

# A MESSAGE TO SAC STATE

# A HEALTH ADVISORY

## FALL 2022

At Sacramento State, we recognize that the misuse and abuse of alcohol and other drugs is a threat to the mission of the University, and negatively impacts the health, safety, and welfare of our entire campus community.

We believe that students, faculty, staff, and the larger community have a shared responsibility in educating one another about the potential negative health outcomes and legal consequences associated with substance use, allowing them to make thoughtful and informed choices.

The following pages highlight information about alcohol, cannabis, tobacco, and other drugs, along with resources that are available to students, staff, and faculty members.

### PRINT COPY:

Print copies of this Health Advisory can be requested in the Health and Wellness Promotion Department of Student Health and Counseling Services located in Room 1031 at The WELL. Educational and service resources are also available upon request.

### CLERY REPORT:

In compliance with the Jeanne Clery Disclosure of Campus Security and Campus Crime Statistics, Sacramento State has made crime reporting statistics available online at [www.csus.edu/police](http://www.csus.edu/police). Print copies are available by request from the Sacramento State Police Department.



SACRAMENTO  
STATE

# ALCOHOL

Alcohol is one of the most socially accepted and commonly used drugs in the United States. Its effects vary widely from person to person, depending on factors such as how much and how often you drink, and your age, health status, and family history (National Institute on Alcohol Abuse and Alcoholism [NIAAA], n.d.).

## ALCOHOL AND YOUR HEALTH

The effects of alcohol can present themselves in as quickly as 10 minutes. As you drink, you increase your blood alcohol concentration (BAC), which is the amount of alcohol present in your bloodstream. Alcohol may cause impairment to a person's ability to estimate time or distance, coordination, and motor function. Use may also cause impaired decision making, leading to engagement in other risky behaviors such as driving under the influence, unsafe sexual practices, and intended or unintended injury to self and others. Extended alcohol abuse can result in high blood pressure, heart disease, stroke, liver disease, digestive problems, various cancers, depression, anxiety, and dementia. Rapid ingestion may result in alcohol poisoning, illness, coma, or death (NIAAA, n.d.).

### UNDER THE AGE OF 21

- A blood alcohol content of .01 while driving may result in the suspension or revocation of your driver's license (McCurley, n.d.).
- Buying or attempting to buy alcohol is considered a misdemeanor (State of California, 2020).

### OVER THE AGE OF 21

- It is illegal to drive a motor vehicle with a blood alcohol content (BAC) of .08 or higher (McCurley, n.d.).
- It is a misdemeanor crime to sell, give, or furnish alcohol to anyone under 21 years of age (State of California, 2020).

## HEALTH & WELLNESS TIPS

- Keep track of your drinks. Binge drinking is associated with many health problems, and is defined as 5+ standard-sized drinks for a male-bodied person and 4+ for a female-bodied person (U.S. Centers for Disease Control & Prevention [CDC], n.d.).
- Know the signs of alcohol poisoning and call 911 if someone is displaying any of them  
**MUST HELP:** Mental confusion; Unresponsive; Snoring/Gasping for air; Throwing up; Hypothermia; Erratic breathing; Loss of consciousness; Paleness/blueness of the skin (With Us: Aware Awake Alive, n.d.).

# ALCOHOL

## HEALTH & WELLNESS TIPS

- To reduce the risk of alcohol-related harms, it is recommended that adults of legal drinking age can choose to not drink, or to drink in moderation by limiting intake to 2 drinks or less in a day for male-bodied persons or 1 drink or less in a day for female-bodied persons (CDC, n.dB).
- Certain groups of people should avoid alcohol altogether, including women who are or may become pregnant, people who have certain medical conditions or are taking certain medications that can interact with alcohol, and persons recovering from alcoholism (CDC, n.dB).
- It is best to avoid drinking alcohol when you are taking other medications, both prescribed or over-the-counter medications. Combining alcohol with medications can increase adverse side effects (nausea, headaches, drowsiness, impaired motor skills etc.), lower the medication's effectiveness, and even put you at risk for internal bleed or heart problems (NIAAA, 2013).

## ASI SAFE RIDES

Safe Rides' goal is to help reduce DUI incidents and encourage safe transportation by providing students financial reimbursement for rideshare trips. Sac State students can request up to \$40 cash back (until funds last) per semester for rides taken from rideshare services, taxis, and public transportation. Learn more at [\*\*asi.csus.edu/safe-rides\*\*](https://asi.csus.edu/safe-rides).

## SACRAMENTO STATE ALCOHOL BEVERAGE AND DRUG POLICY

More Information about Sacramento State Alcohol Beverage and Drug Policy:

- [\*\*https://sacramentostate.policystat.com/policy/11300464/latest\*\*](https://sacramentostate.policystat.com/policy/11300464/latest)

# CANNABIS

Cannabis, also known as Marijuana, is the second most commonly used psychotropic drug in the United States, after alcohol. With the recent legalizations for medical use and/or adult recreational use in states across the country, it is important to understand the short and long-term effects of cannabis on mental and physical health.

## DID YOU KNOW...

- Cannabis has two primary chemicals: Tetrahydrocannabinol (THC) and Cannabidiol (CBD). THC is the chemical that gives users a “high.” (CDC, n.dC).
- Cannabis is addictive. About 1 in 10 users will become addicted. For people who begin using before the age of 18 years, that number rises to 1 in 6 (CDC, n.dC).
- Cannabis use is significantly higher in adults with mental health conditions and many individuals report using cannabis to manage their mental health (Substance Abuse and Mental Health Services Administration [SAMHSA], 2020).
- **No cannabis products are permitted on University property, regardless of state legality, as Sacramento State is a federally funded institution (CSU EO 1108).**

## UNDER THE AGE OF 21

- Consuming, buying, or attempting to buy cannabis is considered an infraction, which can lead to a number of penalties (California [CA] Dept. of Cannabis Control, n.d.).

## OVER THE AGE OF 21

- It is illegal to give or sell cannabis to persons under 21 years of age (CA Dept. of Cannabis Control, n.d.).
- You cannot use cannabis products in public spaces or on Federal lands (CA Dept. of Cannabis Control, n.d.).
- It is illegal to drive under the influence of cannabis (CA Dept. of Cannabis Control, n.d.).

# CANNABIS

## CANNABIS AND YOUR HEALTH & WELLNESS

Cannabis use directly affects the brain, specifically the parts responsible for memory, learning, attention, decision making, coordination, emotions, and reaction time. Long-term use may result in permanent impairment of these functions. Some studies found that regular cannabis use may accelerate symptoms of anxiety disorders, mood disorders, schizophrenia, or psychosis (American Psychiatric Association, 2018; National Academies of Sciences, Engineering, and Medicine, 2017). Additionally, it is recommended to speak to a healthcare provider prior to use of cannabis to discuss medication interactions. Researchers have found that cannabinoids can interact with and impact the efficacy of over 130 prescribed medications such as heart medications, antibiotics, and blood thinners (Kocis & Vrana, 2020).

## EXECUTIVE ORDER 1108: POLICY ON SYSTEMWIDE SMOKE AND TOBACCO FREE ENVIRONMENT

[calstate.policystat.com/policy/6591951/latest/](https://calstate.policystat.com/policy/6591951/latest/)



# TOBACCO & VAPING

Cigarette smoking remains the leading cause of preventable disease and death in the United States, accounting for about 1 in 5 deaths. Additionally, the recent E-cigarette epidemic has reinvigorated tobacco use prevalence, especially among youth and young adults (CDC, 2018).

## DID YOU KNOW...

- You must be 21 years of age or older to purchase and use tobacco products in the state of California (American Lung Association, n.d.).
- Vaping liquids, also called e-juices, contain nicotine which is the primary chemical found in the tobacco plant. Nicotine is highly addictive and can hinder proper brain development. Brain development continues until a person is about 25 years of age (CDC, n.d.).
- In June 2022, the U.S. Food & Drugs Administration issued a marketing denial order on JUUL Labs Inc. due to potential toxicological risks, banning the sale and distribution of any JUUL products (United States Food & Drug Administration [FDA], 2022). One JUUL pod may contain as much nicotine as a pack of 20 cigarettes (Truth Initiative, 2019).
- E-cigarette aerosol can contain ingredients such as heavy metals (nickel, tin, and lead), diacetyl, and other cancer-causing chemicals (CDC, n.d.).
- Defective e-cigarette batteries have caused fires and explosions, some of which have resulted in serious injuries. Most explosions happened when the e-cigarette batteries were being charged (CDC, n.d.).
- In November 2022, California voters approved Prop 31 - Flavored Tobacco Products Ban Referendum (2022) which upholds SB 793 - the 2020 state law that prohibits the sale of most flavored tobacco products. This ban will include products such as menthol cigarettes, disposable e-cigarettes/vapes, vaping juices, vape pods and chewing tobacco. It is anticipated Prop 31 will go into effect in California in late December 2022 (Public Health Law Center, 2022), at that time retailers will be prohibited from selling flavored tobacco products, with some exceptions to hookah, loose-leaf tobacco, and premium cigars. Once in effect, California citizens will no longer be able to purchase flavored tobacco products within the state.



# TOBACCO & VAPING



## Sac State is a completely **TOBACCO & SMOKE FREE CAMPUS**

In September 2017, the CSU Chancellor issued Executive Order 1108, establishing all 23 institutions as smoke & tobacco free campuses. Tobacco and smoke products include Cigarettes, Electronic Cigarettes, Cigars, Pipes, Hookah, Cannabis, and all other forms of smokeless tobacco.

Policy enforcement area includes all of Sac State's indoor and outdoor areas, such as in University buildings and on campus grounds, in University vehicles regardless of where they are being operated, and in non-University vehicles while on Sac State grounds. Learn more at [csus.edu/tobaccofree](https://csus.edu/tobaccofree).



# PRESCRIPTION & ILLICIT DRUGS

## DO YOU KNOW THE DIFFERENCE?

- Prescription **stimulants** (i.e. – Amphetamine, Methylphenidate, and Dextroamphetamine) increase alertness, attention, and energy. This class of drugs are generally used to treat attention-deficit hyperactivity disorder (ADHD) and narcolepsy—uncontrollable episodes of deep sleep (National Institute of Drug Abuse, 2018a).
- Prescription **CNS Depressants** (i.e. – Benzodiazepines, Non-Benzodiazepine Sedative Hypnotics, and Barbiturates) slow brain activity, making them useful for treating anxiety, panic, acute stress reactions, and sleep disorders (National Institute of Drug Abuse, 2018b).
- Prescription **opioids** (i.e. – Oxycodone, Hydrocodone, Fentanyl etc.) are typically prescribed to relieve moderate to severe pain. Anyone who takes prescription opioids can become addicted. As many as 1 in 4 long-term opioid users are struggling with an opioid addiction (CDC, n.dG).
- Fentanyl is a synthetic opioid that is highly addictive and extremely strong. It is typically prescribed to treat severe pain such as in hospital settings or for advanced-stage cancer, but has recently seen increases in illicit manufacturing and illegal distribution. Fentanyl is often added to other substances without one knowing. It is extremely difficult to tell if a drug has been laced with fentanyl because fentanyl often cannot be seen, smelled, or tasted. This makes fentanyl-laced illicit drugs extremely dangerous and potentially lethal, even in small doses (CA Dept. of Public Health, n.dA).
- **Public Health Warning:** The Drug Enforcement Agency has recently advised the public on the risk of “Rainbow Fentanyl” throughout the United States. This type of illicitly manufactured fentanyl can be found in brightly colored pills, powders, and blocks that may resemble sidewalk chalk. More details can be found here: [dea.gov/press-releases/2022/08/30/dea-warns-brightly-colored-fentanyl-used-target-young-americans](https://www.dea.gov/press-releases/2022/08/30/dea-warns-brightly-colored-fentanyl-used-target-young-americans)

## PRESCRIPTION DRUGS AND YOUR HEALTH & WELLNESS

- Use of stimulants for reasons other than prescribed by your medical provider could lead to harmful health effects such as addiction, heart problems, psychosis, anger, or paranoia (National Institute of Drug Abuse, 2018a).
- Misusing **opioids** dramatically increases the risk of addiction, abuse, and overdose. Other side effects that a person may experience are increased sensitivity to pain, sleepiness, depression, and lower sex drive, energy, and strength (CDC, n.dG).



# PRESCRIPTION & ILLICIT DRUGS



## PRESCRIPTION DRUGS AND YOUR HEALTH & WELLNESS

- **CNS Depressant** misuse can cause symptoms such as slurred speech, poor concentration, confusion, dizziness, problems with movement and memory, and lowered blood pressure. Long-term use may result in tolerance, requiring larger doses to achieve the same effects. Continued misuse can also lead to dependence, and withdrawal when use is abruptly reduced or stopped. Suddenly stopping can also lead to harmful consequences like seizures (National Institute of Drug Abuse, 2018b).
- Sharing injection equipment, and having impaired judgment from drug use, can increase the risk of contracting infectious diseases such as HIV, viral Hepatitis, and bacterial and fungal infections (CDC, n.dE).
- It can be extremely unsafe to use or combine medications outside of what a health provider or pharmacist prescribes you. Mixing medications can lead to unexpected side effects and increased impairment (FDA, n.dB).

## HOW TO AVOID MISUSE, ADDICTION, & OVERDOSES

- Never give someone your prescription medications or use someone else's medication. Securing prescriptions in a medication lock box is highly encouraged.
- Do not take larger or more frequent doses of your medications to try to get faster or more powerful effects.
- Avoid mixing substances or using substances alone, including with alcohol and cannabis.
- Keep medicines in their original bottles or containers, so you know with certainty what you are taking and so that you have proper dosing instructions readily available.
- Never purchase drugs from a non-medical provider—They may be laced with other drugs and could be extremely dangerous or even fatal.
- Safely dispose of unused or expired prescription medication, such as through a Drug Take Back Program (FDA, n.dA). Our Campus Pharmacy offers free and confidential medication disposal on the 1st floor of the WELL.
- Know and recognize the signs of an opioid overdose.
  - If you suspect someone is experiencing an opioid overdose, we urge you to immediately call 911, administer naloxone if available, and stay with the individual until emergency help arrives.
  - Naloxone (also known as Narcan) is a non-addictive, safe, and highly effective nasal spray or muscle injection medication, that works to reverse an opioid overdose (CA Dept. of Public Health, n.dB). Naloxone is covered by many health insurances and is often available at local pharmacies.

# RESOURCES

## ON-CAMPUS RESOURCES

- **Student Health and Counseling Services:**  
916-278-6461  
Also serves as an After-hours Nurse Advice Line when closed.  
[csus.edu/shcs](http://csus.edu/shcs)
- **Campus Pharmacy:**  
916-278-6040  
[csus.edu/student-life/health-counseling/pharmacy](http://csus.edu/student-life/health-counseling/pharmacy)
- **Sexual Violence Support: Sacramento State Confidential Campus Advocate;**  
[csus.edu/student-life/health-counseling/sexual-violence-support](http://csus.edu/student-life/health-counseling/sexual-violence-support)
- **Office of Equal Opportunity:** 916-278-5770  
[www.csus.edu/division-inclusive-excellence/office-equal-opportunity/](http://www.csus.edu/division-inclusive-excellence/office-equal-opportunity/)
- **Sacramento State Police Department:**  
916-278-6000  
[csus.edu/campus-safety/police-department](http://csus.edu/campus-safety/police-department)
- **Student Affairs:**  
916-278-6060  
[csus.edu/student-affairs](http://csus.edu/student-affairs)
- **ASI SafeRides Program:**  
[asi.csus.edu/programs/safe-rides](http://asi.csus.edu/programs/safe-rides)

## OFF-CAMPUS & INFORMATIONAL

- **Alcoholics Anonymous, Sacramento:**  
[aasacramento.org](http://aasacramento.org)
- **Marijuana Anonymous:**  
[sacramentoma.org](http://sacramentoma.org)
- **California Smoker's Helpline:**  
1-800-NO-BUTTS (1-800-662-8887)
- **WEAVE (Assault and IPV Support Services):**  
[weaveinc.org](http://weaveinc.org)
- **National Suicide Prevention and Crisis Lifelines:**  
Call or Text 9-8-8  
Text BRAVE to 741-741
- **California Department of Public Health, Tobacco Control Program:**  
[cdph.ca.gov/Programs/CCDPHP/DCDIC/CTCB/Pages/CaliforniaTobaccoControlBranch.aspx](http://cdph.ca.gov/Programs/CCDPHP/DCDIC/CTCB/Pages/CaliforniaTobaccoControlBranch.aspx)
- **Centers for Disease Control and Prevention:**  
[cdc.gov](http://cdc.gov)
- **National Institute on Drug Abuse:**  
[drugabuse.gov](http://drugabuse.gov)

# RESOURCES

## OFF-CAMPUS & INFORMATIONAL

- **American Cancer Society:**  
[cancer.org/healthy/stay-away-from-tobacco/guide-quitting-smoking.html](https://cancer.org/healthy/stay-away-from-tobacco/guide-quitting-smoking.html)  
1-(800)-227-2345
- **Substance Abuse and Mental Health Services Administration:**  
1-(800)-662-4357  
[samhsa.gov/find-help/national-helpline](https://samhsa.gov/find-help/national-helpline)

## EMPLOYEE ASSISTANCE PROGRAM (EAP)

The employee assistance program (EAP) is designed to provide professional assistance to Sacramento State employees and their families (dependents and permanent household members) in assessing and resolving personal problems that may be affecting well-being or job performance.

For more information, visit [csus.edu/administration-business-affairs/internal/your-hr/benefits/employee-assistance-program.html](https://csus.edu/administration-business-affairs/internal/your-hr/benefits/employee-assistance-program.html) or contact the **Human Resources Department** at **916-278-6078**.

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