



How drugs and alcohol might be affecting you or your loved ones

Substance abuse may be affecting you, your family or your workplace performance. IUCSAT and IU Health Employee Assistance Program (EAP) want you to know that we are here to support you with any issues you may be experiencing. The points below help clarify what constitutes substance abuse and how it is affecting the nation.

IU Health EAP

Drug and alcohol use can be a symptom of other issues. Your IU Health EAP offers resources and can help with many life stressors—stress management, depression, anxiety, grief, substance abuse, and family and marital concerns.

It's important to make sure you attend your EAP appointments, or if you are unable to attend, please provide advance notice so that another team member can utilize that time slot.

You can reach your IU Health EAP at **317.962.8001**.

Alcohol

The 2018 National Survey on Drug Use and Health (NSDUH) reports that over 139.8 million Americans age 12 or older used alcohol, 67.1 million people were binge drinkers and 16.6 million people were heavy drinkers during the previous month.

Also in 2018, about 2.2 million adolescents ages 12 to 17 drank alcohol in the past month, and 1.2 million of these adolescents binge drank in that period.

Approximately 14.8 million people age 12 or older had an alcohol use disorder.

Excessive alcohol use can increase a person's risk of stroke, liver cirrhosis, alcoholic hepatitis, cancer and other serious health conditions.

Excessive alcohol use can also lead to risk-taking behavior, including driving while impaired. The Centers for Disease Control and Prevention reports that daily, 29 people in the U.S. die in motor vehicle crashes that involve an alcohol-impaired driver.

How much is too much to drink?

In the U.S., one "standard" drink contains roughly 14 grams of pure alcohol, which is found in:

- 12 ounces of regular beer – approximately 5% alcohol
- 5 ounces of wine – approximately 12% alcohol
- 1.5 ounces of distilled spirits – approximately 40% alcohol

Moderate use

Men – up to two drinks per day

Women – up to one drink per day
(Refers to the amount consumed on any single day and is not intended as an average over several days in the U.S.)

Binge use

Men – five or more drinks in about two hours

Women – four or more drinks in about two hours

Heavy use

Men – more than four drinks on any day or more than 14 drinks per week

Women – more than three drinks on any day or more than seven drinks per week

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Opioids

- An estimated 808,000 people had used heroin in the past year, based on 2018 NSDUH data.
- In 2018, there were 10.3 million people age 12 or older who misused opioids in the past year. The vast majority of people misused prescription pain relievers.
- An estimated two million people age 12 or older had an opioid use disorder.
- Opioid use, specifically injection drug use, is a risk factor for contracting HIV, hepatitis B and hepatitis C. The CDC reports that people who inject drugs accounted for 9% of HIV diagnoses in the U.S. in 2016.
- According to the Centers for Disease Control and Prevention's "Understanding the Epidemic", 128 Americans die every day from an opioid overdose.

Marijuana

- 2018 NSDUH data indicates that 43.5 million Americans aged 12 or older, 15.9 percent of the population, used marijuana in the past year.
- Approximately 4.4 million people age 12 or older in 2018 had a marijuana use disorder in the past year.
- Marijuana can impair judgment and distort perception in the short term and can lead to memory impairment in the long term.
- Marijuana can have significant health effects on youth and pregnant women.

Emerging trends in substance misuse:

- **Methamphetamine** – Methamphetamine use has risen in the U.S. In 2018 NSDUH data shows that approximately 1.9 million people used methamphetamines in the past year. Approximately 1.1 million people had a methamphetamine use disorder, which was higher than the percentage in 2016, but similar to the percentages in 2015 and 2017. The National Institute on Drug Abuse reports that overdose death rates involving methamphetamine have quadrupled from 2011 to 2017. Frequent meth use is associated with mood disturbances, hallucinations and paranoia.
- **Cocaine** – In 2018, NSDUH data showed an estimated 5.5 million people age 12 or older were past users of cocaine, including about 775,000 users of crack. The CDC reports that overdose deaths involving cocaine have increased by one-third from 2016 to 2017. In the short term, cocaine use can result in increased blood pressure, restlessness and irritability. In the long term, severe medical complications of cocaine use include heart attacks, seizures and abdominal pain.

Source: SAMHSA; National Survey on Drug Use and Health

