

# Management of substance abuse : *Alcohol, drugs and addictive behaviours*

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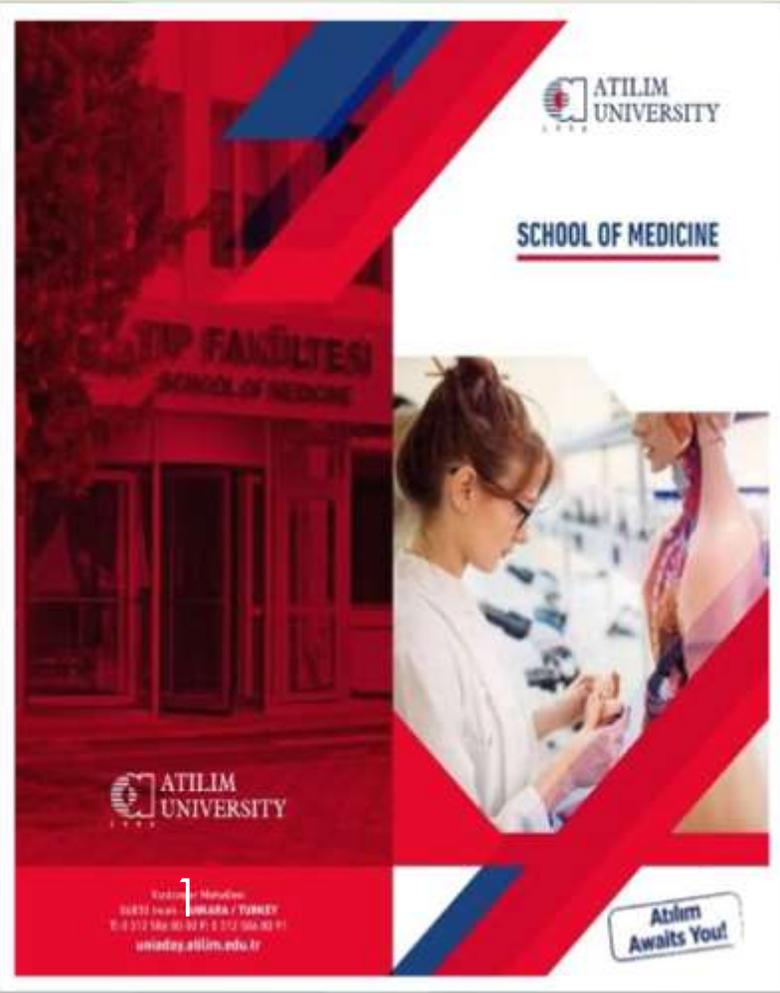
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*BSc, in Public Administration & Political Sciences*



- ❖ Community based substance abuse prevention and mental / behavioral health promotion have proven to be successful and save money.
- ❖ ***This must be a public health priority.***

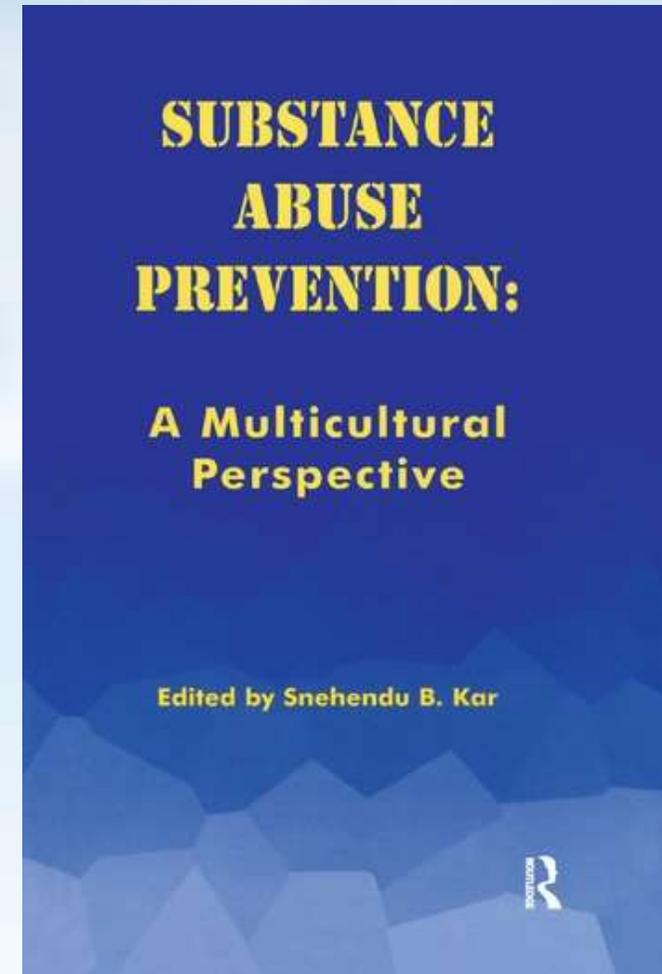


*Phase 1 lecture, 2020 - 2021  
academic year, spring semester  
31st May 2021, Ankara - TURKIYE*

# Prevention

## Prevention Science :

*A multidisciplinary field devoted to the scientific study of the theory, research, and practice related to the prevention of social, physical, and mental health problems, including etiology, **Epidemiology**, and intervention.\**



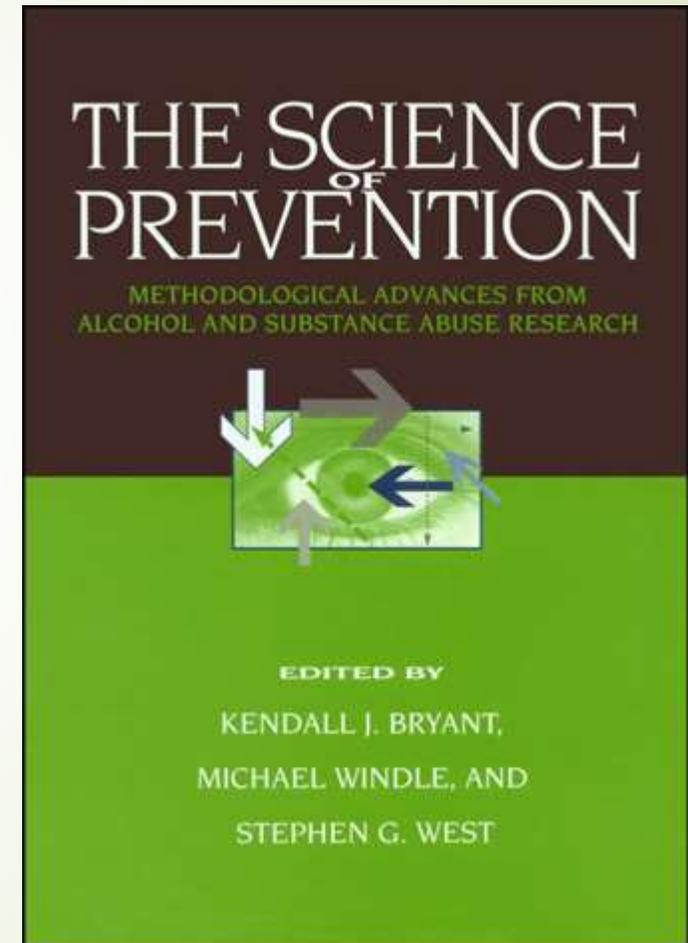
*\*IOM "Preventing Mental, Emotional, and Behavioral Disorders Among Young People: Progress and Possibilities" pg xxvii*



# Prevention is a science

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- ➔ Over the last 50 years prevention has changed from the use of scare tactics, information and drug education only...
- ➔ *To a science based approach which includes:*
  - ✓ Affective education
  - ✓ Partnerships
  - ✓ Replication of research based models & research based approaches.



**Research shows that prevention programs not only prevent substance abuse there is also a potential cost savings as a result of its implementation.**

- **Every \$1 spent** on Substance Abuse Prevention **saves between \$2 to \$20 (in benefits).** (benefits are estimates of savings over a period of time resulting from reduced demand for health and social services)
- Despite differences in demographics, regions of the country, and different program strategies, every study consistently found **benefits of substance abuse prevention outweigh costs by at least 2 to 1.**

*The Journal of Primary Prevention Costs-Benefits of Prevention October (2004)*



# What is Substance Abuse?

Substance abuse refers to the hazardous or harmful use of psychoactive substances, including illicit drugs and alcohol.

For More Information:

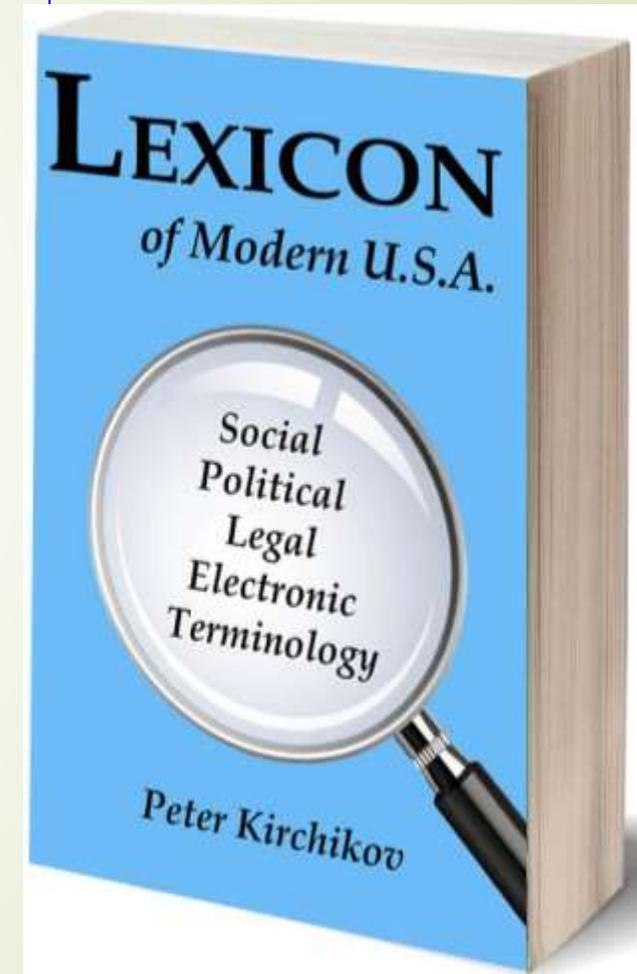
Visit: [www.epainassist.com](http://www.epainassist.com)



# WHO Lexicon of alcohol and drug terms

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- In 1994 the World Health Organization developed a lexicon which aims to provide a set of definitions of terms concerning alcohol, tobacco and other drugs, which is useful to clinicians, administrators, researchers, and other interested parties in this field.
- *Main diagnostic categories in the field are defined, as are key concepts in scientific and popular use.*
- Social as well as health aspects of drug use and problems related to use are covered.
- *The lexicon does not provide comprehensive coverage of every term; areas that have been excluded are, for example, production and marketing terms and slang terms.*



# WHO to accelerate action to reduce the harmful use of alcohol

- ▶ **The harmful use of alcohol** causes approximately 3 million deaths every year and the overall burden of disease and injuries attributable to alcohol consumption remains unacceptably high.
- ▶ *The pace of development and implementation of alcohol policies has been uneven in WHO regions, and resources and capacities for implementation of the WHO Global strategy to reduce the harmful use of alcohol 10 years after its endorsement do not correspond to the magnitude of the problems.*
- ▶ On this basis, the WHO Executive Board in its decision [EB146 \(14\)](#) called for **accelerated action to reduce the harmful use of alcohol.**

# The bare facts

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- ▶ We know what can and needs to be done to help reduce the burden of psychoactive substance use.
- ▶ *Therefore, WHO is committed to assisting countries in the development, organization, monitoring and evaluation of treatment and other services.*
- ▶ The harmful use of alcohol results in 3.3 million deaths each year.
- ▶ *On average every person in the world aged 15 years or older drinks 6.2 litres of pure alcohol per year.*
- ▶ Less than half the population (38.3%) actually drinks alcohol, this means that those who do drink consume on average 17 litres of pure alcohol annually.
- ▶ *Some 31 million persons have drug use disorders.*
- ▶ Almost 11 million people inject drugs, of which 1.3 million are living with HIV, 5.5 million with hepatitis C, and 1 million with both HIV and hepatitis C.

# The bare facts

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- WHO to accelerate action to reduce the harmful use of alcohol
- Implementation of WHO's global strategy to reduce the harmful use of alcohol during the first decade since its endorsement, and the way forward
- Harmful use of alcohol kills more than 3 million people each year, most of them men
- WHO launches SAFER, a new alcohol control initiative



# Alcohol

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- Alcohol is a psychoactive substance with dependence-producing properties that has been widely used in many cultures for centuries. The harmful use of alcohol causes a large disease, social and ***economic burden*** in societies.
- Environmental factors such as economic development, culture, availability of alcohol and the level and effectiveness of alcohol policies are relevant factors in explaining differences and historical trends in ***alcohol consumption*** and related harm.



# Alcohol

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- *Alcohol-related harm is determined by the volume of alcohol consumed, the pattern of drinking, and, on rare occasions, the quality of alcohol consumed.*
- The harmful use of alcohol is a component cause of more than 200 disease and injury conditions in individuals, most notably alcohol dependence, ***liver cirrhosis, cancers*** and injuries.
- The latest causal relationships established are those between alcohol consumption and incidence of infectious diseases such as tuberculosis and **HIV/AIDS**.

# Health consequences

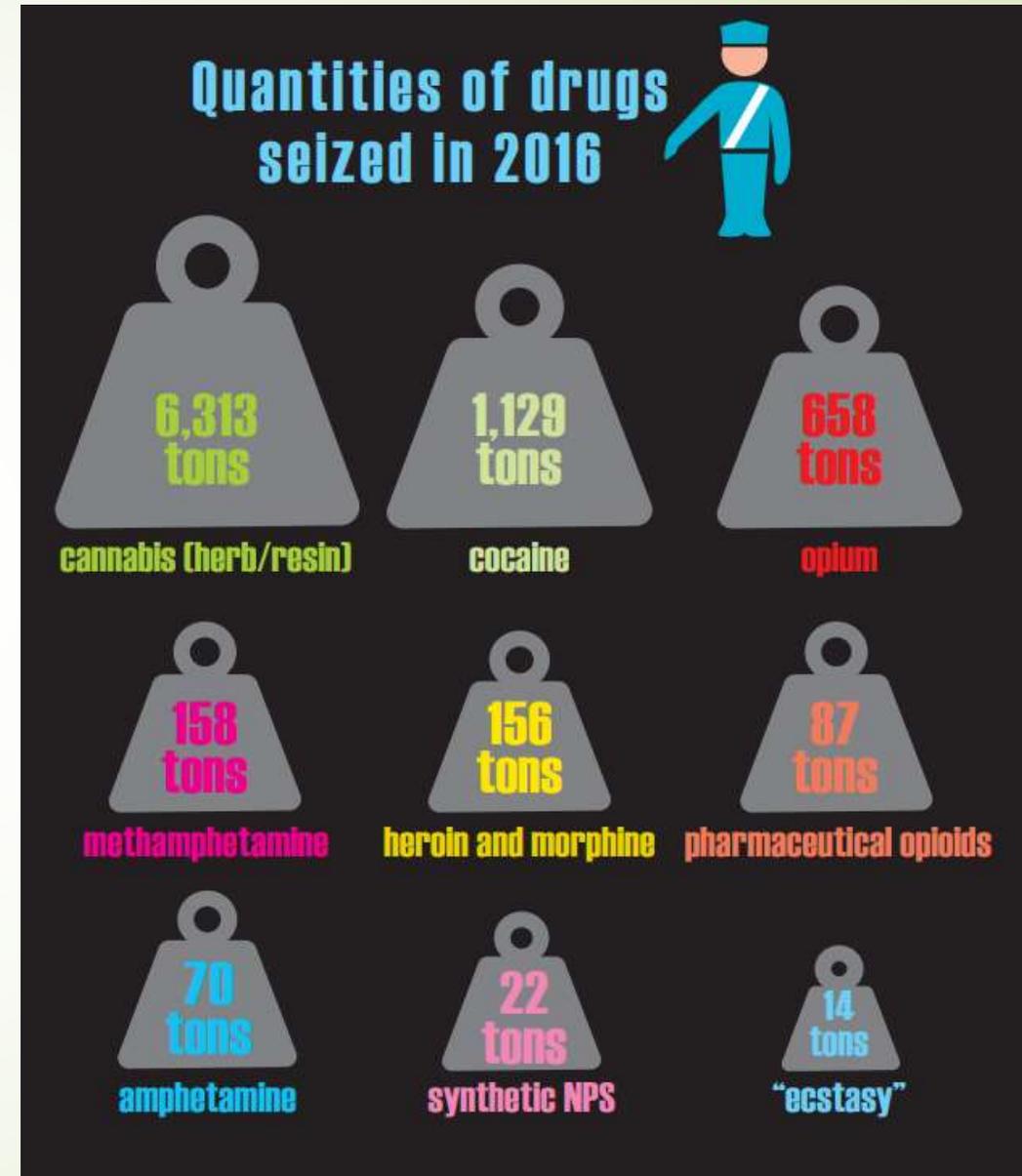
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- In 2012, about 3.3 million net deaths, or 5.9% of all global deaths, were attributable to alcohol consumption.
- *There are significant sex differences in the proportion of global deaths attributable to alcohol, for example, in 2012 7.6% of deaths among males and 4% of deaths among females were attributable to alcohol.*
- In 2012 139 million net DALYs (disability-adjusted life years), or 5.1% of the global burden of disease and injury, were attributable to alcohol consumption.
- *There is also wide geographical variation in the proportion of alcohol-attributable deaths and **DALYs**, with the highest alcohol-attributable fractions reported in the WHO European Region.*

# Other psychoactive substances

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- ➔ It is estimated that 275 million people used **illicit drugs**, such as cannabis, amphetamines, opioids, and cocaine, in 2016 which translates into an annual prevalence of illicit drug use of 5.6%.
- ➔ *Cannabis is most used with 192 million users.*
- ➔ Some 31 million of people who use drugs suffer from drug use disorders.
- ➔ It is estimated that there are almost 11 million people who inject drugs.



# World Drug Report

Following last year's 20th anniversary edition, the World Drug Report 2018 is again presented in a special five-booklet format designed to enhance reader friendliness while maintaining the wealth of information contained within.

**Booklet 1** summarizes the content of the four subsequent substantive booklets and presents policy implications drawn from their findings. **Booklet 2** provides a global overview of the latest estimates of and trends in the supply, use and health consequences of drugs. **Booklet 3** examines current estimates of and trends in the cultivation, production and consumption of the three plant-based drugs (cocaine, opiates and cannabis), reviews the latest developments in cannabis policies and provides an analysis of the global synthetic drugs market, including new psychoactive substances. **Booklet 4** looks at the extent of drug use across age groups, particularly among young and older people, by reviewing the risks and vulnerabilities to drug use in young people, the health and social consequences they experience and their role in drug supply, as well as highlighting issues related to the health care needs of older people who use drugs. Finally, **Booklet 5** focuses on the specific issues related to drug use among women, including the social and health consequences of drug use and access to treatment by women with drug use disorders; it also discusses the role played by women in the drug supply chain.



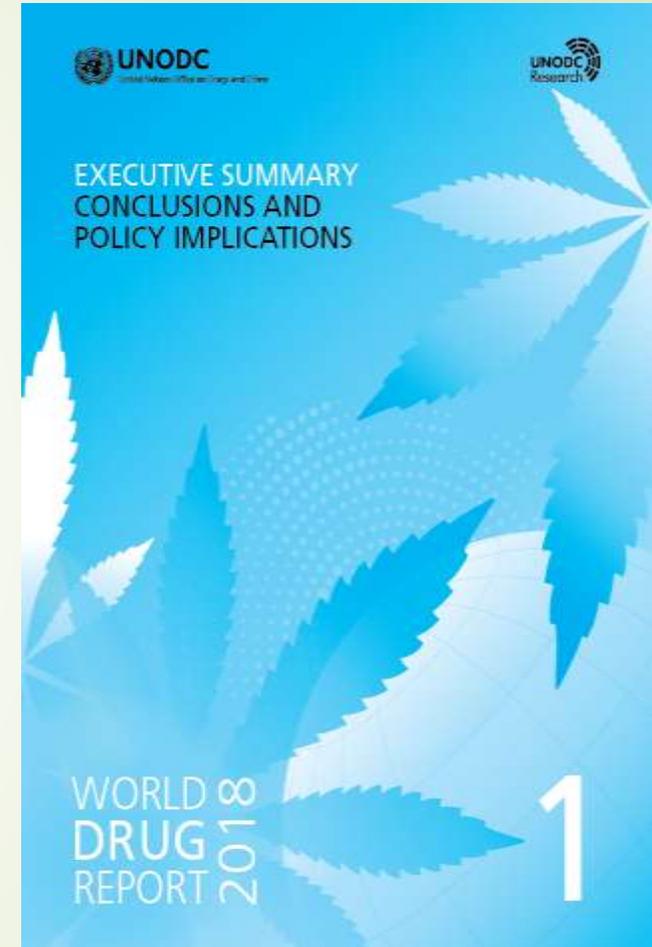
Interactive map



31.05.2021

# World Drug Report

About 275 million people worldwide, which is roughly 5.6 per cent of the global population aged 15-64 years, used drugs at least once during 2016. Some 31 million of people who use drugs suffer from drug use disorders, meaning that their drug use is harmful to the point where they may need treatment. Initial estimations suggest that, globally, 13.8 million young people aged 15-16 years used cannabis in the past year, equivalent to a rate of 5.6 per cent.



<https://www.unodc.org/wdr2018/>

# World Drug Report

*Roughly 450,000 people died as a result of drug use in 2015, according to WHO.*

Of those deaths, 167,750 were directly associated with drug use disorders (mainly overdoses).

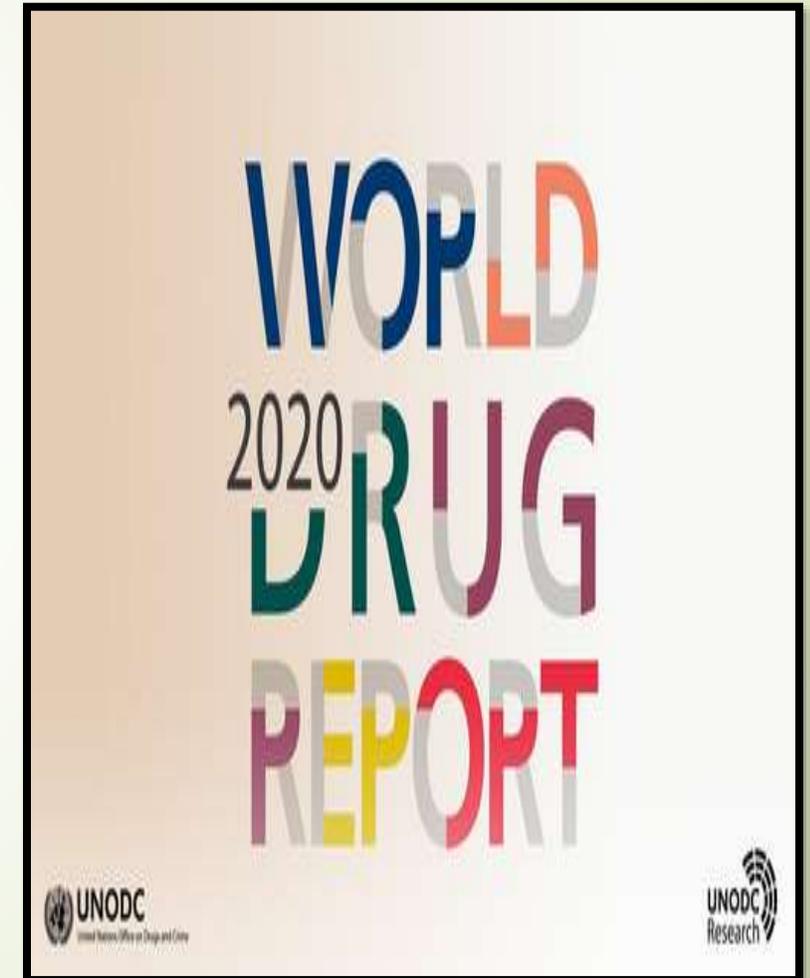
*The rest were indirectly attributable to drug use and included deaths related to HIV and hepatitis C acquired through unsafe injecting practices.*



# World Drug Report

- ❖ Opioids continued to cause the most harm, accounting for 76 % of deaths where drug use disorders were implicated. PWID - some 10.6 million worldwide in 2016 - endure the ***greatest health risks***. More than half of them live with hepatitis C, and 1/8 live with HIV.
- ❖ *The headline figures for drug users have changed little in recent years, but this stability masks the striking ongoing changes in drug markets.*

<https://www.unodc.org/wdr2018/>



# World Drug Report

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- ❖ Drugs such as **heroin and cocaine** that have been available for a long time increasingly coexist with NPS and there has been an increase in the non-medical use of prescription drugs (*either diverted from licit channels or illicitly manufactured*).
- ❖ The use of substances of unclear origin supplied through **illicit channels** that are sold as purported medicines but are destined for non-medical use is also on the increase.
- ❖ *The range of substances and combinations available to users has never been wider.* <https://www.unodc.org/wdr2018/>



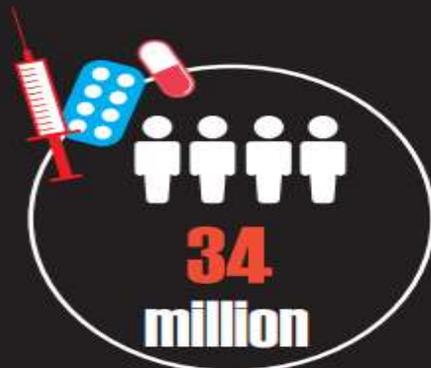
# World Drug Report

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## Number of past-year users in 2016



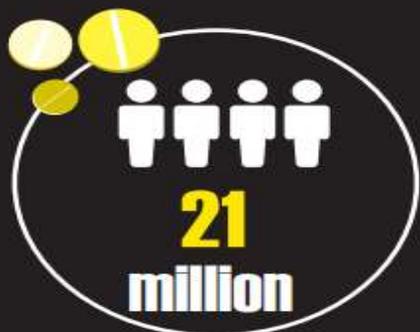
**cannabis**



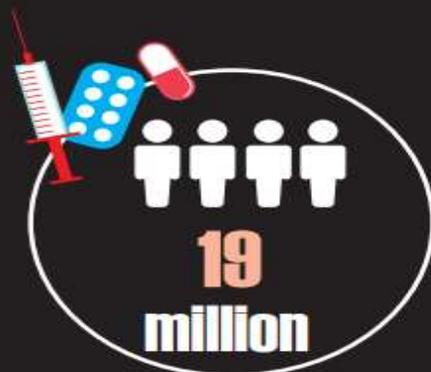
**opioids**



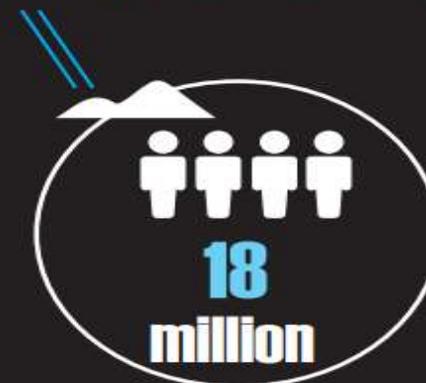
**amphetamines and  
prescription stimulants**



**“ecstasy”**



**opiates**



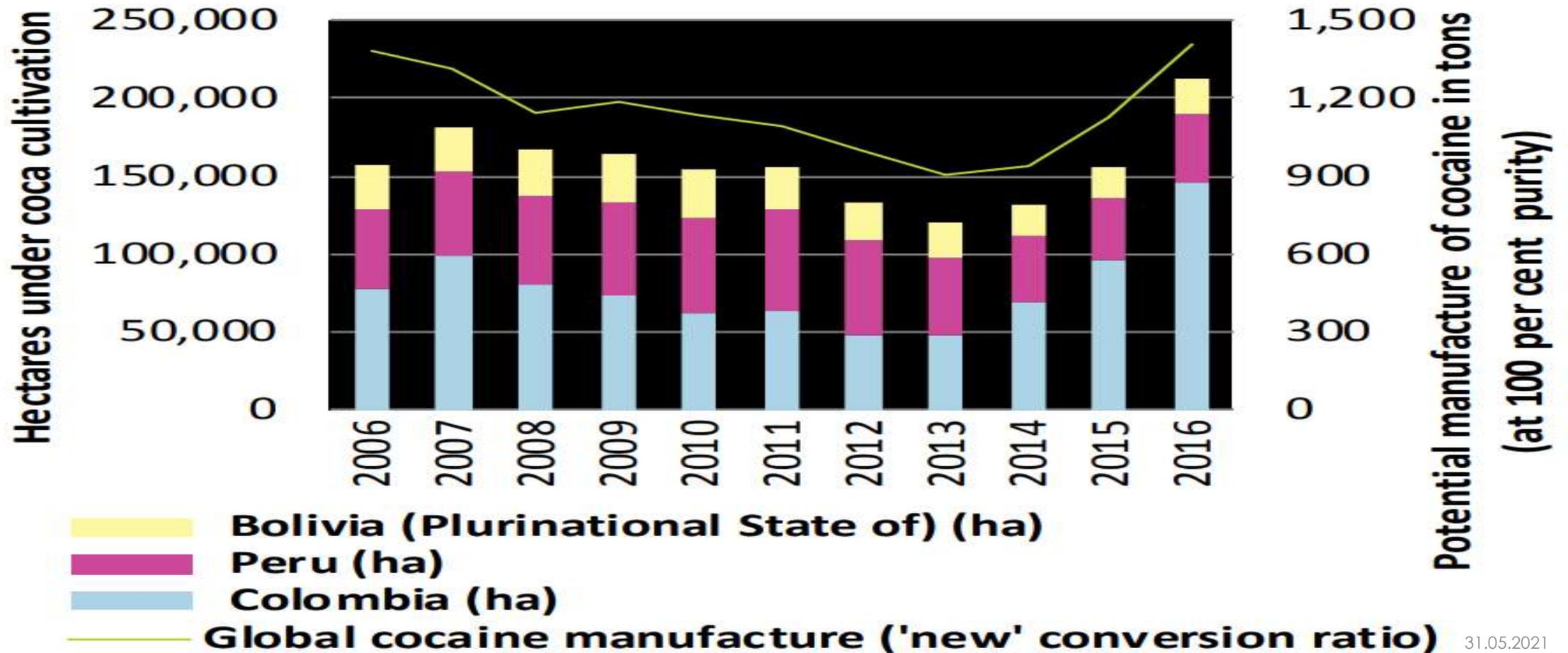
**cocaine**

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# World Drug Report

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Global coca bush cultivation and cocaine manufacture, 2006–2016

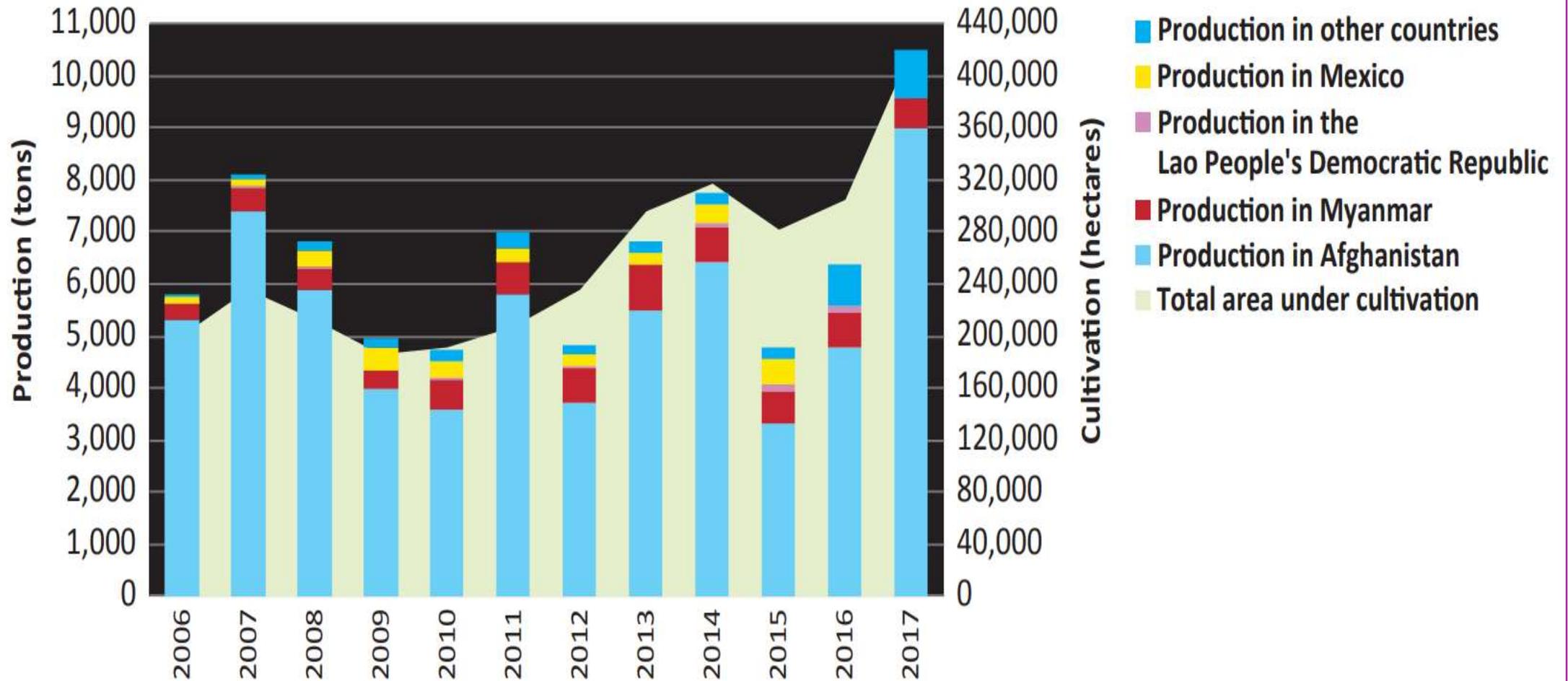


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# World Drug Report

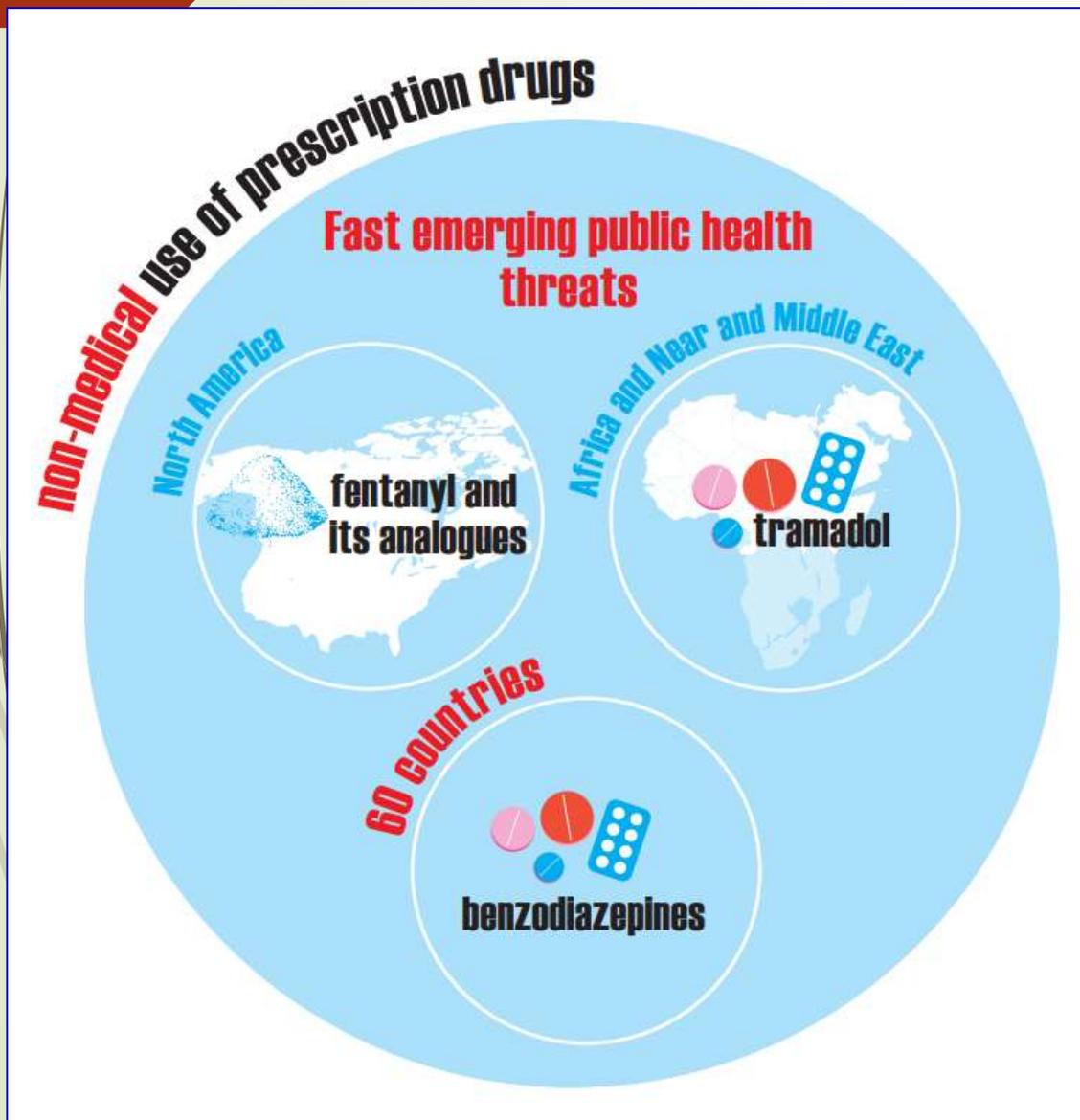
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Opium poppy cultivation and production of opium, 2006-2017<sup>a</sup>



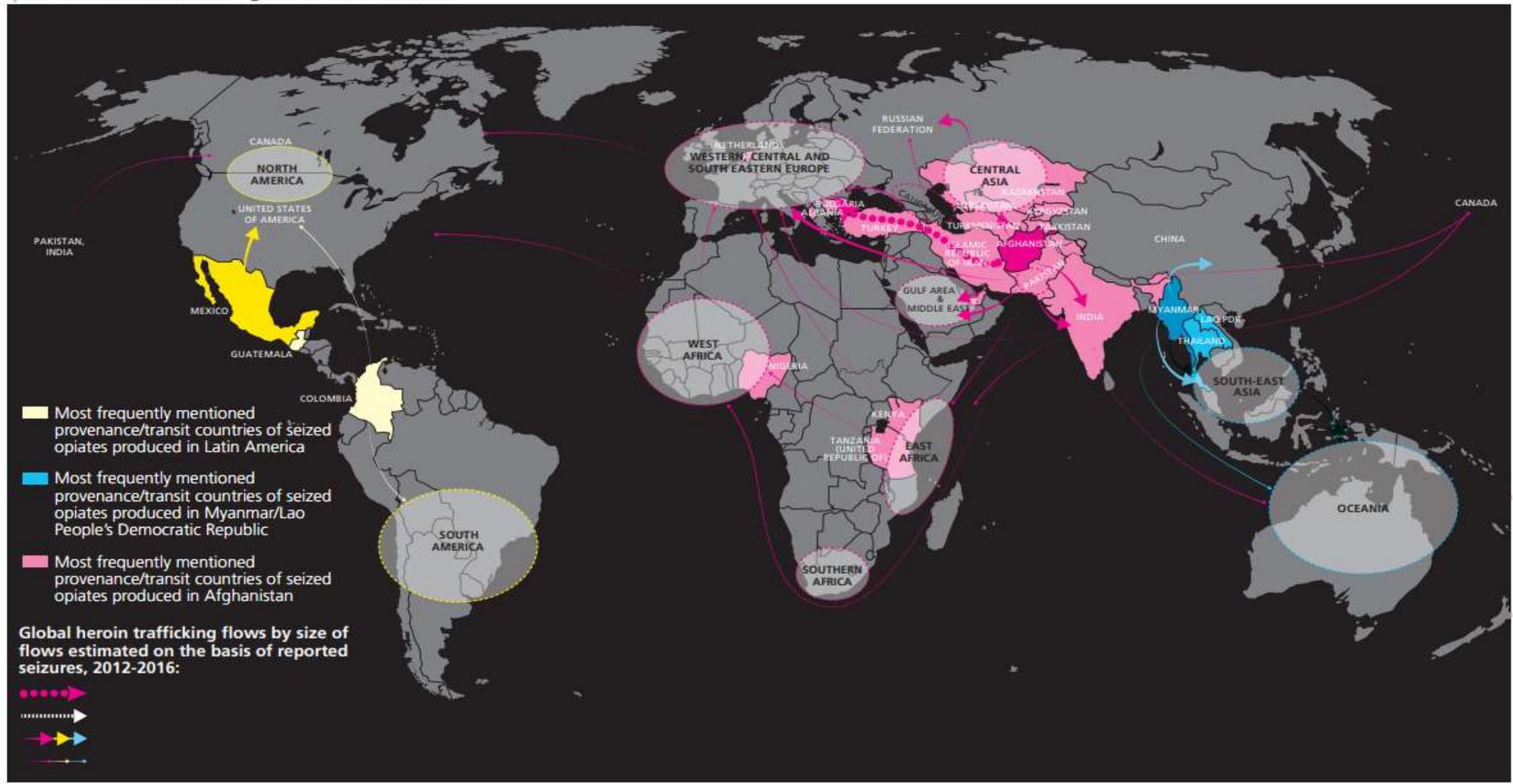
# World Drug Report

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- *Non-medical use of prescription drugs is becoming a **major threat** around the World*
- *The non-medical use of pharmaceutical opioids is of increasing concern for both law enforcement authorities and public health professionals.*
- *Different pharmaceutical opioids are misused in different regions.*

### Main heroin trafficking flows, 2012–2016



Sources: UNODC, responses to the annual report questionnaire and individual drug seizure database.

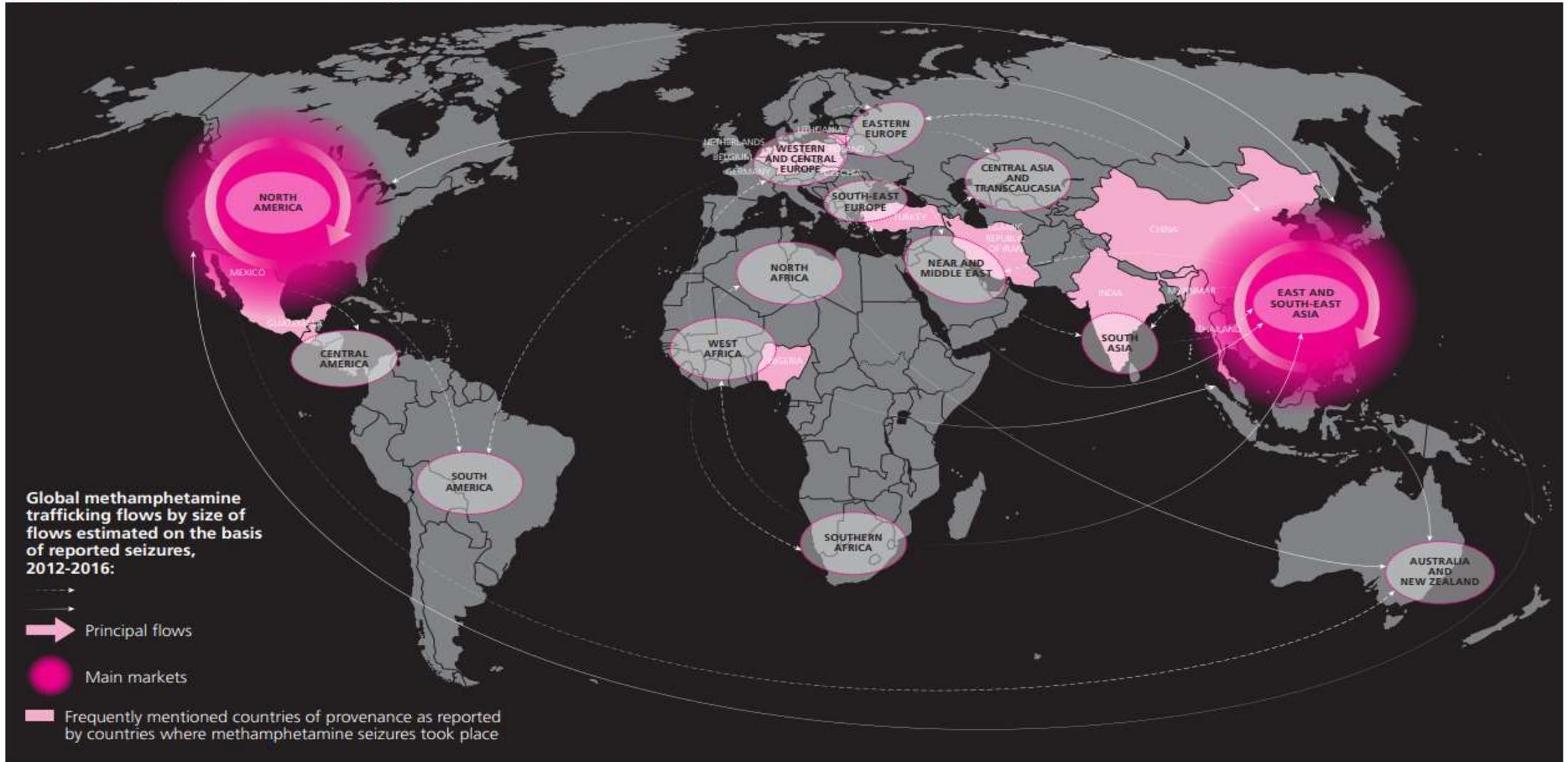


January 2008

August 2008

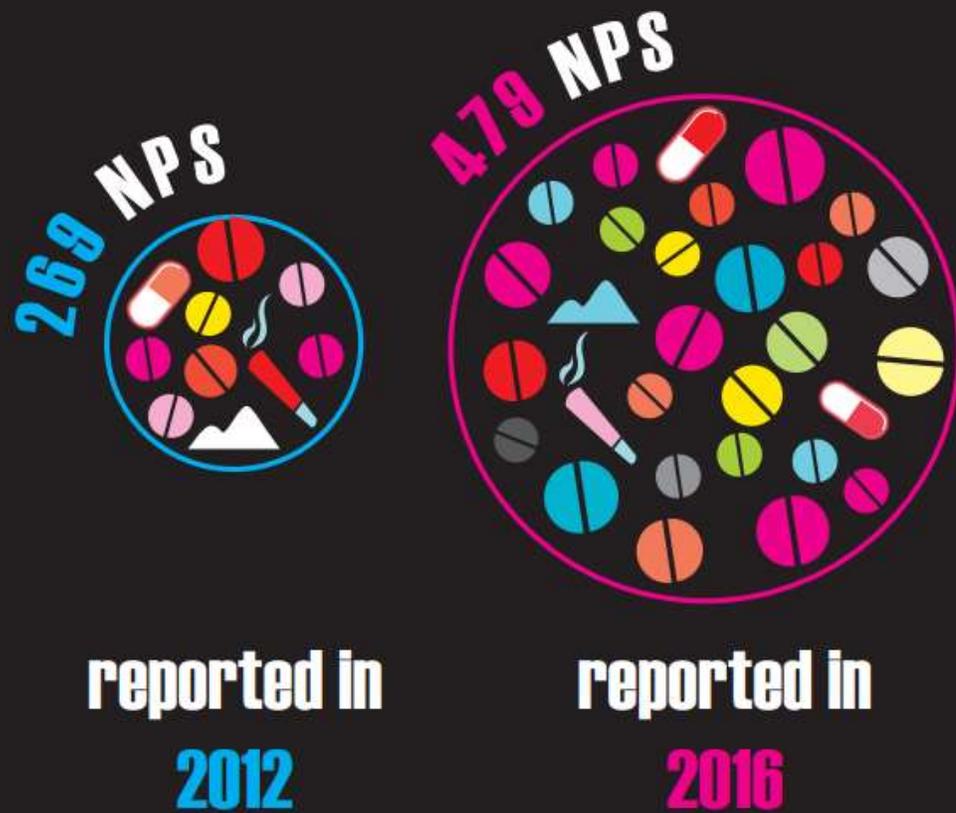
# World Drug Report

Main methamphetamine trafficking flows, 2012–2016

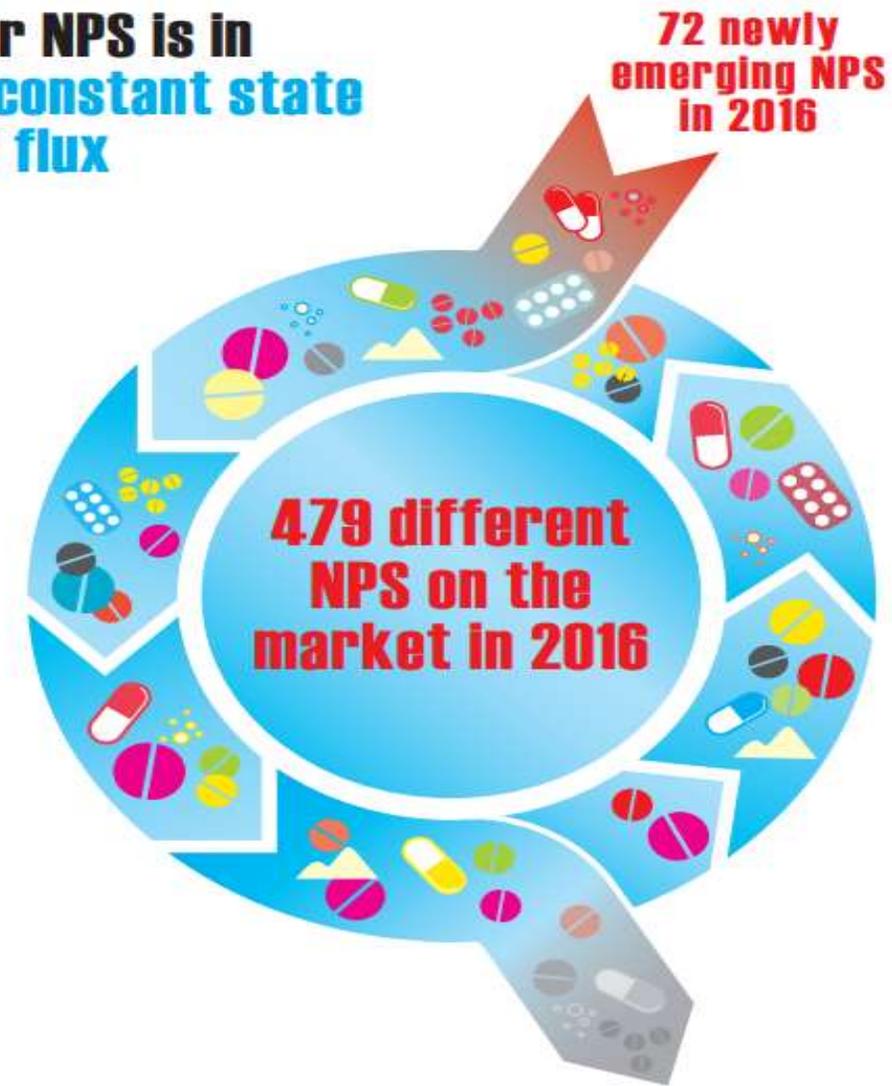


Sources: UNODC, responses to the annual report questionnaire and individual drug seizure database.

Range of  
new psychoactive substances  
continues to grow



The market  
for NPS is in  
a constant state  
of flux

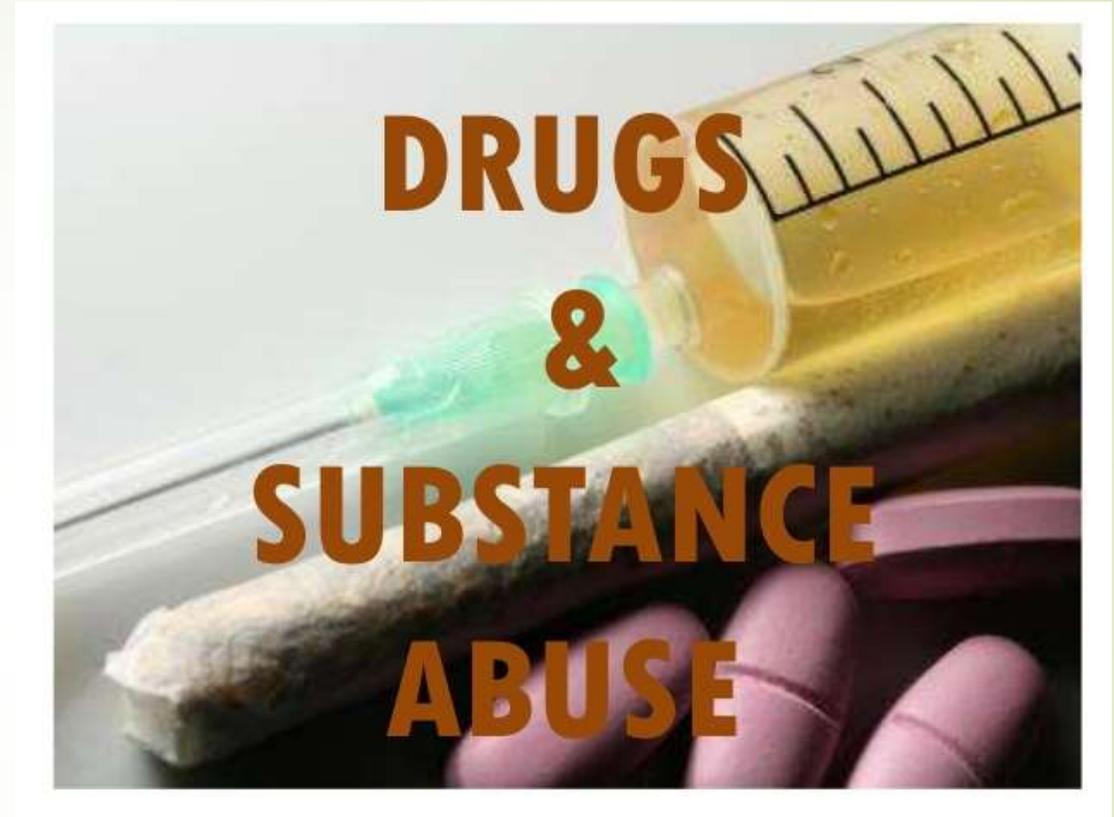


# VULNERABILITIES of PARTICULAR GROUPS

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Many countries still fail to provide adequate drug treatment and health services to reduce the harm caused by drugs

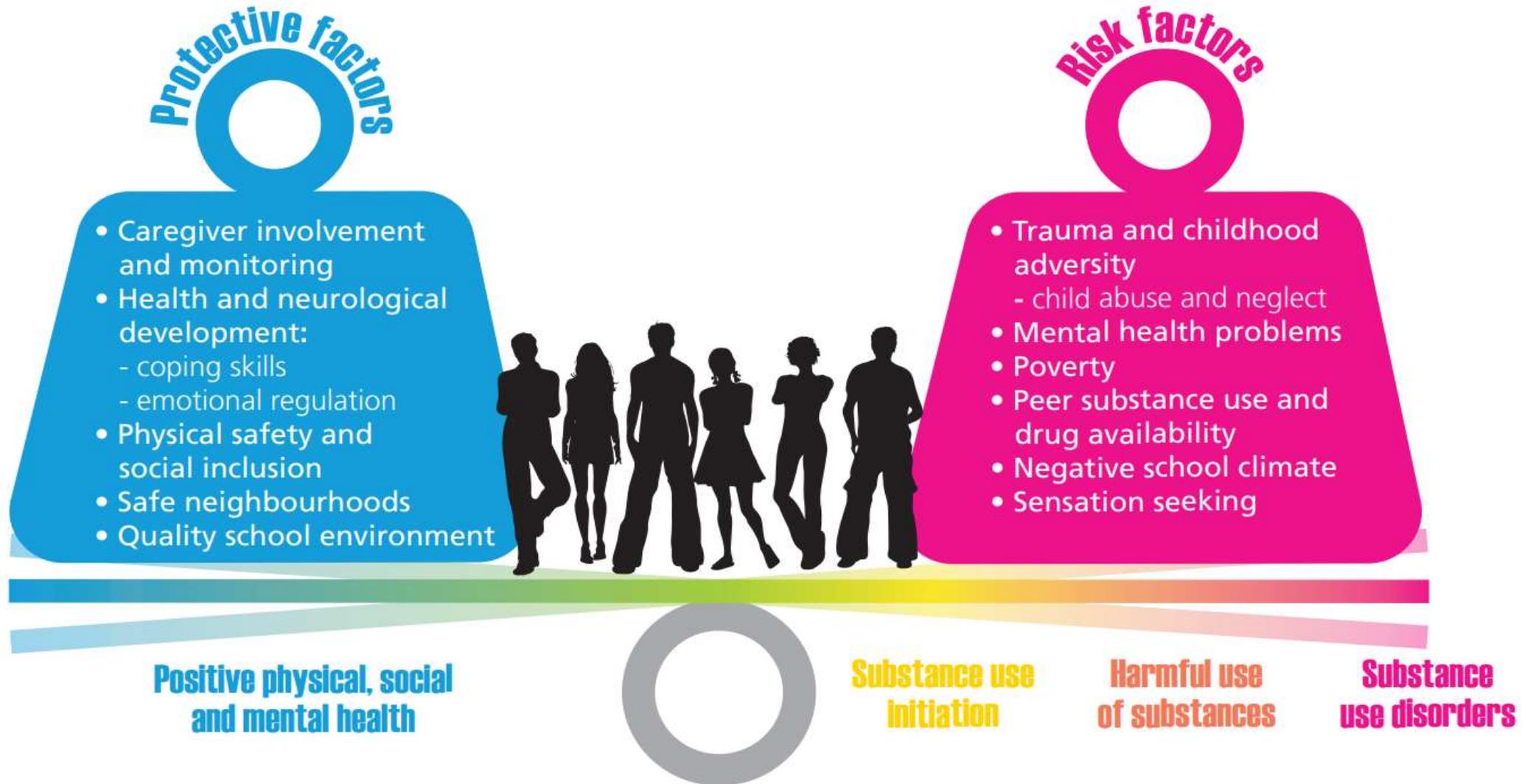
→ One in six people suffering from drug use disorders received treatment for those disorders during 2016, which is a relatively low proportion that has remained constant in recent years.



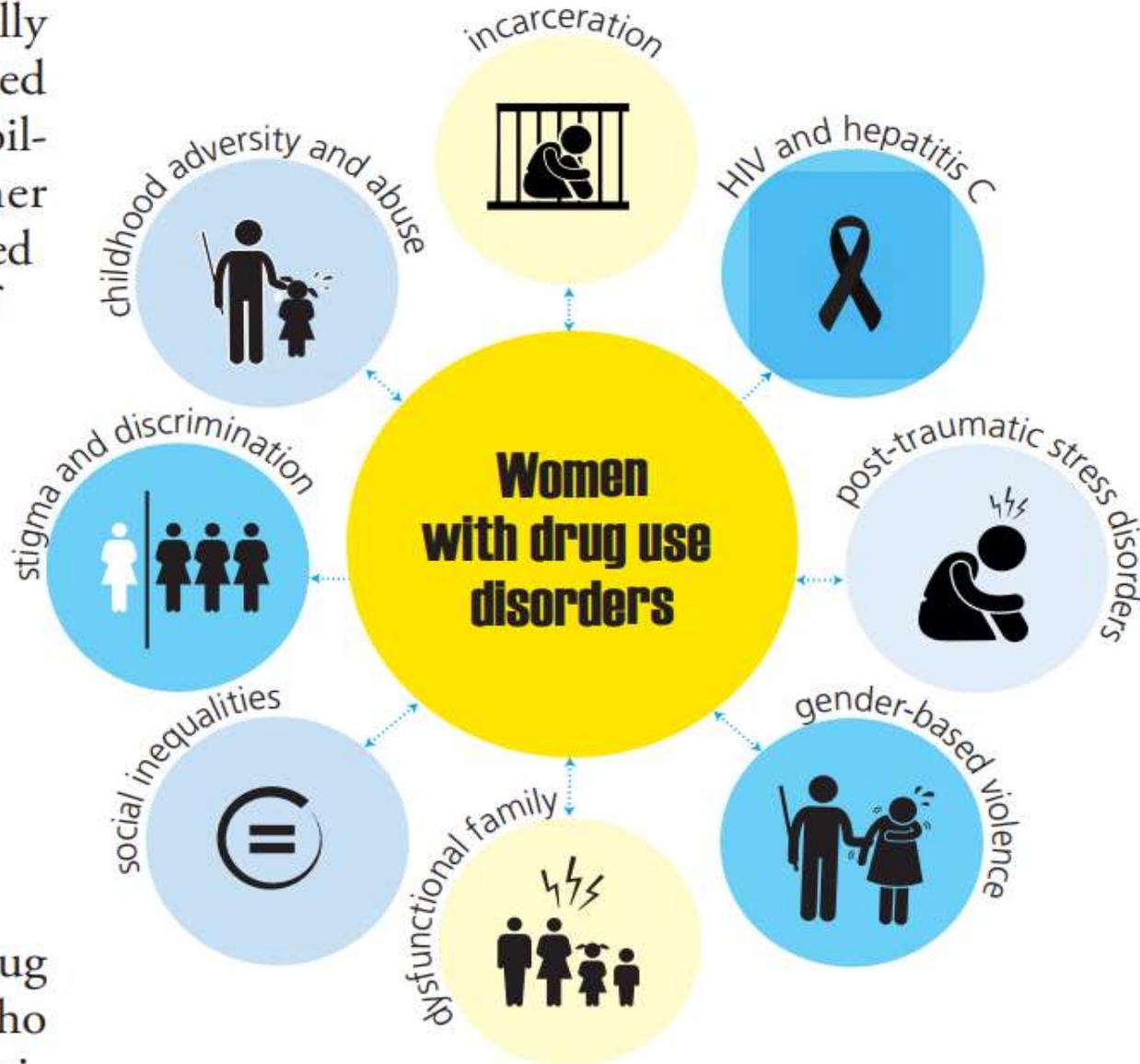
***“An ounce of prevention is worth a pound of cure.”***

**Benjamin Franklin, 1736**

# Protective factors and risk factors for substance use

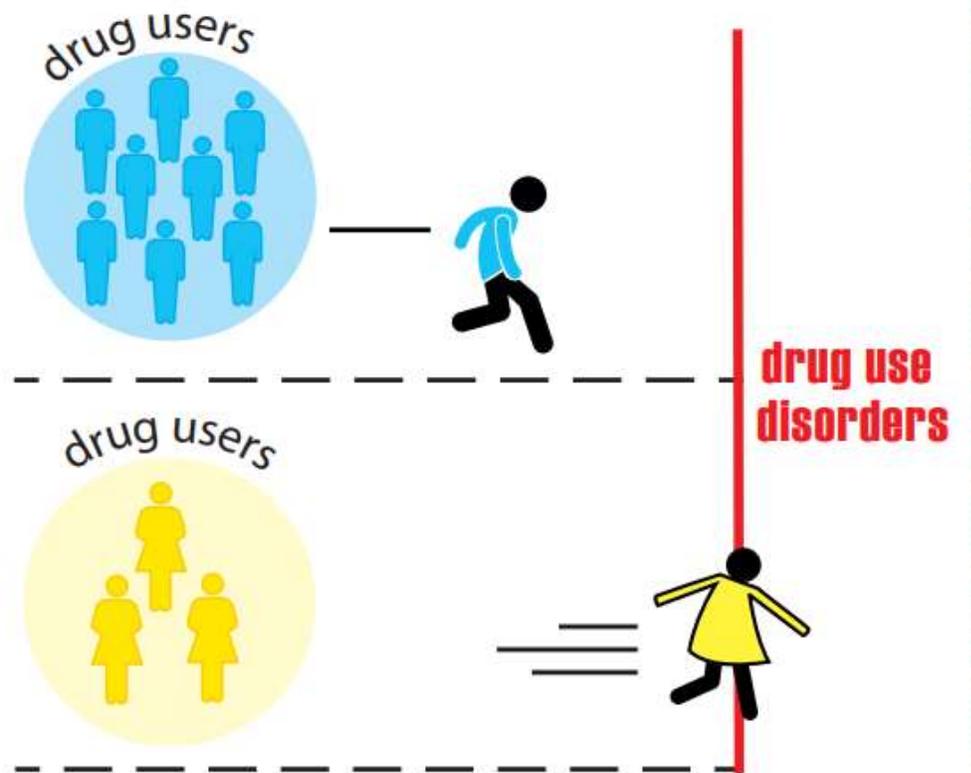


# Causes and consequences of drug use disorders among women



## “telescoping”

More men than women initiate drug use but after initiation **women move faster than men towards drug use disorders**





of the global population  
used an illicit substance

**240  
Million**

people across the world  
consume alcohol  
problematically

**15  
Million**

people around the world  
use injective  
drugs

**53%** OF INMATES IN STATE PRISONS  
HAVE A DRUG USE DISORDER.



LESS THAN **15%** RECEIVE  
TREATMENT.



It's time for real drug policy reform. Learn more about the Obama Administration's Plan to break the cycle of drug use, crime, and incarceration.

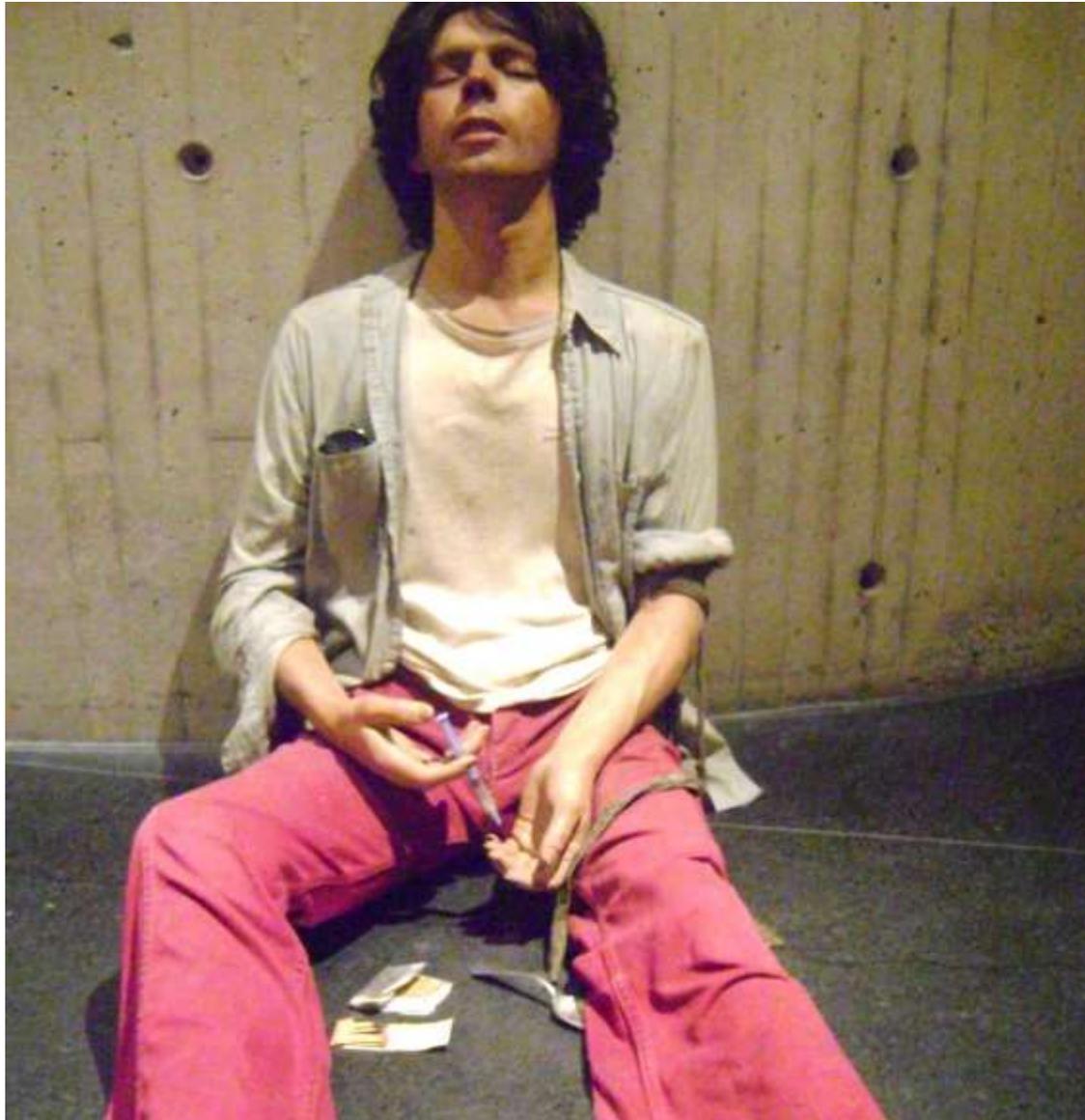
[#DrugPolicyReform](#)

[wh.gov/drugpolicyreform](http://wh.gov/drugpolicyreform)

Sources:

Karberg, J.C., & James, D.J. (2005). Substance dependence, abuse, and treatment of jail inmates, 2002. Washington, DC: Bureau of Justice Statistics.

Mumola, C.J., & Karberg, J.C. (2006, rev. 2007). Drug use and dependence, state and federal prisoners, 2004. Washington, DC: Bureau of Justice Statistics.



Among Patients with Untreated  
Substance Abuse Disorders...

45%

commit suicide

PsychologyToday.com



# IMPACTS ON CHILDREN WITH ADDICT PARENTS



## SIGNS A CHILD IS STRUGGLING BECAUSE OF DRUG ADDICT/ALCOHOLIC PARENTS

- Poor academic performance at school
- Poor behavior at school (e.g. fighting, ignoring direction, bullying others)
- Low self-esteem
- Health problems related to anxiety surrounding their parent's addiction (e.g. stomach ulcers, migraines)
- Defiance of authority
- Physical, mental, and/or sexual abuse
- Posttraumatic stress disorder stemming from one or more traumatic events (e.g. a non-fatal parental overdose, being involved in a physical altercation with a parent, being left alone for long periods of time)

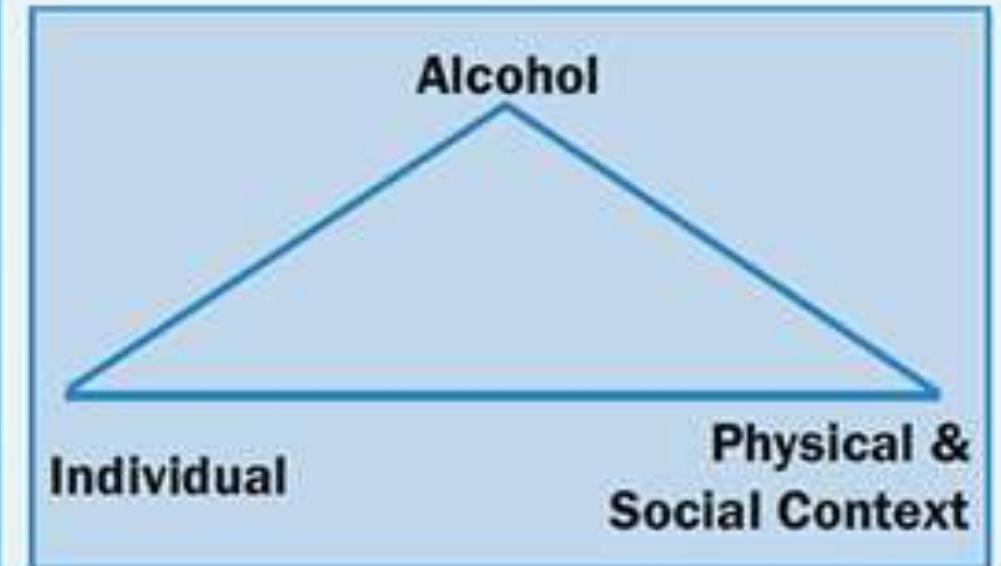
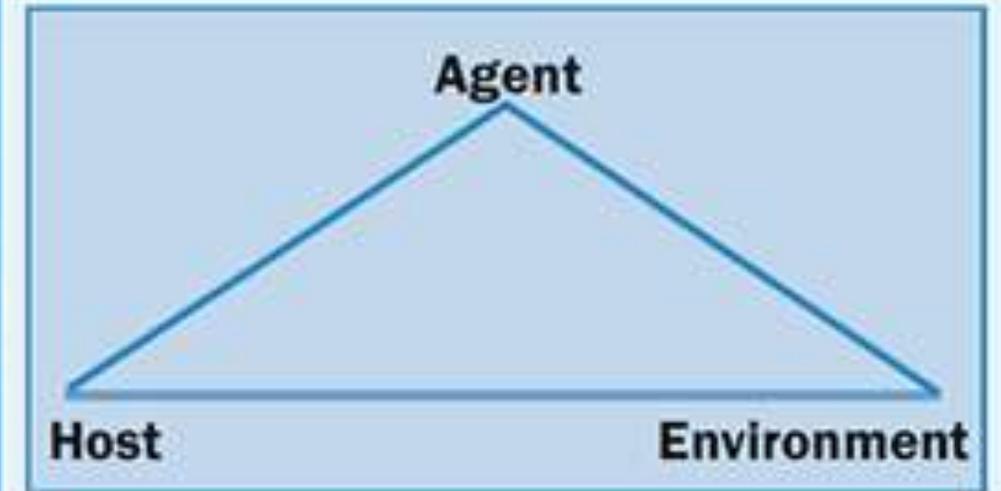
# Risk Factors & Protective Factors

- ❑ A number of factors have been identified that protect adolescents or, alternatively, put them at risk for drug use and other high-risk behaviors.
- ❑ *These factors concern different personal and environmental factors, e.g. the community, the school setting, family, peer group and individual characteristics.*

*Community members and prevention professionals have an important role in preventing substance abuse and promoting positive mental / behavioral health.*

*Through the lens of a **public health model** for change; using **prevention science**, we are laying the foundation for community change.*

Figure 2. The Public Health Model



# **Prevention** is like a speed bump to promote health and safety in communities

The goals are to slow down the age of onset of substance use for youth.

*Prevention works to change community conditions to prevent the use of substances by youth.*





*Thank You*

