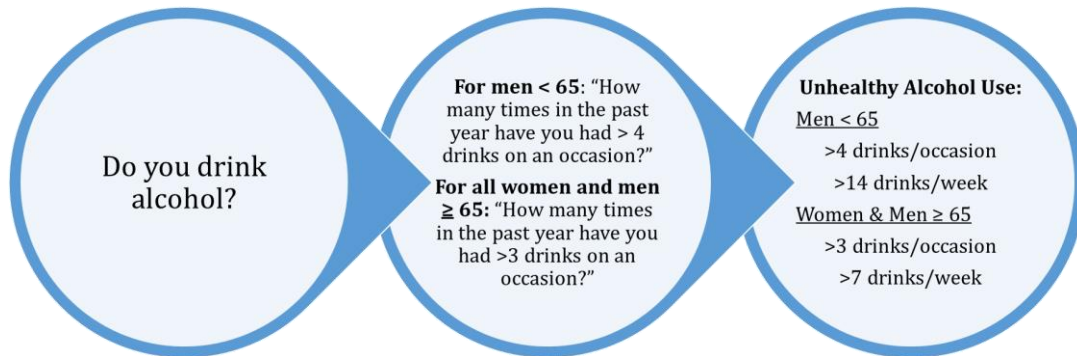


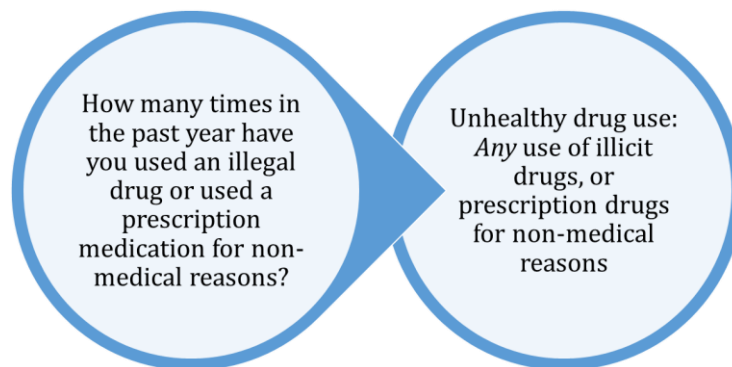
## What is Unhealthy Substance Use?

Unhealthy substance use refers to a spectrum of use that can result in negative medical, functional, and social outcomes. Primary care staff and clinicians can assess for unhealthy use in routine office visits:

### Alcohol:



### Drug Use:



## What is the difference between risky use and substance use disorder?

Both risky use and SUD are considered unhealthy substance use and can lead to poor health outcomes, but they differ based on the following:

#### **Substance Use Disorder:**

- DSM-V diagnosis
- Not defined merely by quantity or frequency but by criteria relating to:
  - o Use despite consequences on life or health
  - o Substance cravings
  - o Loss of control (e.g. inability to stop using the substance)

#### **Risky Use:**

- Epidemiologic studies have shown that using substances above the unhealthy use cut-offs can lead to health effects, even when patients don't have a substance use disorder
- Health effects are wide-ranging

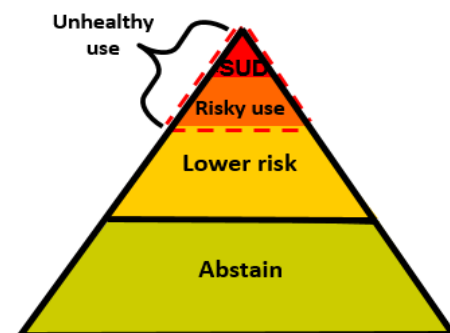


Figure 1. The distribution of patients' substance use. Data from: NSDUH, SAMHSA, 2013 <http://www.samhsa.gov/data/sites/default/files/NSDUHresultsPDFWHTML2013/Web/NSDUHresults2013.htm>