

Alcohol and Drug Use



SUBSTANCE ABUSE CAN APPEAR CASUAL

A D D I C T I O N U S U A L L Y D O E S N O T

ABUSE

The Substance Abuse and Mental Health Services Administration defines moderate drinking as:

*Up to one drink each day for women
Up to two drinks per day for men*

Anything beyond that level of drinking is considered alcohol abuse, and puts people at risk of developing an alcohol use disorder (i.e. alcohol addiction)

Substance abuse is also when using prescription drugs in any other way than how they were prescribed, eg. to get high



ADDICTION

In contrast, addiction often shows serious physical, social and psychological symptoms

Nearly all known definitions include the same component: continuing to use drugs or alcohol despite the problems that it presents, such as social pressures, relationship problems, and physical symptoms.

“Addiction is defined as a chronic, relapsing brain disease that is characterized by compulsive drug seeking and use, despite harmful consequences”

~ National Institute on Drug Abuse

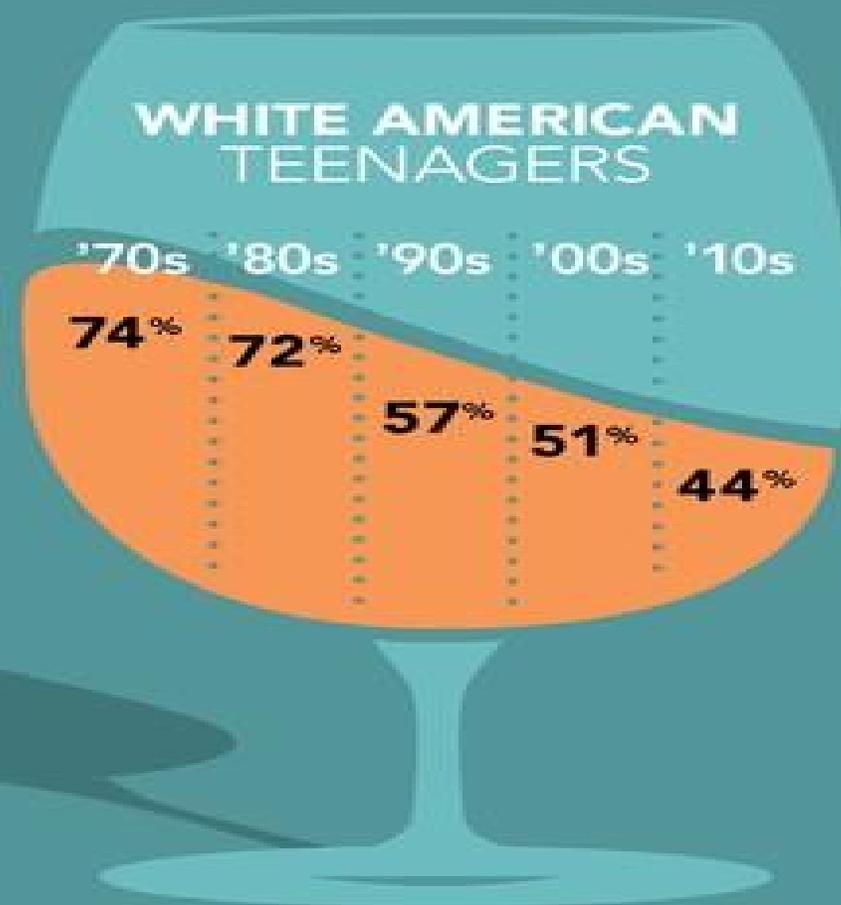
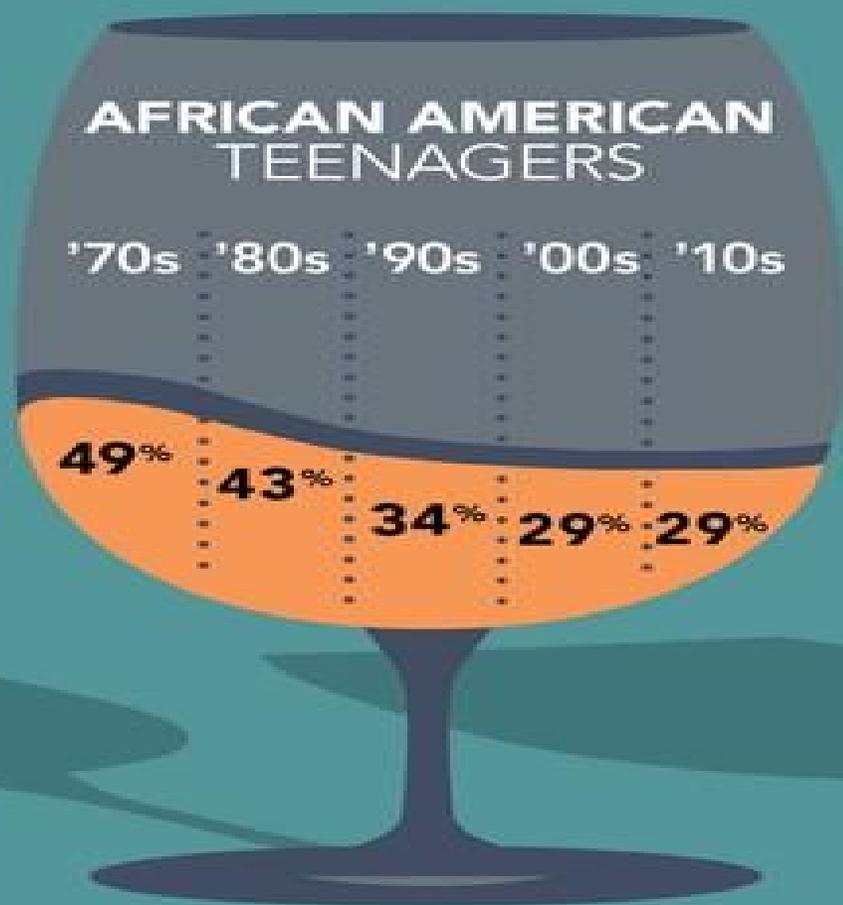
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ALCOHOL USE

1976–2013

Percentages of students who drank alcohol during the last 30 days.



Source: Lanza et al, *Journal of Adolescent Health*, 2015

Drug abuse



PROGRESSION OF ADDICTION

