

Other Drugs

Substances like marijuana, stimulants, and opioids can hurt your body and cause serious short and long term consequences.

By avoiding substance use you will be more responsive and able to adapt to your child's needs. It is safer and easier for you to work, be responsible at home, and drive. You may also be able to live a healthier life.

Take care of your body and live your best life for you and the people you care for.

It is never too late. Ask for help.

If you, or someone you know, need help to stop using substances – whether the problem is methamphetamine, alcohol or another drug:

- call SAMHSA's National Helpline at 1-800-662-HELP (4357) or TTY: 1-800-487-4889 or text your zip code to 435748 (HELP4U) or scan the QR Code to visit <https://findtreatment.gov>
- call 1-800-NCA-CALL (1-800-622-2255).



If you, or someone you know, need help to quit smoking:



- call 1-800-QUIT NOW (1-800-784-8669) or scan the QR Code to visit <https://ne.quitlogix.org/en-us/>



Keep Yourself and Your Family Safe From Alcohol, Tobacco, & Other Drugs

WIC promotes a healthy lifestyle for parents, caregivers, and their families. Alcohol and substance use can damage the physical, mental, and social well-being of everyone in your family. This is especially important for people who are pregnant or planning to become pregnant or are a parent or caregiver.

Substance use disorder is the strong urge to keep taking a substance (like tobacco, alcohol, or other drugs) even if it is causing harm.

Preventing substance use is a vital part of promoting a healthy lifestyle. If you smoke, drink alcohol, or use drugs, it is important to seek support.



Alcohol

Excessive alcohol use can have immediate and long-term effects.

Excessive drinking includes:

Binge drinking		Heavy drinking	
Women	Men	Women	Men
4	5	8	15
or more drinks On one occasion		or more drinks In a week	

Any drinking during pregnancy

Any drinking by people younger than 21

cdc.gov/alcohol

US Standard Drink Sizes

12 ounces beer 5% ABV	8 ounces malt liquor 7% ABV
5 ounces wine 12% ABV	1.5 ounces distilled spirits (gin, rum, vodka, or whiskey) 40% (80 proof) ABV

Alcohol by volume (ABV) refers to the strength of the alcoholic beverage.

www.cdc.gov/alcohol

Possible immediate effects include:

- Injuries—car crashes, falls, drownings
- Violence—homicide, sexual violence
- Alcohol poisoning
- Sexually transmitted infections or unplanned pregnancy
- Miscarriage, stillbirth, or fetal alcohol spectrum disorder (FASD)—from alcohol use during pregnancy.

What is alcohol use disorder (AUD)?

AUD is characterized by an impaired ability to stop or control alcohol use despite adverse social, occupational, or health consequences.

You can lower your health risks by drinking less or choosing not to drink.

Possible long-term effects include:

- Cancer
- Chronic diseases like High blood pressure, Heart disease, Stroke, and Liver disease
- Digestive problems
- Relationship problems with family and friends
- Alcohol use disorder—this affects both physical and mental health.

Tobacco

There is no safe level of exposure to secondhand smoke. Even brief exposure can cause serious health problems.

ADULT	CHILDREN
Stroke	Sudden Infant Death Syndrome
Nasal Irritation	Middle Ear Disease
Lung Cancer	Respiratory Symptoms, Impaired Lung Function
Coronary Heart Disease	Lower Respiratory Illness
Reproductive Effects in Women: Low Birth Weight	

Health effects of secondhand smoke on adults and children.

Secondhand smoke can cause coronary heart disease, stroke, and lung cancer in adults who do not smoke.

Infants and young children are especially impacted by health problems caused by secondhand smoke because their bodies are still growing.

Preventing your child's exposure to secondhand smoke could reduce their risk of:

- Sudden infant death syndrome (SIDS)
- Acute respiratory infections, such as pneumonia and bronchitis
- Middle ear disease
- More frequent and severe asthma
- Respiratory symptoms
- Slowed lung growth.

If you do not use tobacco, great! You have reduced your and your family's risk of cancer and other health complications.

If you currently use tobacco, it's never too late to quit.

Over time, people who quit smoking see many benefits to their health. After you smoke your last cigarette, your body begins a series of positive changes that continue for years.

HEALTH BENEFITS OF QUITTING SMOKING

- IMPROVES health and INCREASES life expectancy
- LOWERS risk of some poor reproductive health outcomes
- LOWERS risk of 12 types of cancer
- BENEFITS people who have already been diagnosed with coronary heart disease or COPD
- LOWERS risk of cardiovascular disease
- BENEFITS people at any age - even people who have smoked for years or have smoked heavily will benefit from quitting
- LOWERS risk of chronic obstructive pulmonary disease (COPD)

2020—Smoking Cessation: A Report of the Surgeon General