



Girls and Women: Substance Misuse Trends and Prevention Strategies

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Noon – 1:30 PM CT

Presenters

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Objectives

Participants in this webinar will be able to:

1. Identify **trends** in misuse among girls and women including related consequences
2. Describe **factors** that place older girls and women at risk
3. List prevention **strategies** shown to be effective with this population



Population Specific Prevention

- The risks of substance misuse or addiction and the processes for prevention, treatment and recovery differ by gender, race, ethnicity, sexual orientation, age, and other factors.
- Risks are best understood in the context in which the influences of gender, race and ethnicity, culture, education, economic status, age, geographic location, sexual orientation, and other factors converge.
- Understanding group differences across segments of the population is critical to designing and implementing culturally responsive effective and targeted prevention programming.

Poll: Prevention Focused on Women and Girls



How much knowledge and experience do you have with prevention focused on women and girls?

- A. A lot
- B. Some
- C. A little
- D. None

Prevalence and Trends



- Tobacco use
- Alcohol use
- Cannabis issues
- Illicit drug use
- Developing disorders

Sex and Gender Differences in Substance Use



Source: NIDA Substance Use in Women Research Report, Summary, Revised April 2020

- Men are more likely than women to use almost all types of illicit drugs
- Illicit drug use is more likely to result in emergency department visits or overdose deaths for men than for women.
- For most age groups, men have higher rates of use or dependence on illicit drugs and alcohol than do women.
- Women are closing the gap in the use of alcohol, tobacco and other drugs and sex and gender differences present significant challenges to prevention.

Sex and Gender: Smoking Cessation

Sex Differences

Sex differences result from biological factors, such as sex chromosomes and hormones.

Women metabolize nicotine, the active ingredient in tobacco, faster than men.

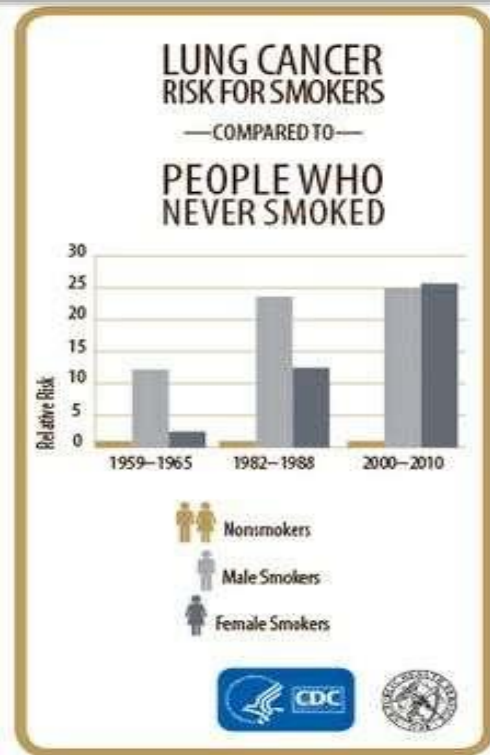


Gender Differences

Gender differences are based on culturally defined roles for men and women.

Women may be more susceptible than men to non-nicotine factors

Women Are Narrowing the Gap with Tobacco



Source: NIH, National Institute on Drug Abuse, Research Report, April 2020, Substance Use in Women Research Report

- The number of smokers in the United States declined in the 1970s and 1980s, remained relatively stable throughout the 1990s, and declined further through the early 2000s.
- This decline in smoking was greater among men than women, the prevalence of smoking is only slightly higher for men today than it is for women.
- Several factors appear to be contributing to this narrowing gender gap, including women being less likely than men to quit and more likely to relapse if they do quit.



In 2020, girls and young women aged 12-20 years old were more likely than boys and young men to say they used alcohol.

GIRLS AND YOUNG WOMEN REPORTED:

**HAVING USED ALCOHOL AT LEAST
ONCE IN THEIR LIVES**



VS. 32.7% OF BOYS AND YOUNG MEN



**HAVING USED ALCOHOL
IN THE PAST YEAR**

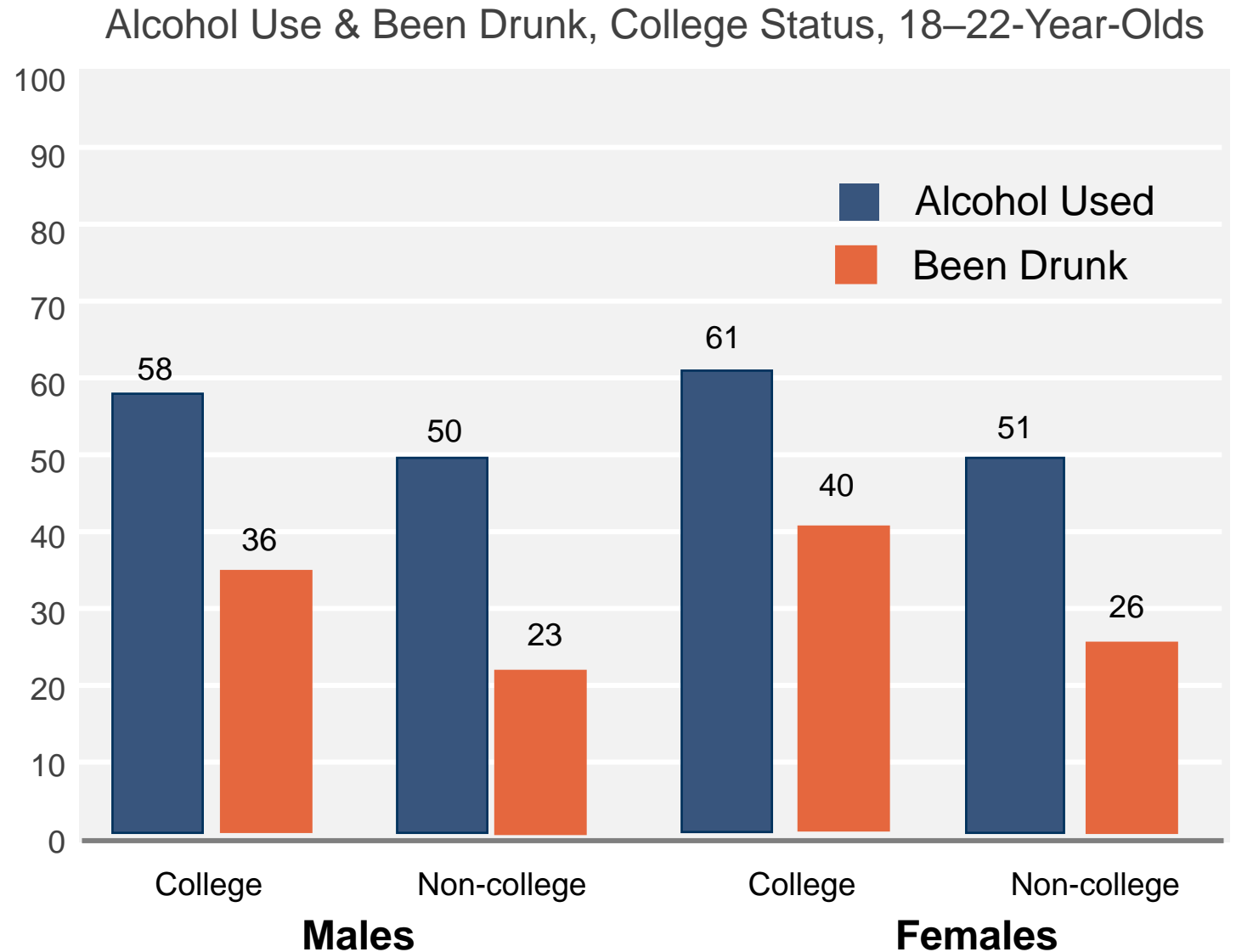


VS. 27.9% OF BOYS AND YOUNG MEN

Alcohol Use Among Emerging Adults: Males and Females



Source: Schulenberg, et. al. 2019



Binge Drinking Levels in the Past Year Among Women and Men Based on Sexual Identity

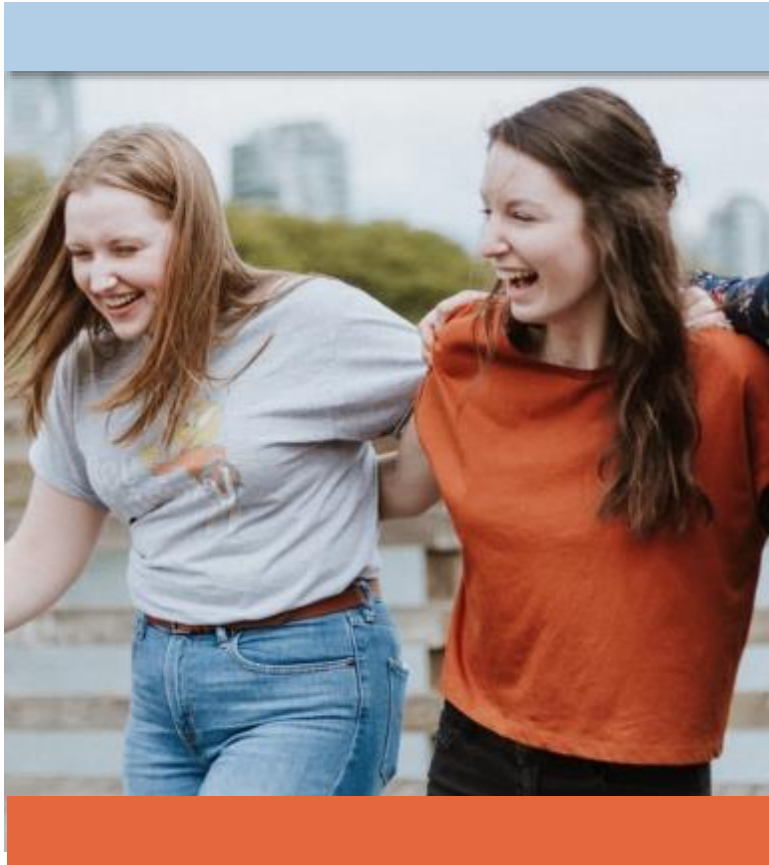


Binge Drinking Levels in the Past Year Among Women and Men Based on Sexual Identity

	Women			Men		
Binge Level	Hetero- sexual	Lesbian	Bisexual	Herero- sexual	Gay	Bisexual
4+/5+%	26.3%	48.6 %	58.5 %	39.3 %	46.5 %	47.0 %
8+/10+ %	7.2 %	20.7 %	21.1 %	18.4 %	17.8 %	26.4 %
12+/ 15+ %	2.9 %	8.2 %	7.8 %	7.1 %	8.2 %	11.0 %

Source: National Epidemiological Survey on Alcohol and Related Conditions III, 2012-2013, Adapted from Fish, 2019

Use of Cannabis



Source: NIH, National Institute on Drug Abuse, Research Report, April 2020, Substance Use in Women Research Report

- Fewer females than males use marijuana. The effects can be different than for male users.
- Research indicates that marijuana impairs spatial memory in women more than it does in men, while males show a greater marijuana-induced high.
- Lots of sex and gender differences

Sex and Gender: Marijuana Use Disorders

Men

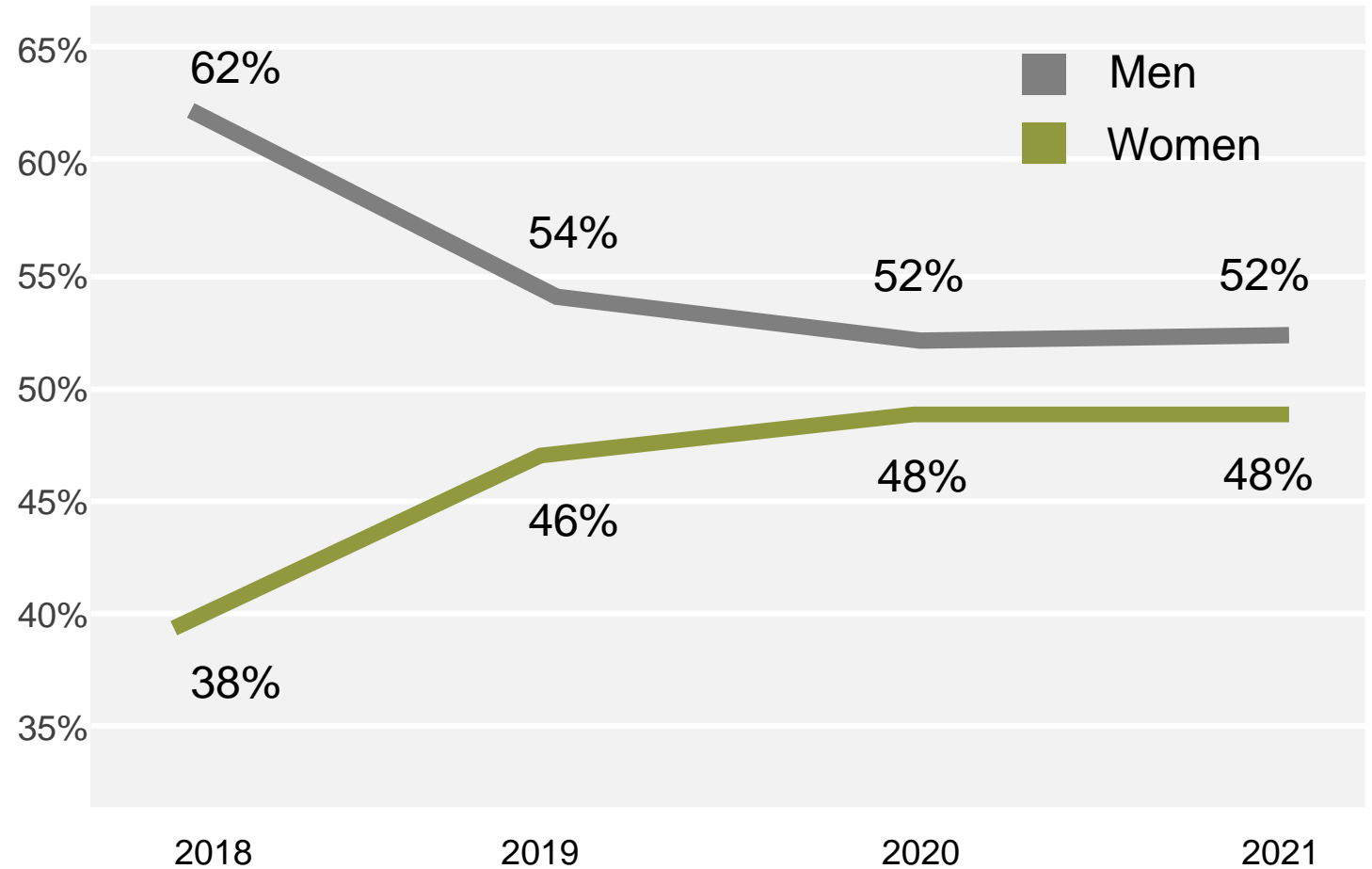
Other substance use disorders, antisocial personality disorder, severity of disorder



Women

Panic attacks, anxiety disorders, and disorder develops more quickly

Cannabis: New Customers by Gender



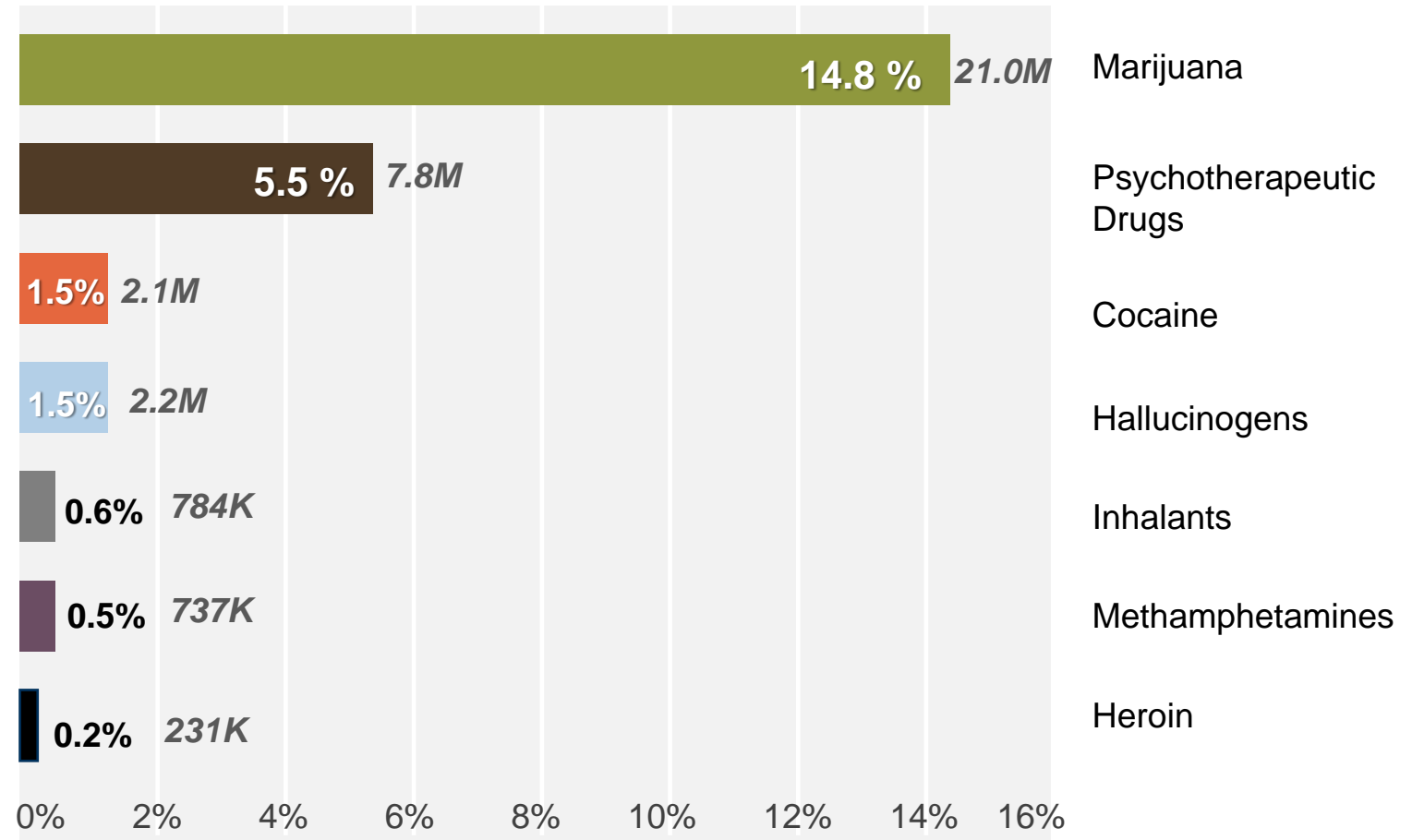
Source: Exploring cannabis consumer trends & demographics in 2021, Headset

Illicit Drug Use among Women: Major Concerns: Opioids, Marijuana, Marijuana, Methamphetamines

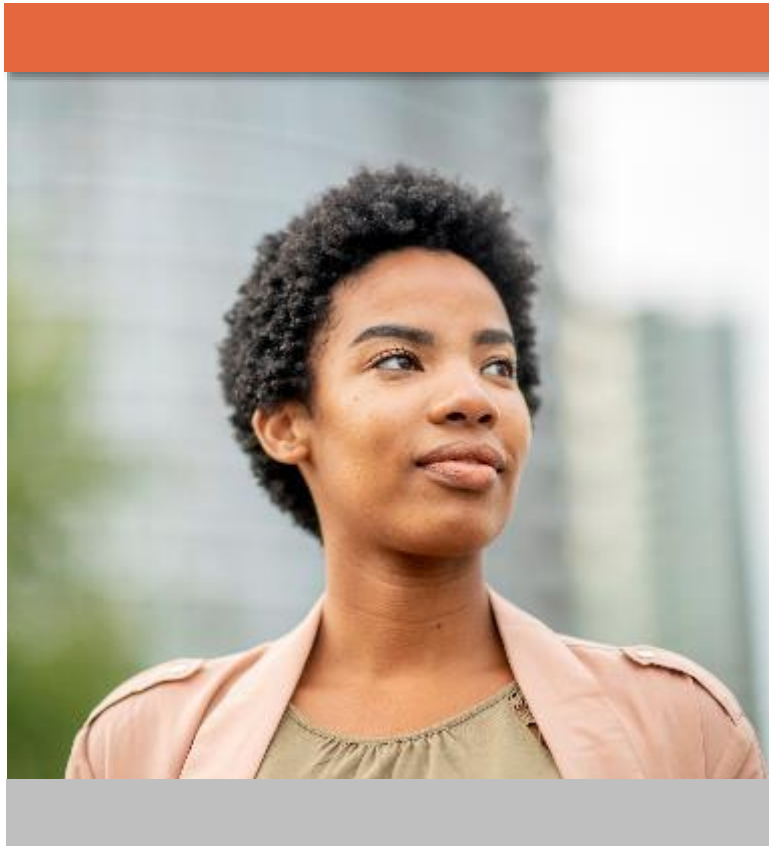


Source: NSDUH (2019)

Use in the Past Year, 2019 NSDUH, Women 12+

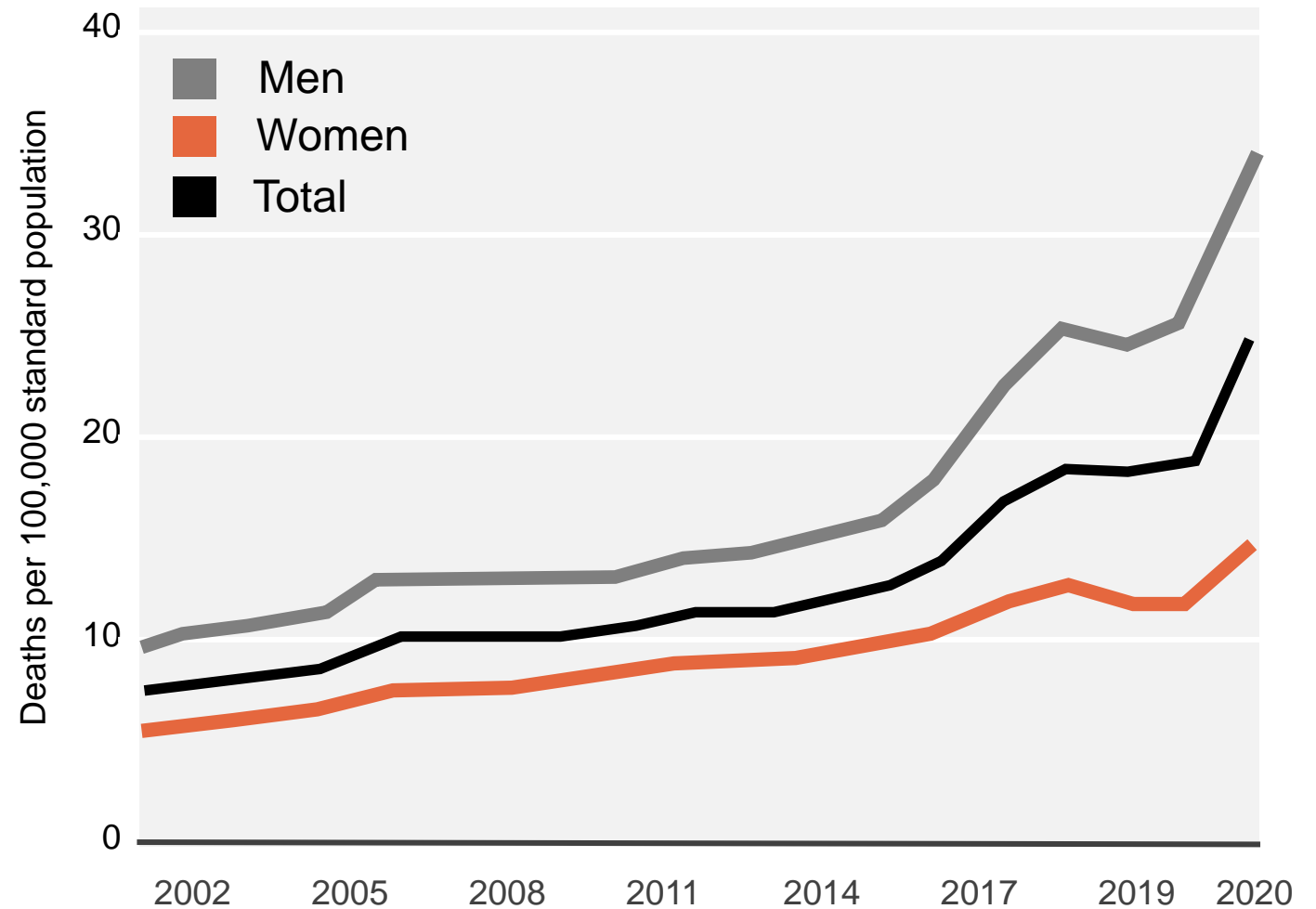


Trends in Overdose: Women

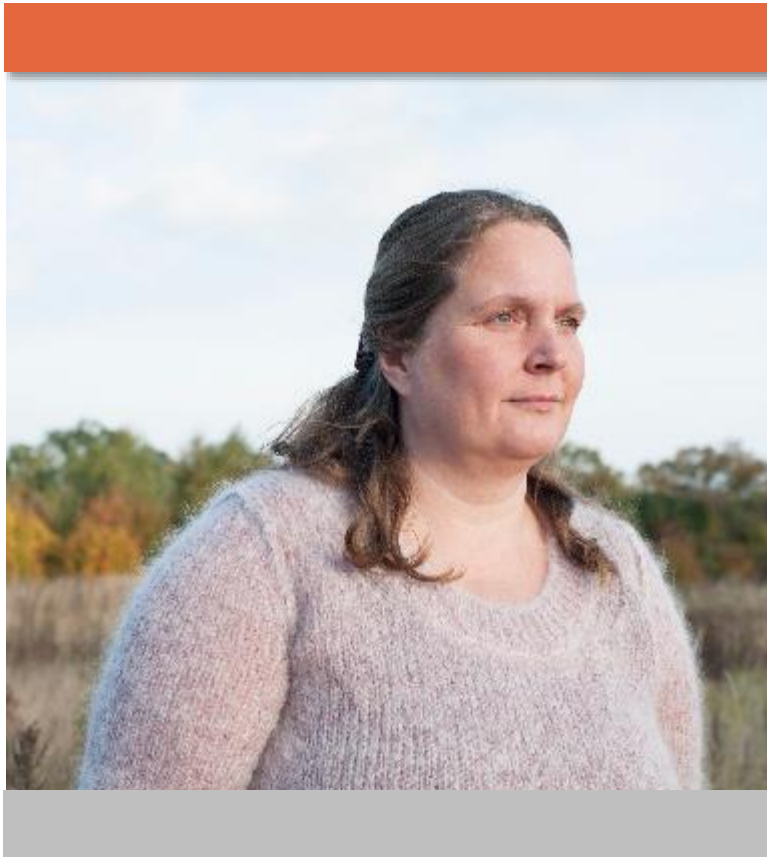


Source: Hedegaard, H., Miniño, A. M., Spencer, M. R., & Warner, M. (2022). Drug overdose deaths in the United States, 1999–2020. *NCHS data brief*, (428).

Age-adjusted drug overdose death rates, by sex: US, 2002-2020

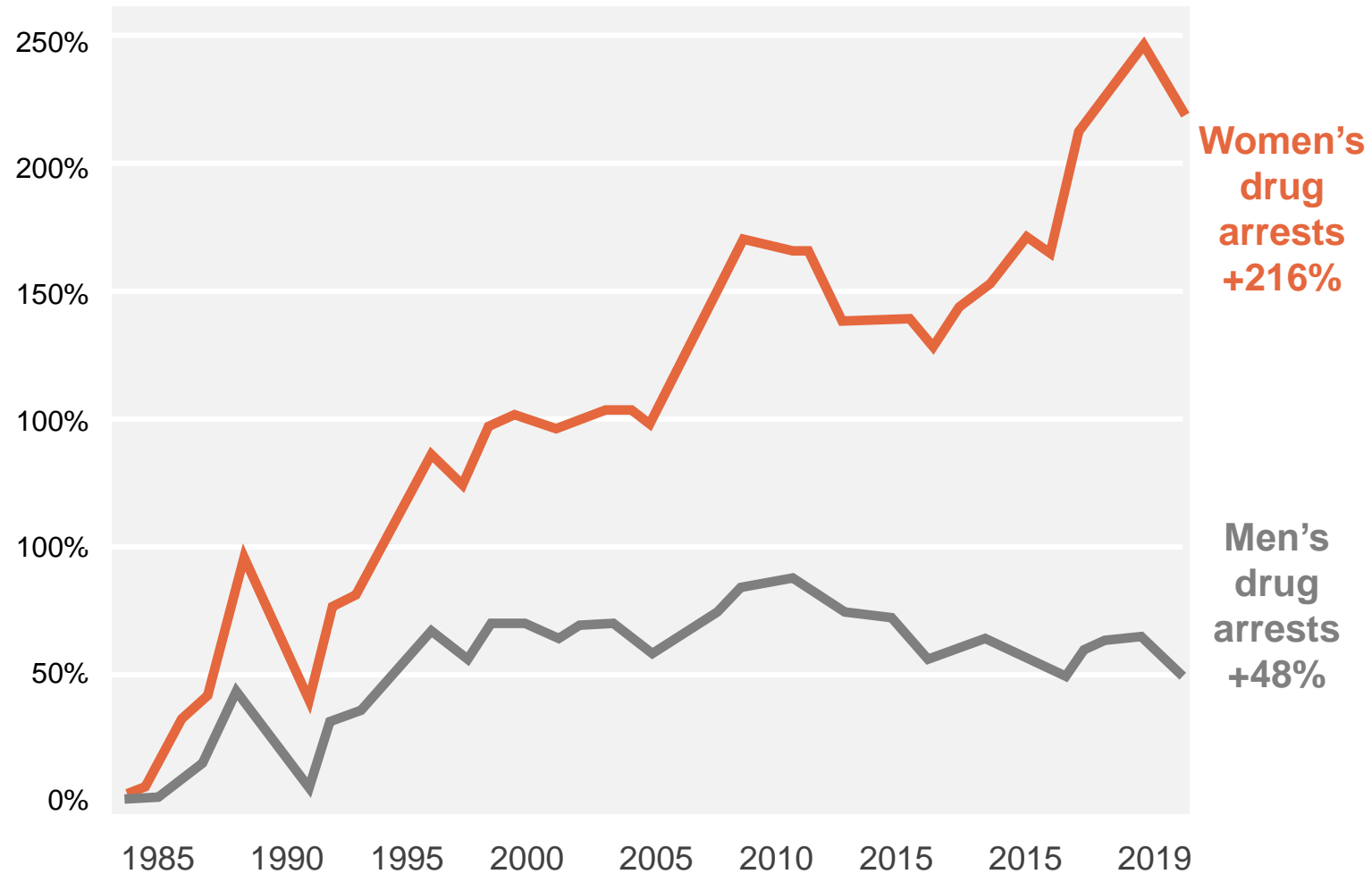


Women and Drug Arrests



Source: Prison Policy Initiative using FBI Crime Data Explorer (showing data from the Uniform Crime Reporting Program)

Percent change in women's and men's drug-related arrests compared to their 1985 baseline arrest numbers



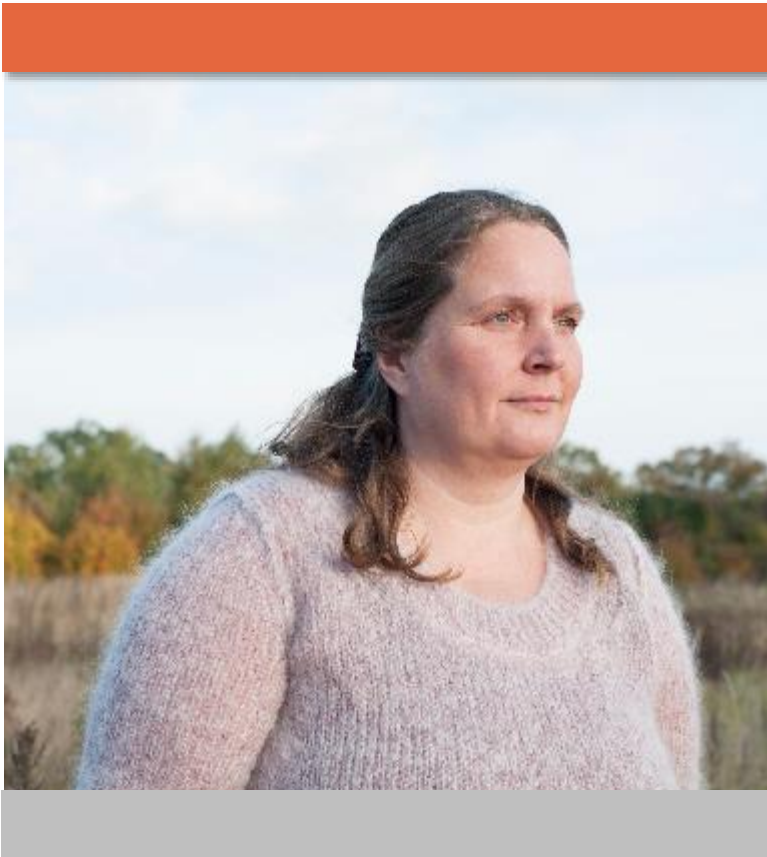
Women and Alcohol Use Disorders



Source: NIH, National Institute on Drug Abuse, Research Report, April 2020, Substance Use in Women Research Report

- A public health crisis of alcohol misuse and alcohol use disorder (AUD), fueled partly by dramatic rises in binge and heavy drinking and prevalence of AUD in women.
- Women are just as likely as men to develop a substance use disorder.
- Women may be more susceptible to craving and relapse, which are key phases of the addiction cycle.

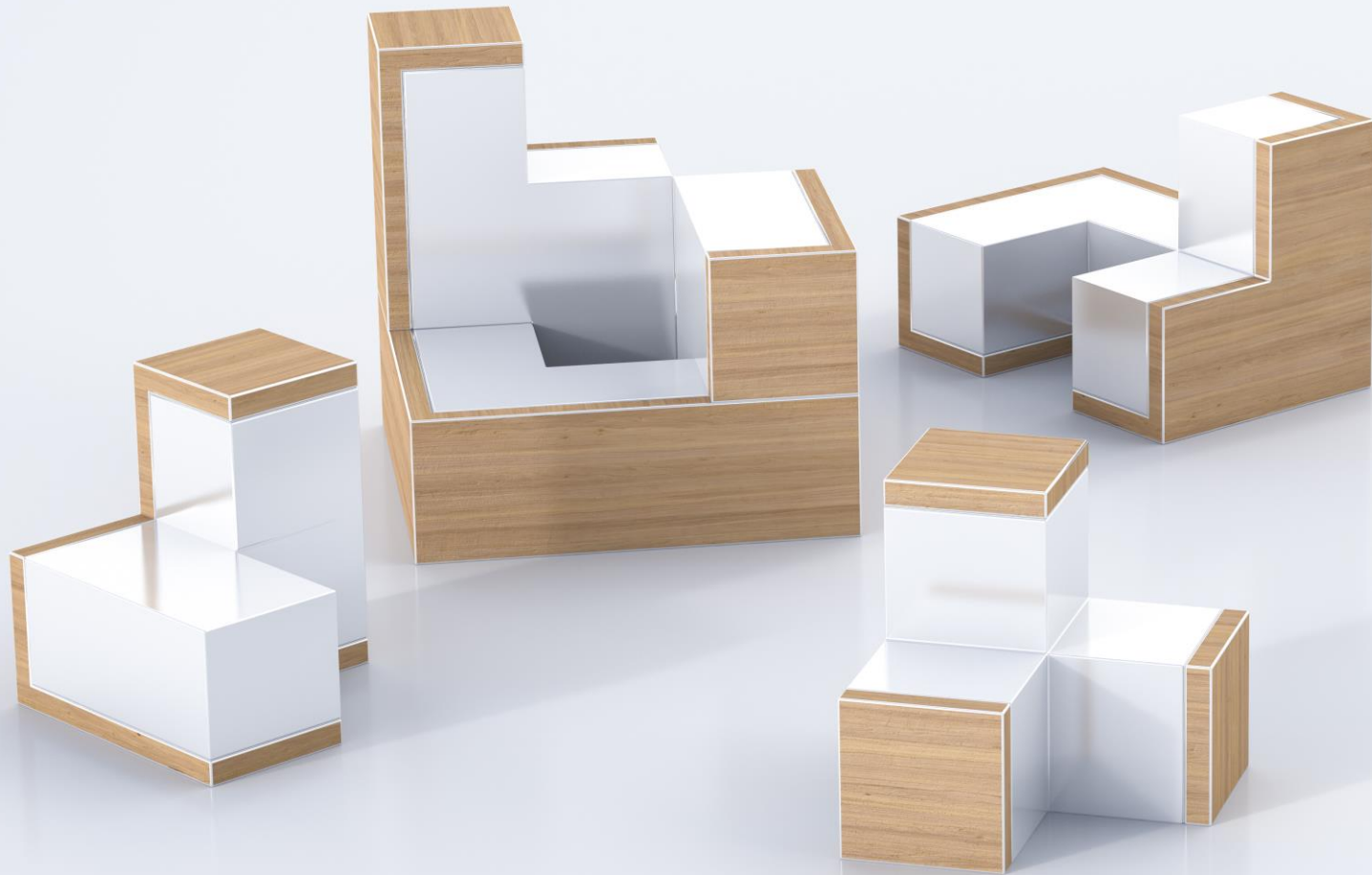
Consequences



Source:

- Health consequences
- Morbidity and mortality
- Suicidality
- Differences in behavioral and social consequences
 - ✓ Alcohol Impaired Driving
 - ✓ Sexual Assault
 - ✓ Intimate Partner Violence

Chat Question



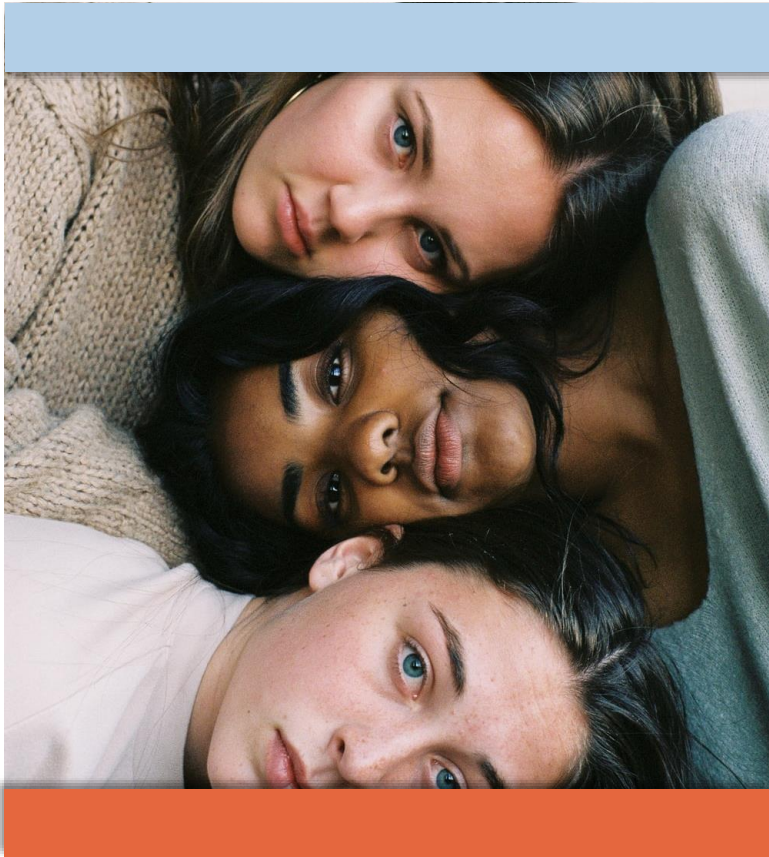
What
squares with
you from all
this data ?

Biological Risk Factors: Girls and Young Women



- Biological risks
- Inherited risks and genetic contributions
- Early puberty
- Inherited risks and genetic contributions
- Substance use evolves into addiction more quickly

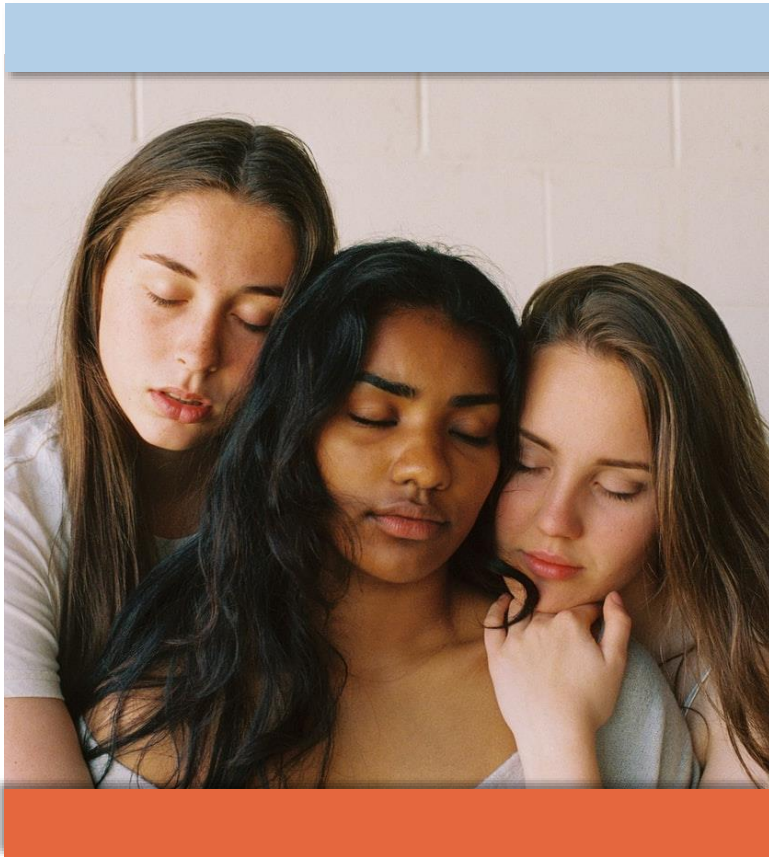
Gender Risks: Girls and Young Women



Personal Attributes, Attitudes and Childhood Experiences

- Depression
- Low self-confidence
- Concerns about appearance and weight
- Girls with conduct disorder are more at risk than boys with conduct disorder
- Childhood physical or sexual abuse
- Academic problems
- Childhood maltreatment
- Stress and poor coping

Stress Alone Can Increase Risk



- A new study has shown that stress alone can drive women to excessive drinking.
- Participants consumed alcoholic beverages in a simulated bar while experiencing stressful and non-stressful situations. Stress led women, but not men, to drink more than intended.
- The stress and isolation of the pandemic had an impact.

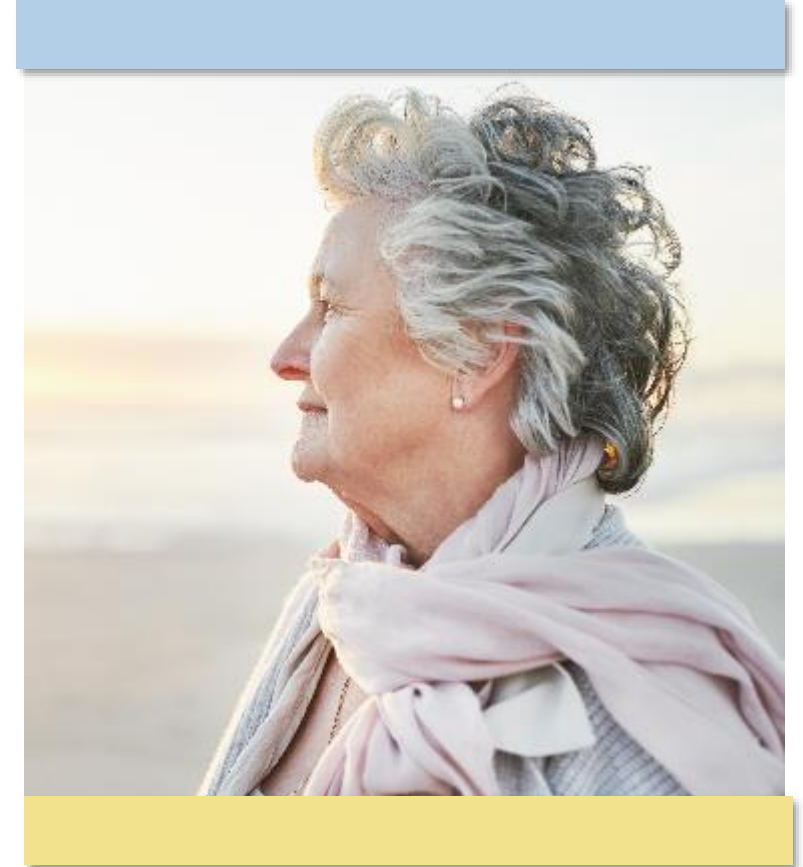
Family, Culture, and Community Risks



- Family history
- Poor parent child relationship
- Inadequate parent-child communication about substance use
- Actual and anticipated parent reactions to learning of daughters' substance use
- Parents' substance use behavior and attitudes strongly influence their daughters
- Unengaged parents
- Changes in family structure
- Substance-using siblings
- High social and economic status (SES)
- Frequent moves

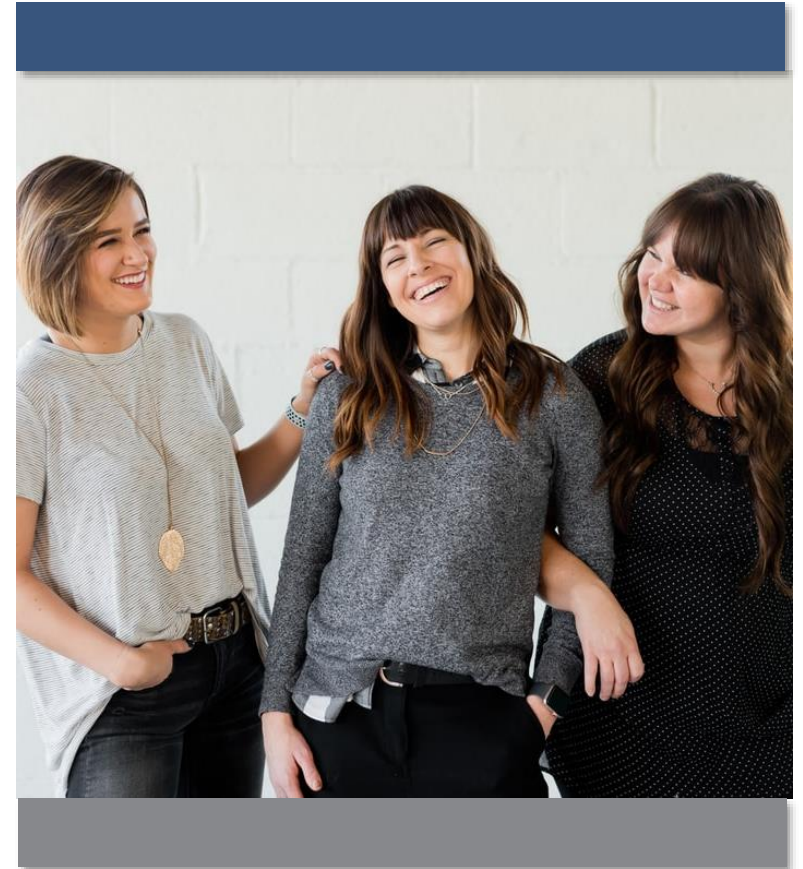
Risks for Older Women

- Economic
- Behavioral determinants of unhealthy aging such as poor lifestyle choices
- Psychosocial determinants, including mental health disorders, social isolation, cognitive impairment and life changes
- Genetic
- Environmental influences



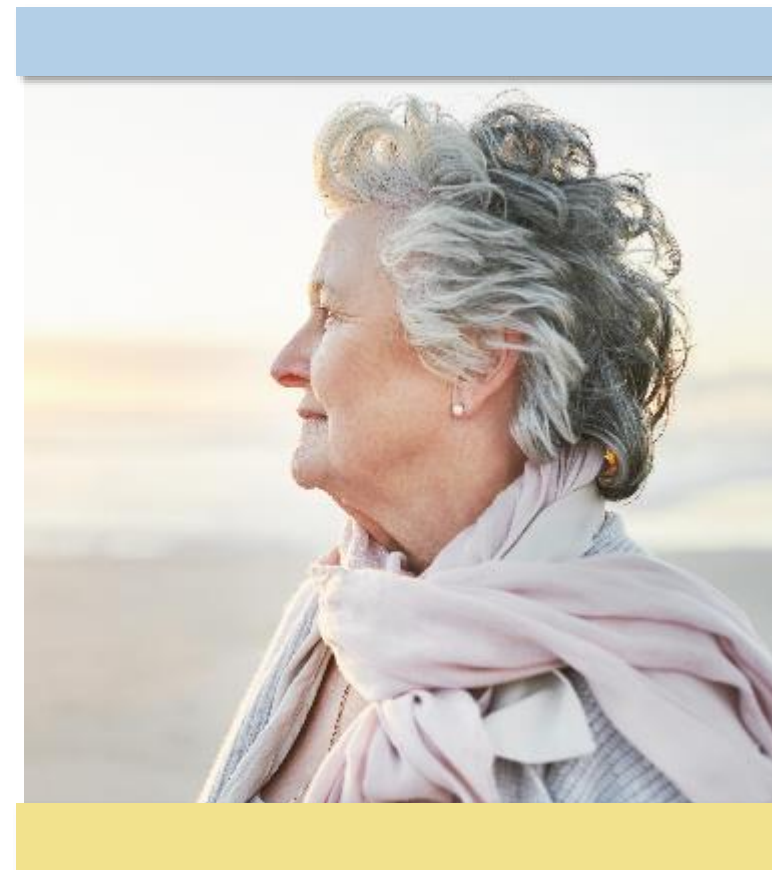
Protective Factors for Women and Girls

- Those with good social skills, self-confidence, self-discipline, and a sense of purpose
- Girls who report that they engage in more adaptive coping methods
- Religion and spirituality help reduce risk, particularly for girls
- Ethnic and cultural factors



Protective Factors for Older Women

- Behavioral determinants of healthy aging
- Psychosocial coping skills and support
- Spirituality
- Improved economic/SES factors or accommodation
- Generativity



Strategies

- Examples
- Where to find
- Adaptation



Strategies

Context

- Subgroups
- Roles (caregivers, mothers and daughters, pregnant women)
- Settings
- Developmentally appropriate
- Intersectionality



Substance Misuse Prevention Strategies

- Body Project
- Nurse-Family Partnership
- Enhanced Access, Acknowledge, Act (EAAA)
- Hip Teens
- KEEP SAFE
- Pace Center for Girls
- Girls Circle

A woman with dark curly hair, wearing a light blue blazer over a white top and a necklace, is standing in a meeting room. She is pointing towards a whiteboard with her right hand and gesturing with her left. The whiteboard has some text and diagrams on it. In the foreground, the back of a person's head and shoulders is visible, suggesting she is addressing a group. The room has a desk with a laptop and a mug.

Focus on Misuse, Risky Behavior, and Directly on Reduction of Consequences

Mental Health Promotion Strategies

- Early Childhood Programs
- MTSS
- Student assistance programs
- Prosocial programs
- Resiliency programs
- School-based programs (depression and anxiety)
- Promoting connectedness



Mental Health Promotion = Substance Misuse Prevention for Girls & Women

Selecting Evidence-based Approaches



- Prevention competencies
- Competencies of another profession or discipline
- Competencies specific to work with girls and women

Collaboration

- Healthcare
- Nonprofits
- Agencies
- Neighborhood centers
- Girls clubs
- Big Sisters
- *Where else ?*





Questions



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Upcoming Great Lakes PTTC Trainings

- **Alcohol Policy series**

- September 20 - Effecting Change Through Alcohol Control Policies
- September 27 - Underage Drinking: What's the Big Deal and What Do We Do About it?
- October 4 - Harnessing Community Organizing to Enact Alcohol Policies

- **Foundations in Prevention Intensive Training Course**

Oct 6, 13, 17, 20, 24, 27, 31, and Nov 3, 2022 from 10:30 - Noon CT

- **Substance Abuse Prevention Specialist Training (SAPST)**

November 7, 10, 14, and 17 from 9:00-3:00 CT



<https://tinyurl.com/GLPTTCevents>

Post-Training Feedback

<https://ttc-gpra.org/P?s=974850>



**WE WANT
YOUR FEEDBACK**



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Thank You!
