

A publication of Fitness for Youth

Drug of Choice

Nearly 1 in 4 Michigan 8th graders have used inhalants, according to a 1993 WMU school survey. U.S. statistics indicate inhalants to be the third most popular "drug of choice" for middle schoolers (behind alcohol and tobacco). Everything from cleaning fluid to spray paint (over 1,000 common household products) has been intentionally misused. Signs of inhalant abuse include:

- paint on hands, mouth or nose
- drunk or dazed appearance
- chemical breath odor
- excitability or irritability
- red or runny eyes or nose
- spots or sores around mouth



(*Health Times*, Drug-Free Schools and Health Education Newsletter, Spring 1994)

Drug Woes

Drugs and violence are the chief concerns of parents of elementary school students. In a Gallup Poll of parents of children 12-years-old and younger, over 75% picked drugs, 7 of 10 chose violence. Only 3 of 5 selected low academic standards. Both mothers and fathers equally worry about drug problems. (*Wall Street Journal*, Dec. 1993)

Cashing in on Steroids

Many teenagers may be spending a substantial portion of their annual disposable income on anabolic-androgenic steroids (A.S.S.). Some Massachusetts doctors estimate Americans are spending \$500 million annually on A.A.S. Most steroid abusers are either amateur body builders, "fitness enthusiasts" or student athletes. (*JAMA*, Feb. 1994 and April 1993)



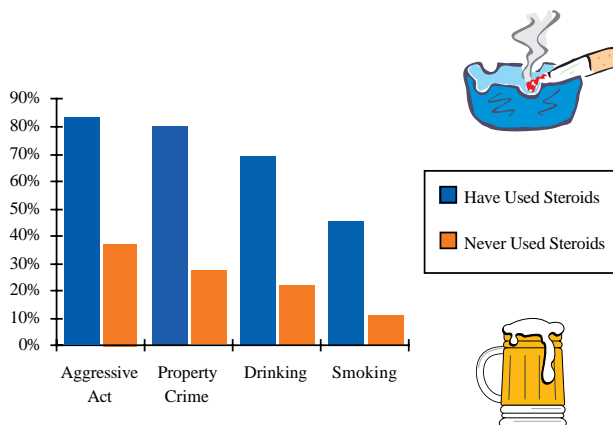
KID BIT

Teenagers drink 35% of all wine coolers sold in the United States.

(Center for Substance Abuse Prevention)

SOMETHING TO PONDER

Steroid Use Relationship in 12- to 17-year-olds



(*JAMA*, Sept. 8, 1993)

Aggressive Act = physical fight, hurting someone badly, robbery with a weapon, using physical force to get money or something, etc., in past 12 months

Property Crime = stealing from a store, damaging or destroying other's property, stealing other's property (not from a store), breaking into a house or building, etc., in past 12 months

Drinking = having had at least 1 alcoholic drink in the past 30 days

Smoking = having smoked at least one cigarette in the past 30 days

