**Inhalant Abuse Prevention Quick Fact Sheet**

**Inhalant Abuse is Addictive and Dangerous**

Inhaling the vapors from chemical products has become a dangerous practice among teenagers and young adults. Often referred to as “huffing,” inhaling chemical vapors can become addictive – leading to both short-term and long-term health consequences including death.

Most people have no idea how dangerous it is to inhale a chemical substance.

**What are Inhalants?**

According to the National Institute on Drug Abuse of the National Institutes of Health, although other abused drugs can be inhaled, the term “inhalant” is reserved for a variety of substances including, but not limited to, solvents, gases and aerosols that can alter moods and create a high. Nitrates (poppers and snappers) can also be inhaled and are believed to create sexual stimulation and enhancement.

**How Are Inhalants Abused?**

People inhale chemical vapors through their nose, mouth or both. This includes sniffing, snorting or spraying the inhalant directly into the nose or mouth. Some people put the substance into a bag or other container and then inhaling from there or put the vapor onto a rag to inhale.

**Inhalants can cause Medical and Psychological Problems**

Inhalants are absorbed by parts of the brain and nervous system. They can slow down the body’s functions, similar to the effects of drinking alcohol. Other effects include:

- **Short-term**
  - Seizures
  - Nosebleeds
  - Loss of appetite
  - Headaches
  - Abdominal pain

- **Long-term**
  - Weight loss
  - Sores on nose & mouth
  - Impaired kidney
  - Impaired liver
  - Lung damage

**Louisiana Responds to Inhalant Abuse**

House Concurrent Resolution No. 24 of the 2016 Regular Legislative Session urged the Louisiana Department of Health Office of Behavioral Health to raise awareness of addictive disorders involving abuse of inhalants and make efforts to reduce the prevalence of inhalant abuse.

**Resources Available for Inhalant Abuse Prevention**

- **Inhalant Abuse Prevention Kit**
  - (For Parents)
  - www.consumered.org/teach/inhalant-abuse-prevention-kit

- **The Inhalant Abuse Quiz**
  - (For Middle and High School Students)

- **ACE and SADD Inhalant Abuse Prevention Facilitators Guide and Lesson Plan**
  - (For Students Against Destructive Decisions Clubs)
  - www.consumered.org/teach/saddace-lesson-plans

**Further Information and Sources**

- **National Institute on Drug Abuse** - www.drugabuse.gov
- **The Picard Center** - picardcenter.louisiana.edu
- **Substance Abuse and Mental Health Services Administration** - www.samhsa.gov
- **Alliance for Consumer Education** - www.consumered.org

**How Prevalent is Inhalant Abuse in the United States?**

- Over 2.6 million children aged 12-17 use an inhalant each year to get high.