

CROOK COUNTY EMPOWERED

Engage the community to empower youth to make safe, healthy, and drug-free decisions

Learn more about the risks of **alcohol**

Per capita consumption of alcohol is now higher than it has been since 1990.

Excessive drinking is defined as consuming **4** or more drinks for women and **5** or more drinks for men during a single occasion.

Evidence indicates that the more alcohol a person drinks, the higher the risk of developing cancer.

Research has shown that community exposure, availability of alcohol, and community norms related to alcohol increase someone's likelihood of initiating substances at a younger age and abusing substances later in life.

Alcohol is the third leading cause of preventable death in Oregon.

<https://www.cdc.gov/alcohol/fact-sheets/alcohol-use.htm>

For more information or to get involved contact:

info@crookcounyempowered.org



<https://www.facebook.com/CrookCountyEmpowered>



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Learn more about the risks of **tobacco**

Breathing anything other than clean air into your lungs is harmful — whether it's cigarette smoke or e-cigarette /vape aerosol.

Smoking or vaping can increase the risk of serious complications from COVID-19.

Vape products, like Juul, contain nicotine. One Juul pod has as much addictive nicotine as a pack of cigarettes.

Adolescent brains are still developing till age 25, which means the nicotine is even more harmful as it increases their risk of addiction.

9 out of 10 people who smoke started before age 18.

E-cigarettes/vapes are not safe or approved ways to quit tobacco. Evidence shows that vaping may make it harder to quit nicotine addiction. In fact, more than half of people who vape also smoke cigarettes.

For more info and sources: smokefreeoregon.com

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Learn more about the risks of marijuana

Marijuana use directly affects the brain — specifically the parts of the brain responsible for memory, learning, attention, decision making, coordination, emotions, and reaction time.

In the early 1990s, the average amount of THC in marijuana seized by the U.S. Drug Enforcement Administration was less than 4 percent; in 2018, it averaged **more than 15 percent**. Some concentrated products contain as much as 80 percent THC.

Studies link marijuana use to depression, anxiety, suicide planning, and psychotic episodes.

1-in-6 people who start using the drug before the age of 18 can become addicted.

<https://www.samhsa.gov/marijuana>
<https://www.cdc.gov/marijuana/data-statistics.htm>

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