

# 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. Their legal status, low cost, ease of accessibility and concealment make these substances appealing for abuse.



### Street Names

Boppers, Hippy Crack, Huff, Oz, Poppers, Whippets, Snappers, and Whiteout

### 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 term 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  
Bloomington

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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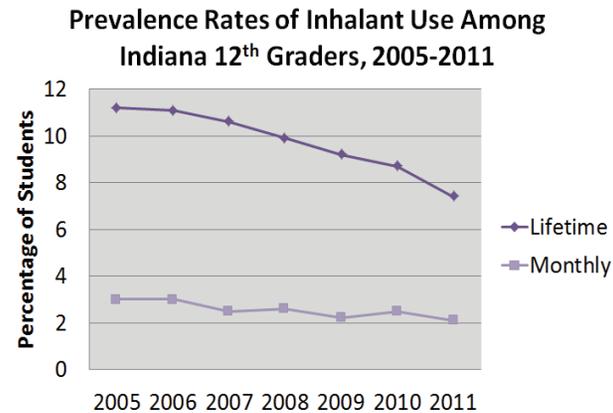
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## INCIDENCE & PREVALENCE

According to the National Survey on Drug Use and Health, 793,000 persons age 12 and older had used inhalants for the first time in 2010. Of these, 68.4% were under the age of 18. The average age of first use of inhalants that year ranged from 12 to 49 years old . According to the IPRC 2011 Alcohol, Tobacco, and Other Drug Use by Indiana Children and Adolescents Survey, lifetime and monthly prevalence rates of inhalant use among 10<sup>th</sup> grade Indiana students are lower than national figures. In addition, these rates have been on the decline since 2005.



Source: IPRC 2011 ATOD Use By Children & Adolescents Survey\*

## LAW & CRIMINAL JUSTICE

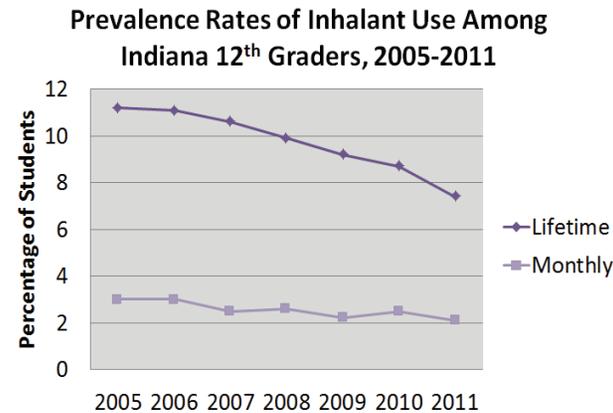
Currently, inhalants are not classified or regulated under the Controlled Substance Act. This is mainly because inhalants are found in household substances, making it difficult to regulate distribution. Despite the legal status of many of these substances, several state legislatures have attempted to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

### Indiana Prevention Resource Center

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drugprc@indiana.edu  
<http://www.drugs.indiana.edu>

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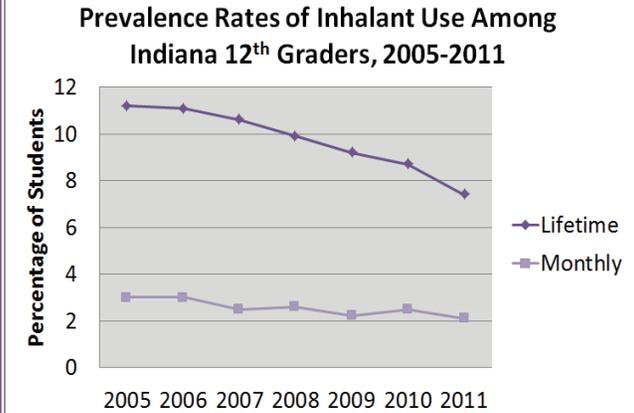
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