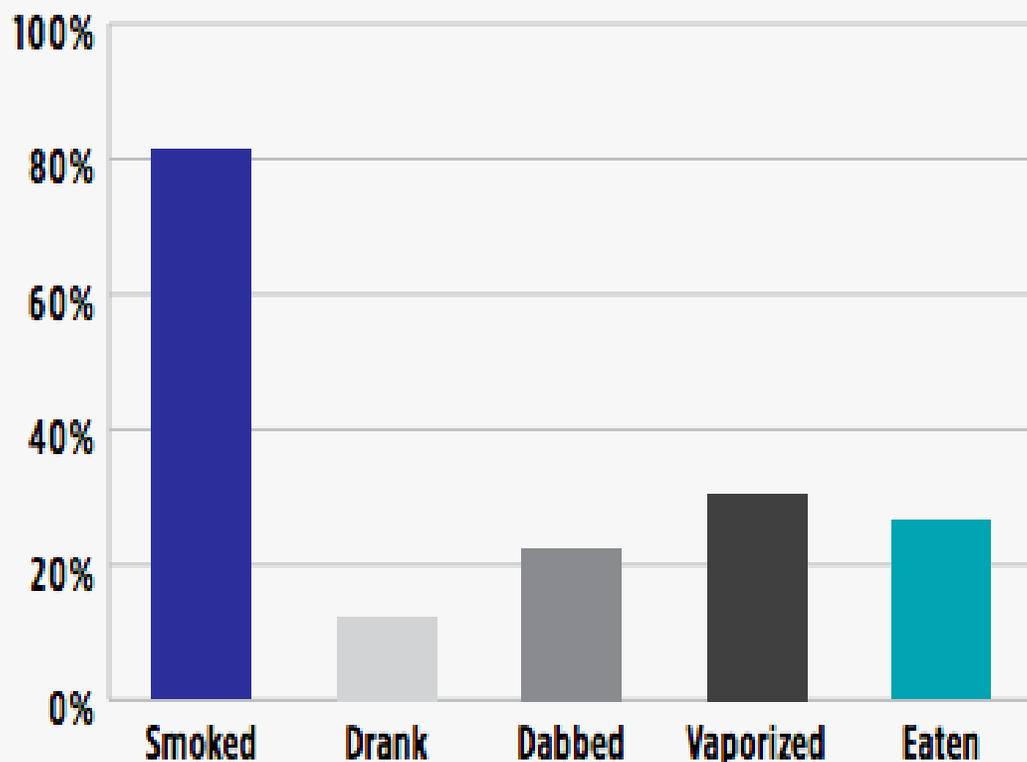


67% of PEI students perceived a moderate-great risk of using other methods of consumption on a regular basis as compared to 70% perceived harm from smoking regularly.

Thompson-Haile, A., Madill, C., Burkhalter, R., MacKenzie, A., MacDonald, J, Murnaghan, D., & Cooke, M. (2018). Provincial Patterns and Trends in Cannabis Use from the Canadian Student Tobacco, Alcohol and Drugs Survey (CSTADS): Prince Edward Island. Waterloo, Ontario: Propel Centre for Population Health Impact, University of Waterloo

Modes of Use in PEI (among those who have ever tried Cannabis)

Mode of cannabis use among users, PE, 2016/17



Vaporized now the second most common mode of consumption (31%)

Important to track modes of use post-legalization & alongside current vaping trends from CSTADS 2018/19

Thompson-Haile, A., Madill, C., Burkhalter, R., MacKenzie, A., MacDonald, J., Murnaghan, D., & Cooke, M. (2018). Provincial Patterns and Trends in Cannabis Use from the Canadian Student Tobacco, Alcohol and Drugs Survey (CSTADS): Prince Edward Island. Waterloo, Ontario: Propel Centre for Population Health Impact, University of Waterloo

Perceived Harm PEI Confidence Intervals

Perceived harm of smoking cannabis use on a regular basis, PE, 2016/17

No-slight risk					23.0%	[20.7-25.4]
Moderate-great risk					69.4%	[67.1-71.7]
I don't know					7.5%	[6.3-8.8]

Perceived harm of cannabis use by method other than smoking, on a regular basis, PE, 2016/17

No-slight risk					21.5%	[19.6-23.3]
Moderate-great risk					66.8%	[65.0-68.7]
I don't know					11.7%	[10.2-13.2]

Discussion and Future Research

- Youth perceived harm of cannabis use appears to have changed pre-legalization and raises alarms for continued lessening of perceived harm in a legalized policy environment.
- Further regression analyses will be conducted to predict perception of harm.
- It is important to note that the potential health, social and legal aspects of cannabis use among youth are yet to be fully understood.
- A national call to action on the harms of cannabis use that informs policy development to protect youth is needed.

Thank you!

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