



Youth Substance Use and Non-Substance Disorders

Substance Use Disorder¹

Recurrent use of substances that causes clinically and functionally significant impairment and failure to meet major responsibilities

Non-Substance Disorder²

Behavioral addictions that lead to significant psychosocial and functional impairments

SUBSTANCES USED AND MISUSED BY YOUTH

		Impact on Health
Alcohol	Type of Drug: Depressant	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
	Physical Form: Liquid	
	Consumption: In beverages	
Cocaine	Type of Drug: Stimulant	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
	Physical Form: Fine, white powder	
	Consumption: Snorted, smoked, or injected	
Marijuana*	Type of Drug: Psychoactive	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
	Physical Form: Greenish, gray mixture of dried, shredded leaves, stems, seeds, flowers; or resin	
	Consumption: Smoked or eaten	
Opioids	Type of Drug: Pain relievers, depressants, and stimulants	Drowsiness, nausea, constipation, and confusion; slowed breathing and death; and increased risk of infectious diseases 9, 10
	Physical Form: Tablet, capsule, or liquid	
	Consumption: Swallowed or injected	
Tobacco	Type of Drug: Stimulant	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
	Physical Form: Cigarettes, cigars, bidis, hookahs, snuff, or chew	
	Consumption: Smoked, snorted, chewed, or vaporized	

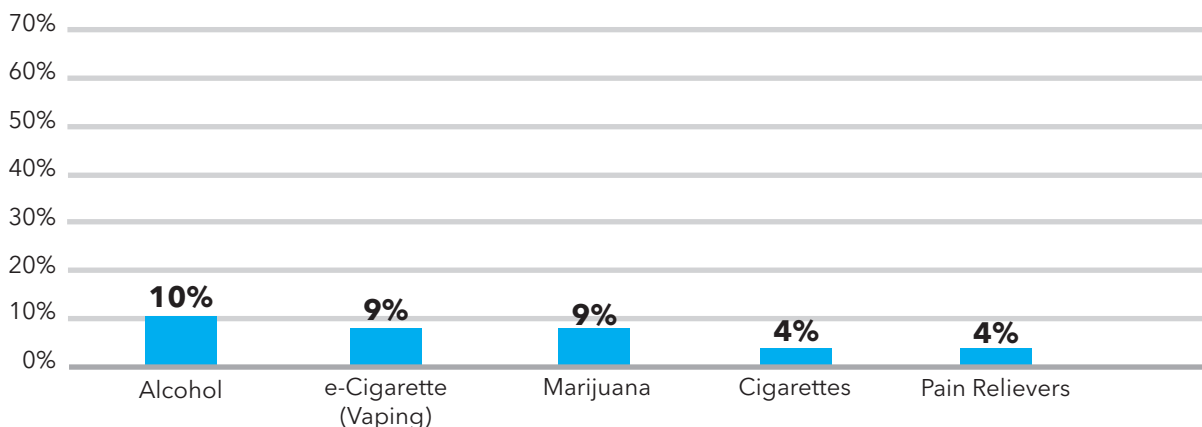
* Legislation passed in 2017 and 2018 that expanded the conditions for which cannabis oil can be prescribed to include post-traumatic stress disorder, intractable pain, Tourette's syndrome, Autism Spectrum Disorder, Epidermolysis bullosa, Alzheimer's disease, Human immunodeficiency syndrome, Autoimmune disease and Peripheral neuropathy.

NON-SUBSTANCE DISORDERS

	What It Is	Impact on Health
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	Loss of means to protect well-being (e.g., money, school materials, food, etc.); stress and guilt associated with loss and debt; damaged relationships; and increased risk for mental health disorders, crime, substance use, and risky behaviors
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. ¹³ 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 ¹⁴	Bone and muscle deterioration; brittle hair and nails; low blood pressure; slowed breathing and pulse; lethargic or sluggish; development of acid reflux disorder; worn tooth enamel; chronically inflamed and sore throat; and damage to major organs, including possible multi-organ failure ¹⁵

Did You Know?

- **Alcohol, marijuana, and tobacco products** are the most commonly used substances among adolescents.¹⁶
- More than **17,000** Georgia high school students reported using marijuana in the last 30 days.¹⁷
- 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.¹⁸
- 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.¹⁹
- In the last month, Georgia students say they have used the following substances:²⁰



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

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- 19 Georgia Department of Education. "Georgia Student Health Survey," 2022. Accessed December 7, 2022, <https://www.gadoe.org/schoolsafetyclimate/GSHS-II/Pages/GSHS-Results.aspx>.
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