



CANNA
RESEARCH
FOUNDATION

Canna Research Foundation Impact Report

Canna Research Foundation (CRF) was established as a non-profit organization in Spring, 2020. CRF has focused its work on developing epidemiological studies on the uses of cannabis in target populations, pursuing new collaborations with universities and prominent cannabis researchers, publishing results, and developing the structure of the organization to pursue its mission:



**THE CRF MISSION: TO BE THE
PREEMINENT POPULATION HEALTH
OUTCOMES RESEARCH GROUP FOR
CANNABIS RESEARCH AND ADVISORS
FOR MEDICAL SOCIETIES, PATIENT
ADVOCACY GROUPS,
PHARMACEUTICAL COMPANIES,
MANUFACTURERS, DISTRIBUTORS,
AND OTHER ORGANIZATIONS
CONSIDERING CANNABIS RESEARCH.**

Main findings from our studies so far:

- 26% of community-based adult athletes and 18% of followers of the Allergy & Asthma Network with allergies/asthma used cannabis in the previous 2 weeks.
- In both populations, cannabis reduced pain, improved sleep, decreased anxiety, and increased calm.
- Adverse effects included increased appetite, difficulty concentrating, wheezing, coughing.
- Beneficial effects were reported far more often than adverse effects in both populations.
- In general, those with more knowledge about cannabis had more liberal attitudes toward cannabis and tended to use cannabis more often than those with less knowledge and more conservative attitudes.
- THC in combination with CBD provided the most beneficial effects, but also the most adverse effects.
- The most common route of ingestion in both athletes and allergic/asthmatic people was smoking.
- Only 41% of doctors treating allergic/asthmatic patients inquired about cannabis use in their patients and only 37.5% of the patients wanted to discuss cannabis with their doctor.
- Half of severe asthmatics smoked cannabis.

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Papers

1. Zeiger JS, Silvers WS, Winders TA, Hart MK, Zeiger RS. Cannabis attitudes and patterns of use among followers of the Allergy & Asthma Network. *Ann Allergy Asthma Immunol*. 2021 Jan 16:S1081-1206(21)00022-3.4. Epub ahead of print.
2. Decuyper II, Green BJ, Sussman GL, Ebo DG, Silvers WS, Pacheco K, King BS, Cohn JR, Zeiger RS, Zeiger JS, Naimi DR, Beezhold DH, Nayak AP. (2020) Occupational allergies to Cannabis. *JACI: In Practice*. 8(10);3331-3338.
3. Sussman, GL, Beezhold, DH, Cohn, JR, Silvers, WS, Zeiger JS, & Nayak, AP. (2020). Cannabis: An Emerging Occupational Allergen?. *Annals of Work Exposures and Health*. (64)7: 679–682. <https://doi.org/10.1093/annweh/wxaa043>
4. Zeiger JS, Silvers WS, Fleegler EM, Zeiger RS. (2020) Attitudes about Cannabis Mediate the Relationship between Cannabis Knowledge and Use in Active Adult Athletes. *Journal of Cannabis Research*. 2: 18.
5. Zeiger JS, Silvers WS, Fleegler EM, Zeiger RS. (2019) Age related differences in cannabis use and subjective effects in a large population-based survey of adult athletes. *Journal of Cannabis Research*. 1: July 29.
Zeiger JS, Silvers WS, Fleegler EM, Zeiger RS. (2019) Cannabis use in active athletes: Behaviors related to subjective effects. June 28. *PLOS ONE*.

2021 Presentations

- The Cannabis Research Conference
 - Dr. Joanna Zeiger is on the conference planning committee.
 - **Cannabis knowledge, attitudes, patterns of use: observational outcome studies**. *Oral Presentations*. Co-Chairs: Dr. Joanna Zeiger & Dr. William Silvers of CRF.
 - **The impact of lack of standards of cannabis labelling and dosing on research and consumption**. *Panel Discussion*. Co-Chairs: Dr. Joanna Zeiger & Dr. Ruth

Charbonneau of The Lambert Center, Thomas Jefferson University.

- 2021 Late-breaking abstract accepted for the American Academy of Asthma Allergy and Immunology Conference.
 - Cannabis attitudes and patterns of use among members of the Allergy Asthma Network (AAN).
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Studies

- **Completed**
 - Allergy & Asthma Network (AAN) PEACE (Pain, Exercise, and Cannabis Experience) Study
 - Aims were to examine cannabis patterns of use, knowledge and attitudes, and subjective effects in allergic/asthmatic individuals.
 - Completed in 2020
 - The Athlete PEACE Survey Study (Pain, Exercise, and Cannabis Experience)
 - Aims were to examine cannabis patterns of use, knowledge and attitudes, and subjective effects in allergic/asthmatic individuals.
 - Completed in 2019.
- **Ongoing**
 - Participating in the International Allergists Cannabis Knowledge, Attitudes and Practices (KAP) collaboration
 - A multi-national collaboration with the US, Canada, and Europe.
 - The collaboration has several objectives: cannabis allergy consensus statement, biobank and registry, survey of allergists about cannabis knowledge, attitudes, and practice.
 - **CRF is leading the International Allergists Cannabis KAP Survey.**
- **Pending**
 - Proposal to The Institute for Cannabis Research for support to establish an Athlete Registry which will facilitate prospective, longitudinal studies on athletes' use of cannabis.

- LOI submitted to the American College of Asthma, Allergy and Immunology Community Foundation Grant to create educational materials for allergists regarding cannabis.

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Organizational Development

Created new website

<https://cannaresearchfoundation.org/>

Installed a board of directors

<https://cannaresearchfoundation.org/about-us/>

- Joanna Zeiger, Ph.D., CEO
- Robert Zeiger, M.D., Chief Medical Officer
- William Silvers, M.D., Chief Scientific Officer
- Will Murray, Secretary

Established an advisory council

<https://cannaresearchfoundation.org/about-us/>

- Craig Alexander
- Edward Fleegler, M.D.
- Stuart Kassan, M.D.
- Kaleb Michaud, M.D.
- Matt Nordgren
- Bethany Semeiks
- Matthew Wiener, Pharm.D.

Developed and adopted a strategic plan

- <https://cannaresearchfoundation.org/strategic-plan/>, marketing plan, fundraising plan, annual plan and budget and governance documents
- Received annual charitable contributions from all members of the Canna Research Foundation board of directors. These unrestricted funds are key to helping develop additional initiatives and complement the restricted funds received for studies and publications.

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You can help!

All contributions will be accepted with gratitude. Check out our website and click on the Donate Now button;
<https://cannaresearchfoundation.org/>

CRF was established as a non-profit foundation under Players Philanthropy Fund <https://www.ppf.org/>, a 501c(3) charitable organization

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Canna Research Foundation
2995 55th St
Suite 21281
Boulder, CO 80301-6050

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