



DDR is located in the  
97th MDG, RM 1262



Delta-9-  
Tetrahydrocannabinol  
(THC) is the primary,  
active ingredient in  
cannabis psychoactive  
substances.

Marijuana and Hemp  
are cannabis derivatives.

### Health Effects of Marijuana Use

- Respiratory illnesses
- Cancer - Marijuana smoke contains 50-70% more carcinogens than tobacco smoke
- Short term memory damage
- Increased heart rate
- Impaired Coordination
- Increased anxiety
- Increased depression
- Increased suicidal ideation
- Difficulty problem solving
- Learning problems

## Drug Demand Reduction Program

481-5998

# Did You Know? Marijuana Facts

DDR has an open door policy. Please stop by or call any time.

June 2016

*Marijuana is the most commonly used illicit drug.*

Most Marijuana Use Begins in Adolescence: 78% of the 2.4 million people who began using in the last year were aged 12 to 20. <sup>1</sup>

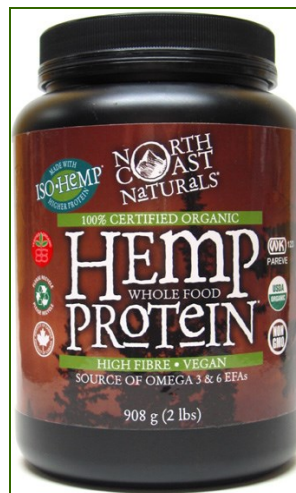
Of an estimated 113 million emergency room visits in the U.S. in 2006, marijuana was involved in 290,563 of these visits

A 2002 report concluded that the younger children are when they first use marijuana, the more likely they are to use cocaine and heroin and become chemically dependent.

### Hemp-Based Nutritional Supplements

*(Nutiva, Hempola, Manitoba*

After 5 days from last use,  
up to 20% of the THC  
from the dosage remains  
stored in body fat



*Harvest etc.)*

Per AFI 90-507, *Alcohol and Drug Abuse Prevention and Treatment Program*, the ingestion of hemp seed oil, hemp seed or products made with either is prohibited.

Failure to comply is a violation of Article 92, UCMJ.

It can take up to 30 days  
to eliminate a single  
dose of marijuana from  
an individual's body

While several states have legalized certain uses for Marijuana, the Department of Defense (DoD) maintains a zero tolerance policy and prohibits all marijuana use.

*Chronic marijuana use, especially in a very young person, may also be a marker of risk for mental illnesses, including addiction, stemming from genetic or environmental vulnerabilities, such as early exposure to stress or violence.*

*High doses of marijuana can produce an acute psychotic reaction; in addition, use of the drug may trigger the onset or relapse of schizophrenia in vulnerable individuals.*

<sup>1</sup>. <http://www.samhsa.gov/data/sites/default/files/NSDUHresultsPDFWHTML2013/Web/NSDUHresults2013.pdf>