



CANNABIS AND DELTA-8

Jan. 2022

“Marijuana” vs. “Cannabis”

The word “marijuana” is controversial due its racist roots.

In the early 20th century, many Mexicans immigrated to the United States due to the Mexican Revolution. This led to growing racist and anti-immigrant sentiment in the United States. At this time, cannabis was a legal cross-border import.

The word “marijuana” hadn’t been used a lot before then. Instead, the word “cannabis” was the scientific name and far more commonly used. However, in the 1910s and 1920s, the word “marijuana” became associated with Mexicans, who were stereotyped as people who frequently used cannabis.

The U.S. government used the term “marijuana” in anti-cannabis propaganda to cement the association between cannabis and Mexican immigrants. This anti-cannabis propaganda spread a great deal of myths around cannabis while also perpetuating racist stereotypes.

In the 1930s, this propaganda persisted and heavily contributed to cannabis becoming illegal.

To this day, there’s a great deal of debate over what we should call “marijuana.”

Because it’s tied to racist and anti-cannabis propaganda, “marijuana” is a word that many people in the industry are no longer using, preferring to simply use the word “cannabis” instead.

This can be confusing, because the *Cannabis* species also includes hemp.

<https://www.healthline.com/health/hemp-vs-marijuana#marijuana>

Common Cannabis Derivatives

Delta-9
(marijuana)



CBD



Delta-8



Cannabis Plants

Marijuana

- Higher concentration of THC
- CBD
- Federally Illegal

Hemp

- Higher concentration of CBD
- Must contain 0.3% THC or less to be federally legal

THC vs. CBD

THC

- Psychoactive (Does cause a high)
- Binds with cannabinoid 1 receptors in brain

CBD

- Technically a Psychoactive, but does not cause a high
- Binds weakly, or not at all, to cannabinoid 1 receptors

2018 Farm Bill

- Made it legal to farm hemp containing no more than 0.3% THC
- As a result, CBD and other cannabinoid derivatives were effectively legalized through legal loopholes
- Previously, federal law did not differentiate between hemp and other cannabis plants containing THC - this effectively made hemp illegal



What is Delta-8

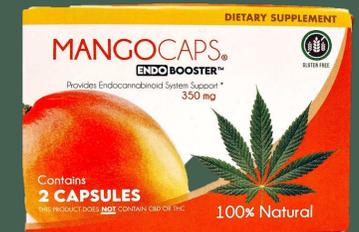


Delta-8 is a tetrahydrocannabinol (THC)

Psychoactive (can get you high)

Exists naturally in marijuana and hemp plants, but in very small quantities

Made usable by synthetically converting CBD or Delta-9 THC into Delta-8 THC



	Delta-8	Delta-9	CBD
Potential Benefits	Pain relief Euphoria Relaxation	Pain relief Euphoria Relaxation	Pain relief Anxiety relief Insomnia relief
Potential Risks & Side Effects	Red eyes Dry mouth Rapid heart rate Trouble w/ coordination Slowed reaction times Anxiety Memory loss Other unknown risks due to synthetic nature	Red eyes Dry mouth Rapid heart rate Trouble with Coordination Slowed reaction times Anxiety Memory loss	Changes in appetite Changes in weight Fatigue Diarrhea
Psychoactive (to the point of impairment?)	Yes	Yes	No
Legal in Nebraska?	Yes	No	Yes

“MARIJUANA LIGHT”



Concerns with Delta-8

- Marketed as “natural” but the way it is being used does not occur naturally
 - Highly synthetic process involving chemical additives
- Is still psychoactive, though reportedly less so than traditional Delta-9 THC
- Not FDA approved and as such is not well regulated
- Top hits on Google are from Delta-8 retailers, not reputable sources



Challenge of Explaining Risks

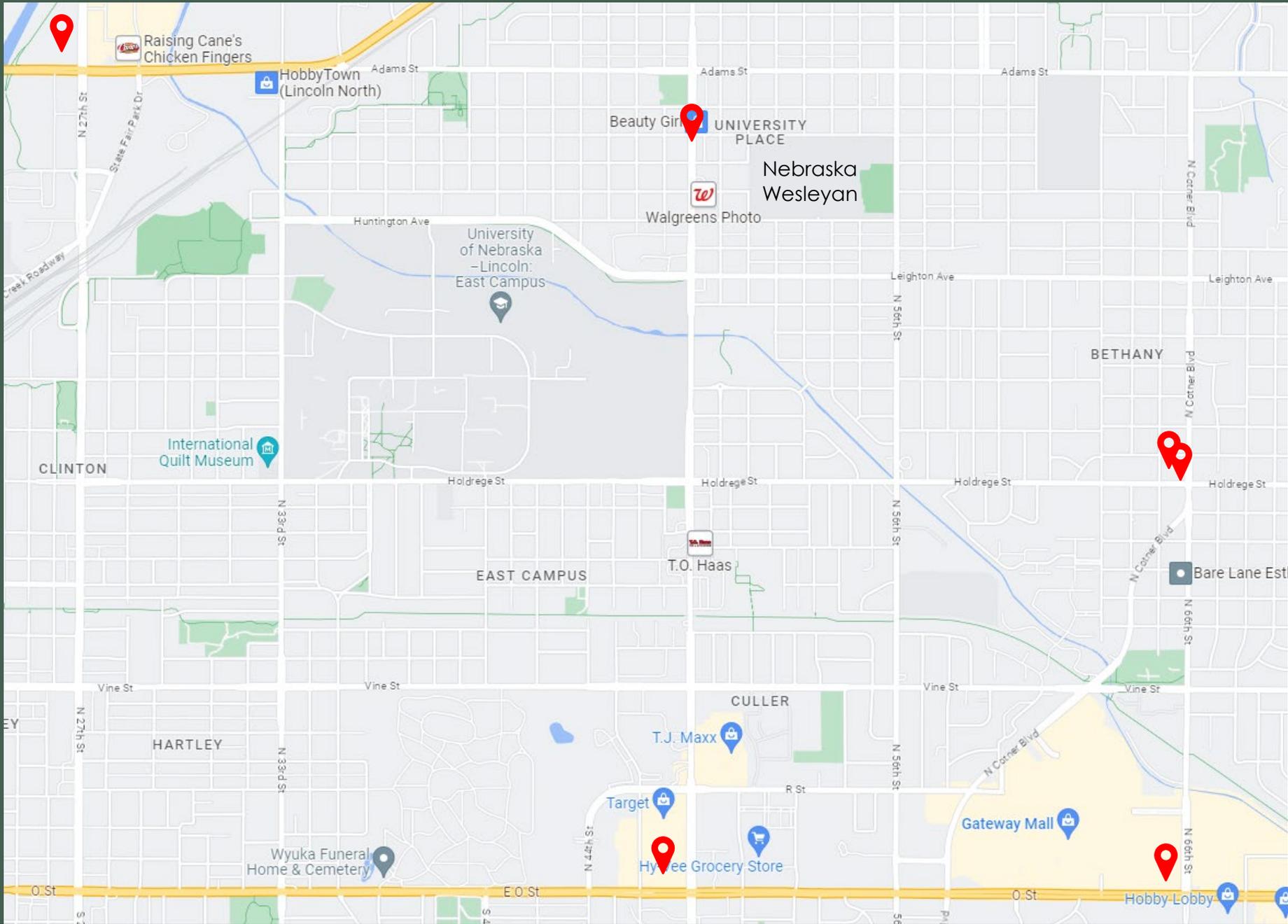
Doesn't exactly roll off the tongue!

THC isomers are psychotropic and impairing

Consumer Awareness issues, such as with packaging or warning labels

Potential contaminants

Improper records in case recalls are necessary



Policy Challenges



Public Universities

University of Nebraska institutions are unable to address Delta 8 through policy at this time

- There is no state law against Delta 8
- There is no university policy covering Delta 8
- A policy can only be added to the student handbook via the Board of Regents



Private Universities

Private universities have more freedom to pass Delta 8-specific policies

Creighton University: Use and Possession of Mind-Altering Substances: It is a violation to use or possess mind altering substances that may be intended to create a hallucinogenic affect, as such substances represent a potential risk to the health and safety of students. Anyone found to use or possess hallucinogenic substances not otherwise covered by this policy will be reported and referred to Community Standards and Student Conduct for discipline.

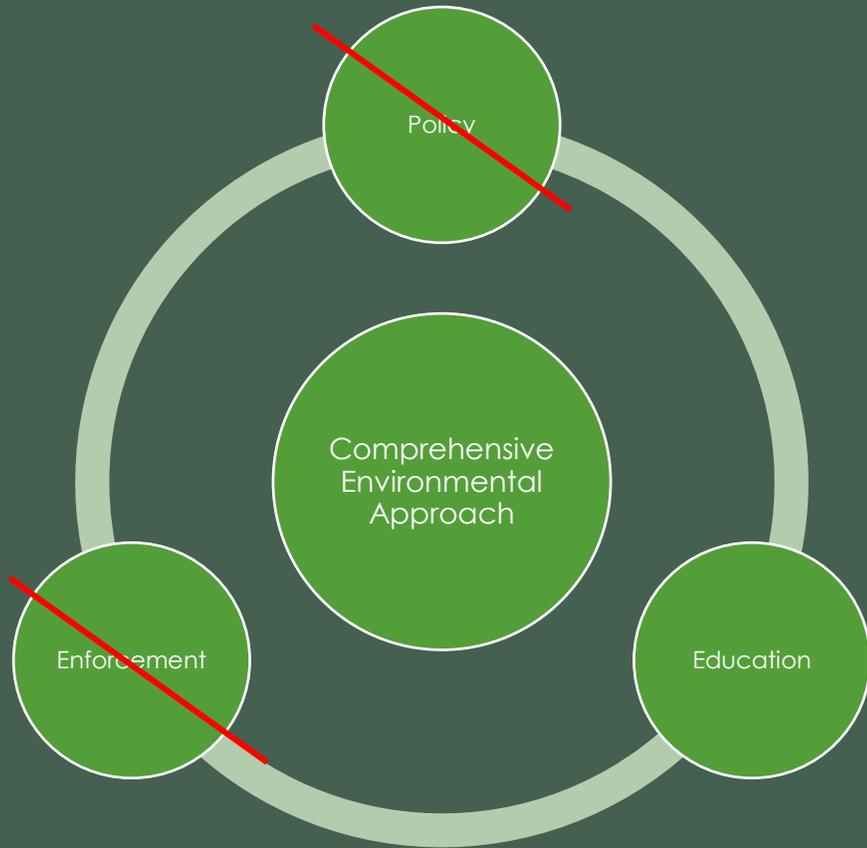
Policy Challenges

Ultimately, law and policy are always slow to catch up to changes in culture and technology. By the time a Delta 8 law is passed, the cannabis industry will move on to Delta 10 and so on.

Strategies

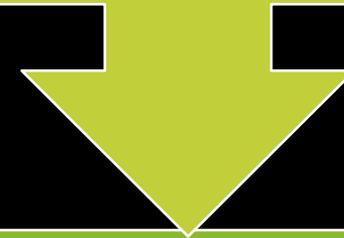
Without policy and enforcement, what remains?

Education!



Education

Educational efforts may need to go beyond what is usually offered for alcohol



Lots of parties would benefit from Delta 8 education

Students

Staff and faculty

Parents/caregivers

Community members – bar owners, neighborhood associations, et.

Education Topics

What is
Delta 8

How Delta
8 effects
the body

Harm
reduction
strategies

Research
on Delta 8

Discussion

1

Is Delta 8 being discussed at your institution?

2

How is your institution addressing Delta 8 through policy?

3

How is your institution addressing Delta 8 through enforcement?

4

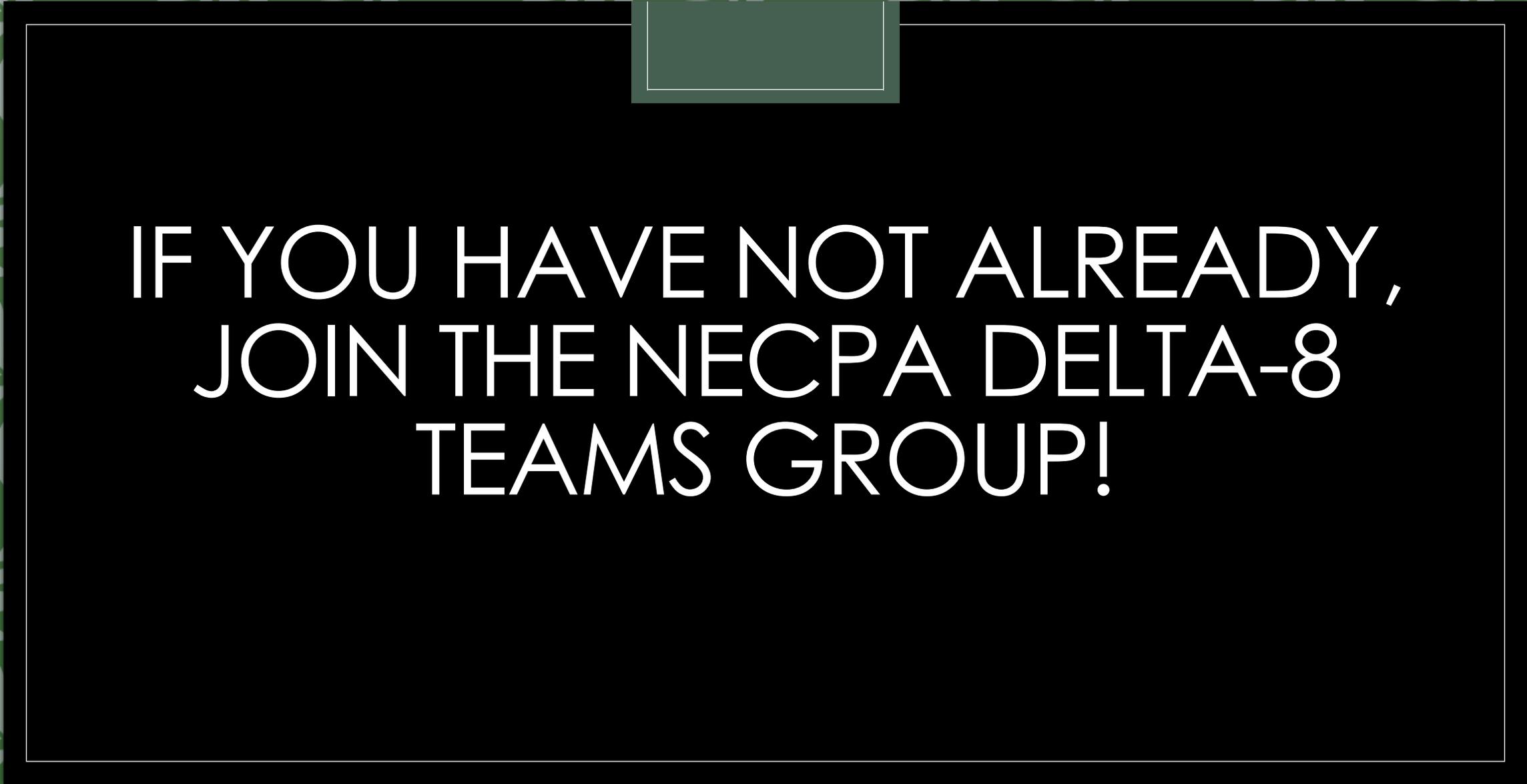
How is your institution addressing Delta 8 through education?

Education Discussion

Do your existing interventions address Delta-8? (Y1CBP, conduct sanctions, social norming, etc.)

What interventions for other substances (i.e. alcohol) could you apply to Delta 8 at your institution?

What new interventions could you implement at your institution?



IF YOU HAVE NOT ALREADY,
JOIN THE NECPA DELTA-8
TEAMS GROUP!

References

- [Farm Bill Information](#)
- [FDA Delta-8 Information](#)
- [Delta-8 vs Delta-9](#)
- [CBD vs THC](#)
- [Hemp vs. Marijuana](#)