

DELTA-8 THC

Prevention Update



What's Legal in Kentucky

DELTA-8 IN KENTUCKY

How it's different from Delta-9 and is it legal in Kentucky?

DELTA-8 PRODUCTS & EFFECTS

Psychological and physiological effects on users of Delta-8 products.

ACTION STEPS

What Delta-8 products are commonly used and where can they be found.

WHAT IS DELTA-8 THC?

Delta-8 tetrahydrocannabinol (THC) is found in the cannabis plant. It is less potent than Delta-9 THC, which is the form that is considered illegal on a federal level. Many states have chosen to legalize for medical and adult-use purposes.

Delta-8 has many of the same psychological and physiological effects as Delta-9.

In fact, Delta-8 has the same chemical formula as Delta-9 THC, except for the location of one double carbon bond.

This difference increases the stability of Delta-8 and increases shelf-life.

Delta-8 THC binds to cannabinoid receptors less efficiently than Delta-9 THC.

DELTA-8 IN KENTUCKY

The 2018 Farm Bill has allowed products containing Delta-8 to be distributed across the country, although the legal status is often disputed by the Drug Enforcement Administration. Delta-8 THC is listed as a Schedule I drug on the Controlled Substance List. Delta-8 THC is made in a laboratory setting by converting CBD molecules to Delta-8 molecules. Tobacco retailers are beginning to market and sell Delta-8 products as "legal marijuana" across the state.

The Kentucky Department of Agriculture also states that products containing Delta-8 are illegal and should not be marketed or distributed in the state. Further clarification of these policies will be required. It's important for communities to understand these new products as they appears that they may address retail sales and reduce consequences of use.



DELTA-8 PRODUCTS & EFFECTS

Delta-8 THC is available in many of the same forms as Delta-9 THC. This includes e-cigarettes, edibles, tinctures and oils, as well as pill form. In Kentucky, Delta-8 THC is being sold in e-cigarette devices and cartridges in alcohol and tobacco outlets, but as it continues to gain popularity, the other forms will become more available. It is important that these products be kept out of the hands of youth across our state.

The effects of Delta-8 THC are similar to that of Delta-9 THC. Users of Delta-8 THC can experience:

- increased heart rate
- fatigue
- sleepiness
- difficulty in thinking and memory issues.
- red, dry eyes
- dizziness
- reduced motor coordination
- changes in visual perception.

Delta-8 THC can be detected on most drug tests, as drug tests are looking for all THC metabolites. An employer may have the right to deny or terminate employment based on a positive drug screening for THC. K-12 schools and universities may also enforce consequences if a student or staff member tests positive for Delta-8 THC.



ACTION STEPS

Coalitions and community organizations can take action now by:

- Providing education to parents and youth about these products and their effects.
- Encouraging parents to have conversations with their youth about marijuana and all THC products.
- Conducting environmental scans in their local communities to see what products are available
- Conducting compliance checks to ensure that these products are not being sold to minors
- Working with city and county government officials on advertising restrictions for THC products
- Advocating for clarification of state hemp laws to include Delta-8 products.

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