

REF: Posis et al. Preventive Medicine Reports. 2019.

With recent city discussion regarding the implementation of hospitality lounges for Marijuana use, it is important we understand the expected detrimental effects it will have on public health. Indoor second hand cannabis smoke exposure was studied by researchers out of the University of California at San Diego. They placed monitors that could detect air pollutants and particles in almost 300 homes of those who smoked cannabis and had a child under the age of 14 living at home. The results were staggering. In those homes where an adult was smoking cannabis with children present, those children were almost 2x more likely to have to go to the emergency room for a medical issue such as asthma, coughing, difficulty breathing, among others. What can we learn? Marijuana use among adults has known reported side effects, but its use is being seen in our children both indirectly and directly. It is our job as adults to ensure we are not affecting the health of our younger generations.