



HARMFUL. HELPFUL.



Preventing Drug Abuse and Excessive Alcohol Use

If you're struggling, we can help.

Not only does drug abuse and excessive alcohol use impact your readiness, but it can harm the lives of your fellow Marines, friends and family. We're committed to providing you with the tools you need to fight these harmful addictions. We have the educational materials and resources to help you understand the negative effects of binge drinking and misuse or abuse of over-the-counter and prescription medications so that you can overcome alcohol and drug abuse and live a healthy life.

What is excessive alcohol use?

Excessive alcohol use includes heavy drinking (on average, more than two drinks per day for men, more than one drink per day for women), binge drinking (five or more drinks during a single occasion for men, four or more drinks during a single occasion for women), underage drinking and drinking while pregnant. Some facts:

- ▶ It's a leading cause of preventable death in the United States among all adult age groups, contributing to more than 79,000 deaths per year.¹
- ▶ Every day, almost 30 people in the United States die in motor vehicle crashes that involve an alcohol impaired driver — one death every 48 minutes.²
- ▶ There is no proven safe amount of alcohol that a woman can consume while pregnant. Drinking alcohol at any time during pregnancy can cause harm to the fetus.
- ▶ Using alcohol frequently can increase bruising, increase risk of infection and impair wound healing.

What is drug abuse?

Drug misuse and abuse includes any inappropriate use of pharmaceuticals (both prescription and over-the-counter drugs) and any use of illegal drugs. This includes taking medications that were prescribed to someone else and taking medications in ways other than what was prescribed, such as for the experience or feelings they cause or in higher doses than recommended. Some facts:

1 Alcohol and Public Health. Online Tools. Alcohol-Related Disease Impact (ARDI). CDC. <http://www.cdc.gov/alcohol/ardi.htm>. Updated 20 July 2010. Accessed May 2013.

2 Injury Prevention and Control: Motor Vehicle Safety. CDC. http://www.cdc.gov/Motorvehiclesafety/Impaired_Driving/. Updated 2 October 2012. Accessed May 2013.

- ▶ Prescription drug misuse and abuse is our nation's fastest growing drug problem. In a typical month, approximately 4.5 million Americans use a prescription pain reliever for nonmedical reasons.³ Emergency department visits involving the misuse or abuse of pharmaceutical drugs have increased 114% between 2004 and 2011.⁴
- ▶ More than eight million children live with at least one parent who abuses alcohol or other drugs.⁵ Children of parents with substance use disorders are more likely to experience abuse or neglect as well as physical, academic, social and emotional problems.
- ▶ Substances may interact with medications prescribed to promote healing or recovery.

Take action if you notice a problem.

If you or someone you know is at risk:

- ▶ Talk to your Substance Abuse Control Officer (SACO)
- ▶ Visit your Substance Abuse Counseling Center (SACC)
- ▶ Speak to your unit commander, NCO or Chaplain
- ▶ Reach out to DoD Medical Personnel, such as a certified Substance Abuse Counselor or physician

While the Marine Corps has a zero tolerance policy regarding drug misuse and abuse, with a consequence of administrative separation from the Marine Corps, nothing is more important than your health. If you or someone you know is at risk, please reach to one of the contacts above. Contact your installation's Marine and Family Programs Division, Marine Corps Headquarters Behavioral Health Branch, or Military OneSource to help you get in touch with the right people.



To learn how our programs can help keep you fit for service and improve your overall health, visit us at WWW.MED.NAVY.MIL/SITES/NMCPHC/HEALTH-PROMOTION and WWW.MANPOWER.USMC.MIL/PORTAL/PAGE/PORTAL/M_RA_HOME/MF/G_BEHAVIORAL%20HEALTH.

3 SAMHSA, Results from the 2011 National Survey on Drug Use and Health: Summary of National Findings, NSDUH Series H-44, HHS Publication No. (SMA) 12-4713. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2012.

4 SAMHSA, Center for Behavioral Health Statistics and Quality. The DAWN Report: Highlights of the 2011 Drug Abuse Warning Network (DAWN) Findings on Drug-Related Emergency Department Visits. <http://www.samhsa.gov/data/2k13/DAWN127/sr127-DAWN-highlights.htm>. Published February 2013. Accessed May 2013.

5 SAMHSA, Office of Applied Studies. (April 16, 2009). The NSDUH Report: Children Living with Substance-Dependent or Substance-Abusing Parents: 2002 to 2007. <http://www.samhsa.gov/data/2k9/SAParents/SAParents.htm>. Published April 2009. Accessed May 2013.



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