Youth Smoking – Just About Everything - Medical & Legal Challenges

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Tobacco Stats
- 17.8% of adults aged 18 or older are current cigarette smokers.¹
- The estimated economic costs attributable to smoking and exposure to tobacco smoke continue to increase and now approach $308 billion annually, with direct medical costs of at least $130 billion and productivity losses of more than $150 billion a year.²
- Close to 70% of tobacco users report wanting to quit.³
- Among children who live in homes in which no one smokes indoors, those who live in multiunit housing (for example, apartments or condos) have 45% higher cotinine levels (or almost half the amount) than children who live in single-family homes.⁴
- Just over 25% of U.S. nonsmokers had measurable levels of cotinine, a nicotine byproduct metabolized by the body after breathing in secondhand smoke.⁵
- The money cigarette and smokeless companies spent in 2012 on US marketing amounted to about $26 million each day.⁶
- In the United States, smoking causes 87% of lung cancer deaths, 32% of coronary heart disease deaths, 79% of all cases of chronic obstructive pulmonary disease (COPD), and 33% of cancer deaths.²
- 90% of smokers start before the age of 18.⁷
- Exposure to tobacco products and secondhand smoke is no safe level of exposure to SHS.⁸

Youth Smoking Decreased Overall
From 2011 to 2015, current cigarette smoking declined among middle and high school students.

About 2 of every 100 middle school students (2.3%) reported in 2015 that they smoked cigarettes in the past 30 days—a decrease from 4.3% in 2011.

About 9 of every 100 high school students (9.3%) reported in 2015 that they smoked cigarettes in the past 30 days—a decrease from 15.3% in 2011.

Tobacco
- CDC: If smoking continues at the current rate among youth in this country, 5.6 million of today’s Americans younger than 18 will die early from a smoking-related illness. That’s about 1 of every 13 Americans aged 17 years or younger alive today.
Adverse Health Effects of Marijuana Use

Nora D. Volkow, M.D., Ruben D. Baler, Ph.D., Wilson M. Compton, M.D., and Susan R.B. Weiss, Ph.D.


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<table>
<thead>
<tr>
<th>Tobacco Product</th>
<th>Overall</th>
<th>Females</th>
<th>Males</th>
</tr>
</thead>
<tbody>
<tr>
<td>Any tobacco product†</td>
<td>25.3%</td>
<td>20.3%</td>
<td>30.0%</td>
</tr>
<tr>
<td>Electronic cigarettes</td>
<td>16.0%</td>
<td>12.8%</td>
<td>19.0%</td>
</tr>
<tr>
<td>Cigarettes</td>
<td>9.3%</td>
<td>7.7%</td>
<td>10.7%</td>
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<tr>
<td>Cigars</td>
<td>8.6%</td>
<td>5.6%</td>
<td>11.5%</td>
</tr>
<tr>
<td>Hookahs</td>
<td>7.2%</td>
<td>6.9%</td>
<td>7.4%</td>
</tr>
<tr>
<td>Smokeless tobacco</td>
<td>6.0%</td>
<td>1.8%</td>
<td>10.0%</td>
</tr>
<tr>
<td>Pipes</td>
<td>1.0%</td>
<td>0.7%</td>
<td>1.4%</td>
</tr>
<tr>
<td>Bidis</td>
<td>0.6%</td>
<td>0.4%</td>
<td>0.9%</td>
</tr>
</tbody>
</table>

Effects of short-term use
- Impaired short-term memory, making it difficult to learn and to retain information
- Impaired motor coordination, interfering with driving skills and increasing the risk of injuries
- Altered judgment, increasing the risk of sexual behaviors that facilitate the transmission of sexually transmitted diseases
- In high doses, paranoia and psychosis

Effects of long-term or heavy use
- Addiction (in about 9% of users overall, 17% of those who begin use in adolescence, and 25 to 50% of those who are daily users)∗
- Altered brain development
- Poor educational outcome, with increased likelihood of dropping out of school
- Cognitive impairment, with lower IQ among those who were frequent users during adolescence
- Diminished life satisfaction and achievement (determined on the basis of subjective and objective measures as compared with such ratings in the general population)
- Symptoms of chronic bronchitis
- Increased risk of chronic psychosis disorders (including schizophrenia) in persons with a predisposition to such disorders

Tobacco and marijuana

- Tobacco use may predispose adolescents to using marijuana
- “Mulling” mixes tobacco and marijuana
- Can complicate both tobacco addiction and marijuana use
- Common tools can be used to smoke/vape both
Currently, children under the age of 18 can just as easily purchase marijuana on the black market as adults can. By legalizing marijuana, the Adult Use of Marijuana Act will incapacitate the black market, and move marijuana purchases into a legal structure with strict safeguards against children accessing it. The Adult Use of Marijuana Act prohibits the sale of non-Ledical marijuana to those under 25 years old, and provides new resources to educate youth against drug abuse and train local law enforcement to enforce the new law. It bars marijuana businesses from being located within 600 feet of schools and other areas where children congregate. It establishes mandatory and strict packaging and labeling requirements for marijuana and marijuana products. And it mandates that marijuana and marijuana products cannot be advertised or marketed towards children.

11362.2 (7) A person who engages in the conduct described in paragraph (1) of subdivision (a) of Section 11362.3 shall be punished under subdivision (a) of Section 11358. (g)(l) The drug education program or subdivision (e), a person under the age of 18 who paragraph (6) of subdivision (a) of Section 11362.3 shall be subject to punishment under Section 11355. (d) A person who engages in the conduct described in subdivision (a) of Section 11362.3 or subdivision (a) of Section 11362.2, shall be subject to punishment under Section 11355. A person who engages in the conduct described in subdivision (a) of Section 11362.3 or subdivision (a) of Section 11362.2, shall be subject to punishment under Section 11355.

Canada Planning Legalization

In 2016 the Canadian government announced to the UN that it would submit legislation to legalize marijuana in Canada in spring of 2017 and a national panel was empowered to debate and draft legislation. Canadian Medical Assn opposes in part due to unknown effects on youth brain development.
Summary

- Youth tobacco smoking is still a huge problem.
- We have no idea how marijuana smoking effects the development of the youthful brain.
- Laws trying to protect youth from marijuana are clearly woefully inadequate – they do not work for tobacco (or alcohol) either.
- There is no end to better living through chemistry – and no public health response without much more research funding.