

# Delta-8 & Delta-9 Facts

## What is Delta-8 THC?

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

Delta-8 THC is available in many of the same forms as Delta-9 THC. This includes e-cigarettes, edibles, tinctures, oils, and pill forms. 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.

The effects of Delta-8 THC are like 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.

## Health and Safety Concerns

Delta-8 THC products are nearly as impairing as Delta-9 THC but may be sold online and in stores without regulation and oversight. These intoxicating products are concerning due to youth access and risks to consumer and public safety. Delta-8 THC products have not been evaluated or approved by the FDA for safe use and may be marketed in ways that put public health at risk.

*Information provided by the Regional Prevention Center at Seven Counties Services, dedicated to preventing and reducing substance misuse and suicide within our communities.*



Seven Counties Services