

SUBSTANCE ABUSE

This fact sheet presents data on substance use (tobacco, alcohol, marijuana, and methamphetamine) among American Indian adults in Kansas.



Tobacco Use – Cigarette Smoking

Non-traditional Tobacco Use – Cigarette Smoking Among American Indians

- In 2015, more American Indian (AI) adults in Kansas reported being current smokers than did any other race.
- Though the percentage of American Indian adults that reported as current smokers is higher than any other race, more American Indians reported as former smokers than any other race.

27.5% of AI adults are current smokers.

21.1% 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, 2015. <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 disease 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 week

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>

10% Of AI adults were binge drinkers

5.5% Of AI adults were heavy drinkers

- In 2015, 10% of American Indian adults in Kansas reported being binge drinkers.
- Among Kansas AI adults, 94.5% did not meet the criteria to be a heavy drinker.

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, 2015.

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>

Source: Kansas Department for Aging and Disability Services. Kansas Behavioral Health Profile 2015.

Ages 18-25

While adult marijuana use in Kansas has been trending down, marijuana use is highest among young adults age 18-25.

Among new admissions into drug treatment, significantly more males have been admitted for marijuana use than females.

Source: Kansas Department for Aging and Disability Services. Kansas Behavioral Health Profile 2015.

Health Effects of Meth Use

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

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

Source: National Institution of Drug Abuse. <https://www.drugabuse.gov/publications/research-reports/methamphetamine/what-scope-methamphetamine-abuse-in-united-states>

0.2%

of the U.S. population reported using methamphetamine in the past month.