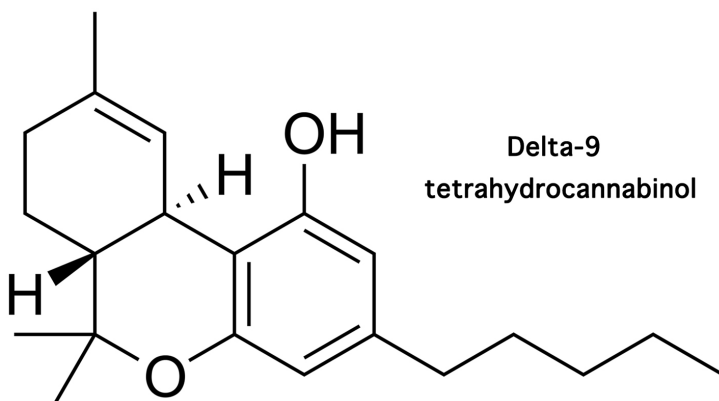
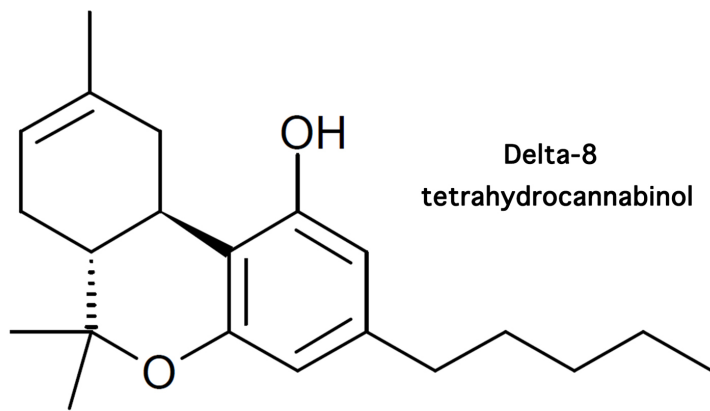
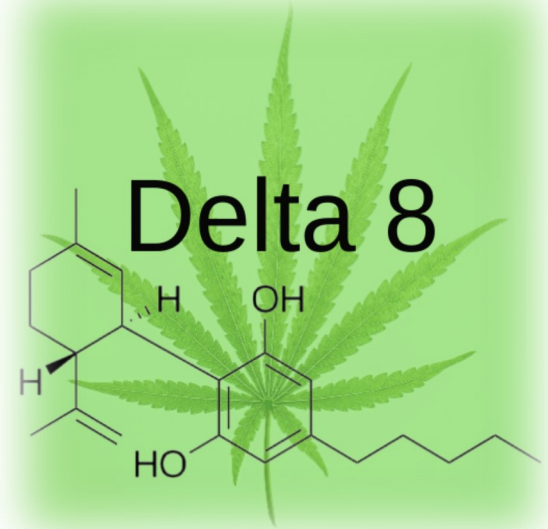


# Special Edition

## Delta-8

Delta-8-tetrahydrocannabinol (or Delta-8-THC) is a cannabinoid that is rapidly gaining popularity in the United States. This craze began when an oversupply of CBD extracted from US-grown hemp caused the price of CBD to plummet. The producers began looking for ways to turn the surplus of CBD into something profitable. Using simple chemistry reported in the 1960s, the industry got creative and started experimenting with ways to convert CBD into Delta-8-THC. The resulting products target consumers who are looking to relieve stress and anxiety, especially those who don't want to use traditional cannabis products or those who live in places where cannabis products are not legally available.



### Delta-8 VS Delta-9

Upon looking at the molecular structure, Delta-8 and 9 are almost identical apart from a few electrons.

However there are some key differences:

- Anxious and Paranoid Effects: Delta 8 THC is less psychoactive than Delta 9
- Relaxation Effects: Delta 9 is more likely to induce elation rather than relaxation, where as Delta 8 has a significantly milder effect
- The Effects Build Up: Delta 8 is a slower kicker. It delivers a significantly smoother experience than Delta 9. The feeling of relaxation comes on gradually, thus there is a considerably less risk of inducing anxiety.

Delta-8 is often referred to as "marijuana-lite" or "diet weed".

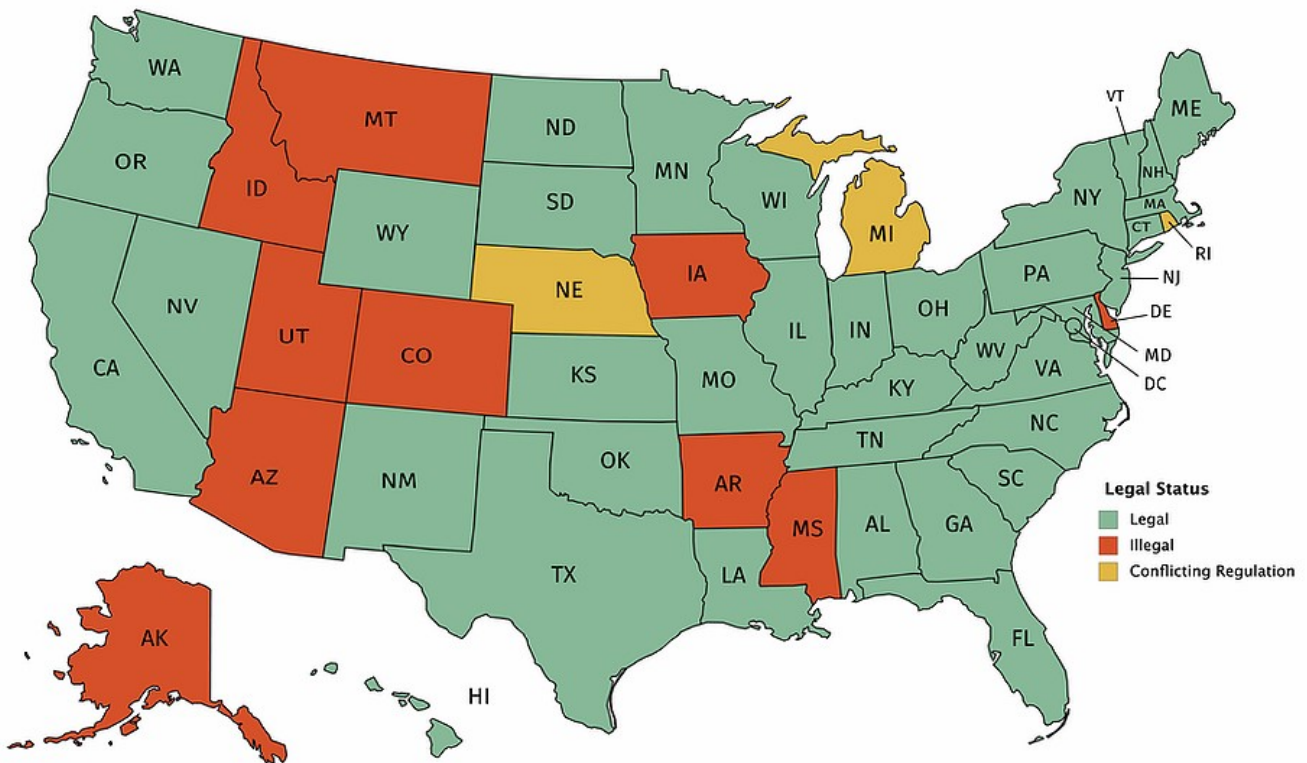
# Is Delta-8 Legal?

The short answer is yes.

Delta-8 is legal in most states in the US and it is all because of the Agriculture and Nutrition Improvement Act of 2018 or the “2018 Farm Bill.” Under this act, cannabis products derived from hemp are federally legal to sell and use if the cannabis plant contains no more than .3% of Delta-9 THC. And since Delta-8 is derived from CBD extracted from hemp plants, it is considered legal under federal law.



Recently the Drug Enforcement Agency released their “Orange Book” which is a list of drugs deemed by the FDA to be considered safe and effective. Delta-8 made it into this book and was listed under another name “Tetrahydrocannabinols” or THC. However, this name would make Delta-8 THC illegal under the federal Controlled Substances Act. Some say that the Controlled Substances Act’s definition of Tetrahydrocannabinols fails to include any material, compound, mixture, or preparation that falls within the definition of hemp that was set forth by the 2018 Farm Bill. In other words, while Delta-8 is “another name” for Tetrahydrocannabinols, its presence in any quantity in federally legal hemp plants provides a risky grey area for those who produce Delta-8. The federal government is scheduled to review Delta-8’s legality in October 2021.



# Different Delta-8 Products



Gummies



Vape/Cartridge



Oil



Pre-Rolls



Lollipops



Cigarettes

## How Easy is it to Get?

There is currently no federal regulations setting the minimum age to purchase Delta-8, however several states have made it that you have to be 21 or older (in Wisconsin you have to be 21 or older). If you do a simple Google search online for "Delta-8 THC Products" you will see several online stores to purchase products. Many of the websites have a prompt that pops up asking if you are over the age 21 and asks for your birth date again before checking out. However, there are some individuals who believe there needs to be a better system when it comes to buying Delta-8 products online. It isn't just an online market, but you can also purchase Delta-8 products at dispensaries, head shops (a store that sells drug paraphernalia), vape shops, gas stations and even some grocery stores.

## Social Media Influence

Several Delta-8 companies have taken to social media to advertise their products. Sites like Tiktok, Instagram, Facebook and Twitter have all been vitalized. Like trying to find online stores, simply searching "Delta-8" on Tiktok and/or YouTube, you will see hundreds of videos of people trying various Delta-8 products and giving them reviews. This has some parents worried as young children and teens are often times the main users of these certain social media sites.



# The Effects of Delta-8 THC

**\*Research is still being conducted on the long term effects of Delta-8 as well as the short term effects\***

1. Anxiety (when taking too much): While it has been said that Delta-8 shouldn't produce anxiety once consumed, but too much can cause massive amounts of anxiety. Several Delta-8 producers recommend taking smaller doses until the person knows how much would work for their body.



2. Dry Eyes/Mouth
3. Grogginess: Higher doses of Delta-8 THC can make someone feel temporarily groggy and this can be accompanied by brain fog, fatigue, mild lightheadedness, and poor concentration.
4. Getting too much of a body high: This could mean difficulty moving, known as "couch lock", an over awareness of sensations in the body that can lead to anxiety, and temporary feelings of numbness, twitching and cold/warm sensations.
5. Inability to focus on work
6. **Drug Test: Even though Delta-8 is legal in most states, it will still show up on your drug test. Drug tests show both THC and CBD.**

## Delta-8 THC and Youth



Since Delta-8 THC has only recently made it's way into the spotlight, there is still quite a bit of research that needs to be done on the full long term effects that it can have on the human brain, especially a teen brain. However, throughout the United States there has been an increasing amount of Delta-8 incidents that have occurred with children and teens. Many have accidentally consumed Delta-8 gummies in large quantities thinking that it was CBD. This has lead to low blood pressure, difficulty breathing, severe sedation, coma and psychological effects. Long term effects are not known at this point.

# Delta-8 in Dane County

Wisconsin is one of the states that follows the verbiage of The Farm Bill. The state statues define hemp as, “any part of that plant, including the seeds thereof and all derivatives, extracts, cannabinoids, isomers, acids, salts, and salts of isomers, whether growing or not, with a delta-9-tetrahydrocannabinol concentration of not more than 0.3 percent.” As such, it is legal in Wisconsin to purchase Delta-8 with no risk. And it is currently being sold in several places in Wisconsin and Dane County.



Within Wisconsin and Dane County, Delta-8 is sold at a variety of different places including:

- CBD Stores
- Smoke/Vape Shops
- Farmer’s Market
- Gas Stations (ex. BP)
- Grocery Stores (ex. Woodman’s)
- Liquor Stores

Dane County and Wisconsin parents should be aware even though someone has to be 21 to purchase Delta-8 products, children and teens have been reported purchasing Delta-8 products online, as they aren’t as regulated as purchasing it

Taken at the Madison West Side Woodman’s from a store. Delta-8 can come in several different forms and has been seen on various different social media sites that their child/teenager uses.

## Delta-8 Testing

I want to re-emphasis another point that was already mentioned in this newsletter and that is Delta-8 and drug tests. Delta-8 THC will show up on a drug test if someone takes one. The average drug test looks for THC metabolites in either urine, hair, saliva and/or blood. The current tests that are being used as unable to distinguish between various cannabinoids like Delta 8 and Delta 9 THC as both produce the same metabolites. While Delta-8 is legal in Wisconsin and other states, businesses can still fire someone for consuming a Delta-8 product.



Belleville is a small community southwest of Madison in Dane and Green Counties. Belleville is a special place to visit because of its natural beauty, recreational activities and friendly people and atmosphere. Belleville is a great community for families seeking a solid educational system along with the natural amenities of the community.

The Belleville Area Cares Coalition came into existence following a town hall meeting in April of 2014.



**We are comprised of local representatives from schools, businesses, churches, village administration as well as parents, and youth—all working together to promote healthy lifestyles**

**More information can be found at : <https://www.bellevillewicare.org/>**

**BACC meetings are held on the 4th Tuesday of each month at 4:45 pm in the Belleville Village Hall.**

#### **BACC Mission Statement**

***“The mission of Belleville's Area Cares Coalition is to promote a healthy community for youth and young adults, free of alcohol and other drug abuse.”***

*The Belleville Area Cares Coalition works to develop, implement and support environmental strategies to reduce substance abuse.*

*We believe by working together, we can nurture social and environmental changes to make the Belleville area a safer and healthier place, brightening the future of our children, youth and families.*

#### **HOW CAN YOU HELP?**

The BAAC asks you to give the gift of time. Make a difference in the lives of our youth and our community by

1. Working with us in providing support for planning, project management and awareness campaigns
2. Helping with coalition events, conferences, workshops, and fairs held throughout the year.
3. Being a voice for change in our community, it is time to come together and be that force for change in the Belleville area.