

I Choose Life Foundation

# WHAT TO KNOW ABOUT DRUG ABUSE





# RUN FROM DRUG ABUSE

#STAYOFFCAMPAIGN



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**Nigerian Drug Law Enforcement Agency (NDLEA)**  
& the **I Choose Life Foundation**





## Problem...

Drug abuse is a globally pervasive issue that has become a source of concern to governments, health personnel, families and societies at large because of the diverse grave consequences associated with it. In 2017, an estimated 271 million people or 5.5 percent of the global population aged 15-64 years had used drugs in the previous year.

*“Drug abuse is a cankerworm that has eaten deep into the fabric of our societies whose effects are cataclysmic as it cuts across every creed, race and social status”*

*-P. Eric (2017)*

- Drug abuse and addiction affect every segment of society. That's all of us. Everyone. Not one person is immune against the disease of addiction.

### Definitions

Drug is any substance which upon entering the body can change either the function or structure of the organism.

Drug abuse can be defined as the deliberate use of chemical substances for reasons other than intended medical purposes and which results in physical, mental, emotional or social impairment of the user.

# Addiction

Addiction is a chronic relapsing disease characterized by compulsive, often uncontrollable, drug seeking and drug use in the face of negative consequences.

5 C's of Addiction

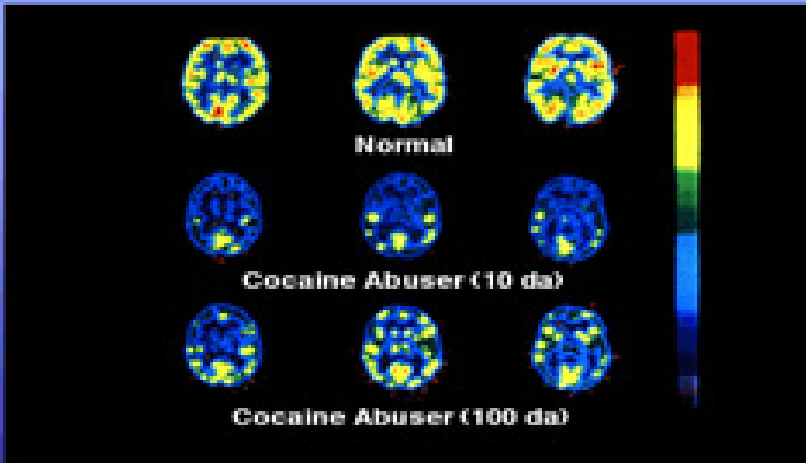
- Chronic
- Loss of Control
- Compulsion
- Use despite negative Consequences
- Cravings

## Is continued drug abuse a voluntary behavior?

- The initial decision to take drugs is typically voluntary. Impairment in self-control is the hallmark of addiction.
- Brain imaging studies of people with addiction show physical changes in areas of the brain that are critical to judgment, decision-making, learning and memory, and behavior control.



## Your Brain After Drugs



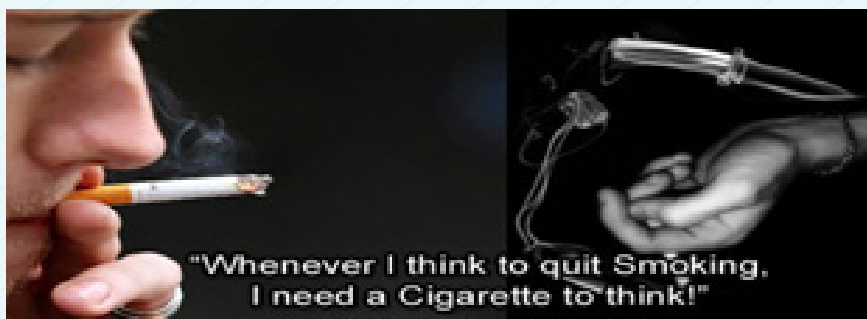
## Why do some people become addicted to drugs, while others don't?

- As with any other disease, vulnerability to addiction differs from person to person, and no single factor determines whether a person will become addicted to drugs.
- In general, the more risk factors a person has, the greater the chance that taking drugs will lead to abuse and addiction.
- Protective factors, on the other hand, reduce a person's risk of developing addiction. Risk and protective factors may be either environmental (such as conditions at home, at school and in the neighborhood) or biological (for instance, a person's genes, their stage of development, and even their gender or ethnicity).



## QUOTES

- When a person first thinks about trying drugs, it is usually a voluntary decision.
- Psychoactive drugs activate a part of the brain called the reward system, and that makes you feel good.
- After repeated drug use, you reach a point when deciding to use drugs is no longer voluntary.



### Tolerance

Tolerance is defined as a person's diminished response to a drug that is the result of repeated use.

For example, patients with chronic pain frequently develop tolerance to some effects of prescription pain medications without developing an addiction to them.



### Dependence

Dependence specifically refers to a physical condition in which the body has adapted to the presence of a drug.

Greatest amount of psychological dependence occurs if the rewarding effects of drugs happen very quickly after behaviors associated with them.



### Withdrawal Syndrome

- Also called a discontinuation syndrome

- Is a set of symptoms occurring in discontinuation or dosage reduction of some types of medications.

The risk of a discontinuation syndrome occurring increases with dosage and length of use.





# Summary of Nigeria

The findings as contained in the 2018 report  
for the year 2017



**1.** 1 in 7 persons aged 15 – 64 years had used a drug (other than tobacco and alcohol).



**2.** The 2017 prevalence of any drug use was estimated at 14.4% corresponding to 14.3 million people aged 15 – 64 years.



**3.** Among every 4 drug users in Nigeria, 1 was a woman.



**4.** The highest levels of drug use were among those aged 25 – 39 years.



**5.** 1 in 5 persons who had used drug in 2017 was suffering from drug user disorders.



**6.** Cannabis was the most commonly used drug.



**7.** The average age of initiation of cannabis use among the general population was 19 years.



**8.** Cannabis use was 7 times higher among men.



**9.** The gender gap in the non-medical use of pharmaceutical opioids was less marked



**10.** An estimated 4.7% of the population i.e. 4.6 million people had used opioids.



# Illicit Drug Use Survey

Report of the NBS on illicit drug use in Nigeria

Findings are not funny.

**11.** The non-medical use of cough syrups containing codeine and dextromethorphan was estimated at 2.4% of the adult population.



**12.** The misuse of cough syrups was almost comparable among men (2.3%) and women (2.5%).



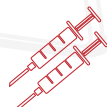
**13.** An estimated 376,000 were high-risk drug users.



**14.** The majority of high-risk drug users were regular users of opioids.



**15.** 1 in 5 high-risk drug users injected drugs.



**16.** The majority (78%) of those injecting drugs were men.



**17.** The most common drugs injected were pharmaceutical opioids.



**18.** An estimated 87,000 (nearly 0.1% of the population) used heroin in 2017.



**19.** The mean age of initiation of heroin use was 22 years.



**20.** 2/3 of people who used drugs reported having serious problems as a result of their drug use.



**21.** Nearly 1 in 8 persons in Nigeria had suffered some kind of consequence due to another person's drug use.



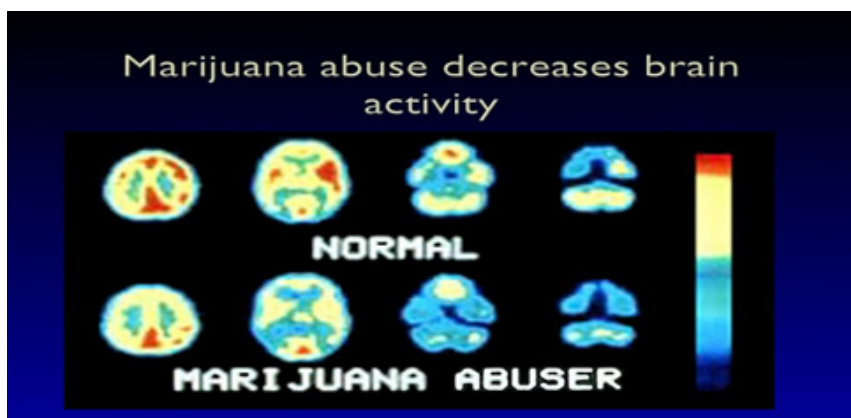
## WHY DO PEOPLE ABUSE DRUGS?



In a study in 2018 by Vanguard Against Drug Abuse (VGADA) among secondary school students in Abuja, Nigeria saw 9% of students who had used drugs in the past year said it was due to bullying by senior or fellow intimidating students.



## EFFECTS OF DRUG ABUSE





People of all ages suffer the harmful consequences of drug abuse and addiction.

- Babies exposed to drugs in the womb may be born premature and underweight. This can slow the child's intellectual development later in life.
- Adolescents who abuse drugs often act out, do poorly academically, and drop out of school. They are at risk for unplanned pregnancies, violence, and infectious diseases.
- Adults who abuse drugs often have problems thinking clearly, remembering, and paying attention. They often develop poor social behaviors as a result of their drug abuse, and their work performance and personal relationships suffer.
- Parents' drug abuse often means chaotic, stress filled home, as well as child abuse and neglect. Such conditions harm the wellbeing and development of children in the home and may set the stage for drug abuse in the next generation.

## COPING STRATEGIES

### UNHEALTHY COPING STRATEGIES

- Denial
- Avoidance
- Displacement
- Trivialization
- Procrastination
- Passive aggressiveness
- Overeating
- Self injury
- Sleeping too much

### HEALTHY COPING STRATEGIES

- Exercise
- Down time for self care
- Balancing work and play
- Time management
- Meditation
- Engaging socially with friends and family
- Deep breathing
- Honesty
- Discussion
- Seek for help



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# DON'T LET DRUGS BURY YOUR DREAMS

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