

IPRC Indiana Prevention Resource Center

INHALANTS

Inhalants are a various group of substances that include gases, nitrates, and solvents. Many household products are the most commonly used inhalants. Products include glues, cleaning solvents, paint products, and lighter fluids. They can be sniffed, huffed, snorted, or bagged; inhalant users do this in order to get intoxicated. Inhalants are one of the first substances that are abused by children. This is mainly because many inhalants are household products; therefore, the accessibility, legal status, low cost, and concealment of these substances make it an appealing drug to abuse. Street names for inhalants include boppers, hippie crack, huff, oz, poppers, whippets, snappers, and whiteout.



AEROSOL CANS FREON BUTANE MARKERS

EFFECTS

Inhalants produce psychoactive effects on the body, similar to anesthesia in slowing down the bodily functions. Users of inhalants experience intoxication that is similar to that of alcohol, such as dizziness, slurred speech, and loss of coordination. Other effects of inhalant use include lightheadedness, delusions, and hallucinations. Prolonged sniffing can lead to irregular, rapid heart rhythms and even cardiac arrest within minutes. Long terms effects of inhalant use and abuse include kidney abnormalities, liver damage, memory impairment, and damage to the heart and lungs.



SCHOOL OF HEALTH, PHYSICAL EDUCATION, AND RECREATION

INDIANA UNIVERSITY
Bloomington



DEPARTMENT OF APPLIED HEALTH SCIENCE

INDIANA UNIVERSITY
School of Health, Physical Education, and Recreation
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The Indiana Prevention Resource Center is operated by the Department of Applied Health Science, School of Health, Physical Education and Recreation at Indiana University. Funded, in part, by a contract with the Indiana Family and Social Services Administration, Division of Mental Health and Addiction, financially supported through Health and Human Services/Substance Abuse Mental Health Services Administration, Center for Substance Abuse Prevention, Substance Abuse Prevention and Treatment Block Grant.

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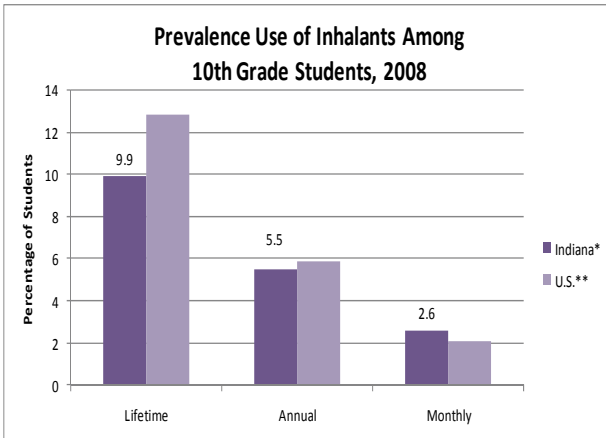
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INCIDENCE & PREVALENCE

According to the National Survey on Drug Use and Health, 775,000 persons age 12 and older had used inhalants for the first time in 2007. Of these, nearly two-thirds were under the age of 18. The average age of first use of inhalants that year was 17.1 years. According to the IPRC 2008 Alcohol, Tobacco, and Other Drug Use by Indiana Children and Adolescent Survey, lifetime and annual prevalence rates of inhalant use among 10th grade Indiana students are lower than national figures. In addition, these rates have been on the decline since 2005.



Source: IPRC 2008 ATOD Use By Children & Adolescent Survey*
Monitoring the Future Study, Univ. of Michigan 2008**

LAW & CRIMINAL JUSTICE

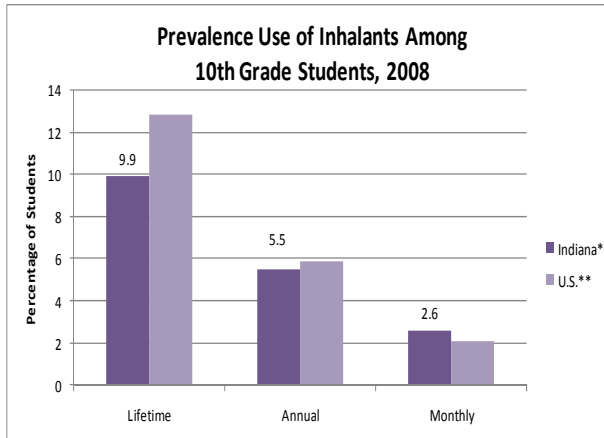
Currently, inhalants are not classified or regulated under the Controlled Substance Act. This is mainly because inhalants are found in household substances, making it difficult to regulate distribution. Despite the legal status of many of these substances, several state legislatures have attempted to place restrictions on the sale of commonly used inhalants to minors.

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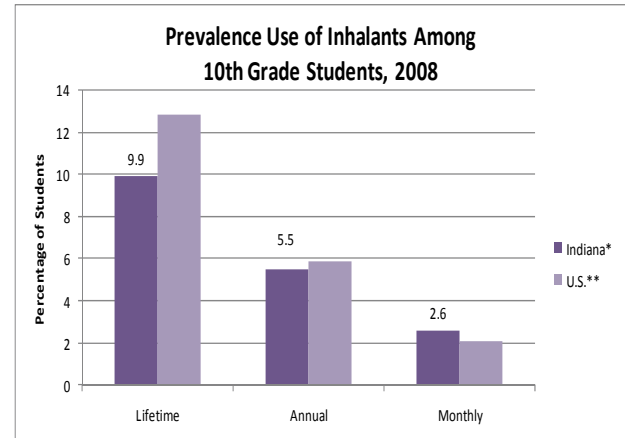
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