



# Alcohol and Drug Education

## Alcohol, Drugs, and Physical Health

### MODULE OVERVIEW



#### PHYSICAL HEALTH IMPACTS

Many substances have long-term health effects. Here are just a few of them: alcohol can damage organs and increase cancer risk, while heavy cannabis use can cause respiratory and brain issues.



#### HEALTH IMPACTS ON OTHERS

Heavy alcohol or drug use can harm others too. Alcohol use during pregnancy can cause miscarriage, stillbirth, or lifelong issues in children. Secondhand smoke raises disease risk in non-smokers and can cause sudden infant death syndrome (SIDS) in babies.



#### MORTALITY IMPACTS

Frequent, heavy alcohol or drug use can cause early death. Over 140,000 Americans die annually from alcohol-related causes, which equals about 380 daily. In 2022, around 83,000 died from opioid overdoses, and in 2021, about 33,000 from stimulant overdoses.



#### REGULAR HEALTH SCREENINGS

Routine testing and medical checkups can catch substance-related health issues early and provide accurate information for informed decisions about substance use.



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