

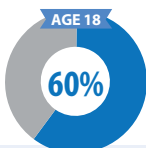
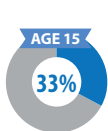
THE FACTS ABOUT ALCOHOL, TOBACCO *and* MARIJUANA ABUSE

..... in YOUNG ADULTS



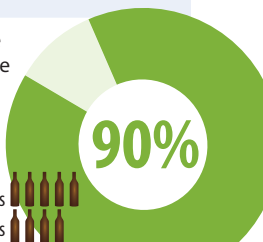
Alcohol is the **most widely used** substance of abuse among America's youth.

By **age 15**, about 33% of teens have had at least one drink. By **age 18**, about 60% of teens have had a drink.



- Young people consume more than **90%** of their alcohol by **binge drinking**.

- Males: 5+ drinks
- Females: 4+ drinks



Underage drinking poses a range of risks and negative consequences. It is dangerous because it:

Causes death

Alcohol is a factor in the **deaths of 4,358 people** under age 21, on average, each year.



Causes injuries

In a year, about **188,000** people under age 21 visited an **emergency room** for alcohol-related injuries.

Increases the risk of physical and sexual assault

Underage youth who drink are more likely to **carry out** or **be the victim** of a physical or sexual assault.



Increases risk of alcohol problems later in life

Research shows people who start drinking before age 15 are **4x more likely** to meet the criteria for alcohol dependence.

Hinders brain development

Research shows that young people's brains keep developing **well into their 20s**.

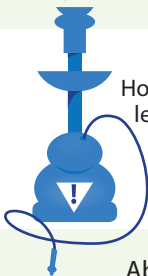


If someone you know needs help, call

1-844-HELP4WV

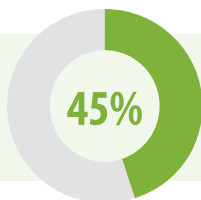
In 2014, almost **one-quarter** of high school students reported past-month use of a **tobacco product**.

Most people who use tobacco **started during adolescence**, and those who begin at a younger age are more likely to develop nicotine dependence.



Hookah users may **mistakenly believe** that it is less addictive or dangerous than cigarettes. However, one session of hookah smoking exposed users to **more smoke** and **higher levels** of tobacco toxicants than one cigarette.

About **45%** of teens have used marijuana before they graduate from high school.



Marijuana smoke can **irritate the lungs** and can increase the likelihood of other breathing problems long-term.

Marijuana can impair **learning functions**. One study showed that teens who smoked marijuana heavily lost an average of **8 IQ points** between ages 13 and 38.



Compared to those who don't use marijuana, those **who frequently use** large amounts report:

- **Lower** life satisfaction
- **Poorer** mental health
- **Poorer** physical health
- More relationship **problems**
- **Less** career success



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This message brought to you by:



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SUBSTANCE ABUSE AND BEHAVIORAL HEALTH HELPLINE

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