

SUBSTANCE ABUSE

This fact sheet presents data on substance use (tobacco, alcohol, marijuana, and methamphetamine) among American Indian adults in Oklahoma. The data come from the 2011-2013 Behavioral Risk Factor Surveillance System (BRFSS) and the Oklahoma Department of Mental Health and Substance Abuse Services (ODMHSAS).



Tobacco Use – Cigarette Smoking

Non-traditional Tobacco Use – Cigarette Smoking Among American Indians

- In 2011-2013, more American Indians (AI) adults reported as current smokers than did Oklahoma All Race Adults (OK All).
- The percentage of Oklahoma All Races adults who smoke has declined with time, but among AI adults the percent who smoke has remained roughly the same.

37% of AI men smoked

34% of AI adults smoke every day.

Source: Centers for Disease Control and Prevention (CDC). Behavioral Risk Factor Surveillance System Survey Questionnaire. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2011-2013. <https://www.cdc.gov/brfss/>

Cigarette Smoking Health Effects

- Smoking is the leading cause of preventable death in the United States, causing more than 480,000 deaths each year.
- Average life expectancy is at least 10 years shorter for smokers than for nonsmokers.
- Smoking increases your risk of heart disease, lung disease, stroke, and cancer.
- If no one smoked, 1 in every 3 cancer deaths would not happen.
- Quitting smoking before age 40 reduces your risk of dying from smoking related deaths by about 90%.

Source: CDC Fact Sheet-Health Effects of Cigarette Smoking. http://www.cdc.gov/tobacco/data_statistics/fact_sheets/health_effects/effects_cig_smoking/index.htm

Alcohol Use

WHAT'S A DRINK?



Binge Drinking:

Men - 5 or more drinks on one occasion
Women - 4 or more drinks on one occasion

Heavy Drinking:

Men - 15 drinks or more a week
Women - 8 drinks or more a day

Any use by pregnant women

Any use by those under the age of 21

Source: CDC Alcohol and Public Health. <https://www.cdc.gov/alcohol/faqs.htm#heavyDrinking>

19% Of AI adults were binge drinkers

7% Of AI adults were heavy drinkers

- In 2013, there were significantly more binge and heavy drinkers among AI adults than Oklahoma All Races adults.
- Among Oklahoma All Races adults, only 13% were binge drinkers and 4% were heavy drinkers
- The percentage of binge and heavy drinkers has decreased for Oklahoma All Races adults since 2011, but not for AI adults.

Source: Centers for Disease Control and Prevention (CDC). Behavioral Risk Factor Surveillance System Survey Questionnaire. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2011 -2013.

Health Effects of Excessive Alcohol Use

Short Term:

- Increased risk of injuries, violence, risky sexual behavior, and alcohol poisoning

Long Term:

- Increased risk of heart disease, stroke, liver disease, and cancer
- Learning and memory problems such as dementia
- Mental health problems such as depression

Source: CDC Fact Sheet- Alcohol Use and Your Health. <http://www.cdc.gov/alcohol/fact-sheets/alcohol-use.htm>

Meth and Marijuana Use

Health Effects of Marijuana Use

- Reduces a person's ability to think, learn, and create memories
- Causes breathing problems
- Can cause mental illness such as depression, anxiety, temporary paranoia and hallucinations

Source: National Institute on Drug Abuse. <https://www.drugabuse.gov/publications/drugfacts/marijuana>

1,679

American Indians were treated for marijuana substance abuse in 2014 by the Oklahoma Department of Mental Health and Substance Abuse Services (ODMHSAS).

Marijuana Can Be ADDICTIVE - 1 in 11 adult users become addicted (1 in 6 for teens)

Oklahoma Department of Mental Health and Substance Abuse Services (ODMHSAS). ODMHSAS/ OHCA Behavioral Health Customer Data Core Questionnaire. Oklahoma City, OK, 2011- 2014.

Health Effects of Meth Use

- Extreme weight loss, severe dental problems, skin sores and scratching
- Anxiety, confusion, insomnia, and violent behavior

17%

of the 7,146 individuals treated for methamphetamine (meth) abuse by ODMHSAS in 2014 were AI/ANs.

Source: Oklahoma Department of Mental Health and Substance Abuse Services (ODMHSAS). ODMHSAS/ OHCA Behavioral Health Customer Data Core Questionnaire. Oklahoma City, OK, 2011- 2014.

Source: National Institute on Drug Abuse. <http://www.drugabuse.gov/publications/drugfacts/methamphetamine>