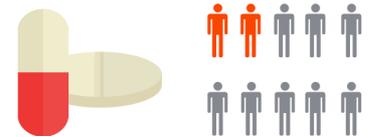


SUBSTANCE USE AMONG YOUTH IN PIMA COUNTY

COMMON MISUSED MEDICATIONS:
STIMULANTS - SEDATIVES - PAIN RELIEVERS

PRESCRIPTION DRUGS/OPIOIDS

21%



Percentage of 12th graders in Pima County self reporting having tried opioids at least once

Source: Arizona Youth Survey 2014

NEGATIVE IMPACTS TO HEALTH

SHORT-TERM

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

LONG-TERM

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

Opioids

- 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**

Source: SAMHSA, 2011-2012

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: ADHS, Hospital Discharge Data 2010-2015

TOBACCO



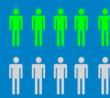
39%



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

Source: Pima County Medical Examiner, 2015

Although prescription drugs have a lower rate of use, they have the highest negative outcomes.

Other Substances

Actions to Prevent Substance Use Among Youth

Building Blocks to Prevent Substance Abuse

What You Can Do

- 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

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

SCHOOLS

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

Support your school

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

PEER/FAMILY

- 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
(520) 724-7973