



Smokefree is Smokefree

Marijuana Secondhand Smoke

Char Day, ANRF Program Manager

AMERICAN NONSMOKERS' RIGHTS FOUNDATION

Overview of Marijuana Secondhand Smoke

- Brief Overview of Health Effects
- Trends:
 - Issue and Policy Trends
 - Marijuana Industry Trends
 - Opposition Arguments & Activities
 - Alaska & Washington
- Recommendations and Resources



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What we aren't talking about

Marijuana as medicine



Personal, private use



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Health Effects of Secondhand Exposure

- Secondhand marijuana smoke contains **hundreds of chemicals.**
- Many of the chemicals in secondhand marijuana smoke are **toxic and contain hazardous fine particles that pose a significant health risk to non-smokers.**

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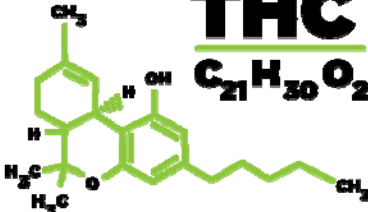
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20 times  Ammonia	3-5 times  POISON Hydrogen Cyanide
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Health Effects of Secondhand Exposure

- Secondhand marijuana smoke exposure **impairs blood vessel function**. It has a greater and longer-lasting effect on blood vessel function than exposure to secondhand tobacco smoke.
- People who are exposed to secondhand marijuana smoke can have **detectable levels of THC** in their blood and urine.

THC
C₂₁H₃₀O₂



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Similarities between tobacco and marijuana

- Leaf contains high concentrations of oils and waxes
 - “sticky icky”
- Nicotine and THC both survive combustion
- **Combustion creates carcinogens**
 - Polycyclic aromatic hydrocarbons
 - Formaldehyde
 - Nitrogen oxides
 - Heavy metals
 - Ultrafine particles



Suzaynn F. Schick, PhD
University of California, San Francisco

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Electronic Smoking Devices

- THC oils and dry herbs are being inhaled via electronic smoking devices (and exhaled into the environment).
- *“E-cigarettes for marijuana are already widely available, but the mCig is different. It's something of a hybrid between an e-cig and a joint, in that you can put “dry herb” in it and heat it to the edge of combustion.”*

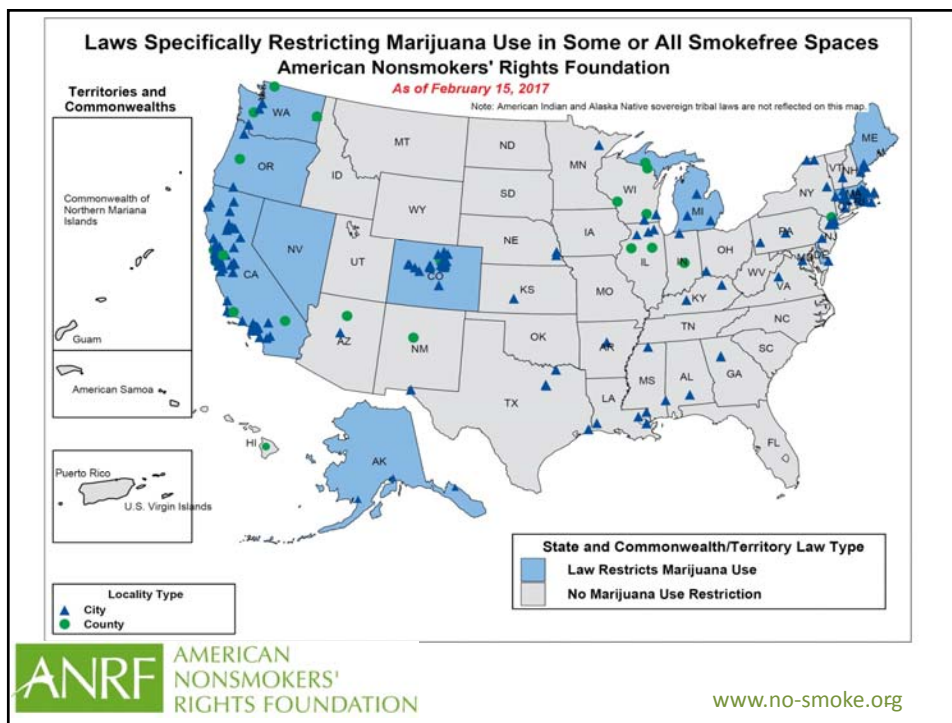


Marijuana Smoke & Indoor Air Pollution

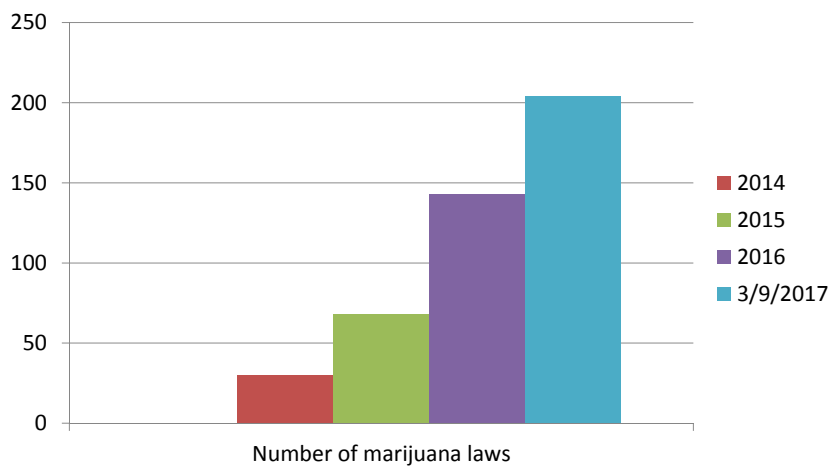
- Nobody should have to breathe secondhand marijuana smoke at work, in public or where they live.
- Protect Health: Protect workers and the public from exposure to secondhand smoke by prohibiting marijuana smoking in all workplaces and enclosed public places.

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Number of Marijuana Laws



Issues and Policy Trends

- ✓ Electronic Smoking Devices
- ✓ Marijuana Industry on boards and committees to set guidelines
- ✓ Weakening smokefree laws
- ✓ Trend for redefining PUBLIC



DN

Opposition Arguments

- There is **no secondhand high**
- This is **good for pregnant** women
- Marijuana is **natural** and therefore can't be harmful
- Just put in a **ventilation** system then its all good
- The people really thought they were **voting for on-site consumption**
- Responsible **parents NEED** on-site consumption so they have someplace to smoke away from their kids
- No one has ever **died from marijuana use**
- Marijuana smoke is **different** from tobacco smoke
- Marijuana smoke is **not as bad** / dirty as tobacco smoke
- There is **no / not enough science** to document hazards of secondhand marijuana smoke exposure



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Opposition Activities

- **Goal:** to make marijuana use/smoking as normal as alcohol use.
 - Wants marijuana regulated like alcohol and not like tobacco.



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Fact Sheet: www.no-smoke.org/marijuana

SMOKEFREE IS SMOKEFREE

Nobody should have to breathe secondhand marijuana smoke at work, in public, or where they live.

Smoke is smoke — regardless of the device or description. Secondhand marijuana smoke contains hundreds of chemicals — just like secondhand tobacco smoke. Many of the chemicals in secondhand marijuana smoke are **toxic and contain hazardous fine particles that pose a significant health risk to non-smokers.**

- More laws legalizing marijuana = increased exposure to secondhand marijuana smoke.
- Employees and patrons protected by current smokefree laws may have their health put at risk by exposure to marijuana smoke. Marijuana smoking should not be allowed in smokefree spaces.
- The commercialized marijuana industry looks and sounds a lot like Big Tobacco. Together they are working to circumvent progress on smokefree air.
- The vast majority of the population are non-smokers. Smokefree means smokefree — no cigarettes and cigars, e-cigarette use, or marijuana use.

SECONDHAND MARIJUANA SMOKE

contains many of the same **CANCER-CAUSING SUBSTANCES** and **TOXIC CHEMICALS** as secondhand tobacco smoke, including:



20 times
the amount of
ammonia



3-5 times
more hydrogen
cyanide



significant levels of
mercury, lead &
formaldehyde

PROTECT HEALTH



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Defending your right to breathe smokefree air since 1976

Secondhand Marijuana Smoke

"Smoke is smoke. Both tobacco and marijuana smoke impair blood vessel function similarly. People should avoid both, and governments who are protecting people against secondhand smoke exposure should include marijuana in those rules."

-Matthew Springer, cardiovascular researcher and Associate Professor of Medicine, University of California, San Francisco

Facts about secondhand marijuana smoke:

- Marijuana smoke is created by burning components of plants in the genus Cannabis.
- Secondhand marijuana smoke is a complex chemical mixture of smoke emitted from combusted marijuana and the smoke that is exhaled by the user.
- Secondhand marijuana smoke contains fine particulate matter that can be breathed deeply into the lungs.
- Secondhand marijuana smoke contains many of the same cancer-causing substances and toxic chemicals as secondhand tobacco smoke. Some of the known carcinogens or toxins present in marijuana smoke include: acetaldehyde, ammonia, arsenic, benzene, cadmium, chromium, formaldehyde, hydrogen cyanide, isoprene, lead, mercury, nickel, and quinoline.¹
- Marijuana smoke contains tetrahydrocannabinol (THC), the active chemical in cannabis.

Health risks of exposure to secondhand marijuana smoke:

Since marijuana is illegal under federal law, there have been a limited number of studies examining health risks associated with marijuana use and exposure in the United States. Health risks from primary and secondhand smoke exposure may also be difficult to determine as marijuana is often used in combination with tobacco.

However, peer-reviewed and published studies do indicate that exposure to secondhand marijuana smoke may have health and safety risks for the general public, especially due to its similar composition to secondhand tobacco smoke.

- Secondhand smoke from combusted marijuana contains fine particulate matter that can be breathed deeply into the lungs,² which can cause lung irritation, asthma attacks, and makes respiratory infections more likely. Exposure to fine particulate matter can exacerbate health problems especially for people with respiratory conditions like asthma, bronchitis, or COPD.³



Recommendations for no e-product use in Smokefree Environments

"At a minimum, establish and maintain smoke-free workplaces that protect those in workplaces from secondhand exposures to tobacco smoke and airborne emissions from e-cigarettes and other electronic nicotine delivery systems. Smoke-free zones should encompass (1) all indoor areas without exceptions (i.e., no indoor smoking areas of any kind, even if separately enclosed and/or ventilated), (2) all areas immediately outside building entrances and air intakes, and (3) all work vehicles. Additionally, ashtrays should be removed from these areas."



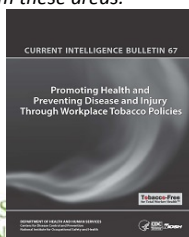
Addendum c to Standard 62.1-2013

Modify Section 3 as follows.

environmental tobacco smoke (ETS): the "aged" and diluted combination of both side-stream smoke (smoke from the lit end of a cigarette or other tobacco product) and exhaled mainstream smoke (smoke that is exhaled by a smoker). ETS is commonly referred to as *secondhand smoke*. This definition includes smoke produced from the combustion of cannabis and controlled substances and the emissions produced by electronic smoking devices.

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Marijuana Smoke & Policies, Laws and Ordinances

- Legalization and Commercialization of the product is posing huge problems for public health in general.
- Marijuana smoke is a form of indoor air pollution.
- Therefore, ANR's Model Smokefree Policy included marijuana as one of the products that cannot be used in a smokefree environment as of 2010.

Definitions: "Smoking" means inhaling, exhaling, burning, or carrying any lighted or heated cigar, cigarette, or pipe, or any other lighted or heated tobacco or plant product intended for inhalation, **including hookahs and marijuana**, whether natural or synthetic, in any manner or in any form. **"Smoking" also includes the use of an electronic smoking device** which creates an aerosol or vapor, in any manner or in any form, or the use of any oral smoking device for the purpose of circumventing the prohibition of smoking in this Article.

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Recommendations

- Refer to ANR's Model 100% Smokefree Ordinance for language on including marijuana in smokefree policies.
- Track and expose opposition activities.
- Be prepared for tactics: roll-back of smokefree protections and redefining "public"
- Stick to the health message, even when referring to use of medical marijuana.
 - San Francisco faced a great deal of opposition to its use of e-cigarettes in smokefree spaces proposal from the medical marijuana community, yet the intent of the law was upheld.



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Conclusions and Recommendations

- Marijuana, legal or not, still creates secondhand smoke.
- There is science about the particulate matter created by secondhand marijuana smoke, and more is coming.
- There is science about the health effects of secondhand marijuana smoke, and more is coming.
- If we truly want to have safe, healthy, smokefree spaces, then they should be devoid of particulate matter created by tobacco cigarette smoke, marijuana smoke, and secondhand aerosol from electronic smoking devices.



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Questions?

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