**Youth Substance Use and Non-Substance Disorders**

**Substance Use Disorder**¹
Recurrent use of substances that causes clinically and functionally significant impairment and failure to meet major responsibilities

**Non-Substance Disorder**²
Behavioral addictions that lead to significant psychosocial and functional impairments

### SUBSTANCES USED AND MISUSED BY YOUTH

<table>
<thead>
<tr>
<th>Substance</th>
<th>Type of Drug</th>
<th>Physical Form</th>
<th>Consumption</th>
<th>Impact on Health</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Alcohol</strong></td>
<td>Depressant</td>
<td>Liquid</td>
<td>In beverages</td>
<td>Impaired brain functioning; increased risk of cancer; weakened immune system; decreased heart health and functioning; damage to the liver and other organs; and increased risky behaviors ³ ⁴</td>
</tr>
<tr>
<td><strong>Cocaine</strong></td>
<td>Stimulant</td>
<td>Fine, white powder</td>
<td>Snorted, smoked, or injected</td>
<td>Impaired brain functioning; decreased appetite; damage to nose, intestines, and bowels; increased alertness, insomnia, anxiety, and erratic behavior; increase risk for heart issues; and increased risk for infectious diseases ⁵ ⁶</td>
</tr>
<tr>
<td><strong>Marijuana</strong>*</td>
<td>Psychoactive</td>
<td>Greenish, gray mixture of dried, shredded leaves, stems, seeds, flowers; or resin</td>
<td>Smoked or eaten</td>
<td>Decreased coordination and reaction time; hallucinations, anxiety, panic attacks and psychosis; problems with mental health, learning, and memory; and damage to the respiratory system ⁷ ⁸</td>
</tr>
<tr>
<td><strong>Opioids</strong></td>
<td>Pain relievers, depressants, and stimulants</td>
<td>Tablet, capsule, or liquid</td>
<td>Swallowed or injected</td>
<td>Drowsiness, nausea, constipation, and confusion; slowed breathing and death; and increased risk of infectious diseases ⁹ ¹⁰</td>
</tr>
<tr>
<td><strong>Tobacco</strong></td>
<td>Stimulant</td>
<td>Cigarettes, cigars, bidis, hookahs, snuff, or chew</td>
<td>Smoked, snorted, chewed, or vaporized</td>
<td>Increased blood pressure, breathing, and heart rate; greatly increased risk for cancer; and increased risk for chronic bronchitis, emphysema, heart disease, cataracts, and pneumonia ¹¹ ¹²</td>
</tr>
</tbody>
</table>

* Legislation passed in 2017 and 2018 that expanded the conditions for which cannabis oil can be prescribed to include post-traumatic stress disorder, intractable pain, Tourette’s syndrome, Autism Spectrum Disorder, Epidermolysis bullosa, Alzheimer’s disease, Human immunodeficiency syndrome, Autoimmune disease and Peripheral neuropathy.
Serious and sometimes fatal disorders (i.e., Anorexia Nervosa, Bulimia Nervosa, Binge-Eating) that involve a disruption in an individual’s eating behaviors and thoughts about food and body weight. Common behaviors may include being extremely restrictive in the amount and type of food consumed or binge-purge cycles, which involve binge eating followed by purging episodes through vomiting, laxatives, diuretics, fasting or excessive exercise.

Pathological Gambling
A formally recognized and treatable addiction to regulated and non-regulated gambling and betting that causes significant problems in a child’s life.

Disordered Eating
Serious and sometimes fatal disorders (i.e., Anorexia Nervosa, Bulimia Nervosa, Binge-Eating) that involve a disruption in an individual’s eating behaviors and thoughts about food and body weight. Common behaviors may include being extremely restrictive in the amount and type of food consumed or binge-purge cycles, which involve binge eating followed by purging episodes through vomiting, laxatives, diuretics, fasting or excessive exercise.

Did You Know?
- Alcohol, marijuana, and tobacco products are the most commonly used substances among adolescents.
- More than 17,000 Georgia high school students reported using marijuana in the last 30 days.
- Georgia has the 5th highest marijuana possession arrest rate in the nation and a Black person is 3 times more likely to be arrested for possession than a White person.
- In the 2022 Georgia Health Student Survey, 26% of girls and 11% of boys reported avoiding food, vomiting, or using laxatives to lose weight in the last 30 days.
- In the last month, Georgia students say they have used the following substances:

<table>
<thead>
<tr>
<th>Substance</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcohol</td>
<td>10%</td>
</tr>
<tr>
<td>e-Cigarette (Vaping)</td>
<td>9%</td>
</tr>
<tr>
<td>Marijuana</td>
<td>9%</td>
</tr>
<tr>
<td>Cigarettes</td>
<td>4%</td>
</tr>
<tr>
<td>Pain Relievers</td>
<td>4%</td>
</tr>
</tbody>
</table>

The Georgia Student Health Survey is offered annually. “The last month” refers to the month prior to the students completing the survey. This measure is used to assess alcohol and drug use among youth and can be compared to national data from the Youth Risk Behavior Surveillance System (YRBSS).
Sources for Youth Substance Use and Non-Substance Disorders


13. Ibid.

14. Ibid.

15. Ibid.


20. Ibid.