

Welcome to today's webinar:

Cannabis, Tobacco, Alcohol and Nicotine: Opportunities & Challenges for a Public Health Policy Framework Approach

Presented by:

Dr. Robert Schwartz, Dr. Michael Chaiton

TIME: 1:30 – 3:00 P.M.

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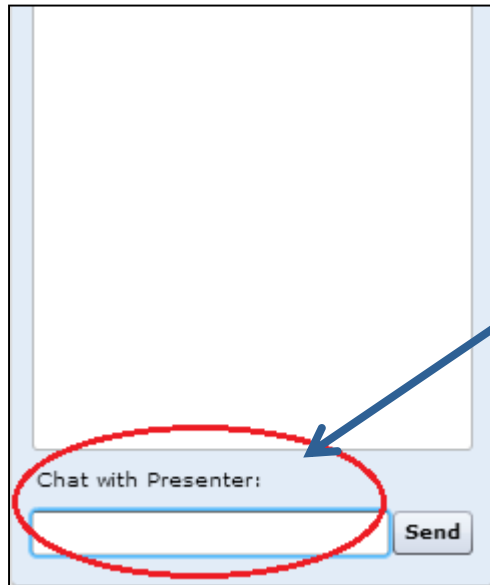
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*Please count yourself plus anyone else in the room who is sharing your login credentials.

- 1
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Today's Speakers



Dr. Rob Schwartz

Executive Director of OTRU and Associate Professor at the Dalla Lana School of Public Health, University of Toronto, with interests in research, evaluation and knowledge exchange.

robert.schwartz@utoronto.ca

Today's Speakers



Dr. Michael Chaiton

Scientist at OTRU and Assistant Professor at the Dalla Lana School of Public Health, University of Toronto. Michael's main areas of research include, smoking cessation, smoking co morbidities, and understanding the impact of widespread retail availability of tobacco.

Michael.chaiton@utoronto.ca

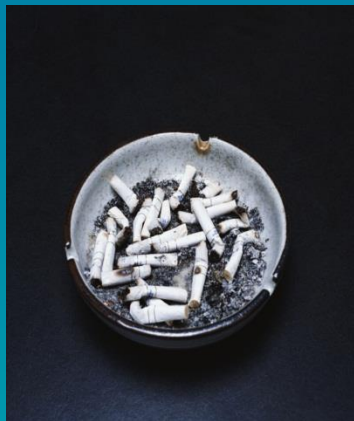


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Generating knowledge for public health

Cannabis, Tobacco, Alcohol, Nicotine: Opportunities & Challenges for a Public Health Policy Framework Approach



A Common Public Health Oriented Policy Framework for
Cannabis, Alcohol, & Tobacco in Canada?

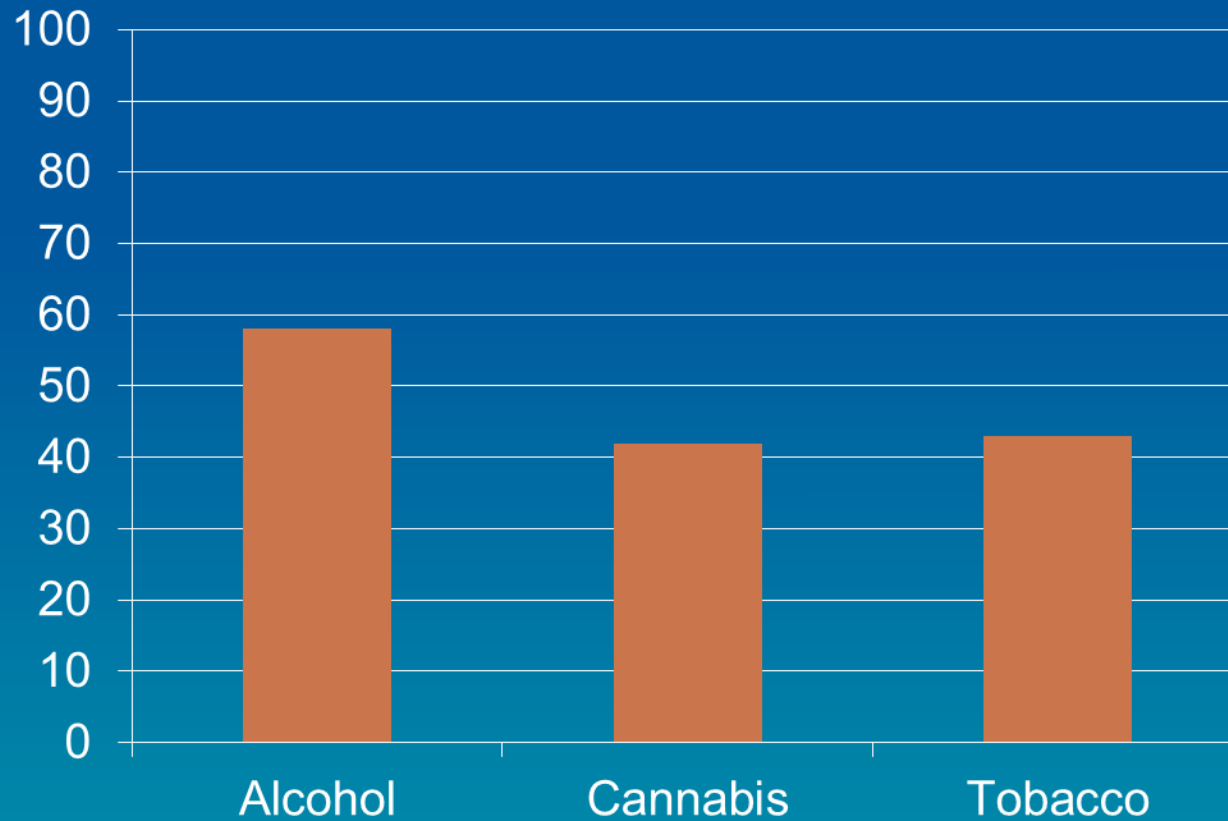
Canadian Journal of Public Health (forthcoming)

Maritt Kirst¹, Kat Kolar², Michael Chaiton³, Robert Schwartz³, Brian Emerson⁴, Elaine Hyshka⁵, Rebecca Jesseman⁶, Philippe Lucas⁷, Robert Solomon⁸ & Gerald Thomas⁹

Similarities and Differences

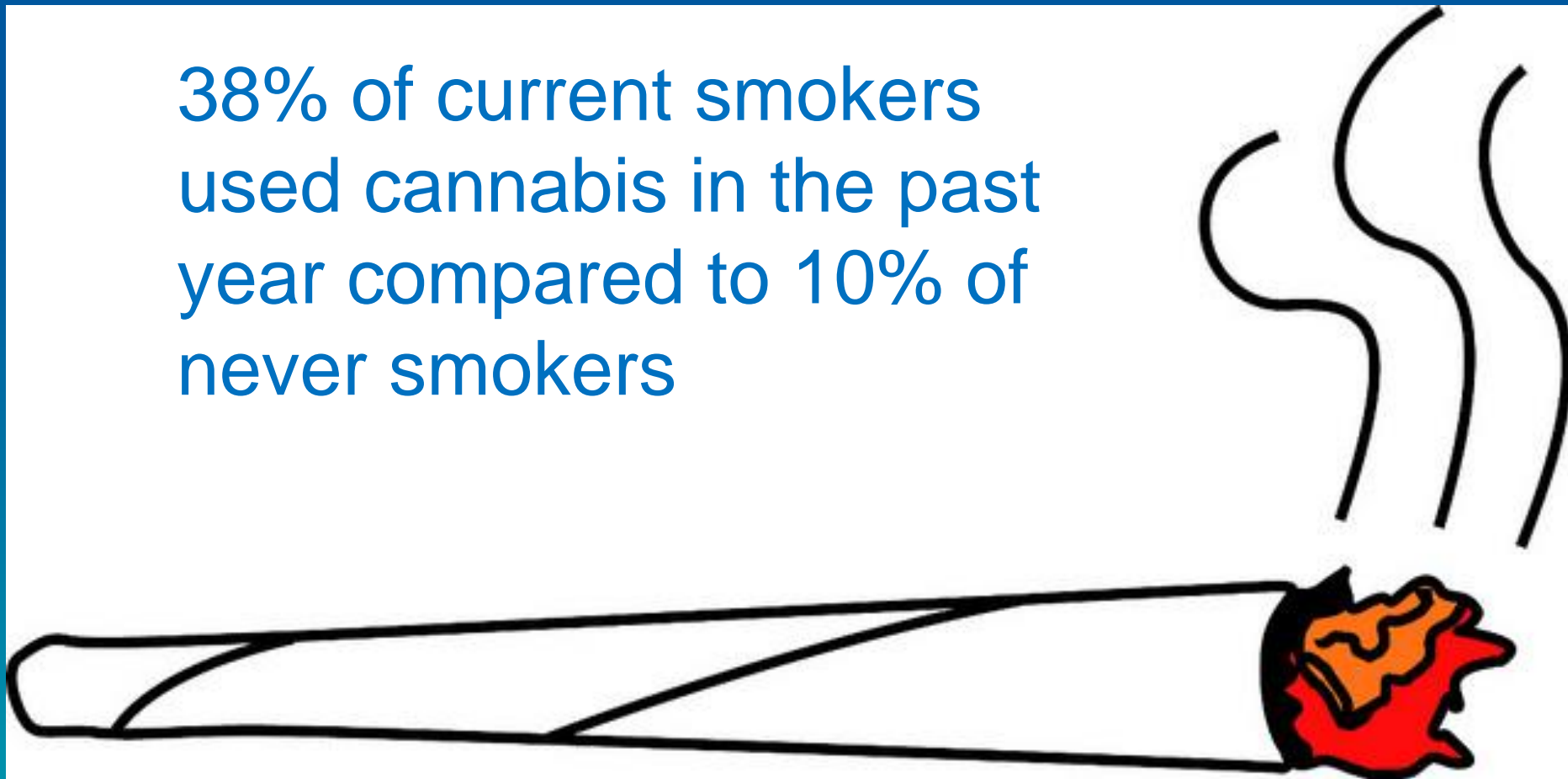
- All are common, psychoactive drugs
- All have dramatically different policy structures.

Prevalence of Ever Use

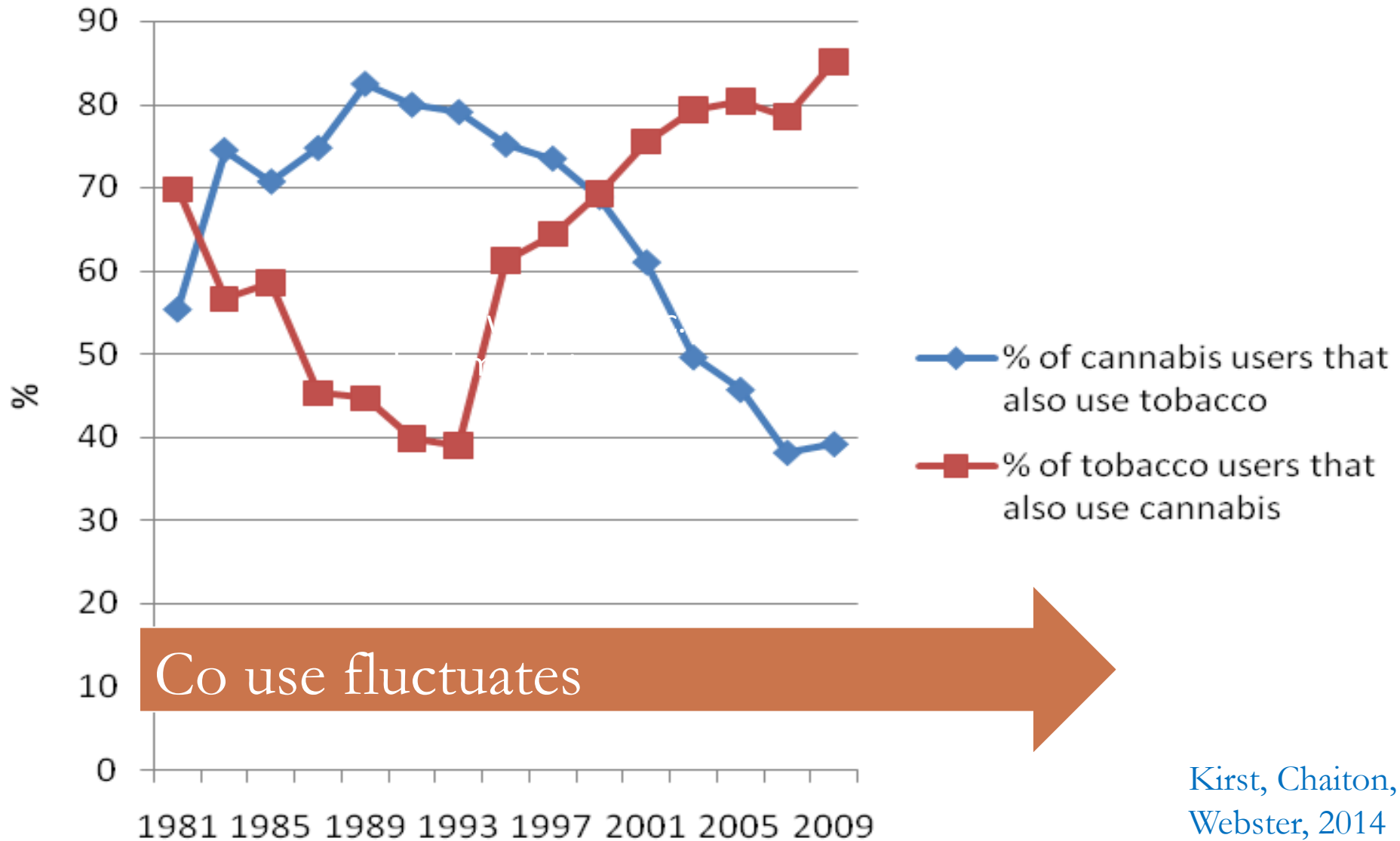


Co-Use

38% of current smokers
used cannabis in the past
year compared to 10% of
never smokers



Co-Use



Mixing Tobacco and Cannabis

- Mull: chopped cannabis and tobacco
- Spliff: joint rolled with half and half
- Mokie: cannabis and tobacco in a waterpipe
- Batch: cannabis and tobacco ground up together
- Shotty: bong tube plugged with tobacco
- Rizzles: layers of cannabis and tobacco in a waterpipe
- Blunt: hollowed cigar filled with cannabis

Source: <http://www.urbandictionary.com/>

Mixing Tobacco and Cannabis

31% of cannabis users report mixing



15% of non tobacco smoking cannabis
users report mixing

Polling Question

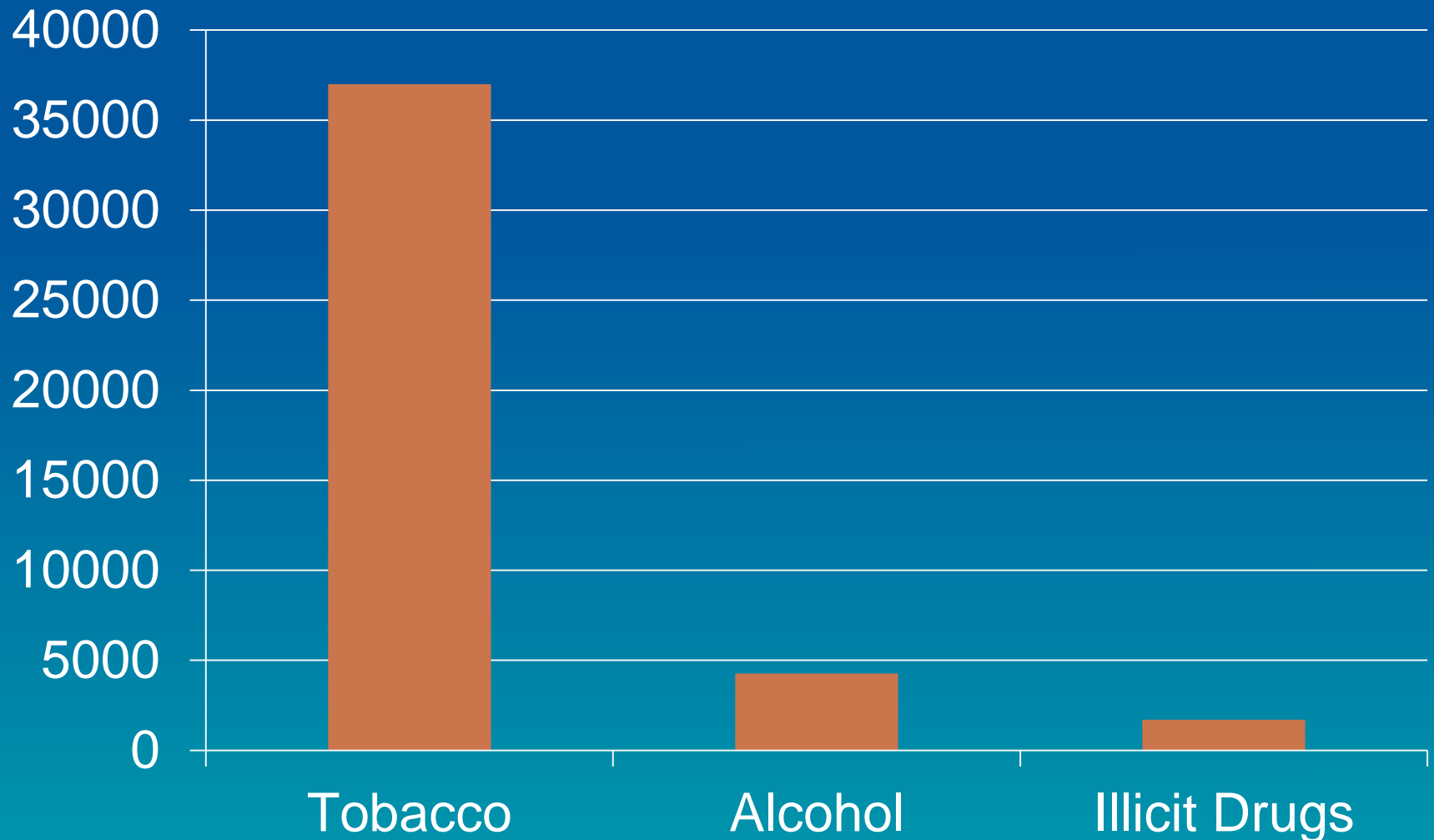
Which is more harmful?

- Tobacco
- Cannabis
- Both about the same

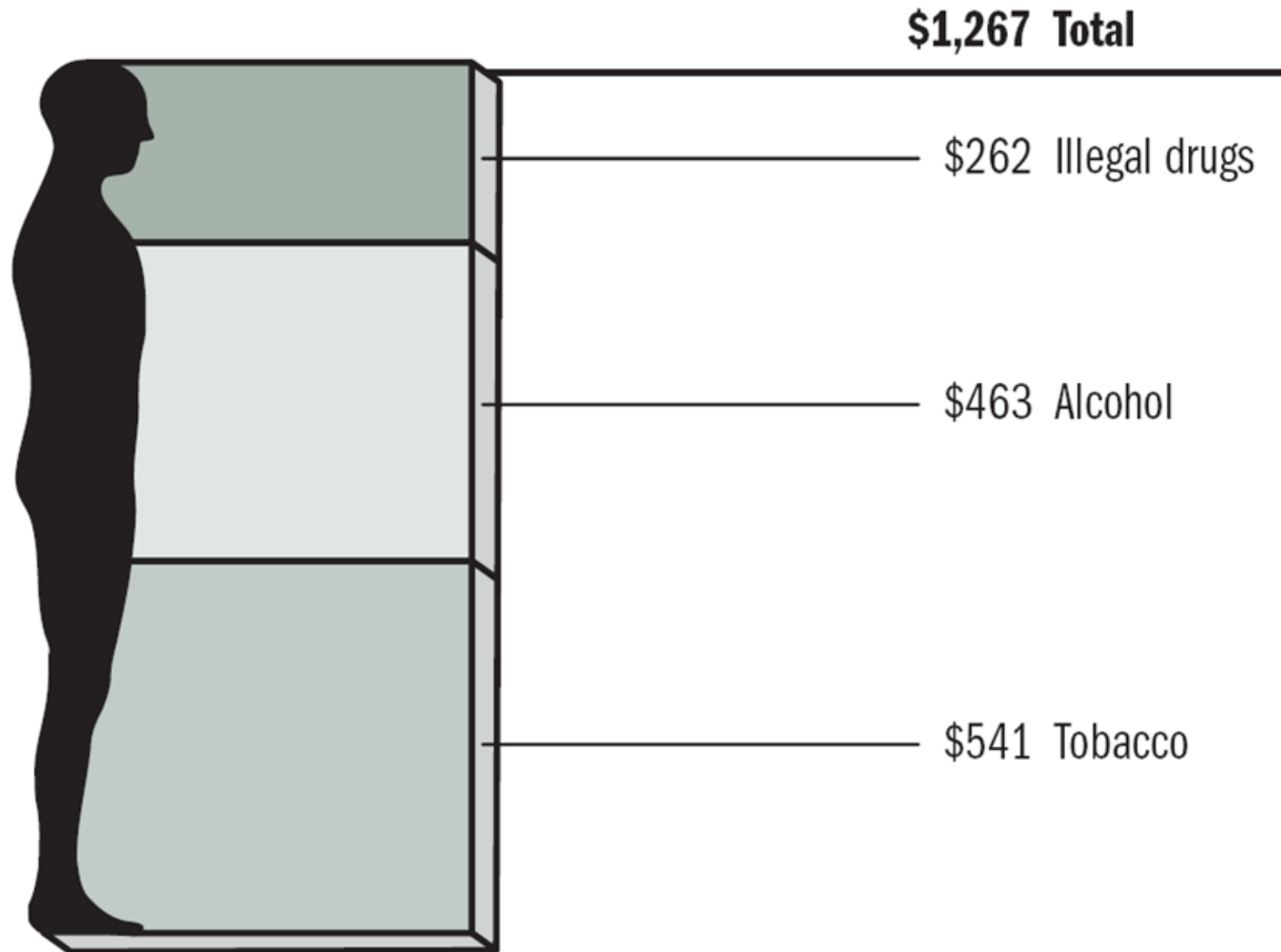
Burning leaves



Mortality due to Tobacco and Illicit drugs in Canada



Per capita costs of substance abuse in Canada

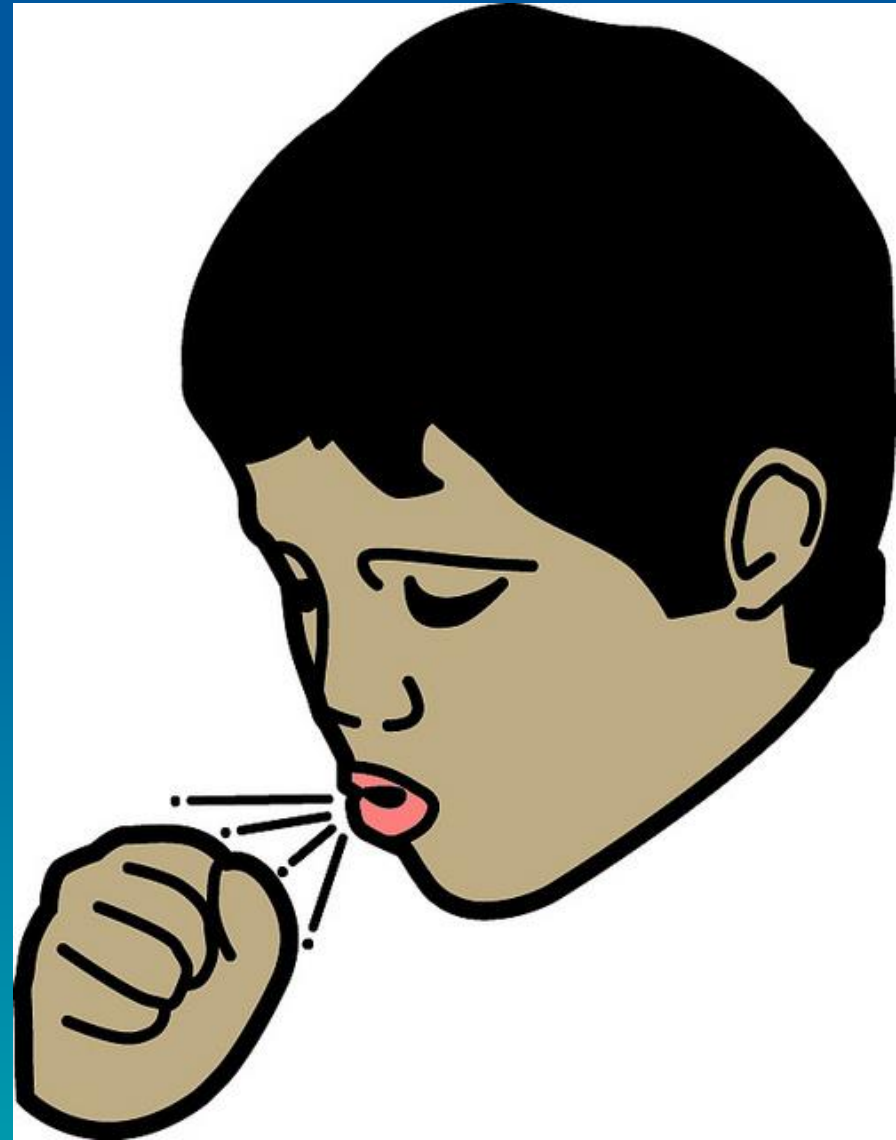


Cannabis Risks

Cause	Morbidity	Mortality
Motor vehicle Accidents	6,825-20,475	89-267
Use disorder	380,000	
Mental Health	106-186	
Cancer		130-280
Total	~400,000	119-547

Other risks

- Respiratory:
 - chronic cough, wheeze, aggravation of asthma, sputum production, sore throat, chest tightness, shortness of breath and hoarse voice



Other risks

- Cognitive:
 - maternal exposure and youth exposure long term effects.
 - Adult deficits dissipate over time. Confounding possible.



Vaporizers

- Some suggestion that vaporizers reduce some of the respiratory effects
- 22% of cannabis users used a e-cigarette to smoke cannabis in 2015



Medical marijuana and tobacco

- Mixed efficacy
- Prevalence of smoking is 51% among medical marijuana users
- 13.5% of current smokers used medical marijuana in the past year compared to 1.9% of never smokers



Regulatory frameworks



A common public health-oriented policy framework?

- Pre- meeting survey: Perceptions of similar type policies options by substance type from participants

Polling Question

On a scale of 1 to 5 (where 5 is most important), how important is it to limit the sale of tobacco to tobacco only stores (akin to LCBO outlets)?

- 1
- 2
- 3
- 4
- 5

Polling Question 2

On a scale of 1 to 5 (where 5 is most important), how important is it to limit the sale of cannabis to cannabis only stores (akin to LCBO outlets)?

- 1
- 2
- 3
- 4
- 5

Contentiousness and importance

	Alcohol	Tobacco	Cannabis
Most Contentious	Advertising, maintenance	Penalties, reduced risk products	Maintenance
Least Contentious	Penalties	Mass media, advertising	Mass Media
Most important	Taxation, product regulation, availability, advertising	Taxation, product regulation	Availability, advertising, youth access
Least important	Abstinence	Penalties	Penalties

Tobacco

- Well established set of policies supported by international bodies (WHO, FCTC)
- Emerging gaps (protection, product regulation, etc)
- More “revolutionary” policies needed to become unstuck
- Public Health framework

Cannabis

- Adverse consequences are preventable
- Legislative frameworks have not kept up
- Public Health oriented approach is needed

Public Health Approach

**CPHA, 2014. A NEW APPROACH TO
MANAGING ILLEGAL PSYCHOACTIVE
SUBSTANCES IN CANADA**

Population Approach

- Places health promotion, health protection, population health surveillance, and the prevention of death, disease, injury, and disability as the central tenet of all initiatives.

Public Health Approach

- Ensures that a continuum of interventions, policies, and programs are implemented that are attentive to the potential benefits and harms of substances, as well as the unintended effects of the policies and laws implemented to manage them.

Risk Comparison

	Alcohol	Tobacco	Cannabis
Damage to physical health	80	100	20
Impairment of mental functioning	65	0	30

Low Risk Cannabis Use

- **Not before young adulthood**
- **Frequent use** – not daily or near daily
- Not smoked
- Not higher potency
- Not before driving (3 -4 hours)
- Not by people who have cardiovascular problems, psychosis or are pregnant

Low Risk Drinking Guidelines

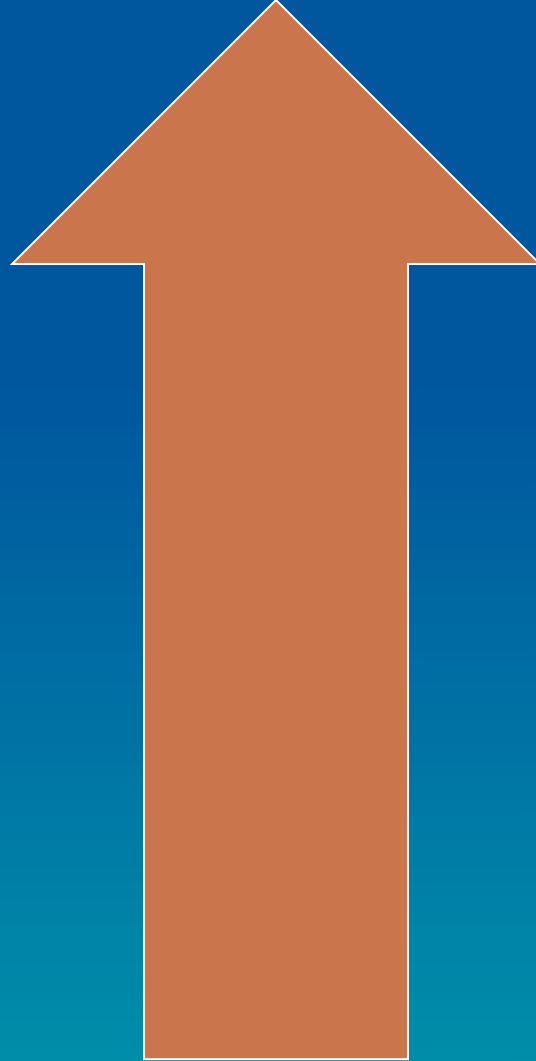
- 10 drinks a week for women, with no more than 2 drinks a day most days
- 15 drinks a week for men, with no more than 3 drinks a day most days
- Plan non-drinking days every week to avoid developing a habit.

Low Risk Tobacco Smoking Guidelines



Risk Comparison (cont'd)

	Tobacco	Cannabis	Alcohol
How much	Any	?	>2 /day
How often	Ever	> Almost daily	>5 days/week
Any good?	No	Maybe	Maybe



Public Health Approach to Tobacco

Potential benefits and harms:

- No real known benefits
- Perceived benefits to smokers are not real
- Perceived economic benefits are not such
- Perceived harms of contraband potential if more stringent regulation are not real

Unintended Effects of Current TC Policies

- 1 out of every 5 still using
- Higher prevalence amongst disadvantaged
- Vested commercial interests
- Governments addicted to revenues

Outlining Public Health Approach: Rationalized Regulation of 3 Substances

	Tobacco	Cannabis	Alcohol
For profit	No	No	Restricted
Availability	Least	More	Most
Cost	Highest	High	High
Advertising/Promotion	None	None	Restricted
Use in public	None	Not smoked	Restricted
Minimum Age	21/25	21/25	21/25

Thank-you!

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Questions



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Thank you for participating

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