

# The Impact of Nutrition on Substance Use Disorder: A Focus on Marijuana, Smoking, and Alcohol Use

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# Background

- ▶ Substance use disorder is a chronic disease that impairs an individual's ability to control their use of drugs, alcohol, or medications.
- ▶ Psychoactive substances like alcohol and nicotine present substantial health risks and can lead to substance use disorders.
- ▶ According to the World Health Organization, about 270 million people had used psychoactive drugs in the previous year, and about 35 million people are estimated to be affected by drug use disorders.
- ▶ Effective treatments for substance use disorders are available, but nutrition may provide an additive effect in treating these disorders.



# Importance of Nutrition in Substance Use Disorder



- ▶ Nutrition can help prevent substance use disorders and provide an additive effect in treatment.
- ▶ Appropriate nutrition is instrumental in repairing the damage inflicted by substance abuse, enhancing overall health, and mitigating the risk of relapse.
- ▶ Substance abuse often results in nutritional deficiencies that exacerbate physical and mental health deterioration.
- ▶ Dietary factors significantly influence the onset, progression, and treatment outcomes of substance use disorders.



# Aim or Purpose of Research

- ▶ The aim of this research is to understand the importance of incorporating nutrition in substance use treatment plans.
- ▶ Proper nutrition plays a crucial role in repairing the damage caused by substance abuse, improving overall health, and reducing the risk of relapse.
- ▶ Further research in the field of nutrition and substance abuse can help identify a comprehensive approach to recovery, including nutritional assessment, education, and interventions.



# Methods



- ▶ Cross-sectional data from the 2021 Behavioral Risk Factor Surveillance System was used.
- ▶ Logistic regression analyses were conducted to test the association between low fruit and vegetable consumption and substance use outcomes.
- ▶ Substance use outcomes include past year marijuana use, past year alcohol use, and current smoking.
- ▶ Control variables include race, gender, income, depression, age, and educational attainment.



# Results

- ▶ 7.8% reported low vegetable consumption, while 3.3% reported low fruit consumption.
- ▶ Low vegetable consumption was associated with higher odds of marijuana use and current smoking.
- ▶ Low fruit consumption was associated with higher odds of smoking. - Low fruit and vegetable consumption was not associated with alcohol use.



Stress & Anxiety





## Conclusion

- ▶ Nutrition plays a pivotal role in the onset, progression, and treatment of substance use disorders.
- ▶ Addressing nutritional deficiencies and promoting a healthy diet can improve treatment outcomes and facilitate long-term recovery.
- ▶ Further research is needed to gain a deeper understanding of the complex relationship between nutrition and substance abuse and develop evidence-based interventions.

