

Youth Voices 2010 Multi-Media Contest Statistics on Alcohol and Other Drug Prevention

Facts on Alcohol

Humboldt County has one of the highest rates of death due to alcohol and other drug related causes in the state.

Source: *2007 Indicators of Alcohol and Other Drug Risk and Consequences for California Counties*

Alcohol is estimated to cause about 20-30% worldwide of esophageal cancer, liver cancer, cirrhosis of the liver, homicide, epilepsy, and motor vehicle accidents.

Source: *World Health Organization*

The younger you are when you start drinking, the greater your chance of becoming addicted to alcohol at some point in your life. More than 4 in 10 people who begin drinking before age 15 eventually become alcoholics.

Source: *NIAAA; Underage Drinking: A Major Public Health Challenge, 2003* ■→

Young people who were exposed to alcohol ads drank more than those who saw very few ads.

Source: *Archives of Pediatrics and Adolescent Medicine*

Facts on Other Drugs and Substances

Ecstasy can cause you to become dehydrated or to drink too much water without realizing it. This can be deadly because it upsets the salt balance in your body.

Source: *NIDA Community Drug Alert Bulletin — Club Drugs, 2004* ■→

Some LSD users experience severe, terrifying thoughts and feelings of despair, fear of losing control, or fear of insanity and death while using LSD.

Source: *NIDA InfoFacts: Hallucinogens - LSD, Peyote, Psilocybin, and PCP, 2008* ■→

Inhalants can kill you the very first time you use them.

Source: *SAMHSA Tips for Teens: Inhalants, 2002* ■→

Marijuana is addictive. More teens are in treatment with a primary diagnosis of marijuana dependence than for all other illicit drugs combined.

Source: *Treatment Episodes Data Set (TEDS) 1992-2002, SAMHSA, 2006*

Young people who use marijuana weekly have double the risk of depression later in life.

Source: *Patton, GC et al. "Cannabis use and mental health in young people: cohort study." British Medical Journal, 325: 1195-1198, 2002*

Heavy Marijuana users are more likely than non-users to be diagnosed with schizophrenia later in life. A recent study found that people who had used marijuana more than 50 times before the age of 18, had a three fold increased risk of developing schizophrenia later in life.

Source: Zammit, S et al., "Self-reported cannabis use as a risk factor for schizophrenia in Swedish conscripts of 1969: historical cohort study," *British Medical Journal*, 325:1199-1201, 2002
Arseneault L, et al., "Cannabis use in adolescence and risk for adult psychosis: longitudinal prospective study," *British Medical Journal*, 325:1212-1213, 2002

Abusing prescription drugs for the first time before age 16 leads to a greater risk of dependence later in life.

Source: SAMHSA. "Misuse of Prescription Drugs." *National Surveys on Drug Use and Health; 2006 Treatment Episode Data Set; 2004* ■➔

More than 29 percent of teens in treatment are dependent on tranquilizers, sedatives, amphetamines, and other stimulants (all types of prescription drugs).

Source: SAMHSA: *Substance Abuse Treatment Admissions by Primary Substance of Abuse According to Sex, Age Group, Race, and Ethnicity.* *Treatment Episode Data Set; 2004* ■➔

Meth can damage blood vessels in the brain leading to strokes (which can produce irreversible damage).

Source: SAMHSA *Tips for Teens: Methamphetamine, 2004* ■➔