



Understanding

SUBSTANCE ABUSE IN CONSTRUCTION WORKERS

Working in the construction industry often means long hours, hard labor and working with potentially dangerous equipment or settings. Whether injured on the job or under mental stress from working conditions, those who work in construction may be susceptible to substance abuse.

Prevalence in the Industry

In a study by the Substance Abuse and Mental Health Services Administration (SAMHSA), the construction industry reported abusing substances at these rates in any given month:¹



ILLICIT DRUGS:

11.6%



ALCOHOL:

16.5%



SUBSTANCE ABUSE BY YEAR

Over a four-year study period, SAMHSA found that **14.3%** of construction workers had a substance use issue.¹ The only other industry with a higher number was the food service industry.

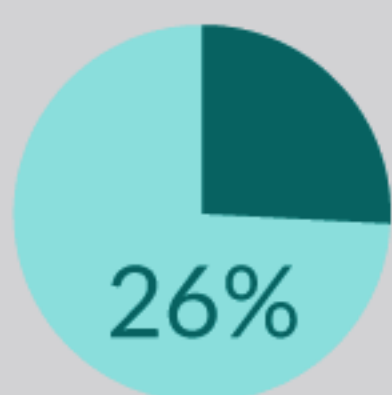
14.3%

The Opioid Problem

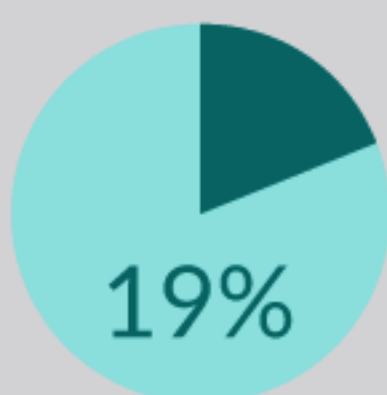
It is reported that the construction industry spends **5 to 10% more money on opioid prescriptions** than any other industry in the nation.² This is likely due to risks of job-related injury and physical strain on workers' bodies.



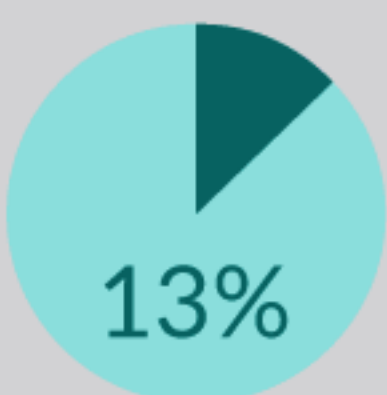
Substance Abuse by Age¹



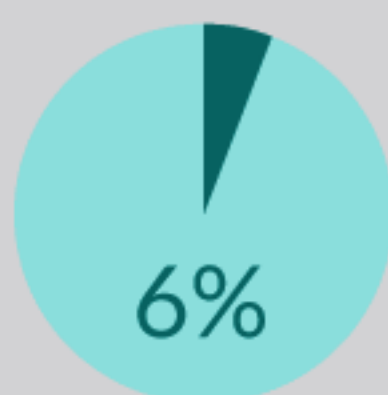
18-25
YEARS OLD



26-34
YEARS OLD



35-49
YEARS OLD



50-64
YEARS OLD

¹ https://www.samhsa.gov/data/sites/default/files/report_1959/ShortReport-1959.html

² <https://www.constructiondive.com/news/construction-workers-among-most-susceptible-to-opioid-abuse/508546/>



Understanding COLLEGE SUBSTANCE ABUSE

College students, whether staying close to home or going across the country, are often getting their first real taste of freedom and adulthood. This leads to experimentation with drugs and alcohol.

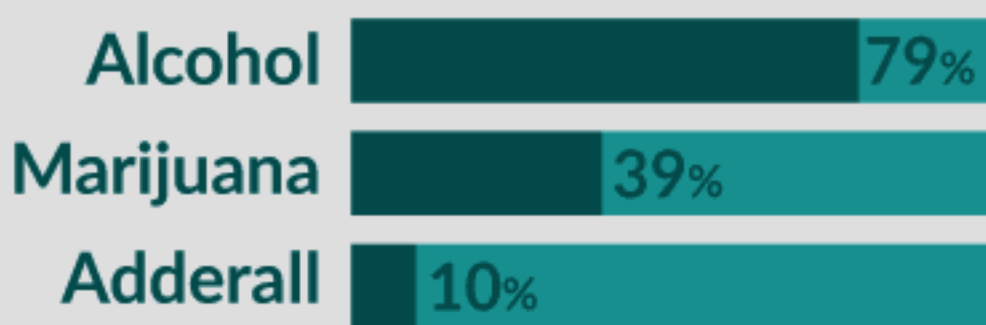
Use on Campus

In an average month, about **33% of college students report binge drinking** and around **20% report the use of illicit drugs.**¹ Half of college students reporting drug use have **little to no concern** over how their usage will impact them.²



COMMONLY ABUSED SUBSTANCES

Within the college community, there are pressures to be socially accepted, to perform well athletically and to make and maintain good grades. Here are the most commonly abused substances on college campuses and how many students report using them.³



On the Rise

Drug and alcohol use on college campuses is a problem that won't be going away anytime soon.³

38%

38% of college students indicated being **intoxicated at least once in a month**

5.9%

5.9% of students **use marijuana daily**

30%

30% of students report having **used Adderall at least once**



1 https://www.samhsa.gov/data/sites/default/files/report_2361/ShortReport-2361.html

2 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3856915/>

3 <https://addictionresource.com/addiction/college/>



Understanding **SUBSTANCE ABUSE IN DOCTORS**

Doctors and physicians are part of the overall health and wellness of a society. However, strain from the job coupled with easy access to prescription narcotics and psychotropics makes a perfect storm for substance abuse within the profession.

How Common is Usage?

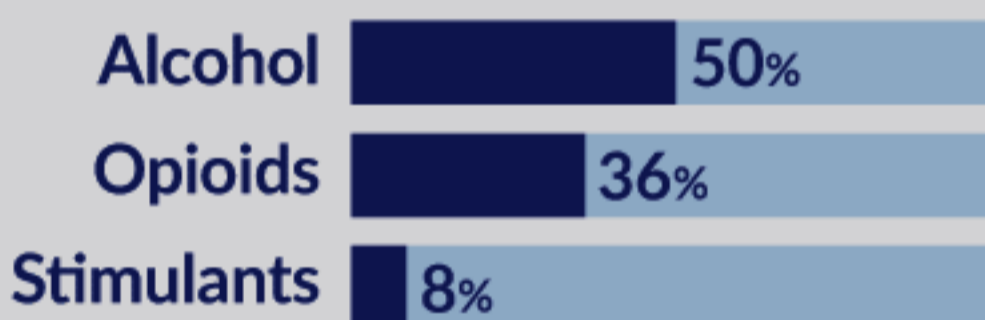


On average, **10% to 12%** of doctors will develop a substance abuse problem. This rate may be slightly above the general population.¹



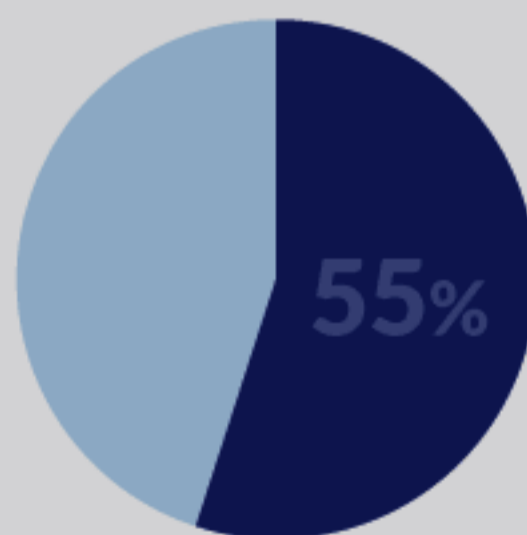
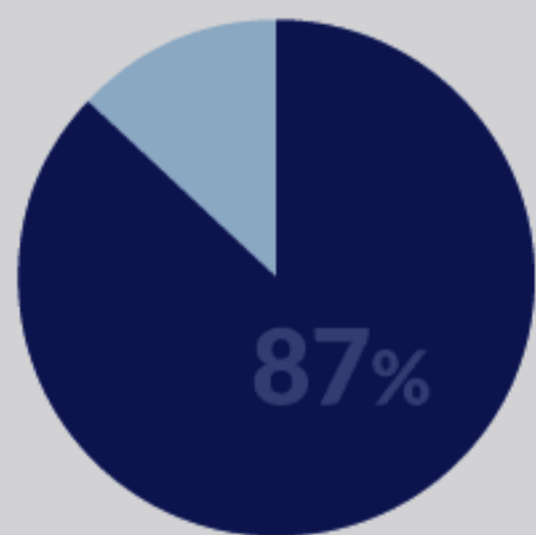
MOST ABUSED SUBSTANCES

Substance abuse among doctors varies drastically from specialty to specialty. For example, anesthesiologists are more likely to abuse intravenous opioids.¹ Of doctors with substance use disorder, these are the most commonly seen addictions:



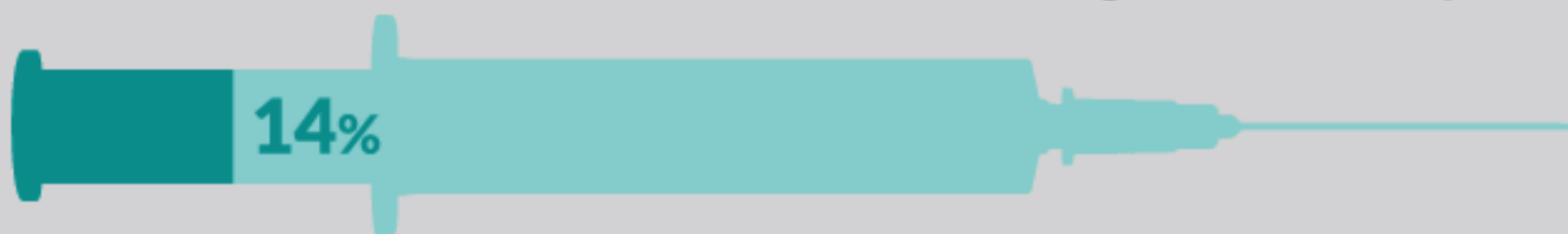
Ease of Access

Obtaining prescriptions for substances is not a hurdle for doctors. Studies show that **87%** of physicians have self-prescribed medications before. Of the physicians who have painkiller subscriptions, more than half (**55%**) are self-prescribed.



Multiple Addictions

Of doctors who had entered treatment, **50%** admitted to abuse of more than one substance and **14%** had used drugs intravenously³.



¹ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2704134/>

² Hughes, P. H., Brandenburg, N., Baldwin, D. C., Storr, C. L., Williams, K. M., Anthony, J. C., & Sheehan, D. V. (1992). Prevalence of substance use among U.S. physicians. *JAMA*, 267(17), 2333–2339

³ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2704134/>



Understanding **SUBSTANCE ABUSE IN VETS**

Veterans are one of the most at-risk groups in the country for substance and alcohol abuse.

PTSD & Substance Use Disorder (SUD)



Posttraumatic Stress Disorder (PTSD) plays a significant role in the development of substance abuse within the veteran population. According to the Department of Veterans Affairs, **27% of veterans with PTSD will eventually develop a substance dependency.**¹



SIGNS OF PTSD IN VETERANS

Posttraumatic Stress Disorder can manifest in a multitude of ways depending upon the person and their personal experiences. Here are some common signs and symptoms to help you determine if you or a loved one is experiencing PTSD.²

- Flashbacks of the event
- Nightmares about the event
- Avoiding discussing the event
- Hopelessness
- Feelings of detachment
- Lack of interest in activities once enjoyed
- Negative self-perception
- Thoughts of suicide

Risk of Death

Veterans with SUD and PTSD are more likely to commit suicide than their counterparts who do not.

1/10

Almost 10% of women veterans dependent on opioids will commit suicide.³

< 45

Veterans under 45 years of age are the most at-risk population.⁴

8X

Veterans are **7 to 8 times more likely** to commit suicide than the general population.⁵



1 <https://www.ptsd.va.gov/publications/print/sudptsdflyer.pdf>

2 <https://www.mayoclinic.org/diseases-conditions/post-traumatic-stress-disorder/symptoms-causes/syc-20355967>

3 http://www.wisam-asam.com/resources/Documents/2018%20Conference%20Handouts/McDonald_Women%20Veterans%20and%20SUD%204.pdf

4 <https://www.sciencedirect.com/science/article/abs/pii/S0376871612003328?via%3Dihub>

5 <http://stanislaus.networkofcare.org/library/RL34471.pdf>