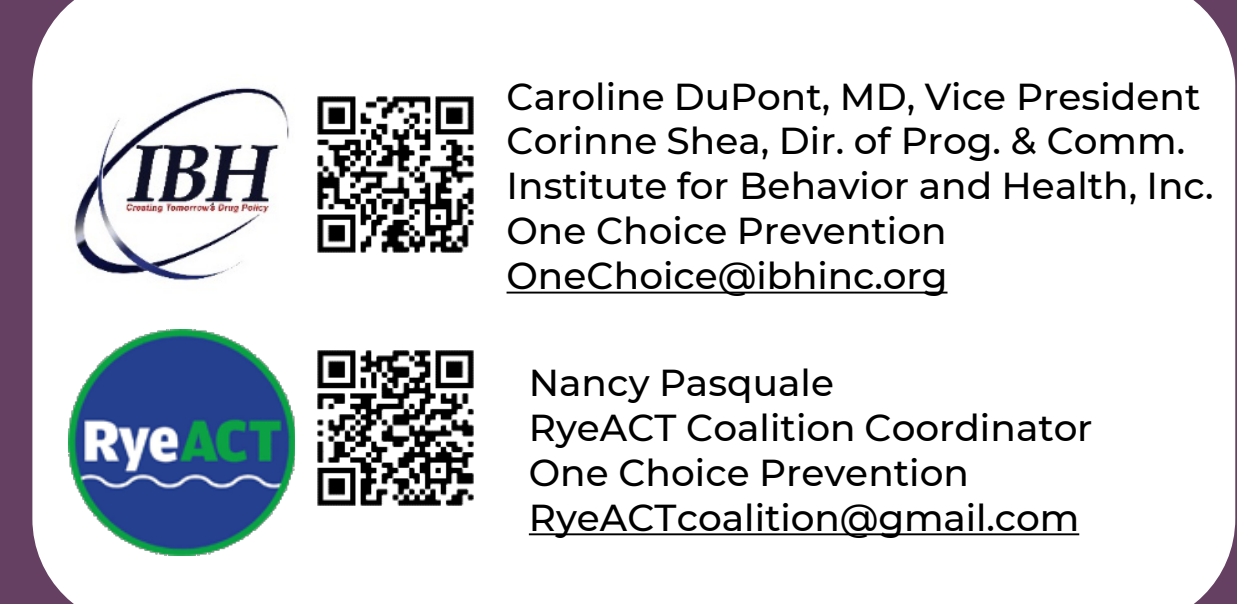




# REDUCING THE FUTURE OF ADDICTION BEGINS WITH PREVENTION: ONE CHOICE FOR HEALTH



## WHAT IS ONE CHOICE?

- The goal of youth substance use prevention can be framed as One Choice: no use of any alcohol, nicotine, marijuana, or other drugs by youth under age 21 for reasons of health.



- A clear health standard analogous to other standards like using seat belts, wearing bicycle helmets, eating healthy foods, and exercising regularly.

- While not every young person will do all of these things all of the time, that doesn't change the standard for youth health.

## IDENTIFY SUBSTANCE USE EARLY

### SCREENING, BRIEF INTERVENTION, AND REFERRAL TO TREATMENT (SBIRT)

- The American Academy of Pediatrics (AAP) recommends SBIRT as part of routine health care with several validated screening tools available: Screening to Brief Intervention (S2BI) Tool, CRAFFT, BSTAD.<sup>6</sup>

- For example, S2BI can be self- or interviewer-administered and asks, "In the past year, how many times have you used...?" a series of substances, with answers including: Never, Once or Twice, Monthly, Weekly or More

<https://www.drugabuse.gov/ast/s2bi/#/>

"The nonuse message should be reinforced by pediatricians through clear and consistent information presented to patients, parents, and other family members."<sup>7</sup>  
- AAP's Policy Statement on SBIRT

### REFLECTIONS OF ONE CHOICE IN AAP POLICY

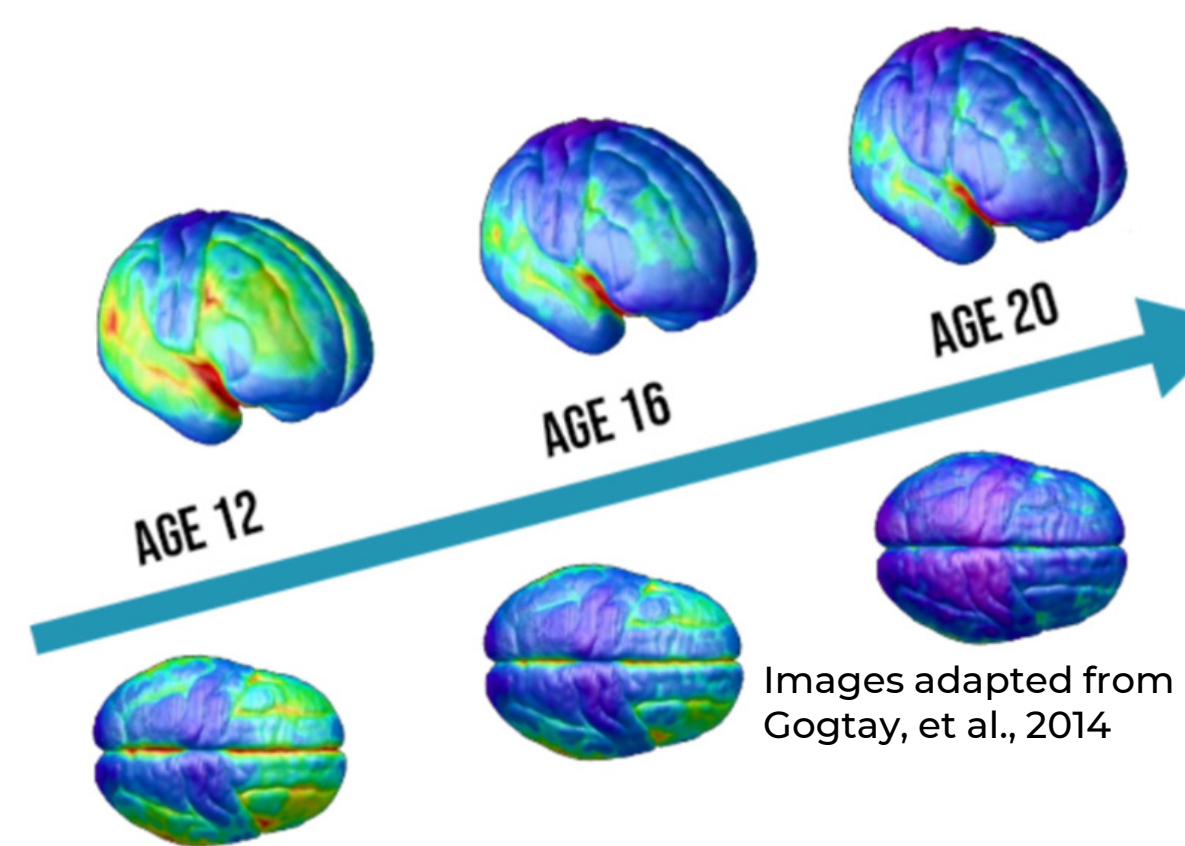
- When teens report no substance use:
  - "Prevent or delay initiation of substance use through positive reinforcement and patient/parent education...It is important that these patients receive praise and encouragement for making smart decisions and healthy choices."

- When referring to treatment:
  - Adhere to an abstinence philosophy and consider continued drug use as an indication for more treatment rather than for discharge. SUD is a chronic disease, and a drug-free environment is essential. Tobacco use should be prohibited, and nicotine cessation treatment should be provided as part of the overall treatment plan."

- When teens report experimentation:
  - "Promote strengths; encourage abstinence and cessation through brief, clear medical advice and educational counseling."

## #1 THE DEVELOPING BRAIN IS UNIQUELY VULNERABLE TO SUBSTANCE USE

- The brain isn't fully developed until the mid-20s.<sup>1</sup>
  - These images show how changes occur from the least developed areas of the brain (depicted in red, yellow, and light green) to the more developed areas (blue and purple).<sup>1</sup> Only the very small areas of dark purple are fully developed.



- Substance use disorder is a pediatric-onset disease.



- 9 in 10 adults with a substance use disorder began their use before age 18.<sup>2</sup>
- The earlier a person initiates substance use and the heavier the use, the more likely that individual will develop a substance use problem.<sup>3</sup>

## #3 YOUTH SUBSTANCE USE IS NOT INEVITABLE

**31%** of high school seniors have not used ANY alcohol, cigarettes (nicotine), marijuana, or other drugs in their lifetime.<sup>5</sup>

**59%** of high school seniors have not used ANY substances in the past month.<sup>5</sup>

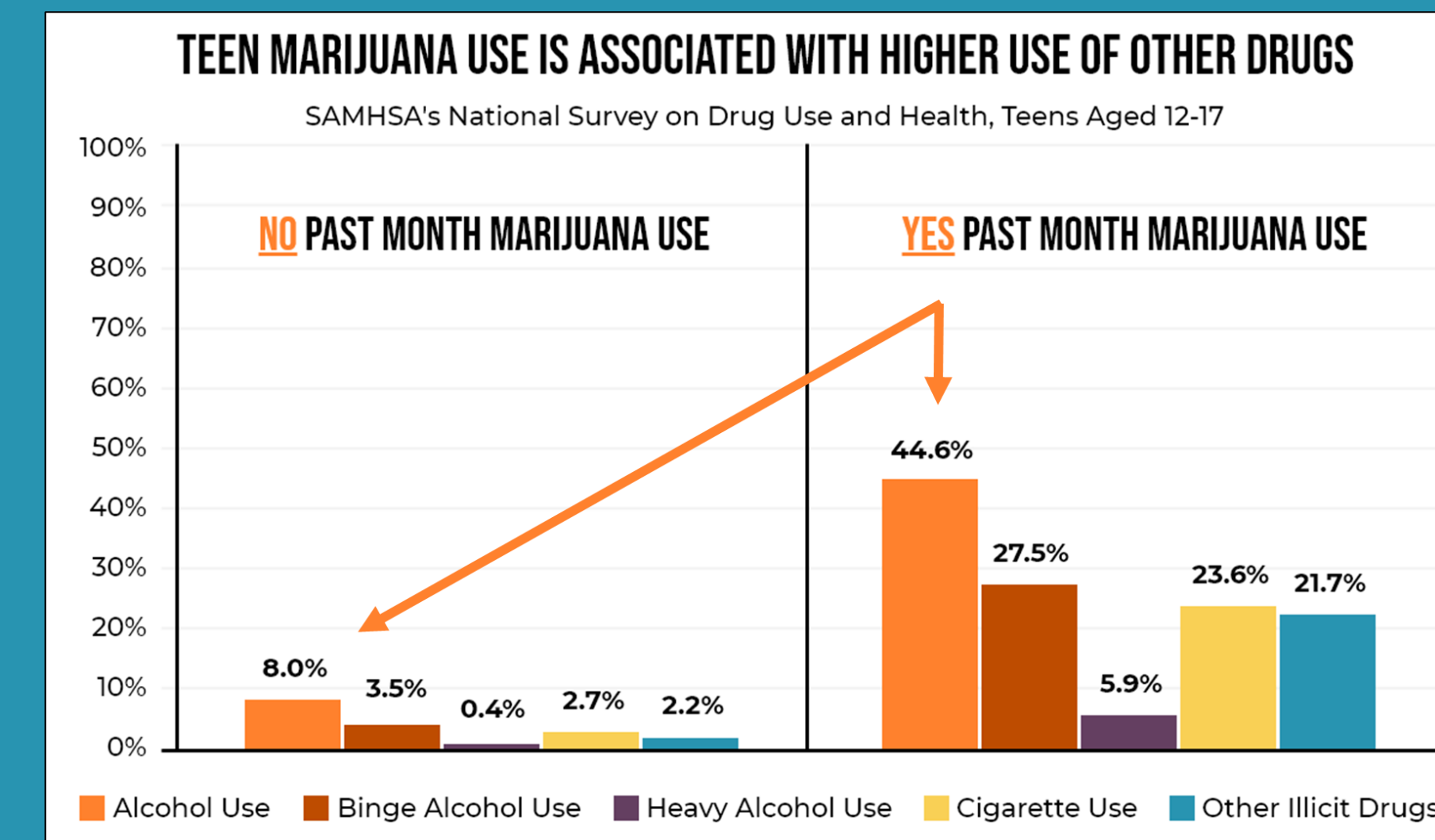


REFERENCES: <sup>1</sup>Gogtay, et al. (2014). Dynamic mapping of human cortical development during childhood through early adulthood. *PNAS*, 107(21), 8174-8179. <sup>2</sup>National Center on Addiction and Substance Abuse at Columbia University. (2011). *Adolescent Substance Use: America's #1 Public Health Problem*. New York, NY: Author. <sup>3</sup>E.g., see Winters, K. C., Tanner-Smith, E. E., Bresani, E., & Meyers, K. (2014). Current advances in the treatment of adolescent drug use. *Adolescent Health, Medicine and Therapeutics*, 5, 199-210. <sup>4</sup>DuPont, R. L., Han, B., Shea, C. L., & Madras, B. K. (2018). Drug use among youth: national survey data support a common liability of all drug use. *Preventive Medicine*, 113, 68-73. <sup>5</sup>Levy, S., Campbell, M. C., Shea, C. L., DuPont, C. M., & DuPont, R. L. (2020). Trends in substance nonuse by high school seniors: 1975-2018. *Pediatrics*, e202007187. <sup>6</sup>Levy, S. J., Williams, J. F., & Committee on Substance Use and Prevention. (2018). Substance Use Screening, Brief Intervention, and Referral to Treatment. *Clinical Report. Pediatrics*, 138(1), e20161211. <sup>7</sup>Levy, S. J., L. Kokotailo, P. K., & Committee on Substance Abuse. (2011). Substance Use Screening, Brief Intervention, and Referral to Treatment for Pediatricians. *Policy Statement. Pediatrics*, 128(5), e1330-e1340.

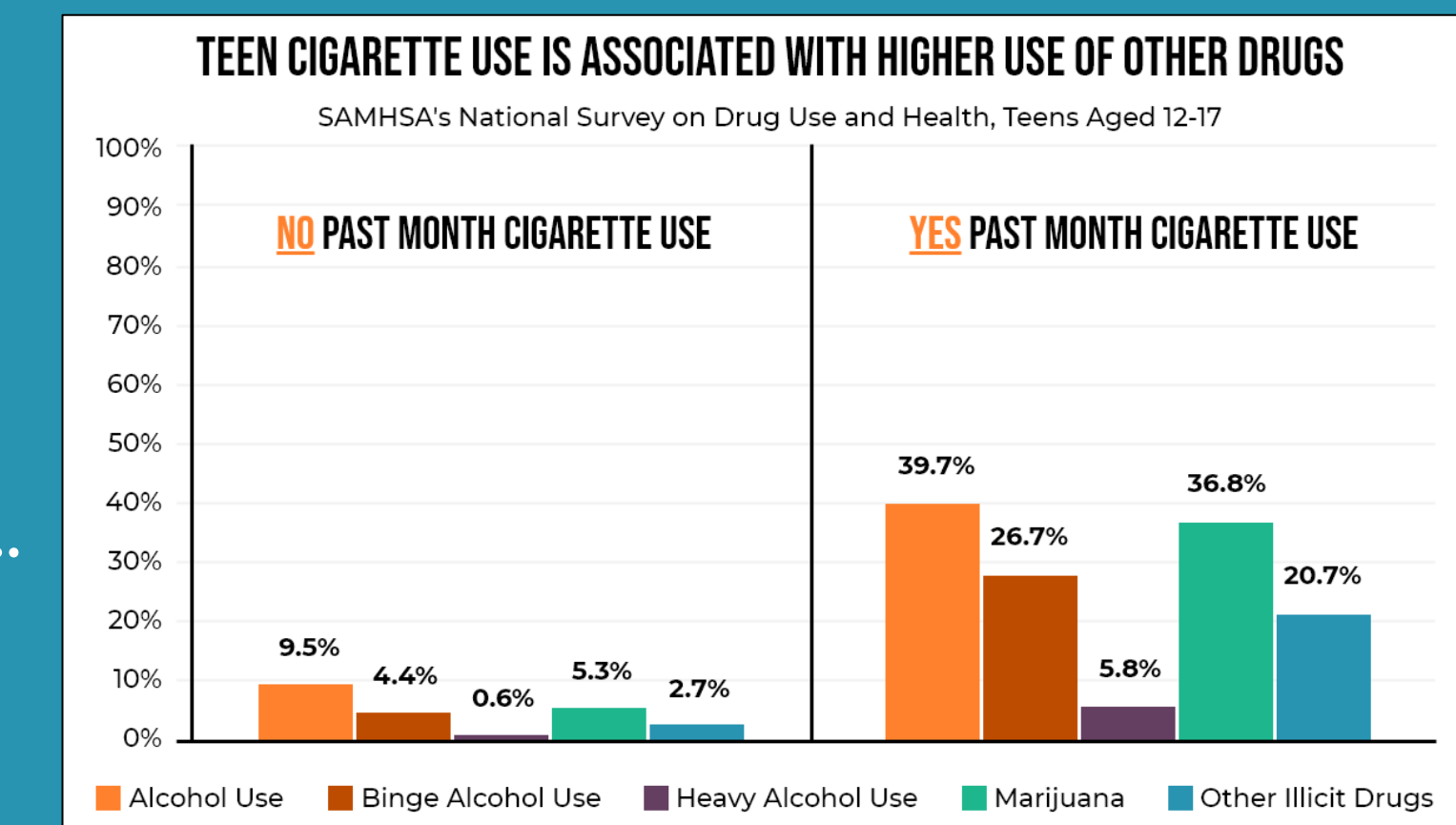
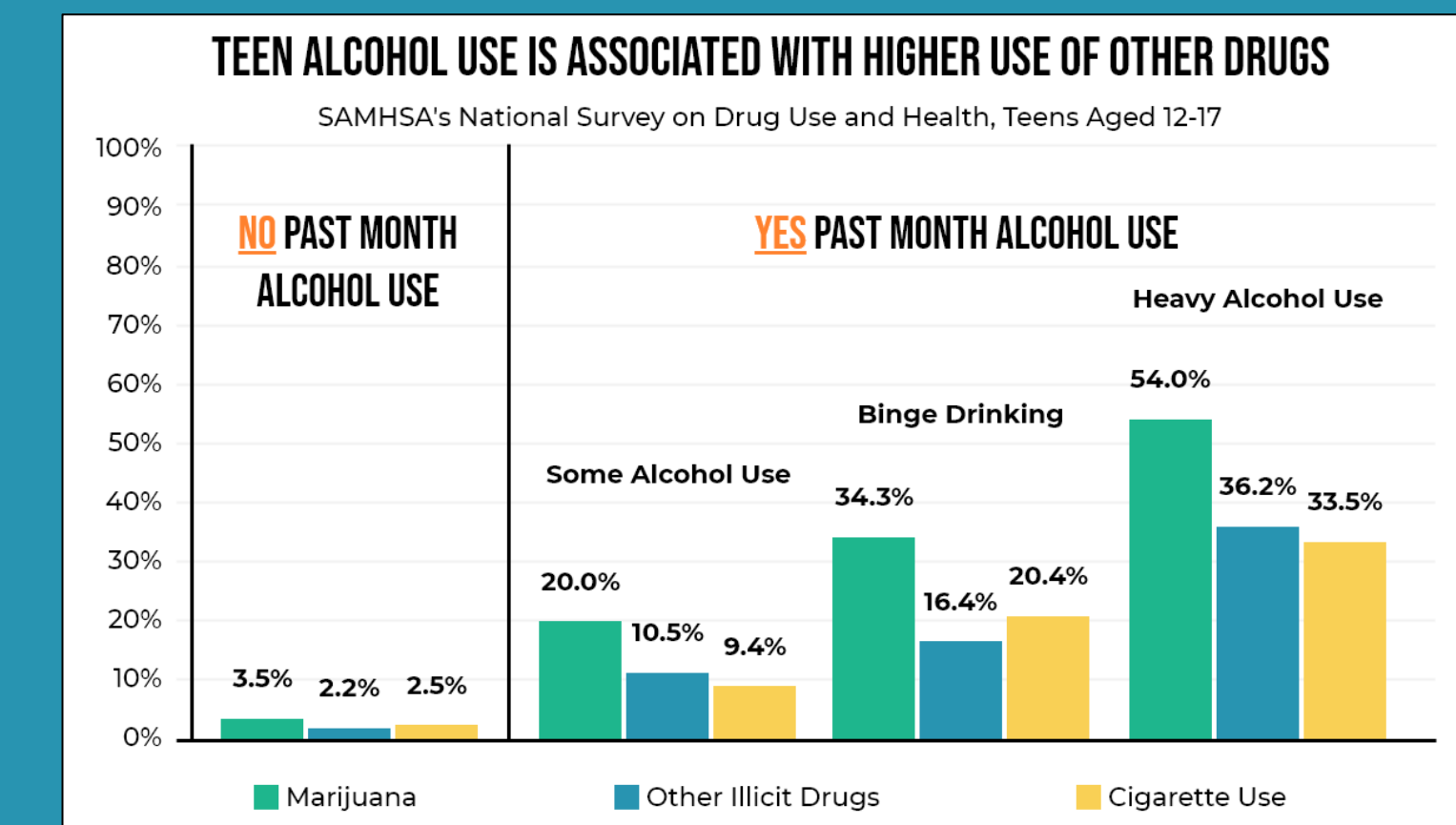
## WHY ONE CHOICE?

### #2 FOR TEENS, ALL SUBSTANCE USE IS CONNECTED

- Use of any one substance (marijuana, alcohol, nicotine) dramatically increases the likelihood of using other substances. Similarly, non-use of any one substance significantly decreases the likelihood of using others.<sup>4</sup>



- Teens aged 12-17 who used marijuana in the past month were...
  - 6x more likely to use alcohol
  - 8x more likely to binge drink
  - 16x more likely to drink heavily
  - 9x more likely to use cigarettes
  - 10x more likely to use illicit drugs
- ...compared to their peers who did not use marijuana.<sup>4</sup>



Data from the National Survey on Drug Use and Health (NSDUH)

- The same close association of use was also true among youth who used alcohol in the past month, and among youth who used cigarettes (nicotine) in the past month.<sup>4</sup>
- The crucial decision for youth is whether or not to use drugs. This underscores the need for a clear goal of nonuse for youth prevention.



## ONE CHOICE PREVENTION RESOURCES

- One Choice is a health message that can be integrated into school-based health initiatives.
- The One Choice Toolkit is a free online resource with customizable materials for youth-led and community-wide activities to support youth health.
- Check out examples of materials developed with youth for peer-to-peer prevention messaging and parent and community education.



La mayoría de los adolescentes de hoy eligen NO consumir marihuana, alcohol, tabaco u otras drogas



JOIN THE GROWING ONE CHOICE COMMUNITY TODAY!

[www.OneChoicePrevention.org](http://www.OneChoicePrevention.org)