100 - THE USE OF LICIT DRUGS IN THE CITY OF SÃO PAULO

BARBARA GARCIA RODRIGUES
BRUNA IZABEL SILVA
MARIA APARECIDA DE CARVALHO MENDONÇA
SORAYA GARCIA AUDI
Faculdades Metropolitanas Unidas (FMU), São Paulo, S.P., Brasil
Bruna_1izabel@hotmail.com

INTRODUCTION

The frequency of the use of licit drugs has stood out among several factors. Teenagers are the most consumed, as is a phase that no healthy habits tend to continue in adolescence until adulthood.

Exposure to behavioral risk factors, like smoking, alcohol, drugs, inadequate nutrition, sedentary lifestyle, among others. [MALTA. D. C; PORT D. L; MELO F.C.M; MATHEW A.; SARDINES. L.M.V].

The smoke is the greatest responsible for pharyngitides, bronchitis, lack of appetite, various types of cancers, especially lung and cardiovascular diseases. [FERREIRA M.M.S. R; TORGAL M.C.L.F.R].

Nicotine action exerted by the parasympathetic and sympathetic, release of adrenaline, affects the decrease in oxygen consumption , and harm the body in general, goes directly to the brain , heart and circulation [AC BARBOSA , BARREIRO D.P.] .

As far as tobacco is concerned, in Public Health, the State of São Paulo took an important step by banning the territory of the State, in places of collective use, public and private, the consumption of cigarettes, cigars or any other product derived or non- from tobacco [Art. 13,541 LAW OF MAY 2009,7th] .

Regarding the use of alcohol on Public Health, the World Health Organization - WHO released a report stating that the abuse of alcohol kills more than tuberculosis, AIDS and violence worldwide. According to WHO "alcohol control policies are weak and are not a priority for most governments despite the impact that habit causes in society, such as traffic accidents, violence, disease, child abandonment and absence from work [SON VCB , W FIELDS ; LOPES].

MATERIALS AND METHODS

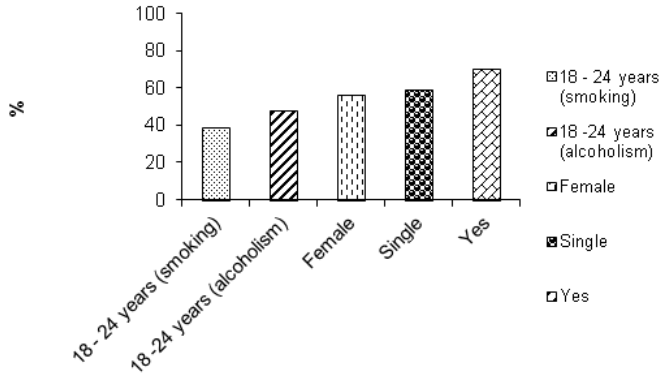
This is a study based on a survey conducted in the field, on the consumption of licit drugs by young people in the city of São Paulo, emphasizing the use of alcohol and tobacco. From March to May 2013 were selected collaborators consumers of licit or not livening in the city of São Paulo.

OBJECTIVES

To assess the prevalence of drug use in legal environment of the population. Check the age most aggravating, sex that consumes the most , which of these drugs is the most used, the factors that led users to use these substances , examine the damage that these drugs cause in the body of users .

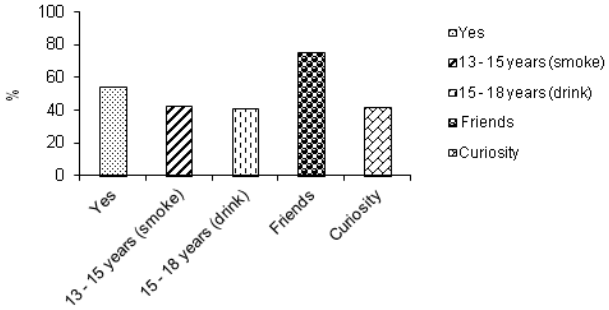
RESULTS

Chart 1: Percentage distribution with respect to age, gender, marital status and occupation labor. Interviewed in São Paulo, SP, 2013



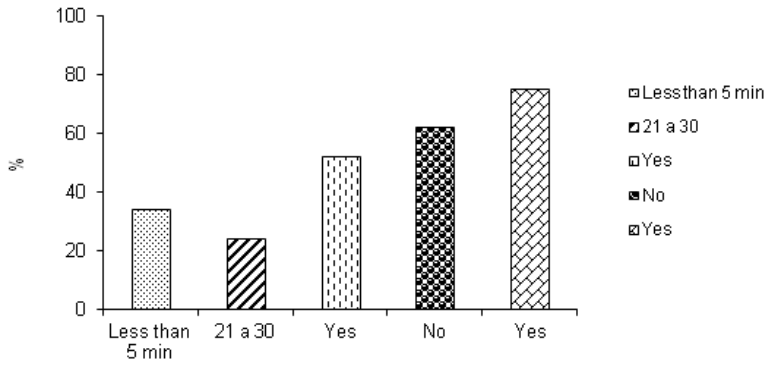
Respondents who use tobacco are aged 18-24 years old, consume alcohol 18 to 24 years, most of the respondents are female, unmarried, and the majority occupation labor has responded yes to the questionnaire.

Chart 2: Percentage distribution with respect to smoking, age, first time use and reasons. Interviewed in São Paulo, SP, 2013



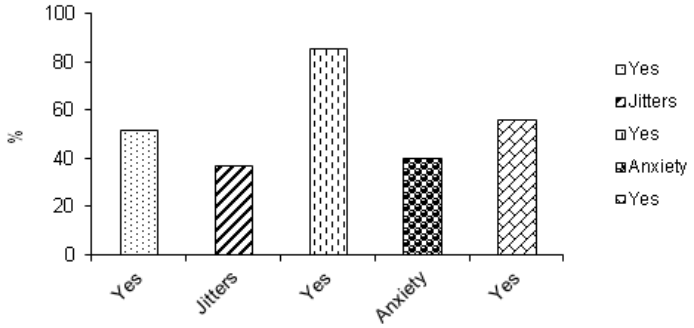
54% of respondents had used tobacco at least once, initiated tobacco use between 13 to15 years old, 41% initiated alcohol use between 15 and 18 years old, 75% had their first experience with friends, 42% reported that they consumed alcohol or tobacco curiosity.

Chart 3: Percentage distribution related to time, quantity, difficulty in smoking in public places, compared to quitting smoking. Interviewed in São Paulo, SP, 2013



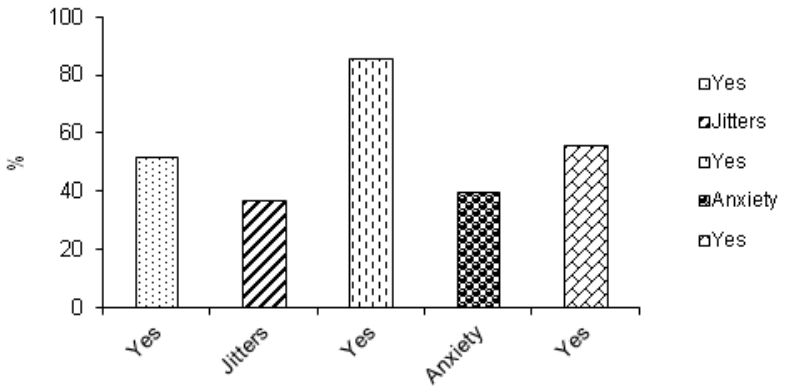
For surveyed more than 30% said use tobacco less than 5 minutes after the wake up in the morning, 24% consume between 21 and 30 cigarettes per day, 52% have difficulties in smoking in forbidden places, 62% have tried to quit smoking, 75% of users reported that they have no intention of stopping smoking.

Chart 4: Percentage distribution with respect to the types of damage to health reasons of consumption, awareness. Interviewed in São Paulo, SP, 2013.



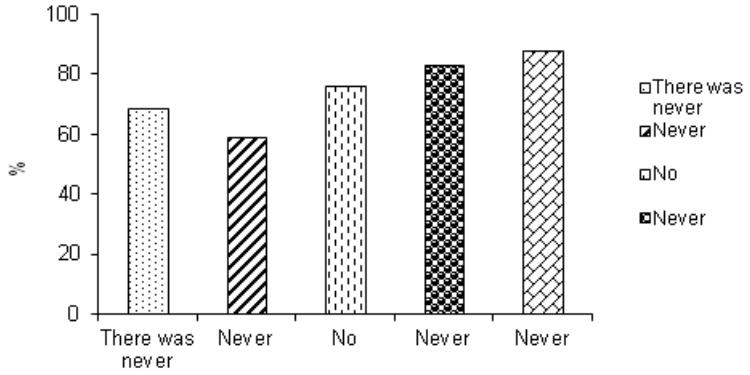
Of respondents who use tobacco showed that 52% reported cough in the morning, 37% said to use when they are nervous, 86% know the harm of smoking, 40% use when they are anxious, 56% live with smokers.

Chart 5: Percentage distribution with respect to loss of teeth, consumption of alcohol by parents, parental knowledge of the use and frequency of drinking. Interviewed in São Paulo, SP 2013



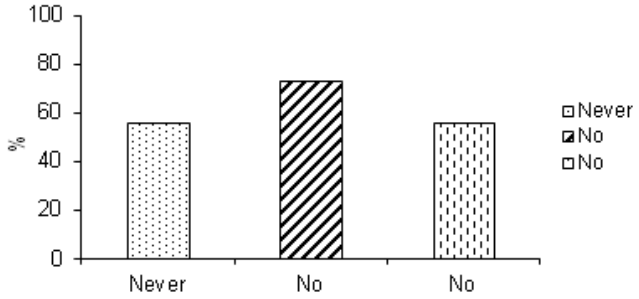
Among the respondents 62% reported not having dental loss in recent years, 60% are children of social drinkers, 52% of respondents report that their parents know that they use alcohol, 32% reported that they use alcohol on special occasions, 64% reported consuming alcohol at parties.

Chart 6: Percentage distribution with respect to oblivion by alcohol, trouble to go have back home, trouble at home by the use of the drink, absenteeism, regret after drinking alcohol. Interviewed in São Paulo, SP, 2013.



For 69% of respondents never had oversights when they were under the influence of alcohol, 59% reported no difficulty in coming home after consuming alcohol, 76% have family problems related to excessive alcohol use, 83% never missed work by alcohol, 88% have never repented for making use of alcohol.

Chart 7: Percentage distribution regarding ride by friends drunk, the concern of friends and family and to receive criticism. Interviewed in São Paulo, SP, 2013



56% of respondents reported never hitchhike drunk with friends, 73% reported not receiving advice from friends concerned about his habit of consuming alcohol, 56 % reported not receiving criticism from family members as to their habit of consuming alcohol.

THANKS

Prof. Soraya Garcia Audi for her support, encouragement and dedication, as well as confidence in our group for the development of this work.

CONCLUSION

Alcohol and tobacco are socially accepted drugs, which cause many health ailments. Besides the numerous traffic accidents, violence associated with episodes of drunkenness, alcohol consumption in the long term, depending on the dose, frequency and circumstances can cause a condition of dependence known as alcoholism. In addition, many young people when they are drunk "forget" the use of condoms, thereby also risking their lives, sexually transmitted diseases and unintended pregnancy. Alcohol is a drug of easy access and opens the way for others. Teenagers are still influenced by various factors such as lifestyle, depression, family habits to consume alcoholic beverages.

BIBLIOGRAPHY

MALTA. D. C; PORTO D. L; MELO F. C. M; R. MONTEIRO The; SARDINHA.LMV Family protection and the use of tobacco, alcohol and drugs among adolescent, National Health Survey of School Rev. bras. epidemiol. vol.14 supl.1 Sao Paulo Sept. In 2011.

FILHO V. C. B; CAMPOS W; LOPES A.S. Prevalence of alcohol and tobacco among Brazilian adolescents: systematic review Rev Public Health vol.46 n.5 Sao Paulo Oct. 2012

FERREIRA M.M.S.R.; TORGAL M.C.L.F.R. Tobacco and Alcohol Consumption among Adolescents Rev. Latin Am. Nursing vol.18 no.2 Ribeirão Preto Mar. / Apr . 2010.

BARBOSAA.C; BARREIRO DP Health surveillance of tobacco in the state of São Paulo Rev Public Health 2012.

BARBOSA A.C, BARREIRO D.P EXCESSIVE USE OF ALCOHOL: PATHOLOGY AND ITS INFLUENCES ON FAMILY AND SOCIETY Rev Public Health 2012.

A. GLANTZ A. S. TAN. E. C. Association Between Free Smok legislation and Hospitalizations for Cardiac, Cerebrovascular, and Respiratory Diseases.

California Environmental Perotetion Agency.Proposed Identification Of Environmental Tobacco Smoke as a Toxic Air Contaminant. 2005.

SERRA J. MARRY L. A. G.; BARATA L. R. B; DOMINGOS G. A. Law 13,541 of May 7th, 2009.

THE USE OF LICIT DRUGS IN THE CITY OF SÃO PAULO
ABSTRACT

The frequency of the use of licit drugs have highlighted factors like religiosity, working conditions, studies, influence of friends or relatives, psychosocial factors as conflicts with parents, negative feelings and loneliness with the use of alcohol and tobacco. This is a study based on research conducted in the field, on the licit drugs use by young people in the city of São Paulo, emphasizing the use of alcohol and tobacco, held in the months of March to May 2013. We analyzed the use of alcohol and tobacco by young people, adults and subgroups at greatest risk, to submit the form which interferes in the style of life of the individual and of his family. Meet the consequences that could entail, check the toxic effects that cause to the individual, the risks to Public Health in general. It was observed that the majority of users are teenagers between 18 and 24 years old, of those surveyed females predominated in tobacco use. The drugs most consumed by teenagers from 13 to 15 years old (43%) is the cigarette and from 15 to 18 years old (41%) alcohol.90% of respondents use licit drugs, 42% started using out of curiosity, 75% with friends when using for the first time. The damage by the use of the cigarette evinced: 52% morning cough, 37% nervousness and other factors, 62% reported to have tried to quit smoking, 75% of users reported not having tobacco intention to quit smoking, 56% of respondents live with smokers. The damage caused by the use of alcohol reported: a small proportion of respondents related losses of memory and learning under effect of alcohol, behavioral and emotional changes, 60% of respondents are children of parents who consume alcohol, a given alarming is that 44% of respondents take a ride with friends who made use of the alcohol. It was noted in the study that the greatest risks are for young people 18 to 24 years old and that women are the most consuming licit drugs. Being so, the assistance of public and private networks is necessary for the dissemination of harm caused by these licit drugs, thus contributing to promote the reduction of these fees that are currently very high.

KEYWORDS: licit drugs, alcohol, tobacco and alcoholism.

L'UTILISATION DE DROGUES LICITES DANS LA VILLE DE SÃO PAULO
RÉSUMÉ

La fréquence de l' usage de drogues licites a mis en évidence des facteurs tels que la religiosité ,les conditions de travail , les études, l'influence des amis ou des parents ,les facteurs psychosociaux tels que les conflits avec les parents , les sentiments négatifs et la solitude avec l'alcool et le tabac. Il s'agit d'une étude basée sur des recherches menées sur le terrain, sur la consommation de drogues licites par les jeunes dans la ville de São Paulo, en insistant sur l'utilisation de l'alcool et du tabac , qui s'est tenue au cours des mois de Mars à mai 2013. Nous avons analysé la consommation d'alcool et de tabac chez les jeunes, les adultes et les sous-groupes les plus à risque de la forme qu'elle interfère avec le mode de vie de l'individu et de la famille . Connaître les conséquences qui peuvent en résulter , vérifier que les effets toxiques de l'individu, les risques pour la santé publique en général. Il a été observé que la plupart des utilisateurs sont des jeunes entre 18 et 24 ans, interrogé les femmes prédominaient dans l'usage du tabac . Le médicament le plus couramment utilisé par les jeunes 13-15 ans (43%) est la cigarette, âgés de 15-18 ans (41%) de l'alcool . 90% des répondants utilisent des drogues légales,42% a commencé à utiliser par curiosité, 75 % étaient avec des amis quand ils ont utilisé la première fois. Dommages causés par la consommation de cigarettes étaient les suivants: 52% de la toux du matin, 37% de nervosité et d'autres facteurs , 62 % ont déclaré qu'ils avaient essayé d'arrêter de fumer , 75% des consommateurs de tabac déclaré ne pas avoir l'intention d'arrêter de fumer , 56% des répondants vivre avec des fumeurs . Les dommages causés par l'alcool étaient les suivants: Une petite proportion de répondants ont signalé une perte de mémoire et l'apprentissage sous l'influence d'alcool, de modifications comportementales et émotionnelles , un fait alarmant est que 44% des répondants se greffe avec des amis qui consommaient de l'alcool , 60% des répondants sont des enfants de parents qui consomment de l'alcool . Observée dans l'étude que les plus grands risques sont pour les jeunes 18-24 ans , les femmes sont des drogues légales les plus consommatrices . Depuis lors, besoin de l'aide de réseaux publics et privés ,pour diffuser les dommages causés par ces drogues légales ,contribuant ainsi à promouvoir ces taux que sont actuellement très élevés.

MOTS-CLÉS: drogues licites, l'alcool, le tabac et l'alcoolisme.

EL CONSUMO DE DROGAS LICITAS EN LA CIUDAD DE SÃO PAULO
RESUMEN

La frequencia del consumo de drogas lícitas ha destacado factores tales como la religiosidad, las condiciones de trabajo, los estudios, la influencia de los amigos o familiares, factores psicosociales, como los conflictos con los padre, los sentimientos negativos y la soledad, con el alcohol y el tabaco. Se trata de un estudio basado en investigaciones realizadas en el campo, sobre el consumo de drogas lícitas entre los jóvenes de la ciudad de São Paulo, con énfasis en el uso de alcohol y tabaco, que tuvo lugar en los meses de marzo a mayo de 2013. Se analizó el consumo de alcohol y de tabaco por parte de los jóvenes, los adultos y los subgrupos de mayor riesgo, de la forma que interfiere con el estilo de vida del individuo y de la familia. Conocer las consecuencias que pueden derivarse , compruebe que causan efectos tóxicos para las personas, los riesgos para la salud pública en general. Se observó que la mayoría de los usuarios son jóvenes entre 18 y 24 años y que las mujeres predominaron en el consumo de tabaco. La droga más utilizada por los jóvenes de 13-15 años (43 %) es el cigarrillo, con edades entre 15-18 años (41 %) de alcohol. 90 % de los encuestados utiliza drogas lícitas, el 42 % comenzó a usar por curiosidad , el 75 % fueron con sus amigos cuando se utiliza por primera vez. El daño causado por el uso de cigarrillos fueron: 52 % de la tos por la mañana , el 37% nerviosismo y otros factores , el 62% informó de que habían intentado dejar de fumar , el 75 % de los fumadores informó que no tiene intención de dejar de fumar , el 56% de los encuestados vivir con fumadores . El daño causado por el alcohol fueron: Una pequeña proporción de los encuestados reportó pérdida de la memoria y el aprendizaje bajo la influencia del alcohol , los cambios emocionales y de conducta. Un hecho alarmante es que el 44 % de los encuestados lleva a cuestas con amigos que utilizan alcohol, 60 % de los encuestados son hijos de padres que consumen alcohol. Observado en el estudio que los mayores riesgos son para los jóvenes de 18-24 años de edad , las mujeres son las más consumidoras las drogas legales. Desde entonces necesitará la ayuda de las redes públicas y privadas, para difundir los daños causados por estas drogas licitas, contribuyendo así a la promoción de estas tasas son actualmente muy alta.

PALABRAS CLAVES: drogas licitas, el alcohol, el tabaco y el alcoholismo.

O USO DAS DROGAS LICÍTAS NA CIDADE DE SÃO PAULO
RESUMO

A frequência do uso das drogas lícitas tem destacado fatores como religiosidade, condições de trabalho, estudos, influência de amigos ou parentes, fatores psicossociais como conflitos com os pais, sentimentos negativos e solidão com o uso do álcool e tabaco. Trata-se de um estudo com base em pesquisa realizada em campo, sobre o consumo de drogas lícitas por jovens na cidade de São Paulo, enfatizando o uso do álcool e tabaco, realizado nos meses de março a maio de 2013. Foram

analisados o uso de álcool e tabaco por jovens, adultos e subgrupos de maior risco, para apresentar a forma que interfere no estilo de vida do indivíduo e dos familiares. Conhecer as consequências que pode acarretar, verificar os efeitos tóxicos que causam ao indivíduo, os riscos para a Saúde Pública de maneira geral. Observou-se que a maioria dos usuários são jovens entre 18 e 24 anos, dos entrevistados o sexo feminino predominou no uso do tabaco. A droga mais consumida pelos jovens de 13 a 15 anos (43%) é o cigarro, idades entre 15 a 18 anos (41%) o álcool. Dos entrevistados 90% utilizam drogas lícitas, 42% começaram usar por curiosidade, 75% estavam com amigos quando fizeram uso pela primeira vez. Os danos pelo uso do cigarro foram: 52% tosse de manhã, 37% nervosismo e outros fatores, 62% relataram que já tentaram parar de fumar, 75% dos usuários do tabaco relataram não terem intensão de parar de fumar, 56% dos entrevistados convivem com fumantes. Os danos causados pelo uso do álcool foram: Uma pequena parte dos entrevistados relataram prejuízos de memória e de aprendizado sob efeito do álcool, alterações comportamentais e emocionais, um dado alarmante é que 44% dos entrevistados pega carona com amigos que fizeram uso do álcool, 60% dos entrevistados são filhos de pais que consomem álcool. Observou-se no estudo que os maiores riscos são para os jovens de 18 a 24 anos, mulheres são as que mais consomem drogas lícitas. Sendo então necessário o auxílio das redes públicas e privadas, para a divulgação dos malefícios causados por essas drogas lícitas, contribuindo assim, para promover a redução dessas taxas que são atualmente muito elevadas.

PALAVRAS-CHAVES: Drogas lícitas, álcool, tabaco e etilismo.