



# Prevention Works





## ADULT SMOKING IN 2011

**Guam's smoking rate is higher than most US States and Territories.**

*This has remained unchanged since 2001.*

Source: BRFSS, 2011



**GUAM 30.5%**



**US 19%**

# TOBACCO SMOKING

## WHO SMOKES?

### ADULTS



• **1 in 3 adults** in Guam is a smoker.



*Women smoke at 2/3 the rate of men in Guam.*

• **Men smoke more than women, but women in Guam smoke as much as men in the US.**

Source: BRFSS, 2011

### YOUTH



• **1 in 5 youth** in Guam is a smoker.



• **Girls smoke as much as boys.**

Source: YRBS, 2011

## WHAT IS THE PRICE, AND WHO PAYS IT?



**Tobacco kills at least 1 person on Guam every day. The top 3 causes of death are all tobacco related.**



**Lung and oral cancers, most of which are caused by tobacco, are highest among Chamorros and other Micronesians.**



**Lung cancer is the top cause of cancer death for both men and women.**

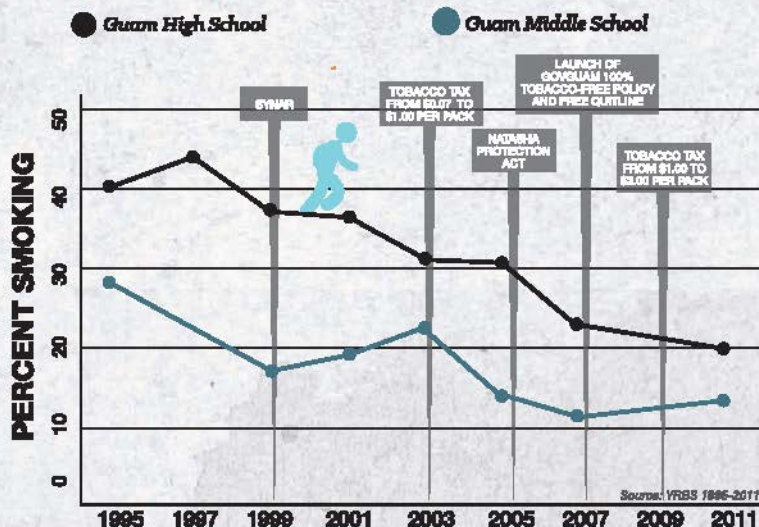
# WHAT WORKS TO **REDUCE** SMOKING?

- **Raise taxes** on tobacco products
- **Prohibit tobacco sales to minors (SYNAR)**
- **Make all public places smoke-free**
- **Promote cessation programs.**



SYNAR  
inspection

## YOUTH SMOKING PREVALENCE AND TOBACCO CONTROL LAWS IN GUAM



**SOUND TOBACCO CONTROL POLICIES  
DECREASE YOUTH SMOKING IN GUAM.**

Toll-Free Tobacco Quitline: 1-800-QUIT NOW (784-8669)







Smokeless tobacco use is **rising** for both adults and youth. The practice of chewing tobacco with betel nut is gradually **increasing** in Guam.

# TOBACCO SMOKELESS

## WHO USES SMOKELESS TOBACCO PRODUCTS?

### ADULTS



- **Males** are more likely to chew or use other smokeless tobacco products. **Chamorros** and other Micronesians have the highest use rates.



- Current users were **younger** and had **lower educational achievement**.



- Current smokeless tobacco use among adults increased from **4.2%** in 2009 to **6.9%** in 2010.

### YOUTH



- Among high school students, smokeless tobacco use increased from **6.3%** in 2001 to **14%** in 2011.



## WHAT IS THE PRICE, AND WHO PAYS IT?



**Oral cancer** rates are 4 times higher for males.



**Oral cancer** is **2X** as high in **Chamorros** and **3X** as high in other **Micronesians** as compared to the general US population.

# WHAT WORKS TO REDUCE SMOKELESS TOBACCO USE?



Kick Butts Outreach



GCC Campus

- **Raise taxes** on smokeless tobacco products.
- **Promote cessation** through cessation counseling and the Guam Quitline.
- **Expand the Natasha Protection Act** to **make all public places tobacco-free.**
- **Include betel nut** in tax increases.

## SMOKELESS TOBACCO USE AMONG GUAM STUDENTS

● High School ● Middle School

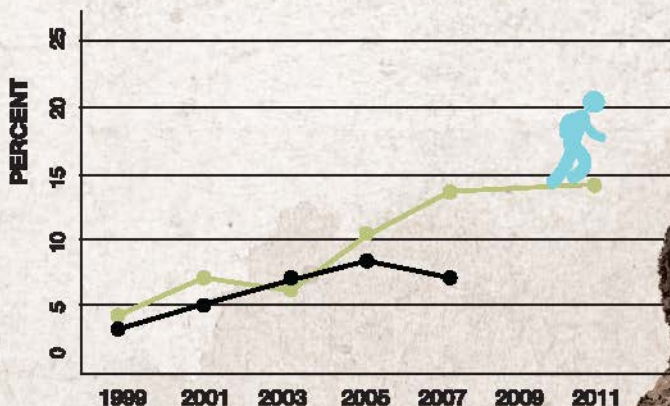


FIGURE 1. SMOKELESS TOBACCO USE, HIGH SCHOOL VS. MIDDLE SCHOOL, GUAM, 1999-2011

Source: YRBS 1999-2011





# ILLICIT DRUGS

## MARIJUANA, METHAMPHETAMINE, AND STEROIDS

Lifetime and current **marijuana** use are higher among Guam's youth than among US youth in general.

Source: YRBS 2011

### LIFETIME MARIJUANA USE



GUAM 48.3%



US 39.9%



## WHO IS USING ILLICIT DRUGS?

### ADULTS

#### MARIJUANA



• 1 in 3 adults have tried using marijuana.



• Males, young adults and Chamorros are more likely to use marijuana.

#### METHAMPHETAMINE



• About 6% reported having used methamphetamines in their lifetime.

Users were more likely to be **MALE, Chamorro, 25-44 years old less educated,** and to have **lower income.**

### YOUTH

#### MARIJUANA



• Nearly 1 in 3 youth are current users of marijuana.



• Marijuana users are more likely to be **male and Chamorro.**

#### METHAMPHETAMINE



• About 3% of high school students have used methamphetamines in their lifetime.

#### STEROIDS



• About 34% of high school youth have used steroids without a doctor's prescription in their lifetime.

# CURRENT MARIJUANA USE AMONG GUAM YOUTH



## WHAT IS THE PRICE, AND WHO PAYS IT?

- ▶ Illicit drug use is implicated in 7% of **suicide** deaths.
- ▶ Illicit drug use contributes to **crime**.



## WHAT DO WE NEED TO DO TO REDUCE THE BURDEN FROM ILLICIT DRUG USE?

- Invest in **science-based** prevention programs that target risks and protective factors.
- **Expand treatment and recovery services.**
- Research shows that **demand reduction and treatment strategies** are effective in preventing and reducing illicit drug use.

# ALCOHOL

## Binge drinking is similar among adults in Guam and the US.

Source: BRFSS, 2011



**GUAM: 18.3% (Adult Males)**



**US: 18% (Adult Males)**



## WHO IS ABUSING ALCOHOL?

### ADULTS



- **1 in 5 adults** in Guam is a **binge drinker**.

Heavy drinking is highest among **Chamorros** and **Caucasians**.

Binge drinking is highest among **Chamorros** and other **Micronesians**.

### YOUTH



- **1 in 7 youth** in Guam is a **binge drinker**.



- **Girls** are drinking as much as **boys**.

## WHAT IS THE PRICE, AND WHO PAYS IT?

**3 of the top 5 causes of cancer death** are alcohol-related.

Other **Micronesians** have almost **9 times** the **US rate** of dying from **liver cancer**, while **Chamorros** have over **double** the **US rate**.

Close to **70% of all DUI arrests** occurred among **Guamanians** and **Pacific Islanders**. These groups also have the highest **binge drinking rates**.

About **1 in 4 suicides** involve **alcohol abuse**.



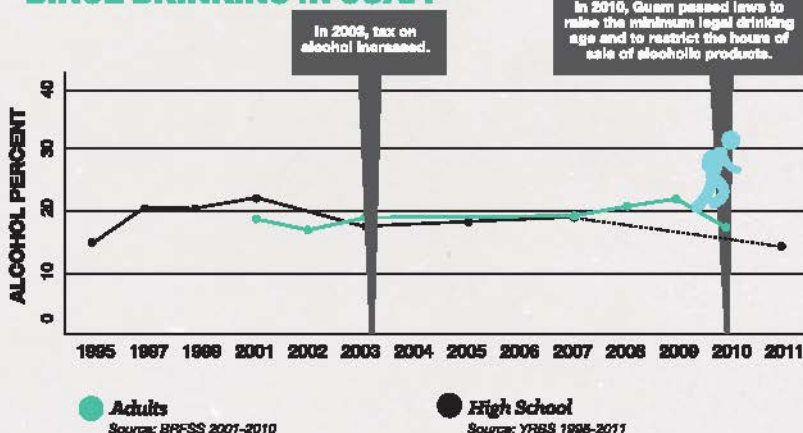
# HOW CAN YOU REDUCE ALCOHOL ABUSE?

Gef Papi's  
Cultural  
Dance Group



- **Strictly enforce** the minimum legal drinking age law.
- **Raise taxes** further on alcohol products.
- **Promote alcohol-free norms**, like the One Nation campaign.
- **Evidence-based policies** can result in immediate and measurable decreases in alcohol abuse.

## BINGE DRINKING IN GUAM



# SUICIDE



## WHO DIES ON GUAM?



- **1 suicide death** every 2 weeks.



- **60%** of suicide deaths are **under** the age of **30 years**.



- Most suicide deaths are among **Chuukese** and **Chamorros**.

## HOW CAN YOU REDUCE SUICIDE?



Applied Suicide Intervention Skills Training (ASIST) at UOG

**1 in 3** suicide deaths left evidence of their intent.

- **Recognize** suicide warning signs.
- Immediately **refer** persons at risk to prevention resources.



Community Outreach Planning

Address **risk factors** for suicide:

- Sexual violence
- Substance Abuse
- Depression



Signing of NIDA 21 Law

**1 in 4** suicide deaths involves **alcohol**. **7%** involve **other drugs**. **Prevent** alcohol and drug abuse.

**WHERE TO GET HELP:** NATIONAL SUICIDE PREVENTION LIFELINE: 1-800-273-



# WHAT WORKS TO REDUCE THE BURDEN FROM SUICIDE?

ARMY RESERVES  
RESILIENCY TRAINING

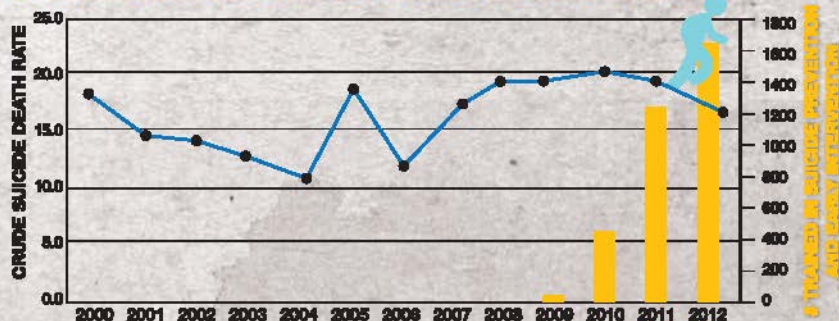


- **Prevent** and control **alcohol** and **illicit drug use**.
- **Screen** and treat **mental illness** and **depression**.
- Train health care personnel and other emergency responders to do **brief intervention** and to **refer all attempted cases of suicide to GBHWC** and other mental health providers.
- Empower youth to develop **healthy relationship skills**.
- **Address physical and sexual violence**.
- **Build community capacity** to identify persons at risk for suicide and to connect those at-risk to professional resources.

## SUICIDE IN GUAM

Guam's suicide rate declined in 2011, following the passage of the law raising the minimum legal drinking age in 2010, and coinciding with the increased number of community members trained in brief suicide interventions.

- **CRUDE SUICIDE DEATH RATE**
- **NUMBERS TRAINED IN SUICIDE PREVENTION AND EARLY INTERVENTION**



Source: Calculated based on data taken from the Office of the Chief Medical Examiner, DHSIS Office of Vital Statistics and Bureau of Statistics and Plans



# PREVENTION WORKS IN GUAM

**10**



**1,906 PERSONS  
TRAINED IN SUICIDE  
PREVENTION**

**YEARS**  
OF PREVENTION  
(2003-2013)

**ONE**  
NEW QUITLINE

**21** YEARS  
THE  
NEW  
MINIMUM  
DRINKING  
AGE

**6** New laws on  
controlling  
tobacco and  
alcohol use

CURRENT TAX ON A PACK OF  
CIGARETTES: UP FROM \$0.07  
BEFORE 2003 > \$9.00 IN 2010



**265**

Persons trained in brief tobacco cessation **92.2%**  
of retail stores that don't sell tobacco to minors

**3% DROP  
IN ADULT  
SMOKING**

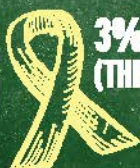
**10%**

**DROP IN  
YOUTH  
DRINKING**

**4%**

**DROP IN  
ADULT &  
YOUTH  
BINGE  
DRINKING**

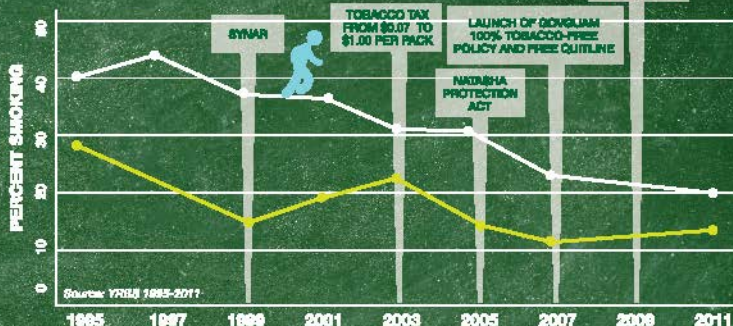
**3% DROP IN SUICIDE RATE  
(THE 1ST DECREASE IN 6 YEARS)**





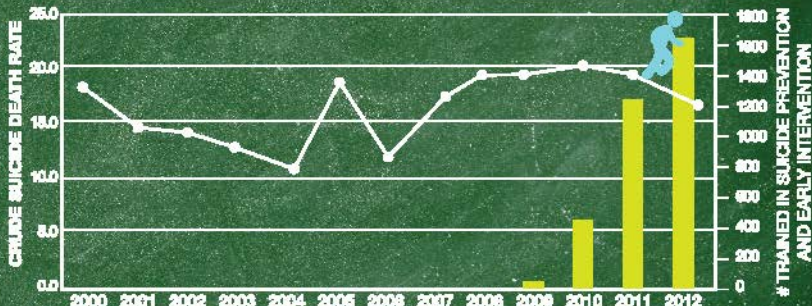
## YOUTH SMOKING

● Guam High School ● Guam Middle School



## SUICIDE RATE

● Crude Suicide Death Rate ● # Trained in Suicide Prevention and Early Intervention



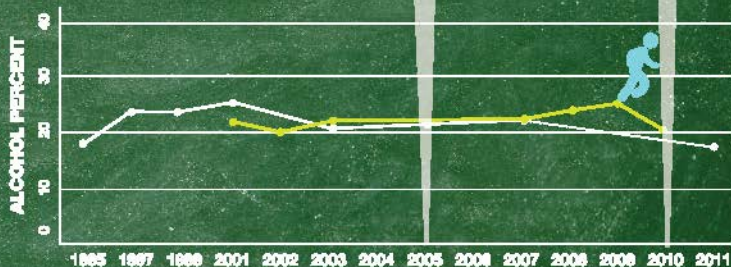
## BINGE DRINKING IN GUAM

● High School

Source: YRBS 1995-2011

● Adults

Source: BRFSS 2001-2011



## FOR MORE INFORMATION



### ***GBHWC – Prevention and Training Branch***

Phone..... (671) 477-9079 thru 9083

Fax..... (671) 477-9076

Website..... [www.peaceguam.org](http://www.peaceguam.org)



### ***Focus on Life, Suicide Prevention Campaign***

Like on Facebook: “Focus on Life Guam”



### ***One Nation, Alcohol-Free Campaign***

[www.onenationguam.com](http://www.onenationguam.com)

Like on Facebook: “One Nation Guam”



***DPHSS Cessation Website*** [www.quitnow.net/guam](http://www.quitnow.net/guam)



# GET HELP TODAY!

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***National Suicide Prevention Lifeline***

1-800-273-TALK (8255)

***Toll-Free Tobacco Quitline***

1-800-QUIT-NOW (784-8669)

***GBHWC 24-Hour Crisis Hotline***

(671) 647-8833

***OASIS Empowerment Center***

(671) 646-4601

***Sanctuary 24-Hour Hotline***

(671) 475-7100

***Department of Youth Affairs***

(671) 735-5032



Tel: (671) 477-9079 ~ 9083  
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Epidemiological Outcomes Workgroup*