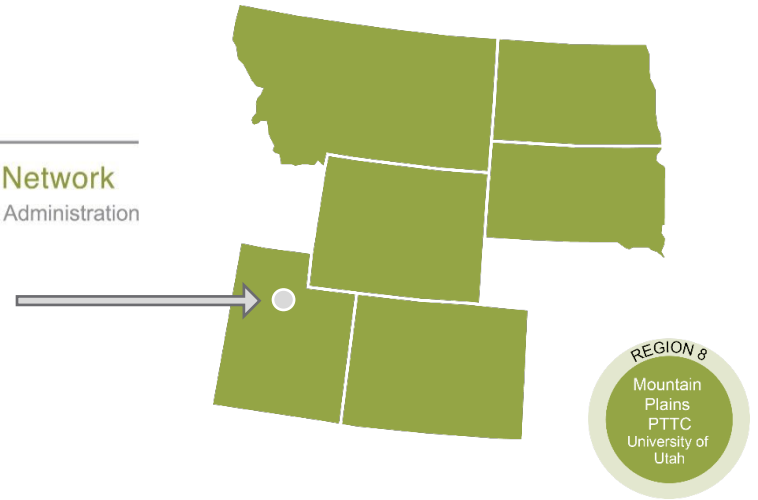




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# Why Prevention Matters: Applying Prevention Science to Practice

**South Dakota Prevention Summit**  
Oacoma, SD, May 1<sup>st</sup>, 2024



**Carolina Corrales, Ph.D.**

*Psychologist – Researcher – Prevention Scientist*

*Academic Program Manager*

Mountain Plains Prevention Technology Transfer Center  
University of Utah

***SAMHSA***  
Substance Abuse and Mental Health  
Services Administration

The use of affirming language inspires hope.

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LANGUAGE MATTERS.

---

**Words have power.**

**PEOPLE FIRST.**

The PTTC Network uses affirming language to promote the application of evidence-based and culturally informed practices.

# Indigenous Land Acknowledgement

We acknowledge that this land, which is named for the Ute Tribe, is the traditional and ancestral homeland of the Shoshone, Paiute, Goshute, and Ute Tribes. The University of Utah recognizes and respects the enduring relationship that exists between many Indigenous peoples and their traditional homelands.



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Department of  
**EDUCATIONAL PSYCHOLOGY**  
THE UNIVERSITY OF UTAH



SCHOOL OF  
**DENTISTRY**  
UNIVERSITY OF UTAH

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Funding for this presentation was made possible by SAMSHA grant no.H79SP080971 (Mountain Plains PTTC). The views expressed by speakers and moderators do not necessarily reflect the official policies of the Department of Health and Human Services (HHS), SAMHSA.

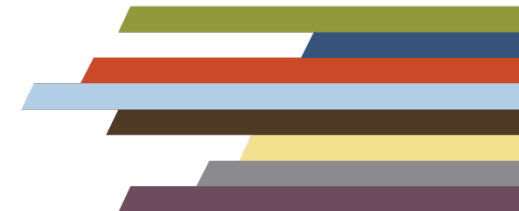


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Services Administration



# Learning Objectives

01

Describe substance use prevalence

02

Discuss risk and protective factors for substance use

03

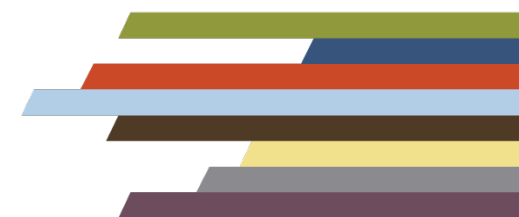
Provide the impact of substance use and reasons for prevention science



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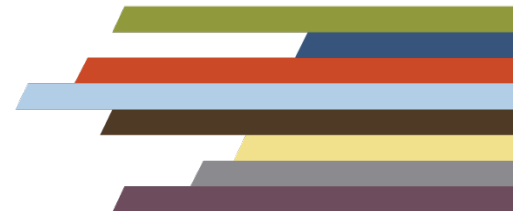
- *What is **Prevention**?*
- *And ...**Why Does it Matter**?*



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# Prevention Metaphor



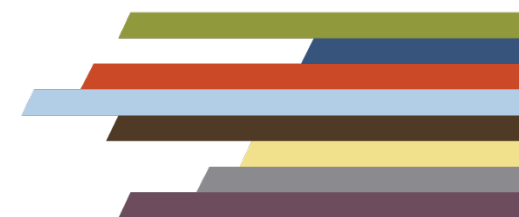
*Missouri River, South Dakota*



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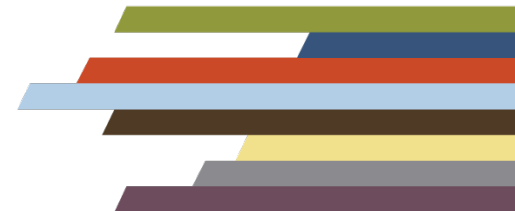
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# Substance Use Prevalence

*Results from The 2022 National Survey on Drug Use and Health*





Substance Use

## Cigarette Use and Nicotine Vaping in the Past Month

NSDUH asked respondents aged 12 or older about their cigarette use and nicotine vaping in the 30 days before the interview.

12 or older

**About 1 in 7**  
(14.6%) smoked cigarettes  
in the past month.

**41.1 million**  
smoked cigarettes.

**39.9 million**  
were 21 or older.

**Fewer than 1 in 30**  
(1.2 million)  
were underage.

Among people aged 12 to 20,  
**3.1% smoked cigarettes in**  
**the past month.**

12 or older

**About 1 in 12**  
(8.3%) vaped nicotine  
in the past month.

**23.5 million**  
vaped nicotine.

**18.8 million**  
were 21 or older.

**About 1 in 5**  
(4.7 million)  
were underage.

Among people aged 12 to 20,  
**12.2% vaped nicotine in**  
**the past month.**

*Note: All 50 states and the District of Columbia prohibit the sale of tobacco products including nicotine for vaping to people younger than 21.*

Results from the 2022 National Survey on Drug Use and Health: A Companion Infographic

3

(NSDUH, 2023)



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## Alcohol Use in the Past Month

NSDUH asked respondents aged 12 or older about their alcohol use in the 30 days before the interview.

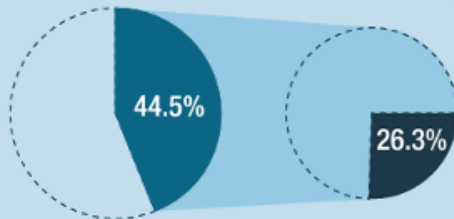
**137.4 million**  
**About half**  
(48.7%) of people aged 12 or older drank alcohol in the past month.



**5.8 million**  
**15.1%**  
of underage people aged 12 to 20 drank alcohol in the past month.

### Aged 12 or Older Binge Drinking

#### Heavy Alcohol Use

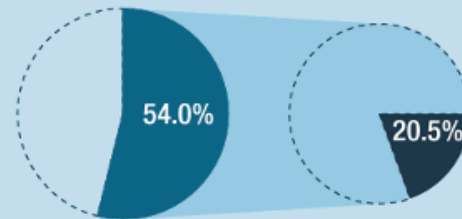


A little less than half of people who drank alcohol in the past month were binge drinkers, or **about 1 in 5 overall.**

About a quarter of people who were binge drinkers in the past month were heavy alcohol users, or **about 1 in 20 overall.**

### Underage Binge Drinking (Aged 12 to 20)

#### Heavy Alcohol Use



If underage people were current drinkers, they tended to be binge drinkers. Over half of past month underage alcohol users were binge drinkers, or **about 1 in 12 overall.**

Among underage people who were current binge drinkers, 1 in 5 were heavy alcohol users, or **about 1 in 50 overall.**

(NSDUH, 2023)

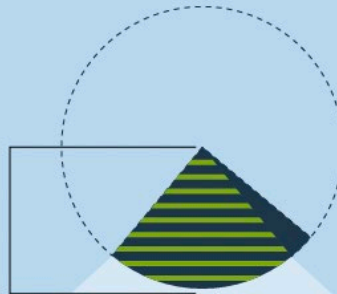


Substance Use

# Illicit Drug Use in the Past Year

NSDUH asked respondents aged 12 or older about their use of drugs in the 12 months before the interview.

**70.3 million**  
**1 in 4**  
(24.9%) used  
illicit drugs in  
the past year.



**24.7 million**  
(8.8%) used illicit drugs  
other than marijuana in  
the past year.



**61.9 million**  
(22%) used marijuana  
in the past year.

**22.7 million vaped marijuana in the past year.**

**7.4 million**  
**About 1 in 5**  
people aged 12 to 20 used  
marijuana in the past year.



**4.3 million**  
**About 1 in 9**  
people aged 12 to 20 vaped  
marijuana in the past year.



(NSDUH, 2023)

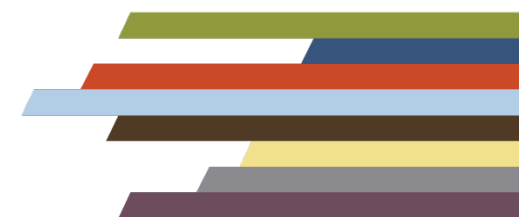


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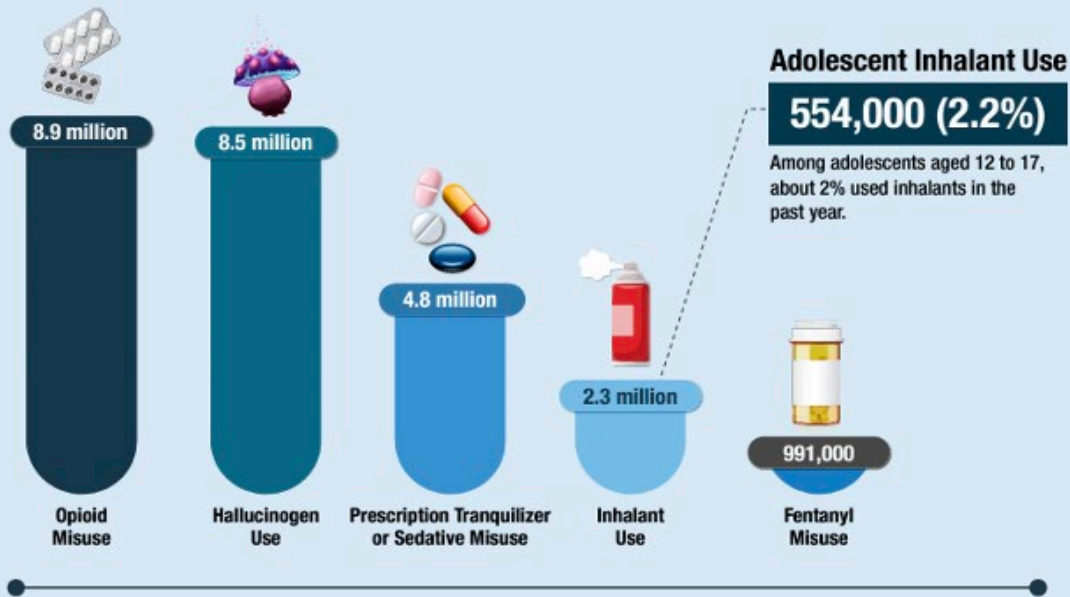
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## Substance Use

# Opioid Misuse | Hallucinogen Use | Prescription Tranquilizer or Sedative Misuse | Inhalant Use | Fentanyl Misuse in the Past Year

NSDUH asked respondents aged 12 or older about their use of these drugs in the 12 months before the interview.



(NSDUH, 2023)

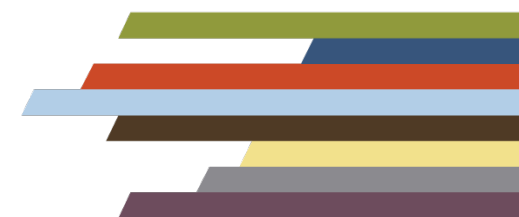


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## Substance Use Disorder

# Drug Use Disorder | Opioid Use Disorder | Alcohol Use Disorder in the Past Year

NSDUH asked respondents aged 12 or older about the effects of their drug or alcohol use on their lives in the 12 months before the interview.



### Substance Use Disorder (SUD)

**48.7 million (17.3%)**

Among people aged 12 or older, about 17% had an SUD in the past year.



### Drug Use Disorder (DUD)

**27.2 million (9.7%)**

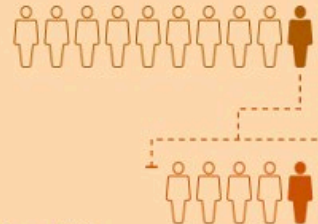
About 1 in 10 people had a DUD in the past year.



### Opioid Use Disorder (OUD)

**6.1 million (2.2%)**

Among people aged 12 or older with a past year DUD, a little over 1 in 5 had an OUD, or about 2% overall.



### Alcohol Use Disorder (AUD)

**29.5 million (10.5%)**

About 1 in 10 people had an AUD in the past year.



(NSDUH, 2023)



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## Substance Use Disorder

# Severity Levels in the Past Year

NSDUH asked respondents aged 12 or older about the effects of their drug or alcohol use on their lives in the 12 months before the interview.

**48.7 million**  
**More than 1 in 6**  
(17.3%) people aged 12 or older  
had a substance use disorder  
(SUD) in the past year.

Among people who had an SUD in the past year,

- about 1 in 5 had a severe disorder,
- about 1 in 5 had a moderate disorder, and
- more than half had a mild disorder.

**Severe**  
10.9 million  
(22.3%)

### Severe

**Six or more** criteria for that substance were met. For SUD measures that include more than one substance, such as any SUD for alcohol or drug use, **severe SUD means that people had a severe SUD for at least one substance.**

**Moderate**  
11.0 million  
(22.6%)

### Moderate

**Four or five** criteria for that substance were met. For SUD measures that include more than one substance, such as any SUD for alcohol or drug use, **moderate SUD means that the worst SUDs were moderate.**

**Mild**  
26.8 million  
(55.0%)

### Mild

**Two or three** criteria for that substance were met. For SUD measures that include more than one substance, such as any SUD for alcohol or drug use, **mild SUD means that all SUDs were mild.**



(NSDUH, 2023)

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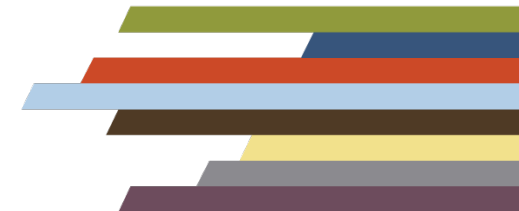
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# Substance Use Prevalence in Region 8 and South Dakota

SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2004–2007 and 2016–2019.



# Substance Use | Aged 12 or Older

## Alcohol Use in the Past Month

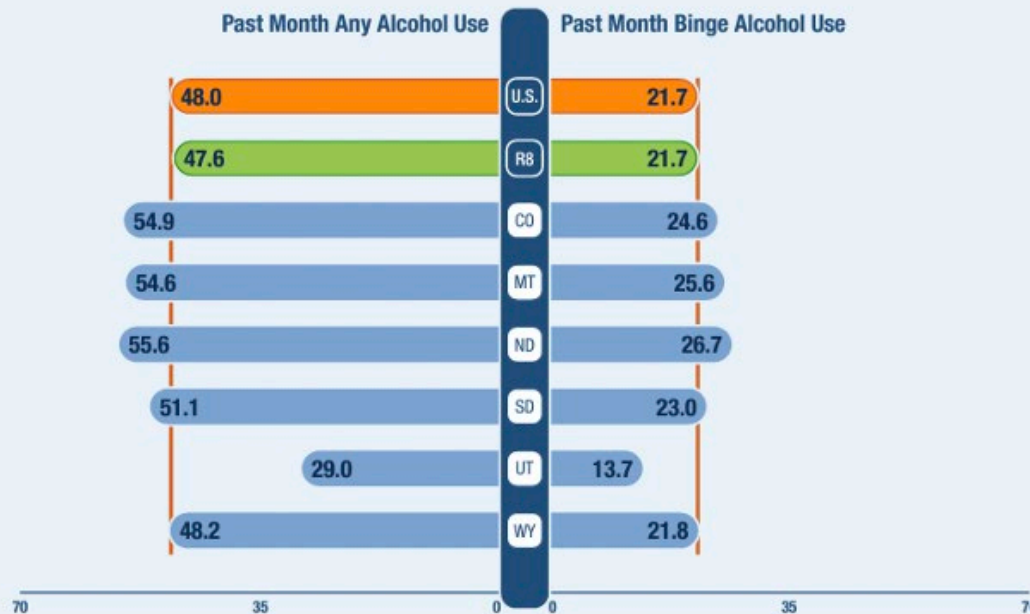
Any Alcohol Use | Binge Alcohol Use



In 2021-2022, among people aged 12 or older in Region 8, **47.6%** (or **5.0 million**) used alcohol in the past month, which was **similar to** the national annual average (**48.0%**).

Compared with the national average, the estimate was **higher** for Colorado, Montana, and North Dakota; **lower** for Utah; and **similar** for South Dakota and Wyoming.

Compared with the regional average, the estimate was **higher** for Colorado, Montana, and North Dakota; **lower** for Utah; and **similar** for South Dakota and Wyoming.



(SAMHSA, 2020)



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# Substance Use | Aged 12 or Older

## Tobacco Use in the Past Month

### Any Tobacco Products | Cigarettes

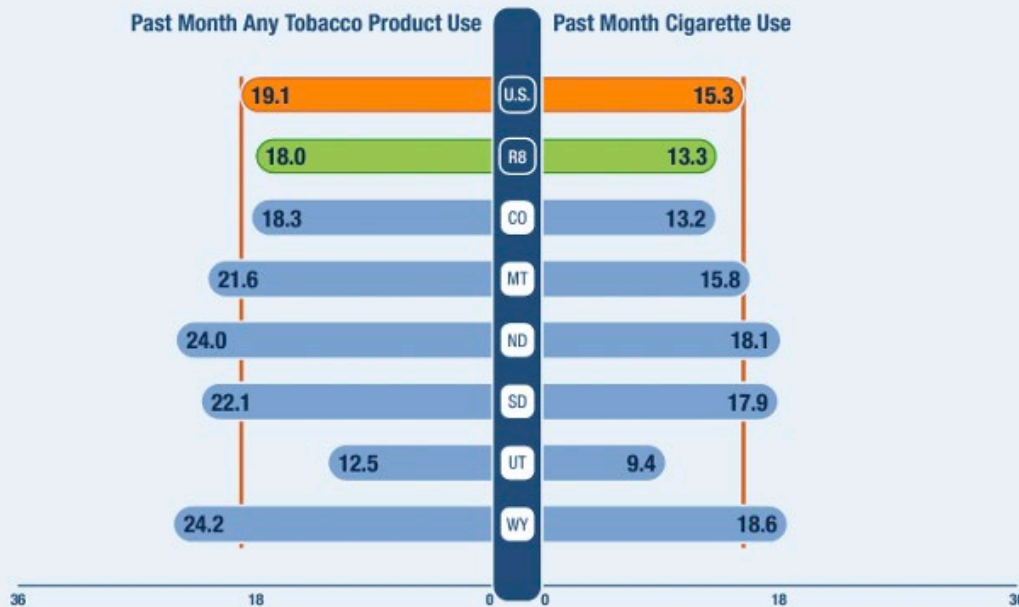


In 2021-2022, among people aged 12 or older in Region 8, **18.0%** (or **1.9 million**) used **tobacco products** in the past month, which was **similar to** the national annual average (**19.1%**).

Compared with the **national** average, the estimate was **higher** for North Dakota, South Dakota, and Wyoming; **lower** for Utah; and **similar** for Colorado and Montana.

Compared with the **regional** average, the estimate was **higher** for Montana, North Dakota, South Dakota, and Wyoming; **lower** for Utah; and **similar** for Colorado.

Past Month Any Tobacco Product Use | Past Month Cigarette Use



(SAMHSA, 2020)



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# Substance Use | Aged 12 or Older

## Illicit Drug Use in the Past Month

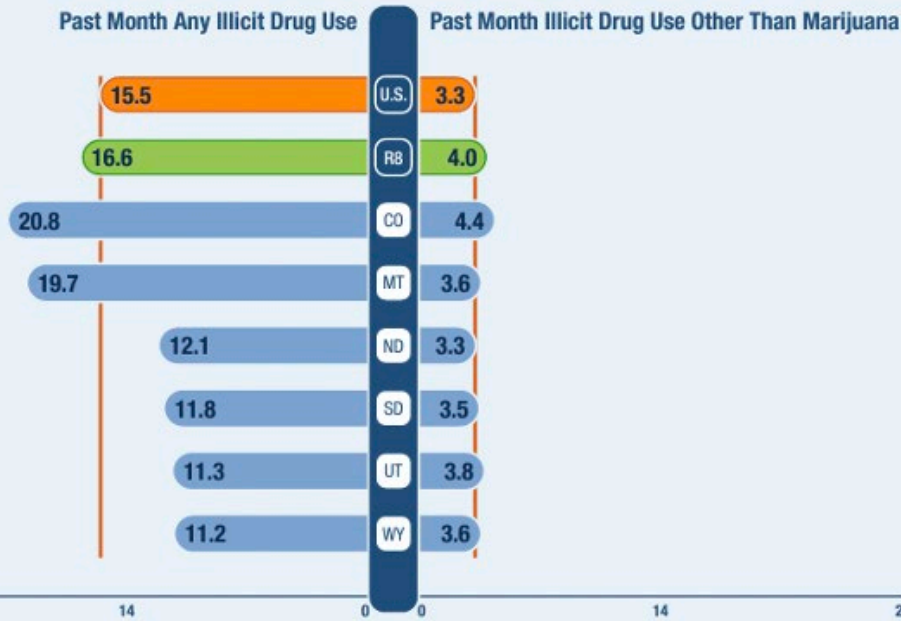
Any Illicit Drugs | Illicit Drugs Other Than Marijuana



In 2021-2022, among people aged 12 or older in Region 8, **16.6%** (or **1.7 million**) used **illicit drugs** in the past month, which was **similar to** the national annual average (**15.5%**).

Compared with the **national average**, the estimate was **higher** for Colorado and Montana and **lower** for North Dakota, South Dakota, Utah, and Wyoming.

Compared with the **regional average**, the estimate was **higher** for Colorado; **lower** for North Dakota, South Dakota, Utah, and Wyoming; and **similar** for Montana.



(SAMHSA, 2020)



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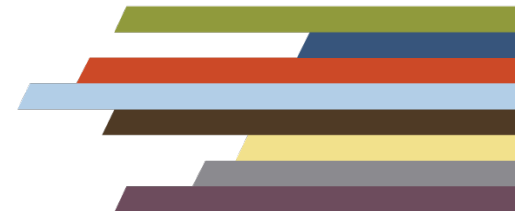
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# Risk and Protective Factors



# Risk and Protective Factors

**Risk factors** have been linked to people having a greater potential to develop a substance use disorder and **protective factors** with a reduced potential for people to use and abuse substances

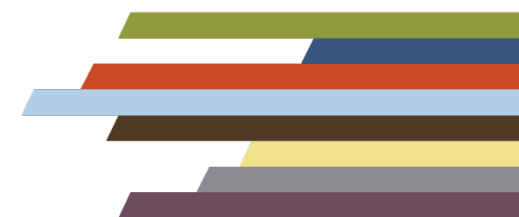
(Hawkins et al., 2002)



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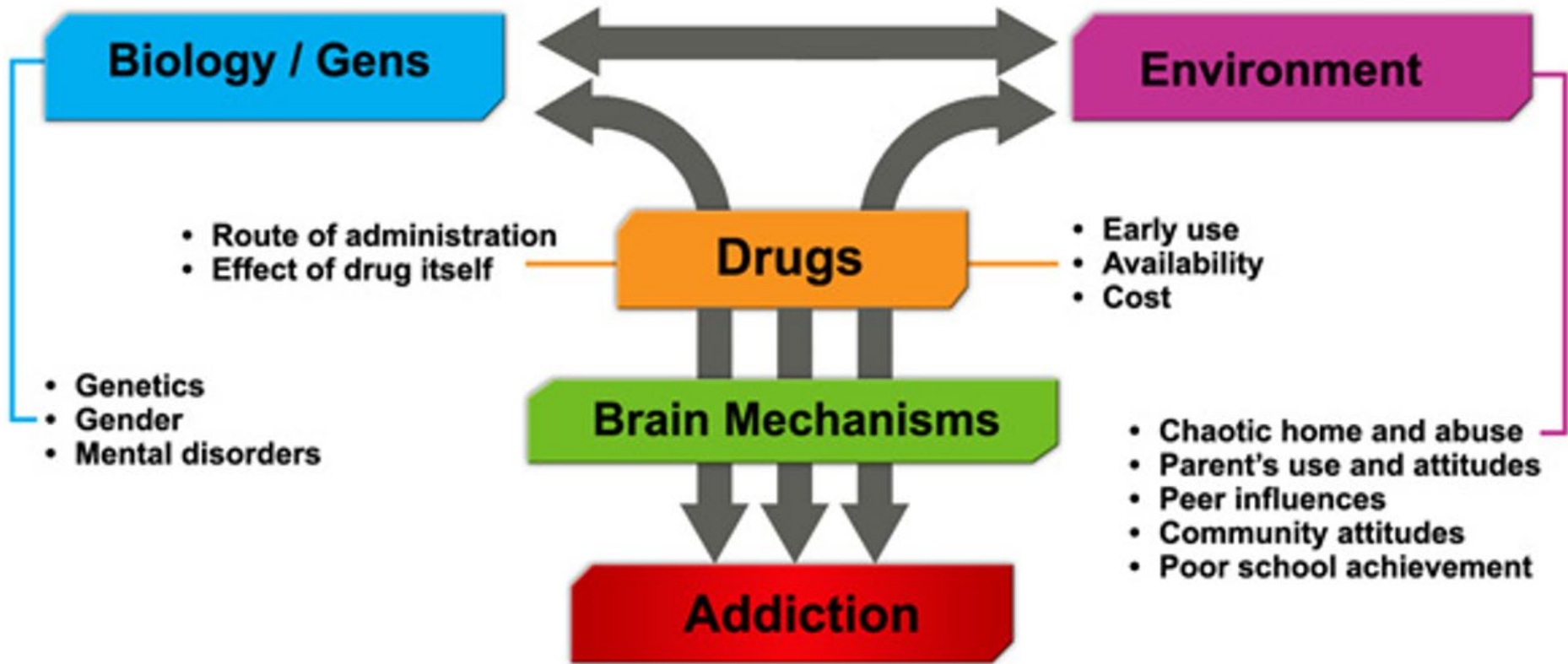
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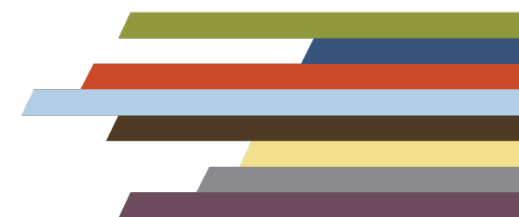
# Factors Leading to Addiction



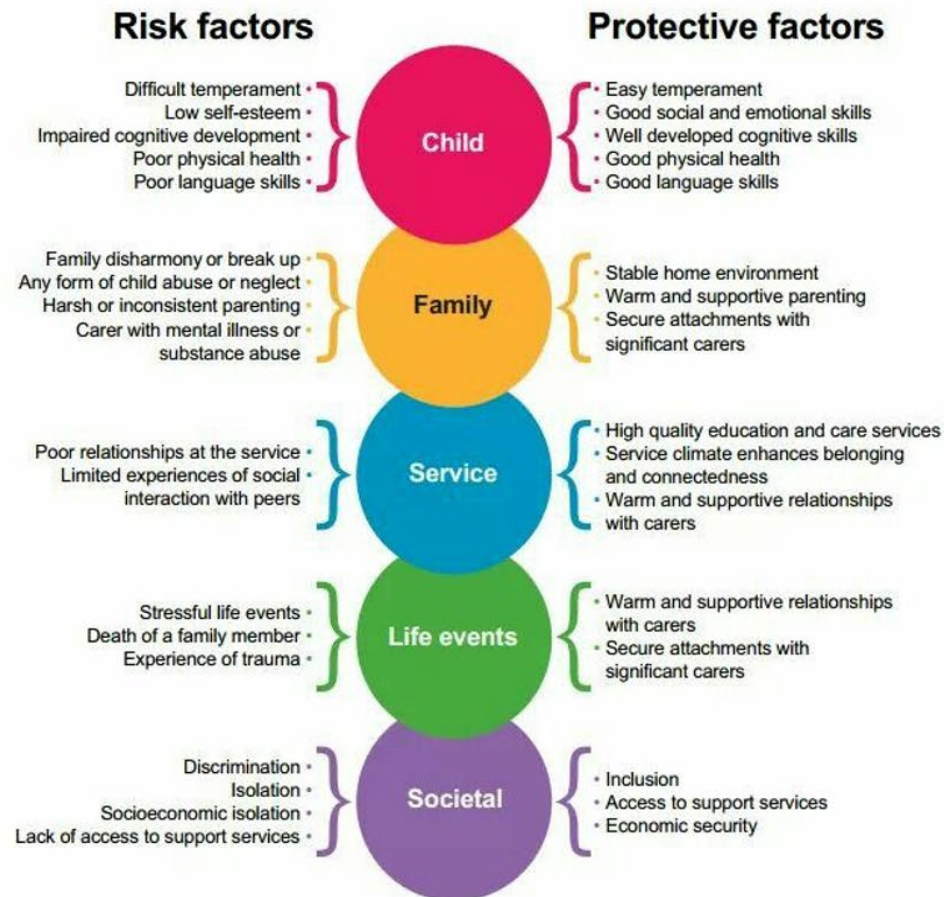
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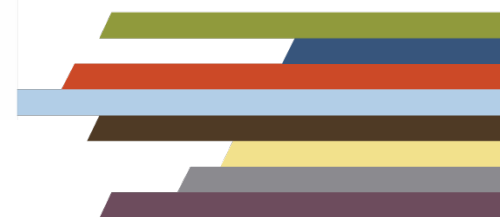
# Risk and protective factors

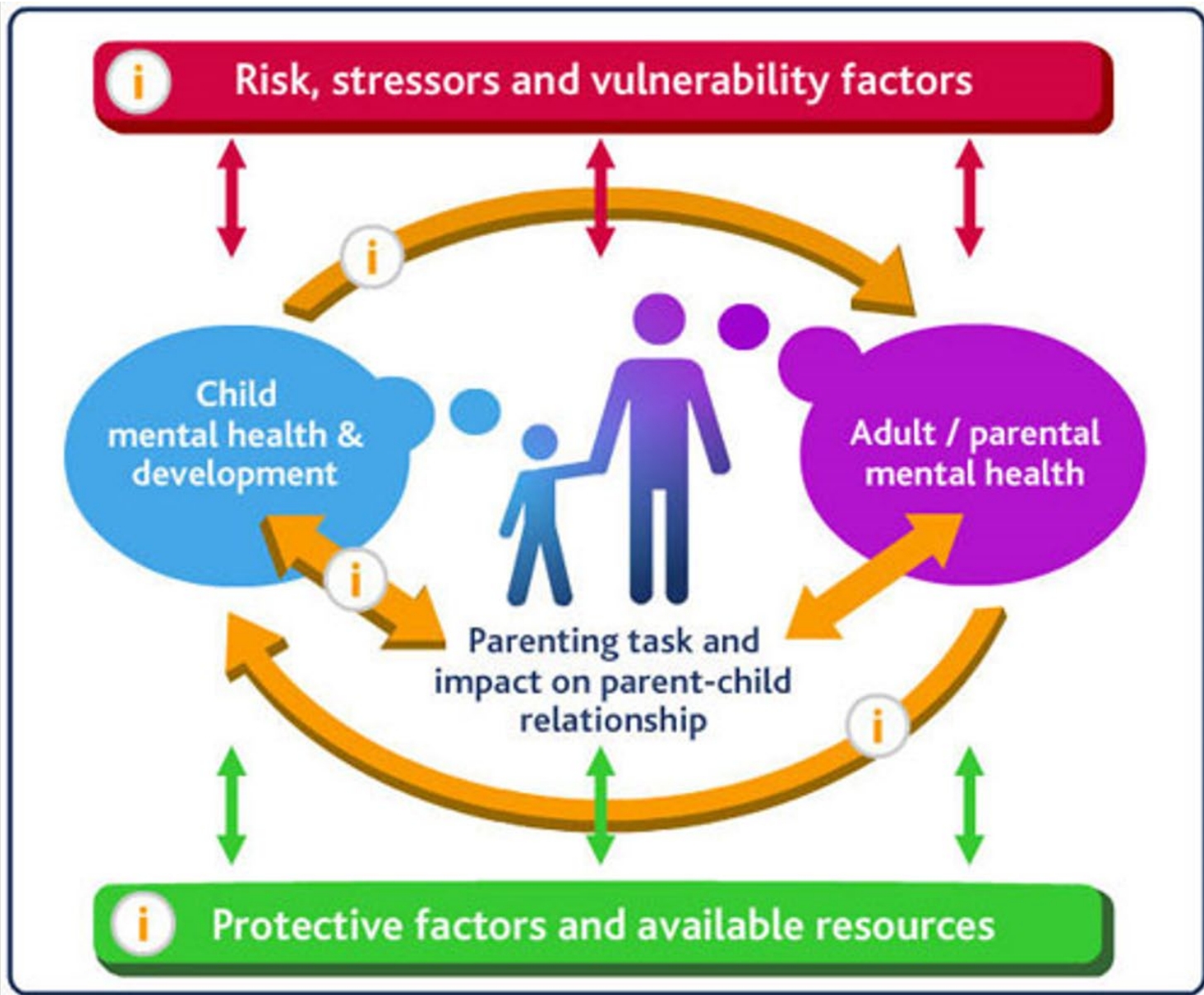


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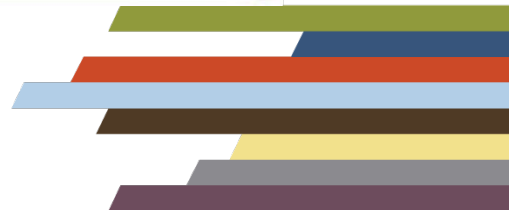




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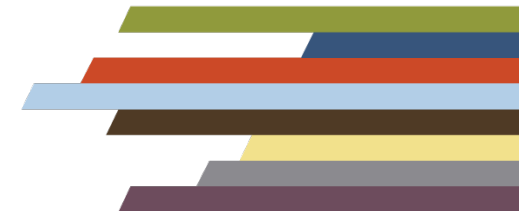
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# The Need for Prevention





**EMOTIONAL  
IMPACT**



**SOCIAL  
IMPACT**



**MEDICAL  
IMPACT**



**FINANCIAL  
IMPACT**

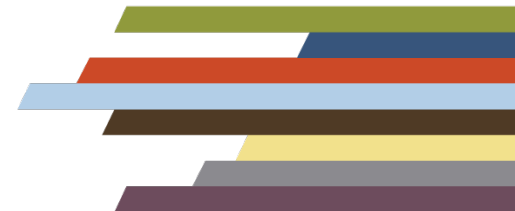


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# Emotional Impact

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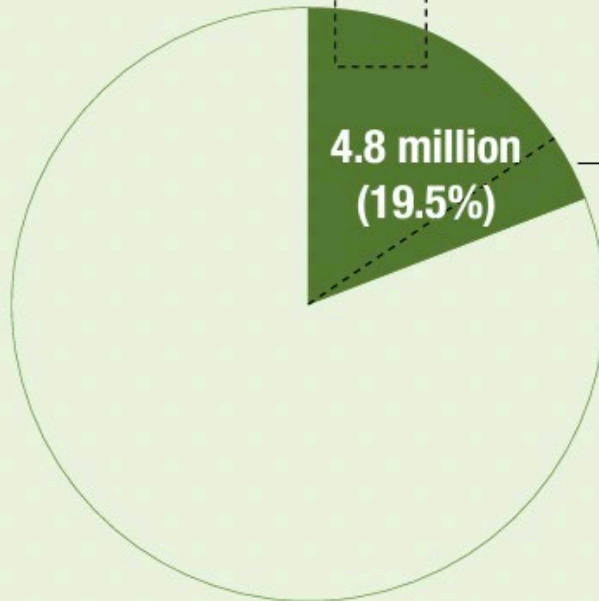
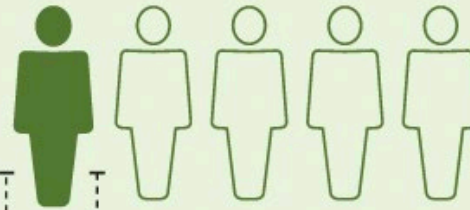
- Comorbidity of Substance Use Disorders and Mental Health Issues
- Emotional impact is evident both as a cause and as a consequence to other mental health issues





# About 1 in 5

adolescents aged 12 to 17 had a **major depressive episode (MDE)** in the past year.



**Co-Occurring MDE and Substance Use Disorder (SUD)**

**1 in 5 adolescents with an MDE had a co-occurring SUD.**



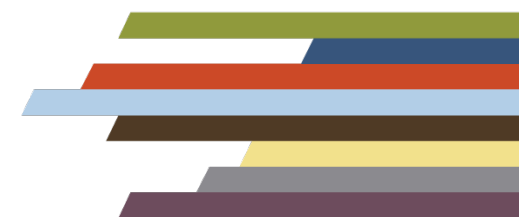
(NSDUH, 2023)



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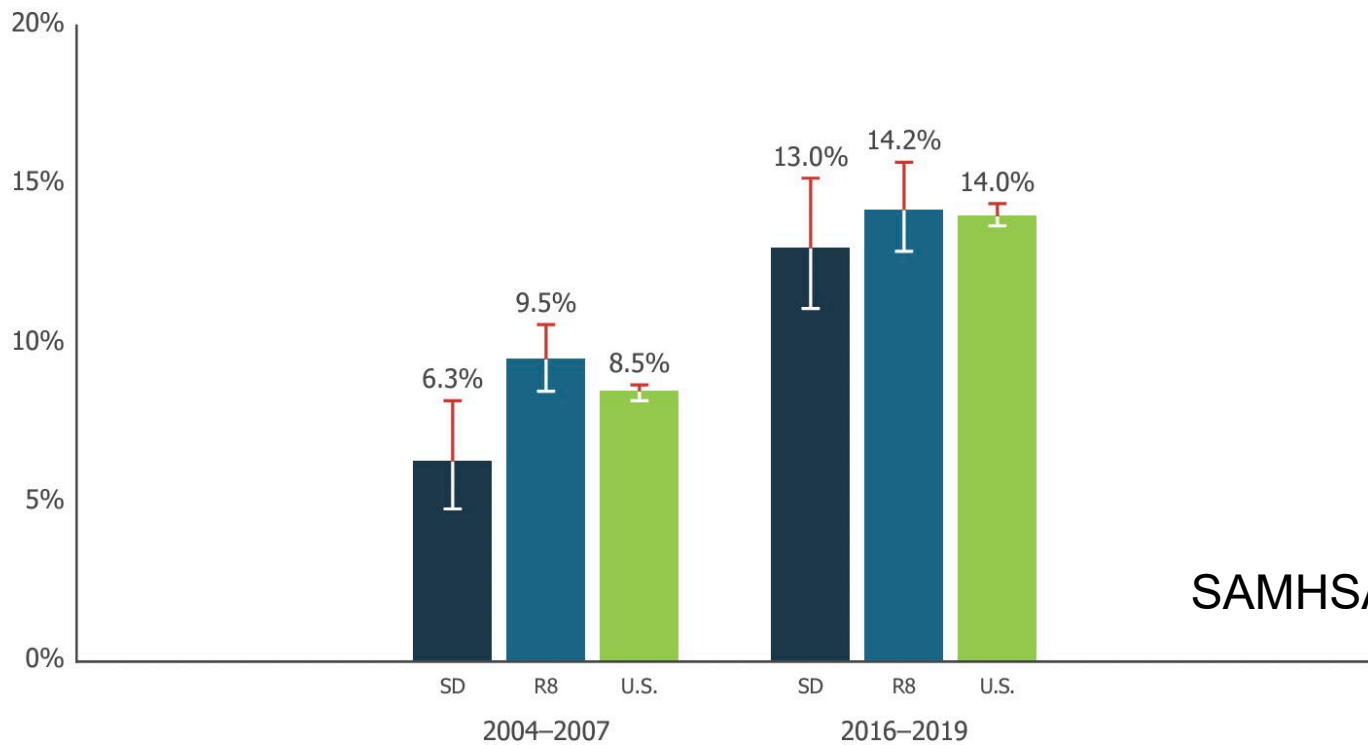
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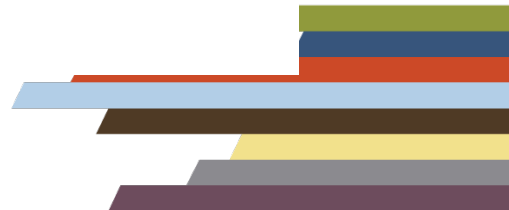


Among youth aged 12–17 in South Dakota, the annual average percentage with an MDE in the past year increased between 2004–2007 and 2016–2019.

During 2016–2019, the annual average prevalence of past-year MDE in South Dakota was **13.0%** (or **9,000**), similar to both the regional average (**14.2%**) and the national average (**14.0%**).



SAMHSA, 2020



# Social Impact

---

- Prenatal exposure to substances
- Parents with SUDs
- Abuse and Neglect
- At least 50% of people arrested for crimes such as homicide, assault, and theft are under the influence of substances (NIDA, 2015)



# Medical Impact

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Chronic medical issues



Diabetes



Heart Disease

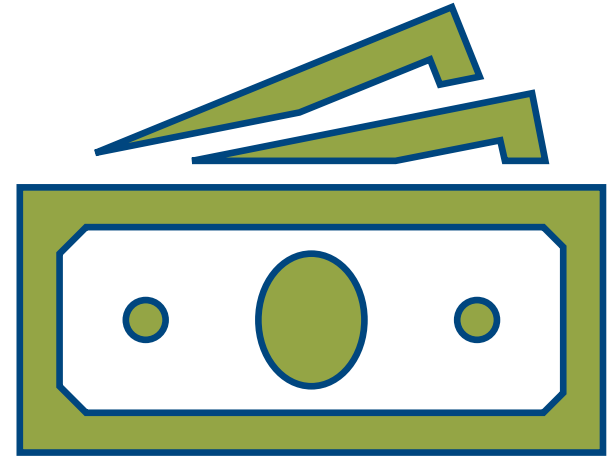


SUDs can negatively impact outcomes for cardiovascular disease, stroke, cancer, HIV/AIDS, hepatitis, and lung disease (NIDA, 2012)

# Financial Impact

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\$600 billion  
annually





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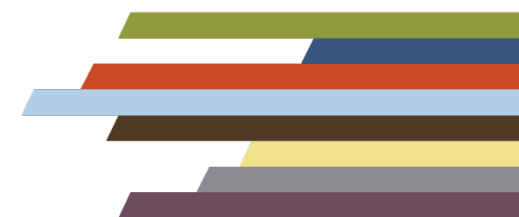
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**And for you...**  
**What is your Why?**





# Your Why Matters

We all have different reasons for working in the field of substance use prevention. It is essential to pause and rekindle our connection with the profound spirit that fuels our efforts and reminds us of the "why" behind what we do.

**Use the prompts below to help define your why and think of ways you can share it:**

➤ **What is your why?**

**List ways (how/where) you can share your "why":**



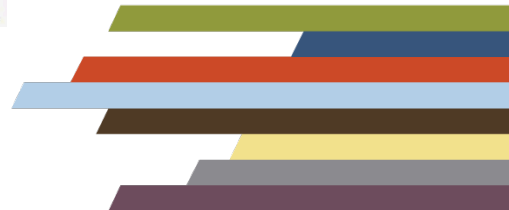
**Knowing your "why" matters because it is energy-giving. It can help you through challenges in a field that requires a lot.**

[www.pttcnetwork.org/mountainplains](http://www.pttcnetwork.org/mountainplains)



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# References

- Hawkins, J.D., Catalano, R.F., & Arthur, M.W. (2002). Promoting science-based prevention in communities. *Addictive Behaviors*, 27, 951-976.
- Substance Abuse and Mental Health Services Administration. (2023). Results from the 2022 National Survey on Drug Use and Health: A companion infographic (SAMHSA Publication No. PEP23-07-01-007). Center for Behavioral Health Statistics and Quality, Substance Abuse and Mental Health Services Administration. <https://www.samhsa.gov/data/report/2022-nsduh-infographic>
- Substance Abuse and Mental Health Services Administration, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2004–2007 and 2016–2019.



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