SUBSTANCE USE AMONG YOUTH IN PIMA COUNTY

COMMON MISUSED MEDICATIONS:
STIMULANTS – SEDATIVES – PAIN RELIEVERS

NEGATIVE IMPACTS TO HEALTH

SHORT-TERM
- Constipation
- Vomiting
- Depression
- Sleepiness
- Lowered Sex-Drive

LONG-TERM
- Brain Damage
- Liver Damage
- Immune Problems
- Suicidal Behaviors
- Death

21%
Percentage of 12th graders in Pima County self reporting having tried opioids at least once
Source: Arizona Youth Survey 2014

TOLL OF OPIOID USE
Pima County 2010-2015

1,929 youth Hospitalization & E.R. Visits
$63.2 million in Hospital Charges
2/3 paid by public funds
Source: SAMHSA, 2011-2012
Source: ADHS, Hospital Discharge Data 2010-2015

Students transitioning into middle and high school are at greater risk for substance abuse

Most illicit drug use starts between ages 14-20 and peaks around 12th grade

Youth who abuse substances are more likely to experience violence

TOBACCO 39%

MARIJUANA 48%

ALCOHOL 72%

Percentage of 12th graders in Pima County self reporting having tried each substance at least once
Source: Arizona Youth Survey 2014

In 2015 7 teens Died from overdose
Meth Cocaine Heroin Sedatives Alcohol

Although prescription drugs have a lower rate of use, they have the highest negative outcomes.
Actions to Prevent Substance Use Among Youth

Building Blocks to Prevent Substance Abuse

- Clean Streets
- Well-Lit Areas
- Safe Outdoor Spaces
- Neighborhood Connections

Neighborhood

- Connect with your neighbors
- Know who lives around you
- Participate in neighborhood events

Get involved with your community

SCHOOLS

- High Quality Teachers and Mentors
- Foster School Attendance
- Provide Extracurricular Activities

Support your school

- Provide positive role models to support kids
- Increase family engagement

PEER/FAMILY

- Healthy Home Life
- Consistent Parental Expectations
- Drug Free Friends

- Get to know the parents of your children’s friends
- Support a healthy home life

Talk to Kids about the harms of drugs

YOUTH

- Have Fun
- Develop Positive Friendships
- High Self-Esteem
- Healthy Habits

- Find things you enjoy doing
- Ask for help when you need it

Connect with a coalition today
Raul Munoz at raul.munoz@pima.gov

Take Action
Make a Difference!
www.pima.gov/health
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