



ILCAAAP

Illinois Church Action on Alcohol & Addiction Problems

## Marijuana Facts -August 24, 2022



### **Health Effects of Marijuana Use according to the CDC**

#### **Brain Health**

Marijuana use directly affects brain function — specifically the parts of the brain responsible for memory, learning, attention, decision-making, coordination, emotions, and reaction time.

What are the short-term effects of marijuana on the brain?

Recent marijuana use (defined as within 24 hours) in youth and adults has an immediate impact on thinking, attention, memory, coordination, movement, and time perception.

What are the long-term effects of marijuana on the brain?

Marijuana affects brain development. Developing brains, such as those in babies, children, and teenagers, are especially susceptible to the harmful effects of marijuana and tetrahydrocannabinol

(THC).<sup>1,2</sup> Although scientists are still learning about the effects of marijuana on developing brains, studies suggest that marijuana use by mothers during pregnancy could be linked to problems with attention, memory, problem-solving skills, and behavior in their children.<sup>3-9</sup>

Using marijuana before age 18 may affect how the brain builds connections for functions like attention, memory, and learning.<sup>10</sup> Marijuana's effects on attention, memory, and learning

may last a long time or even be permanent,<sup>11</sup> but more research is needed to fully understand these effects. Youth who use marijuana may not do as well in school and may have trouble remembering things.

#### **Mental Health**

Marijuana use, especially frequently (daily or nearly daily) and in high doses, can cause disorientation and sometimes unpleasant thoughts or feelings of anxiety and paranoia.<sup>1</sup>

People who use marijuana are more likely to develop temporary psychosis (not knowing what is real, hallucinations, and paranoia) and long-lasting mental disorders, including schizophrenia (a type of

mental illness where people might see or hear things that are not really there).<sup>2</sup> The association between marijuana and schizophrenia is stronger in people who start using marijuana at an earlier age and use marijuana more frequently.

Marijuana use has also been linked to depression; social anxiety; thoughts of suicide, suicide attempts, and suicide. [READ](#)

### ***For Immediate Action***

- Share these Facts with your faith community.
- Forward to 10 others.

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