



Resources for Substance Misuse Trends and Prevention Strategies for Girls and Women

The resources included within this document provide information for practitioners in substance misuse prevention and related fields, families, and caregivers to assist them in providing effective substance misuse prevention services and support specific to girls and women.

Unique Risks Resources

[The Formative Years: Pathways to Substance Abuse Among Girls and Young Women Ages 8-22](#). National Center on Addiction and Substance Abuse, 2003.

This document describes a three-year study of girls and young women who abuse substances and what places them at risk for doing so.

[Warning Signs and Risk Factors for Emotional Distress](#). Substance Abuse and Mental Health Services Administration, 2022.

This website explains common warning signs and risk factors for emotional distress that children, adults, and first responders often experience with specific information about how women and girls can be at particular risk.

Strategies Resources

[Guide to Online Registries for Substance Misuse Prevention Evidence-based Programs and Practices](#). Pacific Southwest Prevention Technology Transfer Center, 2021.

This guide provides a summary of available federal registries and online databases of evidence-based prevention programs, policies, and practices and may be helpful when adapting programs and strategies to gender-specific populations.

[Preventing the Use of Marijuana: Focus on Women and Pregnancy](#). Substance Abuse and Mental Health Services Administration, 2019.

This guide supports health care providers, systems, and communities seeking to prevent marijuana use by pregnant women. It describes relevant research findings, examines emerging and best practices, identifies knowledge gaps and implementation challenges, and offers useful resources.

[Selecting Best-fit Programs and Practices: Guidance for Substance Misuse Prevention Practitioners](#). Substance Abuse and Mental Health Services Administration, 2018.

This resource provides guidance for choosing programs that can be adapted and embedded during the strategic planning process and may be helpful when adapting programs and strategies to gender-specific populations.



Competencies

[Addressing the Needs of Women and Girls: Developing Core Competencies for Mental Health and Substance Abuse Service Professionals](#). Substance Abuse and Mental Health Services Administration, 2011.

This report serves as a companion and complement to the core competencies that already exist for professionals in substance misuse prevention, treatment, and mental health.

[Prevention Core Competencies](#). Substance Abuse and Mental Health Services Administration, 2021.

These core competencies serve as direction to the training, career development, knowledge, skills, and abilities needed by professionals in the substance misuse prevention field.

Other Resources

[Alcohol Use Among Girls and Young Women: A Worrying Trend](#). Substance Abuse and Mental Health Services Administration, 2022.

This fact sheet provides data about trending alcohol use among girls and young women.

[Helping Girls and Young Women Stay Healthy by Avoiding Alcohol](#). Substance Abuse and Mental Health Services Administration, 2022.

This data visualization illustrates alcohol use among girls and young women, versus use among boys and young men. It also shares ways for parents, caregivers, or community members to respond and help girls and young women avoid alcohol use.

[Substance Use in Women DrugFacts](#). National Institute on Drug Abuse, 2020.

This page describes the unique issues faced by women regarding substance use.

[Substance Use in Women Research Report Summary](#). National Institute on Drug Abuse, 2021.

This research report describes the difference between sex and gender.

[Women and Alcohol](#) (Spanish version, [Las mujeres y el alcohol](#)). National Institute on Alcohol Abuse and Alcoholism, 2021.

This website describes research about alcohol use and misuse among women.

Data Resources

[2019 National Survey of Drug Use and Health \(NSDUH\) Releases: 2019](#). National Survey on Drug Use and Health: Women ([PDF](#) | [PPT](#))

The report and detailed tables present estimates from the 2019 National Survey on Drug Use and Health.

[2018 National Survey of Drug Use and Health \(NSDUH\) Releases: 2018](#). National Survey on Drug Use and Health: Women ([PPT](#) | [PDF](#))

The report and detailed tables present estimates from the 2018 National Survey on Drug Use and Health.



White AM. (2020). [Gender differences in the epidemiology of alcohol use and related harms in the United States](#). *Alcohol Res.*, 40(2), 1. doi: 10.35946/arcr.v40.2.01. PMID: 33133878; PMCID: PMC7590834

This paper outlines the data showing that the gap between male and female alcohol consumption is narrowing (particularly in adolescents and emerging adults), the increase in harmful outcomes to women, and prevention strategies needed to address them.

Peer-reviewed Journal Articles

Bauer, G. R. (2014). [Incorporating intersectionality theory into population health research methodology: challenges and the potential to advance health equity](#). *Social Science & Medicine*, 110, 10-17. doi: 10.1016/j.socscimed.2014.03.022.

This article examines the challenges of integrating intersectionality into health research and discusses ways of addressing the challenge of providing evidence useful to population-level interventions.

Bowleg, L. (2012). [The problem with the phrase women and minorities: intersectionality—an important theoretical framework for public health](#). *American Journal of Public Health*, 102(7), 1267-1273. doi: 10.2105/AJPH.2012.300750

This article fully discusses the history and tenets of intersectionality, theoretical challenges, and the benefits of the concept in public health.

Corsi DJ, Murphy MSQ, Cook J. (2021). [The effects of cannabis on female reproductive health across the life course](#). *Cannabis Cannabinoid Research*, 6(4), 275-287. doi: 10.1089/can.2020.0065.

This article provides a comprehensive review of trends in cannabis use among women.

Fattore L, Fratta W. (2010). [How important are sex differences in cannabinoid action?](#) *British Journal of Pharmacology*, 160(3), 544-548. doi: 10.1111/j.1476-5381.2010.00776.x.

This article describes the genetic and hormonal differences between males and females and the use of cannabis.

Guinle MIB, Sinha R. (2020). [The role of stress, trauma, and negative affect in alcohol misuse and alcohol use disorder in women](#). *Alcohol Research: Current Reviews*, 40(2), 5. doi: 10.35946/arcr.v40.2.05.

This article addresses the key roles of mechanisms such as stress, trauma, and childhood maltreatment on alcohol use disorder (AUD), their influence on the different pathways to AUD exhibited by men and women, and gaps in the research on sex differences in the development of AUD.

Hammock K, Velasquez MM, Alwan H, von Sternberg K. (2020). [Alcohol Screening, Brief Intervention, and Referral to Treatment \(SBIRT\) for girls and women](#). *Alcohol Research: Current Reviews*, 40(2), 7. doi: 10.35946/arcr.v40.2.07.

This article shows the current use of Screening, Brief Intervention, and Referral to Treatment (SBIRT), screening tools, interventions, and issues in implementation for women of all ages.

Inkelis SM, Hasler BP, Baker FC. (2020). [Sleep and alcohol use in women](#). *Alcohol Research: Current Reviews*, 40(2), 13. doi: 10.35946/arcr.v40.2.13.

This article reviews findings from studies that report the influences of chronic alcohol use on sleep among women.



Mulia, N., & Bensley, K. M. (2020). [Alcohol-related disparities among women: Evidence and potential explanations](#). *Alcohol Research: Current Reviews*, 40(2), 9.

doi: 10.35946/arcr.v40.2.09

This article illuminates the evidence that, although sparse, supports that racial/ethnic minority women, sexual minority women, and women of low socioeconomic status have a higher likelihood of developing alcohol-related problems.

Schinke SP, Fang L, Cole KC. (2008). [Substance use among early adolescent girls: risk and protective factors](#). *Journal of Adolescent Health*, 43(2), 191-4. doi:

10.1016/j.jadohealth.2007.12.014.

This article cites data that shows the rates of alcohol and drug use among adolescent girls is approaching rates for adolescent boys and how gender-specific influences on those rates such as body image, depression, and family norms may have implications for designing gender-specific prevention programs.

Vu, M., Li, J., Haardörfer, R., Windle, M., & Berg, C. J. (2019). [Mental health and substance use among women and men at the intersections of identities and experiences of discrimination: Insights from the intersectionality framework](#). *BMC public health*, 19(1), 1-13. doi:

10.1186/s12889-019-6430-0

This article reports the results of a study to identify associations between intersecting identities and the dynamic between self-reported discrimination and its impact on mental health and substance use outcomes.

Wilsnack, R. W., Wilsnack, S. C., Gmel, G., & Kantor, L. W. (2018). [Gender differences in binge drinking: Prevalence, predictors, and consequences](#). *Alcohol Research: Current Reviews*, 39(1), 57-76.

This article looks at the gender differences in binge drinking definitions, research samples, and methods, and how they influence findings.