Activate, Collaborate and Educate: Health Outreach and Programming in Your Community

Drugs and Your Body: Myths and Facts Unveiled

Lydia N. Collins
Consumer Health Coordinator

NIH - U.S. National Library of Medicine
National Network of Libraries of Medicine
Middle Atlantic Region
“The National Library of Medicine (NLM), on the campus of the National Institutes of Health in Bethesda, Maryland, has been a center of information innovation since its founding in 1836”. 

URL for the National Library of Medicine
National Network of Libraries of Medicine: Helping Transform Communities Through Health Outreach

Greater Midwest Region (GMR)
Middle Atlantic Region (MAR)
MidContinental Region (MCR)
New England Region (NER)
Pacific Northwest Region (PNR)
Pacific Southwest Region (PSR)
South Central Region (SCR)
Southeastern/Atlantic Region (SEA)

URL to locate your NNLM Office
• National Drug and Alcohol Facts Week®

• Sample Program: Drugs & Your Body

• Health Outreach Resources and Other Materials
2018 Event Registration is Open for National Drug and Alcohol Facts Week® (NDAFW)!

You Host an NDAFW Event January 22–28, 2018
NIDA Provides Free Materials for Teens
& Together We SHATTER THE MYTHS®

Chat Day Registration Now Open!

National Drug and Alcohol Facts Week® (NDAFW) is coming January 22-28, 2018. NDAFW is a national health observance linking teens to science based facts to SHATTER THE MYTHS® about drugs!

National Drug and Alcohol Chat Day is January 22, 2018.

Learn about NDAFW, then use this online guide which gives you everything you need to plan, promote, and host your NDAFW event. Register your event now and receive free booklets and other resources for teens. To get activity ideas and toolkits, click here. Also, keep checking our What’s New & Cool section to see highlights from NDAFW.

URL for National Drug and Alcohol Facts Week® (NDAFW®) and URL to What is NDAFW®
NATIONAL DRUGS AND ALCOHOL CHAT DAY

Chat Day Registration Now Open! 📅

Join us for the eleventh annual DRUGS and ALCOHOL CHAT DAY to be held during National Drug and Alcohol Facts Week® on January 22, 2018. Registration now open! 📅

National Drugs and Alcohol Chat Day is an annual live online chat held between high school students and NIDA scientists during National Drug and Alcohol Facts Week®. Students from around the country ask the questions they most want the answers to about drugs and drug abuse, including drug effects, how to help friends or family that are abusing drugs, and what causes addiction. Our expert scientists give them the facts. See 2017's Chat Day Transcript.

Dr. Jack Stein peering over the Drugs & Alcohol Chat Day 10th Anniversary cake (January 2017).

URL to NDAFW® Chat Day
Locate additional slides on the NNLM class web site. [URL for Activate, Collaborate, and Educate: Health Outreach and Programming in Your Community](example.com)
Drugs + Your Body: Myths and Facts Unveiled
Monitoring the Future is an annual survey of 8th, 10th, and 12th graders conducted by researchers at the University of Michigan, Ann Arbor, under a grant from the National Institute on Drug Abuse, part of the National Institutes of Health. Since 1975, the survey has measured drug, alcohol, and cigarette use and related attitudes in 12th graders nationwide; 8th and 10th graders were added to the survey in 1991.

45,473 students from 372 public and private schools participated in the 2016 survey.
68.9% of high school seniors do not view regular marijuana smoking as harmful, but 68.5% say they disapprove of regular marijuana smoking.
PAST-MONTH ALCOHOL USE CONTINUES STEADY DECLINE

2016

- 12th graders: 33.2%
- 10th graders: 19.9%
- 8th graders: 7.3%

1996 – 2016

- 12th graders
- 10th graders
- 8th graders

URL for Teen Drug Use Infographic (NIDA)
PAST-MONTH CIGARETTE USE CONTINUES STEADY DECLINE

1996 – 2016

<table>
<thead>
<tr>
<th>Year</th>
<th>12th graders</th>
<th>10th graders</th>
<th>8th graders</th>
</tr>
</thead>
<tbody>
<tr>
<td>1996</td>
<td>40%</td>
<td>35%</td>
<td>30%</td>
</tr>
<tr>
<td>2005</td>
<td>20%</td>
<td>15%</td>
<td>10%</td>
</tr>
<tr>
<td>2016</td>
<td>10.5%</td>
<td>4.9%</td>
<td>2.6%</td>
</tr>
</tbody>
</table>

12th graders 10.5%
10th graders 4.9%
8th graders 2.6%

NIH National Institute on Drug Abuse
DRUGABUSE.GOV

URL for Teen Drug Use Infographic (NIDA)
TEENS MORE LIKELY TO USE E-CIGARETTES THAN CIGARETTES

Past-month use

<table>
<thead>
<tr>
<th>Grade</th>
<th>8th Grade</th>
<th>10th Grade</th>
<th>12th Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>2.6%</td>
<td>6.2%</td>
<td>11.0%</td>
</tr>
<tr>
<td></td>
<td>4.9%</td>
<td>10.5%</td>
<td>12.5%</td>
</tr>
</tbody>
</table>

What did 12th graders think was in the mist they inhaled from an e-cigarette? Despite the belief that the liquid used in e-cigs contains only flavoring, it also might contain nicotine.

- **Flavoring**
- **Nicotine**
- **Marijuana or hash oil**
- **Don't know**

DRUGABUSE.GOV

URL for Teen Drug Use Infographic (NIDA)
### Prescription/OVER-THE-COUNTER VS. ILLEGAL DRUGS

#### VICODIN®

<table>
<thead>
<tr>
<th>Year</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>2012</td>
<td>8%</td>
</tr>
<tr>
<td>2013</td>
<td>7%</td>
</tr>
<tr>
<td>2014</td>
<td>6%</td>
</tr>
<tr>
<td>2015</td>
<td>5%</td>
</tr>
<tr>
<td>2016</td>
<td>2.9%</td>
</tr>
</tbody>
</table>

Past-year misuse of Vicodin® among 12th graders has dropped dramatically in the past 5 years. So has misuse of all Rx opioids among 12th graders despite high opioid overdose rates among adults.

#### Prescription/OTC

- 6.7% Amphetamines
- 4.9% Tranquilizers
- 4.8% Opioids other than Heroin
- 4.0% Cough Medicine
- 3.0% Sedatives

#### ILLEGAL DRUGS

- 35.6% Marijuana/Hash
- 4.3% Hallucinogens
- 3.5% Synthetic Marijuana
- 2.7% MDMA (Ecstasy)
- 2.3% Cocaine (any form)
- 1.8% Salvia
- 1.7% Inhalants

Past-year use among 12th graders

#### Students Report Lowest Rates Since Start of the Survey

Across all grades, past-year use of inhalants, heroin, methamphetamine, alcohol, cigarettes, and synthetic cannabinoids are at their lowest by many measures.

URL for Teen Drug Use Infographic (NIDA)
Take the Nat'l Drug & Alcohol IQ Challenge link – Additional Activity Section (English, Spanish and Answer Key)
FACT OR MYTH: DRUG ADDICTION IS A BRAIN DISEASE.
FACT OR MYTH: DRUG ADDICTION IS A BRAIN DISEASE.
Drugs affect three primary areas of the brain:

- Brain Stem
- Limbic System
- Cerebral Cortex
FACT OR MYTH: DRUGS CAN MAKE YOU FEEL LIKE YOU HAVE BUGS UNDER YOUR SKIN.
FACT OR MYTH: DRUGS CAN MAKE YOU FEEL LIKE YOU HAVE BUGS UNDER YOUR SKIN.
Prescription and nonprescription drugs can be the cause of many skin conditions. Some skin conditions include:

- Acne
- Dark spots
- Dry, flaky skin
- Chapped, peeling lips
- Rashes
- Uneven skin tone and blotchiness
- Wrinkles
FACT OR MYTH: LUNG CANCER IS THE ONLY DISEASE YOU HAVE TO WORRY ABOUT WITH SMOKING.
FACT OR MYTH: LUNG CANCER IS THE ONLY DISEASE YOU HAVE TO WORRY ABOUT WITH SMOKING.
A “safe” or “safer” tobacco product does not exist!
All tobacco products contain nicotine, which is addictive and can harm your developing brain.

A burning cigarette contains a mix of over 7,000 harmful chemicals.
FACT OR MYTH:
MORE NICOTINE IS ABSORBED BY CHEWING TOBACCO USE THAN BY SMOKING A CIGARETTE.
FACT OR MYTH: MORE NICOTINE IS ABSORBED BY CHEWING TOBACCO USE THAN BY SMOKING A CIGARETTE.
Mouth

Cigarettes and Chewing Tobacco

E-cigarettes

Methamphetamine
FACT OR MYTH: TREATMENT FOR DRUG ADDICTION SHOULD BE A ONE-SHOT DEAL
FACT OR MYTH: TREATMENT FOR DRUG ADDICTION SHOULD BE A ONE-SHOT DEAL
Drugs that can affect the cardiovascular system include:

- Cocaine
- Heroin
- Inhalants
- Marijuana
- Methamphetamine
- Steroids
- Tobacco
FACT OR MYTH: IT CAN’T HURT TO TRY DRUGS JUST ONCE.
FACT OR MYTH:
IT CAN’T HURT TO TRY DRUGS JUST ONCE.
Death

Female 1,258
Male 2,977
Alcohol 110
Cocaine 442
Heroin/Illlicit Opioids 2,343
Prescription Drugs 1,551

Drug Associated Deaths Among Youth (Ages 15-24)
Top 5 Reasons NOT to Use Drugs

1. Drug Use is Illegal
2. Health Problems
3. Loss of Future Potential
4. Time and Money
5. Decreased Performance in School
Trusted Websites

Drugs and Your Body: http://www.scholastic.com/drugs-and-your-body/

MedlinePlus: https://medlineplus.gov/
Understanding The Opioid Overdose Epidemic
Responding to the crisis.

Prescription opioids are powerful drugs commonly used to reduce pain after surgery or injury. They are also used for pain from health conditions like cancer. However, opioids can produce harmful side effects, including drowsiness, mental fog, nausea, constipation, and respiratory depression (slowed breathing) that can lead to overdose deaths. Continued use can lead to addiction, making it hard to stop using opioids even after the cause of pain is gone.

An estimated 1.9 million people in the United States have a prescription opioid use disorder. Another 586,000 have a heroin use disorder. Heroin is an opioid drug that is produced from morphine and sold illegally. Although most people who use heroin (80 percent) started by misusing prescription opioids, most people who abuse pain relievers (96 percent) do NOT go on to use heroin.

Anyone taking an opioid can suffer an overdose, which slows a person’s breathing so much that the person passes out and is at risk for death. This can happen when someone takes more than prescribed, combines opioids with depressants (such as Xanax® or alcohol), or has a medical condition that makes them more sensitive. In 2014, more than 28,000 people died from an opioid overdose, and more than half of those deaths involved a prescription opioid.
Thank You
Contact NNLM MAR

Web site: http://nnlm.gov/mar
Phone: 1.412.648.2065
Serving Delaware, New Jersey, New York and Pennsylvania

For questions regarding the content of this presentation or to request training please contact:

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U.S. National Library of Medicine
National Network of Libraries of Medicine
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BECAUSE QUALITY INFORMATION HELPS YOU MAKE BETTER HEALTH DECISIONS.

NLM and Other Reliable Consumer Health Resources
Teen Health
Also called: Adolescent health

On this page
Basics
- Summary
- Start Here
- Latest News
- Prevention and Risk Factors
- Treatments and Therapies
Learn More
- Related Issues
- Specifics
See, Play and Learn
- Health Check Tools

Research
- Statistics and Research
- Clinical Trials
- Journal Articles
Resources
- Find an Expert
For You
- Teenagers
- Patient Handouts

Summary
As a teenager, you go through many changes. Your body is on its way to becoming its adult size. You may notice that you can't fit into your old shoes or that your jeans are now 3 inches too short. Along with these changes, you are probably becoming more independent and making more of your own choices. Some of the biggest choices you face are about your health.

Healthy habits, including eating a healthy diet and being physically active, can help you feel good, look good, and do your best in school, work, or sports. They might also prevent diseases such as diabetes, high blood pressure, heart disease, osteoporosis, stroke, and some cancers when you are older.

Start Here
- Ages and Stages: Teen (American Academy of Pediatrics)
  Also in Spanish
- Help! Is This My Body? (For Teens) (Nemours Foundation)
  Also in Spanish

URL for Teen Health
Drug abuse is a serious public health problem. It affects almost every community and family in some way. Drug abuse in children and teenagers may pose a greater hazard than in older people. This is because their brains are not yet fully developed. As a result, the brains of young people may be more susceptible to drug abuse and addiction than adult brains.

Abused drugs include

- Amphetamines
- Anabolic steroids
- Club drugs
- Cocaine
- Heroin
- Inhalants
- Marijuana
MedlinePlus Teen Health Topics

General Health and Wellness
- *Adolescent Development*
- Bullying
- Childhood Immunizations
- Diabetes in Children and Teens
- Gay, Lesbian, Bisexual and Transgender Health
- Internet Safety
- Learning Disorders
- Self Harm
- Sports Safety
- Teen Development
- Teen Violence

Substance Abuse
- Club Drugs
- Cocaine
- Cold and Cough Medicines
- *Drugs Signs and Teenagers*
- Inhalants
- Marijuana
- Methamphetamine
- Opioid Abuse and Addiction
- Prescription Drug Abuse
- *Toxicology Screen*
URL to MedlinePlus Magazine,
URL to Order in Bulk, and
URL to Order Individual Subscriptions
Opiate Addiction and Treatment (Enviro-Health Links)

- Understanding Addiction
- Opioid Overdose
- Opioid Drugs
- Medications to Treat Opioid Addiction
- Opioid Prescribing
- Pregnancy, Opioid Use, and Neonatal Abstinence Syndrome
- Recovery
- Data, Trends, & Statistics
- Topic-related Searches of National Library of Medicine Resources
- Disclaimer

Understanding Addiction

- Opioid Crisis (Video) by Dr. Nora Volkow, Director of the National Institute on Drug Abuse
  April 2017 National Rx Drug Abuse and Heroin Summit
- Definition of Addiction
- American Society of Addiction Medicine
- Drugs, Brains, and Behavior: The Science of Addiction
- National Institute of Drug Abuse
- Office of the Surgeon General of the United States
- July Vital Signs – Opioid Prescribing: Where you live matters
- Centers for Disease Control and Prevention
- Opioid Crisis
- National Institute of Drug Abuse
- The Role of Science in Addressing the Opioid Crisis
DRUGS + YOUR BODY
Click below to find out how drugs affect the body — It Isn’t Pretty!

BRAIN | SKIN | LUNGS | MOUTH | HEART | DEATH

FIND OUT MORE

URL for Drugs and Your Body
Teens: Drug Use and the Brain

Get the latest on how drugs affect the brain and body. Featuring videos, games, blog posts and more!

Drug Facts

Videos

Take Our Poll

I really don't know how marijuana affects the teenage brain.
- Yes
- No
- Maybe

Drugs & Health Blog

The Decline of Teen Tobacco Use

How Legal Is Marijuana?

E-Cigarettes: What You Need to Know

URL for NIDA for Teens
Libraries Transform Health Literacy

BECAUSE LIBRARIES ARE PARTNERS IN A HEALTHY COMMUNITY.

BECAUSE RARE DISEASES ARE MORE COMMON THAN YOU THINK.

BECAUSE QUALITY INFORMATION HELPS YOU MAKE BETTER HEALTH DECISIONS.

BECAUSE LIBRARIES CAN HELP YOU KEEP YOUR FAMILY HEALTHY.

BECAUSE INFORMATION CAN HELP PREVENT CHRONIC DISEASES.

BECAUSE LANGUAGE SHOULDN’T BE A BARRIER TO HEALTH.

BECAUSE FAKE NEWS IS HARMFUL TO YOUR HEALTH.

BECAUSE LIBRARIANS CAN LEAD YOU ON THE PATH TO HEALTHY AGING.

BECAUSE KNOWLEDGE IS THE KEY INGREDIENT IN NUTRITION.

URL to Libraries Transform Health Literacy Toolkit (ALA and NNLM)
NNLM Evaluation Office

The NNLM Evaluation Office (NEO) supports the evaluation needs of the National Network of Libraries of Medicine (NNLM) through consultation, training and resources. The vision of the NEO is to influence NNLM’s use of evaluation to engage and learn about its programs, make good decisions, and enhance the visibility of its successes.

NEO Shop Talk

- Meet Susan Wolfe, The NEO’s New Evaluation Specialist Susan Wolfe
- Happy Thanksgiving From the NEO Staff
- Free Resources to Help Communities Engage with Their Data
- #Eval17 Highlights
- Beyond Anecdotes: Story Collection Methods for Program Evaluation

Evaluation Resources

Do you have a funded project from an NNLM RML or Center? Take a look at evaluation resources here

4 Steps to an Evaluation Plan

Writing a proposal? Evaluation planning starts right when you start thinking about doing a project. We recommend working through the NEO’s Booklets, but here are some of the basic steps and worksheets if you want to jump right in.

Check Out Our 4 Steps
Brainstorm: What first comes to mind when you hear the phrases/words below?
Discussion Questions

Healthy Lifestyle
What does it mean to have a healthy lifestyle?
Do you think you have a healthy lifestyle?
Is it possible to have a healthy lifestyle in today’s world?

Mental Health
Think of one word, phrase or image that relates to why you think it is difficult for us to talk about mental health issues.
In your experience, how are mental health issues in the community intertwined with issues of substance use?
How are they intertwined with physical health on an individual or community level?
Do you think your cultural background influences how you think about mental health? Why or why not?

Peer Pressure
Describe the term peer pressure in your own terms?
Is it harder to resist being pressured by friends or by people that you have never met before?
Have you ever been pressured by a friend to do something you didn't want to do? How did you respond? How can you prepare yourself to handle peer pressure?

Stress
What is stress?
Name some of the things that stress you out.
What kinds of signs do people show when they’re experiencing stress? How does your boy react to stress?
What is the difference between good stress and bad stress?/ Give some examples.
What are some ways that you can manage your stress?
Ways to Lead Discussions (3 Options)

Think-Pair-Share
In this type of sharing, ask one question from the list and have students turn to the person next to them to share their thoughts. After each question, students may rotate or stay with their original partner. Students can also, if desired, share something that they heard or could relate to with the larger group.

Fishbowl
For a Fishbowl, arrange five or six chairs in an inner circle. This is the fishbowl. Arrange the remaining chairs in a circle or two outside the fishbowl. Select a few students to fill the inside fishbowl seats, and ask the rest of the class to sit in the seats on the outside of the fishbowl.

Silent Discussion
In a silent discussion, students write an anonymous response to a question presented. After students have had a chance to write, collect all of the papers and put them on the tables in a random order. Ask students to find a paper, read it, and write a short response underneath the response. Rotate the students from paper to paper, asking them to respond silently. When students have rotated multiple times, ask students to find their original work and read the responses.
Drugs and Your Body: Myths and Facts Unveiled

This is a Substance Use Awareness Program for Tweens/Teens. Drug abuse is a public health issue that has garnered much attention over the past few years. This program provides a way to bring about awareness of how the use of different types of drugs affects the body.

The content from this session comes from the following agencies:

- National Institutes of Health, National Library of Medicine (NIH, NLM)
- National Institutes of Health, National Institute on Drug Abuse (NIH, NIDA)/ Scholastic

In addition to the Drugs and Your Body program materials, there are links to other reliable resources from reputable agencies. You will also find activity and discussion ideas that can be used with any program on substance use that you may offer.

If you decide to offer this program at your organization, please let NNLM MAR know. We’d love to hear from you. Feel free to email nnlmmmar@pitt.edu.

URL to Health Outreach and Programming Resource Guide: Drugs and Your Body Tab
Contact NNLM MAR

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