



Substance Use HRA

Date: 08-15-2024

Your Result

Get Confidential Help Today

If you're struggling with substance use, immediate support is available.

There's help for people who are ready to change.

- The personal history you reported (see below) includes a sign of possible substance misuse.
- People with any of the signs of possible substance misuse listed below should talk to a health care professional.

View Your Risk Factors

Open any Risk Factor below to learn more about your risk and what you can change.

Personal History



How often did the following bother you during the past 2 weeks:	Your Answer
Smoking any cigarettes, a cigar, or pipe, vaping, or using snuff or chewing tobacco	<i>Nearly every day</i>
Drinking at least 4 drinks of any kind of alcohol in a single day	<i>Nearly every day</i>
Using any prescription medicines without a doctor's prescription, in greater amounts than prescribed, or for longer than prescribed	<i>Less than a day or 2</i>
Using non-prescription (street) drugs	<i>More than half the days</i>
Other Personal History	Your Answer
Someone has been concerned about your use of drugs or alcohol	<i>Yes, in the past 3 months</i>
You've tried and failed to control how much or how often you use tobacco, alcohol, or drugs	<i>Yes, in the past 3 months</i>
You've previously been admitted to a treatment center for your use of drugs or alcohol	<i>No</i>
You've been diagnosed with a mental health condition	<i>Yes</i>

Tobacco

Cigarette smoking is the leading cause of preventable disease and death in the USA, accounting for about 1 in 5 deaths every year.

Over 16 million people live with at least one disease caused by smoking, and 58 million non-smoking Americans are exposed to secondhand smoke.

All smokers should quit. Fifteen years after quitting, former smokers have the same heart disease risk as never-smokers.

Alcohol

Drinking too much - on a single occasion or over time - can take a serious toll on your

health.

Moderate drinking is up to 1 drink per day for women and up to 2 drinks per day for men. Binge drinking is typically defined as 4 to 5 drinks in about 2 hours. Binge drinking on 5 or more days in the past month is considered heavy alcohol use.

Guidelines recommend that current drinkers be tested for HIV and other sexually transmitted diseases.

Drugs

Some drugs, such as stimulants, cocaine, or opioid painkillers, can lead to addiction faster than other drugs. Smoking or injecting drugs can increase the risk of addiction too.

Guidelines recommend that people who currently use street drugs get tested for HIV and other sexually transmitted diseases. Those with any prior or current intravenous drug use should also get tested for Hepatitis B/C.

Signs of Possible Substance Misuse

- Your use has led to health, social, legal, or financial problems.
- You failed to do what was normally expected of you.
- Someone has expressed concern about your use.
- You've tried and failed to control, cut down, or stop using.
- You've used any drug by injection for non-medical use.

If your substance use is out of control or causing problems, ask for help. Long-term recovery is most likely for people who get help early on.

SAMHSA's National Helpline:

1-800-662-HELP (4357)

TTY: 1-800-487-4889

Website: www.samhsa.gov/find-help/national-helpline

U.S. Department of Health & Human Services—Substance Abuse & Mental Health Services Administration

Also known as the Treatment Referral Routing Service, this Helpline provides 24-hour free and confidential treatment referral and information about mental and/or substance use disorders, prevention, and recovery in English and Spanish.

Take Your Next Steps

Based on your results, we recommend starting a conversation with a counselor. Let us help you find one.

[Help Me Find a Counselor](#)

Take the first step towards a healthier you today. Join our Smoking Cessation Program and receive expert guidance and support.

[Enroll Today](#)

NOTICE: Health assessments are based on averages from studies of large groups of people. Your situation may be different. It is important to discuss your personal situation with your health care provider. This assessment is not intended to replace medical advice from your health care provider, but rather help you set health goals and make healthy lifestyle decisions.

DISCLAIMER

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