

**A complete resource  
for 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 shipmates, friends and family. The Health Promotion and Wellness Department of the Navy and Marine Corps Public Health Center is 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, misuse or abuse of over-the-counter and prescription medications and the dangers of unregulated nutritional supplements so that you can overcome alcohol and drug abuse and live a healthy life.

Visit [www.nmcphc.med.navy.mil/Healthy\\_Living](http://www.nmcphc.med.navy.mil/Healthy_Living) to learn more about preventing and overcoming drug abuse and excessive alcohol use, including:

- ▶ 21<sup>st</sup> Century Sailor and Marine Initiative
- ▶ Alcohol Screening
- ▶ Excessive Drinking
- ▶ Underage Drinking
- ▶ Binge Drinking
- ▶ Alcohol Dependence
- ▶ Prescription Drug Misuse
- ▶ Over-the-Counter Drug Abuse
- ▶ Illegal Drug Use



To learn how our programs can help keep you fit for service and improve your overall health, visit us at [WWW.NMCPHC.MED.NAVY.MIL/HEALTHY\\_LIVING](http://WWW.NMCPHC.MED.NAVY.MIL/HEALTHY_LIVING)

# **HARMFUL. HELPFUL.**



**Preventing Drug Abuse and  
Excessive Alcohol Use Overview**



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## Dealing with a situation without easy answers.

Treating substance abuse can be complicated, expensive and time consuming. If you're addicted to drugs or alcohol, you may be unwilling to seek help for fear of shame and the perceived negative impact on your career. Worse, you may feel that you lack willpower and that all it takes to stop an addiction is to quit "cold turkey." In reality, addiction is a complex condition and quitting takes more than good intentions.

## What is excessive alcohol use?

Excessive alcohol use includes binge drinking (five or more drinks in one sitting for men, four or more drinks in one sitting for women), underage drinking and alcohol impaired driving. 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.
- ▶ 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.
- ▶ Excessive alcohol use may be accepted because of alcohol's relative low cost and easy availability as well as the fact that binge drinking is frequently not addressed.
- ▶ 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.

## 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. Some facts:

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- ▶ Prescription drug misuse and abuse is our nation's fastest growing drug problem. In a typical month, approximately 5.3 million Americans use a prescription pain reliever for nonmedical reasons. Emergency department visits involving the misuse or abuse of pharmaceutical drugs have doubled over the past five years.
- ▶ Six million children live with at least one parent who abuses alcohol or other drugs. Children of parents with substance use disorders are more likely to experience abuse or neglect as well as physical, academic, social and emotional problems.

## A toxic combination that's preventable.

Alcohol and drug use can hinder judgment and lead to harmful risk-taking behavior. Preventing drug abuse and excessive alcohol use:

- ▶ Improves quality of life, academic performance workplace productivity and military preparedness
- ▶ Reduces motor vehicle crashes and fatalities
- ▶ Reduces crime and legal expenses
- ▶ Lowers health care costs for acute and chronic conditions

## Take action if you notice a problem.

If you or someone you know is at risk of drug abuse or excessive alcohol use:

- ▶ Talk to your Command Drug and Alcohol Program Advisor (DAPA)
- ▶ Speak to your health care provider
- ▶ Contact the Substance Abuse Rehabilitation Program (SARP) at your military treatment facility to speak with a SARP counselor
- ▶ Call the Substance Abuse and Mental Health Services Administration's Treatment Referral Routing Service at 1-800-662-HELP (4357)

