

Long-Term Effects of smoking marijuana:

- Increased heart rate
- Respiratory problems
- Increased risk for mental health problems
- Increased risk of problems for an unborn baby

According to the National Survey on Drug Use and Health (NSDUH), **14.5 million** American adults (aged 12 and older) battled a substance use disorder in 2019.

Health effects of drug abuse include:

- Nausea
- Muscle cramping
- Involuntary teeth clenching
- Blurred vision
- Chills
- Sweating
- Irritability
- Impulsiveness and aggression
- Depression
- Sleep problems
- Anxiety
- Memory and attention problems
- Decreased appetite
- Decreased interest in sex

Domestic and sexual abuse are linked to substance abuse.

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Drug and Alcohol Awareness



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Alcohol and your health

Alcohol is a depressant.

This means that it slows down activity in the brain.

Many people drink at harmful levels.



More than **1 million** drivers were arrested for driving under the influence of alcohol or narcotics in 2016. That's **1%** of the **111 million**

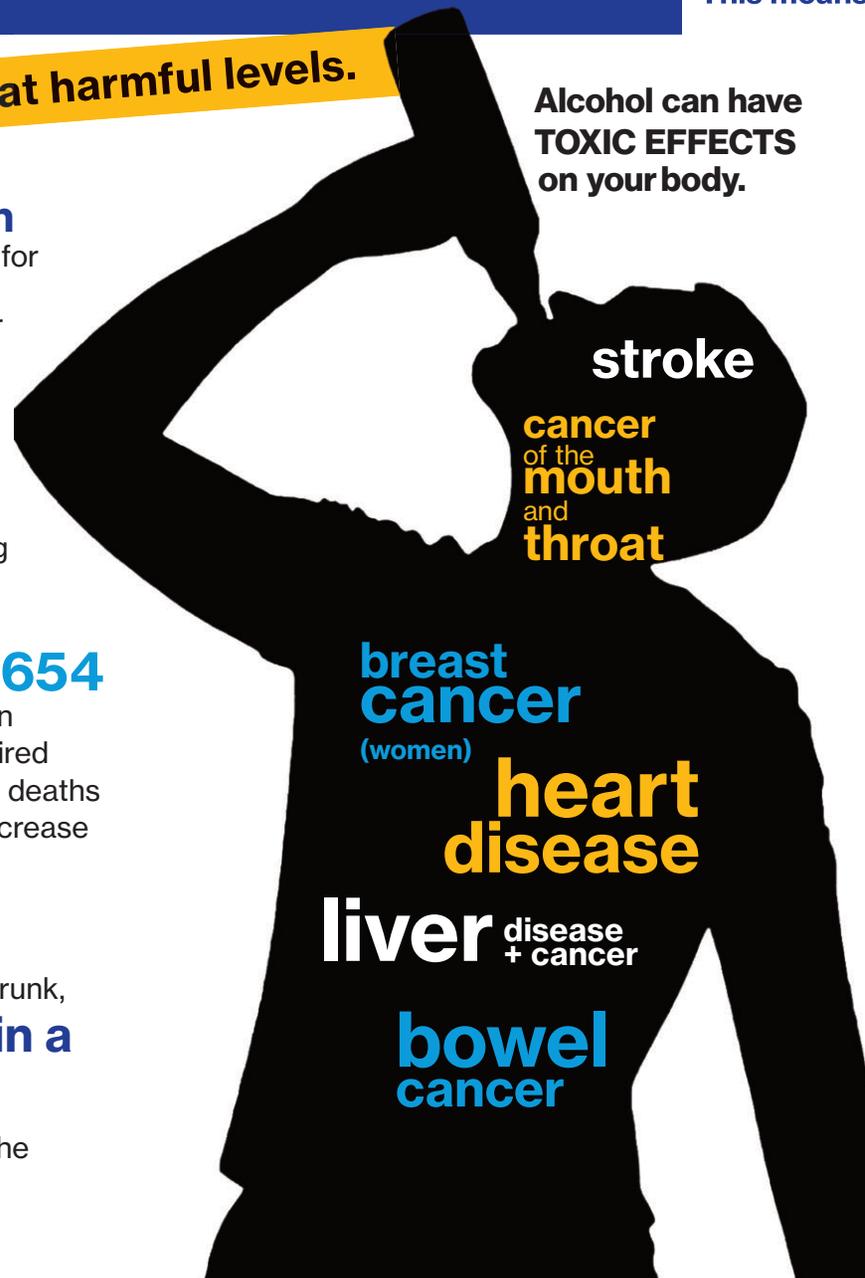
self-reported episodes of alcohol-impaired driving among U.S. adults each year.



In 2020, **11,654** people died in alcohol-impaired driving traffic deaths – a **14%** increase from 2019.

In every state, it's illegal to drive drunk, yet **one** person was **killed in a drunk-driving crash every 45 minutes** in the United States in 2020.

Alcohol can have **TOXIC EFFECTS** on your body.



Teens who **start drinking before the age of 15** are more likely to develop alcohol dependence later on in life.

DID YOU KNOW?

According to the 2019 National Survey on Drug Use and Health (NSDUH), **85.6%** of people ages **18** or older reported that they drank alcohol at some point in their lifetime; **69.5%** reported that they drank in the past year; **54.9%** reported that they drank in the past month.

An estimated 95,000 people (approximately **68,000** men and **27,000** women) die from alcohol-related causes annually, making alcohol the third leading preventable cause of death in the United States.

Alcohol use is a significant risk factor for dementia.