



Youth Against Smoking

An Educational Guide To Prevent And Reduce Substance Use and/or Abuse.



Improving the Health of Durham & NC Communities since 1989



Overview

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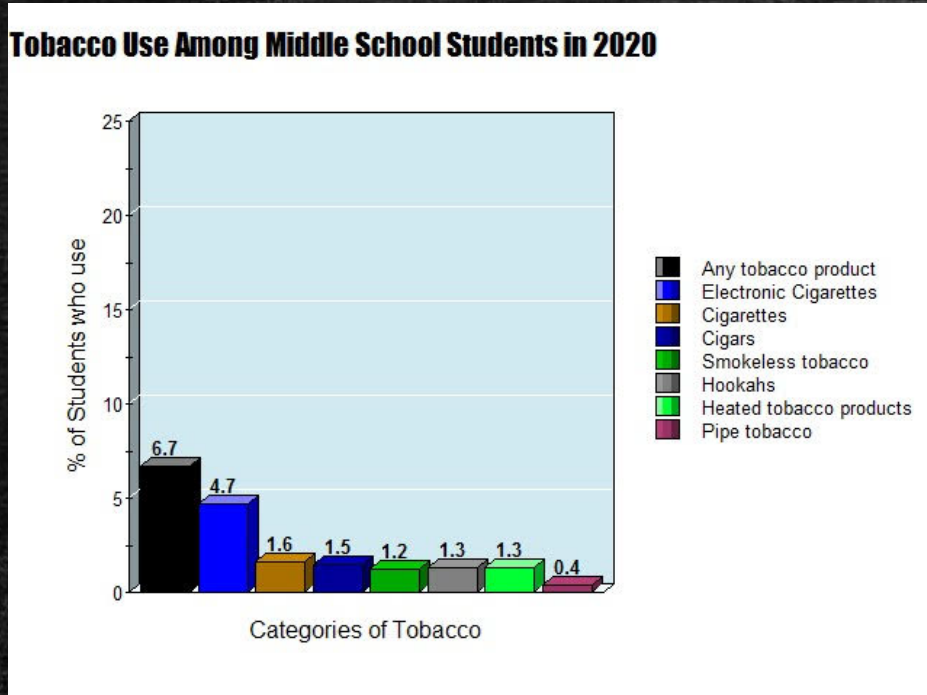
Target Population

- Youth ages 12 to 18 in Durham, North Carolina.



Data

This chart represents Tobacco use in the U.S. among Middle School Students in 2020. Each color represents a type of nicotine or smoking product:



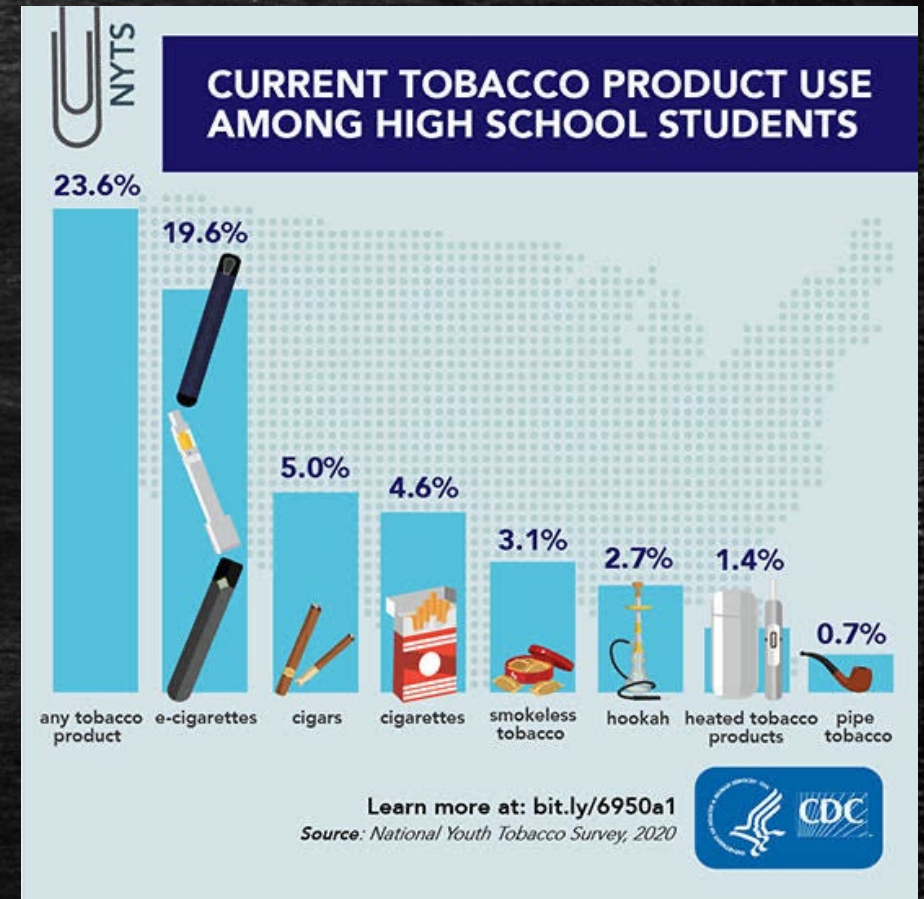
- **BLACK:** 6.7% of middle school students reported using any tobacco product.
- **BLUE:** 4.7% of middle school students reported using electronic cigarettes.
- **BROWN:** 1.6% of middle school students reported using cigarettes.
- **DARK BLUE:** 1.5% of middle school students reported using cigars.
- **GREEN:** 1.2% of middle school students reported using smokeless tobacco (snuff and/or chewing tobacco).
- **GREY:** 1.3% of middle school students reported using hookahs.
- **LIME GREEN:** 1.3% of middle school students reported using heated tobacco products.
- **PURPLE:** 0.4% of middle school students reported using pipe products.



Data

This chart represents the current Tobacco product use in the U.S. among High School Students in 2020. Each bar represents the percentage of high school students who stated they used a type of tobacco and/or nicotine. From left to right:

- 23.6% of high school students stated they used any tobacco product.
- 19.6% of high school students stated they used e-cigarettes.
- 5.0% of high school students stated they used cigars.
- 4.6% of high school students stated they used cigarettes.
- 3.1% of high school students stated they used smokeless tobacco.
- 2.7% of high school students stated they used hookah.
- 1.4% of high school students stated they used heated tobacco products.
- 0.7% of high school students stated they used pipe tobacco.



What Is SUD (Substance Use Disorder)?

- Drug addiction, also called substance use disorder, is a disease that affects a person's brain and behavior and leads to an inability to control the use of a legal or illegal drug or medication (Mayo Clinic, 2017).
- Nicotine dependence occurs when you need nicotine and can't stop using it. Nicotine is the chemical in tobacco that makes it hard to quit. Nicotine produces pleasing effects in your brain, but these effects are temporary. So, you reach for another cigarette (Mayo Clinic, 2020).
- Substance use disorder occurs when a person's use of alcohol or another substance (drug) leads to health issues and/or problems at work, school, or home (Medline, 2021).



What is SUD/Dependence?

- SUD (Substance Use Disorder) is now the medical term for *addiction*.
- *Addiction* is a treatable, chronic medical disease involving complex interactions among brain circuits, genetics, the environment, and individuals' life experiences (American Society of Addiction Medicine, 2019).
- *Dependence* was a moderate or severe form of addiction.
- National Institute of Health states "*Dependence* means that when a person stops using a drug, their body goes through withdrawal; a group of physical and mental symptoms that can range from mild (if the drug is a caffeine) to life threatening (such as alcohol or opioids, including heroin and prescription pain relievers....) (National Institute Of Health, 2017).



Why Is SUD Important?

- According to Healthy People 2020, Substance Abuse has a major impact on individuals, families and communities.
- “As cigarette smoking among those under 18 has fallen, the use of other nicotine products, including e-cigarettes, has taken a drastic leap. All of this is creating a new generation of Americans who are at risk of nicotine addiction” (Surgeon General Report, 2016).
- Almost 95% of people with substance use problems are considered unaware of their problem (Healthy People, 2020).
- “One of the most used highly abused substances among youth in the U.S is alcohol” (Youth.Gov).
- Substance Use Disorder is important because it can potentially affect how individuals relate to others and make good healthy choices.



How Are Substances Categorized?



- Depressants (Alcohol, beer)
- Nicotine (cigarettes, vapes)
- Marijuana (cannabis, THC)
- Opiates (heroin, codeine, oxytocin)
- Prescription medicines (anxiety pills, pain pills)
- Stimulants (Cocaine, methamphetamine)
- Hallucinogens (mushrooms, ecstasy)
- Inhalants (glue, gasoline)
- Synthetics (K2/spice, bath salt)





Risk Factors

Everyone is different but, the following factors may increase and/or contribute to the development of an individuals' drug addiction:

- Environmental Factors
- Cultural/Societal Factors
- Genetics
- Family History of Addiction
- Mental Health Disorder
- Social/Peer Pressure
- Lack of Family Involvement
- Early Use
- Taking a Highly Addictive Drug



Signs & Symptoms

Signs and Symptoms of recent use can include:

- *Depressants:* Mood swings, body pains and/or tremors.
- *Nicotine:* Trouble sleeping and increase appetite and/or weight gain.
- *Marijuana:* A sense of euphoria or feeling “high” and/or red eyes.
- *Opiates:* Slurred speech and/or problems with coordination.
- *Prescription medicines:* drowsiness and/or happiness.
- *Stimulants:* Behavior changes or aggression and/or rapid or rambling speech.
- *Hallucinogens:* Flashbacks, a re-experience of the hallucinations-even years later and/or Impulsive behavior.
- *Inhalants:* Dizziness and/or nausea or vomiting.
- *Synthetics:* A sense of euphoria or feeling “high” and/or elevated mood.



Treatment(s) or Prevention



- Cognitive Behavior Therapy (CBT): Helps recovering addicts identify their "negative" automatic thoughts.
- Contingency Management (CM): Individuals are rewarded for evidence of positive behavioral change.
- Motivational Interviewing (MI): Counseling approach that aims to help individuals change problem behaviors.



When To See A Doctor Or Emergency Help

If your drug use is out of control or causing problems, get HELP.

Make an appointment to your primary doctor or a mental health professional if:

- You can't stop using a drug
- You continue using the drug despite the harm it causes
- Your drug use has led to unsafe behavior, such as sharing needles or unprotected sex
- You think you may be having withdrawal symptoms after stopping drug use
- Being reckless



Where To Find Help

If you or someone you know may be experiencing or struggling with addiction, please contact help lines or hotlines.

- Drugabuse.com – Hotline 1(866)-922-3042
- Substance Abuse and Mental Health Services Administration (SAMHSA) – 1(800)-622-4357
- Drugfree.org – 1(855)-378-4373
- Smoking cessation – 1(800)-QUIT NOW 1(800)-784-8669



Community Health Coalition



COMMUNITY HEALTH COALITION

*Improving the Health of Durham
& NC Communities since 1989*

- Community Health Coalition provides FREE health tips, blood pressure checks, glucose screenings, community health education workshops, and a library of brochures and pamphlets about chronic diseases.
- You can donate to Community Health Coalition through SECU or PayPal. If you are a state employee or retiree, choose (CODE 3770) to send your SECU gift to us!
- Call 1 (919)-470-8680, email to contact@communityhealthcoalition.com or visit our website at communityhealthcoalition.com for more information!



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