

SUBSTANCE USE IN WOOD COUNTY

Definitions:

- **Drug:** any substance that alters bodily processes after introduction to the body.
- **Addiction:** progressive use of a substance despite adverse consequences.

Common drugs include:

Legal:

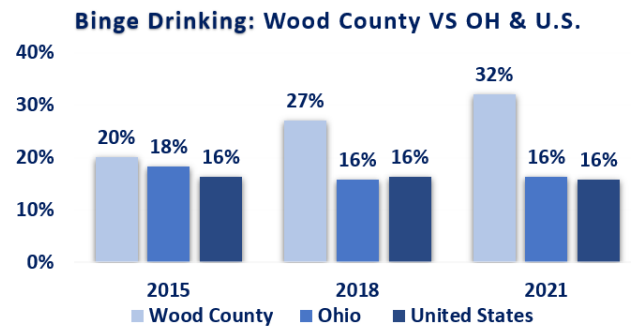
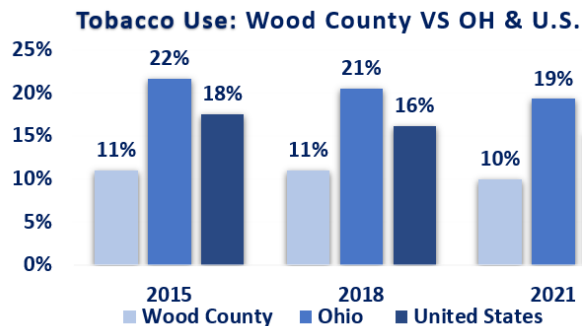
- Tobacco
- Alcohol
- Caffeine

Illegal:

- Phencylidine (PCP)
- Cocaine (Crack)
- Heroin (Dope)
- Ecstasy (Molly, MDMA)
- Marijuana (Weed, Pot)
- Anabolic Steroids

TOBACCO AND ALCOHOL IN WOOD COUNTY

- Must reduce smoking rate by 50% to meet national Healthy People 2030 goal (5%)
- Wood County smoking rate 48.2% less than Ohio rate, and 35% less than the U.S. rate.
- Wood County binge drinking rate increased 16% since 2018.



Graph 1 & 2: Percentage values/smoking rates represent % of adults who have smoked at least 100 cigarettes in their lifetime and currently smoke some or all days. Binge drinking % values/rates represent % of adults consuming more than four [women] or five [men] alcoholic beverages on a single occasion in the past 30 days Wood County data sourced from 2021 Wood County Health Assessment. All other % data from Behavioral Risk Factor Surveillance System (BRFSS).

Complications of Alcohol Abuse

Alcohol:

- Liver disease (hepatitis, cirrhosis)
- Cancer (mouth, throat, liver, breast, etc.)
- High blood pressure, heart disease, stroke
- Acute alcohol poisoning & possible death
- Driving under the influence (DUI)
- Everyday, about 28 people die in drunk driving crashes
- Increased risk taking:
 - Increased risk of violence
 - Greater risk of sexually transmitted infections
 - Greater risk of unintended pregnancy
- Increased risk of:
 - Premature birth
 - Miscarriage & stillbirth
 - Fetal Alcohol Syndrome spectrum disorders
 - Most common preventable cause of intellectual disability
- There is no safe amount of alcohol during pregnancy!

Sources: CDC's Excessive Alcohol Use fact page, United States Department of Transportation's (USDOT) drunk driving overview

Complications of Tobacco Use

Tobacco Smoking:

- Smoking directly cause/contributes to:
 - Cancer, heart disease & strokes
 - Chronic obstructive pulmonary disease (COPD)
- Smoking increases risk for:
 - Tuberculosis & immune system dysfunction
 - Decreased fertility
- Smoking during pregnancy increases risk of:
 - Pre-term birth
 - Low birth rate
 - Miscarriage
 - Birth defects
- Secondhand smoke harms your child's lungs
 - Infants are 3X more likely to die from sudden infant death syndrome



Wood County Health Department
Community Health Center

Prevention Tips

- Abstinence
- Avoid temptation & peer pressure
- Utilize healthy coping strategies

Actions Taken

- Patient education
- Wellness counseling
- Smoking/alcohol cessation counseling
- Support groups
- Medication Assisted Treatment

Source: CDC's Smoking and tobacco use factsheet

Wood County Fast Facts

Source: 2021 Wood County Health Assessment

71% of adults had at least one alcoholic drink during the past month

32% of adults were binge drinkers during the past month

7% of adults reported driving after drinking too much

25% of fatal vehicular crashes involved an alcohol impaired driver

58% of adult smokers reported trying to quit in the last year

8% of adults used e-cigarettes/vape pens in the last year

9% of adults used recreational marijuana in the past 6 months

5% of adults used had used other recreational drugs

References

Centers for Disease Control and Prevention - National Center for Chronic Disease Prevention and Health Promotion, Division of Population Health. BRFSS Prevalence & Trends Data. (2015). <https://www.cdc.gov/brfss/brfssprevalence/>.

Centers for Disease Control & Prevention - National Center for Chronic Disease Prevention and Health Promotion (NCCDPHP). (2021, November 23). Chronic disease risk factors - excessive alcohol use. <https://www.cdc.gov/chronicdisease/resources/publications/factsheets/alcohol.htm>

Lee, K., Cascella, M., & Marwaha, R. (2021, Aug 11). Intellectual disability. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2022 Jan. <https://www.ncbi.nlm.nih.gov/books/NBK547654/>

United States Department of Transportation – National Highway Traffic Safety Administration. (2021). Drunk driving – overview. <https://www.nhtsa.gov/risky-driving/drunk-driving#nhtsa-in-action>

Wood County Health Department. (2021). 2021 Wood County health assessment.

Resources for Help with Substance Use and Addiction

- Alcoholics Anonymous: (419) 380-9862
- Celebrate Recovery/Dayspring Church BG: (419) 352-0672
- Celebrate Recovery/Cedar Creek Church: (419)-661-8661
- Heroin Anonymous: (419) 322-0619
- Narcotics Anonymous: (800) 587-4232
- Wood County Health Department Community Health Center, Medication Assisted Treatment Program.
- Free Tobacco Cessation Program: 1-800-QUIT-NOW (784-8669)
 - <https://ohio.quitlogix.org/en-US/>
- Wood County Crisis Line: 419-502-HOPE (4673)
- Wood County Alcohol, Drug Addiction and Mental Health Services Board: (419) 352-8475
 - www.wcadamh.org
- For information or referral dial 211.

If you are having an emergency, call 911.