

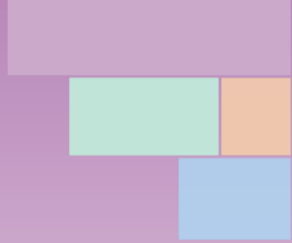
A Public Health Approach to Regulating Commercially Legalized Cannabis

APHA Policy Number 20206 – Adopted October 24, 2020



**ALCOHOL, TOBACCO AND
OTHER DRUGS SECTION**

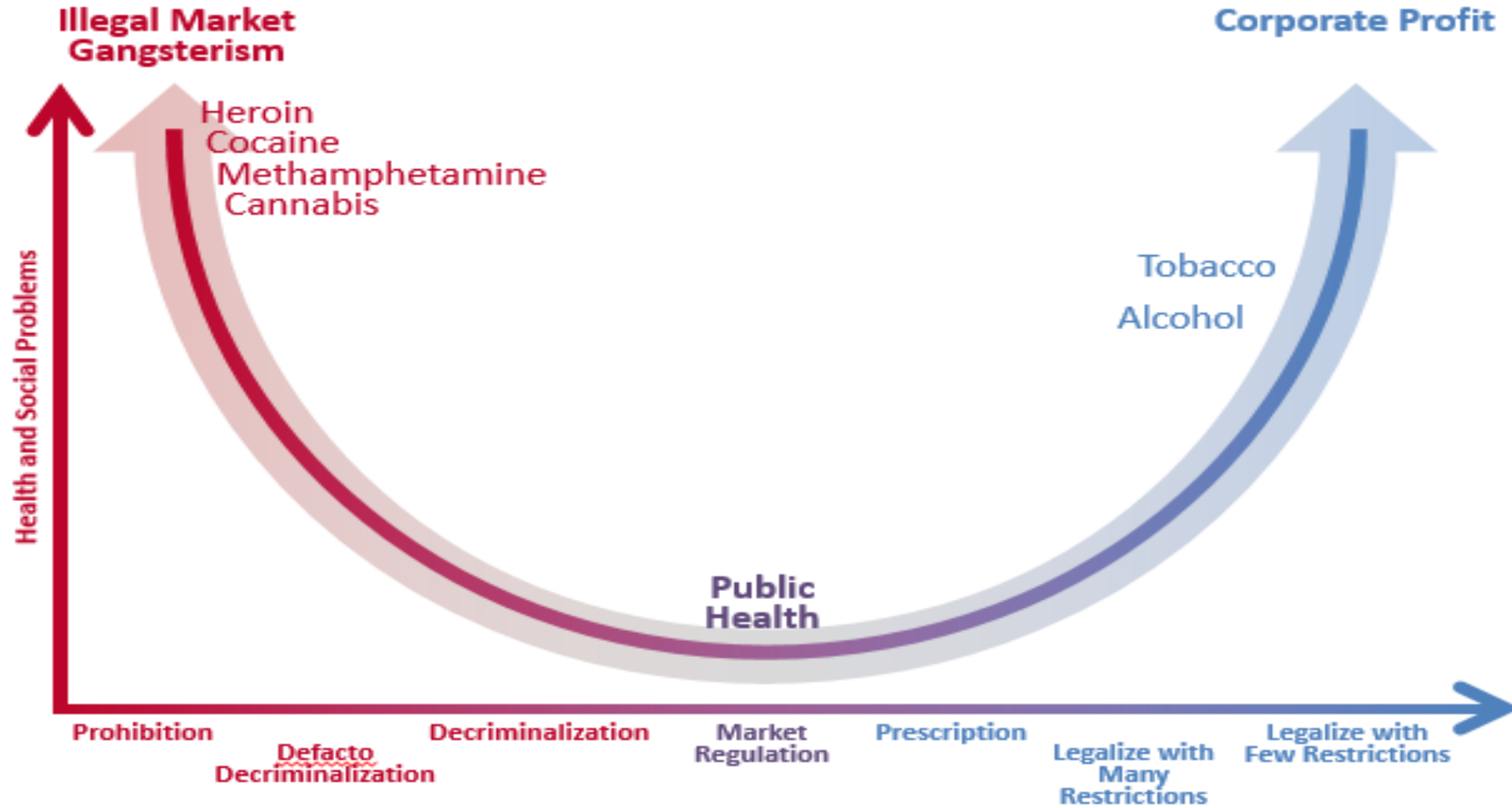
Nothing to Disclose



A Public Health Framework

Policy and Practice

The Paradox of Prohibition

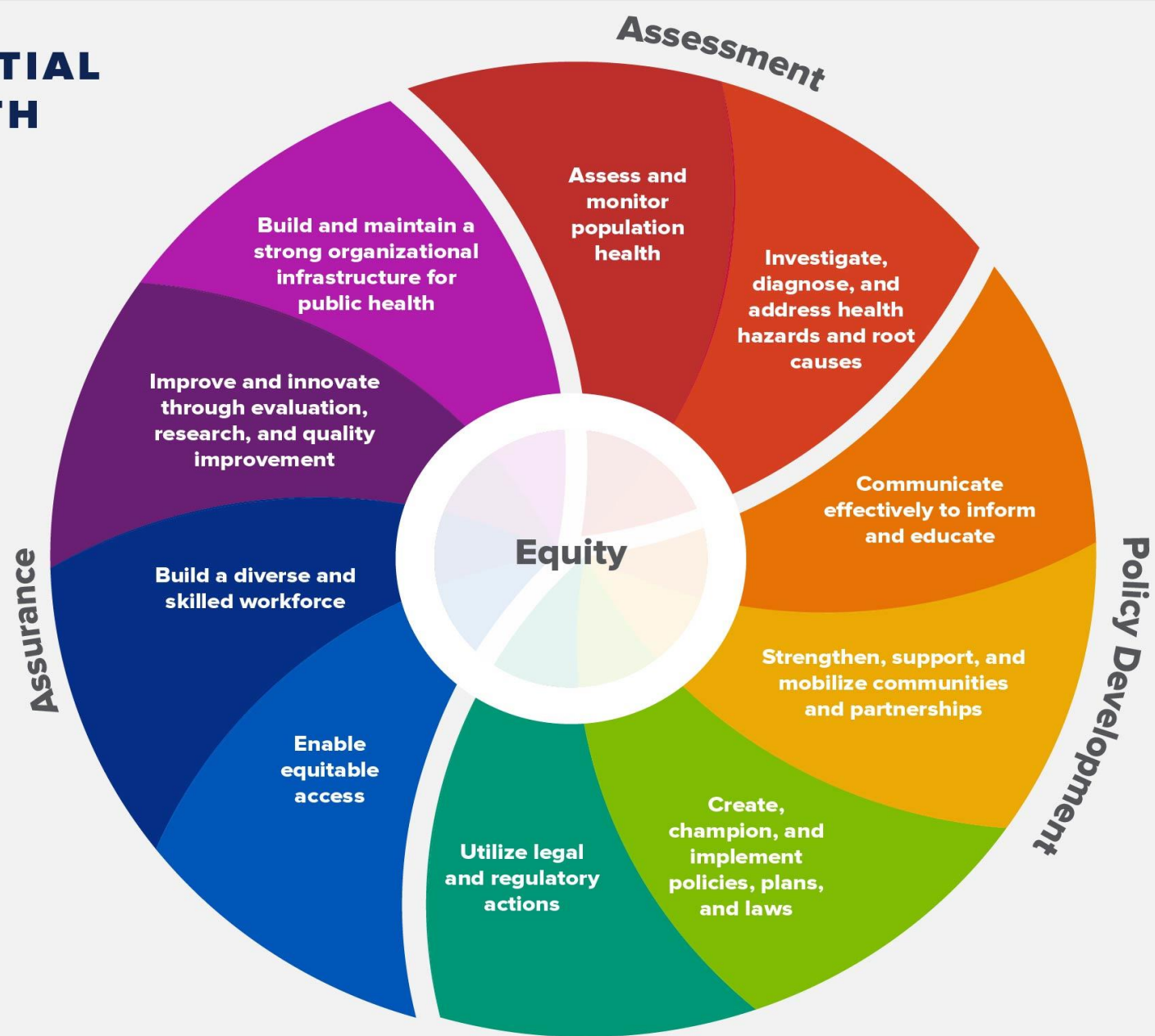


(Adapted from Carter & MacPherson, 2013, p. 89)

THE 10 ESSENTIAL PUBLIC HEALTH SERVICES

To protect and promote the health of all people in all communities

The 10 Essential Public Health Services provide a framework for public health to protect and promote the health of all people in all communities. To achieve optimal health for all, the Essential Public Health Services actively promote policies, systems, and services that enable good health and seek to remove obstacles and systemic and structural barriers, such as poverty, racism, gender discrimination, and other forms of oppression, that have resulted in health inequities. Everyone should have a fair and just opportunity to achieve good health and well-being.



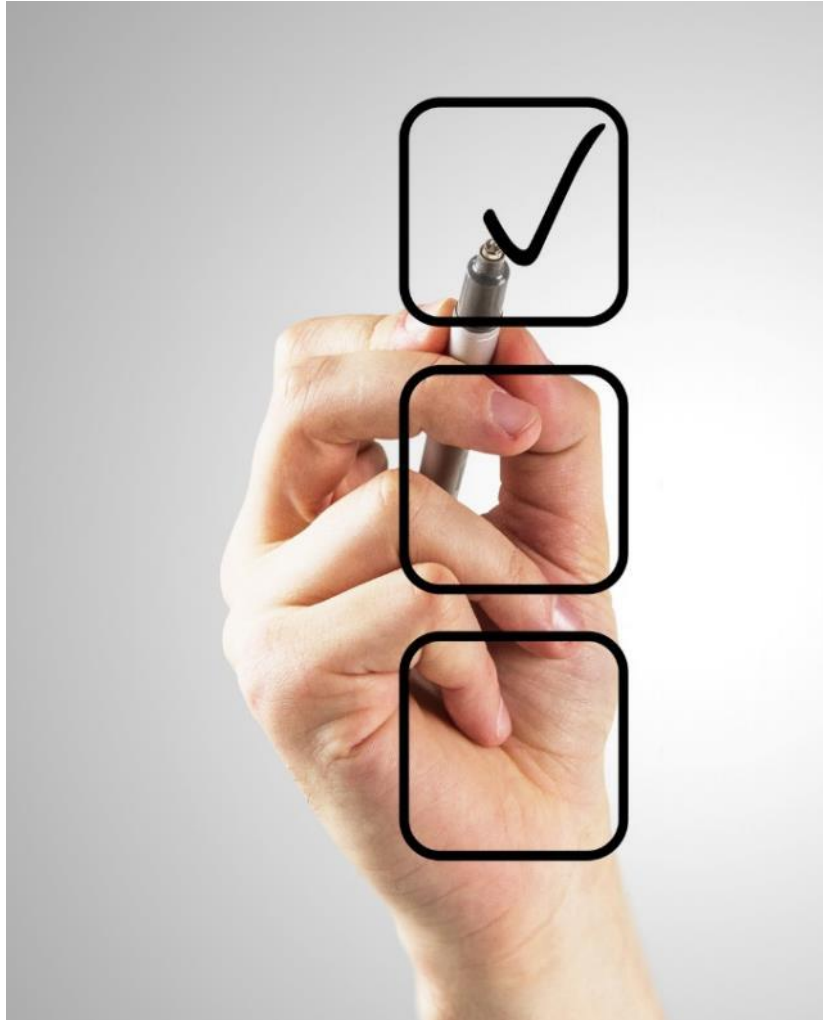
(de Beaumont, n.d.)

Assessment, Policy Development, Assurance

- Assess and Monitor
 - Baseline data
 - Community and key stakeholder engagement
- Policy Development
 - Implementation of policies, plans, laws (PPL)
 - Legal and regulatory actions to address Public Health and historical injustice
 - Collaboration/partnership
- Assurance — **enforcement**
 - Regulatory infrastructure
 - Professional education and licensing
 - Workforce development
 - Accountable, transparent, inclusive



Evidence-Based Strategies to Protect Public Health

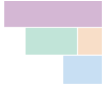


Actions in Four Key Areas:

- Protecting children, youth, and other vulnerable populations
- Minimizing harm to the public
- Prioritizing equity and social justice; ameliorating harms caused to populations disproportionately impacted by prior drug policy approaches
- Monitoring patterns of cannabis use and related public health and safety outcomes

Protect Children, Youth, and Vulnerable Populations

- Limit age of purchase to 21 years and over
 - Restrict cannabis retail stores to adults only, mandatory ID checks in all stores and dispensaries
- Implement zoning restrictions on retail stores and dispensaries
 - Not near schools, campuses, or other child- or community-based locations
- Raise the price through taxation and reinvesting in EB PH programs
 - Funding implementation/evaluation of prevention campaigns
- Regulate characteristics of legal cannabis products that may appeal to children and youth (e.g., flavors, shapes, forms, names)
- Restrict advertising and promotion of commercial cannabis products in the community, particularly areas frequented by youth
- Educate pregnant and breastfeeding women about the potential harms



Sour Fruit Gummy's - 5mg per/100mg per package



Minimize Harm to the Public

- Regulate product form and characteristics, require product serving sizes and concentration limits (e.g., capping or limiting the availability of high-THC products) to reduce harms that may be related to overconsumption, accidental consumption, poisoning, or increased likelihood of cannabis dependence
- Link taxes to THC content/potency, to discourage products with > THC concentration
- Rigorous testing standards to prohibit contaminant—pesticides, heavy metals, microbials, and residual solvents
- Product packaging:
 - Plain and opaque, includes a universal symbol, is child resistant, and contains minimal product branding elements
 - Clear, legible, rotating health warnings; all warnings are also prominently posted in stores and provided with any permitted cannabis product delivery
 - Labels include disclosure of all ingredients and allergens, the percentage of THC and CBD, and the serving size
- Restrict cannabis-related advertising and marketing to the maximum extent allowed under U.S. and state law
- Retain strong smoke-free indoor air rules
- Standards and objective technology for determining cannabis-impaired operation of motor vehicles/machinery

A Standard Drink

CDC Dietary Guidelines for Alcohol

- 2 drinks/day men
- 1 drink/day women
- Some people should NOT drink

(CDC, 2020)



NIDA Establishes 5mg Standard Unit

ADDICTION

SSA SOCIETY FOR THE STUDY OF ADDICTION

Commentary |  Open Access |    

Importance of a standard unit dose for cannabis research

Nora D. Volkow , Susan R.B. Weiss

First published: 21 February 2020 | <https://doi.org/10.1111/add.14984> | Citations: 5

(Volkow & Weiss, 2020)

“A standard unit is not a limit, nor any kind of recommendation for consumption that would apply to consumers or to dispensaries; it is simply a unit of measure to help facilitate cannabis research. . . . Research on alcohol and tobacco has been facilitated by defining a standard drink (.6 fl oz or 14 grams of pure alcohol) and a cigarette, respectively.”

(Volkow & Sharpless, 2021)



Prioritize Equity/Social Justice and Prevent Harm to Those Disproportionately Impacted

- Implement, fund, and monitor policies and regulations
 - Address social inequity and harms caused by disproportionate drug-related arrests of minority, vulnerable, and marginalized
 - Systematize expungement and/or resentencing for cannabis-related criminal records
 - Decrease arrests, and support reentry and community development
- Allocate resources to support and promote health equity in communities disproportionately impacted by prior drug policies
- Implement density caps to avoid cannabis commerce concentrated in low-income neighborhoods—perpetuating inequity
- Monitor and assess public health effectiveness and disproportionate impacts of cannabis regulations



Monitor Patterns of Cannabis Use and Related Public Health and Safety Outcomes

- Fund and support data-monitoring efforts across a range of data collection systems and sources both before and after policy changes occur to ensure that policies do not negatively impact public health and safety, and that public health approaches are targeted, measurable, and effective in impacting behavior change and health outcomes
- Fund and support research into the health effects of cannabis use, including policy-based research that seeks to characterize a range of public health and safety effects following the adoption and implementation of certain policy approaches



Advocates for Human Potential, Inc.
Real World Solutions for Systems Change

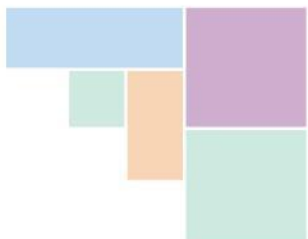
ahpnet.com



THANK YOU!

Linda J. Frazier

Director, AHP Addictions Initiatives
612.991.5567 text/talk
lfrazier@ahpnet.com
CORPORATE OFFICE/Sudbury



**CORPORATE
HEADQUARTERS**

490-B Boston Post Road
Sudbury, MA 01776
Telephone: 978.443.0055



**OTHER
OFFICES**

CALIFORNIA

131 N. El Molino
Suite 380
Pasadena, CA 91101
Telephone: 626.486.2179

ILLINOIS

1021 West Adams Street
Suite 303
Chicago, IL 60607
Telephone: 312.376.0595



Resources and Links

- American Public Health Association (APHA) Cannabis Policy 20206, Oct. 2020
<https://www.apha.org/Policies-and-Advocacy/Public-Health-Policy-Statements/Policy-Database/2021/01/13/A-Public-Health-Approach-to-Regulating-Commercially-Legalized-Cannabis>
- AHP YouTube Channel Videos: www.youtube.com/AdvocatesforHumanPotential
- 2019 North American Cannabis Summit Summary of Proceedings:
http://northamericancannabissummit.org/wp-content/uploads/2019/10/2019_North_American_Cannabis_Summary_of_Proceedings.pdf
- Ohio State University Drug Enforcement and Policy Center, Webinar Social Equity 2.0: Expanding Horizons, June 9, 2021: <https://moritzlaw.osu.edu/depc/june-9-social-equity-2-0-expanding-horizons/>
- Title, S. (2019b, March 16). *Top ten equity must-haves in any legalization bill*. LinkedIn.
<https://www.linkedin.com/pulse/top-ten-equity-must-haves-any-legalization-bill-shaleen-title>



References

- Braveman, P. A., Kumanyika, S., Fielding, J., LaVeist, T., Borrel, L. N., Manderscheid, R., & Troutman, A. (2011). Health disparities and health equity: The issue is justice. *American Journal of Public Health*, 101, no. S1, S149–S155. <https://doi.org/10.2105/AJPH.2010.300062>
- Carter, C. I., & MacPherson, D. (2013). *Getting to tomorrow: A report on Canadian drug policy*. Canadian Drug Policy Coalition. https://drugpolicy.ca/wp-content/uploads/2013/01/CDPC2013_en.pdf
- Centers for Disease Control and Prevention (CDC). (2020, December 29). Dietary guidelines for alcohol. <https://www.cdc.gov/alcohol/fact-sheets/moderate-drinking.htm>
- Cole, J. M. (2013, August 29). *Guidance regarding marijuana enforcement* [Memorandum]. https://upload.wikimedia.org/wikipedia/commons/3/39/DOJ_Cole_Memo_2013.pdf
- The de Beaumont Foundation. (n.d.). *The 10 essential public health services* [Infographic]. <https://debeaumont.org/10-essential-services/>
- National Academies of Sciences, Engineering, and Medicine. (2017). *The health effects of cannabis and cannabinoids: The current state of evidence and recommendations for research*. The National Academies Press. <https://doi.org/10.17226/24625>



References (cont.)

- National Academies of Sciences, Engineering, and Medicine. (2017). *The health effects of cannabis and cannabinoids: The current state of evidence and recommendations for research*. The National Academies Press. <https://doi.org/10.17226/24625>
- Peavey, K. S., Frazier, L., Rutkowski, B., & Allen, J. (2019). 2019 North American Cannabis Summit summary of proceedings. http://northamericancannabissummit.org/wp-content/uploads/2019/10/2019_North_American_Cannabis_Summary_of_Proceedings.pdf
- Title, S. (2019a, January 30). *Goodbye to the Old Guard: Legalization for the New Generation of Leaders* [Keynote address]. Public health cannabis monitoring and surveillance in an era of legalization [Keynote address]. 2019 North American Cannabis Summit, Los Angeles, CA, United States.
- Volkow, N. D., & Sharpless, N. E. (2021, May 10). Establishing 5mg of THC as the Standard Unit for Research. *Nora's Blog*. National Institute on Drug Abuse.
- Volkow, N. D., & Weiss, S. R. B. (2020). Importance of a standard unit dose for cannabis research. *Addiction*, 115(7), 1219–1221. <https://doi.org/10.1111/add.14984>



Findings and Recommendations

- Promote Collaboration—key stakeholder involvement
- Extinguish Illicit Markets—taxation, regulation, home grow limits
- Systemize Expungement of Records
- Establish Bias-Free Training—clinical and industry workforce
- Facilitate Access to Medical-Use Cannabis
- Expand and Standardize Cannabis Measures—data collection at the national level
- Promote Product Research and Testing—certified labs and standards