



MICHAEL & SUSAN DELL CENTER *for* HEALTHY LIVING



Healthy children in a healthy world.

We advance health and healthy living for children and families through cutting-edge research, innovative community-based programs, and dissemination of evidence-based practices.

STRATEGIC PLAN GOALS



Funding for this webinar series provided by:



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Center Resources



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msdcenter.org



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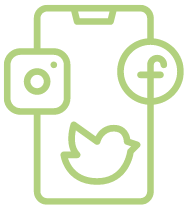
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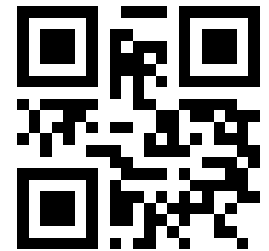
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Upcoming Center Webinars



THURSDAY, MAY 9
12–1:30 PM CST

Parenting Begins before Birth: The New Science of Prenatal Programming and Early Brain-Behavior Development



Catherine Monk, Ph.D.
Diana Vagelos Professor of
Women's Mental Health



Pediatric
Brain Health
Initiative

2024 Pediatric Brain Health Webinar Series

Promoting family &
provider mental well-being

Upcoming Center Webinars



Wednesday, May 22
12–1:30 PM CST



*Pediatric
Brain Health
Initiative*

Challenges and
Opportunities in Meeting
the Mental Health Needs
of Families in the
Perinatal Period.



Darius Tandon, PhD

Professor, Department of Medical Social Sciences
Director, Center for Community Health,
Northwestern University Feinberg School of Medicine

2024 Pediatric Brain Health Webinar Series

Promoting family &
provider mental well-being



Cannabis Vaping among Youth and Young Adults

*Prevalence, Trends,
Need for Intervention*

 **UTHealth[®] Houston**
School of Public Health


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Overview

- Cannabis use among youth and young adults
 - Prevalence
 - Modality
 - Health/social consequences
- Implications for Intervention

The National Picture

- Cannabis is the **third most used substance** among youth (ages 12-17) and young adults (ages 18-25), behind alcohol and nicotine.¹
- Approximately 1.2M youth and 1.2M young adults initiated cannabis use in 2022.¹
- Nearly 26% of young adults and 6.4% of youth used cannabis in the past 30-days.¹

Cannabis Modality

Vaping has become the modality of choice for young marijuana users

Figure 1. Modality of Cannabis Use among Past 30-Day Uses in 12th Grade; Monitoring the Future, 2017 to 2023²

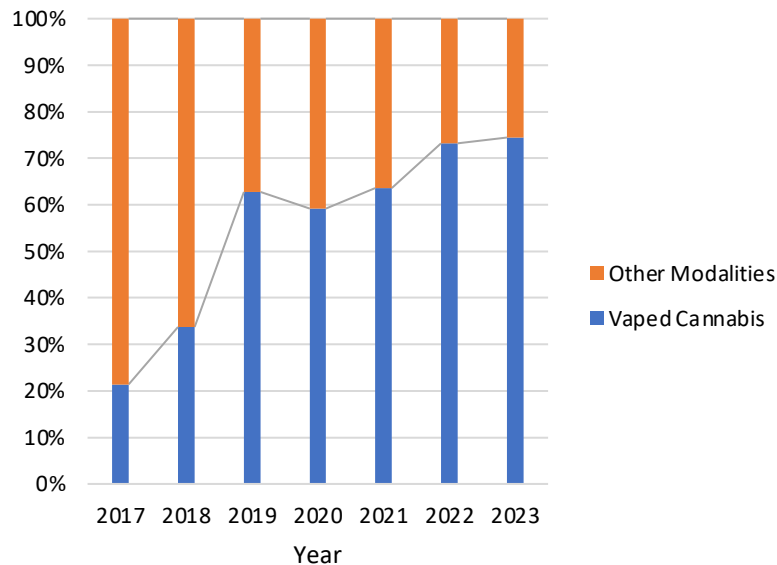
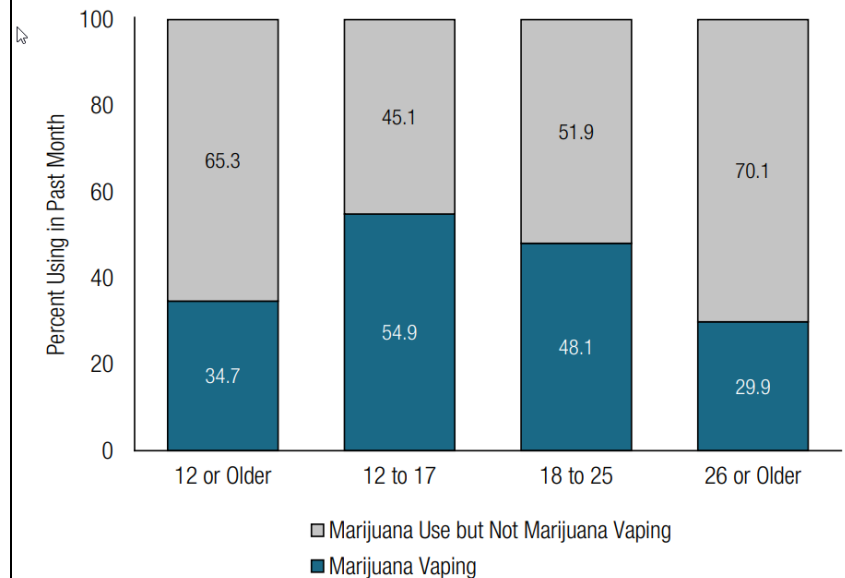


Figure 12. Type of Past Month Marijuana Use: Among Past Month Marijuana Users Aged 12 or Older; 2022



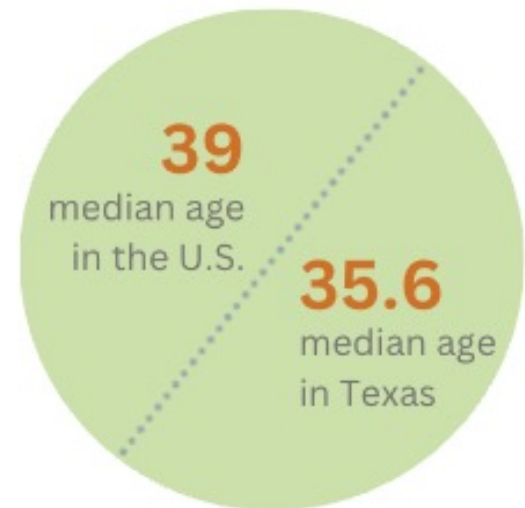
Texas is young

In 2023, Texas had over **30.5 million people**;



7.56 million of them under the age of 18.

**ONE
FOURTH** of Texas' residents
are under the age
of 18.



Texas is diverse

RACE ETHNIC DIVERSITY

among Texas youth



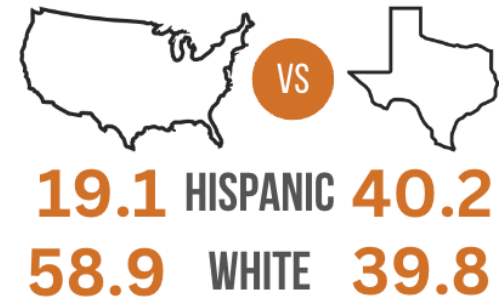
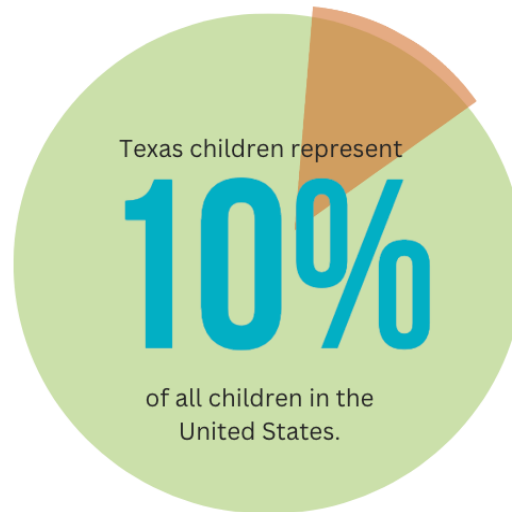
49.3%
Hispanic or Latino

32.4%
White (non-Hispanic)

12.9%
Black or African-American

5.2%
Asian

0.3%
American Indian



In 2021, 2022,* and 2023,* roughly **one in ten U.S. births** occurred in Texas.

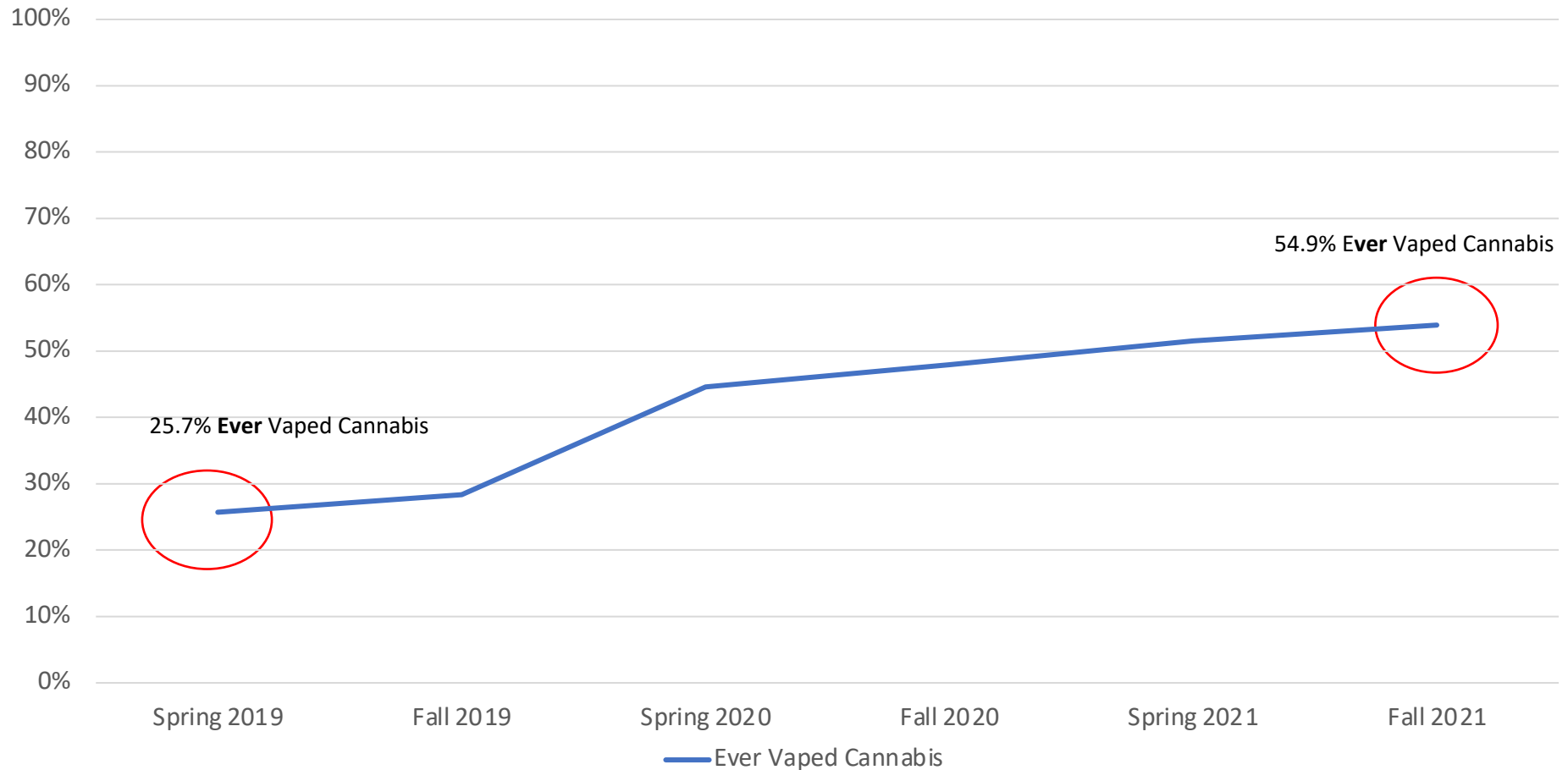
*preliminary data

Cannabis Vaping in Texas

- Texas Adolescent Tobacco and Marketing Surveillance System (TATAMS)
- Participants were youth and young adults in urban Texas
 - Austin, DFW, Houston, San Antonio
- Six waves of data spanning Spring 2019 to Fall 2021
 - Data collected every 6-months
- Participants were recruited within age-cohorts
 - 11th grade, 1 year post HS, and 3 years post HS
- Large, diverse cohort
 - N=2,395 participants (57% Female; 43% Male)
 - 37% Hispanic, 15% NHB, 16% NHO, 32% NHW

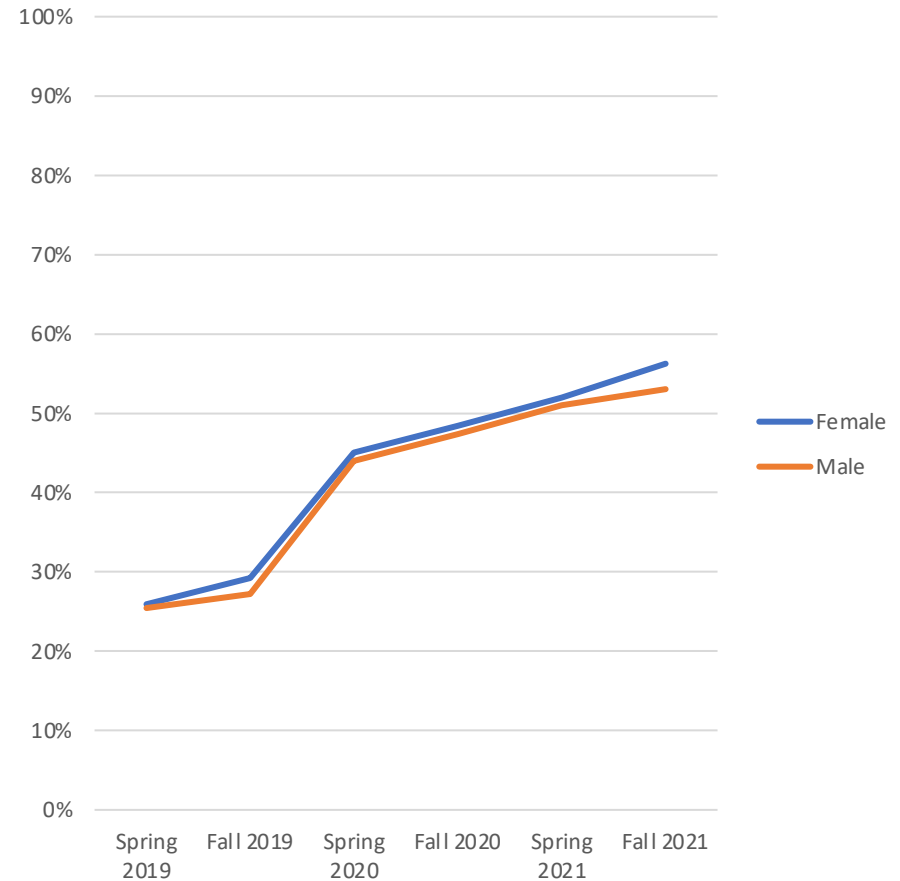
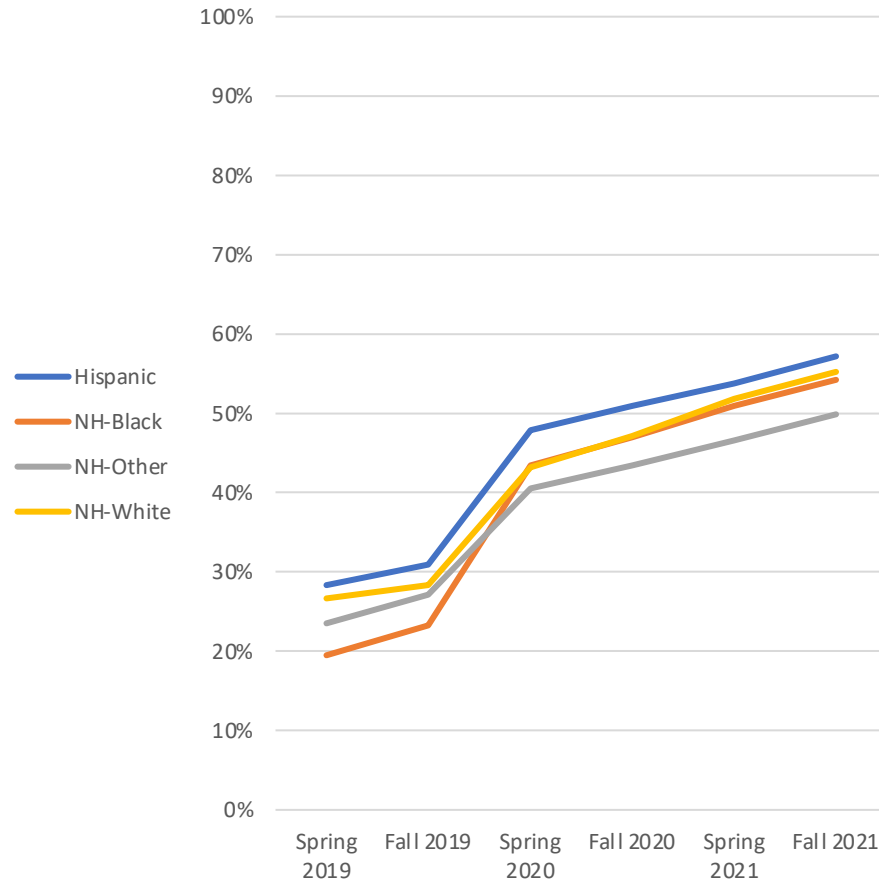
Cannabis Vaping in Texas

Ever Vaped Cannabis

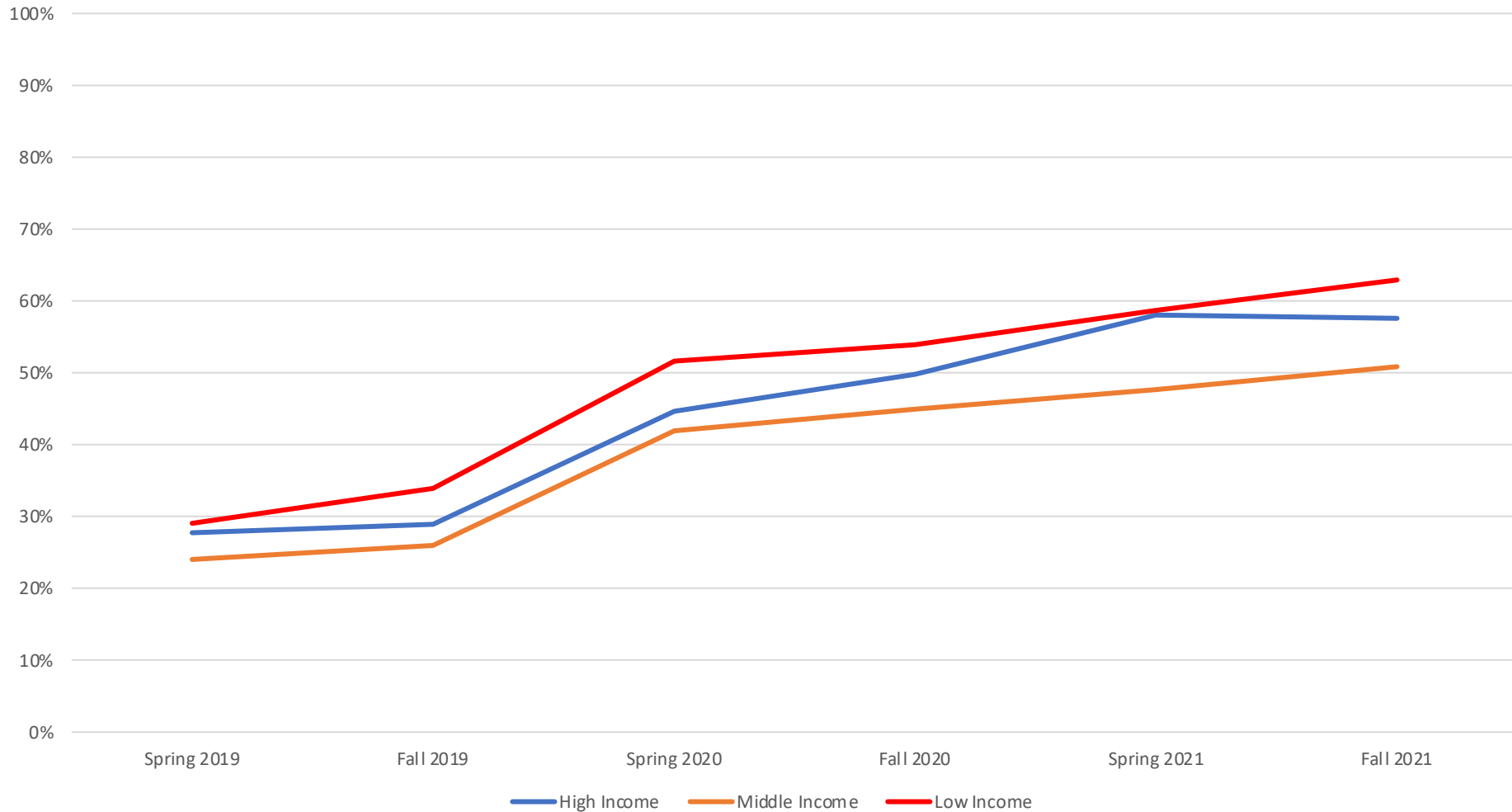


Data: Texas Adolescent Tobacco and Marketing Surveillance System (TATAMS), Wave 9-14

Ever Cannabis Vaping by Demographics

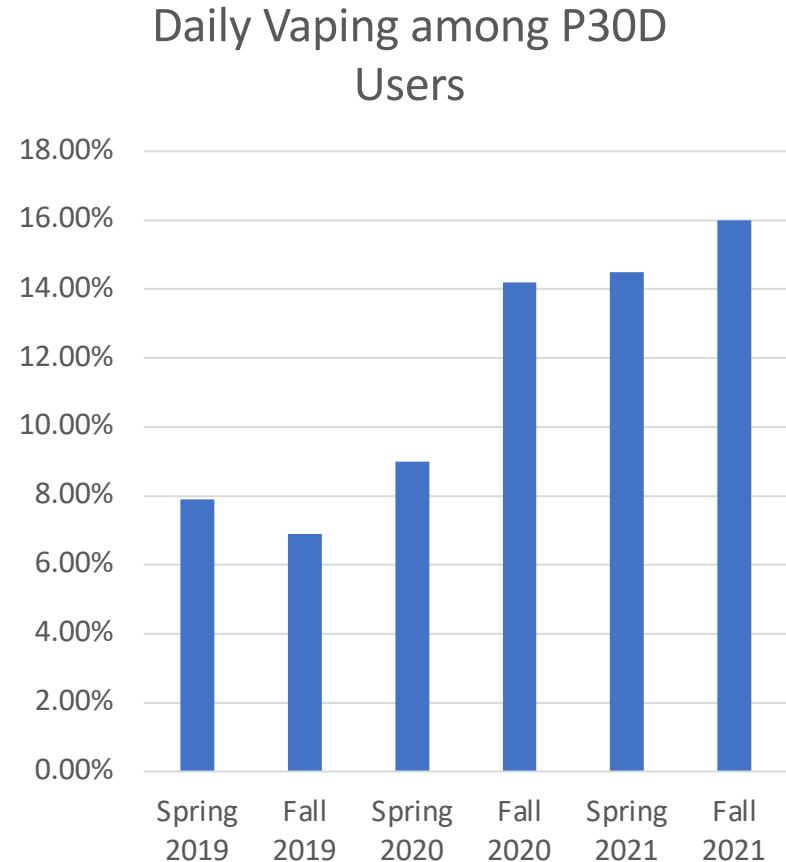


Cannabis Vaping by Income



Current Cannabis Vaping

- Current vaping rate was ~13.5% among all participants.
 - Between 10% to 16%, per wave
- Nearly 1 in 3 who ever vaped cannabis became current users.
- 9.5% were vaping cannabis daily.



Health Consequences of Cannabis

- Cannabis use inhibits healthy brain development, though the biological mechanisms through which this occurs is not fully understood.
- Cannabis use during adolescence can result in lower white matter integrity and thinning of the cerebral cortex, resulting in excessive neural activity.³⁻⁵
- This is linked to poor mental health outcomes, including depression and anxiety, during young adulthood.⁶

Vaping Associated Lung Injury (EVALI)

- In 2019, EVALI caused more than 2,400 hospitalizations and 50 deaths.⁷
- Over 75% of EVALI patients were under 35 years of age.⁷
- The CDC linked Vitamin E acetate, a thickening agent used in illicit cannabis products, to the EVALI outbreak.⁷

In states where cannabis use was prohibited, EVALI was 3 to 7 times more prevalent, relative to states where cannabis was legal for adult use.^{8,9}

Legal and Social Consequences

- Cannabis is federally illegal (Schedule I Drug).
- Legal consequences include:
 - Felony charges that carry jail time of up to 1 year
 - Loss of eligibility for federal aid for higher education
- Social consequences include:
 - School suspension and/or expulsion
 - Reduced economic and social mobility

Call to Action

- In 2021, SAMHSA issued a report outlining the need to prevention cannabis use among young people.
- This report emphasized:
 - Community engagement
 - Financial sustainability
 - Tailored interventions
 - Staff Training
- Built upon established tobacco control efforts
 - Policy/taxation
 - Communication campaigns
 - School-based interventions

EVIDENCE-BASED RESOURCE GUIDE SERIES

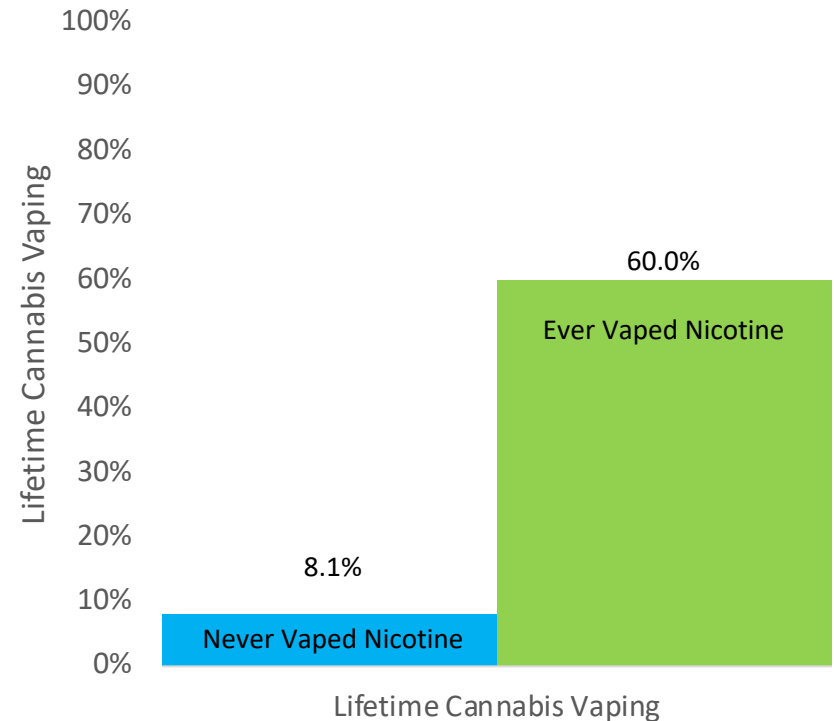
Preventing Marijuana Use Among Youth



Addressing Cannabis Vaping

- Vaping nicotine is the strongest and most consistent predictor for vaping cannabis.
- Similarities between nicotine and marijuana vaping:
 - The rapid increase in marijuana vaping mirrors the transition to nicotine vaping observed in youth over the past decade.
 - Reasons for nicotine vaping – flavors, concealability, ease of use – are similar to marijuana vaping.
 - One device can aerosolize both substance.

Prevalence of Lifetime Cannabis Vaping by
Ever Nicotine Vaping,
High School Students in 2022



Shared Risk Factors

- There is considerable overlap in the determinants of nicotine and cannabis vaping among youth.
- Social Norms:
 - Youth who live with an e-cigarette user have higher prevalence of cannabis vaping than those who live with users of other tobacco products.
 - Parental monitoring similarly predicts initiation of nicotine and cannabis vaping
- Harm perceptions:
 - Lower perceived harm of nicotine e-cigarettes results in a 27% increase in vaping cannabis.
- The overlap and blending of these social-cognitive determinants within the same modality provides theoretical and practical justification for addressing these behaviors via a universal intervention.

Integrative Intervention

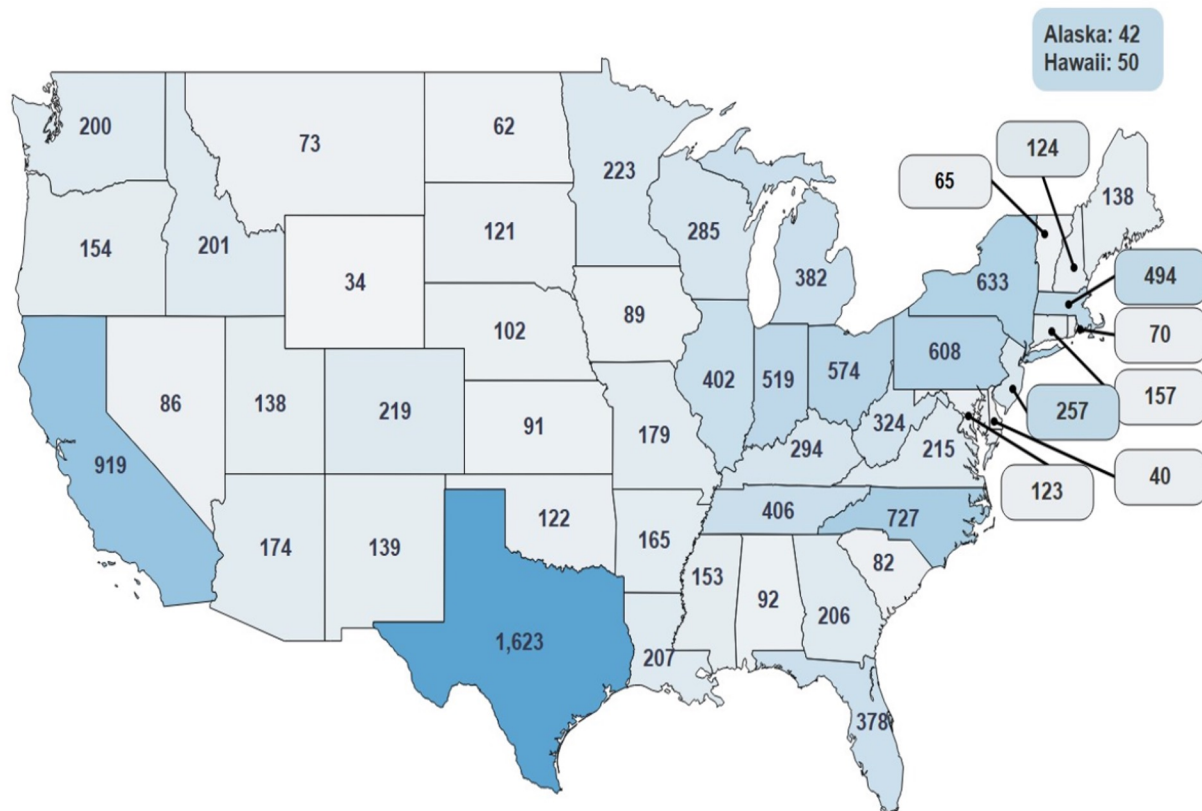
CATCH[®] MY BREATH

Founded in Social Cognitive Theory

- For grades 5-12, with four age-appropriate lessons by grade level
- Core lessons and training available in English and Spanish
- Already used in 2,500+ districts; business infrastructure of single sign-on integration, vendor registration with procurement etc.
- Meets federal (US) and state education standards
- Evidence-based and proven effective through peer reviewed research
- Endorsed as program of choice by reputable education, public health, and government entities of all shapes and sizes

CATCH My Breath

- Over 5,500 schools
- 90% of large-mega districts have one or more CATCH My Breath users
- Over 750 CATCH My Breath trainers implementing the program in their communities
- Components include:
 - 4 lessons
 - Parent toolkit



Cannabis Lessons (In Development)

- Currently have a cannabis vaping prevention lesson that can be added to the CATCH My Breath program
- **Includes:**
 - Knowledge about the health impacts of cannabis vaping
 - Social norms and outcome expectations for not using cannabis
 - Group activity to practice refusal skills

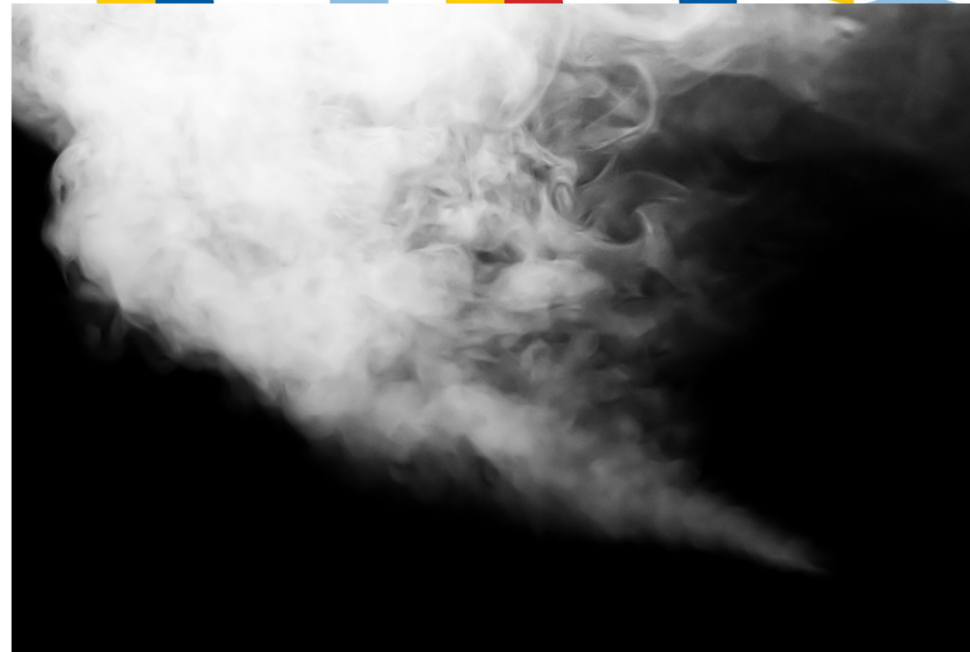


Fact Vs. Fiction | Cannabis

Directions: Read the statements in the middle column. Then, put a "T" in the left column if you think the statement is true and an "F" if you think the statement is false. Later with your group, use **The Facts: Cannabis Research** to gather information and write the correct answer in the column on the right.

Guess (True or False)	Cannabis Fact or Fiction?	Answer (True or False)
	1 Cannabis use can cause Cannabis Use Disorder.	
	2 Cannabis can affect your mental health.	
	3 Using cannabis as a teen can cause damage to your brain.	
	4 Cannabis is a plant, so it's harmless.	
	5 In my state cannabis is legal for kids under 18 to purchase and use.	

What is Cannabis?



A **psychoactive drug**
found in the form of:

- shredded plant material in joints or blunts
- edible products (cookies, gummies)
- liquid in cannabis vape pens



Thank you!



View our Center's webinars



Cannabis Vaping among Youth and Young Adults: Prevalence, Trends, Need for Intervention

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