

Substance and Behavioral Addictions

<p>Alcohol</p>		<p>About 18.7 million people, or 7.7% of the population, are dependent on or abuse alcohol, and 12,000 more try it for the first time every day. Alcoholics Anonymous has 2 million members.</p>
<p>Drugs</p>		<p>An estimated 3.6 million people are dependent on drugs. On average, 8,000 try them for the first time each day, and 700,000 are undergoing treatment for addiction. More than half of first-time users are female and younger than 18. Marijuana, cocaine and pain relievers are the leading drugs of abuse.</p>
<p>Tobacco</p>		<p>There are about 71.5 million users of tobacco products in the U.S. About 23.4% of men and 18.5% of women are cigarette smokers, with cigarette use lowest in Western states and highest in the Midwest; 44.3% of young adults ages 18 to 25 use tobacco, the highest rate for any age group.</p>
<p>Caffeine</p>		<p>It's the most widely used mood-altering drug in the world and is routinely ingested by about 80% to 90% of Americans, primarily through soda and coffee. A daily brewed cup of joe, with 100 mg of caffeine, can lead to physical dependence. Withdrawal symptoms are experienced by 40% to 70% of those trying to quit.</p>
<p>Food</p>		<p>An addiction to food affects as many as 4 million U.S. adults and is strongly linked to depression. About 15% of mildly obese people are compulsive eaters. Binge eating, thought to be the most common eating disorder in America, is considered bulimia when a person purges to lose weight.</p>
<p>Gambling</p>		<p>Two million American adults, or 0.67% of the population, are thought to be pathological gamblers, wagering heedless of the consequences. An additional 4 million to 8 million are considered problem gamblers. Their moods generally follow the arc of their winning and losing.</p>
<p>Shopping</p>		<p>At least 1 in 20 Americans is a compulsive shopper, according to a Stanford University study. The addiction affects both genders almost equally. Cultural factors, like advertising's emphasis on the happiness products can bring, are thought to fuel addictive buying.</p>
<p>Sex</p>		<p>About 16 million Americans suffer from compulsive sexual behavior, the least understood of all addictions. A third are women; about 60% of all sex addicts were abused in childhood. An addict is dependent on the neurochemical changes that take place during sex and is consumed by sexual thoughts.</p>
<p>Internet</p>		<p>Like compulsive gambling, Internet addiction is thought to be an impulse-control disorder than can disrupt social relationships. There is disagreement as to whether it should be formally considered a disorder. Thought substance abusers strive for abstinence, an Internet addict's goal is often to attain moderation.</p>

Sources: Dept of Health & Human Services, SAMHSA Office of Applied Studies 2005 National Survey on Drug Use and Health; Am Heart Assoc; Johns Hopkins Univ study, *Principles of Addiction Medicine*; Psychology Today; National Gaming Impact Commission Study; National Council on Problem Gambling; Illinois Institute for Addiction Recovery; and Society for Advancement of Sexual Health.

