



ISSUP KENYA WEBINAR

WOMEN AND ALCOHOL

USE

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According to National Institute on Drug Abuse, scientists who study substance use have discovered that women who use drugs can have issues related to hormones, menstrual cycle, fertility, pregnancy, breastfeeding, and menopause.

REF: January 2020, Substance Use in Women DrugFacts.National Institute on Drug Abuse.

Retrieved from, [https://www.drugabuse.gov/publications/drugfacts/substance-use-in-](https://www.drugabuse.gov/publications/drugfacts/substance-use-in-women)

women





Women themselves describe unique reasons for using drugs including controlling weight, fighting exhaustion, coping with pain, and attempts to self-treat mental health problems. Women often use drugs for mood regulation and stress reduction, while men are more attracted to the risk-taking aspect of drug abuse.



Points To note



- Women are more likely to drink if they have problems with a loved one.
- Alcohol problems are more common in women who are unmarried, divorced, or separated.
- Women whose husbands have alcohol problems are more likely to drink themselves.

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- Women who have been sexually abused are more likely to drink to excess.
- Women may start out drinking more at a younger age than men of the same age.

Sex and gender differences in substance use



- Women often use substances differently than men, such as using smaller amounts of certain drugs for less time before they become addicted.
- Women can respond to substances differently. For example, they may have more drug cravings and may be more likely to relapse after treatment.



- Sex hormones can make women more sensitive than men to the effects of some drugs.
- Women who use drugs may also experience more physical effects on their heart and blood vessels.
- Brain changes in women who use drugs can be different from those in men.



More than 1 in 3 women have experienced physical violence at the hands of an intimate partner, including a range of behaviors from slapping, pushing, or shoving to severe acts such as being beaten, burned, raped, or choked. Victims of violence are at increased risk of chronic health conditions, including obesity, chronic pain, depression, and substance use.



REF:NIDA. 2020, May 28. Other Sex and Gender Issues for Women
Related to Substance Use. Retrieved from
<https://www.drugabuse.gov/publications/research-reports/substance-use-in-women/other-sex-gender-issues-women-related-to-substance-use> on 2020, June 17



Women and Binge Drinking



- Binge drinking is the consumption of a large amount of alcohol in a short period of time.
- For women, binge drinking is defined as 4 or more drinks in less than a 2-hour period.
- Binge drinking is becoming an epidemic in bars and college campuses and is a steadily increasing problem

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- In 2013, 40 percent of White women, over 10 percent of Hispanic women, and less than 10 percent of black women were found to binge drink.

Alcohol Use is Common Among Women and Girls



- Nearly half of adult women report drinking alcohol in the past 30 days.
- Approximately 13% of adult women report binge drinking and on average do so 4 times a month, consuming 5 drinks per binge.
- About 18% of women of child-bearing age (i.e., ages 18–44 years) binge drink.



In 2019, about 32% of female high school students consumed alcohol compared with 26% of male high school students.

Binge drinking was also more common among female (15%) than male (13%) high school students. In 2019, 4% of women overall and 8% of women aged 18 to 25 years had an alcohol use disorder.

REF: October 23, 2020

Content source: Division of Population Health , National Center for Chronic Disease Prevention and Health Promotion , Centers for Disease Control and Prevention



ALCOHOL USE AMONG WOMEN IN AFRICA


- Alcohol use among women in Africa has traditionally been quite low, and high rates of lifetime abstinence persist in many African countries .
- However, population-based surveys have documented rates of alcohol use and harmful drinking among African women that raise concern, including episodic binge drinking and regular high consumption. Prevalence of alcohol use in the past-year among women was estimated at 30% in Botswana and 47% in Namibia .
- Heavy drinking was found in 38% of women currently drinking in Nigeria and 20% among current female drinkers in Uganda .

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- The negative consequences of harmful alcohol use are illustrated by studies that identify women's alcohol use as a risk factor for HIV infection in Uganda and South Africa .
- From the limited evidence available, factors associated with alcohol use among women in low to middle income countries included being single, higher socio-economic status and higher levels of education

CHALLENGES FEMALE ADDICTS FACE

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1. Poor interventions where a lot of shame is inflicted on one who is already suffering from much shame and guilt. Makes her defensive defiance.
 2. If proper screening is not done, women usually lie about what drugs they are using and how much.
 3. Rehab programs are mostly male oriented, women have special needs and these are rarely addressed e.g in special encounters forums.

4. Comorbidity not addressed. Even where Comorbidity e.g mental illness is addressed, screening for and treatment of personality disorders are ignored.
5. Counselors-directed group discussions on sexuality issues are usually avoided and yet these are key in most women's concerns.
6. Some that have experienced abuse and are drinking as a result, can't talk about such issues in a male dominated rehab



7. Possibility of getting re-traumatized
8. Tendency to couple mixed rehab/or mixed rehab compromises recovery
9. Lack of family involvement during treatment means no or peer support once they leave.
10. Dependency causes family to push addict back into addiction.
11. Lack of proper discharge plan, where she will go and do what she was doing post rehab.
12. Lack of support to attend other support groups.GBV issues. She returns to the same situation post rehab.
13. Where should she leave her children , if she's to go to rehab.

A comprehensive study of women and substance abuse treatment, also published by the National Institutes of Health, found that women are less inclined to seek treatment for addiction. This is often due to practical concerns about child care and taking care of their homes.

Women also report that they feel there is more stigma attached to a women who abuses drugs or alcohol. Another reason many women avoid treatment is that they are too depressed to seek help. When women do seek treatment, they often have a harder time quitting and have a greater rate of relapse following treatment.

QUESTIONS?

ISSUP INTERNATIONAL SOCIETY OF SUBSTANCE USE PROFESSIONALS
KENYA chapter 

Thank you!



THANK YOU