



cb2insights

CB2 HEALTH PULSE JULY 2020

CB2 Health Pulse is a monthly publication that highlights data and interesting findings from a real-world data registry of over 100,000 patients in an integrative care setting focused on improving future health outcomes for patients.



IN THIS EDITION

Is the pandemic causing an increase in anxiety?

SPOTLIGHT: CANNABIS & COVID-19

INTRODUCTION TO CB2 INSIGHTS

CB2 Insights owns and operates clinics in the United States that put the patient at the center of their health and wellness journey in an integrative care setting. We are proud to provide care to more than 100,000 patients on an annual basis.

CB2 Insights maintains a real-world data registry of patient health outcomes with the goal of improving patient care, providing individualized feedback, and generating insights for the medical and academic communities.

The objective of the CB2 Insights Health Pulse is to highlight data and interesting findings from the real-world data registry with a focus on improving future health outcomes for patients.

AN INCREASE IN ANXIETY

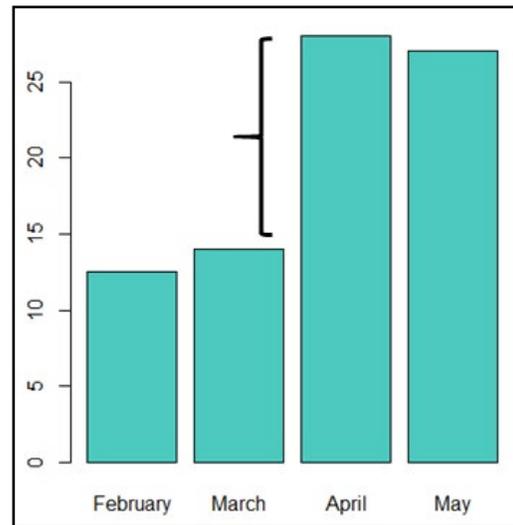
Everyone has been impacted by the COVID-19 pandemic – whether physically, financially, emotionally, or all three. Healthcare officials have warned that in addition to the threat of the virus itself, there may be acute or long-lasting impacts on mental health. We took a look at our data to see if there were trends in the medical cannabis space that pointed to the impact of the pandemic on mental health.

In February, 12.5% of patients reported anxiety as their primary

What we found in our data was clear
Patients are seeking medical cannabis for anxiety during the pandemic at more than double the rate they were prior.

reason for seeking cannabis. This number rose slightly in March, but more than doubled in April and May during the height of quarantine and the COVID-19 pandemic. April and May saw 28% and 27% of new patients reporting anxiety as their primary medical condition. This steep jump shows us two things: 1) the pandemic is certainly impacting mental health, and 2) these patients believe that medical cannabis may be able to relieve at least some of their anxiety. This leaves us wondering – will this trend continue as the world recovers from COVID-19? Will the impacts on mental health outlast the virus? And what role will medical cannabis play in helping these patients?

Percentage of patients seeking medical cannabis for anxiety in 2020:

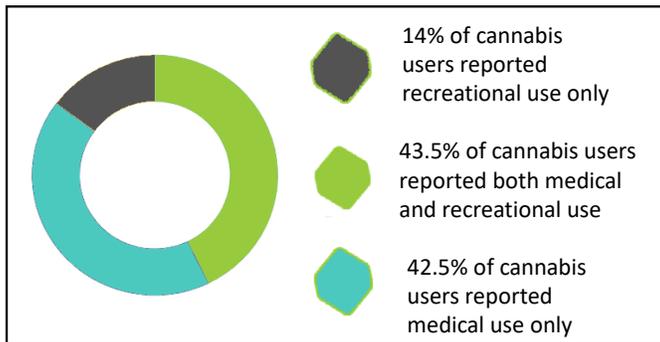


The graph above shows the proportion of patients seeking medical cannabis qualification at the CB2 Insights US clinics, who reported anxiety as their primary medical condition from February through to May.

SPOTLIGHT: CANNABIS & COVID-19

Beginning in March, CB2 Insights conducted a survey about wellness, cannabis and the COVID-19 pandemic. The survey investigated individuals' perceptions about their health, their experience with acute illness, and for those who reported being cannabis users, the impact of the pandemic on their cannabis use.

As part of the survey, we wanted specific insights into how patients were using cannabis, and whether it is common for patients to use cannabis both medically and recreationally, or if users stay in their lane, so to speak. Interestingly, among the group surveyed, 43.5% reported using cannabis both medically and recreationally. Recreational use in addition to medical use was most common among those reporting mental health as their reason for using medical cannabis.



The graph above shows the breakdown of cannabis use, gathered from the Wellness and COVID-19 Survey conducted by CB2 Insights.

DURING THE COVID-19 PANDEMIC

- 20% reported cannabis being more difficult to access
- 24% reported using more cannabis
- 10% reported seeking medical certification

We also sought to determine some of the impact that the COVID-19 pandemic had on patients' cannabis use. We found that as a result of the pandemic, 20% reported that cannabis became more difficult to access, and 10% reported that they were seeking medical certification as a result of the pandemic, rather than continuing to use it recreationally, or self-medicating without certification. Additionally, 24% of respondents were using more cannabis than prior. We wonder – was this boredom, or necessity to treat growing anxiety? As dispensaries closed due to lockdown orders and curbside pickup proved difficult during the pandemic, why were some cannabis users left to struggle, when other prescription medications and alcohol were still readily available for purchase? Cannabis seems to sit in a grey area between a medical and recreational product, but it doesn't seem to be truly handled or regulated like either.

UP NEXT: CB2 HEALTH PULSE

- Further insights from the Wellness and COVID-19 Survey: Are males healthier than females?
- There's not just one way to do it: How do patients consume medical cannabis?
- An integrative approach: What other alternative treatments are patients using?

CB2 HEALTH PULSE

We will be releasing additional data and insights on a monthly basis.

QUESTIONS?

Want to see something featured? Let us know!
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