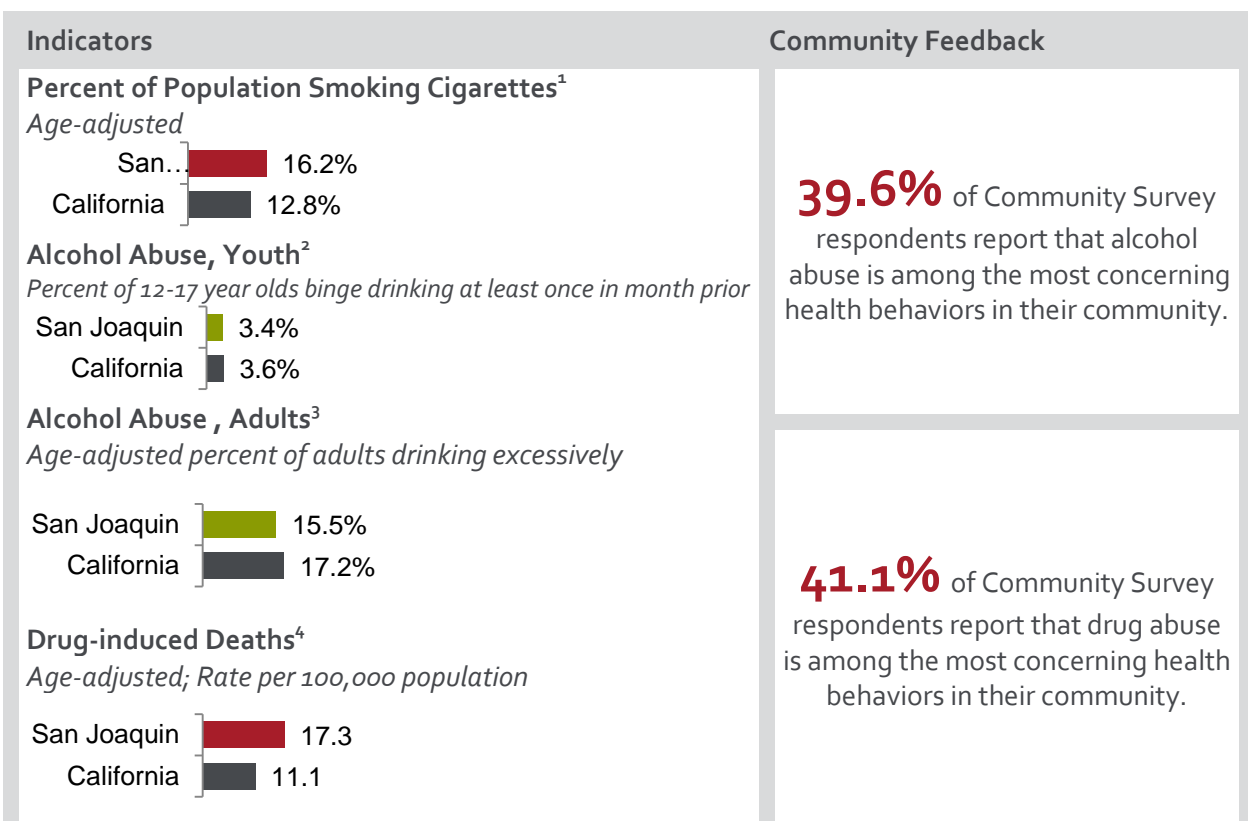


# Substance Abuse



Substance abuse, including abuse of tobacco, alcohol, prescription drugs, and illegal drugs, can have profound health consequences, including increased risk of liver disease, cancer, and death from overdose. San Joaquin County’s rate of drug-induced deaths is 56% higher than average rate across California (17.3 per 100,000 compared to 11.1 per 100,000). Primary data collection from surveys, focus group discussions and interviews highlighted the importance of this issue for the county; 41.1% of community survey respondents report that drug abuse is among the most concerning health behaviors in their community.

## Key Data



### Key Themes Expressed by Residents and Stakeholders

#### Physical environment

- Excessive liquor stores in community
- Need for culturally competent care
- Pain medications are prescribed too often
- Drugs are readily available on school campuses



#### Access to clinical care

- Limited resources

#### Health outcomes and behaviors

- Means to cope with stress
- Among youth, risk-taking provides adrenaline substitute for pleasure
- Co-morbidity: mental health and substance abuse

# Substance Abuse (continued)

## Additional Data

### Tobacco Use

#### Attempt to Quit

*% of adult smokers who attempted to quit for at least one day in the past year<sup>5</sup>*

**55.4** | **57.7**  
San Joaquin | California

**24.6%** of Community Survey respondents report that smoking/tobacco use is a significant health concern in their community.

**42.5%** of Community Survey respondents report that store window advertising of tobacco and alcohol products is a big problem in their community.

### Alcohol Use

#### Use Among Youth

*% of 12-17 year olds binge drinking at least once in month prior<sup>6</sup>*

**3.4** | **3.6**  
San Joaquin | California

#### Arrests

*Rate of arrests for alcohol related offenses per 100,000 population; ages 10-69<sup>7</sup>*

**1,569** | **1,203**  
San Joaquin | California

#### Health Outcomes

*Chronic liver disease and cirrhosis mortality rate (Per 100,000 population)<sup>8</sup>*

**17.1** | **11.7**  
San Joaquin | California

**21.3%** of Community Survey respondents report that drunk driving is a significant health concern in their community.

### Drug Use

#### Use Among Youth

*% of 11th grade students who report they've been "high" from using drugs<sup>9</sup>*

**49.0** | **36.0**  
San Joaquin | California

#### Health Outcomes

*Drug induced deaths (age-adjusted rate; per 100,000 population)<sup>10</sup>*

**17.3** | **11.1**  
San Joaquin | California

### Behavioral Health

#### Adults Needing Mental Health or Substance Abuse Treatment

*% of adults reporting need for treatment for mental health, or use of alcohol /drug<sup>11</sup>*

**14.0** | **14.3**  
San Joaquin | California

### Injury

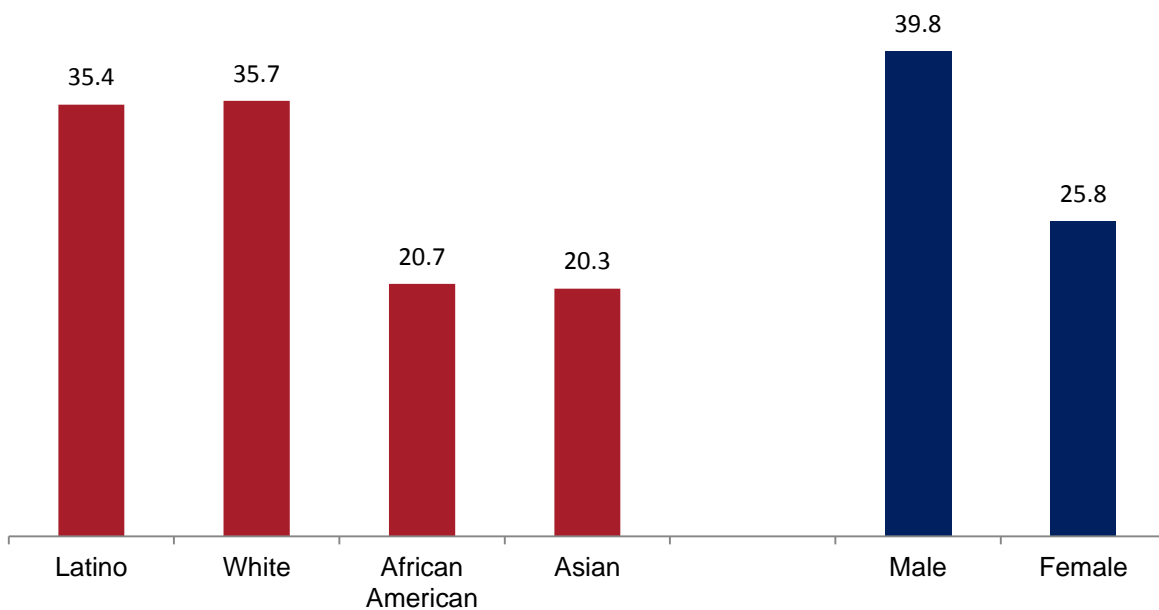
**1 in 4** 11<sup>th</sup> grade students in San Joaquin County report driving after drinking (respondent or friend).<sup>12</sup>

# Substance Abuse (continued)

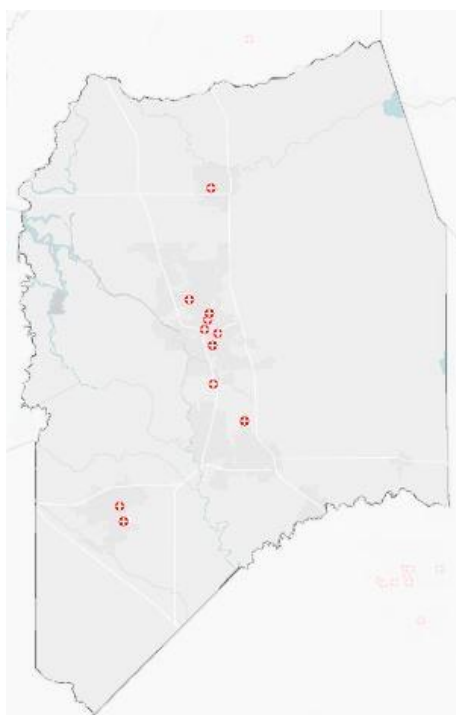


## Salient Disparities


Percent of Adults Drinking Excessively in San Joaquin County, by Race/Ethnicity and Gender<sup>23</sup>



Substance Abuse Treatment Facilities in San Joaquin County<sup>14</sup>



### Key

 Substance Abuse Treatment Facility, including outpatient, residential, hospital inpatient, and partial hospitalization/day treatment facilities and programs, as well as halfway houses. It includes facilities that provide detoxification, treatment, and treatment with methadone or buprenorphine.

The map (pictured left) corroborates primary data themes related to substance abuse treatment options, including that resources are limited and more options are needed **outside of Stockton**.

# Substance Abuse (continued)

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## Salient Disparities

### Community Respondents' View of Disparities

#### *Gender disparities*

Among Community Survey respondents, **men were more likely to report alcohol abuse** (45.9% compared to 39.5% of all respondents) and **smoking** (29.3% compared to 24.7% of all respondents) as health concerns.

#### *Age disparities*

Among Community Survey respondents, **youth were much more likely to report drunk driving** (32.3% compared to 21.3% of all respondents) and **alcohol abuse** (46.1% compared to 39.6% of all respondents) as significant health concerns, and slightly more likely to report **drug abuse** (46.3% compared to 41.4% of all respondents).

Among Community Survey respondents, **older adults** were much more likely to indicate that **smoking** was a behavior that most affects health in their community (34.8% compared to 24.7% of all respondents).

#### *Other disparities*

Interviewees noted other populations with a high risk of substance abuse. Among others, **foster youth** and **LGBTQ youth** were named as populations of high concern. Community members **experiencing domestic violence** were also noted as a population with high risk. One interviewee elaborated, "90% of our clients [people experiencing domestic violence] have substance abuse as a concern. It is a way to numb what is happening."

# Substance Abuse (continued)

## Assets and Suggestions for Change

### Examples of Existing Community Assets<sup>1</sup>

Behavioral Health Services



Support Groups



Treatment Facilities/Programs



### Ideas from Focus Group and Interview Participants<sup>1</sup>

#### *Increase access to substance abuse treatment*

- Start support groups at schools for those influenced by drug/alcohol abuse
- Utilize mandated DUI classes to enroll alcohol abusers in appropriate services
- Increase in-patient drug rehabilitation facilities
- Create quality rehab programs to address adolescent prescription drug use
- Organize resources to improve awareness of options and access

<sup>†</sup> Assets and recommendations excerpted from qualitative data and San Joaquin CHNA Core Planning Group. For a comprehensive list of county assets and resources, reference <http://www.211sj.org/>.

<sup>1</sup> Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System. Accessed via the Health Indicators Warehouse, 2006-12.

<sup>2</sup> California Health Interview Survey, 2011-12.

<sup>3</sup> Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System. Accessed via the Health Indicators Warehouse. US Department of Health & Human Services, Health Indicators Warehouse, 2006-12.

<sup>4</sup> California Public Health Department, 2011-13.

<sup>5</sup> Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System, 2011-12.

<sup>6</sup> California Health Interview Survey, 2011-12.

<sup>7</sup> CA-Community Prevention Initiative (CPI), 2009.

<sup>8</sup> California Department of Public Health, 2011-13.

<sup>9</sup> California Healthy Kids Survey, 2009-11.

<sup>10</sup> California Department of Public Health, 2011-13.

<sup>11</sup> California Health Interview Survey, 2013-14.

<sup>12</sup> California Healthy Kids Survey, 2013-14.

<sup>13</sup> Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System. Accessed via the Health Indicators Warehouse. US Department of Health & Human Services, Health Indicators Warehouse, 2006-12.

<sup>14</sup> Substance Abuse and Mental Health Services Administration, 2014.