

SUBSTANCE ABUSE — OVERVIEW

Substance abuse, including the use of alcohol, licit and illicit drugs, have a major impact on individuals, families, and communities. The effects of substance abuse are cumulative, contributing to costly social, physical, mental, and public health problems. These problems include teenage pregnancy, HIV/AIDS, other sexually transmitted diseases (STDs), domestic violence, child abuse, motor vehicle crashes, physical fights, crime, homicide, and suicide (Healthy People 2010).

The scope of the substance abuse problem includes both the use and abuse of substances and the consequences of substance use and abuse.

Results of various studies indicate that substance abuse potentially impacts everyone. Some of the more unsettling findings from these studies reveal that in 2005:

- An estimated 13.0% of persons ages 12 or older drove under the influence of alcohol at least once in the past year. The 2005 estimate corresponds to 31.7 million persons in the U.S. (SAMHSA 2006).
- An estimated 19.7 million Americans aged 12 or older were current (past month) illicit drug users, meaning they had used an illicit drug during the month prior to the survey interview. This estimate represents 8.1 percent of the population ages 12 years old or older (SAMHSA 2006).
- There were 10.5 million persons ages 12 or older who reported driving under the influence of an illicit drug during the past year, with the rate highest among young adults ages 18 to 25 (13.4%) (SAMHSA 2006).

Deaths

- One in four U.S. deaths can be attributed to alcohol, tobacco, or illicit drug use.
- Excessive alcohol use is responsible for 85,000 deaths annually (CDC 2004).
- illicit drug use account for an estimated 16,000 deaths annually.

Economic Consequences

- The economic burden of substance abuse to the U.S. economy is estimated at a staggering \$414 billion annually. Alcohol abuse alone costs nearly \$166 billion each year.
- Illicit drug users make over 527,000 costly emergency room visits each year for drug-related problems.
- Healthcare costs for employees with alcohol abuse problems are nearly twice as much as those of other employees.

Other Consequences

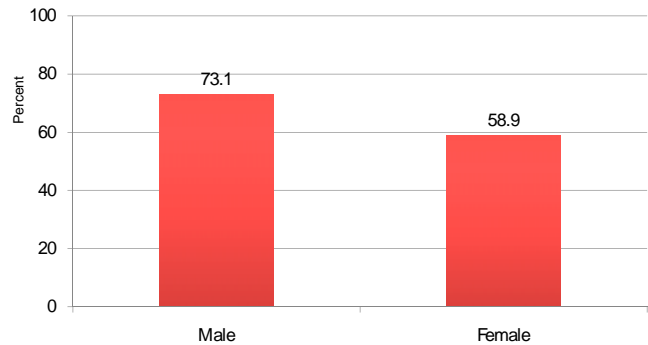
- More than 75% of domestic violence victims report that their assailant had been drinking or using illicit drugs at the time of the incident.
- Substance abuse tends to be more common among certain occupations and industries. Heavy alcohol and illicit drug use is highest among construction and food service workers. Auto mechanics, laborers, and light-truck drivers are more susceptible to alcohol abuse.
- Children from families with substance-abusing parents are more likely to have problems with delinquency, poor school performance, and emotional difficulties than peers from homes without substance abuse.

Who is most impacted — current alcohol use

During 2005, the current use of alcohol among North Inland region adult residents was 65.8%, which is slightly higher than the County rate of 64.5% (CHIS 2005). Also that year:

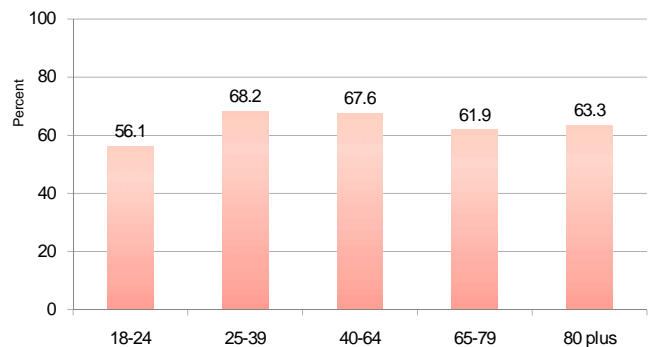
- Males reported a significantly higher frequency of alcohol use than female, 73.1% and 58.9%, respectively.
- In terms of age, the highest level of current alcohol use, 68.2%, occurs among those ages 25 to 39.
- African American adults reported the highest level of current alcohol use at 84.0%.
- Current alcohol use increase with the level of education ranging from 39.3% among those with less than a high school education to 77.9% among college graduates.

Consumed Alcohol Past 30 Days
By Gender, North Inland Region, 2005



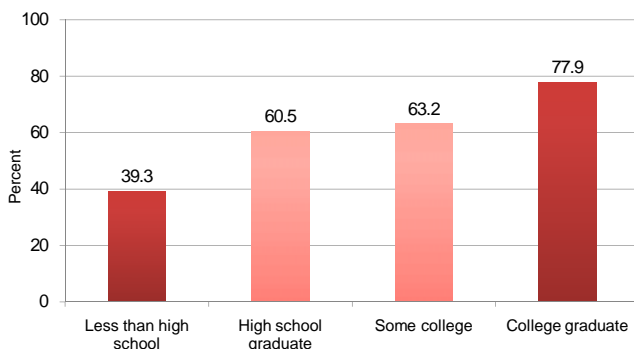
Source: CHIS2005.

Consumed Alcohol Past 30 Days
By Age, North Inland Region, 2005



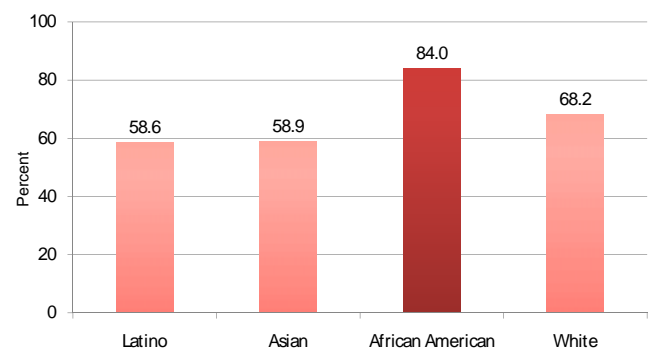
Source: CHIS2005.

Consumed Alcohol Past 30 Days
By Education Level, North Inland Region, 2005



Source: CHIS2005.

Consumed Alcohol Past 30 Days
By Race/Ethnicity, North Inland Region, 2005



Source: CHIS2005.

Who is most impacted

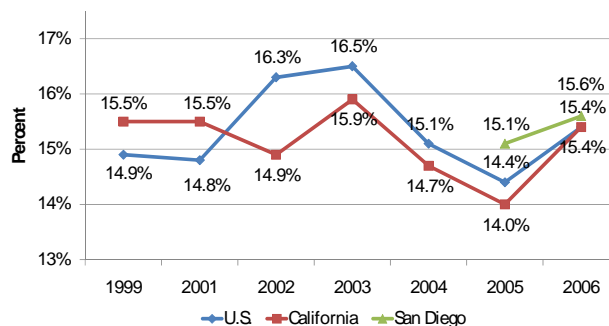
Binge drinking is defined as having an excessive number of drinks during a single occasion. For males having five or more drinks during one occasion is considered binge drinking and for females having four or more drinks during a single occasion is considered binge drinking. During 2005, 14.9% of North Inland region adults reported binge drinking. This rate was similar to county, state and national binge drinking rates.

During 2005, binge drinking among North Inland residents was highest among:

- Males — 19.4%
- Persons ages 15 to 24 — 26.1%
- Persons with some college education — 20.3%
- Latinos — 20.3%

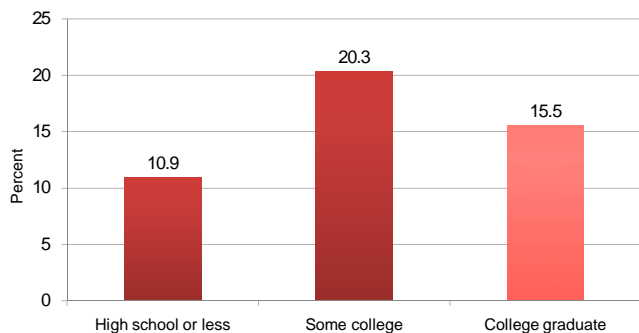
Note, rates for Asians and African American were statistically unstable and therefore not shown.

Adults Who Reported Binge Drinking*
U.S., California, San Diego County, 1999 – 2006



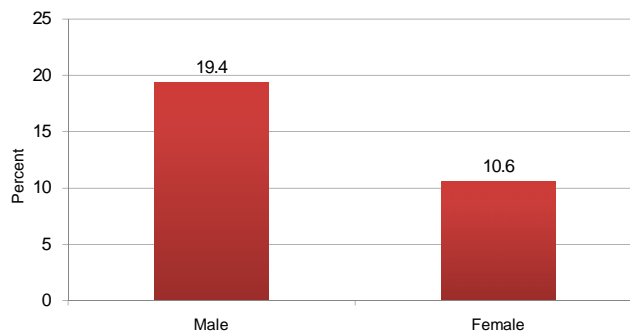
* Binge drinkers (males having five or more drinks on one occasion, females having four or more drinks on one occasion)
Behavioral Risk Factor Surveillance System, 1999 – 2006

Binge Drinking Past 30 Days
By Education Level, North Inland Region, 2005



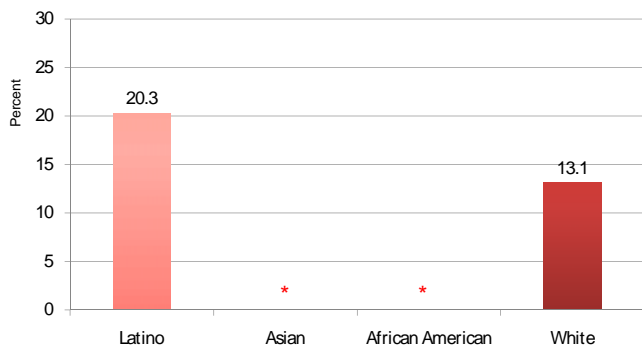
Source: CHIS2005.

Binge Drinking Past 30 Days
By Gender, North Inland Region, 2005



Source: CHIS2005.

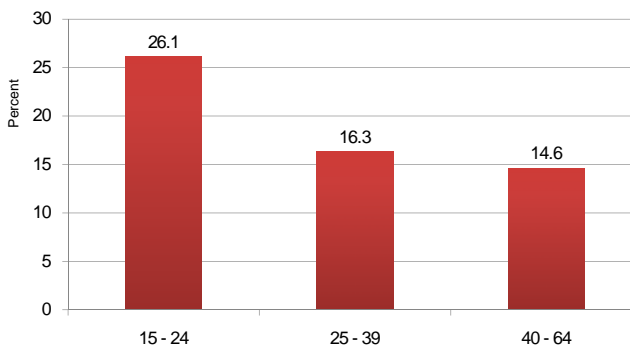
Binge Drinking Past 30 Days
By Race/Ethnicity, North Inland Region, 2005



Source: CHIS2005.

* Statistically unstable

Binge Drinking Past 30 Days
By Age, North Inland Region, 2005



Source: CHIS2005.