

# Cannabis Cafés and Health Impacts: What should cities know before allowing them?

## CANNABIS CAFÉS

CA Assembly Bill 1775 took effect on January 1, 2025, and allows cities and counties to permit licensed cannabis lounges to sell food and non-alcoholic drinks and host live entertainment. AB 1775 removes the previous state-imposed restriction on preparing and selling any non-cannabis foods or drinks on site in licensed cannabis dispensaries where cannabis consumption in is allowed. It allows local jurisdictions to carve out an exception to the statewide smoke free law.

## WHAT DOES THIS MEAN?

This exposes employees, performers, vendors, and visitors to health risks including:

- Mental health risks
- Cardiovascular and respiratory risks
- Unintentional poisoning
- Impaired brain functioning



## MENTAL HEALTH RISKS

- 1 in 10 people who use cannabis may become addicted to it—developing Cannabis Use Disorder. This changes to 1 in 8 when use begins before the age of 18.
- Cannabis use may both worsen existing behavioral health conditions and increase the likelihood of developing new ones, creating a feedback loop of dependency and psychological distress.
- Cannabis use, especially in teenagers, can increase the risk of developing psychosis or schizophrenia, particularly in those with a genetic predisposition.
- Today's cannabis is stronger. Today's cannabis has more than 3 times the concentration of THC than cannabis from 25 years ago. More THC — the mind-altering chemical in cannabis — may lead to an increase in dependency and addiction.

## CARDIOVASCULAR & RESPIRATORY RISKS

- Cannabis can increase heart rate and blood pressure, potentially increasing the risk of heart attack and stroke, especially with frequent use.
- When you smoke cannabis, you inhale toxins, irritants, and carcinogens. Smoking cannabis can damage your lungs, increase your risk of bronchitis and scar small blood vessels. Vaping is linked to lung injury.

## CONSUMER & WORKER RISKS

- There is no safe level of exposure to indoor secondhand smoke, which can lead to respiratory problems for both customers and staff. Thirdhand smoke—residue that lingers on surfaces—can also pose health risks.
- THC can be absorbed into the bloodstream of nonsmokers exposed to secondhand smoke.
- In poorly ventilated spaces, high-level exposure can lead to mild to moderate sedative effects and impaired motor skills.

