

# **A MESSAGE TO SAC STATE**

# **A HEALTH ADVISORY**

## **FALL 2021**

At Sacramento State, we recognize that the misuse and abuse of alcohol and other drugs is a threat to the mission of the University, and negatively impacts the health, safety, and welfare of our entire campus community.

We believe that students, faculty, staff, and the larger community have a shared responsibility in educating one another about the potential negative health outcomes and legal consequences associated with substance use, allowing them to make thoughtful and informed choices.

The following pages highlight information about alcohol, cannabis, tobacco, and other drugs, along with resources that are available to students, staff, and faculty members.

### **PRINT COPY:**

Print copies of this Health Advisory can be requested in the Health and Wellness Promotion Department of Student Health and Counseling Services. Educational and service resources are also available upon request.

### **CLERY REPORT:**

In compliance with the Jeanne Clery Disclosure of Campus Security and Campus Crime Statistics, Sacramento State has made crime reporting statistics available online at [www.csus.edu/police](http://www.csus.edu/police). Print copies are available by request from the Sacramento State Police Department.

# ALCOHOL

Alcohol is one of the most socially accepted and commonly used drugs in the United States. Its effects vary widely from person to person, depending on factors such as how much and how often you drink, and your age, health status, and family history.<sup>1</sup>

## ALCOHOL AND YOUR HEALTH

The effects of alcohol can present themselves in as quickly as 10 minutes. Alcohol may cause impairment to a person's ability to estimate time or distance, coordination, and motor function. Use may also cause impaired decision making, leading to engagement in other risky behaviors such as driving under the influence, unsafe sexual practices, and intended or unintended injury to self and others. Extended alcohol abuse can result in high blood pressure, heart disease, stroke, liver disease, digestive problems, various cancers, depression, anxiety, and dementia. Rapid ingestion may result in alcohol poisoning, illness, coma, or death.<sup>1</sup>

### UNDER THE AGE OF 21

- A blood alcohol content of .01 while driving may result in the suspension or revocation of your driver's license.<sup>2</sup>
- Buying or attempting to buy alcohol is considered a misdemeanor.<sup>3</sup>

### OVER THE AGE OF 21

- It is illegal to drive a motor vehicle with a blood alcohol content (BAC) of .08 or higher.<sup>2</sup>
- It is a misdemeanor crime to sell, give, or furnish alcohol to anyone under 21 years of age.<sup>3</sup>

## HEALTH TIPS

- Keep track of your drinks! Binge drinking is associated with many health problems, and is defined as 5+ standard-sized drinks for a male-bodied person and 4+ for a female-bodied person.<sup>4</sup>
- Know the signs of alcohol poisoning and call 911 if someone is displaying any of them! **MUST HELP:** Mental confusion; Unresponsive; Snoring/Gasping for air; Throwing up; Hypothermia; Erratic breathing; Loss of consciousness; Paleness/blueness of the skin.
- Certain groups of people should avoid alcohol altogether, including women who are or may become pregnant, people who have certain medical conditions or are taking certain medications that can interact with alcohol, and persons recovering from alcoholism.<sup>6</sup>

# CANNABIS

Cannabis, also known as Marijuana, is the second most commonly used psychotropic drug in the United States, after alcohol. With the recent legalizations for medical use and/or adult recreational use in states across the country, it is important to understand cannabis' short and long-term effects on the brain and body.

## CANNABIS AND YOUR HEALTH

Cannabis use directly affects the brain, specifically the parts responsible for memory, learning, attention, decision making, coordination, emotions, and reaction time. Long-term use may result in permanent impairment of these functions. Cannabis users, in comparison to non-users, are significantly more likely to develop temporary psychosis and long-lasting mental disorders, including schizophrenia.<sup>8</sup>

### UNDER THE AGE OF 21

- Consuming, buying, or attempting to buy cannabis is considered an infraction, which can lead to a number of penalties.<sup>11</sup>

### OVER THE AGE OF 21

- It is illegal to give or sell cannabis to persons under 21 years of age.<sup>11</sup>
- You cannot use cannabis products in public spaces or on Federal lands.<sup>11</sup>
- It is illegal to drive under the influence of cannabis.<sup>11</sup>

### DID YOU KNOW...

- Cannabis is addictive! About 1 in 10 users will become addicted.<sup>7</sup>
- Cannabis has two chemicals: Tetrahydrocannabinol (THC) and Cannabidiol (CBD). THC is the chemical that gives users a "high."<sup>8</sup>
- Cannabis remains a Schedule 1 drug at the Federal level, which can affect your financial aid if you are caught with cannabis in your possession.<sup>9</sup>
- **No cannabis products are permitted on University property, regardless of state legality.**<sup>10</sup>

# TOBACCO

Cigarette smoking remains the leading cause of preventable disease and death in the United States, accounting for about 1 in 5 deaths. Additionally, the recent E-cigarette epidemic has reinvigorated tobacco use prevalence, especially among youth and young adults.<sup>12</sup>



## Sac State is a completely **TOBACCO FREE CAMPUS**

In September 2017, the CSU Chancellor issued Executive Order 1108, establishing all 23 institutions as tobacco free campuses. Tobacco products includes Cigarettes, Electronic Cigarettes, Cigars, Pipes, and all other forms of smokeless tobacco.

Policy enforcement area includes all of Sac State's indoor and outdoor areas, such as in University buildings and on campus grounds, in University vehicles regardless of where they are being operated, and in non-University vehicles while on Sac State grounds. Learn more: [www.csus.edu/tobaccofree](http://www.csus.edu/tobaccofree)

### DID YOU KNOW...

- You must be 21 years of age or older to purchase and use tobacco products in the state of California.<sup>13</sup>
- Vaping liquids, also called e-juices, contain nicotine which is the primary chemical found in the tobacco plant. Nicotine is highly addictive, and can hinder proper brain development. Brain development continues until a person is about 25 years of age.<sup>14</sup>
- One JUUL pod may contain as much nicotine as a pack of 20 cigarettes!<sup>15</sup>
- E-cigarette aerosol is not harmless! It can contain ingredients such as heavy metals (nickel, tin, and lead), diacetyl, and other cancer-causing chemicals.<sup>14</sup>
- Defective e-cigarette batteries have caused fires and explosions, some of which have resulted in serious injuries. Most explosions happened when the e-cigarette batteries were being charged.<sup>14</sup>





# PRESCRIPTION & ILLICIT DRUGS



## DRUGS AND YOUR HEALTH

Use of **stimulants** for reasons other than treating ADHD or narcolepsy could lead to harmful health effects such as addiction, heart problems, psychosis, anger, or paranoia.<sup>16</sup> Misusing **opioids** dramatically increases the risk of addiction, abuse, and overdose. Other side effects that a person may experience are increased sensitivity to pain, sleepiness, depression, and lower sex drive, energy, and strength.<sup>17</sup>

**Depressant/Depressants** misuse can cause symptoms such as slurred speech, poor concentration, confusion, dizziness, problems with movement and memory, and lowered blood pressure. Long-term use may result in tolerance, requiring larger doses to achieve the same affects. Continued misuse can also lead to dependence, and withdrawal when use is abruptly reduced or stopped. Suddenly stopping can also lead to harmful consequences like seizures.<sup>18</sup>

Sharing injection equipment, and having impaired judgment from drug use, can increase the risk of contracting infectious diseases such as HIV, viral Hepatitis, and bacterial and fungal infections.<sup>19</sup>

## DID YOU KNOW...

- Prescription **stimulants** (ie – Amphetamine, Methylphenidate, and Dextroamphetamine) increase alertness, attention, and energy. This class of drugs are generally used to treat attention-deficit hyperactivity disorder (ADHD) and narcolepsy—uncontrollable episodes of deep sleep.<sup>16</sup>
- Prescription **opioids** (ie – Methadone, Oxycodone, Hydrocodone, etc.) are typically prescribed to relieve moderate to severe pain. Anyone who takes prescription opioids can become addicted. As many as 1 in 4 long-term opioid users are struggling with an opioid addiction!<sup>17</sup>
- Prescription **Depressant/Depressants** (ie – Benzodiazepines, Non-Benzodiazepine Sedative Hypnotics, and Barbiturates) slow brain activity,

making them useful for treating anxiety, panic, acute stress reactions, and sleep disorders.<sup>18</sup>

## HOW TO AVOID MISUSE & ADDICTION

- Never give someone your prescription medications, or use someone else's medication! Securing prescriptions in a medication lock box is highly encouraged.
- Do not take larger or more frequent doses of your medications to try to get faster or more powerful effects.
- Never purchase drugs from a non-medical provider—They may be laced with other drugs, and could be extremely dangerous or even fatal.
- Dispose of unused and expired prescription drugs. Our Campus Pharmacy offers this service for **free** – It is also completely **confidential**!

# RESOURCES

## EMPLOYEE ASSISTANCE PROGRAM (EAP)

The employee assistance program (EAP) is designed to provide professional assistance to Sacramento State employees and their families (dependents and permanent household members) in assessing and resolving personal problems that may be affecting well-being or job performance.

For more information, visit [www.csus.edu/administration-business-affairs/internal/your-hr/benefits/employee-assistance-program.html](http://www.csus.edu/administration-business-affairs/internal/your-hr/benefits/employee-assistance-program.html) or contact the Human Resources Department at 916-278-6078.

## ON-CAMPUS RESOURCES

- **Student Health and Counseling Services:**  
916-278-6461  
[csus.edu/student-life/health-counseling](http://csus.edu/student-life/health-counseling)
- **Campus Pharmacy:**  
916-278-6040  
[csus.edu/student-life/health-counseling/pharmacy](http://csus.edu/student-life/health-counseling/pharmacy)
- **Sexual Violence Support: CSUS Confidential Campus Advocate;**  
<https://www.csus.edu/student-life/health-counseling/sexual-violence-support>
- **Sacramento State Police Department:**  
916-278-6000  
[csus.edu/campus-safety/police-department](http://csus.edu/campus-safety/police-department)
- **Student Affairs:**  
916-278-6060  
[csus.edu/student-affairs](http://csus.edu/student-affairs)
- **ASI SafeRides Program:**  
[asi.csus.edu/programs/safe-rides](http://asi.csus.edu/programs/safe-rides)

## OFF-CAMPUS & INFORMATIONAL

- **Alcoholics Anonymous, Sacramento:**  
[aasacramento.org](http://aasacramento.org)
- **Marijuana Anonymous:**  
[sacramentoma.org](http://sacramentoma.org)
- **California Smoker's Helpline:**  
1-800-NO-BUTTS (1-800-662-8887)
- **WEAVE (Assault and IPV Support Services):**  
[weaveinc.org](http://weaveinc.org)
- **Centers for Disease Control and Prevention:**  
[cdc.gov](http://cdc.gov)
- **National Institute on Drug Abuse:**  
[drugabuse.gov](http://drugabuse.gov)

# SOURCES

1. <https://www.niaaa.nih.gov/overview-alcohol-consumption>
2. <https://dui.drivinglaws.org/california.php>
3. [https://leginfo.legislature.ca.gov/faces/codes\\_displaySection.xhtml?lawCode=BPC&sectionNum=25658](https://leginfo.legislature.ca.gov/faces/codes_displaySection.xhtml?lawCode=BPC&sectionNum=25658)
4. <https://www.cdc.gov/alcohol/fact-sheets/binge-drinking.htm>
5. <https://awareawakealive.org/educate/know-the-signs>
6. <https://www.cdc.gov/alcohol/fact-sheets/moderate-drinking.htm>
7. <https://www.cdc.gov/marijuana/faqs/what-is-marijuana.html>
8. <https://www.cdc.gov/marijuana/health-effects.html>
9. <https://www.getsmartaboutdrugs.gov/consequences/federal-student-aid-and-drug-use>
10. <https://www.csus.edu/umannual/student/stu-0103.html>
11. <https://cannabis.ca.gov/cannabis-regulations/>
12. [https://www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/adult\\_data/cig\\_smoking/index.htm](https://www.cdc.gov/tobacco/data_statistics/fact_sheets/adult_data/cig_smoking/index.htm)
13. <https://www.lung.org/policy-advocacy/tobacco/prevention/tobacco-21-laws>
14. [https://www.cdc.gov/tobacco/basic\\_information/e-cigarettes/about-e-cigarettes.html](https://www.cdc.gov/tobacco/basic_information/e-cigarettes/about-e-cigarettes.html)
15. <https://truthinitiative.org/research-resources/emerging-tobacco-products/how-much-nicotine-juul>
16. <https://www.drugabuse.gov/publications/drugfacts/prescription-stimulants#:~:text=Prescription%20stimulants%20are%20medicines%20generally,alertness%2C%20attention%2C%20and%20energy>
17. <https://www.cdc.gov/drugoverdose/opioids/prescribed.html>
18. <https://www.drugabuse.gov/publications/drugfacts/prescription-cns-depressants>
19. <https://www.cdc.gov/pwid/index.html>
20. <https://www.cdc.gov/homeandrecreationalsafety/Poisoning/preventiontips.htm>