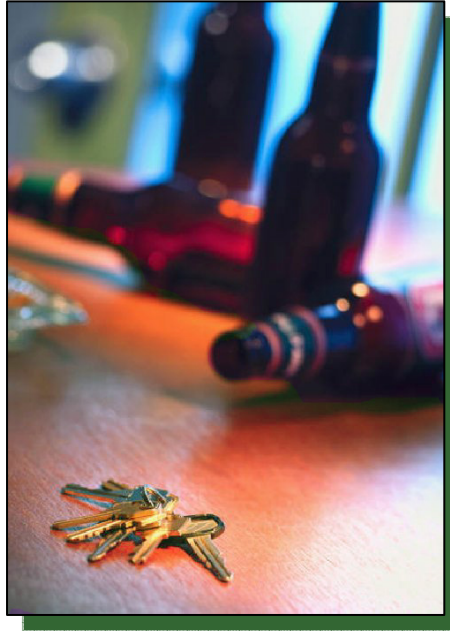


Tobacco, Alcohol and Drug Use



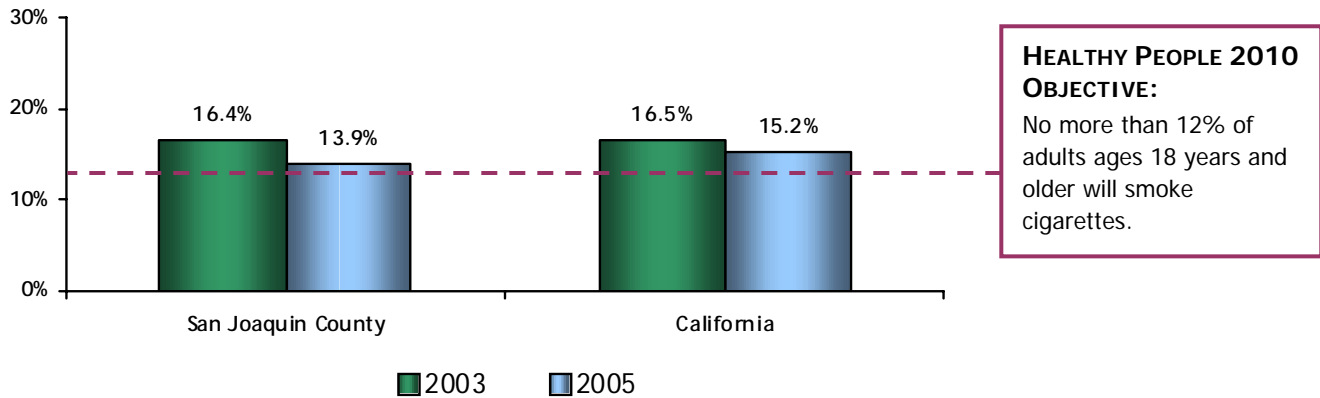
Substance abuse in early adolescence is associated with risky sexual behavior and injuries during the teen years and also strongly predicts later adult abuse and dependence (The Preteen Alliance, 2006). Adults engaging in substance abuse put themselves and others at great risk. Illicit drug and alcohol use and abuse is associated with violence, motor vehicle accidents, increasing health care costs and lower worker productivity (Great Valley Center, 2003).

Tobacco Use

Why It Is Important

Cigarette smoking is the most preventable cause of disease and death in the United States.²⁸ Lung cancer is the most frequent cause of cancer deaths. Smoking is a huge risk factor in lung cancer and chronic lung diseases such as emphysema, heart disease and stroke. People who are exposed to environmental tobacco smoke are also more likely to develop heart disease and chronic lung diseases.²⁹ Quitting smoking can improve overall health and reduce the risk of developing these chronic diseases. Further, smoking has many economic consequences. In 2003, it was estimated that the direct medical costs as well as those due to lost productivity cost California \$14,652,000,000.³⁰

Figure 81:  Percent of Adults Ages 18 and Older Who Currently Smoke



Source: 2003 and 2005 California Health Interview Survey.

San Joaquin County 2003 N: 421,000; 2005 N: 447,000.

California 2003 N: 25,469,000; 2005 N: 26,388,000.

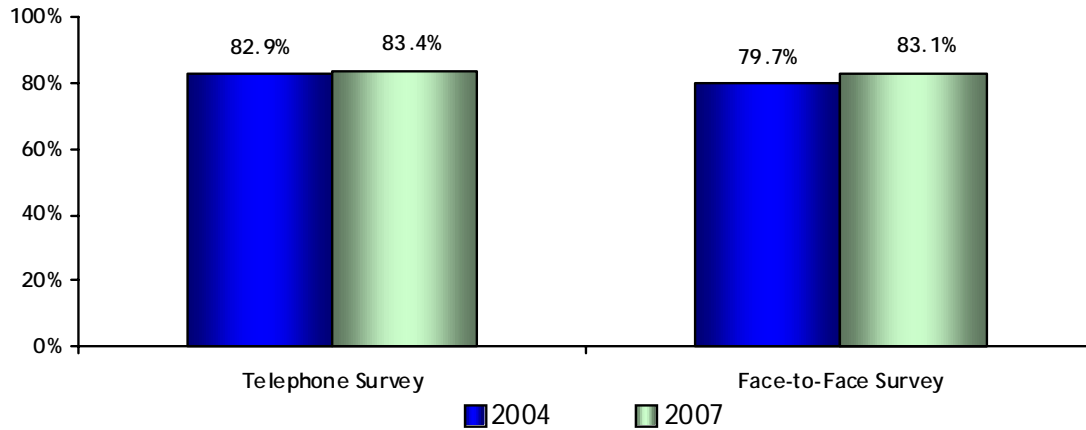
²⁸ Great Valley Center, *The State of the Great Central Valley of California: Supporting the Economic, Social, and Environmental Well-being of California's Great Central Valley*, 2003.

²⁹ American Lung Association, *Facts about Lung Cancer*, retrieved May 6, 2005 from <http://www.lungusa.org>.

³⁰ American Lung Association, *State of Tobacco Control*, 2004.

Tobacco Use (cont.)

Figure 82:   Do You Now Smoke Cigarettes or Use Smokeless Tobacco Everyday, Some Days or Not At All? Those Responding “Not At All.”



Source: Healthier San Joaquin County Community Assessment, Telephone and Face-to-Face Survey, 2004 and 2007.

Telephone Survey 2004 N: 427; 2007 N: 426.

Face-to-Face Survey 2004 N: 1,944; 2007 N: 1,861.

What The Data Tell Us


In 2003 and 2005, neither San Joaquin County nor California met the Healthy People 2010 Objective that no more than 12% of adults will smoke cigarettes. Although, in 2005, a slightly smaller percentage of adults reported that they were current smokers in both San Joaquin County (14%) and California (15%) than in 2003 (16% and 17%, respectively).

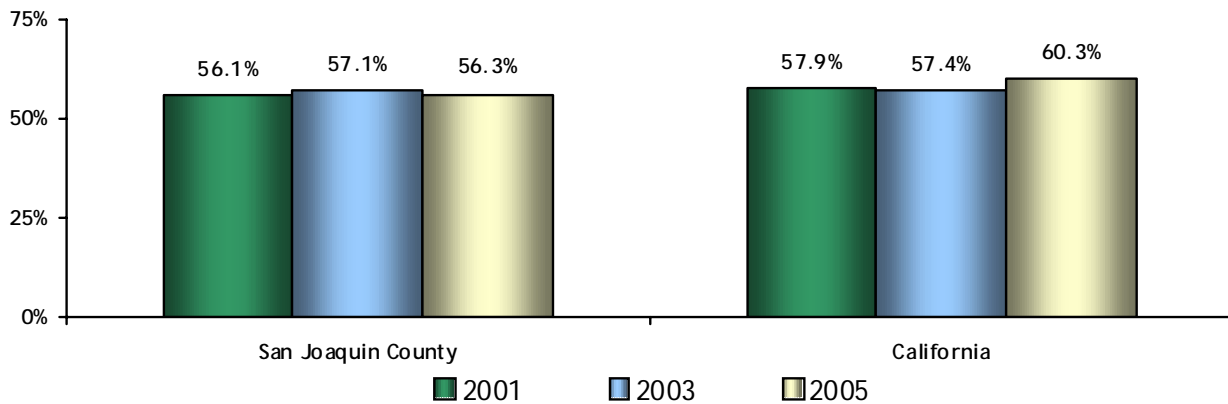
In 2007, 83% of Healthier San Joaquin County telephone and face-to-face survey respondents did not use any tobacco products. This percentage was a slight increase since 2004 for face-to-face respondents, but the percentage of non-smoking telephone respondents remained essentially unchanged. Again, in 2007, the Healthy People 2010 Objective was not achieved.

Alcohol Consumption

Why It Is Important

Some research suggests that moderate drinking may be beneficial for the heart and circulatory system and may protect against type II diabetes. In the United States, moderate drinking is usually defined as no more than two drinks per day for men and no more than one drink per day for women. However, heavy drinking is detrimental to health and is a major cause of preventable death in the nation. It can damage the liver and heart and increase the chances of developing breast and some other cancers. Heavy drinking is often called binge drinking which is defined as having five or more drinks on one occasion. The cost of alcohol abuse is more than \$180 billion annually.³¹

Figure 83:  Percentage of Adults Ages 18 and Older Who Drank Alcohol in the Past Month



Source: 2001, 2003, and 2005 California Health Interview Survey.

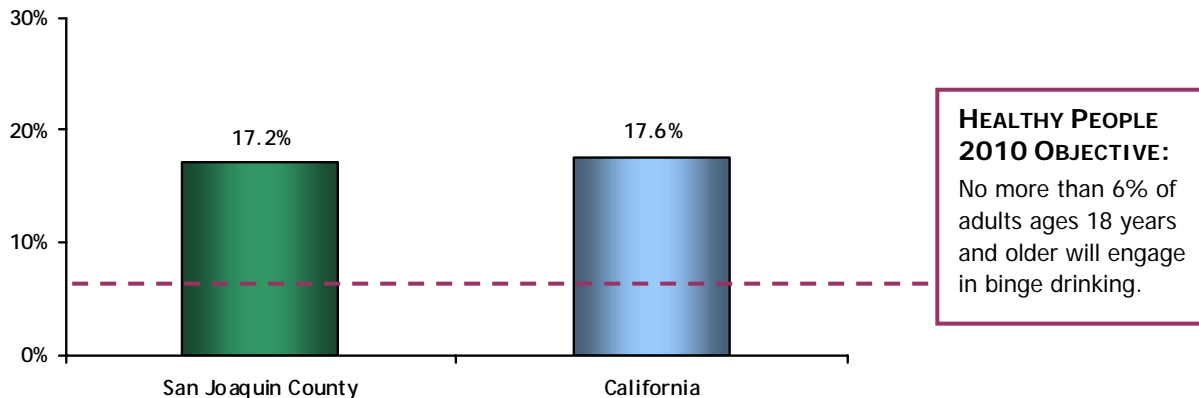
San Joaquin County 2001 N: 395,000; N: 421,000; 2005 N: 447,000.

California 2001 N: 24,594,000; 2003 N: 25,469,000; 2005 N: 26,388,000.

³¹ Harvard School of Public Health, *Nutrition Source: Alcohol*, 2003.

Alcohol Consumption (cont.)

Figure 84: 🏠 Percentage of Adults Ages 18 and Older Who Engaged in Binge Drinking in the Past Month, 2005



Source: 2005 California Health Interview Survey.

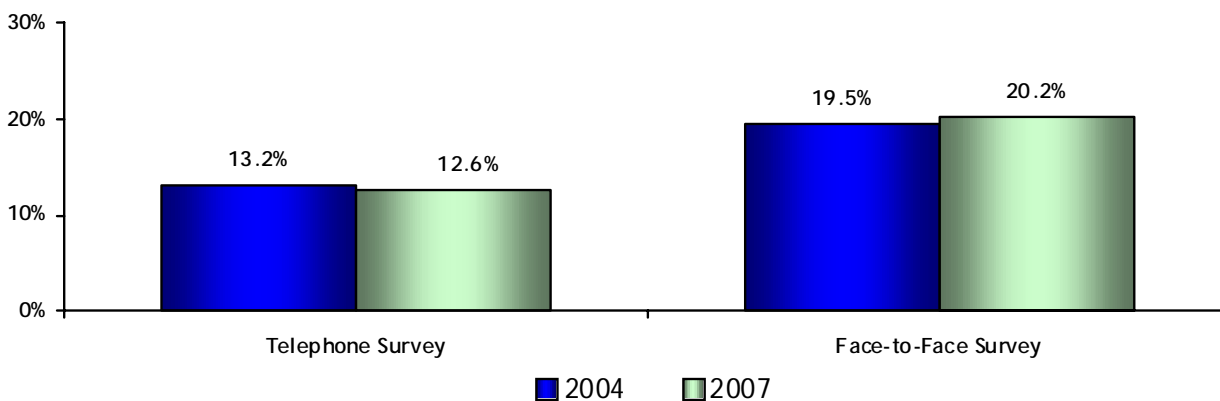
San Joaquin County 2005 N: 447,000.

California 2005 N: 26,388,000.

Note: Binge drinking is defined differently for males and females by the California Health Interview Survey. For males, binge drinkers are those that have had five or more drinks on at least one occasion in the past month. For females, binge drinkers are those that have had four or more drinks on at least one occasion in the past month.

Comparable data not available for prior years.

Figure 85: 📞 👥 Percent of Respondents Who Had More Than 5 drinks on One Occasion During the Past 30 Days?



Source: Healthier San Joaquin County Community Assessment, Telephone and Face-to-Face Survey, 2004 and 2007.

Telephone Survey 2004 N: 428; 2007 N: 428.

Face-to-Face Survey 2004 N: 1,824; 2007 N: 1,627.

Note: The survey questions was: "Considering all types of alcoholic beverages, during the past 30 days about how many times did you have more than 5 drinks on one occasion?"

Alcohol Consumption (cont.)

What The Data Tell Us

According to CHIS, from 2001 to 2005 approximately 56% of San Joaquin County adults and between 57% and 60% of California adults drank alcohol in the last month. In 2005, 17% of San Joaquin adults engaged in binge drinking compared to 18% of California adults. These percentages were higher than the 2010 Healthy People goal of 6%.

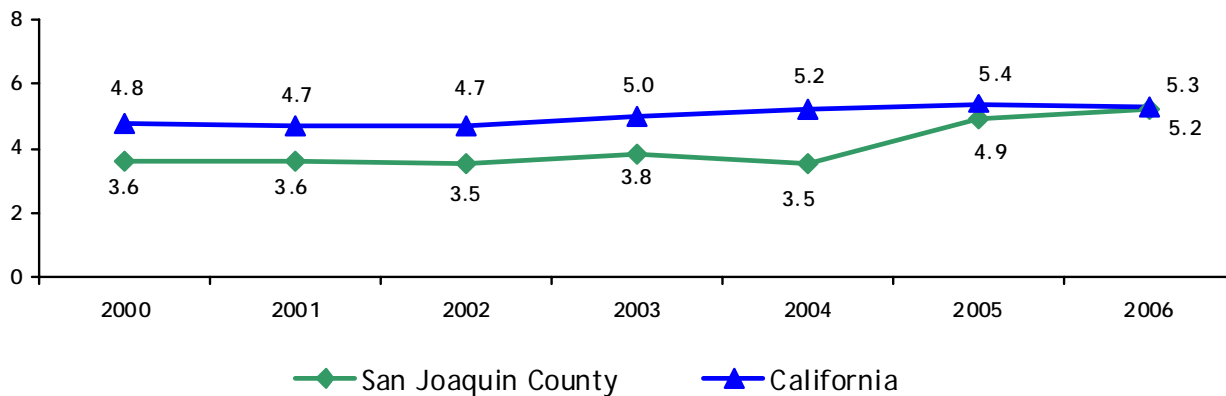
In both 2004 and 2007, 13% of Healthier San Joaquin County telephone survey respondents reported engaging in binge drinking compared to 20% of face-to-face respondents. The percentage of telephone respondents binge drinking was double the Healthy People 2010 Objective of 6% while the percentage of face-to-face respondents reporting binge drinking in the past month was over three times the 2010 Objective.

Adult Drug and Alcohol Related Arrests

Why It Is Important

The drug and alcohol arrest rate is an indicator of alcohol and drug abuse and related illegal activities. Adults engaging in drinking and driving and illicit drug use put themselves and others at great risk. Illicit drug and alcohol use and abuse is associated with violence, motor vehicle accidents, increasing health care costs and lower worker productivity.³²

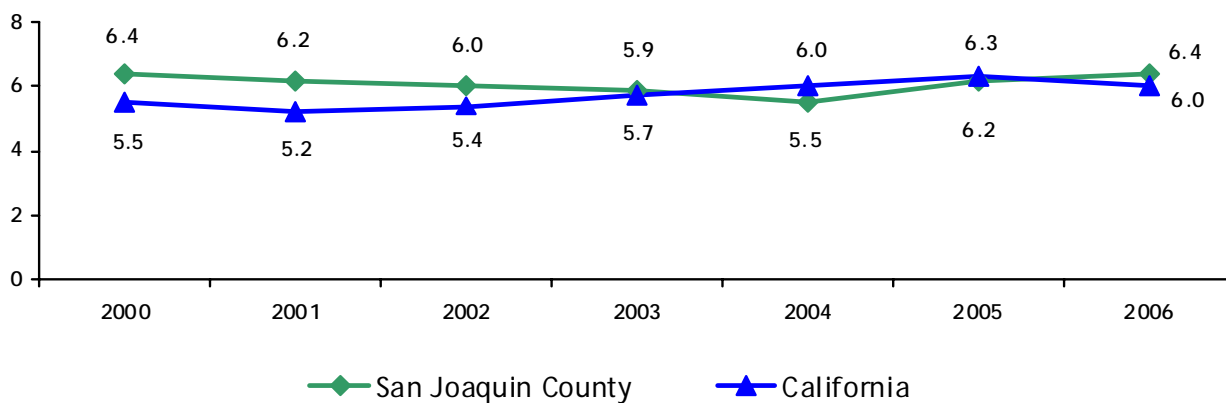
Figure 86: Adult Misdemeanor Drug Arrest Rate per 1,000 Adults, Ages 18-69



Source: State of California, Department of Justice, *California Criminal Justice Profile*, 2007.

Note: Misdemeanor drug arrests include misdemeanor-level arrests for marijuana and other drugs.

Figure 87: Adult Felony Drug Arrest Rate per 1,000 Adults, Ages 18-69



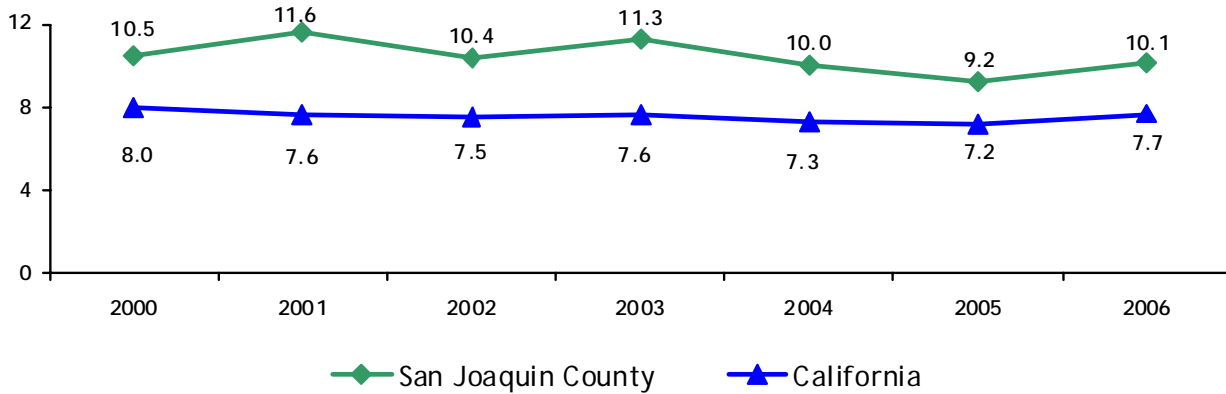
Source: State of California, Department of Justice, *California Criminal Justice Profile*, 2007.

Note: Felony drug arrests include felony-level arrests for narcotics, marijuana, dangerous drugs and other drug-related arrests.

³² Great Valley Center, *The State of the Great Central Valley of California: Supporting Economic, Social, and Environmental Well-being in California's Great Central Valley*, 2003.

Adult Drug and Alcohol Related Arrests (cont.)

Figure 88: Adult Misdemeanor Driving Under the Influence Arrest Rate per 1,000 Adults, Ages 18-69



Source: State of California, Department of Justice, *California Criminal Justice Profile*, 2007.

What The Data Tell Us

From 2000 to 2006 in San Joaquin County and California, adult drug-related felony arrest rates were higher than misdemeanor drug arrest rates. Additionally, the felony drug arrest rate in San Joaquin County was generally higher than that of the state throughout this period while the misdemeanor drug arrest rate was consistently lower than California's rate. However, in 2006 both the County's misdemeanor and felony drug arrest rates were very similar to state rates.

The rate of San Joaquin County adults arrested on misdemeanor charges for driving under the influence (DUI) was higher than that of the state from 2000 to 2006. In 2006, San Joaquin County's DUI rate was 10.1 arrests per 1,000 adults and the state rate was 7.7 arrests per 1,000 adults.

How We're Making a Difference

Black Infant Health (BIH)

For 15 years, the Black Infant Health Program (BIH) in San Joaquin County has been providing prenatal outreach and care coordination, social support and empowerment through group sessions, and case management services to African American pregnant women. The goal of the program is to reduce infant mortality rates by reducing the number of SIDS deaths, reducing the number of infants born premature, and increasing early entry and access to prenatal care among African American women.

Leslie, a 43-year-old mother of two and former BIH client states that, “the BIH program really helped me in my recovery.” Leslie has a history of drug and alcohol abuse that lasted 10 years. During that time her first baby died of SIDS.



After receiving a flyer for the BIH program during her second pregnancy, Leslie enrolled in the program and began attending the social support group sessions everyday for 8 weeks. Leslie says the group sessions provided additional tools she needed to help her stay clean and sober. The group sessions allowed her an opportunity to talk with other pregnant women about the stresses and struggles they faced everyday. The sessions also increased her self-esteem which she states was very low when

she started the sessions, and allowed her a network of new friends to communicate with while staying away from old friends who continued to use and abuse drugs.

Currently Leslie is 15 years clean and sober. She says things are not always easy but she will never go back to her former way of life. She finds comfort and support from her immediate family, and attends church regularly which has helped her tremendously.

Leslie appreciates all of the help she received from the BIH program and would recommend the program to any African American pregnant women who needs some extra support and assistance during their pregnancy.